

Winter 2026



Aaron Cook '26 and the Super Spirited
Dancing "Hat Guy" John Ermilio



Kathleen Cellucci
Executive Director's
Message

Here is the latest news. Last year at this time we announced our 2% Solution to ensure the viability of the Blue White Scholarship Foundation. It's working! People are starting to contact us telling us of their plans to leave 2% and more of their estate or 401K or to add us as a beneficiary to their insurance policy. Thank you! These legacy gifts will ensure that there are scholarship monies in perpetuity, but we also

want a lasting strong management team and board of directors. Past Blue White Scholars are stepping up to the plate to fill this role.

As promised the "Where Are They Now?" book is coming. A little glitch happened. The glue that the publisher used on the book was not strong enough for 316 pages so we are re-designing the pages so that it can be bound by a spiral ring. The result will be several months more before it will be mailed out, but I promise, it's worth the wait!

Also, in addition to scholarships, mentoring and networking opportunities for our Blue White Scholars, we launched the min-learning conferences last year. Last year the subject was "Business Etiquette". This year it will be "Personal Finance" tips. It will take place in March. More to come about this in the Spring Newsletter. The month of

January kicks off the 250th birthday of our country and Blue White is celebrating the birthday too!

For 10 years now the Villanova students who receive a "Bridge the Gap" scholarship take a pledge and make a commitment to "Pay It Forward". This has been a necessity since our donors are aging out and younger alumni need to step up to the plate. It turns out that one of our Founding Father's of the United States, Dr. Benjamin Franklin invented this concept.

Our BWSF students supported today partake in a ceremony each Fall on Parent's weekend, where they acknowledge that they are being helped through BWSF more than a non-profit handing out money. We run an entire scholarship program which includes "Bridge the Gap" scholarships which are now up to \$10,000 per student.

This past Fall, in honor of the 250th birthday of the founding of our country, the students visited the Philadelphia Constitution Center. I thought it would be fun for all of us to learn a little more, and created some Quizzo questions and answers about the Constitution. See pages 16 and 17.

Lastly, please attend our annual fundraiser or buy a ticket for a student or help out with an auction gift. Stay warm and Go Cats!

Kate

P.S. Don't forget- We now offer annuities through a subsidiary of the Dechomai Foundation that manages over \$1.4 billion in unrestricted assets backing charitable gift annuity payments. Rate are 5-9%

Help Support "Bridge the Gap"





Scholarships – You Are Invited !



Can You Be A Sponsor?



To purchase individual tickets or to be a sponsor, go to www.bluewhitescholarship.org

Sponsorships:

Texas Hold'em - \$500

- 2 Tickets (\$300 value)
- Signage at 1 poker table

Lucky Craps - \$1,500

- 6 tickets (\$900 value)
- Acknowledgement at welcome speech
- Name & Logo at Craps Table
- Name & Logo on website - 1 year

Royal Flush - \$2,500

- 10 tickets (\$1,500 value)
- All of the above plus:
- Reserved dining table
- Reserved Blackjack table
- Promotional items handed out at event (Company or individual to provide)

**10% Discount for Early Bird
Ticket Sales Call 610-304-3848**



Aaron Cook '26

Hometown

Spokane, WA

Major

Management Information Systems

School Activities: Special Olympics Committee, - Committee Member, InterVarsity Student Ministry- President, Business Analytics Society-Exec. Board, VUnited & Best Buddies,-Head of teaching stations, Intramural Sports, First Gen Villanovans- Member

Career Aspirations: To harness the power of numbers & technology to gain insights about the world around us and improve efficiency and convenience for both producers and consumers.

Favorite Quote: "For the Lord has not given us a spirit of fear, but of love, power, and self-discipline." (2 Timothy 1:7)

How the Blue Scholarship helped me: See below

Jobs I've worked to help pay for school:

- Residential Landscaping
- Junk Removal
- Internship with Country Financial
- VU Resident Advisor
- VU Athletic Facilities & Operations worker
- VU Campus Mobility Driver

Extraordinary Circumstances: There are three main items that have impacted me and my family .First, my mother was diagnosed with Thyroid Cancer last year This has obviously impacted her, my family, and me not only financially, but emotionally as well. Second, my younger sister tore her ACL and meniscus. This has created additional expenses for our family, but also limited her ability to work her job and assist our family. Finally, this summer, my Dad hurt his back and was let go from his construction job. This not only creates financial hardship, but also immense mental strain, especially as I am away from home.



Tiffany Ellsworth '26

Hometown
Fairfield, PA
Major
Nursing

School Activities:

NOVAdance-Committee Member
Fitzpatrick College of Nursing Ambassador
Special Olympics-Medical Volunteer

Career Aspirations: I aspire to be a Healthcare Practitioner & a Midwife.

