BALANCING ACT: TRADITION AND INNOVATION IN THE CLASSROOM

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FOUNDED BY THE MISSIONARY SISTERS OF THE SACRED HEART OF JESUS, CABRINI COLLEGE OPENED ITS DOORS IN 1957 AS A WOMEN’S COLLEGE.
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CALENDAR OF EVENTS

April 15–June 15
Senior Graphic Design Exhibition
Gorevin Gallery, Holy Spirit Library

April 15
Opening Reception
Gorevin Gallery, Holy Spirit Library, 5–7 p.m.
cabrini.edu/fineartscalendar

April 17
Pianist Sylvia Torán
Mansion, 3 p.m.
cabrini.edu/fineartscalendar

April 21
Financial Fitness Workshop Series:
Budgeting Bootcamp
Grace Hall, 5:30–7:30 p.m.
cabrini.edu/alumnievents

April 28
Seventh Annual One-Act Play Festival
Grace Hall Theatre, 4:30 p.m.
cabrini.edu/theatre

May 2
Cabrini Classic
St. Davids Golf Course, Wayne, PA
cabrini.edu/classic

May 8
Spring Choral Concert
Grace Hall Atrium, 3 p.m.
cabrini.edu/fineartscalendar

May 22
Commencement: Flower Sale, Legacy Seating, and Reception
Cavalier (Upper) Athletic Field
www.cabrini.edu/alumnievents

Events subject to change. Visit Cabrini's online calendar at cabrini.edu/calendar.

For more information, visit cabrini.edu/hooding.
TRADITION MEETS INNOVATION

The higher education marketplace is changing, perhaps more significantly than at any time since the establishment of the GI Bill at the end of World War II, which made tuition and expenses manageable for returning veterans, radically impacting who was attending college and at what age they were attending. Most colleges and universities at that time not only adjusted, they thrived, and they did so without sacrificing their traditions and heritage.

Today, the demographics and needs of college students are changing once again, and Cabrini College is adjusting and thriving without sacrificing who we are and what we believe.

While a relatively young institution at 59 years old, Cabrini College is steeped in tradition. Our alumni talk with pride about Mother Cabrini, the Missionary Sisters of the Sacred Heart of Jesus, Mother Ursula, core values, and an Education of the Heart. Alumni boast that, through their Cabrini education, they have been transformed to succeed both in their careers and in tackling issues of social justice. Alumni share memories about an intimate campus that is not so big that they were “just a number,” but big enough to provide abundant curricular, co-curricular, recreational, and social opportunities. They rightfully boast about having faculty who know them as individuals and who cheer their successes.

Safeguarding and ensuring that these ideals—important parts of the Cabrini tradition—continue for future generations is a paramount priority, as is Cabrini’s trajectory toward innovation and entrepreneurialism. It is progress, built upon the foundation of the Cabrini tradition, which safeguards the full Cabrini experience for future generations of Cavaliers.

Cabrini has launched many initiatives—recruiting international students and diversifying the Cabrini community, expanding our outreach to adult and continuing education learners, and premiering our first doctoral programs, among many others—yet our mission prevails. Cabrini remains a residential, competitively priced, Catholic institution that gives personalized attention to each student.

In a changing higher education marketplace, it is time for tradition to meet innovation. That’s the Cabrini of yesterday guiding the Cabrini of tomorrow. That’s the Cavalier way.

In the Cabrini tradition,

Donald B. Taylor, PhD
President
In April 2015, human rights activist Gloria Richardson visited Cabrini College, receiving the Ivy Young Willis/Martha Willis Dale Award for her public service.

A logical choice for this award, Richardson had a key role in America’s modern Civil Rights Movement; as the de facto leader of the Cambridge Movement in Maryland (1962–64), Richardson helped redefine and expand America’s meaning of freedom.

As a historian of the Civil Rights Movement—and, as it happens, Richardson’s biographer—I hosted a one-on-one talk with her in the College’s Mansion in front of a packed audience. One of the subjects discussed was the tradition of service in black families—also known as race service.

RACE SERVICE: A TRADITION PASSED DOWN THROUGH GENERATIONS

According to Richardson, her parents and grandparents instilled in her an expectation that she should serve her race in whatever way possible. According to them, black people had patronized their numerous businesses in Cambridge, making it possible for Richardson’s family to live well and, for some family members, including Richardson herself, to attend college, which further enhanced the family’s ability to maintain and expand its wealth.

Richardson’s professors at Howard University reinforced this tradition of race service, providing Richardson and her classmates with the knowledge, skills, and abilities to go forward and make their world a better place. And when she became a mother, Richardson passed down this tradition to her daughters.

Service is a very common tradition in black American families, dating back to the Colonial Era, when British colonists enslaved Africans and forcibly migrated them to North America. Those African peoples and their descendants served however they could in order to survive Europeans’ oppression, from assisting people fleeing their enslavers (think Harriet Tubman’s work on the Underground Railroad) to organizing and carrying out other work in the Abolitionist Movement.

After the Civil War, black people served their race as elected officials in Reconstruction governments in the South. Others established fraternal and mutual aid societies, literacy programs, and self-help organizations. Each of these efforts sought to improve all facets of black people’s lives.
The motto of the National Association of Colored Women—“Lifting as we climb”—describes perfectly how Richardson’s family and countless numbers of other black people worked for their group’s freedom in America.

**RACE SERVICE THROUGH HISTORY**

As the United States entered the Cold War, black people continued their efforts to make white Americans live up to their professed ideals of democracy and freedom. Among other things, members of the black community became plaintiffs in lawsuits against racial segregation in political parties, housing, and education. The most notable of these suits was *Brown v. Board of Education of Topeka, Kansas* (1954), which outlawed racial segregation in public schooling.

Around the same time, blacks were fighting to open up public spaces that whites had segregated. When Rosa Parks was arrested in Montgomery, AL, in late 1955 for not giving up her seat to a white person, the Women’s Political Council (WPC) kicked off the Montgomery Bus Boycott. The WPC was an all-black self-help organization whose members believed that they should work to improve their own lives and those of their community. Parks herself was no stranger to race service; she had been involved in Civil Rights activism years before she was arrested.

Seeing little progress on the racial battlefront over the next handful of years, young black people in the early 1960s believed that the Black Liberation Movement needed another jolt.

On February 1, 1960, four young black men held a sit-in at a Woolworth’s lunch counter in Greensboro, NC, where they were attending college. Their action that day set off a wave of sit-ins around the South carried out by other college students.

Out of this sit-in movement came the most important American organization to be created in the second half of the 20th century: the Student Nonviolent Coordinating Committee (SNCC).

SNCC was an interracial organization, but it was predominately black. Its members—who ranged in age from late-teens to mid-20s—worked to force white Americans to cease supporting racially discriminatory laws and customs.

SNCC’s activism kept alive the tradition of race service demonstrated by previous generations of black people; its work is a key reason why the Federal government passed the Civil Rights Act of 1964 and the Voting Rights Act of 1965.

**CONNECTED THROUGH SERVICE**

The tradition of service is not unique to black America. To one degree or another, it has existed among many American communities. It can be found, for example, in the work of Chinese-American communities who migrated to the West Coast in the 19th century as part of the mining industry and the building of the Transcontinental Railroad.

Even our very own Cabrini College is tied directly to the tradition of service. Its namesake, Saint Frances Xavier Cabrini, served numerous Italian immigrant populations here in the United States (e.g., New York, Denver, New Orleans) after millions of Italians left their homeland for the economic, social, and political opportunities offered by the United States.

Mother Cabrini worked tirelessly and selflessly to provide the aid and comfort these people needed so that they might navigate successfully a land that was new to them—and often quite hostile. Many Italian immigrants faced job and housing discrimination, among other forms of oppression.

Service has been a core mission of Cabrini College since its founding in 1957 and is telegraphed by its credo of “service beyond oneself.” Additionally, Cabrini’s core curriculum (aptly titled *Justice Matters*) reinforces the expectation that students will serve others.

I build and teach my courses much like Gloria Richardson’s professors did at Howard University: I provide my students with the knowledge, skills, and abilities that they will need in order to be effective agents for change in their local and global communities. Equally as important is my training and guidance of students on how they can be a part of the solution to the problems of racism, sexism, poverty, human trafficking, and domestic violence, to name a few.

The tradition of service is one of the most important legacies that people—professors included—pass from one generation to the next. When we carry on this tradition, we help make the world a better place. The lives of Gloria Richardson and Mother Cabrini are testaments to this truth—just as we strive to be testaments to the tradition of service.
“THE TRADITION OF SERVICE IS ONE OF THE MOST IMPORTANT LEGACIES THAT PEOPLE PASS FROM ONE GENERATION TO THE NEXT.”

