



LANDER UNIVERSITY HOMECOMING 2025

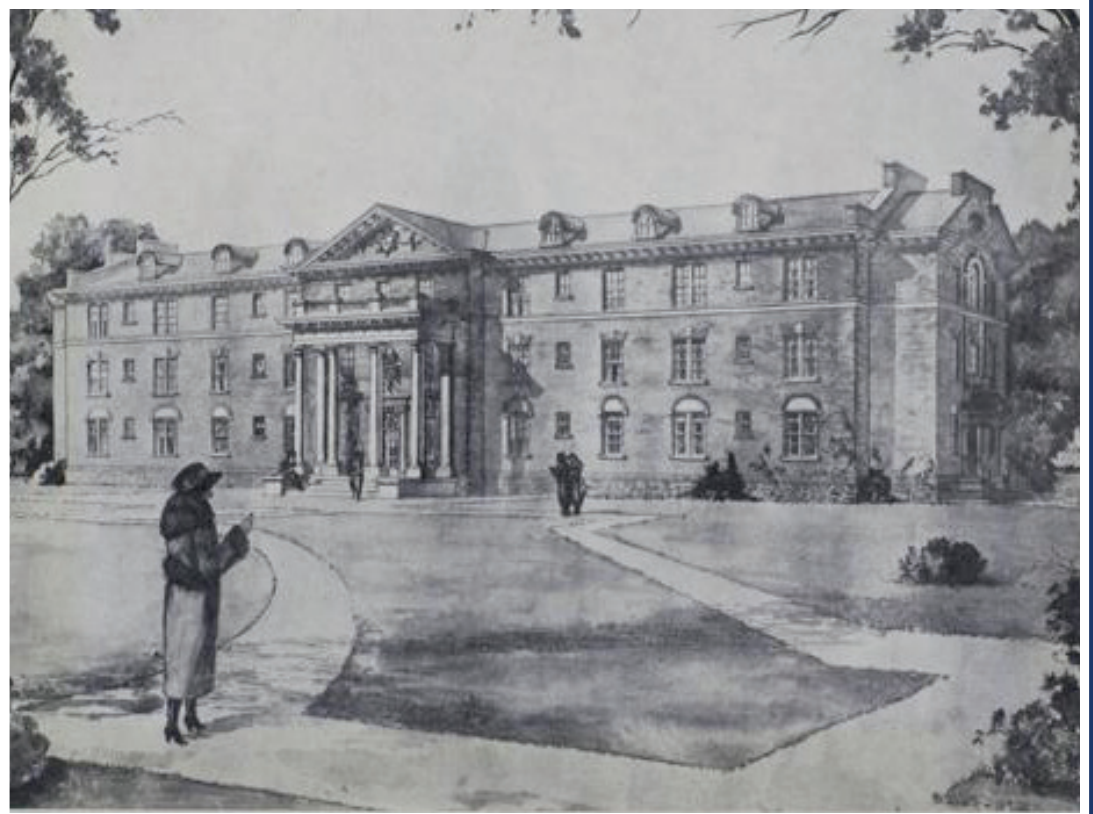
PARTY LIKE IT'S 1925

FEBRUARY 10-15, 2025

ALUMNI HOMECOMING &
PARENT WEEKEND: FEB. 14-15



WWW.LANDER.EDU/HOMECOMING



BUDGET:

Lander submits 2025-'26 Funding Request

Part 2 of 2 (Part 1 was published in the January Forum)

By Robert Stevenson

“Lander University has an excellent reputation with the General Assembly,” stated Lander University Chief of Staff Adam Taylor in part 1 of this article in the January Forum. “And I want to thank the Governor and General Assembly for their amazing support of our university,” added Taylor.

That article illustrated how Lander understands we need to make higher education as affordable as possible. “That’s why our President proposed, and the Board of Trustees voted to freeze tuition again for the 2025-26 academic year, the 10th consecutive year,” said Taylor.

Since Dr. Richard Cosentino took over as president of Lander University in 2015, Lander has

Regarding funding Lander is asking the General Assembly for the new fiscal year beginning July 1, 2025:

Tuition mitigation - \$2,106,884 recurring request for continued support of the University’s mission to freeze tuition and maintain current level of service. These funds will cover increases in expenses due to inflationary factors and state mandates.

