

THE CRUSADER

WELCOME BAC CRUSADERS

Undergraduate Research Conference

BY: ERIN JENSEN (FACULTY ADVISOR)

Join us for the inaugural Undergraduate Research Conference at Belmont Abbey College on April 21, 2022 in the Haid Ballroom.

To prepare for the event, we are asking students to submit a 200-word overview of their project by Monday, March 28 at 11: 59 pm.

Topics can include senior thesis essays, essays from classes, internship experiences, or any other topic the student is interested in.

By April 21, students will create either a digital or paper poster to be displayed and discussed during the Conference.

Please submit your proposal through the website and Google form:

<https://thehub.bac.edu/academics/undergraduate-research-conference/>

Undergraduate research participation is helpful to include on graduate school applications and to be added to resumes.

If you have any questions about the conference, please email erinjensen@bac.edu

Example of a poster conference at another college:



UNDERGRADUATE RESEARCH POSTER CONFERENCE APPLICATION DUE

Open to all students!



APPLICATION DEADLINE
MONDAY, MARCH 28
(SCAN QR CODE)



Research Corner

BY: STAFF WRITERS

Congrats to our students that have presented at academic conferences this semester:

Braniff Undergraduate Conference:

- Morgan Lanzo, "The Remedy of Rhetoric Upon the Soul: An Examination of Rhetoric as Pharmakon in Plato's Phaedrus"
- Laura DiMarzio, "The Measure of Man in Thomas Hobbes' Leviathan"

Carolinas Phi Alpha Theta (History) Conference

- Katalina Lopez: Won a presentation award for "The Living Memory of the Casta Paintings"
- Angela Harris: Won a presentation award
- Helen Behe
- Preston Jones
- Ricky Seyler
- David Stone

Introducing New Academic Advisors

BY: STAFF WRITERS

For Fall 2021, the college decided to hire four Academic Advisors. Most of the freshman have one of the following people as their advisor. The advisors have been great to work with and help to encourage, prepare, provide study tips, and create academic plans with their students. Welcome to the college!

Anita Wofford, Director of Academic Advising and Career Development



Wofford was born in Fayetteville, NC. She attended Purdue University and The University of Kansas. As she wrote, “I do both career and academic advising, career education, career programs, experiential learning such as internships, set goals for both academic advising and career services departments and supervise staff in both offices.”

She lives in Fort Mill, SC with her husband, Charles, and her two cats: Cinnamon and Sabine.

She has worked in higher education for about 25 years in both academic advising and career development, but also in business and government.

Her mission is to assist students through their experience in higher education by facilitating their academic planning, academic success, career decision making and planning, while supporting their personal and professional development.

Taylor Rosenberger, Academic Advisor



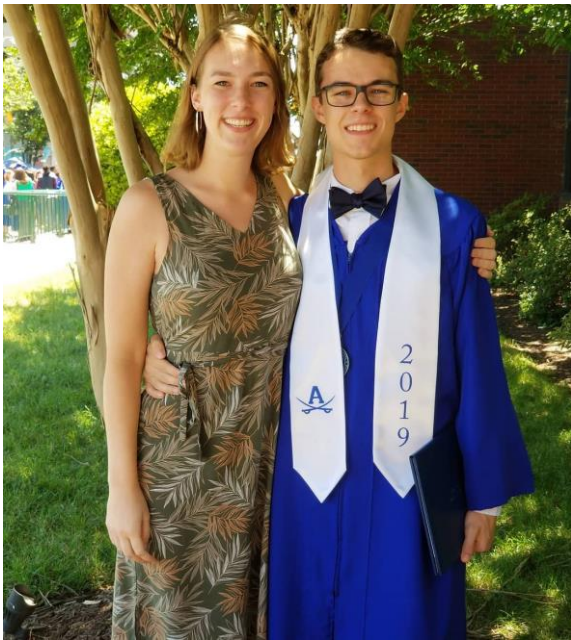
Rosenberger was born in Naples, Florida and attended the University of Florida.

She describes her role as being “committed to helping students navigate their academic questions and challenges (and successes!) and to help make students' transition to the Abbey a great one.

As she described:

I joined Belmont Abbey and the Center for Student Excellence in Life and Calling – Academic Advising in August 2021 to help launch professional advising services for first-year students. Although I am is relatively new to the Abbey, I have worked in higher education for almost 10 years in graduate admissions, registrar's office, and academic advising. I attended the University of Florida, where I earned a BA in Family, Youth, and Community Science and an M.Ed. in Student Personnel Services in Higher Education. As an Academic Advisor, I am committed to helping students navigate their academic questions and challenges (and successes!) and to help make students' transition to the Abbey a great one. After coming to the campus, I learned that I have a unique connection to the Abbey as Dr. Laura Campbell (Education) had served as my high school principal! Divine providence brought me to the Abbey! Last fall, I got married, and my husband (who also works in higher education) and I reside in Belmont with our dog, Riley!

Hannah Ogburn, Academic Advisor



Ogburn grew up in a variety of places, but here family is in Virginia. She attended James Madison University (Go Dukes!) for her undergraduate in Communication Sciences and Disorders. She received her Masters from Cardinal Stritch University. Previous to being an academic advisor, she was part of Residence Life for 4.5 years.

She loves soccer (go Chelsea), baking, books, and backpacking! She loves a good cup of tea or pictures of pets, especially dogs. She hopes to visit Paris and Ireland this summer.

Megan Wilson, Nursing Academic Advisor



Wilson describes her role at the Abbey by writing, “I am the academic advisor for all pre-nursing students. I facilitate the nursing admission process. Lastly, I will also advise the students nursing major and will work with nursing student success.”

Wilson grew up in Gastonia, NC where she attended St. Michael Catholic School and later graduated from Ashbrook High School. She received her Bachelor of Arts in English from Western Carolina University. She worked in undergraduate admissions at WCU and after graduating, relocated back to Gaston County and worked at Queens University of Charlotte, focusing on transfer and adult admissions, first semester advising, nursing undergraduate and graduate admissions. She later received her Master of Arts in Communication from Queens University of Charlotte. She came to Belmont Abbey College in March 2021.

She has a sister who is a resident of Holy Angels here in Belmont. She has cats and a dog and love reading cozy mysteries.

Feel free to reach out if you have any questions about the nursing major! Email her at meganwilson@bac.edu.

Getting to Know Halie Reed,
Director of Residence Life

BY: AMANDA JOHNSON

Halie Reed is the Director of Residence Life here at Belmont Abbey. Since I am an RA and work very closely with Halie, I think students should know she is more than her title. In my experience working with her, she is sincere, conscientious, and quirky. Additionally, I wanted to highlight some of the things she does for the residents of our community.

Halie grew up in South Charlotte (Union County), about 40 minutes from here. She completed her Bachelor’s degree in Psychology and Political Science at UNC Chapel Hill. There, she was an RA and a lieutenant governor for her residence hall. Post-graduation, she worked at Elon for two years in Catholic Campus Ministry. She then went to

Appalachian State, where she worked with Residence Life. At the same time, she got her Master’s degree in Higher Education Student Affairs.



In the Summer of 2019, Halie began her job as the Director of Residence Life here at the Abbey, meaning she has spent over two years serving our community. Halie stated that she came to BAC because it combined her “passion areas.” She loved the mission fit of the college, the hands-on conduct and care for students, and its close proximity to home.

Her time here has been nothing short of challenging. Halie sighed as she explained that her first two and a half years have been “COVID-flavored” and admitted that her role comes with many unexpected challenges. “You can plan and prepare for everything, and then ‘plan Z’ has to be pulled out of your hat at the last minute!” she told me, chuckling.