JOSEPH R. FITZGERALD, PhD
ASSISTANT PROFESSOR, HISTORY AND POLITICAL SCIENCE

Joseph R. Fitzgerald, PhD, Assistant Professor of History and Political Science, can be reached at joseph.r.fitzgerald@cabrini.edu or 610.902.8513. “Dr. Fitz” played an instrumental role in the creation of Cabrini’s Black Studies major. He also serves as the coordinator for the Black Studies program.

His biography of Richardson, The Struggle Is Eternal: Gloria Richardson and Black Liberation, is forthcoming.

Demonstrators picket in front of a school board office in protest of segregation, St. Louis, MO, early 1960s (Photo by PhotoQuest/Getty Images)
ALIA SHEETY, PhD
ASSOCIATE PROFESSOR, EDUCATIONAL POLICY AND LEADERSHIP
PROGRAM COORDINATOR, MASTER OF EDUCATION
IN CURRICULUM, INSTRUCTION, AND ASSESSMENT
Think back to your early days in school. Do you have a favorite teacher that stands out in your memory? Now, why did you choose that teacher? What made him or her so memorable?

When I ask my graduate students these questions, I receive answers ranging from “because she cared” to “because he believed in me.” I rarely hear “because s/he was excellent in his or her subject matter.” These answers don’t disparage the importance of expertise, but they do emphasize the importance of human values, communication, and relationships.

Now, more than ever, we face educational debates that pit “traditional” values and teaching methods against innovation. What is most important to remember in this debate, however, is that our interactions—our emotions, feelings of belonging, and sense of community—are essential to any teaching model or delivery. Students and teachers must form a safe learning community in order to explore and grapple with complex questions and to engage in a dialogue about social change.

As we find the balance of tradition versus change, we must remember that traditions are part of the formation of our identity—both as individuals and as communities. Change and innovation do not necessitate abandoning tradition. Think about what it means to you to be Cabrinian, of the traditions you experienced as a student or an alumnus/a that helped influence you. Our traditions make us who we are and are a vital part of creating a sense of belonging and community. These traditions are essential in guiding us into the future. They cannot, however, stand as barriers.
The needs of our communities and students are changing, and we must embrace innovation while drawing strength from our traditions, such as our commitment to Education of the Heart. In order to deliver a distinctive Cabrini education that not only prepares students to be successful in this era of rapid technological changes, but also to be committed to social justice and engaged citizens of the world, we might need to employ creative practices, such as hybrid or online models, that, while innovative, remain grounded in tradition.

My research explores tradition versus innovation in pedagogy. As neuroscientists learn more about brain function, we can use this information to drive various aspects of learning, such as the relationship between emotions and cognition. And, with this information, we can create environments that support varying needs of a diversifying student population.

In working with graduate students, my colleagues and I learned that the type of assignment in a course drove student preference for delivery method. For example, for less complex work, students reported a higher preference (emotional connection) to learning through group work (97 percent) over instructor lecture (59 percent) or individual learning (53 percent). When asked to rank their preference, however, with regard to more complex assignments, students indicated a preference to learn with an instructor.

When the same students ranked their preference with regard to online learning, the results indicated that students perceived online learning similar to individual learning. They reported higher anxiety and feeling less confident when they thought about learning online as compared to learning in groups, with an instructor, or even learning alone.

This important finding highlights the tension between traditional approaches to teaching and learning versus evolving delivery methods. It also provides insight that can help us to address barriers, making the student experience less stressful and more conducive to learning and critical thinking.

I use my research to inform work with adult learners, creating a unique learning environment that meets their needs and potential anxieties while still fulfilling the traditional side of the Cabrini mission. For example, online instructors will want to create activities to build community and to lower student anxiety, especially at the beginning of the course. Such activities could include team building and clear instruction on the use of the new technology. We often use icebreakers and introductions during traditional classes in order to form relationships and build community. It is equally important to find creative ways to mirror that experience in hybrid and online courses.

Though there is a great deal more research that needs to be done, I feel confident that the challenges in balancing tradition and innovation do not come from technology, nor are they about new learning theories. It is about finding new strategies for working with various learning delivery methods to maintain the traditional needs of all students—a sense of community and connection. Facilitators should be aware of the goals they are trying to achieve and what strategies can best support the learning process. It is also important to stay sensitive to adult learners who may find technology challenging. We can enhance their learning experience and reduce anxiety by guiding them to reflect on how they best learn online and by guiding them toward developing understanding rather than simply acquiring knowledge.

Alia Sheety, PhD, Associate Professor of Educational Policy and Leadership, can be reached at alia.sheety@cabrini.edu or 610.902.1082.
CABRINI EXPANDS ACADEMIC HORIZONS

Cabrini is expanding its scholastic reach, adding doctoral programs in Educational Leadership and Organizational Development to its academic offerings—the first doctoral degrees offered at Cabrini.

These professional programs are designed to fit into the busy lives of working professionals: by blending face-to-face instruction from Cabrini’s expert faculty with flexible class schedules supplemented by online learning, Cabrini makes it possible to further your career while balancing life—work, family, and social responsibilities.

DOCTOR OF EDUCATION IN EDUCATIONAL LEADERSHIP

Building on the tradition of excellence established by Cabrini as a top-ranked educational program provider in Pennsylvania, the EdD in Educational Leadership emphasizes the application of theory to real-life practice, including situational learning.

The three-year, 60-credit program prepares students as leaders of educational organizations, empowered to influence educational policy and practice. The class schedule includes two summer residencies plus one year of dissertation work, and the program is competitively priced.

For more information, please visit cabrini.edu/edd16 or contact Mary Kropiewnicki, EdD, at krop@cabrini.edu or 610.902.8398.

DOCTOR OF PHILOSOPHY OR DOCTOR OF BUSINESS ADMINISTRATION IN ORGANIZATIONAL DEVELOPMENT

Whether you want to apply research to a current business problem or explore the theoretical elements of business, Cabrini’s PhD or DBA in Organizational Development provides the flexibility to chart your own career goals.

The three-year program—two years of classes plus one year of dissertation work—has an international focus and emphasizes practical, relevant business principles while building upon Cabrini’s tradition of social justice and ethical leadership. The class schedule includes a one-week intensive introduction each year and classes that meet one weekend a month, and the program is competitively priced.

The program is now accepting applications for a cohort starting May 2016 on Cabrini’s campus in Radnor, PA.

For more information, please visit cabrini.edu/od16 or contact Timothy Goodly, PhD, at timothy.goodly@cabrini.edu or 610.902.8186.

For more information on Cabrini’s new doctoral programs, visit cabrini.edu/doctoral.
After nearly four decades of serving the Greater Philadelphia area through news reporting, producing, and directing, Steve Highsmith ’88 returned to his alma mater, Cabrini College, to serve as Vice President of Institutional Advancement.

The alumnus, former trustee (1998–2007), and Cabrini College Distinguished Achievement Award recipient (1998) began his role in January, and oversees the College’s alumni relations and fundraising efforts, focusing on annual giving and major gifts.

Previously, Highsmith served as Director of community relations and local programming/news at PHL17, producing and hosting PHL17’s “In Focus” program, and hosted special projects, such as the annual Mummers Parade on New Year’s Day, which he has helped broadcast for more than 20 years and will continue to host on PHL17.

“Broadcasting provided me with the opportunity to uncover the vital stories, successes, and issues of the Greater Philadelphia area,” said Highsmith. “Now, I have the privilege of speaking with and learning from the Cabrini community—the alumni, faculty, staff, students and community members who live out the same Cabrini mission, in beautifully different ways.”

Steve Highsmith ’88 can be reached at stephen.m.highsmith@cabrini.edu or 610.902.1070.

Beginning Fall 2016, students will have the opportunity to compete in women’s rowing, which has been added as Cabrini’s 18th intercollegiate sport.

Cabrini’s women’s rowing program will train and compete out of the Whitemarsh Boat Club of the Hines Rowing Center in Conshohocken, PA, less than 5 miles from Cabrini’s campus, on the banks of the Schuylkill River and adjacent to 4 miles of water perfect for rowing.

Cabrini will be applying for membership in the Mid-Atlantic Rowing Conference (MARC) as the league’s ninth affiliate member and hopes to receive confirmation by May 2016. Janit Gorka has been hired as head coach.

“Cabrini is committed to providing additional opportunities to new and current student-athletes to participate in intercollegiate sports,” Cabrini College Director of Athletics and Recreation Brad Koch said. “Partnerships with both Archbishop Carroll High School and the Hines Rowing Center will allow us to provide an exceptional experience in an NCAA Championship sport.

“I am excited and eager to see our student-athletes represent Cabrini at prestigious regattas including the Head of the Charles and Dad Vail. It’s an exciting time to be a Cavalier!”
CABRINI IN THE NEWS

921* PLACEMENTS & MEDIA MENTIONS

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MEDIA OUTLETS INCLUDED:

PLACEMENTS CONTRIBUTED TO MORE THAN 1.3 BILLION POTENTIAL IMPRESSIONS.

