



Fall 2023

**We are kicking off the
50th Year
Anniversary!**



Homecoming -October 28

Come party @ The Tailgate & After Party



Executive Director's Message

It was incredible to have one of the four Founding Fathers of the Wildcat Club, the predecessor of Blue White Scholarship Foundation, walk into the Connelly Center 50 years after he started his life-long dedication to helping VU students.



I was in awe when Bud surprised me by walking into the Connelly Center for an impromptu meet & greet. At 94 years old he still had words of wisdom for every single student after shaking their hand. For the young man who was a finance major he asked him Why do people go to to the bank? He laughed and then said, "because that is where all the money is". He told the Computer Engineers that "That stuff is beyond me" even though it is Bud that told me about streaming to attend church during the Covid shutdown. He ended by telling all the students to volunteer as much as possible because you get the most out of life by "Giving to Others"

Every year I start out the school year by meeting with the new group of Blue White Scholars. We take a group shot and introduce ourselves to the new scholars and plan out the year calendar for the student activities. They attend two events per semester and volunteer 15 hours per semester to help out the Foundation. This year I decided that I should call Dr. Ronald (Bud) Russo, MD and see if he could come by and meet the students in person. After all, if Bud hadn't started the Wildcat Club 50 years ago in September 1973 there would be no scholarship foundation.

Here is a repeat of the story about Dr. Russo I published 6 years ago after arriving at the Foundation and meeting one of our Founderr.

CALL TO ACTION –To All Athletes 1970–1990

If you appreciate Doc's advice and all he has done to support Villanova for the past 50 years, please make a donation in his honor. Blue White Scholarship foundation has established a scholarship in his name. If you know a Villanova athlete past or present, please share this article. Please mark your donation with the following: "In Honor of Doc".



A Life Time of Service to Our Country, Our School and Our Community

The Most Loyal Villanovan, Dr. Ronald “Bud–Doc” Russo

There are people that have dedicated their lives to others and it is our fortune that Dr. Ronald F. Russo came to Villanova. Dr. Russo “Bud” was one of the four founders of the Wildcat Club, the predecessor to the Blue White Scholarship Foundation. He did it because he wanted to give back to the school and the students. So who is Dr. Bud Russo?

Growing up in the Bronx, Bud says he was a passing student. He wanted to apply to Villanova but everyone said “The school was so good” and they wouldn’t let him apply. Instead, at 17 years old, Bud volunteered for the United States Marine Corps. He was sent to China to serve with the 1st Provisional Marine Division, 5th Marine Regiment, B Company as a Browning auto-matic rifleman. When he came back, “I went down and looked at Villanova – 1946 – and I got goose bumps walking through the campus. Green grass! I came up the Paoli Local. I didn’t really deserve to be accepted, but with the GI Bill ... Hey, I’m very loyal to the Marines.” Thanks to “Uncle Sam” Bud would be able to afford college, however he’d be on his own to pay for his M.D.

Bud married Mary Margaret Moore in his senior year at Villanova and immediately started a family. During his years at Villanova and the first 2 years at Temple, he worked at every possible job to support his young family while going to school. From driving a taxi, working at the ACME

and A&P, caddying, mowing lawns, and working at a pharmacy, gas station, lumber yard, waiting tables and even painting houses, he did it all. Mary also worked both at home and outside jobs to help raise their eight children.

After graduating in 1952 from Villanova, Bud went to Temple Medical School. Upon graduation from Temple, Dr. Russo joined the Bryn Mawr Hospital staff after serving as an intern there. He then opened a practice in Ardmore and practiced for 30 years. **Starting in 1967, Bud started to watch the football practices at Villanova and help out with any medical issues.** Dr. Russo was in



attendance at every football sporting event he could make. Then he attended the basketball games and all the other sporting events. His days and nights were jam-packed. **He would watch the practices and check any injuries. His days were already busy with patients and family obligations but soon the university needed his presence to tend to all the team sports 8 months a year. Bud devoted his expertise to the student athletes, from 4pm-6pm every afternoon at the Jake Nevin Building.** As the need grew, a physical therapist and orthopedic surgeon were added. **In 1986 the NCAA rules changed requiring a paid Athletic Physician and Bud was asked to continue on as the Team Doctor for The Villanova Athletic Program. He was instrumental in establishing the sports medi-**

cine program that now exists for Villanova Athletes. What started with Dr. Bud Russo, a volunteer physician for 15 years, (1970-1985) and a paid physician for 5 years (1985-1990) has grown into a state of the art Sports Medicine Program.

In 1991 his “love of country” called him back to service and he volunteered for Desert storm at the young age of 62 years old. For the second time Bud volunteered to fight in a war. This time he went not as a Marine, but as a Navy Physician. Not only was Bud raising 8 children with Mary, and running his own practice and working at Villanova, but he had also joined the U.S. Navy Reserve Medical Corps in 1982 to support the U.S. Marine Air Wing at Willow Grove. Eight years later in 1991 he volunteered to support Operation Desert Storm and served on active duty for 6 years. Bud, a Private First Class in the U.S. Marines, retired from the Navy in the Rank of Captain in September, 1997. He then went to work at Neumann Medical Center Emergency Department in Philadelphia. When Neumann closed, Bud worked in the E.R. at Northeastern Hospital. He had an amazing personal and military career, all the while he was the Villanova University athletic teams physician from 1970-1990. Don’t you think for a minute he isn’t still a practicing physician! He now works one day a week for the Community Volunteers of Medicine and is taking care of the indigent. He will tell you **“You miss out on life if you don’t volunteer”** Bud’s honors include the Alumni Medal, the coveted Loyalty Award, the Joseph Molinari award and the Varsity Club Hall of Fame award. *“Everything I dreamed and everything I have worked for has come true in the past 15 years for the University. We are on top academically and our sports program is outstanding. The Cats are #1”*

The "Pet Blessing" led to an Opportunity for all

Article By Robert (Bob) Moran '69

Please let me first highly commend Kate on all she does to help our students, this latest Blessing of the Dogs campaign was very creative and will hopefully raise enough money to make a real difference in the BW Club's Mission.