However, the most rewarding part of her job is that she gets to interact with students at their lowest. Halie expressed that some students are emotionally down, some are ashamed or regretful, and most face the repercussions of a mistake they’ve made. But “being able to sit with them and see their dignity through that is really rewarding.”

Lastly, I asked what Halie or the Residence Life Staff do that most students are unaware of. “Hmm... this is a tough one,” she admitted. “I want to make it something shocking, but I can’t think of anything! Can I phone a friend?” We excitedly ventured out of her office to talk to the other professional staff members. Trent Payne, Area Coordinator, told us that they pray for students daily. Heidi Neely, Assistant Director, reminded us that Residence Life is a 24-hour operation for RAs and Pro Staff. “We don’t stop caring about students after 5pm!” Halie chimed in.

Outside of her role here, Halie has her own hobbies. When I asked a few questions about her personal life, she happily obliged. I learned that you could find her crocheting a blanket, sweater, or stuffed animal on her couch on a Friday night after work. In the warmer months, however, she loves to garden! Last year, she grew vegetables and now decided to plant some bulbs for a mixed veggie and flower garden.

Love Was In the Air, Or More Specifically, In The Commons

BY: SAVANNAH WILLIS

During the week of Valentine’s Day, Belmont Abbey celebrated a week of love, with various events discussing and showing healthy relationships. The last event was a couples panel; on that Friday in the commons, students were able to see three examples of love from the abbey. The panel included two married couples; area coordinator Trent Payne and his wife of forty years, Lisa, and the director of student activities, Nate Bolton and his wife of two years, Sarah, as well as the director of the campus ministry Welsly Nelson and his fiancée Cadie Pittman. There were around forty-two years of marriage between the three couples, and many more spent building that relationship.

The nature of the event was a question-and-answer order, with the host reading off a list of questions for the couple to answer. From learning how each couple met and what drew them together to how they balance their life with each other and their relationship with Christ. The questions were diverse in-depth and provided much insight. They were able to be answered by all levels of relationships and provided a look into the trial and tribulations that occur at each stage. There was so much wisdom in the commons that night, and it was clear that many came with an open mind and heart, ready to learn.

In the end, the most consistent variable, the one thing a person could never have too much of, was communication. It starts a relationship, words to and from the heart expressing one true inclination to another. When maintaining a relationship, it is also found words again to and from the heart expressing thoughts, feelings, calls to action, and plans to review. Mr. and Mrs. Payne talked about how communicating and conversing about their devotion to Christ has helped them to deepen their spiritual connection together. Despite the fact, they do not always worship or complete devotional together. Mr. and Mrs. Bolton discussed that communication is helping them to build routines. They are talking their way through the navigation of the world, picking through the habits that best serve them, and discarding what does not. Mr. Nelson and Ms. Pittman use communication to decipher the way each other processes the world. Talking through the way information appears to them and learning to intake it together.

SEEK 2020

BY: EMILY FODALE

SEEK is an annual Catholic conference created by FOCUS that gives an opportunity for college students from FOCUS campuses to get together once a year. Typically FOCUS chooses a city that the convention will be in but due to covid there has been some difficulties. Several schools have made the choice to have several small gatherings with each other. Belmont Abbey had a mini conference with all the other

FOCUS campuses in North Carolina. The conference was held at Wrightsville beach, NC From February 4th-6th.



Seek consists of talks from well-known Catholic speakers, some of the speakers this year were Fr. Mike Schmitz, Sister Bethany Madonna, Sister Miriam James Heidland, Monsignor James Shea, Emily Wilson, Jason Evert, Matt Fradd, Lila Rose, and much more! Seek-goers had access to the sacraments, that being mass every day, adoration all day, and confession whenever needed. It was a great opportunity to grow in community, especially with conjoining the other North Carolina FOCUS schools.

FOCUS has helped so many students at Belmont Abbey grow in their relationship with Christ, and inspire some to be a part of its mission one day as well. Lauren Hamilton who is a senior education major and on the women's volleyball team just recently got accepted by FOCUS to become a missionary and shares her experience, "My experience at seek was very prayerful and refreshing. Amidst my crazy schedule, seek approached so quickly this year that I felt almost mentally unprepared to enter into the quiet and restfulness that a retreat requires. Yet, the Lord used seek to remind me of my need for prayer and rest, even in my busy life. At seek, Jesus revealed to me a lot of ways I needed to trust Him more, even just simply trusting Him with my schedule. The time for prayer and reflection was so peaceful and just what I needed. The talks were relatable, interesting, and deeply theological. Seek was at the beach this year at a resort, which was also so fun. I got to room with two of my best friends, and sharing the weekend with them was so life-giving! There was time for fellowship as well, especially taking really chilly walks on the beach. I had a great weekend and it will be one of my best memories from my last semester of college. At seek this year, I also entered with a very different mindset. Being a recent new hire as a FOCUS missionary was very surreal because this was my 4th Seek conference. The realization that this would be part of my future job as a missionary really set in and actually started to feel real. I got to meet missionaries from other colleges and even spend time with other new hires!"

Meggie Schafer is a 4th year missionary here at Belmont Abbey and she was a big part in organizing SEEK for her students in a special way this year. The Focus missionaries at Belmont Abbey teamed up with missionaries from ECU and NC State and a missionary from each one of those schools went into planning the event more entirely. Outside of organizing when and where the talks were being held, Meggie was in charge of decorating, printing banners, name tags, t-shirt designs, and all other detail-oriented things. Meggie was also one of the few MCs and being able to have that job was one of the most fruitful experiences for her

throughout the weekend. For her, being up in front of everyone and seeing the perspective of how everyone came into the weekend and how they progressed through the weekend was her favorite part. Whether it was after a talk, mass, or adoration, she was the one who gave the opening and closing remarks so she had a bird’s eye view of the crowd, which for her was a blessing to see as a missionary. Meggie said that witnessing and facilitating that change in such a direct way was her favorite part.

Next year FOCUS plans to host SEEK23 in St. Louis Missouri from January 2nd-6th with the hopes that all FOCUS students and missionaries will finally be able to go all together. If you are interested in going, reach out to campus ministry or one of the FOCUS missionaries around campus!

Best Spots in Belmont

BY: RIESE BAKER

Belmont is full of the cutest places. The downtown area is an example of a picture-perfect small town. It has the cutest places that are family owned/small businesses and they are loved by the local community. In this article there are few places listed that I have grown to really love.

TWISTED SUGAR GOURMET COOKIES

Twisted Sugar offers over 100 flavors of gourmet cookies. They also feature flavors of the month that are usually in theme with the nearest holiday within that month. My personal favorites are s’mores, cinnamon toast crunch, and oatmeal chocolate chips. Twisted sugar also offers drinks that have a variety of different flavors and soda bases that you can mix and match into your special drink. Hours of Operation MON-SAT: 7 AM- 8 PM SUN: 11 AM- 6 PM

GLENWAY PREMIUM PUB

My absolute favorite spot to grab food and drinks in Belmont is Glenway. They have wonderful customer service and even better food. They have daily deals on food and drink items. The atmosphere is inviting and comfortable. It is your typical small-town pub with regulars and staff that really grow to know you. My favorite items on the menu are the wings, chips and queso, fried pickles, fried green tomatoes, and the chicken pita. Overall, anything you order will be amazing. Hours of Operation MON-SAT: 11 AM- 11 PM SUN: 11 AM- 10 PM

EVERY DAY MARKET

Everyday market is a coffee shop in downtown Belmont. You will most likely run into a fellow student any time you walk in there. They have amazon coffee and good food as well. They also have pastries. The environment is relaxed. It is your perfect coffee shop to get some homework done. I highly recommend this place to any student looking for a place to sit and any kind of studying/homework accomplished. My recommended order would be the Irish white chocolate with an extra shot of espresso, a cold brew with oat milk, the egg and cheese croissant and the breakfast burrito. Hours of Operation SUN-MON: 8 AM-3 PM TUES-THURS: 8 AM- 7 PM FRI-SAT: 8 AM- 9 PM

Traditional Mexican Bakery: Dulce Antojo in Belmont

BY: TAYLOR ROUST

After eating at Taxco Mexican Grill (our favorite Mexican restaurant in Belmont), we noticed there was a bakery next door. We went in and found a traditional Mexican Bakery. When you walk in the door, you see a wall full of Mexican desserts, cakes, rolls, and a few savory items as well. The prices are extremely reasonable and we ended up with eight different pastries and the total was only \$6!!