See page 22 for details and highlights.

*Numbers are approximate
LIVING PRETTY:
STUDENTS ENJOY REMODELED DIXON HOUSE

In Fall 2015, Cabrini opened the doors to the remodeled Dixon House, a residence hall for 75 upperclass students, including sophomores in the IMPACT Living and Learning Community (LLC)—the first LLC to expand beyond a student’s first year at Cabrini. The Dixon House’s mountain-like aesthetic is incorporated throughout the residence hall with stone walls.

Giorgio Courtis ’18 said, “This building is gorgeous. There’s a beautiful kitchen, new laundry room, and nice study rooms.”

Resident Assistant Jerome Bailey ’17 said, “It is sleek. People want to come over just to visit and see what it looks like.”
CORE VALUES,

TREASURED HISTORY,

AND

NEW TRADITIONS
ESTABLISHED THROUGH A FOUNDATION HEAVY ON SOCIAL JUSTICE AND THE MISSIONARY SISTERS OF THE SACRED HEART OF JESUS (MSCs), CABRINI CONTINUES TO HONOR ITS ROOTS AND VALUES WHILE BLAZING NEW TRAILS AND TRADITIONS TO LAUD ITS FORWARD PROGRESS. PAST AND PRESENT GENERATIONS OF CAVALIERS CONTINUE TO ENGAGE WITH THE COLLEGE BY Participating IN SOME OF THE INSTITUTION'S MANY TRADITIONS, SOME OF WHICH ARE HIGHLIGHTED OVER THE FOLLOWING PAGES.

MATRICULATION

Established when Antoinette “Toni” Iadarola, PhD, assumed the role of Cabrini President in 1992, Cabrini’s Matriculation Ceremony celebrates the incoming students, who sign the register of the College and ceremoniously enroll in the institution.

As a tradition, Matriculation originated at Oxford and Cambridge universities in the 15th and 16th centuries. The ceremony signaled the joint commitment of the institution to the enrolling student and of the student to the mission and culture of the new school.

Addressing parents and students at the 2015 Matriculation Ceremony, Cabrini President Donald B. Taylor, PhD, said, “We are a caring community. We wrap multiple layers of cocoon around our incoming students to make sure that they succeed. Our motto is that failure is simply not an option.”

SIGNING OF THE CORE VALUES

Each year at Matriculation, incoming students also sign a Charter of Core Values to immortalize their commitment to reflecting the very values upon which the College was built.

Our core values—respect, vision, community, and dedication to excellence—emanate from the life of Saint Frances Xavier Cabrini, the charism of the MSCs, and the Catholic educational tradition, and were developed to ultimately assist in providing a path to an Education of the Heart for all those who matriculate through Cabrini.
A new tradition, established at the September 2, 2015, Mass of the Holy Spirit, the Carry the Light Ceremony honors those members of the Cabrini community who have passed on with a candlelight vigil pioneered by President Taylor and Father Carl Janicki.

“The Carry the Light Ceremony is a way for us to honor the legacy of those who have come before us,” said President Taylor. “It affords us the privilege, the opportunity, and the responsibility to carry the light forward, just as Mother Cabrini passed on the light for us to be able to educate all students in the Education of the Heart and the Cabrini charism.”

Conceived in 2014 and championed by President Taylor, Campus Beautification Day extends the invitation to faculty, staff, students, and alumni to work alongside Campus Facilities to ensure Cabrini’s campus remains as gorgeous as ever.

Each Fall and Spring semester, participants beautify Cabrini’s campus, model good environmental stewardship, strengthen the community, and promote sustainability and a spirit of collaboration by participating in such activities as planting trees, shrubs, and flower bulbs, raking leaves, and ensuring the grounds are clean and free of trash.

Established in 2001, the year of her death, and honoring the birthday of the College’s founder and first president, Mother Ursula Infante, MSC, Founder’s Day at Cabrini College is celebrated every February and is commemorated with a presentation by someone who embodies the Cabrinian legacy of service to others through active social justice work.

In 2015, Cabrini welcomed Richard Miller, PhD, Professor of the Department of Theology at Creighton University, who presented “The Unfolding Climate Change Tragedy and the Mission of Catholic Universities.”

The event is sponsored by the Wolfington Center, which fosters community-based learning through Catholic social teaching.

An annual celebration of Cabrini’s heritage and mission, Cabrini Day, held every November, honors the College’s namesake, Saint Frances Xavier Cabrini, and the College’s founder, Mother Ursula Infante, MSC.

Students, faculty, and staff are encouraged to participate in the mission-oriented activities planned around a different theme each year as a means of demonstrating their commitment to the College’s mission. The educational programming in the morning and afternoon of Cabrini Day takes the place of regularly scheduled classes.

In 2015, Cabrini Day featured presentations, awards, activities, and panel discussions on the theme Social Justice in the Age of Mass Incarceration: Global & Domestic Perspectives.
CHRISTMAS AT CABRINI
CLASS COLORS

Welcoming incoming students to the Cabrini family as soon as they step on campus, the tradition of passing along class colors through generations of students is relatively new, but goes far to foster a feeling of community for each class of students.

In 2014, the inaugural year for class colors, each class voted and T-shirts in the chosen colors were distributed at the Color Run. The senior class passed its color—black—to the incoming class. Incoming students receive T-shirts in their class colors during Move-In Day and at the Summer BBQ.

YULE LOG AND TREE LIGHTING

A Cabrini holiday event, the Cabrini College Christmas Tree Lighting and Yule Log celebration gathers the entire campus community to welcome the holiday season.

The Cabrini Chorus leads festive songs as prayers and psalms are said, stories are told, sprigs are tossed into the yule log fire, and the Christmas tree (outside of Holy Spirit Library) is lit.

During the event, all are invited to enjoy hot cider and snacks, along with wishes of “peace on Earth and goodwill to all.”

A special dinner menu in Cavs Corner follows the ceremony.

BATTLE FOR EAGLE ROAD

Among the more highly anticipated Athletics events are the Battle for Eagle Road matchups between the Cabrini Cavaliers and neighboring Eastern University Eagles. A Cabrini-Eastern clash in any sport incites Cavalier pride, as the rivalry battles typically represent big wins for the institutions—first competitions of the seasons, or games with championship implications, and, of course, a matter of pride in claiming the dividing road between Cabrini and Eastern.
HOMECOMING

Held every fall, Homecoming welcomes Cavaliers of all ages to campus to join fellow alumni, parents, students, staff, faculty, family, and friends for a weekend of fun, laughter, and memories.

Family-friendly events include ice cream socials, movie nights, face-painting, and activities, Athletics events, and, of course, the Homecoming Parade.

ALUMNI REUNIONS

Alumni reunions and celebrations provide alumni the opportunity to remember their time at Cabrini and to share the Cabrini experience with family and friends. Reunions are usually held as part of larger celebrations featuring events open to all alumni, which spotlight a multitude of events honoring Cabrini’s rich history of tradition and the institution’s forward progress.

“I think it is special when alumni can to come together and reminisce about their favorite memories at our college,” said Danielle Alio ’12.

HOLIDAY EVENTS AT CABRINI

In the 2012–13 academic year, the Alumni Office established two holiday family-friendly events for alumni: Breakfast with the Bunny and Christmas at Cabrini. These popular events provide alumni and their immediate families the opportunity for a fun, affordable activity to celebrate Christmas and Easter, while connecting with their fellow former classmates.

TEAM TRIVIA NIGHT

Since 2008, alumni have competed in a friendly battle of wits during Cabrini’s annual Team Trivia Night, being renamed Cabrini Quizzo. Prizes are awarded to teams for their trivia smarts and also for the creative themes they choose to represent their teams’ tables.

This event is a favorite among alumni, who return to campus for the entertainment, to reminisce with former classmates, and, most importantly, for the cause: Proceeds benefit the Alumni Scholarship Fund.

Please visit cabrini.edu/alumnievents for updates and more information.
Felicity Duncan, PhD, Assistant Professor of Communication, was featured on Inside Higher Ed for her “Academic Minute” regarding Facebook’s dislike button.

Duncan also published the Gizmodo article “Thank an aging audience for Facebook’s proposed ‘dislike’ button,” the Fortune article “What Twitter’s ‘Moments’ says about the future of software,” and the Mail & Guardian Online article “Can 10,000-character tweets boost Twitter’s flattining user growth?”

Her articles have appeared in The Conversation, The Media Online, Epoch Times, BusinessTech, Jakarta Globe, The Newcastle Herald Online, SABC, Scroll.in, and Technoserv.co.za.

Joseph R. Fitzgerald, PhD, Assistant Professor of History and Political Science, provided research and facilitated The Root interview with Gloria Richardson titled “The Defiant One: Why You Should Know Civil Rights Icon Gloria Richardson.” Fitzgerald serves as Richardson’s biographer.