Favorite Quote:

“Do the best until you know better. Then when you know better, do better.” Maya Angelou

How the Blue White Scholarship helped me:

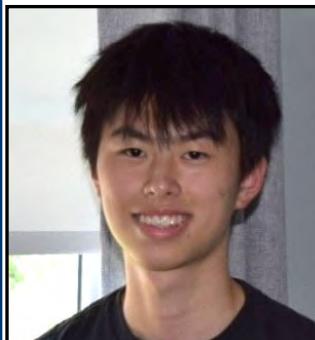
This scholarship is helping me tremendously by easing the financial burden of paying for school. As much as I love and appreciate my parents for their constant support, they are not in a position to help me financially with my education. Loans are directly on me to repay after graduation. Receiving this scholarship allows me to focus more on my studies and worry less about the growing financial pressure.

Jobs I have Worked to help pay for school:

- Villanova Dining Services –School Year
- Babysitting-Day
- Nursing Extern @ Bryn Mawr Hospital-Nights
- Physician Office Technician-Summer
- Teaching Assistant –Summer

Paying It Forward:

If I'm fortunate enough to be selected for the Blue White Scholarship, I see it not just as financial help, but as an opportunity to be part of something bigger—a community that believes in lifting each other up. As a nursing major, giving back is already a part of who I am. I've chosen a career dedicated to caring for others, and that same mindset is what draws me to the Franklin Pledge and the mission of BWSF. I know this scholarship exists because someone else chose to pay it forward, and I want to do the same. Once I'm in a position to give financially, I'll contribute to the Foundation so that another student like me — someone with big goals but limited resources—can get the support they need to keep going. In the meantime, I'll find other ways to give back—whether that's volunteering my time, mentoring future applicants, or spreading awareness about what BWSF is doing for students and communities. To me, the Franklin Pledge is about more than money—it's about building a legacy of support, and I'm proud to be part of that!



Jarvis Li '26

Hometown
Lancaster, PA
Major
Finance

School Activities:

Wildcat Fund—Industrials Analyst
Asian Students Association
Delta Chi Fraternity
Caritas Service Learning Volunteer

Career Aspirations: To work in banking in NYC

Favorite Quote:

“Hard work beats talent when talent doesn't work.” - Kevin Durant

How the Blue White Scholarship helped me:

The Blue White Scholarship is helping me because our financial aid packages are not enough to satisfy the aid we need. Additionally, my little brother is starting his freshman year of college this year and the FAFSA took off consideration for sibling tuitions this year. Therefore, the Blue White Scholarship is a huge help in tuition expenses, as well as student loans taken out of my name, lifting a weight off me and my family's shoulders.

Jobs I have Worked to help pay for school:

- Corporate Banking Intern-Deutsche Bank
- Treasury Management Intern-Fulton Bank
- HR Intern-Parker Hannifin
- Salesman— Under Armour
- Sushi Chef-Sakura Asian Fusion

SPOTLIGHT: Aaron Cook '26



By: Aaron Cook

During the first semester of my freshman year, I was fortunate enough to get involved in Special Olympics here at Villanova. The following years, I have been a part of Special Olympics Committee, in charge of planning and coordinating nearly 1,500 athletes and over 5,000 volunteers. Then, last Fall I joined a Special Olympics Unified flag football team.

Special Olympics created the idea of Unified sports in the mid-1980's to "provide another level of challenge for higher ability athletes" and further the idea that individuals with special needs

can interact with and function alongside those without disabilities. Unified sports is a division within Special Olympics where individuals without disabilities compete alongside individuals with disabilities.

People who haven't spent very much time around those with intellectual disabilities often associate them with physical limitations, and assume they are less capable of performing on a physical level. However, this is not always the case. Oftentimes, these Special Olympics athletes play with the same level of physicality, competition, and fight that you might find on any other field. The "partners" (those without disabilities) are supposed to compete with the same amount of effort as they would in any athletic scenario. This provides the Special Olympics athletes an opportunity to experience sports in the most realistic way, without belittling them at all.



As a "partner" on the team, I attended two practices a week and a few tournaments throughout the fall in order to qualify to play in the statewide tournament. There were six Villanova students that made the commitment to be a partner on the team. These students have become some of my closest friends, as we spent a lot of time together with the team, driving to/from



Special Olympics Flag Football ...#

practices, or just eating lunch together throughout the week. The picture to the right shows us all on championship game day at Villanova Fall Festival, the state competition for Special Olympics. The two students not dressed in team uniform were unfortunately injured in the weeks before the tournament and were unable to play. The picture below shows our team running through a banner before the championship.

