

THE CRUSADER

WELCOME BAC CRUSADERS

Mostly Through the Semester Message

BY: MASON HARRIGFELD

Summer Break is fast approaching, but we are still in school for a few more weeks. With that in mind, keep on top of your school work and make sure you finish the second half of the semester strongly. If it helps, do homework outside, get a change of scenery, get fresh air, do anything to get out of your dorm (or office for the professors/faculty members). With summer season coming just around the corner, try and go for a walk, but don't forget to keep your allergy medicine close by.

Pumpkin Spice Mug Cake

BY: MASON HARRIGFELD

Ingredients:

- 2 tablespoons water
- 1 tablespoon vegetable oil
- 1 tablespoon pure pumpkin puree (comes in a can)
- 2 tablespoons granulated sugar
- ½ teaspoon vanilla
- ½ teaspoon baking powder
- ½ teaspoon pumpkin pie spice
- ⅛ teaspoon salt
- ¼ cup all-purpose flour

Instructions

1. Spray mug with non-stick spray
2. Mix all ingredients
3. Pour in mug and microwave for 60-90 seconds or until toothpick comes out clean
4. Top with your favorite cake topping and enjoy!

Meet the Campus Police: Pat & Kevin

BY: SAMMY DAY

Anyone who has roamed Belmont Abbey's Campus has likely encountered our campus police officers. All of our police officers are sworn in members of the police force and have years of experience under their belt, thus helping keep Belmont Abbey a safe campus. While all of our officers enjoy getting to know the students on campus, Officers Pat and Kevin work hard to make these efforts.

Officer Pat started with the Charlotte Police Department in 1985 and retired in 2013. After that, he began working for Mecklenburg County as an ABC Enforcement Officer and a few years later he came to the Abbey. Officer Pat joined the Abbey Community in August 2017 during Freshman Orientation week. Officer Pat was brought to the Abbey by Chief Andy Leonard and he believes that taking this job was one of his best decisions. His favorite part of the job is having the opportunity to help people, whether it comes by finding someone at their lowest and most vulnerable point or simply by chance, he is ready and willing to help. Officer Pat followed this statement by saying, "In 35 years in this profession, I have never met an Officer who took this job with the desire to do anything but help people." When asked about his favorite part of Belmont Abbey, he responded, "The people. Being mostly assigned to patrol through the years, I have seen some of the worst in people and some of the meanest actions imaginable. The faculty, staff, and especially our students have given me great hope for our world. Daily, I see the inherent good in people and it spreads to those who it is exposed," and it is more the people whom he remembers than it is the stories that come along with their encounters. When asked if he has any advice for Abbey students he said that being honest, responsible, and compassionate is the best thing that a student can do.

Officer Kevin joined Belmont Abbey Campus Police in November 2017. He joined us after he retired from the Charlotte Mecklenburg Police department after 30 years of service. Chief Andy Leonard also brought Officer Kevin to the Abbey community. Officer Kevin enjoys his position at the Abbey for many reasons but one of those reasons is his ability to work while still feeling retired, he says, "I am too young to sit at the house doing nothing." While Officer Kevin enjoys that aspect of his job he mainly enjoys it because he is able to help people: "Even though sometimes our jobs go without being noticed or thanked, I knew when I did something to make a difference in someone's life." His favorite aspect of the Abbey is getting to know the students, he makes an effort to learn the names of three students a day. (Fun fact about Kevin is that he has five children and three grandchildren). When asked if he has any advice to share with students he stated, "work hard and what you put into your education will pay off."

The Officers at Belmont Abbey are all handpicked and highly recommended by trusted individuals. They are all parents and see themselves as parents to the students, and look for us to succeed just as they would their own children. If you see a campus officer around, be sure to talk with them, they love to get to know the students. Never hesitate to reach out to them either, campus officers are available 24/7 to students. If you need to contact them, the number is: (704) 400-6200.

IN THIS ISSUE

CAMPUS RACCOON UPDATE!

AWARDS AT THE ABBEY!

NEW MINORS AND MORE!

Tackling Online Tests, Quizzes and Exams

BY: LAUREN HARPER

Online tests are difficult for both students and instructors. Students are concerned about their ability to focus in a distraction filled environment, studying more online material than ever before, and ensuring everything gets turned in on time. Instructors are worried about grading, watching for increased possibility of cheating due to being online, and keeping everything straight between their classes. That's why I've composed a list of some tips that will help through these trying semesters of distance learning, while making it as easy as possible for the instructors teaching these courses.

- 1. Never take any quiz, test, or exam on your bed in pajamas.** Treat the assignment with a little more respect than that: after all, your professor didn't make it on their bed in pajamas. Clear space on your desk for your laptop or other device and leave plenty of room to move your hands around. If it's open-note or -book, make sure you have easy access to whichever extra material you want to look at. *If it's not open-note or -book, then don't have them out!* Keep extra material put away to remove the temptation to look at the textbook, even a little bit.
- 2. Set a timer for studying.** Seriously, I can't stress this one enough. Study one subject or section of notes for a few minutes (50 minutes max), then stand up and shake it off. Eat something, get a drink, go stretch, or shower—your brain will thank you. Massachusetts Institute of Technology writes on their website, "Generally, studying in one-hour blocks is most effective (50 minutes of study with a ten-minute break). Shorter periods can be fine for studying notes and memorizing materials, but longer periods are needed for problem-solving tasks, tests, and writing papers." Make sure you give your brain the time and care it deserves, and figure something out that you're going to stick to. It can be easy to slack off with self-discipline, which is why it's important to establish a routine as early as you can.
- 3. Figure out what works best for you.** That sounds like a lot of work, but honestly, so is everything else on this list. If college was easy, everyone would do it! There's a reason some things are hard, and there's even more reason why many people call your college years the most formative of your life. Start paying attention to when you do your best thinking, writing, and planning. If you're an early bird, you could benefit from taking the time to bang out that quiz over a cup of coffee and breakfast in the morning. If you're a night owl, you may find that you'll retain the most information after you've had some dinner for the night, and can unwind a little bit with that last Biology chapter. Time isn't the only factor, either; most people have a specific way that their brain receives

