

THE CRUSADER

Welcome Bac Crusaders

Submit to the 2nd Annual Undergraduate Research Poster Conference

BY: ERIN JENSEN (FACULTY ADVISOR)

Join us for the 2nd Annual Undergraduate Research Poster Conference at Belmont Abbey College on April 21, 2023 in the Hub.

To prepare for the event, we are asking students to submit a title and short description of their project by Monday, April 3 at 11: 59 pm

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

Please submit your proposal through the website and Google form:

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

We will let you know if you have been accepted to the conference within one week of the deadline.

Once accepted, you will then create either digital or paper posters on your topic. Templates and printing instructions are included on the website.

On April 21, from 1-2 pm, students will display their posters and discuss with attendees their topics.

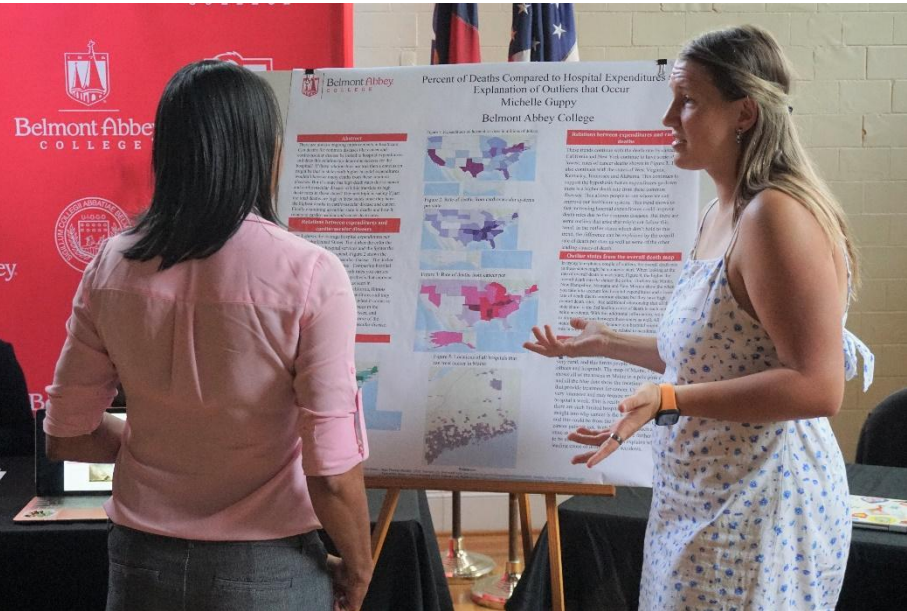
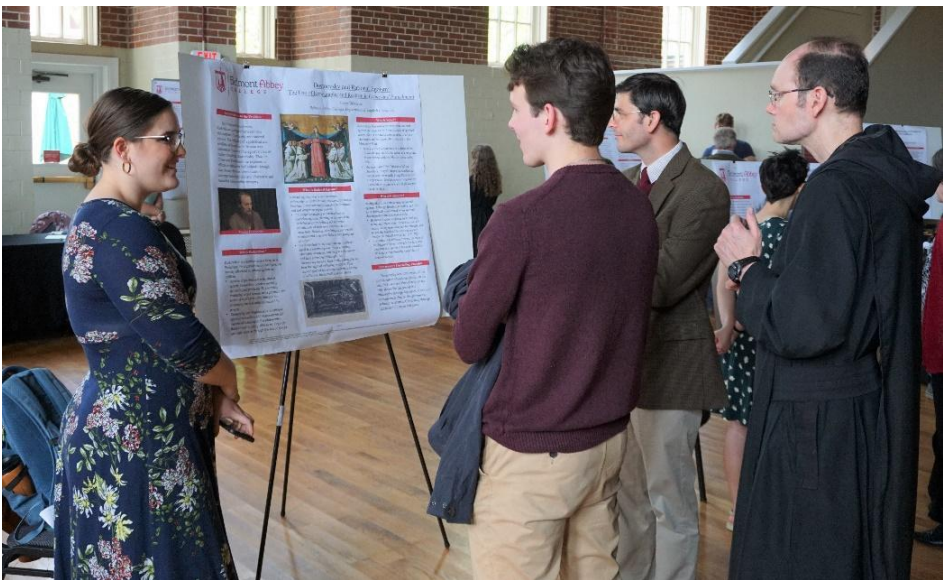
Undergraduate research participation is helpful to include on graduate school applications and to be added to resumes.

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



The following are pictures from the conference last year. Both digital and paper posters were displayed.





Meet Your Student Government (SGA)

BY: MORGAN LANZO

The Student Government Association (SGA) of Belmont Abbey College introduces its new Executive Leadership Board for 2023: Executive President, Youthan Love; Executive Vice President, Margaret Harris; Executive Press Secretary, Emily Reynaud; and Executive Secretary (Interim), Morgan Lanzo.

Other members of SGA include:
Junior Class President, Chris Mee
Junior Class Vice President, Aundrea Retzbach
Junior Class Senator, Daniel Santana

Sophomore Class President, Jason Tronetti
Sophomore Class Vice President, Regina Vehige

Freshman Class President, John Hetzel
Freshman Class Vice President, Irengé Nkere
Freshman Class Senator, Annika Deveau.

SGA expressed its enthusiasm for its programming this semester and renewing its commitment to making student voices heard from all corners of the Crusader Community.



Robot Lawnmower on Campus

BY: CHARLES FREMAUX

Have you ever noticed the lawnmower that drives itself on Belmont Abbey's campus? Although this mower has perplexed many around campus at first, this mower is one of the newest additions to the Abbey. This past fall, SSC Services for Education contractors provided Belmont Abbey with a new Autonomous ZK self-controlling lawnmower. This mower can be seen around campus mowing the beautiful lawns of the Abbey completely on its own. This mower, and others like it that have been provided to campuses by SSC, is part of an initiative that helps schools maximize the usage of their students' tuition fees and reduce operational costs.

