Why They Give

All institutions need support. Why UB’s donors answer the call—and what they hope their gifts will mean.

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“It would be so wonderful to give a chance to more and more of these deserving kids.”

“Being able to help financially strapped students is exactly the kind of thing we wanted to be able to do.”

“UB will always have a very special place in the hearts of those of us on the Alumni Board.”

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There’s been quite a bit of talk about entrepreneurship lately. Pioneers from Steve Jobs to Mark Zuckerberg have changed the way we live and work. As the president of a university with a mission to prepare students to excel in the professional world, I’ve also witnessed how entrepreneurs are inspiring today’s students. But while entrepreneurship may be a hot topic on today’s college campuses, it’s certainly not a new concept. Universities have long been fertile grounds for the brightest thinkers and innovators. As longtime UB Trustee Ernie Trefz notes in this issue, the nature of entrepreneurship is evolutionary. Today, start-ups like WhatsApp Inc. make news. Yesterday, it was McDonald’s or the meat-packing companies down on Water Street in Bridgeport.

UB is home to the first university-based small business incubator in Fairfield County, and for years area entrepreneurs have come to campus for professional lectures, networking opportunities, or to meet with faculty who provide invaluable expertise in developing products and business models. We are proud of these campaigns, but our work is not done.

UB continues to expand its role in supporting area entrepreneurs. The newly named Ernest C. Trefz School of Business, which opens later in 2014, is placing special focus on entrepreneurship so its graduates can become as successful as its namesake. Other incubators and support abound elsewhere on campus. As you’ll read in “The Little Lab that Could” (page 18), professors like Jack Toporovsky are dedicated to providing opportunities for students to work with PLC devices and other technology that is indispensable to fields from manufacturing to medicine. Because of his efforts, UB students are being recruited by companies who compete hard for their skills.

Investing in our students is integral to our collective future. As Gov. Dannel Malloy noted at the groundbreaking ceremony for the Ernest C. Trefz School of Business, the new facility and its focus on entrepreneurship “represents a major investment in our future workforce and, upon completion, a project that will facilitate an even stronger partnership between the University and Connecticut’s business community.”
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Editor’s Note

Christine Kontomerkos-Ferreira didn’t wait around to throw herself into life. Before she enrolled at UB’s College of Naturopathic Medicine and School of Human Nutrition in 2006, she’d already studied in the Amazon Rainforest, where she learned about plant-based healing and decided to become a naturopathic doctor. Kontomerkos-Ferreira died all too soon, at age 34, but her passion and skills as a ND enabled her to help hundreds of patients. To continue her work, her family recently dedicated a special library at UB so others can become naturopathic doctors.

As I interviewed Christine’s family about their gift, and spoke with other donors who have done much for UB, it has become clear to me that our most significant gifts reflect our passions. In this, they are highly personal, and should be highly prized.

Christine’s love of the natural world informed her work and her life. For the Alumni Board, giving is an opportunity to ensure that a new generation can excel at their beloved Alma Mater. Its members have created a new scholarship, which you can read about on page 7. Likewise, UB Trustee Ernie Trefz was inspired by men like his father, recent immigrants, who put heart and muscle and life savings into building businesses that provided for their families, built communities, and made America strong. Thanks to his generosity and passion for entrepreneurship, the newly renamed Ernest C. Trefz School of Business is providing students with the skills they need to achieve similar levels of success.

Determined passion also pushes us to persevere, even in the face of tall odds. Stefanie Tropea ’12, featured in “Strongest Woman Ever!” (page 22) finished dead last in her first strongman completion, but passion won the day. Today, she’s training for a world title. Music major Jackie Yanes was eight years old when she fell in love with the piano. Her mother, a housekeeper, couldn’t afford lessons, but with her help, Yanes tracked down scholarships and has studied with orchestras in France. Biology professor Marty Autuori, included in “Faculty Lines” on page 41, established a foundation so students can learn more about the natural world, he’s been passionate about since his parents took him hiking as a kid. And Kenichi Ebina, no stranger to viewers of America’s Got Talent, was once so shy he feared dancing in public. Thanks to the encouragement of friends at UB, Ebina discovered his passion and talent for performance.

The rest, as his fans know, is history.

Leslie Geary
Editor, Knightlines
Pipelines

Applause for a Rock Star

Dear Editor,

Great publication! I particularly enjoyed the article on Dr. John Nicholas, who taught geology at UB when I was there in the ’70s (“Closing Thought: The Time of My Life,” Summer/Fall 2013). He makes an excellent point about having a good background in various subjects. Further, he emphasizes an important point for all job-hunters: know the company that you wish to work for inside and out. This includes the products, even their core parts.

David Hornsby ’79
Shelton, CT

Dear Editor,

I was an older pupil of Doc Rock’s back in 1983, maybe in 1982. There are few courses that I remember well, but his is definitely one. Since that time, everywhere I’ve been in the world I’ve had an enhanced experience because I understand the geology around me.

I’ll never forget as his student going on a dig: there was a highway being cut through, so we were able to climb ladders and dig into the sediments. I brought my husband and we had a lot of fun. I found a trilobite and Doc Rock kept it with his other prizes. I also remember hearing the song, “I Hear the Earth Move Under my Feet” when we learned about the movement of tectonic plates!

What do you think?

Have an opinion about something you read? A story idea? Want to share a UB memory? Knightlines would love to hear from you—and so would your classmates! Please send your letters to knightlines@bridgeport.edu or Knightlines, Cortright Hall, University of Bridgeport, 219 Park Ave., Bridgeport, CT 06604. Please be sure to include your full name, contact information, and UB class year, if applicable. Letters may be edited for length, clarity, style, or accuracy.

Remembering George Blake

Dear Editor,

I was elated to see the dedication to Professor George Blake in the Summer/Fall 2013 issue of Knightlines magazine (“Remembering George Blake”). I had the pleasure of having Professor Blake for two English classes in the mid-’80s. This was part of the Basic Studies Program. It was a phenomenal experience, and it left an indelible mark on me.

When my son started looking at various colleges, I suggested that he take a look at the University of Bridgeport. I suggested this because I never forgot the relentless dedication Professor Blake had to his profession and to his students. Needless to say, my academic experience with Dr. Blake left a profound impression on me. My son did decide to attend UB and he graduated with the Class of 2012.

I have since chosen to return to UB to finish what I started. I am presently enrolled in the IDEAL Program, and all I can say is: “Thank you. Thank you. Thank you to Professor George Blake!” He gave his students both hope and promise.

Keisha Burroughs
Queens, New York
What would you like me to play?

Music major Jacqueline Yanes was perched at an obsidian-black Steinway grand piano in Littlefield Recital Hall, chatting with UB Alumni Board President Dennis Brotherton, who listened intently as Yanes played a little Chopin, then a little jazz, then music from a French movie.

The two met when the Alumni Board awarded Yanes a $10,000 scholarship. In between each piece, they spoke easily, like longtime friends. And why not? Brotherton graduated in 1986 after earning his degree in physics, and like Yanes, he cares deeply about his alma mater.

His dedication for UB and its students compelled Brotherton and fellow members of the Alumni Board of Trustees to create a profit-sharing agreement with Liberty Mutual. Its purpose: create a mechanism to fund scholarships for top students like Yanes. Each time an alumnus buys insurance through the company, Liberty Mutual contributes to the program, which is also funded through alumni donations. (For more information, see “Pitching In! The Alumni Board Scholarship” on page 7.)

“UB will always have a very special place in the hearts of those of us on the Alumni Board, and we’d love to foster that feeling in all our alumni,” says...
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“There simply are a number of truly talented people, young and otherwise, in the region who might not have any other chance to realize their dreams.”
Brotherton. “That, along with a very deep feeling of compassion for students who struggle to finance their education, has long driven our desire to give to our community in some meaningful way.”

The first Alumni Board Scholarship was awarded in 2012. Any junior or senior with demonstrated financial need, superlative grades, and who is actively involved in campus or other extracurricular activities is welcome to apply.

Yanes, the second UB student to receive the Alumni Scholarship, was the model candidate. She was just eight when she heard a friend play Beethoven on the piano and promptly fell in love with the instrument. Since music lessons were prohibitively expensive (Yanes’s mother still works as a housekeeper to raise her three children), Yanes relied on music scholarships to learn her way around the ivories when she was still in elementary school.

She continues to develop as a musician at UB, playing with the University Jazz Band and Chamber Singers. In 2012, during her junior year, she volunteered with the Cannes Symphony Orchestra in France after getting a scholarship to study abroad. When not at school, she works at a Hilton Hotel and at a country club in Darien, Connecticut, to pay for college.

