Dear Alumni and Friends:

This spring, the eyes of the nation turned their attention to the Main Line, as the Villanova Wildcats men’s basketball team gave us a season we won’t soon forget. With every pass, steal and layup, our team showed all of us how perseverance, hard work, skill, strategy and belief in each other, pays off. To make it to the Final Four and be counted among the “best of the best” is an exciting accomplishment. We applaud them!

While the madness of March flew by too quickly for the many alumni and fans across the nation — and the world — the pride and good will it generated will have a longer life. The spotlight on Villanova helps showcase not just our basketball talent, but also our place in the world. That place, which we proudly claim, is among the leaders in higher education.

Villanova’s record of academic excellence, transformational, timeless education based in the strong liberal arts tradition and our commitment to service, guided by our Catholic, Augustinian mission, is evident in the lives of our alumni, faculty and students. They are using their educations and skills to make the world a better place for all of us.

Every day of the year, I could share a new story with you. Today, I am happy to share a sampling of these stories in the following pages.

Whether it is research that is making children safer, books that keep us healthier, guidance that comforts the grieving, student service trips here in the U.S. or faculty mission trips to Rwanda, members of the Nova Nation combine scholarship and service and carry our Augustinian mission with them wherever they go.

Regards,

Rev. Peter M. Donohue, O.S.A., ’75 A&S
University President
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On the cover: Scottie Reynolds ’10 makes a last-second basket against Pitt, helping to put Villanova into the NCAA Final Four.

Counting on a Bright Future

Senior’s leadership gave birth to new campus group and prepared her for a promising career

By Ciara Taylor ’09 G.S.

When Philadelphian Tiffany Flippen ’09 began her college search, Villanova did not make her original list. Growing up in the shadow of this renowned university, Tiffany thought Villanova seemed so close, yet just out of reach. But her high school guidance counselor gave her the deserving nudge she needed. Knowing Tiffany’s excellent grades and roster of worthwhile extracurricular activities, the counselor encouraged Tiffany to dream big — “in Villanova blue.” Tiffany heeded the advice, and has not only excelled academically but has made her mark on the University.

First steps
Though the distance from Philadelphia’s University High School to Villanova is mere miles, the two schools can sometimes seem worlds apart. But Tiffany’s preparation, in conjunction with Villanova’s orientation program, enabled her to feel at home almost immediately.

As part of the orientation process Tiffany and her classmates attended an on-campus overnight session, hosted by Villanova’s Black Cultural Society (BCS) and the Office of University Admissions. During the session, the BCS conducted a panel on “What it means to attend Villanova.”

“It was a great experience,” Tiffany says. “It made us all feel welcome and included in the campus community.”

A leader is born
Tiffany became active on campus as a freshman, and has been a leader ever since. “I did everything I could to get
involved in my classes and around campus to make sure I adjusted,” Tiffany says.

Tiffany decided to get ahead of the curve by attending her first career fair during her freshman year. She intended to network with recruiters and learn about available jobs. She came away with the opportunity to intern at PricewaterhouseCoopers, one of the world’s “Big Four” accountancy firms.

After landing her first internship with PricewaterhouseCoopers, Tiffany met LeeAnne Douglass, the treasurer of the National Association of Black Accountants’ Philadelphia Chapter. Douglass was Tiffany’s peer coach when she started with the firm. Each intern and full-time employee is assigned a peer coach and career coach when they join the firm. The Peer and Career coach program was created to help new employees set a development plan and goals for employment, and give advice regarding feedback received during initial evaluations.

This meeting would ultimately lead to Tiffany and her Villanova School of Business classmates, Nia Cooper ’07 VSB, Erica Eleam ’10 VSB, and Christopher Rogers ’10 VSB, working together to charter a student chapter of the National Association of Black Accountants (NABA) on Villanova’s campus. These students would eventually become the original executive board of NABA.

“The original executive board of NABA was the key component in establishing our chapter. It is with their assistance and dedication that we were able to establish the organization,” Tiffany says.

Tiffany and her classmates worked hard with the support of Terry Nance, Ph.D., Villanova University assistant vice president of Multicultural Affairs.

“Tiffany is hard working, a strong student and just a wonderful young woman,” says Dr. Nance.

There were several steps to be taken before NABA could be recognized as a campus organization, which is easier said than done.

The first step was obtaining a chartering package and completing the paperwork and steps necessary to get NABA recognized as an official campus organization. After they muddled through the paperwork, they held a general interest meeting featuring a member of NABA’s national board who presented the students with information about the organization. Next, it was time to choose an academic advisor, and accounting professor Wayne Bremsen, Ph.D. proudly stepped into the role. The NABA executive board then recruited 10 students who became active members. Finally, they formed an executive board and wrote the constitution that would ultimately serve as the backbone and operating system of the organization.

As part of NABA, Tiffany has helped plan the diversity reception with Jennifer Mullen, associate director of Student Services of Villanova’s Career Services.

“I enjoy all forms of volunteer work whether it’s with kids or adults. It is an opportunity to help other people. I’ve been helped by so many people — family, teachers, professors and professionals. It is important to give back.”

—Tiffany Flippen ’09

The reception is held prior to the career fair. This event gives the students in the multi-cultural program the chance to meet with recruiters before the career fair. It offers them a more intimate and face-to-face setting to ask questions and network without the constant flow of people during the career fair.

In March of 2007 NABA held its official launch event, where members of the VSB community, including James Danko, the Helen and William O’Toole Dean, Villanova School of Business and associate dean Melinda German, attended to show their support.

“Overall, the VSB community has been very supportive of our initiative to start a Villanova University NABA chapter. The faculty in the Clay Center has shown their support with their help in promoting our various events throughout the years,” Tiffany says.

Tiffany has also served as co-chair of BCS, where she and co-chair Erin Powell ’11 VSB helped plan such events as the Freshman Bar-B-Que and Ebony Chats. The Ebony Chats series enables students to come together, enjoy each other’s company and help each other deal with the stress that comes with being a college student.

Community ties

Tiffany also plays a role in the community. Through the Rays of Sunshine program at Villanova, Tiffany became part of a mentoring program in South Philadelphia, and a literacy program in Philadelphia in her freshman year. Since then she has taken part in a number of projects for Habitat for Humanity, the Martin Luther King Day of Service, Philabundance and Balloon Day. Tiffany hopes to continue her community service work after graduation. She enjoys giving back to the community to help other people feel the kind of support she had from her family, friends and professionals with whom she has come into contact.

“I enjoy all forms of volunteer work whether it’s with kids or adults. It is an opportunity to help other people. I’ve been helped by so many people — family, teachers, professors and professionals. It is important to give back. So, yes, I plan on continuing to volunteer,” Tiffany says.

When Tiffany graduates from Villanova, she will already be more experienced than the average new graduate. She has continued to work with PricewaterhouseCoopers doing various jobs, from campus recruiting to putting together control testing for a client’s international office.

Tiffany has made such an impression on her employers that they have offered her a full-time position where she will be continuing her work with other account executives. She will be responsible for helping to identify areas where research is necessary and selecting samples for testing. Her goal is to gain the experience needed to pass her certified public accountant (CPA) exam.

During her years at Villanova Tiffany has become a presence on campus and hopes to continue that. She has passed on the torch for NABA but hopes to help the new chapter president in any way she can. She also plans on becoming part of the Philadelphia chapter. If she has tried to pass on one lesson to the freshmen that she’s met it is that “it’s never too soon to start.”

