



SUMMER 2024

“My Goal is to alleviate another student’s financial weight off their shoulders, as has been so graciously done for me.”

Paul Gaynor

Blue White—Bridging the financial gap!

\$150,000 in Scholarship Monies Awarded for Academic Year 2024-25



**Executive Director's
Message
Kate Cellucci**

Summer is half way over, but I have some fantastic news. Ending our 50th anniversary year, we are awarding \$150,000 for the 2024-2025 school year. The need is real so I wanted to talk to you in person.

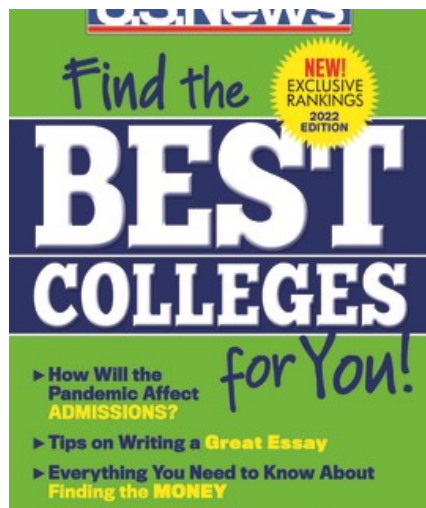
At the beginning of the Summer I attended the Villanova University Reunion in June. There was quite a discussion going on about the University explaining that there would be "Zero" Unmet Need by the year 2030. I would like to address this issues in three ways.

First:
One of the reasons I agreed to continue Bob Capone's work over 10 years ago was because I read the VU Ignite Campaign materials and I felt it was a narrow approach to base the majority of scholarship monies on Diversity, Equity and Inclusion (DEI). Blue White Scholarship bases the scholarships on "Unmet Need". Our Foundation has always been blind to the color of someone's skin, their sexual preferences, gender, and religious beliefs. Instead, the scholarships have been based on "Financial Need" and "Community Service." When I came aboard, I added the criteria of "Work Ethic" because so many young people had developed an "Entitlement" attitude and that attitude doesn't work with the type of

values of our donors possess. So yes, we have scholars who are all colors, genders, religions, and economic levels etc., but that is not why they received a scholarship. It is because our students have:

1. Unmet Financial Need
2. Exceptional "Work Ethic" and
3. Commitment to "Pay It Forward"

Second:
The commitment in the Ignite Campaign was that 25% of the money raised would go to Scholarships for DEI and First Generation / Undocumented (Parents are here illegally, but their children are born legally here) Although the Ignite campaign was wildly successful, unfortunately that Unmet Need money supplied by the University to student has not changed over the 10 years I have been the Executive Director and tracking the number which can be found each year in the U.S. News &



World Report Best Colleges Issue.

The amount of Unmet Need according to the US News World Report was approximately 21%. In 2014. This number has gone

down to 18%, but has averaged 20% for the past 10 years.

Again this gap has remained essentially the same even after the wildly successful VU financial campaigns closed.

If this gap can go away in 6 more years it will be a tremendous blessing to all the students and we can concentrate on full scholarships to deserving young people that still need help but don't qualify for VU financial aid i.e. the Middle Class families.

Third:
The type of students we are helping are those who are desperate for someone to listen to them and help them. For the 2023-2024 school year, 12 out of our 18 students either had one parent who was deceased, or a parent who had abandoned the family, or they had an enormous medical issue in the family. It always becomes a struggle for me to share with you the stories of our students and to respect privacy since so much information can go viral, but the Extraordinary Circumstances tell much of their story. The next page will tell you about Abby, my intern.

If these are the type of students you want to help please continue to donate, and PLEASE leave the Foundation a token portion of your



estate. If everyone leaves a little it will ensure our mission in perpetuity. Our ask is 2 percent +

This will guarantee help to students who need it for another 50 years.

Leave a Legacy!
Be part of a Legacy.

Go
Cats! *Kate*



Who? The Type of Students that receive a Blue White Scholarships

Meet Abby
Donoghue '24



Extraordinary Circumstances:

My family was in the kitchen when it happened. I felt like I was moving in slow-motion as I picked up the phone and dialed 911, watching my father perform chest compressions on my lifeless sister. December, 2018 is a time that I will never forget. No fifteen-year-old should have to watch their sibling be loaded into an ambulance, not knowing if they will survive. At the time I was a sophomore in high school, and I had no idea that five years later my family would still be fighting to save her.

My older sister was eventually diagnosed with Ulcerative Colitis, and on that horrible day in the kitchen had suffered a Pulmonary Embolism directly related to the condition. Five years of treatments, tests, medications, specialists, and out of town appointments took a tremendous toll on my family and created an overwhelming financial burden. During high school my parents had to spend months away from home and eventually moved to Indiana, eight hours away from me, to care for my sister. Out of necessity I became independent very quickly, hopping between friends' homes while I balanced my schoolwork and extracurriculars.

