

THE CRUSADER

WELCOME BAC CRUSADERS

Career Services Introduction

BY: MARY CATHERINE GINTHER

Hello from Career Services!

My name is Mary Catherine Ginther and I am excited to be here at Belmont Abbey serving as the Career Services Specialist. I was once an Abbey student too and have spent most of my career in education. I am excited to help you grow from a student exploring your purpose and dreams to an Abbey graduate ready to share your God given gifts with the greater community.

Let's get connected, no matter where you are on your college and career path, we have the resources to maximize your potential for career and professional success.

Don't wait until you are a senior to find out about all the services we provide. If you are new to college, we can help you discover your passion and purpose as it relates to a major. Do you need some extra money, we can help connect you to local employers hiring for part time positions? Does your major require an internship? Career Services supports the internship search and approval process. These are just a few of the ways we are here to support you.

Are you ready to start a conversation?

Stop by and visit. We are located in St. Leo Hall, Room 102 (beside the Catholic Shoppe).

HONORING SAMMY DAY

BY: ERIN JENSEN (FACULTY ADVISOR)



I frequently walked across campus with Sammy Day last year and every single person we encountered said “Hi” to her. She knew every student and every faculty member! I was impressed at the level of involvement she had in Belmont Abbey College.

Samantha Day, or Sammy as she preferred to be called, was an important part of the school newspaper. Her freshman year, she was a staff writer and helped with recruiting new writers for the newspaper. During her sophomore year, she became the Student Editor and led the newspaper for the next three years. She organized meetings, recruited writers, and was solely in charge of the formatting and organizing of all articles. I met her in 2019 when I became the Faculty Advisor of the newspaper and she continually impressed me with the level of care and involvement that she showed in every aspect of the newspaper. She showed that same involvement in the rest of her life as well.

She was in the Honors College, majored in English, and minored in Writing, History, and Theology.

In addition to being the Editor of the newspaper, she was involved in the Abbey Advocates, was a Campus Tour Guide, on the Advocate Leadership Team, and befriended everyone she met. She presented at several academic conferences and was submitting her articles to undergraduate research journals. She had applied for and been accepted into a Masters in Technical Writing.

Sammy passed away on June 1, 2021. She will be forever remembered for her dedication to the school newspaper and to the college.



Faculty as Student-Athletes

BY: STAFF WRITERS

Have you ever wondered about how many of your professors were student-athletes? While most of our coaches were student-athletes, how many of your professors were? We decided to see if there were former student-athletes among our faculty and we did discover a few. Before reading the article, you may want to see if you can guess which of your professors competed in sports in college.

Four of our full-time professors were college athletes!

Dana Catchpole	Baseball
The Citadel	
Erin Jensen	Swimming
Minnesota State University Moorhead	
Judy McDonald	Synchronized Swimming
University of West Virginia	
Maria Manno	Swimming
Broward College	

Five faculty members participated in college club sports:

Trey Cunningham	Powerlifting
Erin Jensen	Waterpolo
Stephen Miss	Fencing
Hannah Zdansky	Fencing

Several members of administration and staff were also college athletes including:

Martin Aucoin	Cross-Country
Sharon Allen	Basketball
Carter Eck	Men's Volleyball
Travis Feezell	Baseball
Lindsay-Janae Raphael	Softball
Emilia Pippen	Lacrosse
Karen Price	Gymnastics
Linda Randazzo	Track & Field
President Thierfelder	High jump
Theresa Wilson	Cross Country & Track & Field
Olivia Young	Golf

(If we missed anyone, please let us know and we will update the list in the next issue of the newspaper)

Good luck to all of our student-athletes as they compete in their respective sports!

How to Spend Your Autumn In Belmont

BY: MAGGIE WILLIAMS

As the leaves change colors and the chill breeze beckons in the Autumn season, there is much to see and do around campus and the sweet town of Belmont. Ever wondered what activities you could do around this college town and the surrounding area? We got you covered!

Catch the leaves turning on Abbey Lane

During the fall season, the leaves on the Abbey Lane trees turn into a wonderful spectacle of reds, yellows, and browns. Enjoy the beauty on campus by catching a sunset, taking a walk, studying, or having a picnic on or around Abbey Lane.

Fuel yourself with some fall-themed treats from local businesses

Grab a Maple Cinnamon or Pumpkin Spice Latte from Mugshots, or check out Catawba Coffee for some spooky cookies to pair with your hot, autumnal drink.

Enjoy fall happenings around campus

There will be multiple events for students throughout the season here at the Abbey. The first is Nightmare on Abbey Lane, happening Friday, October 29. There will be games, food and drinks, costume contests, and even live music! The second is AbbeyFest, an annual event out on the Quad. It'll be a fall wonderland of hay bales and colorful leaves. Join your fellow students on November 6th for a fun afternoon full of classic Autumn activities!

Venture to surrounding cities for more fun

Want to expand your horizons outside of just Belmont? Check out SCarowinds or the Carolina Renaissance Festival this year. At SCarowinds, you'll be able to experience horrifying haunted houses and tons of thrills from different rollercoaster rides. Be warned, a night at SCarowinds is not for the faint of heart! If you're looking for something a bit more tame, take a visit to the annual Carolina Renaissance Festival, running until November 21st in Huntersville.

