

THE CRUSADER

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A Student Publication

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Issue 2

Recent Recaps



Picture by Sammy Day

An Easter Retreat

By: John Paul Hamilton

In the section of the *Rule* concerning how to receive guests, St. Benedict throws out a little aside amidst his instructions: “guests—and monasteries are never without them—need not disturb the brothers when they present themselves at unpredictable hours” (emphasis added). It’s apparently a bit of a tradition for guests to just show up and stay at monasteries for quite some time, to which St. Benedict is neither fazed nor perturbed. One wonders if any of the saint’s black-robed followers have read this same phrase in the *Rule* and thought, *yeah, I know*. But any grumbling hopefully stops when they hear the same saint say, “All guests who present themselves are to be welcomed as Christ.” For our monks, St. Benedict’s hospitality is especially remembered at Easter time when they welcome male students for a retreat in the monastery.

This retreat started in the late 1960s for high school students from a Belmont-Abbey-run prep school in Virginia. As part of a vocations program, the boys spent the Triduum (the three days that celebrate the events of Jesus’ last supper to his Resurrection) at Belmont Abbey. When this outpost became independent, the annual retreat came to an end as well. But in the 1990s, the program was remembered by the monks at Belmont when looking for a new vocation initiative, now for their own college students. This element of introducing male students to Benedictine life in hopes of fostering vocations to a monastic life continues to be an aspect of the Triduum Retreat. According to the monastery’s vocations director, Fr. Elias, the main purpose of the retreat is “to share our tradition and gift of prayer and worship, and our manner of life, with interested students in the College, in a more focused and intentional way.”

The tradition of the retreat was kept this year, but, as you would expect, in a new way. Some of the monks gave talks via Zoom for a few students, while others live-streamed mass and other prayer times on Facebook Live. Part of the immersiveness of the retreat was lost, but its beauty was preserved in a different way. It brings to mind something the 20th century theologian Romano Guardini says about the possibility of alienation—feeling alien to others and oneself—that come with modern life in his book *The End of the Modern World*: “Love will disappear from the public world, but the more precious will be the love which flows from one lonely person to another.” I admit that I am wrenching this quote out of context—but who doesn’t feel the painful distance that the coronavirus imposes on us physically? We have to live without showing love in the way we want. We may begin to think we are islands and disconnected from others, even as we crave for the way we used to live with each other. Hospitality takes on a new meaning when we literally can’t welcome people into our homes. And still, the responsibility to welcome others into our lives remains.

This year’s Triduum retreat reminded me of the Man who was crucified and broached the chasm of death by rising to life. He can break all separations. He can be the one to teach us a new hospitality and a new love in this time of coronavirus.

Earth Day is Not Canceled

By: Katie McCarthy

Although many public events in celebration of Earth Day have been canceled, celebrating from your backyard or patio has not! This April 22nd is the 50th anniversary of Earth Day, which began in 1970 as part of the modern Environmental Movement. Each year, in over 190 countries, with more than one billion individuals doing their part to take action against our current climate crisis, Earth Day is celebrated.

Carrying off the momentum from the anti-war movement, the very first Earth Day looked more like a protest than a celebration. It took shape as a nationwide grassroots effort of teach-ins, speeches, and picket-signs. The enemy? Pollution and the overall destruction of the environment, the result of extreme industrial development. After severe destruction of the air, rivers, and forests of North America, many decided it was time to move the concentrated conservation effort into mainstream America. Wisconsin Senator Gaylord Nelson tried convincing his fellow members of Congress that this was an issue that deserved to be taken seriously, but few followed his lead. After failed attempts to gain interest in the movement, Nelson scheduled a national day for environmental protest. This caught the attention of major media outlets, and so Earth Day was born!

