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

Danielle Grady

News Section Editor



Students currently participating in the WE-Connect program.

Top row, from left to right: April Munson, Lauryn Todd and Emily Wilson.

Bottom row, from left to right: Mackenzie Hupp, Ariel Junkin, Jeff Symsek, Jackson Gastmeyer, Emma Pollock and Meg McCarthy.

Credit: Professional Development Center's Instagram (@wcpdc)

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 program's 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.

Copy edited by: Jasmine Woodings



Credit: Erica McNatt



NOW HIRING

Correspondents/Copy Editors/Photographers

Send/receive your application
roacse22@wclive.westminster.edu

Quote of the Week:

"Knowing Is Not Enough; We Must Apply. Wishing Is Not Enough; We Must Do."

– Johann Wolfgang Von Goethe

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WEEKEND WEATHER

FRIDAY



High: 80°
Low: 56°

SATURDAY



High: 82°
Low: 61°

SUNDAY



High: 82°
Low: 65°

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Want to write a
Letter to the Editor?

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- Letters to the editor are published weekly, as space permits.
- *The Holcad* reserves the right to reject any letter.
- **All letters must be less than 400 words, typed and include the author's name.**
- Letters must be free of offensive language, personal attacks and libelous or potentially libelous statements.
- No letter will be edited when factually incorrect or in need of contextual clarification.
- Grammar and spelling errors will also not be corrected.
- Opinions expressed are those of the author.
- ***The Holcad* will not print anonymous letters.**

SUBMISSION

All letters must be submitted by 12 p.m. Monday to make the Friday edition.
E-mail: holcad@westminster.edu
Mail: Box 157

INTERESTED IN
WORKING FOR US?

Great news! *The Holcad* is now accepting applications for Correspondents, Photographers, and Copy Editors.

Applications must include a resume and three (3) writing samples as well as a cover page with the applicant's name, year in school, major, cumulative GPA, phone number, and mailbox number.

Please submit all applications to roacse22@wclive.westminster.edu

Family Day 2019



I Was Hungry

Charlotte E. Shunk
A&E/Features Section Editor



Credit: Charlotte E. Shunk

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

a lot of money to revamp the ordering system this school year with a touch screen computer, and it wasn't even in operation. That seems problematic on its own. That also left only one option for supper.

I wasn't upset about having a sandwich -- that sounded good to be completely honest -- but I was upset that I had essentially no choice but to have a sandwich.

I was angry 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 unstocked TUB to any of the Westminster Parents Facebook pages 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

underscored 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 restocking 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 I almost turned my car 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 hangry.

Copy edited by: Nyna Hess



Westminster in London: A Brief on Brexit

Victoria Lisbon

Correspondent



Credit: Victoria Lisbon

I have come to a lull in my London journey, and this week has become the planning phase for subsequent trips around the UK and abroad. That is not to say this week was absent of anything to do. Richmond offered tickets to go see the Mama Mia musical and to go on a Harry Potter studio tour. I heard both were well worth it, especially if you are a fan of the aforementioned things. There is also a lot more to do independently of the school. I went to the nearby Kensington Gardens to look at their large flocks of birds. I know for many of you it might seem strange to pick birds

over Harry Potter, but to each their own. The birds are quite accustomed to the hustle and bustle of London, unlike those we see around our own lake. They happily eat out of your hand and let you take close up photos. Honestly, I have never felt so unafraid of geese or swans as I have there. Aside from that and school work, I have been dedicated to planning trips, and it has me thinking about Brexit again.

Brexit, standing for British exit, has been a looming shadow over our journey. As American study abroad students, we have been told Brexit should not cause any direct travel issues. I have also heard that if no deal is reached there may be food shortages. When it comes to asking the inhabitants of London about it, often times you get a frustrated "I don't know" in response. It is very intimidating when even the people that live here do not know what is going on with Brexit. From what I have been able to understand about Brexit, it looks to have been a long standing issue. Throughout the UK's history as part of the EU, it has had multiple points where it wanted to leave. This current attempt was brought on by Prime Minister David Cameron after he won reelection in 2015 and promised to change EU regulations. These regulation changes brought about the referendum known as Brexit. On June 23, 2016, more than 30 million people (71.8% of the population) came out to vote. Brexit barely passed, with 51.9% wanting to leave and 48.1% wanting to stay. David Cameron announced his resignation the day after the results and was replaced by Theresa May as prime minister. In October of the same year, Theresa May announced she would invoke the right to leave the EU. The order was then signed and carried out March 29, 2017. This began the two year countdown for the UK's departure. On March 30, 2019, the EU rejected the withdrawal agreement and set the new date for October 31. Theresa May continued as prime minister until she too resigned. This occurred on July 24 when she handed the reins over to Boris Johnson, who I have often heard quoted as "British Trump." There are far more complexities and finesses to the whole Brexit situation, but this is the general background.

Copy edited by: Nyna Hess

Second Year Quarterback Proving Role

Dillon Story

Correspondent



Credit: Westminster Athletics

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.

Copy edited by Mason Flanigan



Bodybuilder James Leon Chasing Dreams with NPC Show Victory

Mason Flanigan
Sports Section Editor



Credit: Instagram

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 fourteen 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 skinny 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.

Copy edited by: Gianna Collins