information the best. Not a fan of flashcards? Try listening to the material, whether you record it yourself or go back and listen to the Zoom recording of the lecture. Either way, work with yourself and use materials that you'll click with the best.

- 4. Don't forget to be kind to your peers and your instructor.** Seriously! A few kind words and an early-semester office visit can be your key to passing or failing the class. Instructors are more than willing to help you, whether it be through office hours, after-class discussions, or a Zoom call, they're always there to help you and clarify any questions for you. If talking directly to the instructor is a little bit too intimidating, approach a peer instead. Maybe the person who sits next to you in Western Civ takes really good notes, and you missed a day out of illness. Talk to them! Most people are perfectly willing to help if you only ask.

Above all else, be kind to yourself through the tests, quizzes, and exams this semester. Take it slow and steady and remember that your brain is the only one that you have, and it's much, much better to work with it than against it.

Recap of Abbey Fest

BY: LAUREN HARPER

November 7th, 2020 saw the return of a beloved campus event: *Abbey Fest*. A club organizational event that's been running for many years on the Belmont Abbey campus, *Abbey Fest* is organized and sponsored by the Campus Activities Board as a festival with games, student activities, and live performances from fellow students, with the main goal of the event being to bring awareness to some of the clubs on campus. *Abbey Fest* saw a turnout higher than expected with Covid-19 still restricting some aspects of the event; masks were required for the event, and social distancing was still in place. Still, many clubs like *Agora*, the *Black Student Alliance*, and the *Psychology Club* turned out with interesting and fun activities. There is always a photoshoot opportunity and snacks provided by the Office of Student Activities, as well as this year being an inflatable foosball game where students could climb inside of it and act as the players. The live performances were scattered throughout the event, with it largely being music that was broadcasted over a speaker system set up in the Quad. A few of our student performers included Frank Lockavitch with some original songs, Camryn Aiello with a few covers of mainstream songs like *Dear Future Husband* and *Before You Go*, as well as Vipsa Shah with three different dance types traditional to India—semi-classical, Bollywood, and Gujarati Folk Dance. Shah, when reached out to for a comment, responded: "Semi-classical is based off of an Indian classical dance form called Kathak[,] which is also known as the base for learning Bollywood. Gujarati Folk Dance is based off of a dance form called Garba." *Abbey Fest* performances were truly outstanding this year, and I look forward to an even better *Abbey Fest* in 2021.

ABBEY HIGHLIGHTS

New Minors

BY: ISABELLA BRUNO

Looking for a few classes to fill your schedule with? Are you looking for a challenge and/or a creative outlet? Then you may be interested to know that Belmont Abbey has verified many new minors including: writing, art history, data science, cyber security, computer studies, and information systems.

The Writing minor was added about a year ago to benefit students from across all disciplines who are looking for ways to improve their writing skills and how to effectively employ them in future jobs. Some classes offered as Writing minor credit include: *Social Media Writing*, *Professional and Technical Writing*, *Editing and Writing for Publication*, *Creative Writing*, and several more classes. A minor in Writing will also help you develop and strengthen skills related to composing and understanding arguments. Many students who have taken these Writing minor courses have presented in academic conferences and gained tangible skills that are applicable to job searches and graduate programs.

The minor in Cyber Security, as stated on our website, “is designed for students who want to develop skills and knowledge that are needed to understand, analyze, troubleshoot, and address the cyber threats to computer networks, databases, and the society-at-large.” Mr. Gupta and Mr. Custodio have worked hard to offer the minors in Cyber Security, Computer Science, and Information Systems. These professors recognized an interest among students in the growing threats to our society in cyberspace. As Mr. Gupta states, “The minor is designed to give students a background in technology applications, threat assessments, and mitigation.” He also emphasized the growing threats in cyberspace coinciding with the increase for cyber security jobs in a growing field. Students interested in this minor are sure to benefit from their experience with the minor when searching for jobs after graduation.

He emphasized this by saying, “With our minor, students will be able to work in the field of cyber security or continue to postgraduate work.” Similar to other minors, this one requires that 18 credits be fulfilled. Of those 18 credit hours, courses in Python programming, C++ programming, database management, two courses in cyber security, and one elective are required.