Earth Day is a day to remember that climate change is not a bipartisan issue, it is a people issue. It is an issue that will not be solved until we make conscious efforts to change our lifestyles. Sowing everyday actions, such as over-fertilizing our grass, drinking out of plastic bottles instead of reusable water bottles, overconsuming meat and dairy products, and even leaving lamps plugged-in while they are off, causes our environment to reap the consequences. “Shelter-in-Place” orders throughout the world have reduced our carbon footprint on a global scale. Once the world is back up and running, all the progress we have made will have been in vain. We will be back to where we were before the pandemic, so, begin today! Fight against environmental destruction and provide habitats for the creatures living in your backyard, like making a DIY beehive or watering hole for pollinators.

If you aren’t interested in saving the bees, you can still do your part by starting a neighborhood garden, starting a compost bin for your home, and recycling old clothes, plastic and glass bottles, as well as printer cartridges. Other easy ideas: instead of throwing away your used coffee grounds use them as fertilizer for your outdoor and indoor plants, recycle plastic shopping bags at your local grocery store and replace using them with a reusable cloth bag, or start a band that could rival the *Latin Latas* by using recycled material as your instruments.



Picture: A bee watering hole to show the marvels of bee magic (butterflies may also enjoy this, but no promises!)

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Recaps and Abbey Info

3,2,1 Wake Up!

By: Theresa Wilson

This year, March 6th-8th, Belmont Abbey College hosted Abbey Awakening 3 at Christ the King High School in Huntersville. Abbey Awakening is the annual student-led and student attended retreat which mirrors Awakening retreats on college campuses around the country. The Abbey's first Awakening was in 2018, created by the initiative of Maggie DiLeo who now works in the Campus Ministry department. I attended in 2018 and have since helped the past two years as the wonderful experience has called me back again and again. A big shout out and "Thank you!" to senior Hayley Russell this year for coordinating the retreat! We had all four of the FOCUS missionaries, both Campus Ministry Directors, and three of the monks helping to put on the retreat and providing an extra inspiring presence. It was especially exciting to have Abbot Placid come every day to pray the Masses. We even had three new religious spend the weekend with us: Father Antonio, Sister Caterina, and Sister Clara, all of the order of the Little Friars and Nuns of Jesus and Mary. These three religious literally hitchhiked all the way from Louisiana to visit and pray with us.



Throughout the weekend we heard inspiring talks about trust and lifting one another to fulfill our mission to bring abundant life to the world, braving even less sleep than usual with the onslaught of Daylight Saving time that Sunday. The following Thursday, March 12th, we had a Fourth Day extension get together to share the memories and graces that we had received from the retreat. This was yet another record for attendance as it continues to increase every year, this time at a solid number of 59 retreatants and 50 staff members. We hope in the future to be able to have one Awakening event in the fall and one in the spring so that we may reduce conflicts and allow many more students to join in the fun and graces of this beautiful weekend.

A Note on Agora

By: Theresa Wilson

Since we will not be back on Campus for the big reveal of this year's edition of the Agora Literary Magazine as we had planned in April, we will host a special event next Fall. Join us when we are all back together to share your favorite original works and to see who earned the highest awards for visual and written art. Also, join us in welcoming Dr. Hren as our new Faculty Advisor!

Dance Minor

By: Maddie Mitchel

Love to dance? Want a fun minor? Did you know that Belmont Abbey has a Dance Minor? All you have to do is take the following required courses:

- DA 101: Dance Appreciation (3) **OR** DA 201: Dance History (3)
- DA 102: Dance I (3)
- DA 301: Dance II (3)
- DA 303: Choreography (3)

And your choice of **three** from the list below:

- DA 212: Ballroom I (1)
- DA 213: Ballroom II (1)
- DA 216: Musical Theater (1)
- DA 217: Dance Conditioning (1)
- DA 218: Tap (1)
- DA 219: World Dance (1)

Have some fun and get a minor in dance!

Presidential Signatures

By: Eli McBride

While interning for Dr. Obermeyer at the library, I had the opportunity to work on our college's presidential signature collection. The collection was donated by professor emeritus of history, Frank Murray (a retired History professor). This collection contains framed signatures from all past United States Presidents. Most of these frames contain signed portraits and pictures, as well as several letters from former presidents. The collection gives a historic look into the people who made this country what it is. Students will be able to access this collection online through libguides in the near future.

