



The Crusader

A Student Publication

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Fall 2019
Issue 2

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Recent Recaps

Abbey Fest 2019

By: Mason Harrigfeld

Abbey Fest 2019 was the best it has ever been. Belmont Abbey College Activities Board (CAB) has really outdone themselves this year. From the axe-throwing inflatables to a tasty waffle treat to live music/performances, everything was a blast. There were two inflatables that the students could go on. One was a velcro axe throwing competition where students competed with each other to try to hit the bullseye, and the other was a bungee cord race where students tried to run and place a velcro batten on the side of the inflatable. There was also a caricature named Jeff who did an amazing job drawing cartoon versions of people. The Waffle Food Truck made a return during Abbey Fest 2019 and tasted very delicious! Personally, I went with the Waffle Sundae, which included Belgium chocolate, two scoops of vanilla ice cream and the old fashion, bright red cherry. Even though it rained a little bit, the live performances continued on. The dance team performed as well as a local musician who performed his original songs. There were also tables on the outer edge of the quad, where many clubs, such as the Psychology Club, the Student Government Association, Hispanic Association, Greek Life, Art Club, were able to set up and promoted their clubs by giving away candy and food and even smashing pumpkins. There was a photo booth where many people were able to take pictures with Perry the Pumpkin, or corn stocks positioned that created a pathway and hay bales in the corners of the quad that held Pumpkins on them that tied into the fall festive look. Abbey Fest this year was a fun time to come together as a college and be able to hang out with one another. I can't wait to see what CAB has in store for us for future events or even next year's Abbey Fest!



Above: Sophomore, Mason Harrigfeld poses next to the SGA table during Abbey Fest

Below: Kateri Brehany and James Thierfelder race on one of the inflatables found at Abbey Fest



2019 Homecoming King: Pierce Pliapol
2019 Homecoming Queen: Annie Hetzel



A big SHOUT OUT to Women's Volleyball head coach Toni Elyea for being named Conference Carolinas Coach of the Year! Our Lady Crusaders took the regular season championship, and made it to the semi-finals of the Conference tournament. Congratulations!

Homecoming 2019

By: Katie Mcarthy

Homecoming at the Abbey is always an exciting time. With fall break approaching, old friends coming back for the weekend, and crowning Homecoming Queen and King, there is no shortage of fun.

Homecoming at the Abbey is unlike Homecoming anywhere else. The monks and long-standing faculty members create a rare stability that cannot be found at other colleges. Each year a class graduates and moves away, but our monks never do.

This Homecoming, both our women's and men's soccer teams came out victorious, Annie Hetzel and Pierce Pliapol were crowned Homecoming Queen and King, and our scholarship programs welcomed their alumni back home with bonfires and banquets. But the highlight for many of our returning alumni was the chance to see old faces and listen to old stories from those who have made the life-long vow of stability here at the Abbey. A reminder of the true reason we continue to stand here, in Belmont, North Carolina.

Music Man

By: Eli McBride

The 136th season of Abbey Players was kicked off by the musical Music Man. The setting of the musical is a con man named Harold Hill trying to con the whole town into believing he is a music teacher. This musical had it all: dancing, wonderful choreography, and comedy. The musical cast included over 40 people including adult dancers and children ensembles which worked well with moments for everyone to shine. The standout performance of the musical was Kate Weaver who played Eulalie Mackecknie Shinn, the wife of the mayor. She played a convincing old woman that was very focused on her dancing.

Guest Editorial: Halie Reed Breaking Out of Your Bubble

I pack bubbles in my backpack, my handbag, and my carry-on luggage. I've brought them into sports games and the state fair. I've blown bubbles off of cliffs in the mountains, from kayaks on the ocean, and in front of castles in the U.K. I even blow bubbles here on campus.