Spring 2009 3
Mary Jane Hurley Brant ‘85 G.S. recalls her excitement that spring day in 1960 as she and her classmates awaited the archbishop’s visit to their parochial school. Her maroon uniform was pressed, her white blouse starched and her Safety Patrol Team badge freshly polished for the occasion. As the 13-year-old and her friends chattered and laughed, a teacher asked Brant to accompany her to the principal’s office. Thinking she had been chosen to assist with the day’s festivities, Brant followed happily — only to be greeted by the sight of her ashen-faced mother and younger brother. “I thought, Oh God, something awful must have happened,” Brant recalls in her new book, When Every Day Matters: A Mother’s Memoir on Love, Loss and Life (The Simple Abundance Press, 2008). It had; Brant’s 42-year-old father was dead.

Worried about her mother and younger siblings, “I didn’t process my own grief,” she remembers. Years later, Brant was faced with another great loss when she and her husband, Richard Brant ’67 A&S, lost their exuberant 28-year-old daughter, Katie, after her valiant 10-year battle with brain cancer. Brant’s book chronicles her first year of living without Katie and aims to help others through the often lonely journey of grieving for a loved one.

“Grieving is individualized”

While the deaths of her father and daughter occurred nearly 30 years apart, Brant, a psychotherapist, found that not much had changed when it came to how grief is often viewed and handled.

“This is a society that essentially says,
‘You have three days to grieve — then it’s business as usual.’ But a grieving person is fractured, not whole.”

No one can tell you how long grief is going to last, and no two people grieve the same, says grief counselor Noreen Cameron ’90 G.S., Villanova’s director of Service Learning. “Your world is not what you knew it to be, and must be rebuilt from where it fell apart.”

People look at the world through their own kaleidoscope, she observes. “Sometimes we willingly make changes in our lives and we shift the prism. With death, however, the prism is shifted for us.”

Adding to the difficulty is that others often don’t know how to deal with a grieving person. Shortly after Katie’s death, a friend told Brant’s husband, “I know just how you feel — our dog just died.”

People who have not experienced losing someone essential to their lives have little understanding of what a grieving person is feeling. “They may say stupid things…things that hurt,” Cameron says. “For the most part they never mean them to hurt, but it’s very hard not to take them personally when you’re wounded.”

Their awkwardness is their fear speaking. “Your loss raises their own fears of it happening to them,” Cameron says. Friends may even begin avoiding a bereaved person.

That’s why it’s key for bereaved individuals to surround themselves with loving and hopeful people. “Try to figure out who will be most helpful to you during your time of grief,” Brant advises. “It might be trial and error. There may be new people in your life. I believe in ‘angels in disguise’—people who suddenly appear and help you through your sorrow.”

What she herself really needed at the time was someone to give her a hug, to say something wonderful about Katie “and to tell me that while I would never be the same again, that I would make it.”

Coping strategies for the bereaved

Another way Brant coped with her loss was to look for meaning in her pain and accept it as part of life. “The happiest people are those who figure out that we are not in control. They learn to surrender and to pay attention to the beautiful moments of every day.”

When a person is grieving, they often have a difficult time thinking about anything else. For example, shortly after Katie died, Brant learned she would soon become a first-time grandmother, and it was challenging to focus on that happy event.

If they try to take their mind off their grief, it can be misconstrued. On the day her father died, Brant briefly joined her cousins in a game of tag. Her mother struck her and demanded, “Can’t you even grieve one day for your father?”

Brant realizes today that her mother was in shock, and has forgiven her. Yet she was also bothered by how adults withheld from her the details of her father’s death.

“There is this false assumption that if we shield children from what’s happening, they’re better off,” says Melissa Ingersoll ’88 A&S, executive director of Peter’s Place, a center for grieving children and families located in Radnor, Pa. “Yet if we tell them in appropriate child-friendly language what is going on, they are able to cope and make sense of their new reality. If they’re shielded from the truth, they can remain confused and scared.”

For all ages, grief comes in waves, Cameron notes. “You may have a moment when you actually forget, when you’re with somebody who has given you joy and you feel a moment of happiness, and you may feel guilty about that. But grief doesn’t take away our capacity to laugh.”

She adds that daily structure helps grieving people cope. “Just accept that you may not be the person or employee that you were for a while. Talk to others who are grieving, because they are not going to be judgmental about how you’re feeling.”

Though difficult and painful, grief is part of loving, Cameron explains. “That’s the beauty and the tragedy in it. The grief you feel is your capacity to love.”

For more information about Mary Jane Hurley Brant’s work, visit her online at www.WhenEveryDayMatters.com.
Villanova’s Master Plan:
*a Flexible Roadmap for the Coming Years*

BY JENNIFER SCHU

Renovations to older classroom buildings and dormitories, improved technology, a more pedestrian-friendly campus, a vibrant “townscape” along the south side of Lancaster Avenue, more student housing and an increased emphasis on sustainability are among Villanova’s needs over the next two decades, and a new Campus Master Plan has been proposed to address them.

Spearheaded by the vision of the Rev. Peter M. Donohue, O.S.A., Villanova University president, the initiative is a way to weave the University’s past, present and future into a more integrated system of landscape and buildings.

The University needs to improve key academic spaces, especially Tolentine Hall, which, with its wide, generous hallways and high ceilings, could be Villanova’s premier academic building. Dormitories such as Sullivan and Sheehan, both over a half-century old, need to be updated to enhance students’ on-campus living experience, and another dormitory, Fedigan Hall, is slated to become a “green”

Expanding Mendel Field and adding more shade trees and walkways could transform it into a center of campus activity.
model of sustainability. The area around the Grotto — including Falvey, Old Falvey, Alumni, Austin and Corr, with paths extending to Mendel and the St. Augustine Center — could become a center of activity with a stronger sense of place.

The Master Plan will enable the University to honor its commitment to making its facilities accessible to all and to ensuring that it meets the goals of the American College and University Presidents Climate Commitment, signed by Fr. Donohue in September 2007.

The implementation of the Master Plan, which starts this year and will continue over the next few decades, is designed to provide a flexible long-term strategy. It was developed with input from the entire University community along with a world-class planning consultant, Venturi Scott Brown and Associates. “It will help meet Villanova’s needs for physical space, preserve its memorable buildings and grounds and enhance the beauty and functionality of the campus for years to come,” says John P. Jones III, ’72 Ch.E., a member of the Villanova University Board of Trustees and chair of the Physical Facilities Committee.

“Our focus is on the things that will affect our students the most, and it is our intention to first tackle those projects that can immediately enhance their everyday lives here on campus,” says Fr. Donohue.

“A well-charted course” in an uncertain economy

While greeted with excitement by the Villanova community, the proposed Master Plan has at the same time raised the question: How does a university proceed with such goals during tough and unpredictable economic times?

“While we may need to move deliberately due to the economy, we are still going forward with our plans,” says Fr. Donohue. “It is important that we are strategic, know our priorities and have a well-charted course. Also, we are not implementing projects piecemeal, but rather considering the campus as a whole when planning,” he says.

The Master Plan was designed to be flexible, so that projects and goals can be pursued in a fiscally prudent manner, according to James C. Davis ’81 VSB, a member of the Villanova University Board of Trustees, Chair of Finance and Audit Committee and member of Physical Facilities Committee, and co-founder and co-chairman of Allegis Group, Inc. The Master Plan is also firmly in line with the University’s Strategic Plan, which includes strengthening financial aid for students.

Having just opened Driscoll Hall, the new College of Nursing, and with the new College of Law in the final stages of construc-
tion, it is the University's intent to focus on ways to improve existing aspects of campus, rather than build more new facilities.

"Over time we feel that we will be able to achieve the majority of what is in the plan, but we are starting with projects that have the most impact on students, such as the dormitories," says Davis.

"Villanova’s longtime financial discipline makes it possible for the University to keep moving ahead with its goals for the campus," says Kenneth G. Valosky ’82 VSB, vice president for Administration and Finance. Though the value of the University’s endowment has declined — and it was already modest when compared to the endowments of peer schools — the good news is that Villanova has always operated with fiscal prudence and conservative budget practices. "People trust us with their tuition dollars, and we take that stewardship very seriously," Valosky says.