As the season came to a close, we had qualified for the state tournament, which is conveniently held at Villanova. What not everyone knows about Special Olympics is that not every team qualifies for every tournament. There are also divisional, regional, and national competitions as well. After the first day of games, our team ended up qualifying to play in the championship game on Sunday.

All of the families of the Special Olympics athletes were in attendance for the game, and I had brought a bunch of my friends along to cheer on the team.

Unfortunately, as the game kicked off, our starting quarterback and starting running back both got hurt and had to sit out. They were both extremely upset, and the team was struggling without them. At halftime, we were losing, and the team's spirits were low. Then, out of nowhere, both players got off the bench and walked onto the field. The team



played spectacularly and we ended up coming back to win the game on a last second touchdown.

We won gold medals (pictured above), and that was the perfect way to end the season.



5 Things You Might Not Know About Aaron Cook

1. First Job

My first official job was at an industrial plastic press in north Idaho. I was 15 years old and worked around 60 hours a week throughout that summer. It was very hot in the shop (usually around 110 degrees due to the machines and the 90+ degree weather), but it was the only place that would allow me to work that



many hours at my young age. Some of the items we made were treadmill parts and quick-access pistol cases.

2. Washington State

I am from Washington State! I believe that the Northwest is the most beautiful part of the country, and I am extremely grateful to have grown up with so much to enjoy in the outdoors. My family likes to hike together or swim in the many lakes in the area.

3. Motor Cycle Rider

My Father taught me to ride a motorcycle when I was in elementary school!

4. 80 kilometers -Grandpa

I grew up riding bicycles. By the time I was 3 years old, I was on a bicycle. And before my 4th birthday, I had already gotten off training wheels. Although I took a lot of hard falls, I loved going fast and pretending I was racing. I rode a lot with my grandpa growing up too. A few



years ago, for his 80th birthday, we rode 80 kilometers together!

5. Championship Winner

Me and my teammates won the VU Intramural soccer championship. I am the second from the left in the picture below.



How Are Blue White Scholars Chosen?



Aaron with fellow Resident Advisors / Assistants

Ever wonder how students are chosen for a Blue White Scholarship? The answer is that students apply. They answer four questions, provide financial information and a resume and also provide two references. One reference is from a Professor and the other an Employer.

One of the four Questions asked on the application: **How Are You Helping Pay for school?** Below is the answer that Aaron Cook gave.

First, I utilize my on-campus job to maximize my ability to pay tuition. I work for the Villanova Athletic Department, who not only do they allow me to work 20 hours a week (the maximum a full-time student can log), they have blessed me with the opportunity to work over breaks. Since I've been at Villanova, I've stayed on campus for each break due to the distance I am from home and the costs associated with traveling across the country. However, because I work throughout breaks, I can make more money. At this job, I take any opportunity I can to get hours, and make sure I max out my time sheet each period.

Second, I am an RA, which has helped pay for housing and meals, but did

Villanova. So far, it has been a very good opportunity to learn and lead, but naturally is sometimes physically and emotionally draining.

Last year, before I was eligible to be an RA (I was in my first year), I also held a van-driving position for a mobility service that ran from 8 p.m. to 1 a.m. to provide students with safe and accessible transportation at late hours.

Finally, I have been running my own business hauling and doing junk removal with my pickup truck. What started as a side hustle became my primary source of income last summer.

(I also worked partially with my father who does general contracting, but I was not a paid employee.)

Another Question asked on the application: **What Are Your Career Aspirations?** Here is Aarons answer:

My career aspirations include harnessing information and technology. While I am not entirely set on one particular role as a "dream job," I have always been fascinated by the use of numbers and how we can harness them to make insights about the world around us. I am particularly interested in the world of MIS (Management Information Systems)

decrease my scholarship and financial aid. While I was nervous about taking on this position, I knew the impact it would have on my family and my ability to stay at



Aaron recognized as Villanova's Student Worker of the Year!

(think Salesforce, SAP, Oracle), and how they help people and companies stay organized and best serve consumers. .

An additional question asks about extraordinary circumstances or factors that have impacted the family financial situation. Here is Aaron's answer:

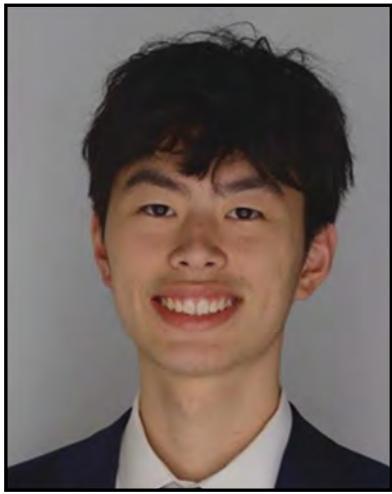
There are three main items that will impact me and my family in the upcoming year. First, my mother was just diagnosed with Thyroid Cancer. This has obviously impacted her, my family, and me not only financially, but emotionally as well. She is set to have surgery this upcoming summer, and we do not know what the future will hold. This not only creates financial hardship, but also immense mental strain, especially as I am away from home.