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Abbey Info

Belmont Abbey College Flag Football Club

By: Kimberly Sierra

Flag Football is the newest club that has been added to Belmont Abbey College. The President of the club is Emmanuel Arias and he started the club because of his own experience of playing football for eight years. As Arias said, “Before coming to Belmont Abbey I had plans to continue to play football in college; however, through my spiritual life, in much prayer, I discerned competing at the college level was not for me. This was very difficult for me to accept, but I believe God has a bigger plan than my own. Realizing Belmont Abbey did not have a football program or club I felt inspired to help bring to the Abbey community a football club in hopes of using the sport and its culture to bring others together, invite students to play, and partake in the benefits of the game.”

Anyone that is interested in playing Flag Football needs to sign-up for the club. Flag football will give players the opportunity to play 7 on 7. Students can request to be on the same team with their friends. Each team selects their own captain who will have the responsibility to organize their practice times and locations. Even if a player is not interested in being in the league, those who sign-up will still be notified of all of the events the club hosts.

The club will host mock draft challenges, football trivia, Madden tournaments, and even a football talk show. In the future, the club hopes to host college Powderpuff and flag football for the sponsoring of charity events. There is great potential for this club to reach out to the community in becoming more than just a game.

When Arias asked about what students could expect from participating in the club, he replied “Expect to have fun! We recognize students are extremely busy with class and other activities they may be in so we do not hold any mandatory meetings. Students can sign up online via the link, by phone, or by QR code posted on flyers around campus.”

To sign-up or start a team, please contact Emmanuel Arias emmanuelarias@abbey.bac.edu or go to <https://bacfootballleague.typeform.com/to/ddXa7v>

All About Abbey Abroad: A Reflection on the Belmont Abbey Study Abroad Program

By Sarah Schwindt

Are you seeking adventure and more opportunities to see the world? The solution is a lot closer than you may think. Belmont Abbey College has partnered with Universita Cattolica del Sacro Cuore in Milan, Italy to create a semester-long Study Abroad program for Abbey students. This past semester, I had the incredible opportunity to take part in this program along with 5 other students, as the 2nd generation to participate in Abbey Abroad! Cattolica has a unique International Program that offers classes on a wide variety of subjects. I enjoyed the opportunity to take classes that are not currently available at the Abbey, such as an Italian Culinary course as well as a class on Publishing, Publicity and Cultural Journalism. I lived with a fellow Abbey Abroad student in a cozy apartment in the stunning Navigli district. This area contains two canals lined with shops, restaurants and bars on either side. We could get to Cattolica within a 20-minute walk or a 12-minute metro ride. My previous knowledge of Milan was essentially non-existent, so I had no idea what to expect about life in the city. However, by the end of the semester, I couldn't imagine studying abroad anywhere else! Milan is such a unique city, with an incredibly wide variety of things to do and see.

Nearly every street you turn on is lined with intricate architecture, beautiful churches, museums, shops, and endless amounts of restaurants serving delicious Italian cuisine. What I loved the most about Milan is that the city offers so much, but is not overwhelming or over-crowded. Navigating the city was quite easy after the first few weeks of trial and error. Any destination was reachable by walking, bus, tram or metro. The public transportation system around the city of Milan is exceptional and relatively simple to learn. I remember more than a few occasions of getting off at the wrong metro stop, walking down the wrong street or getting onto the wrong tram, but those moments are all part of the adventure! Every day was full of excitement and there was truly never a dull moment.

Not only were my weekdays in Milan an adventure, but so were the weekends, which I spent traveling with fellow students throughout Europe! Over the course of the semester, I was able to visit 13 countries, along with numerous destinations within Italy. Traveling from country to country is very cheap in Europe. The websites Omio, Ryanair, Trenitalia, Airbnb and Hostelworld were excellent resources in finding affordable ways to travel around. This gave us the freedom to see an array of extraordinary places and all the incredible sights they had to offer.