While these are two of the new minors at the Abbey, there are various little-known ones (like the International Studies minor organized by Dr. Troy Feay) that you can find more information about at our website:

<https://www.belmontabbeycollege.edu/academics/programs/>

Ask your advisor how you can best integrate the classes required for these minors into your schedule. For questions about the individual minors, please reach out to the professors in charge of them:

Writing: Dr. Erin Jensen
 Art History: Dr. Linda Pastryk
 Data Science: Dr. Hannah Kling
 Cyber Security: Mr. Gireesh Gupta or
 Computer Systems: Mr. Van Erick Custodio
 Information Systems: Gupta or Custodio

Research and Award Highlights

BY: STAFF WRITER

Awards:

- Women’s and Men’s Basketball teams — Conference Champs
- Women’s Basketball became the NCAA DII Southeast Region Champs
- Women’s Basketball Star, Maria Kuhlman, was named the top Senior Student Athlete for Conference Carolinas.
- Sam Lynch and Thomas Thierfelder each earned all-conference honors for Cross Country. 2021
- Meghan Little earned all-conference honors for Cross Country. 2021
- The Women’s Triathlon team has received the 2021 Team Scholar All American award for achieving a cumulative GPA of higher than 3.2. Congrats to Sarah Dolley, Stephanie Byrd, Julia Iseman, and Katherine Scifers
- Mitch Dean (165) in Wrestling, competed in NCAA Nationals. He earned All-American status and placed 6th in the country.
- Women’s Golf won the Conference Carolinas Tournament
- The 2020 edition of Agora won two first place awards in the NC College Media Association contest for last year: first place for a two page spread: “Etosha National Park” and first place for art / photography: “The Moping Lisa”

The following students presented at the *North Carolina Undergraduate Research Conference* under the mentorship of Timothy Polnaszek:

- Calhoun, Cassidy; Yordanova, Desislava; Dolley, Sarah; and Bridges, Brittany: *Personality in Hissing Cockroaches*
- Kerns, Elizabeth; Cooper, Cameron; and Hernandez, Emmanuel: *Female Hissing Cockroaches Food Preference*
- Lopez-Marin, Stefani and Acevedo, Jhon: *Habituation of Madagascar Hissing Cockroaches*
- Tesch, Amy and Pegram, Andrew: *Social Interaction and Aggression in *Gromphadorhina portentosa* as related to food availability*

Review of Events

BY: KRISTEN CARPENTER

Campus Activities Board (CAB) has faced many hardships this school year in planning various events to engage students and keep us socialized, while also abiding by state and local mandates concerned with Covid-19. Spring semester events have been more student-focused and have drawn out more of a crowd, now that the curfew has been lifted and on-campus cases have been at an all-time low. Two of the school’s biggest annual events had amazing turnouts despite having to follow Covid-19 policies and protocols. These events include Abbey’s Got Talent and the Crawfish Boil.

Abbey’s Got Talent, the school talent show, held a different venue than previous years - the Haid Ballroom, instead of the Student Commons so in-person attendance could hold a bigger crowd. This year’s talent show consisted of six acts - 5 solos and 1 duet - with various song choices and a tremendous amount of ability. In-person attendance hit capacity relatively quickly, so the event was also live streamed on Instagram. The live feed had an immense amount of participation in encouraging and cheering on fellow students.

As usual, Abbey’s Got Talent had three judges. This year those judges were Dr. Julia Beeman of the Criminal Justice Department, Trent Payne of Residence Life, and Travis Feezel - our new and beloved Provost. In choosing these judges, Campus Activities Board figured it a great way to introduce and engage the newest members of the Abbey community (Travis and Trent). In other news, the Crawfish Boil was held in its usual spot - Ehmman’s Quad - with social distancing and other Covid protocols enforced. Students were brought together through music, good food, games, and more in this Louisiana-style celebration. Because the event was held outside, there was no restriction to limits on people in attendance. It was wonderful to see so many students attend the event and see them enjoying themselves in the company of their peers. It had been such a long time since we have been able to socialize with each other, and the event brought people out and together in a way that seemed as close to normal as we could get.

Overall, both events were very successful and we look forward to what else CAB has in store for the coming years, hopefully post-Covid.

Campus Activity Board: The Group Behind the Events on Campus

BY: JOSEPH OTTESON

Events you see on campus are not possible without a group of people creating and then organizing the event. At Belmont Abbey College, we have the Campus Activity Board (CAB) who are responsible for all of the events on campus including Abbey Fest, Spring Formal, Crawfish boil, and other events. CAB consists of a group of students who enjoy creating, managing, and planning events. In years past we have had multiple events on campus including dances and the Luau during orientation. COVID-19 has shut down a lot of the plans, but the CAB has come up with ways to have these events while being safe and in regulation with the CDC. For example, the Campus Activity Board hosted “Abbey’s Got Talent” which is a show like “America’s Got Talent.” In years past, they had it in the student commons with multiple people all together and hundreds of people packing the commons. Due to coronavirus, it was moved to the Haid ballroom where the chairs were spaced out and we still had 40+ people.

You may think to yourself what does a normal week look like for the CAB on a week that has an event. CAB members have been planning and organizing for weeks before to make sure all the logistics have been made perfect. Then they meet on the Monday before, to make sure that everything is going smoothly, and that we are ready for the event. The event happens usually on a weekend or the week day and then they will meet on Monday to see how it went. The members of CAB work really hard to put this event on and love seeing it go through without a flaw. As a member myself, I love seeing students faces when they are happy that they can come out and hang with their friends. It is always nice to go hang outside, chill with friends, eat free food and have a good time. These events are made to get your mind off of school and just have fun without worrying about schoolwork.