As you can see, my Water Dogs' Purpose, aside from being my best friends, is to bring Comfort and Temporary Relief to Children suffering from Cancer or Mental Illness.



This is Charlie, a Portuguese Water Dog. She put in over 1,000 hours of visiting Children's hospital In Detroit as a Therapy Dog before retiring.

I once asked my Confessor and Friend, the Chaplain at Children's Hospital in Detroit, "why does God allow this to happen to these innocent children?".....the Tough old Irishman that he was simply said " all I know is that Poop happens and God put us on earth to clean up the mess".....plain and simple, and I decided to expand that to my dogs.

After a tough bout with Cancer myself (never out of the woods), I realized that my dog had been a tremendous comfort to me and my

Oncology nurse suggested that I get Charlie certified and put her to work. Charlie easily passed the tests to become a Therapy Dog and also the much more stringent test that Children's administers. Over the years, she put in over 1000 hours of bringing smiles and comfort to the most at risk children you can imagine, and she was excited to do it....Kids drew pix of her and saved treats for her weekly visit. She was the standard which the new dogs were shown to aspire to.



Upon Charlie's retirement, I adopted another Water Dog named NOVA....she is equally as great with kids, specializing with kids with Special Needs, many on a one on one extended time basis. We visit the local school for these kids and some of the devoted teachers build programs around Nova.

As for myself, Cancer forced my early retirement but I was still able to find my niche. I spent about 10 years at St Mary's all boys school in Metro Detroit...my activities included sub teaching, one on one mentoring and tutoring, helping run Kairos Retreats, working in the Dorm a couple nights a week preparing kids for upcoming academic activities and running the Community Help program at Food shelters and with Cancer Kids families.



Thus is NOVA, also a Portuguese Water Dog. She picked up where Charlie left off working with children with "special need".

I am also a Rotarian so that I can make a small difference in our community....I am proud to say that all 4 of my children either work in service fields or spend hours /week helping those less fortunate.

If you are interested in Therapy Dog work, you can contact Alliance of Therapy Dogs at <http://www.therapydogs.com>.



Robert (Bob) Moran '69 and his best friend



Meet the girls: Rue, is the black one (11 yrs) and Baci the tan one (4mo.)



GIVE THANKS



Upper Providence Township
935 N. Providence Rd., Media, PA 19063
(610) 565-4944 • FAX (610) 565-8924

June 8, 2023

Blue/White Scholarship
P.O. Box

Attn: Joseph Hare

Dear Joseph

“Upper Providence Township (Delaware County) Councilman Thomas A. McFadden, Esquire, has elected in lieu of receiving his annual stipend, instead to donate it to a worthwhile organization. You are so selected. Please reference the Blue White Scholarship Foundation for this donation.”

Joseph P. Egan
Finance Director

This is the first year we are trying this unique fundraiser of a Virtual Blessing for pets. A special Thank you to Nance for being the first participant on August 3 to make a \$500 donation on behalf of their girls shown above.

The above letter and check were presented to Rear Admiral Joseph Hare, USN (Ret.) President of the Blue White Scholarship Foundation Board of Directors.

Checks like these are always a surprise and true blessing. Thank you, Tom McFadden, Esq. (September Donor of the Month) who has been a faithful supporter for 50 years

PS. A special Thanks too to Mike Neary (October Donor of the Month) who designates Blue White as the beneficiary of his groups GOLF Tournament winnings



Congratulations to the 2023-2024 Scholars



Andrew Abraham '25
Finance



Gianna Altamura '25
Accounting



Joseph DeMarco '24
Computer
Engineering



Michael Dominguez '24
Applied Quantitative
Finance



Abaigeal Donoghue '24
Computer Engineering



Michael Ferry '25
Electrical Engineering



Paul Gaynor '24
Applied Quantitative
Finance



Nick Gross '25
Environmental Science
& Economics



Matthew Hogan '24
Political Science &
Humanities



Kelly Keil '24
Nursing



Kara Krien '25
Biology



Gabriel Leskusky '24
Mechanical Engineering

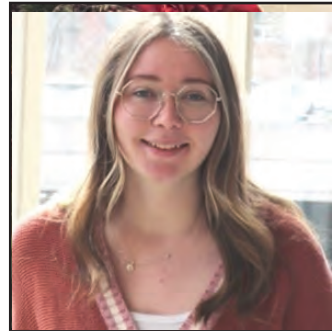
Welcome Into The Blue White Family



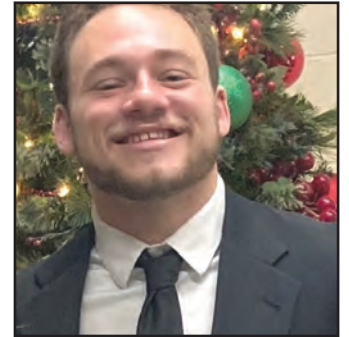
Dan McQueston '24
Applied Quantitative
Finance



Sofia Nicastro '25
Chemical Engineering



Mary Kate Oldham '24
Nursing



Austin Rongo '24
Chemistry



Alexa Rossi '24
Chemical Engineering



Nicholas Sofianakas '24
Computer Engineering

Thank You To Our Judges

Many of you spent countless hours in the reading, evaluating, and scoring of the student's applications. This took place along with the hours spent by the Villanova University Office of Financial Assistance, determining which students had the most need and who would best reflect the values of a Blue White Scholar.

