

THE CRUSADER

GOOD LUCK ON FINALS AND GRADUATION!

Highlights: Faculty Profiles, Activities, and Sports

Undergraduate Research Conference

BY: ERIN JENSEN (NEWSPAPER ADVISOR)

Congrats to the 55 students that participated in the 2nd Annual Undergraduate Research Conference last Friday!

As you can tell from the titles, students from almost all majors presented on their topics. From English to Political Philosophy to Biology to Sports Management to Economics to Computer Science to Education to Business and most of the other majors as well. Student demographics included freshman, sophomores, juniors, and seniors.

This event is scheduled to be held every year on Founder’s Day. We encourage everyone to participate next April.



- Christopher Ahern

Megan Baker

Eunjae Benson
- Individual Difference in Responses to Racist Humor

The Benefits of Peer Tutors and Students

The Effects of the COVID-19 Pandemic on Children with Autism

- Sarah Blankenship

Hailey Boda

Paige D'Agostin
- Raising Teachers’ Salaries

On Higher Dimensions

The Influence of Age and Political Ideology on the Justifiability of the Death Penalty
- Christopher Duarte

William Duffy

Renzo Fassiolli
- Promoting Equity in Compensation Across all Collegiate Sports

Concealed Carry and Economic Success

The Effect of Crime Victimhood and Attendance of Religious Services on American's Views of the Justifiability of the Death Penalty
- Jada Foster

Ruby Foster

John (Patrick) Gallagher
- Football Team Proposal

Football Team Proposal

The Advantages of Philosophy and Liberal Arts in Business
- Isabela Gallardo

Michelle Guppy

Robert Hill
- Human Impact on Marine Life

The Type of Colorectal Screening Effect on Death Rate per State

Russian Military Logistical Shortcomings and Failure to Modernize
- Tucker Hoeniges

Sarah Holley

Trevor Humphries
- Higher Education: Counting the Costs, Maximizing the Benefits

The Role of Phonological and Visual Processing Deficiencies in Developmental Dyslexia

The Power of a Search: Staying Safe on World Wide Web
- Mariah Jones

Amanda Johnson

Adonis Johnson
- Child Maltreatment and Adult Criminality

The Role of Attachment in Treating Partner-Violent Men

Edge Coloring Disjoint Edges on Geometric Complete Graphs
- Kendra Kerr

Anthony Klein

Jackson Korta
- Belmont Abbey New Parking Ideas

'The Prodigal Son: The Sequel; An Exploration of the Devious Townsfolk in "My Kinsman, Major Molineux"

Concussion Prevention
- Peyton Lilley

Seve Leoni

Rorisang Lesenyego
- Belmont Abbey Football Team Proposal

The Impact of Positive Coaching

Computers are an Important Part of the Society
- Anna Li

Youthan Love

Marissa Rose Maldonado
- Mental Health Treatment in Correctional Institutions

With an Increase in Age, and Perceptions of Corruption in the Country, Does it Tend to Cause People to Favor Private Ownership Over Government Ownership of Businesses

Riding the Edge of Cinematic Forecasting
- Filumena Martin

Maura Martin

Filumena Martin
- Sleep Patterns in Children

How Does Education Affect Women’s Odds of Being Married and Having Children?

Sleep Patterns in Children

Patrick Martin	The Geometry of the Attractors of a Family of Iterated Function Systems
Jamie Nunez	Invertebrate Diversity on the Belmont Abbey
Rachel Price	The Negative Impact of Traumatic Brain Injuries on Cognition and Implications for Quality of Life
Michael Shelton	Simplexity of the n-cube
Gregory Pakaluk	How Income and Religiosity Affect the Number of Children Parents Choose to Have
Timothy Shar	Convex 'Fair' Partitions of Convex Polygons
Timothy Sica	How Does Religion and Religiosity effect Political Ideology on a left-right scale
Caroline Stein	Edgar Allan Poe & Shakespearean Gothic
James Steele	Belmont Abbey Parking Lot Problems
Madison Teachman	Prevention of Intergenerational Transmission of Trauma
Danashia Tucker	The Benefits of Peer Tutors and Students
Lex Van den Bergh	Small Business
Shiyonna Wallace	Invertebrate Diversity on the Belmont Abbey Campus
Jonas Walton	Desire or Talent? How Genetics Shape the Physical Abilities of Professional Cyclists
Gary Williams	Are Electric Cars Beneficial for the Environment?
Will Wolfe	Food Options in Café
Robin Wiley	Internship Experience at Shutterfly, INC
David Wilson	Digestive in-vitro Amylase Activity Assay
Aslan Alp Wondergem	Anterior Cruciate Ligament (ACL) Injury and its Effects on Male Athletes



Importance of Grammarly

BY: STAFF WRITERS

Did you know that as a student you have access to a paid account for Grammarly? Grammarly will check your grammar, spelling, sentence structure, and even check your citations in MLA, APA, and Chicago.

Erin Jensen, Associate Professor of English, said that she loves Grammarly and uses it for everything she writes. She encourages all of her students to use Grammarly as she said, “Grammarly is a learning tool that provides additional support and suggestions to students on how and where to revise their writing. I appreciate that Grammarly provides suggestions, but it is still up to the writer to decide to use or ignore those suggestions. I also like the new feature of helping with MLA, APA, and Chicago citations.” She also said, “I encourage all students to use their provided Grammarly account.”

We asked some fellow students about how they used Grammarly and this was the response?

