

THE CRUSADER

WELCOME BAC CRUSADERS

Welcome to Issue 2 of the Newspaper

BY: JOSE HERNANDEZ (STUDENT EDITOR) AND ERIN JENSEN (FACULTY SPONSOR)

With midterm exams over, more and more events are happening during the semester. Students are embracing the months of major holidays, with Halloween, Thanksgiving, and Christmas taking over the campus. It's an amazing time to be a Crusader, and so let's dive into the amazing news that makes the outsider wish to be included in this amazing time of the season.

We have articles about local attractions, on-campus events, and sports highlights. Good luck on Finals and finishing a great Fall semester!



Photo Credit: Gavin Duggan

Fall In Belmont

BY: ANNA RICHARD

It's about that time of year when the leaves are starting to change and the air is crisp and cool in the mornings. The fall season is approaching quickly and you can feel the excitement on campus in anticipation of the cooler months. Change is inevitable and as much as everyone loves summer, fall sparks excitement for the many activities and holidays rapidly approaching.

Senior, Sofia Felicetta, when asked about her feelings relating to upcoming fall season stated, "The thing I love most about the fall season is it makes me nostalgic for Belmont Abbey." There are dozens of fall activities and events going on throughout the Charlotte area and even on campus! Continue reading to decide what you are going to do during this fall season!

Some common fall activities around the Charlotte area include: visiting a pumpkin patch or apple orchard, going to local coffee shops for a seasonal drink, going to Carowinds, watching the beautiful fall sunsets or enjoying a fall nature walk to see all the leaves changing especially on campus or at Crowders Mountain, The Whitewater Center Film Series or River Jam, and Asheville for camping and hiking.

There are so many fun things to do on and near campus for this fall semester! Go outside and appreciate this beautiful fall weather and participate in the many things to do in and around Belmont and Charlotte!

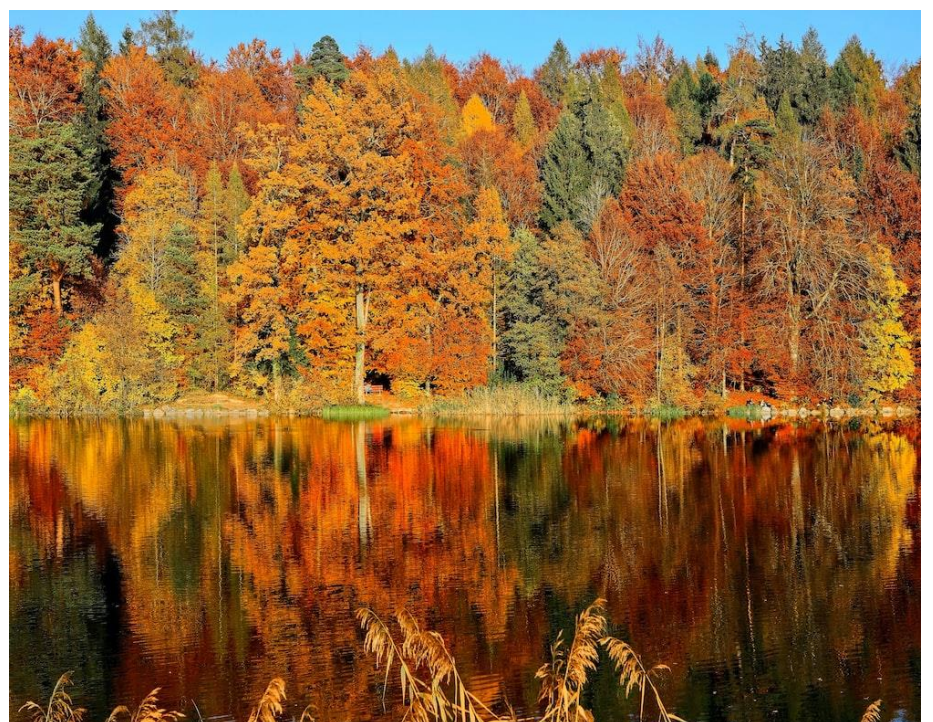


Photo credit: Winter Kirkpatrick

Staying Productive Through the End of the Semester

BY: REGINA VEHIGE

The end of the semester is approaching quickly, and what does that mean? An abundance of presentations, projects, and exams! Now is the time to crank down and finish strong. Here are a few ways to increase productivity during this busy academic time.

1. Plan Out Your Energy- Think about when you are most productive: morning, afternoon, or evening. Schedule your work sessions around those times. Try to get all the heavy-duty work done during the most productive time of your day. During the second most productive time, get the more straightforward, less grueling work done.
2. Set a routine and focus on small goals: Sometimes, focusing on all these big goals can be overwhelming. Setting reasonable, smaller goals will make you more likely to get the tasks done and give you the willpower to persist. Every day, write down six things you want to accomplish and focus on working on those before anything else.
3. Pomodoro Technique: This is a productivity technique where you fully focus on one task for twenty-five minutes and then have a five-minute break, then repeat until you are done with the work you need to complete. During the entire session, including the break, stay off your phone. During breaks, get up, walk, exercise, or get a snack. Action creates action, and sitting on the couch scrolling on social media will make it harder to get up after the five-minute timer is up.

Remember that we are so close to the end of the semester, and once you are done with everything, you're done! It isn't easy, but hard work and self-discipline will pay off. Let us finish off this semester strong! Good luck!

Christmas Town: McAdenville

BY: REAGAN CULLEN

Local to our school town of Belmont lies McAdenville, the Christmas town USA. McAdenville first opened in 1956 when a select group of the McAdenville men's club decided to string lights around the community center's trees. This tradition has been carried on for 67 years, and progressed to an even bigger light presentation that has brought people from all over the nation to this Christmas attraction.

Every year the lights begin on December 1st and stay lit through the 27th. Members of the McAdenville community go all out in decorating their houses and front yards for

viewers to see. There are also local stores and cafes that are open for visitors to try.

While the traffic during McAdenville operating hours can be a bit hectic for Abbey students and staff when leaving or returning to campus, it's exciting to see how popular this local little town has become. It's also convenient for Abbey students that this light show is so close to our school, as it's something all students and staff should take advantage of. What better way to get in the Christmas spirit than to go walking or driving through McAdenville with your family or friends.

Christmas Town USA has brought years of tradition to many families, including mine. It captures the essence of Christmas perfectly. I highly recommend making it a Belmont Abbey student "must do" before you graduate, as it will be a memorable experience that you will carry with you, even after your four years are finished.



New Faculty: Dr. Clark Summers

BY: STAFF WRITERS



I joined Belmont Abbey College in the Fall of 2019 in the History Department as an adjunct lecturer in Western Civilization. I came to the Abbey with degrees in International Relations (MA, Salve Regina, '04) and Strategic Studies (MSS, US Army War College, '08) and Doctorate in Humanities, Philosophy of Technology (PHD,

Salve Regina, '19). Also, I am a retired US Army officer, having spent 30 years in the Army Reserve and Army National Guard, retiring as a Colonel in 2013. Starting in the Spring of 2020, I began offering course work in International Relations, Foreign Policy, and International Law. These courses have led to the establishment of an International Relations minor, support for a growing Politics Department, and creation of graduate school opportunities through Belmont Abbey's new partnership with the Institute of World Politics in Washington, D.C.

I'm thrilled and delighted to be joining the faculty as a full-time Assistant Professor, and welcome any questions students might have on how courses in International Relations can enhance the Abbey experience.

Model UN

BY: DR. CLARK SUMMERS (FACULTY)

Belmont Abbey now has a Model United Nations Program. We fielded our first team of six students this semester and participated in the UNC Charlotte Conference on 14-16 October 2022. Our students represented two member states, Estonia and Malta, earning recognition as an Honorary Delegation for Malta.