I worked very hard to overcome these circumstances to get to Villanova, but the financial challenge for my family remains. While my sister has just recently undergone her final surgery, the costs continue to add up. Unfortunately, financial aid does not cover enough of my tuition to make attending Villanova a possibility.

Because of the generosity of those who donate and participate in the Blue White Foundation, I am able to continue to pursue my dreams! I am proud to be a Blue White Scholar, and look forward to helping another student.

Jobs I have worked to help pay for school:

- Camp Counselor
- Waitress
- IS Support Technician
- Social Media /Website Consultant
- Internship with Boeing

Meet Paul
Gaynor '24

Extraordinary Circumstances:

In 2021, my parents divorced, which placed a serious financial strain on my already challenging financial situation for tuition. Even before that event, my parents did not have the money to contribute much to either my sister's tuition nor my own, even after financial aid. This has forced me to work many jobs to be able to contribute as much as I can to my tuition payments to reduce the amount that I take out in student loans.

Jobs I have worked to help pay for school:

- New York Life Insurance Company, *Actuarial Intern*
- Emblem Health, *Actuarial Intern*
- Connelly Center at Villanova University, *Student Facility Aid Manager*
- U.S. Soccer Federation, *Referee*
- Sea Girt Beach, *Gate guard*



Help spread
the word!



Upcoming Events:

- 9/28 Football Tailgate
- 9/29 Ben Franklin-
Pay It Forward Ceremony
- 10/4 Pet Blessing– Upper Darby /
Virtual
- 12/21 Christmas Party
- 4/26 Casino Night
- T.B.D Golf Outing

A Few Chuckles



I had lunch with a chess champion the other day. I knew he was a chess champion because it took him 20 minutes to pass the salt.— Eric Sykes

Duct tape is like the Force. It has a light side, a dark side, and it holds the universe together.—
Carl Zwanzig

I went to a restaurant that serves breakfast at any time - so I ordered French Toast during the Renaissance—
Steven Wright



**Abaigeal (Abby)
Donoghue '24**

Hometown
Buffalo, NY

Major
Computer Engineering &
Computer Science

School Activities:

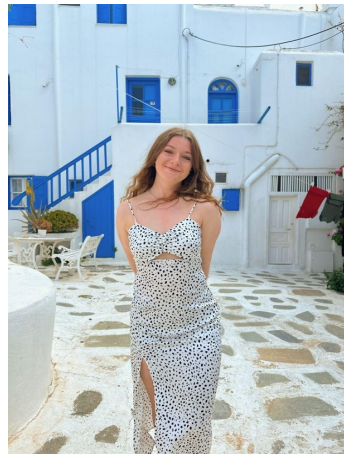
- Villanova Irish Dance Team
- Villanova Art Club
- Villanova Outdoors Club
- Villanova Intramural Soccer

Career Aspirations:

To work in a successful company in NYC as a Software Developer, and one day open up a tech startup company with my sister Aemile.

Favorite Quote:

**“Stop comparing yourself to others.
Flowers are pretty but so are sunsets and
they are nothing alike.” –unknown**



It should be noted that Abby tied with Paul for a Cover Shot. Students get bonus scholarship money for sending in excellent photos for social media and communication purposes. Abby had the opportunity to study abroad after winning a special overseas grant. She is posing in Spain. You may remember other pictures of Abby as part of the Irish Dance Team.

How the Blue White Scholarship is helping me:

Around five years ago, my older sister Aemile was diagnosed with Ulcerative Colitis. This meant lots of different appointments, tests, specialists, and medications which quickly overwhelmed my family. Years of procedures, surgeries, and treatments created an insurmountable amount of stress and concern for my family, and adding in financial aid struggles made things feel exponentially harder to manage. Unfortunately the financial challenge for my family remains. Managing my education as well as limited finances has proven incredibly overwhelming and challenging as a college student. This scholarship allows me to focus more on my schooling as well as my favorite



Paul Gaynor '24
(Cover Picture)

Hometown
Freehold, NJ

Major
**Applied Quantitative
Finance with a Minor
In Mathematics**

School Activities:

- Villanova Society of Actuaries– Co-Founder & Co-President
- Delta Chi Fraternity, Founder and Vice President
- VSB EY Peer Advisor

Career Aspiration:

I am pursuing a career as an actuary at an insurance company.