“I use Grammarly for everything, I have it downloaded to my browser, so it is implemented in all of my writing. I also use Grammarly to check for plagiarism in my essays to ensure I correctly cite my quotes. It will also suggest ways to reword sentences” -Megan, Data Analytics major

“I like how it finds weak words in your sentence or paragraph and suggests more vital, compelling words to help strengthen your sentences. Grammarly, to me, is like a close friend that wants to help you the entire way and watch you accomplish essays or papers that I didn't think you could achieve on your own.” -Bella, Marketing major

“Grammarly is a very good tool for checking punctuation and rephrasing sentences etc. However, sometimes with long papers, it can be a little picky about word choice. I often try to use connecting words to make my sentences flow, but Grammarly often tries to make the sentences shorter and always suggests simple and short words. Nevertheless, I still like to use it because it points out many things that my eye does not pick up on. It is nice to have a checker in the background.” -Anna, Criminal Justice major

“I really love using Grammarly. Especially for my research papers as well as my reflection papers. I would type so fast and obviously have some grammatical errors and Grammarly fix everything for me. I would also consider Grammarly the best tool in terms of helping you to have a flowing paper.” Ricky, Computer Science major

“English is not my first language and I need all the help I can get.”-Business major

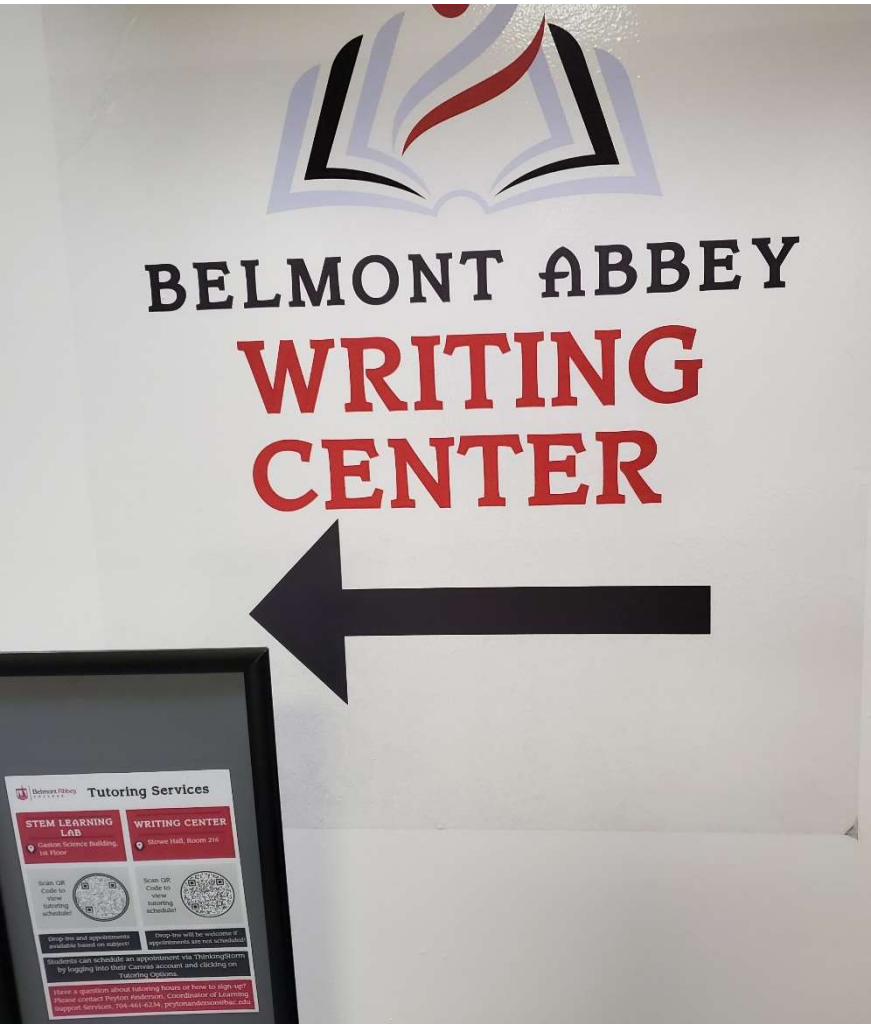
“I use Grammarly for almost everything I write. I find it very useful for emails and essays. Sometimes it gets a little annoying, and I don't think all the corrects are accurate, but for somebody like me, it definitely helps spelling-wise. When I'm typing an email really fast, it is easy to turn my Grammarly on and make sure it looks good; when I'm writing essays, I like using it because I can check my formatting and grammar that I might not have noticed.” - Sarah, Education major

Tutoring Open: Writing Center and STEM

Are you stressed about final essays that are due or finals in math or science? Wouldn't it be great if you could meet with someone that is excellent in these subjects and helps you out, right? And, is free!

If you haven't set up an appointment with one of the Writing Center tutors or one of the STEM lab tutors, please do so soon. You can access the schedule in Canvas under "Tutoring Opportunities" listed as a course.

The Writing Center is open until Monday, May 1 and the STEM lab is open during Finals week.



Writing Center Tutors



Meet Erin Jensen, Associate Professor of English

By: ROBIN WILEY



Erin Jensen is the faculty advisor of the school newspaper and an Associate Professor of English. You may be familiar with Jensen, as she often gives presentations on campus on creating an impressive LinkedIn profile or writing an attention-grabbing resume. In addition to being a

professor, she is the Director of the Writing Center, the faculty advisor of the school newspaper, the Director of the Undergraduate Research Conference, manages the *Social Media and Digital Communication* minor and the *Writing* minor, and she also presents at conferences and publishes journal articles.

Getting to know Jensen over the last two and a half years that I have been finishing my degree at BAC has been inspiring. Erin, as she prefers to be called by her students, has encouraged me and provided me with opportunities and a belief that I, an adult student returning to finish my degree, can accomplish writing and creating digital art tasks that I did not initially think I was capable of. Erin is very positive, encouraging, and passionate.