It’s a hectic schedule by any measure, but Yanes keeps hitting the high notes: her 3.7 GPA landed her on the President’s List last year.

“The scholarship really is a blessing. I didn’t know how I’d be able to go to school this year if I didn’t
“The scholarship really is a blessing. I didn’t know how I’d be able to go to school this year if I didn’t have it. It was essential.”

Yanes, who graduates in May 2014, says, “It was essential.”

Brotherton, not surprisingly, is delighted that the Alumni Board Scholarship can make such a big difference. But he is quick to add that there are other students who are equally talented and need financial assistance to finish their studies. If all goes well, he hopes the Alumni Board will be able to increase the scholarship program to help more upper-classmen.

“There simply are a number of truly talented people, young and otherwise, in the region who might not have any other chance to realize their dreams,” he says. “It would be so wonderful to have the Alumni Fund continue to grow so we can give that chance to more and more of these deserving kids.”

Liberty Mutual Insurance has partnered with the University of Bridgeport Alumni Association to offer a discount on auto and home insurance to all UB alumni. That deal also helps fund the Alumni Board Scholarship to support top-performing juniors and seniors.

For more information, contact Liberty Mutual agent James Keane at 212 817-3865 or James.Keane@prudential.com. Instant quotes can be obtained at www.libertymutual.com/ubridgeport.
To celebrate being pregnant, Christine Kontomerkos-Ferreira took her husband skydiving.
Alumna Dr. Christine Kontomerkos-Ferreira ’08 healed hundreds of patients at her naturopathic clinic. With their gift in her memory, her family is helping other UB-trained naturopathic doctors to do the same.

Creating a Legacy

Dr. Christine Kontomerkos-Ferreira made a difference. Actually, she made lots and lots of difference. It wasn’t until her wake, however, that her family realized how powerfully she helped men and women, young and old, who sought her counsel.

“We were overwhelmed,” says Mario Kontomerkos, Christine’s brother. “Hundreds of people came up to us and said, ‘Christine changed our lives. She was that kind of person.’” Kontomerkos-Ferreira died from breast cancer on January 3, 2013.

She was 34, trained as a naturopathic doctor, or “ND” in the parlance of the profession, and she packed more into her three-plus decades than many do in a lifetime.
As a pre-med major at Boston University, Kontomerkos-Ferreira earned a double major in biology and philosophy. An internship at Yale University Medical School’s Boyer Center for Molecular Medicine and Department of Cardiothoracic Research complemented her training, but it was her journey to South America, where she spent months studying ancient and modern uses of medicinal plants with natives in the Amazon rainforest, that changed how she thought about healing and what she planned to do with her life. In 2006, she enrolled at UB’s College of Naturopathic Medicine, where she earned her doctorate two years later. She also was awarded a master’s degree in Human Nutrition at UB’s Human Nutrition Institute in 2008.

“She made some very good friends at UB,” says her sister Lisa Kontomerkos Vancho. “The fact that she expressed an interest to go back to UB and share her experiences as a naturopathic doctor reflects her desire to give back to the University.”

Instead, her family—Mario, Lisa, Christine’s husband Tony Ferreira, their two-and-a-half-year old son Aiden, and Christine’s parents, Andrew and Vasiliki Kotomerkos—has given back on her behalf. “We wanted to create a way to ensure that there will be more doctors like her in the future.”

“We wanted to keep her memory alive, but to be honest, it took a while for us to figure out what to do,” says Lisa. “We looked at so many areas.” After touring the College of Naturopathic Medicine they made the decision to fund a new library at the College in Christine’s name.

“UB was the main program that created who she was,” says Mario. “We wanted to create a way to ensure that there will be more doctors like her in the future.”

Lisa agrees: “Christine placed great importance on researching patient cases; she spent hours, getting to the bottom of what solutions could be. I can tell you stories: people with autoimmune disease, undetectable Lyme disease, and nobody seeing it. But she saw it with her research and the specialized labs she ran. She saved people’s lives. She was well-studied and very emotional, very warm—the library is that combination in our minds. It’s a place where doctors and students talk about patient cases. It’s
also a social venue where students can come together between classes.”

The outpatient clinic at the College, where faculty and student-clinicians treat some 2,500 patients a year, also resonated with the family. “Knowing these patients benefit from the students that are helped by our donation was an important consideration for us,” Lisa says. “Christine’s dream was to expand her successful practice to become more of an integrative holistic clinic and this was our way to facilitate her dream.”

Stories, too, leave a rich legacy, and as he talks about his late wife, Tony Ferreira remembers the day Christine opened her practice near their Trumbull, Connecticut, home. She had been diagnosed with cancer months earlier, but “she pushed me to open,” he says. “There were a lot of unknowns, and she had some anxiety, but I don’t think she doubted people would come. Sure enough, she had a three- to four-month waiting list very quickly. It took off.”

Looking back, Ferreira isn’t surprised by his wife’s success. The two met in high school, and Christine was an indomitable force back then: captain of her volleyball team, honors student, a popular girl “who never lost a debate.” The summer after she graduated from high school, for example, Christine got her first exposure to medicine by working in a chiropractic office. “I think she walked in and talked herself into a job,” he laughs.

Ferreira has other stories: how Christine wrote him letters from South America, brimming with excitement as she learned about traditional healing, or the skydiving trip they took when she was pregnant, or how she got everyone in her family to change how they eat and care for their health. He will tell the stories to Aiden, and when the boy is older, Ferreira will take his son back to UB, to see the College of Naturopathic Library bearing his mother’s name.

“It will be amazing when he’s older,” he says. “We can go to the library and he’ll see what she went through to become a doctor, and we’ll tell him why we did it. It will help him see the person she was.”
UB Board of Trustee Ernest C. Trefz grew up with big dreams. Now he hopes his gift to the business school will help a new generation become just as successful.

The crowd huddled against the lacerating wind, but Ernie Trefz seemed impervious to the chill—and to the excitement building around him. In a few moments, ceremonial shovels would be handed around, and Trefz would join Gov. Dannel P. Malloy, UB President Neil Salonen, and other dignitaries to dig in and officially break ground on the Ernest C. Trefz School of Business.

While others wrapped themselves in down, shoved gloved hands deep into their pockets, and blew out great puffy breaths into the frigid air, Trefz—who has been a UB trustee since 1980—greeted other University board members with gracious warmth.
This is a caption

Someone handed Trefz a white construction hat, which he donned before scooping the first hefty clump of soil as neat as can be. Photographers snapped. Reporters fired up television cameras. Applause ballooned into the sky, bouncing off the steel edifice of the school that would bear his name.

So much fuss, yet naming a business school “was something I never aspired to,” Trefz would admit later. “It wasn’t my goal. My goal was to be successful in business.”

And so he has. The son of German immigrants, Trefz spoke “broken English” as a kindergarten student in West Haven and learned to work hard by watching his father, Christian Frederick Trefz, sell cold cuts, bacon, and sausages to provide for his family. As a young boy, he often rode on the truck as his father delivered meat from shop to shop.

“My father was a very good salesman,” says Trefz. “He loved people. He worked for company on a commission basis. In those days they didn’t have big supermarkets. They had a lot of small stores run by different ethnic groups. That was the norm.”

Entrepreneurs like Zuckerberg, Page, and Bezos may enthral today’s students. Back then, Trefz was inspired by the men who staked it all to open modest stores and build bright, bold futures for their families.

“It was an experience to learn from them. How they got into business,” says Trefz. “They came over from Poland, had a chance to borrow money to open a small deli and something. That stuff stayed with me. I decided I wanted to be in business when I was a little boy.”

He began by harvesting apples and corn for a local farmer, then trucking them to customers from New York to Boston. He delivered the Saturday Evening Post. Earnings helped support the family.

College wasn’t even a consideration.

“I wasn’t smart enough to get a scholarship, and my family didn’t have the money to pay for it. I had to get along without it,” says Trefz.

Instead, he was drafted by the army and trained at Fort Dix. He was stationed in Germany, and after serving two years, Trefz returned home to work at Roessler Packing Company—where his dad had recently retired—down on Water Street in Bridgeport.

The company wasn’t thriving, but Trefz, as general manager, and his brother Christian, who was sales manager, applied their street smarts, intelligence, and ambition to turn Roessler around. “It became profitable,” Trefz says. “I wanted to buy an interest in it because I saw potential.”

The owner refused. With one door closed, Trefz and his brother looked for another opportunity. They found it at a new restaurant called McDonald’s in Hamden, Connecticut. “It had lines around the restaurant,” says Trefz. “When I saw those lines, I knew there was nothing like it anywhere. I knew it was going to be successful.”

After years of lobbying, waiting, and writing personally to McDonald’s founder Ray Kroc, Trefz and his brother got the green light to open their own franchise in Waterbury. The rest, as they say, is history.