The Cabrini Cruisers Living and Learning Community (LLC) was featured in the Council for Independent Colleges research brief titled “Living-Learning Communities and Independent Higher Education.” The brief references the LLC program at Cabrini and identifies—as one of five suggested further readings on the topic—a publication by Richie Gebauer, Nancy Watterson, PhD, Eric Malm, PhD, Michelle Filling-Brown, PhD, and John Cordes, PhD.

Jeff Gingerich, PhD, Provost and Vice President for Academic Affairs, and Mary Harris, PhD, Dean for Academic Affairs, were featured in the Philadelphia Business Journal for their appointments.

Donald B. Taylor, PhD, President of Cabrini College, wrote a guest column for Al Dia titled “Reescribiendo la narrative.”

Colleen Lelli ’95, EdD, Assistant Professor of Education, was interviewed on NBC10 in the segment “Cabrini College Speaks Up About Domestic Violence.” Lelli discussed Cabrini’s fifth annual Domestic Violence Symposium.

Lelli also was featured in the Main Line Parent article “Please the Pickiest Giftees with our Holiday Gift Guide 2015.”

Leonard Norman Primiano, PhD, Chair and Professor of Religious Studies, was included in the Philadelphia Daily News article “A Divine Fascination.”

Primiano, Nicholas Rademacher, PhD, Associate Professor of Religious Studies, and Father Carl Janicki, Director of Campus Ministry, were featured in national outlets including Bloomberg News Online, Reuters Online, CNBC Online, and more about the papal visit.

Janicki and Alexis Setley ’15 were featured in the CBS 3 segment “SEPTA Experiences Early Success With Lottery System For Papal Visit Passes” to discuss the papal visit.

Janicki and students were featured on PHL17 In Focus with Steve Highsmith ’88 in multiple episodes leading up to the papal visit. Janicki served on the interfaith panel discussion “Local Religious Leaders of All Faiths Welcome Pope Francis to Philadelphia.” Janicki, Tyron Davis ’16, Kaitlyn Skalski ’18, and Morgan Sperratore ’16 were featured in on-campus interviews.

Janicki also served as a CBS 3 commentator during the station’s coverage of the papal mass.
Robert McGee, Professor Emeritus, was published in the Mathematical Association of America for his review of A History of Mathematics: Brief Version.

Joseph Romano, PhD, Professor Emeritus, was included in The Newport Daily News article titled “The Open Door: Learning is really living.”

Barbara Stoyell-Mulholland, Lecturer for the Business Department, was featured in Western New York Catholic for her new book The Agony of Betrayal, which she co-authored with Monsignor Dino Lorenzetti.

Kevin Steele, Lecturer of Sociology, was featured in The Reporter article “Two candidates seek Montgomery County district attorney post.” The article also was included in The Newnan Times-Herald, The Times Herald, and The Mercury. Steele was elected Montgomery County District Attorney in November 2015.

Cathy Yungmann, Associate Professor of Communication, and Thomas O’Donnell, PhD, Engagements with the Common Good Faculty Fellow, were featured in the Disruptive Women in Health Care article “Trash or Treasure? Repurpose Would-Be Wasted Food to Feed the Hungry & Create Jobs.” Their work also was included in the Seed Daily, Waste360, Health Canal, and Supermarket News Online.

In addition, the work of Yungmann and O’Donnell from the sustainable food project was featured in the Environment Health News article “Solutions: Feeding people, creating jobs with would-be waste in Philadelphia.” The project also was featured in The Philly Voice, BrightSurf.com, EurekAlert!, iChainnel, Industrial Maintenance & Plant Operation Online, Food Manufacturing Online, Medical News Today, Phys.org, Science NewsLine, ScienceDaily, Science Codex, and Social Dashboard.

O’Donnell was quoted in the National Geographic article “Turn Food Waste Into Ice Cream for Fun and Profit.”

O’Donnell also was featured on the 6abc Action News segment “Joining the Fight Against Hunger.”

O’Donnell represented Cabrini as ShopRite Supermarkets announced Cabrini as one of its partners to supplement local food kitchens in order to feed the hungry in the Philadelphia area.

Yungmann co-wrote The Philadelphia Inquirer op-ed “Haverford Township voters need to hear candidates’ views.” Yungmann is Co-President of the League of Women Voters of Haverford Township.

Nancy Watterson, PhD, Associate Professor of American Studies, was mentioned in the University City Review’s preview of HOME, a play by Kun-Yang Lin. The article also was featured in the Philadelphia Free Press.

Tom Stretton, EdD, former Professor of Education, was featured in the Jewish Exponent for his presentation at Temple Beth Zion-Beth Israel titled “Do You Hear the Music?–Jews and the Broadway Musical.”

Frank Klose, DLitt, Assistant Professor of Religious Studies, was published in Catholic Books Review for his review of The New Evangelization: Faith, People, Context and Practice. He also was featured in The Liturgical Press blog Pray Tell for his post “What Music Will be Used at the World Meeting of Families Papal Mass?” Klose wrote 17 pieces for the Liturgical Press regarding the papal visit.

Klose also was published in American Catholic Studies for an abstract of his doctoral dissertation titled “‘No Rigid Uniformity?’ Music in the American Roman Catholic Liturgy Since the Second Vatican Council.”

Francis Carroll, Lecturer of Sociology, was featured in The Mercury article “Retiring Lower Providence police Chief Francis ‘Bud’ Carroll reflects on tenure.” Carroll will continue to teach at Cabrini after his retirement.

Jim Hedtke, PhD, Professor of History and Political Science, was interviewed on POTUS 2016 with Brian Lehrer about the idea of the “lame duck” president.
PUBLICATIONS, PRESENTATIONS, AND OTHER ACHIEVEMENTS

Edna Barenbaum, PhD, Professor of Psychology, and Tamarah Smith, PhD, Assistant Professor of Psychology, presented at the American Psychological Association (APA) Annual Convention in Toronto, Canada. The presentation, based on their work with the Cabrini Missionary Sisters of the Sacred Heart of Jesus, was titled “Psychosocial Well-Being of Orphans and Vulnerable Children Varies Across Living Environments and Social Support Systems in Southern Africa.”

Smith also presented a second solo project at the convention titled “The Reliability and Validity of the Research Methods Skills Assessment.”

David Dunbar, PhD, led a seminar at the University of the Sciences in Philadelphia titled “Maximizing student learning in undergraduate research.”

Jennifer Daly ’17 and Juliann Jakeman ’17, under the supervision of Sheryl Fuller-Espie, PhD, Professor of Biology, were awarded an undergraduate research grant from the Pennsylvania Academy of Science (PAS) for their research project titled “Investigation of Chemotactic Responses in Earthworm Coelomocytes Using a Combined Boyden-Flow Cytometry Assay and Microscopy Techniques.” Daly and Jakeman will present the research findings at the PAS Annual Meeting at Delaware Valley University in Spring 2016.

Fuller-Espie, Daly, and Jakeman also published a research paper in the Journal of the Pennsylvania Academy of Science. The paper was titled “Optimization of cell culture conditions for the earthworm Eisenia hortensis: a study investigating the effects of media, carbon dioxide, temperature, serum, and anti-fungal agents.”

Daly also presented a poster at the Spring 2015 PAS meeting titled “Using flow cytometry to measure xenoreactive responses in annelids: An in vitro study using Lumbricus terrestris versus Eisenia fetida” and at the TriBeta Convention, where she presented the poster “Xenoreactive immune responses in annelids: A flow cytometric study investigating natural killer-like activity of earthworm coelomocytes.”

Shannon Cook ’15, with contributions from Morgan Sperratore ’16, both members of Fuller-Espie’s research laboratory, published a peer-reviewed, open-access article in the Invertebrate Survival Journal titled “Nitric oxide production in coelomocytes of the earthworm Eisenia hortensis following bacterial challenge.” Their research also was presented at the Spring 2015 PAS meeting, at which Cook won first place in the oral presentation competition for “Pathogen-induced nitric oxide production in earthworm coelomocytes detected by flow cytometry: An innate immune response impeded by the nitric oxide synthase inhibitor aminoguanidine” and Sperratore presented the poster “Using microbe-associated molecular patterns to induce nitric oxide production in the coelomocytes of Eisenia hortensis,” and the TriBeta Convention, at which Cook received an honorable mention in the oral presentation competition for “Using flow cytometry to investigate innate immunity in invertebrates: An in vitro study demonstrating nitric oxide production in earthworm coelomocytes induced by soil-dwelling bacteria” and Sperratore presented the poster “Flow cytometric analysis of nitric oxide production in the coelomocytes of Eisenia hortensis induced by microbe-associated molecular patterns.”