The Autonomous ZK mower is used across campus to mow lawns and keep the campus beautiful. The addition of this mower to campus has saved the Belmont Abbey Maintenance Department significant time and effort that would otherwise have to be put into mowing the acres of grass on the college's grounds. This mower also allows groundskeepers to devote their time to more detailed lawncare, as well as provide a better overall experience for students, faculty, and visitors of the Abbey.



This new mower provided by SSC provides financial benefits to the college as well. Through new technological advancements such as the Autonomous ZK, the Abbey is able to reduce expenses in order to create more efficient use of funding and tuition expenses the school receives. This progress on campus will help support new additions to the campus, such as the dorm buildings that the Abbey plans to finish by the fall 2023 semester.

While this appears to be a small change to the campus, the implementation of new technology like an automatic lawn mower signifies a greater change occurring throughout Belmont Abbey. This mower helps represent the college’s constant strive for progression and advancements in all aspects of its community.

Student Voices: Compliments About Faculty

BY: STAFF WRITERS

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

- Digital Humanities with Dr. Hutchinson and the social media class with Erin Jensen. Their teaching style is super futuristic and hands on learning with activities and interactive assignments.
- Dr Beeman: She helped me through a difficult class and also helped me with personal issues, encouraging and giving options for me.
- Father Chris: I struggled with his classes but he taught me so much and was entertaining while doing it, challenging me and my classmates every time.
- Dr Jonathan Hayes is super fun and cares a lot about his students.
- Mr. Beekwilder always makes sure to engage the classroom and ask us questions to keep us paying attention.
- Mrs. Richards is one of my favorite professors because even though our class was at 8am she always came in energized and ready to teach.
- Dr. Michael Watson, because he teaches the class in a very fun way (relate principles to real life) and he congratulated me on my midterm.
- Professor Ward, he’s really funny and he speaks from experience.
- Professor Buddy Motz enjoys what he teaches and it makes the class a lot more enjoyable.
- Dr. Elizabeth Bookwalter seems to really enjoy what she talks about.
- Dr. Patrick Wadden and Dr. Ian Crowe. These are my favorite professors this semester; they are very

professional but still a lot of fun in class.

- Ann Gleason explains the information well and makes the classes interesting.
- Dr. Berbrick is an incredible professor who really engages her students with the content she is teaching, and she really cares about her students. She also responds quickly and is eager to help any student.
- Dr. Troy Feay was passionate and engaging.
- Dr. Ayala is one of my favorite teachers because she is very willing to help in anything you need even outside the classroom.
- Dr. Dell'Isola is one of my favorite teachers because he is very supportive of the students learning and presents the information through a Catholic lens.
- Dr. Tiwari and Dr. Menno because they know how to make the class fun and constantly keep students engaged in class.
- Brad Frazer because he makes his class fun and enjoyable.
- Jill Bloede they always bring so much energy to class ever time and they want you to succeed
- Dr Zdansky: Challenges you in a good way

Monastic Life: A Monks Perspective

BY: SARAH BRUTON



Have you ever seen Brother James around campus or heard people talk about him? Brother James has been a monk here at Belmont Abbey since 2013. However, he wasn't always a monk or Catholic. He became a monk 9 years ago on his journey to reconnect with God while living in Charleston, SC, as a merchant marine.

As a Benedictine monk here at Belmont, Brother James lives by the Benedictine Hallmarks and Traditions to live for God rather than himself. He demonstrates this daily as he is always trying to be involved in school activities and is also an excellent listener when needed. He lives his life to show the students here how appreciative the monks are to have us students attend the college they have built and want to spread knowledge to everyone.

Brother James states, “I became a monk to pursue the will of God because it’s a calling and gift and for yourself, for happiness. I was looking for more, and I wasn’t expecting it to be a monastery, but that is what God wanted me to have.” He also states, “Listening is the key component. I listen to

people because I listen to God.” He gives spiritual direction, which is listening to the person and God and determining what God wants the person to hear and not what they want to hear by spiritually guiding them.

If you see a monk or Brother James around campus, go and talk to them and find out about their journey to Christ.

Stimulating The Mind

BY: NOAH BUTCHER

Elizabeth Bookwalter is my professor for PC 201 Introduction to Psychology. She is a new professor at the college as this is her second semester teaching here.

She is a very kind and great professor. She teaches a lot of interesting things like the sleep disorders and lobes of the brain.

Dr. Bookwalter has many interesting things about her. She can wiggle her ears, she and her husband have seven brothers, she is left-handed, and she can spin a basketball on her finger. She quotes, “I love being a life-long learner.”

So overall, Elizabeth Bookwalter is a great professor that is always happy to be here and has a good time teaching. I hope everyone takes a class from Professor Bookwalter.



Major and Minor Fair

BY: RUBY FOSTER

The Major and Minor Fair happened on a sunny afternoon, February 8th; this event allowed the student body to expand their horizons and step out of their comfort zones. There was a wide variety of different people and different departments to learn about. As questions flew about throughout the Haid theatre, more and more students were gaining knowledge on new subjects and new avenues in life.

Having this event be something that was required for all freshmen FYE classes was a very smart decision, as it gave a chance to give people insight into what the possibilities are. Most freshmen come into their college life not knowing what the options are for their future. The major and minor fair could have possibly suede someone's mind about their future choices or given them an idea of what they want to do for their future.

Having minors presented at the fair was also a great benefit to those who have decided on their future plans. Adding a minor to your degree is very beneficial in many ways.

Freshman Jada Foster put her two senses into the event and said, “The major and minor fair opened my eyes to possible minors that could go along with my major...I also enjoyed that you could go to any of the professors to talk about the specifics of each major.” With that being said, whether it be a language or a psychology minor to help better understand people and communicate with the world better, anything would be a step in the right direction.

All in all, if you did not make it to the major and minor fair this year, it is strongly recommended that you go next year!



Why Criminal Justice Major?

BY: ANNA LI

Have you ever wanted to be a police officer? an investigator? a lawyer? If so, you may want to major in criminal justice. The Criminal Justice program at Belmont Abbey College has been running since August of 2006. Their duty is to educate students about America’s criminal justice system and criminal behavior with the help of experienced professors. All professors have experience in criminal justice and help students see crime from different perspectives, including psychology, biology, and theology.