Davis acknowledges that while it is clear the University needs to grow its endowment in order to achieve the long-term goals of the Master Plan, "there are certainly things we can accomplish over the next few years that will have a very positive impact on student life at Villanova."

The near future

Instead of immediately tackling major building initiatives, the flexibility of the
Highlights of the Master Plan Under Consideration

1. **Fedigan Hall**
Fedigan Hall, a student dormitory, will be renovated during the summer of 2009 and will be converted to a "green dorm" and a model of sustainability.

2. **Sullivan Hall and Sheehan Hall**
Renovations to Sullivan Hall, constructed in 1954, and Sheehan Hall, built in 1957, will take place over two to four summers beginning in 2010. Renovations include adding air conditioning and sprinklers, completely renovating the bathrooms and upgrading the fire alarm and windows.

3. **SEPTA station**
The station enhancements will include a new, wider and better-lit tunnel that will be handicapped-accessible.

4. **Mendel Field, Connelly Walk, Grotto and Traffic Cutoff**
The plan is to expand Mendel Field, creating a more “open feel” to the Grotto, and enhance the walk from the quad to the “Oreo” by adding trees, creating a sloped walkway and removing the stairs/ramps in front of Connelly.

5. **Dougherty Hall**
The proposed renovation may include a combination of aesthetic and infrastructure improvements all intended to enhance the dining experience.
Internet Predators: What Parents Need to Know and how Villanovans are helping them learn

By Jennifer Schu

It all started with a photo of a puppy. The 14-year-old girl thought it was cute and e-mailed it to a couple friends. One of them forwarded the e-mail to her 18-year-old male cousin, who contacted the original sender and asked her to chat online.

It was fun — and a little flattering — to “talk” to him the first few times. Yet the young man, encouraged by the 14-year-old’s initial response, became increasingly demanding. Soon, to her dismay, he was e-mailing her constantly and calling five or six times a day. “He was stalking her both online and offline,” says Elizabeth Burgess Dowdell, Ph.D., R.N., associate professor and a pediatric specialist on the faculty of Villanova University’s College of Nursing. “Finally, the girl told her parents who were able to make him stop.”

Child Internet victimization is a growing concern in the U.S. and worldwide. In a recent study Dr. Dowdell conducted of 404 middle school students in an upper middle class suburb of Philadelphia, 81 — or 20 percent — demonstrated high-risk behaviors while using the Internet. Specifically, they were sharing online personal information about themselves (their home address, school name and cell phone numbers) and had higher rates of online communication with strangers. A smaller group of 38 students reported having ongoing relationships with online strangers. Of the 38 students, three reported having been sexually assaulted once the relationship converted from online to in-person.

It’s clear that keeping kids safe on the Internet is a major public health issue. An expert on children and Internet-risk behaviors relating to pedophiles, Dr. Dowdell was part of a research team — a joint effort among the Justice Resource Institute, Villanova University and Boston College — studying Internet-related techniques used by offenders in crimes against children.

“IT’s adults preying on kids and teens, and older teens preying on younger teens,”

Approximately one in seven youths online ages 10 to 17 have received a sexual solicitation or approach over the Internet, according to a 2006 report by the National Center for Missing and Exploited Children.
solicitation or approach over the Internet, according to a 2006 report by the National Center for Missing and Exploited Children.

“As a parent you have to know this is going to happen. And you have to be prepared now for when it does happen,” Green says. That means knowing beforehand how you will respond if your child tells you they are being victimized online.

“You can’t lash out, take away the computer or lock your child in his or her room every day after school for the next six months,” he says. “You must take a broader view — that the person who tried to make contact with your child is trying to make contact with any child and will continue to do so until we find him, bring him to justice and get him out of circulation.”

The “we” Green refers to is law enforcement. The Internet Crimes Against Children Task Force (ICAC) for the State of Pennsylvania, which operates within his office, has successfully investigated and prosecuted many child predators throughout Pennsylvania. ICAC has offices nationwide.

Successful prosecution cannot be achieved without the help of victims and their parents, Green emphasizes.

“As parents we have to discipline ourselves not to overreact in response to a child’s revelation that he or she has received a sexual solicitation,” he says. “It is important to resist the temptation to immediately delete it. Instead, it should be saved electronically so that investigators can use it to trace the predator.”

Restricting access to the Internet simply won’t work. “Your child is probably going to be dealing with the Internet and its progeny over the next 70 years,” Green says. “The important thing is to teach kids how to use it safely.”

What parents can do to protect their children on the Internet

Villanova University expert Elizabeth B. Dowdell, Ph.D., R.N. has these tips to offer:

Awareness.
Know your children’s activities and friends, both on and offline, and understand how risk behaviors break along gender lines. “Boys tend to get into trouble for going to inappropriate Web sites, girls because they’re spending too much time online. Check Web site histories and e-mail in and out boxes to know what your kids are looking at online and who they are talking to.”

Communication.
Ask your kids to show you how to check out Facebook or MySpace, and ask them about their screen names and those of their friends. “An ongoing, open dialogue with your kids is critical.”

Straight talk and no secrets.
Reinforce that they should share with you anything that makes them feel nervous, uneasy or scared. “The majority of cyberbullying victims remain silent. So do the kids who are stalked online or invited to meet for sexual acts,” Dr. Dowdell cautioned.

Establish rules and deliver the consequences.
Station the computer in a family area — never in a bedroom — so that online time is public and easy to monitor. Set and adhere to time limits for screen time, for both computers and cell phones with Internet access. Make periodic random checks of e-mail, texting and online histories. “If they break the rules, restrict their computer or social time.”

Ask for their passwords. Have your children give you their e-mail and chat room passwords and prohibit multiple e-mail accounts.
Six new members were recently elected to the Villanova University Board of Trustees.

“We are extremely pleased to add such talented and impressive leaders to our Board of Trustees,” says the Rev. Peter M. Donohue, O.S.A., Villanova University President. “Our Board of Trustees represents a community of alumni, parents and friends that is eager to share its knowledge and experience to benefit the University. We are delighted to welcome these new members, who have a demonstrated commitment to helping Villanova continue to move forward.”

Richard P. Brennan is chairman, CEO and founding partner of Camulos Capital LP. Until 2005, Camulos Capital LP was part of Soros Fund Management, where Brennan served as managing director of the Special Situations Group. Prior to that, Brennan was managing director responsible for Merrill Lynch's European credit business. Brennan is a member of Villanova's Parents' Committee and the President's Council: Transforming Minds and Hearts, which was established during the last campaign to recognize gifts to the University at the major and leadership levels. He has a master's degree in finance from New York University. Brennan resides in New Canaan, Conn., and is the father of Courtney E. Brennan ’09 A&S.

Darryl J. Ford, Ph.D., ’87 A&S, is head of school at William Penn Charter School in Philadelphia. He has served in this position since 2007 and at the time of his selection was the only African-American head of a Quaker pre-K-12th grade school in the nation. His current position followed 10 years serving as director of the Richard B. Fisher Middle School at Penn Charter. Prior to his tenure at Penn Charter, Ford was headmaster and executive director at St. Gregory Episcopal School in Chicago. He was awarded the 2007 Villanova University College of Liberal Arts and Sciences Alumni Medallion. Ford earned his master's degree and Ph.D. from the University of Chicago. He resides in Philadelphia.

