

# THE CRUSADER

## GOOD LUCK ON FINALS, CRUSADERS!

### Congrats Undergraduate Research Conference Participants

BY: ERIN JENSEN (NEWSPAPER ADVISOR)

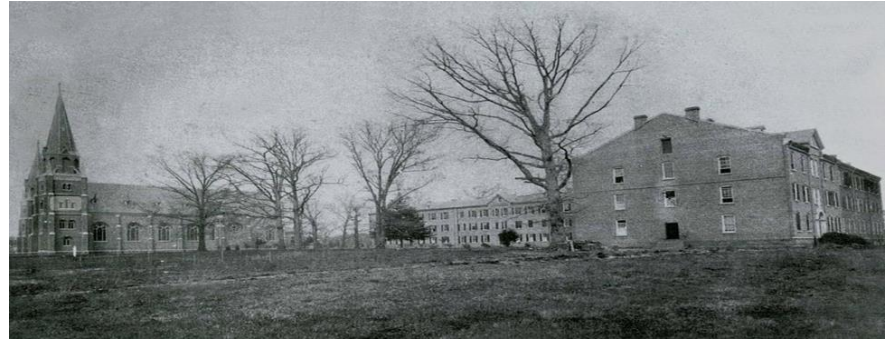
Congrats to the 37 students that participated in the 3rd Annual Undergraduate Research Conference last Friday! As you can tell from the titles, students from almost all majors presented on their topics. From English to Political Philosophy to Biology to Sports Management to Economics to Computer Science 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 and we encourage everyone to participate next April.



Mary Burke	The rise of classical education and the retention of the Socratic Method.
Max Bournos	Documentation of Patient Fluid Intake and Output
Journey Bowie	Nursing Interventions and Education to Increase Exclusive Breastfeeding Rates in the Hospital
Kenneth Bowles	Impact of Life Satisfaction and Perceptions of Corruption on Political System Satisfaction
Sekyah Chestnut	The Social Side of Sports
Layne Diffley	Association Between Views on Oppression and Political Party and Gender
Michelle Dinh	Importance of Bedside Report to Improve Patient Care and Satisfaction
Xavier Dunham	Does communication between nurses and pharmacists impact patient

Tamiya Ellis	medication adherence in the inpatient hospital setting?
Haleigh Evans	The challenges of poverty and first-generation college students.
Hannah Farmer	Case Analysis of The University of Missouri NCAA Infraction Case
Morgan Farrar	Crucial Need to Implement a Protocol for When to Wean Neonates Off of Bubble Cpap
Katie Flynn	The Use of the Safeward's Model to Promote Nurses' Self-Perception of Confidence and Interactions with Patients
Izzy Gagliardi	The Person of Faith in an Increasingly Secular World
Kiley Gallagher	Impact of Gender and Attending College on Political Ideology
Korynn Green	Resilience Training Program for ICU Nurses
Olivia Ivey	Alarm Fatigue in the Critical Care Setting
Jessica Janson	Long-Term Effects of a Concussion
Jennifer Johansen	The Effects of Prenatal Maternal Stress on the Development of Child Emotional Regulation
Hannah Keller	How the Prince of Egypt Teaches Us That True Greatness Comes from Compassion
Hannah Kurtz	Nursing Unit Design
Madeleine McCauley	Importance of Increased Hand Hygiene Compliance amongst Healthcare Workers
Kirstin Naegele	The Fall TIPS tool kit for preventing falls
Emily Nagel	How do mental health and self care interventions given from the workplace impact alarm fatigue of bedside nurses caring for medical surgical patients?
Ryan Nagel	Anxiety in the Attic: The Treatment of Women in the Nineteenth-Century Through the Lenses of Gilbert, Gubar, and Gerwig
Connor Nanney	What are the effects of religiosity and frequency of religious service attendance on an individual's views of the death penalty and its justification?
Lauren Reiland	The Warm Hot Method
Andrew Singleton	Airway Clearance Guidelines for Full-Term Newborns Born Through Clear Amniotic Fluid
Thomas Thierfelder	P vs NP: One of The Most Important Unsolved Problems in Computer Science
	What is the impact of a belief in life after death and frequency of church attendance on acceptance of Euthanasia?

Sophia Velasco	What is the impact of income and education levels on political satisfaction among Americans?
Evelyn Vesely	Preventing Surgical Site Infections with Pre-, Intra-, and Post-Operative Interventions
Nikolas von Spakovsky	How Biological Sex and Political Affiliation Affect Views on the Justifiability of the Death Penalty
Anna Williams	Russell vs. King: A Look at Sterne's Interpretators
Sabrina Whitehouse	The effects of being a student athlete on mental health
Elizabeth Woodruff	Reading aloud impacts physical, cognitive and social-emotional development
Adison Yoder	Magic Squares
Clayton Zimmerman	Incarcerated Medical Ethics



To this day, the presence of Benedictine monks continues to be integral regarding the identity of Belmont Abbey College. One of the most profound impacts of the monks is their role as spiritual guides and mentors. Through daily prayer services, retreats, and pastoral care, they provide students with opportunities for reflection, growth, and moral development.