She came to Belmont Abbey College in 2019 from Nevada and brought with her much experience and extensive education. Erin is a Utah native, born and raised in Salt Lake City. She has lived in Minnesota and Nevada and has visited almost every state in the country. If you are fortunate enough to take one of her classes, you can ask her which states she has yet to visit. Globally, she lived in both Taiwan and China and learned Mandarin Chinese so she "could talk to people."

She is a graduate of The University of Utah with a BA in English, an MEd in English Education, and a Ph.D. in Education/Rhetoric and Composition. She was a college athlete and competed in swimming and waterpolo. Because she loves learning, she decided to pursue another degree and is starting a Professional and Technical Communication graduate degree this summer. She still plans to teach full time at the Abbey.

I asked Erin if her goal had always been teaching at the college level and if she had any mentors during her academic and professional journey. Erin stated, "I wanted to be a high school English teacher and achieved that goal; however, after teaching for several years, I realized that while I loved teaching writing, I did not like teaching literature. At that point, I returned to school to earn my Ph.D. to become a college professor. During my Ph.D.

program, I taught freshman writing, business communications, and writing across the curriculum classes.” As for having mentors, Erin stated, “My grandfather was a university psychology professor, and my mother is a college lecturer in the writing department. My twin brother is a sports psychology professor in California.” It appears that Erin has had strong mentors guiding her on her journey.

When asked what she has appreciated about being involved in the English department, she responded, “I appreciate having the opportunity to add several new classes and create new minors. I have been involved in creating and directing the Writing Center and appreciate the opportunities to get involved in the college and student support efforts. I have enjoyed teaching all of the classes that I teach including RH 104 as I have the opportunity to see students improve their writing skills through the semester. I also like EN 106, *Introduction to Digital and Multimedia Art*. This class involves all the topics I am interested in, including graphic design, AI art, photo editing, and Canva. I really enjoy teaching EN 362 *Writing for Social Media* as this class involves topics including marketing, social media management, the major social media platforms, and some website and SEO design. I created the class to give students a chance to engage in social media in a professional way and create a final project that would provide them with both experiences. But, I also love all the classes I teach.” She also teaches journalism, Editing and Writing for Publication, Professional and Technical Writing, and various other writing-based classes.

As a current student of Jensen, I can attest that she is passionate about what she teaches and she advocates for her students by creating new content, staying up to date on current trends and applications, and encouraging her students to explore real-life employment situations and opportunities. Erin Jensen was instrumental in bringing my internship to fruition with a global company that had not done internships in many years.

Erin was involved in helping to coach the triathlon team here at the Abbey for almost two years. “I had initially contacted the coaches as I am a swim coach, and triathlon was the closest to swimming I could get. My original plan was to help with swimming, but I also helped to arrange competitions and have contact with the NCAA. I enjoyed my experience helping to coach the triathlon team, but am also happy that they have a new head coach this year.”

Erin is actively involved in her own research, conference presentations, and publications. She mainly focuses on digital writing and recently published several articles focused on using memes as pedagogical tools. She has two conference presentations scheduled next month that are both focused on ways to use social media in writing classes. I recently co-authored a chapter with her and twelve other students on ways to encourage undergraduate students to co-author with professors. Last semester, Erin co-authored with nine Abbey student-athletes an article that appeared in the online *Sports Journal*.

As a student, I have found that Jensen possesses true joy in her spirit and a love of learning, enabling her to teach others to love learning. I also appreciate her focus on application-based projects and assignments. We are happy to have her teaching at the Abbey.

Dr. Riadi- French & Theology

BY: KATE SAXE



Dr. Riadi is a Language and Theology instructor. She was born and raised in the countryside of France but ultimately moved to the United States in her college years. She attended the University of Vermont to get her Master of Education and Modern Languages, and then proceeded to Georgia State University to get her PhD in Philosophy of Education and Psychology. She also has a Doctorate in Theology and Pastoral Counseling.

Dr. Riadi is a former nun, has worked in nonprofit grant writing and fundraising, and has taught a variety of classes in many different states and countries. She came to Belmont Abbey in 2016 and has decided to call this her home. Dr. Riadi enjoys teaching the French language, theology, and psychology. She is a wonderful professor to have and wants nothing but success for her students.

When I asked Dr. Riadi to describe her experience teaching at the Abbey and a great memory she has here and she said, “My experience of teaching at the Abbey has been very positive and fulfilling. I love serving at the Abbey, teaching and interacting with students, fellow teachers, colleagues, and the community of monks. I have quite a few memorable moments at the Abbey; from celebrating the graduation of some of my students, to sharing times of community worship on feast days, to enjoying family picnics, as well as participating in prayers and devotionals at the Grotto of our Lady of Lourdes. I also appreciate the fact that BAC remains a faith based Catholic institution that welcomes everyone with the traditional Benedictine hospitality and acceptance that have been ongoing for thousands of years.”

I also asked her what drives her passion for teaching and she replied, “Ever since I was a child, I aspired to become a teacher. I have always been an avid reader and a knowledge seeker who appreciated great books, classical education, languages and literatures of various countries. ... Pedagogy was also a significant part of my personal interest in teaching. Helping others discover their talents, what motivates them, and accompanying them on their own journey of learning about their faith, a foreign language, or exploring any other academic field within my scope of expertise, have always been extremely rewarding to me. It makes me so happy whenever some of my graduating students get back in touch to share their success stories, whether in their personal or professional life, and often refer to some of the “aha moments” they experienced in their learning process. In my case, teaching is my vocation and

not just my job. ... I pray and hope to thank all those who helped me become the person I am today. I am and will remain grateful to Belmont Abbey College for giving me the opportunity to practice what I do and love best!"

Dr. Riadi is truly a great example of the amazing faculty we have here at Belmont Abbey!