Favorite Quote:

“Be the best version of yourself in anything you do. You don’t have to lie anyone else’s story– Stephen Curry

How the Blue White Scholarship is helping:

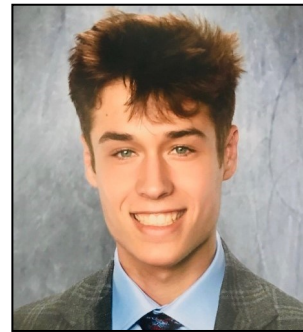
The Blue White Scholarship has relieved much of my financial stress and has allowed me to focus more on my schoolwork and career goals. It is often difficult to go through college with financial hardship that some of my peers do not experience, but the Blue White Scholarship has relieved much of this anxiety for me. Thank you BW donors!

Jobs I have worked to help pay for school:

- New York Life Insurance Company, Actuarial Intern
- Emblem Health, Actuarial Intern
- Connelly Center at VU, Student Facility Aid Manager
- U.S. Soccer Federation, Referee
- Sea Girt Beach, Gate guard

Extraordinary Circumstances

In 2021, my parents divorced, which placed a serious financial strain on my already challenging financial situation for tuition. Even before that event, my parents did not have the money to contribute much to either my sister’s tuition nor my own, even after financial aid. This has forced me to work many jobs to be able to contribute as much as I can to my tuition payments to reduce the amount that I take out in student loans.



Matt Hogan '24

Hometown
Saratoga Springs, NY

Major
Political Science &
Humanities

School Activities:

- Asian Students Association– Member
- Italian Club & Conversation Table– Executive Board
- French Table Conversation– Member
- Language Tutor
- Intramural Volleyball
- Lambda Phi Epsilon– Founding Father

Career Aspirations:

I plan to be involved in international politics

Favorite Quote:

“It’s as if I had been going downhill when I thought I was going uphill. That’s how it was. In society’s opinion I was heading uphill, but in equal measure life was slipping away from me... and now it’s all over. Nothing left, but to die!” Leo Tolstoy– The Death of Ivan Ilych

In my own words: This quote reminds me to always attempt to keep my finality in mind in any decision I take. When I reflect back on my life at the end, I want to be proud of everything that I have done. In order to do so, I cannot wander through life blindly. I need to follow the compass that will orient me towards a good end.

Jobs I’ve worked to help pay for school:

I have always worked throughout my life to accrue some savings. Even before being legally allowed to work, I used to sell bottled water to patrons outside the horseracing course in my hometown. When I turned fifteen, I began working inside the track as a seat usher. I did this job right through the summer going into senior year. Realizing college was quickly approaching, I picked up a job as a food runner at a local restaurant; at which I worked until the pandemic. In the summer of 2021 and 2022, I returned to the racecourse. In the summer of 2021, I was the mascot. In 2022– trying to escape the heat – I picked up a position at tech support at the track. In 2023, I immediately picked up a job at an Italian restaurant called Mama Mia’s Then, as of mid-June, I worked as a Fellow at the Hudson Institute in Washington D.C.

SPOTLIGHT: Abby Donoghue-What is a Computer Engineer?



Growing up I was always drawn to

building and tinkering using any little object I could get my hands on. In middle school I took to robotics and competed in First Lego League, nurturing my love for creating through building tiny robots. Eventually, I realized I had a true passion for engineering and went on to coach my own robotics team in high school.

Choosing my major for college was simple, I always had loved to push myself academically and engineering seemed like the obvious choice. As a Computer Engineering major at Villanova I have had incredible opportunities to explore many different careers. Since choosing this path I have been frequently asked, what is Computer Engineering, and what do we do?

In simple terms, Computer Engineering combines the software aspects of Computer Science with the hardware components of Electrical Engineering. Essentially, we learn not only how to build a computer, but also how to program it. Through my classes I have had many amazing opportunities to learn incredible things, my favorite being a speaker that I built from scratch!

One of the most important aspects of this major is understanding how to program. Similarly to computer science, programming is a foundational component of all things Software Development. Over the years I have worked to learn several



Pictured are the students who were awarded the IEEE Philadelphia Section for an outstanding student project from a school within the Philadelphia Section of the IEEE. Abby is 4th on right. The team developed a “Color-Deficiency Driver Alert” APP (patent pending.)

different programming languages: python, c++, c, MATLAB, java, html, VHDL, and assembly! My favorite thing about being a CPE (computer engineer) is the versatility you have when choosing your career field; different programming languages are needed for different aspects. For instance, this summer I have had the privilege of working for Boeing as a DSP/FPGA Software Engineering Intern. In this role I have been able to use my skills with python, c, and c++ to do several important software development projects for Boeing’s Defense team.



In my other engineering experiences I have had the opportunity to explore the IT side of engineering as an IS Support Technician at Six Flags.