Jim Hedtke, PhD, Professor of History and Political Science, was the guest speaker at the Eighth Air Force Historical Society’s Chapter Dinner. Hedtke discussed his work, including the Freckleton Air Disaster, whose victims are honored in the Mighty Eighth Air Force Museum’s Memorial Garden in Savannah, GA.

Hedtke also presented at the Whitehorse Village on the topic of his most recent book, the Freckleton Air Disaster.

Amy Gratch Hoyle, PhD, Chair and Assistant Professor in the Department of Educational Policy and Leadership, published the Pennsylvania Association of Colleges and Teacher Educators article “Collaborative faculty development with part-time faculty in teacher education.”

Hoyle also gave two presentations at the 2015 PAC-TE Teacher Education Assembly in Harrisburg, PA, titled “Learning and teaching for social justice: Graduate teacher education students engaged in social advocacy” and “Collaborative faculty development with part-time faculty in teacher education.”
Hoyle gave two more presentations at the American Educational Studies Association Annual Conference in San Antonio, TX, titled “Teaching for Social Justice in Graduate Teacher Education” and “Social Foundations and Social Justice Advocacy in Graduate Teacher Education.”

Colleen Lelli ’95, EdD, Assistant Professor of Education, presented “Using Children’s Literature to Help Traumatized Children Heal” at the International Literacy Association’s Annual Conference in St. Louis, MO.

Lelli also presented “Engaging, Healing and Educating our Youngest Domestic Violence Victims” during a roundtable discussion at the Council for Exceptional Children (CEC)-Division of International Special Education Services (DISES) in Jerusalem and Bethlehem, Israel.

Leonard Norman Primiano, LNP, PhD, Chair and Professor of Religious Studies, presented the paper “The Vernacular Religious Art of Sister Ann Ameen” at “The Creole Religious Imagination Revisited” workshop in Carcassonne, France.

Primiano also delivered a paper at The Conference of the International Society for Ethnology and Folklore (SIEF) in Zagreb, Croatia, titled, “‘A world set apart’: The emergence and sustenance of Utopian space through expressive culture.” He also was interviewed by the Society for its Ethnological Sensations video series.

Nicholas Rademacher, PhD, Associate Professor of Religious Studies, and Alia Sheety, PhD, Associate Professor in the Educational Policy and Leadership Department, co-authored a chapter in Inquiry-Based Learning for Multidisciplinary Programs: A Conceptual and Practical Resource for Educators (Innovation in Higher Education Teaching and Learning) titled “Inquiry-Based Learning as Foundational Pedagogical Tool for Critical Examination of Social Justice in Theory and Action.”

Sheety also, presented a paper at the E-Learn 2015 World Conference of E-Learning in Hawaii titled “If you can’t beat them, join them.”

Sheety also was published in the American Educational Research Association Fall Newsletter for Division B (Curriculum Studies). Her article talked about Cabrini Day and its focus on mass incarceration in the U.S.

Sharon Schwarze, PhD, Chair and Professor of Philosophy, and Barbara Byrd, Co-Facilitator of the Engagements with the Common Good (ECG) course Democracy and Diversity and a resident of Mt. Pleasant Township in Pennsylvania, presented “Voices of Mt. Pleasant” to the Tredyffrin Historical Society. The program focused on Cabrini students’ oral history project in the Mt. Pleasant Community.

Mary Lou “Candi” Corbin Sicoli, PhD, Professor Emerita of Psychology, presented her research at the American Psychological Association (APA) Annual Convention titled “War and Peace: Tyrants vs. Nobel Peace Laureates.” In her research, she compared childhood factors of the two groups and found that the quality of the relationship of the men with their father was a crucial factor in their development.

Sicoli also recently received commendation from Psi Chi for her service as a Platinum-Level reviewer for revising undergraduate through doctoral-level research.

Vivian Smith, PhD, Assistant Professor of Sociology and Criminology, published the Victims and Offenders article “Substance-Abusing Female Offenders as Victims: Chronological Sequencing of Pathways into the Criminal Justice System.”

Smith also co-authored the Health Promotion Practice article “Addressing the Health of Transitioning Ex-Offenders in a Distressed Neighborhood through a Community Collaborative Board (CCB).”

Tom Southard, JD, Director of the Wolfington Center; Eric Malm, PhD, Associate Professor of Business and Economics; Jeff Gingerich, PhD, Provost and Vice President for Academic Affairs; and Catherine Pressimone Beckowski, Engagements with the Common Good (ECG) Fellow, presented at the Eastern Region Campus Compact Conference in Newark, NJ. Their topic, focusing on Cabrini’s Norristown partnership, was “Building and Using Social Capital Without Throwing Your Weight Around: How a Small College Can Have Big Impact.”

Southard also presented at the Coalition of Urban and Metropolitan Universities Conference in Omaha, NE, on “Anchoring Small Communities: A New Definition of Anchor Institutions.”
Cathy Yungmann, Associate Professor of Communication, and Thomas O’Donnell, PhD, ECG Faculty Fellow, co-authored an article in Food and Nutrition Sciences titled “New Sustainable Market Opportunities for Surplus Food: A Food System-Sensitive Methodology (FSSM).”

O’Donnell and Yungmann were two of the co-authors of the BioCycle article “Food Was Never Meant To Be Wasted.” The article acknowledges Nick Cipollone ’15, Amber Marshall ’15, Lauren Hight ’15, and Gregory Smith ’15 for their video contributions to the project.

Yungmann also was published in The Guardian website Witness for her contribution “Food System Sensitive Method of Surplus Food Recovery in Philadelphia.”

Darryl Mace, PhD, Chair and Associate Professor of History and Political Science, presented at the Upper Darby Rotary Club. His presentation was titled “The Modern Civil Rights Movement and the Present State of Race Relations.”

Five faculty and staff members presented at the National Learning Communities Conference in Kansas City, MO:

Richie Gebauer, Director of the First-Year Experience, presented “We’re All In: Creating a Collaborative Culture of Learning Communities on Campus.”

Gebauer and Michelle Filling-Brown, PhD, Associate Professor of English, also presented “Raising the Bar: The Impact of Learning Communities on First-Year At-Risk Students.”

Filling-Brown and Darryl Mace, PhD, Associate Professor of History and Political Science, presented “Building Assessment Culture: A Roadmap for Improved Retention, General Education and Student Learning Through Living and Learning Communities.”

Mace and Nancy Watterson, PhD, Associate Professor of American Studies, presented “Scaffolding Learning Integrating the Learning Experience across the Entire Year.”

Watterson also presented “Movement-based Learning—Moving Toward Civic Engagement.”

Amy Persichetti, EdD, Assistant Professor of English, presented “Where I’m (Coming) From: A Creative Activity for Relationship-Building in LLCs for Achievement and Retention.”


Marguerite Weber, DA, Vice President of Adult and Professional Programs, was interviewed in the WHYY Newsworks Tonight segment “‘Comebackers’ get help from Graduate! Philadelphia on quest to finish college degree.” During the segment, Weber discussed the restructured degree completion program at Cabrini.

Weber was published in the Journal of Forecasting for her article titled “Ensure quality for adult programs by incorporating high-impact practices” and was featured in the Cecil Whig article “Cecil, Cabrini colleges partner to offer degree programs.”

Nakia Mack, Director of Enrollment Retention, presented “Research + Retention = SUCCESS!” hosted by Drexel University and part of the Northeast Association for Institutional Research (NEAIR) Summer 2015 Drive-In Workshop Series.

Jessica Burman, PsyD, licensed psychologist with Counseling and Psychological Services, and Madeline Coutu ’15 were quoted in the book College in the Crosshairs: An Administrative Perspective on Prevention of Gun Violence.

Steve Highsmith ’88, Vice President of Institutional Advancement, was featured in the Delaware County Daily Times for his appointment to Cabrini.

*This was omitted from the Fall 2015 issue of Cabrini Magazine. Our apologies.
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Welcome to my office, located on the second floor of Founder’s Hall in the Communication Wing. Over my 32 years at Cabrini, I’ve accumulated many pieces from my family, friends, and colleagues, which adorn my office walls. Here is a glimpse into some of those pieces, and the stories behind them.

Watercolors of the same scene at Ricketts Glen State Park painted simultaneously by my 8-year-old son and my artist husband.

Kenyan art purchased during a Catholic Relief Services convention in Nairobi.

Guatemalan painting purchased during a 2009 mission trip with students.

Photo of my grandmother Erna Weill, my son David, and me in my grandmother’s New Jersey studio in 1985.

Toys and goodies for my students.

Awards I’ve received over the years, including an Honorary Alumna Award from Cabrini.

Portrait bust of Martin Luther King Jr., created by my grandmother Erna Weill. A cast of this bust is in a Birmingham memorial.

Logo of LulzSec (Lulz Security) computer hacking group. The image was painted by my son Carl, who noted that “any student who recognized the logo was a hacker.”

My First Communication Professor doll, made from Dollar Store parts for my birthday by my son Carl.

