

# IMMACULATA

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 BASKETBALL CHAMPIONSHIP

# IMMACULATA

MAGAZINE

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Thank you to the Immaculata Magazine editorial board for their support and guidance.



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**LETTER FROM THE PRESIDENT**

The first full “normal” academic year is completed, and it was so good to have our students, faculty and staff back on campus. Slowly but surely, things are getting back to the pre-COVID days. It was great to see the students

back in the classrooms, on the courts and fields, and on the stage. I even had an opportunity to sit in on a few classes. With countless hours in the bleachers, on the sidelines, in the audience and classrooms, I have a newfound appreciation for the level of commitment and effort our Immaculata community puts into creating a fantastic student experience here at IU.

In this issue of the Immaculata Magazine you will find numerous articles about our students’ accomplishments on and off the field, the court and the stage. These articles give you a good look into what we call the IU student experience.

I encourage you to come to campus and see first-hand the achievements of Immaculata’s students. There are many fun, exciting and educational events and programs throughout the year. I hope to see you here on campus in the future!

With summer in full swing, we plan to do what we do best—prepare for a spectacular fall semester and new academic year.

Please take care and be well!

**Barbara Lettiere '72**



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# Q + A

## with **Francesca Kalie,** **Senior Class President**

By Joe Billetta '22

**Francesca Kalie '22** was the four-time president of her class and has proven her commitment to living out the IHM mission and vision and her passion to leave a lasting impact on Immaculata. Majoring in biology with secondary education, Kalie served as a new student orientation leader, a commuter assistant, an admissions ambassador, as well as the secretary of the Immaculata Dance Company and a stage manager for Cue and Curtain Players. Kalie recently accepted the position of assistant director for student life at Immaculata.



◀ **SCAN THE CODE**  
to read more about  
Francesca Kalie.

**Q: What is something that you find significantly special about the IU community?**

**A:** The family atmosphere that we have at IU; I have chills just thinking about it! Everyone knows everyone, and everyone seems so happy. If I'm having a bad day, I know someone will turn my day around. You could be sitting in the cafeteria and there's a chance you may know everyone who walks in. It is such a special feeling, and I have connected with a lot of alumni at events like Carol Night and the Centennial Gala. It just goes to show what Immaculata is all about when you can connect with people you don't even know.

**Q: Is there anyone at Immaculata who has inspired you or that you look up to? Why?**

**A:** Associate Dean of Students Lynn Rothenhoefer and Director of Student Life Zena Tracey. I met them both during the first day of new student orientation, and I have developed a close friendship and bond with both of them. They have helped me to become the best person I can be, pushing me beyond what I thought I was capable of. They helped me become more independent, and I feel capable of making more decisions. I am forever grateful for everything they have done for me.

**Q: What is one thing you are particularly proud of that you've accomplished as a student leader?**

**A:** I remember when I was told I would receive the Saint Catherine Medal, I cried because I was so overwhelmed with the thought that I was the recipient when there were so many other worthy candidates in my class. It was amazing; it's a feeling of joy I can't describe.

**Q: What is your favorite spot on campus and why?**

**A:** Everywhere! However, if I had to pick, I'd say the rotunda; it is so beautiful. I lived in Villa and walked out to that view every day; there is nothing like it. From the floor, to the marble, to the stained glass up top, it is breathtaking!

**Q: How do you think you and your team in SGA have impacted IU?**

**A:** For the past few years during COVID-19, senior traditions have looked very different, so we were happy that we could plan the events safely and make a memorable experience for the seniors before they depart.

**Q: How has Immaculata shaped you?**

**A:** My favorite thing about IU's mission statement is the focus on shaping the whole student. I feel like I've matured as an individual and have gotten better at working with a team and delegating tasks. I have also grown academically, not just as a biology and education major, but in a variety of fields. I've become a well-rounded and knowledgeable person, grown as a good Catholic, the best version of myself. I feel ready to go out in the world and succeed after college.

**Q: What is something that you want to tell your fellow seniors as they set off into the world?**

**A:** I am proud of everyone and the amazing things they accomplished during their four years here. Even though we have been through some hard times, especially with COVID, we were able to come back and come out on top. I am excited to see what everyone is going to do and the places they will go and the lives they will impact. 🙌



## Catherine Knoll is *LISTENING*



**E**ven before middle school, Catherine Knoll '22 was being told that she had a special talent for softball. During high school, her coaches encouraged her to apply only to Division I universities. She remembers talking to representatives from Division I programs during middle school—before she even had time to explore career options.

"I told them, 'Oh, I really want to go there.' But it was all softball-driven," she admits. She explains that once a student-athlete selects a college and starts to "live out their dream" of playing, he or she still has to be a student and perform well academically, which can be a huge stressor.

"At some point, students have to ask: 'Is softball, or whatever sport, important to me? Is it still a huge part of my identity?'" Now, after four years as a psychology major at Immaculata, she realizes that she is so much more than "just" an athlete and is embracing new experiences.

For example, she completed an internship at the Anxiety and OCD Center in Malvern, Pennsylvania and conducted research on performance anxiety for her experimental psychology class. After analyzing the data, Knoll observed Immaculata's sports teams and provided mental performance education and individual peer support for student-athletes based on her research, with supervision from counseling services staff. She worked one-on-one with athletes and also in groups with the entire team.

One student-athlete that Knoll worked with was hyper-focused to the point where he could only focus on one thing at a time. Knoll blindfolded the player and brought him onto the field. She asked him to visualize making different plays so he could recognize the multiple stages of the game instead of focusing on just his single play.

When she began working with the Immaculata men's soccer team last fall, their record was 1-7.

Allowing some internal strife to gain steam, the team struggled early in the season. The players truly wanted to improve relationships with their teammates, so they embraced the psychology side of sports that Knoll provided. Knoll spent time going to their practices and games to see how individual players interacted with their teammates. She would talk to struggling players to see what they were feeling. She also conducted weekly sports psychology sessions with the entire team that tackled topics such as resiliency, risk, roles and the need to support the team while sitting on the bench. Throughout the process, Knoll continued to present her feedback to their coaches.

Knoll didn't realize how invested she became in helping the soccer team—or how much they had improved during the season, because her focus was on the individual players. The team won five of their next eight games to end the regular season and qualified for the conference quarterfinals, which they won. Not only had their record improved, but they were supporting and respecting each other. After a tight one-goal loss in the semi-finals, the players, coaches and athletic staff recognized Knoll's contribution to the team's success.

"I had to take a step back and say to myself, 'Wow, I actually helped them and made such great relationships.' I was so proud of myself," Knoll said. This experience encouraged Knoll to pursue a career in sports psychology. This fall, she is enrolling in a Master of Science in performance psychology at National University.

One of Knoll's strengths is active listening. She enhanced this skill by becoming a member of CogWell, an active listening club promoting peer to peer support by teaching compassionate and effective listening. Through this program, Knoll began offering active listening workshops to Immaculata's sports teams and other student groups across campus. Her training was so effective that this past year Knoll accepted

the position of national outreach coordinator and training assistant with the national CogWell organization. In her role, she conducts listening workshops with collegiate athletes across the nation.

Melissa Hopely Rice '09, the program director of the University of Pennsylvania's CogWell organization and moderator of IU's CogWell Club, has witnessed Knoll's drive to help others. "Cat is a force! She knows how to motivate and inspire people. I see her changing people's lives just by letting them know that she's there and fighting for them," Rice states.

To illustrate how Knoll inspires and motivates people, Rice uses the work that Knoll did with the University of Alabama's Adaptive Athletics Department. Adaptive sports are competitive or recreational sports for people with disabilities. The University of Alabama currently has three adaptive sports teams—Knoll worked with the men's basketball team. Rice describes it as "the coolest thing ever."

During Knoll's active listening training with the men's basketball team at Alabama, she talked with the players about life as a student-athlete. The players shared their struggles with people trying to understand their disability and explained how all they really wanted was to be heard and supported. In addition to the University of Alabama, Knoll has also worked with student-athletes at Boston University and SUNY Binghamton.

The need to support college athletes has never been more important. The NCAA reports that nearly half a million students participate in collegiate sports—more than ever before. With the help of people like Knoll, these student-athletes have someone who will listen—really listen—and support them. 🙌

# SWEAT, SUPPORT & SMILES: GetFIT@IU

**"Keep going, keep going!" three Immaculata student trainers called, as a young woman, one of their GetFIT@IU clients, lifted a set of barbells.**

As she moved on to a set of squats, the students cheered her on: "Come on, I think you can get one more!"

Later, during stretching, she reached to touch her toes, and the students rooted for her. "You got it! You're killing it!" She beamed at their chorus of encouragement, breathing hard, pushing herself a little further each time.

"This is one of my favorite days of the week!" she said, after greeting each trainer with a hug.

You'd be hard-pressed to find anyone more excited to work out than Immaculata's GetFIT clients. These adults with intellectual and developmental disabilities love working on their balance, strength and flexibility with IU's student trainers and exercise science faculty.

"You're supposed to enjoy movement," said Laurie DiRosa, Ed.D., associate professor of exercise science, who brought GetFIT to IU in 2017. "So her enjoying that is spot-on with what we want." DiRosa then joked that the clients love exercising more than she does. "And that's what I do for a living!"

But DiRosa understands the magic that motivates the clients. "Those trainers make that special for her. It's not just coming here and exercising. It's the people."





## “The skills our student trainers have developed while working with their GetFIT clients rival most doctoral PT students.”

—  
COLE RACICH, DPT

*Assistant Professor of Exercise Science*

◀ **PICTURED:** Master of Athletic Training student Randie Kuhar, left, assesses a client's progress. Kuhar and the other GetFIT@IU trainers have seen every single client improve his or her balance, strength or flexibility by participating in the program.

### AN INGENIOUS PROGRAM WITH BENEFITS FOR ALL

DiRosa got involved with a GetFIT service-learning program at Rowan University, where it was established by the Family Resource Network of New Jersey. She started a version of GetFIT when she came to IU, which she believes is the only institution in the region to offer a program of this kind. DiRosa recruits her exercise science students as well as students of other majors to lead clients in fitness training once or twice a week. Students gain professional experience while clients improve their health—a win-win.

GetFIT shifted to Zoom during the worst of the pandemic, but last fall, a smaller group returned to IU's fitness center. DiRosa worked with Cole Racich, DPT, assistant professor of exercise science, and Randie Kuhar '21, a graduate assistant in IU's new Master of Athletic Training program, to create customized exercise plans for six clients.

After a few weeks, DiRosa, Racich and Kuhar assessed the clients, noticing both small gains and giant leaps. DiRosa said every client—about 30 since the program's inception—has made some progress.

And the roughly 100 student trainers who have participated over the years have all made progress, too. Some have conducted research projects related to GetFIT. A few have decided to work full-time with people with disabilities. All of them have built their resumes and learned to interact with different kinds of people.

### RESEARCH SHOWS RESULTS

Kuhar conducted a research project on balance, leading five GetFIT clients in a four-week intervention and concluding that it reduced their fall risk. “You really need balance to do just about everything in your daily life,” Kuhar said.

Alyssa Malitsky '17 agrees. She was one of the first student trainers to participate in GetFIT and conducted similar research, confirming her hypothesis that improving core strength also improved balance. Now, as an occupational therapist at a rehabilitation hospital, Malitsky works on balance every day, helping patients sit or stand in stable positions for bathing, dressing and reaching.

### “HE KEPT BLOOMING”

GetFIT typically works only with clients who are fully mobile, but

DiRosa was determined to find a way to work with a male client who uses an assistive device to walk. Racich designed safe exercises to build the client's balance and leg strength and help him achieve his goal of walking around Disney World.

To help this client perform a marching exercise, student trainer Dylan Walter '25 suggested that he pretend he was walking around Disney. “That is not only a great motivator; it allows us to have a better relationship with him,” Walter reflected.

Kuhar agreed, observing that the client “just kept blooming more and more.” Though at first he could only sit and stand a few times, he can now do up to four sets of 10.

When trainer Christiana Lyras '25 pointed out to a female client that she was ready for more difficult exercises, she replied, “Yay, I like being challenged!”

“They seem proud of themselves and how far they have come,” Lyras said. “They seem to all be motivating each other more and more,” trainer Cassandra DeFeo '24 noted.

### MOMENTS OF CONNECTION

Trainer Reese Mullins '25 commented, “Through training the same clients weekly for months, you begin to form a connection with them, which goes beyond just completing their workout.” Some student trainers create personalized playlists for their clients to listen to during sessions. Students and clients

chat about their families and compliment each other on their shoes and outfits.

“Each week they seem more comfortable with me, and I also feel more comfortable with them,” said trainer Kelly O'Brien '22.

Trainer John Wilhelm '25 observed that although his client was quiet at first, “recently he has really come out of his shell,” joking that he wanted to hit people with a rubber ball, even if they were out of his range.