The Criminal Justice program began with the first Program director, Julia Beeman, PhD, who joined BAC in 2006. The program soon grew into a separate department in 2010. According to Dr. Beeman, this program stands out because “Every faculty member, in addition to being well credentialed academically, are all former practitioners. This helps students learn how theory and philosophy of the justice system are actually applied in law enforcement, courts, and corrections.”

When asked the question, “What do you think is special about the BAC Criminal Justice Department?” a professor that rejoined the school full-time in the fall of 2022, Ann Gleason J.D. answered, “Everyone in the department has actually worked in the criminal justice system. We have had prosecutors, defense attorneys, judges, and law enforcement practitioners.” It shows the experience and value that all professors in the department have. It might be appealing to students who are considering this major; it certainly was for me when I was choosing the place to obtain my criminal justice degree.

On the path to graduating, there are opportunities for hands-on experience in different areas of work, related to the criminal justice field. These could also be extra advantageous as some could count for academic credit.

There is a double benefit to this: the ability to test received knowledge as well as to assess and experience the framework of possible career paths. A few internship opportunities include the ability to work in local police departments. Moreover, it is also possible to complete an internship in different places that are more related to a student’s career choice. They can work with career advisors on campus to find the most fitting placement.

The Criminal Justice degree offers many different paths for the future. Potential job positions include: police officer, criminal investigator, forensic science technician, forensic accountant, and many more. This degree also provides opportunities to go to law school, if desired, with a good background of the criminal justice system in America.

A student graduating in Criminal Justice this upcoming May, with the goal of becoming a fraud investigator, Ashton Lunsford, answered the same question about what she thinks makes the program special. She said, “I really like that all the professors practiced their knowledge in the field. All of them are able to share useful knowledge and personal experiences as well as guide students through different perspectives.”

If criminal justice is your passion, you should consider joining the program!

contact Daniel Lee: danielrlee@abbey.bac.edu

TO THE HEIGHTS!

FRASSATI
HIKING CLUB



History Minor: A Closer Look

BY: ANDREA ANTEZANA

Belmont Abbey's history minor is an excellent program for students seeking to explore the world's mysteries through studying the past and present. By studying history, one can better understand the lives and views of those living in the world and the events that have impacted our present.

Not only do history students learn lessons about the past, but gain valuable experience and skills in research, writing, communication, problem-solving, analytical thinking, etc.

A minor in history complements any major and is an excellent addition to anyone's intended career path. To pursue a history minor, one must complete **15 hours of history courses at the 200 level or above** in addition to the core requirements and one's major requirements.

Not all history courses are offered every year. Some courses one may choose from to complete the history minor requirements include:

- ❖ HI 201 – United States History 1492 to 1877
- ❖ HI 202 – United States History 1877 to Present
- ❖ HI 301 – Historiography
- ❖ HI 304 – Human Prehistory
- ❖ HI 311 – Introduction to Public History
- ❖ HI 312 – Local History
- ❖ HI 313 – History of the South
- ❖ HI 321 – Leaders and Leadership in the Modern World
- ❖ HI 334 – Religion and Revolution in Early America
- ❖ HI 346 – Global History of Modern Catholic Missions
- ❖ HI 371 – Imperialism
- ❖ HI 375 – Introduction to African History
- ❖ HI 385 – The Cold War
- ❖ HI 402 – Modern European History 1799 to Present
- ❖ HI 404 – Early Christian Ireland
- ❖ HI 412 – The Civil Rights Movement
- ❖ HI 413 – Nations of Nations: Immigrants in American History
- ❖ HI 416 – Vietnam Wars

The Belmont Abbey history program will prepare one to tackle any career or graduate program. History students commonly go into business, journalism, politics, law, etc. There are various internship opportunities for history students at museums, preservations, historical sites, etc.

Come and be a part of the history community at BAC!

Belmont Abbey Minor: Art History

BY: REAGAN CULLEN

Belmont Abbey prides itself in providing their students with a great education that will open many doors for students in the future. One way in which their education exceeds expectations is the provided options of majors and minors, despite how small the program is. Along with a lengthy list of majors, the school offers around fifty minors. One minor provided by the college is Art History. Although I am not studying this field myself, I have heard great things about the Art History minor, and therefore would like to shed some light on it.

This program is coordinated by Linda Pastryk, along with student Brianna Sroka as President. Art History studies art, infrastructure, buildings, sculptures, etc. in history, taking into consideration its historical and cultural context to understand its connection and effect on society. The Art History minor requires 15 credit hours. Some of the courses that it entails are Prehistory through the Middle Ages (AR 101), Renaissance to Modern (AR 102), and The Art, Architecture, and Religion of India, China, and Japan (AR 300).

After sitting down with the Art History minor’s president, Brianna Sroka, I was able to learn more about the minor. She shared how the classes open your eyes to how art and architecture can reveal so much information about Earth’s history. Sroka also shared that her favorite experience was when she visited the Mint Museum in Uptown Charlotte with her professor, Linda Pastryk. Sroka commented on the beautiful art that she was able to observe, recalling how excited she was when she discovered there was a section dedicated to fashion throughout history.

While it is encouraged students choose a minor that is specific to their interests and possible career choice, the Art History minor is one I highly recommend if you find yourself short of a minor and are interested in the subject. Through this program, you will be allowed to understand art from the past that has impacted historical and modern society, and even be provided with the opportunity to attend festivals, museums, and art shows firsthand.



Shine A Light on Mental Health

BY: AYANNA POMPEY

The word “Mental Health” scares most individuals due to the stigma that the public has created. The truth is they have the wrong impression and are misinformed. Mental Health involves our emotional, psychological and social state. Mental Health signs can play out in our daily activities like schooling, work or family events. A range of different emotions are among Mental Health such as Anger, Pride, Resentment, and Anxiety. Luckily for us, Belmont Abbey offers a free counseling service for students on and off campus by appointment base. The school counseling session is handled by a licensed therapist that are extremely confidential and helps open a new perspective of thinking. The service can be found on the school’s web page or around campus on flyers.

