Laura Skandera Trombley, PhD, is named the University’s tenth president.
I write you amid a crescendo of events that celebrate endings: faculty retirement parties, Commencement, academic honors ceremonies for top students, a Golden Knights luncheon for Class of 1968 alumni, and the Athletic Awards Banquet. Across campus, Waldemere, the president’s house, slowly fills with moving boxes. My wife Rebecca and I are moving, too, to Maryland. My last day as president of the University of Bridgeport, June 30, 2018, will have passed by the time this issue lands in your mailbox.

Serving UB has been my greatest honor. Rebecca and I arrived during less-than Certain times for the University, when endings were not cause for celebration but sources of not-misplaced fear. Like much of the region, the University was roiled by financial tumult, and the threat of bankruptcy was all too real. Enrollment had plummeted. And yes, my appointment as president in 2000 was not without controversy, too. But there was, and remains, a core group of dreamers who stuck by the University, confident of its bright future. Trustees, like former Norwalk Mayor Frank N. Zullo (who, sadly, passed away in May), the late Ernie Trefz, and others made courageously difficult choices to stabilize our finances. They and I were fortunate to collaborate with administrators who worked tirelessly to find solutions. Meanwhile, dedicated faculty, like “Doc Rock” and Roxie Ray, both of whom have just retired (please see page 40), never stopped encouraging students to take big, bold steps—then take some more. Alumni support was critical, too. In addition to contributing critical funds for programs, buildings, and scholarships, they stepped up to serve on our Industry Advisory Board, as mentors at the Career Center, and even host annual midnight breakfasts to students during finals. Thanks to this collective effort, UB gradually began to blossom. We cut ribbons to new buildings. Added award-winning online programs. Admitted record numbers of Fulbright Scholars to campus and watched enrollment climb to a 30-year high. Students were honored at the White House as teachers and agents of change.

With each success, UB’s prospects brightened; today, they dazzle. Bauer Hall, home of UB’s new innovation center for student-entrepreneurs and area start-ups, will open later this year. The Trefz School of Business is putting the finishing touches on a simulated analytics lab that will open this fall, and the Dean of Students Office is about to host July orientation days for incoming freshmen. Most significantly, Waldemere is getting a fresh coat of paint for its newest resident: Laura Skandera Trombley, PhD, the next president of UB. Laura’s appointment should be a source of tremendous pride for those who believed in UB. Indeed, when I became president in January 2000, one of my goals was to create a university that could attract the best and brightest leaders in higher education. The University has found one in Laura, and I invite you to read more about her in these pages.

I also urge you to look at this year’s graduation coverage. In my years as president, I have awarded diplomas to more than 25,000 students. This year, Nick Burrano was among them. Nick is a member of the Class of 1988, but because he had to work, he was unable to attend graduation 30 years ago. This spring, he called to ask if it would be too late to participate in ceremonies. What the University told Nick, and what I would like to leave you with, is that it is never too late. UB’s doors are always open to you. The University has come so far, and I have no doubt at all that it will continue to soar, but it will continue to require a group effort. It will require you to come back and engage. So stay in touch. Tour new buildings. Meet your new president. Mentor. Attend Homecoming. Donate. And remember, believe in UB. It will surpass your dreams, just as it surpassed mine. And since the Board of Trustees honored me by electing me president emeritus, I will be staying closely involved!

Neil Albert Salonen
President
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Editor’s Note

On July 1, Laura Skandera Trombley, PhD, became the University of Bridgeport’s tenth president, bringing a wealth of experience that hits all the marks: As a visionary administrator, she’s raised millions of dollars on behalf of universities and cultural institutions. She’s an esteemed Mark Twain scholar and author who has dedicated much of her professional life to sharing her knowledge with students and the larger public. She has championed sustainable building programs, and, after being appointed to the J. William Fulbright Foreign Scholarship Board by President Barack Obama, served as its Chair. As the daughter of a principal and a teacher, education is in her DNA.

President Trombley’s arrival thus begins an exciting new chapter for the University; it also presents an opportunity to celebrate the people who have shaped and guided UB to this moment in history. Most notably, President Emeritus Neil A. Salonen stepped down from office on June 30. Neil and his wife Rebecca gave so much to UB, and it has been breathtaking to celebrate some of the accomplishments that were achieved during his tenure.

Neil and Rebecca are quick to remind everyone that transforming UB required a communal effort. Recently, for instance, UB was named the “Safest Campus in Connecticut.” The award is the result of work by campus security and local law enforcement (see page 27). But shaping students’ futures is often the result of personal exchanges between individuals. This issue also honors two of the University’s most influential leaders: Roxie Ray, UB’s “tutor-in-chief,” and John Nicholas (“Doc Rock”), possibly the world’s most beloved geology professor. After decades of service to UB, they are embarking on well-earned retirements. As many of you have shared on the UB Alumni Facebook page, Roxie and Doc Rock touched students in ways that were exceptional and transformative.

President Trombley’s arrival. Retirement parties. Graduation. A new class of highly impressive freshmen (I urge you to read about them on page 28). All of these milestones remind us that a university is ultimately about its people. And while the faces at UB inevitably change over time, membership to the University of Bridgeport community never ends. In her first interview with this magazine, President Trombley said, “A lot of people say they have an open door policy, with me, there is no door.”

With that in mind, we hope you will return for Homecoming on October 5-7. As an alumnus, you may have graduated, but you will always belong.

Leslie Geary
Founding Editor
Dear Editor,

Thank you for the news of the renovation of Bauer Hall (“Innovation Gets a New Home,” Spring 2018). Thankfully, another piece of historical architecture will not be destroyed.

Joel Leneker ’79
Stratford, CT

Dear Editor,

I read your article about the Bauer Foundation giving $2.3 million to UB to support a new Innovation Center. As a former UB student, I was delighted to see the former dorm (which had been vacant for many years) become the new home for the Innovation Center and the newly minted Bauer Hall.

I salute Mr. Bauer and his wife Carol for their generosity and vision for helping student-entrepreneurs and Connecticut-based businesses grow their ventures here in Bridgeport—all within a university setting.

As someone who is involved in economic development here in the City of Bridgeport, I can say with absolute confidence that the efforts of UB’s Innovation Center will be a welcome addition to the economic-developement and job-creating efforts that are certainly needed here in the State of Connecticut.

Again, we would like to salute the Bauer family and the University of Bridgeport for their commitment to the City of Bridgeport and State of Connecticut to expand economic opportunities and support our students and community entrepreneurs.

Jeff Bishop ’78, ’91
Director, Sustainable Development
Bridgeport Regional Business Council

Dear Editor,

I read your article about industrial design major Marc St. John and his passion for making guitars (“Amped Up: The Anatomy of a Design Project,” Spring 2018).

Marc said his dream is to have a career as a guitar builder. I would like to see if I can make that dream a reality for him.

UB is one of the most special places to me. The time I spent with students and faculty helped me to make all of my dreams come true. I learned how to cultivate passion and open my mind. [UB alumnus and composer] Russ Landau, gave me a start and had me write a couple of songs for TV, and that ball kept rolling.

When I left UB, I started a business. Jay and Ray is the name of the company and www.jayandray.com is my website. I have been operating for six years and have had opportunities that far exceeded anyone’s expectations. In addition to my business, I am currently a Martin guitar artist and perform with Bakithi Kumalo and the South African All Stars of the famed Graceland album from Paul Simon.

I came to UB with no expectations and left with a desire to share my experience and give back. I would love to see if there might be synergy with Marc because I have a full-blown working barn/garage at my home that my wife and I are looking to do something productive and special with. It would be a perfect opportunity for someone to have start-up business in.

Ray Bryant ’11
Wilton, CT

Dear Editor,

My wife and I (both graduates of UB) look forward to reading UB Knightlines. It is not only well produced but extremely interesting to many of us older graduates. Besides linking us to the past, we are excited to see how our alma mater is progressing into the future.

Stanley L. Alpert ’64
New York City, NY

Yay, nay, or meh?

We’d love to hear what you think about the stories you read in Knightlines, so drop us a line at:

knightlines@bridgeport.edu

or:

Letters to the Editor - Knightlines
Cortright Hall, University of Bridgeport
219 Park Avenue, Bridgeport, CT 06604
Thanks for the Memories

The University of Bridgeport salutes retiring President Neil A. Salonen and his wife Rebecca

By Leslie Geary
In a celebration that was by turns joyous, bittersweet, and awe-inspiring, members of the University of Bridgeport community gathered on April 26 to honor retiring President Neil A. Salonen and his wife Rebecca.

President Salonen stepped down from office on June 30. He joined the UB Board Trustees in 1992 before serving as its chairman in 1995. In 2000, he was appointed UB’s ninth president.

“You did not need to assume the presidency in 2000 but we needed you to,” said Board of Trustees Co-Vice Chairman Mark A. Fries ’73. “You helped reshape UB into a university that today’s students and alumni such as myself are proud to call our alma mater.”

Fries was one of hundreds of dignitaries, friends, and guests who attended the event.

By his own admission, President Salonen accepted the presidency when there was “no guarantee” that his efforts would be successful.

“UB was an institution with an incredibly great past which had really hit hard times for reasons that were not entirely of [its] own making but included several serious administrative missteps,” he said during a video remembrance that was shown at the honors ceremony.

“The first year that I was here if we were going to make it.”

Nonetheless, he accepted the job, assuming he would “spend a few years and get it up and running and then go back to Washington.”

If his time at UB was longer than anticipated, the success President Salonen helped to achieve also surpassed expectations.

Since 2000, UB has tripled its revenue, balanced its budget, steadily increased the endowment, and grown enrollment to over 5,000 students. It also completed nearly $100 million in capital improvements. These include glittering health clinics, research labs, athletics facilities, the Ernest C. Trefz School of Business, and University Hall, the first new residence to open on campus in over four decades.

“Neil didn’t simply save the University of Bridgeport. He did, but that’s only part of it,” said Board of Trustees Co-Chairman Robert L. Berchem, Esq. “He saved jobs. He saved students. He saved careers. But he also saved, fairly, the south end of Bridgeport.”

Milestones required patience. UB, which was ineligible for bank loans, had to shore up its finances before undertaking major capital projects. It wasn’t until 2007 that it unveiled Knights Field. “That was a turning point,” said Vice President for Facilities George Estrada. “It signaled vibrancy. It signaled something was happening at the University.”

Even before that, President Salonen worked to earn the students’ and faculty’s trust by leveraging the one resource he did have: himself.

He and Rebecca began attending baseball games in Seaside Park, design concerts at the Arnold Bernhard Center, and other University events.

They also rolled up their shirt sleeves and dug in.

“The house, Waldemere, which we were supposed to live in, had been vacant for ten years and was in very poor condition. There were no shrubs,” Rebecca Salonen said. “So I went to the Home Depot and I bought them and I planted them. That’s what we did. We just thought, ‘You have to dig in and do what you can do.’”

Neil didn’t simply save the University of Bridgeport. He did, but that’s only part of it. He saved jobs. He saved students. He saved careers. But he also saved, fairly, the south end of Bridgeport.

ROBERT L. BERCHEM, ESQ.
Co-Chairman, Board of Trustees
In Their Own Words

The University remembers the best of times with Neil and Rebecca Salonen

I met Neil in 2005 when I was with the City of Bridgeport in a similar capacity. It was as he began planning for the new multipurpose athletic field, and I worked with him at the time to assist with the regulatory aspects of the project. He was determined to deliver the first major physical improvement on campus that had happened in a very long time. He used to talk about the field all the time. He was so excited! I remember thinking, “Why is he so excited about this field?”

It wasn’t until I got to UB—Neil offered me the opportunity to come in 2007—that I realized the impact that field had. It transformed the perception on and off campus about the University. It signaled vibrancy. It signaled that the University’s renowned athletic program was back again. The field was where people gathered to rally around the University. People met each other there. It created a sense of community. So it was a very subtle but shrewd objective to build it. It created confidence that something significant was happening, that UB was growing stronger. It was going somewhere.

Since then, the University has completed almost $100 million in capital improvements. They’ve touched not only the athletic program but also every program and every aspect of the campus. The community has benefitted by UB’s growth, too, but it started with the field. Neil realized it at the time, before the rest of us. He had a vision and he was determined to bring it to life, project by project.

Having a president living on campus again was a big change. Waldemere hadn’t been lived in for years. It was a mess! A squirrel had gotten in and had torn up all of the curtains, just shredded them. Rebecca wanted new ones, but budgets were really tight. I took her to The Barn. It’s a fabric store, and Rebecca fell in love with the place. She bought material and then she pulled out her sewing machine. The lace curtains on the front door. Curtains for the kitchen and the rooms upstairs. Rebecca made them all! She brought life back to that house. Waldemere had a new mistress.