Second, my young sister just tore her ACL and meniscus. This has created additional expenses for our family, but also limited her ability to work her job and assist our family.

Finally, my Father hurt his back and ultimately was let go from his employment.

SPOTLIGHT: Jarvis Li '26

Working As A Sushi Chef #dqg



The spring of 2020, everything got shut down due to the COVID-19 pandemic. My school announced we were taking a two-week break which turned into a month, then 2 months, then for the rest of the year. My parents worked in a sushi restaurant which happened to have the same thing happen to them.

Being at home for a couple months with the whole family was really fun, something that has never happened for such a long time before. Although quarantine was not the best scenario, it was nice not having any responsibilities for a period of time. However when June came around, shops were starting to open and my parent's sushi restaurant did too. Staying at home for so long, my parents decided it was a good idea for me to join them and learn how to make sushi. The restaurant is called Sakura Asian Fusion,



located in the city of Lancaster, PA. Sakura did not open for dine in seating so there was not a lot of pressure for me in getting orders out quickly. Additionally, no customers at the sushi bar to watch me lift off some weight off my shoulders as well. Starting off, I was not good at all. I tried building the whole roll at once but that did not work. There are many steps in making sushi, so I had to learn one step at a time. The first step was rolling the rice onto seaweed. I would practice this step over and over, not going any



further as to add ingredients until I mastered it. When I did master it, I started to add ingredients to the base. Each sushi roll has different ingredients, so I had to study the menu too. I started with a California Roll: cucumber, crab meat, and avocado. Then I slowly progressed my way up to fancier and more expensive rolls like the Golden Phoenix Roll: fried lobster tail, avocado, lettuce, with seared salmon on top. After adding the ingredients, rolling the whole roll up tightly was a skill too. You have to make sure nothing falls out and that the ingredients are safely tucked in the seaweed paper with the rice making it stick together to form a roll. After forming the roll, there was the cutting

phase where I had to cut the roll into 8 equal pieces, every time.

This phase was not pretty at first because there happened to be many times where 1 piece was larger than another which was not acceptable. Lastly, after cutting the roll, I garnish every plate with a side of wasabi and candied ginger. With practice and repetition, I started to get the hang of the whole process. There were busy days where I had to work around 10 hours per day. However, it didn't really feel like work because I was with my parents and making sushi was for me. Especially since I would be sitting at home if I wasn't at the restaurant helping out.

Here are a couple plates that I have made:



Currently, with school and other internships, I don't have much time to go to Sakura to make sushi. It is a skill which surprises people because making sushi is not a common thing to know

Working in Finance-The Amish Country to the Big Apple

I have had some amazing internships! Sophomore year I interned with Fulton Bank. I was a Treasury Management Intern and worked directly with the commercial banking, merchant, and cash management teams.

Coming to Villanova, I knew I wanted to be in the School of Business, but I didn't know which concentration. At first, I was leaning towards accounting but ultimately decided to major in finance. I enjoy the dynamic nature that finance offers, working in a changing environment that has a direct effect on your job and your personal life. There are so many things in the news right now surrounding financial topics like interest rates, movement of the stock markets, trade and tariffs, etc., that can change the way people spend money. Therefore, I thought the world of finance was super interesting to dive deeper into. Fulton Bank, headquartered in Lancaster, PA is an east-coast regional bank. Lancaster, PA is my hometown, so it worked out how I got to work in company headquarters. On the first day in the office, I was quite nervous because I did not know what to expect. Throughout

responsibilities and my outlook for the summer. I worked on projects like Account Research, Lockbox Client Reach Out, Sales Validations, Research for Proposals, and much more. I enjoyed working with numbers as well as clients in terms of completing my work. The projects I was apart of had real world impacts toward businesses and clients around the area, so I had to take it seriously. Some of my favorite memories from the summer were meeting the other interns at Fulton and connecting

This past summer, I interned at Deutsche Bank. I was a Corporate Banking Summer Analyst, placed on the Institutional Cash Management team.

Deutsche Bank is a German bank founded in Berlin in 1870. It is considered a bulge bracket bank, which are some of the largest banks in the world, encompassing every product a bank provides on a global scale. Bulge bracket banks work with the largest type of clients and focus on the biggest businesses.