If you are an Abbey student with a passion for travel and new experiences, I would highly recommend considering the Study Abroad program. Every day of the semester is an opportunity for growth and adventure. Through every challenge and step outside of my comfort zone, I learned more than I ever have and gained incredible memories that I will cherish for the rest of my life. The past semester in Milan was truly the adventure of a lifetime for me and my fellow study abroad students, and I cannot wait to see what is in store for the next group of students who will be a part of it!

Applications were due in March, but you can always apply next year.

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Abbey Community

Remembering Father Arthur

By Sarah Schwindt



A light was lost within the Abbey community when Fr. Arthur passed away on February 21st. His life and example touched the lives and hearts of many throughout his 60 years of monastic life and he left behind a legacy that will continue to shine forth in the community of Belmont Abbey College. He accomplished much in his time serving at the Abbey, but perhaps the most memorable period of his life for students was his retirement-- when he made it his purpose to connect with us as we went about our daily life on campus. Many of us can recall seeing Father Arthur on a bench on Abbey Lane or at a table in Holy Grounds, giving a friendly hello and wave as students walked by. If you took the chance to stop and talk with him, you know that Fr. Arthur had a special ability to make every student feel known and cared for. Connor Malloy, a student, thinks back fondly on his conversations with Fr. Arthur by saying, "He was a warm-spirited man who never failed to make you feel welcome wherever you are." Father Arthur impacted the lives of countless members of the Abbey community, from students to faculty, and brought this spirit of unity to all corners of campus.

He was inherently kind-hearted, incredibly wise, and extraordinarily intentional in his time with others, a true model of Benedictine Hospitality. Father Arthur truly exemplified what it means to be part of the unparalleled community that we experience at Belmont Abbey College.

Field Hockey Coach

By: Maddie Mitchel

Four years ago, Coach Bronwen Gainsford was hired to coach women's field hockey and she did a great job in building the program. However, she resigned in February to be the head field hockey coach at Whittenburg University, a liberal arts college in Ohio.

When she resigned, she left the team with no coach and only 10 days' notice to restore the position. With no assistant coach, the team felt orphaned. Luckily, the assistant athletic director, Michelle McNeight, stepped into to become the interim coach. She dedicated herself to learning the game of field hockey and even showed up to practices despite her many other responsibilities. McNeight was the main point of contact and support for the team.

The Abbey is now on the search for a new permanent head coach for this program in the hopes of growing even stronger as a team. The team is excited for a fresh start and the upcoming opportunity to show their capability and strength to a new coach. The athletic department has already conducted interviews and the team has met the selected candidate. The identity of the new coach will be announced by the end of April.

Mary Summa: Pro-life Advocate from the Capitol to the Abbey

By: Julia Iseman

Mary Summa, current Criminal Justice Professor, has been teaching at the Abbey for about 10 years. She teaches Criminal Justice classes, Freshman Symposium, and a government class. In addition to teaching, Summa has held some very notable positions and had substantial experiences thus far in her career.

Summa's career path began after she graduated law school. She said that once she passed the bar exam, she went to Washington, D.C. to work on the Senate Judiciary Committee.

"It was 1984 and Senator Jesse Helms was up for reelection. I had interned for him in the summer after my junior year and I had kept in touch with his staff throughout the years I was in law school. I happened to mention to his secretary that I had always wanted to work for him. When he was reelected in November 1983 and a lawyer on his staff moved to a different job, the Senator offered me a job, and I took it!"

By this alignment of events, Summa found herself working for Senator Helms, a position she planned to keep for a year, but which she ultimately stayed for five.

Summa explained her experience working for him, "I was one of three lawyers and advised him on social issues including abortion, pornography, Planned Parenthood, AIDS, women's issues, children's issues, just to name a few topics. I wrote his speeches, legislation, etc."