In the future I hope to continue my exploration of this diverse industry as a UX/Frontend Engineer. **I have discovered that I want to combine my passions for Engineering with my love for art and design. When I was a little girl, I dreamed of creating the next greatest invention, and one day I know I will make this dream come true.**

As a woman in a predominantly male industry I have had to work extra hard to prove myself. I am constantly working to push myself to keep learning new things and trying out new projects so that I can be the best at what I do. I look forward to joining the workforce in just a few short months, and serving as a role model for young women just like me.

Because of the extreme generosity I have received from the Blue White Foundation, I know one day I would love to help another Villanovan in need. Getting accepted into Villanova is an impressive feat in itself, and balancing schoolwork and extracurriculars takes perseverance and determination.

As someone who has found themselves spread thin at times trying to maintain this balance, I would love to ease the financial burden of another student in need and I will donate back in the future.

3 Things You May Not Know About Me

1

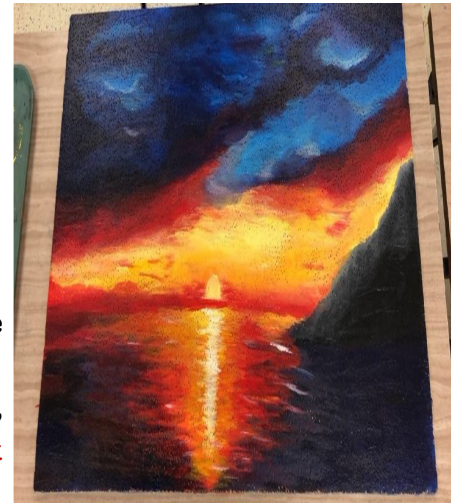
I first became interested in Engineering in middle school by becoming involved with **First Lego League Robotics**. **FLL** was my first introduction to coding and engineering and I fell in love with building my own little robots. I gained an understanding of how to use sensors and program my robot so that it could complete tasks. **After competing for 2 years, and collecting 2 regional Championship titles, I moved on to become a coach**



of my very own team in high school. Along with one of my former teammates, I led my very own team of middle schoolers to 3 regional titles! Having the opportunity to share my passion and knowledge for engineering and robotics with my peers was an amazing experience, and it is the main reason I chose to pursue engineering in college.

2

I love to paint and draw. I grew up in a very artistic household where my parents always encouraged my sister and I to be creative. My favorite medium is acrylic paint, but I also enjoy sculpting and drawing with charcoal. Throughout middle and high school I was featured in many art showcases and even placed second in a national drawing competition! Painting has always been my favorite way to relieve stress and relax. I love to paint landscapes from my travels, and my most favorite is always a sunset! In college I haven't been able to spend as much time being artistic, but I have been a member in Villanova's art club since freshman year. **Last year on campus I assisted a senior member of Art Club with her capstone project, and now two of my drawings are displayed on campus for the next 10 years!**



3

My favorite TV show is *New Girl*. I first watched *New Girl* with my best friends in high school, and it became our favorite show to watch whenever we hung out.

When I first was accepted into Villanova and was looking for a new roommate, one of our many things in common was our love for *New Girl*. Now, entering my final year at Villanova I still have the same roommate! I love this show because it is very silly and easy to watch—the characters are relatable and you find yourself rooting for them very early on. I have had many laughs thanks to this show, and look forward to my next re-watch!



SPOTLIGHT: Paul Gaynor -Founded the VU Society of Actuaries



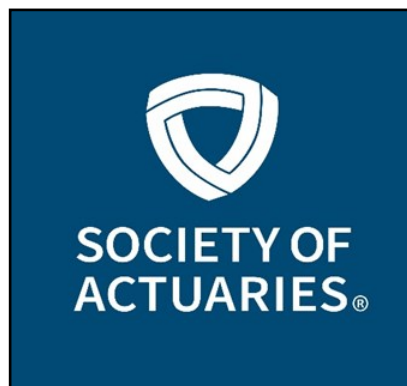
Throughout my life, I have always been passionate about helping others. I especially aim to help others who are younger than me and those who are in similar situations that I once faced. There was no better opportunity to carry this out than **co-founding the Villanova Society of Actuaries**. For context, I am currently pursuing a career as an actuary and have held two internships in the field thus far. There are many difficult requirements to navigate, and many people do not know about the career despite its many benefits. **Villanova University does not currently have an actuarial science major, nor was there a student organization that existed to help students pursue the career. So, there was clear opportunity for me to help others pursue this passion of mine.**

In simple terms, an actuary is a professional who uses statistics, programming, and financial theory to calculate risk and uncertainty (typically in the insurance industry). Actuarial work has many applications in insurance, such as pricing, valuation, investment strategy, and more. There are many benefits to becoming an actuary, including a high salary, good work-life balance, and high reported job satisfaction. Many actuaries also move up the ranks within insurance

companies, since they are responsible for forecasting and quantifying risk for the insurance company making them in some ways the foundation of insurance.