Social Media overuse can be harmful when used as a comparison battle. The power of social media can be changed with how we participate with any app. Instead of using it for long hours, set a timer to remind you to take a break. This certainly isn't a bashing towards social media but merely a reality check for remembering you are worthy in all aspects.

College students and youth members are still evolving into the people we are meant to become. Time and hard work can help lead to our own definition of greatness without comparing ourselves to others. We have to reevaluate our priorities and live up to our standards. Be kind to yourself and allow room for mistakes and improvements. The term “Mental Health” is a vibrant topic that should be seen as progression towards a person wanting help instead of being dismissive of it. Let’s start today by embracing Mental Health and everyone who feels as they need someone to vent to. I want to share a quote that embraces empowerment and togetherness in a time of need.

“Life doesn’t make any sense without interdependence. We need each other, and the sooner we learn that, the better for us all.” — Erik Erikson

Germany to Belmont Abbey

BY: ASLAN ALP WONDERGEM

Seventeen hours is what it took me to come to Belmont, North Carolina. My name is Aslan Alp Wondergem and I was born in Belgium, but I now live in Germany. My mother is Turkish and my dad is from the Netherlands.

When coming from a distance and not knowing people, you would think finding new friends takes a lot of work. Still, at Belmont, the community is so welcoming and interested people that they come up and start the conversation asking about where you are from, and that shows how quickly friends are made at the Abbey. When leaving home, you understand what it is like living alone without your parent's

help, but thanks to all the helpful staff and coaches' help, I and others settle in. Their support makes it easy and great to come into a new community all alone. When coming from Europe, you also have to adapt to the culture change and how different it is to live in these places. Since Belmont is so diverse, finding people from similar backgrounds and making a connection is straightforward. For me, one was Lex Van den Bergh, who is also from Belgium, and we instantly connected; he said, “I enjoy the fact that Belmont is one big family and not just between the teams but a big community in general.”

When coming from such a distance, the trip was difficult as I had to get on two planes, and being in a plane for that long isn't for everyone. When leaving home, I had to leave my family and friends, which is challenging as the time difference makes it difficult to talk to them as much as you do when you are back home. My car is also something I would have access to, and not having a car is difficult, as back home, I would use it every day, making life 10x easier.

Living here is very different from home, but with the people around us being so supportive and helpful, the transition is a lot easier. All the teachers, the staff, and the coaches want the best, which helps you when coming from a distance. Making friends that will last from the beginning till the end of college is accessible in a community like Belmont Abbey.

Succeeding in Class: Dr. Ian Crowe

BY: PATRICK GALLAGHER



If you have taken a class with the much-liked Professor Ian Crowe, you know by now not to have a hood on your head in that class. The well-known professor has been teaching for 41 years and has been a professor at the

Abbey for the last several years. He not only has experience being a high school and college professor, but he has also taught in a different country, which gives him an interesting perspective on how the classroom works.

When asked about the most important things for students to be doing in class, Dr. Crowe had a surprising response. Most of the students at Belmont Abbey would think that a professor might say to do all the reading beforehand, take lots of notes, and maybe be on time every time. However, Dr. Crowe says out of all of these, the most important thing is merely to “look attentive” in class.

Yes, my fellow students, it's that easy. Simply look attentive in class and you can have happier professors and better grades.

Dr. Crowe says that if you look attentive, you will probably have a notebook on the desk in front of you, even if you don't plan on taking any notes. But if you do have a notebook in front of you, you are more likely to pay attention and write something interesting down, and instead of the entire class being background noise, you may find that you have an interest in whatever subject you may be in. Even if this is not the case, simply looking attentive can lead to a better overall grade and a better understanding of what you are studying. So, have your ears uncovered, your notebook on the desk, and when your eyes are up, your grades probably will be too.

The Crusader Psychology Club

BY: KATELYN SAXE

What is the psychology club? This club was started by a group of psychology members and the help of professors as a way to talk and educate students about hard topics in the field and create a medium for students interested in psychology but not looking to do that as their major . They host fun activities as a way to bring some light to the stressful college life. They have done events that include things like water balloon tosses and obstacle courses. There are also mor e laid back meetings where they deliberate and have fun energizing conversations.

Who can Join? You may think this would be reserved for the psychology majors but the club is offered to any student here at Belmont Abbey. All are encouraged to come and engage because everyone faces the troubles associated with stress and burnout of being a bust student and what a better place to list off some of the weight of those problems!

They typically meet on Thursdays at 12:15pm, so if you are looking for something to do in between classes then drop by room 111 in the science building. Just stop by a meeting and see what you think! You do not need to make any formal request to join. Come talk to any of the students that are in the group and just see what you think of a meeting. They are very open to anyone and enjoy the company of a student of any major.

Sports Management Minor

BY: MADISON JONES

The Belmont Abbey College Sports Management Minor offers a curriculum that allows for students to grow and adapt skills that will help further them in their careers. With a variety of course, professors, and networking connections this minor is one that allows students grow both personally and academically. There are two required courses for this minor one being SM 200 which is titled History, Culture, and Philosophy of Sport and the other is SM 201 which is Introduction to Sport Management. These two-course set the base for students to be able to learn skills such

as organizational theory and leadership in sports, sports marketing, and sport facilities and event management.

The Sport Management department has professors all with a different background and skill set. Dr. Trey Cunningham is the chair and associate professor of the department and has a background in sport security. Dana Catchpole is an assistant professor with a background in risk management and human resources. Lindsay Hofferberth is also an assistant professor with a very strong reach into professional sports teams based in Charlotte. And Quinn Beekwilder is both an assistant professor and coordinator for the sport management department, he is known for his vast experience in the motorsport field.

The Sport Management minor offers a wide range of benefits from the skills that a student will learn throughout the courses to the skills that can be taught from the various backgrounds of each of the department's professors. This minor offers a unique experience because it allows for students to learn both in and out of the classroom by taking the information that is presented in lecture and giving them the opportunity to apply it towards real world situations and experience.



Double Major of Sports Management and Business Management

BY: FRANKEE HENDRICKS

Are you thinking of pursuing a career in either the sport or business world? The dual major of sport management and business management is great for anyone looking to pursue a career in sports. The two majors overlap in many ways so that the class load is not nearly as bad as it seems. Students should take full advantage of this convenient way to get two majors out of their four years at Belmont Abbey.