Help Build Catholic Community on Campus

BY: REGINA VEHIGE

A new tradition is starting up at Belmont Abbey College called Sacraments and Supper! Sacraments and Supper is a way to help build the Catholic Community on campus by sharing a meal together at the Alumni House before the 7:30pm Student Mass on Monday. Sacraments and Supper started this semester and has already been very successful! The last event of the year will be an Ice Cream Social after the 7:30pm Student mass on Monday night. Next fall, Sacraments and Supper will start up in full swing meeting every other Monday at 5:30pm. All are welcome to come out and meet other Catholic students, faculty, and professors! If you are interested in getting involved contact any of the FOCUS missionaries or Campus Ministers! Hope to see you there!



Encouraging Intellectual Growth: The Gamma Iota Chapter of Delta Epsilon Sigma

BY: ANDREA ANTEZANA

Several full-time BAC students will be inducted to the Gamma Iota Chapter of Delta Epsilon Sigma National Honor Society at the Sacred Heart Chapel at BAC on April

19th. These students have completed 65 credit hours or more and have maintained at least a 3.5 grade point average.

The Gamma Iota Chapter was established in 1959 to recognize academic achievement at BAC.

Once a member, one always remains a member and is connected to other students, Alumni, and faculty from numerous colleges and universities with a Catholic tradition.

As a member of the GI Chapter, one belongs to a group of individuals who embody Belmont Abbey's core values of love, prayer, stability, conversation, obedience, discipline, humility, stewardship, hospitality, and community to the pursuit of knowledge and excellence.

Membership in DES opens the doors to a life-long subscription to the Delta Epsilon Sigma Journal, scholarships, awards, and writing contest prizes.

Being a member of the GI Chapter is a privilege. Therefore, members should always be mindful that not only are they representatives of BAC but also the GI Chapter by continuing to embody the values of service to others and the pursuit of knowledge and wisdom.

Here at BAC, we strive for excellence in all we do, and the GI Chapter is one way of acknowledging excellence in students. Becoming a member of the GI Chapter is possible as long as one dedicates time to academics and serving others as Christ did.

If one meets the requirements for joining, look out for an email from Dr. Laura J. Campbell, the faculty member in charge of the GI Chapter, or contact her.

We congratulate this year's inductees to the Gamma Iota Chapter at BAC.

Review Of Spring Formal

BY: LAURA GONZALEZ

Belmont Abbey hosted their Spring Formal on March 24, 2023. The Spring Formal has been a fantastic event at the Abbey for over 15 years. Only in the spring will the Abbey have this formal, but it was put on pause due to covid in the 2020-2021 spring semesters. Luckily, Nate Bolton (Director of Student Activities) has brought it back to the Abbey, for a second year after covid has hit to give the students a night full of dancing and fun.

An interesting fact about the Spring Formal is that the location is never announced. The Spring Formal dance is always a mystery once you arrive at the site. This year the Spring Formal was held at Camelot Meadows. It was a beautiful location with a bamboo forest, a lake looking out into the sunset, and a barn with a huge dance floor. One hundred eighty-seven students and ten non-BAC guests. All those who attended enjoyed their night dancing to music or playing games outside.

There was no set theme for the Spring Formal. However, some key areas of the venue include a bamboo forest and sanctuary with market lights, a path leading to a lake, and the main venue building. There was a corn hole for those who wanted to take a break from the dance floor, refreshments, and delicious appetizers. The works are in motion for next year's Spring Formal and all the fun to come.

New Coordinator of Career Services

BY: JESSICA PALERMO



Hi, my name is Jessica Palermo, and I started at Belmont Abbey as a Coordinator of Career Services in December 2022. I graduated from Western Carolina University with a BS in Psychology and a BS in Criminal Justice & Criminology. After college, my path was still unclear, but I knew I was meant to work in a position that allowed me to help others. It was that passion that quickly led me into the "education world." It wasn't long before I completed North Carolina's Lateral Entry Teaching Program and taught 4th grade in Gaston County, later moving into a position as the Afterschool/Summer Program Director at Gaston Day School. I have enjoyed helping Belmont Abbey students and alumni navigate their career journeys over the past few months and look forward to supporting many others!

The Success of Sacraments and Supper

BY: EMILY NAGEL

The Catholic community at Belmont Abbey College is not hard to come by. There are numerous Catholic students on campus who are involved in several Catholic events on campus who do their best to welcome others in. Although it can be difficult to know where and how to get started, there is a club designed to help students do so. Belmont Abbey Catholic students started the “Sacraments and Supper” club for this specific reason.

For those who do not know, “Sacraments and Supper” is a club run by Catholic students lead by Regina Vehige for any students who want to get involved with the Catholic community. The next gathering will be an ice cream party held on May 1st in the quad at 6pm before the Student 7:30pm Mass.

Next fall, the club will meet at 5:30pm in the Alumni House. Supper is served promptly after everyone gathers for prayer. Those who are available then head to the 7:30pm mass in St. Joseph’s Chapel on campus for the sacrament part of the club.

To keep the club running, everyone helps pitch in, however they can. Some members help prepare meals, cook the food, take pictures of the event, lead prayer, or even help take down after the event. The “Sacraments and Supper” club prioritizes community and unity. The students understand the value of service and helping lead those closer into a relationship with Christ. They do this through communion with others and by providing delicious food.

The beautiful thing about the club is that anyone and everyone is welcome to partake in the community and supper being served. The club was created to offer those searching for a rich community and meaningful relationships that very thing. As a student on campus, it can oftentimes be overwhelming and difficult to find a place to meet various Catholics.

After speaking about the benefits of the club with Belmont Abbey freshman, Mary Bruck, she states, “It’s helped me find a Catholic community and rest in the comfort of building strong relationships through Christ.” “Sacraments and Supper” offers all who are looking, like Mary, a place to dive deeper into the Catholic community flourishing on campus. The club offers those an opportunity to immerse themselves into Catholic college life, meet new people with similar values, and eat a delicious home cooked meal while they’re at it.