Being an actuary has great benefits, but also requires much commitment. Actuaries must pass a series of rigorous examinations, and **one must begin passing exams before receiving a full-time job. Almost every entry-level job, as well as most internships, require at least one actuarial exam passed.** People are pretty much on their own to study for these exams, which creates a lot of demand for student organizations such as the VU Society of Actuaries to help students begin this process.

There are typically 9 total



examinations to pass in order to become a Fellow of the Society of Actuaries (FSA), which is the highest actuarial distinction from the most common actuarial organization. The lower rank, Associate of the Society of Actuaries (ASA) requires one to

pass the first 6 exams. In addition to these exams, both credentials require one to pass certain college or online classes, pass various online modules, attend a seminar, and write a report. This entire process takes several years to complete, but one must pass the first one or two exams as an under-graduate to have a chance of securing a job post-graduation.

As a second semester sophomore, I decided I wanted to pursue the career after hearing about it through a friend who had passed the first two exams. But, besides getting some advice from my friend and one professor, **I was on my own to figure out how to study, where to apply for internships, how to prepare for interviews, etc.** I did a lot of research and used my two personal resources as much as I could, and I also learned much from passing my first exam and securing my first internship. **Even though I was able to find my path, I wanted to ensure that other undergraduates at Villanova had better resources to pursue the actuarial career. So, I decided to co-found the student organization** with two other peers (including the friend I previously mentioned).

I am proud to say that I currently serve as Co-President and that our organization has grown to about 35 members in size. We have held meetings on various topics such as intro to the career, which exam track to choose, internship and interview advice, how to prepare for exams, and actuaries vs. similar careers. We even held our first professional employer event with Cigna in March of 2023. This created great opportunity to network and apply to Cigna's outstanding internship in Philly.

3 Things You May Not Know About Me

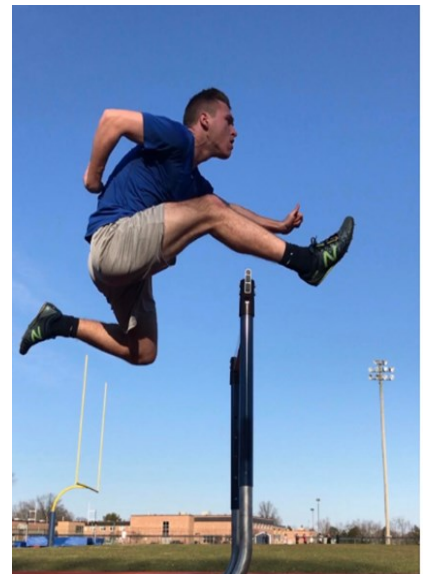
1

I currently serve as the Vice President for the Delta Chi Fraternity at Villanova. Last year, I served as our Risk Management Chair. I was also one of the founding fathers of our chapter, as we only became an official fraternity on campus last year. I have greatly enjoyed my time with the fraternity and have certainly made lasting friendships.



2

In high school, I ran track and field. In particular, I ran hurdles (400-meter hurdles). This event was regarded as the most difficult track event by many, at least out of the high school events. I was more or less forced into hurdling by my coach during my freshman year. I never really thought I would do well with it, being that I was not very tall. However, I eventually became a pretty decent hurdler and proved myself wrong. I do not run much now, but I have replaced athletics with going to the gym.



3

Back home in New Jersey, I work as a soccer referee. I have not done a game in some time because of internships and other commitments, but I have been refereeing since middle school. I played soccer throughout my life, so I was already comfortable with the rules of the game. Some of the games can definitely get heated and overwhelming, but the job pays pretty well (on a per hour basis) and I got to meet a lot of great people along the way. My dad was also a referee, so I did many games with him.



SPOTLIGHT: Matt Hogan -Fellowship at the Hudson Institute

Hello all, It's Matt Hogan! I just want to tell you about what I was up to this summer. I returned a few days ago from my fellowship at the Hudson Institute in Washington, DC. I was thrilled to have heard about my acceptance over the spring semester. Yet, I could never have anticipated the fun-filled experiences that this program would have entailed. With my recent return, I feel that I can now retrospectively reflect over all the benefits that this fellowship has given to me.

The Hudson Institute coordinators lodged me at the Catholic University of America. Not only was the lodging paid for by the fellowship, but it was conveniently located just a couple metro stops away from central Washington. Moreover, they furnished me with a 3,000-dollar stipend to assist food costs and other miscellaneous incurrences. Without the worry of finances, I was truly able to delve into all that the program had to offer.