I love being able to watch as someone who is hurrying across campus - head down, earphones in, staring at their phone - get surprised by a bubble floating in their path. The immediate reaction is one of a child -- reaching out to try and touch it and watching as it pops on the fingertips. The simple moment of joy they experience then turns into a human connection as they look to discover the source of the bubbles. Most of the time it is just a small acknowledgement of another's existence and other times it is a lengthy conversation with a new friend.

Too often, I find myself having conversations with peers and students in which they

share they feel utterly alone. Struggling with loneliness can be a difficult task - we long for community and the support of loved ones. When I ask individuals what is holding them back from creating these support systems, I often hear "I don't really know how to make friends" or "I don't want to be creepy and just start talking to someone."

Just as Gabriella asked Troy in the classic that is High School Musical, "Do you remember in kindergarten how you'd meet a kid and know nothing about them, then 10 seconds later you're playing like you're best friends..." Sometimes it simply takes a moment of child-like joy to connect to a new friend. We often forget how easy it can be to make conversation with a stranger. Smiling at the person walking towards you on the sidewalk, holding the door at the cafeteria, learning the name of the person you offer the sign of peace to at Mass can all lead to positive interactions

within your community.

By blowing bubbles, I have been so fortunate to hear the stories of practical strangers and have really impactful conversations. I have seen how sitting down for a moment, getting fresh air, blowing a few bubbles, and connecting with another person can change the entire day for someone. The stress and pressure of loneliness slides right off their face as I offer them the bubble wand and they sit down for a chat. What will be your bubble breaker?



Halie Reed
Director of Residence Life



Bethany Rodriguez
Director of Student Activities

Mira Via

By: Amanda McLaughlin

MiraVia is a college maternity residence that is right here on Belmont Abbey's campus. Their mission is to respect and affirm life from the moment of conception. MiraVia provides a safe place for mothers and their children. They bring a Christ-centered approach inspired by the example of Mary and Joseph. Their goal is to help young families achieve a new life of hopeful, independent, and healthy living as well as educate the community on the culture of life.

MiraVia started in 1994 as Room At The Inn on Weona Avenue in Charlotte to provide residential services to pregnant women and their children at no cost. Over the years, Room At The Inn began offering on-site counseling and grew in size to accommodate as many moms and babies as they could. In 2005, a long discussion and planning process took place to decide the future of Room At The Inn. This led to the creation of their Outreach Assistance Program at the Weona Avenue and the residential facility right here on Belmont Abbey's Campus. The Belmont Abbey facility opened on July 16, 2012. On October 24, 2013 Room At The Inn changed its name to MiraVia. Over the last 24 years MiraVia has helped over 8,060 women and children.

Today MiraVia's College Maternity Residential Program provides free housing and support for pregnant college students throughout their pregnancy and after. The expectant students can attend any college or university in the area and stay for up to two years while they are achieving their personal and academic goals. The College Residence provides all the benefits of campus life and allows mothers to continue their education and pregnancy.

The MiraVia Outreach Assistance Program is for women who might not need a place to live but need support. The clients are provided with a peer support group, life skill classes, and they receive a variety of material assistance (like diapers, clothing, food, etc.). These mothers receive the help they need by connecting with the community. The clients are able to participate in this program for up to one year.

MiraVia is always looking for volunteers and support. If you would like to volunteer at the MiraVia Outreach Center please email Pilar Mora at pilarmora@miravia.org. To volunteer at the College Maternity Residence please email Tina Clark at tinaclark@miravia.org. You can also find their wishlist and more information at miravia.org.

Meet Bethany Rodriguez

By: Kateri Brehany

Bethany Rodriguez is one of the newest members of staff to join our campus as the Director of Student Activities. Although originally from Pittsburgh, PA, she has called Charlotte home for the last five years. She graduated from Virginia Tech and since then has mainly devoted herself to helping students prepare themselves for college through organizations such as the Carolina Youth Coalition, of which she served as director. Bethany is thrilled to be a part of the Abbey and is excited to help empower students!

What Abbey tradition are you most excited to tackle?