At Belmont Abbey College, the influence of the monks resonates deeply within the campus community, as affirmed by Olivia Brandt, a dedicated student. Brandt says “The monks play a big role in this college and have provided helpful guidance when needed”.

As Belmont Abbey College looks to the future, the influence of the Benedictine monks remains as strong as ever. Their timeless values and commitment to excellence continue to shape the college’s mission and vision.



## Spring has Sprung at the Abbey

BY: SABRINA WHITEHOUSE

At Belmont Abbey, springtime is a colorful and fascinating time of year when the campus comes alive with the splendor of blossoming flowers, an abundance of greenery, and the delightful sounds of singing birds. It's the ideal time to explore the ancient grounds and take in Belmont Abbey's rich history and tranquil ambiance as the sun shines brilliantly overhead, greeting students and visitors with a sense of regeneration and refreshment. The spring season at Belmont Abbey offers an experience that embodies the spirit of academic brilliance and the essence of nature's waking, whether spent meandering around the lovely grounds or attending outdoor events.

Whether strolling around campus or attending sporting events, being at the Abbey is always a great day. Upcoming sporting events for April and May will conclude our athletics for this school year. They can be found on the Abbey Athletics website or the Belmont Abbey Athletics Instagram.

As they say, April showers bring May flowers; although the weather may be a bit chilly and rainy, there are still many other activities to get involved in around campus. This can include attending the Abbey playmaker's production of Shakespeare's Romeo and Juliet, Daily mass at 11 am in the basilica, The music club takes place on Tuesdays at 7 pm in Holy Grounds and so many more activities that can be found on the weekly Abbey news page.

Unfortunately, the school year is coming to a close, but luckily, many things are still happening around campus. Take advantage of these and so many other activities before

## Exploring Belmont Abbey College’s History: A Journey Through Time

BY: JACKELINE SILVA

Belmont Abbey College, nestled in the heart of Belmont, North Carolina, stands as a testament to faith, and academic excellence. Belmont Abbey College, founded in 1876 by Benedictine monks, who began their journey with the idea of providing quality education with the integration of Catholic values. The college was originally established as St. Mary's College, with a primary focus to prepare young men for a life of service and leadership.

During the 20th century, Belmont Abbey College went through significant expansion and growth. The college expanded its facilities and programs which influenced an increase in enrollment.

In the 21st century, Belmont Abbey College continued to evolve, welcoming technological advancements and educational practices while staying true to its core, catholic values.

it is too late! You wouldn't want to miss out on these experiences.



Photo Credit: Emily Nagel

## Campus Blossoms Beautifully to Life

BY: JENNIFER JOHANSON

It's absolutely no secret that Belmont Abbey boasts one of the most picturesque campuses a college could hope to have. As the seasons turn from winter to spring, the students and staff of Belmont Abbey College will be able to see their home campus at its most beautiful as it comes to life with a lavish display of flora and fauna and truly be given a wonderful treat for any outdoor excursions. With spring's (perhaps early) arrival, our campus bursts into a floral feast for the eyes; it and the warm weather prompting more and more students to do their work outside rather than cooped up in their dorms.

To examine what Belmont Abbey's outdoor sections have to offer this time of year, two freshmen, Lucy Flood and Ava Bianca, sit down for an interview regarding their experience with the campus. Already, they enjoy studying outside up to twice a week, their personal recommended spot being Abbey Lane in the evening, and the anticipation only builds further for when more flowers accompany the daffodils and lilies of the valley. Ava states, quote, "It's very serene, very quiet." Of course, as exquisite as the landscape is on its own, it is not complete without its share of fauna. The Abbey is home to a wide variety of creatures.

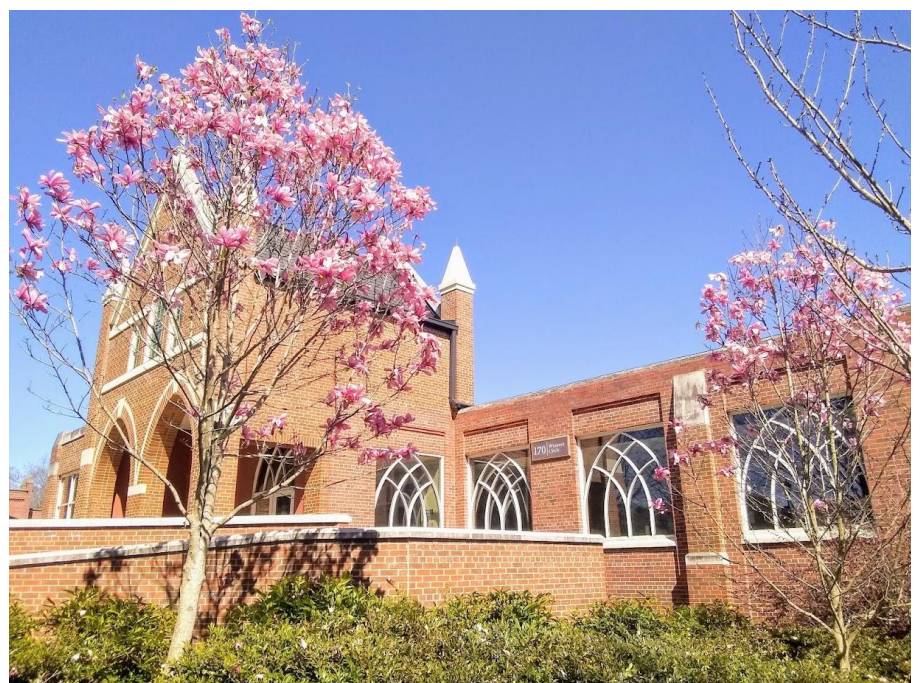
Many species of birds, from hawks to crows to mockingbirds and sparrows, can be seen on campus, and on occasion you can catch a heron in flight heading towards the lake not too far away. It's not uncommon to see the odd lizard or skink here as well, or even a snake! Be wary, however, during winter: copperheads like to hibernate beneath the stairs near the Holy Grounds cafe.