Our Values:

Outstanding Work Ethic
Superior Academic Ability
A Commitment to Pay It Forward



Help spread the word!



Q: How do you create a legacy?

A. For families that wish to create a true legacy and keep future generations involved with the perpetual award of scholarships, we offer Naming Rights with legacy benefits. Your heirs remain involved with the applications for scholarships funded by your endowment. The amount of these annual scholarships is calculated based on the earnings attributable to your endowment gift.

Q: How much money does it take ? A: There are two key types of gifts

Scholarship in Perpetuity - \$25,000+ will establish a named scholarship in your name or your beloved's name. This scholarship can be targeted for a particular major or school such as the Engineering School or a particular major such as Biology. The student will be chosen based on your guidelines

Family Legacy Fund - -\$150,000+ gift will also establish a named scholarship with the above benefits plus full participation in the selection of the student by you and multiple generations of your family, who may participate in selecting each Scholarship, including reviewing Scholarship applications. Each succeeding generation in your family will be reminded of your generosity.

In addition you will be permanently remembered by each scholar by the presentation of your bio to he or she upon receipt of their scholarship.

Q: Do I need to fund my gift in one payment?

A: No. We can accept pledges for up to five years, or you can create a gift through a planned gift (will, trust, life insurance policy). You can even invite friends and family to donate to your fund.

NEXT STEPS

Consult your financial legal advisor.

**Legal Name: Blue White Scholarship Foundation
Federal Tax ID Number (EIN) 23-3095631**



Joseph DeMarco '24

Hometown
Amityville, NY

Major

Computer Engineering

School Activities: Peer Ministry: Music Ministry, Villanova Pastoral Musicians, Liturgical Ministry: Lector, Knights of Columbus, Villanovans for Life, Student Coordinator: Centralized Research Computing Facility, Musical Theatre, Intramural Volleyball

Career Aspirations: To become a software engineer or systems engineer targeting the defense industry.

Favorite Quote: "You have made us for yourself, O Lord, and our hearts are restless until they rest in You" -St. Augustine

How the Blue-White Scholarship helped me:

After all of the sacrifices and work I put into saving to pay for college, each year my bank account is emptied and there still remains tuition to be paid. Each year my financial aid package has decreased as well, this year especially, I will need to take out a significant loan to pay for school. As a 20 year old, a large loan is new and scary. I feel guilty and stressed spending any money on myself throughout the year. The Blue White Scholarship will help reduce the amount of loans I will have to take out for this year and to help reduce my overall stress so I can more comfortably enjoy our Villanova community.

Jobs I've worked to help pay for school:

- Paid internship at Lockheed Martin
- Beach Attendant
- Lifeguard
- Resource Technician in the CLAS IT Dept.
- Stop & Shop grocery store—

Extraordinary Circumstances: Since middle school my family has lived under the care of a single mother because of an alcoholic father. My father has lived in unknown locations in other states barely working and avoiding child support. My mother has worked three jobs to keep the house out of foreclosure and to support her children. The condition for my siblings and I to attend college has always been that we will have to pay for it ourselves, so I have been working 70+ hours per -summers.



Mary Kate Oldham '24

Hometown
Lititz, PA

Major
Nursing

School Activities:

Villanova Blue Key: Development Chair, New Student Orientation Program: Counselor, NovaDANCE: Member, Nursing Without Borders

Career Aspirations:

As a bedside nurse, I'd like to work in an acute care setting before working towards my degree in becoming a Nursing Professor

Favorite Quote:

"One raindrop raises the sea."

How the Blue White Scholarship helped me:

As I am paying for college completely on my own through loans and scholarship opportunities, the Blue White Scholarship has removed an immense amount of stress from my shoulders. Through the gift of this scholarship, I will be allowed the opportunity to focus more on my studies rather than whether I'll have worked enough hours to afford my loan payment for the month. This scholarship means more time to work towards my goals and helps to level the playing field between my peers and me.

Jobs I have Worked to help pay for school: I

have worked since the age of fourteen. I unfortunately lost my college fund during my parents' divorce, so I have worked from a young age to make up for that. From age fourteen to nineteen, I worked as a tour guide in a pretzel museum in my hometown. After beginning college, I worked throughout my freshman and sophomore years as a barista at Holy Grounds on campus. This summer, I also worked as a CAN as a part of my Nursing externship.

Extraordinary Circumstances: After my parents' divorce when I was twelve, my dad became a single father. He is truly the best father I could've asked for, and he worked tirelessly so that I would be able to finish school in the same district in which I began. Receiving this scholarship is not only a credit to the work that I have put forward, but also to his. Without his hard work and sacrifice, I wouldn't have anything of the things that I am lucky enough to have today.