I have been a member of CAB for about three years now and I have loved every second of it. Working with these amazing people on the staff and on the leadership team have been a great experience for my college career. Creating these events have been one of my passions and I’m glad I found a place that I could do it. This group of people is like my family because they are also welcoming to different ideas and they are all willing to work with you. If you have a passion for creating events and being an event manager later in life, then I would definitely recommend this for you. We are always looking for new members to keep this tradition going. Trust me when I say this that this will change your life, and make this college experience a whole lot better.

Where Did All of The Raccoons Go?

BY: KATIE MCCARTHY

Sheep go to heaven, goats go to hell, but where do raccoons go? It’s the age old question that has been boggling the minds of Belmont Abbey College’s brightest students for over a year now, ever since their beloved, but mostly feared, raccoons disappeared from campus. The last reported raccoon sighting happened almost a year ago when Honors’ Sophomore Helen Behe saw “a really fluffy one” hanging around outside of O’ Connell dorm 110. This report seems to correspond with another tip we received from Agora’s very own Junior Keegan Reeve who states “around the commons, I saw a whole bunch of them, but that was a year ago.” An anonymous source told the *Crusader* that raccoons could be spotted during the evenings around RA. Another source confirmed, “I feel like if you ever see them it’s in RA.” However, we are neither able to confirm nor deny these reports at this time.

With all the mystery surrounding their disappearance, many have begun to speculate what happened to these mystical trash beasts. Were they recruited as raccoon chefs to help feed quarantined students like some Walmart brand version of *Ratatouille*? Did they grow tired of the RA’s snitching on them all the time? Or, did they simply grow tired of Belmont Abbey and decided to find a new home to terrorize students at some other college? We may never know the true reason for their disappearance, but that has not stopped speculation of where they may have scampered off to. In fact, our own *Crusader* writer Isabella Bruno believes Campus Police “are training them as nocturnal guards.” A likely story, but this fails to answer why they have yet to return to campus.

For now, all that remains is memory. We asked students how the raccoons have impacted their college experience. Senior Grace McVey replied that the raccoons “used to always keep me on my toes as I turned each corner of the RA steps. I felt like I had some pets to name and I always felt good about feeding them my many leftovers.” McVey continued to say that her late-night run-ins with the raccoons always brightened her nights.

If you have any information regarding the whereabouts of these raccoons please contact the *Crusader* Newspaper. Please do not approach these animals as they could be dangerous or carry deadly diseases. Photo evidence appreciated, but not required to submit an anonymous tip.



Cartoon by: Katie McCarthy

New Club: Uniting Internationally

BY: LAUREN HARPER

As of February 2021, BAC has welcomed a new club focused on promoting diversity and multicultural celebration: Uniting Internationally. Founded by sophomore Vipsa Shah, the club has held several meetings and will continue to have regular meetings. Shah agreed to an interview with me to discuss the club's founding, present, and future.

Q: Tell me a little bit what inspired you to found Uniting Internationally.

A: "A lot of it comes from struggling to embrace my own culture and my own identity as Indian. As a kid in elementary school, it was hard for me to fit in because I would bring in Indian food and kids would be like, "Ew, what's that smell?" Because it was Indian. As a 7-or-8 year old, that gets to you.

I came to Belmont Abbey as a freshman with this vision, since I had to go through my own journey of accepting my culture and my ethnicity, and I wanted to bring other people together to let them know that we all go through this journey and to help each other go through it. It really is about just not being alone in this and letting other people know that they have a community, even if we don't belong to the same culture.

Q: So what cultures are represented in Uniting Internationally right now? How many people?

A: We have a few Hispanic people, someone from Nigeria, and someone from Sweden. 3 of them are officers, and we have 3 more members. We have 7 in total."

Q: So what are these regular meetings going to entail?

A: We're mostly going to be holding Zoom meetings, at least for right now. For every month we're going to choose a culture or religion to highlight, going through the ones we have members to represent for right now. We're going to make presentations and go through some educational discussions about this culture and what it's like and what it has to offer to the world. We'll have fun activities for people to do—for the in-person meetings, we'll have a word search or something else themed for the meeting that day, with snacks and food also related. For Zoom meetings, we'll do breakout rooms and hopefully have some productive discussions.

Q: What if someone joins and their culture was already highlighted?

A. After every meeting, we're going to make a sort of summary flyer to post around campus with the highlights from the meeting so that people around campus can stop and read to see what we talked about. We'll also put dates for the next meeting on those. And of course, if we already highlighted a culture and someone joins during or after that meeting, they're more than welcome to contribute to that conversation. It's really all just about having these conversations.

Q: Well, thanks for meeting with me. I look forward to hearing about what Uniting Internationally is doing around campus.

A. Thanks for interviewing me. I hope that this article encourages more people to join.

Uniting Internationally can be found on Instagram at @ui_bac, or Vipsa Shah can be reached directly at @_vipsashah.

The Uniting Internationally officers are: Vipsa Shah, President; Leslie Bermejo, Vice President; Secretary and Treasurer, Yatziry Montiel; Project Manager, Marvellous Okonne.

Review of "Baskerville"

BY: JOSEPH TORRES

Using both virtual and in-person means, The Abbey Players performed Ken Ludwig's thrilling comedy "Baskerville: A Sherlock Holmes Mystery" at Belmont Abbey College for the college students and faculty of the campus during the weekend of the Feb. 20th and on March 14th, becoming one of the only institutions in the local area to be doing so. With local theatres being closed for the last year or so, many theatre go-ers have been anxiously awaiting the next production of just about any play to come their way. After all, theatre is a great way to spend an evening.