One of our group of students had never eaten at a Mexican Bakery before and had a lot of questions. The owner graciously answered all of our questions and recommended which treats she liked the best.



University of Cambridge Guest Speaker: Dr. Paul Russell

BY: CAROLINE STEIN

The minor in Medieval Studies, Honors College, the minor in Christianity & Culture, and Irish Studies welcomed guest speaker, Dr. Paul Russell to Belmont Abbey for two events on Thursday, February 24th and Friday, February 25th. Professor Russell gave a lecture on “The Multiple Lives of Saint Patrick” and lead a seminar discussing “The Encounter of Lludd and Llefelys: Oppression and Invasion from Overseas.”

Dr. Paul Russell, a professor of Celtic from the University of Cambridge’s department of Anglo-Saxon, Norse, and Celtic,

was invited to campus by Dr. Hannah Zdansky and Dr. Patrick Wadden for these events.

Dr. Russell’s lecture on “The Many Lives of Saint Patrick” centered around the collection of knowledge on the life of St. Patrick that is accessible today. From the writings of St. Patrick to the works attributed to him, there is no single account of the life of St. Patrick. Lauren Harper, a junior double English and History major, attended both events, explaining, “Dr. Russell described the parallel of Saint David’s role in Welsh hagiography and St. Patrick’s role in Irish hagiography. It was interesting to pick out the small bits that we have discussed in Medieval Lit. this semester. He also mentioned the relationship between St. Patrick and St. Brigid—they’re besties.”

In the seminar on “Lludd and Llefelys,” Dr. Russell discussed the historical context of the manuscripts of story of two brothers, Lludd and Llefelys, from the medieval Welsh manuscript, a collection of stories titled *the Mabinogian*. *The Mabinogian* was discussed earlier in the semester in Dr. Zdansky’s Medieval Literature class, an upper-level English class which is part of the Medieval Studies minor. In combining classes from the History, Theology, English, and Great Books programs, the Medieval Studies minor comes together to illustrate the importance and significance of the Middle Ages and its impact on the present day.

School Mask Mandate Lifted

BY: GRACE BARRY

On February 2nd, 2022 for the first time in two years, the Abbey lifted the indoor mask mandate. This was a result of the number of cases on our campus. According to Travis Feezell Provost here at Belmont Abbey, roughly 80% of the campus is vaccinated or has tested positive in the last 90 days. Dr. Feezell states, “This is our initial move to manage Covid as an endemic (rather than a pandemic disease)”. On February 22 there was an update that there were zero positive cases. Zero students and zero Employees!

As a senior here at The Abbey having the mandate lifted during the spring semester is such a blessing. Being able to see my professors' faces and classmates really helps with the learning experience. As a student, I found it much harder to pay attention in class with the mask barriers interrupting communication. Now that the mandate is lifted it is much easier to communicate and express emotion in the classroom.

Overall, the school has done so much to keep us safe and healthy, and having such a low number of cases makes for exciting changes to the Covid management protocols.

Discussions About Athletic Facilities

BY: DUNCAN REILLY



Athletics is the heartbeat of Belmont Abbey. I recently decided to learn more about the Facilities here on campus. I talked one-on-one with Justin Bates, the AD of Athletics for Internal Operations.

Justin Bates started our discussion about the importance of the facilities to the athletics “With right at 900 student-athletes, Athletic Facilities play a huge role not only in the success of the athletic department but also the college as a whole...when it comes to athletics, they’re (facilities) the heartbeat of the programs. Not that the students aren’t important, or the coaches aren’t important. But you can have students and coaches, but if you don’t have a facility to practice on, or compete on. You can’t really compete. So in my mind, it's the kind of heart and soul. It’s the foundation level for being successful.”

The importance of athletic facilities cannot be overstated. Bates, the athletic department, and the great maintenance staff all do the best they can to keep not only the facilities fresh and clean, but also to work with the athletes to best help them prepare for competition “We also have an amazing maintenance staff, who does a ton of different things for us. These guys and gals over at maintenance. They’re on the tail end of their careers, they’ve worked in huge corporations, they’ve put up 20 story buildings, they’ve done house remodels before. Anything you can think of, they’ve probably done it. You think about our grounds crew, on-campus alone through SOC we have three people that are dedicated to the grounds on campus overall. One of those individuals is dedicated to nothing but athletics. His whole job is to make sure that our irrigation system works, that our grass is mowed. That it’s at the right height for our teams to compete...With the Sports Performance Center. We have three full-time certified strength and conditioning coaches that work from 6 AM to 7 o’clock at night. They’re here for 13 hours a day Monday through Friday, working with every single student-athlete that we have, and getting them ready during pre-season to get stronger and faster. And then during the season to maintain where their level is of competition.”

Bates and the rest of the athletic department really care about the athletics, but primarily the student-athletes. When asked about what his favorite part of working at Belmont Abbey is, Justin said this “Students, working with students...seeing our students compete and maybe they don't

see the court or the field all the time, and by junior or senior year they’re on the court or the field all the time. And it's like, you got to pull their teeth to get them off the court or the field. And seeing them as their goals they had as a freshman vs their goals as a senior. And the varying differences of that. And how maybe I may have had an impact on that...being able to practice in a gym full of people or surrounding alumni field at lights on a Friday night at 7 o’clock. That's kind of cool, so I think that’s the most important thing that keeps me around here and keeps me happy.”

The future of the facilities certainly looks bright, and Bates was kind enough to describe some of the future plans for the athletic facilities on campus “Definitely the stadium’s going be coming up, we’re hoping to break ground this spring/summer. With the hopes of having everything ready spring 2023 would be our goal. With a stretch goal of August 2023. That's going to be a very large impact since it's an artificial turf field. It would be the first artificial turf facility we have on campus. And in the future, we are aiming to have crusader field with lights on it as well, for competition for softball. So, we are kind of focusing towards those things. With the hopes that further down the line we can add in new infrastructure for the wrestling and acro-cheer programs. To renovate that building that inside so they have additional lockers that they have new flooring put in, new mats put in that help suffice for their needs they have over there.” Field Hockey, Lacrosse, Track, and potentially soccer will all be able to compete in the new stadium. Along with the potential for Conference Carolina Championships being held at the new stadium. Bates is right when saying that it will have a very large impact on Belmont Abbey athletics.

There are other amazing people across campus involved with athletics. Belmont Abbey’s athletic programs and it’s athletic department are in good hands. I am looking forward to see what the next five years has in store for not only athletics, but for all of Belmont Abbey College.

Former Military Member and Current Student

BY: LISEYRA MUNOZ-CASTILLO

Leaving the military can be a very stressful time full of uncertainty because you are not just leaving a job behind but a life style. I know that a lot of us leaving the military tend to be older and going back to school can sometimes be a little intimidating. I am 34 years old and the idea of being back at school with so many young people and having to intergrade back into civilian life was a bit overwhelming. I wanted a school that not only would provide me with a good education but also help me with my transition process and Belmont Abbey has done just that.