In addition to McDonald’s restaurants, the Trefz family owns the Holiday Inn and other properties in Bridgeport and the surrounding area. “I never wanted to leave,” says Trefz, who has been a longtime and vocal supporter of Bridgeport and the University. Indeed, his involvement with city and school seems personal. Coming to campus one day last fall, Trefz quickly fell into conversation with students, asking about their studies and plans. Speaking about the business school, Trefz underplays his generosity, referring to opportunity and timing, not gifts.

“The opportunity came around because UB had a need,” says Trefz. “I feel strongly about UB being successful. I’m proud I’m able to help out.”

From right to left: Ernest Trefz and sons Paul and Christian Carl Trefz
Entrepreneurship 101

By Leslie Geary
When the new **Ernest C. Trefz School of Business** opens later this year, it will focus on grooming students to excel as entrepreneurs.

Calling it “another important step forward for the University,” Governor Dannel P. Malloy joined University Trustee Ernie Trefz and campus officials in December to officially break ground for the newly renamed Ernest C. Trefz School of Business.
Trefz has been a trustee of the University since 1980 and a constant presence as an advisor, philanthropist, and supporter. “I’m honored and honestly humbled that the UB business school will carry my name,” he told supporters during the ceremony. “I will be here to support the school and its mission in every way I can.”

Trefz’s gift is being used to support renovations at Mandeville Hall, fund scholarships, and increase its faculty ranks by 50 percent. The curriculum is also being enhanced, and will soon include more concentrations in entrepreneurship, said Dean Lloyd Gibson.

As a former president, CEO, and director of community banks, Gibson says it is imperative for academia to work with the business community to best serve students. To that end, the school curriculum merges business theory with real-life practices. As the Trefz School undergoes changes, it’s sought feedback from Connecticut’s business leaders.

“Businesses are looking for employees who have entrepreneurial skills—the ability to create and develop new products, programs, and services,” Gibson said. “Those skills are the same ones people need to be successful in starting their own ventures. So one of the things we must do is help students develop them. Mr. Trefz’s gift will help us do this; it comes at a critical time.”

This January, for instance, the school launched its much-anticipated online MBA in Management. The 30-credit program accommodates students who depend on online courses as they balance the demands of graduate studies with personal and professional responsibilities.

Students holding a bachelor’s degree who satisfy prerequisite course requirements will be able to earn their MBA degree online in just one year. Classes include core business foundation classes, in-depth management courses, and capstone courses that integrate each student’s learning in practical situations.
The school’s emphasis on entrepreneurship reflects the background of its namesake. Trefz is the son of German immigrants and while his family had few monetary resources, he said, “my family taught me the value of hard work and persistence, and the importance of education.”

He added that his gift to the University is a tribute to his family. (For more, please see “So Others Can, Too,” on page 12.)

UB President Neil A. Salonen noted that, “This naming gift from Trustee Trefz will transform the School of Business, and in particular, strengthen its focus on entrepreneurship. Ernie Trefz and the Trefz family have supported the University for over 30 years. We are grateful for Ernie’s generosity and steadfast loyalty to UB.”

When the Trefz School opens its doors later in 2014, the revamped building will better serve students enrolled in classes held on campus, too. Among the changes: spacious classrooms and meeting spaces suited to hosting small conferences, live webinars with other academic institutions and businesses around the world, and the school’s ongoing Executive Speakers Series, said Gibson.

Meanwhile, professors who have academic knowledge as well as experience in the business world are being recruited for the fall semester.

The success of the Trefz School will be a boon to the larger community, said Gov. Malloy. “We are also here to celebrate a project that represents a major investment in our future workforce and, upon completion, a project that will facilitate an even stronger partnership between the University and Connecticut’s business community.”

“I will be here to support the school and its mission in every way I can.”

—Ernest C. Trefz
Madhav Patil ‘08 worked in quiet determination. Before him were small components he planned to use to save lives.

Patil, an electrical engineering alumnus who is currently earning his PhD at UB, has devoted much of the past two years at the University’s Programmable Logic Controller (PLC) Industrial Control Lab, designing and building robots that can be used for variety of purposes—from assembly line work in manufacturing to search-and-rescue missions during natural disasters.
“It’s dangerous for human beings to do search and rescue in a fire. Or if a building has been destroyed during a disaster, a person can’t get in,” he explained. “A smaller robot can go in, pull a person out or it can communicate with another robot and pull them out.”

Even better, Patil has designed robots to be cost-friendly—roughly $300 to $500—so they’re affordable and accessible to public agencies, small businesses, or even individuals who couldn’t afford to shell out thousands for technology.

Patil is not alone in his determination to harness technology to help others. The so-called PLC lab, where he works for lab founder and engineering professor Jack Toporovsky, has produced graduates whose skills, vision, and understanding of robotics have put them in high demand.

More Than Book Smart
When he came to UB, Toporovsky, a former electrical control engineer for Hall Machine Systems and U.S. Surgical Corp., knew that if his students were going to get jobs, they’d need to be more than book smart. They’d have to have a deep understanding of PLC devices. They’d need to be able to integrate various components, too—like sensors, vision camera and variable speed drives into their machines—and create labyrinthine writing diagrams for them. In short, they’d have to learn about and master technological processes that are vital to the field of integration control.

“If you look at any industrial technology now, you have automation and assembly lines. People are not present on assembly lines anymore,” said Toporovsky. “It’s critical to understand how the machines are
controlled and how components of assembly lines move very precisely from one place to another.”

So Toporovsky set to work, assembling an industrial conveyor with a robotic arm—the lab’s first PLC machine. That was six years ago. Today, the lab boasts 15 automated industrial machines driven by PLCs made by Mitsubishi or Allen-Bradley that are commonly used in industry. Students like Patil programs and monitors them any one of the lab’s ten stations.

**Return On Investment**

The work has reaped impressive returns: every graduate who’s worked in the lab has a job—some, like Ismail Khan, even got offers before they officially graduated. Kahn is the design systems engineer at Leprino Foods in Denver.

He had applied to the job online one morning, shortly before his graduation. Ten minutes later his cell phone rang. It was Leprino’s HR director, calling to schedule phone interviews for that same afternoon. By 6 p.m., Kahn—who was then completing his master’s in electrical engineering—was on an airplane to Leprino’s headquarters for back-to-back interviews. Two days later, he was hired.

“Later on I asked my manager, ‘What attracted your attention about me?’” Khan recalled. “He told me, ‘Two things: your confidence and your knowledge.’ If it hadn’t been for the PLC Lab, I wouldn’t have gotten the job. Nowadays, going to a high-tech school and not doing anything practical won’t help you. You have to have that hands-on experience. If you don’t have it, you won’t get the job. There are other schools with labs like the PLC Lab, but it’s not common practice. Working in the lab was a huge opportunity for me.”
Strongest
By Mike Patrick

Stefanie Tropea ’12, five-foot-something and sporting athletic socks festooned with the word “bacon,” walked nonchalantly over to a log sitting in the corner of the gym, next to the window.

At six feet and 125 pounds, the wooden thing was not unlike one of those battering rams a dozen or so knights would pick up in unison and use to burst through the gates of an enemy’s castle.

But Tropea picked it up by herself. Over her head.
It’s been a long road from a finance job, to the University of Bridgeport, to owning a gym franchise, to being named America’s Strongest Woman.

In a few months, that road will lead the 34-year-old to Columbus, Ohio, where she’ll compete to be named the strongest woman in the world.

“A few years back I was working with a trainer. One day he said, ‘You’re strong for a girl, you should try one of these contests,’” Tropea said, referring to strongman competitions, in which participants compete against each other by lifting, pulling, pushing, and carrying monstrously heavy things.

“We were four months out and trained the whole time. At the time there were only three women. I came in last,” she said of her first contest. “I was hooked from that day.”

The log? No big deal. In a recent competition, Tropea lifted a Ford Focus right off the ground.

Some guys, she said with a wry smile, find a woman who can lift fuel-efficient cars to be intimidating. But not her boyfriend Mike Mastell. He’s actually one of the country’s strongest men, as well as a trainer at Punch Kettlebell Gym, the franchise Tropea runs in Norwalk, Connecticut.
What It Takes

It was the first exercise in what would be an hour-long training session, and Tropea prepared herself. She fastened a weightlifting belt around her waist to protect her lower back, pulled up her bacon socks, then dipped her head under a metal bar and let it rest on her shoulders.

She closed her eyes and let out a few short breaths.

“I visually do the event first in my head, how it’s going to go,” she said. “Once I’ve done that routine, I’m ready.”