“He found it hilarious,” Wilhelm said. The client teased Racich as his target, and Racich played along and took cover behind a box. “You can tell he pushes through and works harder in order to ‘throw the ball at someone,’” Wilhelm said.

### INSPIRING GROWTH

At the beginning of the school year, DiRosa and Racich provided ample supervision, but the students soon learned to run sessions independently. “All of a sudden, they're like, ‘See ya! I don't need you, Mom!’” DiRosa joked.

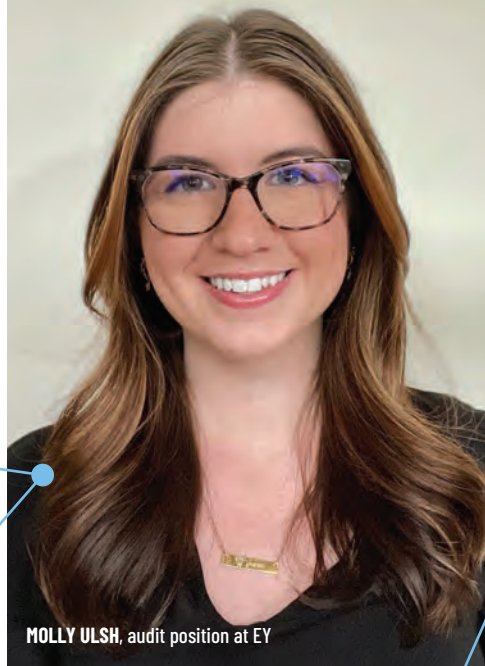
Racich, who was previously a physical therapy clinical instructor, noted, “The skills our student trainers have developed while working with their GetFIT clients rival most doctoral PT students.”

“I am always so impressed by both the growth of our students professionally and the growth of our clients physically and socially,” DiRosa reflected. “Our joyful movement sessions never disappoint.” 🏡

## ALUMNI NETWORK



OLIVE MONYE, audit associate at Deloitte



MOLLY ULSH, audit position at EY



RITA COLA CARROLL,  
founder of Main Line Rehabilitation Associates



MIKAYLA PERSING (on right),  
e-commerce merchandiser at Boscov's



LAURA MANES, internet coordinator at Boscov's



ANDRÉ MCLAURIN (on left), Erdenheim Elementary School  
principal, and RACHEL HOLMES (on right), fifth-grade teacher

# WORK *the* NETWORK

An Immaculata education is important not just for the knowledge, but for the network. It's commonplace for professors, alumni and students to not only share internship and job opportunities, but to offer advice and recommendations for positions. Here are just a few examples of how alumni have found and filled openings in various fields, thanks to their Immaculata connections.

**i** FOR MORE INFORMATION ON PROVIDING INTERNSHIPS FOR STUDENTS, contact Heidi Harrison at [hharrison2@immaculata.edu](mailto:hharrison2@immaculata.edu).

## SHE WAS READY FOR THE CHALLENGE OF TEACHING

André McLaurin '19 Ed.D., Erdenheim Elementary School principal, appreciated the support he received throughout his doctoral studies. Sister Claudine Hagerty, IHM, former assistant director of the writing center, gave him feedback on his work and, to his surprise, came to see him defend his dissertation. "She was invested in me, and she didn't have to be. That was the feeling that I got from Immaculata."

At an alumni event last year for Immaculata education alumni, Melissa Reed, Ed.D., education division chair, introduced McLaurin to Rachel Holmes '20, a long-term substitute teacher for fifth grade who was applying for permanent jobs. McLaurin's school needed a fifth-grade teacher, and he encouraged Holmes to apply.

"She was ready to take on the challenge," said McLaurin. "What I look for from a candidate is someone who has a unique story, someone who's passionate about kids, about education, and someone who I can sense will continue to push themselves to grow."

"I was so lucky to meet him at that event," Holmes said. Many school districts prefer candidates who have more than her one year of experience. But McLaurin noted that her energy and maturity stood out. He hired her last August, and not just because they share the same alma mater. "She stands on her own merit," he said.



“I’ve worked with a number of schools providing internships over the years, but we eventually decided to work only with Immaculata students.”

**Rita Cola Carroll '77, '87 M.A., Ph.D.**

### FROM CANCELED INTERNSHIP TO FULL-TIME JOB IN FASHION

Alexis Lessley '21 appreciates her professors' experience in the fashion industry. “It allowed me to network with them and gain further insight on what to expect within this career,” she said. In 2020, Lessley wanted an internship in buying, so Lina Castro, fashion merchandising program director, reached out to Shannon Coughlin '19, an assistant buyer at Burlington Stores. When COVID hit, Burlington canceled internships, but Lessley later got a shot at a full-time assistant buyer job instead.

Coughlin gave Lessley the scoop on skills Burlington typically looks for. “After talking with Shannon, I felt a lot more comfortable and prepared going into the interview,” Lessley said. Coughlin also put in a good word for Lessley with the hiring department. They are now both assistant buyers at Burlington for different areas, helping to select merchandise, building relationships with vendors and ensuring that goods reach stores on time.

### HURRY TO HIRE FOR HOLIDAYS

When Mikayla Persing '19 got promoted to e-commerce merchandiser at Boscov's, she contacted Castro, looking for an Immaculata alum to take her previous position as internet coordinator. “We were in the midst of Black Friday and holiday prep,” Persing said. “We wanted to find someone as quickly as we could.”

Castro suggested Laura Manes '21, whom Persing knew as a classmate and fellow IU cheerleader. With Persing's recommendation, Manes applied and received the position. “It is great to work with a familiar face, and as Immaculata alumni, we share similar experiences,” said Manes, adding that she hopes to pay it forward by helping other Immaculata students.

“We get to work together as a team to get items in our categories live and on our website,” Persing explained. She trained Manes and gave her tips and insights about the job. “I knew Lina [Castro] would recommend someone great. The

program really prepared me for life in the fashion industry, and I'm so happy that I got to extend the opportunity for a fellow IU fashion grad.”

### A FOOT IN THE DOOR AT THE BIG FOUR

Immaculata's business faculty are proud to say that their alumni work for all the “big four” accounting and auditing firms, the largest professional services networks in the world. Accounting and Finance Instructor Eileen Raffaele said many of her former students have helped each other get a foot in the door at those companies.

Claudia Valverde Millan '19 is a tax consultant at Deloitte, one of the big four firms, and was instrumental in helping Olive Monye '22 get two internships as well as a job. Millan interned at a local tax firm and recommended the opportunity to Monye, who followed suit.

Monye knew she needed another internship to qualify to work at one of the big four companies. Raffaele connected Monye with Don Schiffer '17, senior tax consultant at Deloitte, who passed her resume along and, with Millan, helped her land an internship with Deloitte's audit and assurance group last summer. Monye excelled in her internship so much that Deloitte offered her a full-time job as an audit associate this year.

Monye is grateful for the opportunities her relationships with Raffaele, Millan and Schiffer have given her. “The one-on-one connection is everything,” Monye reflected.

### ALIGNED VALUES

Raffaele said a string of alumni have helped each other land jobs at EY, another big four firm. Kaitlin O'Reilly '17, who worked in assurance at EY, helped Jocelyn Love '20 join the assurance staff there.

Love then gave Molly Ulsh '22 some interview tips, encouraging her to mention her leadership roles and the alignment she saw between her values and EY's. “The values that aligned were respect, teamwork, inclusiveness and the ability to build relationships on doing the right things,”

Ulsh said. O'Reilly, who is now an experience management consultant with EY, also offered to give Ulsh advice or answer questions. Ulsh interviewed for an auditing position and started this summer.

### THESE PSYCHOLOGY MAJORS JUMPED RIGHT IN

Rita Cola Carroll '77, '87 M.A., Ph.D., studied psychology and education at Immaculata and went on to found Main Line Rehabilitation Associates in 1986, serving adults with traumatic brain injuries and other neurological conditions resulting in cognitive disabilities. Before she sold the company in 2020, she took more than 30 IU psychology majors as interns and hired many of them as neurocognitive specialists.

Carroll first helped interns understand how brain injuries and other neurological conditions, such as autism and multiple sclerosis, can affect people's cognition, day-to-day function, community engagement and quality of life. She and her team of cognitive rehabilitation therapists then taught interns clinical and communications skills and mentored them as they learned to work with people in the program.

“I've worked with a number of schools providing internships over the years, but we eventually decided to work only with Immaculata students,” Carroll said. “They seemed to jump in feet first and be hungry for information, connection and interaction.” Such engaged interns not only made Carroll's work easier; it was better for the people they served.

She provided additional training when interns became paid employees, helping them earn certification as brain injury specialists. Many Immaculata students went on for advanced degrees or higher-level clinical work, and Carroll wrote them recommendation letters for master's programs and jobs.

Reflecting on her decades-long relationship with Immaculata, Carroll said, “It's a place of quality and commitment and caring.” 🏡

# 100%

*of new incoming students in the  
College of Undergraduate Studies  
receive an academic scholarship*



For more information on establishing an  
endowed scholarship, please contact  
**Susan Arnold** at [sarnold@immaculata.edu](mailto:sarnold@immaculata.edu).

# FROM DISNEY TO THE RUNWAY:

## *How Scholarships Impact IU Students*

*Cleo Hoey, you just graduated from Immaculata University. What are you going to do now?*

She's going to Disney World!

After graduating in May, Hoey begins a paid internship this fall through the Disney College Program, where she will be placed in any of the four theme parks at Disney World Resorts. Hoey is excited for the opportunities to work directly with children during her internship, and to develop a deeper understanding of what it means to be part of a team.

After high school, Hoey earned a Presidential Scholarship from Immaculata, which paid full tuition. She graduated with a double major in communication and education, with a minor in digital media and a special education concentration.

In the United States, approximately 4 million students leave college each year with that coveted sheet of paper declaring their academic achievements and preparing them for a career. Next, most of these same newly minted graduates need to begin paying off their college debt.

At Immaculata, 100% of new incoming students in the College of Undergraduate Studies receive an academic scholarship. Dina Stern, director of the office of financial aid, adds that Immaculata offers many different scholarships, such as merit-based scholarships, need-based scholarships, IU Catholic school grants and legacy grants. In addition, Immaculata also offers endowed and non-endowed scholarships, funded by generous donors.

In 2022, seven donors established endowed scholarships at Immaculata, one of the highest numbers for Immaculata in one year. "The desire to 'pay it forward' is often one of the main reasons why donors establish and fund scholarships," states Susan Arnold, vice president for institutional advancement. "Donors also want students to have the same educational experience that they, or their family members, had as students and are willing to help support current Immaculata students."

Susan Schultz, whose mother graduated from Immaculata with a degree in family and consumer sciences, established the Florence Krupp Pahides '71 Endowed Scholarship, to honor her mother's love for education. Schultz explained that when she and her brother were young children, their mom went back to school to earn her college degree.

"She was a full-time mom, and family was number one," Schultz states. "My mom went to class, did what she needed to do to get her homework and exams done, and then went home to fold the wash, iron the sheets and make a roast beef dinner." Schultz points out that her mom was definitely a mom and housewife of the 1950s, but with support from Schultz's father, Florence was also college-educated. She taught at Penn Crest/Rose Tree Media School District for 25 years. Because her mom served as a role model to Schultz and her brother—and also to their children—Schultz established a scholarship in memory of her.

One common theme among scholarship recipients is gratitude for having the financial burden lifted so they can concentrate on classes and academic excellence.

As Maeve Touhey '23 stood before the crowd in the Great Hall, ready to welcome guests to the annual fashion show in April, she wasn't worried about finances or student loans. In that moment, she was gaining invaluable experience in her field. Touhey, a fashion merchandising major, received the Centennial Scholarship, introduced during Immaculata's centennial year.

"The Centennial Scholarship has helped me because it gives me security," she states. "I do not have to worry about the financial cost of pursuing something I love."

The same is true for music major David Graham '22, who received the Presidential Scholarship. His senior recital provided a night of high-class saxophone repertoire and live jazz. As a self-described special learner, Graham appreciated that professors created assignments that allowed students to display knowledge in a way that worked for them. Even though the pandemic forced students to learn online, Graham and his classmates continued expanding

and sharing their musical talent by posting recordings of their musical works and holding virtual events that highlighted their talents.

As a recipient of the Maguire Foundation Scholarship since freshman year, Joseph Billetta '22, a digital communications major, acknowledges that the scholarship takes some financial weight off his shoulders. "It allows me a little more peace of mind while pursuing my studies and gives me the ability to focus more time on participating in local theater." No matter what his future holds, Billetta plans to continue performing and is grateful to have the tools to succeed.

Emily Pablo-Medina is a first-generation college student pursuing her nursing degree. During high school, she took college courses at a local community college and earned both her high school diploma and an associate degree last summer. She applied for the Karen Valyo, R.N. Memorial Endowed Scholarship and was the first student to be awarded it.