Nance K. Dicciani, Ph.D., C.E. ’69, is a retired president and CEO of Honeywell International's Specialty Materials division. She joined Honeywell in 2001, having previously served at Rohm & Haas as senior vice president and business group executive for chemical specialties and director of the company's operations in Europe, the Middle East and Africa. Dicciani was named by Forbes magazine as one of “The World’s 10 Most Powerful Women” in both 2004 and 2005. She was recognized by Villanova’s College of Engineering in 2005 for her significant achievements in the field. Dicciani is a member of the President’s Council: Transforming Minds and Hearts. She earned a master's degree in chemical engineering from the University of Virginia, and an M.B.A. as well as a Ph.D. in chemical engineering from the University of Pennsylvania. Dicciani resides in Fort Washington, Pa.
Leonard J. LoBiondo, ’80 VSB, is a private investor, retiring last year from the positions of senior managing director and chief operating officer for Kroll Zolfo Cooper LLC, which specializes in operational turnaround and financial crisis management. Prior to joining Kroll Zolfo Cooper, he was with Arthur Andersen and Deloitte, Haskins & Sells (now Deloitte & Touche). For more than 25 years, LoBiondo has provided professional services to major corporations and middle market businesses, and with more than 20 years of restructuring expertise, he is a specialist in crafting effective, value-enhancing solutions for companies experiencing financial and operational problems. He is a member of the President’s Council: Transforming Minds and Hearts. LoBiondo resides in Mountain Lakes, N.J.

Thomas M. Mulroy, ’85 VSB, serves as chief executive officer of T-REX Capital, LLC, a real estate investment firm that he co-founded in 1999. Previously, Mulroy was senior vice president of investments at Starwood Financial, Inc., where his responsibilities included origination, structuring and financially engineering investments in leveraged commercial real estate transactions. Before that, he was senior vice president at Lazard Freres & Co, involved in the origination and structuring of investments in real estate acquisitions and financings. Mulroy served as a member of the Major Gifts Committee during the last campaign and is currently a member of the VSB Real Estate Advisory Council and the President’s Council: Transforming Minds and Hearts, and is a President’s Club advisor. He earned his MBA in finance from New York University. Mulroy resides in New Canaan, Conn., and Boca Raton, Fla.

Rev. Bernard C. Scianna, O.S.A., Ph.D., ’87 A&S, is headmaster for Cascia Hall Preparatory School in Tulsa, Okla. His doctoral dissertation, “A History of Cascia Hall Preparatory School: A Catholic Augustinian School in Tulsa, Oklahoma (1924–2006),” examines how St. Augustine’s philosophy of education has been put into practice throughout the history of the school. Rev. Scianna received his master’s degrees from St. Xavier University and Catholic Theological Institute, and his Ph.D. from the University of Oklahoma. With Augustinians of the Midwest, he serves as first counselor for the Midwest Province and superintendent of schools, and also serves on the International Commission on Education for the Augustinian Order and on the Board of his alma mater, St. Rita of Cascia High School in Chicago. Rev. Scianna resides at the Cascia Hall Monastery in Tulsa, Okla.

Herbert F. Aspbury ’67 A&S is the current chairman. “We are fortunate to have this kind of leadership at Villanova,” says Fr. Donohue.
When **Steve Christini** Spins His Wheels, Bike of the Year Showcases Engineering Know-How

**BY SUZANNE WENTZEL**

Villanova alumnus Steve Christini ’95 M.E., founder and president of Christini Technologies, Inc., has designed and developed the world’s first all-wheel-drive motorcycle. Last July, *Dirt Rider* magazine singled out his innovative vehicle from among a fleet of worldwide competitors, naming it the 2008 Bike of the Year.

The Christini AWD fulfills a dream that first took form as Christini’s senior project in the basement of Tolentine Hall in fall 1994. Then, however, the engineering student’s focus was not on motorcycles. A mountain bike enthusiast, Christini was hooked on the idea of designing a prototype of an AWD bicycle. “It started out with just a bunch of guys hacking on aluminum tubing,” said Christini, who was joined by several other seniors. At the year-end competition, the project earned top honors, and the judges advised Christini to apply for a patent. In 2002, after seven years of developing his prototype, securing investments, and growing his company, Christini delivered 50 AWD mountain bikes to Jeep® Bicycles. That same year, Christini built his first AWD motorcycle. By 2004, he had a functioning prototype. The technology, which consists of a patented mechanical system that delivers power from the motorcycle transmission to the front wheel through a series of chains and shafts, converts certain Honda and KTM models into AWD motorcycles. Since going into production in 2007, the bike has been making magazine covers and gaining international recognition. Last May, two Christini AWD riders finished fifth and sixth at the 2008 Erzberg Rodeo, one of the most challenging enduro races in the world.

The successes have continued to pile up as more and more top riders are making the Christini AWD their bike of choice for grueling, off-road races. When the dirt settles, these riders are the ones standing on the podium. “We’ve had a great year on
When Steve Christini Spins His Wheels, He Gets Somewhere

the most extreme obstacles. His bikes in helping others surmount even likely that his advice will be as effective as you need to think about.”

students and telling them, “Here’s what sharing their real-world experiences with important for alumni to give back by

sidebar), and he has been a guest speaker Ideas: The Art of Entrepreneurship™ (see Engineering Entrepreneurship minor. VSB, an example of which is the new

value of an integrated education, and he supports the growing collaboration between the College of Engineering and Quality Assurance at Boehringer Laboratories, Inc., who participated in a session for engineering, science, and medical students. “The bigger the risk, the greater the potential for reward.”

Second, the University’s strong support encouraged creativity and innovation. “We are in discussions with several OEMs to do a production AWD motorcycle so that customers can one day walk into a dealership and buy one off the floor.”

Christini credits much of his success to his years at Villanova. First, his professors encouraged creativity and innovation. Second, the University’s strong support network provided Christini with much of his funding. “I wouldn’t be where I am today without seed money from Villanova alumni who took pride in the concept of an AWD bike.” Finally, his education—a combination of engineering, liberal arts and business courses—played a critical role. “If you want to design a product, you have to know the market. You also have to be able to communicate your ideas.” Experience has taught Christini the value of an integrated education, and he supports the growing collaboration between the College of Engineering and VSB, an example of which is the new Engineering Entrepreneurship minor. Previously, he presented a talk at Beyond Ideas: The Art of Entrepreneurship™ (see sidebar), and he has been a guest speaker in several business classes. “I think it’s important for alumni to give back by sharing their real-world experiences with students and telling them, ‘Here’s what you need to think about.’”

Given Christini’s track record, it’s likely that his advice will be as effective as his bikes in helping others surmount even the most extreme obstacles.

Beyond Ideas: The Art of Entrepreneurship™ Fosters Entrepreneurship

Whether their idea was to chip flint into tools or make scrolls out of papyrus, creative thinkers through the ages all learned one lesson: it’s not enough to dream big. You have to know how to turn your ideas into products.

With today’s global economy, that lesson is more important than ever, as Steve Christini ’95 ME, the designer of the first AWD motorcycle, is quick to point out. “Having a technical background is only part of the equation. People have to know how to transfer their ideas to the marketplace.”

Christini and other successful entrepreneurs have shared their experiences and hard-earned wisdom at a popular campus event that attracts Villanova students from every discipline, including engineering. Beyond Ideas: The Art of Entrepreneurship™ features a variety of informal sessions that cover topics from funding startups and protecting ideas to thinking creatively and finding a mentor.

At the third Villanova Beyond Ideas event, held on November 1, in Bartley Hall, a number of speakers, including College of Engineering alumni, presented talks, shared lessons learned and encouraged students to be confident in their abilities.

“Don’t be afraid to take risks,” said John Karpowicz ’78 ME, director of Engineering and Quality Assurance at Boehringer Laboratories, Inc., who participated in a session for engineering, science, and medical students. “The bigger the risk, the greater the potential for reward.”