Introducing Our New Faculty

BY: STAFF WRITERS

Please welcome the following new faculty:

Director of Masters in Health Administration
Gwendolyn Swain
D.H.A., Medical University of South Carolina



Dr. Gwyndolan L. Swain currently serves as Founding Director and Professor of Health Administration at Belmont Abbey College in North Carolina. Dr. Swain joined the University in December 2020 after 10 at Pfeiffer University where her role as Director and Associate Professor began as an adjunct instructor, after completing a Doctor of Health Administration degree at the Medical University of South Carolina. A Master of Business Administration/Master of Health Administration joint degree and a Bachelor of Science in Nursing also complete her educational portfolio. She is originally from Louisiana and has made Charlotte her home since 1986. Dr. Swain’s commitment to learning and exemplary programming combined with her practical field experience provide a foundation for her work in preparing future administrators for key roles in healthcare systems, a critical need in today’s world.

Chair of the Accounting Department
Toni Berbrick
MBA, Monmouth University

Assistant Professor of Economics
Mark Hanssen
Ph.D., Universidad de Navarra

Assistant Professor of Nursing
Alex Sellers
M.S.N., University of North Carolina at Charlotte



My name is Alex Sellers and I am excited to be at Belmont Abbey College. I graduated nursing school in 2013 and started my career as a bedside nurse. During this time, I determined my love for teaching nursing students about how to care for their patients. In 2017, I transitioned into a nursing faculty role and have been teaching nursing students since. Nursing education is my passion and I look forward to teaching students at the Abbey!

Assistant Professor of Nursing
Dina Khentigan
M.S.N., East Carolina University



Dina Khentigan, Assistant Professor in the Department of Nursing, has over 30 years experience as a Registered Nurse and seven years as an educator. She completed her schooling at Clemson University and East Carolina and will earn her Doctorate of Nursing Practice this December. She lives in Charlotte with husband and dog. She is excited about the opportunity to develop and implement the nursing programs at Belmont Abbey.

Associate Professor of Marketing
John Crane
Ph.D., Anderson University



Dr. Crane comes to the Abbey with more than 30 years of marketing and management experience and 20 years of teaching in higher education. While Dr. Crane is known for teaching students the multiple areas of marketing and how to evaluate strategic marketing decisions, he is passionate about helping students succeed personally and professionally. One of Dr. Crane’s favorite quotes is “Everything can be marketed; how we choose to market makes all the difference.”

Assistant Professor of Psychology
Richard Dell’Isola
PhD, Kansas State University



I am very excited to be a member of the Abbey community-- I love our strong Catholic, Benedictine, liberal arts identity. At the Abbey, I teach a variety of psychology courses including Developmental Psychology, Case Management and Crisis Intervention, and Senior Practicum. Additionally, in my role as a marriage and family therapist, I see about 5-7 clients per week off campus. Outside of work, I love spending time with family--my wife and I have a 2-year-old son and 5-month-old daughter. Running, reading, crossword puzzles, and sports (baseball and hockey) are some of my favorite hobbies. Please feel free to stop by my office (Science Building 104B) and say hello!

Assistant Professor of Mathematics
Chad Estabrooks
Ph.D., University of Rhode Island



I earned my PhD from the University of Rhode Island in 2018. From there, I taught mathematics for three years at the United States Military Academy at West Point. I am an adult convert to the Catholic Church, having been confirmed in 2008. My wife and I have four children, ages 10,8,6, and 3. The whole family is very excited to be a part of the Belmont Abbey community.

Assistant Professor of Philosophy
Catherine Nolan
Ph.D., State University of New York at Buffalo



Dr. Nolan was born and raised in rural Canada, the oldest of eleven children. She earned a double major in Literature and Philosophy for her bachelor's degree at Ave Maria College in Michigan (before it became Ave Maria University in Florida). She worked as a missionary in Honduras for a year, then completed her master's degree at the Franciscan University of Steubenville. After finishing her doctorate at SUNY Buffalo, she taught at the University of Dallas for six years, including two years on their study abroad campus outside of Rome, Italy. She is interested in metaphysics and ethics, especially the metaphysics of the human person and bioethics, and enjoys painting, reading, and spending time with her husband and three young children.

Assistant Professor of Philosophy
Christopher Tomaszewski
Ph.D., Baylor University



Christopher Tomaszewski is a new Assistant Professor of Philosophy at Belmont Abbey College. A native of Philadelphia, he studied philosophy and mathematics at Saint Charles Borromeo Seminary and Villanova University and did his doctoral studies in philosophy at Baylor University with Alexander Pruss. His teaching and research interests include metaphysics, natural theology, mediæval philosophy, logic, and philosophy of law. When not doing philosophy, he enjoys travelling, skiing, and hiking with his wife Haley, as well as dabbling in theology and law in his spare time. He’s delighted to be at a college like Belmont Abbey, which is so committed to Christ, His Church, and her Magisterium.

Assistant Professor of History
Emily Davis
Ph.D. (cand.), Loyola University of Chicago



Emily Davis researches the stuff of saints: relics of American saints tucked away in museums or shrines across the country. She is a Ph.D. Candidate at Loyola University of Chicago in American history and Public History. Professor Davis earned her MA in Public History from Duquesne University and her undergraduate degree at Saint Vincent College. When not teaching, Professor Davis spends her time rooting for the Pittsburgh Steelers and exploring the Charlotte area. She's happy to be home at a Benedictine college!