Mary Ann Valyo established the scholarship to financially help students follow her daughter's footsteps into nursing. Spending her entire professional career in the nursing field, Karen excelled as an operating room nurse before impacting health care from the business side by launching her own auditing system. Mary Ann fondly remembers that no matter what role Karen delved into, she always had a great rapport with patients, doctors and her nursing colleagues. Karen died in 1998. The scholarship is in recognition of Karen's dedication to nursing and to support other students who want to make a difference in people's lives.

"Becoming a nurse is my biggest dream," Pablo-Medina says. "I really want to care for people in need, in every way possible."

No matter how much tuition assistance students receive, they still need to find a college that is right for them. Julianna Jones '23, a nursing major who received an Independence Blue Cross Nurses for Tomorrow scholarship, states, "I cannot imagine how different my life would be had I gone anywhere else but here." 🙌

# BRAINS & BRAWN

## Academically Successful Student-Athletes

Brains versus brawn. Why does it have to be an “either/or” scenario?

With nearly 35% of traditional-aged full-time students playing sports, Immaculata is proud that the cumulative GPA for all 22 sports teams is 3.30. Seventy percent of student-athletes made the dean’s list, which requires a GPA of 3.7 or higher.

Women’s soccer player Tanis McDonnell ’23 is a biology major with a minor in chemistry. As the captain of the team, she spends approximately seven to nine hours per week practicing and plays two games per week when in-season. Because both athletics and academics are important to her, she plans out her week ahead of time—checking the syllabi for exams and quizzes, so she can allocate more time to bigger assignments.

“I really love playing soccer, and I love biology, so being able to succeed in both my passions makes the long days and stress worth it,” McDonnell said.

Immaculata’s men’s and women’s swimming coach Kathleen Womelsdorf is the liaison between the athletic and academic departments. In this role, she monitors Starfish, an early alert software program that enhances the feedback students receive about their academic performance, and she meets regularly throughout the semester with the academic advisement team to discuss any concerns and updates related to student-athletes. She then shares this information with the various coaches.

To help athletes succeed in the classroom, the athletic department, and often individual coaches, provide study hall time. Womelsdorf, who oversees the study halls, states, “Having a time set aside to complete class work and to study is crucial for student-athletes’

schedules, considering they balance a lot of tasks, especially when in-season.” She praises the coaches for their commitment to high academic standards.

Womelsdorf’s main focus is to assist student-athletes in their transition to college and to help them better understand the academic and athletic demands they will encounter. She also suggests resources to the athletes such as peer and teammate tutoring, university tutoring and the writing and math centers.

Immaculata student-athletes are encouraged and supported in their pursuit of personal, academic, career and athletic goals. The athletic staff and coaches encourage the players to be actively involved in their educational process, so students balance their athletic and academic achievements.

“We reinforce that communication is key between the student-athlete and professors,” Womelsdorf says. “Student-athletes are reminded of how to write a professional email and how to address their concerns in a mature and confident manner.”

To support students after their playing days are over, Immaculata held a student-athlete career workshop, presented by Dustin Miller, assistant director of career counseling. As a former college athlete, Miller demonstrated how to use the status of being a student-athlete to attract potential employers and to enhance career options. Many employers seek out student-athletes because they recognize the advantages that they bring to a job, such as teamwork, discipline and the ability to deal with adversity. He explained the steps student-athletes can take to ensure they are prepared for a long career. Miller advised them to talk to professionals in their chosen field to explore what their job entails and to

develop professional connections. During his workshop, Miller emphasized the importance of networking and securing internships. He also encouraged student-athletes to use their sports knowledge to engage in conversations. “This can serve as a commonality when beginning conversations pertaining to gaining experiences. People need to evaluate their true passion,” Miller states.

Julia Darlak ’24, a nursing major and member of the indoor/outdoor track and field team, emphasizes time management so that she doesn’t procrastinate and instead completes her class assignments the day before. Darlak admits that to keep up with classes, she has to make sacrifices with her free time.

“All of the sacrifices are worth it if it means that I do well in academics and athletics,” she says.

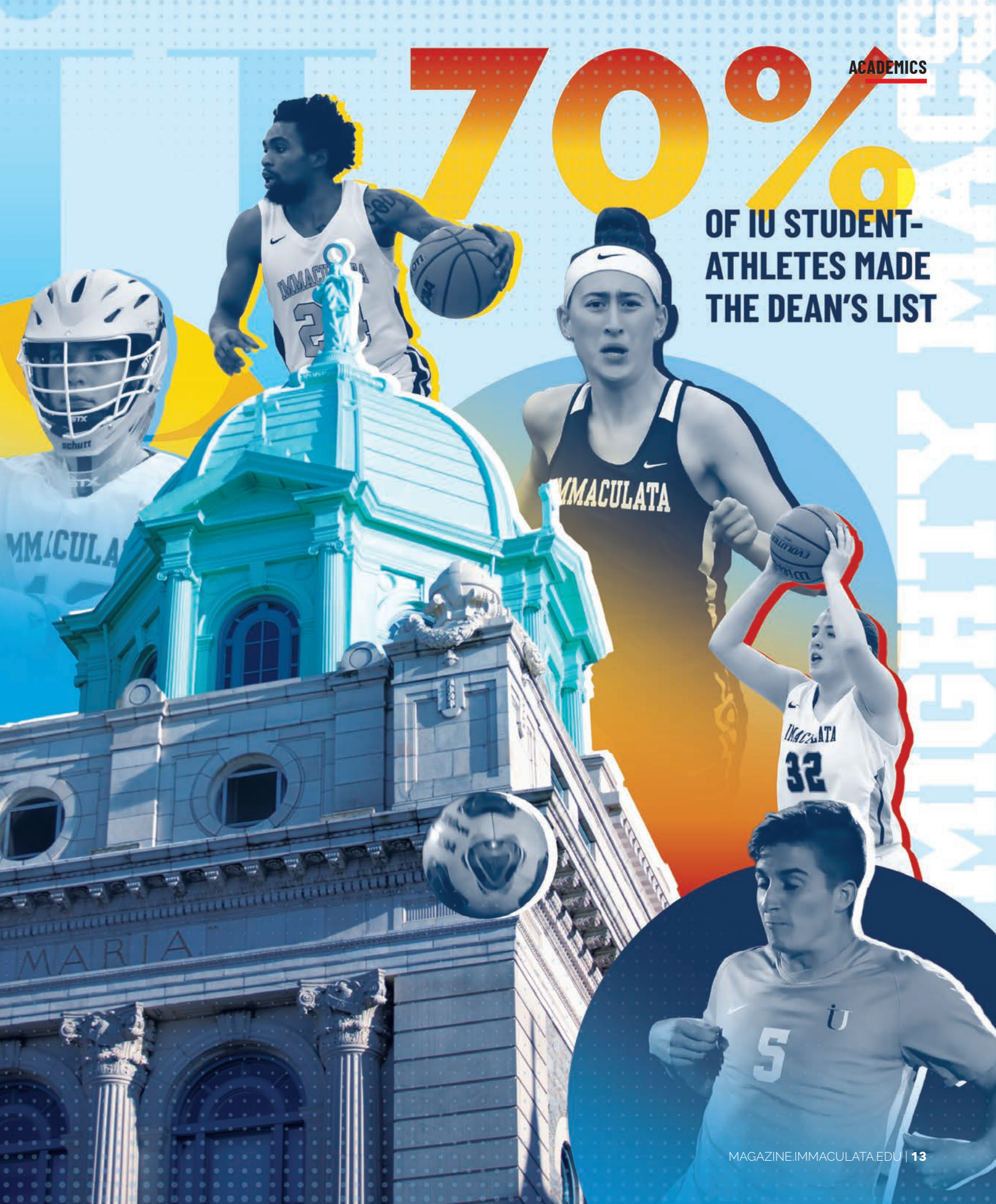
Jacob Fitzgerald ’22 is a great example of a student-athlete who is able to excel in both academics and athletics. The criminology major recently presented his research, “Chronic Diseases and Depression: Socioeconomic Impact on Communities in Poverty,” while also serving as the captain of the men’s soccer team, a position he’s held since his sophomore year.

The intangibles of leading a team are invaluable. Fitzgerald stated, “My experience as a captain was more than I could have asked for and being able to help my team and others on and off the field was a true honor.” One reason he chose to attend Immaculata was that he could focus on his athletics along with pursuing his bachelor’s degree, which was always his priority.

“Student-athlete” isn’t an either/or label at Immaculata. Students don’t need to choose brains over brawn. 🏆

# 70%

OF IU STUDENT-ATHLETES MADE THE DEAN'S LIST



FEATURE

# Like A Family

# GOLDEN GIRLS

## The 50th Anniversary of the First Basketball Championship

If you're an alum, chances are you are familiar with the story of the championship Mighty Macs. You may have seen the movie based on the Cinderella story of the women's basketball team from Immaculata.

But when we tell you that they won their first championship 50 years ago—on March 19, 1972, you may be surprised, even shocked! How could it be 50 years since the Mighty Macs elevated women's collegiate basketball with the first of three consecutive championships?

Well, we asked the players this same question.

"As far as seeming like it was 50 years ago, it doesn't. We, as a team, have maintained good contact through the years and have had many opportunities to look back on all the fun we had together while at the same time achieving success on the court," Denise Conway Crawford '74 said. "There is a special bond among this great group of women."

That sentiment seems to be unanimous among the players. Sue O'Grady '72 said, "When Cathy [Rush, the coach] and the players get together, we start reminiscing, and it seems like it was just a few years ago. However, when I really think about what we didn't have, as a basketball team, it seems like ancient history compared to today's women's sports."

Judy Martelli '75, states, "No, it doesn't seem like 50 years. When you stop and imagine 50 years, it feels like a very long time. There are some memories that have faded, but there are many that are still vivid. The championships feel like they were yesterday. I feel blessed to have such fond memories."

**PICTURED:** The Mighty Macs remembered their deceased teammates: Pat Opila, Maureen Mooney, Rene Muth Portland and Mary Scharff.



**SCAN THE CODE** to watch this tribute video to the Mighty Macs!



**PICTURED:** Members from all three national championship teams reunited at Immaculata to celebrate the 50th anniversary of the first national title. Pictured L to R, front row: Cathy Rush, Marianne Stanley, Janet Young, Sue O'Grady, Denise Crawford, Patty Loughran and Marie Williams. Pictured L to R, back row: Theresa Grentz and Betty Ann Quinn; Not pictured: Janet Boltz, Barbara Kelly, Tina Krah, Judy Martelli, Maureen Stuhlman.

PICTURED: Barbara Lettiere presents Tim Chambers, director of "The Mighty Macs," with gifts to celebrate the 50th anniversary.



“THERE IS A SPECIAL BOND AMONG THIS GREAT GROUP OF WOMEN.”



Denise Conway Crawford '74

## Reflecting on Title IX

It's fitting that Immaculata's first championship coincides with the establishment of Title IX, one of the main goals of which was to promote gender equality. In 1972, President Richard Nixon signed Title IX of the Education Amendments of 1972 into law. The federal law states,

**“No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance.”**

Without the passage of Title IX, there would not have been a women's national championship tournament for the Mighty Macs to win. However, it's commonly perceived that Title IX ended the party at Immaculata, because other bigger universities began to spend large sums of money on their up-until-then forgotten women's sports teams. However, the real party was just beginning for women.

Larger schools began attracting female athletes with scholarships, which did not benefit Immaculata directly. Immaculata now competes in the NCAA Division III, which does not offer athletic scholarships. However, the significance and impact of Title IX can still be felt today.

Theresa Greutz '74, who is being inducted into the Naismith Basketball Hall of Fame in September for helping the Mighty Macs

win three titles, notes that Immaculata was an all-women's college when Title IX was signed into law, so it had little impact on the school. Title IX really helped women at co-educational colleges and universities who offered few or no intercollegiate teams for women. “It changed the whole landscape of women's college basketball and athletics as we knew it prior to Title IX,” Greutz adds. “This was very obvious to me when I became the first full-time head coach of women's basketball at Rutgers University in 1976.”

“Title IX was such a monumental step in opening doors for women in the sports world. We've seen over the past 50 years how many women have had the opportunity to compete at high levels with perks they never would have had before Title IX,” said Denise Crawford, who was a member of all three championship teams. “It was long overdue, and we're happy to know it's in existence.”

On March 18, 2022, the day before the 50th anniversary of the Mighty Macs' first national title, Forbes.com posted a story, “In Celebrating the 50th Anniversary of Title IX, Start with the 'Mighty Macs.'” The writer decries ongoing inequalities in sports and uses last year's NCAA Basketball Tournaments as a prime example. “It frustrates today's coaches, players and fans why the game continues to be viewed as 'less than' the men's: from the facilities and travel; to food, lodging and coach's compensation, women's basketball has made some progress, but not nearly enough.”

Sue O'Grady, who played on the first national championship team, agrees.

“Looking back on the changes that have occurred since Title IX was passed, I can see many changes that have been positive. However, as last year's Final Four showed, in the inequality of what the men's and women's teams had access to, it is obvious that Title IX was, and is still, necessary.”