This kind of advice draws students like Matthew Bochanski ’06 BME, ’08 MTM, ’10 MME, back to Beyond Ideas each year. “Our society builds us up to go to school, go to a company, and move through management. These speakers give us the courage to go off the beaten path.”

Students also presented their ideas to and received feedback from a panel of entrepreneurs. During a reception at the end of the day, they had time to network with the presenters, alumni, faculty, and administrators, including Gary A. Gabriele, Ph.D., the Drosdick Endowed Dean of Engineering. “The contacts were amazing and their entrepreneurial spirit inspiring,” said Courtney Aquilina ’11 EE.

November’s Beyond Ideas was sponsored by the Delaware County Keystone Innovation Zone, the College of Liberal Arts & Sciences, the College of Engineering, the Villanova School of Business, the Alumni Association, the Career Services Office, the Office of Academic Affairs and Aurora Imaging Company, LLC.

Serving on the Beyond Ideas committee are dedicated faculty and staff from across the University. The committee struck out in a new direction this spring, hosting workshops for students that included a panel discussion on how young entrepreneurs create success and an overview of how and where to find funding. In fall 2009, the committee hopes to bring a well-known entrepreneur to campus to address students.
From Villanova to the Food Network, Tara Mataraza Desmond, ’98 A&S, has the recipe for career success and personal fulfillment

BY KATHLEEN SCAVELLO

Tara Mataraza Desmond, ’98 A&S, is living her dream. Working from her townhome in Philadelphia’s trendy Art Museum neighborhood, Desmond is steadily and successfully carving a niche as a respected food writer, cookbook author and professional test cook. Her work is truly a labor of love.

“There’s always something to learn, which is what I love about it. There’s no way I’ll ever know everything, or even close to everything,” an enthusiastic Desmond says.

“It’s a constant learning process. So, there’s no way I can get bored.”

A nagging sense of boredom with the initial leg of her career path in corporate communication led Desmond six years ago to reexamine her heart’s desire and make the leap into the culinary world.

“Going to culinary school never entered my mind until I thought, ‘I want to do what I really like,’ she says.

Crumbs on my Keyboard
Her epiphany came, ironically, during an icebreaker session at a corporate leadership workshop in which participants were asked what job they would do in life if they could do anything.

“I said, ‘If I could eat food, write about it and get paid, I’d do it,’” Desmond remembered.

The Newburgh, New York, native credits her mother, a talented cook who ensured that the family met at the dinner table every night for a well prepared meal, as a major influence in her predilection toward food.

But, it was husband Christopher (“Topher”), ’98 VSB, who gave the energetic foodie the well-timed nudge she needed to follow her “passion,” as she constantly refers to her new vocation.

“I’m very proud of Tara and inspired by her courage to make a career change,” Topher remarks.

“She has a passion for food and writing. To leave a steady paycheck to pursue what you love isn’t always the easiest thing to do. Tara did it, and she has done it very successfully,” he adds.

After deciding to make a career change, Desmond enrolled in a 16-month associate’s degree program at The Institute of Culinary Education in Philadelphia. There she learned her way around a restaurant kitchen under the tutelage of some of the region’s finest chefs. After graduating from culinary school Desmond worked with Whole Foods, an upscale organic and natural grocery chain, then trained in the kitchen of Fork, a nationally acclaimed New American bistro in Philadelphia’s Old City.

A six-month internship in the test kitchens of the Food Network working on shows such as Iron Chef America, Tyler’s Ultimate, Essence of Emeril, the Ultimate Recipe Show and Throwdown With Bobby Flay, led to an ongoing relationship on the production side doing freelance culinary prep work. This includes recipe testing, prep work, cooking, food styling for photo shoots, research and managing food used on the show from kitchen to chef.

Food Network Executive Chef Robert Bleifer, who teasingly refers to Desmond as “Terror” because of her “quirky, laid-back intensity,” said she is a delight to have as part of his team.

“Excellent food knowledge, great skill set, and just a great attitude overall,” Bleifer commented.

“Tara will definitely be going far. I look forward to seeing where she ends up and hope we can work together in the future.”

While interning at the Food Network Desmond began to put her writing experience to good use publishing articles about food and the Philadelphia restaurant scene in Philadelphia Style magazine and contributing a weekly column to “Serious Eats,” a Web site “focused on celebrating and sharing food enthusiasm through blogs and online community.”

Last April Desmond launched her own food blog, “Crumbs on My Keyboard,” an attractively presented site featuring her free-flowing thoughts on food-related subjects and happenings. Enticing recipes crafted to promote Desmond’s devotion to dishes that require a moderate amount of meat are accompanied by photos so appealing you’re tempted to bolt from your computer to the kitchen to test them out. Villanova alums won’t want to miss clicking on the June 14, 2008, “Crumbs” blog titled “College Meal Plan,” written in honor of her 10-year reunion. There Desmond reminisces about how she and her friends ate their way through college.

Throughout her time at culinary school Desmond worked with mentor and cookbook author Andrew Schloss learning

Tips for Career Changers

Tara Mataraza Desmond’s decision to pursue her passion by making an about-face in her career may seem like a high stakes bet. But, career change, for most of us, will be more a matter of “when,” rather than “if.” In fact, the average American will change careers three times and have seven different jobs over the course of their working life, according to Nancy Dudak, Villanova’s director of Career Services.

Trying to ride out an economy that behaves more like a runaway elevator hurtling down a shaft than a gently ascending up escalator, an increasing number of workers face involuntary career change. While Dudak advises caution while attempting a job shift in a challenging economic climate, career change, whether for greater personal fulfillment or mere financial stability, can, properly approached, be a positive experience.

“A career change can be really exciting if you have all your ducks in a line,” Dudak says.

Before making a career change, voluntary or not, it’s vital to thoroughly research alternate fields of employment.

Questions to consider, Dudak advised, include:

• Are you doing this in an informed way?
• What jobs are available for people in this line of work?
• What is a realistic salary expectation?
• How do people find jobs electronically — through personal connections — professional associations?

“It all goes back to making a choice that’s right for you because nothing is a ‘safe’ choice,” Dudak continued.
“Food is so central to culture. Food is so central to history. It defines a people, it defines past, present and future. It’s so much more than eating on the go.”

the ropes of recipe development and cookbook writing.

The chance to co-author her first cookbook came last year when Philadelphia Magazine food critic Joy Manning, a self-described, “recovered vegan” floated the idea of collaborating on a new concept cookbook. Manning’s idea was to offer “conscientious carnivores” a healthier, more economic cuisine that gives meat, poultry and seafood a supporting rather than a starring role in recipes.

The two melded their culinary tastes and skills to develop a tantalizing collection of recipes which over the course of a year came together in the just released cookbook, Almost Meatless, Recipes That Are Better for Your Health and the Planet published by Ten Speed Press.

Manning, who first became aware of Desmond while writing an article about female chefs, said working with her on the cookbook was a pleasure. “She’s so knowledgeable about food and cooking — I learned everything I now know about recipe development as a result of working with her on the book,” Manning commented.

“Her sense of humor helped us get through the many stressful moments in the process.”

The “Almost Meatless” philosophy is based on the conviction that meat, used as an enhancement rather than the mainstay of a recipe, is more healthful and better for the environment. Desmond and Manning are quick to emphasize however, that there is no need to give up meat altogether. “Americans are so used to black or white. It’s either a slab of meat or a pile of grains and greens,” Desmond commented.

“The goal of the book is to get everyone eating the way the rest of the world eats — which is to take meat out of the center of the plate but keep it in there for flavor, nutrients and texture — all the things for which meat is fabulous. It doesn’t have to be a stand-alone,” she added.

An equally vital aspect of the “Almost Meatless” philosophy is the importance of creating community by preparing delicious food that lures families and friends back to the dinner table together.