Deutsche Bank headquarters are located in Frankfurt, and it is the infamous twin tower building. In the Americas, Deutsche is headquartered in New York, again with a twin tower design, on 59th Street Columbus Circle. It is right off the lower left corner of Central Park. Therefore, as a company, we have many lunches and walks in the park. I was also able to take part in out of office activities like a bank wide soccer tournament and going to the NY Stock Exchange and The MET Museum..

A lot of my work consisted of dealing



“Deutsche Bank in New York

with Risk Management, KYC, and monitoring projects. My direct team was in Germany, so I received a global perspective on the business. This is one of the main reasons why Deutsche



“Me and my mates -Deutsch Bank Soccer Tournament



**“Fulton Bank Head Quarters
Lancaster PA**

the summer though, I became comfortable with my work and the people around me. My managers were super helpful in terms of guiding me with tasks and

attracted me so much. The global presence is unmatched between any other bank. The time difference is a little different, but once you get adjusted, it is not such a big deal. The global presence of Deutsche also brings in people from all over the world! Everyone I talked to had international experience, whether coming from Asia, Europe, or the Americas. It is super cool to see the diverse perspectives.

6 Things You Might Not Know About Jarvis Li '26

1. Lancaster –PA

My high school is located on a farm. Since I am from Lancaster, PA, it is a really Amish town. Anytime I mention I am from Lancaster to somebody, they immediately think of the Amish. It took me till college to realize that a high school in the middle of a farm is quite different. Below is a picture of my school. Conestoga Valley High School.



2. First Generation

I am a first-generation college student. My parents did not attend higher education as they grew up in China and could not afford it. They came to America when they were young and worked super hard to give me the opportunity to attend college. I am eternally grateful. Below is a picture of me and my brother and Mom and Dad.



3. I love to fish

This picture is of me after I caught a Bass fish.



5. I love “Soccer”

I grew up playing soccer my whole life. Even though I don't play anymore, I made lots of friends and connections as it was my first sport that I dedicated so much time to.



4. I'm a Sushi Chef

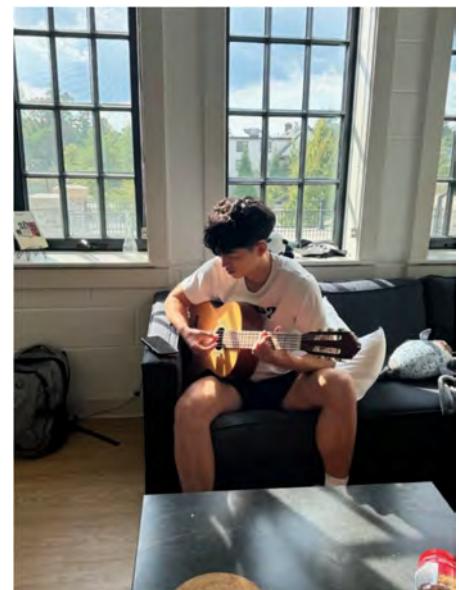
My first job was a sushi chef at Sakura in Lancaster city in Pennsylvania. I learned all the ins and



outs of the restaurant business as well as how to make sushi. Let me tell you, it is not an easy thing to do as it took me months to be able to remotely take customer orders.

6. I love “Music”

I love music and decided I would learn how to play the guitar.



5 Things You Might Not Know About Tiffany Ellsworth

1. I have three brothers, two of whom are adopted.

Technically, I'm the youngest sibling, but my one brother is only three weeks older than me, so we grew up more like twins — always in the same grade, experiencing all the same milestones together. When my biological brother and I were younger, our parents opened our home to fostering children, which ultimately led to the adoption of our two other brothers. Having grown up in such a unique and blended family has shaped who I am in deep ways — it's made me more empathetic, open-minded, and appreciative of different family dynamics. Our family may not look traditional on paper, but it's tightly knit and full of love.



2. I Was A Dancer.

I spent nearly ten years dancing — trying out pretty much every style except tap. Ballet and contemporary were always my favorites; they felt like the perfect mix of structure and emotion, and they gave me a way to express myself when words didn't quite cut it. Some of my closest friendships were made during those long rehearsals and backstage moments filled with nerves and excitement. Dance taught me so much about discipline and confidence, but more than anything, it gave me a



space to just be myself.

Even though I don't dance anymore, it'll always be a big part of who I am.

