

THE CRUSADER

WELCOME BAC CRUSADERS

Fall in Belmont, NC

BY: STAFF WRITERS



Photo Credit: Victoria Kurkchi

Fall is a beautiful time to walk around campus as most of the leaves are turning colors. Here are some of our favorite things to do in the Fall in the Belmont area:

- Walk around Christmas Town (ie McAdenville) at night at look at the light displays. They will turn on their lights starting on Wednesday, Dec. 1. Walking around and looking at the lights is one of the traditions that many of us look forward to every year.
- Go Ice Skating at Whitewater Center. They have expanded the rink to include more area for skating.
- Ride the many rollercoasters at Carowinds and enjoy the holiday decorations during Winterfest.
- Explore the Carolina Thread Trails and get some exercise. Rocky Branch Park is one of our favorites and it has Mountain Bike trails as well.
- Go bowling at the local bowling alley
- Visit the Belmont Historical Society to learn more about the fascinating history of our town.
- Look through our own library and find something new to read (after you finish finals).

Holy Grounds

BY: JOY DYGOWDSKI

With winter fast approaching a hot drink is just what everyone needs to lift the spirits and warm the soul. *Holy Grounds Cafe* is a popular place on campus to grab a hot latte and chat with friends. Lately, I have been enjoying their steamy vanilla latte. I encourage everyone to give one of *Holy Grounds* delicious brews a try during this autumn season. The cafe is open seven days a week and the baristas are always so nice and serve you with a smile. The cafe also has a wide variety of tasty breakfast foods and healthy smoothies if you're in the mood for something a bit more sustainable on a cold morning.

My favorite snack from Holy Grounds is their toasted blueberry muffin and chai latte. In my opinion, the chai latte is the best thing on the menu. It tastes great poured over ice or frothed to perfection and served in an insulated to-go cup so you don't burn your hands while enjoying this amazing beverage!

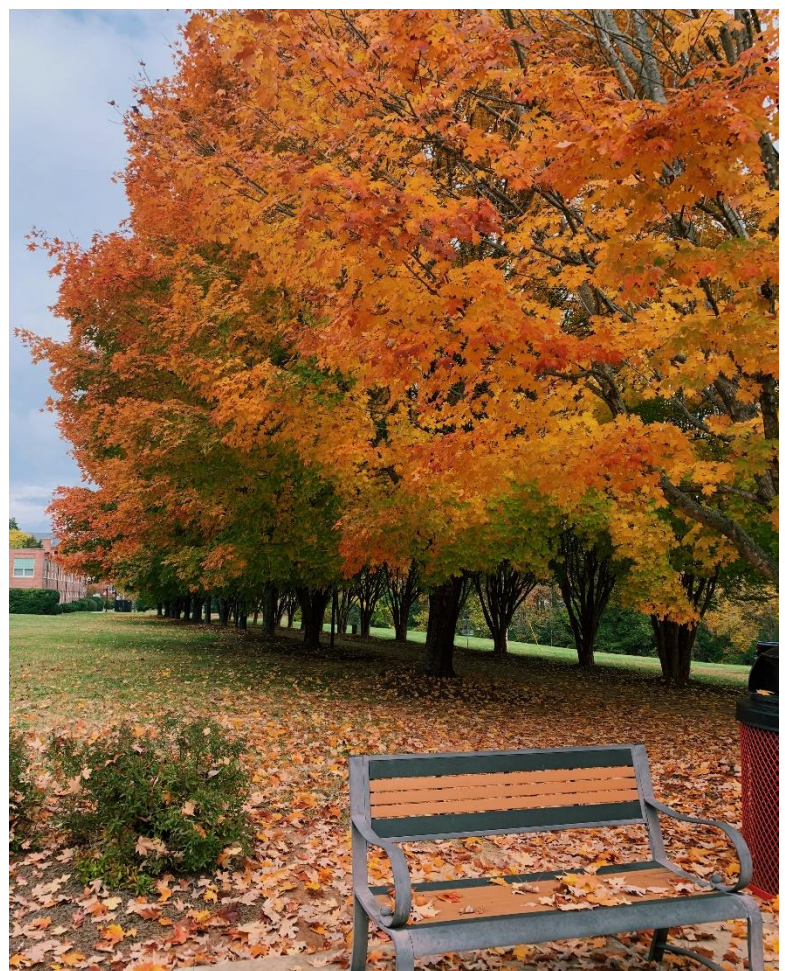


Photo Credit: Madison Gnolfo

Moonlight On Main: A Spotlight on Belmont’s Rich Art Culture

BY: KARESSA TYNAN

Main Street in Downtown Belmont is less than a 3-minute drive from Belmont Abbey College’s Main Campus. It features plentiful restaurants including the world-famous Nellie’s owned by the Jonas celebrity family and the themed Jekyll and Hyde restaurant. Downtown Belmont is absolutely full of southern chic culture and North Carolina History. Moonlight on Main is no different and nuzzles itself in Stowe Park, the heart and center of Downtown Belmont.