Starting in the Spring '23 semester, students will be able to receive academic credit for Model United Nations. PO 460 is a one-semester asynchronous course available to all interested students. PO 460 Model United Nations counts towards completion of the new International Relations minor. Students are also welcome to participate in Model UN without having to enroll in the academic class. Student participants shown in the attached photograph are (from left to right): Maura Martin, Timothy Sica, Christopher Mee, Peter Ryalls, Youthan Love, and Michael Brennan.



The Belmont Abbey Model UN team will next compete at the Southern Regional Model United Nations Conference in Charlotte, March 24-26, 2023.

If you are interested in participating in the Model UN program, please contact Dr. Clark Summers

Writing Center Opens at the Abbey

BY: SETH FARRIS

Writing papers can be hard, and learning to write at a college level can be even harder. To help students become better writers, the Belmont Abbey's Writing Center was opened this semester. Located on the second floor of Stowe Hall, the Writing Center is a space for all students, no matter their level of experience, to receive assistance on their writing from fellow students. As the center's official description states, "Students are welcome to come to the Writing Center during any stage in the process." Whether you need help beginning an essay or simply want someone's opinion on it, the Writing Center is here to help.

The Writing Center creates a welcoming and friendly environment by having Belmont Abbey students as its tutors who use their class experience to help others succeed. The tutors come from various backgrounds and have chosen different majors. Yet they personally understand the difficulty that can come with writing papers and want to help their peers with these struggles.

As a Writing Center tutor myself, I can sincerely say that the center is a great addition to Belmont Abbey College. The center is a good place for students to study, get feedback on their papers, and even meet new people. Being a tutor has given me the opportunity to meet more of my fellow students and witness some excellent writing from these students.

Although I'm a tutor, working in the Writing Center has benefited my writing abilities by encouraging me to think more about what goes into a thoughtful essay. When I tutor a student, I encourage them to think about how their main points connect and contribute to their topic. Doing this not only benefits the students but also helps me reconsider how I write my own papers.

The next time you're writing a paper and have questions about it, come by the Writing Center in Stowe Hall! The center is open Monday through Thursday. Walk-ins are welcome, but appointments are encouraged and can be made via "Tutoring Options" on Canvas. A tutor will be available and ready to assist anyone needing help.

New Major and Minor: Human Services Online

BY: STAFF WRITERS

A Human Services degree from Belmont Abbey College equips you for careers in the helping professions. Designed in accordance with the standards of the Council for Standards in Human Service Education, the Bachelors in Human Services aligns with the College's mission to educate students such that God will be glorified in all they do. The undergraduate program provides students a base of

knowledge and skills needed to ethically assist individuals, families, and diverse communities to function effectively through prevention and remediation of problems in a manner consistent with a Christian worldview. The program emphasizes theoretical and experiential learning aimed at optimizing human interactions and finding meaningful solutions to problems. Such knowledge and skills will assist students seeking careers in diverse social settings such as residential and community-based centers, ministry, group homes, correctional centers, public health, day treatment centers, shelters, halfway houses, child and family service centers, geriatric facilities, and social service agencies.

POSSIBLE CAREER PATHS:

Client or Victim Advocate, Family Support Workers, Caseworker, Child Life Specialist, Community Outreach Worker, Life Coach, Nonprofit Agency Administrator, Juvenile Court Liaisons, Social Service Management

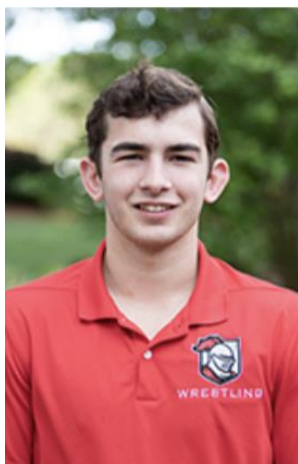
Some courses in this program include the following:

HS 110: Introduction to Human Services
 HS 210: Helping Skills: Theory & Practice
 HS 220: Group Dynamics: Theory & Practice
 HS 300: Ethical & Professional Issues
 HS 330: Case Management
 HS 335: Crisis Assessment, Intervention, and Prevention
 HS 370: Human Service Management
 HS 371: Program Planning & Evaluation
 HS 372: Conflict Resolution
 HS 374: Social Policy & Practice
 HS 384: Social Justice & Advocacy
 HS 493: Field Experience in Human Services
 HS 373: Capstone in Human Services

If you are interested in this major or minor, please contact Dr. Diane Elliot

An Interview with a Tour Guide: The Inside Scoop on All Things Belmont Abbey

BY: HANNAH SCHUDLIK



When interviewing Belmont Abbey's lead tour guide, Max Buico, I got the inside scoop on secrets about the campus and what it's like to work for the Admissions Office. On top of being a student-athlete, President of the Campus Activities Board, and the lead tour guide for the Admissions

office, junior Max Buico has a lot on his plate. Fortunately, I had a chance to sit down and talk with Max to discuss his job and why it matters to the college's community.

Hannah: Why did you become a tour guide?

Max: I became a tour guide to show prospective students what makes the Abbey great!

Hannah: What is something you make sure to tell visitors during a tour?

Max: I always make sure to tell visitors about our excellent professors.

Hannah: Is there anything visitors tend to ask you or want to know about the school?

Max: Visitors like to know what students do in their free time. I usually tell them that students hang out in the quad, drive into Charlotte, and attend sporting events on campus.

Hannah: Do you have a favorite spot to show off during tours?

Max: The adoration chapel. It's a very peaceful place to pray and think.

Although the chapel may be Max's favorite spot on campus, tour guides must pay attention to their student's interests. For instance, if the prospective student is an athlete, the tour guide will mention the Wheeler Center and other athletic resources.

Hannah: What is the best part about working for the Admissions Office?

Max: I enjoy working with students who care about the school.

Belmont Abbey's tour guides are vital to creating a friendly and welcoming environment. Our tour guides are the first people to meet on campus for most visitors and prospective students. Max explains that there is an "additional pressure" to make a good first impression of the college. Fortunately, the Admissions Office trains and prepares each of its guides to welcome and assist new students.



Photo Credit: Lucca Dormoi



Photo Credit: Alijah Wilson

Arts Highlights: Agora

BY: STAFF WRITERS

Submission to Agora: Literary Journal is due on Dec. 12. You can submit poetry, short stories, and photography. Email your submission to agora@bac.edu



Motorsports Program Makes Strides and Speeds Towards Success

BY: ALEX MULLIN

The brightest minds have come from across the country and the world to study an ever-expanding world of fast cars and big money, Motorsports, both national and international. The Belmont Abbey Motorsports Program has seen a lot of change over these past couple years. The program has opened new avenues and career opportunities for both upperclassmen and underclassmen who are looking to forge a career path in Motorsports.

To start off, there are a lot of different ways one may involve themselves in Motorsports. In the first semester of

freshman year, the first course in the program is *Intro to Motorsports* at Sacred Heart Campus in Mercedes Hall to get a good introduction to the many classes that are taught within the program. From there, there are options to choose from in pursuing a Motorsports Management Major, which includes classes like *History of Motorsports*, *Sports Broadcasting*, and many more. Some of the esteemed faculty involved in the program include, but are not limited to: Professor Quinn Beekwilder, Professor Trey Cunningham, and Professor Matt Yocum just to name a few.

The program has recently produced some great talent in graduating classes in this past decade that have gone on to work for or own a professional NASCAR team, and the current group of upperclassmen look to continue that trend. Recently, the Motorsports Program made trips to Ford Performance Racing School, and both zMAX Dragway and the Charlotte Motor Speedway, giving students an opportunity to be more hands-on in learning about how the world of motorsports brings people together out of a pure desire to go fast and have fun.