And she was. With a quiet grunt, she stood straight up, lifting the 200-pound metal scaffold-like object by the bar on her shoulders, and off she went.

This exercise device was called a yoke, like a farmer would attach oxen to back in the day. Her goal was to carry it as fast as she could for 50 feet.

The metal contraption rattled and clanged with every step, and Tropea easily made it the 50 feet, but this was just the beginning.

“Should I add more weight?” she asked Mastell.

At his direction, Tropea applied four weights to the bottom of the yoke, increasing its weight to 345 pounds.

This time, the task was much harder, and as she traveled the 50 feet, the strain was evident in her tight-lipped grimace, which exploded with a gasp of air when she finally let the device down.

“You didn’t breathe the whole time,” Mastell scolded.

“He’s really good at putting his coach’s hat on and being all business. He doesn’t let me get away with stuff,” she said. “He has no problem yelling at me or screaming at me. If I, for one second, start whining, he knows exactly what to say so that I snap out of it.”

This time, he told her to add 50 pounds to the yoke. When she gets to the world strongman competition in Ohio in March, she’ll have to carry 470 pounds.

And that’s only one of the events. Tropea will also have to lift a heavy concrete ball called an atlas stone over a bar, carry a beer keg filled with hundreds of pounds of sand, and—no joke—lift a car into the air.

Preparing for that isn’t just about doing it over and over in the Punch Kettlebell Gym. Clichéd as it may sound, Tropea attributes her success to a marriage of body, mind, and determination.

“You can’t just think about winning or what place you’re going to come in, because when you do that, you lose focus on the things you need to do in the interim to win,” she said. “You can only control what you do. If you know you’re doing everything you can possibly do, if you come in tenth, you’ll be happy.”

Tropea’s training sessions last an hour, and she only does them a couple times a week. But what they lack in length and frequency they make up for in intensity. Less than a minute of carrying the yoke, she said, gives her an aerobic workout it would take 45 minutes to achieve on a treadmill.

She’ll continue with them for seven weeks, taking the eighth week off before the competition.

“That’s called deloading,” she said. “It gives you a nice rest to rebuild the muscles, and when you go back to it, you’re so much stronger.”

“Bacon is actually a huge part of my diet.”
Logs are easy. Tropea also lifts small automobiles.
And being strong, she said, is what it’s all about. “Everybody does the same movements. Everybody squats, everybody pushes and pulls things and lifts things. It’s human movement,” she said. “Strong has no sex. Strong is just strong.”

That’s the difference, she said, between what she does, and traditional bodybuilding. She’s not trying to build muscles for aesthetic reasons, in the way, for instance, Arnold Schwarzenegger did.

“I used to follow some of the health and fitness magazines. I used to want to look like those girls,” she said. So, she tried the diets and the toning exercises, and it all worked—to a degree.

“I had abs. People aspire for abs, I had them,” she said. “But in that process I got extremely weak and I was miserable and sick all the time. That was sort of a revelation. I really care about being really strong and healthy, and I will sacrifice the abs to have that.”

**Bringing Home the Bacon**

What she won’t sacrifice is the bacon.

“Bacon is actually a huge part of my diet,” she said, adding she enjoys it so much, friends and admirers give her bacon-themed gifts all the time. She’s even indulged in bacon cupcakes and brownies.

After workouts like this recent one, her next move is to go home and load up on grass-fed organic meats and carbohydrate-laden vegetables like potatoes.

“We were meant to eat that stuff,” she said. “Breakfast of a couple eggs and two strips of bacon is way more nutritious than a bowl of Cheerios and skim milk. There’s no nutrition in that.”

She learned that, she said, at UB, where she received her master’s degree in nutrition.

After graduating from Stamford, Connecticut’s, Trinity Catholic High School, Tropea pursued a degree in finance from Manhattanville College.

“I chose that path because I was familiar with it,” she said. “My mom was always in finance, and I figured I’ll definitely be able to get a job after college and can always fall back on that.”

The problem was, she just didn’t like it. Meanwhile, her desire to pursue fitness continued to grow.

“I really wanted to learn the biochemistry of it all,” she said. “Not fad diets, but the science behind nutrition and how it really needs to support the exercise that you’re doing.”

At UB, she was surprised to learn that meat and carbs have a bum rap, and that it’s actually factory-farmed, pesticide-covered grains—even whole grains—that can lead to inflammation and heart disease.

“It’s 100 percent nutrition and 100 percent exercise,” she said. “You really can’t have one without the other.”

**An Old-School Workout**

There are no StairMasters or treadmills or stationary bikes that project computer-generated hills on flat screens at Punch Kettleball in Norwalk. The folks here work out with barbells, clubs, hemp ropes, wooden logs and kettlebells.

Tropea opened the franchise after finishing her UB classes in 2008, but got so tied up with the business she didn’t walk for her diploma until 2012.

On a recent Monday night, she led 37-year-old Karen Smith through an exercise called a Turkish Get-Up, an ancient exercise for which Smith had to lie on her back, lift a weight in one hand and rise to a standing position, using her other hand for support.

Most of the 100 or so gym members are women, including Tropea’s mother. Every once in awhile, a guy comes in, interested in strength training (her brother enrolled after Mastell joined), only to find out his trainer would be a girl who could probably lift him over her head with one hand, while eating bacon with the other.

Those guys, Tropea said, usually don’t come back. But she doesn’t sweat it. She reserves her sweat for when she picks up cars with her bare hands.
Alumnus Kenichi Ebina ’98, ’00, newly crowned victor of America’s Got Talent, remembers the night when he first danced in public at Cox Student Center.

By Leslie Geary
On September 19, 2013, Ebina was declared winner of the eighth season of America’s Got Talent, NBC’s mega-hit show. Now he’s an international star.

Ebina never forgot his UB roots: he’ll return to campus on March 28, to perform at the Arnold Bernhard Center.

Knightlines caught up with him to reminisce about how it all began.

Were you a big dancer before you came to UB?

No, back in Japan I wasn’t really into dancing, but my friend in high school was. He taught me some steps, including [a move called] “Running Man.” But basically, I wasn’t into it, and I forgot about dancing.

Then I came to UB to study. One night there was a dance party that one of the student clubs had organized. I went. At some point they made a common circle on the floor. I was shy; I was just watching. But it was the kind of atmosphere that I had to go into the circle. I didn’t know what to do!

Then I remembered the Running Man. I did it in the circle. I didn’t know it at the time, but Running Man was already old; it was kitschy. People cheered for me. I found out later that they were laughing, but I didn’t know it. I thought I was kind of cool. I started watching dance videos. I started dancing.

Where did you dance at UB?

In the beginning it was at the ELI (English-Language Institute) parties. They have graduations for students who get to level 12. Every month, there was some kind of ceremony and students did a skit of some kind. I started performing at the graduation parties as a solo
Then in 1995, I enrolled at UB as a student. I asked a friend to dance together. We started at college events: the Fashion Show, the International Festival.

You actually became very involved in the International Festival.

The president of the Japanese Student Association asked me to direct a performance to represent Japan. At the time I didn't know traditional Japanese culture. I performed my dance and incorporated images of Japan, like the kabuki dance. But I didn't know anything about kabuki. I infused the image of Japan into hip-hop dancing with the Japanese music and costumes.

How much of what you did at UB in terms of adopting different styles and mediums influence the kind of moves we saw on America's Got Talent?

Oh, many of my ideas came from the International Festival. My head-drop trick—it's a trick I performed it for the first time at the International Festival. At the time I was watching magic performance videos. I saw the head drop magic, and I made it mine. I incorporated many things when I performed at the International Festival. People on campus knew me as the crazy dance guy. I performed at the dance clubs, and every year I directed the Japanese students, plus doing the hip-hop and street dance. I organized a couple of shows at the Student Center where we presented a variety of cultural dances. We served dinner.

That's a remarkable turn-around for the shy kid who was afraid to participate in the dance circle at the Student Center.

Life at UB changed everything for me: how I faced different things. It changed totally my life. For example, before I had never led people. I was a follower, an observer. At UB, I found the joy and interest in leading people. I performed. I directed. I became active. I found my voice.

I started liking studying. In Japan, studying was an obligation. It was a mandatory duty as a kid. At UB, I was originally planning to attend ELI for one year then go back. But in ELI, I found the joy of studying. We had to collaborate. We had to participate. We had to speak up. We had to join in the craft. I found the joy. I wanted to stay in the United States.

Even after I graduated from UB, I stayed connected because I taught Introduction to Dance for a couple of semesters.

Did you perform at UB after you graduated?

Yes, I had a dance group called BiTriP (Bi-Triangle Performance) I made in New York sometime in 2003, 2004. We came to UB and performed at ABC. That was after we won Amateur Night at the Apollo Theater.