The second recurring request is for the **South Carolina Institute on the Prevention of Sexual Violence on College Campuses** - \$600,000

The requested funds will enable the Institute to expand outreach efforts to higher education institutions across the State through grant-funding projects. Currently, 14 colleges/universities have

grades - \$1,900,000

- Campuswide Mechanical, Electrical, & Plumbing Repairs - \$1,800,000
- Cultural Center Auditorium Renovations – \$1,400,000
- Campuswide Restroom Upgrades - \$910,000

The Marion Carnell Learning Center Renovations – \$9,000,000 The Marion Carnell Learning Center operates as the main academic center on campus. The building is in need of full HVAC replacement and other critical building infrastructure as well as some interior upfits to meet today’s students’ educational needs. Originally constructed in 1982, the building needs window and door replacements along with some building envelope repairs.

Campuswide ADA Access – Pedestrian Spine & Parking - \$3,375,000 The construction of two new buildings (Information Commons and the Nursing Critical Care Center) demand greater attention to campus accessibility as students navigate an underdeveloped area of campus. Development of a pedestrian spine and intentional design of building entrances and pathways will help address accessibility concerns and re-establish code compliance throughout.

The planned project utilizes intentional design focused on the pedestrian approach to meet needed safety requirements and provide adequate lighting and security infrastructure to support the safe pedestrian travel for students, both day and



grown 62.42%. That makes Lander University the fastest growing four-year university in the state.

Furthermore, Taylor continued, Lander has grown from awarding 520 degrees five years ago to 1,100 degrees awarded last academic year.

The Lander Chief of Staff then stressed, “I also want to emphasize to our legislators that we are really working hard on workforce development, that is making sure everybody at the undergraduate and graduate level has the required skills to be successful in the workforce.”

received grant funding.

Non-recurring Funding Requests Maintenance, Renovation, and Replacement - “We’re asking the General Assembly to help maintain state assets,” Taylor said. That includes the following:

- Campus Energy Management Controls Systems - \$3,500,000
- Parking Repair/Replace/Resurfacing - \$2,500,000
- Fire Monitoring Alarm System Repairs/Up-

night, to the area of campus that houses so many of the campus academic and student support functions. The asphalt roadway will be replaced with a walking path, which pushes vehicular travel to the perimeter of campus and reduces the pedestrian interaction with passing vehicles.

“With nearly 80 percent of our graduates remaining in this state,” Taylor emphasized, “an investment in Lander University is an investment in South Carolina. And we just want to thank the General Assembly for all their support.”

Excited to Join the Lander University Community

Dear Lander University Faculty, Staff, and Students,
I am honored to introduce myself as the new Director of Workforce and Career Development at



Lander University. My name is Casey Cline, and I am excited to begin this new chapter in my career, building on over 20 years of experience in counseling and 17 years within higher education.

I am deeply passionate about helping individuals discover their greatest potential, not only in terms of career selection but also in fostering a balanced and fulfilling life. In my new role, I am committed to supporting Lander's students as they explore and navigate their vocational paths. Whether it's through career assessments, internships, job placements, or workforce development programs, I am eager to help our students make meaningful connections with employers and prepare for successful futures.

Over the years, I have had the privilege of working with students in a variety of capacities, from career coaching to disability services, and I firmly believe in the power of internships and hands-on opportunities to bridge the gap between education and the professional world. I look forward to collaborating with faculty, staff, and employers to create robust career development initiatives that equip our students with the skills and experiences they need to thrive.

Thank you for the warm welcome I have already received. I am excited to be a part of this incredible community and look forward to working alongside each of you to enhance the opportunities for Lander's students. Please feel free to reach out to me anytime—I'm here to help, listen, and collaborate. You can find me in the Grier Student Center above Chick-fill-A, room S364.

Warm regards,
Casey Cline

Director of Workforce and Career Development

Lander S.A.V.E. committee focus: sexual assault prevention, education

By Danni Moon

Lander Assistant Director of Student Conduct & Community Standards



Ayrn Gilstrap recently discussed the stigma surrounding sexual assault and

sexual harassment, and she reminds all Lander students, faculty, and staff, "Preventing sexual misconduct is everyone's job. The more prevention and outreach we can do, the better!"

