Get Connected: With WE-Connect
Westminster PDC Connects Students with Alumni
Danielle Grady

Last fall semester, President Richardson rolled out the WE-Connect initiative that serves to connect current Westminster students with alumni. After learning much from the programs pilot year and making some changes, the Professional Development Center (PDC) is working to recruit new students to join the program.

The primary goal of WE-Connect is “to provide an equal opportunity to all junior and senior students to connect with members of the alumni community for the purpose of generating advice and support as they prepare for life after college,” according to Bethany Lockie, internship and administrative coordinator in the PDC.

Nicole Hunter, assistant director of alumni engagement in Institutional Advancement, has acted as a leader of WE-Connect since its inception. She oversees the alumni side of the program, while Lockie handles the student side.

Lockie noted that the program is not intended to be one of career mentorship. While she and Hunter try to match students with alumni who share an area of study or career interest, they cannot guarantee that it will always be possible.

“Even if the alumni’s current role in the workforce doesn’t match a student’s area of interest, we believe that students can benefit from learning from an alumni’s experience at Westminster and life following graduation,” Lockie said.

The PDC’s hope is that WE-Connect students will find support and guidance in their alumni connection, which will hopefully alleviate some of their stress.

Lockie acknowledged that junior and senior years of college are oftentimes stressful for students. As one focuses on successfully completing the last semester at Westminster while also considering all options for the future, there can be anxiety and uncertainty.

“Being in a relationship with someone who’s already graduated from Westminster and made a life for themselves in the real world is immensely helpful; there is so much to be gained from hearing an alumni’s experience,” Lockie said. “Together we can truly be stronger.”

Before students can be matched with their alumni connections, they must briefly speak with Lockie so she can give an overview of the program and explain its expectations. Additionally, Lockie will ask students what they hope to get out of the program and send them a copy of the WE-Connect Student Resource Guide. This guide supplies students with tips for communicating with their connections, possible topics that alumni may be able to help with, and suggestions for conducting their first conversations with them.

Throughout the 2018-2019 academic year, there were 44 WE-Connect connections between students and alumni. Though there are only 14 student/alumni connections so far this year, the PDC is accepting students to the program until Nov. 1.

Students interested in joining the WE-Connect program can either send an email to weconnect@westminster.edu, or stop by the PDC in McKelvey 244, Monday-Friday, 8:30 a.m. to 4:30 p.m. Students from all fields of study are invited to participate.

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Quote of the Week:
“Knowing Is Not Enough; We Must Apply. Wishing Is Not Enough; We Must Do.”
– Johann Wolfgang Von Goethe
FEATURES

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FRIDAY, SEPTEMBER 20, 2019

Family Day 2019

Welcome WC Westminister College
PARENT ASSOCIATION

Credit: Celine Hildack
This past weekend was rough as far as food goes. Everyone is well aware of the Titan Club situation that is happening this year -- school administration chose not to reopen The Titan Club, and as a result, students have less variety of food to choose from and fewer hours during which to do so. This hit hard Sunday, September 8.

It was 7:30 p.m. and I was hungry, so my roommate and I ventured to the TUB to get supper. On weekends, The Titan Chef station does not operate, so the remaining choices for food were the cooler in the Starbucks area, the salad bar, the metal racks with microwaveable food, The Grille, and Sammie's sandwiches. I wandered around the TUB as though it were an expansive food court instead of an area in which you can see every option simply by standing in the center and turning in a circle. The cooler in the Starbucks was void of food, almost all of the salad bar compartments were empty, and the racks were clear of food. These circumstances took three of five options off the chopping block to even consider, leaving only The Grille and Sammies. The computer at The Grille's ordering station had been taken away, instead replaced with a sign instructing students to order at the register. This was inconvenient. The school paid with a sign instructing students to order at the register. This was inconvenient. The school paid for the cooler which yet again was not operational. This was inconsistent. The school paid for the cooler which yet again was not operational. This was inconsistent.