This being an outstanding feat in itself, Summa even went on to become his chief legislative assistant, a position which she was the first and only woman to hold.

Eventually, Summa left the capitol and returned to North Carolina where she got married and became a prosecutor in Mecklenburg County until she had her first child.

During this time of having young children, Summa worked for the North Carolina Family Policy Council. Here she gave legal and legislative assistance. She also wrote thirty articles for their magazine.

Along with her extensive career experience, Summa has advocated greatly in the way of the pro-life movement. As aforementioned, Summa's advocacy in this area began with her advising of Senator Helms and writing pro-life legislation.

Her work continued in this area when she was chosen to be a delegate that represented North Carolina on the Republican Platform Committee in 1992. She was chair of this committee in handling the pro-life plank, a position in which she led the efforts to protect this plank, which kept the Republican Party firm in its pro-life stance. She led similar efforts again in '96 when Bob Dole wanted to water down the pro-life language for the Republican Party.

Summa also served on the original Mira Via Board in the early to mid-1990s when the home was one of the only ones for unwed mothers with children. She also chaired the State Platform Committee in 2012 and 2013, and helped to draft the 2011 North Carolina pro-life bill. She has also written several pro-life articles.

There is hardly anything that Summa hasn't done in relation to the pro-life movement. She is currently serving as the Pro-life Chair for the Eagle Forum.

Despite this extensive involvement, Summa dedicates much hard work towards the education of the students at Belmont Abbey. She says her favorite part of working at Belmont Abbey is "helping to develop the minds and souls of students so they can go into the world and serve others as we are all called to do."

As proven by her history, Mary Summa is a well-accomplished and hardworking professor. She leaves the student body with the important message that "true happiness comes with leading a life that serves others." Hopefully one day every Belmont Abbey student is able to live in such an inspiring way.

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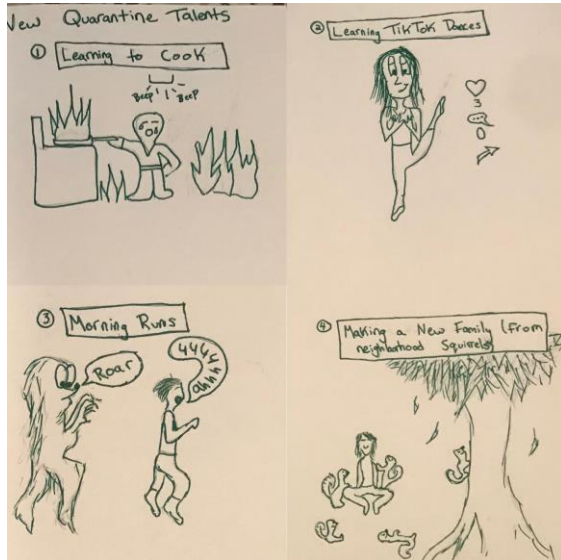
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At Home Together



Cartoon: "New Quarantine Talents" By: Katie McCarthy

Shelter-in-Place Study Tips

By: Katie McCarthy

1. Go outside! If you are tired of being stuck in the house, try a change of scenery by studying outside. Studies show that going outside improves short-term memory and can even restore mental energy.
2. Give your day direction by making a to-do list each morning. Include both easy and time-consuming tasks such as brushing your teeth and writing an outline for an essay. Crossing off easy tasks will make those harder tasks seem a little bit more accomplishable.
3. Go to bed! With the days and nights running together, it is more important than ever to establish a healthy sleep schedule. If you are struggling to get to bed, turn off your phone and use some lavender essential oil to calm down your nervous system. Taking Magnesium supplements before you go to bed is another great strategy for better sleep that also assists with bone and muscle health.
4. Study at the time that works best for your brain. Not everyone functions the same, so finding the most productive time for you to study is important when trying to build better study habits. Take advantage of when you are at your most productive and do not force yourself to study if you are too tired.
5. Designate a clean and quiet study area. Using the same space for all of your studying will help you establish a study routine. Remember to keep this space clean and organized. Preferably not your bed, so you are not tempted to take a nap.
6. Stay active! Working out is beneficial for brain productivity as it increases oxygen flow to the brain. There are a lot of great at-home workout options online, try YouTube "Workout Hotel" or "ATHLEAN-X."
7. Don't forget to eat! Take a break from all that caffeine and snack on some brain food, such as grapes, almonds, greek yogurt, veggies, and even dark chocolate (in moderation)!