Austin Rongo '24

Hometown
 Mooresville, NC

Major
Chemistry

School Activities:

Villanova Club Rugby: Treasurer, Villanova Orientation, Administrative Assistant, Campus Ministry, Lector, VU Chemistry Dept., Peer Mentor, Chemistry Society, member

Career Aspirations:

I would like to become the lead researcher of a chemical or pharmaceutical company's research and development division.

Favorite Quote:

"In the midst of winter, I found there was, within me, an invincible summer. And that makes me happy. For it says that no matter how hard the world pushes against me, within me, there's something stronger-something better, pushing right back"- Albert Camus

How the Blue White Scholarship helped me:

The Blue White Scholarship has given me a much-needed safety blanket from falling into the pitfalls of the student debt crisis. The scholarship has given me the opportunity to refrain from taking more loans this year, and I can now focus more on my studies, extra-curriculars, and realizing my personal and professional goals.

Jobs I have Worked to help pay for school:

- **Grocery Store Clerk at Harris Teeter & Donahue Market**
- **Student Researcher - Chemistry Dept.**
- **Teaching Assistant**
- **DoorDash Driver**

Extraordinary Circumstances: I have two more years of college, and my sister will be a freshman this fall at Villanova. My parents have also downsized recently to help accommodate the expenses associated with two children being in college simultaneously. My sister and I both came to college with savings from our high school jobs, and we both plan on working during the school year to help pay for school. My family and I are grateful to the Blue White Scholarship Foundation as it has decreased our financial

Student Spotlight— Joe DeMarco— *Pilgrimage to Lourdes*

In the 1850s a young, poor girl in a small village in the Pyrenees of southern France had visions of a beautiful “lady” who spoke to her. The Blessed Virgin Mary appeared to now St. Bernadette, identifying herself as the “Immaculate Conception.” Across 18 apparitions, among other messages, Mary told Bernadette to “go to the spring, drink of it and wash yourself there” and to “tell the priests to come here in procession and build a chapel here.” At the time there was no spring there, but miraculously one appeared, and since then, with many people coming to bathe, there have been 70 recorded miracles. Now, there is not a chapel but 3 basilicas, and pilgrims come from all over the world to bathe in the waters and participate in Rosary and Eucharistic processions.

In my sophomore year of high school, I was invited to travel to Lourdes with Our Lady’s Pilgrimage to serve the pilgrims with the Hospitalité Notre Dame de Lourdes. The leader of the organization offered me a full scholarship for the trip, and I excitedly accepted. While there, we served helping malades (the sick) in wheelchairs and moving the significantly disabled onto stretchers around the baths and the trains. We organized processions and services as well as participated in these services. At the trains we would bring wheelchairs out to the trains and push the malades to or from a train. While I was pushing one person, I had a touching moment



of realization how frail this gentle person was, and I realized I had a precious life under my care.



The service and being present in Lourdes brought me immense peace. I discovered a love for the simplicity of prayer and work. Self-giving to bring others to God as well as keeping my focus on God for the trip was unlike any other portion of my life. My time was important for my spiritual growth and listening to God. We were there to serve but also to be pilgrims. I embraced personal prayer opportunities, a special stations of the

cross with reflections written by myself and my fellow pilgrims, daily mass with our intimate community, and my own opportunity to bathe in the spring. As someone who is always discerning God’s plan for me, it was also a gift to spend time with seminarians who come with our group. These seminarians contributed to building my real faith by seeing and living with men who were committed to

their faith and spiritual life.

For some time during that summer, I had been praying for God to show his love for me and to send good people into my life. Standing in the middle of the sanctuary at the end of the rosary procession singing the Salve Regina with thousands of other faithful was an abrupt revelation from God, a personal miracle.

At the end of the trip, I did not know how to describe the impact of my experience. My group, the pilgrims, and Lourdes dug a special place of peace in my heart. I had no expectation of returning, as I was already heavily gifted with a fully paid trip. Then in the spring of the following year I received a text from “granny,” the woman who runs Our Lady’s Pilgrimage. I became overwhelmed and thanked God. She was reaching out to invite me back to Lourdes the following summer and explained that she was able to gather a scholarship from a donation.

My second time in Lourdes I was old enough to work inside the baths. The baths are perhaps the most solemn place in Lourdes outside of Eucharistic chapels. Bathing in the spring water was one of the main requests of Mary. The pilgrims that come in to bathe take off their clothes down to under garments, then before being submerged in the waters, remove their undergarments and are wrapped in only a towel. An old priest from England came into our bath. He was too old to undress himself and needed assistance. I was the one there to help him. I was slightly unsure, but willing to help, so I began to help him. Needing to be helped physically in any way can be demeaning in old age. Needing assistance to undress requires another level of vulnerability and humility. I could not imagine what it would be like, so of course I did not make a big deal out of it. I expected nothing, but the priest, in his frail and weak sounding voice began to say thank you. He repeated “Thank you” after every little thing and through the whole process of undressing, bathing, and being dressed. Humble gratitude was all he had to offer.