A typical day at the Hudson Institute would be two-pronged. In the morning, I would take the metro to its office in central Washington. Once there, I would have a three-hour long seminar, during which we would deliberate over the political philosophy texts we had read the night before. I loved this part of the



day since, at Villanova, political philosophy is what draws my interests the most. Even more impressive was that Hudson had a new professor come in every week. I found it pedagogically genius to have a new professor so that I could

experience multiple narratives and interpretations of the texts. Being the sole student from Villanova, I strove to show off its great education by actively participating. Though the lectures primarily focused on theory, they did not remain confined to it. One of my favorite weeks was when a former marine instructed us on military tactics and doctrine. The combination of theory and practice made for lively lectures.

The second part of the day would normally consist of guest speakers. Often times, the talks would take place at the Hudson Institute. The discourse dove into various topics due to the wide array of profession from which the speakers came. We would often encounter academics, former politicians, and those from the media. At times, we had the occasion to meet current politicians. We went one afternoon to the US Capitol Building to be spoken to by Senator Tom Cotton. We then caught a glimpse of the House of Representative's structure



in a talk with Congressman Seth Moulton from Massachusetts. Bill Barr shed light on the executive branch by telling us about his tenure as Attorney General. I loved how all these speakers, despite their divergent political views, stressed the importance of bipartisanship. Hearing such emphasis placed on between-the-aisle politics reinvigorated my hope in the future of America.

With both my morning and afternoon schedule filled, I was very busy over the past six weeks.

Nonetheless, I found many occasions to enjoy the beauty our capital city has to offer. I did not have to go too far looking for fun since Hudson often had many events planned for us. A couple of days before the 4th of July, the program director invited us to her ranch out in Maryland. We celebrated the holiday by singing songs and grilling out. Then, on the day itself, I



sat below the Washington Monument watching the vibrant fireworks paint the night sky. Shortly after, we took a trip up to Gettysburg to reenact the battle that took place there. I portrayed the role of Brigadier General John Buford, whose determination to prevent the Confederates from reaching the surrounding high ground helped the Union win the battle. Though these grand events were a blast, I think the times that I will remember the most were the long nights I spent with my fellows at Catholic University. I met so many fascinating and charming people over the weeks in the dormitories. I am so happy that Hudson lodged us all in the same building so that we turned from colleagues to friends.

I feel that I caught glimpses of the Blue White Scholarship in terms of Hudson's encouragement of becoming friends with my colleagues. The reason why the BWSF has been able to last so long is because of the friendships it forges between the scholars. Once a part of it, one always feels inclined to continue to pay it forward because friendship requires sacrifice. I am so happy to have met so many new friends from being both a scholar and a fellow.

3 Things You May Not Know About Me

1



In high school, I used to be a pretty good tennis player. My team and I performed so well on the court that we wound up winning the Sectional Title. With the transition into college, I no longer play tennis as frequently. Nonetheless, I still enjoy playing pickup on the side. I love this sport because I will be able to do it for a lifetime.

2

With my major in political science, I was very excited when I was able to set foot in the White House for the first time. I was fortunate enough to tour the building and soak in all of its history. Hopefully I can return there again one day.



3

A couple of summers back, my friends and I kayaked the entirety of Lake George. From both ends, the total distance amounts to approximately 30 miles. It was a three-day trip, with camping on islands for two nights. It felt great to just paddle down the lake and watch the landscape change around me. Even though a premature capsizing got my belongings wet, I would do it all over again.



News You Can Use

Q. What's the Best Day of the Week to Go Grocery Shopping?

A. Best day to save money is Wednesday- It's Restock Day, too!

◆ Most retailers will restock shelves on Tuesday night. Then they mark down the prices for perishables (Meat, Vegetables and Fruit) Wednesday evenings

◆ Most retailers roll out their new weekly specials and coupons, but they'll most likely still take last week's coupons as well. This means double the deal!



Cell Phone News You Can Use



Americans spend over **five hours a day** on their smartphones. That's over five hours of your phone potentially accessing, retrieving, and saving cache and cookies, which can negatively impact your **iPhone's storage space**. On an iPhone, Settings can show you what's taking up most of your media storage, like photos, videos, and music. You can also see what each particular app's storage consumption is, which includes temporary data. To view the details of your iPhone's storage space, follow these steps:

1. Go to the iPhone **Settings**. 2. Tap on **General**. 3. Select **iPhone Storage**. 4. Scroll through to find the app you're looking for. 5. Tap on the app to view storage status and options.

What is cache?

Cache is the temporary storage of some data, like parts of a website from the last time you visited it. Cache data can slow down your phone's overall browsing performance, however, since it takes up storage space on your device, so it's good to clear it out regularly.