Oh man!, that's a good question. There are some great traditions here, like AbbeyFest, the Crawfish Boil, or Crusader Christmas. But I'm most excited to create a new tradition the students become invested in and really feel like it's part of the culture.

What are you most excited to do?

I'm just excited to support the students, that's my greatest passion. I want to help you lift up your voice and create wonderful things.

What's the biggest way you're hoping to make a change here?

I would say the biggest way I hope to make a change is to show every student that they are heard, valued, and empowered.

Is there anything else you'd like to mention to the students?

Stop by and introduce yourself, I'm here to support you! I also have chocolate!

Abbot Walter Coggin

By: Caleb Kualii

Throughout its history, Belmont Abbey College has been blessed with an unbroken chain of extraordinary leaders beginning with Abbot-Bishop Leo Haid and continuing up to the present day. Among the most notable of these individuals is Abbot Walter Coggin. Born in the year 1916, Abbot Walter forged a connection to Belmont Abbey very early on in his life, having graduated from Belmont Abbey as valedictorian. Coggin became a Belmont Abbey monk in 1936, thus beginning what would turn out to be a lifelong dedication to serving the monastic community and the College. Coggin's first notable leadership appointment was his two-month stint as President of the College in 1956. Though brief, Coggin's appointment to the presidency was notable in that he was the first non-abbot to lead the institution, as well as the first president who held a doctorate (he had earned a Doctorate in Philosophy from the Catholic University of America). In 1959, Coggin was elected the third Abbot of Belmont Abbey, assuming leadership of the Monastery and the Episcopal responsibilities of the Abbatial Nullius. Abbot Walter would eventually return to the office of the College Presidency in 1964, thus becoming the first abbot to be both Chancellor and President concurrently. In addition to his role as abbot and administrator, Abbot Walter also represented Belmont Abbey on the world stage in his role as a Council Father for all four sessions of the Second Vatican Council (1962-1965). Despite his many achievements as a church leader, Abbot Walter always enjoyed teaching. Even after he stepped down from the Monastery abbacy, Abbot Walter continued to actively serve the college as an instructor for many years and was always regarded as a blessing both to his students and to the campus community as a whole. In the fall of 1999, Abbot Walter retired after more than sixty years of service to Belmont Abbey. He would later die on December 28th of that same year and is interred in the Monastery cemetery. As a result of Abbot Walter Coggin's many contributions to the Belmont Abbey, the current Student Commons Building is rightfully named in his honor.



Abbot Walter Coggin

Thanksgiving in the Monastery

By: Clare Ruedisueli

Thanksgiving is celebrated in Our Lady Help of Christians Monastery much like in any American family. Br. Edward was an enthusiastic source on how the Abbey celebrates Thanksgiving. The holiday is treated much like any other day with the regular prayers of the monks and a celebration of the mass. However, after vespers, the monks begin the Thanksgiving celebration dinner with a little happy hour. Br. Edward reports that drinks are shared in accompaniment with much-cherished M&Ms. Following this fraternal reception, the monks are then summoned to dinner. Debbie, the monastery cook, has a tremendous dinner prepared for the monks. The main dishes are those that are normally found at Thanksgiving feasts, such as turkey, and stuffing, which is said to be "too good"! It is especially important to remember that the monks have a monastic sweet tooth; they wear it like a habit! Dessert is the ultimate course of the Monastic Thanksgiving. Br. Edward claims that "Debbie has a doctorate in dessert; I have dubbed her the 'Saint Seasoner!'" The desserts are the biggest part of the Abbey Thanksgiving, the top three favorite dishes being monastic apple pie, ice cream, and chocolate chip cookies. Once the feast has drawn to a close, the monks end their food celebration with a song. They sing together the Latin hymn Ultima in thanksgiving to remind them of their death, their monastic fraternity and their devotion to Mary.