“I think there is something magical about sitting down at a table with people — that community is something you don’t get elsewhere,” Desmond said.

“Food is so central to culture. Food is so central to history. It defines a people, it defines past, present and future. It’s so much more than eating on the go.”

Laid-off workers must first come to grips with their situation, release some of the negative emotion, and realize that, in today’s economic environment, being jobless is (sadly) not unusual and that it’s nothing personal, Dudak counseled. Then they should pick up the pieces and move on, following the same steps taken for career advancement.

Villanova’s Career Services offers University students and alums assistance in everything from identifying the right major to career counseling, job search assistance, networking through the Alumni Association and referral to local resources throughout the country.

“You really have to be doing something you want to do. If you’re only in a job because it’s “safe,” it’s not going to give that level of satisfaction,” she adds.

Contemplating a career change in good economic times appeals to “people that take time to reflect, people that take time to check in with themselves and say, ‘something’s not right here’ or ‘something could be better,”’ she said.

Often a person’s real vocational niche doesn’t emerge until after they’ve worked a job or two.

“Let your interests play out. Look for clues — clues in life that lead to next steps,” Dudak advised.

Trying to rebound after losing a job is a lot harder, and involves working through something akin to a grieving process, Dudak said.

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Judging from a sampling of recipes Desmond graciously prepared for this interview — Tortilla Soup, Albondigas (a savory lamb meatball appetizer), Curried Cauliflower and Chicken Salad and African Peanut Stew which are all so scrumptious they practically make one weep — she’s found the recipe for success.
The U.S. unemployment rate surged to a 25-year high of 8.1 percent in February of this year. Companies and industries once considered rock solid have been laying off in droves. In such uncertain and unsettled times, many people are searching for ways to switch careers or add to their existing skills to become marketable in a tough job market. It’s not just those who have been “pink slipped” or feel most vulnerable to layoffs who are looking to beef up their resumes. For almost every working professional today, the pressure is on to continue to prove their value to their employer.

As a result, Villanova’s Office of Continuing Studies is especially busy this spring, according to Jim Kane, ’81 A&S, ’05 G.S. “More and more people are talking to us about how to change their careers — and, in many cases, change their lives,” he says. “We’re ready to help, and we feel we have the right programs to use as new starting points.”

Certificate programs offered in growing fields
Such programs include certificate offerings in fields that are growing despite the recession, such as internal auditing. Continuing Studies offers a new Certificate in Internal Audit (CIA) through the Institute of Internal Audit. CIA designation is the most sought-after credential in the global internal audit profession and one that many companies are looking for right now, says Kane. “We’re very excited about this program and the opportunities in the marketplace for this career path.”

Other certificate programs include Certified Management Accounting, Project Management, Fundraising, English as a Second Language, Human Resource Studies, Supply Chain Management, Alcohol & Drug Counseling and Paralegal.

“These programs are designed for working professionals and others seeking to make changes in their fields, providing the opportunity to stay current in their field and gain the knowledge to adapt to the ever-changing business environment,” notes Robert Stokes, Ed.D., assistant vice president for academic affairs for Part-Time and Continuing Studies at Villanova.

Villanova partners with many professional associations, including the Society for Human Resource Management (SHRM) and the Project Management Institute (PMI) to deliver continuing education units (CEU’s) and certification programs. Courses are offered on Villanova’s main campus, at the Villanova Conference Center, at locations throughout the Delaware Valley and on-site at area corporations such as Rohm and Haas, Summit Medical Group and Harley-Davidson USA.

In partnership with University Alliance, which provides online access to the nation’s top universities, Continuing Studies offers Project Management, Human Resources, Six Sigma and a variety of noncredit certificate programs via online distance learning to...
approximately 12,000 students a year.

The duration of each program varies depending on its requirements, and some are offered as full-time programs during the day in the summer. For example, the Certificate in Paralegal Studies is a 12-month, year-round program. The start date of the evening paralegal program is May 26. The full-time program begins May 11.

“Paralegal is a very hot field right now,” says Kane. “We find that the day program is largely made up of people who are switching careers, whereas the night program attracts a mix of career-changers and those who are currently working in fields they enjoy but want to add to their skill set to increase their value to their organizations.”

“Definitely going to help me in the future”

Megan McDonnell Giambrone '05 C.E. is one of the latter. A retail engineer with Sunoco, Inc., she has a strong interest in the legal aspects of gas station acquisitions. She realized she wanted to acquire a legal background to go with her engineering expertise. After a great deal of research, she realized that law school was a bigger financial and time commitment than she wanted to make right now.

“I needed a program that was definitely going to help me in the future and make me more valuable to my employer, yet was affordable and would work with my schedule,” she says.

She decided to return to her alma mater to enroll in Villanova’s Paralegal Studies program. She attends classes two nights a week, from 6 to 9 pm.

“It’s a very challenging program, but also very enjoyable because I spend all day involved in engineering. It’s nice to be learning something different that I would not necessarily be able to learn on the job,” Giambrone says. “The program is great, and I’ve been very happy with all of the classes and professors.”

Giambrone points out that certificate programs at Villanova are “highly respected” by her employer, and that Sunoco employees are encouraged to pursue them. “After finishing Paralegal, I can see myself taking Project Management. Acquiring knowledge in both areas is definitely going to help me excel at Sunoco.”

In addition to the certificate programs offered by the Office of Continuing Studies, Villanova’s Office of Part-Time Studies offers six post-baccalaureate certificate programs: Accountancy, Business Administration, Information Systems, Leadership Studies, Pre-Health Professions Science and Secondary Teacher Certification.

“In times like these, there are more reasons than ever to go back to school,” says Stokes. “In good times or bad, continuing your education is the key to future success.”

For more information about programs offered by Continuing Studies, including upcoming class schedules, visit www.villanova.edu/vpaa/continuingstudies. For more information about those offered by Part-Time Studies, visit www.parttime.villanova.edu.

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As a star athlete at Bay Shore High School on New York’s Long Island, Frank Boulton ’73 VSB dreamed of playing professional baseball. A serious injury put an end to that goal—yet his love for the sport never wavered. After a 23-year career on Wall Street, Boulton found his way back to baseball. Today, he is founder and chief executive officer of the 12-year-old Atlantic League of Professional Baseball Clubs and owner of the Long Island Ducks, an award-winning independent minor league franchise.

The Ducks, based near Boulton’s hometown, routinely pack their 6,000-seat stadium and boast major league Hall of Famer Gary Carter as their manager.

Boulton’s job taps all his talents—the baseball he learned on sandlots as a kid, the business acumen he acquired on Wall Street and his desire to give back, a hallmark of his Villanova education. He is what Villanova baseball coach Joe Godri calls a “true and genuine friend” to Villanova’s baseball program, to which Boulton and his wife, Karen, recently donated $100,000.

Finding a new path
Along the way, life threw Boulton a few curves. When he arrived at Villanova in the fall of 1969, fresh out of the hospital after suffering a serious spinal injury, he was admittedly downcast—and realized he would have to reinvent himself.

“I’d always ‘gotten by’ on being a pretty good student and athlete, but with my athletic career finished, I had to figure out how to be a better student,” Boulton recalls. “What was really life changing was that at Villanova, I learned how to learn.”

Classmates such as roommate Howard Bowen ’73 VSB helped him focus. “I’d be watching a game on TV and he’d say, ‘Don’t we have a finance test tomorrow?’”

Boulton’s business professors “really got me interested in the economy.” He also found campus life intriguing. “Ralph Nader visited Villanova, and we celebrated the first Earth Day ever. We all had long hair and wore khakis, button-down oxfords and crewneck sweaters. That was Villanova’s version of a hippie—the

Giving Back to the Game

His passion for America’s pastime has made Frank Boulton ’73 VSB a staunch supporter of Villanova baseball.