Plaque from Cabrini College Communication Department colleagues acknowledging awards for the YouthVoicesRise.com senior capstone project.

Sample of early use of Photoshop: picture of students in front of the Mansion. This photo was part of a Cabrini College recruitment video from the early 1990s. Check it out at bit.ly/ccrecruit90.

Portrait bust of writer, professor, political activist, and Nobel Laureate Eli Wiesel. Wiesel posed for this sculpture, created by my grandmother Erna Weill in her New Jersey studio.
Saint Frances Xavier Cabrini has touched my life in profound ways.

Through my varying professional roles with the Missionary Sisters of the Sacred Heart of Jesus (MSCs), I have had the privilege of visiting many Cabrinian institutions—from hospitals and high schools to shrines, immigrant outreachs, and eldercare facilities. In all of these ministries, the common thread is the Cabrinian mission, which transcends and animates the organization.

In the 1990s, while driving to a meeting with other Cabrinian institutions in New York, I remember wondering how I would be able to connect with people working in sectors far different from mine. I had long known the MSCs were an international congregation engaged in many different works, but I had never experienced Cabrini beyond Radnor, PA. However, that familiar Cabrinian warmth and welcome enveloped me as soon as I entered the meeting room. Here were good people, dedicated to serving others, united in and by a mission established by a petite dynamo of a woman: Mother Cabrini.

We all share Mother Cabrini as our patroness and role model—a progressive, determined, deeply faith-filled woman who overcame many obstacles in serving immigrants and those on the margins of society. Her story remains ever new.

Though Mother Cabrini’s first and foremost desire was to serve as a missionary in China, she found herself serving the large Italian immigrant population in the U.S. after Pope Leo XIII requested that she go “not to the East, but to the West.”

While she and seven of her MSCs were crossing the Atlantic Ocean en route to New York City, Archbishop Corrigan mailed a letter rescinding her invitation because there was no funding for her ministry. That letter never reached her. She arrived in New York knowing no one, having no funding, and possessing no knowledge of the English language. However, these difficulties did not deter Mother Cabrini and the sisters. She told the Archbishop that Pope Leo XIII had sent her and here she would stay. It is this resolve, this determination and concern for those in need, that you find still resonating within the MSC ministries 135 years later.

The ministries of Mother Cabrini and the MSCs were varied: She opened orphanages, established schools, and later, founded hospitals to serve the Italian immigrants. In her lifetime, she established 67 institutions. The apostolic priorities of the MSCs are women, children, immigrants, and frail elders, which led the MSCs to sponsor long-term nursing care facilities, in-home nursing programs, and a college—founded as a women’s college, now co-educational—as well as to take corporate stances on immigrant rights and anti-human trafficking.

We could say, in today’s parlance, that the ministries of the MSCs are organic. Just as Mother Cabrini did, the MSCs are always reading the signs of the times to determine where a new need might arise. This mindfulness is what informs the mission of Cabrini College—to be responsive to changing trends and to provide the programs that will prepare our students to serve the changing needs of society. At the College, the Justice Matters curriculum creates a lens through which our students engage with their chosen academic discipline, as well as with the local
community and contemporary moral and social issues of our world.

Throughout the six continents and 15 countries where the MSCs are present, there are well more than 10,000 lay people, including the administration, faculty, and staff of Cabrini College, for whom the Cabrinian mission has resonated and who have chosen to spend their professional careers partnering with the MSCs in serving others.

As we prepare to commemorate, in 2017, the 100th anniversary of Saint Frances Xavier Cabrini’s death, we reflect on the remarkable woman for whom Cabrini College and other Cabrinian institutions around the world are named. Mother Cabrini, in the forefront of aiding those on the margins of society in her time, continues as an inspirational figure for those of us who called to serve the people of God in contemporary times. The societal challenges of caring for the immigrants, exiles, and refugees are as poignant now as they were in her time. May her life of service fuel a spark within each of us to follow in her footsteps.

Nancy Gorevin Costello ’71 can be reached at ncostello@cabrini.edu or 610.902.1039. She currently serves on Cabrini’s Board of Trustees and as the Communications Director for the Stella Maris Province of the MSCs. Previously, she was a Director in the Institutional Advancement Office at Cabrini and was later appointed as the Stella Maris Province Director of Mission Integration for the MSCs.
Q: YOU WORK WITH ALL 16 OF OUR CURRENT COMPETING INTERCOLLEGIATE TEAMS, A NUMBER THAT WILL GROW TO 18 NEXT FALL. WHAT HAVE BEEN SOME OF THE CHALLENGES IN WORKING WITH SO MANY SPORTS?

I had the knowledge, but it was more of a matter of jumping in and getting started, learning to build and run the strength and conditioning program quickly. With student-athletes competing at this level, I really had to prove myself and my knowledge to get their buy-in. Some teams had more established programs than others, so when I started they wanted to make sure I knew what I was talking about and that I was committed to their success.

Q: WHAT ABOUT FROM A FACILITY STANDPOINT?

With so many teams and student-athletes, scheduling time around the student-athletes’ academic, work, and practice schedules will always be an issue. We have teams working out from early morning...
until the evening, so it’s important that we’re flexible with our schedules to accommodate theirs.

There are also a lot of distractions in our current facility, a lot of other things going on at any given time that can take a bit of the focus away from the workouts. The under-construction Athletic and Recreation Pavilion, with dedicated weight- and strength-training spaces, will give our student-athletes a big advantage. Having dedicated space for them to focus on getting their bodies ready to compete will certainly show on the fields and courts.

One of the good things in our situation is that we have really created the expectations for the student-athletes in the gym. They have a great base of knowledge of their programs, so when the new facility is ready we can really hit the ground running.

Q: WHAT ARE SOME OF THE BENEFITS TO GOING THROUGH THE PROGRAM AS A TEAM, RATHER THAN AS AN INDIVIDUAL?

I think the student-athletes get more out of group workouts. It goes a long way in building relationships and camaraderie amongst the team members. It also creates a sense of accountability and discipline, especially for the younger players. We have created some contests within smaller groups on some teams, which really help to build friendly competition within the teams.

Q: YOU WORK WITH SO MANY TEAMS. HOW DO YOU TRANSITION THE WORKOUTS FROM TEAM TO TEAM?

While we work with so many different types of sports and student-athletes, the major focus for more sports remains creating a strong core. We concentrate on that to build a general fitness base for everyone.

With that said, we have to look at a few other factors to create more sport-specific programs. The length of time a team has been training plays a big part of designing the program. While the focus on the muscle groups may be the same, more experienced teams may have more intricate and more difficult programs. As the team gets closer to the season, the workouts become more tailored to fit sport-specific movements and exercises.

Q: ONE OF THE BIG DISCUSSIONS NOW IS AROUND YOUNG KIDS FOCUSING ON ONE SPECIFIC SPORT. FROM A STRENGTH AND CONDITIONING STANDPOINT, WHAT ARE YOUR THOUGHTS ON THE TOPIC?

I am definitely in favor of kids playing multiple sports; it’s actually much safer for the body. The child can learn the various movement patterns for each individual sport, which helps strengthen the muscles and improve agility. I think when you look at the more elite athletes in most sports, they played multiple sports as children and are less injury-prone.

Q: DO YOU HAVE ANY ADVICE ON HOW TO REMAIN HEALTHY?

My biggest piece of advice is to find something you like to do. If you don’t like to run, don’t run. If you don’t enjoy it, you won’t want to do it. Second, diet and exercise have to go together, 50-50. Set goals and reward yourself when you accomplish a goal. Maybe it’s something like a weekly cheat meal that helps keep your focus.

Most importantly, have fun, be patient, and be consistent. Healthy doesn’t happen in a day or a week. It takes time, so stick with it and enjoy your progress.
For years growing up as a youth lacrosse player in Southern California, Vass knew he wanted to continue his playing career in college, attending showcases and tournaments on the East Coast a few times each summer. On one such trip to Baltimore, Vass caught the eye of Cabrini men’s lacrosse Head Coach Steve Colfer. After a few conversations, Vass and his family made the cross-country trek to meet with Colfer and visit the campus. It didn’t take long for Vass to figure out that Cabrini—a small campus close to a major city—was the right fit for him. More importantly, Vass got the feeling that, at Cabrini, he could make lifelong connections with his professors, teammates, and coaches.

“I felt like Cabrini was a place where I could develop relationships with people for the next five, 10, 20-plus years,” Vass said.

In his first year, Vass joined the men’s lacrosse team in all of its preparations for the 2014 campaign, but his career took a turn in a preseason scrimmage: With a seemingly normal step, Vass heard a pop and felt his right knee go out.

With that one step, Vass’s season was over with a torn anterior cruciate ligament (ACL). But he wasn’t going to let his injury get in the way of his chance to be part of the team. Despite five weeks of doctors, MRIs, and, eventually, surgery during Spring Break, Vass was determined to remain active, attending as many practices and games as he could. He drew strength from other players who were going through the same physical therapy routines he was set to endure, bonding in pushing each other to health, their main focus to return to the field.