For the sport management major, it is required to take EC201(Introduction to Economics), BU315W (Business Communications), and BU265 (Spreadsheet and Data). All three of these are also required for the business management major. If you take these classes they will count towards both majors! The sport management degree alone also required a lot of electives in order to get to the 120 hours. Therefore, the extra classes that you would need to take for business

management can be filled up by sports classes towards your sport management major.

Again, taking these courses just one time will go towards both majors! These majors also only require one internship collectively! This was actually my deciding factor for deciding to double major. It would seem as though you had to do two separate internships, one for each major, when in actuality it is just one for both! It is a huge time saver!

There are so many careers in the sports management field that require a degree in business to be successful. Almost every aspect of sports includes business in some way whether that is management of recreational facilities, social media marketing, or even spot finance. Having both of these majors on your resume will give you an edge over your peers.

Overall these two degrees go hand in hand, and it would be majorly beneficial for anyone to take advantage of this opportunity if you are in school for either of these majors alone. It is a great way to maximize your time at Belmont Abbey College



Meet Dr. Judith McDonald

BY: LAURA GONZALEZ

The Elementary Education professors are some of the coolest teachers I have ever had the opportunity to learn from. One professor I want to share is Dr. Judith McDonald. Dr. McDonald teaches lots of education classes, but the best one was the Science Methods of Teaching. She is more than a hard-working professor at the Abbey. She has spent lots of time in schools helping with their science programs to this day, traveling, and helping write 3 chapters of a book. Dr. McDonald is always willing to help students out with achieving their goals, but have you ever heard of one that is helping the Kingdom of Sudira Rabum understand a new standard and implementing interactive science for students grades Kindergarten through 12th.

Becoming a teacher was something she realized was her dream job. Teaching science is what stood out to her since she was so young. According to Dr. McDonald, she was at girl scout camp when she realized her strong passion for science. In the summer of 6th grade, when the astronauts landed on the moon, she was demanding everyone to watch the moon landing. She cut out all the pictures from

Washington news and still has them to this day. Watching the moon landing was an incredible experience that helped her fall in love with science.

Dr. McDonald has been working here at the Abbey for 15 years and is currently in her 16th year. She has taught a “lifetime” of all grade levels including graduate school. Dr. McDonald has spent another “lifetime” of learning and is continually still learning to this day. Outside of the college classroom, Dr. McDonald works with schools around the Charlotte area. At one school, she is helping the school build a garden. She helps host STEAM nights where some of the education methods students help teach another school an educational project. Dr. McDonald has created so many opportunities for her students to adventure out and have experiences with their teaching careers. Something that gives her motivation to stay involved in school is when she sees her education students cross the line from student to teacher.

Outside of being a great professor, she loves to be outdoors, hiking, enjoying nature, gardening, and traveling. She has to Switzer, France, Iceland, Hawaii, Costa Rica, and Panama. Dr. McDonald loves to travel and discover new science within all the adventures. In Iceland, she saw volcanos, swam, and touch the Europe plates. She saw northern lights and glaciers. In Hawaii, she saw an active volcano in Kailua and observatories. Hiked the Grand Canyon to see rock formations. Went to Costa Rica to see the biodiversity. Gone to Panama for volcanoes and the canal. Snorkeled the Caribbean and watch coral bleach. One of her favorite things is to observe clouds everywhere she goes.

Belmont Abbey Holds an Annual Power Weekend

BY: CHRISTINA VILLANUEVA

Have you ever felt in college as just going through the motions? Or simply bouncing from class to practice every day? Belmont Abbey has been offering for the last five years a weekend to show students there is more to college than just class and practice. It is called the Awakening Retreat and it is held during the spring semester. While this is still a Catholic retreat, it is open to all students of all grades. It is a chance to open your heart and mind to discover something more profound. During this weekend students can collaborate and reflect with other students and have time to meditate and pray without outside pressure. This only happens once a year and has been found to be very successful. To sign up, there is an information table outside the cafeteria for more information.

One key part of the Awakening Retreat is being a part of a small group. This is a group of students, led by upperclassmen, to bond and converse over speeches and activities throughout the weekend. To keep the privacy of the retreat coordinators, the details of the cannot be shared. This very reason has led to hundreds of students participating in such an amazing weekend. Students are able to open up and trust their small group to share their struggles. This gives other students the opportunity to help their peers on a confidential level.

Another important aspect of the retreat is the power of prayer. Whether a student is catholic or not, they are able to participate in prayer throughout the retreat. There are rosaries, reflections, and most importantly, the holy mass. This is a chance for the retreatants to talk to God and bring to him their needs. During school, time for prayer can be hard to find. The Awakening Retreat is an easy and fun way to feel stress free and relaxed while growing in the faith.

Students have said to have felt “refreshed” and “joyful” after returning from this retreat. From personal experience, the retreat was a perfect way to start my college career by meeting new people and feeling comfortable. This goes to show how powerful this retreat can be. It is open to any student of Belmont Abbey. People have repeatedly gone back to help with the retreat, and it has not been talked about enough.

This year the Awakening Retreat was held February 24-26.

Plant Ecology Course

BY: TAMIYA ELLIS

The Abbey is known for our amazing biology program. But one thing many people don’t know about is our plant ecology course that is offered by Dr. Robert Tompkins. This is a course that is both fun, interesting, and beneficial. This class allows us to learn about the environment around us, and potentially grow, and be more conscious of our ecological contributions. After taking this course, I noticed being able to name many different trees on campus and at home. I was also able to explain to my parents, the difference between salt, tolerant and intolerant plants.

This was a course that I took only as a biology requirement that actually ended up being one of my more enjoyable classes. This course is offered during the Fall and this previous call offered a beach trip to its students. Many people gave positive feedback about their time on the trip stating that it was an awesome opportunity to both decompress from the stress of college life, learn about new and interesting, planting, lifeforms, and get to know both the professor and fellow students. Plant Ecology is great course and I encourage you to take it.