Few have done more for gender equality in coaching than former Mighty Mac point guard, Marianne Stanley '76, who will also be inducted into the Naismith Basketball Hall of Fame in September. She famously filed an \$8 million federal Title IX lawsuit against her employer, University of Southern California, for sex discrimination because she asked for her pay to match the men's basketball coach and was ultimately replaced. Although Stanley lost the case, she eventually returned to college coaching for the University of California, Berkeley and was paid the same base salary as the men's basketball head coach.

In other encouraging news, statistics show that more money is pouring into women's sports and to paying women athletes than at any time in history.

Progress!

But should women have to wait another 50 years to completely catch up to the guys? Let's hope not.

# A STRENUOUS, *Sacred* CALLING



**The pandemic is less severe in some ways now, but we may still be in for more variants and surges. And the past two years have pushed health care professionals, especially nurses, to their limits. Here's how they're staying strong, and how Immaculata's nursing faculty are supporting students and preparing them for future challenges.**

▲ **PICTURED:** Junior Hope Grace Moran, right, practices interacting with volunteer patient Allison Duncan in Immaculata's nursing simulation lab.





“Nurses really have to be resilient,” says Celina “Lee” Siwula ’92, ’14 M.S.N., ’20 Ed.D., assistant professor and director of Immaculata’s pre-licensure Bachelor of Science in Nursing. Regardless of how the pandemic continues to unfold, students have to be aware that they’re entering a high-stress profession. “We never tell them it’s going to be easy,” Siwula says.

Nevertheless, she exudes enthusiasm for her work. “I’ve been in it for 43 years. There’s nothing I’d rather do!” she says.

“Teaching students good self-care behavior that increases their resilience will help them,” notes Pam Hudson, D.M., associate professor of nursing and director of Immaculata’s Master of Science in Nursing program.

It’s not unusual for nurses to get exhausted and retire or change careers. Hudson says the nursing shortage was already a problem pre-pandemic, and COVID only exacerbated it. According to a 2019 study by the Nursing Advisory Board, half of new nurses leave the profession in two years.

As a result of this and other factors, Hudson explains, “there’s no fluff in hospital staffing.” When she meets with local chief nursing officers, all of them report struggles in keeping their floors staffed. They offer high salaries, up to six figures, and sometimes bonuses to attract workers willing to put in grueling 10- to 12-hour shifts, at times seven days a week.

COVID has taken its toll not just on nurses’ time and energy, but also on their emotions. Early in the pandemic, Hudson comments, it wasn’t unusual for her M.S.N. students to lose as many as two or three patients a day in a 15-bed unit. Sometimes they were the only ones present with dying patients, whose families had to stay home to avoid contracting the virus themselves.

Even a seemingly small thing like wearing extensive protective gear has been a challenge for nurses, Hudson points out. Respirators block nurses’ faces, and gloves interfere with simple physical contact. “There’s a real sacred

## “You can’t care for others if you can’t care for yourself.”

*Celina “Lee” Siwula ’92, ’14 M.S.N., ’20 Ed.D.*

space between a patient and a nurse. And things that are put in between the patient and the nurse make it difficult for that relationship to flourish,” Hudson says.

To help her students cope, Hudson asks them how things are going at work and empathizes with them. “I really believe that letting them talk about it and then hearing what their peers are saying helps to build up their resilience.” They realize they’re not alone, and their peers may have ideas about how to handle certain issues.

Venus Smith, associate faculty member, also works to form connections with her undergraduate students. “I’ve been blessed to have the ability to be a role model and help students build resilience by creating a positive environment conducive to their learning and building strong, supportive relationships,” she comments.

Siwula shares stories with her undergraduate students about her own nursing practice and

how she has coped with adversity. She learned to do her part for her patients and wait until she got home to let the tears flow. “You’ll get stronger, and you can continue to do what you have to do,” she tells students. In their last semester, Siwula’s students participate in immersive clinical rotations to get real-life experience working alongside veteran nurses. The students put everything they’ve learned to work, from clinical knowledge to emotional fortitude.

Siwula frequently discusses burnout with her students and shares self-care practices, such as mindful breathing, to decrease anxiety. She urges students to schedule time to rest and do “whatever brings you peace, keeps you positive and makes you feel like you’re not losing yourself,” she says. “You can’t care for others if you can’t care for yourself.”

At some point during students’ rotations, Siwula notes, “a lightbulb goes off. You see them suddenly grow.” She loves it when students tell her, “I knew what I was doing! I made a decision on my own, and the clinical instructor nurse said, ‘That’s a great idea!’”

Siwula regularly invites nursing alumni to talk to current students, and this year, three alumni shared about their jobs in high acuity settings. They acknowledged that nursing is a stressful career, but it’s still one they love. Emily Cosgrove ’21 was one of the alumni on the panel. “I have found a lot of motivation in learning to celebrate the small victories, whether it was my first successful IV insertion, a patient who was very ill that got to go home, or simply a coworker telling me that they were proud of me,” she reflects. “I will continue to encounter challenges in my work, but I am confident that I will continue to find parts of my work to motivate me and help me to overcome them.”

“It’s not easy, but it’s so worth it,” Siwula tells her students. For Siwula, Hudson, and their students, the hope outweighs the challenges of nursing. “Here we are, still standing and still not wanting to do anything else,” Siwula says. “This is our calling.” 🙌

## 7 Stress Relief Steps



1. Be aware of your breath



2. Be still and mindfully present



3. Exercise to decrease anxiety



4. Listen to music to relax



5. Laugh—humor is therapeutic!



6. Keep easy, healthy foods on hand



7. Reach out to friends for support



# *The* MONEY GAME

Last fall, the online investing company Robinhood was all over the news. Why? Because young (often uninformed) teenagers were investing their hard-earned money by using the free trading app as they would a video game and losing real cash. With no brokers facilitating trades, no commission fees and easy access to online trading via smartphones, interest in stock market trading has increased.

Apps are not the only way new investors connect with the stock market. Meme stocks rely on a group of online investors touting a particular company, thus creating a surge in interest in the company and a buying frenzy. GameStop, whose stock climbed 1700% in one week in early 2021, is the most well-known example of a meme stock. However, Robinhood shut down trading for GameStop in an effort to force the investors to sell their sky-high stocks.

The inequality between Wall Street investors and the general public fostered meme stocks as a way to create a more democratic stock market. However, according to the Financial Times, inexperienced investors, equipped with a smartphone and no-fee trading, were the biggest losers.

▲ **PICTURED L to R:** Business faculty Elizabeth Faunce, Mark McFadden, Eileen Raffaele, and Michael Stevens.



**PICTURED L to R:** Mark McFadden, and students Nicholas Speakman-Viggiano, Emmanuel Banda, Carson McNally, Regina Carey and Emma Dunham attend a conference.

Nearly  
**30%**

*of financial planning students have stock market investments*

Ashley Abbonizio '22, a recent psychology graduate with a minor in human resource management, knows quite a few people who have dumped their savings into investing apps and cryptocurrency. "I have a friend who put in a lot of money and lost it all. It reminds me of a gambling addiction," she says. In Abbonizio's experience, she recognizes that people love the adrenaline rush they get when they make money. She equates the current crypto craze to the Wild West. "It's not regulated, and I don't think there's any rhyme or reason to it," she adds.

Inside Higher Ed, an academic trade publication, conducted a survey in February 2022 regarding students' financial literacy and reported that about four in 10 students rated their financial knowledge as either excellent or good, while only 12 percent rated it as poor. The survey also discovered that some students who invest in the stock market may feel overconfident in their financial knowledge. Nearly three in 10 students have stock market investments.

Immaculata faculty members teaching business and finance majors are surprised at the level of interest in investing from the students. "I definitely see a higher level of financial competence and an overall higher understanding of how the stock market operates from students than I did even five years ago," states Elizabeth Faunce, Ph.D., professor of economics and finance.

According to members of Immaculata's business faculty, young people are using trading apps such as Robinhood that are gamifying the investment process. People use these apps without a basic understanding of the risk-reward tradeoff and, therefore, may be subject to major losses.

At Immaculata, finance and financial planning majors learn fundamental and technical analysis in their securities analysis classes and learn securities industry essentials in their Financial Industry Regulatory Authority (FINRA-based)

classes. While no one denies the importance of understanding how to handle personal finance and building wealth at a young age, learning the fundamentals of investing is important. Understanding how everything works together is essential.

Immaculata students, including first-year business majors, may not yet possess these skills, but the faculty ensure that their students are prepared to handle their personal finances and, if students choose a career in financial planning, to help others do the same.

To build financial literacy for students, Immaculata freshmen are able to take the course Money, Money, Money as part of their First-Year Seminar, a selection of courses that helps students transition to college. The class provides an overview of personal finance and money management decisions. Students delve into the pros and cons of credit cards, review online tools and personal finance apps, budgeting, debt management, tax planning, saving, investing and retirement planning. In addition, students can major in a traditional corporate finance track or take the financial planning degree program, which is a Certified Financial Planner (CFP) Board-Registered Program, that satisfies the coursework requirements for the CFP™ certification.

One of the core classes is Business Ethics, taught by Sarah Dougherty, MBA, instructor in the department of business, fashion and leadership. Dougherty uses case studies from companies such as Enron and the Red Cross to analyze historic business scandals and uncover what caused them. "A lot of the course is focused on being reflective and understanding where our own lines are drawn—both professionally and personally—and working on strategies to ensure that we don't cross those lines," says Dougherty.

Dougherty stresses the fact that in many situations scandals occur because of poor

judgment, stressful situations, executive pressure and pride. She tells her students, "The people that you read about in the news don't show up to work one day and say, 'Today is the day that I'm going to ruin everything.'"

"Save, save, save!" urges Regina Carey '22. This is the advice the dual major in human resource management and finance and the president of the business club received after taking several finance classes. "Young professionals don't realize the financial power they have if they begin to save their money as soon as they can," she explains.

Carey took a financial planning class with Faunce that taught her to set goals to achieve financial success for her future. Carey used this plan to determine her risk-tolerance for each of her goals. Faunce had the students reflect on the reasons why they wanted to invest in the first place. In instructor Eileen Raffaele's securities analysis course, she emphasized the importance of knowing exactly where your money is circulating and understanding how to harness that knowledge as an advantage through savings and stocks.

"In this unpredictable economic environment, Immaculata students are learning financial skills that will not only prepare them to pursue competitive careers in finance, banking and insurance, but also allow them to navigate through their own lifelong financial decisions," states Faunce.

Carey recognizes that there will always be risks associated with finance, but in her finance classes she is learning ways to handle and recover from financial loss, and she feels better prepared to manage her personal finances in the future.

Although in folklore, Robin Hood stole from the rich to give to the poor, at Immaculata, students would rather learn how to create their own wealth, built on a foundation of financial literacy and integrity. 🌱

# WHAT'S NEW AT IU?



◀ **SCAN THE CODE**  
to read more campus news.



## Ukraine Donations

Immaculata recent graduate **Sheridan Hedrick '22** organized a drive to help the people of Ukraine. Donations from the Immaculata community went to the Sisters of St. Basil in Jenkintown, Pennsylvania. From there, the items will go to the Sisters of St. Basil in Poland, who will distribute the much-needed items to the refugees and to the convents that house 164 Sisters of St. Basil in Ukraine. Many convents are housing women and children, feeding the military, transporting refugees, visiting the sick, praying with the people and distributing aid.

## Sister Sheila Galligan Receives Award



**Sister Sheila Galligan, IHM**, professor emerita of theology, received the Margaret Way Hoffner Award from Pennsylvanians for Human Life (PHL), honoring her for her work promoting a “culture of life” as a speaker at many pro-life conferences, retreats and educational forums. She has also served as the moderator of IU’s Macs Respect Life since 1990 and supports the work of crisis pregnancy centers and organizations which support women who struggle after having abortions.

For the past 50 years, PHL’s members have been passionately committed to promoting respect for human life through educational endeavors.

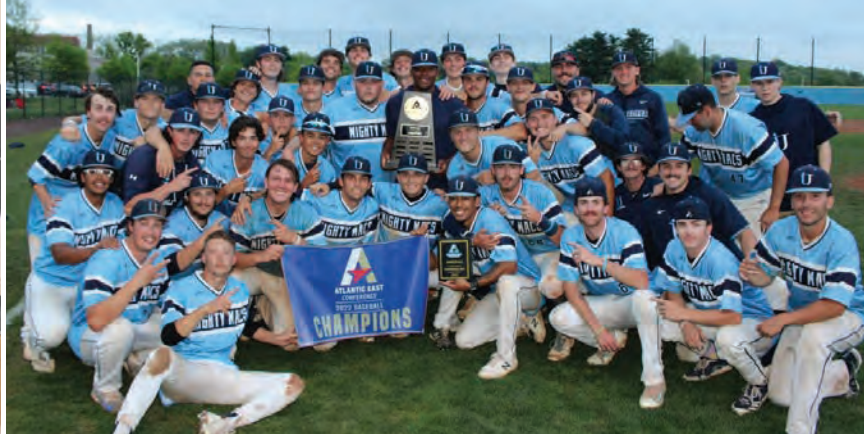
## New Academic Programs

Immaculata is offering two new majors this fall, public administration and public health, which will provide specialized, practical programs to help meet the serious demand for professionals in these areas. In addition, IU is offering a new online M.S. in higher education this fall, with affordable tuition of \$500 per credit.