Insects are plentiful as well, and while most commonly you can see a shield bug or bees and wasps or on lucky

occasions a mantis, there is a pleasant array of moths and butterflies who come to visit: tiger and black swallowtails grace the blooming bushes during the spring, and I myself was once fortunate enough to come across a large, healthy Polyphemus moth caterpillar specimen. Meanwhile, in the pond by the registrar's office, you can see some tadpoles and minnows and sometimes hear some frogs chirping, and by night hear the symphony of the tree frogs.

Mammals, however, often draw the eye of the passerby, to which the Abbey hosts a vast variety of as well. Chipmunks, squirrels, rabbits, and of course the famous Belmont Abbey cats. They're feral and a bit shy, but they highly appreciate it when you feed them and will come running to you if you do it regularly. Once they trust you enough, you can even see their social lives unfold, and they prove to be very entertaining characters. Each are affectionately nicknamed by students as well. "I love the cats" says Ava, when asked about her favorite animal on the campus. "I was gonna say squirrels," Lucy replies. "I like how endearing they are. They come up to me, they're really daring, very bold. I've never seen anything like it."

Get your cameras and your phones ready: both for the increased activity in wildlife in the days to come, and as the trees and bushes flourish with flowers. Perhaps bring a blanket and some lunch, too, if you wish to turn study time into a picnic after the fact — just be sure to clean up after yourself so we can keep the campus beautiful! With that in mind: happy studying, and enjoy the lovely scenery the Abbey has to offer!



## Late Nights with the Lord

BY: SARAH GILMORE

Every Thursday night from 11pm to midnight there is a Holy Hour in the St. Joseph Adoration Chapel here on campus. This Hearts United Holy Hour is headed by Dr. Thierfelder and his wife. Students are encouraged to come pray and attend this Holy Hour.

This Thursday Holy Hour is part of the devotion to the Sacred Heart of Jesus and is a time to remember Jesus' acceptance of His Father's will when He was in the Garden of Gethsemane.

It is an opportunity to make reparation for sin, ask for mercy, and keep company with Jesus during an hour in

which he was left alone to pray in the Garden of Gethsemane.

With the lights dimmed, the stillness of the hour, and the True Presence of Christ, this Holy Hour is a great gift to the Belmont Abbey community. Junior Reagan Merkel says of the United Hearts Hour, “I love this late night hour in the Chapel. It is such a peaceful, serene, and intimate way to spend time with the Lord.”

Daily Adoration ends each night by 8pm, so the Hearts United Holy Hour offers the opportunity for students to spend time in Adoration later than would normally be possible. Reagan Merkel emphasizes this point saying, it’s “perfect for the late-night owls on campus.” Come spend time adoring the Lord alongside members of our college community next Thursday evening in the beautiful St. Joseph Adoration Chapel.



Photo Credit: Emily Nagel

## **BAC’s Favorite Monk**

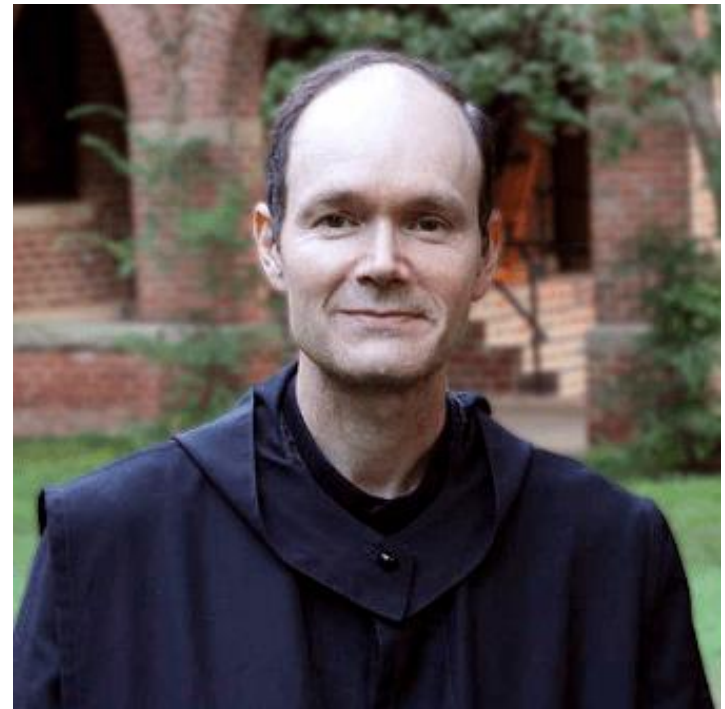
**BY: KATHERINE FLYNN**

Br. Edward Mancuso is one of the most beloved monks at Belmont Abbey College. A native of New Jersey, he grew up in Morristown and went to St. Bonaventure University in New York. Before becoming a monk, Br. Edward worked in advertising for a pharmaceutical company, and during this time, he also discerned a call to religious life.