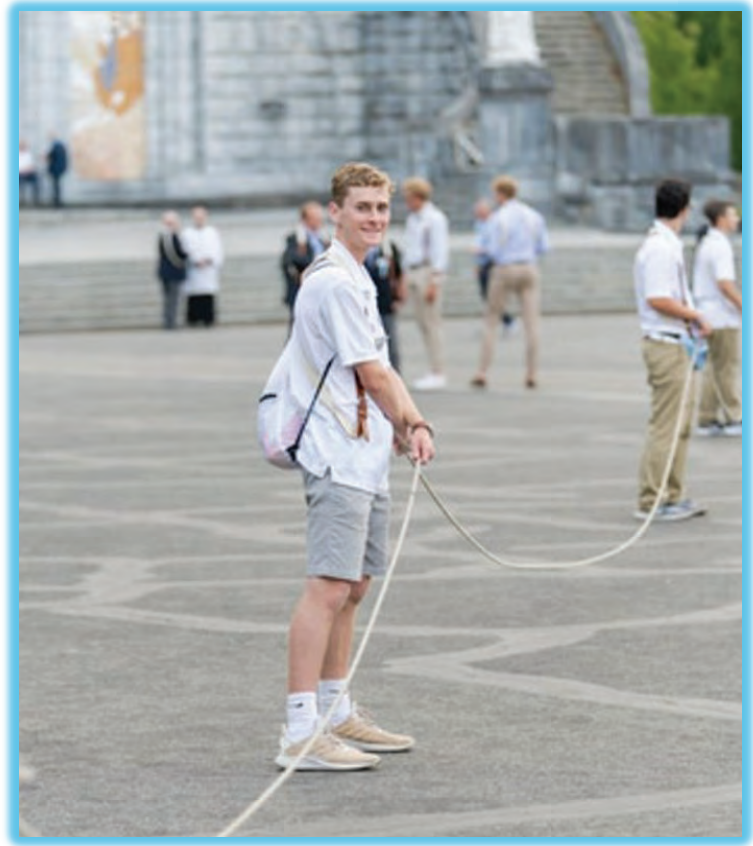
This humble gratitude is all I

have to offer when I am approached with something I cannot return. The Blue white scholarship is one of those graces. This old, grateful priest taught me how we can be impacted by gifts from others like service, time, and other giving. Not only does

service and offering ourselves and gifts impact others, but I was enabled to offer myself to others and to God and was touched by the scholarships for my trips. In the same way, the members of the Blue White Scholarship Foundation offer their gifts to the Scholars and allow us to “pay it forward.”

I have not been able to return to Lourdes since then. I was invited back again and have a place waiting for me, but with the pandemic and now having to work many hours over the summer to afford Villanova, I have had to sacrifice traveling to serve the Pilgrims. With help from the Blue White Scholarship, I will be able to graduate Villanova, and someday will return to Lourdes.

One Thing You May Not Know About Me: “I am a member of the pro-life club at Villanova, Villanovans for Life”



The Villanovans for Life (VLF) pro-life club at Villanova is the oldest college pro-life club in the U.S., and I am proud to carry it on as a consistent member. The club meets weekly to discuss important topics, have speakers, host a table on campus, and occasionally just have a social gathering. The picture on the right is of my sister and I on the March for Life in DC.



Student Spotlight: Austin Rongo on *Rugby*



practice. My class and work schedule at the time didn't allow me to join at the time, but I told them I'd be more than happy to try it out in the fall.

That fall, I went through with my promise to give rugby a try. Now, with every other sport I'd tried up to that point that I had little experience with (swim, cross-country, and track), I didn't have too much difficulty transitioning into. Sure, the physical toll on my body was different for each sport, and I had to learn how to expend the proper amount of energy, but I never felt confused or awkward with learning the sport. Rugby was a different story though. I watched a few New Zealand All Blacks and South Africa Springboks games before the first practice, but it really

couldn't prepare me for learning the game. The passing felt awkward, and I didn't have a sense of the pace of gameplay. I was fortunate enough to not be alone though. Many people who came out were also completely new to the sport. It made learning the rules, terminology, and

each other much easier. The experienced players did a phenomenal job in teaching all of us rather than focusing on who they'd want the starting fifteen to be too. I liked this as it ensured no player was excluded from the practices or left clueless in the matches.

As we reached playoffs, I realized that I joined something special. Many of the new guys who came out early in the season stayed. For those who stayed, there seemed to be some unspoken agreement that we were committed to



this team for the long run. Being a club sport, we aren't being paid or forced to show up to practice and do extra work outside practice. Our performance is tied to the effort and time we want to expend. I would see many of my team-

Since I was three years old, I've always been playing a sport. My parents both wanted me to be active from a young age, and I quickly fell in love with baseball. I played until my junior year of high school and decided I was done. I quickly transitioned to new sports like cross-country, track, and swim for my senior year. Unfortunately, the onset of the COVID-19 pandemic cut my track season short. It felt jarring as I finally felt that I was getting into a groove with track and running the mile. I was disappointed that I could not compete as I've found I push myself harder when someone is just behind me or just ahead.

When I came to Villanova, I still had that itch for competitive sports. However, with the COVID-19 restrictions in place, I couldn't do much with others. Towards the end of my first year, some friends of mine asked if I wanted to come to a club rugby



mates exercising and conditioning outside of practice, and it kept me determined to do the same even when I was stressed or tired. It also brought us closer together and bred mutual respect. A conversation that starts in the gym finishes at practice and leads to closer bonds amongst teammates

We've continued to grow as a team since last fall. Now, we're looking forward to teaching the next crop of new players the skills and rules of rugby. There are more opportunities for players to get involved outside the formal officer positions, and many of us who joined last year are taking up these opportunities. From post-practice dinners with my teammates to the bus/car rides to matches, I've thoroughly enjoyed my first year of playing rugby. I want to

ensure each new player feels welcome and excited to be a part of the team. Villanova Club Rugby has redefined the way I look at team sports, and I cannot wait to see where we go from here.