This GOGO Artwork created a lunar art gallery all throughout Main Street. With projected artwork illuminating various historical buildings nuzzled along Main Street, a magical mushroom garden surrounding the usual fountain and even artwork along the walkways. All of this leads to the *main* exhibit (get it?); the Moon. Using detailed NASA imagery this artwork is as realistic and moving as it can get. With inner illumination and an ethereal blue light, this installation is unparalleled.

This experience is in an effort to bring more tourism and people to the beautifully quaint city of Belmont. As it is growing in population and popularity, the necessity of art festivals and community events grows. Moonlight on Main featured local artists and even a Halloween Spectacular. The visit was a short three weekends, but will be back next fall, so keep your eye out for more!

Getting to Know Dr. Dell’Isola

BY: EUNJAE BENSON



Dr. Richard Dell’Isola is a recent assistant professor of Psychology at Belmont Abbey College with a B.A. in Psychology from Providence College, a Master’s in Marriage and Family Therapy from Lipscomb University, and a Ph.D. in Human Ecology with an emphasis on Couple and Family Therapy from Kansas State University. He teaches numerous classes such as Developmental Psychology, Case Management and Crisis Intervention, and

Testing and Assessment, and is especially interested in marital relationship formation. He is also a licensed Marriage and Family Therapy Associate in North Carolina who works with individuals and couples on relationship conflict and premarital counseling.

Dr. Dell’Isola’s interest in Psychology and Marriage and Family Therapy was precipitated by his love of people and his fascination with the brain’s complexity. Originally considering working in neuroscience, he later became interested in the factors of strong marriages and their effects on children and couples. After gaining teaching experience as both a middle and high-school teacher and a graduate school TA, he discerned a vocation to working with both married couples and undergraduate students as a therapy associate and professor. He was drawn to Belmont Abbey through his Catholic faith and attraction to the Liberal Arts curriculum, and he hopes to help students develop and foster their own vocations and deepen his own faith and others during his time here.

Cyber Security Club

BY: GRACE BARRY

Are you interested in Cyber Security? If you are, you're in luck! The Crusader Cyber Defense Club is coming soon here at The Abbey. The club will be hosting workshops teaching people about cyber security. You will also learn how to expand your knowledge of technology and make networking contacts. In addition, there will be an opportunity to compete at a national cyber defense competition. The club is open to anyone and everyone who is interested in gaining more knowledge about defensive and offensive cyber security. If you have any questions or are interested in joining contact Professor Custodio vanerickcustodio@bac.edu

Research Corner

BY: ERIN JENSEN (FACULTY ADVISOR)

The following two students had poster presentations accepted to the State of North Carolina Undergraduate Research and Creativity Symposium:

Gray Barber, a theology major, created a poster with the title “The Problem of Individuation”

Gwen Darakjy, a criminal justice major, created a poster with the title “Juvenile Justice and Recidivism”

Congrats to both of you on participating in an undergraduate research conference!

In the Spring, there will be a Belmont Abbey College Undergraduate Research Conference. More will be included in the Spring edition of the newspaper.

Introducing Our New Faculty

BY: STAFF WRITERS

In our previous issue, we provided updates to new faculty, but we missed a couple. Here is the updated information on new faculty. Please welcome the following new faculty:

Chair of the Accounting Department
Antonia Berbrick
MBA, Monmouth University



Antonia (Toni) Berbrick joined Belmont Abbey College in August 2021 as the Chair of the Accounting Department and Associate Professor. Toni has been part of The Abbey family since 2013 when her son Eric came in as a Freshman Lacrosse player. She lives on a farm in Huntersville with her husband Josh, three horses and two dogs. She has three grown children: J.T. is a Lead Engineer with Yanmar Engines in Clearwater Florida; Eric is a Sales Rep with Penske Trucking in Charlotte and lives in Concord; and daughter Nina who is finishing up her last year at the Savannah College of Art and Design.

Toni began her accounting career with the firm of Coopers & Lybrand (Now Price Waterhouse Coopers) in the New York Metro Region. During her time with the firm, she rose to the position of Manager and specialized in valuations and due diligence procedures relating to mergers and acquisitions. Toni then shifted her career into the private sector and continued to advance throughout her 25-plus year career in the corporate world before transitioning into Higher Education. She has served as a Vice President, Chief Financial Officer, Chief Audit Executive, Director of Internal Audit and Controller. Antonia is the past President and Treasurer of the South Carolina Catawba Chapter of Certified Public Accountants (SCACPA) and served on the Editorial Committee for The CPA Report published by the SCACPA. She is a member of the Institute of Internal Auditors and the Association of Certified Fraud Examiners. She serves on the Board of Directors for the Charlotte Chapter of the Institute of Internal Auditors and on the Chapter’s Academic Relations Committee. At Belmont Abbey, Toni specializes in teaching courses in Accounting, Audit, and Fraud.