While I was doing AGT [America's Got Talent] a couple of old classmates contacted me. They came to see the AGT tour after the TV show. That was great. Hopefully more will come to my show at UB.

Were you surprised you won America's Got Talent?

I did want to win, but I didn't expect it. When they got to the top two finalists, when they called my name, I wasn't sure if I was first or second for a couple of seconds. Did I win? Am I second? A couple of seconds later, I saw my name on the LED screen. I figured out that I won.

And you haven't seemed to stop since.

I'm going to Singapore tomorrow. After that I'm back in Japan for two or three days, then Las Vegas and Los Angeles, New York, back to LA and Vegas. But I've been doing this a long time—before AGT. Of course, my rate is higher now, but the lifestyle is pretty much the same. It's not easy, but it's always exciting. I never get bored! I love performing.
Not Quite Animal House
SKP/TKE fraternity brothers throw a winter party — and plan more for 2014!

By Leslie Geary

Nearly 25 SKP/TKE fraternity members and UB alumni got together for food, fun and a chance to reminisce about their time at UB during the 1960s and 1970s.

“Unlike the movie Animal House, all brothers graduated and used their degrees to build successful lives after UB,” teased Fred Burgerhoff, who organized the event at Vazzy’s Restaurant in Bridgeport. “In attendance were lawyers, businessmen, teachers, investment managers,
The National Science Foundation has awarded the University $192,347 to recruit and train teachers in high-need urban schools throughout Southwestern Connecticut who can teach physical science with the aim of increasing student performance and interest in the physical sciences.

The project is being led under the direction of Engineering School professor Ioana Badara with colleagues Nelson Ngoh, Buket Barkana, and Navarun Gupta as well as Maria Gherasimova, from The School of Arts & Sciences.

The yearlong project launched in January with the aim of recruiting undergraduate science majors and career changers to teach physical sciences. It also will expand UB’s already significant outreach in area schools.

UB’s School of Education, for instance, currently prepares teachers to become certified as elementary, middle, and secondary school teachers of English, math, science, social science and music.

“This NSF grant will help us develop a combined program to produce effective science teachers who teach physical science and who will solve the existing severe educational problems in Bridgeport, Norwalk, and Stamford public schools,’’ said Dr. Badera.

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When complete, the program “will have a huge impact on STEM (science, technology, engineering, and math) education in the area, placing UB as leader,” she added. – L.G.
Massive canisters of liquid nitrogen replaced toques in December when Sodexo, UB’s food-services provider, transformed Marina Dining Hall into an edible science lab.

The Compounds & Cuisine program had chefs creating salads drizzled with balsamic dressing “pearls” that burst open when eaten, mock mojitos capped with passion-fruit foam, and ice cream made with cream, sugar, and liquid nitrogen.

Students like Humaira Quarishi raved that the food was “delicious.” Others, like Jasmyne Brown, savored the opportunity to think more thoughtfully about science.

“I think it’s cool they’re doing this because a lot of students aren’t interested in chemistry. They think it’s hard, but chemistry is more than just formulas and chemicals; it’s practical; you can use it in everyday life—cooking is chemistry!” said Brown.

To underscore the interplay between science and the kitchen, organizers decorated Marina’s food stations with glass beakers and diners were invited to have their photo taken at a booth, where they could dress up as mad scientists. The chemicals, however, were food-safe compounds derived from seaweed, protein, and plant byproducts, said Jennifer Currier, general manager of Sodexo Dining Services at UB.

“We wanted to plan a fun and exciting event for the students before the semester ended and we felt what better way than to turn the dining hall into a chemistry lab by using compounds and cuisine?” Currier added. “This event also gave us the opportunity to show the UB community that we are and will always be innovative and very passionate about food.”

UB was among a select group of schools Sodexo selected to host the event celebrating culinary innovation. • L.G.
Taking a Cue

UB music majors learn from the world’s best conductors

Five of the world’s most talented young conductors have been spotted at the Arnold Bernhard Center, thanks to workshops codeveloped by the Music Department and the Greater Bridgeport Symphony Orchestra (GBSO), which is searching for new orchestra leader.

The conductors—Constantine Kitsopoulos, Jonathan Govias, Eric Jacobsen, Lawrence Loh, and Jacamo Bairos—are in the running to succeed Gustav Meier as the next GBSO conductor. Meier retired last year.

One of the five will be tapped for the job later this spring.

As part of their auditions, the five must conduct GBSO concerts and spend time with the University’s music majors, said Jeffrey Johnson, who is director of UB’s music program and a GBSO board member.

“Symphonies need young people,” said Johnson. “We want to see how they interact with musicians and music lovers in their 20s. Can they communicate with this age bracket?”

To find out, the conductors were invited to spend one day at the Arnold Bernhard Center, home to the Music Department, and talk with UB music majors about the pieces they were going to conduct at their GBSO appearances.

Music major and pianist Joel Pacheco attended the first lectures (Loh and Bairos are scheduled to come to UB in March and April), then took himself to the GBSO concerts to see each of the conductors at work.

“It’s not every day that you have the opportunity to speak one-on-one with them. If you’re part of an orchestra, they’ll address you and the group,” he said. “But having this opportunity to talk to them was really beneficial because they’ve been trained not only to say, ‘Flutes come in at this time,’ but also when they read the music, it’s more like a novel to them. Notes are more than black dots on a page. They understand what piece is trying to say. That’s how they are trained to conduct so piece comes alive.”

Plugged In

U.S. News and World Report gives UB high marks for online education

The University’s online degree programs are among the best in the nation, according to the U.S. News and World Report’s “2014 Best Online Education Programs.” This is the second consecutive year that UB has been awarded for its online offerings.

UB’s information technology program, which includes master’s degree programs in computer science and technology management, was ranked 11th in the U.S. Its online bachelor’s programs and graduate engineering categories ranked 29th.

U.S. News based its standings on factors that included faculty credentials and training, academic and support services for students, applicants’ GPAs and other admissions criterion, program reputation, technologies, student satisfaction, and graduation rates. To be eligible for the 2014 rankings, programs had to offer 100 percent of their courses online.

“We are very proud that our online programs have received recognition once again from U.S News as we’re committed to excellence and continuing to grow as a leader in online learning,” said UB Director of Online Learning Kris Bickell.
Three days after she turned seven, first grader Josephine Grace Gay was killed at Sandy Hook Elementary School.

This winter, her family and hundreds of others celebrated Josephine’s eighth birthday on December 11 by officially opening a dazzling new playground built in her memory.

The pink-and-purple play space was erected in Seaside Park by several UB student groups and Bridgeport Firefighters Local 834 as part of the Where Angels Play campaign. It calls upon volunteers in Connecticut, New Jersey, and New York coastline communities to build 26 playgrounds named after each of the 26 victims who lost their lives in the school tragedy on December 14, 2012.

UB senior Tara Drinks was among the volunteers. When she and her sisters in Alpha Kappa Alpha Sorority heard about the playground for Josephine, “it was definitely something we had to be a part of,” said Drinks, who is president of the sorority.

Lambda Sigma Upsilon fraternity and the students from UB groups Alternative Spring Break and (WEACT) Working and Educating to Achieve Community Togetherness also pitched in during the three-day build that took place in mid-December. Sodexo, the University’s food-services provider, catered and supplied meals for volunteers.

When the sun rose over the playground for a picture-perfect December 11, television crews stationed themselves for the ribbon-cutting later in the day. As a mass communications major, Drinks felt excited to be interviewed by a reporter, but mostly, she said, she was “really humbled to know there are so many people at the end of the day who desire to give back and make a difference.

“Innocent lives were lost that day, and building something like a playground is beautiful,” she added. “I hope Josephine’s family will find some sense of peace and comfort in knowing that community members joined hands in honor of their child.” – L.G.
Distinguished Alumnus Gives to Top Students

Royce and Aline Friedman Excellence in Engineering Scholarship will support engineers

Distinguished Alumnus Royce H. Friedman ’46, president and CEO of Standard Oil of Connecticut, and his wife Aline have established scholarships supporting top-performing students at the School of Engineering (SOE).

The Roy and Aline Friedman Excellence in Engineering Scholarship will be awarded later in 2014. Any undergraduate and graduate student majoring in Computer Science, Computer Engineering, or Electrical Engineering may apply for the award.

The scholarships reflect the Friedmans’ loyalty to the University and to the School of Engineering in particular, said SOE Dean Tarek Sobh. “Roy works with our faculty, has hired our students, and has always been interested in the Engineering School. This scholarship is part of this longtime commitment, for which we are extremely grateful.”

Finalists will be recommended by Sobh and by Computer Science and Engineering Chairman Ausif Mahmood to Standard Oil executives, who will then select the final winners. – L.G.