While at St. Bonaventure University, Br. Edward really enjoyed spending quiet time in front of the Blessed Sacrament. After he graduated, he visited a monastery in New Jersey. After several visits, he decided to become a monk. Someone recommended Belmont Abbey to him, and after 2 years of visits, he decided to join.

Br. Edward has been at BAC for 21 years and is the Guest Master for the monastery (meaning, he takes care of all non-vocational guests that visit). He also works in Campus Ministry and loves being around the students. He especially enjoys praying with students (especially through the intercession of Bl. Solanus Casey) and talking about the saints. A highlight for him is doing Saint’s Group with them.

What Br. Edward most enjoys about being a monk is the prayer life, especially the divine office and quiet prayer time. He is devoted to Bl. Solanus Casey and one of his favorite sayings is “Solanus is upon us”. He truly has a saintly soul and has helped many students (including myself) grow closer to God. Br. Edward is in Campus Ministry from 2-4 pm during the week and welcomes anyone who needs help, personally or spiritually. Stop by and see him, and you will certainly encounter Our Lord through him!



## **FOCUSing on the Belmont Abbey Missionaries**

**BY: EMILY NAGEL**

The Catholic community at Belmont Abbey is constantly growing and evolving, especially through the FOCUS missionaries here. FOCUS (Fellowship of Catholic University Students) is an organization that sends out missionaries, many of whom have recently graduated, to reach out and walk with students on campus. They desire to share in their daily lives while inviting them into a deeper relationship with Christ and His Church. The five current FOCUS missionaries at Belmont Abbey College who are currently involved in this mission are Quinn, Kelcey, Kathryn, Jake, and Becca. These five incredible missionaries have several areas that they are involved in to help students foster both on and off campus communities along with their relationship with Christ. They do this primarily through bible studies, discipleship, and orchestrating numerous events or trips such as SEEK or other travel and international mission trips.

Two main ways the FOCUS missionaries are involved in helping students grow are through bible study and discipleship. Each missionary leads their own bible study and discipleship group. Some of the bible studies are a mix of various types of students whereas some are sport-oriented bible studies. These bible studies are intended to bring the on-campus community together through scripture to help the students better understand and live out the Word of God. One of the current FOCUS missionaries, Jake Burns, provided a quote that emphasizes the importance of sharing the Word of God along with his why for being a missionary

as he states, “Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age.” Matthew 28:19-20 My why is I am a son of the Father. And I know by this identity and the great commission stated above, I have a call to let others be redeemed and receive The Love that I have also received from The Lord. This call can’t be answered on the couch or by never sharing The Word. It’s in this sharing I also receive. It is in giving that we receive and seeking to understand that we are understanding. The measure we give will be given to us. This is my Why. I want Jesus and I must become the Servant of All to receive Him more fully. So, join a Bible study, go to Mass, pray every day and you will find abundant life”. Through this statement, Jake informs us of the powerful impact the Word of God has on us. That it is meant to be received and shared with others.

When considering becoming involved with FOCUS and the community they help foster on campus it can be difficult to know where to start and meet people. An easy place to start is by introducing yourself to one of them if you don’t already know them. The FOCUS missionaries can be spotted out and about campus throughout the week. The missionaries are where the students are. They desire to immerse themselves within the community and form authentic relationships with students. They are often seen at daily mass which is at 11 am every day. They also attend the student mass on Sundays at 7:30 pm and greet students outside the Basilica afterward. Bible studies and their times fluctuate with each new semester. However, each missionary leads their own bible study for students while also guiding current Abbey students who lead their own as well. There is an option and group for everyone when it comes to the bible studies provided for students. Some bible studies for athletics, some for the Honors program, and even some for a mix of students who are involved in various activities and don’t fall into a specific category.

FOCUS has been the biggest blessing in my life, especially while at college. The missionaries at the Abbey have helped me form such a deep and authentic relationship with Christ while also providing me with numerous opportunities to foster a vibrant community on campus. Through my involvement with FOCUS, I have come to know the beauty and importance of having a rich community grounded in their faith. Two ways I have grown in my faith and community are through bible study and discipleship. Through bible study, I have had the opportunity to understand the Word of God alongside my sisters in Christ. They have supported me through all my highs and lows while being a constant example of joy. I have formed some of the most wonderful and lifelong friendships at bible study while getting to know Christ better at the same time. Discipleship is very different from bible study. Discipleship is a time of intentional growth with a small group of men or women to help them learn how to evangelize at the Abbey and beyond. Discipleship has helped me become a better leader and has contributed to so much of my individual growth. It has taught me how to share the Word of God with others, develop a structured prayer life, and form authentic and Christ-centered friendships. The FOCUS missionaries have invested so much into me and my overall growth, especially in my faith which is why it is so incredible to now be doing the same as I currently lead my own discipleship