## Chesapeake Watershed Cooperative Ecosystem Studies Unit

Immaculata is among 62 universities or research institutions across the U.S. to be chosen as a partner in the Chesapeake Watershed Cooperative Ecosystem Studies Unit (CHWA CESU). Partner members strive to understand and protect the natural and cultural resources of the region.

The Chesapeake Watershed is home to more than 3,600 species and over 15 million people, all competing for resources and space within this 64,000-square-mile region. The CHWA CESU promotes stewardship and integrated ecosystem management of natural and cultural resources within the Chesapeake Watershed through collaborative research, technical assistance and education.



## Baseball and Women's Basketball Win Conference Titles and Participate in NCAA Tournaments

The women's basketball team finished the season 18-9 in the Atlantic East Conference and then defeated Gwynedd Mercy University to win the conference title. They traveled to Indiana to face Trine University in the first round of the NCAA Division III Tournament. Although they came up short, the team played well and enjoyed their championship experience.

The baseball team steamrolled through the season and represented Immaculata at the Atlantic East Conference baseball NCAA Regional championship, hosted by Immaculata. During the regionals, the Mighty Macs won one of two games and concluded the 2022 season with a 29-14 record overall, the most season victories in program history. The 2022 season was a history-setting year for the Macs as they secured their first Atlantic East Championship.

## LifeLong Learning Institute at Immaculata Donates to Parsons Science Pavilion

To show their support for Immaculata University, members of the LifeLong Learning Institute donated more than \$16,500 toward the purchase of equipment for the new Parsons Science Pavilion.

"Working with the LLI board members has been a pleasure, and the entire Immaculata community is grateful for their donation to help equip the new Parsons Science Pavilion," states Susan Arnold, vice president for institutional advancement at Immaculata. "Our science and nursing students will benefit from their generosity."



Pictured L to R: President Barbara Lettiere; LLI members Gerry Mello, Roberta McManus and Ed Goll; and Vice President for Academic Affairs Angela Tekely

## STUDENT AWARDS

Fashion merchandising major **Jaliece Horn '24** earned the Black Talent scholarship award given by the Black Talent in Design and Fashion (BTDF) Fund. The BTDF offers assistance to Black students in design and fashion programs with a \$500 scholarship and mentorship opportunities with industry professionals.

**Kathryn Frederick '22** received a \$2,500 "Philly's Future" scholarship from the Philly Ad Club Foundation. Frederick is a business and marketing management major. The Philly Ad Club is the largest advertising and communications professional organization in the Greater Philadelphia area.

Music therapy major **Breanna Kratz '23** was announced as the 2022-2023 Presser Scholar. This prestigious \$4,000 award is given to an outstanding student musician and scholar who exemplifies high academic and musical accomplishment, leadership and citizenship.

## Student Leadership Awards



Congratulations to Immaculata's student-leaders who were honored at the annual Student Leadership Awards ceremony.

Pictured L to R, front row: Lauren Kolenda, Bridget McDonough, Alexandra Bethman and Melissa Hopely Rice, advisor of the year awardee. Top row, L to R: Francesca Kalie, Catherine Knoll, Thomas Pierce, and John Schuyler. Not pictured: Breanna Kratz

## Distinguished Professor Award



Congratulations to **Maria Cuddy-Casey, Ph.D.**, for receiving the Distinguished Professor Award, the highest honor the university bestows upon its faculty. The award recognizes faculty for outstanding contributions in teaching, research, scholarship or creative activities and service. Cuddy-Casey is professor of psychology and teaches at the undergraduate and graduate levels.



# A CHAPTER CLOSES

## The Class of 2022 graduated in May.

Those seven words may seem simple, but the students' journey to graduation day surely was not.

Each graduating class has its own individual personalities that reflect the times in which they lived. Undoubtedly, beyond the typical challenges that students face, COVID-19 is seared into the diplomas for these graduates in some shape or form. However, by walking across the stage and receiving that diploma, they have persevered. No matter the challenge, the 429 members of the Class of 2022 faced each obstacle with tenacity and grace.

With words of inspiration, the students earning advanced degrees heard from Brian O'Neill, who also received an honorary degree. Describing her own educational journey, Norma Hall Brown '85, L.O., M.S.A., spoke to the traditional-age graduates who earned associate and bachelor's degrees. Claire Mooney '07 DNP, MBA, RN, CCRN, NEA-BC, who also received an honorary degree, shared words of encouragement with the adult undergraduate students.

The Immaculata community commends the students, their families and the faculty and staff who have supported them throughout these unusual times. Congratulations to the Class of 2022. 🙌



**PICTURED:** Norma Hall Brown, L.O., M.S.A., served as the speaker for the graduates from the College of Undergraduate Studies.



**PICTURED:** Brian O'Neill spoke at the ceremony for the College of Graduate Studies.



**PICTURED:** Barbara Lettiere, left, and Vice President Angela Tekely, Ed.D., presented Brian O'Neill with his honorary degree hood.



**PICTURED:** Board chair Peggy Behm '81, left, and Barbara Lettiere presented Claire Mooney, DNP, with an honorary degree. Mooney spoke to the graduates from the College of Adult Professional Studies.



## REUNION 2022

# Your Passport to Memories

One of the most anticipated events of the year at Immaculata is reunion. On April 30, approximately 200 alumni, traveling from 15 states, returned to “thy noble hill” to reconnect with their friends and witness the growth across campus.

Representing the oldest class to attend this year’s reunion was Pat Papawick Beronio, from the Class of 1957, and her husband Al. Anne Marie Phillips Martin '67 traveled from Arizona to celebrate her 55th reunion. President Lettiere and her classmates from the Class of 1972 celebrated their 50th and received their Golden Mac pins. Alumni spent the day learning and discovering what’s new at their alma mater, attending Mass, enjoying great food and companionship and showing off some nifty dance moves.

Next year, reunion will be held on April 29, 2023. All alumni are welcome to attend when class years ending in three and eight will be celebrating an anniversary. 📍



CLASS OF '77



CLASS OF '17



CLASS OF '82



CLASS OF '87



CLASS OF '97





ALUMNI REUNION



CLASS OF '72



CLASS OF '67



CLASS OF '92



CLASS OF '57



CLASS OF '02



# The Immaculata University ALUMNI AWARDS

2022



**FATHER KYLE ADAMCZYK '12**  
*Scientia Floret Virtute Award*

It has been 10 years since Kyle Adamczyk graduated from Immaculata with a degree in music and theology. He then attended St. Charles Borromeo Seminary, where he completed his master's degree in divinity

and theology. Six years later, he became an ordained priest and assistant parochial vicar at St. Andrew's Parish in Newtown, Pennsylvania.

In his role as a priest, Father Adamczyk stresses the importance of giving back to the community. He is a role model for the students at Conwell-Egan Catholic High School where he serves as the full-time director of campus ministry. In 2018, Father Adamczyk launched Transfigure, an organization that brings young adults from Bucks County together in ministry. With a deep desire to positively impact his local community, he helped build a parish prayer garden and a veterans memorial, Lest We Forget. For his dedication and service, U.S. Representative Brian Fitzpatrick recognized Father Adamczyk five times for his community outreach.

Father Adamczyk credits his education from Immaculata with helping prepare him to be a leader and role model. As an active alumnus, he generously celebrates Mass for special campus events and helps with alumni events and ministries. He is arranging a joint concert with Immaculata University and Conwell-Egan High School. Father Adamczyk is completing his Doctor of Education in educational leadership (K-12) at Immaculata.

Born and raised in Delaware County, Pennsylvania, Father Adamczyk's home parish was Our Lady of Peace in Milmont Park, Pennsylvania. His parents retired to Lewes, Delaware and his brother is married with four wonderful children.

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*The Scientia Floret Virtute Award recognizes recent alumni who have graduated within the last 10 years and who have made outstanding contributions to their profession, community, or service to Immaculata University while upholding the mission and values of Immaculata University.*



**RALPH HALL**  
*Mother Camilla Award*

Spending nearly 45 years within the banking industry, Ralph Hall began his professional career as an accountant and financial analyst before specializing in the financial services industry at Andersen

Consulting. Hall held senior executive positions at Citicorp, GreenPoint Financial and General Motors Acceptance Corporation, where he served as chairman of GMAC Bank (now Ally Bank). Under his leadership, the bank grew to \$32 billion in seven years. During that time, he was also responsible for mortgage banking as the COO of GMAC Mortgage and various other financial subsidiaries in the insurance, settlement services and asset investments areas.

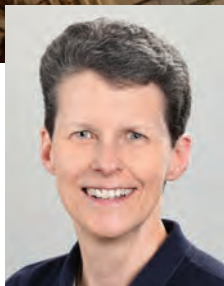
Since his retirement in 2008, he has dedicated his time to various educational institutions and organizations, holding volunteer leadership positions as a trustee at Immaculata University, executive-in-residence at La Salle University School of Business, and a board member of Little Sisters of the Poor Holy Family Home and the MACS Education Foundation.

In addition, Hall shared his expertise with the next generation of business students by serving as an assistant professor at the La Salle University School of Business after his retirement.

Hall served as a United States Marine from 1967 to 1971. Hereceived his bachelor's degree in accounting and economics from Southeast Missouri State University and his MBA from the University of Houston. Hall lives in Lansdale, Pennsylvania with his family.

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*The Mother Camilla Award is presented to those who demonstrate leadership and vision to sustain the future of Immaculata through service—including volunteerism, counsel and philanthropic support—to carry on the mission and vision of Mother Camilla, foundress of Immaculata University.*



**ROBERTA "ROBEE" REGETTA '81**  
*Alumni Medal*

"I am an Immaculatan, and I'm proud of it," states Robee Regetta.

Benefiting from a full scholarship to attend Immaculata, Regetta recognizes that she

was the recipient of someone else's generosity. To her, paying it back and paying it forward are one and the same. Over the years, she has given back as a volunteer, formerly serving as president of the Alumni Association, chair of the Alumni Fundraising Committee and chair of homecoming, as well as giving her financial support to Immaculata. She is a member of the Maxis Society, the 100th Anniversary Society, the 1920 Society and a Parsons Science Pavilion "Leader."

As a practicing Catholic, she is active in her church, where she served as an Extraordinary Minister of the Eucharist for 13 years at Mary Mother of the Redeemer Church in North Wales, Pennsylvania. She supports St. John's Hospice, St. Charles Borromeo Seminary, Catholic Relief Services and Legacy of Life Foundation.

Graduating from Immaculata with a degree in chemistry, Regetta earned a master's degree in chemistry and secured a position with the highly regarded specialty chemical company Rohm and Haas, where she worked as an analytical chemist, project manager, study director and coordinator of contract research. Spending the majority of her career at Rohm and Haas, Regetta transitioned to Janssen Pharmaceutical Companies of Johnson & Johnson, where she recently retired from her position as a technical writer and document editor for the company's supply chain/manufacturing area.

Regetta lives in Montgomeryville, Pennsylvania.

*The Alumni Medal honors alumni and is presented in recognition of outstanding volunteer service and support to Immaculata University.*



**NICOLE M. LACOSTE FOLKS '91**  
*Amethyst Award*

For her service in areas ranging from rural Cote d'Ivoire, West Africa to Baltimore City, Maryland, Nicole M. Lacoste Folks '91 will receive the Amethyst Award.

Folks served in Cote d'Ivoire with the Peace Corps, providing health and environmental awareness education. She then worked for the Environmental Protection Agency's hazardous waste division, helping to educate disenfranchised populations on the effects of harmful substances and the clean-up methods proposed by the U.S. EPA.

Folks went on to earn both a Juris Doctor and Master of Community Planning and became a commercial real estate lawyer. She enjoys working with her developer clients on economic development projects that support locally owned businesses, mixed-use developments and more accessible artist housing in Baltimore's arts and entertainment district. She represented Baltimore City for several years as it offered incentives for developers to build quality affordable housing developments for both low-income and middle-class families.

Folks has served on the boards of various nonprofits and volunteers her legal services for low-income tenants facing eviction and the Montessori public charter school that she and her husband helped establish as Founding Parents. She and her family participate in a weekly parish program to feed and clothe Baltimoreans in need. Her family also adopted a state park trail that they have been maintaining for more than 10 years.

Folks established an endowed scholarship named for her mom. "I try to do my best to follow my parents' example and my Catholic education by always helping others and seeing Christ in all," Folks said.