Gingerbread House Party

By: Theresa Wilson

You know almond spritz cookies and peppermint bark and pizzelles and snickerdoodles but do you recall that gingerbread was originally not Christmassy at all? Ginger is a spice that comes from Asia. Think back to Marco Polo and you've got the right time period for when ginger first arrived in Europe. The first recipes for gingerbread appeared in Germany in the 1600s. Gingerbread houses began being built shortly after the recipes were first written since the cookie was so sturdy and could be stacked in various ways. You are probably most familiar with gingerbread houses from the story of Hansel and Gretel. In fact, there was an important retired Nabisco Bakery Plant ten minutes from my home in Sussex County New Jersey called the Gingerbread Castle which contained all the great fairy tale characters, especially those of Hansel and Gretel.

While a story with a witch would bring Halloween to mind, its origins relating to Christmas stem from a happier story of community. In Medieval times, guilds were the dominant drivers of the economy. Masters of individual crafts would live with apprentice workers to perfect a craft. Markets would be places where guilds and the townspeople would gather for major festivals and show their crafts as well as plays and other entertainments. For the biggest holiday of the year, as the popularity of gingerbread grew, there would be gingerbread fairs where people would use their family recipes and build impressive gingerbread houses. Today, there is a big gingerbread house competition at the Ballantyne Charlotte hotel half an hour away from the Abbey which is free to view and breaks down the entries by age groups and shows the winners for different categories.

Thanksgiving Fun

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Dorm Friendly Feast

Eggnog for One

By: Sammy Day

Ingredients:

1 large egg
2 tablespoons of sugar
2 teaspoons of vanilla
1 pinch of nutmeg or cinnamon
Milk

Directions:

Beat the egg, sugar, and vanilla with a whisk (forks probably work just fine) in a large mug.
Add milk and keep mixing.
Microwave for 2 to 3 mins.
Mix every 30 seconds. Do not let it boil.
Sprinkle cinnamon or nutmeg on top.
Serve immediately to those who prefer warm eggnog
Let cool and serve for those who prefer cooled eggnog

Microwave Instant Mac n' Cheese

By: Amanada McLaughlin

Ingredients:

1/3 Cup Elbow noodles
Pre-shredded cheddar cheese
A splash of milk
1/2 Cup Water

Directions:

In an oversized mug combine the noodles and water and microwave the mixture until all the water has evaporated. This may take approximately 4 minutes. Stir occasionally while cooking.
Stir in milk and cheese. Microwave for another 30-60 seconds.
Enjoy!
*Cooking times may vary based on microwave wattage.

PB Chocolate Chip Chewy Granola Bars

By: Amanda McLaughlin

Ingredients:

1/4 cup softened butter
1/4 cup honey
1/4 cup packed brown sugar
1/4 cup peanut butter
2 cups quick-cooking oats
1 cup crispy rice cereal
1/2 teaspoon vanilla
2-3 tablespoons mini chocolate chips

Directions:

Stir together oats and rice cereal. Set mixture aside.
Stir together butter, honey, brown sugar, and microwave until it starts to boil. Let it boil for 1 min in the microwave.
Remove from microwave and stir in peanut butter and vanilla until smooth.
Pour hot mixture over dry ingredients and mix until combined.
Put mixture into 8x8 greased pan and let cool
Cut into 10 bars and store in tightly wrapped plastic or in Tupperware.