group with my friend Mary Bruck. For all of those who desire to grow deeper in their faith and community, I immensely encourage you to join FOCUS on campus or simply get to know them. They are truly such wonderful people and desire to know you as well. Kathryn puts it best as she states, “If we believe Jesus is who He says He is, we have to consent to the breadth and gravity of His teachings, letting them transform the way we see and do everything. Jesus’s last words before ascending into heaven commission us to make disciples of \*all\* nations. We often assume that this call is for some priest or some influencer with a platform, irrelevant to us. In reality, God desires all of us to be His instruments bringing about the salvation of souls, particularly through the little way of day-to-day relationship. I became a missionary because I desired all to know Christ and the good news of the gospel, and I wanted to live “all in” as a disciple”. God desires you. He desires to know you and to have an authentic relationship with you. If you are searching and yearning to grow deeper with Christ, the FOCUS community is a wonderful place to start.



(Left to Right: Quinn, Kelcey, Kathryn, Jake, and Becca)

## RAs: Friend or Foe?

BY: CLAY ZIMMERMAN

As a resident assistant at Belmont Abbey College for the past three years, I thought I could share some insight into the life of an “RA” for the laypeople of this campus. Do with this as you will.

I spent the first two of my three years working for Residence Life in Poellath, a hall known for its antics. Freshman boys certainly live up to the stereotype of being wild and out of control, but I enjoyed (almost) every second of my time in that iconic building.

This past year I have been the head resident assistant for St. Benedict and St. Scholastica halls, mostly composed of upperclassmen. The “Saints” have the reputation of being the calmest buildings on campus amongst us RAs, and thus far, it has lived up to the reputation.

If you ask any experienced RA, there is a good chance they will tell you a wild story of an interaction with residents. I agree with fellow Head RA Evelyn Vesely when she said, “I feel like I have seen it all,” and then immediately learned that we have not, in fact, seen it all.

The most awkward part of this position is when I approach a resident for misconduct and have to sit next to them in class the very next day. We have to supervise our friends and teammates while still trying to maintain a good relationship with them.

At the end of the day, the life of a resident assistant can be rewarding. The money is nice, for sure, but helping students in their collegiate journey is rewarding in its own way. So, please, next time you see an RA, thank them for what they are doing. Because, for all you know, they may have just had to mop up puke for the last two hours (yes, this happened), and a thank you would make their day.



(RAs of St. Benedict and St. Scholastica Halls: 2023-2024)

## Field By Day, Stage by Night

BY: MARY KATE BURKE

Luke Thierfelder, a track and field junior, gives insight into what it is like to share equal involvement in athletics and arts. Luke has been training his voice and javelin throwing for roughly four years. He religiously devotes time daily to practicing opera and track; Luke says, “A typical vocal practice consists of thirty minutes of music theory and musicianship and thirty minutes of singing through repertoire. Specific days for my athletic training are committed to lifting, throwing, or plyometric/ sprinting. On a given day, I would say my average training time is around four hours”. With this amount of extracurricular involvement, it is assumed that school would be placed on the back burner, but not in Luke’s case.

Regarding his work balance, he says, “A good structure and routine is the only way to manage my time and energy well. Adhering to a schedule and plan daily is critical in performing my responsibilities as well as I can”. This advice on work ethic can influence all student-athletes trying to train their body and mind with equal attention.

While giving academics their proper due, Luke has competed in opera and track, dramatically excelling in both. He entered an international voice competition in London and finished second. Thierfelder continued his winning streak at the 2023 conference championship, which promoted him to achieve the title “All American” in Division Two nationals this past year, all while being a full-time student. All this to say, Luke’s intentionality and discipline in balancing academics and passions is a testimony that it is possible, with goals, to integrate your endeavors into your professional life.



## Belmont Abbey Players Finish off the Year

BY: AMIR JOSEPH

The Abbey Players have had a stellar year, presenting a series of shows that were met with overwhelming success. The excitement was palpable as many of these performances sold out, and the 2023-2024 abbey had a bustling crowd, with all eight shows held in the Haid Theatre. The casts were a mix of Abbey students, community members, and talented students from neighboring high schools. As we wrap up the year, let’s take a moment to relish the fantastic shows that graced our stage.

The year started with Blithe Spirit on August 24th and had its last showing on the third of September. The next time the Abbey Players graced the Haid was short after, with the showing of The Three Musketeers on October 5th and their last showing on the 15th. Oklahoma! was next on the player’s stop as they put on their musical for the year from November 9th to the 19th. The players then finished the year with two showings of Christmas at the Abbey on the 2nd of December.

2024 started with a fun one with the 24-hour theater project on January 13th. The Murder on The Orient Express brought mystery and Murder to the Abbey in February as Jill Bloede directed a suspenseful thriller. An Abbey student had this to say about Jill’s show. “I’ve never seen a more complicated but well-put-together set. It literally folded and morphed before our eyes.” At the same time, one of the Abbey’s

well-known history professors, Troy Feay, starred as Hercule Poirot. To finish the year, the players complete their eight-show run with Romeo and Juliet (Directed by Christopher Donague) and The Dance Showcase, ending the season on the 28th. The Abbey players have outdone themselves with this season's lineup.