Sports Minor

BY: JAKE SNELGROVE

At Belmont Abbey College, with countless opportunities to learn and set yourself up for the future with dozens of majors and minors to select from. The Abbey is proud to offer thirty-nine total minors open to anyone willing to work to achieve them. You can choose anything from philosophy and motorsport management to mathematics.

With that many minors offered, paired with the total undergraduate student total being under 2,000 students, you will never have to worry about being unable to get accepted into a minor program. For today's feature presentation, we will deep dive into the Sports Management Minor and everything that goes into it.

With a Sports Management Minor at Belmont Abbey College on your post-grad resume, you will have much better access to the sports business world than ever before. Taking a sports minor requires you to take a minimum total of at least five classes. These classes include History, Culture, and Philosophy of sport, where you learn all about the first ever documented sports in history up to the present-day sports, we all know and love today.

Introduction to Sport Management and three other 300 to 400-level classes are the different class requirements, where you have a selection that ranges from Intro to Motorsport to Sports Broadcasting classes. Every academic department here at the Abbey showcases very talented and highly praised professors, and the Sport Management department is no different.

- Trey Cunningham
- Dana Catchpole
- Lindsay Hofferberth

Listed above are three of Belmont Abbeys' finest sports management professors, as we highly recommend taking at least one class with each of them.

The sports department is proud to have professors with professional backgrounds in sports media, broadcasting, production, and sports competitions. With the vast collection of knowledge and hands-on experience, each professor can help our students learn and prosper as much as possible.

Belmont Abbey College prides itself on giving every one of its students the highest form of education possible and has done so for many years. With just under forty total minors offered, the Abbey ensures that its students have a wide variety of what they can choose to learn about. The Sports Management Minor is one of the best to take, as it is also one of the more popular minors taken by the students here. The professors and staff are all top-of-the-line and overqualified to teach their classes, which shows in the success of sport management students' post-graduation.

Dr. Mark Hanssen

BY: WILL WOLFE

“I once lived in and managed a castle as a conference and event center just outside of Vienna, Austria. It was at those conferences that I took began to take an interest in economics.”

Dr. Mark Hanssen, a professor of economics, has dedicated the early parts of his career to bridging the gap between Western economic ideas and post-communist countries. Through his efforts, he has brought Western experts in economics to train these countries in the principles of market-based economies.

Hanssen's own journey in economics began in Spain, where he spent three years earning his Ph.D. in economics from Universidad de Navarra at the Pamplona campus, an expert in the field. Fluent in Spanish, he went on to work at the non-profit organization Codespa, which focuses on international agriculture development. Hansson spent four years with the organization, working to improve the livelihoods of farmers and rural communities in developing countries.

His efforts have been felt across Eastern Europe and other post-communist countries, where he has helped shape policies and economic development strategies. Hansson's work has helped to create opportunities for economic growth and prosperity in these countries.

Now teaching at Belmont Abbey College, Dr. Hanssen has decided to focus more on academia and less on travel. He is known for his unique teaching style that depends on his coffee level. Many students have attested to his fantastic teaching abilities.

Overall, Hanssen's dedication to bridging the gap between East and West in the field of economics has had a significant impact. His unique teaching style and expertise have helped to shape the economic futures of many countries, making him an invaluable asset to the academic community, and Belmont Abbey is lucky to have him as their newest economic professor.



Benedictine Volunteer Corps—A Ray of Light

BY: GIREESH GUPTA

Belmont Abbey Benedictine Volunteer Corps is a benevolent volunteers’ corps.

BVC service will increase your empathy for the needy, and strengthen you in mind, spirit, and body.

BVC’s humane and compassionate work is sublime, and will help you realize that deep inside us dwells the divine.

BVC’s work will imbue you with God’s grace, and guide you to make our world a beautiful place.

BVC at Belmont Abbey is a ray of light, that inspires young men and women to spread the love of Christ.

Theater: Opening Night!

BY: ADAN RUIZ

Belmont Abbey and its Abbey players held their opening night in the Haid Theater in February. The Book of Will was the play being performed that night. This is one of the six offerings the Players do every year. The program has become one of the staples at Belmont Abbey College. Thanks to Actors from here in the Belmont area and The Abbey's own Actors these plays are made possible for the enjoyment of the Belmont Community and the Abbey’s students

The Director, Jill Bledsoe has been working with the actors and producers for a long time. A lot goes into these plays, from the choreography to the lighting in certain scenes.

I have spoken to many people who are in charge of making this play a hit and they all are extremely excited. I had spoken to Jill Bledsoe and she said “This play is one of the biggest ones of the year here at the Abbey.” I also spoke to a student who is one of the acting classes here at the Abbey and he said “I am excited for this play because I get to watch and learn the ways to be able to play into an audience.” The Book of Will is about a group of people who are in love with plays and theater. They become disappointed when they see a botched play from one of Shakespeare’s famous plays. They realize people begin to forget about theater so they go and find Shakespeare’s plays and publish them into a book. They also go find Anne Hathaway to be able to receive her blessing to publish the plays for the world to see.

I attended the opening night of the play and was astonished at the professionalism of the play. The seats at The Haid Theatre were packed to the top and with that the play became a success. I loved the raw emotion the actors showed and how amazing the play turned out to be.

Go see one of the plays put on by the Abbey Players here at Belmont Abbey College!



Digital Humanities and Medieval Studies Event

TEXTS, HISTORY, AND COMPUTATION:

What Digital Humanities Can Do for Medieval Studies

Dr. Jakub Kabala
(Davidson College)

Date: Thursday, March 30th
Time: 6:00 p.m.
Location: Stowe 215

SPONSORED BY:
Minor in Medieval Studies
Minor in Digital Humanities
English Department
History Department



SPORTS HIGHLIGHTS

Belmont Abbey Men’s Volleyball Faced No. 1 Hawaii

BY: HANNAH SCHUDLIK

The Belmont Abbey Men’s Volleyball Crusaders faced off against D1’s number-one ranked team, the University of Hawaii’s Rainbow Warriors in the Wheeler Center.