Other than the main classes in Motorsports available at the Abbey, you can also join the Motorsports Club. There are many events they are currently organizing as the Motorsports scene slows down in off-seasons for organizations such as NASCAR and IndyCar, and the more people that are involved, the better. It is a great learning experience for learning about the world of Motorsports from local short track racing to international escapades of speed and sound. The club typically meets Thursdays at 6:30 P.M. in Student Commons unless noted otherwise.

Lettie Pate Whitehead Scholarship for Women

BY: IRIS BERTIN

The Lettie Pate Whitehead Foundation was formed around the influential spirit of Lettie Pate Whitehead, a woman whose life was an inspiration through her immense sense of dedication and courage. The Foundation is aimed to grant scholarships to women, specifically in the South, to help them further their undergraduate education. Having gained this scholarship opportunity, I, along with about fifty other women of the Belmont Abbey College community, are encouraged to recenter our focus on our studies through the great example of Lettie Pate Whitehead's life.

After receiving this scholarship, six of us were granted the opportunity to meet with Carrie Conway, the Senior Program Officer of the Foundation. Being able to invite Mrs. Conway to our campus and expressing our gratitude to her through the foundation that she helps to run was an enormous gift.

In being able to discuss our future academic plans, future goals outside of college, and campus life here at the Abbey, Mrs. Conway was able to get a better feeling of how this scholarship is impacting us. This feeling of putting a face to a name and having the chance to speak one on one with someone that is helping to aid your college education is a beautiful opportunity for both parties. Danashia Tucker, a

student, reflected on meeting Mrs. Conway; “It was an honor being able to receive the gift of the Lettie Pate Whitehead scholarship. The scholarship has had an incredible impact on my education. I appreciated getting the opportunity to personally meet with a representative of the foundation and the other recipients. Learning about the legacy and life of Lettie Pate Whitehead was inspiring.”

The Foundation’s goals are being met through this foundation and Lettie Pate Whitehead’s legacy has spread to 200 educational institutes and to more than 12,000 women who are receiving this scholarship each year. This foundation and scholarship program is aiding bright young women in pursuing their academic dreams and I am honored to have had the ability to represent the college in this way with many other talented and courageous young women here at the Abbey.

The Honors College at Belmont Abbey

BY: MARIA BAGLEY

The Belmont Abbey Honors College is a four-year curriculum that encourages students to take part in diving more deeply into topics of friendship, philosophy, and religion, and how prominent all of these things are in life. By exploring “great books”, and works by esteemed writers and philosophers, the Honors Program inspires students to learn and live out a good, fulfilling life. The Honors College provides a scholarship for students who take part in this curriculum. The Honors College is a close-knit community, and with small class sizes it provides the ability to get to know one’s classmates and professors well.

While interviewing a sophomore Honors student who prefers to go unnamed, I asked them how the Honors College has been in comparison to the rest of their academic experience, and if it has caused them to grow in life. The student responded, “I feel as though I have grown not only in knowledge, but also in the faith and reason that professors instill in us as students.”

The Honors College focuses on Great Books, to encourage students to learn more from these great writers. Not only does the Honors College encourage students to learn, but also to take these important lessons, and live out their life with them. The students learn what is good, and are strengthened in this. The Honors College encourages critical thinking of one’s own. The Honors College is an important program of Belmont Abbey College, and encourages students to learn and grow in community with one another.

Join the Volunteer Club

BY: GRACE LANEY

Belmont Abbey’s Volunteer Club is the perfect opportunity for students to meet other students, serve around campus, and serve the local community.

The first “Crusader Consignment” event, nearly two years ago, gave birth to the Abbey Volunteer Club we know now. Since then, the club has obtained about 200 members and is organized into three sectors: fundraisers, social gatherings, and volunteer events. All three of the sectors focus on uniting students to help those in need.

The club’s president, Anna Alayo, says that her favorite thing about the Abbey Volunteer is that it brings so many people together that otherwise may not have met. She says that the club is full of individuals seeking to branch out of their typical friend groups or teams with the united purpose of helping the community.

The Volunteer Club is a great way for all students to be involved in campus life while giving back to the community. For upcoming events, follow the club’s Instagram page, @abbeyvolunteerclub, or sign up for the newsletter.

Interviewing Lindsay Wolcott

BY: JOSE HERNANDEZ



Join us in welcoming the new Coordinator of Campus Visit Experiences and Abbey Advocates, Lindsay Wolcott. Lindsay is originally from Long Island, New York, where she attended and graduated from the University of Buffalo in 2020 with a Bachelor of Arts in Psychology, and Early Childhood Development. Along with earning a minor in Counseling, she then earned her Master’s in Higher Education and Student Affairs Administration at Canisius College in 2022.

How did you hear about Belmont Abbey and what made you decide to take on the position?

My brother attended Belmont Abbey College, and was a student athlete here. Being 7 years younger than him, I often joined my parents for road trips to the Abbey to see him. Having spent so much time here at the Abbey, the campus always felt like home to me. When looking for a job, I saw that there was a position at Belmont Abbey in my field, and the decision to come back here and closer to my family was very easy for me.

What were some other experiences (whether it be jobs, volunteer work, or internships) that you believe are applicable to the admissions team?

I always had a passion for helping prospective students find their home and unique college life. I recently graduated with my masters in higher education and student affairs

administration. During my graduate studies, I completed a two-year graduate assistantship in accessibility services and two graduate internships in student life; one in fraternity and sorority life, and another in new student orientation. All of my hands-on experiences in the field of higher education have given me the opportunity to work closely with students, create events on a college campus, and more. Working admissions gives me the opportunity to utilize each of these skills in new and exciting ways.

What are some hobbies you enjoy doing outside of work?

I love spending time with my friends and family. Moving to a new city has allowed me the chance to explore new shops, areas, restaurants, and more. I also love cooking and trying new recipes, and getting to share that with my loved ones as well!

When you feel like you're in a slump, what motivates you to push through?

Whenever I feel like I'm in a slump I always try to take a moment for a deep breath to reset. I try to remind myself that everyone goes through slumps and has hard days, and that it's okay to take a moment to reset. I find that when I take a moment for myself and give myself time to rest, I can revisit my work with a clear head and ready to push through the rest of the day.

Are there any mottos/philosophies that you implement in your life?

The motto I like to keep in my is that everything happens for a reason. I am a firm believer that anything that happens in my life is meant to be a test, and not to stress on little things. I try my best to not hold onto every small inconvenience, just know that the inconvenience that I received has a purpose and reason behind it. With this motto, it helps me to look on the bright side, that something better is out there for me.

The Abbey Advocates is student-driven, meaning the bulk of the work is put onto the students that work for you. How do you feel you can be a guide for them, and help push them to be better leaders within the program?

I feel that I can guide the Abbey Advocates through my own experiences as a student leader during college, but also through encouraging them through all they do on campus. I have already seen the Advocates show their leadership skills, and so I do my best to provide them with the material and support they need. The Abbey Advocates do so much to support the admissions office, and it's an amazing experience to work with these students who are filling the roles as leaders within the office.

This is your first year with the Abbey as a Coordinator, joining a staff of experienced faculty who know the school inside and out. What are traits/virtues you believe could help you stand out from the rest of your coworkers?

I believe that I have a drive to not only do the best I can do, but also to anything I set my mind to. I have always been a very motivated person with the desire to reach any goal I set for myself. Being the youngest person in my graduate program, I feel that I can prove to the rest of my coworkers that I belong in this position.

And now for an ice breaker question, what is your go-to song to sing in the car?

My go-to song is Mr. Perfectly Fine (Taylor's Version) by Taylor Swift!