*The Amethyst Award honors alumni in recognition of their outstanding contribution to or achievement in a church, community or professional activity.*



For information on Awards Reception tickets or sponsorships, visit [bit.ly/iuawards22](http://bit.ly/iuawards22).



# CLASS NOTES

**2004**

**Sara McDermott Jain** signed copies of her book in Gabriele Library with English/communication faculty members Sean Flannery, Ph.D. and Sister Elaine Glanz, IHM, Ph.D.

## 1963

**Mary Anne Bensinger Gearing** shares, “Kathy Cox Richardson sent me her book ‘Canal Brats Forever.’ Hope to see you at our get-together in Avalon in July, and next year we will have our 60th Reunion, can you believe it? Stay well—happy being 80—thanks for all your responses. Love you, Ben”

## 1967

We had a good turnout for our 55th Reunion in April. It was wonderful to be together, catch up, and have fun. Lots of good memories were shared and new ones made. Please send in your news and updates via the IU website. Your Quartet sends love and best wishes for a happy summer!

**Mary Anne Burns Duffy**

mbd917@comcast.net

**Rita Bensinger Hartleroad**

hartleroad@hotmail.com

**Kathy Cooper Kulesza**

kuleszak@comcast.net

**Robie Wright Verostick**

robieverostick@hotmail.com

## 1968

**Vicki Giunta-Abbott** sends a “hello” to ’68 classmates. “Hope all is well with all of you! We’re well here in Media. With 10 grandchildren, we are busy! Twin boys aged 11, two 9-year-olds, four 5-year-olds, a 4-year-old, and a 3-year-old. Games, watching the kids & having fun. Our 55th in 2023!”

**Susan Moeller Gross, MS, RDN, FADA, FAND**, received the 2021 Carolyn Sebastianelli Distinguished Member Award from the New Jersey Academy of Nutrition and Dietetics. Susan was also named an Outstanding Dietitian of the Year in 2021 by the 100,000+ member Academy of Nutrition and Dietetics. Retired from practice, Susan was the second RDN to be featured last November in the new “RDN Spotlight” at EatrightNJ.org. Susan met her husband, Michael, a Villanova University Retired Navy Commander, at her freshman mixer in Valley View.

**Sally Tamburello Winterton** has been selected as one of the “150 Most Influential Women of West Chester University,” where she is a Professor Emerita.

## 1969

**Melanie Macko Miles** shares, “David and I celebrated our 53rd wedding anniversary in June 2022. We are slowly retiring and increasing our traveling. A Viking Cruise in Australia, which has been COVID-cancelled three times, is back on the agenda for 12/22.”

## 1970

**Izanne Leonard-Haak, Cathy Barrett Salvaterra, Anne Meister** and **Julie Hoy Crover** met for lunch in Northern Virginia on February 21, 2022. Although they live in three different states, they managed to drive and fly in to catch up.

Congratulations to **Izanne Leonard-Haak** for being elected to the Alumni Association Board of Governors, serving the 2022–2025 term.

Special thanks to outgoing Alumni Association Board of Governors delegate **Barbara Crea Shannon** for her service.

Class Notes are edited for space, clarity and style. Please keep your entry about personal and professional accomplishments to 50 words or fewer. If submitting a photo via email, it must be at least 300dpi for print quality. Photos may be published as space and quality permit. The magazine may also print alumni news gathered through a media monitoring company.

## 1971

**Peggy Du Bois Connors** shares that after retiring from 20 years at Parkland Medical Center in Derry, NH, she has been working for her daughter's company that installs electric car charging stations throughout the northeast. This November, her third great grandchild, Leo, was born!

**Patricia Crea LaRocco, M.D.** was selected as the winner of the 2022 Alliance for Smiles (AFS) Volunteer of the Year Award. Part of Pat's volunteer work includes raising funds for AFS, an organization which helps children with cleft conditions receive surgeries that would have otherwise been inaccessible to them.

## 1973

**Eileen Monahan Chopnick, M.B.A.** and **Betty Ann Hoffman Quinn** met at the Independence Dragon Boat Regatta on June 4, 2022.

**Margie Donohue** shares, "Calling all members of the Class of '73, mark your calendars, our 50th Reunion will take place on April 29, 2023. Please plan to attend—we all need to celebrate! Make sure we have your updated home and email addresses."

## 1979

**Jeannie Paslawsky** shares, "I need your help and prayers. I have stage IV liver disease and require a transplant to save my life. My condition as defined doesn't allow me to be on any wait list. Consider being a living donor. Livers grow back. My blood type accepts all others."

## 1983

**Karen DeLucia Matweychuk** shares, "Hello to the Class of '83! Can you believe we will be out 40 years? I hope you will plan to attend our reunion on April 29, 2023. Mark your calendars now and plan to see all the great things happening on the Hill. It is never too late to return and catch up!"



## 1984

Special thanks to outgoing Alumni Association Board of Governors Immediate Past President **JoAnne McAdams Osborn** for her service.

## 1989

**Jeanie Subach M.A.** has been selected as one of the "150 Most Influential Women of West Chester University," where she is an Associate Professor.

## 1990

Congratulations to **Tracey Putrino Jones** for being elected to the Alumni Association Board of Governors, serving the 2022-2025 term.

**Wendy Smith Letavic** has received the honor of "Secondary Educator of the Year" for the Penn Manor School District where she has been teaching for 32 years. Wendy was recognized for this honor at a districtwide event in April.

Congratulations to **Maureen Matthews Scott** for being elected to the Alumni Association Board of Governors, serving the 2022-2025 term.

## 1991

Congratulations to **Kelly Philbin '07 M.A.** for being elected to the Alumni Association Board of Governors, serving the 2022-2025 term.

## 1998

**Christina Felder** shares "Enjoying retirement in golfing community Cedar Creek, in Aiken, SC."

## 2001

**Monica Wakefield Savioz** is an apprentice Black Belt and is now Sempai Savioz.

## 2008

**Sara Pletcher** married her best friend, Jake Bluhm, on New Year's Eve 2021 at St. Hedwig Church in Wilmington, DE. "We rang in the new year with friends and family at The Queen, also in Wilmington."

◀ PICTURED L to R: Betty Ann Hoffman Quinn '73 and Eileen Monahan Chopnick, M.B.A. '73.

**i** For information on the Alumni Association, visit [immaculata.edu/alumni](http://immaculata.edu/alumni).

## 2009

**Charles McKinney** is a finalist who will partake in the Arabic language studies program virtually this summer as a critical language scholar.

**Alice Quirk** released a Christmas album, entitled "An American Celtic Christmas" in December 2021 with her band, Jamison Celtic Rock, along with two EPs. Her company, Elegance by Violin, was also awarded "Best of Weddings" by The Knot and Wedding Wire. She is also teaching for the Philadelphia Music Alliance for Youth (PMAY) Artists' Initiative.

## 2010

Congratulations to **Paul McAndrew '15 M.A.** for being elected to the Alumni Association Board of Governors, serving the 2022–2025 term.

Special thanks to outgoing Alumni Association Board of Governors delegate **Tom Powell** for his service.

## 2012

Congratulations to **Father Kyle Adamczyk** for being elected to the Alumni Association Board of Governors, serving the 2022–2025 term.

Special thanks to outgoing Alumni Association Board of Governors delegate **Jeanne Dagna Ed.D.** for her service.

**Brian Nowak** has been hired as an advisor for Higher Risk Deposit Compliance Solutions (HDCS), a banker-led and managed provider of comprehensive banking solutions for higher-risk industries.

**Maria Nanni Wankmiller** shares, "After postponing our wedding an entire year due to COVID, I finally had my dream wedding and got to marry my best friend, Albert Wankmiller on 2/25/22."

## 2014

Special thanks to **Dan Burns** for participating in the spring 2022 Accepted Students Day Alumni Panel.

## 2015

**Ryan Axe, Ed.D.**, has been appointed Superintendent of Manheim Central School District in Manheim, PA.

## CLASS NOTES

### 2017

Special thanks to **Anne Marie DeCarolis** for participating in the spring 2022 Accepted Students Day Alumni Panel.

Special thanks to outgoing Alumni Association Board of Governors delegate **David Molinaro** for his service.

Special thanks to outgoing Alumni Association Board of Governors delegate **Katelyn Starr '21 M.A.** for her service. Thanks to Katelyn for also participating in the spring 2022 Accepted Students Day Alumni Panel.

### 2020

**Kelly Richardson** shares, "After completing my B.S. in 2020, and overcoming a cancer journey during the next 10 months, I knew the time was right to BE MIGHTY and face another challenge: pursuing my master's in Healthcare Management. I am in my fourth course and am loving it!"

### 2021

Special thanks to **Emily Cosgrove**, for participating in the spring 2022 Accepted Students Day Welcome Session. Emily currently works at Chester County Hospital in the telemetry (cardiac) unit.



**MIGHTY MAC  
FALL FLING**  
IMMACULATA  
**SEPTEMBER 24, 2022**

The Athletic Complex,  
Immaculata University

Join us for a day of athletic  
competition and festivities.

Visit [bit.ly/iuevents](https://bit.ly/iuevents) for details.



▲ **PICTURED LEFT:** Sara Pletcher '08 and husband, Jake Bluhm  
**PICTURED TOP RIGHT:** Maria Nanni Wankmiller '12 and Kelly Klingensmith (D'Ambrosio) '12, Nicole Prezioso (DeSantis) '12 and Jeffrey DeSantis '10  
**PICTURED BOTTOM RIGHT:** Maria Nanni '12 and husband, Albert Wankmiller

## MARRIAGES

**Sara Pletcher '08** married Jake Bluhm on New Year's Eve 2021

**Maria Nanni '12** married Albert Wankmiller in February 2022

## BIRTHS

**Brian Hill '13** and  
**Maribeth Grasso Hill '15**, son  
Robert Charles born August 2021

**Christine Esbensen Rhine '13, '18 M.S.**,  
son Bryce Stephen born May 2022

**Dante Tuscai '13**, daughter  
Blake Sommer born May 2022

▶ **PICTURED RIGHT:** Robert Charles, son  
of Brian Hill '13 and Maribeth Grasso Hill '15



“They taught me how to extend myself to my students, how to reach out as a family member would, more than just a teacher.”

LUCILLE “MIKIE” LAMONTAGNE MARKLE '67

◀ PICTURED: Meghan and Mikie Markle

## A Reputation for Education

Lucille “Mikie” Lamontagne Markle '67 remembers that whenever people complimented her as a teacher and found out she had been educated at Immaculata, they said, “It’s no surprise.” “Because Immaculata came with such a reputation,” she said.

Mikie first learned from IHM Sisters at Bishop Shanahan High School and chose to continue her education with them at Immaculata, along with her older sister, Claire Lamontagne Langevin '67. Claire took a gap year, so the sisters enrolled at the same time, with Claire majoring in psychology and Mikie studying English and secondary education.

All five of Mikie’s children attended St. Agnes School in West Chester, Pennsylvania, and she joked that she was there so much, she might as well teach there. So she did, becoming a kindergarten teacher for 10 years and then spending 15 years teaching second grade and preparing those students for their first communion and penance. Teaching is “the hardest job you’ll ever love,” Mikie often said. “The day begins, and it ends like a freight train. ... My day is gone in a blink!”

Mikie’s youngest child, Meghan Markle '04, '09 M.A., Ed.D., grew up watching her mom mark papers at night. “She’d let me put the stickers on,” Meghan remembered, adding that she began to feel drawn to becoming a teacher herself. As a high school student, Meghan showed an aptitude for teaching when she helped in her mother’s Confraternity of Christian Doctrine (CCD) class at St. Agnes Parish. “I let her take on more and more responsibility,” Mikie said. “She just rose to the challenge like a pro.”

From her mother’s experience at Immaculata, Meghan knew it had a strong education program, and she learned she could also play both basketball and soccer all four years. Meghan said her basketball coach, Patty Canterino '92, '12 M.A., was an excellent mentor, helping her improve her leadership skills, work ethic and assertiveness.

Meghan also thrived under the mentorship of experienced education professors, who made sure their students started observing classes and meeting great teachers early on in their training. Meghan’s psychology minor proved a helpful complement to her education major, helping her understand how emotions are connected to learning.

After graduation, Meghan got a teaching contract and worked with a variety of grades in West Chester Area School District. For a time, Meghan taught second grade at Penn Wood Elementary School while Mikie taught the same grade at St. Agnes, so they shared resources and swapped ideas.

Meghan knew she wanted to pursue a leadership position, so she began her master’s in educational leadership at Immaculata and was later hired as assistant principal at Erdenheim Elementary School. Her principal there, André McLaurin, earned his Ed.D. at IU. “Any time I meet somebody connected to Immaculata,” Meghan said, “it’s strong relationships and good people.” McLaurin mentored Meghan and helped prepare her to become the principal at Enfield Elementary last year.