Finding Motivation in Isolation

By: Eli McBride

COVID-19 has vastly changed our daily lives in ways far beyond what we ever could have expected. For those struggling with following a daily routine, whether to wake up at a decent time or to put on normal clothes, this article is for your benefit. Low motivation seems to be a universal problem and I was inspired to write some simple tips to help give you the encouragement necessary to flip this period of isolation into an opportunity to push ourselves.

My first tip is the most important, and one I am sure we are all suffering from getting the right amount of sleep. A healthy sleeping routine is perhaps the most necessary tool to survive your day with a proper amount of energy. To establish this routine, it helps to go to bed around the same time every night. If you are having trouble getting to sleep and staying asleep, there are tools such as drinking water, taking some magnesium or even eating a kiwi before you go to bed. Doing stretches or reading a book also tends to help your body relax.

Next, I encourage you to create a to-do list for both the week and day. Visualizing your small tasks and as well as your larger goals by writing them out will bring extra clarity to your day. I personally find that writing a to-do list is easiest the night before, so that when you wake up, you will already know in which direction your day will go.

Another tip is to stay active and remember to get off of your screens to get your blood flowing. This can include working out or simply going on a walk; both are enough to clear your head and give your mind a break, which can help you get out of a rut. There are plenty of calisthenic workouts and other exercise and stretching routines available on youtube.

One final thing you can do is to try and learn a new skill or maybe even perfect something with which you are already familiar. This can be either something you are passionate about or something for which you never before had the time to try out. This time is better than any to have the freedom to pursue these new talents and skills.

I hope everyone stays safe and is inspired to push themselves in a time when motivation is a difficult challenge.

Quarantine Chocolate Lava Cake

By: Amanda McLaughlin

Ingredients:

- 1 stick butter
- 2 ounces bittersweet chocolate
- 2 ounces semisweet chocolate
- 1 ¼ cup powdered sugar
- 2 eggs
- 3 egg yolks
- 1 teaspoon vanilla
- ½ cup flour
- Custard cups
- Baking spray

Directions:

1. Preheat oven to 425 degrees
2. Microwave the butter, bittersweet chocolate and semisweet chocolate in a large bowl on high until the butter is melted, about 1 minute. Whisk until the chocolate is also melted. Stir in the sugar until well blended. Whisk in the eggs and egg yolks, then add the vanilla. Stir in the flour. Divide the mixture among the greased custard cups
3. Bake until the sides are firm and the centers are soft, about 13 minutes. Let stand 1 minute. Invert on individual plates while warm and serve with vanilla ice cream.

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Looking Forward

Fun Summer Ideas

By: Mason Harrigfeld

With summer approaching right around the corner many of us are wondering what to do with ourselves during this break from school. Some people get jobs and make money over the summer, but that isn't really fun, so what is something fun that you can do over the summer?

One fun idea that you can do over the summer is to go outside! The summertime brings in beautiful scenery outside, so go for a run, go hiking or even just a walk in the park, keeping up social distancing of course. Many of us will turn to Netflix or Hulu during our times of boredom, instead, get up and stay active, even if it is just a 20-minute walk. While you're outside you can also bring a blanket and some food and have a small picnic.

Another thing you can do is go on a spontaneous road trip. Find something interesting that you are able to drive over for the day. This can be a zoo or a park you have never been to before. Find some friends and go on a short adventure with each other. Or maybe you go to a town in your state you have never been to before. The world is huge, try and go explore it!