With the year ending, expect even more from the players in years to come as they put on even more works of art. However, don't forget the amazing individuals who make up the backbone of the players. Christopher Donaguhe (Visiting Assistant Professor & Director of the Abbey Players), Blake Williams (Adjunct Professor, Director, Vocal instructor, and Coach), Gary Sivak (Technical Director, Designer, and Instructor), Jill Bloede (Associate Professor and Director), and Mikaela Byrd (Marketing Coordinator/House manager for the performing arts).

Without the help of these wonderfully talented directors, professors, and managers, the Abbey wouldn't have the players.

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## Honors College Sees Handel's Messiah

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BY: ANNA WILLIAMS

The Honors College takes a trip to Charlotte at least once a semester to see a symphony, most recently the Honors College saw Handel's Messiah. This was performed by the Charlotte Symphony Orchestra at the Knight Theatre in December.

These symphony trips are a highlight of the semester. They are a fun cultural experience that many students greatly enjoy. They provide an opportunity to dress up and go out into

Charlotte through carpooling with other students in a safe way that is still very much enjoyable. The artistic and cultural events are a highlight of each semester. They are funded through generous donations and a great deal of the Honors College student body attend, from freshman to senior, as well as professors, some of the monks, and some of the seniors.

Honors College sophomore Theresa Brandolini says, "Going to Handel's Messiah during Advent is a truly beautiful experience and serves as a staunch reminder of the reason why God became man."

The next symphony trip will be in early April. Students will get a chance to see a symphony written by Brahms. Go to the Charlotte Symphony Orchestra website to learn more about local symphonies!



Photo Credit: Faith Chapman

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## Up Close and Personal with Dr. Gleason

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BY: SALOME ARTOLA



"When you choose your career, be driven by the mission not the money." Dr. Ann Gleason has been an assistant professor in the Criminal Justice department at Belmont Abbey since late 2022 full time but started off as an adjunct between the years 2014-2018 doing only part time teaching. Many may know her for teaching "American Criminal Courts."

She initially began pursuing a B.S in Chemistry and a B.A in French at Chestnut Hill College in Pennsylvania in hopes of becoming an eye doctor. After obtaining these degrees in 1986, she decided to go to law school at Wake Forest University School of Law in Winston-Salem here in North Carolina. After graduating she went on to be a law clerk for a judge in the 7th circuit court of appeals. She went on to be an associate attorney at a couple law firms then assistant DA in Mecklenburg County, she then went on to become Professor Gleason as she began her path as a professor teaching criminal justice courses as an adjunct at UNC Charlotte.

I briefly interviewed Professor Gleason to get a better outlook on and into the mind of both a criminal lawyer and a now professor:

How has being a professor versus a lawyer affected your life? “It has affected my life in a sense that both have been rewarding but being a professor has allowed more immediate rewards that aren’t necessarily tangible but things such as connections with my students and I enjoy teaching CJ. Being a professor doesn’t have financial value compared to being a lawyer but interactions with my students are enough for me.”

What advice to give to students who are debating going into criminal justice? “Studying criminal justice gives you a lot of background and career options into law enforcement and law and you study the behavior of people both good and bad in all walks of life. Knowledge that is always good to have.”

Do you think being a mom changed your outlook on being a lawyer? “In a sense it has especially while practicing in criminal law, you tend to explain to your children a darker side of life due to what is seen or dealt with in this side of the law.”

If you are debating going into criminal justice as your major or minor or are even slightly interested in taking a class to know more, consider taking a class with Dr. Gleason because her knowledge and outlook on law will give you a real face to face connection with criminal law.

## Dr. T Money

BY: CONNOR NANNEY

Dr. Rajive Tiwari, the longtime physics professor and the Coordinator of the Physics-Mathematics Minor at the Abbey displays an exemplary love for knowledge and education.



Dr. Tiwari, often referred to by his students as “Dr. T-Money” (or Dr. T\$), grew up in Delhi, India. His father was a professor, and teaching became a family trade as some of his siblings acquired PhDs and taught. Furthermore, he feels indebted to his own teachers who imparted him with “wisdom and knowledge and all that good stuff,” and he feels that teaching is a way to repay that debt. All these factors contributed to the creation of a successful, effective, and beloved professor.

Having taught at Belmont Abbey College since 1994, Dr. Tiwari has taught many physics classes and students. One would expect that 30 years of teaching the same few subjects would become boring, but Dr. Tiwari claims that “The material might be the same, but every class is different.”

Not only do interactions with different groups of students prevent teaching physics from becoming monotonous, but new questions raised by pupils provide fresh perspective and insight. Dr. Tiwari believes that one learns by being asked questions that they cannot answer. As such, he is glad to be asked difficult questions, stating: “That enriches my own knowledge.”

Being in the classroom in action is an invaluable thing to this professor. Belmont Abbey College is blessed to have such a dedicated professor of physics, and Dr. Tiwari is excited to continue doing what he loves: teaching.

## SPORTS HIGHLIGHTS

### Record Breaking Season for Crusader Track and Field

BY: SEKYAH CHESTNUT



On February 18, 2024 the Crusader track and field team finished up their 2024 indoor track and field season. This final meet of the season featured many exciting performances. These performances came together to make the men place third overall and the women place fifth both the highest overall placement in respective program histories.