Pumpkin Spice Latte

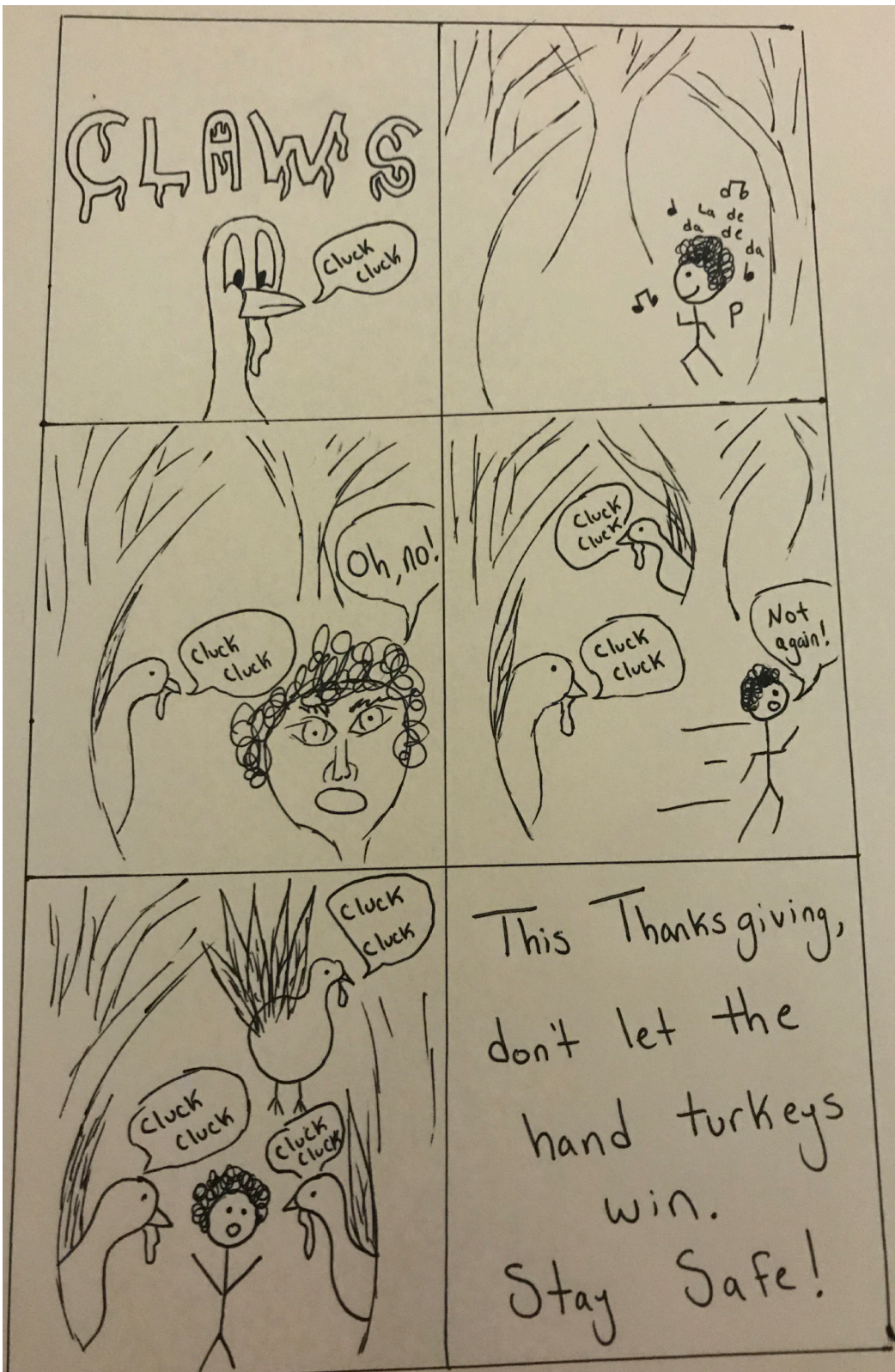
By: Amanda McLaughlin

Ingredients:

1 Cup Milk
2 Tablespoons pure pumpkin puree
1 Tablespoon sugar
1/4 teaspoon pumpkin pie spice
1/4 teaspoon vanilla extract
1/4 cup espresso or strong brewed coffee

Directions:

Combine milk, pumpkin puree, sugar, pumpkin pie spice, and vanilla in a microwave-safe bowl or oversized mug. Cover with plastic wrap and create a small vent hole. Microwave until milk is hot
Whisk quickly with a fork until milk is foamy, about 30 seconds.
Pour espresso or coffee into a large mug and add foam milk on top.
Optional: top with whipped cream and sprinkle with pumpkin pie spice