3. I have two dogs named Freya and Beau.

We adopted them both from a



shelter, and honestly, I can't imagine life without them now — they're like little furry soulmates. Beau is a pitbull and the biggest sweetheart, though he's completely obsessed with licking... like, he truly never stops. Freya's a mix of pitbull, lab, and catahoula leopard dog, and she's full of attitude in the funniest way — my parents swear she's me in dog form. They're my favorite cuddle buddies and always know how to make a bad day better. Our house just feels more like home with them in it.

4. My favorite vacation spot growing up was Chincoteague, Virginia.

It's this quiet little beach town we used to go to a few times every summer, and it still holds such a special place in my heart. Not many people know about it, which I've always kind of loved — it felt like our own little getaway. There are wild ponies that wander around, long stretches of marsh, and these really calm, beautiful sunsets that just made everything feel peaceful. My favorite spot is Island Creamery — their ice cream was so good, and it was kind of a tradition to go there after dinner.

5. I used to hate blood and wanted nothing to do with it — which is funny, because now I'm in nursing school.



Back in middle school, the sight of blood seriously freaked me out, so I figured pharmacy was the safest bet — still in healthcare, just without all the gore. But somewhere along the way, that changed. Honestly, I think binge-watching Grey's Anatomy had more of an influence on me than I'd like to admit. Now I'm finishing up nursing school and working at Bryn Mawr Hospital, where I draw blood all the time without even thinking twice. It's kind of wild how much your mindset can shift — but I'm so glad mine did, because I've found something I love.

SPOTLIGHT: Tiffany Ellsworth *How Dance Shaped Me*



Growing up, dance was my world. I spent nearly ten years in the studio,

training after school until eight or nine at night from Monday through Thursday. When I was old enough to work, my weekends filled up too.

Dance taught me discipline, resilience, and what it means to commit to something fully. It gave me confidence, structure, and a place where I felt both challenged and supported.



But as the years went on, something changed. What had once felt like an outlet began to feel more like a job. I loved

the movement, the music, and the people but the pressure, long hours, and constant schedule slowly took away the joy that brought me there in the first place. Going into my senior year of high school, I made one of the hardest decisions of my life: I quit.

Walking away wasn't easy. Dance had been a huge part of my identity and stepping back meant facing a lot of "what ifs." But it also taught me an important lesson I carry with me today: it is okay to choose yourself. It is okay to do what is best for you, even when it means letting go of something you once loved.

Because of dance, I had missed



out on many moments at my school clubs, events, and the chance to be more involved in my community. **After I quit, doors opened. I became the treasurer of National Honor Society, took part in high school cheer for both football and basketball, and helped organize Powder Puff, an event that raised money for a local wildlife reserve.** For the first time in years, I could show up fully to my school, to my friends, and to experiences I had never had room for before.

One of the greatest gifts from that season of my life is the person I met along the

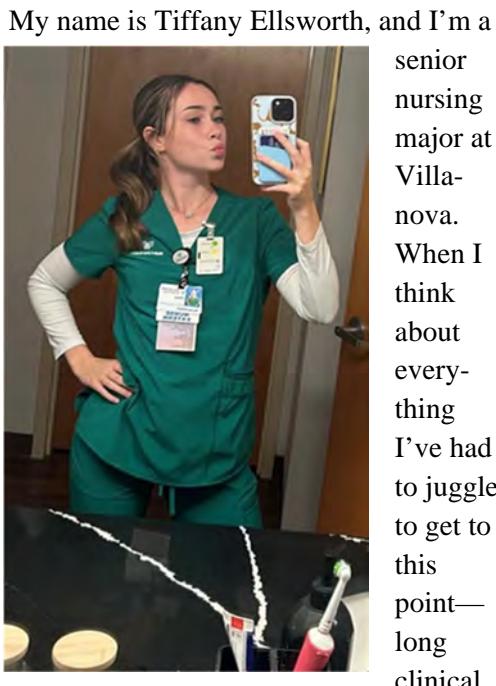
way: my best friend, Madi. We grew close during those years, and we are still just as close today. No matter how busy college gets, I make sure to see her every time I come home. That friendship is a reminder that even when paths change, the relationships that matter most stay with you.

Dance will always be part of my story. It shaped my work ethic, my confidence, and my ability to push through challenges; qualities I carry with me into nursing school and beyond. But choosing to step away showed me something just as powerful: success is not only about commitment, but about knowing when to listen to yourself.

I'm grateful for every late night at the studio, every performance, and every lesson learned. And I'm just as grateful that I had the courage to choose a new chapter when I needed it. Sometimes, the bravest move you can make is trusting yourself enough to change direction.