If you are interested to learn more about the Abbey Advocate program, or you know someone who may be interested to learn more about the school, contact Lindsay at lindsaywolcott@bac.edu

Senior in Kindergarten

BY: LAURA GONZALEZ

Life as a student flies by without realizing it. Some moments feel so long and others end faster than they start. As my time as a student is becoming shorter and shorter, it is ironic that I will start all over in the grade that is the start for everyone. Kindergarten! I am a senior here at the Abbey, but almost every moment has been spent in Kindergarten with 25 students. Usually, people think that it entails lots of arts and crafts, story times, and nap time. But let me be the first to say, they took my nap time away. With spending so much time in Kindergarten, I have noticed some similarities to the college lifestyle as well.

The similarities between college students and kindergarteners

- Nap time
- Drawing during class
- Making random comments during class to either distract the teachers or to keep yourself interested
- The slightest amount of work can lead to someone crying or throwing it away in the trash to forget about it
- Lunchtime is the biggest social hour of the day when you can barely hear the person next to you
- Watching Youtube videos of whatever the teacher tried to teach for a better understanding
- Dancing on elevated surfaces
- After a long day of school, a nice cold drink hits the spot
- Love fruit juice
- Food is the best motivation, especially when it is free

Who would've thought 5 and 6-year-olds would have such a similar lifestyle as college students. The experience of being in Kindergarten with 25 has been such a crazy, fun, and educational experience. Each day is different and constantly keeps me on the edge of my seat. From a teacher's perspective, it is amazing to see the student's growth and the joy on their faces when anything involves food. From a student's perspective, you can see the happiness in the teacher's eyes when they realize you did listen to the instructions or comprehended the learning objectives of the lessons.

A senior in Kindergarten is what I am, but I could never imagine anything better. I have learned more from my 25 students in just four months than I could have imagined. Being a student-teacher has made an enormous impact on my life and was the best challenge I have experienced. I look forward to becoming a full-time teacher after I graduate.



Photo Credit: Samantha McLeod-Jones

A Look into the Education Department

BY: DANASHIA TUCKER

Dr. Mary Stratton joined Belmont Abbey College January '21 as the Chair of the Education Department and Associate Professor. Dr. Stratton has a B.A. from Pennsylvania State University, an M.A. from West Chester University, and a D.Ed. from Widener University. Dr. Stratton teaches numerous courses including ED 305 Education of the Exceptional Child, ED 310 W Educational Development and Psychology, ED 406 Foundations of English Language Arts, and ED 407 Literacy and Assessment.

Dr. Stratton's favorite course to teach is ED 305 as she stated, "I love to witness the transformation of our pre-service teachers, from thinking that children with disabilities have many barriers to learning to looking at children with disabilities in open-minded and creative way, focused on providing instruction and support to ensure success for all students."

As an Education Studies major and Psychology Minor, I have enjoyed taking Dr. Stratton's classes with "Introduction to the Exceptional Child" being my favorite. This class provided an overview of the needs and nature of an exceptional child including the integration and accommodations put into place to ensure the child's success. I enjoyed the assignments in the class, the assignments provided me with more insight on the daily accommodations for individuals with a physical or intellectual disability.

I interviewed Dr. Stratton and this is her approach to teaching:

"Student success is the central focus of my instruction. I believe that the teacher is a facilitator of learning as compared to a dictator of content. It is important to me that I can provide realistic examples from my own teaching experience that are directly aligned with theory and pedagogy found in the educational methods textbooks. It is also essential to establish genuine relationships with your students. You must really know your students; you are their mentor which is both an honor and privilege."

I asked her about what the Abby she was inspired by and her response was:

"The Abbey is a unique, extraordinary example of a faith-based community. The interconnectedness of faith and scholarship is without a doubt extraordinary. I love President Thierfelder's messages each week...the message is full of love and clarity. I love the students. Abbot Placid's leadership and gentle guidance on not only spirituality and theology but his kindness and concern in dealing with the human side of life is full of comfort and compassion. The beauty of the campus and the tradition behind not only the physical structures but the student activities and rigorous academic standards are immeasurable."

Fun Fact- The honor society "Kappa Delta Pi" is an organization available for the students within the Education Department. It's an international organization that focuses on supporting the work of educators throughout the local and international community.

Student Feedback-

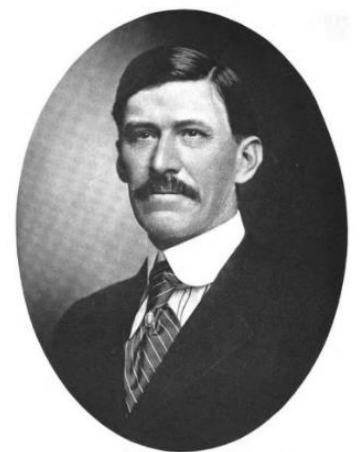
"I have had multiple classes with Dr. Stratton as my teacher and she has always made it enjoyable and interesting to learn. She has such a complex understanding of everything that she teaches and makes it easier to understand. She also cares deeply about her students' personal lives and does what she can to help. In my experience she is absolutely wonderful and kind."

- Addisyn Ricafrente, Educational Studies Major

Stowe Hall: 136 Years of History

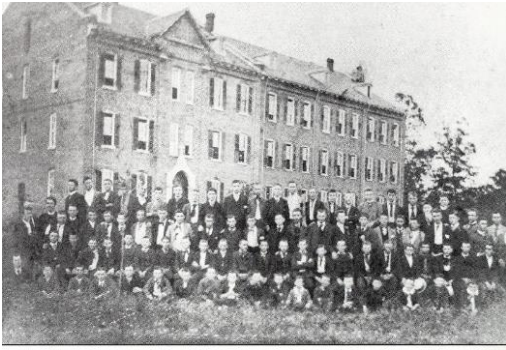
BY: JOHN WALKER

We walk past it every day, but how often do we think about Stowe Hall's history? Built in 1898, Robert Lee Stowe Hall has been a vital part of Belmont Abbey College's campus as an academic building, a dining hall, a residence hall, and even more. Named for local entrepreneur Robert Lee Stowe, the building is on the National Register of Historic Places as a part of the Belmont Abbey College Historic District, having been added in 1993.



Robert Lee Stowe

Construction began under Abbot Leo Haid and Brother Wolfgang Trexler in 1886, taking twelve years to complete the building. In those days, it was called the College Building. It was built directly attached to the monastery for ease of use by the monks. The building features a Gothic-style tower on its western side, while the front entrance features a neo-Classical portico.



In 1900, a fire burned through the inside of the College Building, destroying much of the inside. Work to restore the inside began immediately, and fundraising efforts helped return the building to its former state. Classes were able to be held in the building again the next academic year.

As the college grew in the 20th century, the College Building was used for classes, dining, and residence. There was even a rifle range in the building at one point.

Eventually, the name was changed to Robert Lee Stowe Hall in 1983, honoring the textile magnate and Gaston County native. The Stowe family has been vital to the development of the town of Belmont and our college. Over 136 years since the beginning of its construction, Stowe Hall remains our main academic building and one of the most iconic buildings on campus.

English Major Looking Forward to Potential Jobs

BY: KATHERINE SCIFERS

The idea of graduating college is both an exciting and very nerve-racking thing to think about. Saying that we only have about nine weeks left in the whole of the first semester, graduation is coming up faster than most seniors probably realize, and it is definitely almost here for those of us troubled souls who are graduating in December, one of which I am. No matter when the seniors are graduating, we are all concerned about what we will be doing as soon as we leave Belmont Abbey. As an English major who has absolutely no idea what I am doing once I graduate, this is extremely nerve-racking.

Having been an English major for almost my whole career at the Abbey, I have heard all the common sayings about never finding a job as an English major or that the only job I will get will be a teacher. Although being a teacher is a noble and important job, I am sure that not every English major wants to be a teacher. Therefore, I thought it might be helpful to share all the jobs I plan on applying to as an English major because I am convinced I can get a job with my degree.