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



I was born and raised in Miami, Florida as an only child. I earned my Bachelors and Masters degree from the University of South Florida, while earning my doctorate from Florida Southern College. I have taught all levels of education including; elementary, middle, and high school. I have worked as a content teacher, dean of discipline, and assistant principal but what I am most excited about is educating the future teachers of America.

Updates on Faculty Who Were Student-Athletes

BY: STAFF WRITERS

Last edition, we had an article about faculty that had played sports as undergraduates and we missed including a couple of faculty.

John Crane, Business faculty, played golf at Gannon University

Gina Noia, Theology faculty, swam at the University of Scranton



Photo credit: Jasim Haines

Student Voices: Compliments About Faculty

BY: STAFF WRITERS

We asked students for compliments about professors and here are some of the responses:

Dr. Cunningham makes the class interesting.

Dr. Beekwilder uses a lot of his business experience and brings it into the class.

Dr. Bostrom has her students as her top priority and she really prepares us to succeed in her class.

Professor Hayes pushes her students to succeed.

Dr. White is good at answering questions.

Dr. Smalenberger helped me figure out what I should major in and I like the way that she teaches math.

Dr. Gomes is very animated and I can tell he is passionate about what he is teaching.

Professor Summa has a kind warm heart for all students that are willing to learn.

Professor Barbour shares great stories about her career and how her work ethic has shaped her life. She tries to engage the students in class and is very kind and understanding.

Dr. Reardon engages with the class and encourages participation even if the answer isn't quite right.

Dr. Basil is incredibly intentional in her way of teaching.

Dr. Llewellyn is very engaging and provides great support for understanding the material.

Dr. Broyles teaches with a sincere joy and interest in his subject.

Dr. Cote is intelligent and intellectually curious and establishes a good relationship with her students.

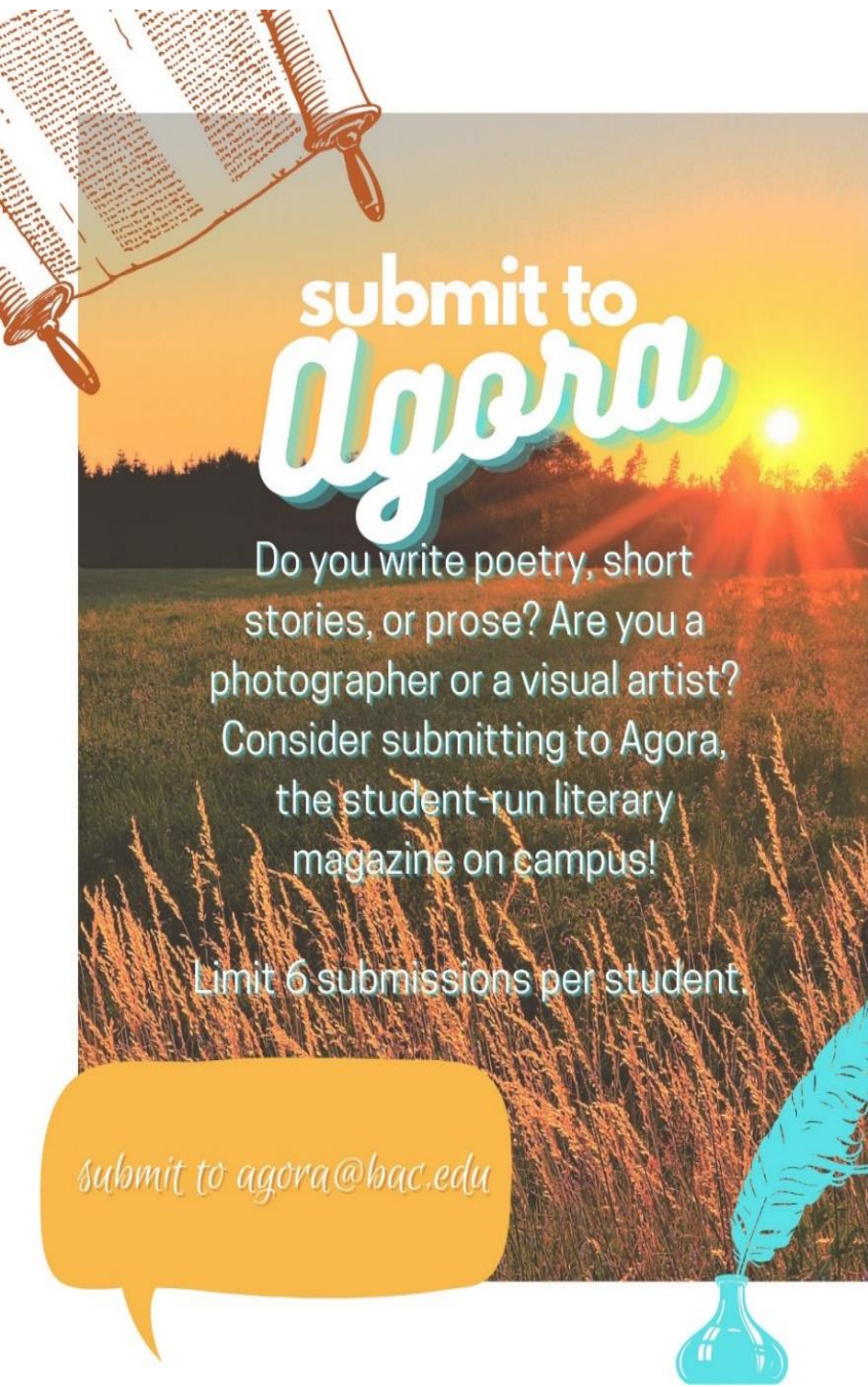
Agora Review of First Poetry, Song, and Story Night