It has been a pleasure and privilege working with Neil and the University of Bridgeport. Together, we have all forged newfound beneficial relationships and partnerships with the University, the Board of Trustees, and the city. Neil’s leadership, direction, and vision for growth have brought new students to UB and residents to our city for an amazing evolution that we look forward to continue to cultivate in his honor and for the continued success of the University of Bridgeport.
Neil visited my company in Shelton in 2016 and invited me to speak at Commencement. He felt I had a story to tell. That’s his gift; he sees strengths and potential in people long before they do, including me. After Commencement, I spotted him having a conversation with my dad at the Golden Knights Luncheon. My father is a blue-collar guy, a former factory worker who never went to college, but he and my mother sacrificed so I could. To see my dad talking with a university president was incredible. Neil has a special gift for making genuine connections with people.

What better president could UB have than someone who not only saw the potential of what UB could eventually become, but what its students could become as well?

I started at UB in 1990, and watching UB struggle, I constantly wondered how things would ever change. It would take a lot of hard work, and that is exactly what President Salonen gave. Being in charge of safety, which would help in our successes to grow, I was never challenged by President Salonen. He made it clear what he expected from security but he made relationships with the officers; they respected him and wanted to do what was possible to make a safer and better UB . . . . He leaves us with the gift of being named “The Safest Campus in Connecticut.”

My first opportunity to work directly with President Salonen came in 2012 when I became the dean of admissions. From the beginning, I knew he both understood the enrollment landscape and that he had a great deal of faith in our ability to meet the challenges facing today’s higher-education institutions. He was always willing to listen, and very often willing to provide the resources necessary to explore new initiatives. He has been more than a supervisor; he has been at various times, a counselor, a mentor, and a friend.
UB’s New President

Laura Skandera Trombley, PhD, is named the University’s tenth president

By Leslie Geary

The wait ended at 1:56 p.m. on Friday, March 9, with an email: “Introducing UB’s Tenth President.”

Within minutes, traffic began spiking on the University of Bridgeport website as hundreds of users logged on to read about UB’s new chief. Elsewhere on the web, other news was trending. In North Korea, Kim Jong Un had invited President Trump to talk nukes; the Dow was climbing fast, thanks to a strong jobs report from the U.S. Department of Labor; and officials in Veracruz, Mexico, were warning locals to steer clear of an irascible, 1,320-pound hippo named Tyson who was on the loose.

But at UB, focus remained on the University’s new president: “I heard she raised a lot of money at her old job.” “A woman—” “—from California!”

And from one professor: “She’s mentioned twice in the Norton Anthology [of American Literature], under Twain criticism, which is no small accolade even though it’s in six-point type!”

The campus hummed.

Ten months earlier, University of Bridgeport President Neil A. Salonen had announced his retirement. He had served as president since 2000, and as a trustee for eight years prior to that, so his decision wasn’t entirely unexpected. As Salonen noted: “You want to leave when people slightly wish you wouldn’t but know that it might be time for some fresh energy.”

Nonetheless, suspense had been mounting since his May 2017 announcement as the campus wondered who and what would follow after Salonen stepped down from office on June 30, 2018.

Periodic news updates from the University’s Presidential Search Committee, headed by Board of Trustees Co-Chairman Robert L. Berchem, Esq., did little to quiet speculation. If anything, committee updates—read and analyzed like runic code—generated more questions than answers. Rumors abounded. Local reporters periodically asked about the search, lobbing questions like arrows directed at vague and distant targets. But if anyone wanted answers, they would have to wait. The summer and fall of 2017 rolled into winter, and then into the New Year. When the field of presidential candidates was winnowed to three finalists, whispers grew louder, until finally, it was March 9.

Officially it was just another routine board meeting, but everyone knew what was really going down in the duPont Tower Room. So they waited and checked their smart phones and in-boxes and waited some more. When it finally hit, Berchem’s email to the UB community became the ping! that was heard around the campus.

Laura Skandera Trombley, PhD, had just been named the tenth president of the University of Bridgeport.

“We invite you to learn more about her broad accomplishments,” Berchem wrote.

He didn’t have to ask twice.
First, some facts
Laura Skandera Trombley became president of UB on July 1, 2018.
She arrived with a 22-page curriculum vitae.
The first two pages list her most recent positions as president emerita of The Huntington Library, Art Collections, and Botanical Gardens and president emerita of Pitzer College. Prior to that, she served as dean of faculty at Coe College in Cedar Rapids, Iowa.
Keep flipping pages.
You’ll find awards, grants, chairmanships, her TED talks and national media appearances, an appointment by a former U.S. president, and environmental projects with a Hollywood movie star. There are books (five, as of this year) and papers (too many to count).
Peruse the titles: “The Enduring Power of Humanities”; “Our Mandate is to Change the Universe”; “Servus! Lessons Learned in Presidential Leadership the Bavarian Way”; “Almost Paradise: Sustainability, Power and Politics in LA.” Trombley has had a lot to say—about leadership, higher education, sustainability, literature, work-life balance—the list is a bouillabaisse of ideas. Yet one subject runs consistently throughout her CV: Mark Twain. It turns out that Trombley is an authority on the American author. As one UB Arts & Sciences professor emailed colleagues the day that Trombley was introduced to faculty: “She knows the meaning of academic pursuit!”
True, but set aside notions about academics cloistered in ivory towers. The numbers on Trombley’s resume ($39.4 million, $12 million here, another $134 million: the zeros add up quickly) make it clear why Trombley is equally admired as an academic administrator: she knows how to raise a lot of money.

So what about her role at the University of Bridgeport? According to the Board of Trustees, Trombley has been entrusted to “lead the University’s efforts to assert its value in uniquely combining career-oriented education with a strong tradition of local, regional, and international recruiting.”
She will also “push forward the University’s work in community relations, development and fundraising, and strategic planning as it embarks on furthering efforts identified in its campus master planning process.”
“Her background,” the Board added, in case anyone misses the point, “ideally positions her to help the University take the next step in its development.”

Madame President
Back to page one.
Most recently, Trombley served as president of The Huntington Library, Art Collections, and Botanical Gardens, from 2015 to 2017. During her first year on the job, Trombley raised $39.4 million, $10 million more than the previous 12 months.
Then, in quick succession, she set other milestones to modernize the 98-year-old California institution, like creating The Huntington Channel to archive videos of speakers and live stream webcasts for the public. A Chinese Garden and the expansion of the Virginia Steele Scott Galleries of American Art were completed. Trombley also negotiated agreements for The Huntington-USC (University of Southern California) Institute on California and the West and the USC-Huntington Early Modern Studies Institute.
There were the surprises, too, like the exhibit of multimedia artist Alex Israel, variously described as both a “provocation and a love letter.” Some loved it, others not so much. (One local NPR affiliate called the show “a
ballys decision to stir things up . . . by juxtaposing its priceless European art collection with contextually provocative contemporary art.” Nonetheless, mixing things up got people’s attention. It made them curious. It made them talk. (Why couldn’t Israel’s fiberglass self-portrait be displayed with Thomas Gainsborough’s insouciant “The Blue Boy”?) It made them visit.

Attendance swelled to nearly 760,000 annual visitors; family memberships at The Huntington climbed to close to 40,000.

As The Huntington’s visibility increased, Trombley continued to write about Mark Twain, in the hours between 5:30 a.m. and 7 a.m. She admits it’s not her favorite schedule, but she’s kept it for decades. “It works,” she says. “It’s quiet then.”

Then she learned that she had won the 2017 Louis J. Budd Award for Mark Twain scholarship. Trombley changed her longtime routine to devote more time to writing about her favorite man of letters. She stepped away from The Huntington to enjoy a sabbatical year and concentrate on her writing and research. She also was invited to teach American literature full-time in USC’s Dornsife College of Letters, Arts and Sciences, appointed to chair a selection committee for the Rhodes Scholarships, consulted with Grinnell College regarding sustainability efforts, and was honored to receive The Dixon Wecter Distinguished Professor of American Literature Award by the Huntington Library Board of Trustees.

Studying abroad . . .

Prior to The Huntington, Trombley served as the president of Pitzer College, from 2002-2015. There, too, her tenure was punctuated by high-visibility achievements.

The college raised over $120 million through completed campaigns while its endowment climbed to $134.8 million, a 211 percent spike that helped boost institutional aid by 32 percent. Pitzer also rocketed 38 spots, from No. 70 to No. 32, in U.S. News & World Report college rankings. It is the largest increase by any liberal arts college, and the meteoric rise secured Pitzer’s standing among the nation’s select colleges and universities. The college’s reputation was enhanced, too, as record-setting numbers of its students won Fulbright Fellowships to study abroad for 11 out of 12 years. Pitzer also produced more Fulbright awardees than any other U.S. college from 2010-2015.

Trombley was ecstatic and generous. “The success of this program,”
she was quoted in one media release, “is entirely credited to the hard work of our students and the amazing support they receive from faculty and staff.”

Perhaps, but to fully understand Pitzer’s success, it may be useful to know a bit more about Trombley’s personal interest in global education. It began when she was a sophomore at Pepperdine University. The school had one study-abroad program—in Germany—but it wasn’t on Trombley’s radar until her father insisted she go. “I didn’t particularly want to,” Trombley admits. “I was happy at Pepperdine. I had lots of friends.”

Dad won. Trombley went. “It changed my life,” Trombley said. When, as a PhD student, she was invited back to Germany to teach at the University of Eichstaett outside of Munich, Trombley packed her bags and stayed three years. “I was the tallest woman in town,” she remembers. That attribute turned out to be as important as her German: the city’s women’s basketball team and a high school volleyball team recruited her to play.

Since then, Trombley has dedicated herself to providing similar immersive international experiences for others. In 2012, President Barack Obama appointed her to the J. William Fulbright Foreign Scholarship Board, calling Trombley’s “intelligence, warmth, and dedication to international education... a vital addition” to the board’s work of choosing students, teachers, and others to participate in academic programs around the world. From 2015-2016, she served as Chair of the Fulbright Scholarship Board.

Back in Southern California, Pitzer was physically transforming as a model of environmental sustainability. The year Obama tapped Trombley for the Fulbright Board, the college opened the Robert Redford Conservancy for Southern California Sustainability (yes, that Robert Redford; he’s a Pitzer trustee). A few years later, on April 12, 2014, at the Los Angeles Press Club, Trombley and Redford teamed up again to announce that Pitzer was divesting its investments in fossil fuels.

The college also completed two phases out of a three-phase Master Plan. Finished projects included eight mixed-use residential buildings boasting green roofs, graywater-collection systems, drought-tolerant landscaping, and other sustainable features. All eight of the buildings earned either LEED (Leadership in Energy and Environmental Design) Platinum or Gold certification, the highest endorsements awarded by U.S. Green Building Council.

...Hiking at home

Eco-friendly buildings were great, but eco-friendly adventures were better. When Pitzer turned 50 in 2013, Trombley decided to celebrate the school’s anniversary and raise money for scholarships by hiking the John Muir Trail, from Little Yosemite Valley to Mount Whitney, a 230-mile, 8,400-foot ascent that culminates at 14,500 feet.

In less than a month.

In a show of Pitzer inclusiveness, Trombley brought along a professor, alumni, two students, a Pitzer parent, and her son Nelson. Because of the group’s varying ages and abilities, people hiked at their own pace, meeting at pre-designated lunch spots and again in the evening.

“It was hard. People really pushed themselves, but Trombley kept everyone together,” remembers Pitzer alumna Alyssa Solis ’13, one of two students who won a lottery to go on the hike. “She read to us at night: Mark Twain, John Muir, The Dharma Bums.”

Solis continues: “It was easy to go to your tent and isolate at the end of the day. You’re tired. Your feet are dying. You get into your own head space on the trail. But for her [Trombley], it was like, ‘How do we use this time to create a shared experience?’”

Solis, who had “just graduated and was freaking out about life,” found herself confiding in Trombley. “She gave me lots of great advice.
She told me, ‘Your journey doesn’t end when you graduate.’ She kept saying, ‘It’s going to be OK.’ It became my mantra: ‘It’s going to be OK.’

Today, Solis is earning a master’s degree in education. She also works as a certified guide, leading underserved urban teenagers into California’s expansive wilderness.

**Literature and libations**

Students like Solis go to college looking for answers, but Trombley reminds you about the reciprocal nature of education. “Teaching is where you learn not only about your subject but about yourself as well,” she says.

Throughout her career, she’s remained faithful to the classroom, teaching courses ranging from Mark Twain to 20th-century American poetry, composition, and history.

“She’s very charming and very dedicated as a teacher . . . She answers the challenge of how one presents serious scholarship in a way that students understand that they might genuinely be interested in,” says Richard Fliegel, associate dean for undergraduate programs at USC’s Dornsife College.

Fliegel points to Trombley’s most recent class, 19th-Century American Literature and Libation. It kicked off with poetry by Emily Dickinson before moving to Mark Twain, Edgar Allen Poe, Edith Wharton, and Kate Chopin. For good measure, Trombley mixed in *Jerry Thomas’ Bartenders Guide* (1862) and exegetical texts like *Spirits of America: Intoxication in Nineteenth-Century Literature*.