Spring At the Abbey

BY: REGAN CULLEN

As the 2022-23 school year comes to a close, the warm weather starts ringing in. There is no time like the springtime at Belmont Abbey College. When I start to see sweaters, jeans, and boots are being replaced with shorts, t-shirts, and tank tops, I know it’s time the campus has ended its hibernation.

Once temperatures reach above the 70s, students begin to migrate outside, as the picnic tables around campus are always occupied with peers talking or doing homework together. As much as I love the Abbey’s campus, it can feel a little empty and lonely during the winters, as students don’t often leave the dorms unless going to the cafeteria or class.

When spring rolls around, I find it comforting to walk around and see people enjoying the nice weather while doing homework, eating, or walking a campus loop. Warm weather also means more spectators and student turnouts for sports events. Lacrosse games during the spring are always

filled with students lined up along the fences, or the baseball bleachers are packed during a home match. Alumni weekend is also coming up for many sports, meaning campus will be buzzing with life and lots of fun activities. Students are minutes away from downtown Belmont, which offers local events all of April, including a farmers’ market and movies in the park all of April.

There is no better time to be a crusader on Belmont Abbey’s campus than during the spring. With the excitement of summer break rolling around, the vibes around campus are always high. Along with students and activities causing a lively campus atmosphere, nature begins to bloom with beautiful flowers, making the outdoors and campus grounds even more contagious.



Biology Major

BY: CHRISTINA VILLANUEVA

The biology department is constantly striving to have a wider scope of subjects for new students and keep a rigorous course load. In the science building there is always a lot going on, from mixing chemical components to dissecting a sheep's brain. While this can be sometimes overwhelming for new students pursuing a science degree, there is more to the biology department than just the building.

For a new biology major, a biology major sounds intriguing as well as demanding, and this is nothing but correct. From freshman year biology 101 to a senior anatomy class, the professors make sure the student is ready for any profession or graduate school the student might want to pursue. Accompanied with the lecture classes are laboratories once a week, this provides a hands on experience to apply the knowledge learned in lecture. There is also a wide range of classes so students can expand their interest in science. There are classes like ecology and environmental science to

learn about the natural world. Some of my favorite classes included parasitology and embryology to understand life on a microscopic level and then apply it in relation to epidemiology.

With all of these levels of classes, there must be a support team of professors in charge of it all. The professors and advisors in the biology department are one of a kind. They are focused on the students learning to make sure they understand all the material. They make themselves available for students to ask questions as well as having a small class size so a student does not feel lost. They are also experts in their field giving them a wide range of knowledge in the classes they are teaching. With this combined effort of the professors as advisors and educators, students graduating from a field in biology will be fully prepared for the future after the Abbey. If interested in learning more about the biology department, contact the Chair Dr. Ayala at heatherayala@bac.edu.



The Breakdown of The Mathematics Major

BY: TIM SHAR

Want to understand the beauty of the world around you and challenge yourself through mathematical formulas to understand this beauty? Belmont Abbey College Mathematics Major will provide you with critical analysis tools to help you understand the beauty of the physical world, such as the U.S. Capitol’s dome and the Gateway Arc.

Not only will it help you understand the physical world, but it will also help you develop analytical skills, such as critical-thinking and problem-solving skills. In math classes, you will learn to break down a complicated problem into a series of manageable steps and solve the problem step by

step. For example, math classes such as Discrete Math and Real Analysis will help you with your reasoning skills and teach you to analyze problems. The math courses offered here at the Abbey also provide great opportunities for you to minor in Computer Science and a concentration in Physics since many of the classes overlap

Note that not every class is offered every semester:

B.A. in Mathematics

Major Requirements:

- MA 201: Calculus I
- MA 202: Calculus II
- MA 203: Calculus III
- MA 208: Statistics
- MA 222: Discrete Mathematics
- MA 311: Elementary Linear Algebra
- MA 321: Differential Equations
- MA 419: Modern Algebra
- MA 430: Real Analysis
- MA 490: Senior Seminar I

Any one of the following:

- MA 235: History of Mathematics
 - MA 305: Advanced Statistics
 - MA 335: Advanced Calculus
 - MA 340: Numerical Analysis
 - MA 350: Probability
 - MA 405: Topology
 - MA 410: Elementary Number Theory
 - MA 415: Partial Differential Equations
 - MA 491: Senior Seminar II
 - CS 234: Introduction to C++
 - CS 325: Logic and Algorithms
- Other Courses: General Elective hours (33-36 hours)

B.S. In Mathematics

Major Requirements:

- MA 201: Calculus I
- MA 202: Calculus II
- MA 203: Calculus III
- MA 208: Statistics
- MA 222: Discrete Mathematics
- MA 311: Elementary Linear Algebra
- MA 321: Differential Equations
- MA 419: Modern Algebra
- MA 430: Real Analysis
- MA 490: Senior Seminar I
- MA 491: Senior seminar II
- CS 234: Introduction to C++

Any two from among the following:

- MA 235: History of Mathematics
- MA 305: Advanced Statistics
- MA 335: Advance Calculus
- MA 340: Numerical Analysis
- MA 350:Probability
- MA 405: Topology
- MA 410: Elementary Number Theory
- MA 415: Partial Differential Equations
 - MA 420: Geometry
 - MA 435: Complex Analysis
 - CS 235: Logic and Algorithms

Other Courses: Students need to complete one of the following course combinations to meet the remainder of the 120 hours required for the degree:

- PY 201 with PY 202 and 22-25 hours of General Electives
- CH 105 and CH 106 with 22-25 hours of General Electives
- Two lab-based Biology courses at the 200 level or higher with 22-25 hours of General Electives
- CS 201 and CS 234 with 23-26 hours of General Elective

With a mathematics major, I am able to pursue a minor in Computer Science and a concentration in Physics. With a math degree, I plan to go into teaching and then into Architecture. Besides pursuing a career in education and architecture, you can also pursue a career in Accounting, Data Analyst, Finance, Engineering, Mathematics, and many other careers.