Over the next few months, Vass’s focus included school, work, and rehab. Even after returning to the SoCal sunshine for summer break, he continued to work to return to the field.

Then, it happened: One step and, for the second time in seven months, his right knee, despite being surgically repaired, suffered a ACL tear.

“I couldn’t believe it,” Vass said. “All I had done for months was rehab. I didn’t hear the pop like the first time, so I was in denial that it was torn for about a month.”

Over the next few months, Vass visited six doctors on two coasts, just looking for someone to say it wasn’t torn.
Although Vass knew the road ahead, his research brought him to a men’s lacrosse student-athlete at Stevenson University, who was playing at a very high level with a torn ACL. After meetings with the Stevenson player’s care team and discussions with his own family, doctors, and coaches, Vass was willing to try and play with his injury. “I put a lot of energy and work into getting back on the field, and had help from a lot of instrumental people,” Vass said. “I didn’t want to risk losing any part of this experience.”

Vass was eventually cleared to play, returning to action in Cabrini’s 2015 season opener against Haverford. He appeared in eight games in 2015, netting three goals and two assists.

Upon reflection, leaving Cabrini and attending college closer to home in California was never an option.

“I discussed it with my family, but I didn’t want to leave Cabrini and my teammates. I had received so much support from the entire campus, from my professors, to the staff, to other students, and especially from my teammates and coaches. I knew this is where I wanted to be.”

After completing the 2015 season without issue, Vass eventually decided to have his knee repaired for the second time. “I think I am much better prepared for the long road back now than I was last year.”

So what does the future hold for Vass? “I want to get back on the field,” Vass said. “I’m working hard every day to get back on the field with my teammates. It’s been a blessing to be a student-athlete at Cabrini, and I will do whatever it takes to take advantage of every part of being a Cabrini student-athlete.”
HALL OF FAME INDUCTION

The Cabrini College Athletic Hall of Fame recognizes individuals who have contributed to the development and success of Cabrini’s Athletics program. The 2015 Hall of Fame honorees were inducted on October 16, 2015, at a ceremony held in Nerney Field House at the Dixon Center as part of Cabrini’s Homecoming festivities.

ERIN CRAWFORD PETERSON ’02

Erin Crawford Peterson ’02 remains one of the most decorated players in program history. A four-time All-Pennsylvania Athletic Conference (All-PAC) performer, Crawford Peterson was also named PAC, now known as the Colonial States Athletic Conference, and Eastern College Athletic Conference Rookie of the Year in 1999. She led the Cavaliers to the 1999 PAC title and remains second on the program’s all-time scoring list with 1,544 career points, while her 258 assists are good for eighth.

Peterson (left) accepts her 2015 Cabrini College Athletic Hall of Fame Induction from Cabrini College Director of Athletics and Recreation Brad Koch.

JOHN DONAHUE ’88, P’13
Men’s Cross Country Student-Athlete (1983–87)

A four-time all-conference performer, John Donahue ’88, P’13 led Cabrini to the 1984, 1985, and 1986 National Association of Intercollegiate Athletics (NAIA) District 19 championships, as well as the 1986 Eastern States Athletic Conference (ESAC) title.

Donahue speaks at the 2015 Cabrini College Athletic Hall of Fame Induction Ceremony.

DAN DOTSEY ’99
Men’s Tennis Student-Athlete (1993–96, 1997–98)

Dan Dotsey ’99 reached four consecutive PAC singles championships during his time in the Blue and White, earning the title in 1998. Dotsey also won PAC doubles titles in 1994, 1996, and 1998. He amassed more than 100 PAC victories in his career and was named 1998 PAC Player of the Year.

Dotsey (left) accepts his 2015 Cabrini College Athletic Hall of Fame Induction from Koch.

KELLI ROMANO ’04
Dual Sport Student-Athlete: Women’s Lacrosse and Soccer (2000–04)

Kelli Romano ’04 was one of the best women’s lacrosse players in the history of the program. The 2004 PAC Player of the Year closed her career with 334 total points and 125 assists, both tops in program history, while her 209 goals are second. Romano also played four years on the Cabrini women’s soccer team, amassing 35 career points on 13 goals and nine assists.

Romano speaks at the 2015 Cabrini College Athletic Hall of Fame Induction Ceremony.
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Restrictions
This award may be used only for a first undergraduate degree at Cabrini College.

A student is eligible to receive only one Cavalier Referral Award and must be in good academic standing to remain eligible. Students are eligible to receive the award for four consecutive years (eight semesters).

Immediate family members of Cabrini faculty or employees are not eligible.

This award cannot be used in conjunction with Cabrini’s Alumni Legacy Scholarship ($1,500 per year for children or siblings of alumni).

All referrals must be submitted by August 31 in order to be included in the Fall semester.
But like a phoenix rising renewed from the ashes, Linehan rises to meet the challenges; in fact, she sees the honor in the struggle, and the hope that prevails when support is provided. These are the lessons she learned in her time at Cabrini College, and lessons that have stayed with her throughout her life.

“My freshman year of high school, I told my mom that I just really wanted to help people,” Linehan said. “I wanted to walk our elderly neighbor to and from the grocery store and help her with her groceries; I wanted to help kids; I volunteered through my church and homeless shelters. I just always wanted to help people in the community. It was my mom who really identified and defined that as social work for me.”

Linehan enrolled at Cabrini with her eye on the Bachelor in Social Work program and spent her early years at the institution adjusting to life away from her family. “What I loved the most about Cabrini was the small community environment and support of the professors, who really became—and quickly became—lifelong mentors.”
Linehan would, unfortunately, learn the depths of the Cabrini support system. Her mother was diagnosed with terminal cancer during Linehan’s junior year at Cabrini; she died the January before Linehan graduated.

“I would not have gotten through that challenging time if it weren’t for the support of Cabrini as a whole—the professors, the staff, the administration, as well as my friends. Not only did Cabrini support me, but Cabrini reached out and contacted my mom and supported her. It was a pretty remarkable experience.”

As Director of Sexual Assault Services at Delaware County Women Against Rape (DCWAR), Linehan is reminded every day how important a network of support is in times of trauma and upset. DCWAR does crisis work with victims of crime throughout Delaware County, providing counseling services and court accompaniment, any and all of the services that a victim might need to go through the justice process.

“It’s great work,” said Linehan, who began with DCWAR 11 years ago as a counselor advocate. “I see people heal, and support them through their lowest moments—it’s a real privilege to join with people at the worst, most vulnerable time of their lives. That’s what I learned at Cabrini: the real honor, the privilege, of being able to join with a human being in their time of need.”

It’s work that Linehan said provides perspective and gives people hope.

“Knowing that there are actually people out there that truly care, that they don’t have to suffer alone, it gives people hope. We do a great deal of awareness and outreach, which hopefully can prevent more trauma.

“I’ve learned perspective through this work. I grew up in a sheltered world, which was great, and safe, but I’ve been exposed to the worst that you can see, and it’s given me a better perspective about life. Everything is important to me, and I’m grateful for what I have. This profession has allowed me to mature emotionally.”

Although she’s grown in so many ways since leaving Cabrini, Linehan still cherishes her time at the institution that started her down the path of honoring the power of support.

“That’s what I learned at Cabrini: the real honor, the privilege, of being able to join with a human being in their time of need.”

—CANDICE LINEHAN ’03

“I know everyone wants to get out in the real world, to get their feet wet, but I would tell Cabrini students to really live in the moment and get everything that you possibly can from that institution, because it is a wealth of support and knowledge. Stay connected. People often believe that staying connected is just about donating, and that’s not been my experience.”

Linehan’s connection to Cabrini is personal and professional, as DCWAR has been involved with Cabrini’s annual Domestic Violence Symposium for the last two years, and Linehan herself has been presenting in classes for 11 years.

“I’ve involved myself in doing presentations and volunteering and going to the social events, and that’s how I stay connected. I am proud to be a partner with Cabrini, as well as an alumna of Cabrini, because Cabrini is always one step ahead.

“I loved everything about Cabrini, from the moment I came through the gates,” said Linehan. “I just felt like I was at home. I am literally a better and a different person because of the impact Cabrini had on me.”
Dear Cabrini Alumni,

Cabrini was founded upon rich traditions that serve as the foundation for not only the College’s success, but also as catalysts for its bright future. These traditions have served us, as alumni of Cabrini, well. Cabrini’s commitment to providing students with an Education of the Heart—dedicated to developing not only the academic excellence and leadership skills required to succeed professionally, but also a commitment to social justice that encourages full participation in society and our communities—has been the foundation upon which our own educations, our own personal successes, are supported. Cabrini’s core values—respect, vision, community, and commitment to excellence—have been passed down through generations of alumni as a standard for our activities and as a hallmark for Cabrini’s philosophy.