Fortunately for Belmont Abbey, their students and faculty have been able to enjoy three productions so far this school year: "Talley's Folly," "The Living," and "Baskerville: A Sherlock Holmes Mystery," which was directed by Jill Bloede and just wrapped up their run back on March 14th. To accommodate a large crowd while also social distancing, the theatre made the Sherlock Holmes play accessible via streaming, so those who wished to see the play from the comfort of their homes had that option. For those seeking to watch the play in person, social distancing and masks were mandated so as to offer both the audience and actors on stage a safe experience.

Ludwig's play centers around one of Sherlock's most famous stories concerning the hound of Baskerville, and includes lovable characters such as Dr. Watson, Mrs. Hudson, and of course Sherlock Holmes. In the play, there are many new characters introduced, such as Dr. Mortimer, Sir Henry Baskerville, Beryl, and Stapleton. These characters are all played by many Abbey Player veterans such as Catherine Yellico, Ashlin Treat, Connor Malloy, Dr. Feay, and many more. With a cast like that, the play was for sure a guaranteed hit with audience members. And the audience agreed, with numerous students and faculty members seeing the play many times a weekend, and having multiple sold-out performances. "Baskerville: A Sherlock Holmes Mystery" is ending their production run with a viewing online, accessible to all who purchase the free tickets for a limited time.

More information on both past and upcoming productions can be found by emailing the Abbey Players at AbbeyPlayers@bac.edu and joining their email list.

Scholarship Experience

BY: FIONA DEVANE

BAC has several premier scholarship opportunities and these are beneficial to incoming freshmen, in addition to students already enrolled. I am a recipient of the Fr. Felix Hintemeyer Catholic Leadership program here on campus. The mission of the program is to form young Catholic as men and women of integrity, charity, and prayer; and to empower us to be Christlike leaders at Belmont Abbey College and beyond.

Our program includes both men and women, and we are divided into households, with a dedicated saint name (my household is dedicated to St. Gemma Galgani). We do weekly Sunday meetings, in addition to two service projects (Bishop's Lenten Youth Pilgrimage and the Eucharistic Congress), as well as monthly Formation Nights (all households), and weekly adoration on our day of choice. Our main goal is to become stewards of leadership, and a witness to the Gospel in our lives on campus, as well as in the world.

MiraVia

BY: KATELYN SAXE

BAC has a special program to help young mothers continue their education and this program is called MiraVia. MiraVia is located on campus and provides housing and a college education for pregnant woman and young mothers. For mothers who cannot commit to the requirements of a full-time student, they have options to attend ADP classes or take classes online.

Although MiraVia is only for mothers who live in the facility on campus, there are other things that BAC provides for young parents that seek an education. There are many opportunities for financial assistance for married couples that are seeking to continue their education at BAC. From the Pell Grant to the NC need based aid the college helps you find every possible option. BAC is very supportive of parents with children and help to provide as many opportunities as possible. There are even some parents that have been able to be full time students and participate on athletics teams. Faculty and the athletic department have been supportive. It is clear that faculty and administration are determined to help students achieve their goals.

Review of Local Restaurant: *Nellie's Southern Kitchen*

BY: RHIANNON BOSTIC

Who knew that in Belmont are the roots of one of the world's most successful pop bands, the Jonas Brothers. It all began with the brothers' great-grandmother, Nellie Jonas. She was known for her legendary southern cooking and love for music—values which she instilled into her children and great-grandchildren. Nellie's legacy is evident through her great-grandsons' extraordinarily successful pop-rock band. However, another facet of her legacy is in Belmont's historic district—in the form of *Nellie's Southern Kitchen*.

Located on the corner of North Main Street, *Nellie's* building introduces visitors to the main strip of Belmont's historic downtown. Its white, black, and silver color palette adds a modern touch to the rustic décor of the restaurant—thick wood slab tables, cushioned wingback chairs, a custom bar chandelier that resembles cotton stalks, and a large portrait of Nellie herself happily watches over all her guests. A hallway within the restaurant also displays memorabilia of the Jonas Brothers' music and acting career. Adjacent to that hallway is where the real magic happens—the kitchen. The restaurant prepares meals taken from Nellie's southern recipes. Her daughter, Cecelia Lucas, recalls her mother's baked goods—“Her biscuits were always perfect...And they didn't just taste good; they always looked so pretty.” In addition to these homemade biscuits, the chefs prepare many other southern staples, such as Chicken and Dumplings, Chicken n' Waffles, Shrimp and Grits, and Fried Catfish.

Nellie's Southern Kitchen is the culmination of the Jonas's idea of family and homegrown hospitality. “Everybody was welcome at Nellie's table,” Lucas states. “She wanted everyone to have a good time.” Thus, the family decided to memorialize Nellie in a way that would bring Belmont's community together as well. The Jonas Brothers' father and owner of the restaurant, Kevin Jonas Sr., states, “Even though we were poor growing up, this is the place we called home. It had the best people in the world and the best food. Every day, my grandmother would come home with cotton in her hair ... and make the most amazing chicken and dumplings, biscuits, and gravy. And this is our way of paying honor to her and all the good people of Belmont.” To see the full menu or place a reservation, go to www.nelliessouthernkitchen.com

Campus Sword Fighters? Everything You Need to Know!