Interesting Rugby Trivia

Did you know that Nelson Mandela used rugby to ease racial tensions in South Africa after the abolishment of apartheid? In 1995, the Springboks won the Rugby World Cup, the first major sports championship for South Africa since apartheid ended. Millions of South Africans were skeptical of the Mandela administration's efforts, but upon seeing Nelson Mandela in a Springbok jersey walk onto the pitch following the match, the stadium and country burst into applause. His actions reassured all South Africans they were

welcome in the post-apartheid world and that the government would do its best to erase the horrors of apartheid and build a fairer society. I think this story serves as an excellent example of how sports can bring together even the most divided. It also demonstrates how sports carry our hopes and dreams, even if we aren't intimately involved in watching or playing.



Photo: Creative Commons

5 Things You Might Not Know About Me (Austin Rongo)

1. Music

I love exploring new music; from classic rock to grunge to indie, I find each genre as a unique way in describing the human experience with some genres excelling at describing one emotion over another. I'm always looking for new music to listen to and opportunities to talk about music as I think it's a great way to get to know someone and bond. I also find it pretty cool to say that my playlist has over 1,200 songs and is growing.

2: Sports

Since I was a kid, I remember my dad pushed me into playing sports all year as a means of staying active. As I've grown older, I've come to love sports on my own without my parents pushing me into it. In the past four years, I've been apart of baseball, cross-country, swim, track, and rugby, each of which are different from each other. I'm incredibly blessed to have been apart of all the teams and pushed myself in practices to better myself as an athlete and person.

3: Odd Talent

I have an odd knack for breaking things. Now, this doesn't mean I'm clumsy and trip or drop things randomly. Rather, I



pretty good at breaking things that you wouldn't think could be broken. For example, my parents told me that when I was one or two, I was never content with how they child-proofed our house with various child-proof locks and other measures. I'd apparently toy around with whatever countermeasures they took and eventually break the lock, making their lives a little bit more stressful. Even now as a twenty-one-year-old, I find myself doing this by accident. A few weeks ago, I was doing laundry and completely ripped the handle off the door in the laundry room. Granted, I'm sure this happened due to gradual wear and tear. To me though, it made sense that it was my opening of the door that ultimately ripped the handle off.

4: Thrill Seeker

I am quite an adrenaline junkie. From roller coasters to high heights to cliff diving, I have always loved thrill-seeking activities.

5. National Parks

It is one of my top goals in life to explore and go hiking in all the U.S. National Parks. Some of my friends have gone to several, and they have partially inspired me to add this to my bucket list.

Student SPOTLIGHT—Mary ate Oldham—*Cancer*



This past summer I was very lucky to join the Penn Medicine Team at the Nation's first hospital—Pennsylvania Hospital. I worked shoulder to shoulder with my preceptor as a Nurse Extern for the past 8 weeks. In this role, I worked on an Oncology/Hematology unit, which allowed me to gain experience with the full continuum of cancer care as well as a variety of blood disorders.

I was drawn to this opportunity because of my dad's own illness during my childhood. He was diagnosed with cancer when I was 7 years old, and, while I didn't fully understand what cancer was, I understood enough to be scared. His doctors and, especially, his nurses were so thoughtful and caring, which meant so much to my family and I. Throughout my nursing education, I've always wanted to work in Oncology to pass on the same kindness that was shown to me.

During my time on the unit, I learned so much about clinical skills and my ability to help others in high pressure scenarios, but what I learned most about is the importance of compassion and empathy. Our patients and their loved ones spend so much time in the hospital trying to be strong for one another. This makes absolute sense, but occasionally, the stress of treatment can get to be too much. As their nurse, I feel honored to help carry the burden in the moments where it is too heavy for them to carry alone.

This past summer I have experienced a full spectrum of emotion. At times, the losses can be overwhelming. It always feels like every patient we have is too young to be dying of cancer. As painful as these experiences were for everyone involved, it is also an immense privilege to see someone on from this life into the next while making that experience as comfortable as possible.



But as healthcare providers, we must often focus on the wins to carry us through the tough days. My fondest memory of this summer was of one of my patients who completed his last cycle of chemo. A young dad with kids not much older than I was when my own dad was sick, got to ring the bell early one Saturday morning. He rang the bell with all his might and immediately burst into tears. He held his family close and we all celebrated the battle he'd won. On the more difficult days, I am so glad to have this beautiful memory to look back on.

In approaching my senior year of nursing school, I am filled with a mix of excitement for what's to come and nostalgia for the years that have passed. No matter what happens in the next year, I am excited to continue making a difference and serving a patient population that I hold so closely to my heart.



Did You Know?

**OVARIAN CANCER
AWARENESS MONTH
IS SEPTEMBER**

Ovarian cancer often has no symptoms, making it difficult to diagnose. Uterine cancer, a type of cancer that begins in the lining of the uterus, is associated with signs like lower abdomen pain, pelvic discomfort, and abnormal bleeding in women.

5 FACTS About Ovarian Cancer

1. It doesn't always start in the ovaries .

Most ovarian cancers start in the cells of the fallopian tube, which then multiply and reach the ovaries.

2. Pregnancy and birth control pills lower risk

Studies show that full-term pregnancy and birth control pills can lower the risk.

3. It is diagnosed with a biopsy

A biopsy is a procedure in which a tiny bit of aberrant tissue is removed to determine the presence of cancer and confirm the diagnosis.

4. Old age is a significant risk

Ovarian cancer usually affects women who are 63 years or older.