When I was getting ready to leave the Army, I looked at and visited many different colleges before deciding on Belmont. Belmont Abbey offers so small classes that are no bigger than 20 students per class. This makes it easy to

communicate with your professors and get any help that you may need. Small class rooms also makes it easy to create bonds with the other students which helps you not feel like an outsider or out of place.

Belmont Abbey College is the perfect place for transitioning military members wanting to return to school and further their education. So, if you are looking for a place where you can get a great education and feel right at home Belmont Abbey College is that place.

Student Voices: Compliments About Faculty

BY: STAFF WRITERS

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

- Dr. Basil cares a lot about her students and always provide wonderful feedback on assignments.
- Dr. Beeman is hard on us because she knows what we are capable of and wants us to see that in ourselves.
- Dr. Beekwilder is very nice and funny and always has something fun and interesting to say about motorsports.
- Dr. Bostrom she knows how to teach well
- Dr. Catchpole is a really good teacher as well as mentor.
- Father Chris pushes his students to make them better. He cares about our well-being, and he still asks how I am to this day.
- Dr. Corwin has a boundless passion for literature. She pushes her students to be the best scholars they can be.
- Dr. Cote is one of the smartest women and she knows how to help push her students to do better than they think they can.
- Dr. Crowe is well versed in his subject and makes learning interesting.
- Dr Cunningham mentors his students and class is interesting.
- Mr. Simon Donoghue. is a teacher in the classroom but more importantly, he is also a teacher outside of the classroom. There are many of us who have been touched by his life, his faith, and his love of all who make up the Abbey community.
- Dr. Dell'Isola: He is very approachable and helpful. He takes the time to get to know each of us.
- Dr. Gomes because he knows how to teach and keep the class engaged
- Dr. Hanssen he makes the class fun and he tries to get his class engaged and interested in what they're learning.
- Kristin Hayes has helped me grow as a dancer and make me feel appreciated with the talent I have for dance.
- Dr. Hunt is so personable, easy to talk to, and never made me feel stupid. His attitude made me want to learn more.
- Dr. Hutchinson- he makes history relatable

- Sally Jacobs because she is very encouraging and patient with us. She really loves to see our growth and supports us the whole time.
- Dr. Jensen is clearly passionate about writing and teaching people to write. This makes me excited to learn.
- Dr Nolan is very helpful and takes time to answer questions.
- Dr. O'Gorman is a great professor because he makes students feel comfortable when participating. He is very easy to understand and keeps the class engaged.
- Dr. Pizza always makes the student feel like any question is a good question and that instills confidence in his students
- Dr. Rovati has a great teaching style and helps students to really focus on the details of the text.
- Dr. Smallenberger is very helpful
- Dr. Summa is a very genuine professor and does her best to help every student inside and outside of the classroom.
- Dr. Summers is a great mentor inside and outside of the classroom who only wants his students to achieve the dreams they have set their eyes on.
- Dr Tiwari clearly cares for his students and is always open to chat with them. I was really considering transferring until I met him.
- Dr. Tompkins is a very good teacher who makes biology fun to learn.
- Dr. Wadden is a fantastic professor. He finds the right balance between being fun and engaging while also holding students accountable and pushing them to grow as students and historians.
- Professor Ward was very knowledgeable and that helped in my learning the material.

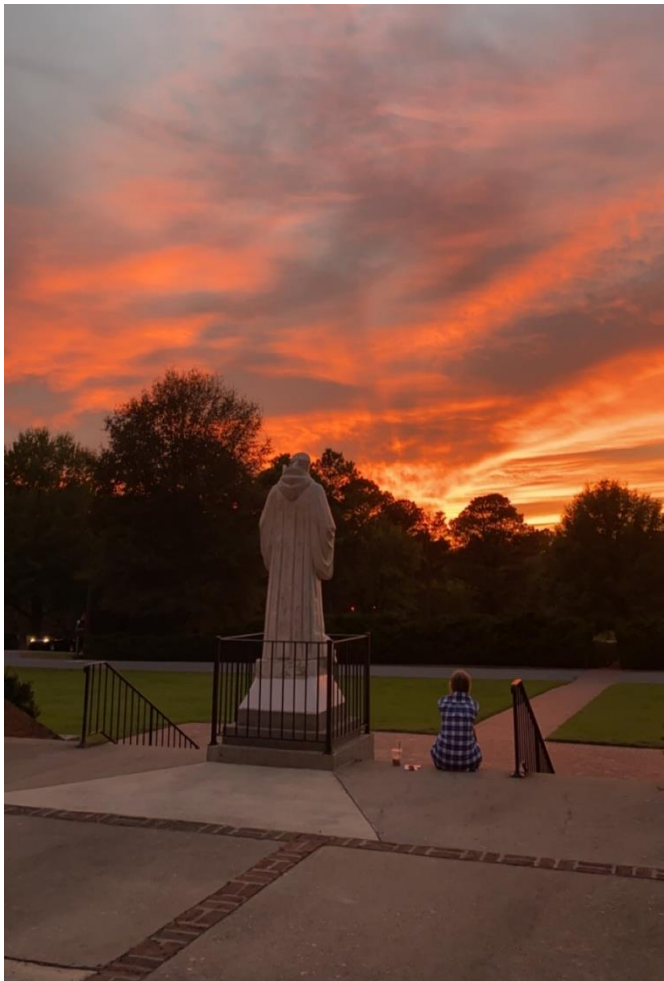


Photo credit: Margaret Harris

Chess Club Review

BY: FILUMENA MARTIN

In Fall 2021, Belmont Abbey College saw the creation of a new chess club. The founder and current reigning despot is Evan Lutz from Texas. He is a junior in the Honors College Great Books major. Evan has always been enthusiastic about chess and started the chess club to share his interest with his fellow students.

The chess club is a fun and informal small group meet-up style club, where people gather to play the game on a regular basis. Members come to play, to swap cool chess moves, and to get together with old friends and make new ones. There are opportunities for speed chess, classical chess, as well as chess for those unfamiliar with the game.

Evan provides tea and hot chocolate together with a selection of background music choices that range from Mozart to the Beatles to Gregorian Chant. Everyone is welcome to drop by for a few minutes or stay for two hours. You won't want to miss out on these fun evenings.

Chess club is currently held at 8pm in the Mez. If you have any questions or are interested in joining, contact Evan Lutz evanalutz@abbey.bac.edu

Sports Broadcasting

BY: DUNCAN REILLY



I interviewed the Director of Broadcasting at BASN, Geoffrey Chiles. He gave a description of what BASN does "BASN is a student-run sports network that we have. That we put all the broadcasts on for just about every spectator sport at the abbey. Helmed by students, run by students. We usually have 2 camera operators, a producer every game. Although now with the inclusion of both of these sport management classes. 370 with Dr. Yocum, and 415 with Dr. Cunningham. We are utilizing those students both to learn in their class and for their help to get these on the air. And we do a lot of games, 150 games a year or thereabouts. And we

try to give them the hands-on experience, and I'm just new here starting out. But so far, I've really enjoyed working with everybody, I've really enjoyed the participation.” Chiles also elaborated how broadcasting the games helps the athletes at Belmont Abbey gain recognition “We really thrive on that visibility here. And as a small college, maybe 2,500 students. We have to do whatever we can do to grow and get our name out there...it's important for the athletes too. To feel like they’re getting an ESPN kind of level of coverage. That every game we do, that everything we say and do about them makes them feel like they're on a big stage. Because we always talk about wanting to be regionally and nationally relevant. In the absence of the big network coverage, this is the best way we can accomplish that. And do it in a way that makes them feel special and feel valued. Because that's the most important thing, I love to call the games, but the second I make it about me, I take the focus off the game. And the game is always the focus, it can’t be on me.”