“She used her very extensive scholarship in American Literature and presented it to students in a way that was provocative and engaging and deeply academic,” says Fliegel.

When interviewed for a video that was posted to the UB website, Trombley made no secret about her desire to teach at UB. “My first love,” she said, “has always been teaching.”

Then Mark Twain surely must be a close second.

Trombley’s fascination with Twain began almost by accident, when she was a doctoral candidate at USC and discovered 100 previously unknown letters by the author. The cache, later auctioned off at Christie’s, has informed years of her scholarship, including Trombley’s well-known *Mark Twain’s Other Woman*.

As an examination of Twain’s life after the death of his wife, the book presents a feminist and image-rattling perspective of one of the nation’s most iconic male writers. Her first book about the author, *Mark Twain in the Company of Women*, was published in 1994.

“Previous generations of critics imagined Twain as having been tamed by an oppressive and puritanical wife and that he had sold out to the east, and to the forces of genteel Connecticut in particular,” says Dr. Ann M. Ryan, editor of *Cosmopolitan Twain*.

“Laura’s scholarship redefined Twain’s view of gender and redeemed the reputation of his wife, Olivia Langdon Clemens. What Laura revealed was that the stability and affection Olivia brought to the marriage fueled Twain’s creative process; his writing all but ceased when she died. Laura’s scholarship invites us to appreciate the full humanity of Mark Twain. That’s an

Laura Skander Trombley met with Professor David Kraft and other UB faculty on March 10.

continued on page 14
Laura Skandera Trombley’s tour of UB included a visit to the School of Engineering, where she met with Professor Abdel-shakour Abuzneid, Omar Abuzaghleh, and graduate student Bhushan Dharmadhikari.

With a kind of room-for-everyone enthusiasm that explains her popularity with reporters, Trombley says: “I love to try and make American cultural history relevant, and it seems like everyone has their own special connection with Mark Twain!”

Acknowledgments

When asked what she wants people to know about her, Trombley points to her book-filled childhood and family. Her late father taught sixth grade in the Los Angeles Unified School District. Her mother was an elementary school principal.

“I thought everyone had a mother who had a professional career, and it was not until I became much, much older that I realized that was not the case,” she says. “But what’s normal when you’re growing up is what remains with you.”

What remained—passion for learning and confidence to lead—expressed itself early in Trombley. She was just 16 when she enrolled at Pepperdine University as an intellectually precocious freshman. She earned a Bachelor of Arts in English and Humanities and later graduated summa cum laude with a Master of Arts in English from Pepperdine. Next came the University of Southern California, where Trombley finished her PhD in English as a Virginia Barbara Middleton Scholar and won the Lester and Irene Finkelstein Fellowship for Outstanding Humanities Student.

Now her son Nelson attends college. “He talks to me about how important his faculty are to him, about how exciting his classes are, and about the struggles he’s had,” she says. “I think this gives me particular insight about what it means to be a college student today.”

There’s not much more to know for now. Except this: Trombley will be moving into Waldemere, P.T. Barnum’s former estate and the president’s residence on the University of Bridgeport campus. Some 58 miles from the Mark Twain House in Hartford, amid students like her son and scholars like herself—amid a University poised for its next chapter—this is exactly where Laura Skandera Trombley is meant to be.
What attracted you to the University of Bridgeport? The people: faculty, students, and staff. And the mission of institution.

It’s early, but what is your vision for the University? Where would you like to begin? This is a superb university where students’ dreams for the future are realized. This is a caring place, where from the beginning of their studies, faculty take an avid interest in students’ futures. They mentor them. They provide them with in-class learning opportunities and internships, and then our Career Services Office provides them with an array of career opportunities. Linking one’s intellectual development to future career and lifelong learning is exactly the 21st-century education that the University of Bridgeport has been offering since its founding in the 20th century.

The University wants to build on our current successes. We will be developing new programs that reflect the needs of our future graduates and the economy. We will be expanding our alumni network, enhancing our facilities infrastructure, and increasing student retention. We want everyone to learn just how special this institution is and why it matters so much, not just in terms of individual student lives but also for the positive impact they’ll have on their families and their communities.

You taught when you were president of Pitzer because you said you wanted to “keep in touch with why you chose this profession.” Will you teach at UB, too? There is a special kind of alchemy that takes place inside the classroom. I haven’t found anything to equal the joy of participating in the learning process with students. It’s absolutely my intention to teach as my schedule allows, and even at my busiest, I intend on giving talks about Mark Twain. To not talk about what has been the subject of my scholarly interest for 30 years, particularly while I’m living in Connecticut, would be an actionable crime!

After 13 years at Pitzer, you wrote an article for the Chronicle for Higher Education in which you were very honest about the physical, intellectual, and familial sacrifices the presidency required of you. And yet, here you are! Why higher ed again when you’ve already accomplished so much? I am passionate about being part of an educational environment, and I think, for me, the greatest source of hope to be found in our country at this particular time is in our students. When I’m with students and they talk about their interests and dreams and commitment to trying to create a better place for everyone—that is the basis of what unites all of us. I’ve had a fair amount of experience in the position and I know what it entails, and I very much want to contribute everything that I possibly can. I deeply believe that the very future of not just the United States but of the world rests in the ability and talents of this next generation. I want to do everything I can do to assist them in their goals.

Pitzer’s rise in the U.S. News & World Report college rankings, to 32 from 72, was nothing less than meteoric during your presidency. What does UB need to achieve similar results? Pitzer’s rise was historic. It was the greatest increase ever by any liberal arts college. The University of Bridgeport needs to communicate to prospective and current students as well as alumni what it does better than anyone else. It needs to focus on excellence and report faithfully out through the rankings. Can I guarantee that we’ll see a rise? Absolutely not. But I can show us the path to increase our national recognition and, quite likely, an increase in where and how we are ranked.

What else should we know about you? A lot of people say they have an open door policy; with me, there is no door. I see myself as part of the community and someone who will always welcome faculty, students, and alumni into my home. I want to be everywhere, whether that is fundraising or teaching a class or holding a reception for incoming freshmen or talking about Mark Twain in the community. When I was very young, a neighbor asked my mother, “Is your daughter hyper-active?” My mother responded, “No, she’s just very busy.” I love to be busy. You have a certain amount of time on this earth to make a difference, and I don’t want to waste a second.

– L.G.
Loved ones and luminaries make UB graduation special for the Class of 2018

By Leslie Geary

It may have been graduates’ special day on Saturday, May 5, 2018, but dignitaries—including a U.S. senator, a mayor, and the CEO of one of Connecticut’s most well-known banks—urged the Class of 2018 to use their education on behalf of others.

“Today we desperately need great leaders,” Webster Bank President and CEO John R. Ciulla said moments after he was awarded an honorary Doctorate of Humane Letters at the University’s 108th Commencement.

“We need new kinds of leaders,” Ciulla continued, “not only in the highest offices of politics, business, education, and society; we need great leaders on every street, in every household, in every office, every classroom, every sports field, and on every performance stage. And each of you has that opportunity to positively impact your world, your community, and your family through your leadership.”

Thoughts of leadership were particularly acute as Sen. Richard Blumenthal (D-Connecticut) and Bridgeport Mayor Joseph P. Ganim publicly thanked UB retiring President Neil A. Salonen for his service on behalf of students and the larger community.

Referring to the 25,000 diplomas that President Salonen has awarded since 2000, Blumenthal noted: “That’s 25,000 individual futures you have transformed . . . . Thank you for your extraordinary contributions.”

“Thank you for your extraordinary contributions.”

Sen. Richard Blumenthal
Then, turning to graduates, Blumenthal enthused: “I’m really excited and inspired by the new era I see, the new generation. Take us forward!”

His exhortation resonated with Maria Florian ‘18. The Stamford, Connecticut, native earned a master’s degree in education and will teach elementary school students in her home city. “I want to be active in urban education, especially as a minority and a Latina,” Florian said.

Arianna Halim ‘18, Margarita Salinas ‘18, and Francine Kurman ‘18—medical lab science majors who became inseparable friends after they met in a required Analytical Chemistry class—were equally excited.

“It wasn’t easy,” said Salinas. “We did a lot of studying together!”

“—ate a lot of Five Guys French fries!” interjected Kurman.

Extra helpings of study sessions and fried food worked wonders; the three friends all got jobs at hospitals throughout Connecticut and New York.

“We’re really going to miss each other,” said Halim. She added that they already missed a fourth person: their former landlady, Harriet. Before 80-something Harriett moved out of state, she regaled the trio with stories about “leaving her job to become an artist . . . alternative medicine, and biofuels.” Halim said. “We loved listening to her stories.”

Unable to return to Bridgeport for graduation, Harriett did the next best thing: she watched it on a live stream from Webster Bank Arena.

It was the third consecutive year that UB has streamed graduation, enabling loved ones to enjoy the end-of-year ceremonies.
in real-time from anywhere around the world. This year, more than 20,000 viewers logged on to watch. Among them: Arjun Abhatta’s family back in Nepal.

“My mother, father, and brother were not able to get visas [to come to Bridgeport],” said Abhatta, who graduated with a master’s degree in mechanical engineering. “But they are happy to have the live stream . . . . They sacrificed their whole life, working 12-18 hours a day for me.”

Class Speaker Ashlica Malcolm ’18 spoke about family sacrifice, too. Malcolm graduated summa cum laude with a bachelor’s degree in criminal justice and human security. She will attend law school at Quinnipiac University in the fall.

“My mother, who is from Jamaica and is the strongest woman I have ever known, always challenged me to do better and be better because she believed in my capabilities and me,” Malcolm told the Class of 2018. “She sacrificed basically everything for me to be where I am today, and because of that, I am moments away from receiving a college degree.”

Gina Turner ’18 said her family also shaped her plans to become an accountant. “I had my daughter in high school, and I had to work full-time,” said Turner. “There were points when I didn’t think I could do it.”

Yet she never quit. For years, Turner has worked, parented—she’s now the mother of two children—and taken “one or two classes a semester” at UB in order to get a bachelor’s degree in accounting.

“I graduated from high school in 2006. It’s 2018,” she laughed before excusing herself to file into Commencement.

As she turned to join hundreds of other graduates, Turner’s mortarboard became fully visible. She had customized it with small pearl beads, photos of her son and daughter, and a simple message: ‘Anything is Possible.’
A chatty little robot named FURo zipped among the crowds streaming into the Shelfhaudt Gallery and quickly became a selfie magnet.

Bhavsar, who is from India, said this part of his research speaks deeply to him. “I am away from my home and miss my family, and I like knowing that a child in a hospital can be comforted, connected to his family and feel less alone.”
More than 300 people turned out for the eighth annual Faculty Research Day (FRD) with 157 research posters presented. It was a busy whirl as faculty, doctoral students, post-doctoral fellows, graduate, undergraduate and high school students from eight UB partner schools shared insights into their research work with visitors and judges.

“UB Faculty Research Day has become firmly established as the premier campus and Fairfield County venue to showcase the diverse array of faculty and student research. The growth over these last eight years has been stunning,” said Dr. Sobh.

This year’s event was bigger than ever. For the first time ever, FRD featured an undergraduate student research Symposium with 30 posters. It also celebrated the future of exploration by showcasing student research from several Fairfield County high schools.

Keynote speaker Bogdan Vernescu, PhD, vice provost for research and professor of mathematical sciences at Worcester Polytechnic Institute, called upon faculty and student researchers to think creatively and work beyond disciplines to move “the rapidly changing world” forward.

Without large research divisions, many major companies rely on university research. The Google algorithm, the fetal monitor, Gatorade, rocket fuel, CAT scans and the GPS were just a few of the products developed on university campuses, he said.

Student and faculty presenters said their research began because something piqued their curiosity: tiny cells, an endless pile of old mattresses, comics, a startling statistic on crosswalk deaths or the immune response of crickets.

Ankit Mehta was inspired by a mattress. More specifically, Mehta, who is a mechanical engineering graduate student, was inspired by the work of Greater Bridgeport Community Enterprises, a non-profit that creates green businesses and jobs for unemployed, low-income residents, deconstructing used mattresses and reusing materials. Mehta used reverse logistics and data analysis to determine how the foam, wood, plastic and metal coils could find new life on the manufacturing floor. He found they could be used in the electronics, building and construction, medical equipment, shipping and home décor industries. “There are so many possibilities,” he said.

The Google algorithm, the fetal monitor, Gatorade, rocket fuel, CAT scans, and the GPS were just a few of the products developed on university campuses.
Colds and crickets were the impetus for Olivia Wallon’s research. The Fairchild Wheeler Magnet School senior wanted to know if the popular healing herb Echinacea protected against stress-related illnesses. With 106 crickets, she created a bacterial broth, dipped a sponge in Echinacea and simulated stress with gentle breezes blown through small homemade wind tunnels.

Emily Juliano’s and Feissal Djoule’s focus was on something both tiny and vast as they researched the effects of microgravity on nanoparticle-cellular reaction. As part of the national Student Spaceflight Experiments Program, the two biology majors competed with engineering and biology students from around the country for the chance to have their experiment conducted on the International Space Station. To begin, they were given a small tube. Whatever microgravity experiment they created “had to fit in that really, really small space,” Juliano said.