BY: SARAH SCHWINDT

No matter the circumstances, Abbey Students have continued to find ways to connect with one another and build community around campus throughout this school year. One group that has done so may be more familiar to you than you realize! I started noticing them during walks to and from meetings, classes and other campus activities. There is a good chance that you have too... It's hard to miss a group of students gathered in the quad and engaging in sword fights!

After months of curiosity, I decided to find out what this was all about. I had the opportunity to speak with a few members of the group during one of their sparring sessions: Will Adderley, Maura Martin, and Timothy Sica to gain some insight on this activity, learn how it all began, and answer a few questions that you may have for them yourself.

You might be wondering how this group began in the first place. According to Will, who originally formed the group, sword-fighting has been an interest of his for quite a while. At some point in time, he began to research the sport and developed a knowledge of the different strategies, gear, etc. involved in it. About a month into the Fall semester, he asked some of his friends if they wanted to try sword fighting. After those friends expressed an interest in attempting, they began meeting in the quad, using Will's large collection of foam swords to learn and practice. This attracted an audience pretty quickly, and other students from the crowd began to participate. From there, the number of partakers expanded and people have continued to meet up regularly throughout the week, typically Monday Wednesday and Friday evenings, to spar. As the group has grown, different equipment has been brought in to heighten the reality of the experience of these sparring matches. For example, the foam swords they originally used have now been replaced with 2-pound arming swords made out of polypropylene plastic. The group also now has buckler shields, which they occasionally use for protection during sparring matches. These are hand-held shields that are round and relatively small in size, with a protruding circle in the middle that helps to effectively block many different angles. Face shields, gloves, and other items are part of the growing collection as well. All of these tools enhance the authenticity of the experience while also ensuring the safety of those participating!

Despite my very feeble knowledge of sword fighting, I was welcomed very kindly by the group when I arrived at one of their meetings in the quad. After observing and learning about sparring, they even encouraged me to try my hand at it. I decided to give it a go thanks to some coaxing (from my friends who tagged along) and coaching (from the sparrers). I quickly learned not to be fooled by the word plastic when it comes to the swords that they use... those things are quite hefty and require a great deal of strength to control! Spoiler alert: I was defeated twice by my friend AnneMarie.

Now that you know a little more about the group, you may want to learn how to get involved. This part is quite easy: all you have to do is show up! The group is open to anyone, and people come and go as they please to watch the sparring or join in on the action. No official club or any sort of requirements are associated with the group. I would like to extend a special thank you to the sparrers for allowing me to write this article, and another thank you and shout out to Anne Marie Romero, Ryan Flood, Parker Hagood, Quinten Pearson, Thomas Engl and Joseph Sacca for supporting me and joining me on this investigative journey into the mystery of the campus sword fighters.

Why I Write for the Newspaper

BY: ALBERT BRYCE CATAHAN

As a student at Belmont Abbey, I had no intention in being one of the contributors to The Crusader. I thought I was going to be known as one of the guys on the bowling team and nothing more. I had a flashback memory from high school when I had a teacher who told the whole class that part of college is about discovering yourself in the four years. As a sophomore at the Abbey, I had to make the decision of what I wanted to major in which made me get into a deep thought of what I really want to do with my life after my college career is over. I started thinking about what I enjoy and other things I do which was then I realized that I want to be part of the marketing and media crew for the Professional Bowlers Association (PBA). In relation to the newspaper club, having journalism skills are very important. I also have a love for doing bowling media. During some weekends, I travel to youth bowling tournaments and I capture highlights of the event which I am very proud of. FloSports is the partnership media coverage company that works with the PBA and last year I was able to get some experience doing some media work for the 2019 U.S. Open tournament. My biggest accomplishment would have to be the time when one of my pictures was used for "Bowlers Journal" which is the #1 bowling magazine. That was the moment I knew I had the potential to be in the industry for writing and doing sports reports. Being a collegiate bowler, having journalism skills would increase my chances of getting working for the PBA. Currently, I do my works on YouTube, Instagram and FaceBook on a page called "Pin Action Media" which includes my photography, video highlights, films, documentaries, interviews and more.

My rhetoric and writing professor, Professor Jensen, was the one who informed me about the newspaper. It was an opportunity for me to go in on because this is something I like doing while still having some relation to what I want to do as a career. Honestly, I wasn't the smartest in the rhetoric and writing class, but as soon as I got the chance to write for the college newspaper, I started to improve even more on my writing skills because it became a passion more than "just a class." I believe my story is unique on why I wanted to be part of this club. A story worth sharing. I like to think that I will read this article in the future when I have my dream job and I will be able to say "I did it!" So far, I've enjoyed every bit of it and it's nice staying up to date with what's going on for campus life. Abbey life is good.

Sports Updates

Women's Basketball has Incredible Run

BY: MADISON MITCHELL

Our women's basketball team had their deepest NCAA tournament run in program history this spring. On March 7th, The Abbey won the Conference Carolinas championship in overtime over Barton which qualified them for the NCAA tournament for the second year in a row. Barton also advanced to the tournament and the Abbey beat them once again to win the southeast regional and advance to the Elite Eight. This is only the second time any Conference Carolinas team has advanced this far in the NCAA tournament. The team travelled to Columbus Ohio to compete in the Elite Eight tournament. They lost to Central Missouri in a hard fought quarter final battle ending their incredible run and 20 game winning streak. Although the Abbey has multiple valuable graduating seniors, they look to build on this incredible season next year with their many young talented returners next year.