Assistant Professor of Education
Maria Manno
Ed.D., Florida Southern College



Student Voices: Compliments About Faculty

BY: STAFF WRITERS

- We asked students for compliments about professors and here are some of the responses:
- Father Chris cares about his students and tries to make the lessons clear and easy to comprehend.
- Dr. Thomas has a teaching style that is both educational and casual and I have fun in his classes.
- Dr. Elliot always challenges you to take an extra step to fully understand and grasp the concept. Her class is a great balance of freedom with direction.
- Dr. Hutchinson because he is very approachable and he presents the information in an easily understandable way.
- Dr. Jensen is focused on real world assignments and is sometimes funny.
- Dr. Siebert focuses on helping students to learn the content.
- Professor Berbrick because although accounting is a hard class, she is able to create a welcoming environment where every student feels valued and understood
- Dr. Nolan makes the class and assignments understandable and she is helpful and understanding.
- Professor Davis is nice and helps the class to understand the material.
- Dr. Farmer is passionate and cares for the students
- Dr. Weir makes me feel welcomed and ready to learn.

Chess Club Interview

BY: DAVID WILSON

Belmont Abbey has had an unofficial Chess Club for awhile, but the club became an officially recognized club this semester through the efforts of Evan Lutz, a junior.

The ancient game of chess is an excellent pastime to indulge in and been found to improve cognitive functions. Here at the Abbey, the purpose of the Chess Club is to provide an environment where students can socialize while also improving their chess skills. To get a better feel of the Chess Club here on campus, I spoke with the founder, Evan Lutz.

David: When did you first start want to start a club on campus?

Evan: As soon as I got here freshman year, I checked to see if there was already a chess club. When I saw there wasn't, I started an informal one. I was in the process of making it formal when COVID hit, but we've been meeting informally since my freshman year (I'm a junior now).

David: Why in your opinion, should college students play/have an interest in chess?

Evan: Because it's fun! There's something innately tantalizing about it. Every chess game is an adventure; you can learn something new every time. It's a chance to test your mind against another's. It's also a chance to meet new people, learn a new skill, and get your mind off your studies for a bit.

David: What does the Chess club on campus offer students?

Evan: Essentially, the chess club gives students the opportunity to learn, play, and get better at the game of chess. On the first Thursday of each month, I give an instructive lesson for those who are just getting into the game and need some strategy tips.

David: Do students interested in the Chess Club have to have any prior knowledge of the game?

Evan: Not at all! Just show up and we'll teach you all the moves. I love it when we get newcomers; it's exciting. It doesn't need to be daunting; it's just a game. It's not about being an expert; none of us are chess grandmasters (yet!). Whether you've never played before or you already play in competitive tournaments, there's always something to learn.

David: What is a typical chess club night like?

Evan: It's pretty much what you'd expect: we meet up and we play chess. I usually offer instruction to those who ask for it. It's a good atmosphere; we all enjoy each other's company and we enjoy the game.

David: What is your vision for the chess club? What do you want it to achieve?

Evan: Mainly, I just want the club to meet regularly so BAC students can have the opportunity to play chess frequently. But beyond that, I've got a few ideas. I might be hosting a chess themed movie night on campus. Also, the official World Chess Championship is coming up, and we're going to have a watching party for one of the matches (kind of like a Super Bowl party, but for chess). It's a little silly but it

should be fun. It'll give students a chance to learn about the world of high level chess and see who the top players are. Finally, I want to collaborate with the Charlotte Chess Center and Scholastic Academy to host an official rated tournament on Belmont Abbey's campus.

David: What advice would you give to new players?

Evan: First, make sure you know all the rules of the game. After that, learn basic tactical patterns and the basics of how to play well in the opening. From there, keep playing and keep building your knowledge. Eventually, you'll want to learn more about middlegames and endgames (basically just the middle and late stages of the game and the strategies that apply to them). There are great YouTube channels and websites to help get you started. Chess.com is a perfect starting point. My favorite chess YouTubers are GothamChess, GingerGM, Agadmator's Chess Channel, Hanging Pawns, and ChessNetwork.

David: How do you improve your chess skills?

Evan: I mainly do two things: play lots of games and solve lots of tactics puzzles. Tactics puzzles are puzzles where the solver is given a position and needs to find a move that wins pieces or checkmates the king. These puzzles keep me sharp and help me recognize important patterns in real games. Beyond this, I like to learn new openings (this means planning out the moves I'm going to play at the beginning of the game before I play them). Having a prepared opening helps me know what I'm doing at the beginning of the game, which saves time and gives me confidence going into a timed tournament match. Studying openings gets complicated, though, because I have to be prepared for what my opponent might play, so the moves branch out and can get pretty complicated pretty quickly.

David: If somebody wants to join the chess club, how should they contact you?

Evan: They can email me at evanalutz@abbey.bac.edu, or just show up on Thursday night, at 8:30pm. Right now we meet at Holy Grounds, but will soon have a specific meeting place. Email me for the details.

David: Besides chess, what is something cool about the Chess Club?

Evan: We have had members of the monastic community, Br. Edward and Fr. Elias, join us for chess on separate occasions. It's great to have more than just students in the club. Professors, monks, alumni, and anyone are all welcome!