Furthermore, Chiles expanded on how important BASN doing broadcasts are to the athletes, as well as their families “I can’t tell you how many times I’ve had fans, parents, alumni come up and say, hey so and so’s grandmother can’t go to the game. But because you guys are making this effort, it matters. They get to see their grandson or granddaughter play. When Parents or relatives come up to you and thank you for the work you’re doing, allowing them to watch their son, daughter, brother, or sister compete. That means a lot, and it makes me happy knowing that my work allows for that.”

Chiles not only cares about his work, but he has a vision for what he wants BASN to become in the near future ”My goal is to eventually get this to an ESPN+ level. Where we have not only a producer and camera people, but replay operator, graphics operator. Really a full-scale production. Is that realistic right now? Definitely not, but through time and student growth, adding sponsorships, and through appreciation for coaches and players. Which also plays a part indirectly. We can make that happen I would also say the college supporting it which has to happen, as well as the community’s support. Students, faculty, me, athletics all have to come together if we want to get it at a D1 level.” Geoffrey’s vision of BASN is not just growing the athletic broadcasts, but also the academic side of BASN as well “Going beyond the SM370 and SM415 classes, where we want to do this and we want to grow Belmont Abbey. And we make Belmont Abbey a destination eventually for more communications students. And to where we’re growing this thing beyond just those classes.”

A large part of Chiles’s plan to grow BASN is to involve students across campus, to allow for all passionate students to be a part of something special, and to learn technical and communication skills that can transfer across careers “My vision is ultimately going to be the driving force. And what I want to see is students getting heavily involved. Not just the broadcasts, but beyond that. Doing features, editing on adobe...And what's to come after. And that's why through these classes we’re trying to create those assistant producers, those technical directors. We’re training people every year, we’re getting one, passing the baton onto the next. And we’re creating that legacy. So that BASN is not just something that they feel they have to do.” Chiles also

displayed his desire for students to come in with what he calls an entrepreneurial spirit, someone who wants to take charge and find opportunities for themselves from working with BASN “I want to grow BASN beyond where I can help mentor and direct. But the students have to want to create those opportunities. And I can facilitate, and I can offer my advice and my experiences. But I want to see students come in with that ambition and that entrepreneurial spirit. Where they get out of it what they put into it.” How can students get involved with BASN? You may be asking yourself while reading this. Geoffrey gave a few different examples of how to get involved “Come into my office here at 202 Mercedes Hall at Sacred Heart. I got flyers outside my door. I’ve spoken to a handful of classes here. Certainly, Dr. Yocum and Dr. Cunningham will be a big part of this going forward as well.” Chiles’s email is geoffreychiles@bac.edu, anyone who is interested should contact him at that email or visit his office in Sacred Heart at Mercedes Hall 202. Chiles loves connecting with people, and he would be more than happy to meet with anyone interested in BASN.

More Than Just Coloring and Building Blocks: Elementary Education Major

BY: LAURA GONZALEZ

I have been in the elementary education program for three years now and my experience with it has been great, but it has been more than I expected. From my experience it has been full of planning, re-learning of criteria that was taught years ago, and finding ways to teach to students in different ways for them to learn. Learning has to be fun for the students to be engaged and invested in what they are learning; that is how the professors want us to learn and remember when we finally can teach in our classrooms.

With being an education major, you have to work and practice writing out lessons, but also practicing teaching the lessons. Usually, when you have to present your lesson in the class, you become the teacher and everyone else becomes your students (they must act like that grade level). This is for us to learn from each other from our teaching mistakes and bounce great teaching ideas off each other. Another thing we do with some of our classes is trying out experiences with our professor. For example, in ED409 we have a science project that we get to test out and learn all about it. We do that so we can teach and even use the experiment in our classroom one day. Last week we talked about air pressure and we tested three different experiments to help us come up with the conclusion of how air pressure is affected by the different temperatures.

Once you get into the 400’s classes, you get to choose a school that you would like to sit in and start learning your way around a classroom. This is where you test the waters to figure out where you fit in the best. I am at St. Michael’s in Kindergarten. Being in the classroom is a different feeling when you are looked at as a teacher and not a student. But the experience in the actual classroom setting is just extraordinary. I have learned so much from the

Kindergarteners and they are all bundles of joy. It is so fun when you can apply the things you have learned in a college class and bring them to the classroom.

Teaching lessons in an actual classroom environment is such a different experience than inside a college class. Teachers deal with different scenarios and situations every day. Each day is different, but still so exciting walking in and seeing the students. They love sharing fun facts and proving to you how brilliant their little minds are.

The kindergarten class that I am in this semester has been amazing and so appreciative. Teaching a lesson to the students gets them so excited because it's a “new teacher” and their minds are like little sponges. They just want to absorb everything you teach to them.

Dual Enrolled Student View

BY: EMILY SIMPSON

When you go to college you mainly think of people between the ages of 18-22, well that’s not the case anymore. Take me for example, I am a junior in high school and this is my second semester here at the Abbey. Taking college classes in high school helps me get a jump start into my college credits and hopefully I will be able to graduate early!

I have loved taking classes at Belmont Abbey. I especially love walking down the long brick road to the science building. Sometimes on a warm day you can hear the birds singing and the sun will hit just right where you can imagine you are walking in the woods. Those are my favorite days.

One thing I was worried about when I first started taking college classes was making friends. But there was no need to worry about that, I quickly became friends with other dual enrollment students in my class and even ran into some friends who are full time college students like Grace Laney and Andrew Long.

As a dual enrollment student, I have had a great experience here at Belmont Abbey. Between the classes, the professors, and my peers I have loved every minute of it.

Dance Technique Class Review

BY: DONNA CALDWELL

I am taking a dance technique class at Belmont Abbey College. This class is a foundational study of human movement as an art form with focus on developing strength, flexibility, and coordination through classical ballet and modern dance techniques.

When I first started this class, I was intimidated, because I never took a dance class in my life. I have two total knee replacements and a muscle disorder. I didn't know if I could

do the class or not. Professor Hanes told me told me if it's too difficult for me and to do what I can do and don't worry about the rest.

We will work on dance routines and I got better at it. When the class will be doing floor exercise or a movement that I couldn't do, I would sit in the chair and she would show me how to do the movement from the chair. One day I got the courage and told her I will be getting on the floor doing the dance exercises just like everyone else. She let me know that she will be right there if I needed her. Now, I do everything the class does and I’m feeling good about it.

I'm learning how to do different routines and combinations movements. I love doing dancing and messing up along the way. But Professor Hanes let me know it's OK. If she feels she's showing us something, that's going to be too hard for me, she will show me an alternative move that I can do. But she has faith in me, so I get up and try it and I do pretty well.

She is one of my favorite's professors this semester. She believes in her students and take time to teach and don't judge. She put together a difficult dance routine together. It looks so amazing. To see me being able to keep up with younger class members makes my heart smile. It takes the love of teaching and dancing to become a great and amazing professor and she is that.

I hope more older adults, like myself take dance classes because it will help you with your balance, your movements and your overall health.

SPORTS HIGHLIGHTS

Conference Champs: Basketball

BY: DUNCAN REILLY

On Sunday, March 6th at Wofford College in Spartanburg, SC. Coach Ficke and the Belmont Abbey men’s basketball team took charge and defeated rivals UNC Pembroke 79-73 to win the Conference Carolina’s tournament, and clinch a spot into the Division II national tournament.