By Jennifer Schu
Boulton also learned the importance of giving back. "The sense of community is so real on campus, and there is such an awareness of the need to help others," he notes.

His daughter, Villanova sophomore Morgan Boulton ’11, spent her 2008 fall break on a mission trip to a Native American reservation in New Mexico. "You have so many Villanova kids wanting to do service that they have to apply and compete for the mission trips," Boulton says. "That speaks volumes."

From Wall Street whiz to baseball baron

After graduation, attired in a blue and white seersucker suit, Boulton pounded the pavements on Wall Street looking for his first job. "Like now, it was not a great time in the financial markets," he recalls. "My girlfriend—now wife—warned: 'You'd better land something before it's too cold to keep wearing that suit.'"

The job he found as a bond trader suited his competitive nature, and he excelled. He eventually rose to senior managing director of Smith Barney’s Government Bond Department, senior vice president at UBS Securities, and senior executive vice president, Fixed Income Department for Yamaichi America.

Yet baseball was still in his blood. In 1980, former roommate Bowen told him about a minor league team in Maryland that was for sale. Boulton passed on the opportunity, but it piqued his interest. A few years later, he purchased half of a Yankee-affiliated minor league team in Virginia, and later led a group that invested $2.5 million to buy the Peninsula Pilots of Hampton, Va.,—a team he moved in 1993 to Wilmington, Del., and renamed the Wilmington Blue Rocks.

When his desire to move a Yankees-affiliated AA minor league team to Long Island was thwarted by the New York Mets—who convinced Major League Baseball to reject the plan—Boulton founded the independent Atlantic League, an association of independent minor league teams across the East Coast. None are affiliated with any major league teams, yet often serve as showcases for former and future big leaguers. Atlantic League players have included Ruben Sierra, Carlos Baerga, Jose Canseco, Rickey Henderson, Jay Gibbons and Juan Gonzalez.

Giving back

In 1999, Boulton left the financial world behind to run the Ducks full time. He is also co-owner of the Camden Riversharks, also in the Atlantic League.

Driven by a sense of gratitude and love for his community, he has helped revitalize its downtown. As chairman of the Board of Managers for his local YMCA for 12 years, he chaired the $6.2 million capital campaign to build a YMCA in his hometown. He and his wife donated a shuttered movie theater they had purchased on Main Street to the YMCA. It is now the thriving Boulton Center for the Performing Arts.

The Ducks’ QuackerJack Foundation worked with over 500 charities last year. Boulton received the 2008 Harry Chapin Humanitarian of the Year Award. His sense of gratitude extends to Villanova, where he has sent both his daughters—Whitney ’07 A&S and Morgan.

Villanova baseball coach Godri feels Boulton’s interest and presence—he’s a loyal fan at games—has further enhanced Boulton’s interest and presence—he’s a loyal fan at games—has further enhanced the Villanova baseball program, and to the place where "he comes to our games, sees things he could help improve, and just does it," Godri notes.

2008 VU alumni outing at the Long Island Ducks’ Citibank Park. Boulton is pictured with alumni, and his daughter Morgan ’11 kneels beside him.

Villanova Baseball Fun Facts

- A total of 48 Villanovans have been drafted 56 times since the major league draft’s inception in 1965. (Players can be drafted more than once.)
- At least one Villanovan has been selected as a major league draft pick every year since Joe Godri became head coach. They are: 2002: Brian Slocum, Rob Cafiero 2003: James Russell, Adrian Schau 2004: Adrian Schau, Mike Ciccottelli 2005: James Baxter, Nick Allen 2006: Kevin Mulvey, Jeremy Hunt 2007: Mike Loree 2008: Derek Shunk, Jordan Ellis
- Six of the Villanova players who have been drafted have reached the major leagues, most recently Brian Slocum with the Cleveland Indians (2006 and 2008)
- Six former players played professionally in the minor leagues in 2008.
- Overall, 54 former Villanova players have reached the major leagues, beginning with Denny Mack in 1971.
- Villanova is the third oldest collegiate baseball program in the country, in its 144th year (Fordham 149th year, Yale 145th year).
- Villanova has won 1,720 games in its history and played in the NCAA Tournament seven times.
- The team advanced to the BIG EAST Championship in both 2007 and 2008.

“When he was a student here, Frank could have played for the baseball team but had been injured. He could have been bitter or upset. Instead, he has taken his passion for the sport and given back to our baseball program, and to the place where he learned so much,” notes Steve Pinone ’87 VSB, ’89 G.S., Villanova’s senior director of development for athletics.

“As Frank transitioned from stocks and bonds to balls and strikes, he has become a great example of an alumnus who has used his Villanova education to pursue his dreams,” says Gary R. Olsen ’74 A&S, ’80 M.S., associate vice president, Office of Alumni Affairs.

Adds Godri, “Obviously, Frank’s gift is important and vital to the future of Villanova baseball. But that takes a back seat to his friendship and dedication to developing our fundraising endeavors. He takes an active interest, and we’re so fortunate to have his support.”
Maintaining a healthy body weight is, for most people, the struggle that never ends. Six percent of Americans are considered morbidly obese while 70 percent are overweight. Approximately 3.3 percent suffer from eating disorders.

How can we remedy this body image disconnect and maintain a healthy weight? The solution, according to several Villanova health and nutrition experts, requires a two-pronged approach.

“Creating a healthy body image is about learning to love the skin you are in and embracing all of your positive qualities, regardless of what a number on a scale dictates,” Jessica Pellicciotta, coordinator of nutrition and fitness programs for Villanova University’s Office of Health Promotion (OHP) says.

OHP Director Stacy Andes agreed. “Someone with a healthy body image has a clear perception of their body, understands that someone’s physical appearance says very little about their value as a person, refuses to spend unreasonable amounts of time worrying about food, weight and calories and is comfortable and confident in their own skin,” Andes says.

Healthy body image

OHP tries to drive home this message by sponsoring health promotion initiatives such as “Love the Skin You’re In: The Faces and Fashions of Villanova University,” “Girls Just Wanna Have Fun,” a women’s health forum; free one-on-one nutrition and fitness consultations; “Healthy Habits,” a program that dispels nutrition and fitness myths while helping students establish healthy nutrition and fitness habits; and the POWER peer education program that provides training for volunteer undergraduates in a variety of health topics.

Poor body image is a multifaceted, societal problem, according to Marcia Costello, PhD, RD, assistant professor in Villanova’s College of Nursing. “The distortion of body image is really based on a complex number of issues such as genetics, the biochemistry of the brain, the influence of media, underlying psychosocial issues, and the promulgation of nutrition misinformation, Costello says.

“Individuals who have a healthy body image do not dwell on exactly how much they weigh, or how many calories they have consumed, but overall how healthy they feel.” They “have a total acceptance of their body and who they are,” she adds.

Villanova alumnus Fred Pescatore, MD, MPH, CCN, ’82, A&S, deals firsthand with bridging the healthy weight/body image divide for patients at his Manhattan integrative medicine practice. As medical director of Medicine 369, Dr. Pescatore advises celebrities, high fashion models and others on how to strike a balance between maintaining a trim physique and optimizing health.

The author of several diet/nutrition books, including the New York Times bestseller The Hamptons Diet, host of New York radio stations WOR and WWRL’s “New Vitality Live” program, and a frequent guest on national television news magazine and morning shows, Dr. Pescatore believes the healthiest diet is an “Americanized version of a Mediterranean diet.”
focuses on understanding what emotions. Psychological counseling uncomfortable or “unacceptable” person’s attempt to cope with diet pills, and purging after mealtime,” unhealthy diet aids such as laxatives or woman, restricted food intake, use of weight loss, loss of menstruation in a preoccupation with body weight and food combination of factors that may include a “Warning signs can range from a com-

Making Health a Priority

“ Achievement of a healthy weight depends upon adopting lifelong healthy eating habits. A healthy diet focuses on balance of nutrients, a variety of fresh foods and healthy portion sizes,” Costello adds.