SPOTLIGHT: Tiffany Ellsworth *The Balancing Act*



My name is Tiffany Ellsworth, and I'm a senior nursing major at Villanova. When I think about everything I've had to juggle to get to this point—long clinical days, exams, and working three jobs—it feels overwhelming at times. But more than anything, I feel proud. It's been a long road, and I've worked hard every step of the way. I've always known I wanted to go into the medical field. I'm naturally a compassionate person, and I love helping people—so nursing just made sense. What really drew me in, though, is how many different paths nursing offers. You can work at the bedside, go into education, administration, or even become a nurse practitioner, which is what I hope to do. More specifically, I would like to start out in either labor and delivery or a mother-baby unit and then after a few years, attend graduate school and become a women's health nurse practitioner and be dual certified as a midwife. The opportunities truly are endless, and I love that I'll have the freedom to grow and change in my career if I end up not liking my original path.

That said, nursing school isn't easy—especially at Villanova. Between lectures, labs, clinicals, and exams, it can feel like a nonstop cycle. Some weeks, I'll be at clinical for nearly 12 hours and then have to go home and study for an exam the very next morning. It's ex-

hausting, both physically and mentally. You don't really get a "day off" when you're in nursing school—but you do get small wins, and those keep you going. On top of school, I also work three jobs. My parents are incredibly supportive, but financially, there's only so much they can help with. So when it comes to paying for things like groceries, gas, and going out with friends, I cover that myself. I've worked in Villanova's dining services since freshman year—originally about 10 hours a week, but as school and clinicals have picked up, I've scaled that down to about four hours a week now. I also babysit for a family off campus, which adds anywhere from 2 to 6 hours a week, depending on the week. And I pick up shifts at Bryn Mawr Hospital, usually trying to get in one 8-hour night shift every week or every other week. That job has given me real-world experience that's helped me grow so much as a future nurse. But it can be tough. Last year, during my junior year, I had days when I'd go straight from class to work in the Connelly Center until 9 p.m., then head to the hospital for an overnight shift from 11 p.m. to 7 a.m.—and then babysit that same afternoon. Those were the days I really had to remind myself why I'm doing all of this.

Balancing it all—school, work, clinicals, assignments, and trying to have a social life—has definitely tested me. It's taught me a lot about time management, and honestly, about myself. I've learned that I actually like being busy. It gives me structure, and it makes the time I do have for myself or my friends feel even more meaningful. I've also gained a new appreciation for hard work. Nothing has been handed to me, and when I finally walk across that graduation stage, I'll know I earned it every step of the way. What keeps me going, especially on the harder days, is thinking about the future. I picture myself as a nurse practitioner

one day, caring for patients and maybe mentoring students like me.

I think about how far

I've come and how much I've grown—not just as a student, but as a person. This journey has pushed me in ways I never expected, and even though it's been hard, it's also been incredibly rewarding.

I've been lucky to be surrounded by people who support me—professors who understand when I need flexibility, friends who check in on me, and coworkers who help me get through long shifts. That kind of community really matters. And even though it feels like I'm always working or studying, I wouldn't trade this experience for anything. It's made me stronger, more empathetic, and more prepared for the kind of nurse I want to be.

To anyone who's trying to balance school and work and everything in between: it's hard, but it's possible. It's okay to be tired. It's okay to ask for help. And it's more than okay to be proud of yourself. I know I am.



Working at Belle Air in the Connelly Center



CONSTITUTION QUIZZO QUESTIONS

FOUNDING and HISTORY

1. Who is commonly referred to as the "Father of the Constitution"?
Ben Franklin, George Mason, Washington or James Madison
2. The Constitution was written in what number of days ?
3. The Constitution was signed at the Philadelphia Convention on Sept. 17, 1787, but to become law, it needed to be ratified by at least 9 states. How long did this process take?
10 months, 3 years, 90 days,
4. Which of the original 13 states did not send delegates to the Constitutional Convention?
Virginia, Rhode Island, New York,
5. Who was known as the Sage (Wise man) of the Convention?
Edmund Randolph, Thomas Jefferson or Ben Franklin
6. Did Thomas Jefferson and John Adams sign the Constitution?
7. Serious conflict arose at the onset, especially between those rep-

resenting the small and large states. A compromise was agreed upon. What was the Connecticut Compromise?

8. When it was ratified in 1788, which document did the Constitution replace? Was it The Declaration of Independence, The Mayflower Compact, The Articles of Confederation or The Federal Charter of Freedom?
9. Why was the Constitution needed?
10. What is the supreme law of the land in the US?
11. What does the Constitution do?
12. What are the first 3 words of the Constitution?
13. How many delegates signed?

FUNDAMENTAL KNOWLEDGE

1. How many **Articles** does the Constitution contain?
2. How Many **Amendments** have been ratified as of 2026?

3. What constitutes the "Bill of Rights"?
4. Which article of the Constitution establishes the Judicial Branch?
5. How many amendments to the Constitution have been repealed?
6. How is an amendment repealed?
7. It takes how many States to block an amendment?