How to clear cache on iPhone

1. Tap Settings to begin clearing the iPhone cache 2. Find Safari on the list 3 Tap on the option "Clear History and website data". 4. Tap on this again to confirm

Is "clear cache" the same as offloading?

No. Though app offloading can help if your phone is slowed down by low storage. To offload an app means to uninstall an app without deleting any documents or data associated with it.

Are cookies and cache the same thing?

Cookies and cache are not the same. Cookies are data files that websites send to your phone, including things like saved passwords to keep you logged into an account or even the website preferences from the previous time you visited.

SUMMER TOP 10 TIPS : UNITED STATE LIFESAVING ASSOCIATION

1. Swim Near a Lifeguard: Reports from lifeguard agencies nationwide consistently show that the [odds of a swimmer fatally drowning at a beach protected by USLA affiliated lifeguards is 1 in 18 million \(.000055%\)](#).

2. Learn to Swim: Participation in formal swim lessons can reduce the likelihood of childhood drowning death by 88%. . If you cannot master the complete technique, at least learn to tread water so you can yell or wave your arms for attention should you find yourself in difficulty.

3. Observe Signs and Flags: Look for flags flown by lifeguards to advise of hazards and temporary restrictions in effect. The best bet is to check in with the lifeguard on duty whenever a warning flag is flown.

4. Beat the Heat and Block the Sun: While everyone loves a sunny day, exposure to the heat and sun affects the body in multiple ways. Immediate effects include:

- Painful sunburn
- Heat exhaustion
- Heat cramps
- Potentially fatal heat stroke
- Long term effects include:
Skin cancer
- Premature aging
- To protect yourself,
Drink plenty of water
- Avoid alcohol
- Take breaks inside during the hottest parts of the day
- Use "broad spectrum" sun-screen rated from 15 to 50 SPF and reapply throughout the day
- Use UPF protective clothing & wear sunglasses to block UV rays
- Protect the eyes by wearing sunglasses that block UV Rays

5. Never Swim Alone: Always swim with a buddy so that if one swimmer has a problem, the other can provide immediate assistance or signal for assistance to others on the beach.

6. Designate a "Water Watcher": Designate a "Water Watcher" whose sole responsibility is to keep an eye on those in the water at all times. This is not a substitute for a lifeguard. Supervision saves a lives.

7. Alcohol and Water Don't Mix: Avoid water recreation when under the influence of alcohol or drugs. According to the Centers for Disease Control and Prevention, among adolescents and adults



alcohol use is involved in:

- Up to 70% of deaths associated with water recreation
 - Nearly a quarter of Emergency Department visits for drowning
 - One in five reported boating deaths Due to Alcohol influences . (Balance, coordination, and judgment, and its effects are heightened by sun exposure and heat.)
- 8. Feet First Water Entry:** Life altering injuries from spinal damage, including paraplegia, occur every year on our nation's beaches. The most common cause is diving headfirst and striking the bottom. . Check for depth and obstructions before entering the water, then go in feet first; and use caution when riding waves, always extending arms ahead of the body.

9. Life Jackets Save Lives: Wearing a life jacket is the simplest life-saving strategy for recreational boating, paddling, or towed water sports. Some 77% of fatalities associated with boating accidents are from drowning, and 84% of those were not wearing life jackets. Most involve people who never expected to end up in the water, but fell overboard or ended up in the water when the boat sank. [All children age 12 and under must wear a USCG approved lifejacket](#) when on a moving watercraft.

10. Learn Rip Current Safety: Rip currents are channelized currents of water flowing away from shore at surf beaches that typically form at breaks in sandbars and near structures such as piers and rock groins. The USLA has found that more than 80% of rescues by USLA affiliated lifeguards at ocean beaches are caused by rip currents. If caught in a rip current:

- Relax-rip currents don't pull you under
- Don't swim against the current
- You may be able to escape by swimming out of the current in a direction following the shoreline, or toward breaking waves, then at an angle toward the beach
- Alternatively, you may be able to escape by floating or treading water if the current circulates back toward shore
- If you feel you will be unable to reach shore, draw attention to yourself - yell and wave for assistance
- To help someone else caught in a rip current: - get help from a lifeguard
- If a lifeguard is not present, call 9-1-1, while directing the victim to swim along the shoreline to escape
- If possible, throw the rip current victim something that floats