They got to work, collaborating for hours in the library and hours more in the lab with Dr. Isaac Macwan, a research associate at UB’s Department of Biomedical Engineering. They won the national Student Spaceflight competition and, closer to home, they took first place in the undergraduate research division during Faculty Research Day.

“This has been the opportunity of a lifetime,” Juliano said.

Areas of research among the 157 posters on display at UB’s eighth annual Faculty Research Day included robots, microgravity, the impact of design, and the common cold.
Designing Excellence

Three from SASD create gear to improve safety, and walk away with top design awards at the NY International Auto Show

By Leslie Geary

When she was four, Jess Chuhta did two things that amazed her parents: she fixed a light-up pen that had gone dark by dismantling it and shoving a toothpick down its barrel. She also announced that she wanted to be “an inventor, a toymaker, and the boss.”

Turns out, Chuhta was precocious and prescient. In April, Chuhta, a junior industrial design major with a penchant for inventing, waltzed out of the NY International Auto Show in Manhattan with a $5,000 check after winning the coveted Grand Prize at the event’s annual Traffic Safety Competition. She was one of three industrial design majors from the Shintaro Akatsu School of Design (SASD) to be awarded prizes at the show held at the Javits Center. (Zachary Sholtes and Bradley Bell won $2,500 Second Place and $1,250 Fourth Place prizes respectively.)

That’s no small feat. More than 1 million auto enthusiasts, industry experts, scouts, and engineers attend the NY International Auto Show each spring. Many make their way to the Traffic Safety Competition, where cash prizes are awarded to inventors who have great ideas for next-generation safety products.

“It’s become a premier event for automotive industry experts and attendees in search of innovative safety devices,” says Richard Yelle, head of industrial design at SASD.

Since 2011, 16 SASD students have won safety prizes at the auto show. This year, it was Chuhta’s turn to cause a buzz with “Sunshine Saver,” a cheery-looking system (think smiling sun) she invented to keep children from being locked in hot cars. Equipped with a thermostat, it activates when a child’s seat belt is fastened and sounds an alarm when temperatures inside a vehicle climb to dangerously high levels.

It’s not the first device aimed at keeping kids from suffocating in blistering hot vehicles, Chuhta admits, but it may be the most accessible. Chuhta, 21, said she is designing Sunshine Saver to retail between $15 and $30—a bargain in the world of high-tech security systems.

“When we talk about car crashes and different ways adults would be safe on the road, children’s safety is kind of overlooked,” said Chuhta. “So from the beginning I knew I wanted to do a design around them. I looked into different products, but they’re all very expensive—like $300 for car seats that send text messages. I wanted to design something more accessible to people who have a lower income but want the ability to keep their children safe.”
“Help”  
Manvir Sing  
MS Media and Communications

“This photo was taken in one of the busiest places in Chandni Chowk, India. My picture illustrates the theme that in this busy world where people are in a hurry to make money and do not care about their surroundings, everyone should come to a full stop one day and see if someone is seeking help.”
Great photography fuses light, image, color, and design with a point of view to coalesce into something greater than the sum of technical skill. It begins a dialogue, connects viewers, and disrupts in ways that may be pleasing or repugnant, but are always profound.

“Not Every Day You Can Meet Your Hero”

Yushi Zhou, BS Finance

“I took this photograph for Coffee from the Farms, the fundraising-and-development program that UB business school students are running in Costa Rica. What makes life more meaningful is giving.”

“First Feast”

Mandar Bhosale
MA Technology Management

“At dawn, chirping sparrows gather for their first feast, making sure to announce the beginning of a wonderful new day that comes forth.”
Let’s Hack!

Creating solutions to pressing problems at the UB Hackathon

By Leslie Geary

Every year, restaurants and other institutions dump millions of pounds of unserved food into the trash. At the same time, millions of people don’t have enough or sometimes anything to eat.

What if a high-tech system could connect the two groups to feed the needy and eliminate food waste?

Recently, four enterprising University of Bridgeport (UB) engineering majors decided to find out when they entered UB Hackathon, a three-day intercollegiate competition that challenged teams of students to create usable, innovative projects from start to finish by using web, mobile, hardware or other hacks.

The event was open to any college student “with ideas, a laptop, college ID, and a charger,” said Rahul Chaudhary, an entrepreneur in residence at UB’s Student Entrepreneur Center and one of the UB Hackathon organizers.

Teams from seven schools showed up, including UB, Fairfield University, UConn, University of Hartford, Southern Connecticut State University, Norwalk Community College, and Manchester Community College.

UB provided cots and food for competitors to rest, but many students hacked around-the-clock.

Robert Crowdis, a computer science major, and his teammates from Southern Connecticut State University created an app called “Safe Travels” that allows users to preprogram trip routes into phones. If users stop or deviate from their routes, the app prompts individuals from their personal contacts list to check up on them. The app might be used by students walking home from school, Crowdis said.

Across the U.S., hackathons like UB’s are becoming increasingly popular as students are encouraged to acquire skills in an IT-driven world. In recent years, hackathons have been sponsored by colleges, high schools, private industry, and even the Department of Defense.

UB Hackathon was sponsored by the Entrepreneurship Foundation, Unilever, University of Bridgeport, and Wolfram. Judges included Valeria Bisceglia, a business adviser at Connecticut Small Business Development; Mark Lassoff, founder of Learn to Program, Inc.; and Christopher Moore, director of strategic data solutions at Americas.

It turned out that reducing food waste through automation was a great idea. Four first place Apple watches were awarded to UB students Ajay Menon, Sawmya Papaganti, Chandrika Pattnaik, and Vetrvelan Velu for their invention “Aahar,” Hindi for “food” or “diet.”

The foursome’s elegant system uses technologies like IoT (Internet of Things) and cloud and voice applications that allow restaurants to create a database of their surplus food by interacting with Alexa. The Aahar system also allows charitable organizations to order the food from those databases at a relatively low cost or for free. Aahar was created with hardware components provided by UB’s Emerging Communications Technologies Research Center.
UB named the “Safest College in Connecticut”

By Leslie Geary

The University of Bridgeport is the safest campus in Connecticut, according to a national study released this spring by ADT.

UB earned the No. 1 ranking among Connecticut colleges and universities after ADT, a home-security company, reviewed fire and crime statistics collected by the FBI and the U.S. Department of Education Office of Postsecondary Education.

Colleges and universities of at least 1,000 students were ranked for top slots in all 50 states based on a variety of factors, including schools’ location and types of crime and other incidents that are reported to the national agencies.

Executive Director of UB Campus Security April J. Vournelis called the Safest College recognition “an honor” and “deeply satisfying.”

“Student safety and the physical well-being of faculty, administrators, and others at the university have always been our top priority at Campus Security,” said Vournelis. “Our division constantly reviews its protocols and resources to ensure that we’re doing everything possible to keep people safe.”

Methods include giving PALs (Personal Alarm Locators) to every student and employee. When pressed, a PAL dispatches an alarm to Campus Security to identify users and pinpoint their precise location. This enables health and safety officers to immediately respond to emergencies.

This is not the first time that UB has won top marks for safety. The campus is the recipient of a national Jeanne Clery Campus Award, given to schools that have “done extraordinary things to make college and University students safer.”
New Faces

United by talent and drive, the newest members of the Class of 2022 present richly diverse backgrounds

By Leslie Geary

Jodiana Lombardi was a Rhode Island second grader when she began dreaming about living overseas. “We’d leave the classroom and pretend we were on airplanes, and when we came back, the classroom would be turned into a different country.”

Her interest in global affairs continued to grow, and today Lombardi is fluent in Chinese, Korean, and Arabic. She spent her junior year in high school in Amman, Jordan, after winning a scholarship from the U.S. Department of State to study overseas. (People magazine even published a story about her experience.)

While abroad, she met recruiters from UB. She told them about her plan to work in international relations and volunteer with the Peace Corps. “We talked about all the programs there are at the University,” says Lombardi, 18. “When I came back to high school in Rhode Island, there were UB recruiters to do a presentation. I thought, ‘This is meant to be,’” she said.

The University thought so, too. This winter, UB admitted Lombardi from a pool of 3,909 students who applied for early admittance as freshman for the 2018-2019 year. In total, 6,220 students applied, and 3,780 were accepted.

Exemplary candidates

Early action applicants come from 35 states, and 22 percent will be the first in their families to attend college.

Because of its needs-blind admissions policy, UB does not consider students’ financial status when reviewing their applications. Ninety-seven percent of the University’s currently enrolled students receive financial support, and that number is not expected to change greatly during the 2018-2019 academic year.

“We are so excited that this exemplary pool of candidates will join us in the fall semester,” said Director of Domestic Undergraduate Admissions Jessica Crowley. “Some are accomplished classical musicians and athletes. Others have developed green technologies and excel in the areas of STEM. Many volunteer in their communities. Despite the diversity of their backgrounds, the students we’ve accepted to the Class of 2022 are united by their ambition, drive, and talent.”

This fall, Lombardi will take classes at the College of Public and International Affairs, which offers a Peace Corps Prep Program. CPIA is also among a handful of institutions that have been granted NGO status by the United Nations.

Biology and music

Incoming freshman Stephanie Nevarez is from Basalt High School in Colorado, but her move to UB won’t be her first experience away from home. As an honors student, Nevarez was selected to join other top U.S. high school
students to study in Chile and the Easter Islands. “Meeting a diversity of students gave me the opportunity to learn about myself and others,” she says.

Back home, she says she has enjoyed helping to develop programs that celebrate different Latino and African American cultures in her community. But science and “how things are interconnected” in the natural world fascinate Nevarez most of all. She will major in biology and eventually plans to become an ear-nose-and-throat doctor. She is the first person in her family to attend college.

Jalen Wise plays three instruments (piano, bass, and guitar), tutors young students, interns at the Apollo Theatre in Harlem, and has maintained a perfect 4.0 GPA at The Heritage School in New York City. Though he credits much of his success to the Heckscher Foundation for Children, where he attends weekly academic-enrichment and leadership classes, Wise’s accomplishments are stunning, given the challenges that he and his family face.

“My mom’s a single mom, and she’s had to balance two sick children and me,” Wise explains. “My brother has sickle cell anemia and my sister has epilepsy. It’s just a lot.”

After earning a bachelor’s at UB, where he will double major in music and business, Wise wants to attend graduate school then help his family by getting “a high-paying job,” ideally in the music industry. Moving away from loved ones won’t be easy, he admits, but “it will be good for us.”

And of course, mom has his back. “She tells me, ‘I believe in you,’” says Wise. “She’s my biggest supporter.”

### Incoming freshman Jalen Wise plays three instruments (piano, bass, and guitar), tutors young students, interns at the Apollo Theatre in Harlem, and has maintained a perfect 4.0 GPA at The Heritage School in New York City.
Commitment to Service

UB slashes MA in Criminal Justice costs by half for members of the military and law enforcement

By Leslie Geary

The University has unveiled a financial aid program that slashes tuition by 50 percent for members of the U.S. military and law-enforcement agencies who are enrolled in its Master of Arts in Criminal Justice and Human Security program.

The Commitment to Service tuition-assistance program took effect in February and is open to part- and full-time students. Veterans and active members of all branches of the military, parole officers, and law enforcement personnel who live in Connecticut, New York, or New Jersey are eligible.

“The University of Bridgeport was founded as a four-year institution after World War II, when returning veterans used the G.I. Bill to earn degrees and start life anew at our Bridgeport campus,” said Vice President for Enrollment Management Karissa Peckham. “We are proud of that history and remain committed to providing top educational opportunities for the men and women who serve our great nation.”

The MA in Criminal Justice and Human Security hones expertise in international political, cultural, and socioeconomic conditions that affect crime around the globe.
Giving Matters

Nearly $72,000 is raised on behalf of the University in 24 hours during Giving Day

By Leslie Geary

University alumni, faculty, and trustees donated $71,917 during Giving Day, a 24-hour online fundraising challenge that was held on March 28.

The total, along with the 504 individuals who helped to “Paint the Day Purple” by donating to their favorite UB causes, “exceeded goals and reflected widespread support for the University and its students,” said Director of Annual Giving Arielle Purcell, who organized the campaign.

“We hoped to raise $50,000 from 500 donors, so we are thrilled by the results, especially since this is the second year UB has held Giving Day,” Purcell added.

Donors included 232 alumni, 98 faculty and staff members, and 19 trustees who logged online to give to their favorite UB programs. Donors directed $34,279 to the Annual Fund, which enables the University to use monies where they are most needed.
Melissa Salguero ’15 is named Grammy Music Educator of the Year

By Leslie Geary

Melissa Salguero ’15, who teaches music to children in the South Bronx who have so little—often not even a roof over their heads—has won the 2018 Grammy Music Educator of the Year Award for her ability to inspire young people with harmony and song.