What are students saying about the chess club?

Hannah: "I really like the chess club because it helps me relearn the game and appreciate it on a whole new level."

Laura: "Chess club is the best part of my Thursday night!"

Kevin: "Chess club is an excellent time to relax with friends, play a game, and have some good food."

If you are interested in making new friends while playing chess, the Abbey Chess Club is definitely something to come check out. Meetings are bi-weekly on Thursdays at 8:30pm in Holy Grounds. For the latest news on the Club, contact Evan Lutz: evanalutz@abbey.bac.edu

Spotlight: Computer Science

BY: STAFF WRITERS


Computer Science just added a new minor this Fall with Artificial Intelligence. This means there are four minors in Computer Science to choose from.

A minor in Artificial Intelligence will familiarize you with current developments in the field of AI. You'll learn about the technology that's building systems that can make intelligent decisions and take actions. With a minor in AI, you can tap into this technology in order to be successful and promote the good in your career or postgraduate work.

Requires 18 credits

- CS 201: Introduction to Programming
- CS 234: Introduction to C++
- CS 302: Data Structures OR
- CS 307: Database Systems Design and Management
- CS 345: Introduction to Artificial Intelligence
- CS 371: Introduction to Data Mining

- One of the following courses:
- PC 306: Cognitive Psychology
 - PC 300: Statistics in Psychology
 - BU 306: Quantitative analysis I
 - MA 208: Statistics



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Contact
Professor Gireesh Gupta, Chair
GireeshGupta@bac.edu

Spotlight: Minors

BY: STAFF WRITERS

Have you thought about what minor you want to pursue? There are a lot of different options, including:

- Accounting
- Actuarial Science
- Art History
- Biology
- Business
- Business Management
- Chemistry
- Classical Languages
- Computer Science
 - Artificial Intelligence
 - Cyber Security
 - Information Systems
- Dance
- Digital Humanities
- Digital Sport Media
- Economics
- Education
- English
- Entrepreneurship
- Finance
- Government and Political Philosophy
- History
- Healthcare Management (online)
- Human Services (online)
- International Business
- Interdisciplinary Minor
- Justice and Peace
- Leadership Studies
- Mathematics
- Marketing (online)
- Medieval Studies
- Modern Languages
- Motorsport Management
- Philosophy
- Physics-mathematics
- Psychology
- Sport Management
- Theatre Arts
- Theology
- Writing

Immersive Van Gogh Exhibit in Charlotte

BY: GAVIN OLVERA

If you’re an avid lover of art or even someone who wants to experience a breathtaking experience, the Immersive Van Gogh Exhibit is just the place for you. After spending \$40 and an hour inside of this projector-filled room, the Van Gogh Exhibit let me experience the creative mind inside of the talented Van Gogh.

With 500,000 cubic feet of projection, 60,600 frames of video, and over 90,000,000 animated pixels, you find yourself wandering through the delicate strokes of paint animation to give you a glimpse inside the process of the young and talented artist. From the well-known painting the Mangeurs de pommes de terre (The Potato Eaters, 1885), the Nuit étoilée (Starry Night, 1889), Les Tournesols (Sunflowers, 1888), and La Chambre à coucher (The Bedroom, 1889) and my personal favorite Kop van een skelet met brandende sigaret (Skull of a Skeleton with Burning Cigarette), the exhibit takes you through a moving pixelates 4k painting that highlights the key parts of his process.

Highlighting the movement of the paintings and the eye-catching colors shows not only the effort and mind that went into creating these masterpieces but the influence his era and life were like during the times he lived through.

This immersive experience is backed up with a surround sound of moving music from Luca Longobardi. The music helps add emotion and auditory suspense to an exhibit that would not be the same without it. Not only does this art exhibit have a sit-down presentation, but it also comes equipped with an “Immersive Van Gogh Cafe” so you can grab a bite to eat before entering, a Van Gogh gift shop that includes everything from posters, notebooks, masks, and more. This spot also has an “Immersive Lifeway Kefir Yoga class” that lets you experience the visuals and sounds while partaking in yoga.

The Van Gogh Exhibit in Charlotte, NC follows strict CDC guidelines by having social distancing circles to sit or stand at, sanitization protocols, and mask requirements to keep all viewers safe while visiting. Vicki Grant Deakin, a participant, left a review on the Facebook page saying that “The exceptional sounds system and the intense and emotive music selections, innovative use of 2 and 3D animation, as well as the stunning variety of Van Gogh’s paintings used in the production, made for an emotionally powerful experience.” This experience lets you perceive art in a new, enhancing way.

Located at the Ford building at Camp North End in the heart of Charlotte, provides a wonderful date spot, a getaway for Belmont Abbey College students, and an unforgettable experience for those looking for something fun to do on a weekend afternoon.



Student Spotlight: Jaden Tite

BY: CHRISTIANA HARRINGTON

Jaden Tite is a Belmont Abbey student from South Africa. I interviewed him about his life and why he came to the college. As a young adult wanting to make a life for himself, he made the decision to come here to better himself, educationally and otherwise. One of his main reasons for coming here to the United States was to play rugby and advance in his career. He originally wanted to major in Business, but is now undeclared as he is still deciding.