BY: LAUREN HARPER

Agora’s first *Poetry, Song, and Story Night* of the 2021-2022 school year happened on October 26th. This was the first event of the magazine under Dr. Joseph Pizza’s leadership, the new faculty advisor for the award-winning literary magazine. The evening started after a brief hiccup in the beginning, though it proceeded smoothly from then on

out, with poems, stories, and reenactments of scenes from plays and epics shared. Sister Jane Russell shared some new poems, a time-honored tradition of the Poetry nights. The previous year’s Jean S. Moore award winner, *Love Song to SC-121 S* by recent graduate Mary Lang, was read aloud, as well as a few other selections from the 2021 issue.

Agora is always looking for submissions in the form of poems, short stories, prose, and visual mediums such as art and photography. Submit to agora@bac.edu, and see if your submission makes it into the Spring edition!



(Picture of Agora Event from 2020)

Spotlight: Dance Minor

BY: STAFF WRITERS

The Dance minor has added several new classes.

The Dance minor provides a wide range of opportunities to carve your own unique path in dance. Whether you are passionate about performing, teaching K-12 standards through movement, or becoming a more engaging business executive, the dance minor can help you on your road to success! In dance at the Abbey, we strive to glorify God as we express our faith through movement.

Requires 15 credits

Movement Courses:

NEW: DA102 Dance Technique (3 credits)

Focuses on balance, core strength and flexibility

NEW: DA201 Art and Science of Movement (3 credits)

Focuses on individual movement goals and ways to achieve them

NEW: DA119 Creative Process (1 credit)

Focuses on learning how to problem solve and presentation skills

DA213 Ballroom II (1 credit)

Focuses on learning various ballroom steps and tricks

DA216 Musical Theater (1 credit)

Focuses on learning dances from Broadway

DA 217 Dance Conditioning (1 credit)

Focuses on overall strength and flexibility

Theory Courses:

DA101 Dance Appreciation (3 credits)

A lecture class focused on learning the different styles of dance

DA200 Dance History (3 credits)

A lecture class focused on learning the history of dance

***NEW* Dance History (DA200)**

Envision the future by exploring the past!

- Who dances and why?
- What can dance reveal about humanity in different times and places?
- How does dance reflect us now, and where could we go from here?

For questions, contact Julianna Hane at JuliannaHane@bac.edu

New 1 Credit Creative Process Class

Do you want to feel more at ease when meeting people at networking events?

Do you wish you could give presentations with confidence?

In this course learn how to:

- creatively solve problems
- refine your ideas
- present your ideas to others

DA119 Meets Tuesdays at 4:00-5:15

Contact Prof. Julianna Hane: JuliannaHane@bac.edu

Ballroom Dance

Learn how to Merengue, Salsa, Cha Cha, Rumba, Tango, Fox Trot, Waltz and Swing!

1 Credit Class that counts towards fine arts requirement!

DANCE

Musical Theater Dance Class

- *Experience Choreography from Famous Musicals
- *Broaden Skills in Dancing and Acting
- *Gain Audition Skills

DA216 Thursday's 12:20-12:50

1 Credit-Counts towards Fine Arts requirement!

For questions contact Professor Hayes: KristinHayes@bac.edu

Dance Conditioning DA217

Fire It Up Fitness!

Join the Fun!

Tuesday's 12:20-12:50

1 Credit-Counts Towards Fine Arts requirement!

For questions contact Professor Hayes: KristinHayes@bac.edu

Dance Appreciation

Fulfills 3 credit fine arts requirement!