Salguero won $20,000: $10,000 for herself and $10,000 for her school, P.S. 48 Joseph R. Drake Elementary School in New York, where she has taught since 2011. She is an alumna of the School of Education, where she earned a master’s degree in music education.

“Melissa is one of the finest teachers I know, and it’s been so gratifying to witness the recognition she’s received,” said Frank Martignetti, Salguero’s former adviser and director of the Graduate Program for Music Education. “I am proud to call her a colleague, friend, and former student.”

This is not the first time Salguero has attracted national attention for her work at P.S. 48. In September 2014, she was invited to appear on the Ellen DeGeneres Show, where the daytime host surprised her with a stage full of instruments and a $50,000 check.

That appearance turned out to be a happy ending to a harrowing ordeal for Salguero and her students. Months earlier, thieves had smashed their way into the music room at P.S. 48 and took off with saxophones, horns, flutes, drums, and other band instruments.

The school is located in one of the poorest districts in New York (more than one in five students is homeless), and Salguero’s music classes and band rehearsals provide a creative outlet for kids under tremendous stress. The theft could have derailed the program, but Salguero was determined to use the crisis as a “lesson on staying positive.”

She went online to replace the instruments via a GoFundMe drive. Word of the campaign spread—families from the school pitched in and collected $2,600—eventually making its way to DeGeneres, whose check enabled the school to replace all of the stolen instruments.

Fast forward a few years, and “it’s been a crazy ride,” said Salguero after the Grammy Awards in February. “When I was on Ellen, I thought that...”
was the peak of my career. ‘How in the world can I possibly top this?’ And then this Grammy thing happened. I have no idea what’s next.”

Since the Grammy win, strangers have reached out to Salguero with offers of support. One donor gave a new carpet for kids to sit on when they play music. Someone else donated cork grease for instruments.

“It sounds silly, but that takes weight off of my shoulders,” says Salguero, who says she makes it a point to give back to those who have helped her.

During the week leading up to the Grammy Awards, for instance, she invited teachers who had inspired her, including Martignetti and Debora Bauer. When Bauer taught Salguero fifth grade at Birdy Elementary School in Boca Raton, Florida, she coaxed the then-reticent little girl out of her shell.

“I was not so good at school or spelling. I had no confidence, but Mrs. Bauer was so kind, so caring, she really took me under her wing by giving me the opportunity to be a safety patrol officer in the halls,” Salguero recalled. “That really lit a passion in me to help others. That’s when I knew I wanted to be a teacher. I just didn’t know what kind.”

She credits her parents for inspiring her love of music. “They gave me a Casio keyboard, and I ran those batteries dead!” she laughs. “I didn’t have music lessons; I figured it out on my own.” After hearing singer Lisa Loeb, she taught herself to play the guitar.

Eventually, Salguero moved to Manhattan, where “music is in the subways, everywhere,” and began teaching. She applied to UB to broaden her skills, moved to Bridgeport, and commuted two hours each way from the University to P.S. 48 while she earned her master’s degree.

“The UB program was amazing because it connected me with music teachers,” says Salguero. “Frank [Martignetti] has invited me to multiple opportunities to help other teachers, and that’s very crucial to me. If it’s just me working with my students, my impact is limited. But if I can help other music teachers, if I can inspire them and their students, then that’s really far-reaching.”

Music, she adds, provides an especially rich opportunity to teach all sorts of lessons. It’s not unusual, for instance, for Salguero to incorporate science into her classes (she’s turned bananas into keyboards). Early morning band practices, scheduled an hour before classes start at P.S. 48, teach kids about “the value of working hard.” She has also brought students to sing in Times Square as an opportunity to overcome fear, lift their voices, and be heard.

“When I was on Ellen, I thought that was the peak of my career. ‘How in the world can I possibly top this?’ And then this Grammy thing happened. I have no idea what’s next.
Award Honors UB Professor

Humanities faculty present the inaugural Dr. George B. Blake Jr. Humanities Award

George Blake was revered for his humor, erudition, and commitment to students during the nearly three decades that he taught at UB until 2001, when he died of lung cancer. But Blake’s genuine concern for and interest in UB students remains legendary to this day.

In honor of Blake’s legacy, the University in May awarded its inaugural Dr. George B. Blake Jr. Humanities Award to graduating senior Brett Cousins for his honors thesis in English, “The Lens of Clifford: A New Perspective on The House of the Seven Gables.”

“I speak for everyone in the English, philosophy, and history departments when I say it is our great pleasure to give the inaugural Dr. George B. Blake Jr. Humanities Award to Mr. Brett Cousins. Brett has been an outstanding scholar in all of our classes, arriving with unbounded energy and intellectual curiosity, and growing in maturity, humanity, and erudition,” said English Professor Diane Krumrey. “Like George Blake, Brett has wide-ranging curiosity and a deep love of learning.”

Blake held a bachelor’s from Harvard and a PhD from New York University, and came to UB in 1971. He taught British and world literature, composition, and humanities classes. He left the University in 1971 to work with the General Assembly’s Educational Committee, but returned in 1978. He went on to create and direct the Basic Studies Program, which has helped thousands of students by providing them with academic support. In 1980, the University awarded Blake a Presidential Fellowship, under a program created by late UB President Leland Miles and the Faculty Council.

His death in 2001 and the subsequent outpouring of grief by students, faculty, and administration led, at the time, to the establishment of the Dr. George B. Blake Jr. Memorial Fund.

In 2013, a portion of the fund was used to establish a gathering place in his name outside of the west entrance to Charles Dana Hall that would be as welcoming as Blake himself.

Remaining proceeds will continue to fund the Dr. George B. Blake Jr. Humanities Award, which comes with a modest stipend. It will henceforth be presented annually to a graduating senior, selected by a committee of humanities faculty, who has achieved distinction in the pursuit of “the humanist qualities exemplified by Dr. Blake throughout his life,” fund organizers said.
Health Outreach

UB Physician Assistants treat patients in Guatemala

By Leslie Geary

The patient was 25, male, strong—seemingly healthy. But even before Brianna Kmetz-Fisher listened to his breathing, she noticed something was terribly wrong.

“I didn’t even put a stethoscope on his chest, and I could hear his heart pounding. It was so crazy,” Kmetz-Fisher said. “I asked, ‘Are you nervous?’ He said he wasn’t. Then I asked, ‘Does your heart race a lot?’ And it turned out that he said he wakes up a lot because his heart is pounding.”

A glucose test confirmed the man’s sugar levels were fine. So Kmetz-Fisher, a student at UB’s Physician Assistant Institute (UBPAI), directed the patient to doctors who could follow up with more testing.

In most medical clinics, there would be nothing particularly astonishing about the story. But Kmetz-Fisher wasn’t working in an ordinary clinic: she and nine other UBPAI students were stationed in a rural medical clinic in Quetzaltenango, Guatemala.

“The patient would never have sought medical attention because of his remote location, but with the help of the local media we were able to let people know we were there to help,” said UBPAI Professor Carolyn McCann, who led the group along with Adjunct Professor Dr. Monica Ahern Lockwood.

Under their direction, the students assessed patients’ health, measured children’s heights and weights, and did other check-ups—all while educating patients about best health practices.

“Our students are taking a tremendous burden off the local health care system by educating people about how they can take care of themselves through diet and lifestyle changes; it’s preventative medicine as opposed to treating a problem,” said McCann. “Our mission [at the Physician Assistant Institute] is to heal together, so we want to work with local communities to take care of themselves.”

The trips to Guatemala are part an ongoing campaign to provide students training to become physician assistants with in-the-field experiences in global health. The first physician assistant students and faculty from UB traveled to Guatemala in 2014.

As they always do, the students paid for their trip by hosting fund raisers, including a dinner at Chipotle Mexican Grill in Bridgeport, to buy medical supplies that they later donated to the clinic in Guatemala. Nonetheless, students said they were shocked by the extent of the need that they witnessed.

Consider gauze bandages, which are so plentiful that they’re opened and thrown away without any thought, said Kmetz-Fisher. “For us, a bandage was nothing, but for them, it was everything. The medical staff was ripped it up into little pieces to save it and make it last longer. It was something so small, but it made me more aware.”

McCann agreed. “You cannot imagine. They have nothing. And when I say nothing, I mean there is no rag to wipe down a table. We had to think on our toes to make things happen.”

When physician assistant student Daniel Hobson saw a little boy growing upset because his mother was getting a physical exam, Hobson reached for the first thing that was available to him: the stethoscope hanging around his neck.

“He saw us listening to his mother’s heart, so I thought he might think it would be cool to hear my heart or his own heart,” says Hobson. “I figured it would be good for him to experience.”

The boy settled down, but Hobson admits that, at times, there were “people who came to us with ailments we couldn’t handle. That was disappointing.”

Hobson continued: “People were so grateful to have us, everyone would give you a hug. It was a heart-warming feeling, and it reminded me why we are in the medical field, treating patients.”
Alumnus David Chura ’87 has spent over four decades teaching and working with teens who are doing time in adult prison, children sent to psychiatric hospitals, and unruly students flirting with trouble in high school. As a soft-spoken, middle-aged, middle-class guy with glasses, Chura may seem like an improbable champion for troubled young people, but his ability to connect to them seems almost predestined, as he recounts in his memoir *Tightfisted Heart: A Son’s Search for Identity and Reconciliation* (2017; Off the Common Book).

Chura’s upbringing during the 1960s was filled with silent fear and simmering anger, not youthful idyll. He writes that his father was a physically abusive tyrant, and Chura “struggled to get away from . . . the stinging force of his hand, so quick to strike out.” His mother, a diminutive God- and husband-fearing woman, provided little protection. His isolation only intensified in middle-school as Chura’s suburban schoolmates’ braggadocio turned to “dicks and hard-ons” and he realized that he was gay. “I knew I wasn’t just sinful. I was a freak,” he writes.

Thankfully, Chura persisted in shaping a different narrative for himself, healing so that he could help others. “Harsh circumstances,” he writes, “shaped my commitment to social justice, and in particular, to my many years teaching ‘throw-away’ youth in various special needs settings.”
It’s not exactly cause for jubilation but Dr. Alexis Chesney ’09 made a point of celebrating Lyme Awareness Month in May by releasing her eBook, Living Tick-Free: Preventing Lyme and Tick-Borne Disease (available at Amazon.com).

Chesney, a College of Naturopathic alumna who specializes in treating patients with tick-borne diseases, emphasizes user-friendly strategies for tick identification, tick control, tick-bite prevention, tick-bite management, and treatment.

More than 300,000 new cases of Lyme disease are diagnosed every year in the United States, and the patient population continues to “skyrocket,” Chesney writes. “My new eBook lays out everything I tell my patients about prevention during our visits, plus more details that I wish I had time to completely cover,” she continues. “Finally, I have a vehicle to share this critical information with my patients and a broader audience.”

Reviewed by Leslie Geary
You don’t have to be Gawain or Dorothy Parker to know that when you’re invited to a Round Table, you go. So when English majors Ethan Perkus and Stanley St. Rose asked Adjunct Professor Michael Brelsford to advise their new literary discussion group, the Knights’ Round Table, he immediately accepted. “It was their idea; they wanted to build a community of English majors at UB outside of the classroom,” said Brelsford, who teaches Creative Nonfiction. “I just show up and hang out and participate.”

So does everyone else, thanks to Round Table rules that have been carefully crafted by Perkus and St. Rose. Each weekly discussion is dedicated to a single work of literature. No reading exceeds 15 pages. Meetings begin with participants taking 60-second turns to talk about the reading before yielding the table to the next Round Table member. After three rounds, conversation opens to 15 minutes of unstructured discussion about emerging ideas, themes, and issues that seem particularly interesting. Then it’s back to the table for three final rounds of 60-second comments and a final untimed “free” discussion.

“I wanted to create a social club for book nerds, but Stanley was like, ‘No! We can make this fun.’ We decided to limit the amount of time to speak so students like us can’t dominate the discussion. There are a lot of brilliant students in my classes who barely speak, so we wanted to give them an equal opportunity. We want to be exposed to their ideas. The goal is to make you think.”

Weekly readings are picked to be “a foundation, a place to explore bigger issues,” explained St. Rose. “When we did Trying to Find Chinatown, we ended up talking about race and how we identify ourselves,” St. Rose said. “That’s what literature does. It gives us an opportunity to think about life.”

-L.G.
Act II

It’s been a busy season of revival for Music & Performing Arts faculty. In March, Department Director Frank Martignetti prepared the University Singers to join the Greater Bridgeport Symphony for a special performance of Gabriel Fauré’s Requiem in D Minor, Op. 48. The one-night-only event, held at the Klein Memorial Auditorium in Bridgeport, marked the first time in more than 35 years that a UB chorus has shared the stage with the Greater Bridgeport Symphony.

“This performance was a life-changing experience for our students, and we received many appreciative comments from audience and orchestra members,” said Martignetti after the March 3 concert. “It is a wonderful sign of the resurgence of the University and its music program.”