The highly anticipated two-day meet kicked off with the distance medley relay, resulting in a podium finish for the crusader men ending in third place. This started the momentum for the team, with many other athletes posting exciting performances. Newcomers, Sekani Coleman, Orlando Descartes, and Dayzhuan Gooding-Williams each made the podium in the long jump, triple jump and high jump. Team veterans Kelly Hay, Thomas Thierfelder, and Jesse Coleman also lead the team to the podium with



Coleman taking first place in the men’s 400m, Hay placing third in the men’s pole out and Thierfelder placing second in the 800m winning his 5th medal in the event. The men’s team ended the meet placing second in the 4x400m relay.



Photo Credit: Elijah Jackson

Not to be forgotten, the women’s team also made exciting performances. Isabelle Flores and Karolina Colon placed first and third in the 60 m hurdles for the 2nd year in a row resulting in a new school record and personal best for Flores. The women’s 4 x 400m relay team also ended the championship with a podium visit, placing third in the event.

Led by Coaches Dan Finanger, Amy Cerdeiras, and Tomas Cerdeiras. When speaking with Coach T. Cerdeiras he stated that he was “very excited to see what we do this outdoor season, we have a lot of great returners hungry to win and many newcomers excited to show what they can do as well so I know we’ll do great things this year”. You can see the team bring this momentum into their outdoor season beginning on March 1st and 2nd at the University of North Carolina at Wilmington or support digitally by following the team throughout the season on their Instagram at @abbeycctrack

## Flipping Out Over Their Season: Acro Takes a Win Over Mars Hill

BY: JESSICA JANSON

On February 10th, 2024, the Belmont Abbey Acrobatics & Tumbling Team traveled to Mars Hill University to compete in the first meet of their season. This sport is a combination of cheerleading and gymnastics. After months of preparation, the team and their head coach, Emily Lewis, and assistant coach, Ansley Dempsey, were excited to showcase their skills. They may have been flipping out of nervousness initially, but it turned into excitement. Lewis built the program from the ground up and now has 37 incredible athletes following her in her sixth season.

The compulsory event laid the foundation for the competition. This event includes the acro, pyramid, toss, and tumbling heats. Both teams execute the same skills for these four events and start at a value of 10.0. These skills require strength, technique, and coordination. The eight athletes who competed in this event executed their skills

wonderfully, receiving a cumulative score of 36.00, setting the stage for an exciting showdown.

With an enthusiastic scream after the final event, the acro team defeated Mars Hill with a score of 264.64 to 250.98. After the win, fifth-year team member Maddie Martin joyfully said, “It made me feel like the team’s hard work over the last semester had paid off, and I was unbelievably proud of them.” Not only was Martin excited, but the coaches and the rest of the team were even more pumped up for the rest of the season.

Belmont Abbey Acro has some competition with the other teams in their conference this season. Still, they are ready to take on the challenge as a family. Students and supporters are encouraged to cheer on the team at their next upcoming home meet in Wheeler Center, where they compete against King University. This night will also be dedicated to honoring the graduating seniors.



## Men’s Lacrosse Beats North Greenville University

BY: CHRISTINA POPOVICH

On April 13th, 2024, the Belmont Abbey College Men’s Lacrosse team defeated one of their rival teams, North Greenville University. This was a crucial win for the Crusaders because the game was only two weeks away from the conference tournament, and it also happened to be senior night for the Crusaders. There were 14 seniors who were honored in a ceremony before the game for their time, hard work, and dedication to Belmont Abbey lacrosse.

The score of the game concluded with Belmont Abbey 15 and North Greenville University 10. The statistics for the game revealed 23 faceoff wins by Belmont Abbey, with 7 causing turnovers. The player responsible for the faceoffs was Caleb Mulcahy, who also obtained 16 ground balls for the game. The leading scorer for the game was Harry Maloney, with a total of 4 goals, which tied him for the highest number of points scored by one individual on the team.

Defensively, a close defender, Ben Johnson, acquired 5 ground balls, and goalie Angus Snow made 11 saves. Ben Johnson described the competition as “a very exciting game because it was needed to secure a bye in the first round of the conference tournament.” Furthermore, through this

victory, the Crusaders were able to gain the number two seed in the conference.

The Men's Lacrosse team has won 8 games overall and lost 6. They will play Chowan on April 19th, 2024, which will conclude their regular season games. To finish out the season, the Crusaders will compete in the conference tournament on April 26, 2024, with a chance to win the championship. They have proven to be a skilled and resilient team, and there will be much anticipation to complete the season on a triumphant note.



## It's a Sister Thing for Abbey Women's Soccer

BY: SABRINA WHITEHOUSE

Belmont Abbey Women's soccer is known for its competitive and winning atmosphere, but most don't know we tend to keep it in the family! Most athletes dream of being a part of a college sports team, but for others, it is about continuing to develop and grow as athletes with their siblings. With a long history of recruiting generations of sisters, coaches Mike Lynch and Jamie Malilong have something to say about why they continue to run the program this way. If a sister is coming, that means that the school is a good fit, and they are encouraging their sister to come, which means it's a good place to be and play soccer. Motivation fit is a big factor in happiness and retention. We will continue to recruit generations of sisters because they do well for our program and the school.