DA 101 meets Tues/Thur 9:30-10:45

New 3 Credit Art and Science of Movement Course

* Clear your hurdles to success *

Course Goals

- Learn how the body moves
- Learn how we communicate through movement and body language

Who should take it:

- Athletes who want to improve on the field
- Business majors wanting to understand body language
- Nursing majors who want to understand range of motion
- Anyone who wants to understand why we move the way we do

DA201 Meets Tues/Thur from 2:30-3:45

DA102 Dance Technique Class

- *Get Stronger
- *Get more Flexible
- *Learn how to Move

*3 Credits-Counts Towards Fine Arts Requirement

*DA102 meets on Tues/Thur from 11:00-12:15

For questions, contact KristinHayes@bac.edu

Dance Minor Experience

BY: ALANA DETORO

There is a wonderful dance program here at The Abbey. The amazing director of this program is Kirsten Hayes. She teaches some classes for dance if you are interested in just taking some fun easy classes. This program is a 15-credit minor program, they have upper level classes to fit the needs of the students based on their intended career path. We have education majors who learn how to teach through movement, and some marketing majors who learn about body language. Whatever you want to do with dance, taking this minor will help you succeed in the future.

Some performance opportunities if people are interested are, this December there is a Christmas performance there was a meeting November 6th and rehearsal November 20th, if you interested in performing but missed the first meeting just email Kristen Hayes and she will help with any of the questions you have.

Next semester there will be auditions in March for the show case! I was in the show during my first year and it is so much fun and a great experience. They are adding new class this spring semester for the dance program: Art and science of Movement and Creative Process and then Fall 2022 there will be an Aerial Class which is very exciting.

Spotlight: 1 credit courses

BY: STAFF WRITERS

Have you ever tried to figure out your schedule and realized you are one credit short of the amount of credits you need? Well, there are several one credit options and we wanted to highlight some of those options.

Our very own **Newspaper class** (EN 199) is a 1 credit class that can be taken up to three times. This class also counts for the Writing minor. It is an asynchronous course and requires some light reading and that you write an article for the school newspaper. Many of the articles you are reading in this issue were written for this class. Please contact Erin Jensen for more information.

Journal Production (EN 198) is a 1 credit class for students involved in Agora. Please contact Dr. Pizza if you are interested in being involved in the literary magazine.

Introduction to Financial Literacy (FL 101): Taught every semester. Asynchronous Course

Internship Classes can be taken for 1-3 credits. A 1-credit Internship class is equal to 40 hours of internship work. If you are interested in finding an Internship, please talk to your department and to Mrs. Mary Catherine Ginther in Career Services.

Dance Classes

DA119 Creative Process (1 credit): Focuses on learning how to problem solve and presentation skills

DA213 Ballroom II (1 credit): Focuses on learning various ballroom steps and tricks

DA216 Musical Theater (1 credit): Focuses on learning dances from Broadway

DA 217 Dance Conditioning (1 credit): Focuses on overall strength and flexibility

Music Classes

There are 1 credit classes in the following areas:

- Piano I, II, III, IV, and V
- Organ I and II
- Voice I and II
- Contact Karen Jacobs for more information

MU 112: Abbey Schola (1 credit). Class focuses on music of the medieval and Renaissance including chant and pieces that are part of the liturgy. Some experience in music reading is required.

There are many great 1 credit courses that are offered!

New Dorm Review

BY: LAUREN DENHARD

Belmont Abbey College, in the Spring of 2021, built a brand-new dorm building that features communal living, classrooms, and other modern features.

The building project began in the Fall of 2019 to provide housing for growing classes. The construction process for the building was long, and tedious due to poor weather, Covid-19, and delays in shipping materials.

The building is unlike any other on campus because it houses both residents and classrooms. The first floor of the building consists of two classrooms with a lounge space outside of them. This allows for students to be able to have an accessible study area, and it provides a convenience of classrooms to those that live in the building. The second and third floor are women’s floors, and the fourth and fifth floors are men’s floors.

The bedrooms are set up similar to O’Connell and Poellath where two students share a bedroom. Each room consists of two beds, two desks, two sets of drawers, and a closet. Half of the bedrooms for the building face the baseball field, and the other half faces the woods back towards Wimmer Circle.

New Dorms differs in style from the other residence halls on campus because of the communal bathrooms, laundry rooms, and communal space that each floor has. The communal bathrooms consist of five private bathrooms at each end of the hall. There are two different lounge spaces

with a kitchenette on each end of the hallway that provide students a place to socialize. Each floor features a laundry room, which is conveniently located near the center of the hall. Also, there are tables in the center of each hall for students that want to have a larger study space.

There are several safety features that the New Dorms have that are different from other buildings. A student must have a key fob to access the building and each floor of the residence hall. This allows for students to have a deeper sense of safety.

New Dorms provides features on the exterior of the building with parking located outside the building. There are picnic tables outside where students can relax and enjoy the weather.

The New Dorm differs from all of the other dorm buildings on campus because it allows for students in the building to feel a sense of community. Residents are able to attend classes in the building, and socialize with one another in several spaces.

Recommendations for Dorm Life

BY: OLIVIA GARNER

As a freshman at Belmont Abbey College or even as a sophomore, you might find yourself living in the O’Connell dorms. As a student currently living here, I wanted to provide a few suggestions to make your stay as comfortable as possible. First, as we approach the winter, the halls and rooms can feel very cold. However, there are steps everyone can take to preserve as much heat as we can. The most obvious being: DO NOT leave the first door wide open. A lot of us have a tendency to forget to shut the door to the hallway, and in many scenarios, it is helpful that the door to the hallway isn’t shut. For example, when I have locked my key in my room, and the door to the hallway was closed, I had the challenge of crawling through the window. However, if we can remember to even leave the door cracked, rather than wide open, the hallway stays a lot warmer.