For that reason, Lander has a committee dedicated to Sexual Assault and Violence Education (S.A.V.E.).

It functions as the University's federally

mandated sexual conduct prevention and educational task force. According to Lander's website, "The SAVE Committee is dedicated to overseeing prevention

programs related to Title IX and VAWA (Violence Against Women Act) topics, with additional focus on mitigating aggravating factors such as substance abuse and hazing."

Gilstrap, the chair of the committee, urges for students to be aware of

S.A.V.E. "Learn how to help prevent it and learn what your resources are if it happens to you." Gilstrap is responsible for facilitating events, marketing those events, writing grants, analyzing data and turnover trends, and encouraging collaboration within the community and across campus. Events that S.A.V.E. has put on over the past few years include the Moonshine Run as well as Denim Day.

For the Spring 2025 semester, so far, there are four scheduled events. 'Bearcats Take Back the Night' will be hosted on February 4th from 6-8 p.m. as a collaboration with Campus Engagement. On February 27th, S.A.V.E. will host a Lunch and Learn that focuses on Bystander Intervention. There will also be a special St. Patrick's Day substance use education focused event. Most popularly known by students, Denim Day, will take place on April 16th, focusing on sexual assault and sexual harassment prevention.

The committee is currently open to students, but students

must actively pursue and show a passion for the cause. Gilstrap wants all students to know that if they want to get involved to reach out to her via email (asextongilstrap@lander.edu), show up to an event, or stop by her office in the Grier Student Center, GC343.



Lander Employee of the Month for January



Heather Martin

Congratulations to Heather Martin, College of Science & Mathematics, for being awarded as the most recent staff Employee of the Month. Heather was nominated for exemplifying Lander's Core Values by "being very supportive and timely with all faculty requests... and responding promptly to requests and ensuring they are fulfilled efficiently and on time."

15th Annual Lander Film Festival to Begin with Short Film Competition

By Graham Duncan

GREENWOOD, S.C.—The Department of Media and Communication at Lander University cordially invites filmmakers from across the region to participate in the annual Short Film Competition - part of the 15th annual Lander Film

Film Festival. Filmmakers will compete across three divisions: High School, College and Open. The registration fee is \$20 for the College and High School Division, and \$25 for the Open Division. This can be paid through the day of the kickoff workshop.



Festival. The competition will begin with a kickoff workshop for entrants, scheduled for Thursday, February 27, at 4:30 p.m. on Lander’s campus. Those interested in entering the competition are encouraged to sign up by visiting www.landerfilmfestival.com.

“We are excited to once again welcome filmmakers of any skill level to join us, whether for their first time or for the 15th time,” said Dr. Robert Stevenson, chair of the Lander Film Festival and professor at Lander.

“Our festival continues to be an excellent learning opportunity for our Lander students, as well as our greater community.”

Past contestants have noted that the competition is just as challenging as it is rewarding. Filmmakers have a mere ten days to produce, edit and submit a five-minute short film. At the kickoff workshop on February 27, entrants will receive a line of dialogue that must be incorporated into their film.

“The required line of dialogue is a unique component of the Lander Film Festival,” said Stevenson. “Our filmmakers have to think outside the box, and in many cases completely re-work ideas they may have been considering.”

Selected films will be shown on Saturday, March 22, at the Lander Film Festival’s short film screening and awards ceremony. Cash prizes and trophies

will be given to the first, second and third place winners in each division. Filmmakers interested in participating can visit the official Lander Film Festival website for detailed guidelines and to sign up: www.landerfilmfestival.com.



Support for the 15th Annual Lander University Film Festival comes from a grant from South Carolina Humanities. For more information, please visit www.schumanities.org.



For more information, contact Lander Film Festival Director, Dr. Robert Stevenson, at rstevenson@lander.edu

Dare to Dream:

Why Students Should Enter Lander's Short Film Competition

By Micaela Pallete

Spring semester is underway, and with it comes the opening of annual Lander Film Festival Short Film Competition.