In South Africa, he played soccer, field hockey, rugby (a sport of which he began playing at the young age of six), and cricket. Some things he spent doing in his free time; he practiced trading at the age of fifteen, he sang tenor and bass in a choir, and he directed school plays.

He said that many things are different here from that of his home country, both good and bad that include school, food, and safety. The school year in South Africa differs completely from ours here, for instance they begin school on January fifteenth or sixteenth and they do not finish it until December fifteenth. Though it does sound like a lot they do have multiple and lengthy breaks in between just not as much time off as we get.

The food is also different. Where he lived in South Africa, the meat was cheap and good quality because he was near a big farming area that raised cows, sheep, goats, etc. He also said that he was about a ten-minute drive from the beach, so the fish they bought was always freshly caught from the morning and “of the best taste.” One of the differences in foods here that he noticed is that we have an almost unbearable amount of added sugar in our foods that is “dreadfully unhealthy.” He also emphasizes that it is atrociously expensive to eat healthy here.

Welcome to the Abbey and we hope you have a great experience.

Life-Giving Fountain: The St. Joseph Adoration Chapel

BY: VIANNE A. SHINGLEDECKER

Jesus said, "Come to me, all you who labor and are burdened, and I will give you rest." Belmont Abbey College students have a unique opportunity to spend time during their week in silent Adoration before the Lord Jesus Christ in the Blessed Sacrament. This is made possible by the on-campus St. Joseph Adoration Chapel.

What is Eucharistic Adoration? Eucharistic Adoration is the worship of Jesus Christ in the Most Blessed Sacrament. In Adoration, the Sacred Host is exposed in what is called a monstrance so that, as St. Augustine put it, students may "look at him who is looking at you." It is incredible to think that Belmont Abbey College students have the opportunity between the hours of 8 a.m. and 8 p.m. seven days a week to experience this encounter with Jesus.

Jesus is inviting the students of Belmont Abbey College to encounter Him in the Blessed Sacrament in a profound way. This is a time for students to develop their personal relationship with Jesus with no other outside disruption. So, students do not have to be "churchy" or "holy" to come and experience this outpouring of love.

Crusaders who take advantage of this opportunity to sit with Jesus in the Adoration Chapel hear the Lord Jesus call them individually by name. He longs for all the students to come to Him. Jesus is waiting for the students to take advantage of this blessing so that He can love them. Jesus loves them with immeasurable love. King David in Psalm 43:4 is inspired to write about God's love for humanity with these words, "you are precious in my eyes and honored, and I love you, I give people in return for you and nation in exchange for your life."

This worship that students have the opportunity to give to the Blessed Sacrament should be the same worship they would give to Jesus Christ as if he were physically present because it is the same Jesus. Even if this is a difficult teaching to accept, students should come to Adoration and come to know the Lord. He will give them everything to be able to say, as St Peter said in the Gospel of John, "Lord, to whom can we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God."

When students spend time with Jesus, he gives them a greater awareness of his presence in their life. This is where grace plays a huge part in their lives. The Baltimore Catechism defines grace as "a supernatural gift of God bestowed on us through the merits of Jesus Christ for our salvation." This grace gives students the ability to repeat what St. Paul said in Galatians, "It is now no longer I that live, but Christ live in me." With Christ living in the students, they feel so much peace even with stressful classes. They also experience greater fulfillment. After all, they know for whom they live. In addition, they make better decisions because they know their dignity and worth as a

son or daughter of God. So how can the students receive this grace? Simply by being open to what Jesus wants in each moment. St. Vincent de Paul said, "[t]he Hand of God is always outstretched for those who wish to grasp it." Grace is like this outstretched hand of God.

What Jesus wants and desires to give the students of Belmont Abbey College through Eucharistic Adoration is incredible. Consider signing up to commit one hour of the 168 hours of the week to Jesus. Stop by the Adoration Chapel after a long day and bring the burdens and worries to the Lord and hear him say, "I will give you rest" (Matt. 11:28). Students should consider these words spoken by St. John Vianney "You are here alone to adore your God! His look rests on you alone!"... Seeing our Lord Jesus Christ here, on that altar, and looking at us, how we should love him! We should want to stay always at his feet; it would be a foretaste of heaven; everything else would become insipid to us." Students should be aware and take advantage of this unique gift on their campus.

Student Spotlight: Tatianna Hogan

BY: FATIMA GARCIA

Tatianna Hogan is a freshman, plans to major in nursing, and does Acrobatics & Tumbling. Hogan comes from Japan, her mother works for the military and she was stationed there. When she came, she had to fly to Texas and then she drove to the Abbey which took her 36 hours! She found out about the Abbey through a recruitment website that allowed her to connect with colleges and coaches. Hogan said, "I received an email from the Acro & Tumbling coach from Belmont Abbey, letting me know that she was interested in being part of the team. I had to give it a thought and finally I decided to accept the offer."

Hogan talks about the difference between American culture and Japanese culture. She proceeds to say, "It was a culture shock because I was living in an American military base that was mixed with the Japanese military, so the culture was a lot more unique because it was Asian and American culture combined." Hogan also adds on, "The people on the base were a lot more culturally based while here, it's just southern America." Hogan mentions that it wasn't too difficult to adapt to the lifestyle at the Abbey but she did find it challenging to find people that have the same hobbies, culture, and lifestyle, it makes it hard to relate to others in that aspect. Hogan proceeds to say, "I love my team but it's just taking me time to bond with such a big group. My teammates are so encouraging and talented, that's what makes it a fun and comfortable environment to be in. I'm so grateful to be part of this hardworking team because they make things a bit easier."