For both Mikie and Meghan, their Immaculata teachers and mentors helped form them and are part of who they are. Professors offered not just knowledge, Mikie said, but themselves as well. “They taught me how to extend myself to my students, how to reach out as a family member would, more than just a teacher.”

Mikie and Meghan feel a strong kinship with the Immaculata community. “Once you’re in the family,” Meghan said, “you want to take care of it, and you want to make sure that you’re doing your part to support it. Because I think for both of us, we had such great experiences that we want to pass that along to everybody else.” 🏡



## FAMILY MEMBERS IN MEMORIAM

Paul A. Breen, husband of **Mary Kay Schmidt Breen '61**

Gordon Darkenwald, husband of **Joan Sequin Darkenwald '63**

Francis Xavier Seery, husband of **Margaret Kelly Seery '64**

Paul Reiter, husband of **Patricia Ebersole Reiter '65**

**Edwina Wright Lane '68**, sister of **Roberta Wright Verostick '67**

**Norma Fusaro Hartman '48**, mother of **Stephanie Hartman Kane '73** and **Suzanne Hartman Ryan '82**

Mary Petillo, mother of **Edith Petillo '75**

Thomas P. DeLucia, father of **Karen DeLucia Matweychuk '83**

Richard Hoffman, brother of **Beth Hoffman Hansel '84**

**Mary Frances Heaney Backe '54**, mother of **Karen Backe O'Brien '86**

Margaret Ann Thompson, mother-in-law of **Carolyn Desiderio Thompson '89**

Patricia Colajezzi, mother of **Kimberly Colajezzi Lamb '90**

Rene W. Lacoste, father of **Nicole Lacoste Folks '91**

Michael Boyer, brother of **Sister Monica Sicilia, IHM '95**

Candy R. Trego, mother of **Betsy Trego Rotzell '10**

Bryan J. Beam, son of **Debra L. Beam '12**, and brother of **Kevin W. Beam '15**

## ALUMNI IN MEMORIAM

Catherine O'Connell York '41

Olga Shehinska Wiley '45

Antoinette Cappuccio Crimi '47

Gloria Guaglione DiGirolamo '47

Norma Fusaro Hartman '48

Therese Schoeler Ickinger '48

Helen Conway Pennington '48

Dolores "Dee" Conlin Eggert '49

Marcella Lonergan Bell '50

Mary Jane Jones Breen '51

Sister Marie Lorraine Bruno, IHM '51

Mary Ann Mathauer DiSerafino '51

Mary Frances Heaney Backe '54

Dorothy Ruberton Berenato '54

Eleanor Ryan O'Brien '54

Yvonne Swann Feather Dougans '55

Eileen Cahill Lynch '55

Regina Stretch '55

Barbara Van Horn Colsey '56

Carolyn Carson Beckett '57

Marjorie Ruberton Pullia '57

Antoinette Verner Gallucci '58

Carole Huber Rogers '58

Geraldine Dougherty Long '60

Ellen Meisner McDonnell '60

Kathryn Wallace Reynolds '60

Sister Barbara Ann Bamberger, IHM '61

Patricia Kreutz Farrell '62

Barbara Ann Blewitt Lowe '62

Rosemary Gallagher Cummings '63

Teresa Stuebing Long '63

Margaret Hogan Manning '64

Francine Himsel Nush '64

Linda Kauffman Wolf '65

Patricia Chandler Bonafair '66

Doris Kelly Finney '66

Arlene Paulonis Smith '66

Barbara McCormick Atkins '67

Louise DiPietro Schleeweis '67

Edwina Wright Lane '68

Karen Tipka '68

Patricia Cullen Stitzinger '69

Eileen Lenahan Nero '70

Roseanne McGowan '71

Susanna Metz '72

Nancy Moore Wilson '75

Kathleen M. Rafferty '77

Lorraine Slifer '84

Mildred Haeberle '88

Joan Schultz King Blackmore '89

Armina Madatian '89

Denise Kozikowski '91

Sandra E. Slater '93

Usharani Sampat Negandhi '94

Florence Brophy Marzella '95

Tina Karlton Phillips '96

Michelle Russ Strychalski '00

Frank Tulak '01

Maria K. Dinger '02

Roberta A. Barnes '03

Linda Dean '05

Barbara Myer Noecker '08

Wilhelmenia Poole '09

Sergei Nuissel '10

Cynthia Gutierrez Refolo '10

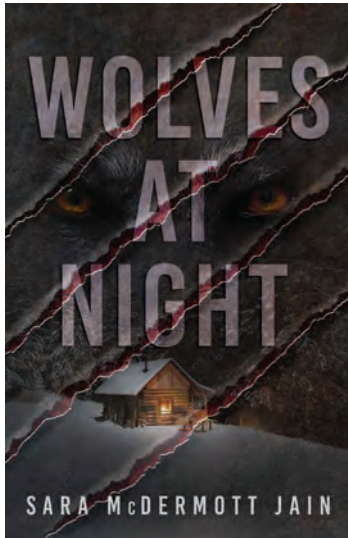
Shane Thomas Noonan '11

Kenneth R. Armacost '13

Gladys Delia Jones '17



## ALUMNI STANDOUT



**Sara McDermott Jain '04** has become an international bestselling author for her new novel, "Wolves at Night," a thriller about a young mother who braves the Alaskan wilderness with her two-year-old asthmatic son to a remote cabin so she can introduce him to his father, her outlaw ex-lover who she believes is innocent. The novel hit Amazon's bestseller list in Canada under the horror genre, and has made two bestselling lists in the U.S. McDermott Jain graduated with a degree in English, and is currently an adjunct professor at Immaculata, teaching several writing courses in scriptwriting and novel writing.

**SAVE  
THE DATE!**

**REUNION 2023**  
April 29, 2023



# EMERGENCY PREPAREDNESS

By Max Cannon '22

*emergency planning and management major*

September is National Preparedness Month, and it's a good idea to plan for emergencies such as thunderstorms, floods, heatwaves, power outages, hurricanes, wildfires and other scenarios. Active self-mitigation, or reducing hazards for your household and property, can help protect you, your family and your home. Self-mitigation includes assessing your situation, planning for multiple disaster types, reducing risk and updating your efforts when necessary.

## 1. KNOW YOUR HOUSEHOLD

- Tailor your plan to the unique aspects of your home and its occupants.
- Involve everyone in developing the household plan and assign appropriate emergency roles.
- Make sure to meet any special needs of people with disabilities.

## 2. ESTABLISH YOUR PLAN

- Map out various evacuation routes: try to avoid low-lying areas in a flood, open fields in a tornado, wooded areas in a wildfire, and ensure that you are not exposed to trees, metal objects or other likely lightning targets in a thunderstorm.
- Plan for multiple evacuation destinations to suit different routes.
- Prepare your home to shelter in place.
- Ensure means for communication and maintain a contact list of close friends, family, neighbors and local government officials.
- Sign up for county or local emergency alerts, and save government hotline numbers and official social media accounts for information and updates.
- Maintain flexibility so that your plan fits a broad spectrum of event types.

## 3. STOCK SUPPLIES

- Toolkits with practical hand tools
- Phone chargers
- Non-perishable food and water jugs
- Small gas cooktop with spare fuel
- Batteries and/or generator
- Spare medications, EpiPens
- Diapers and children's items
- First-aid kit
- Hand sanitizer and wipes
- Pet food and crate
- Flashlight or lantern
- Battery-powered radio
- Cash
- Sunscreen and bug repellent
- Maps and compass

## 4. IMPORTANT VALUABLES TO STORE SAFELY

- Social Security cards
- Birth certificates
- Diplomas
- Bank statements
- IDs
- Computer hard drive or back-up

## 5. MAINTAIN YOUR PLAN

- Ask your household to practice fulfilling their emergency roles and operating the plan.
- Evaluate and update your plan on a routine basis.



### ELECTRONIC NEWSLETTER

Our electronic newsletter, Highlights from the Hill, keeps you up to date on alumni events & campus happenings. If you would like to receive the newsletter, please complete this online form: [bit.ly/alumniupdateformiu](http://bit.ly/alumniupdateformiu)

### SOCIAL MEDIA

Our social media channels provide timely updates on alumni information, activities, and events, contests, campus happenings, and more. Interact with your friends and fellow alums by following Alumni Relations on social media.

  @ImmaculataUniversityAlumni

  @IU\_Alumni

### OFFICE OF CAREER & PROFESSIONAL DEVELOPMENT

We are delighted to serve all our alumni in their career needs. Whether it be re-entry into the workforce or career transitioning, we can help with resume writing and cover letters. Would you like to fill a position or find an intern? Consider an Immaculata student.

#### SCHEDULE AN APPOINTMENT:

484-323-3506

[careerdevelopment@immaculata.edu](mailto:careerdevelopment@immaculata.edu)

### OFFICE OF ALUMNI RELATIONS

[alumnidept@immaculata.edu](mailto:alumnidept@immaculata.edu)

610-647-4400, x3135

[immaculata.edu/alumni](http://immaculata.edu/alumni)



**OCTOBER 7, 2022**  
*The Immaculata University*  
**AWARDS RECEPTION**  
*The Great Hall, Immaculata University*  
For information on Awards Reception tickets or sponsorships, visit: [bit.ly/iuawards22](http://bit.ly/iuawards22)



### ALUMNI ASSOCIATION AWARDS NOMINATIONS 2023 ALUMNI AWARDS

All alumni are invited to submit a nomination for someone deserving of these prestigious awards. Read more about the awards and submit your nomination today by visiting:

[immaculata.edu/alumni/alumni-association/alumni-association-awards](http://immaculata.edu/alumni/alumni-association/alumni-association-awards)



**OCTOBER 18, 2022**  
**The 46th Annual Immaculata University Golf Invitational**  
*Applebrook Golf Club, Malvern, PA*  
Visit [immaculata.edu/golf](http://immaculata.edu/golf) for ticket & sponsorship information

## 2022 ALUMNI EVENTS

*Make plans to join us for these upcoming 2022 events:*

SEPT 20	Natural Sciences, Applied Technology & Mathematics Alumni Reception	Immaculata, PA
SEPT 24	Mighty Mac Fall Fling	Immaculata, PA
SEPT 27	Nursing Alumni Reception	Immaculata, PA
OCT 7	Immaculata University Awards Reception	Immaculata, PA
OCT 18	46th Annual IU Golf Invitational, Applebrook Golf Club	Malvern, PA
NOV 3	Corporate Breakfast – Business Alumni Reception	Immaculata, PA
DEC 2	The 101st Celebration of Carol Night	Immaculata, PA
DEC 7	Golden Macs Christmas Tea	Immaculata, PA

Visit [immaculata.edu/alumni](http://immaculata.edu/alumni) for event details, which are posted as they become available, or call 484-323-3944. All dates are subject to change. Current CDC & State COVID-19 social distancing protocols will be followed.



## On Tap *with* Ruth Duffy-Krywicki '77

When you reach for a cold brew—just waiting in the fridge for the big game—you expect it to taste, look and feel like you remember. When you pop the top, the head (foam) should gently spray and run down the side—just like you see in the commercials.

As the senior quality assurance manager for Molson Coors Beverage Company, Ruth Duffy-Krywicki '77 ensures that the quality and safety of the beer meets and even exceeds the customer's expectations. For the past 16 years, she has worked at Molson Coors Albany Brewery in Georgia. Molson Coors is the fifth largest beer company in the world. In her vast role, she oversees three different laboratories and leads and supervises a team of 19 chemists, microbiologists and food scientists. She is responsible for assuring that the quality conforms to specification and also for guaranteeing food safety (yes, beer is considered a "food," like all beverages). Her job doesn't stop with the liquid contents; she also oversees the quality attributes and characteristics for manufacturing and packaging by utilizing statistical modeling technology.

Looking back on her life, Duffy-Krywicki feels blessed. By all measures she is a success. However, she often wonders how her life would have turned out if she hadn't taken a chemistry class in her freshman year with Sister Maria Josita, IHM.

"I didn't come in as a chemistry major. I was home economics," she says with a laugh.

Sister Maria Josita's chemistry class was inspiring for Duffy-Krywicki, because when she was growing up, career paths for women were mostly predefined: teacher, nurse or secretary. With a love of science, Duffy-Krywicki marveled at how Sister Josita could make chemistry so understandable. "Even though I had chemistry in high school, it was Sister Josita who turned on the light bulb for me," she adds. She continues to call Sister Josita her most significant academic influence.

In high school, Duffy-Krywicki enjoyed learning and wanted to attend college. Immaculata was the second college she visited. She recalled walking up the steps into the rotunda of Villa Maria Hall and right then, she decided that Immaculata was the school for her. Duffy-Krywicki reflects on the incredible experience she had at Immaculata. She noted that it was a time to grow up and "define who you are." During her time at Immaculata, she was a member of the swim team and the chemistry club and made lifelong friends.