Then in April, the Music & Performing Arts students presented Kim Hines’s Home on the Morning Train. Directed by Adjunct Professor Kate Katcher (fun fact: she debuted on Broadway opposite Zero Mostel in Fiddler on the Roof) and with technical direction by Ian McDonald, it was the first fully staged University mainstage production at UB since 1991. The play juxtaposes stories about slaves racing to freedom on the Underground Railroad with stories about Jews fleeing Nazi Germany.

“It served as a vivid reminder of important historical events, and the production was a perfect microcosm of UB’s unique cultural diversity: an African-American young man as well as a student from India, along with a Caucasian soccer player from Alabama, portraying Jewish refugees from Hitler’s Germany,” said Martignetti.

– L.G.

A Tree Grows in Bridgeport

Never mind that palm trees generally don’t grow outdoors north of Virginia. For more than a decade, College of Naturopathic Senior Lecturer Dr. Eugene Zampieron has tended to two Sabal Palmettos and a needle pine outside of the Health Sciences Center overlooking Seaside Park.

That caught the attention of the Connecticut Botanical Society. Recently, two of its members contacted Zampieron, asking if they could include the plants in the state’s official Notable Trees Database.

“It’s a great honor,” said Zampieron, who is steward of UB’s medicinal garden where the Sabal Palmettos are just one of many unusual specimens.

Overseen by Zampieron, the garden blooms with more than 100 kinds of herbs, flowers, trees, and other leafy things. Many of the specimens are used to treat ailments, from high blood pressure to menstrual cramps to cardiovascular disease. (The Sabal Palm’s claim to fame: treatment for prostate issues.)

Other plants are there for the fun of it.
An ancient Medlar “was grown in the garden during feudal times. The tea made from its leaves is used to treat kidney stones. In Iran, the bark, fruit, flowers, and leaves are used to treat diarrhea, throat abscesses, and fever, and it was brought back to Europe during the crusades,” said Zampieron.

Meanwhile, the garden’s banana trees are “ornamental, though they can help balance mood.” And there are other “crazy Jamaican things,” Zampieron added, as he proudly showed off photos of determined tropical plants covered in snow.

– L.G.
All Good Things...

There are professors who teach at institutions and there are professors who become institutions. Roxie Ray and Doc Rock are among them. Combined, the two have inspired generations of UB students for 81 years. So it was with some measure of disbelief that on May 1, colleagues and students found themselves raising a toast and wishing Ray and Doc best wishes for a happy retirement.

Hired in 1970, Doc Rock—John Nicholas is his name, but no one’s called him that for years—stocked his Dana Hall lab with galena, jasper, and heliotrope and imbued his students with a passion for geology. His field trips to hunt for fossils became legendary. So were the stories Doc brought back from Tanzania, Antarctica, New Zealand: far-and-wide places he and his wife visited to “see geology.”

In an interview for this magazine, Doc once confessed that he understood the indifference of bleary-eyed freshman new to his lab. As a young man, Doc said, he never thought about geology, either. That changed when, during his sophomore at NYU, a professor took Doc to the Palisades Cliffs and showed him how its basalt canyons yielded telling clues about this planet we call home.

“My challenge is to try to suggest the value of studying the earth—to teach [students] that it can be kind and yield its riches: gold, diamonds, etc. And it can be cruel, rupturing during earthquakes, hurricanes, tsunamis, volcanoes, and other natural disasters,” Doc wrote. “By understanding geology, we might become better at solving some of earth’s problems.”
Traveling Expert

Prabir Patra, founding chairman of UB’s Biomedical Engineering Department and professor of mechanical engineering and biomedical engineering, has another job title: visiting professor at the Yale School of Medicine. In his new role at the School of Medicine’s Department of Genetics and Stem Cell Center, Patra conducts research on interfacing nanotechnology and the human brain—work that will help to establish a fundamental understanding of brain-related issues.

– L.G.
What’s in a Word?

The difference between talking and delivering a great speech is like jogging around the block and finishing a marathon. Elite runners, like elite orators, hone their craft through discipline and preparation. Having a savvy coach helps, too. That’s where speech expert Hannah Rubenstein comes in. Two of her books on public speaking have been mainstays of college speech classes for more than two decades.

At UB, students get to hear from Rubenstein herself, now that she’s been hired to help teach Public Communication. The course begins with nary a stutter as Rubenstein and her students dive into the topic. In addition to using Rubenstein’s books, the class analyzes students’ speeches and TED talks. Students also learn how to infuse speeches with credibility, emotional appeal, evidence, and reasoning.

There’s lots of writing, too. “An emerging trend right now is to include composition with public speaking,” Rubenstein said. “I’ve taught students to focus on using an oral style of language, that is, language that is simpler, more repetitious, more rhythmic, and more interactive than written language. They’ve also learned about rhetorical devices, such as simile, metaphor, analogy, and how to use vivid imagery to make ideas come alive and illustrate points effectively.”

This spring, students spoke about “The History of Political Cartoons,” “Types and Features of Twins,” and “Poverty in the Bronx.”

“One student, a musician, talked about the evolution of Afro-beats,” said Rubenstein. “By the end of the class, he had everyone singing. It was great!”

– L.G.
The 30/30 Project

Writing may be a solitary endeavor, but publishing is a communal business, reliant upon agents, publishers, and readers. In recognition of this important symbiosis, Tupelo Press sponsors an ongoing writing and fundraising campaign called 30/30 Project. Poets volunteer to write something every day for 30 days. In return, they are encouraged by fellow authors and readers who make donations to get even more poets in print.

That attracted Amy Nawrocki, chair of the English Department at UB. In March, Nawrocki wrote 30 poems in 30 days while raising over $500 to support Tupelo’s publishing efforts.

“The project offered a lot of leeway in terms of structure and form, and the administrators considered the posted poems to be ‘drafts,’ works in progress, and didn’t expect polished gems,” said Nawrocki. “It was hectic, but I settled into a routine of posting in the morning— from the previous night’s work—thus leaving me the afternoon and evening to work on something new.”

Since then, Nawrocki has had little opportunity to rest. One of her poems, “Circumstance,” won second place at the Hamden Arts Commission Combined Arts Event with the Hamden Symphony Orchestra. She’s also given readings of her poetry and from her recent memoir, The Comet’s Tail: A Memoir of No Memory.

“Going public to share my work is part of my job as a writer,” she said. “So as the semester winds down, it’s good that many of my tasks—readings and presentation—have me doing just that.”

– L.G.

Grilled Cheese, Candles, and Beer

College of Chiropractic Professor Dr. Stephen M. Perle flummoxed the annual National Chiropractic Leadership Conference (NCLC) when he announced that he would give a talk about leadership called “Grilled Cheese, Candles, and Beer.”

Perle began by arguing that leaders can come from the middle of an organization, not just the top. “Be the cheese in the middle,” he told the audience. “Do things.”

He also exhorted NCLC colleagues to serve as mentors, lighting the way for others like candles. Finally, using the step-by-step process of making beer as an example, he said that funding for research would help advance or “brew” the chiropractic profession.

Summed up one member in the audience, Perle’s talk gave everyone “something to chew on.”

– L.G.
Edward Rowe writes that he had the “great honor of being inducted into the Fairfield Prep Athletic Hall of Fame” on June 1. Rowe played for the UB baseball team from 1962-1964 and the All New England team in 1962. He is also a member of the UB Athletic Hall of Fame and is a former NY Daily News Coach of the Year. Connecticut Interscholastic Athletic Conference named him Connecticut State Coach of the Year.

Rowe earned a bachelor’s degree in math in 1964 and a master’s in secondary education from UB in 1967 before coaching at Kolbe Cathedral High School in Bridgeport. He was later hired at Prep. He and his wife Gail DiPasquale Rowe ’65 currently live in Calabash, NC.

“I am president of the board of directors for our community,” he writes. “Very proud to be a UB alum. The background and experience the mathematics department provided me was outstanding.”

Wolfgang “Wolfie” Woischke has been inducted into the 2017 New England Soccer Hall of Fame. It’s one of several soccer honors he’s received since playing for UB in 1969-1970.

Born in Germany, Woischke was raised in Long Island, where he played soccer and football at Port Washington High School. He was captain of the Mitchell College men’s soccer team in 1967-1968 before transferring to UB, where he was All-New England and voted the team’s most valuable player in 1970. After graduation, he served in the army then played semi-pro soccer for the Connecticut Wildcats and professionally for the Connecticut Yankees in the American Soccer League. In 1977, he coached the Bullard-Havens Technical High School soccer team in the state finals before moving to his native Germany, where he coached and played amateur soccer until 2004. During that time, Woischke won three championships as a player and five as a coach.

Previously, Woischke was inducted into the Connecticut Hall of Fame, Mitchell College Athletic Hall of Fame, and the Paul D. Schreiber (Port Washington) High School Hall of Fame.

“I never expected it,” says Woischke, who fondly recalls his days as a Purple Knight. “Alex Popovich ’69, Manny Altneu ’72, Randy Steele ’72, Billy O’Donnell ’70—we had a good time. In those days, we were playing Division I. It was really good competition,” he adds. “I usually come down [to UB] once a year and catch a game and end up meeting up with my friends there, too. We keep in touch.”
Matthew Steiger took a deserved vacation after passing the Accredited Investment Fiduciary Exam this spring. Steiger earned his bachelor’s in international business from UB in 1991 and an MBA in 2015. He is an assistant vice president and private wealth analyst at City National Bank in Beverly Hills.

Ian Banner earned three degrees at UB: a bachelor’s in human services, a master’s in elementary education (1999), and a PhD in educational leadership (2016). He’s put all three to good use in Fairfield, CT, where in June, he became principal of Roger Sherman Elementary School after serving eight years as vice principal at the district’s Roger Ludlowe Middle School.

Banner remembers when he “started student-teaching at North Stratfield School while I was at UB.”

Janice Mahinka was one of four faculty members who won the college’s top teaching prize. Mahinka earned her bachelor’s degree in music from UB, a master’s in musicology from Boston University, and a PhD in Ethnomusicology from the Graduate Center, CUNY. In 2013, she began teaching music as an adjunct lecturer at BMCC and quickly became known as an innovative teacher. (Among other things, Mahinka designs curricula based upon open teaching resources that are free to students.) “Ninety-nine percent of my students work and have families, so making it economically feasible to get an advanced degree is a big deal,” she writes. “Open resources also allow me to bring perspectives into the classroom that otherwise are glossed over and/or ignored in traditional textbooks. I believe that it is important to practice critical thinking, no matter the subject.”

Drawing upon her UB experience, where “people really care about you and honor truly diverse perspectives,” Mahinka says she wants to “empower students to become active and confident participants in the learning process while understanding the interconnectedness of individuals within their communities—both locally and globally.”

Now looking for a tenure-track position as assistant professor of music, she adds that she “values the diversity of institutions such as UB and BMCC [and wants to] contribute to a department that can fully utilize my expertise in musicology/ethnomusicology and culturally relevant pedagogical practices.”
2013

UB’s College of Public and International Affairs (CPIA) is proud to hear from two of its notable alumni: Joel Amegboh earned a bachelor’s in International Political Economy & Diplomacy and a master’s in Global Development and Peace (both are CPIA programs) in 2013 and 2015. As part of his education, Amegboh interned at the United Nations, served in the Permanent Mission to Togo, and worked as a graduate student at the College of Public and International Affairs.

The hands-on experience in diplomacy has paid off: Amegboh has been selected to serve as an academic associate at the National Defense University in Washington, D.C. He’s also a PhD candidate at George Mason University School for Conflict Analysis and Resolution.

Meanwhile, CPIA alumna Ruwan Rujouleh has been appointed as a research assistant at the Brookings Institution. Since graduating with a master’s degree in Global Development and Peace, Rujouleh has served as a full-time social media analyst for the federal government and, prior to that, as a writer and researcher for two years with the Tony Blair Institute for Global Change. She has written more than 25 articles dealing with issues related to regional conflict analysis and resolution. In her new role with Brookings, Rujouleh will be working with their offices in Qatar. Rujouleh speaks fluent Arabic and English.

2014

Kendra Brown has been appointed Director of Early Childhood Education for the Stamford Public School District, effective July 1. Brown earned her Six Year Certification from UB and has been serving as interim director since July 2017. Previously, she was assistant principal at Davenport Elementary School and held other positions in the district.

Jahana Hayes is running for Congress! Hayes made UB proud when she was named National Teacher of the Year in 2016. Now the Waterbury native is a candidate for the 5th Congressional District of the U.S. House of Representatives. Since being named America’s top teacher (as well as Connecticut Teacher of the Year), Hayes has continued to advance issues related to education and equity. She currently serves as the talent and professional development supervisor for the Waterbury School District and is a former social studies teacher at John F. Kennedy High School.