Another tip to stay warm is investing in a heated blanket. Yes, it may seem expensive, but I promise the purchase is definitely WORTH IT! Finally, if you are as cold-natured as I am, try to leave your air conditioning off as much as possible, and only turn it on when the room gets stuffy.

There are a few more tips to improve your stay in O’Connell. Shower shoes are a must. Another recommendation would be to buy a welcome mat for the outside of your door. Not only are these cute, but by wiping your shoes on them, you eliminate a great deal of dirt from getting in your room.

Hopefully, some of these tips are helpful and you are able to make your O’Connell stay a little more comfortable.

However, if you happen to encounter multiple raccoons when taking out your trash, may the odds be ever in your favor.

The Pep Band is Growing

BY: CAROLINE STEIN

In preparation for the 2021-22 basketball season, the band has been learning an array of new tunes with many new band members. Although Mr. Barry Howard and the pep band is continuously growing, they are always in search for new Abbey students with experience playing an instrument to join. From piano to clarinet to guitar to trumpet, anyone interested in playing with the pep band should contact Mr. Howard at barryhoward@bac.edu. Pep band meets once a week in the Music Building across the parking lot from the Basilica and spends hours learning tunes and growing in friendship with the rest of the members of the ensemble.

The band plays a variety of tunes to get the crowd energized and excited to support and cheer on our basketball teams. From the annual pieces the band plays, like the classic rock’n’roll songs Heart’s “Barracuda” and Metallica’s “Enter Sandman,” as well as Earth, Wind and Fire’s soulful song “September,” to the new songs they’ve added for this season like the theme from “Hawaii Five-0” and the Sugar Hill Gang’s “Apache,” the pep band is looking forward to the new season.

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

Minor Spotlight: Pre-Law

BY: KARESSA TYNAN

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?

Belmont Abbey College offers a variety of major and minor course studies dedicated to ensuring students academic and overall success. In this article, we spotlight a specific minor that does just that: Pre-Law. A fantastic study for a student weighing their options of Law School post graduation or a student interested in legal analysis. This is a fantastic Minor to pair with any Major course program, but it is especially recommended for History, English, Government and Political Philosophy and Criminal Justice Degree Paths.

This minor course encompasses constitutional law and courses necessary to evaluate your readiness for the Law School Admission Test. (LSAT) The required courses in this minor include criminal courts and procedure, logic and even business law. These courses are perfect to adequately prepare undergraduate students for law school or a legal profession beyond graduation.

The Advisors of the Pre-Law Program include Mary Summa J.D (previous Prosecutor in Mecklenburg County, NC), Scott Broyles M.D. J.D (Former Federal Prosecutor) and Stephen Ward J.D (Former Public Defender and

Assistant District Attorney in Mecklenburg County, NC). All of the advisors have successfully completed law school and lead very successful careers as Attorney’s.

Make sure to reach out to those professors for any questions or interest in the Pre-Law Program here at the Abbey!

Have you Talked to a Commuter Student?

BY: AYANNA POMPEY

Leaving home and going to college is hard for most students. While most freshman live in the dorms and am away from home all the time, there are some of us that are in a different situation. We are commuter students.

Commuter Students have unique struggles in addition to the typical struggles of being a college student. Most of us that commute have jobs as well as take classes. This can make it harder to find time to connect to other students or participate in college activities.

I am a commuter student and I have faced some challenges as I work a full-time job, go to class, and try to interact with on-campus activities. Commuter students experience everyday home situations along with the benefits and burdens of what school has to offer us. This is still something I struggle with because on top of that I'm shy.

The next time you see anyone by themselves or eating alone, offer a listening ear. You never know what anyone is going through, so be kind to everyone.

Be kind to everyone you meet around campus by spreading joy and love this holiday season and every season of your life. Belmont Abbey love should just be focused on appreciation for one another.



Photo credit: Jasim Haines

Freshman Student Experience

BY: KODY STARNES

At the beginning of my college career, I didn’t really have a clear idea of what was going to be expected of me nor did I expect how different college would be. College is a big difference when compared to high school and has been a little bit of a struggle. However, I’ve enjoyed this experience more than expected as I like the environment on campus. I have met new people, which I didn’t expect.

The classes are enjoyable and understandable, but you have to stay on top of your work to be successful so that you won’t get behind. Even though this isn't going to get easier I’m still looking forward to this experience and what it has in store for me.



Photo credit: Jasim Haines

Dual-Enrolled Student Experience

BY: CARSON SHOENER

My experience at Belmont Abbey is based on my experience as a dual enrolment student. The college treats the dual-enrolled students, including me, very well. I appreciate that all of the facilities available to normal students are available to dual-enrolled students. The library is a great example. Having access to the college’s database of sources makes it easy when researching for an essay. The library is also a great place to work and get much-needed work done.