Led by Guard Quest Aldridge’s 23 points, including 13-15 shooting from the free-throw line, Belmont Abbey secured their second straight Conference Carolina’s championship and third straight Division II tournament bid. Dan Ficke’s group has shown a lot of growth this past year. Going 17-3 since the start of the 2022 calendar year. This team is red hot, and they look to make some noise after winning the conference championship.

Basketball Interview with Coach Dan Ficke

BY: DUNCAN REILLY



I interviewed the Basketball Head Coach Dan Ficke. He was very pleased with the progression of the team from the 1st half of the season, into the 2nd half of the season “Our biggest tweak we made was playing faster. We’re deep, we have a lot of guys who are capable of doing things offensively. Pulling the reigns off a little bit and giving them some more freedom offensively has been the biggest adjustment. And you can see that in our scoring. We’re averaging 88 points per game (as of Feb. 18).” Ficke also mentioned the importance of having everyone in the lineup now compared to the beginning half of the season “First semester we also had a lot of issues with consistency in the lineup. Whether it was off-court issues or injuries. Charles Solomon was playing great for us and then got hurt and missed 4 or 5 games. Since Christmas, we’ve been healthy and have had our whole roster. Between playing faster, and having everyone back, that’s been the key to our success.”

Coach Ficke is certainly happy with how the team has played since the Spring Semester began. But he is also very excited for what the future holds for two freshman KJ Garrett, and Ryan Maslow “I think that the fact that for Ryan and KJ we’ve gotten more out of them than I even thought. I thought they both could give us spot minutes this year, but KJ’s turned into a kid that we have to have on the floor. With his change of pace, he’s one of the fastest kids I’ve ever seen end-to-end with the ball. And for Ryan early in the year, he was struggling, wasn’t sure with the speed and the physicality of the game, and now we’ve seen his progression into finding his confidence shooting the ball, he’s got a really high IQ. Once he gets in the weight room a little bit more and a full offseason. Those two, I’m really really excited about them.” In addition to KJ and Ryan, next season Coach Ficke is looking forward to coaching Andrew Thomas and Blake Hadley as well. Two freshman who will be fully available next season “Blake Hadley who played the first semester, he’s out right now. And then Andrew Thomas we haven’t even seen yet, who’s a transfer from Mercer, who’s technically a freshman this year due to covid rules.

The great thing is that those two will kind of be a freshman again next year. Having two 6’8 kids coming in with the addition of now KJ and Ryan have another year experience. I think that freshman class, and now our sophomore class with Chandler Baker and Jalen Simpson who is injured. Those six guys really give us a nice core for the future.”

Coach Ficke’s drive to coach comes from a desire to give back to young people through basketball “I wanted to do something in a professional sense that you know was able to give back and have an impact on future generations. And so, using basketball as a tool to help these young men deal with adversity, learn how to work hard, learn how to work in a team is what I want to do.” Coach Ficke also expressed his joy of coaching “Really the best part of the whole thing is seeing them have success. I’m very hard on our guys in terms of pushing them to be even better than they think they might be. And so, when it finally clicks for them or when they have that success or when a guy hasn’t been shooting it well and makes a couple of shots. You know the smile that they get is what really drives you and last year when we were able to win the conference championship. It was a great feeling, but it was for them and the hard work that they put in has paid off and they finally get to see that result. Cause you don’t get to see that every year. I think that’s why I love coaching is getting to see the young people grow, take steps that maybe they didn’t even think they could take early on. And seeing a team come together over the course of the year fight through adversity, fight through struggle, handle success. It’s just a lot of fun.”

Team culture, and taking ownership of things is the biggest thing Ficke is teaching his team “Coaches, we’re always going to be here, we’re always going to try to put them (players) in the best positions to be successful. But we talk to them all the time about player-led, meaning we stay pushing each other. It shouldn’t have to be the coaches asking you to get in the gym, it shouldn’t be the coaches making sure you’re doing well academically, it should almost be a competition within the team of who’s going to get the most extra work in, who’s going to get the best grades, who’s going to do the most community service, and so that culture of them (players) taking ownership of those three pillars that we talk about all the time. The court, the classroom, the community. And making sure that we’re always in the forefront and we’re always trying to be the best that we can be in those areas is important.” Coach Ficke also adds that he wants his team to have a growth mindset, and he describes what that means “We talk about having a growth mindset and trying to be one percent better every day. You know everyone is going to make mistakes, I make mistakes, they make mistakes. But then learning from them, we talk about failure is fertilizer for us. And using those failures, the best example losses, right? And learning from them to be better.” Lastly in our interview, Coach Ficke spoke on the culture of Belmont Abbey, and why that is important to him “The formation development aspect to me is unique in terms of. Everywhere you want to win, but a lot of places will do it sacrificing taking care of what’s really important off the court or in the young people’s personal development in their lives and so, being at an institution that allows you to really do both. And make sure, and really holds you accountable for doing both is really enjoyable. And that’s also made the hiring process fun because you find people that are really doing this for the right reasons. It’s

just enjoyable working alongside people that have kind of the same intentions and same joy in helping young people grow. And I think that's what the Abbey is all about that's why I wanted to be here.”

Golf Team

BY: ELI KINLAW

Whenever it comes to discussing the topic of golf, many people do not see golf as an athletic or challenging sport. One of the main reasons why people believe that is because most people that play golf are older men and women that do not have a lot of mobility. But the younger men and women that are playing golf today have a lot of different challenges to face as their performance enhances over the years.

The Belmont Abbey golf team is a very competitive golf team. One of the main reasons the team is so competitive is because the team is fairly big which brings a lot of competition. Another thing that makes any golf team competitive is the mental side of golf. Golf is mostly a mental game. It can be very frustrating for people when they aren't playing well and it's very easy to try and run different drills or tactics through your head in the middle of a round. These mental issues can and will happen to any regardless of if they play on a college team, high school team, or just with friends on a weekend.

The schedule of the Belmont Abbey golf team is difficult as well. With the team being projected number one in the conference after their preseason for the 2021-2022 school year sort of makes the team feel good but also makes them want to hold onto that position. The team plans to play their first spring season A team event February 14-15th. Then there will be a B team event at the end of February, followed by many events through March.

Belmont Abbey has four spots filled for the A team, leaving one extra spot for the rest of the team to fight for. The four people on the A team are Ben Loudermilk, Jacob Ferrari, Jack Warren, and Conner Fahey. These four guys' scores for the fall preseason came to an average between 70-71. These guys playing well allowed the team to be projected number one to start the spring season.

As the spring season approaches, the Belmont Abbey team looks forward to playing well in all of their tournaments as well as holding onto that number one spot. Holding that spot will be challenging but the team has the ability and determination to perform at the highest level. Staying in the leading position will guarantee the Abbey to making regionals as a team and potentially moving onto states. The faculty and students of Belmont Abbey look forward to reading and hearing more about the golf team as the season progresses.

The Day in the Life of a BAC Golfer

BY: LAUREN DENHARD

The Belmont Abbey golf teams have a tedious schedule during the spring season. Here is the daily schedule of a player on the team.

All of the golfers begin their day on Tuesday and Thursday morning with a 6 am workout. The early time is convenient for several of the golfers that have early classes, and these workouts do not interfere with practices. The workouts focus on all parts of the body used for golf and there are different stretches that are completed at the end of each workout. Most of the players eat breakfast with each other before they go to class.