5. Blood tests and screenings are the best ways to detect ovarian cancer

5 Things You Might Not Know About Mary Kate Oldham

1.

I have an older brother! My Brother, TJ, is 24 years old and is an electromechanical engineer. He attended Penn State for his undergrad degree, and he now works as a Test Technician to support our military.



2.

My first job was a tour guide at a Historic Pretzel Bakery! My hometown, Lititz, Pennsylvania, is home to the Nation's first hard pretzel bakery. At the age of 14, I started working there and gave 25-minute pretzel tours for over 6 years.



3.

I've loved riding horses from a young age! Since middle school, I worked as a stable hand to gain experience and practice working with horses!



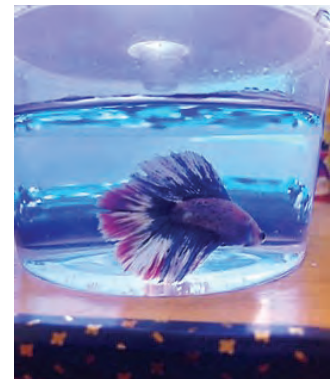
4.

I love art! Throughout middle school high school, I've always been very creative. My favorite mediums to work with are charcoal and acrylic paint. I wish I had more time in college for creating!



5.

I snuck a fish into my dorm room during my freshman year of college! Though he technically was not a part of my housing contract, Finneas certainly helped to keep my roommate and I company during our COVID year.



Excerpts from Mary Kate's Thank you Note:

“In high school, Villanova quickly became my top choice of schools after I toured during my junior year. I fell in love with the tight-knit community of campus and was impressed by the outstanding nursing program. Once accepted, the real challenge became how I was going to pay for such an expensive degree. As a first generation, Pell-grant eligible student coming from a single parent household, college expenses have been a long-standing source of anxiety. After losing my college fund through my parents' divorce,

the cost of education became my responsibilityI have worked to pay for my college education since the age of fourteen. For five and a half years, I worked as a tour guide at a pretzel museum in my hometown. After moving to college, I worked for the past two years as a Holy Grounds barista. This summer, I worked as a Certified Nursing Assistant as a part of my Geriatrics Nursing Externship, which I will continue to take Thankfully, this scholarship will help to offset the cost of my attendance so that I can spend

more time working on my studies and pursuing the extracurriculars that I love. On campus, I am involved with Blue Key, a New Student Orientation Counselor, and I am a member of NovaDANCE. I truly could not fathom attending any other school, and, from the bottom of my heart, I offer the utmost gratitude for your contribution to the Blue White Scholarship Foundation. Through your generosity, the power of a Villanova education becomes increasingly accessible to people like me, and I cannot thank you enough. for making that a possibility.

Giving Thanks by Joe De Marco



My name is Joseph DeMarco and your support has allowed me to proudly say I am a Blue White Scholar. Thank you for your donation to the Blue White Scholarship Foundation. It is hard to describe how grateful I am for people like you who are helping me to get through college. When graces like this come along in my life, there is not much I can do but express my great thanks and be awestruck. I would like to introduce myself, the person who you are helping, and to tell you a bit about my situation.

I am a rising senior in the College of Engineering studying computer engineering with minors in computer science and cyber security. I have lived my whole life in Amityville, New York, a small village on the south shore of Long Island. I am the third child of four: a brother, sister, me, then my youngest brother. We grew up in a steady family until my father's increasing alcohol addiction pulled him out of our family and our lives. Since then, we have lived under the support of a single mother. My siblings and I have understood that if we want to go to

college, it would be our financial burden to take on.

As early as I could I began working over the summers and getting good grades to prepare for college. In my college search, I was drawn to the school at which I could feel the school spirit right from the beginning. Villanova was my top choice, but also potentially the most expensive option, so we prayed for guidance and the money to afford the school that was right for me. My freshman year, the Villanova Grant from my financial aid came as an answered prayer and I was able to attend Villanova.

Each year paying to attend Villanova



has become more difficult. I have worked at school and up to 70 hours a week each summer, and I have emptied my bank account at the start of school years to barely afford to attend. This year and last, my financial aid package has left a significant gap between my ability to pay and what is being asked even with what my mother can contribute. My personal private loans have been adding up.

When I received word that I was being awarded the Blue White Scholarship, the scary amount that I have to come up with became more manageable. Not only did news of the scholarship provide financial relief, but I

felt affirmed for my hard work and sacrifices. I have been able to see very little of my friends and even the family I live with while working 13 hour days over previous summers and now living away for work this summer. Your generous gifts make me feel like I am making progress and that the work I am doing is worthwhile.

Dealing with the finances of attending our school has sometimes lessened my enthusiasm, but your donation through the Blue White Scholarship has helped to reignite my spirit and has made me proud that we are Villanovans. I am more excited to get back to campus and to jump back into clubs, campus ministry, intramurals, food truck Fridays, going to 'Nova games, and the many more things the Villanova community has to offer. I can't wait to take a bigger role in all of my activities as a senior.

I have worked hard, but still have needed help. You have provided that help for me. Since I have nothing to return at this stage in my life, I eagerly await my time to "pay it forward," and it is people like you that inspire me to work hard, to keep going, and to one day return the same inspiration and support to people I see myself in and to those who have helped me along the way.

Thank you for your generosity that will allow me to fully involve myself in the school we love. Thank you for this gift of affirmation and inspiration that will drive me to continue to work hard in school, at work, in activities, in relationships, and in career pursuits. Thank you for welcoming me as a Blue White Scholar.