Many of the dual-enrolled students are also looking at Belmont Abbey as a potential college to go to in the future. I, for one, would like to go to Belmont full time when graduated high school.

Belmont Abbey fulfills my needs as a student from the library to Holy Grounds as well as the benefit of college credits. I am forever thankful that I have the opportunity to spend my time at Belmont Abbey. I can’t wait to enjoy my time at the college full time as well.

Students as Numantines

BY: SOPHIA VELASCO

Belmont Abbey College is quite an interesting place because of its history, academic ranking, attractive infrastructure, and its people. It is amazing how each individual, with each own personality, contributes to forming one single powerful community. That honorable unity is the essence of the College and what has made it succeed over the years.

History has taught how the strength of a group, regardless of its size, can make it the most capable of going through anything. If you don't believe this, let me tell you the story about the Numantine War.

It was in 143 BC, after more than a decade of battle, that the city of Numancia, Spain, marked a tragic undervalued trace in the history of the Roman Empire. From the first Emperor Octavian, the Roman Republic became an unstoppable world power, and, from Tarraco, they began the conquest of Hispania. Nonetheless, not all the Celtiberian tribes that lived there made it easy for them. Numantia, a small city of barely 1,500 inhabitants, defied the conquest of the Romans, unleashing an impressive military conflict. Rome attacked Numantia with more than 30 thousand soldiers and 20 elephants; they surrounded the city with a wall and catapults to prevent their enemies from running away and stopped their obtaining of food to sustain themselves. Even with so many calamities, Numancia withstood them at first. After 20 years, the Numantines, with no more resources available, decided to set on fire their own city. They preferred to burn Numantia rather than being invaded by the Romans. When their invaders were finally able to enter, they saw nothing but ruins; they could not conquer them.

Many historians still debate whether to call this event heroic or absurd. Although the Numantians preserved their honor by not allowing themselves to be won by the Romans, they did end up vanishing anyway. However, I find a relative victory in this story. Numancia may have physically disappeared from the map, but its determination to defend its identity remains admirable. Today it is difficult to find people, much less entire communities, who are willing to prevail their convictions. Belmont Abbey College is one of those few places of stability and genuine protection against any pernicious invasion. It is a place that prepares its soldiers in every aspect, from the spiritual to the physical, to fight courageously against various opponents in the name of truth. The Numantinos of the 21st century is those who face the attack of their integrity without fear; they are aware that teamwork can overcome the most intimidating military body because they prepare and cooperate with each other for the welfare of humanity. We, Belmont Abbey students, represent the Numantines of today.

Cross-Country Review

BY: JOSE HERNANDEZ

The Belmont Abbey’s Cross Country team has officially recovered from the busy weekend at the Conference Carolinas Cross Country Championships at University of Mount Olive, and are in preparation for one last weekend to take on the more competitive Southeast Regional Meet on November 6, 2021. Although the season has had many obstacles and handicaps, the men and women are preparing and training for producing the best result at the Regional Meet in school history.

The team has had, quite possibly, both the most wounded and successful season in the program’s history. The primary goal in the season was ranking in the top half of the Conference at the Conference meet on October 23, 2021 at the University of Mount Olive. The season ended up becoming bittersweet, as the men finished 7th out of 12 teams and the women finished 8th out of 10 teams. However, the season, as a whole, became the best motivation for the team, as many individuals produced great results during the meets



(Sam Lynch running at Royals XC Challenge)

The Crusaders on the men’s team have suffered many obstacles as early as even before the first meet, having to face health issues and injuries. However, the underclassmen stepped up to the plate, and worked towards filling the hole for the recovering teammates to rehabilitate. At the Queens City Invite on September 24, 2021, sophomore Nick Berrios ran the third fastest 8k time in school history, with a time of 26:11, finishing 74th out of 310 runners. Berrios is followed by freshman teammate Brian Sause, who ran the fourth fastest 8k time in school history with a time of 26:22. Senior Captain Sam Lynch clinched the 2nd fastest time in the record books at the Royals XC Challenge on October 8, 2021, running a 25:53 personal best. The men’s team kept consistent throughout the season team wise as well, with a majority of the meets finishing in the top 10 or top half overall. The team proved even more impressive in the season as well, as they won their first meet since 1997 at the Koala XC Classic on October 2, 2021 in Columbia, South Carolina, led by two top ten finishers Sam Lynch and Nick Berrios. At the Conference meet, Berrios earned All-Conference Third Team, finishing 17th overall as the Crusaders lead runner.