The first type of job that I am applying to are jobs in social media. These jobs are new and exciting and allow for creativity. Social media jobs are great for English majors because a lot of social media actually has a lot to do with writing and rhetoric, two elements that English majors know all too well. Plus, it's an excellent way for people who want

to be creative writers to have a creative outlet and write new but short things all the time.

The next type of job that I am applying to is a reporter/journalist. These jobs are made for English majors, and I bet that each one of us English majors has dreamed about being a reporter or journalist. Therefore, we should apply for these jobs, even if we think we will not get them.

Not getting a job is not bad; the bad thing is not applying for a job because we are afraid of rejection, which goes for every major. Even if you do not meet all the requirements but want that job, you might as well apply. I mean, you never know; you might be surprised.

The last type of job that I am going to apply to is a brand strategist. This job is perfect for an English major for similar reasons to why the social media job is excellent for an English major. Both of these jobs have to do with the image, tone, and overall rhetoric of a brand, which as English majors, we are used to changing and/or presenting in a specific and well-thought-out way.

If none of these jobs sound appealing to you as an English major, I would recommend checking out Indeed's 20 Great Jobs for English Majors. Overall, as an English major and all soon-to-be-graduates, it is crucial not to lose hope when doing a job search. Finding a job is difficult, and you will most likely get a lot of rejections, but it is all about preserving and taking risks. So, apply for that dream job and just keep on applying.



Photo Credit: Winter Kirkpatrick

Being Broke Is No Joke... How To Become Financially Literate in College.

BY: REGINA VEGIHE

“Money the Abbey Way” (MTAW) is Belmont Abbey College’s program to improve students’ financial literacy. This program has the following mission statement: “Your beliefs about money, and the decisions you make about money, are intimately related to what it means to live a good life and to lead a life of integrity, to succeed professionally, to become a responsible citizen, and to be a blessing to yourself and others.”

In other words, MTAW teaches students how to wisely save, earn, spend, borrow, and tithe money. Dr. Cote, the advisor of MTAW, recommends that students start saving now as she says, “Putting money aside daily instead of buying coffee will pay off for the long term.” Furthermore, “It is about thinking long term, not just short term.”

MTAW hosts many events for Financial Literacy as well. In September, MTAW hosted its first Financial Literacy event of the year. Soon, an email will be sent out with details about a speaker presenting on investment risks. In the spring, a speaker will be presenting on employee benefits. Dates of these events will be coming soon.

There are five tips that MTAW strives to teach Belmont Abbey Students. These include...

- Knowing Personal Finance to make an informed financial decision
- Apply Finance principles to a situation and choose the best financial outcome for them
- Understand Church Teachings about money and apply them to their life.
- Think about beliefs and values to use money wisely for themselves, family, and community.
- Confidence in making a financial decision. To learn more about MTAW, go to the Online Student Success Hub on canvas and look under modules for “Financial Literacy: Money the Abbey Way” Many resources, such as bac.igrad.com, will help students understand personal finance.

Being broke is no joke, so start learning about personal finance now. You will thank yourself later!



Photo Credit: Joseph Allen

Shine Bright Segment

BY: AYANNA POMPEY

I wanted to take some time out of our Abbey Day and shed light on a historical moment for two students. Stacy White and her mother, Kimberley Jennings, are scheduled to graduate college at the same time next year, in May 2023. Stacy and Kimberley both attended Gaston College together before transferring to The Abbey. Stacy and Kimberley both have full-time schedules that occupy most of their day, but they still have the perseverance to keep striving for excellence. They both are prime examples of excellence that shine brightly throughout Belmont’s campus. In May, both Stacy and Kimberley will graduate from Belmont Abbey in History, Politics and Government.

This historic moment for the Abbey reassures students that anything is possible with determination regardless of age. Thank you both for choosing Belmont to continue a great legacy.

If you see them around campus, please congratulate them on their successes!

Music Club: Do, Re, Mi, Fa,

BY: ALIJAH WILSON

Do you wish you could make more friends? Do you want to join some school activities outside of class? Well, I know just one place for you: The Music Club.

The Music Club is a school activity where all students can come together and connect with new people through music outside of class. You don’t have to be musically talented to come sing with us and that’s the good part about it is that a lot of people are afraid to come because they think they will get judged and that is not true. Just come by the Grace Auditorium on Wednesday night at 7 pm.

We play and sing lots of different kinds of music. Most of us don’t have our own instruments, but we are saving money to buy some. If you have any instruments that you would like to bring then we would love for you to bring them.

My fellow friend Josh says, “The music club is a place where you can connect with people through music.” He also says that, “if you like music then join because we are always looking.” He is not wrong, the one thing that connects us emotionally is music. We are very welcoming so don’t be afraid to sing some songs. I hope to see you at the next club meeting.

Lemon's Club

BY: BRIAN HOVERATH

While one may be forgiven for thinking that the Lemons club of Belmont Abbey has something to do with the sour citrus fruit, the reality is a lot larger, and louder.

Founded only one year ago, the club is an offshoot of the Motorsport Management club and is based around a motorsport event known as the 24 hours of lemons, a play on both the term for a junk car, and the 24 hours of Le Mans. The event sees competitors enter the race with a car under five hundred dollars, and attempt to both beat other drivers and have the car finish without breaking down.

The teams, however, can spend more than 500 dollars on anything that could qualify as safety equipment, as it would be dangerous and potentially fatal to enter without some equipment. All drivers are required to wear a fire suit, head and neck support device or HANS, and a helmet rated at SA 2015 or above. Each car is also required to have a form of fire suppression, a roll cage, working tail lights, racing seat, harness and a kill switch.

Unlike most clubs, the Lemons Club is not sponsored by the school, but rather the members of it and any sponsors that may take an interest. The current car for the event is a Nissan 300zx, a two-door sports car that is the least loved of the Nissan Z line. The team will be made up of a number of drivers, up to 6, and a small crew of engineers.

The current race is scheduled for the 11th of December at the Road Atlanta Racetrack. The lemons club feels that the race may help members of the club learn more about the management and the finances that go into racing. The race will help many with valuable skills such as how to procure sponsors and how to get ready for the various elements that go into car racing

President's Ball Review

BY: CAROLINE DAVIS

The Belmont Abbey Presidents' Ball is a dance hosted by the school for the students one week before midterms for the students to have some fun before a busy school week. The dance this year was held in a tent outside the William Gaston Science Hall and was from 8-10. The students and professors got a chance to dance to some music and eat some good food.

The President's Ball is not the only dance the school puts on, as there is also the Spring Formal. The dances are a way for the students to have fun and not worry about exams or grades, but just be normal teenagers and young adults. The music played at the dance is like the music most of us grew up listening to in elementary school or middle school, for example wobble, which is a line dance.