The current team has two sisters, Reagan and Peyton Cullen, and they were asked about their experiences, "It has been such a great experience getting to develop not only as athletes but to become closer with each other in a way many siblings do not have the opportunity to." This pair of siblings has done so much for the program and the school that I wonder why the coaches would ever stop recruiting siblings! Being part of this team is unique, but doing it with your sibling would allow you to create memories that will last a lifetime with someone you will grow old with!

There are quite a few legacies on our team that, although their siblings are no longer a part of our program, have paved the way for their sisters to come and continue to make their families proud. There are currently four legacies on our team: Sophomore Anna Richard's sister, Kooba Richard graduated in 2018; Grace Siders sister, of Hannah Siders who graduated in 2018, Mckenna Schwarz, sister of Conli

Schwarz, who graduated in 2020; Caroline Roche, sister of Emma and Rachel, who graduated in 2022.

Being a part of the sisterhood that the soccer team provides is far different than being a member of any other sports team here. According to current Junior Madison Gnolfo, "I was an only child growing up, so getting to be a part of this team with 50 girls who are all sisters to me has been something that I will cherish for the rest of my life." Even if you are not a younger or older sibling, there is more than enough love to go around! To be a part of the sisterhood you do not have to be legacy it is so easy to find a sister in a teammate. This reputation sets us apart from every other team on campus and something that will continue to happen for generations to come!

Come down to Alumni Field and watch the Women's Soccer team this fall as they set out for another great season!

## Stand Out Year for All-American Mia Muckenthaler

BY: OLIVIA IVEY



There is no question that Belmont Abbey Women's Soccer had a historic year during their 2023 Fall season. Their 11-3-4 record (8-1-3 conference) was impressive, to say the least. They were regular season Conference Carolina's champions, advanced to the conference tournament final and some might even say robbed of an NCAA tournament bid.

The Crusaders only allowed 27 goals throughout the entire season, 14 being within conference play. A big role in allowing very few goals in this season was the Crusader's strong defense. A key player in this defensive back line was junior center-back Mia Muckenthaler.

Muckenthaler is undeniably a stand-out player for the Crusaders. Her ability to read the game helps her play the right balls into her offense, read the pass and next move of the opposing offense. Having tallied 4,983 minutes for the Crusaders in her career, Muckenthaler is an intimidator for any offense she faces. When asked about her feelings going into the season Muckenthaler said, "I think going into the season I definitely had a goal of getting an All-Conference

award since I didn't get any last year. I wanted to work really hard to prove something to myself and to the team."

## Belmont Abbey Cheerleader Interview

BY: KENDRA KERR



The Belmont Abbey Cheerleading team's season recently came to an end. As part of the cheerleading team, I decided to interview my teammate Zoe Espinoza. Zoe is a sophomore, and this year has been her first year on the cheerleading team.

What made you want to join the cheerleading team?

My friend Lacey Felton was on the Cheer team, and she told me about how fun and exciting it was and how I could start off as the Cheer Manager and then become a cheerleader and learn throughout the way. However, I ended up becoming a Cheerleader while still learning along the way.

What's been your most difficult challenge?

The hardest challenge has been learning to keep going no matter what. Being a base has its challenges, especially when your teammate/friend is a flyer, and you have to be careful when they are up in the air because if you are not careful or catch the flyer, they are in potential danger. I hate having to see any of my friends in pain or get injured over something I could have prevented or done better as their base.

What's something you would tell someone that's interested in joining the team?

Definitely a fun thing to do, and I honestly enjoyed every part of being a part of the Cheer team. We are a tight group of friends, and we all have our ups and downs, but we always come together at the end.

What's been your favorite memory?

Going to competition has to be my favorite memory, and being supported by my teammates through a very nerve-racking time. Especially since it was my first cheer competition ever! I didn't know what I was expecting but being supported and uplifted by my team really helped push me through my fears and excel. I believe we also bonded

throughout our time at the competition and cheering for the women's basketball team who made it to the conference.

Come and support the cheerleading team next year at the women's and men's basketball games!

## Abbey Wrestling Sees Coaching Changes

BY: HALEIGH EVANS



The Belmont Abbey wrestling team has seen a few coaching changes in the past year. The previous head coach, Kenn Caudell, left the program in the Spring of 2023 to pursue other avenues. Following Coach Caudell's departure, the assistant coach at the time, Randy Deangelo, was promoted to head coach. Deangelo is only the second head coach in program history.

The team also hired a familiar face as the new assistant coach, Scott Bosak. While new to the group of athletes on the team, Bosak is no stranger to Belmont Abbey. Bosak competed on the wrestling team for two seasons after transferring to the Abbey from Cornell. He graduated from Belmont Abbey in 2016 and was among the first All-Americans for the Belmont Abbey Wrestling team.

Under the direction of Deangelo and Bosak, the Crusaders had 19 athletes named to the Fall 2023 Conference Carolina's Presidential Honor Roll, 5 athletes who received Academic All-Conference honors and the team ended the regular season with a record of 7-7. During the postseason, 10 athletes competed at the Super Region 2 tournament to qualify for the National Tournament. At the regional tournament, the team had two athletes qualify for the national tournament.

Check out the wrestling team next season in the Wheeler Center!

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