Dr. Pescatore also stresses the importance of forming good habits.

“ People really need to understand, to focus, and actually think about health and lifestyle — they’re two things that go together,” he remarked. This means spending time and — even in this economy — money, on nutrition, the doctor added.

“In the 1940s Americans spent 40 percent of their income on food. We now spend 10 percent and we’re 70 percent overweight. It does take some thought, but once that thought is there you’ve got it. It becomes a new habit,” Dr. Pescatore said.

Signs of Eating Disorders

“ Warning signs can range from a combination of factors that may include a preoccupation with body weight and food intake, excessive exercise, significant weight loss, loss of menstruation in a woman, restricted food intake, use of unhealthy diet aids such as laxatives or diet pills, and purging after mealtime,” Costello says.

“ Eating disordered behaviors are the person’s attempt to cope with uncomfortable or “unacceptable” emotions. Psychological counseling focuses on understanding what emotions are distressing, and learning alternative ways to handle those emo-
tions.” Any situation that increases emotional conflict is likely to worsen the condition of vulnerable individuals,” according to Joan Whitney, Ph.D., executive director, University Counseling Center.

While eating disorders are more commonly diagnosed in females than males (10 million U. S. females are battling eating disorders as opposed to one million males), and occur more often in adolescence and early adulthood rather than later in life, an increasing number of cases are being recognized in males and in women in their 30s and 40s, according to the National Eating Disorder Association (NEDA). Eating disorders can occur as young as seven or eight years old. Anorexia nervosa, according to NEDA is the third most common chronic illness among U.S. females, and up to 7 percent of American females have had bulimia at some point in their life. An estimated 5 percent of the general population has undiagnosed bulimia, and NEDA estimates that binge eating disorder affects as many as 4 percent.

Getting Assistance

It’s important to realize that eating disorders are serious but treatable. Left untreated such conditions could become chronic or life-threatening. Getting to the root of the problem makes all the difference in successful recovery.

“Obtaining the counsel of a professional such as a psychologist to help you can be very valuable,” Costello advised.

In Vogue at Villanova

Fashion show promotes healthy body image

A n overflow crowd of about 750 Villanovans vied for seats Feb. 16 at what has become one of the hottest tickets on campus: the “Love The Skin You’re In” fashion show. The fifth annual event, sponsored by the University’s Office of Health Promotion (OHP) sought to raise campus awareness of healthy body image. Strutting the catwalk were faculty, staff and student models (and one canine) of differing shapes, sizes and colors modeling stylish, comfortable clothing. Raffles and live entertainment by campus musical and dance performers created a festival atmosphere.

The show opened with a 30-minute presentation by the OHP on body image, eating disorders and acceptance.

“ Beauty and confidence happen, not when we compare ourselves to unrealistic stereotypes but when we live from within, making our lives happen and following our goals and dreams with a sense of purpose,” Kathryn Quinlan Poet, M.S., assistant director of health promotion told the audience.

The models, Poet emphasized, were “real students, faculty and staff representing the diversity of beauty on Villanova’s campus.” A total of 52 models participated.

Entertainment was provided by the Supernovas, the Villanova University Dance Team, Motunayo Ogunkua, DeVon Jackson, the Haveners, the Villanova Irish Dancers and the Nothing But Treble music ensemble. Clothing worn in the show was generously donated by local Main Line businesses. Fashion styles ran the gamut from sweats to tuxedos, with special segments featuring multicultural and sun-safe apparel. Sponsored by the Melanoma International Foundation, the sun-safe segment showcased sun-protective styles from international designers.

Student models from the Asian Students Association and the South Asian Multicultural Organized Students Association modeled clothing from their cultures.

Begun as part of a larger-scale campaign to commemorate National Eating Disorders Awareness Week, “Love the Skin You’re In” has evolved into a pivotal event to raise awareness, promote and educate about positive body image.

The OHP was gratified by the campus community’s enthusiastic response to the event, Poet said.

“A special highlight for us was to witness how the students, staff and faculty embraced the positive message of good self-esteem and self-

acceptance,” she remarked.
UnFOLDgettable!
Thrilling Ride to NCAA Final Four

By David Berman
Villanova men’s basketball has been a program on the rise, but the team broke through in a big way this year with its first appearance in the Final Four since the national championship season in 1985. The Wildcats record-setting season was a thrilling ride that rallied fans, students, alumni and the local community, while drawing national attention to the University. Villanova earned a berth in the NCAA Tournament for the fifth straight year, and for the first time in program history, won at least 20 games for a fifth straight season.

In his eighth year as head coach, Jay Wright led Villanova to the first 30-win season in school history. For the team’s success and his own efforts, Wright was named BIG EAST Coach of the Year.

The cast of characters for this special season was filled with individual players who excelled in their roles within a team-first philosophy. Senior forward Dante Cunningham was the team’s leader on the court and was named the BIG EAST Most Improved Player, as well as a second team All-BIG EAST selection. He formed a senior class, along with guard Dwayne Anderson and forwards Shane Clark and Frank Tchuiui, that won 102 games in their careers, the most wins in any four-year period in school history.

Junior Scottie Reynolds averaged better than 15 points per game for the year and made the dream of a Final Four appearance a reality with his off-balance shot in the lane with less than one second left to beat Pittsburgh in the Elite 8. Sophomore Corey Fisher ranked third on the team in scoring despite coming off the bench for most of the season. He was named BIG EAST Sixth Man of the Year for his contributions.

National attention started to come Villanova’s way after the team won 12 of its first 13 games heading into the start of conference play. It was a moment filled with local flavor that really got the Wildcats going, however. In the last week of January, Villanova hosted Pittsburgh in the final collegiate game ever to be played at the famed Wachovia Spectrum. In front of a packed crowd, against the No. 3 team in the country, the Wildcats knocked off the Panthers by a final score of 67-57. Starting with that game, Villanova went 15-3 in its next 18 games on the way to the Final Four, a path which fittingly required beating Pitt for a second time.

On April 4 in Detroit, as the ‘Cats took on North Carolina, the ultimate tournament winner, the mood was electric in Jake Nevin Field House, where more than 700 members of the ‘Nova Nation gathered to watch their Wildcats. Although a victory was not to be, the Villanova faithful stayed until the very end. Proud of their team’s magical run to the 2009 NCAA Final Four, students ended the night the way their team does every home game — win or lose — singing “V for Villanova” and waving their V’s proudly in the air. Back in Detroit, the chant was, “Thank you, seniors,” as scores of alumni and friends applauded the fantastic effort and season.

The 2008-09 basketball season featured the BIG EAST Conference as one of the strongest leagues in America in both men’s and women’s basketball. Both of Villanova’s basketball teams finished in the top four of the conference and reached the NCAA Tournament. It was the first time since 1988 that both basketball teams reached the NCAA Tournament in the same year. Women’s head coach Harry Perretta was named Co-BIG EAST Coach of the Year and it was the second time ever that one school had the BIG EAST Coach of the Year in both men’s and women’s basketball in the same season.

Team members:
Dwayne Anderson, Shane Clark, Jason Colenda, Dante Cunningham, Corey Fisher, Taylor King, Antonio Pena, Reggie Reddng, Scottie Reynolds, Corey Stokes, Maurice Sutton, Frank Tchuiui and Russell Wooten

Coaching staff:
Jay Wright, Head Coach
Patrick Chambers, Associate Head Coach
Doug West, Assistant Coach
Jason Donnelly, Assistant Coach
Keith Urgo, Manager of Basketball Operations