Fellowship, Faith, & Food All in One

BY: IRIS BERTIN

Sacraments and Supper is a new event held on campus once every other week in order for students to grow in community and faith by sharing a meal together, praying a divine mercy chaplet, and attending Mass as a community.

This idea of Sacraments and Supper is to share a home-cooked meal in order to grow in fellowship. This was formed by a group of sophomores here at the Abbey spearheaded by Regina Vehige.

These Monday night dinners have been a hit among the students on campus that are craving a home-cooked meal while being able to grow in community through prayer and fruitful conversations with their fellow classmates. Leading a divine mercy chaplet before dinner and encouraging all the attendees to participate in Mass has allowed for an overflow of student leadership on campus and a greater desire to lead others more deeply into the faith.

I was able to ask one of our sophomores at the Abbey, Gemmy Hanley, why she felt the desire to help with this idea and she says: “I decided to help with Sacraments and Supper in order to build community on campus through a meal and the Holy Mass. It has become an opportunity to meet others and grow deeper in relationship with God and others.” Gemmy is just one example of a student leader on our campus so willing to freely give her time to lead others closer to Christ by offering her help in cooking and preparing these meals. We hope to see you at future Sacraments and Suppers and to spread the word of this amazing opportunity to grow in community.



Police Ride Along Experience

BY: AYANNA POMPEY

Have you ever thought about sitting in a police vehicle? There may be a free opportunity at your local department?

I am honored to be a part of the criminal justice major. Part of the major requires a ride along with a police department. The ride along happens during a police shift which gives a hands-on experience on the job to gain insight into the force. The program allows students/citizens to engage in protocol training and ask questions about the system.

The ride along also allows citizens to remove any stigmas placed on officers by participating in certain activities that they endure daily. Police officers have an enormous responsibility of protecting and enforcing laws throughout the community. Police men and women lay their lives on the line for citizens continuously. Officers have a difficult time in today's society with the help of social media playing a role in police brutality.

Participating in the ride along helps citizens recreate the stigma and hopefully recruit new members. The ride requires any volunteers over the age of eighteen to undergo a background check before boarding the department. The program is free of charge and helps provide citizens with a visual look of their community and the people in it. Become a part of the community by assisting your time in volunteering and internships to help build a resume and add value to the community.



HELP BUILD
CATHOLIC
COMMUNITY ON
CAMPUS



Join the BAC Catholic Community
Group Me to hear about events,
updates, community build, and more!

Writing Minor

BY: HANNAH SCHUDLIK

Belmont Abbey provides its students with several academic opportunities with around thirty majors and forty-eight minors. Declaring a minor at Belmont Abbey College allows students to study things that interest them on a personal level. So, whether or not a minor correlate to your future career, it may pique your interest and enhance your qualifications in a vast number of professions. Amongst the lengthy list of minor programs, the Abbey offers a minor in Writing.

The Writing minor is versatile for anyone who wishes to declare it. Students must complete fifteen credits in various English classes to earn the minor. Some of these courses include Creative Writing, Social Media Writing, Editing and Writing for Publication, History of the English Language, Newspaper Production, etc. Although the classes are subject to change and may vary per semester, students can see that a minor in writing entails loads of creativity.

As a writing minor myself, I can speak on the benefits of taking English courses. Classes like Professional and Technical Writing and Editing and Writing for Publication, have strengthened my communication skills and taught me how to write in a professional setting. Upon completing these courses, I have been able to improve and add to my resume. Newspaper Production and Writing for Social Media allowed me to implement creativity into my writing and understand how to write for different areas. The environment in these types of classes is professional and activity-based. After a period of lecturing, students often complete in-class assignments and peer-edit their classmates' work - fostering their ability to edit papers and communicate with others.

Dr. Erin Jensen is the faculty advisor of the college newspaper and coordinates the Writing minor program. Recently, the college has opened a Writing Center to assist students in becoming better writers. Students that are pursuing English majors or Writing minors typically work as tutors in the Center, where they edit papers and help fellow students succeed.

If you're interested in improving your communication skills, developing your ability to effectively make an argument, and gaining qualifications for future employment, consider minoring in Writing!

Belmont Abbey Sports Network

BY: JAKE SNELGROVE

Here at Belmont Abbey College, we pride ourselves on academics and athletics. There are over a dozen different sports under our athletics department. Countless games are played, home and away, throughout all teams' fall and spring seasons. Most people love to attend our sporting events on campus, but for those who cannot make it, there is the BASN.

The Belmont Abbey Sports Network (BASN) broadcasts as many games as possible for fans to enjoy, no matter where you are. Geoffrey Chiles is the network's head play-by-play announcer, working as many games as possible. His job is to provide the viewers with color commentary throughout every match, whether soccer, baseball, basketball, etc. I got the chance to sit down and watch him work for a few baseball games and also had the opportunity to help run the live broadcasts.

It was amazing to see the production's behind-the-scenes and what goes into it, as there is much more to it than you think. First, Chiles has to know everything that goes on throughout the games he covers, so he always carries a giant stat sheet with him to help him with his commentary. Regarding the production, there is a producer and at least one camera person at each game. The BASN prides itself on having a student-run production team, thus generating valuable experience for students looking to go into the field of broadcasting. They communicate with each other to get the best camera angles, as the producer also seems to clip highlights, ensure the correct graphics are showing at the right time, and ensure the broadcast runs as smoothly as possible.