As the two-time defending NCAA national champions, the Rainbow Warriors earned their number one slot in men’s college volleyball. Traditionally, Belmont Abbey offers D2 athletic programs to its students, but because men’s volleyball is a more minor sport, the Crusaders compete at the D1 level. As a part of their preseason tournaments, Hawaii traveled to North Carolina to play teams like Queens University of Charlotte, Barton College, and Belmont Abbey.

After a series of warmups, announcers read aloud each team’s starting lineup and conducted the gym in prayer before singing the national anthem. A whopping number of 1,154 attendees filled Wheeler to support the teams. A notable attendee included Belmont Abbey’s President, Dr. Thierfelder.



At 7:00 p.m., the game began with a serve from Belmont Abbey’s outside hitter, #26 Alex Winiarczyk. Hawaii seemed to dominate the set with 13 kills opposed to Belmont Abbey’s high of 9. With intensity rising, senior Crusader #19 Matthew Maxwell earned a yellow card for unsportsmanlike behavior. Fortunately for Maxwell, he turned his game around, leading his team in assists (17) and having the highest hitting percentage (.333). Senior Matteo Miselli led his team with 12 kills. Although Hawaii won the set 25-18, the first half of the match brought good news to the junior setter, #12 Clayton Zimmerman. After recovering from a hip injury and medical redshirt his sophomore year, Zimmerman appeared against the number one team in men’s collegiate volleyball.

Belmont Abbey returned strongly after a 1-0 deficit and tallied the first point of set two. Unfortunately, they shortly fell behind 9-3. Hawaii won the set again 25-18, instilling some angst among the Crusaders. In the third set, the Abbey made their most aggressive plays. For the first time, the Crusaders were able to gain a two-point lead (18-16 and 20-18). Ultimately, Hawaii answered with seven points in a row and won the set 25-21. Highlights from the second and third sets included aces from Matteo Miselli and middle blocker Jay Beller.

Hawaii may have won the match in three sets, but the crowd was overjoyed with how hard the Crusaders worked. To congratulate the team, the team and the audience joined together in singing Belmont Abbey’s alma mater.

Tale of Two Vaulters

BY: CHRISTOPHER DUARTE



Two male athletes from the Belmont Abbey track and field team had their sights set on breaking an indoor pole vault record that has been standing strong since December 7th, 2019. Kelly Hay and Christopher Duarte were determined to make history the Conference Championships in Feb. 2023 and secure their place in the school's record books.

During an exclusive interview with Kelly Hay on February 15th, he expressed his excitement about competing with his teammates at the conference meet. When asked about his preparation for breaking the record, he shared that he has been working on being more aggressive during his run, but hasn't made many other changes.

Unfortunately, I (Christopher Duarte) had sprained my abdominal muscle. To alleviate the pain, I had been focusing on active recovery techniques and had invested in some bigger poles to aid in my record-breaking attempt.

Despite our best efforts, neither of us broke the indoor pole vault record at the Conference Championships on February 20th, 2023. Nevertheless, both of us put on an impressive display of skill and dedication during their attempts, leaving many eager to see what they will accomplish during the upcoming outdoor season.

The Belmont Abbey community remains fully supportive of these talented vaulters and their tireless pursuit of

excellence. As we look forward to the outdoor season, excitement is building about what Kelly and Christopher will achieve next. Be sure to stay tuned for updates on their journey as they continue to strive towards their goals and set new records in the thrilling sport of pole vaulting.

Belmont’s New Cycling Coach Has Big Plans for The Team

BY: JONAS WALTON

Seven years ago, Belmont's cycling team won the school's first national championship. Nat Worcester is the newest cycling coach here at Belmont and is already making great strides to bring back another national title. Coach Worcester is also an alumnus of Belmont Abbey. Just three years ago, he studied in the same classrooms and ate the same cafeteria food as we all do.



Coach Worcester came to the Abbey as a freshman to be a part of the new cycling team. It was also the first year for the program, so he had the opportunity to create a legacy as a rider for the program. His goal was to leave a mark more significant than himself. He competed in Road, Track, and Mountain biking events during his four years at Belmont. He excelled in the track events and even got 3rd at the Collegiate Track National Championships.

During Coach Worcester's time at Belmont, he achieved a Bachelor's in Psychology and a minor in sports management. After his time at Belmont, he took a graduate program at Capella University. This is where he got his Master's degree in Psychology with a specialization in sports psychology. Nat Worcester returned to Belmont since it has been a major part of his life. It is where he developed the most as a catholic, athlete, student, and person. Coach Worcester states "all [his] major events have happened here, so the opportunity to become a coach [at Belmont] was a dream."

Coach Worcester is now focusing on making the Cycling program reach new heights. This year he wants to win a Road National Championship (which would be the first in the team's history) and obtain a team GPA over 3.4. In the upcoming years, he wants to win a female National Championship, grow the program to 40 athletes, and consistently place top three in the country for the Road,

Track, and BMX events. Coach Worcester sees this program becoming a top destination for the nation's collegiate cyclists.

Be on the lookout May 5-7th to hear about the results of Coach Worcester's team at the Collegiate Road National Championships in Albuquerque, New Mexico. We hope to bring back Belmont Abbey's first Road National Championship win.

The New And Approved Tennis Facility

BY: JACKSON KORTA



Picture By: Catholic News Herald

The tennis team is building a brand-new tennis facility near the tennis courts sometime next fall or spring. The facility will be a total of 4,328 square feet. The building will be modern and be built with brick surrounded by trees.

The facility will have the locker rooms for the men’s and women's players. There will be offices for all of the coaches. This facility is two stories, so when families, students or anyone that wants to watch the matches there is a balcony so you can see all the matches from the view. Nick Cary, one of the tennis players, said “I am super excited to see it once it is built. It will help out the players and bring a lot of attention to our team.”

This facility will help to have a nicer area for the tennis team and will provide a better place for people to watch the matches.

Freshman Basketball Team

BY: LEX VAN DEN BERGH

The men’s freshman basketball team is filled with new players from all over the country and even from overseas.

The freshman team exists of a lot of American players and is coached by Coach Perkins. Players come from California, North Carolina, Florida, and South Carolina. There are also

a couple of players who aren't American and came from another country. Two players are from Belgium, and one player is from the Philippines.