Both golf teams have students with various majors that attend morning classes. The players are required to attend class unless there is a tournament that falls on a class day. Some of the different majors represented on the teams are biology, criminal justice, political philosophy, business, and sports management. Although most players are finished with class by lunch time, others attend ADP classes after practice.

Several of the golfers eat lunch together before practice. The men's and women's teams are split between two or three different golf courses each day. Some of the courses are local, but others are farther away. There are different drills that the golfers complete each practice session that are tailored to the individual's strengths and weaknesses. After the drills are completed and the players feel confident about their practice, some go out on the course and play. Almost all practices are a minimum of two hours.

There are some practices that are broken up into qualifying round for different tournaments. Most of the qualifying takes place at different courses and could consist of between nine and eighteen holes played. Qualifying is a competition within the team for spots for each tournament. The team is composed as the top five individuals, but sometimes individuals get to compete at tournaments.

After players are done with practice, they complete homework and do their nightly routines. Sometimes, the players attend ADP classes or work other jobs when they get home from practice. The daily schedule of the golf team is tedious, but the day flies by.

Acrobatics and Tumbling

BY: ASPEN TERRELL



The season for the Acrobatics and Tumbling team is in full swing as they hope to qualify for a spot in the finals of Conference Carolinas and head to the NCATA National Championships in Oregon. This is the fourth year the Acrobatics and Tumbling team has been competing for the Abbey, but their first full season. With their first three seasons being cut short due to covid and the limitation of competitions, they are ecstatic to be able to compete a true full season.

The Acro team has already competed in three competitions this season with five more on the way. You will still get a chance to watch the team in Wheeler this season on March 16th against St. Leos, March 19th against King University and Emmanuel, and April 2nd (senior night) against Converse College. This is the first year the team will have seniors competing and graduating from the school. Those seniors are Molly Hanley, Desi Yordanova, and Lauren Stephens. These three ladies have been a great help to the team and are excited to graduate and start their new lives outside of college.

As for the entire team, Belmont Abbey Acrobatics and Tumbling is 2-1 as of February 24th and hope to keep up their new winning streak throughout the season. The team has already exceeded many program highs this year, scoring a 9.35 from a 10.0 start value in the Toss Heat. That toss consisted of Anna Davis, Madison Quinland, Aspen Terrell, Emily Wueste, Kristin Fary, Julia Conger, Bri Camp, Blythe Terrell, Deanna Woolard, and Tatianna Hogan. The team also had some of their best tumbling during their previous competition with Molly Hanley scoring a 8.9 on the 6-element pass from a 9.55 start value and Aspen Terrell scoring a 8.825 on the open pass out of a 9.1 start value. The next competition for the Acrobatics and Tumbling team will be against Presbyterian College in Clinton, South Carolina at 6pm.

The Belmont Abbey Acrobatics and Tumbling team would love to have the support of the BAC community at their senior night on April 2nd.



Track and Field

BY: OLIVIA GARNER

As their outdoor season quickly approaches, you need to run fast to catch these athletes put on a show! Last week the Belmont Abbey men and women’s track team wrapped up their indoor season at the Conference Championships. The team competed in running events such as the sixty-meter, two hundred meters, four hundred meters, and eight-hundred-meter dashes, the mile, three thousand meters, and five thousand meters runs. They jumped fiercely into events such as sixty-meter hurdles, high jump, long jump, triple jump and pole vault. As well as demonstrating strength in the shot put and weight throw competitions. Finally, the team pulled together to compete in the four by four-hundred-meter competition and the distance medley. Against tough competition multiple athletes and teams including the men’s sixty-meter hurdler Kohlhagen, men’s four by four hundred team: Coleman, J. Thierfelder, Murphy-Redd, and T. Thierfelder, and women’s pole vaulter O’Sullivan went down in the history books setting school records! Having record-breaking athletes is not new for both the men and women’s team this season, as even freshman have broken numerous school records prior to these throughout the season. The grit of the track & field team is exciting as outdoor season approaches and takes place these next few months.

Captain Frank Gubler stated “the indoor season was full of emotions for the men’s team! We triumphed and fought through injury. We also conquered obstacles and are better people and athletes for it. We finished the season with a hand full of all conference runners and we are hungry to continue to compete in the spring after such a strong indoor season!” The first outdoor meet for the team is at Southern Wesleyan on March 5th, 2022. Would highly recommend catching these fun fast competitions, if you haven’t already for a guaranteed exhilarating experience.

Men’s Indoor Track Updates

BY: JOSE HERNADEZ

On February 20-21, 2022, at JDL Fast Track in Winston Salem, North Carolina, Belmont Abbey Men’s Track and Field Team were slated to compete at the Conference Carolinas Indoor Track and Field Championships. This was a big deal for the Abbey, as the Crusaders were ready and motivated to run their biggest meet of the indoor season. Record performances were at hand in all of the different departments of the track and field team.

In the distance events, sophomore Elliot Wunder dominated the record books, as he placed himself in three top five records for the school; 4th in the Mile with a 4:32.31, 2nd in the 3000 with a 8:58.30, and 3rd in the 5000 with a 15:50.29. Wunder had a great season, as he placed 7th overall in the 3000 at the Conference Championships. He was not alone in the distance events, as Senior Captain Sam Lynch showed his dominance this season. He ran two top five record times in the 3000 (5th overall - 9:07.35) and 5000 (2nd overall - 15:42.46). Lynch came into the Conference Championships undefeated in the 5000 meters, winning in this event at the Rams Winter Challenge on December 4, 2021, and the App State Split Open Invitational on January 28, 2022. He earned a respected 10th place finish at the Conference Championships. Along with Lynch and Wunder, are two freshman phenoms Zack Knott and Brian Sause. Zack Knott followed closely behind his upperclassmen teammates, running the 4th fastest performance in the 5000 meters with a time of 16:04.13. Brian Sause, who had taken a two-month break from running due to sickness and injury, showed no signs of setbacks in his performance in the mile, running the 4th fastest time in Abbey history with a time of 4:32.33. Sause later placed 10th in the mile, and anchored the Distance Medley Relay team to a 6th place finish at the Conference Championships, along with teammates Adam Willet, Frank Gubler, and Ben Casteel.

Over to the sprints, the Crusaders lit up the track this indoor season, with four school records as a result. Starting on January 15, 2022, Logan-Murphy Redd ran a school record in the 600 at the Mondo College Invitational with a time of 1:28.34. He was also the second leg in the 4x400 school record that was run at the Conference Championships, where the relay team finished 5th with a time of 3:26.08. Along with Murphy-Redd were teammates Garrison Coleman, Thomas Thierfelder, and James Thierfelder, the relay team that had just previously broken the school record on February 10, 2022 at the Champion Team Challenge. The rest of the relay legs also performed well this season, with Coleman running the 5th fastest time in the 200 with a 23.36 performance. Along with Coleman was James Thierfelder, who ran the 3rd fastest time in the 200 with a 23.03, and also ran the 2nd fastest time in the 400 with a 50.63 performance. This 400-time helped place Thierfelder 4th at the Conference Championships. Thomas Thierfelder, the younger brother, brought home a second-place finish at the Conference Championships in the 800 with a time of 1:59.07.

Along with the running events was the friendly competition amongst teammates in the 60 Hurdles. Freshman Cameron Gunn broke the previous school record on December 4, 2021 at the Rams Winter Challenge with a time of 8.85. However, junior teammate Ryan Kohlhagen broke Gunn’s record later in the season at the Conference Championships on February 20, 2022, running a time of 8.80. Kohlhagen later ran the finals the next day, placing 6th overall.