Acrobatics and Tumbling

BY: GRACE BARRY

Acrobatics and Tumbling is one of the least talked about sports that belongs to the NCAA. As a college athlete, the question "what is Acro" is a very common question. Acro is a combination of competitive cheerleading skills mixed with high level gymnastics. However, this is dull by comparison of what an actual acro meet consists of. The most frequently asked question is, "What is Acrobatics and Tumbling?" The NCATA The National Collegiate Acrobatics & Tumbling association answers this question very well about the emerging sport. The NCATA states, "Acrobatics & Tumbling is the evolution of different disciplines of gymnastics, which includes the athletic aspects of competitive cheerleading. The format was created at the collegiate level to address the interests and abilities of young women competing in this skill set. Individuals and small groups execute acrobatic lifts, tosses, and tumbling."(NCATA). An Acro meet consists of all of these skills. Within the skills there are several standards to complete all of these stunts.

Having Acro here at BAC has been great! The athletic department added Acro in 2018 and this is the third year the Acro team has competed. The team started with seven members and has grown to twenty-eight members this year. Most of the athletes on the Acro team come from a cheer and gymnastics background. However, some of the girls on the team come from different backgrounds in sports. Jess Warman, a junior on the team, played soccer all throughout high school. Jess has excelled in learning the sport and picking up Acrobatics skills. I came from running track in high school to learning and picking up acrobatic skills in college. Learning these skills has been an amazing opportunity. This goes on to show how diverse the sport is and anyone with an athletic background could try Acro!

Another commonly asked question is what does an Acro meet consist of? "Acrobatics and Tumbling meets are typically held as a match between 2-3 teams. Each meet is exciting, fast paced, and fan friendly. Each team has up to 28 competitors on their game-day roster and compete in six events throughout the meet, including: Compulsory, Acro, Pyramid, Toss, Tumbling, and Team Event. Teams compete and are evaluated in each event, receiving a score based on starting difficulty values and execution. In a competition, a team can score up to 300 points. The team with the highest overall score is declared the winner" (Concordia Wisconsin). In each of these events there are different ways of being evaluated and scored. After each event there is the ability to score up to 10 points. Coach Emily Powers is the head coach. Before coming to BAC, she was on the Acrobatics team at King University. Coach Powers helped her team reach all season high scores in many events. Coach Powers states, "The sport of Acrobatics and Tumbling was created to bring more collegiate athletic opportunities to highly talented women who have backgrounds in gymnastics or competitive cheerleading. Growing up, I was a competitive cheerleader who loved the athletic aspects of the sport but didn't love game day cheer. I made the switch to acrobatics and tumbling in college and fell in love with the team commodity and meet day environment. Going into coaching at Belmont Abbey, my main goal is to give our ladies the same opportunity that I had. The team we currently have is extraordinary in terms of what they have accomplished in a short amount of time. They work hard at developing new skills and growing as a team. It's so much fun to see how much they improve from meet to meet and see them gain confidence each time." Coach Powers explanation of how well the Acro girls have grown as a team is spot on! Every day we learn new skills and gain more confidence each meet we compete them.

Overall, having Acro here at The Abbey has been a tremendous blessing to the community and is a great addition to sports offerings.

Triathlon Team

BY: STAFF WRITER

If swimming, then biking, and then running without a break between each event sounds like fun, then you are probably on the triathlon team. In a triathlon, an athlete will swim 750 meters in open water, bike 20k (12.4 miles), and run 5k (2.1 miles) with only short transitions between each sport. Belmont Abbey was the 11th NCAA college to add a triathlon team and one of the first in the area. The triathlon team started four years ago and currently consists of Sarah Dolley, Stephanie Byrd, Julia Iseman, and Katherine Scifers. Daeton Byers is on the men's club team. All members are multisport athletes with Dolley, Iseman, and Scifers also competing on the cross-country and track and field teams and Byrd and Byers also competing on the cycling team. Unfortunately, Covid led to the cancellation of the season last Spring and training for the swim has been difficult with most pools being shut down. However, everyone is hoping for an opportunity to compete this semester. As Dolley expressed, "I am looking forward to getting to race like a triathlete for my senior year." Good luck with your competition this semester!

Belmont Abbey Pep Band

BY: CAROLINE STEIN

Four years ago, Belmont Abbey hired Mr. Barry Howard as the Director of Athletic Bands and each year, more students join the pep band. Over the course of this past basketball season, the band grew from only seven members to 12 members. The pep band is open to any students that play an instrument and the band is always in search of students who are interested in joining. The band plays at the majority of the home basketball games for both the men and women's basketball teams. Of the students currently participating in the band, some played in concert or marching band in high school (or both!) and some are self-taught, but each game they come together and play music and have a blast supporting their home team.

Felicity Hein is a freshman, double-majoring in Educational Studies and Theology, and is involved in the Hintemeyer scholarship program. She started playing flute when she was 10 and played in the pep band in high school, and was excited to join the pep band at the Abbey when she learned about it. "Being a part of the athletic band is wonderful because I am able to play my flute, which I thoroughly enjoy doing, as well as meeting new people and supporting our basketball team. I love being part of the athletic band because it builds community here and it is enjoyable to play at the home basketball games," she explained.