(From left to right) Thomas Thierfelder, Jack Baird, Sam Lynch, Nick Berrios, and Brian Sause at the Koala XC Classic)

On the women’s side, the Lady Crusaders worked towards having the best season this year, consistently getting top five overall in team scores, including a third place finish at the Royals XC Challenge and earning runner-up at the Koala XC Classic. The women also have had to cope with injuries and health issues due to Covid-19, and so the young team had to take on the responsibility of racing as a collegiate runner for this upcoming season. Sophomore Makenna Pallozzi had an outstanding season this year, earning Conference Carolinas Runner of the Week, and earning Conference First Team, placing 7th overall at the Conference meet. Following more accolades, Pallozzi also earned third fastest 5k runner in school history, with a time of 18:42, and third fastest 6k runner in school history with a 23:16 season best. Along with Pallozzi, freshman teammate Sydney Keller earned the 7th fastest 6k runner in school history with a 24:27 personal best. Keller also earns 13th fastest 5k time overall with a 20:20 season best, while freshman Savannah Willis rounds out the top 15 runners by placing 15th overall in school history with a 20:44 racing time. Sophomore runners Meghan Little and Tory Manno round out in the top 15 6k runners in school history, with Little at 12th overall with 25:10, and Manno at 14th overall with 25:36.



(Makenna Pallozzi)

Following the Conference meet, the cross-country team had their last meet of the season on November 6. The women trained for the 6k race and the men trained for the 10 k.



The Regional Meet consists of all of the Division II colleges in the Southeast Region, and the top four teams from the meet go to the National Championships. The Crusaders will be taking on the same teams from the Conference Carolinas, along with familiar Conferences that the team has faced against, including the Southern Atlantic Conference (SAC) and the Peach Belt Conference. The team had a good finish at Regionals and many members had good times.



Golf Updates

BY: MARIAH KHETEM

Last month our Abbey golf teams closed out their fall season. Throughout the season our men placed in the top 10 at every tournament with four top 5 finishes. They also finished strong placing 2nd at the Donald Ross intercollegiate tournament in Morganton, NC.

To kick off the post fall season celebration they competed in the annual Crusader Cup. The Crusader Cup is a mock Ryder Cup tournament where the team gets divided into two other teams and compete in a match play. In the actual Ryder Cup the USA plays against Europe while at the Crusader Cup the teams are Red vs Black. In past years the men’s and women’s teams joined together but with the rapid growth of the golf program this year the tournament was separated into two weeks.

At the end of the two-day men’s tournament the Red team took first place. On this team was Andrew Rose (senior), Connor Fahey (senior), Steven Wieder (junior), Jake Snelgrove (junior), Jason Moore (junior), Jack Warren (junior), Samuel Newton (sophomore), Gregory Pakaluk (freshman), Brandon Spinks (freshman).



Soccer Updates

BY: MADISON GNOLFO

The Women’s Soccer Team recently lost in the semifinals of the Conference Carolinas Tournament. They concluded their season with a 9-9-1 overall record. Senior Lauryn Harding was named to the All-Tournament Team



Photo Credit: Madison Gnolfo

The women's soccer team is performing well this year. They have freshmen playing whole games and their lead goal scorer leading them to victory. The team is very close with each other. They do team bonding and lots hang out together on the weekend. The coaches are always there for their players with any questions they have.

The athletics here at the Abbey are a big part of the school. Most of the students that attend this school are in some kind of sports. The athletes are working their hardest to balance school and sports with their busy schedules. Most do not have free time during the day so they have to be up late at night trying to study or get their work done. Being on the soccer team here my schedule is only busy in the late afternoons with practice or games.



Photo Credit: Madison Gnoflo

Soccer Updates

BY: TREVOR MUELLER

The Men’s Soccer Team recently lost in the semifinals of the Conference Carolinas Tournament. They concluded the season with a 7-10-2 overall record. Senior Omar Gonzalez was named to the All-Tournament Team.



Photo credit: Trevor Mueller

Belmont Abbey men's soccer won their 6th straight playoff game in the last two seasons with a 1-0 quarterfinal win at Lees McRae on Saturday. After 64 minutes of back and forth soccer in the frigid temps of the Blue Ridge Mountains, sophomore forward Trevor Mueller struck the back of the net to score the only goal of the game and secure the win!

Women’s Softball

BY: SOMMER ZIER-NORRIS



Photo Credit: Sommer Zier-Norris

Field Hockey Season Review

BY: CASEY ETTER

I am part of the Field Hockey team at Belmont Abbey. I chose Belmont Abbey not just based off of the school but the field hockey program had a huge factor in my decision to go to college here. We have accomplished so much this season! We have broken many records, individually and as a whole. This team is something so special and I am so glad to be apart of it. We are one family and we are ABBEY TOUGH!

Our team culture is amazing. It consists of many freshman and only a few upperclassman. We are a very young team but how we have been producing this season it does not look like we are at all. We have broken history not once but TWICE! We hit double digits in wins for the first time ever for Belmont’s field hockey program and we also made it into semi-finals, which has not been done before. We will continue to fight and come out on top, nothing can stop us now.

Meet The Staff Writers

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