Sincerely,
Joseph DeMarco



CYBER MONDAY

50-50 Raffle

(License No. 1430)

\$25 for 1 Ticket/ \$50 for 3 tickets/ \$100 for 10 tickets

Drawing Date: Black Friday, 6pm

By Check Include: Name: _____

Address: _____

Phone Number: _____

Email: _____

If Applicable Ticket Sold By (Student name) : _____

Buy Raffle Virtual Ticket Now!



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Venmo: Please reference the 50-50
Credit Cards, please call (610) 519-0777

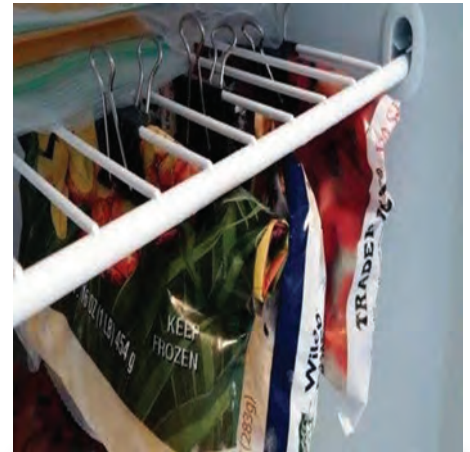
*A Benefit for the Blue White Scholarship Foundation, a 501(c)(3)
We "Bridge the Financial Aid Gap" for Villanova students*

NEWS you Can Use



Use a wooden spoon to prevent water from boiling over.

If you love to cook but hate the messy spills from water boiling over, get in the habit of keeping a wooden spoon handy! When you step away from your boiling water, just lay the spoon across the top of the pot. The spoon will prevent the water from overflowing so you can keep working on the rest of your meal!



Save Freezer Space & Organize

Do you hate wasting money on food? Are you constantly throwing away perfectly good food because you couldn't find it in your freezer? How annoying is it to have half-opened vegetable bags hidden or falling out into the freezer? If you want to be organized and save food, try this trick. Purchase a collection of sturdy paper clips/chip bag seals to use in your freezer. As you can see in the picture, you can seal your frozen veggies while keeping them off of the surface of the freezer. Not only will you stop your food from accidentally being spilled, but you will also make your freezer appear larger than ever!



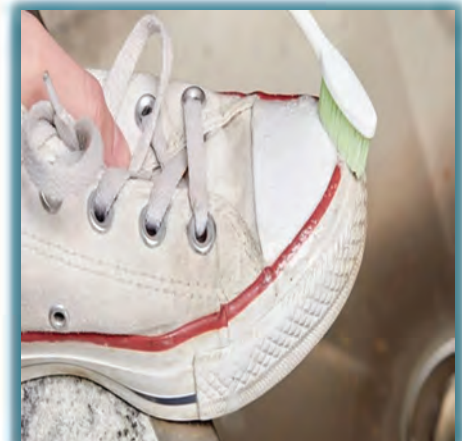
Keep your cables tidy

It was created by David Rudolf Bakker from the Netherlands, and you can easily make it yourself with a few items from your junk drawer. Just grab some binder clips, clamp them onto the edge of your desk, and thread your cables through the loops. This will prevent your cables from slipping down the back of your desk and keep them ready to be used with your notebook. Plus, the loops are big enough to prevent the cables from getting caught as you pull them through

Make your sneakers look new!

All you need is an old toothbrush and a little toothpaste to get your old sneakers looking like new! Non-gel white toothpaste works great for cleaning white-soled sneakers and canvas shoes (colored toothpaste may stain rather than clean sneakers). Apply toothpaste to an old toothbrush and then work the paste into the dirty spots. Leave the toothpaste on the shoes for about ten minutes, and then wipe it off with a damp towel. Repeat the process if necessary.

Important: The ingredients in toothpaste may vary from brand to brand, so make sure to first test this method on a small unnoticeable spot on your sneakers.





Great Thanks to Andrew Keefe '05 (Blue White Scholar)

Andrew Keefe '05 "Paid It Forward" by mentoring Joe De Marco'24 (Blue White Scholar) and making the introduction and eventual hire for Joe to work at Lockheed Martin- Summer 2023



Autumn Cocktails

Autumn Fizz-From the Ebbitt Room (Virginia Hotel, Cape May NJ)

Ingredients

2 oz Alibi Gin
.25 oz lemon juice
Agave nectar, to taste
Sparkling apple cider
Garnished with thyme and apple

Instructions

Pour gin in shaker, add lemon juice and agave nectar, shake, and then pour into a high ball glass and top with sparkling cider. Garnish with fresh thyme and an apple slice.

Photograph by
Jessica Orlowicz



Pear Sour– From Wolfgang Pack Catering

Ingredients

2 oz pear brandy
2 oz pear nectar or fresh pear juice
.75 oz fresh lemon juice
.5 oz simple syrup
1 pear slice
1 egg white (optional)

Instructions

Combine pear brandy, pear nectar, lemon juice and simple syrup into cocktail shaker with ice. (If including egg white, add with this step.) Shake and mix well. If egg white was added, be sure to shake vigorously.



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kickoff football tailgate & After Party
Halloween weekend



Don't Miss OUT on a fun
weekend.

Saturday October 28

Football Tailgate
11am– 2 pm

After Party and Kick off of
our 50th Anniversary

\$50 donation

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