For many Lander students, the idea of stepping out of their comfort zone to enter a short film competition can trigger anxiety. But sometimes, taking that leap is exactly what sparks the beginning and growth of your media journey.

"I joined the Lander Film Festival at a time when I wasn't confident in my abilities at all," said Media and Communication major Killian Cook. "I decided to take the risk, and my group and I ended up winning first place. It genuinely changed my life," explained Cook, who went on to win first place in the college division of the 2023 Short Film Competition as well as second place the following year.

Whether you're an experienced filmmaker or new to the media world, the Lander Film Festival offers a unique opportunity to gain real-world experience, expand your skills, and push your creativity to new heights.

"The production, the judges, and the rest of the staff were amazing and supportive. It felt like a safe space to create and bring people together," says Killian.

At the end of the day, it's all about stepping out of your comfort zone and discovering what you're capable of. This is your moment to create, to learn, and to be recognized for your unique perspective. Cook stated, "Don't let self-doubt hold you back. Be a part of something special." You never know where your story can take you.



Will you earn
the Golden EYE Award
when you graduate
from Lander?



Contact EYE Program Director for more information: rstevenson@lander.edu

Q&A

How is Lander helping prepare you for your careers?

By Paul Clark



Amaria Alston, Health Care Management

As a Lander University senior, I am preparing for my future career by combining academic excellence with hands-on leadership experience. Pursuing a degree in Business Administration with an emphasis in Healthcare Management. I am equipping myself with the knowledge and skills necessary to succeed in the healthcare industry. My roles as a resident assistant and former resident assistant director have strengthened my leadership, communication, and problem-solving abilities, all of which are essential for managing teams and navigating complex challenges in a professional setting.

Balancing my studies, work, and leadership responsibilities has taught me time management and adaptability, ensuring I am well-prepared for the demands of my future career.



Maddie Reid, Biology

I have gotten involved with professional leadership growth opportunities on campus. I have used those skills to learn how to work with a team and grow as an individual. These experiences have provided me with great customer service skills as well.



Eren Milhoan, Psychology and Human Services

I am currently involved in the Presidential Ambassadors program. During my sophomore year, I was a Peer Leader for the LINK 101 program. Last fall, I was a Supplemental Instructor for PSYC 101 where I got to interact with students by holding study sessions, checking their work, and giving lectures. Last fall I was also a Teaching Assistant for a psychological research course (PSYC 330). This semester, I am a part of a psychological research group with Dr. Bassett and we will be presenting our finished research in April at a conference. This semester I am also in an internship class at Carolina Health Center. All of these opportunities have helped me create a strong CV and gain experience for graduate school, which is what I plan on pursuing after graduating Lander.



Omarion Robinson, Business/Marketing

I am a Freshman Business/Marketing Major. One thing I can say how Lander has helped me is that it has taught me that slow success is the best success and to never be afraid to ask questions. I'm glad I chose to come to Lander.

SC Theatre Festival

By Cameron Craig

The South Carolina Speech and Theatre Association (SCSTA) will be holding its annual College Festival, an event where students can compete together in categories ranging from duet acting to animated voiceover.

The day-long festival will take place at Newberry College on February 8th and feature new events, such as duet improv and duet podcasting.



This year, Lander will have eight students competing across various events; three of whom will be vying for the Triathlon Award, the highest award given by the SCSTA. Lander students have won this award for the past two years of the competition.

Professor Monique Sacay-Bagwell, a speech and theatre professor at Lander University, said for those interested in participating, "It will be a chance to explore and grow in their skills and creative. Plus, an opportunity to be engaged outside of classes and meet new people. And it will be a lot of fun!"

While registration to participate is closed for this year, Sacay-Bagwell said those interested may still be able to request to attend as guests by reaching out to Patrick Gagliano, the festival coordinator.

Celebrate Homecoming with Roaring '20s Theme

By Holly Tuggle

Lander University is preparing for an unforgettable Homecoming Week, taking place from February 10-15, 2025. This year's theme, "Party Like It's 1925," celebrates the 100th anniversary of Chipley Hall, Lander's historic all-women's residence hall. The festivities will transport students, alumni, and the community back to the Roaring '20s with retro-themed activities, competitions, and a celebration of Chipley Hall's legacy.