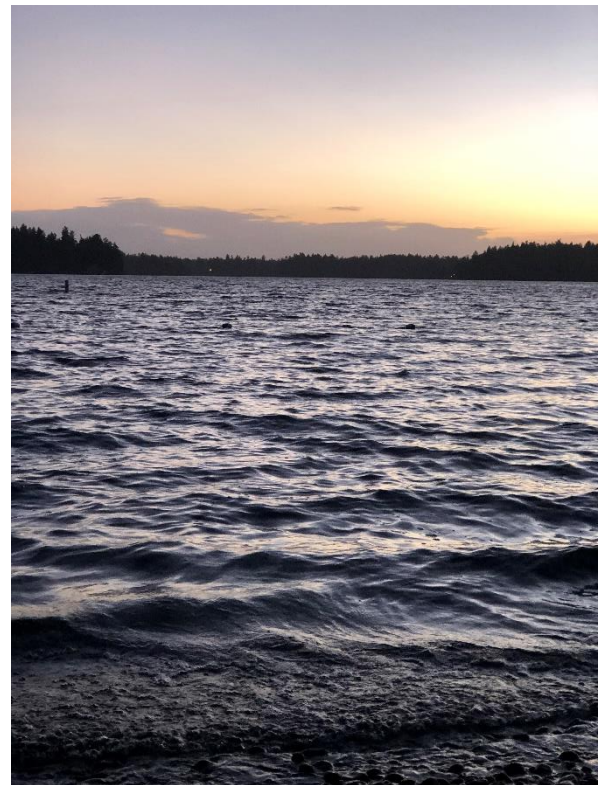


Photo Credit: John Stratton

College is Like a Painting

BY: HELEN BEHE

College is like creating a painting. It's not quite how you pictured it, a bit harder than you expected, and you're halfway finished with it before you've got an idea of what you're doing. But navigating the colorful college life is a skill acquired through experience, and each semester presents new adventures to learn from. As a Freshman, I knew that my Fall semester would be the first coat, and what I chose to depict would affect that painting for years to come. Hesitant at the outset, I picked a smaller brush and muted colors. But as the initial few weeks passed and classes began, I became more entranced with the world around me and wanted to put it on the canvas. I probably went a bit overboard, but I grabbed the biggest brushes and boldest colors and, best as I was able, depicted how I felt and why I felt. I remember looking back at my first semester's creation during Christmas break of Freshman year. The result was not exactly fine-tuned, but beautiful all the same—an aggregate of assignments, midnights, wide eyes, and first times. Yes, I thought to myself. This is a good start. But I'd like to try some different colors too.

Sophomore year, I got a different color palette and new brushes. Best of all, I had good friends who were working on their own paintings, and we borrowed from one another's paintings now and then. College is a picture from scratch, not paint-by-the-numbers, so even the mistakes I made gave the painting a distinctive flare. I'm not saying it was a good idea to nap instead of study, but it did splash a lovely indigo in an otherwise gray corner. One of the best parts about college is its mutability. Each new semester, and its subsequent additions to the painting, modified previous colors or added intricacies. I think the Basilica had a sturdy red shade to it when I first put it on my canvas, but many nighttime conversations in its shadow deepened it to a striking cobalt. The dusky pink of the cafe, though simply sketched, was nonetheless evocative. But it was a late September evening in my Junior year that added the pleasant alteration of starry black.

Senior year is a conglomeration of 6 semesters worth of painting, and I'm working on my 7th. I know my brush strokes are now the steadiest they've ever been, and I'm more attentive to the details. There are scenes repeated, layered like leaves, that hold the painting together and give it consonance: the same roommate, same professors, same campus, same traditions that come with the seasons. They are a gold webbing throughout. Even the flecks of blue I spilled Freshman year are not the nugatory contributions I assumed them to be. I can't say I'm done with the painting yet, or what my last brush strokes will depict. But when I graduate this May, and hold my work out at arms' length, I will finally observe the big picture. Yes, I'll think to myself. This is a good start.



Photo Credit: Joseph Allan

Business Major: A Breakdown

BY: CAMDEN PHILLIPS

Belmont Abbey has a great program for people who want to major in business. To pursue the business major you'll first have to take the core liberal arts curriculum, then from there you can take the course requirements which include:

15 lower division hours

- Introductory economics 1
- Introductory economics 2
- Principles of financial accounting
- Principles of managerial accounting
- Spreadsheet and database applications

27 hours at 300 level or above

- Management
- Quantitative Analysis
- Marketing
- Finance
- Business communication
- Management Seminar
- Legal Environment of Business
- Operations Management
- International Business
- Internship

The Belmont Abbey business program will get you ready for things commonly found in the business world like decision-making, problem solving, communication, legal disputes etc.

There are also multiple internship opportunities to get some real experience.

Elena Duran, a recent business graduate, said, "my time at Belmont Abbey College has provided me with a rich and cultivating educational experience. As a business major, I've got to encounter some of the best professors the school has to offer. With their close guidance, I feel as though I'm prepared to step forth into a successful life".

Come and major in Business at Belmont Abbey.

Women Soccer Alum Returns to Coach

BY: REAGAN CULLEN



Cierra Skyers, a former alumni of the Belmont Abbey women's soccer team, has returned this 2022 season to help coach the team, along with Coaches Mike Lynch and Jaime Malilong. Skyers graduated from the Abbey in 2016. She juggles her time as coach, whilst working as a 5th grade teacher at Jackson Day School. If her name doesn't sound familiar, her face might as she is pictured on one of the billboards that surround Alumni stadium field. Skyers played as a forward on the field for the Crusaders.

During her four years here she left quite a mark on the program. She scored 33 goals, was selected for the All-Southeast Region Second Team, and was named the team's most valuable player. After graduating from BAC, she went on to play for The Citadel for a season, where she scored 7 more goals. Being on the Women's soccer team myself, I had the pleasure of getting to know and personally interview the former alum to discuss her memories as a former player, and as a coach now.

During our interview I was able to learn a lot about Skyers and the Women's soccer program over the years. It was both comforting and heartwarming to discuss her favorite memories she had whilst being a crusader soccer player. I found that in the four years she was here, most of the team's traditions have remained the same.

Along with personally interviewing her, I had some of my teammates ask her questions about what she enjoys most about returning to the crusader soccer environment, in which she responded, "It feels like returning home after a long time away." She proceeded to tell the team how she was nervous that her young age would affect how we saw her, but felt very respected and welcomed. She stated that "even though

being a teacher and coach at once can be a lot to handle, she has become very invested in the team and program,” allowing her love for the sport to consume her once again.

Skyers continues to leave an even bigger mark on the program through her continuous positivity and dedication as a coach. The players and I were able to open up and see an even deeper side of Skyers that I hope will create a special player-coach relationship. It is apparent that Skyers has a deep connection with this school and program, and has really influenced the women’s soccer team.

SPORTS HIGHLIGHTS

Women’s Golf; Bock and Denhard Conclude Patsy Rendleman Invitational

BY: CHRISSY POPOVICH



Photo credit: Chrissy Popovich

The women’s golf team concluded play at the Patsy Rendleman Invitational. The course was a par of 71 from 5,900 yards for the women. There were eleven other schools competing. Normally golf courses have a par of 72, and each hole has a specific number of strokes to be attained. The lowest number of strokes in golf wins overall. The par for nine holes is 36 and the par for 18 holes is 72. The goal in golf is to be closest to par or under if possible.

Coach Katie Tomassoni led the women’s golf teams for the Patsy Rendelman Invitational. She assisted the team in course management and course advice. The A team was in contention to win the tournament on day one but was unable to finish out on the second day. Bock’s first-day score was her personal best in her college career.

Albany Bock scored 73 and Lauren Denhard shot 75 on the first day of the tournament at the Country Club of Salisbury. Bock was tied for first going into the second day. She ended up shooting 82 on the second day and placed 6th overall.

Lauren Denhard shot 80 on the second day and tied with Bock for 6th place. Denhard explained, “The golf course was in great condition, but was also a great challenge for us to participate in during the week. It was a special experience to be back on my home course”.

Belmont Abbey Women’s Golf placed 3rd for the A team and 8th place for the B team. The other players of the A team included Kaylee Ong who placed 19th with a score of 81 and 79. Paeton Phillippi placed 25th with a score of 80 and 82.

Lastly, Hannah Bailey placed 35th with 82 for both days. The B team for women’s golf included Madison Srinivasa, Chrissy Popovich, Kate Nyers, Ashlan Tresca, and Kyleigh Whittemore. Srinivasa placed 19th with a two- day total of 78 and 82. Popovich placed 25th with a score of 82 and 80. Nyers shot 81 and 82 placing her 31st. Tresca scored 83 and 89 putting her at 45th. Whittemore placed 45th with 82 and 90.