Duffy-Krywicki's undergraduate degree in chemistry from Immaculata paved the way for her circuitous career path. After graduation, she accepted a job in Philadelphia and ultimately enrolled in Bryn Mawr College's Ph.D. program

in synthetic organic chemistry with the goal of securing a research job with a pharmaceutical company. She conducted her post-doctoral research and residency in San Antonio, Texas where her husband was serving as a physician. With no pharmaceutical companies in the area, Duffy-Krywicki did post-doctoral medical research in biochemistry.

Moving to Southwest Georgia allowed her to finally achieve her goal by accepting a position as a senior project scientist at a major pharmaceutical manufacturing plant. When that site closed after several years, Duffy-Krywicki pivoted and began working at Molson Coors in 2006. With a passion for lifelong learning, she expanded her scientific knowledge by earning a master's degree in industrial engineering, which supported her manufacturing duties at Molson Coors.

The fundamentals that she learned at Immaculata, such as believing in yourself and having the ability to pivot and adjust to change, are skills that she has relied upon throughout life.

So, the next time you're enjoying a cold beer with friends, you can appreciate the science that goes into making it perfect. You can also thank Duffy-Krywicki. 🏠

THEN & NOW



# MAC THROUGH *the* YEARS

## HOW WERE YOU SELECTED TO BE MAC?

### Rosanne "Bobbi" Cappiello Taylor '67:

As I understand it, I was Immaculata's first mascot, in 1963. Tried out for the basketball team with Miss Spencer. I took the ball down to the other end and she asked me what I was doing—since, at that moment, women played half court! She suggested I skip basketball and become the mascot. Also, I was one of the few who fit into the costume. It was the next best thing to being on the team.

**Paul McAndrew '10:** I was one of the original students who tried out for and joined the "Mac Pack"! I received mascot training from the original Philly Phanatic and learned the best ways to engage with people. It was one of the best job trainings I've ever had.

**Sarah Guido '22:** The audition was the first time I put the suit on. It was intimidating, because I had to perform all these scenarios for the judges while trying to figure out how to move in the suit. Because of COVID, we could not put the head on, so it made my life a little easier.

Scottish Terriers are feisty, self-assured, playful and quick. Since the early 1960s, this breed has served as Immaculata's mascot. Though he has had various forms through the years—first as Mackie, then rebooted as Mac in 2007; originally with black fur, later gray and white—Mac has always displayed the best qualities of the breed and of the IU community. And he has some impressive dance moves. Three people who brought this Scottie dog to life through the decades share their memories.

## HOW DID YOU FEEL ABOUT REPRESENTING IMMACULATA IN THIS WAY?

**Taylor:** There were times I wondered what I'd gotten myself into, but most of the time, it was enjoyable. Mascots have to be enthusiastic. No matter what—whether the team was up or down, the mascot's role is to keep everyone, players and fans, going.

**McAndrew:** The pride I had in my school soared when I became Mac. As one of the original Macs, we had to help build his personality, giving him positive energy and goofiness.

**Guido:** I consider myself a really outgoing and silly person. It is such a fun experience, because you are expected to act a little crazy.

## WHAT'S YOUR FAVORITE MEMORY ABOUT BEING MAC?

**Taylor:** Trying to run, breathe and not fall down in that head!

**McAndrew:** One year we were invited to play in a mascot kickball game with several sports mascots and other characters, including Buddy the Blood Drop! Making others laugh and smile and giving classic Mac hugs were my favorite, priceless memories.

**Guido:** At this year's women's basketball championship, the crowd was already really pumped, and it did not take much to get them excited. Being right there when the women won and seeing their emotion was something I was so happy to be a part of.

## HOW DID PLAYING MAC HELP YOU WITH YOUR GOALS?

**Taylor:** The enthusiasm necessary for being Mac carried over into my work life and beyond to include starting a training and consulting business and, just recently, releasing my first book.

**McAndrew:** After graduation, I was a camp counselor. The goofiness that I inherited from Mac became a part of who I was, and to this day, I still call on that spirit.

**Guido:** It has helped me appreciate what goes on behind the scenes. I also think being Mac will help me stand out from others on my résumé, because it is such a random, fun thing that not everyone can do!



### SCAN THE CODE

to see Mac in action at this year's women's basketball championship game!

**PICTURED L to R:** Original Mackie costume; Rosanne "Bobbi" Cappiello Taylor '67 with current Mac at 2022 Alumni Reunion; recent mascot graduates, Sara Guido '22 and Joseph Billella '22.

# Faculty Farewell



**Janet Etzi, Psy.D.**

*Psychology Professor*

When you're teaching, you can't help but learn! I taught graduate psychology students for 29 years at Immaculata. Some of my students came from various backgrounds and cultures and helped me realize assumptions I made about them. They also helped me see my own culture from another perspective. This is so important for the work a psychologist does—we can't make any assumptions about people's experiences, but it's natural for us to do that. So many times, I would say to myself, "Wow, I never thought of that."

In clinical seminars, students talked about the cases they had. I came to appreciate students' ability to open up and ask questions. That pushed me to keep up with the research and new ways of working. It was a real pleasure to guide them through the field, which is changing so much and so fast.

Caseloads are heavier now, paperwork is increasing, and you have to keep up with your continuing education. You can lose sight of how you, yourself, are doing. We talked a lot about self-care in the Psy.D. program. No one else is going to protect your boundaries, so you have to. If you can remember that the point is to stay connected to the people you're serving and to yourself, you'll be OK. It all comes back to the basics—empathy, listening, compassion.

I began volunteering last year for a nonprofit agency in Philadelphia, offering grief counseling to victims of crime and gun violence. I'm grateful to contribute what I can to healing. The people I serve are amazing and are teaching me so much.



**Sister Alice Schaebler, IHM**

*Interlibrary Loan and Reference Librarian*

As I reflect on the 21 years I have been at Immaculata in the Gabriele Library, I realize what a great blessing it has been to me to serve our IU community. After becoming emerita, I still hope to be involved with the library. I am looking forward to fewer hours, but I would still like to help out wherever there is a need. It is always rewarding to help someone find something they are looking for in their research work.

Working in a library gives one the opportunity to serve the whole community, whether it be faculty, undergraduate students, adult undergraduates or graduate students. It also makes one aware of all of the different subject areas that students are involved in.

Since my main job here was interlibrary loan, I was able to help many students over the years with materials they needed for their various assignments. Some of the things students request are fascinating—I just received a book on the dark secrets of scientific research. Research can be a very interesting task. So I hope students enjoyed what they were learning.

Over the years it has been enjoyable watching research change because of technology. We used to look up books' locations in the drawers of the card catalog and consult research guides to find magazine or journal articles on various topics. It was always fun to point out to some students how quickly they were able to find things now compared to those of us who studied years ago with limited resources. Today libraries are able to share their materials quickly and easily. This is always beneficial to the students.



**Sister Marie Lorraine Bruno, IHM**

*French Professor and Evening Division Dean*

**1931 – 2021**

"I can't help but see Sister Lorraine in the person of the Christ, and her sincere interest in the other, accompanying students on the way, always interested in what you are doing ... not imposing, but leading and guiding, warming hearts in subtle and yet certain ways," said Father Chris Rogers, former chaplain at Immaculata, at Sister Lorraine's funeral Mass. She was "a learned woman who didn't need to prove it."

Sister Marie Lorraine Bruno, IHM, passed away last December at age 90, in the 69th year of her religious life. And what a life it was, full of affection for the many students she served. She studied French language and culture in Paris and taught French in various high schools and at Immaculata, where she also served for five years as dean of Immaculata's Evening Division for adult undergraduates.

Sister Lorraine said she loved the "spontaneity" and "carefree" nature of traditional-age students as well as the "seriousness of purpose" she saw in adult students. She did whatever she could to support them. When adult students sheepishly brought in old transcripts with low grades, she just smiled, joked about their youthful mistakes and tried to award them credit for at least one previous course. When she saw adult students rushing to a three-hour class after work, not having eaten dinner, she said, "My heart used to go out [to them], particularly to the nurses."

**"I have nothing but great memories of her, her teaching style, her warm demeanor, sense of humor, asking me to lend an arm to help her across the icy path," Tague Wilkins '15 wrote on Sister Lorraine's online tribute wall.**

**"She was like a mother to her students."**

# What Makes an Elite Athlete?



BY KELLY STALKER, ED.D., *exercise science professor and athletic training program director*

Millions of Americans watch college and professional sports every weekend. We find enjoyment in viewing these elite physical specimens as they compete at the highest levels of athletic performance. As weekend warriors and armchair quarterbacks, we find it easy to critique, dream and speculate as to why athletes and teams are or are not performing to the best of their abilities. We admire those individuals who can win time and time again and wonder what makes them so elite. Could it be genetics or physical biometrics, or is it their training programs?

As an athletic trainer, I have found that particular body types may provide advantages in specific sports. Michael Phelps' success in swimming has been attributed to his extremely long wingspan and torso, which allow for fewer strokes per length of the pool. Similarly, Usain Bolt has long legs, which allow for more distance per stride. Elite gymnasts are known for their short stature that assists with power development.

Not all athletes with these physical characteristics can compete at the highest level of sports, but you will find that all elite athletes have very specific training regimens.

Understanding the amount of time that needs to be invested in training for a sport leads to the debate over participating in multiple sports or

specializing in a single sport. I read a National Library of Medicine survey of over 3,000 high school, college and professional athletes and found that 67.6% of college athletes specialized in a single sport during their childhood, compared to only 46% of professional athletes. The typical age for specialization in these athletes was between 14 and 15. The report also stated that the majority of professional athletes agree that specialization will help the athletes play at a higher level, but three quarters of professional athletes would not want their children to specialize in a single sport.

Many of the best professional athletes participated in multiple sports. NFL quarterback Tom Brady played both football and baseball in college. He did not have a starting role on his collegiate football team until his junior year. Basketball player LeBron James was a high school football standout prior to focusing solely on his NBA career. Each player on the 2015 United States Women's Soccer team was a multi-sport athlete and attributes their participation in other sports to their success on the soccer pitch. However, others like Tiger Woods and Serena and Venus Williams have had their early success in a single sport chronicled throughout the media. These mixed messages leave parents confused as to what is best for their children.

In my career, I see that early specialization can lead to decreased mental health, less time spent

with friends, sacrifices of academics, increased pressure to perform, decreased enjoyment and an increased risk of injury. While this can be true of any athlete who has a full training schedule, participation in multiple sports has shown to benefit neuromuscular coordination and overall athletic development, while reducing the risk for injury. The National Athletic Trainers' Association recommends delaying specializing in a single sport as long as possible, participating in one sport at a time with a period of rest from any sport participation, participating in the primary sport for less than eight months of the year, and participating in the sport for no more hours per week than the athlete's age in years. We encourage our athletic training students to share these recommendations with families at their clinical sites.

Parents want what is best for their child. Societal norms have families feeling they must seize every opportunity for their child to participate in sports if they want to be successful. Unfortunately, without proper rest and recovery, sport specialization often leads to burnout and injury. Whether children participate in multiple sports or specialize in a single sport, as a society, we must realize that only a small percentage of these individuals will earn athletic scholarships and even fewer will make it to the Olympic or professional level. The physical and psychological well-being of each athlete needs to be our top priority. 🏠

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## Immaculata ON THE ROAD

Please join with fellow Immaculata University alumni at these upcoming events as Immaculata hits the road!

**Aug 9**  
Pizza by Elizabeths  
Greenville, DE

**Aug 18**  
The Capital Grille  
Paramus, NJ

**Aug 24**  
Chatham Bars Inn  
Chatham, MA

**Sept 15**  
Harvest Seasonal Grill  
Harrisburg, PA

**Sept 21**  
Tamaqua Station  
Tamaqua, PA

**Sept 23**  
Seasons 52  
North Bethesda, MD

**Sept 28**  
The Capital Grille  
Stamford, CT

**Oct 6**  
Farmer's Daughter  
Blue Bell, PA

**Oct 11**  
Fleming's Prime Steakhouse  
Providence, RI

**Nov 1**  
Lambertville Station  
Lambertville, NJ

**Nov 7**  
The Liberty Hotel  
Boston, MA

**Nov 15**  
Restaurant Serenade  
Chatham, NJ

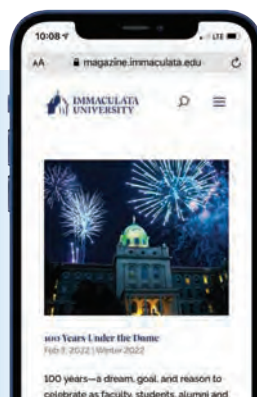
**Dec 5**  
Hotel Bethlehem  
Bethlehem, PA

**Dec 9**  
The Hotel Hershey  
Hershey, PA

\* All dates are subject to change. Current CDC & State COVID-19 social distancing protocols will be followed.

Register at [immaculataontheroad22.eventbrite.com](http://immaculataontheroad22.eventbrite.com)

For more information, contact Betty Ginty at [eginty@immaculata.edu](mailto:eginty@immaculata.edu) or 484-323-3944.



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