A Tribute to Chipley Hall

Built in 1925, Chipley Hall has housed generations of Lander women and remains the only all-women's residence hall on campus. To honor its centennial, Homecoming Week will include a host of events inspired by the glamour and excitement of the 1920s. From jazz music and flapper fashion to spirited competitions, the week promises to capture the essence of the era while celebrating Lander's traditions and history.

A Week of Retro Fun

The celebration kicks off on Monday, February 10, with the start of two week-long activities:

- **Service Project:** Teams can earn points by donating feminine hygiene products to The Period Pantry Project, which supports menstrual health. Donations will be accepted until Friday, February 14, at 5:00 p.m.
- **Modern Medallion Hunt:** Students can follow daily clues on the Campus Engagement Instagram page to locate the hidden Golden Medallion on campus.



- **Soapbox Derby (Monday, February 10):** Teams will race down Wilson Street in a lively "Racing to the Roaring '20s" derby.
- **Strongest Bearcat Competition (Monday, February 10):** Students will showcase their strength at a powerlifting meet in the Abney Cultural Center Auditorium.
- **Color Me Jazzed Color Run (Tuesday, February 11):** Participants will race around campus in a colorful celebration of Bearcat spirit.
- **1920s Dance Party (Wednesday, February 12):** The PEES Gym will host a night of dancing and fun with 1920s-inspired attire encouraged.
- **Flapper Fashion Show (Friday, February 14):** Students can compete or watch as participants show off glamorous 1920s fashion.

The excitement continues into the weekend with events for everyone:

- **Homecoming Parade (Saturday, February 15, at 9:00 a.m.):** The parade will feature floats and performances celebrating Lander spirit and Chipley Hall's 100th birthday.
- **Tailgating (Saturday, February 15, at 10:00 a.m.):** Alumni, students, and families are invited to gather on the Front Lawn for a lively tailgate ahead of the basketball games.
- **Homecoming Basketball Games (Saturday, February 15):** Cheer on the Bearcats as they take on Georgia College. The Homecoming King will be crowned at halftime during the women's game at 1:30 p.m., and the Queen will be announced during halftime of the men's game at 3:30 p.m.

Join the Celebration

Homecoming Week 2025 is more than just a celebration; it's a chance to honor Lander's past, connect with the community, and create lasting memories. "Homecoming is such a special time for our campus," said Kaylee Holseberg, Junior Early Childhood major. "This year's Roaring '20s theme makes it even more exciting as we celebrate the rich history of Chipley Hall."

For a complete schedule of events and participation details, visit Lander University's website or follow the Campus Engagement Instagram page. Let's make this Homecoming one for the history books!

RO-MAC

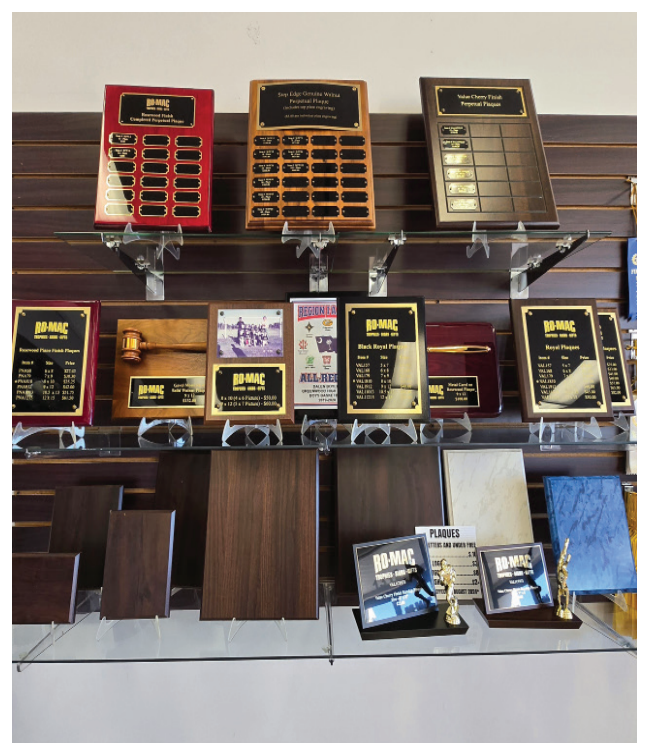
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The 2024-25 Edition of New Voices is Ready

By Mackenzie Colvin

Don't fret, the waiting is over! The New Voices 2024-2025 journal is out, and this year's award winners have been revealed.