By building on Cabrini’s rich traditions, we, as alumni, have grown as individuals and as family and community members. It is in this same manner—by expanding upon tradition—that the institution itself grows, continuing to evolve in and adapt to an ever-changing world while remaining true to the core values and influences that serve as the foundation for the Cabrini we all know and love. As we expand on traditions around the institution, the institution itself changes, moves forward, better serving our community without losing sight of the core philosophies that made us who we are.

Mother Cabrini was unwavering in her dedication to her core principles, working creatively and relentlessly in order to achieve her ultimate goal of helping others. Strengthening her commitment to serving the needs of others, she traveled to Europe, Central and South America, and throughout the United States, making 24 trans-Atlantic crossings and establishing 67 institutions: schools, hospitals, and orphanages.

Just as Mother Cabrini built upon her tradition of serving others, so must Cabrini and its alumni follow, working tirelessly to move ever forward, yet never losing sight of the principles that serve as the very foundation of the institution. It is a challenge we embrace, for it’s the only way to achieve progress.

Yours truly,

Bob Salladino ’93, G’97, EdD
President, Cabrini Alumni Association
**1972**

Suzanne Warner Cermignano ’72 welcomed a grandson, Nicholas, who joined granddaughter Aria Rose. Both children were born to Cermignano’s daughter Lisa, women’s basketball Head Coach at Wagner College in New York.

**1973**

DiAnne C. Gove ’73 is running for reelection for a New Jersey Assembly seat in District 9.

Jessica Sheetz-Nguyen ’73 presented a talk at the Foundling Museum in London. The discussion was about the Victorian working-class women who brought their infants to the Foundling Hospital for adoption, the subject of her research and recent book. Sheetz-Nguyen is Associate Professor of History at the University of Central Oklahoma.

**1975**

Rosemary Makl Emeigh ’75 and her husband, Don, are going to be first-time grandparents. Their daughter Katie and her husband, Dennis, are expecting a baby boy in April 2016.

**1976**

Priscilla Bloomingdale ’76 retired from the School District of Philadelphia as a special education teacher after 37 years of service.

**1990**

Joan M. Cook ’90, PhD, was appointed President of the Trauma Division of the American Psychological Association, (APA). Cook, an Associate Professor of Psychiatry at Yale, also received a meritorious service award at the APA’s annual meeting.

**1993**

Heather Miller ’93 was named Executive Director at Magnolias of Lancaster, a residence for those with memory-imparing diseases.

**1995**

Mark Hodlofski ’95 was ordained as a minister through the Universal Life Church in July 2015. In September 2015, Hodlofski performed a wedding ceremony for his cousin Joe Halloran.

**1996**

Karen Szczurek Kolb ’96 welcomed a son, William F. Kolb IV, in November 2015. He joins big sister Genevieve, who is 2 years old.
1997

Melissa (Scornavacca) Young ’97 started a new job as Manager of Client Services for the Multiple Sclerosis Association of America, located in Cherry Hill, NJ.

In August 2015, Class of 1997 alumnae Kelly Brannigan-McIlhenney, Christine Devlin, Dawn Montgomery Friel, Dawn Johnson-Folk, Carmela Palermo Mullen, Nicole Palermo Sanfilippo, Amy Hummel Saunders, Maria Lattanzio Steere, Paula Renzi Steere, Patty Temple, and Deborah Westerling vacationed at Wildwood Crest, NJ.

1998

Jacqueline Dungee ’98 has been elected Of Counsel for Hangley Aronchick Segal Pudlin & Schiller.

1999

In September 2015, Class of 1999 alumni Brian Bugey, John Gwiazdowski, Jared Schierbaum, and Trish Amato Schierbaum participated in the 2015 Delaware Mud Run.

2003

Rose Leahy Hudecki ’03 welcomed a son, Michael Ryan, on December 30, 2015. He joins big brother Daniel.

John Verdi ’03 returned to his alma mater as the Assistant Director of Alumni Engagement and Development. Previously, he served 10 years as the Associate Director of Residence Life at Gwynedd Mercy University. He resides in Swarthmore, PA, with his wife, Stacy, and daughter, Katie.

2004

Laura (Cover) Iredell ’04 and her husband, Joe, are expecting their third child, a girl, in late January 2016. Big brothers Joey and Anthony are excited to meet their little sister.

2005

Nathan Mares ’05 and Laura Witt were married on November 7, 2015. They reside in Gettysburg, PA.

Michelle Murray ’05 was recently promoted to Associate Director for Residence Life at Gwynedd Mercy University.

Craig W. Vagell Jr. ’05 is engaged to Kathryn Guenther, a Bloomsburg University graduate. He proposed at Rockefeller Center in New York, NY. A summer 2017 wedding is planned.
2006

Mike Ryan ’06 was named the Employee of the Quarter for the fourth quarter of 2015 at Advanced Staging Productions in West Chester, PA.

2007

Michael Sherlock ’07 joined Transdev as Vice President of Rail.

2008

Jordan Harris G’08 spoke at Millersville University’s undergraduate commencement in December. Harris represents the 186th Legislative District in Philadelphia.

2010

Michael Douglas Kroener ’10 represented eMoney Advisor as the company accepted the Innovator of the Year Award at the 2015 WealthManagement.com Industry Awards.

Jennifer Wozniak ’10 is engaged to Kyle Retallick. A May 2016 wedding is planned.

2010/2012

Kara C. Swift ’10 and Eric D. Collins ’12 got engaged.

2011

Amanda Carson ’11 joined Godrey, a business-to-business marketing communications agency, as Project Coordinator.

Cate Schaffer ’11 completed a Doctor of Physical Therapy from Winston Salem State University in North Carolina in December 2015.
Charlene Guzman '12 received a living donor kidney transplant from her mother's best friend after four years on dialysis treatments. Both she and her donor are doing well.

Shana McCullough '12 and Bruce Wright Jr. '12 married on September 25, 2015. They met at Cabrini on their first day of class in 2008.

Rick Tumminello '13 is a first-year medical student studying at the Philadelphia College of Osteopathic Medicine preparing for a medical mission trip with Work the World to Arequipa, Peru. He will be volunteering his time in the local emergency department.

Janelle Folkomer '14 transitioned to full-time work, promoted to Co-Director at My Gym in Exton, PA.

Gillian Beale King '14 was recently appointed Director of Equestrian Education at Linden Hall. King is an international-level professional with extensive knowledge in the education, training, and showing process.

David Watson '14 is an Admissions Counselor for Rosemont College and is pursuing a Master of Business Administration there. He also plans to study abroad this summer at the University of Oxford.
From the time she was in college, Georgia M. Zeleznick ’71 maintained a strong conviction for helping others. After graduating from Cabrini with a Bachelor of Science in Education, she went on to acquire a law degree from Temple University, teaching in the School District of Philadelphia, at the Pennhurst State School, and as an Adjunct Professor at Saint Joseph’s University, garnering a reputation for her thoughtfulness and kindness toward her students.

Although Zeleznick passed away in 2013, she’s continuing her legacy of serving the needs of others through her bequest for Special Education programs, which enable Cabrini to develop courses to train teachers of special needs children and young adults.

WHAT’S YOUR LEGACY?

Your support will ensure that generations of Cabrini students have a transformative education that prepares them to be active citizens of the world.

For information on making Cabrini College a beneficiary of your will, trust, IRA, or insurance policy, please call 610.902.8203 or email giftplanning@cabrini.edu.

cabrini.edu/giftplanning2016
ALUMNI WEEKEND*
JUNE 4, 2016

CELEBRATE YOUR TIME AT CABRINI, WITH SPECIAL RECOGNITION FOR REUNION CLASSES

Home is where the heart is, and your heart belongs to Cabrini. Celebrate your home away from home—the lifelong friendships, the academic journey, the whole Cabrini experience—with your fellow Cavaliers during Alumni Weekend, June 4, 2016. Open to all alumni, with special reunion events planned for classes with class years ending in -1 and -6,* Alumni Weekend features events that celebrate Cabrini’s rich history of tradition and the institution’s forward progress through the lens of Cabrini alumni.

• ANNUAL UPDATE AND AWARDS LUNCH
• STATE OF CABRINI PUBLIC FORUM
• MASS
• BLUE AND WHITE REUNION
  – COCKTAILS
  – DINNER
  – DANCING AND DESSERT
• HOUSE CRAWL
  – HOUSE TOUR
  – BBQ BASH

On- and off-campus overnight accommodations are available.

Don’t miss out! To register, or for accommodation information and event updates, visit cabrini.edu/alumniweekend. Deadline to register is May 25, 2016.

Questions? Contact the Alumni Office at 610.902.8214 or alumni@cabrini.edu.

*The Class of 1966 will celebrate in September.