Cartoon by Katie McCarthy

Christmas Lights

By:Sammy Day

One of the best parts of Christmas is the Christmas lights! We all know about the lights in McAdenville but sometimes you might want something a little different. Here are 8 other places to enjoy the Christmas festivities (lights and more):

1. Charlotte Motor Speedway
2. Tanglewood Park
3. Daniel Stowe Botanical Gardens
4. Rock hill - ChristmasVille
5. White Water Center
6. South Park Mall Mansions
7. Garden Oak Holiday Lights - Indian Trail
8. McGill Rose Gardens



Stuffing a Stocking?

By: Katie McCarthy

Stocking Stuffer Ideas:

1. Candy Canes (a classic)
2. Deodorant (we can't all smell as fresh as a newly cut Evergreen)
3. Fuzzy Bengals Socks (I'm sure they'll win a game eventually)
4. Jewelry
5. Hobo Johnson merch (for your peach scone)
6. Giftcards
7. A Res Life golf cart (may not fit in a stocking)*
8. The magnet you bought this summer at the beach, but aren't quite sure why
9. A "Got Monks?" key chain from the Catholic Shop
10. Tiny Saints (can be purchased in the BAC book store or on their website, but if you're really sneaky snag a few from the next Admission event)*

***Theft is not condoned. Ask permission (especially for the golf cart).**

St. Nicholas

By:Kateri Brehany

When people think of Catholic saints, generally the image in their mind is portraits of holy people with a golden halo around their head. Often saints are viewed as examples of seemingly impossible faith in God and good works. When most people think of saints they do not think of someone slapping a heretic in the face.

The story of St. Nicholas, the inspiration of Father Christmas, slapping the heretic Arius in the face at an Ecumenical Council is a popular fable of the saint. According to the legend, St. Nicholas was present at the Ecumenical Council where Arius was preaching what would become dictated as heresy by the Church. As Nicholas listened to Arius he became so enraged that he struck the heretic across the face to bring him to his senses (wouldn't you?). Accordingly, Nicholas was thrown out of the Council for his action and imprisoned (what are you gonna do?). He later received an apparition of Jesus and Mary who removed his chains and re-vested him in his bishops garments.

Though the story has no historical basis, it and St. Nicholas continues to amuse and fascinate generations of people.



Cartoon by Katie McCarthy

Christmas Activities

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Christmas Word Search

a s i n v i s m i s t l e t o e v s d b i o
l k h n i o r e e d n i e r l m i j l h m
v f d s g i f t e t w d g h l a d s f s d f
f c h r i s t m a s h j k l y t n m a z x
t a s f s a n t a m n f e c e g g n o g f
d s t j m l i f i r e p l a c e t n m a z x
t a s f v h v s h j m n e k a l f w o n s
a w q m g i n g e r b r e a d f d s t j
m w h j k l y o j g f s a w q r t y a o i
y r e t w h j k l y t n m k c o o k i e s
n v h v s h o r n a m e n t i o m g g f
s a w t m n f e w c s v f d s t y r k l y
t n c a r o l s s f v h v s h s d f g h j k

Christmas

Santa

Snowflake

Cookies

Fireplace

Reindeer

Carols

Joy

Ornament

Eggnog

Mistletoe

Gingerbread

Gift

Christmas Coloring



But First, Finals

Upcoming Events

By: Sammy Day

With the end of the semester approaching, don't forget these last few events!

December 2nd - 6th is Stress Less Week which is hosted by the Wellness Center

December 6th is Crusader Christmas

Don't forget to sign up for the **March For Life** through Campus Ministries

Have a wonderful Christmas break!