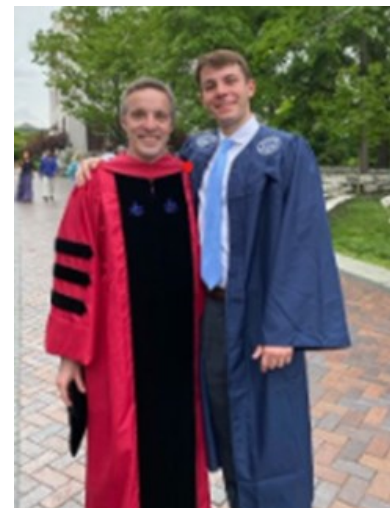
2024 Post Graduation



Mike Dominguez '24

A message from Luca Cottini, Assoc. Professor V.U. (Italian Language)

The word "students" literally means from Latin "those who are passionate", "those who have zeal", "those who care". Celebrating the end of your college path is recognizing that passion, that zeal, that urge which moved you to complete your degree, but also means packing your bags for a much longer journey, which is life itself, an adventure that similarly requires zeal for your fields of interest, genuine care for the good of others, and a passionate drive to find meaningful answers to our endless human thirst.



Abby Donoghue '24

I am thrilled to share that I have accepted a full-time position with **Boeing** as a DSP/FPGA Engineer! I will be working in Germantown, Maryland and am so excited to continue working with this amazing team.



Paul Gaynor '24



Paul will be working and living in NYC as an Incoming Actuarial Assistant at New York Life I am proud to share that I have passed my third **Society of Actuaries** exam, Statistics for Risk Modeling (SRM)! Like all other entry-level actuarial hires, I will be continuing the long exam process while working full time. The typical actuarial exam pathway to become a Fellow of the Society of Actuaries includes passing nine exams along with additional requirements. This is a very long process, and it usually takes about 6 or 7 years to complete it, although that timeline varies for different people.

Kelly Keil '24



After graduation, I will be returning to Cleveland, Ohio. I accepted a position with **Seidman Cancer Center** on the surgical oncology floor. I am super excited to become a registered nurse, especially because I have already worked on this floor for the past two years, so I am familiar with the staff and patient population. I am eager to strengthen my nursing skills. Living at home will give me a chance to reconnect with family and friends, all while saving money. Post grad can be stressful, so being at home will help reduce this stress! I will be studying for my NCLEX in June and July, and then will hopefully pass and start on the floor in August.

Post Graduation



Mary Kate Oldham '24

I am pleased to announce that following my graduation from the M. Louise Fitzpatrick College of Nursing, I will be returning to **Pennsylvania Hospital as an Adult Oncology/Hematology Nurse**. The community of support and care that I felt throughout my time on the floor this summer and fall is one that I could not be more excited to join.



Austin Rongo '24

I graduated magna cum laude from Villanova University and received my B.S. in Chemistry. Furthermore, I was inducted into the Sigma Chapter of Phi Beta Kappa. I also compiled my undergraduate research findings and wrote a comprehensive thesis titled "Copper CNC Pincer Complexes as Catalysts for Styrene Polymerization." Finally, I am pleased to announce that I will start attending the University of Illinois Urbana-Champaign in the fall to obtain a **PhD in Inorganic Chemistry**. I would like to express my sincere gratitude to my friends, family, and the Villanova Chemistry Department for providing me with the advice, knowledge, and opportunity necessary to take this next step in my career.



Alexa Rossi '24

I am excited to announce I have recently **graduated Magna Cum Laude with a Bachelor of Science degree in Chemical Engineering** at Villanova University. This journey has been an amazing experience and I am immensely grateful for the support and mentorship I received from my professors, colleagues, alumni and family along the way.

I am thrilled to announce I will be returning to **Merck** full time as an Associate Specialist- Demand Fulfillment. I look forward to building upon the knowledge I gained from my Co-Op returning to Supply Chain within the NA Hub!

NOTE: List of 2024 Graduates is incomplete. Several students are still looking for work.



**Blue White
Scholarship Foundation**
Box 412, Villanova PA 19085
(610) 519-0777



www.BlueWhiteScholarship.org

The Feast Day of St. Francis of Assisi is October 4.

It is a popular practice on this feast day for people to bring their pets to church for a blessing. We will be celebrating virtually our pets and their owners at a ceremony performed by past Blue White Scholar Rev. Anthony Albanese at his church in Upper Darby, PA (Tell your friends & family)



A Virtual Fundraiser

DIRECTIONS:

1. Take a great photo of your pet
2. Send the Photo: **(Deadline September 30)**
 - by text to (610) 304-3848 and include your name and make sure you include your pet's name or
 - by email to KateCellucci@BlueWhiteClub.com or mail pics
3. Make a donation in any amount in your pet's name by Venmo, check or by credit card (Please help raise money for scholarships by asking your friends & family to participate in our Pet Blessing.)
4. We will take these photos have them blessed Oct.4 by Father Albanese



venmo



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