Even though there is a lot of diversity on the team, everybody gets along well. The team has a good vibe, and everybody is around each other all the time, whether going to the gym or just hanging out in general. Aslan Wondergem, a player from Germany, describes the team as “a good environment to be around and it feels like a small family.”

The freshmen team has done well this past season, winning over 50% of their games. This was the first time Belmont Abbey had a team with all freshmen because previous years they just had 2 JV teams filled with all types of players

Let's hope that everyone on that team is going to have a bright future at Belmont Abbey as an athlete and as a student.



Interviewing a Belmont Abbey Cheerleader

BY: KENDRA KERR

Have you been to a basketball game or wrestling match and seen some of Belmont Abbey’s cheer team? Mia Lewin has been on the Belmont Abbey Cheer team since 2020. I decided to interview her to see how the cheer team has impacted her in the past 3 years.

- *Why did you decide to cheer in college?**
“I decided to join the cheer team because I was impressed with Coach Dusterhoff’s encouragement and because I cheered throughout my high school career.”
- *Would you encourage others to join the cheer team?**
“I would absolutely encourage people to join the cheer team because you get to be around a great group of girls, and it helps me stay active.”
- *What’s been your biggest struggle from being on the cheer team?**
“I wouldn’t say it’s necessarily a struggle, but staying active and keeping stamina up for competitions can get difficult.”
- *What’s been your biggest accomplishment from being on the cheer team?**
“My biggest accomplishment from being on the cheer team is winning second place at nationals.”

Come support us at our conference competition in March.



Belmont Abbey Field Hockey: The Sophomore who has set a New Standard for the Program

BY: PEYTON LILLEY

The 2022 season was monumental for the Belmont Abbey Field Hockey Team. Especially monumental for sophomore Casey Etter. This past season alone Etter broke multiple school records, including the previous record for most goals held by Kayley Williams as well as All-Conference First Team for the second year in a row.



Etter is a forward from Millville, New Jersey. During her high school career, she not only attended the Junior Olympics in Iowa and Michigan, she had a spot on the Futures Elite Field Hockey Team. While being coached by

her grandmother, she broke her high school’s scoring record, which was previously held by her older sister with a whopping 91 goals and 15 assists. Etter stated, “It just runs in the family.” This tendency then carried into college, where she currently holds the scoring record with 16 goals and 7 assists while only in her sophomore year.

During Etter’s freshman year at Belmont Abbey, she was extremely accomplished. Etter was one of the top scorers and ended the season with 10 goals and 4 assists, 3 goals being game-winning goals. By the end of her freshman season, she made the All-Rookie Team, All-Conference First Team, and Second Team All-American. These accomplishments were recognized throughout Belmont Abbey and the conference.

In this past 2022 season, Etter set the bar even higher than the year prior. After not only breaking the scoring record in the game against Lincoln Memorial University, she obtained All-Conference First Team for the second year in a row and was named to the NFHCA Watch List. In the two years Etter has been at the Abbey, she holds the records of 67 total shots on cage, 16 career goals, and 5 game-winning goals. Etter has gone above and beyond setting new expectations and growing the reputation of Belmont Abbey Field Hockey.

The Culture of Belmont Abbey Men’s Soccer

BY: TIM SHAR

With the regular season starting in the fall, the Belmont Abbey Men's Soccer starts the spring season with a game against Wake Forest, one of the nation's top NCAA Division 1 teams, on February 25, 2023, at Wake Forest. With the spring season, the Belmont Abbey Men's Soccer looks to continue building the team's culture and continue to make this program one of the top programs. The culture of the Belmont Abbey Men's Soccer team is different from every other college team. It's a culture where John Keating (Head coach of the Belmont Abbey Men's Soccer) ties core values into the program and demands discipline from every player on and off the field.

I'm fortunate to be part of a program that strives to develop characters and experience a team culture surrounded by brotherhoods ready to compete. I'm fortunate to interview Timothy Pulliam, Juan Gacha, Kevin Daly, Jhon Acevedo, and Benjamin Knust, current players, and alums of this program, about the culture of the Belmont Abbey Men's Soccer team. Tim and Juan are sophomores. Tim is majoring in Criminal Justice, and Juan is majoring in Theology and Philosophy. Kevin is a senior and double major in Business and Sport Management. Jhon and Ben are alumni of this program. Jhon graduated with a B.S. in Biology, and Ben graduated with B.A. in Business Management.

1. What makes a strong team's culture?

- a. Tim: "Being able to compete with each other during training and push your teammates to do even better."
 - b. Juan: "The diversity, even though each of us strives for the same goal, the difference is what creates the culture. Being able to bring each one's abilities and enhance one another, to appreciate one another for who we are."
 - c. Kevin: "A strong team culture comes from memories and loves for each person on the team. The suffering and tough times build character and great team culture."
 - d. Jhon: "What makes a strong team's culture is that when recruited guys are willing to play for a greater purpose other than themselves."
 - e. Ben: "You are bonded through grueling training sessions, long bus trips, and less-than-par living arrangements as a team."
2. What do you like most about the team's culture at the Abbey?
- a. Tim: "Togetherness"
 - b. Juan: "Being able to be ourselves but strive toward the same goal."
 - c. Kevin: "The thing I like the most about the culture at the Abbey is the brotherhood I've built over the last 4 years."
 - d. John: "Freshman year, I felt a sense of unity and family, which helped me adjust to college life."
 - e. Ben: "No matter what activity you participated in with this team, you were going to do it with an unintentional smile on your face."

3. Describe the team culture.
- a. Tim: "Joyful"
 - b. Juan: "Oddity, but in a good way."
 - c. Kevin: "The team culture feels like a family."
 - d. Jhon: "Hardworking"
 - e. Ben: "I've never been around such a unique, energetic, diverse, disciplined, yet classy group of guys before in my life."
- The Belmont Abbey Men's Soccer program has an identity driven by core values that help build the team's culture and help build individual characters. These current players continue the legacy that the alums have left them with and are making their legacy for the next group of players.

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