T'was the Week Before Finals Week

By: Sammy Day

T'was the week before finals and all through the school
Not a creature was stirring, the library full
The books were cracked open, the students prepared
In hopes that take-homes would answer their prayers
The students not sleeping, left empty, their beds
Cramming the knowledge into their heads

The 12 days before Finals Week

(To be sung to the 12 days of Christmas)

By: Sammy Day

The week before Finals Week, The Abbey gave to me:

A campus cat—he just followed me`_(*_*)_/_`

Two flex dollars

Three cups of ramen

Four fluffy dogs

FIVE SLEEPLESS NIGHTS

Six papers due

Seven loads of laundry

Eight tests I'm taking

Nine office hours

Ten cups of coffee

Eleven times the stress

Twelve free tee-shirts

Final Exam Schedule

Traditional:

Time/Day	Mon Dec 9	Tues Dec 10	Wed Dec 11	Thurs Dec 12	Fri Dec 13
8-10 am	MWF 9 am	TR 9:30 am	MWF 12 pm	TR 8:00 am	MWF 8 am
12 -2 pm	MWF 10 am	TR 1:00 pm	MWF 1 pm	TR 11:00 am	MWF 11 am
3 - 5 pm	MWF 3 pm	TR 4:00 pm	MWF 2 pm	TR 2:30 pm	MWF 4 pm

ADP2: All exams are 6-9pm

Exam Date	Normal Class Time
Wed Dec 11	MW 6 pm
Thurs Dec 12	TR 6 pm
Mon Dec 16	MW 8:15 pm
Tues Dec 17	TR 8:15 pm

ADP Once a Week Meetings:

All exams are 6 pm

Wednesday Meetings:	Dec 11
Thursday Meeting:	Dec 12
Monday Meetings:	Dec 16
Tuesday Meetings:	Dec 17

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Meet Our Writers

Editor: Sammy Day

Contributing editors: Dr. Erin Jensen



Sammy's favorite Christmas tradition is reading "T'was The Night Before Christmas" with her mom and younger sister by the Christmas tree on Christmas Eve right before bed.



Katie's favorite Christmas tradition is going to see The Nutcracker with her mom.



Eli's favorite Christmas tradition is buying a new snow globe every year with his girlfriend, Katie.



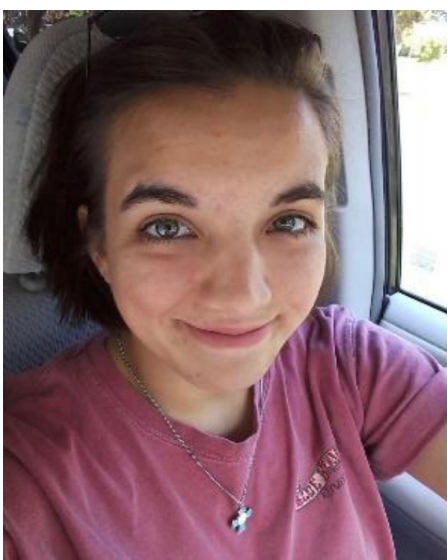
Kateri's favorite tradition is St. Nicholas Day. Her family leaves their shoes by the fireplace the night before and the next morning in the shoes there are chocolate coins and a personalized letter from St. Nicholas detailing how he's seen them grow over the past year. Despite not being home on the feast day for the last two years, Kateri's parents have made sure she received her letter.



Amanda's favorite Christmas tradition is chucking carrots onto the roof for the reindeers.



Theresa's favorite Christmas tradition is a family one. Her family has a Christmas tradition of wrapping presents with "To:, From:" tags which relate to the actual gift. For example, a pair of socks might come from the Fox in Socks or a book from a famous writer in the same genre. Presents are opened after the evening meal and the anticipation is for guessing the gift based on the "giver" and laughing over especially clever ones.



Clare's favorite Christmas tradition is playing a guessing game on Christmas morning to figure out whose gifts are whose by cracking the code that her parents came up with each year.



Mason's favorite Christmas tradition is just spending time with his friends and family.



Caleb's favorite Christmas tradition is playing Christmas music on the piano.

Want to contribute to the next edition of The Crusader?

Please email BACNewspaper1876@gmail.com with article topics and inquires about writing and editing