The field events kept entertainment alive within the inside of the track. Freshman Andrew McCaw jumps the second highest high jump in school history, with a height of 1.82 meters. Following the trend of freshmen dominance, freshman Kelly Hay cleared the second highest pole vault in school history, clearing a height of 4.00 meters. Matching the women’s side, junior Manny Thompson also holds the school record in the weight throw, throwing a distance of 12.06 meters at the Buccaneer Invitational on February 5th, 2022. Thompson also holds the 2nd farthest distance in the shot put, with a distance of 12.53. Following behind in the shot put is freshman James Schuster, who threw a distance of 12.20, placing him 3rd overall.

Overall, the men finished 7th at the Conference Championships. Most of the men agreed that they did not have their best competition that day, but it won’t stop them from continuing to work harder. After a week off, the men are excited to get back into the grind for the outdoor season. With more events added on like the 10,000, 3000 Steeplechase, 400 Hurdles, Discus, and Javelin, the Crusaders are going to specialize more in their main events, and be able to work and focus more on what they need to fix. The Crusaders are excited to take down more school records, and possibly bring home gold medals at the Outdoor Conference Championships on April 29, 2022.

Women’s Indoor Track Updates

BY: JOSE HERNADEZ

On February 20-21, at JDL Fast Track in Winston Salem, North Carolina, Belmont Abbey Women’s Track and Field Team competed in the Conference Carolinas Indoor Track and Field Championships. The Lady Crusaders came into this two-day meet with high seeds in their respective events, some athletes being seeded as a top five finisher among the competition.

This season, much like the cross-country season, was filled with school records broken and meet victories as well. There are many athletes on the women’s team that are highlighted for great performances throughout the season, starting with sophomore Makenna Pallozzi. Much like her cross-country season, she comes into the indoor season very consistent and aggressive, tackling three top five records in Abbey history; 4th in the 5k with a time of 20:08.63, 4th in the 3000 with a time of 11:19.46, and 5th in the Mile with a time of 5:38.37. Along with writing her name in the record books, she also helped anchor the Distance Medley Relay team with a 3rd place finish at the Conference Carolinas Championship,

along with teammates Sydney Keller, Sekyah Chestnut, and Grace Hetzel. Along with her achievements, teammate Sydney Keller also showed a great season, with record performances in both the Mile (6th overall - 5:41.31) and the 800 (3rd overall - 2:31.17). Keller also came with a nice overall performance in the Women’s Pole Vault at the Conference Championship, earning a 4th place finish, tying with teammate Amalie Bouton. Both Pallozzi and Keller showed major dominance in both the distance and mid-distance events for Belmont Abbey.

In the sprints side, there were record performances that matched the distance events. Freshman Isabelle Flores earned a school record in the 60m Hurdles, running a time of 9.24 at the Buccaneer Invitational on February 5, 2022. She later on placed 5th at the Conference meet in that event. Along with an amazing hurdle performance, she also ran the 3rd fastest 400m run in school history with a time of 60.51. Flores also was the anchor leg to the 4x400 school record that was run at the Buccaneer Invitational with a time of 4:03.81, along with teammates Malia Retimeyer, Sekyah Chestnut, and Olivia White. Chestnut, the second leg in the 4x400 and the 400 leg in the Distance Medley Relay, also holds two top five performances in both the 200 (4th overall - 27.38) and the 400 (4th overall - 62.28).

The athletes in the field events did not back down when it came to competing this 2022 season either. Junior Captain Christina Villanueva breaks her own school record this year in the long jump, jumping a distance of 5.56 meters at the Buccaneer Invitational on February 5, 2022. She then placed 3rd overall for the Crusaders at the Conference Championships, naming her one of the best jumpers at the Abbey. Following close behind her was freshman teammate Haley Kells, who is 3rd overall in the long jump with a distance of 4.92 meters. Kells also holds the second farthest jump in the triple jump, with a distance of 10.84 meters, which is .02 meters away from surpassing the current school record of 10.85 meters. Kells later placed 7th overall in the triple jump at the Conference Championship. In the high jump, sophomore Macie Sims holds the 3rd highest jump with a height of 1.51 meters.

In the throws area of the field events, sophomore Katrina Morse holds both school records in the shot put and weight throw, with distances of 11.64 meters in the shot put (5th in the Championship) and 14.62 meters in the weight throw (8th in the Championship). Freshman teammate Alexa Davis follows behind in the weight throw records, with a 2nd record performance of 9.97 meters in the event.

Overall, the team placed 7th at the Conference Championships. However, the women are not upset about their season. In fact, with a lot of top finishes, top five records, and even some school records, this indoor season brought nothing but motivation for the Lady Crusaders in their upcoming outdoor season. The team is excited to train, and looking forward to possibly more school records, and perhaps some Conference Champions come the Outdoor Championships on April 29, 2022.

Men’s Soccer

BY: JOSH KOWALSKI

What’s appealing about Belmont Abbey College (BAC) is the crazy number of sports we have. I didn’t realize we have over thirty sports ranging from something as simple as soccer to frisbee golf, and many more. This vast majority of sports helps the college grow, as well as it helps attract talented students who have a love for the college and the variety of sports it has to offer.

Soccer is one of the fan-favorite sports on campus, the coach is great, and the team is talented! They won the men’s soccer conference on May 2nd, 2021. I had the pleasure of being there at that game. Observing the players cheering and shouting as the timer was winding down to the few seconds, was one of the most heartwarming experiences, I had the pleasure of witnessed being at Belmont abbey. The Belmont abbey soccer team is not just a team, they are family. The soccer coach Mr. John Keating is talented and skilled. I know coach Keating and he is great to all his players; he makes it a fun and enjoyable time when the players practice.

Each player has a story of how they found out about the college, or why they are at Belmont Abbey College. What’s cool about this team is that some of the players are from foreign countries. Coach Keating travels to different soccer games around the world to spot players and offer them a scholarship at the college to play on his soccer team. Coach Keating puts a lot of hard work and dedication into his soccer team and players.



Women’s Basketball

BY: RORISANG LESENYEGO



The Belmont Abbey women’s basketball team getting a dub against Southern Wesleyan, with the leadership of our seniors. Also, to mention that it was our Final Home game of the regular season with a 98-61 victory over Southern Wesleyan at the Wheeler center.

The crowd had our seniors going by cheering and of course the posters they created for them. It was indeed a good time for our seniors with the support of their parents. Three of our Seniors finished the game with a double figures.

Autry lead us with 12 strong rebounds and 22 points, Spivey scoring the first 7 points and finished the game with 14 points, Randolph finished with 16 points and Thomas with 11 rebounds, 5 assists and two blocks . There are no secret to success. It is the result of preparation, hard work, and learning from our mistakes.

Our ladies did a very good job on finishing the regular season with a 19-9 overall and 17-6 in Conference Carolinas play. The team finished the game by shooting 54.5 percent from the field in the game against Southern Wesleyan. Good luck to our Ladies preparing for Conference Carolinas tournament as the No. 3 seed and getting ready to play in March 4 at Jerry Richardson Indoor Stadium in Spartanburg, S.C.



Abbey Baseball Flashback

BY: DYLAN EASTON

One of the reasons I chose to attend Belmont Abbey College is because of my dad, Douglas Easton, and my uncle, Richard Easton’s fun memories and stories of their time at The Abbey. My dad was one of The Crusader baseball team as their center fielder from 1967 to 1970, when he graduated 1970, he was voted The Most Valuable Player. My uncle played the outfield as well, for the 1969 and 1970 seasons. Other players who attended The Abbey and played on the baseball team during this time were Bill Thomas, infielder, Tom Adeimy, shortstop, Ed Layman, pitcher and Penny Holmes, pitcher, all of these players remain good friends of my dad and uncle till this day.



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