The BASN is still young, only in its 11th season, and looks to grow every game. The viewers can expect great games with great production and commentary on top of them. It is only a matter of time that the production value of the BASN reaches the levels of division 1 programs, as I've seen firsthand how good the network is already. If you are looking to have the opportunity to help work for the BASN you can take the class (Practicum Digital and Sports Media) if you are a sports management major. You can watch any game for the rest of the semester on the BASN at abbeyathletics.com.



SPORTS HIGHLIGHTS

Interviewing Luke Thierfelder

BY: JOSE HERNANDEZ



Luke Thierfelder is a member of Belmont Abbey’s track and field team, with a focus in the men’s javelin throw. Growing up in Charlotte, North Carolina, Luke is an Interdisciplinary Studies major with a focus in Psychology. In his freshman year, Luke went undefeated in the season, winning six meets in a row before breaking his own school record and winning the Conference Carolinas Championship in 2022 with a mark of 58.69m. Now a sophomore, Luke has thrown past the provisional standard for the national qualifier with a mark of 64.59m at the UNCW Seahawk Invitational. Here is some insight with the Belmont Abbey phenom:

How did you get involved with track and field, and what drew you to the javelin?

I wasn’t involved in track and field at all until my senior year of high school. Up until that point I had only played football, but I knew I wanted to compete in a sport at the collegiate level. I had to make a decision between football or another sport and I chose to pursue another sport because I knew I wasn’t going to be given an opportunity to play football in college. I asked my Dad, who is a former D1 and Olympic athlete who was also a long time D1 track coach, what event he thought I should do and he said “why don’t you try javelin.” I had no idea what javelin was until my Dad suggested it to me. I got a javelin that Christmas and I threw in my first AAU meet at UNC Charlotte the following spring.

With exceptions to the members on the team, people don’t know that your dad is actually your coach. How do the two of you balance between father-son to coach-athlete?

My Dad and I have a very strong relationship outside of track so the transition to him being my coach was effortless. His coaching style is very unique in the sense that he knows exactly how to tailor to the individual. He knows me better than anyone so as a coach he knows exactly how to work with my personality as it relates to training and competing. My Dad and I are very similar in the sense that we are both incredibly intense and competitive people and we are

constantly trying to improve. I think what makes the situation work so well is that we equally want it, meaning he’s not pushing me to throw javelin and I’m not pushing him to be my coach, we are both doing it because we love the sport and enjoy working together.

Describe one of your least favorite workouts.

There really isn’t a workout I don’t genuinely enjoy, I don’t want to be “that guy” but it’s true, I absolutely love training and improving and working through the process of the offseason. I think as long as you have a vision and a goal in mind no amount of training is too difficult or challenging. To love training is to love the sport itself, without it you have nothing.

Along with being a javelin thrower, what are some hobbies or skills you have that may surprise people?

Along with being a javelin thrower I enjoy singing, mainly in the operatic genre and classical setting. I work with a voice teacher weekly and we are currently preparing for the metropolitan opera council auditions this coming July.

Where has been one of your favorite meets to travel to?

One of my favorite meets that I’ve traveled to was to the University of Tennessee last season. I got to compete alongside some very advanced throwers, including Olympic qualifiers and US national qualifiers.

Who are some people in your daily life that you find as good mentors or sources of inspiration?

I could fill pages with people in my life that inspire me and drive me to be the best person I can, certainly my family, all my brothers and sisters inspire me every day with their example and my parents of course are huge inspirations to me and I am incredibly grateful to God every day that I have them. I would be remiss if I didn’t mention a mentor of mine that recently passed away, his name was Tom Savoy. He was my piano teacher and accompanist and he was a very dear friend and mentor to me, not just in music but in life as well. I will always remember the lessons and advice he shared with me in our time together.

What are some lessons you’ve learned, while being a college athlete, you feel you can carry throughout the rest of your life?

I think as a student athlete in college you have to learn balance early on. Balance in training, school work, relationships, and everything else in between, it’s essential. If I had to pick just one thing though that I’ve learned from being a student athlete, it would be discipline. What are some other events in track and field do you enjoy watching? I love track, so every event is really fun to watch but if I had to pick my top 3 I would choose 100m, 400m and triple jump



USAT Collegiate Club Nationals

BY: STAFF WRITERS



The men’s college club triathlon competed at the USAT Collegiate Club Nationals in Georgia this month. For three of the participants, this was their first triathlon experience. The team members were Nathan Gallman, David Wilson, Tommy Baird, and Nik von Spakovsky.

Coach Alyssa Clay had this to say about the experience: “I am extremely proud of how well my student-athletes performed. They each exceeded my expectations. We started the season not knowing if we would even get to race, but that did not stop them from diligently showing up to all those early morning practices and putting in the hard work. It all paid off, and for those who will be around next year, I look forward to watching them continue to grow as athletes, as students, as individuals, and as a team.”

Coach Clay is currently recruiting for both the men’s and women’s teams. If you have some experience in swimming, cycling, or running and have a desire to be on the triathlon team, she is interested in meeting you. Please email her at alysa clay@bac.edu for more information.



Abbey Men’s Tennis Wins Conference Championship

BY: CHARLIE FREMAUX

The Men’s Tennis team won their second straight Conference Carolinas title. The men now travel to Georgia to face Columbus State University in their first round of regionals, which is scheduled to be played at 9 AM on Friday.

The women’s team won their quarterfinal match on Friday to Barton College, though the ladies fell next round to the Erskine Flying Fleet.

Out of date version:
Looking for an exciting way to support Crusader athletics on the road? The Belmont Abbey men’s and women’s tennis teams are heading to Florence, South Carolina this weekend for the 2023 Conference Carolinas Tennis Championships. This tournament is held at the Dr. Eddie Floyd Florence Tennis Center from Friday, April 21st and Sunday, April 23rd.