Hogan talks about how her experience is going so far at the Abbey. "At the Abbey, there aren't too many classmates, you are also able to grow a relationship with your professors, so it's like you're living your own personal experience and it makes it an easier learning environment," Hogan says. She mentions that her favorite class is

Psychology with Dr. Gomes because her professor makes the class interesting, he is engaged with other students, and he’s easy to get along with. Hogan continues to discuss how she balances school and social life. “Having a set schedule is helpful because I know when to study and when to get things done so it won’t interfere with my social life. One thing I struggle with is the cafe because it’s a lot different from being at home. At home, I’m able to just get something to eat when I want to and whenever I want to, I like to eat with my family and enjoy my time,” Hogan says. “When I go to the cafe it’s like a whole social event and I feel like I always have to be dressed up just to eat, it’s something I’m just not used to doing,” she says about something that has been hard to adapt to. “One of my favorite things to do around the area is going to Walmart because it makes me feel independent and it also sets in reality that I’m actually out on my own doing things without parents around me.”

FOCUS Missionaries at the Abbey

BY: IRIS BERTIN

FOCUS is a program aimed at, “Launching College Students into Lifelong Catholic Mission,” as stated on the focus website. This program takes graduated college students under their wing and sends them on Catholic missions in order to impact college students around the globe. FOCUS missionaries are stationed around 187 different campuses impacting students in 42 different states. Through their mission statement, “To know Christ Jesus and fulfill His Great Commission,” and their nearly 800 missionaries, FOCUS is able to reach huge numbers of college students. Allowing these students to feel known and loved, FOCUS missionaries are able to lead them into the Catholic faith.

Belmont Abbey College has the privilege of providing four FOCUS missionaries a spot on our campus. Through the gifts of Jake, Christina, Meggie, and Quinn, the students here are able to be touched by the hearts of these missionaries. By exemplifying what it means to live out the Catholic faith in our daily lives, we are able to feel Christ through these four missionaries. The campus life at Belmont Abbey is truly gifted with getting to know and love these people that have gone out of their way to spread the gospel of truth to our school.

FOCUS missionaries on our campus put on many different events throughout the year in order to get to know and reach as much of campus as possible. Coffee house is one event that FOCUS puts on every year. This is an event that encompasses all of the many talents of the student at Belmont Abbey. This talent show-like event allows students to get to know one another, get to know the missionaries, and get to support each other in their talents.

FOCUS missionaries also put on a weekly bible study during the evenings with their individual student missionaries. This way, each Focus missionary is able to grow in relationship with their bible study group of students who are looking for a Catholic mentor. Another event

sponsored by focus is Verso L’alto held every Monday night for student-athletes; however, everyone is welcome. This event includes games between boys and girls, followed by a talk and small group sharing. During this event, students are able to hear more about the Catholic faith and get to know each other along with the missionaries.

Throughout these many events, the missionaries are able to touch many students' hearts in groups and individually. I was able to collect some quotes from a few different Belmont Abbey students and get to know how they were individually impacted by the FOCUS missionaries on campus. Nathan Schweitzer, a freshman at Belmont Abbey, says: “Since I have crossed paths with the FOCUS missionaries, not only my faith life has improved, but also my social life. I find myself being more outgoing and sociable - always ready to start a conversation, even with strangers.” Nathan’s quote shows the magnitude of the impact that these missionaries have on individual students. They are able to touch each person in a way that only a follower of Jesus would be able to do. The FOCUS missionaries here at Belmont Abbey are able to live out our Catholic faith and keep our faith alive here on our campus.

Student Spotlight: Conrad Hill

BY: BRIAN KNOERR

Conrad Hill, a student who attends Belmont Abbey College, is one of few international students here. Conrad is from the Australia which is 16,052 km away from Belmont. A direct flight would take roughly 21 hours for Conrad to arrive at the Charlotte airport. So how did Conrad Hill, a guy from Australia even discover this place? One word, Volleyball. Here at Belmont Abbey College, Conrad is one the team captains on the Men’s Volleyball team for the past 4 years. When asked how he discovered this place he said, “My agent talked to many schools during my senior year of high school. It came down to a school in New York, Illinois and Belmont Abbey. I decided on BAC as it was warmer than the other schools and also closer to the beach. I didn't even get to visit. I used google maps to look at campus and I guess it was enough to sell me to move to the other side of the world.” With the help of an agent that he got through volleyball he ended up here without even seeing the school.

Without Volleyball he would not have had the opportunity to be one of the million international students here in the USA. Now to him, the US is a foreign country and the weather, food, and culture are different. When I asked about being an international student he stated, “I thought Australia was very similar to the states but got a huge culture shock on my initial visit, and still to this day a couple years on I still get culture shock. The biggest culture shock that has changed my life forever is that I will never call flip flops by the Australian term of “thongs” again.”

You may be asking yourself why we are talking about an Aussie man? This feature is to enlighten people and let other students know and see how international students are

represented and how they experience college in the States. For him being in America has changed his life in ways no other people can ever understand. He expresses how he has made life long friends that he thought he never would get to meet and becoming a true tourist here.