Play Ball!

UB and Bridgeport team up to build a new softball field

The Purple Knights softball program and community softball teams have new turf to play on, thanks to a cooperative effort between the University and City of Bridgeport, which dedicated a new field, known as Diamond 2, in September.

Located in Seaside Park, adjacent to Hubbell Gymnasium, the new field facilities include covered dugouts and enclosed bullpens.

“This field will be a huge plus for both our softball program and the Bridgeport community,” said UB Director of Athletics Jay Moran, “I would like to thank both the City of Bridgeport and the University for joining together and doing such a fine job on the facility to give us a real showplace to call home.” – L.G.
Focus on: Marlene Fanta Shyer ’54

Background: Fanta Shyer ’54 got her first rave reviews when she was in fifth grade; she’d written a play and her teacher liked it so much she decided to put it on and feature all of Shyer’s classmates. But Shyer was actually miffed. “I wanted to be the star in the play, that’s why I wrote it!” she said. “The glamour of sitting in the audience, seeing my words come to life, that was lost on me.”

Since then, Shyer has shaped a career around making her words come to life. She has published close to 100 short stories and 19 books, novels, non-fiction, young adult and children's books. She wrote an episode of I Dream of Jeannie and her latest novel, Happy Anniversary, He Said, was published this year.

She has fond memories of her time at UB, especially being elected president of her dormitory, Wisteria Hall. One of Shyer’s most beloved books, Welcome Home, Jellybean, a young adult novel still in print after 37 years and just now available digitally, was inspired by a friend at UB. She took time to talk with Knightlines from her sunny, art-filled apartment on New York’s Upper East Side, where she writes each day.

When did you start writing in earnest?
I was at UB when I started writing confession stories. That was a big thing then. I never sold one until after college. The first piece I sold was a four-line poem to the Saturday Evening Post. After college, I taught fourth grade and then had my babies and stayed home. That’s what we did in those days. I would take care of the kids, make the dinner, clean up after the dinner, sit down at nine o’clock and start writing. I wrote short stories every single night for a year and didn’t sell a single one.

What happened next?
My friend Sue was a switchboard operator in a publishing house and somebody there recommended an agent. I wrote a story about a woman who wanted her own car and her husband wasn’t going to let her have it. Finally he allowed her to get a car—can you imagine?

In the last frame, though, he let her have the good car and he took the old one. It was a two-page story and in the women’s magazines there always had to be a happy ending.

And you were off and running, right?
I must have written close to 100 short stories for the women’s magazines: McCall’s, Ladies’ Home Journal, Good Housekeeping. Everybody and their mother read them; everybody at the hairdressers’ read them.

How great! That meant you were read where all the women were.
Exactly. I was a recognized writer, a little darling of what they called the slick magazines and in the UK they couldn’t keep up with the demand. I was on the pulse of the housewife of America. That was easy enough because I lived there is to it.

the life. I would have been happy to do that forever but then the market changed and the magazines stopped running fiction.

Can you talk about the inspiration for Welcome Home, Jellybean?
The man who gave me this idea was later married to my University of Bridgeport roommate. Joseph Colombatto ran a facility for the mentally challenged, and I wanted a tour and he gave me one; it was filled with dramatic possibility. I dedicated the book to Joe, and he told me that was one of the most meaningful moments in his life. Never in my wildest dreams did I believe the book would be going strong 37 years later.

You have said one of the most powerful writing experiences you’ve had was collaborating with your son, Christopher Shyer, on Not Like Other Boys—Growing Up Gay, a Mother and Son Look Back.
Yes, because we poured our hearts out into it. It was about struggles, our struggles. We were both in the closet—he was hiding his sexuality and I was hiding my fears about his sexuality. It was heart-wrenching because I hadn’t known half of what he’d experienced.

The book made quite an impact, is that right?
So many young people and parents said they were comforted by the book; that was incredible. It is so good to hear when you have done well and done some good, too. And the story has a very happy ending. My son has the most wonderful life; he’s the president of his company. He and his life partner are constantly traveling and they are both successful and devoted to one another.

What would you tell a UB student today who hopes to become a writer?
Are you SURE you want to be a writer? You have to be very thick-skinned. The rejections must not diminish your drive. Editors and literary agents have historically made many mistakes. I think some of them would have rejected The Holy Bible! But I think it’s in you. You decide you’re going to do it so you’re going to do it, and that’s all there is to it.

– Interview by Jackie Hennessey
Why do the physical or emotional effects of traumatic events last far longer than the incidents themselves? In *Trauma: Healing the Hidden Epidemic*, alumnus Dr. Peter Mark Bernstein ’71 explains why and how people are traumatized by events like war, natural events, crime, accidents, and death. Drawing on his longtime experience as a psychotherapist, Bernstein describes the emotional and physical symptoms of various forms of trauma, effective solutions, and ways to help those who suffer from it. The book has been lauded for giving readers “the tools and confidence that trauma can be healed.” Bernstein has been in private practice since 1974 and is the founder and director of the Bernstein Institute for Integrative Psychotherapy and Trauma Treatment in California.

Authors from August Flaubert to John Updike have long mined the treacherous landscape of marriage. But alumna Marlene Fanta Shyer’s most recent novel, *Happy Anniversary, He Said* (Argo-Navis), will surely delight readers with its twists and different perspective. Annika’s about to celebrate a glorious 25th anniversary holiday at an exotic spa with her husband. When she goes to his home office to retrieve his passport, she finds a beautifully wrapped box in a drawer and assumes it’s her gift. The blow comes when her husband hands her a gift certificate instead. Who, she wonders, is his lover? Shyer is the author of 19 books, novels, non-fiction, young adult and children’s books. She has also published short stories and written television screenplays. To learn more about Shyer, see “Focus On” (page 32).

Creative Writing Director Eric D. Lehman’s latest book, *Becoming Tom Thumb*, (Wesleyan University Press) introduces readers to the true Charles Stratton. Raised in Bridgeport, Stratton (known by millions as Tom Thumb) began working for P.T. Barnum as a child, and under his employment thrilled audiences around the world. Fans included Abraham Lincoln and Queen Victoria, as he became one of the most famous and beloved stars of the day.

Art lovers and urban studies enthusiasts will have to act quickly to get a copy of *Museum of Reclaimed Urban Space: A Moment’s Catalog* (Journal of Aesthetics & Protest) designed by SASD professor Emily Larned. One-hundred and fifty copies of the limited-edition publication have been printed in honor of the Museum’s first anniversary. The book includes essays by various New York City housing activists, whose works capture the city’s rich history of grassroots urban-space activism and community involvement. Can’t get to the show? The book is available from http://joaap.org/press/MORUS.html.

– Reviewed by Leslie Geary
Faculty Lines

Timeless Art

Anyone who doesn’t have a complicated relationship with time has probably never felt busy or stressed out. But for most of us, time is an all-too mercurial commodity that is both achingly slow and crushingly fleeting.

A new exhibit organized by SASD professor and ILSSA cofounder Emily Larned, “ILSSA: It’s About Time,” will further explore the tyranny of time in March 2014 at Coburn Gallery, Colorado College.

ILSSA (Impractical Labor in Service of the Speculative Arts) is a membership organization cofounded by Larned for artists who make experimental or conceptual work with obsolete technology, such as the letterpress. “It’s not the quickest way to get something done,” says Larned. In fact, a recent ILSSA survey revealed that “one issue was very clear: our members never have enough time.”

In February, ILSSA members filled out daily time workbooks, which will later be taken apart and displayed in different ways, to create an exhibit that’s both choreographed and impromptu, as time allows.

Larned, who is director of SASD’s graphic design program, creates letterpress publications and organizes collaborative, socially engaged projects that aim to improve the quality of life. You can see some of her work at http://www.redcharming.com/.

- Leslie Geary

Engineering Milestones

Engineering professor Khaled Elleithy was elevated to the grade of IEEE Senior Member, a rank held by just 8 percent of IEEE’s approximately 419,900 members. Meanwhile, Navarun Gupta was named chair of the University’s Electrical Engineering Department. He replaced Professor Larry Hmurcik, who served as the department chairman since 2001. “I have big shoes to fill,” Gupta said. ■ ■ ■ - L.G.

We’d Like to Introduce …

The Office of University Relations is growing! Emily Brady has been hired as the Director of Annual Giving and Aimee Marcella ’12 is now Director of Alumni Relations.

Since her arrival in November, Brady has been busy, launching the Faculty-and-Staff Campaign, a Valentine’s Day Drive honoring married couples who met at UB, and the Young Alumni Campaign, which kicks off later this spring.

- L.G.