2011

After two years of planning, Hunter Moffatt (right, in photo) has launched TropheCase, a new social media tool that allows athletes and sports affiliates to boost their visibility. Moffatt is a two-time UB alumnus (he got his B.S. in Marketing in 2011 and an MBA in 2014) and former Purple Knights baseball player. His academic and athletic experiences inspired him to start TropheCase. The site allows athletes and teams to “build their own brands and showcase their accolades more easily.”

Available in app stores, TropheCase “is designed to be simple for athletes of any age, their coaches, or teams,” says Moffatt. “Players create profiles that combine stats and social features, allowing them to connect with other athletes, coaches, brands and schools.”

Better yet, adds Moffat, whose business partner is alumnus Vijay Pundeer ’12 (left in photo with Moffat and COO Ken Perry). “The site is free for athletes!”
In Memoriam

**Arnold Van Hoven Bernhard**, a member of the UB Board of Trustees from 1983-1988, passed away on March 7, 2018. He was 83. His far-reaching interests were reflected in his professional and personal life. After graduating from Colby College, he served in the U.S. Air Force. In the 1960s, he started Printing Services, Inc., and later became vice president of Value Line Securities. He founded Hummingbird Farms, a hydroponic tomato farm; was a partner at Bernhard Link Theatrical Productions, a New York fashion-and-event company; and founded and produced Bernhard Ballet.

**Dr. N. N. Raghuvir**, who for nearly four decades taught biology and other classes at UB, passed away in Lady Lake, Florida, on March 10, 2018. He was 88. He joined the University in 1963 as a postdoctoral fellow before becoming a professor in the Biology Department, where he taught for 38 years. The recipient of various National Science Foundation grants, he published numerous entomological research papers, reviewed textbook manuscripts, and held patents with the Olin Corporation. He remained connected to a network of his former students all over the world.

**Dr. Alfred Wolff**, dean of students and a professor of counseling at UB from 1946-1981, passed away on January 21. He was 100. During World War II, Dr. Wolff served for four years in the U.S. Army as a psychiatric social worker. He earned an EdD from Columbia University.

**Frank N. Zullo, Esq.**, who served on the Board of Trustees for 27 years, has died. He was 85.

Mr. Zullo was elected to the UB Board of Trustees in May 1991 and served as Co-Chair from 2000 until his death on May 26, 2018. Mr. Zullo passed the Connecticut Bar exam while he was still a student at Fordham University Law School. In 1959, he entered the partnership of Tierney & Zullo (currently Tierney, Zullo, Flaherty & Murphy P.C.). Dedicated to public service, he served three terms as Democratic mayor of Norwalk and was a founder and former president of the Connecticut Conference of Mayors, where he also served on its Executive Board. His other trusteeships included Norwalk Hospital, the Maritime Aquarium in Norwalk, and the YMCA.
Side Lines

Athletic Awards Dinner

Special night celebrates Purple Knights’ achievements of the past year

By Chuck Sadowski

On Monday, April 30, the University of Bridgeport athletics community gathered as one at the John J. Cox Student Center to celebrate the successes of the 2017-2018 academic year.

The night opened with student-athletes walking down the red carpet to enter the venue and ended with a tribute to outgoing President Neil A. Salonen and his wife Rebecca. Coaches and scholar-athlete awards were awarded following video highlights of each of the University’s 13 varsity teams and Purple Knight Cheer squad routines.

The most anticipated part of the annual Athletic Awards Banquet began with the presentation of the Female and Male Freshman Athletes of the Year, the Female and Male Senior Athletes of the Year, and the Female and Male Athletes of the Year. All of the Athletic Department Awards are selected from nominations from each team.

Earning this year’s University of Bridgeport Female Athlete of the Year was softball’s Kaira Ramon, who led the team with a .417 batting average. Swimmer Kosta Mitrovic, who earned All-America honors at the NCAA Division II Championship Meet, was named UB Freshman Athlete of the Year.

Kelsey Campbell, from the women’s gymnastics team, and baseball’s Daren Grabowski were recognized with the University of Bridgeport Female and Male Senior Athlete of the Year Awards.

Before bringing the evening to a close with the announcement of 2017-2018 University of Bridgeport Female and Male Athletes of the Year, Director of Athletics Anthony Vitti took to the stage to make a special announcement. That announcement was that, moving forward and beginning with that evening, the University of Bridgeport Female and Male Senior Athlete of the Year Awards would be renamed the Neil and Rebecca Salonen Female and Male Athlete of the Year Awards.

Said Vitti, “We feel it only appropriate to recognize two of the most visible and vocal supporters of the athletic program by this award in their honor. All the successes we have had in athletics are due in large part to the unwavering support of President and Mrs. Salonen during their time on campus. We certainly cannot thank them enough, but just wanted to show them how much they both are truly appreciated by all of us in athletics.”

Winners of the inaugural Neil and Rebecca Salonen Female and Male Athlete of the Year Awards are from the women’s swimming team, Annagrazia Bonsanti, and from the men’s basketball squad, Sam Joseph.

Senior Bonsanti earned All-America honors every season at UB and set multiple school records during her stellar career in the pool, and Joseph, also a senior, led the Purple Knights to the 2017-18 East Coast Conference regular season title and a berth in the NCAA Division II Championship Tournament by leading the team in scoring plus playing top-notch defense, also leading the group in steals. ■
Swimming for Success

Annagrazia Bonsanti earns a top spot from CoSIDA

By Chuck Sadowski

In recognition of her excellent performance as a swimmer and athlete, senior Annagrazia Bonsanti has been selected to the 2018 Google Cloud Academic All-District® Men’s and Women’s At-Large teams by CoSIDA (College Sports Information Directors Association of America).

Bonsanti earned a spot on the Women’s NCAA Division II District 1 squad. As a First-team Academic All-District® honoree, she will advance to the Google Cloud Academic All-America® ballot, with first- and second-team Academic All-America® honorees to be announced in June.

To be nominated, a student-athlete must be a starter or important reserve with at least a 3.30 cumulative grade point average on a 4.0 scale at his or her current institution. The 2017-2018 University of Bridgeport Female Student-Athlete of the Year, Bonsanti posted a 3.93 grade point average as a Health Sciences major during her record-setting UB career in the pool.

Head Coach Richard Ludemann said, “I have been extremely proud to have been able to work with such a distinguished student-athlete here at UB.”

Bonsanti was equally thrilled. “I am very pleased to have contributed to UB both academically and as an athlete, and it has been such an honor to see that my hard work during the four years paid off.”
Taking the Sub Way

Play strategy led to record-breaking men’s basketball season

By Mike Patrick

Even though the men’s basketball team was defeated in both the 2018 East Coast Conference Tournament and subsequent NCAA Division II East Regional Quarterfinals, the disappointing losses came after a record-breaking season.

The key to the Purple Knights’ successes this year, players agreed, was Head Coach Mike Ruane’s strategy that kept opposing team members guessing just what—and especially who—they would be facing next.

Ruane’s method calls for frequently substituting players during games.

“This is the first year we’ve done it,” Ruane said during a practice session in March. “We’ll sub in more than other teams. We’ll just come in with a new three guys, then, next whistle, three new guys.”

Ruane will play 12 to 14 team members per game, while the opposing team might only play seven.

One of the benefits of that tactic is the Purple Knights are often more refreshed and energetic on the court than the opposing players who, in the game longer, are likely to be less so.

“You wear them down,” Ruane said with a grin.

“We press nonstop, all game, playing 17 guys,” senior Sam Joseph, a business major, said. “We sub four or five guys each time, so we’re never tired. Our style stays the same.”

It keeps the next group on their toes, because they have to keep the energy up.

In addition, Ruane said, because the Purple Knights players are always changing during the game, it’s more difficult for the opposing team to study their gameplay and exploit any weaknesses.

“It keeps you on your toes. You can push hard because you know a break is coming soon,” said Sharif Cobb, a senior studying exercise science. “And it keeps the next group on their toes, because they have to keep the energy up.”

Ruane credits the strategy for a school record 16-game winning streak in 2018 that was only broken by the 2018 East Coast Conference Tournament Championship Game fall in March.

The Purple Knights had gone into that game as the top seed. After the team’s defeat there, it entered the 2018 NCAA Division II East Regional as the number three seed.

The team closed out the season having won 25 of 31 games.
Women’s lacrosse raises funds for suicide-awareness

By Leslie Geary

Top athletes push physical boundaries to become stronger and faster. This spring, the women’s lacrosse team pushed social boundaries to shed light on the often-taboo subject of suicide.

The team raised $1,600 for Lax 4 Life, a national campaign focused on preventing adolescent and young adult suicide.

“Every year the team decides what cause we want to support. Lax 4 Life is a fairly new organization, and the team voted that this is something that they wanted to help shed some light on,” said team Head Coach Mikayla Place.

The Purple Knights held their biggest fundraiser before their April 8 game against Roberts Wesleyan, when Student-Athlete Advisory Committee representatives collected donations for the nonprofit before netting a 17-16 win for the day. Team members also distributed suicide-awareness literature to fans.

Women’s lacrosse put a team effort into raising awareness about suicide prevention.
Lacrosse Roundup

Plenty of highlights as the team wraps up its eighth season of play

By Leslie Geary

Call it half empty, hall full.

For the second consecutive year, the women’s lacrosse team finished one game shy from playoff contention, with a record of 6-9 overall and 3-5 in ECC play. Yet there was cause for celebration, too, as several of the team’s star players distinguished themselves with record-setting seasons.

“The girls are hungry,” said Head Coach Mikayla Place. “This is now the second year in a row where we missed playoffs by one game, and you can tell this one stung. We are a talented group, and I believe that this year was the year the girls finally realized that they are good enough to be in contention for the ECC championship. We are excited to build from that starting point in the fall. We have eight strong freshmen student-athletes who will join our 17 returning players, so we will have one of our largest returning veteran squads.”

Junior Courtney Forry led the team in points with 57 on 37 goals and 20 assists, a tie for 14th place in the ECC Conference single-season record in points. Forry also hit a milestone 100 career points when the Purple Knights
played Caldwell on March 2. She is the fourth player to reach this milestone in program history and is expected to break 100 career goals during her senior spring season (currently, she is four goals shy).

Meanwhile, Barbara Orsini was named 2018 Second Team All-East Coast Conference on attack in a vote of league coaches. She led the Purple Knights with 44 goals for the season, tying her for second in program history for goals in a season. She also tied for 13th in the ECC for goals in a season. She set a single-game program record with ten goals for a total of 12 points against University of the District of Columbia on April 22 and is ranked third in program history for points in a single season. She is currently has 76 career goals and ranks fifth in program history for career goals.

Cheyanne Gangel, the team’s only goalie, finished second in the ECC Conference for saves with 168 on the season. She also was third in saves percentage with 46.9 percent.

Coach Place credited the athletic administrative staff “as a vital piece that makes our program better each and every day” as well as UB alumni who take an active interest in the lacrosse program. “They are one of the biggest support systems for this program, and we appreciate all of their support throughout the season!” Place said.

Isabella Theberge, an interior design major and member of the women’s lacrosse team, said she received a chance of a lifetime when UB’s Education Abroad Resource Center awarded her a full scholarship to study at Hanyang International Summer School in Seoul, South Korea, this summer. She is one of 30 UB students spending most of July at Hanyang International Summer School and eight who received a full scholarship worth up to $3,600 from UB’s Education Abroad Resource Center.

“It has always been one of my goals to study abroad in college,” Theberge said. “With this unique opportunity as a student-designer, traveling experiences open up new ways of creative thinking and provide fresh inspiration, which is incredibly valuable.”

All UB students studying at Hanyang International Summer School may take up to nine credits from a range of classes in the arts, communications, business, engineering, humanities, international studies, Korean studies, science, math, and social studies. Courses will be held four days a week to leave ample time to explore the country and experience the culture.

Since 2014, the Education Abroad Resource Center has awarded scholarships based on students’ GPA, Korean language goals, and a written statement of purpose. The awards cover tuition, fees, and housing. This year, more than 50 students applied for the grants.

Marsha Matto, chair of the Interior Design Program, hailed the study-abroad program for aspiring designers like Theberge. “Isabella will gain knowledge and ideas from her stay in Korea that we could have never exposed her to here in Bridgeport.”

Caitlin Olson, activities and education abroad coordinator at the Education Abroad Resource Center, said: “Our summer study abroad students in South Korea return to UB every fall with a refined sense of academic commitment, intercultural confidence, a drive to study abroad again, and an endless number of adventurous stories. The Education Abroad Resource Center is offering affordable and realistic opportunities for our UB students to meet the mission of the University by preparing them for life and leadership in an increasingly interconnected world.”
The Purple Knights Club Needs You!

The University launches a new campaign to support student-athletes

By Chuck Sadowski

Director of Athletics Anthony Vitti has announced the launching of Purple Knights Club, an annual giving program that allows alumni, fans, and supporters to directly support the University of Bridgeport athletic program.

Purple Knights Club members will receive benefits based on their participation. Levels range from $50 (Young Alumni) to $10,000 or more (UB Legend). Members may designate their donations to any of the University’s 13 teams or directly to an athletics annual fund.