STRUCTURE OF GOVERNMENT

8. What are the three branches of government?
9. What stops one branch of government from becoming too powerful?
10. What part of the federal government writes laws?
11. Who is in charge of the executive branch?
12. What is the highest court in the United States?
13. How many attempts have there been to amend the Constitution?



CONSTITUTION QUIZZO ANSWERS

FOUNDING and HISTORY

1. James Madison of Virginia
2. It was drafted in fewer than one hundred working days.
3. After the Constitution was signed on Set 17, 1787, each state formed its own ratification convention to discuss, debate and vote. It took 10 months to be ratified by 9 states
4. In America's early years, Rhode Island acquired the nickname "Rogue Island" for its opposition to a powerful federal government and refusal to attend the Constitutional Convention. It took 3 years for the Rhode Island Legislature to approve and join the new union in 1790, making it the last of the 13 original states to do so.
5. Ben Franklin, of Pennsylvania.
6. No, because they were serving as American Ministers to France and Great Britain, respectively.
7. This was the first great compromise of the Constitutional Convention, whereby it was agreed that in the Senate each State should have two members, and that in the House the number of Representatives was to be based upon population, thus the rights of the small states were safeguarded, and the majority of the population was to be fairly represented.
8. The Articles of Confederation
9. The Articles of Confederation did establish a national government of the United States but it had 3 weaknesses:1.) It had no means of revenue independent of the revenue received through its requisitions on the States, which were nothing more than requests which the States could and did

disregard; 2.) and it had no control over foreign or interstate commerce; 3.) It could make treaties but it had no means to compel obedience to them; or to provide payment of the foreign debt. The result was a national government that had no authority to force states to obey laws and no ability to defend its new borders. To address these issues, the Philadelphia Convention met in 1787 to revise the Articles of Confederation, but instead delegates created an entirely new document – the Constitution of the US.

10. The Constitution
11. It creates a government, sets up the government, and defines the scope of government power.
12. "We the People" The U.S. Supreme Court early in U.S. history, noted in a case brought before them that "The People established the Constitution to prohibit states from exercising powers incompatible with the national government Martin v. Hunter's Lessee (1816) and in McCulloch v. Maryland (1819): Chief Justice John Marshall argued that the government "proceeds directly from the people" and its powers are exercised on them directly, making federal law supreme over state law.
13. 39 signed representing 12 states. 14 delegates had departed home and 3 refused to sign. Over half of the delegates had studied law. In addition to lawyers, there were soldiers, planters, educators, ministers, physicians, financiers, and merchants who were signers.

FUNDAMENTAL KNOWLEDGE

1. The Constitution contains a preamble (or introduction), seven main articles, and a closing statement.
2. 27.
3. The first 10 amendments.
4. Article III.
5. Only one—the Eighteenth (Prohibition).
6. By adding another amendment.
7. Thirteen, without respect to population or importance,

STRUCTURE OF GOVERNMENT

8. Legislative (Congress), Executive (President), and Judicial (Supreme Court).
9. Checks and balances.
10. Legislative.
11. The President.
12. The Supreme Court.
13. There have been over 12,000 attempts to amend the Constitution, but only 27 successful amendments.

FUN FACTS

Did you know that a Judge who sits on the State Supreme Court level or the National level called the Supreme Court of the United States is not addressed as "Judge" but instead is addressed as "Justice"?

Did you know that the phrase "the United States of America" was coined in 1771 by an Irishman named Stephen Moylan. He was from County Cork and served under General George Washington as his Quarter-master General (he was responsible for managing logistics, supply chain operations, and ensuring that the military had food, clothing etc.)

Parent's Weekend Tailgate '25



1

White Elephant Christmas Party '25



#1 Jack Ferry, picks his wrapped gift out of the pile and wins the jackpot. Darts that he can play with his fraternity brothers.



2



#2. Decisions, Decisions? What to choose? Tiffany Ellsworth's dilemma. She picks the largest wrapped gift.

#3 David Choi steals what Tiffany worked so hard to choose!



4



#4 TJ Baylock simply lucks out with Glow in the Dark Hoops!

#5. Sophia Adams laughing at her bloopers steal. Aidan Shay wins the second darts prize.



#6. Jack Orendac with headphones.
#7 Andrew Wierzchon entertains all with his juggling feats!

8



9



#8. Abby Golembiewski #9. Ejay De Leon sitting & Jarvis Li standing (Quizzo champs) #10 Carlos Morales-Portalatin



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