Come watch us play during Spring semester.



Freshmen to Watch on the Track and Field team

BY: LEVI BYER

The Belmont Abbey Track Team has gradually improved over the past few years. Last year was a pretty good year for the team where they placed 4th in the Conference Carolinas. The track team has some real upcoming talent this year. This could be the year where the Abbey’s Track team wins it all.

One of the fastest freshmen on the team is Kenny Jensen. He runs 10.7 seconds in the 100-meter dash. Jensen has run track all through high school and is looking to continue improving his 100-meter time. I asked Jensen how much time he was looking to shave off his 100-meter time this year. He responded with, “.03-.04 seconds,” which would have him running a 10.3. That would make him one of the fastest runners in our conference.

Another one of our freshmen is Rex Thorston. He’s from Reno, Nevada and will be the second highest high jumper on

the team. High jump is a field event; it involves a lot of skill and form. His PR is 6'4 in the high jump. I asked him what he was looking forward to the most this year. He responded, "I am most looking forward to Coach Tomas's training. I think he will be able to take me to new heights."

Our freshman pole vault crew is looking very good this year. The freshman pole vaulters consist of Syah Huenink, Bryson Church and Levi Byer. Syah and Bryson are vaulting over 12 feet and Levi is vaulting 11 feet.

As a track enthusiast, I know pole vaulting is by far the hardest field event, so to be vaulting this high is very impressive. They should be able to rack up quite a few points in the upcoming meets. All in all, it looks like the track team will be pretty solid this year.

Hopefully, with the coaching of Dan Finanger, and training from Tomas Cerdeiras and James Thierfelder, they can help the team win the conference this year!

Coaches Job from The Athletes Perspective

BY: MILES GUTZMAN

The track and field team has recently hired Coach James Thierfelder, a former Belmont Abbey track and field athlete that is now a well-respected and very dedicated coach with lots of records to his name that hopes to further advance the program. This past year he has graduated and accepted a job to help coach the track teams sprinters. I got the chance to interview him and get an insight on the key differences he has noticed and experienced since becoming a coach for his past team.

"What influenced you to want to become a coach?"

"I wanted to offer the skill and knowledge I learned from being a part of the team along with bringing a new sense of coaching and further developing the team's abilities."

Previous teammates of Coach James stated that he has experience in his training through practicing as a teammate, proving his own form of practice has been seen as very beneficial.

With the freshman class coming in, the team has picked up a handful of talented athletes in all events that have come to further their abilities and help improve the ranking of the team. One freshman athlete, Miles Gutzman, is a long jumper and short sprinter from Marietta, GA. Miles' personal records include 21ft 11.75in in long jump and 11.3 seconds in the 100 meters. He hopes to increase both these personal records substantially and possibly even break the school long jump record of 22ft 5 1/4in in the up-and-coming season with the help of Coach Dan, Coach Tomas, and Coach James.

There are plenty more outstanding freshman athletes that add to the amazing team, steadily improving, and performing to the best of their ability. With these athletes

coming to the school providing their strengths and being guided by the amazing coaches, there is no doubt that the team will finish conference ranked higher than ever before.

Insight on the Track Team!

BY: KENNETH JENSEN

Track and Field is one of the most popular individual sports, as it has many athletes going against each other to see who is the best! It is always fun to watch athletes compete because of the high suspense the people have before and after an event. The Belmont Abbey College Track and Field team is known for its many accomplishments. Last year, they competed in the 2022 Conference Carolinas Championship Men's and Women's Outdoor Track and Field. They came in fourth place with three athletes breaking the school record and making all conference! But for the new starting season, they also have many incoming freshmen and a new coach in their lineup!

The new coach, James Thierfelder, is getting everyone ready to compete in the track meets. Coach James has excellent experience coming off as a Belmont Abbey Track and Field alumni. His input on the freshman is exciting as he says, "this new team that we formed this year is great. We have a lot of exciting freshmen with great times. I'm excited to see the growth of everyone on the team".

The Track and Field athletes undergo challenging conditioning workouts to prepare for the upcoming season. They run 10-20 100-meter repeats for hard days, with only 25 seconds to recover before they run again. This workout is challenging because it usually takes about 2 minutes to recover from a sprint but to train our D2 athletes to the best of their ability, they have less time to recover to get their bodies in better shape. As for a follow-up the next day, they do bodyweight workouts, with light stretching exercises after. For team bonding, once every week, they play fun games, like kickball or football, to get everyone excited and loose.

Our other main Track and Field coaches, Dan Finanger and Tomas Cerdeiras love to keep the team positive throughout every workout and session. The crew hangs with each other almost daily to keep that positive vibe, even in the classroom!

But the question is, why should you support the track team? Our athletes are excited to watch as they compete hard to the best of their ability, and the track team is an outstanding team that positively impacts our school and our community.

Don't be afraid to drop by the track and support us; we would love to have you guys!

Men's Basketball

BY: SAVEON FALLS



Photo Credit: Alijah Wilson

Belmont Abbey College first had a basketball team in 1928, but they mainly played against junior colleges and other small teams in the area. The Haid Gymnasium was completed in December 1930, and that is where the team was able to hold games and be a showplace for the team. The Abbey's men's basketball program has had a lot of success in the past couple of years winning two out of the last 3 conference championships. They are looking to win another championship this upcoming season with a lot of new faces on the team and a new coaching staff.

In with the mindset of back-to-back another championship, Coach David Belfield is new but he has a winning mindset. He cares about his players and how they carry themselves in the class room and as a person as well on the floor. Coach Belfield will be the 18th coach in the program history and is seeking to continue the tradition of national relevance, academic excellence and formation guidance. One quote that he tells his players is to "Assume Positive Intent." If someone doesn't trust you, it doesn't matter how well you measure your words, the other person will misinterpret you. If someone trusts you implicitly, it doesn't matter how poorly you phrase something, the other person will assume you meant well.

Also, the program welcomes Dave Matturro to the team where he's just coming off a national championship from Randolph-Macon where he helped them win the 2022 national championship. He brings the same hunger and passion to the Abbey program and looks forward to having a great season.

Come watch us play during Spring season.

Basketball Championships

BY: KYLE FRAZIER

In the past three years, the men's basketball team has made it to the conference tournament championship losing the first one, then going on to win the next two. This year, in the

2022-2023 season, the team is trying to win their third in a row and make it even further in the NCAA tournament. On the basketball court, the team had a record of 22 wins and 10 losses last year. With a brand-new system this year, the team will try to do even better, even though it will be difficult.

As the season is coming in fast, the basketball team has been doing pre-season workouts. We got to talk with one of the players, Jaylen Jones, about what he thinks of the team so far and how they are preparing to keep winning this season. He said, "I love how hard our team is working, not just the players but the coaches as well. As a team, we have really bonded even though this is a whole new system with a lot of new players mixed in with 8 returners. As for the season, I think we are going to have to keep working hard and getting prepared so we can win a lot of games and win another championship and make it a long way in the national tournament." He also added something for the students to hear, "We also need as many people coming out to support the team when we play. It gives us a lot of energy and confidence when we know we have a strong student section and a lot of fans at the game."

Coach Belfield is the new man in charge of the Crusaders basketball team. He played high school basketball for a local North Carolina team in Charlotte Catholic. After graduating from Charlotte Catholic, he played college basketball for the University of South Carolina Aiken, better known as USC Aiken. He graduated in 2018 and earned a bachelor's degree in communication. He got his first coaching position at UNC Charlotte in 2018 and then went on to be an assistant coach at Army for three years, where he helped them with some of the best seasons in their school history. In 2022 he became the 18th men's basketball head coach at Belmont Abbey, where he looks to keep winning and cement his legacy.