The student-run journal is published annually in the spring semester. Each school year, Lander students and alumni are asked to submit their literary and/or artistic works to the New Voices staff, for a chance to be published in that year's edition of the journal.

Contributors are allowed to submit any art such as paintings, drawings, digital art, sculptures, and photographs. Literary submission may also range from poems, to academic non-fiction and creative writing pieces. This journal provides a unique opportunity for students to demonstrate their abilities to future employers, and grow confidence within themselves and their works.

New Voices is neither a club nor is it an internship? It is a class that virtually any student at Lander can take with the only prerequisite being English 102. The New Voices course, Writing 405, is instructed by Laura Martin, Assistant Professor of English, who helps guide the staff while they create, design, and edit their journal.

New voices student staff will become a part of a specialized team based on what they identify as their strengths. For example, if students have experience designing with programs like InDesign or Canva, they may be on the design team.

New Voice student staff members may also submit their work for publication. That

is because the staff reviews and selects all submissions and winners anonymously.

The Writing 405 course is only available in the fall because the New Voices journal

were announced as well. The audience very much enjoyed hearing about the processes and ideas behind the fantastic work in this year's journal. Afterwards, spectators, staff, contributors, and their families, chatted and



The New Voices class unveils this year's journal.

launch, and launch party are hosted in the Spring after the new year.

On January the 22nd, the 2024-2025 New Voices Staff hosted this year's launch party, complete with excerpt readings and words from each artist and writer who was selected for the journal.

The winners of the Dessie Dean Pitts, Creative Writing, and Art and Design awards

snacked on refreshments provided by the New Voices Staff.

If you are interested in joining New Voices in the fall of 2025, you can email Professor Laura Martin for more details about the course. Again, the course will only be available in the fall. Come join the staff and learn, experience, and create something new!

Popular Homecoming Event, Lander's Strongest Bearcat

By Maxence Barriere

The Strongest Bearcat competition has become a popular event during homecoming week each year. This year's event takes place at the Abney Cultural Center Auditorium on Feb. 10 at 7 p.m.

Each participant is allowed three attempts at the Squat, Bench Press, and Deadlift. All experience levels are welcome to compete.

Among the competitors is Lander student-athlete Brendan



Jayaprakash, who signed up to "step out of his comfort zone" and stay motivated in the gym. Although only a freshman, he hopes to put up a strong performance and challenge the older students. "I most likely won't be the biggest guy out there, but I'll use the crowd's energy as an incentive." Jayaprakash said.

To prepare for the big day, Jayaprakash plans to lift at least

three times a week, prioritizing squat, bench press, and deadlift. He admits that his biggest challenge will be lifting in front of a crowd.

"At the gym, it's just me and the weights, but when the day comes, everyone will be watching," he said. His strategy? Proper warm-ups and taking his time in between sets.

In the end, Jayaprakash said he is competing to embrace the Lander Homecoming spirit, give his best effort, and have fun. This year's theme is "Party like it's 1925," so wear your best costume and come support Lander's strongest Bearcats.

Lander Offers Brand new Craft Club



Abbigail Mitchell

By Walker Brown

Lander University is always adding to their roster of

student organizations.

The Lander Craft Club was formed in the 2025 spring semester by its current President Abbigail Mitchell.

The craft club meets 4-7 p.m. on Thursdays in LL 103. Mitchell stated her reason for starting the craft club was because when she was young her grandmother taught her how to crochet and she fell in love with it.

Mitchell said she wishes to teach anyone who joins the Craft Club how to crochet saying, “I want to share that love (crocheting) and teach other people who don’t know how...”