The past 4 years have been eye opening for Conrad and life experience that will leave an everlasting mark on him in so many ways. From being just another random Aussie, to becoming a student right here at Belmont Abbey. If you ever see him, just let him know the Dakota’s do exist.

Mental Health of Athletes

BY: MARYANN COWPERTHWAIT

Athletes are pushing their bodies to incredibly dangerous boundaries, but the way this affects their minds is heartbreaking. Have you ever thought of what athletes go through on a day-to-day basis?

The pressure to perform flawlessly is a burden on athletes that is physically and mentally tearing them down. It is putting up a wall to force them to climb. Most athletes try to be mentally strong and adjust to push through stress, social media pressure, and the feeling of being overscheduled. Such pressures force a far worse outcome: high cases of depression and anxiety. The suppression of emotion can cause them to have a mental breakdown at any given time. Minds are very fragile and should be treated just like any other injury, if not better.

If you are an athlete who is possibly feeling overwhelmed or stressed, you should try to address your mental health in order to prevent anything from getting worse. For example, you should talk to someone and allow the build-up in your mind to just release. Another method that could help is to focus on yourself by taking a couple of minutes to destress, through meditation or breathing exercises. Doing little things to stop your mind from overthinking and just relaxing can act as a reset button.

You shouldn’t be scared of asking for help if you feel that you are struggling and that life is just too overwhelming. People are always out there to help you with no judgment, even if your mind is convincing you otherwise. Mental health is new and shows up differently in every person, signs are hard to decipher-all the more reason to reach out when needed.

Sports Performance Anxiety in Tennis

BY: FRANKEE HENDRICKS

Winning it is all people see. They don’t see the process, the hard work, the sweat and tears. The only thing that matters is the outcome; “Did you win?” is the first question people ask. Subconsciously that may have a big effect on your performance. If throughout a match all you can think about is, “If I win what will he/she think?” or “If I lose what will they think?” your muscles will tighten, and your shots will become forced. Thoughts can replay on loop inside your head, and no matter how hard you try to put it out of your mind, they can stay stuck there. This can prevent you from reaching “the zone,” where you don’t think about anything and just play.

I have fallen into this toxic, result-driven mindset for the majority of my athletic career. I still fall into that mindset rather easily as it is almost my default. It is much easier for me to think that the world is against me and feel sorry for myself, than to make an effort to see the positive in a situation. Transitioning into college tennis has made me take a big step back in my mental progress. I began worrying what my teammates would think, what my coaches would think, what my classmates would think. I would worry constantly about things I had absolutely no control over. I needed to understand that no one was going to sit around for hours thinking about how I played.

So, then, what do you do? Well, first, you must focus on the present moment. You cannot think back to how you played in previous matches, or what someone might say to you after the match is finished. You need to stay focused on the ball in front of you and pay attention to each and every shot. Secondly, you need to focus on performance rather than outcome. This is huge, and the key for many players to drastically change how they perform during competition.

A common complaint from tennis players is that they play better in practice than they do in competition. A reason for this is that in practice they are not focused on the result; they are paying attention to their shots and trying to fix things that need to be tweaked. When you compete, you need to tell yourself to try and hit every shot perfectly. That way your attention will be zoned in and focused on how you hit the ball. You also need to remind yourself, that you know what you are supposed to do, and go out there and do it. I would much rather make a mistake hitting the right way, than make one because I was tentative and scared to miss.

If you make mistakes during your match when you are focused on hitting each shot perfectly, you can try and fix mistakes as you go. At the end of the match, you want to walk off the court feeling proud of yourself, and of your performance during the competition. If you walk off the court feeling proud and knowing you did everything you could, then that is truly a win.

Men’s Lacrosse

BY: ETHAN SCHENA

The Belmont Abbey Men’s Lacrosse Team has been hard at work on Alumni Field at Belmont Abbey College and in the Wheeler Center 3 days a week in preparation to take on the daunting task of bringing a national championship to crusader nation. The men’s team has been on the receiving end of some heartbreaking defeats in the past, including an overtime loss to University of Indianapolis in the NCAA Quarterfinals in 2019. Captain Connor Toomey, as well as leaders such as Noah Haas, Luke Spanier, Austin Hasen, and Thomas Sullivan have helped bring the team together and create a sense of unity, which is essential to success at the collegial level.

The team is coming off of a bittersweet season in 2021, just missing the national tournament by one game. However, they did win the conference title against rival Mount Olive, winning 13-7 in a redemption game after losing to the Trojans earlier in the year by a score of 11-6. The coaching staff has been the catalyst that has sparked the required energy into the team that is needed to grow as players, and come into the 2022 spring season as a high-powered juggernaut that will push to be recognized at the national level.

The captains have been stressing having fun and enjoying the season, but being accountable for your actions, and the actions of the team. They have stressed focus on the little things that may get overlooked in other circumstances, and the importance of making sure that all of those things are done with heart, and with the desire to become better athletes for the spring season. As of the last few days, the team has been out on the field prepping for the season that will put crusader lacrosse on the map as one of the perennial powers in all of division 2 men's lacrosse. The practices are rigorous, and tiresome, but they are absolutely essential for growth going forward, especially with 36 freshmen on the team who need this time to get acclimated with the speed of play, and the level of intensity that is associated with a top 5 ranked division 2 lacrosse program. In the gym, the team under the abbey strength coaches have been getting stronger, quicker, and more powerful by the day. They have been going 100% every day, and the leadership in the weight room has been a huge help in keeping all of the guys on track, and focused on injury prevention, and gaining as much strength, speed, and stamina as possible.