As a freshman on the basketball team, I can't wait for the season to start and to see what we can accomplish. The team is a great group of guys, and the coaches are great. I think we will do better than last season and win another championship. I also think we will go further in the NCAA tournament too. This will be a fun and amazing season for the basketball team, and I can't wait to see all the students and fans at the games this year.

Softball to use Communication to Improve Record

BY: ELLIE RIPCHIK

Did you know that Belmont Abbey College has two softball teams? There is the main softball team that plays in Conference Carolina and then there is a developmental team that plays different junior colleges and community colleges. This is the first year that there is going to be a conference tournament for the developmental team. The main softball team is coached by Tony Mele and the new assistant coach is Samantha West. This will be Tony's fourth year with the team with a 32-win streak in the 2022 spring season.

The new addition to the softball team is assistant coach, Samantha West. She played at Tusculum University for 4

years as an infielder. This is her first year as a coach at Belmont Abbey. These two coaches are ready for some softball.

In the last season, the main team went 32-15 overall and was 15-9 in the conference. Mackenzie Allison, an infielder believes, the main team “exceeded coach Tony’s expectations from the fall”. They went through some adversity throughout the season with pretty bad injuries that affected the team tremendously. In the end, they pulled through and finished with a high ranking. One of the best Mackenzie Allison said during her sophomore year her favorite part was “beating Mount Olive a (top-ranked team) in the conference tournament.”

Mackenzie believes that this year will be even better. The Devo team had a rough start. According to midfielder Elizabeth Tucker, “we didn’t start off the season as well as anyone hoped, but after some long hours of practice and conditioning, we learned how to communicate about things that needed to be fixed and eventually then ended the season with a long win streak”. Due to a lot of postponed games and cancellations, they ended their season being 8-6.

During their season they went through a lot of injuries, these injuries led to some of the girls moving to different positions but everyone rallied and worked hard to have a fun season. Saige Stanley, a junior infielder, has high hopes for the developmental team’s upcoming season. She said, “I’d like to think that our record would be more than positive this year.” She feels if “we communicate with one another on and off the field and share a strong bond with each other throughout the season we won’t have to worry about losing.” With the new assistant coach, that means a new head coach for the Devo team. There are some improvements that Stanley thinks the team needs to work on, “putting down bunts and being more vocal in the dugout.” Overall, she is very excited to start the upcoming season strong and win softball games.

Maddie Phillips, a sophomore midfielder, is ready to play some softball. Maddie believes, “this season is a whole different culture than the previous year.” She has high expectations that they will win the conference championship this year. She says that “the dedication and hard work of this team all play a tremendous role in how we will perform this year. Believing in one another and performing to our best ability, they will be hard to beat.”

This fall the main team gets to play the University of North Carolina Charlotte, they are part of Conference USA and are a high-ranked division one school. Maddie says that “UNCC is definitely going to be a tough school to play in but I think we have a very good chance of beating them.” Maddie is excited and ready to crush UNCC because they beat them badly last year.

Please come out and support these women as they strive to have a great winning season on both teams.

Belmont Tennis: More than a sport, More than a team

BY: JOSEPH ROWZIE

Last year, Belmont Abbey tennis won the Conference Carolinas Tennis Tournament for the first time in the program’s history. It came down to a tight score of 4-2 against Mount Olive, a formidable opponent. In addition to winning the conference championship, Belmont Abbey tennis made its first appearance in the NCAA Division II Southeast Regional since 2001! Their opponent was set to be Columbus State, the number 1 seed of the region. Though the match ended in a loss, that year’s success set a path to a brighter future for the Belmont Abbey College tennis program. I asked returner Andy Golindano: “what was it like to win a conference championship?” And he responded by saying, “I have never felt so many different emotions just to be met with the greatest sense of relief.”

Behind every great team, there is a greater coach, and that coach’s name is Michael Solomon. I went around and talked to the returners of the Belmont Abbey tennis team and asked them a few questions about how Coach Solomon has impacted the program and this year’s team. One of the questions was: “if you could describe Coach Solomon in one word what would it be?” The most popular words were hardworking and professional, and many would say that he took Belmont’s tennis to a higher standard of work ethic and play.

What makes this team more than your ordinary program is the steam standards. Out of the eleven, I have seen enforced the most: compete, respect, and have positive enthusiasm. To this team, respect is more than a thank you or please, in a competitive sense respect is shown through honesty and competitiveness but on and off the court treating everyone as images of God is key to our success. In all the matches, I always hear the coach telling the team and myself to “compete.” To compete is to play with your tools and bring the best tennis you can. I remember him telling me a story about one of his college matches where he was a set and, like, 4 or 5 games down, he found a way to win. And that’s when he started to believe there is always a chance to win.

We, as freshmen, have to recite these team standards if we want to receive tennis gear. And these standards apply to life, practice, and matches. Belmont tennis is brought to a higher standard through our coach and is carried on through each first-year class that has come to Belmont tennis. As a freshman entering a brand-new college environment, making friends and settling in can be a struggle. Believe me when I say I have never been more welcomed into a group in my whole life than this team in the Abbey. I believe that this team has had this much success because of the way they treat newcomers and each other. This team wins together, and they lose together with excellence.

Bowling Team

BY: GABRIEL SCOTT

While the bowling team does not get talked about much as your other sports, the environment that the team creates is untouchable from any other school. Before I committed to Belmont Abbey, I had traveled and toured multiple different schools, but none ever had the same emotion and passion for the game.

The coach (Richard Gucwa) helps the team create an environment that is accepting and willing to help anyone and everyone. Even though I am a freshman, I have watched the team do whatever they can to help each other out. Whether that is academically or helping them with car issues. During the NFL season, the team tends to go out and watch the game together, either at buffalo wild wings or the Coach's house.

Our season started the first week of September. The first tournament wasn't until this past weekend but practices started very early. We practice every day from 3 till 5:30 at Liberty Lanes in Gastonia, on Tuesdays and Thursdays, we have weightlifting from 5:30 to 6. When my car broke down multiple people on the team were right there to help me get to and from practice. In my experience, this team becomes more of a family than they are a team.

The rest of this season is spread out all over the place. This upcoming weekend we are going to Beavercreek, Ohio for the second tournament of the season. Just to name the places we go this year; Wisconsin, Ohio, Georgia, Pennsylvania, Illinois and the closest one is in Gastonia at our home center. If there is any tournament to come support it would be the one on March 24-26th as that is our Conference Championship. I hope to see you there.

BAC Baseball: Same Team, Better Results

BY: DANIEL SHEARIN

Although it is only the fall semester, the Belmont Abbey baseball team is in full swing and gearing up for what they hope to be another great season in the spring.

After an outstanding year last with the Crusaders making it to the Division 2 tournament for the first time since 2009. They had an outstanding record of 38-14-1 which marked only the seventh time the team has won 30 or more games.

For the 2023 baseball season, the Belmont Abbey team expects similar success as they had in the past and also expects a lot of fans as well. This is a big season for Crusader baseball as they want to continue the previous season's success and hopefully be on the road to Cary once again which is where the home to the Division II college World Series is.

A lot of new faces are here as well and want to continue the success such as new freshman pitcher Luke Davis, who when asked about the upcoming season had this to say, "I can't wait for the season to start and help the team as much as I can and see all the fans that come to support." Being on the team as well I totally agree with what Luke says as I am ready for the season to begin and to help the team win.

These are just a few reasons to be excited about this upcoming baseball season and why students should come to support the team. It's going to be a fun and exciting team to watch with only a lot of wins to show for it. Come support Belmont Abbey baseball when we start our season in February!

Field Hockey



Photo Credit: Peyton Lilley

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