“The University is committed to strengthening its athletic program to become a premier NCAA Division II program, along with providing its student-athletes with a top-notch academic and athletic experience. The goal of the Purple Knights Club is to Inspire Greatness,” Vitti said. “We want to inspire our student-athletes to be great in the classroom, on the field, and within the community.”

For more information and to give, please visit bridgeport.edu/purpleknightclub or contact (203) 576-4733.

New Face in Town

Changes on the women’s soccer team coaching roster

By Chuck Sadowski

Head women’s soccer coach Magnus Nilerud, who will enter season number 20 on the Purple Knights’ sideline this fall, has hired Jack Abelson as the program’s first assistant coach.

Abelson comes to UB from the Harvard University women’s soccer program, where he served as operations assistant for two seasons. He has also has been involved for five seasons with the Boston Breakers’ front-office staff, working with their youth programs as well as their former northwest soccer league pro team.

“Jack’s knowledge of the game, innovative thinking, and connections with clubs throughout the country will be a tremendous asset for the University of Bridgeport women’s soccer program,” said Nilerud. “He has worked with youth, college, and pro players, and will be integral in helping to put the UB women’s soccer program back on the national map.”

A graduate of University of Birmingham, England, Abelson holds a BSc (Hons).
Super softball sophomore Allison Luzzi earns All-Region accolades

By Chuck Sadowski

Allison Luzzi earned First Team NFCA (National Fastpitch Coaches Association) All-East Region honors for NCAA Division II plus a spot on the Division II Conference Commissioners Association (D2CCA) First Team All-East Region Team for her outstanding play in 2018.

A 2018 First Team All-East Coast Conference selection, Luzzi led the Purple Knights in home runs with 11 in 2018, and she drove in 36 runs and posted a .384 batting average in her 48 games played during the season.

She also led UB in runs scored (45), hits (61), total bases (116), slugging percentage (.730) and walks drawn with 24. Luzzi finished the season a perfect 9-for-9 in stolen bases.

The University softball team finished the 2018 season with a 25-25 overall record and a 12-12 East Coast Conference mark, as the team advanced to the ECC Championship Tournament for the second time in three seasons.

“Allie was a dominant player all year for us, and it’s great to see her fine play get recognized, as she was one of the leaders from day one with her play both at the plate and in the field,” said Head Coach Dawn Stearns.

A humble Luzzi said, “I’m really happy to receive these honors, but they don’t just go to me as my teammates and coaches really helped me a lot this year. I look forward to working hard and continuing to improve during my final two seasons at UB.”
Focus On:

Spencer Drate

Background: Spencer Drate earned his bachelor’s degree in graphic design from UB in 1967. Even if you haven’t heard of him, you’ve likely seen his work. Drate began designing album covers in 1973, and since 1982, he and his business partner Judith Salavetz have worked for some of the biggest names in music history: the Talking Heads, The Beach Boys, Joan Jett & the Blackhearts, the Ramones, Lou Reed & The Velvet Underground, Bon Jovi, The Pretenders, Marshall Crenshaw, and more.

Like the clients they promote, the duo’s album covers have become icons in their own right, providing listeners with instantly recognizable imagery that chronicles the evolution of rock while pushing the boundaries of culture.

In recognition of their contributions to design and art, museums from the Louvre to MoMA (Museum of Modern Art), Cooper Hewitt, Brooklyn Museum, and dozens of galleries have exhibited Drate and Salavetz for years.

Next up: Drate’s and Salvatez’s work will be included in The Velvet Underground Show at Skylight Modern Gallery in New York City from October 16-December 30, 2018. They are also curating the forthcoming exhibit, The Vinyl Cover Show, due to open in Manhattan in 2019.
Like the clients they promote, the duo’s album covers have become icons in their own right, providing listeners with instantly recognizable imagery that chronicles the evolution of rock while pushing the boundaries of culture.

Do you always listen to the music first?
Always! We need to feel the music first. With the album’s title, it plays into the album design visually and typographically. Like the Billy Squier Don’t Say No cover. It’s a hard, raw cover and the music is very hard. The guitar work is very raw and gritty so the sound became related to the imagery. I used typewriter type. I used a black background. Billy never did that sound after or before that; his stuff was more syrupy. But the [Don’t Say No] album went platinum.

You and Judith have judged album covers for the Grammys and other awards events. What’s it like to scrutinize other designers?
By positively judging designers, we believe we support great designers and their careers. What’s exciting to me as a judge is seeing all these amazing concepts and designs; it’s like being in a design candy store. We all learn from seeing other great designers’ work!

You’ve done covers for 25 Rock and Roll Hall of Fame inductees. Has the thrill diminished or is it still as exciting as ever?
Vinyl is back! We’re creating in this mode now. It’s very exciting for us, so I’d say Judith’s and my love of design just keeps increasing. Because of our reputation and our design background, new clients keep coming to us. It’s always exciting!

Do you collaborate with the bands you’re designing for?
Judith and I are the creators in concept and design in all our work. We’re fortunate that we’ve got the respect to do our design thing with no interference. We do the ideas. There have been some exceptions; we co-designed with the Talking Heads because that was an unusual situation. David Byrne, Chris Frantz, and Tina Weymouth were all schooled at RISD (Rhode Island School of Design). Jerry Harrison was part of the group, too. All

continued on page 58
four of them had great concepts, and I blended my type design with them. The band’s Fear of Music album was nominated for a Grammy in album packaging, and it’s in MoMA’s permanent collection. We also co-designed the 45 record sleeve with the Talking Heads for Take Me to the River. It was in the MoMA show, Looking at Music: Side 2, co-curated by Laurie Anderson in 2009.

Don’t Say No for Billy Squier; the Talking Heads album, Fear of Music; Dee Dee Ramone’s Standing in the Spotlight; Bon Jovi; Victory’s Victory, Lou Reed’s Magic and Loss; and The Velvet Underground’s Live MCMXCIII. They’re all in the Rock and Roll Hall of Fame archival collection.

You were the first album cover designer to be interviewed by MTV and VH1. Was that a sign to you that the album covers were finally being taken more seriously? Let me tell you about that story. The phone rang out of the blue. “Were you one to design the Billy Squier Don’t Say No cover?” I said, “Yeah.” The next thing I know, the guy is down here with a camera. It was a turning point. I knew that people were starting to recognize our design work in a big way. When Joan Jett and Lou Reed were inducted into the Rock and Roll Hall of Fame, they showed two of our covers. Then I get a call from the curator [at the Hall of Fame]. They want to give us a link on their website. I said, “Oh my God, Judith, don’t ever get depressed with me again.” Talk about recognition! I think it’s incredible.

Ever deal with censorship? The design for the Victory album was considered very risqué [and] the record company almost banned printing the album cover. It was a Helmut Newton-esque photo by Geoffrey Hargrave Thomas. The cover is beautiful. It’s very simple. Simplicity is very beautiful, too. They ended up printing it, and it won a lot of design awards. Geoffrey did beautiful albums for us: he did Billy Squier and Bon Jovi. But that [Victory] photo was beautiful.
You’ve written 21 books. Why, when you have reached people so effectively through your album covers? I wanted to educate and expose people to design, and visual books are important tools to do that. My book 45 RPM is the first book on the visual history of the 45 record sleeve. It’s in the Rock and Roll Hall of Fame collection along with our book Five Hundred 45s. Independent Movie Poster Book was the first book about indie film posters. SWAG 1 and SWAG 2 are about famous rock posters and the return of rock posters in the nineties. They’re books that hadn’t been done before. They’re needed!

Let’s go back to before your career. How did you pick UB, and why? My cousin Ira was studying industrial design at UB with a former RISD department head, and I thought, ‘Bingo! I have to go to UB, too.’ I knew I had artistic talent, but I intuitively picked graphic design. I was fortunate. The UB design department was headed by Sybil Wilson; she was awesome! The UB instructors were all Yale graduates. Yale was one of the best design schools, on a par with RISD, so the UB instructors were all high-end. They were visionaries. It was great!

Favorite UB memory? Did you know I started a film club at UB? I had come back from California and there were all these movies being shown out there. There was [Andy] Warhol’s Factory. I was into it. I wanted to start a film club at UB, [but] the fraternities doled out the money for this kind of thing. Anyway, I go to the meeting to get funding for my club, and I’m figuring I’m going to have a problem. These guys are real fraternity, clean-shaven. Guess what? They said, “Look, Spencer, we don’t know what you’re doing, but we’re going to give you the money anyway.” We showed movies every week. The kids from Yale heard about it. They came down in busloads. The place was packed; it was off the wall! I got regular films, I got classics. I got way-out Warhol stuff. I got Scorpio Rising, [the 1963 film by Kenneth Anger about occult, bikers, homosexuality, and Catholicism]. I wasn’t supposed to show it. It was really controversial, but I didn’t care. I wanted to show it. It was nuts. There were police around the auditorium. We got nuns showing up. They all sat through the movie, and we talked about it. To this day I’m glad I showed it. It was meant to be shown.

I had a great time at UB. I was reclusive in high school. Music was my life. At college, forget about it! UB opened up my life.

—Interview by Leslie Geary
Let Mindfulness be Your Surfboard

By Donna Oropall

On the first day of my Mindfulness Meditation class, I ask my students to read an article entitled “Riding the Waves of Alignment,” written by Om yoga creator, and one of my former teachers, Cyndi Lee.

The title says it all: as we practice yoga/meditation and/or mindfulness meditation, we align with the universe to become more embodied in and conscious of the world. And if we practice long enough, we become both student and teacher.

Indeed, the concepts Lee writes about, and that I teach at UB, are becoming better known. All over the world, people are searching for and discovering something meaningful in their lives, and they’re sharing it with others. Put another way: mindfulness is trending.

At UB, I am privileged to guide students through the remarkable journey that is mindfulness. I watch as they shed stress and transform into conscious, supple, softened individuals. Yet my official role as teacher belies another truth: I am also a student. In fact, I was guided to mindfulness by a colleague in the Human Services Department, where I teach. She had watched me, a multitasking, goal-driven teacher, desperately try to impart wisdom. Trouble was, I couldn’t slow down and figure out how to really connect with and help my students. My colleague—I’ll call her a guru—encouraged me to become a student of mindfulness.

I was eager to learn. I thought it could improve my teaching, which it has. But as a lecturer in the Human Services Department, where students are training to work with society’s most vulnerable citizens, mindfulness made sense: if people didn’t soften their hearts, forgive others and themselves, and care for themselves, the world would be a very cold hard place.

I drove to Lenox, Massachusetts, to take my first course: a four-day workshop on cognitive behavioral mindfulness training for depression. As my first immersion into experiential learning, it was a life-changing experience. It was also the first professional conference I attended where we spent the weekend on the floor wearing comfortable clothing—in silence! I have practiced ever since, during the summer, weekends, and spare time: yoga, meditation, qi gong, energy therapy, and much pranayama.

I practice because I made a commitment to myself that everything I did in self-development I would bring to my students. My continued encounters with like-minded practitioners, brilliant scientists, and contemplatives has paid off in immeasurable ways. Many of my students are committed to making positive, lasting changes in their worlds and, as human services majors, in the world at large. It has been a privilege to watch them as they, too, become change-makers with people who are most needy and underserved.

It has delighted me to hear students, like one criminal justice major, state that he was suddenly able to observe his life dispassionately: quite a sophisticated concept for an undergraduate student to take into the world! Another very savvy
human services student has brought her mindfulness practice into the classroom with her work with at-risk youth. She was amazed at the reception and softening that she was noticing in her very needy population! I’ve listened with gratitude as another student discussed how she overcame debilitative anger with her mindfulness practice. Students thank me for helping them with their grief, panic attacks, focus, and patience.

Mindfulness, then, is something to be shared. As students and teachers—we are all a bit of both—we gain valuable insights to be conscious and make a real impact in the world. As I instruct my students to gaze inside their hearts in our dojo, our classroom at UB, and as they lie flat out on mats, I witness the softening of their jaws and foreheads, watch the color rise in their cheeks, and listen to the rise and fall of their collective breath. Their bodies release into the earth. They re-set from the so-called autonomic nervous system to a gentler, relaxed parasympathetic nervous system. I know they are going to be able to make it through finals week and move into their summer and surf their own emotional waves with patience, hope, and joy.

“
All over the world, people are searching for and discovering something meaningful in their lives, and they’re sharing it with others. Put another way: mindfulness is trending.

As we prepare to end each of our practices, we sit in a circle connected only by our toes. I feel gratitude for the opportunity to share the benefits of this ancient practice with students, who, I hope, will share it with others. We chant “Om” before bowing to the light that is within ourselves and humbly nod our heads. Then we repeat: “Namaste!”

Donna Oropall is a lecturer at UB’s Human Services Department who is currently surfing into the Summer Scholars Program, where she is working with students to collect data on the positive changes that her experiential classes have on individuals. As the adviser to the Wellness Club, Donna encourages all students to participate in meditation, yoga, and Zumba classes offered on campus.
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