The Men's Lacrosse team at Belmont Abbey as you can see has been putting in a lot of work, and will continue to put in more work in preparation for a season that will be centered around accountability, and keeping a winning culture on the field. This will come by sticking together, and building team chemistry in the locker room, around campus, and on the

field, most importantly. This season will bring national recognition to the program as a team that can win a championship, and compete with the best every year.

Bowling Team

BY: KELCIE BIGGS

Over the past week or so I have reached out to a few of the bowling members and I have asked a few questions about the bowling team and about bowling in general. Most people think of bowling as something you go to do for fun with your family or friends, but you can come to college on a bowling scholarship. Everyone has heard of scholarships for basketball, baseball, soccer, etc., but most likely not for bowling.

The bowling team here at Belmont Abbey College consists of 14 men and 6 women, and most of them are freshman this year. They have practice from 3 to 5 at Liberty Lanes in Gastonia and their practices are mandatory Monday through Thursday and optional on Fridays. The practice consists of bowling drills, then bowling individually, and lastly bowling as a team. The bowling season takes place from October to March and consists of about 10 tournaments for the women and 9 tournaments for the men. The members of the bowling team will travel around to different states for tournaments; the farthest tournament they will travel to is in Indianapolis, IN and the closest tournament that they will have is here in Gastonia, NC.



Most of the team competed in “youth bowling” as bowling is not usually a recognized sport in high school. During their “youth bowling” time, if they played well in tournaments, you could be recruited to play at the college level. There are athletic scholarships available for the bowling team. The maximum amount that you can receive for scholarship winnings in youth bowling is \$100,000.

Women’s bowling is NCAA and men’s bowling is USBC. A difference between NCAA and USBC is that NCAA includes all national collegiate sports teams, and USBC includes only bowling. Since the women bowl through the NCAA they aren’t allowed to bowl for money, but because the men are through the USBC they are allowed to bowl for money. The women aren’t allowed to bowl in tournaments outside of school, but the men are allowed to since they bowl through the USBC.

Good luck to both bowling teams this year!



Events




submit to
Agora

Do you write poetry, short stories, or prose? Are you a photographer or a visual artist? Consider submitting to Agora, the student-run literary magazine on campus!

Limit 6 submissions per student.

submit to agora@bac.edu





Belmont Abbey
COLLEGE

Student Activities
and CAB presents...



NIGHTMARE ON
ABBEY LANE

Friday
Oct 29

5:30PM -
9:30PM



- Trick-or-treating
- Fun games and activities
- Food and drinks
- LIVE MUSIC at 7:30PM
- Costume contest
- Pumpkin carving/ decorating contest

Musical Guest: The Queen's Court

Photography Contest

THEME: ART IN ACTION



Guiding questions: What does art look like when shared in a community? How does art inspire participation?



Scan to enter your picture

Details: Unlimited entries Deadline: November 12

Top six entries featured in Belmont Abbey Magazine

1st-3rd place will receive Barnes & Noble Gifts cards

Honorable Mentions receive a BAC swag bag of goodies

Open to all students, staff, and faculty

Athletic Highlights

BY: STAFF WRITERS

-Belmont Abbey has placed 348 student-athletes on the Conference Carolinas Presidential Honor Roll Presented by Southern Recognition LLC. The Presidential Honor Roll, compiled at the end of the fall and spring semesters, recognizes student-athletes who have earned a 3.20 or higher.

-Patton Sims won gold at the USA Cycling National Championship Points Race. Sims finished fifth in the omnium competition.



- Sophomore Makenna Pallozzi placed seventh overall at the 2021 Conference Carolina Women's Cross Country Championship, earning first-team all-conference honors with the result.

Career Services Workshops for Fall 2021

BY: ERIN JENSEN AND MARY CATHERINE GINTHER

Career Services & Internships

SAVE THE DATES

UPCOMING WORKSHOPS

Presented By:
Erin Jensen & Mary Catherine Ginther

Oct 19	6:00 PM How to Write a Personal Statement for Graduate School
Oct 25	12:00 - 12:45 PM How to Write a Resume or CV
Nov 09	6:00 PM How to Prepare for the GRE Writing Exam
Nov 22	12:00 - 12:45 How to Create a LinkedIn

Light snacks will be provided.
Stowe Hall Room 215
For more information:
careerservices@bac.edu

Meet The Editors

Madison Mitchell

Madison is a senior at the Abbey and is graduating this semester. She is a marketing major with an accounting minor. She was 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.



Caroline Stein

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



Meet The Staff Writers

Iris Bertin
Kelcie Biggs
Maryann Cowperthwait
Fatima Garcia
Christiana Harrington
Frankee Hendricks
Brian Knoerr
Gavin Olvera
Ethan Schena
Vianne A. Shingledecker
Maggie Williams
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Faculty Advisor and Copy Editor, Erin Jensen, PhD

COME JOIN THE NEWSPAPER STAFF!

*Email erinjensen@bac.edu if interested
(no previous experience necessary)*

BENEFITS INCLUDE:

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