Both the men’s and women’s teams wrapped up their regular seasons this weekend with conference wins over Barton College at home on Saturday, completing a six match win streak against conference opponents for both programs. These wins were crucial in providing the teams with optimal seeding in the tournament, giving the women the fourth seed and a first round bye and men the second seed and an automatic bid into the semifinals. Nelson Stafford, a senior on the men’s team, shared his confidence on the team’s ability to succeed in the tournament during an interview, saying, “I believe we have strong momentum heading into the tournament. Acquiring the second seed position in the draw allows us to play two less matches to win the title.” Many members of the Abbey tennis team feel the same and are looking forward to the opportunity to return home as conference champions.



Men’s Tennis Program

BY: FREDERICK TUTTLE

The Belmont Abbey men's tennis program has really improved over the past years. The team is a pretty large team for a college tennis team with around 40 guys on the roster. Last year the team had a great season and ended up becoming the regular season champion for the conference. The team ended up winning the Conference tournament and became the 2022 conference champions.

The men's tennis team just recently had their senior day. There are 10 seniors graduating this year. For some of the seniors it was their last college tennis matches for the team. All of the seniors had great last matches and ended their careers with some big wins. This was an emotional day for the team because this senior class was something special and they all will be deeply missed.

The Abbey Tennis team is led by their coach Michael Salomon who is a huge part of all of the team's accomplishments. He pushes the players on the team every day to become better players on the court and better people in the real world.

The team is getting prepared for the conference tournament and are prepared to bring their best tennis. One of the team's top players Charlie Fremaux says this about the coming up conference tournament “If we go out there and play how we are supposed to we will have a great chance of winning the conference tournament.” The team has an incredible chance of winning back-to-back years and becoming 2023 conference champions.



Track & Field Racing To The Finish

BY: MADISON JONES

The Belmont Abbey Track and Field team has competed in five meets this outdoor season, including the GottaRun Invite hosted by Southern Wesleyan on Saturday April 2, 2023.

The Crusaders had athletes competing in almost every event and eleven athletes reached the Conference Carolina Championship standard to qualify to compete. The team is led by Head Coach Dan Finanger, assisted by Coach Aimee Cerdeiras, Tomas Cerdeiras, and James Thierfelder (who broke three school records).

Ryan Kohlhagen (Senior) broke the 110-meter hurdles record with a time of 15.23. Thomas Thierfelder (Senior) broke the 800-meter record with a time of 1:54.81. The

women’s 4x100 meter relay team set a new school record with a time of 48.35, the relay members include Sekyah Chestnut (Junior), Olivia White (Sophomore), Cristina Villanueva (Senior), and Isabelle Flores (Sophomore). The Crusaders also competed at a meet at Lenoir Rhyne University and Anderson University on April 15.

The last meet of the Crusaders season will be the Conference Carolina Outdoor Track and Field Championship meet which is the weekend of April 29-30th, this meet will be held in Myrtle Beach South Carolina and will be hosted over a Sunday and Monday.

Belmont Abbey Women’s Tennis

BY: FRANKEE HENDRICKS

On March 28th, 2023, the Belmont Abbey women’s tennis team went to Leas McRae University for a ten and a half hour marathon match. The women’s team started playing outdoors, but within ten minutes, the rain came and wiped out the courts for the day. The matches were then moved indoors to the indoor courts.

The women got one court, and the men got one. Eight matches were played on the court from 12 p.m. to 10 p.m. The women’s team lost the doubles point in a close match with a tiebreak at number one doubles, 6-7 (2-7). The number two doubles team won 6-4 and number three lost 0-6.

Moving onto singles, Frankee Hendricks played a three-hour match against Mei Hiramatsu. Hendricks won 7-6 (7-3), 6-7 (6-8), and 10-7. Following her, Alexis Burkhalter and Lily Aranyos also won their matches. Burkhalter played position four and won 6-3, 7-5. Aranyos played position five and won 6-2, 1-6, 10-5.

Elizabeth Vollmin, Elliot Peterson, and Kaitlin Nguyen all fell short, putting the final score at 4-3 for Leas McCrae. That might just be the longest match in women’s tennis history, with the departure time being 7:45 a.m. and the team not getting back until 1:15 a.m.

Being a part of the Belmont Abbey Women's Tennis Team has been an incredible experience. I am finishing up my sophomore season, and I am looking forward to the years ahead!



Changes To Newspaper Format for Fall 2023

BY: ERIN JENSEN (NEWSPAPER ADVISOR)

We hope you have enjoyed reading the school newspaper over the last several years. I have been the faculty advisor since 2019 and we have published at least one edition every semester since then.

I usually spend a lot of time each semester encouraging articles to be written, editing the articles, formatting the articles, and then creating the layout of the newspaper. I have appreciated the various student editors that have helped with this process every semester. Thanks for all the help this semester from Regina Vehige and last semester from Jose Hernandez.

The newspaper is going to be changing its format starting Fall 2023. Instead of the articles being compiled into a pdf (like this one), articles will now be individually published on the newspaper website <https://belmontabbeycollege.edu/campus-life/clubs-organizations/crusader/>

Students interested in writing for the school newspaper can still register for EN 199 (Newspaper Production) and have the opportunity to be a staff writer. The class is offered every semester as an online asynchronous class and counts for the *Writing* minor.

We hope you continue to read and support Abbey students as they write news and feature articles.

Meet The Staff Writers

Student Editor: Regina Vehige

Charlie Fremaux

Jessica Palermo

Andrea Antezana

Emily Nagel

Regan Cullen

Robin Wiley

Laura Gonzalez

Christina Villanueva

Tim Shar

Iris Bertin

Hannah Schudlik

Ayanna Pompey

Frederick Tuttle

Madison Jones

Kate Saxe

Jake Snelgrove

Frankee Hendricks

Faculty Advisor and Copy Editor, Erin Jensen

Website: <https://belmontabbeycollege.edu/campus-life/clubs-organizations/crusader/>