Globe Trotter

Thomas Ward, dean of the College of Public and International Affairs (CPIA), spent much of October in France as a Fulbright Scholar,
For the Love of Nature

For the past decade, and with little fanfare, biology professor Michael Autuori has awarded stipends through his foundation, Wildshare, to encourage students’ love and knowledge of nature.

“When I was a child, my parents brought me up to the mountains, and my appreciation of the natural world grew with me. It’s a source of solace,” he says. “I’m really concerned about the disconnection between our youth and the great world of nature.”

Wildshare recipients have used their awards for various purposes. Some have studied vernal pools and the dendrology of forest tracts in upstate Connecticut. Others have traveled further afield, to the Catskill Mountains of New York, to conduct wildlife surveys. And some have hit the woods, camera in hand, to capture the beauty of various open spaces.

“It’s open-ended,” says Autuori. “There are all sorts of way to immerse in nature; it doesn’t have to be empirical science.” — L.G.

Speak Enthusiastically and Carry a Rubber Hammer

It can be a terribly daunting question for a young person: “What do you want to be when you grow up?”

To help high school students find their perfect professional pathways, College of Chiropractic Dean Dr. David Wickes, Fones School of Dental Hygiene Adjunct Professor Amanda Dews and Fones alumna Nataly Posada ‘12 counseled teens at the Annual Multicultural Business Youth Educational Services Embarkment Conference in November.

The AMBYESE event is a college-preparatory campaign that gives hundreds of students from New York and Connecticut the opportunity to meet directly with professionals from a multitude of fields, including medicine and healthcare, engineering, law, finance, marketing, communications and journalism, and science.

“Students are beginning to form ideas about a career in the health professions; they’re at a very formative stage of their education, so it’s fun for me to talk to them about a potential career, focusing on chiropractic and about personal experiences they may have had with it,” says Wickes.

To engage his audience, Wickes encouraged students to try out some of the procedures that might be used during an examination using a rubber reflex hammer and penlight. “It’s always a big hit,” he says.

Dews was inspired to participate because “I had no idea what I wanted to do when I was a senior in high school, so I feel that the more exposure these students have to different career options earlier on may help them find their path,” she said. — L.G.
1951
Michael E. “Gene” Somers passed away on August 10, 2013. An alumnus of the biology department, he returned to the University in 1955 and later became a full-time professor until 1985. He was named chairman of the Biology Department in 1970 until he retired. He received a Westinghouse Scholarship Association commendation and was recipient of five National Science Foundation grants. Beloved for his gentle sense of humor, loyalty, and devotion to students, Professor Somers was named “Teacher of the Year” in 1969 and 1981 and was called “the Great One” by his students. He also served on UB’s counseling staff, advising biology, pre-med, and pre-dental students. He is survived by his wife Elizabeth, sons Michael E. Somers Jr. ’77 and James Somers, and daughter Theresa Ackler Somers.

1958
Robert Francis Dunn passed away on September 17, 2012. Born in Bridgeport, he served in the army during World War II and later moved to Manhattan Beach, CA. He is survived by his wife Shirley, who writes that Dunn “enjoyed so much” keeping in touch with news about UB and its alumni through Knightlines. “He truly was a University of Bridgeport grad!” she adds. He is also survived by daughters Kathy Conner and husband David, Patty Johnson and husband Eric, Carole

1950
Jeanne Campbell Goldich passed away on June 16, 2013, in Homosassa, FL, at the age of 84. “We moved here from Northampton, MA, in 1957,” writes her husband Ed Goldich. “She taught in Northampton from 1950 to 1957. We have been Florida residents since then.” She is survived by two children, four grandchildren, and one great granddaughter.

1968
Jeff Bieder was inducted into the New York State Basketball Hall of Fame in March for a stellar 34-year career as a coach of high school and college teams. During that time, his teams logged 522 wins and won three New York City public high school championships. In addition to coaching, Bieder has been a physical education teacher, athletic director, and assistant principal. He was also director of Paerdegat Day Camp, one of the largest sports camps in Brooklyn. He writes, “My four years at UB were wonderful. At the time, they had a physical education department (Arnold College of Health and Physical Education). I had great professors and just a fantastic college experience.” He adds that he and his wife Georgia have three daughters and 10 grandsons. Former classmates Garrison and Lorcan Kelly, Karen Horner and husband Guy, his sister Carol Lucas, ten grandchildren, and his “adopted” daughter Coco Meyer.

1987
Kevin Bresnahan writes that he’s been busy running. He was motivated to hit the pavement when his high school classmates and close friends lost their son in the horrific Newton, CT, school shootings. To raise money in honor of Chase Kowalski, Bresnahan started a blog on Facebook to raise money for a foundation in the boy’s memory. Former UB pals like Steve Kavanagh chipped in, and by the fall of 2013, Bresnahan reached a goal to run 1,000 miles and raised $12,000. For more information, check out Bresnahan’s blog at http://10004chase.blogspot.com/
Remembering

Alumna Laura Levy Slusher ’77 remembers her beloved uncle and one of UB’s dearest professors

A quarter century after retirement, my uncle, professor emeritus James “Jim” Fenner, remained a vivid figure at UB. He taught at the University for nearly 40 years, and as a School of Business stalwart, he epitomized the image of a no-nonsense college professor. He was usually bearded and bow-tied, and enjoyed the occasional meerschaum pipe. Jim died on January 14, 2014, two weeks after his 90th birthday.

Born in New York on December 31, 1923, Jim was schooled during the Depression, sparking his fascination with economics, notorious frugality, and choice of hobbies. He collected coins, stamps, cigar bands, matchbooks, postcards, golf balls, cameras, and more. Anything not collectible was still worth saving, in case it was needed someday. As both a tinkerer and a tightwad he liked to repair, not replace.

He was an army medic during World War II; first training at Johns Hopkins, then stationed at Sault Ste. Marie. He got his bachelor’s degree at the University of Michigan, a master’s at Columbia University.

In the spring of 1949, Professor Fenner was hired by the University, where he would proceed to teach until 1988. Business students were not alone in their fondness for him. Beyond the walls of Mandeville Hall, Professor Fenner interacted with the campus community in a range of activities—even leading students on trips abroad—and over that time, he developed long-lasting personal and professional relationships.

Teaching afforded him time to travel. When not working or traveling, his array of interests kept him busy. Famously unhip, he shunned almost all that was modern, but was well acquainted with ballet, opera, Renaissance art, classical music, old movies, and Shakespeare. He was not a religious man, but he religiously read the New York Times every day. He loved to take pictures and had a darkroom.

Michael David Bromley

Secretary and General Counsel

Michael David Bromley died October 10, 2013. He was 60.

Mr. Bromley began working for UB in 2003 and served the University until his passing.

Devoted to family first and law second, he was a consummate professional “whose warmth matched his expertise,” said President Neil A. Salonen. “Mike did so much for UB, and his service to University will have a positive impact for years to come.”

Born August 5, 1953, in Queens, New York, he was the son of Adele and Irwin Bromley of Jupiter, Florida, and the husband of Susan Gunn Bromley, of Westport, Connecticut.

In addition to his wife and parents, he is survived by his daughters, Sara Bromley of Stamford and Melissa Bromley of Durham, North Carolina; his son and daughter-in-law, Matthew and Elizabeth Bromley of Stamford; and his two brothers, Alan Bromley and his wife Cynthia, of Holden, Maine, and Hank Bromley and his wife Susan, of Savannah, Georgia. – L.G.
Beyond Boundaries

Chinese women volleyball champs come to UB for competition and camaraderie

By Leslie Geary

To some, it’s just a game. But to a group of champion volleyball players from China and the University of Bridgeport, a series of matches held over a week last fall represented an opportunity to share their passion and talent for the sport that defies cultural boundaries.

Fifteen champion players from Zhejiang University came to campus in September, where they were feted at a special luncheon with the Purple Knights volleyball team before facing off in three matches.

UB team Captain Larissa Olivera, from Brazil, welcomed the chance to play against the Chinese players, who finished third in the prestigious 2011-2012 Chinese Collegiate Premier League and won two of the three games during their visit.

“I think it’s amazing,” Olivera said a few days before their opponents’ arrival.

“On our team, we have people from all over the world—China, Sweden, Italy, the U.S. We’re very international; that’s the best part. We learn something different from each other every day. This is going to be a great experience for us, too. I’m sure we will start off with volleyball questions—how do they practice? How do they prepare for a game? They are very good players.”

Making friends and coming together for the love of the game
Nothing but the Best

Julia Hansson earns 2013 NCAA Division II Women’s Soccer Capital One National Academic All-America First Team Honors

By Chuck Sadowski

UB women’s soccer goalkeeper Julia Hansson has been named to the 2013 NCAA Division II Women’s Soccer Capital One National Academic All-America First Team, thanks to her top performances in the field and in the classroom.