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I was hungry in the moment. I called my parents to rant to them. “That didn’t feel like enough, though. The thought crossed my mind to post pictures of the understocked TUB to any of the Westminster Parents Facebook groups that exist. If my wrath was notable, imagine the mass amount of anger cast upon the administration by herds of angry parents concerned about their children's diets. Closing the Titan Club is frustrating for sure, but completely impractical on weekends. Duff’s schedule on Saturdays and Sundays is to be open for two hours in the early afternoon for brunch. From 1:30 p.m. until 11:00 p.m., our only food option on campus is the TUB. One location. That is already only half of our potential choices. Out of that location, one of five dining choices was available. That equates to 10% of the options we should have, and it is the only 10% available to us. This is especially undescended by every potential option in New Wilmington closing at 4:30 on Sundays. I had visited earlier in the day Sept 8, and the choices were no better at that time than they were in the evening. Rather than retreating in the hours that passed, it seemed as though Sodexo was operating in a manner in which they were trying to let everything run out.

I first found out The Titan Club was closing when I was driving to school mid-August. I was about three hours into my five hour drive at that point, and my roommate and I turned around to drive home upon hearing the news. It is outrageous that a campus with only three dining options, an inferior number to almost every other school you could consider, would find it beneficial -- dare I say appealing -- to students to decrease that number to only two options. Furthermore, they did so by closing the most popular and likely most lucrative option.

I am still just as upset now as I was one month ago regarding The Titan Club. It is unrealistic to force students into having a meal plan and then isolate students in their options of using the meal plan. If students are expected to continue having a meal plan, then more options need to be made available and accessible to students on a regular -- if not constant -- basis. Sunday, Sept 8 I was hungry. Now, I'm hungry.
Titan's quarterback Cole Konieczka returns to the field for his second year, after a season in which he played just four games and averaged 132.8 yards per game with five touchdowns. After the first two games of the season, the sophomore starter has already eclipsed last year's touchdown total, with six already in his sophomore season. These stats are bolstered by a career performance against division rival Waynesburg, in which he passed for 191 yards and a single-game, career high four touchdowns. Konieczka has already passed for 310 yards, easily on pace to surpass his 531 total passing yards from last season. All in all, in a year where the Titans have weapons on both offense and defense, no position is more important to hold a team together than a strong quarterback; and Konieczka seems ready to be everything the Titans need and more.

Credit: Westminster Athletics

Second Year Quarterback Proving Role

Dillon Story

Out of all the student athletes you meet on campus, James Leon is far different from any other. Leon's motto "Driven to be Different" and winning his recent National Physique Committee (NPC) competition at Carnegie Hall really shows how much his hard work is paying off. "It was a process of getting down to stage weight, so you look presentable on stage. It's approximately anywhere from a four to twenty-week process, depending on where you are at. Fortunately for me, I had been blessed with good genetics and had maintained good weight and conditioning year-round. My coach and I decided to go with fourteen weeks out of the competition. Up until ten weeks out I'm still trying to grow my muscle, get bigger and ultimately look bigger on stage. Once I hit seven weeks out, I'm still training hard but starting to cut my carbohydrates which will cut fat off, and that is a slow process. Some people like to rush it, which is bad because if you start too early you start to lose muscle. Over the course of fourteen weeks, I was able to cut fat at a minimum rate each week while maintaining the muscle I worked so hard to build."

"The judges are looking not just at how lean you are, but also how much muscle you have. You have to balance and have both, it's the muscularity and the cuts and the leanness to you. It's not only that; they also want to see that slimy waist to broad shoulders and the waist to big wide quads," said Leon. He also added that in bodybuilding it is important to focus on training legs and back, as those are normally not trained as well as chest or arms.

"I defined my main motivation as just one thing: prior to doing this show I did somewhat of a backyard show at Slippery Rock University, where I just went in raw. I didn't prepare or anything for it and I got third place out of twenty-six contestants. The one thing that really kept me going was getting that third-place loss. Getting that loss was one of the worst experiences because it was in something I love so much. It made me tell myself that for this show I am going to go balls to the wall and give it everything I have to be number one. That is exactly what I did. When you lose, put it in the bank and learn from your mistakes."

Right now, James is just four weeks away from appearing in his first ever National NPC competition. "I'm already conditioned, everything is already there. It is just a matter of me keeping up on my training protocol and diet."

"If I win this next National Competition, then I am one step away from getting a pro card," said Leon about his goals. "My overall goal is to be a professional bodybuilder and be Mr. Olympia someday!"

If he wins this National Competition, then winners of other NPC national competitions will meet to see who can win a pro card in three divisions: Physique, Classic Physique and Men's Bodybuilding.