Frank Hornig, a senior Motorsport Management major, plays trumpet in the pep band. He explained, "I just enjoy playing instruments and listening to music altogether because it soothes me." The pep band plays an array of classic rock tunes, from Paint it Black by the Rolling Stones to September by Earth, Wind, and Fire, and the range of tunes is always growing, adding upbeat songs that get the crowd excited.

Belmont Abbey encourages the enrichment of Mind, Body, and Spirit and to get involved in activities that promote that growth. If you or someone you know plays an instrument and is interested in joining the pep band, please contact Mr. Barry Howard at barryhoward@bac.edu.

Follow the Belmont Abbey Pep Band on Instagram & Facebook @abbeybands

Wrestling

BY: JORDAN HAWTHORNE

Coming off a historic year in 2019-2020, the wrestling team felt that we had the athletes and the tools to make a strong run to the conference title this year. We knew there would be challenges adapting our training and lifestyles due to Covid. Unfortunately, we had to change how we train and couldn't do The Sandpit, running Crowders mountain and even our six mile loop. We had to find other ways to get the most out of each other, so we were just grinding every day in the wrestling room. But, we were able to start the season with the ten starters of Brandon Crowder, Ben Fielding, Tyler Pepe, Tyler Gregor, Matthew Sloan, Mitch Dean (our returning All American), Logan Branham, Christos Avergos, Andrew Pegram and myself (Jordan Hawthorne). We had our lineup, now it was time for the duals that were to come.

We started the season at UNC Pembroke, losing a heartbreaker. We then had to prepare for our next match, with a team that always wrestle close in King. Yet another heartbreaking loss. We had to regroup quickly if we still wanted a chance at the conference title. Our match that was set with Coker was eventually canceled due to Covid outbreaks on their team. Next up was a tri-dual with Emmanuel and Queens. We walked away with two convincing wins and had the top dog in the conference, Newberry, to look forward to. After another loss we had to find the strength to finish strong. We would then win three straight with a nail biter at Lander and two strong wins against Limestone and Mount Olive. With the match against Coker being cancelled, we would finish 5-3 and third in the conference. Going into the regional tournament, we had a good feeling that we could get guys into the National tournament. We walked away with two fourth place finishers and two national qualifiers. Strong end to a difficult season!

Women's Track and Field

BY: SHANEKERA FAULK

Belmont Abbey women's track team has remained focused on being the best they can be throughout this semester. Everyday our women's team works hard in practice and focuses on improving our form and technique. This hard work is shown as a lot of our college records have been broken. Christina Villanueva has officially broken the long jump record this year jumping more than 18 feet. Macie Sims is quickly making her way to the top of the record books in the high jump as well. Our women's 4x100 meter relay team broke the school 4x100 record with a time of 51.65. I am very proud to be a part of this team and working with such great teammates.

Women's Soccer

BY: SYDNEY HEDRICK

The soccer team at Belmont Abbey had a rocky start to their season, but have since become stronger as a team and begun to win more. Losing the first two games of the season, and underperforming in games, was a red flag for the players and coaches.

Not spending as much time together because of Covid these past two semesters, the Captains had a great suggestion to do team bonding, like we had in the past years. The captains split the team into five different groups at random and we all played sardines around the whole campus. This was so much fun and raised the moral of the team tremendously.

After that single team bonding, our next two games ended in a successful win and tie. Now, a tie is not the best, but it sure is better than a loss! The team decided that team bonding should become more of a priority weekly in order to keep the closeness of the team and the moral high!

Lacrosse Team

BY: ROBERT MOLINA

Belmont Abbey Men's Lacrosse team was ranked #3 in the 2021 Pre-season Coach's poll presented by USILA, and after their season opener loss to Catawba 13-4, the Men's Lacrosse dropped down the ladder. The team, led by head coach Christopher Barrett, had not lost in the regular season since April 10th, 2019. Barrett's team shook off what would be an unforgettable season opener, in which many sports analysts say will describe a team the rest of the season. In week 2, the Belmont Abbey Crusaders fell to conference rival Lenoir-Rhyne 14-11, who was ranked 8th in the country by USILA.

Fans and students of Belmont Abbey expected the trend to continue and thought the Men's Lacrosse team would set sights on the 2022 season. However, Barrett's Crusaders have made a stride since the season opener and have won five games in a row, putting them 5-2 overall. Since the season opener, 4 players have been a part of USILA's team of the week, and 2 of them have made appearances twice. With 5 games left in the season, all eyes turn to the Belmont Abbey Crusaders as they take have the regular season finale at conference rival Limestone, April 16th, under the lights at 8 P.M. Does Christopher Barrett and the Belmont Abbey Crusaders have the chance to make it to the post season tournament? Only time will tell.

Meet the Editors

Madison Mitchell

Madison Mitchell is a junior at the Abbey where she is majoring in Marketing and minoring in Accounting. She is also a member of the field hockey team. She comes to us all the way from Canada and is still trying to figure out how not to melt down here in the south.



Mason Harrigfeld

Mason Harrigfeld is a junior at Belmont Abbey College with a Psychology Major and an English and Philosophy minor. He has an arsenal of puns that he uses when the time is right...or it is not right (which is the majority of the time).



Caroline Stein

Caroline is a sophomore English Major and Writing minor. She plays clarinet in the pep band on campus, and a fun fact: She is currently writing a high fantasy novel.



Thank you to our contributing writers:

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