Maybe going outside or on adventures is not really your thing, well there is still more you can do. You could learn to cook, you're probably not going to become Gordon Ramsey over summer break, but you can at least learn how to make a grilled cheese without setting it on fire. You could also learn an instrument, like a guitar. Not everyone can afford to go buy a 500 dollar guitar, but pawn shops tend to have a cheap selection of guitars to choose from.

The last idea I have for you to do over the summer is just breathe. This school year has been hectic with COVID-19 spreading and classes transitioning to online, to not being able to see some friends until next year. So take this time to relax, breathe and enjoy yourself. That is what summer is all about, taking a break from school because we all know how much we deserve this break.

Where will some Abbey Students Be in 5 Years

By: Mason Harrigfeld

Figuring out the future can be difficult and stressful for just about everyone. If you are like me, you are not sure what you are going to do tomorrow, let alone knowing what I want to do in 5 years from now. Unlike me, there are students who have thought about this and have planned out where they are going to be in five years.

Adam Westlund, a psychology major here at the Abbey, plans to pursue his dream of being a clinical psychologist. He plans to obtain a PhD in clinical psychology.

Isabella Barrett, a freshman at the Abbey, is striving to be an International prosecuting attorney. She wants to start off working in America, but slowly make her way to Europe. Ultimately, she wants to end up in Switzerland where she can look outside to see a lake and the peaks of the mountains surrounding her.

Eli McBride, a junior English major, is dreaming of starting a publishing house where he would be able to publish and read all assortment of books. In order to do this, he wants to go to grad school and hopefully teach at the college level. In his future, he will have to read and write a lot, which is why it is his passion and he cannot wait for the future.

If you do not know what you want to do in the future, that is okay. Belmont Abbey offers several options to help you figure out options for the future. Email the Career Services Center for help with resumes, cover letters, internships, and many more options for help in deciding what you want to do in the future. If you are coming to a fork in the road, pick it up and finish your mac and cheese. Once you finish it, make your decision.



Advice to the Class of 2020

By: Sammy Day

Graduating college is an exciting accomplishment that many of us look forward to. With this next step in life comes a lot of uncertainty. We reached out to Abbey Alum and asked what advice they have for the Class of 2020:

"Never forget how far your Abbey education and the liberal arts can take you. They aren't kidding when they tell you they're teaching you how to think. Use it well"

-Rianna Wontrop '15

"Find the best way to make an impact on the people around you"

-Jimmy Hartley '19

"Lead with compassion and integrity. Remember there's always a person on the other side of that email or phone call. People will always remember you. Make sure it's for something good."

-Dylan Gerald '16

"Think of this as your next adventure or the beginning of your next chapter, not the end. The first year is the worst, but it gets better. Remember to be willing to try new things, both at work and at home."

-Bonnie Aberle '18

"Friendships that were effortless will require deliberate investment. Don't be afraid to reach out"

-Mary Rose Stepnowski '18

"Follow where the Lord is leading you. It won't be where you planned. Might be somewhere you don't even know exists yet, but don't give up and always trust in Him"

-Bridgette Conboy '15

"The sooner you have the courage to let go of the picture in your head of how things were supposed to be and embrace the new alternative possibilities, the happier you will be. Plans are meant to be broken, be flexible. Surrender your worries to God. Hope for the best and do what you can on your end to be prepared. Good luck, you've got this!"

-Tess (Waclawik) Poppert '15

"Don't think you have to have things figured out or you're behind in any way. Your life will change a lot in the next five years and it will unfold the way it's supposed to. Stay open and trust what God has planned for you. It will be personal and perfect for you. I've had so many experiences that I never could have planned or imagined that were like personally wrapped gifts that I got to open at unexpected moments, only things God could know would mean the world to me, give me hope and give me drive to keep going if the future was uncertain. Trust who you are."

-Curran Sentilles '15

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Picture by Kateri Brehany