She is the first UB student-athlete to be tapped for the First Team, which is selected by the College Sports Information Directors of America (CoSIDA).

Hansson is a Health Sciences major at Bridgeport with a 3.88 cumulative grade point average.

She finished her stellar UB career this season as the school’s all-time leader in career shut-outs.

This season, she was named the East Coast Conference Goalkeeper of the Year, posting an 18-3-0 record with 10 solo shutouts and a .061 goals against average. In 2011, Julia led the nation in saves percentage and goals against average.

Previously, Hansson earned Second Team National Capital One Academic All-America honors, becoming the second UB student-athlete to earn National Academic All-America honors as selected by CoSIDA. (Purple Knight Cathleen Meadean earned Second Team National Academic All-America honors in softball in 1993.)

World-Class Swimmers

Two UB swimmers represented Spain and France at World University and Mediterranean Games.

Oscar Pereiro, men’s swimming team captain, was tapped to represent Spain at the 2013 Mediterranean Games held in Mersin, Turkey, and the World University Games, hosted in Kazan, Russia.

Pereiro, a native of Arzua, Spain, competed in the 50- and 100-meter backstroke, 50-meter freestyle, and the backstroke leg of the 4 x 100-meter medley relay at the Olympic-style, multisport World University Games. In Turkey, he finished fourth in the 50-meter backstroke.

Adeline Martin, a UB junior from Antibes, France, represented her country at the World University Games. A six-year veteran of the French National Team, Martin swam the 200- and 400-meter individual medleys. She has previously represented France at the Junior European & European Swimming Championships, earning a silver medal at the 2011 Junior European Championships in Belgrade, Serbia.
It has become a fall tradition at the Seaside Park end of Park Avenue, like the leaves changing colors in October and falling off the trees in November, for the University of Bridgeport women’s soccer and volleyball programs to succeed during the season and battle for East Coast Conference titles and NCAA Division II Championship Tournament bids. Two-thousand thirteen was no exception, as the Purple Knights won ECC crowns in both sports and advanced to the NCAA Division II Championships.

The women’s soccer program, under the direction of head coach Magnus Nilerud, who completed his fifteenth season on the Purple Knights sidelines, went 18-3-0 overall, tying the school record for single-season victories set in 2008. After losing their opening game of the season, Bridgeport went on a monster run, putting together a 15-match winning streak from September 8 through October 30. UB went 8-1 in East Coast Conference play during the regular season (first place) and won the 2013 ECC Championship Tournament posting victories over LIU Post by a 3-1 score in the semifinals and hard-fought 1-0 win over Mercy in the title match.

Strong Return

After a one-year hiatus in 2012, the Purple Knights returned to the NCAA Division II Women’s Soccer Championship Tournament for the sixth time in seven years, receiving an automatic bid by virtue of win the East Coast Conference Championship. Bridgeport did not disappoint defeating Caldwell College of New Jersey, 1-0, in the First Round of the NCAA’s before falling to eventual national semifinalist, American International College, 2-0, on the Yellow Jackets’ home field in Springfield, Massachusetts.

Junior Danielle Puddefoot led the UB women’s soccer team in scoring in 2013 with 30 points on a team-best 13 goals and four assists. She was followed by sophomore Flo with 22 points on nine goals and four assists and freshman Tabea Rauschenberger, who was selected as the ECC’s Rookie and Defensive Player of the Year, tallied 17 points on five goals and a team-high seven assists.

On defense, senior goalkeeper Julia Hansson notched an impressive 0.61 goals against averaged with 10 solo shutouts, and she shared two other clean sheets during the season.
Three women’s soccer players, Rauschenberger (Second Team), Hansson (Third Team) and Puddefoot (Honorable Mention) earned spots on the 2013 Daktronics Women’s Soccer All-American team.

**Another NCAA Tourney**
The UB women’s volleyball team, meanwhile, enjoyed capturing their second straight East Coast Conference Championship, winning both the regular season and tournament titles, plus the team made its sixth straight NCAA Division II Women’s Volleyball Championship Tournament appearance, including five consecutive appearances under the guidance of current Head Coach Leo Uzcategui, who was named both 2013 American Volleyball Coaches Association East Region Coach of the Year and Conference Coach of the Year.

After beginning the season by hosting a three-match international volleyball exhibition series with Zhejiang University of China in September, Bridgeport would go on to produce an impressive 22-3 overall record, including a 15-1 ECC mark.

The Purple Knights’ volleyball program also made history in the fall, as it was selected as the host site for the 2013 NCAA Division Women’s Volleyball Regional, which took place for the first time ever in Harvey Hubbell Gymnasium in front of large crowds in December.

Sophomore Sarah Rosa led the team in kills per set at 3.23, and she was followed closely by junior Ying Shen at 3.06 kills per set. Shen led the Purple Knights in digs per set at 3.01.

Junior Biljana Savic, who became the first Bridgeport player ever to be selected as an AVCA National Player of the Week during the season and was named East Coast Conference Player of the Year, had one of the best all-around, year-long performances in the history of the program leading the Purple Knights in assists plus finishing third on the club in both kills and digs per set.

Junior Larissa Oliveira turned in another quality campaign for the ECC Champions leading the team in blocks per set at 1.05 and amassing a top-notch .351 attack percentage.

The quartet of Rosa, Shen, Savic and Oliveira were all recognized for their outstanding play during the 2013 season by the American Volleyball Coaches Association, as they were each named to the AVCA All-East Region Team.

As the calendar has flipped over into 2014, fans can look back and smile: these UB teams truly ruled the pitch and the court in 2013, and with the a strong group of returning players and a talented incoming class for this coming fall, as the old Timbuk 3 song says, “The future’s so bright, I gotta wear shades.”
Closing Thought:

On the Centennial of the Great War—An Opportunity to Reflect

By Thomas Ward

This year marks the one hundredth anniversary of the start of World War I. By the end of that war, casualties numbered in the tens of millions and the United States would count more than 100,000 among its dead. One of them was William Ward, my great-uncle. He died in the final battle of World War I, in the Argonne Forest, not far from Paris where I would live and study six decades later.

William Ward was only 18 years old when he lost his life. Technology was so limited back then that, even though the war had already ended a day or two prior to his death, his company fought on because no one had informed them or their German foes that the war was over. My father had been bequeathed the prayer book that my uncle had on his person at the moment of his passing. Growing up as a boy, I often held that prayer book in my hands, recognizing it as one of the few remnants of a life lost in service to the Nation.

Sixty years after that war, I would find myself in France as an exchange student. I was awestruck by the magnificence of Paris’ architecture and by other dimensions of French culture that had twice been spared destruction because of sacrifices made by American military forces. In France, I was often reminded of America’s sacrifice and, as a proxy, even thanked for it by Monsieur and Madame Kphousse, a kind, elderly French couple whom I lived with for a year when I began my studies there.

Since our entry into World War I, the “war to end all wars,” as Woodrow Wilson described it, the United States has assumed the role of a Great Power.

We still grapple with all of what that means. Certainly one part of that role is higher education. Because of their stature and the demand for an American education, we, U.S. university educators, have had the responsibility to prepare the world’s youth in a variety of disciplines. In an increasingly militarized world, one subject area that deserves increasing attention is international conflict management and resolution.

About ten years ago, the faculty at the College of Public and International Affairs, known then as the International College, began discussions on developing a first master’s program. We honed in on areas where we shared interests and expertise—transnational strategies to 1) promote development and 2) address challenges to peace. This led over a few years to the creation of our Master of Arts in Global Development & Peace. Today, graduates of that program serve in a variety of organizations around the world: the UN, UNESCO, UNICEF, the Council of Europe, and the Organization of American States.

This past October, I joined an American Fulbright delegation that visited Strasbourg, a city that Germany surrendered to France after World War I and that Hitler laid claim to again in June 1939. While in Strasbourg, I noticed a monument of a mother holding two sons who had died in the war, one who fought on the side of France and the other on the side of Germany. Monuments in this area read “Died for the Country,” without specifying which country. French and Germans alike have learned that peace requires forgiveness and reconciliation. Then, with the passing of time, one can build trust and friendship.

My great uncle William Ward never had the chance to enter a college classroom. Like so many of his and other generations who have fought in our wars, he responded when called to serve in the “frame of his destiny.”

We cannot accurately foresee the future that awaits our UB students, but, while they are with us, we, as educators, must encourage reflection on what really matters for the world that we cohabit.

Thomas Ward is Vice President for Internationalization and the Dean of the College of Public and International Affairs.
I'm proud I'm able to help out.