Mitchell plans to teach crocheting one on one during the club meetings saying, “It’s very inclusionary. We welcome anyone. It doesn’t matter if you’ve never touched a piece of yarn before or have been doing it for 10 years.”

The craft club is not limited to just crocheting. Mitchell invites other students to join and teach their crafts to the members of the club or work on personal projects.

Members who do not bring their own materials for crocheting or any other craft activity may be asked to provide financial compensation for the materials used to

keep the club running. Also mentioned was a potential fundraiser selling items made during the club meetings near the end of the semester.

Mitchell stated that it may take multiple club meetings to finish a crocheting project. As an example, Mitchell can crochet a beanie in a five-hour span which she said was quick.

Mitchell said she wishes to create a community around this club. The group will plan meetings outside of the club hours to work on projects as she does with her friends.

The Lander Craft Club a place for artists to gather and create.

Lander student summits Mount Aconcagua

By Armani Canty

Lander University welcomed students back to campus on January 13th, and as is often the case students reunited sharing stories of their winter break. One student, sophomore accounting major Benjamin Hawkins had a particularly exciting adventure to share.

Hawkins traveled to Argentina in December to hike Mount Aconcagua, one of the highest mountains in the Americas.

Mount Aconcagua reaches a peak 23,000 feet above sea level and is particularly known for its harsh winds which can drop temperatures to -40 Fahrenheit. As a result, the mountain’s summit success rate is around 30% and causes 3 to 5 deaths every season.

At one of the base camps, the Pacific Ocean and Chile could be seen. “It was truly a magical moment, and it inspired the final push for the



Benjamin Hawkins at the top of Mt. Aconcagua with his mountaineering group"

summit,” Hawkins stated.

The hike took 16 days. Hawkins and his friends reached the peak on December 22nd.

“Awe-inspiring doesn’t

begin to describe it,” said Hawkins who is now one out of 1000 people to annually summit Mount Aconcagua.

Mt. Aconcagua isn’t Hawkins’ first mountain, but it is

his proudest accomplishment thus far. In November 2023, Hawkins summited Kili-manjaro, the highest mountain in Africa.

Hawkins said the biggest part of mountaineering is the preparation. He added, “For every second you spend actually climbing, you spend about a minute preparing.”

The preparation for the trip began last August which included buying gear, reading manuals, obtaining visas, and preparing mentally and physically. Hawkins’ preparation routine consisted of running 60 miles a week and core workout routine daily as well as occasional backpack hikes in Appalachia.

Hawkins now aims to spend 2025 focused on long distance running and is scheduled to run a marathon in June.

Hawkins now aims to spend 2025 focused on long distance running and is scheduled to run a marathon in June.

DiMatteo Transitions from Practicing Law to Higher education

By LeiSean Frazier

Lander Assistant Professor of Legal Studies David R. DiMatteo recently shared how he transitioned from practicing law to teaching at Lander University.

DiMatteo has taught various classes including an introductory course on paralegal studies and constitutional law. DiMatteo also taught an online class which focuses on legal research and writing techniques. He is currently developing a special topics class on contracts.

DiMatteo noted the importance of contracts in daily life. He emphasized the fact that whether people realize it or not they are constantly engaging in contracts and transactions.

After 18 years of a successful legal career, DiMatteo taught history at the high school level. This laid the foundation for his passion in teaching in higher education. DiMatteo expressed his enthusiasm for teaching at the college

level stating “I’ve had a phenomenal time teaching at Lander University.” I

He further mentioned that while it’s currently a one time offering, there is potential for contract law to become a regular course if there’s enough interest.

DiMatteo said he is open to exploring topics in future classes. He has expressed a desire to teach about the 1st amendment in criminal law and other areas of law that students might find informative and interesting.

DiMatteo’s transition from law to teaching demonstrates a commitment to education and a passion for teaching students how to navigate in the real world. DiMatteo



David DiMatteo

encourages students to stay tuned for more exciting classes in the future at Lander University.

The Pros and Cons of AI in Academic Writing

By Alexi Noriega

Conversation regarding using Artificial Intelligence in the classroom seem to increase each semester.



Sean Barnette

When the question, “Does AI have any downside?” is asked, Sean Barnette, professor of English at Lander University,

states, “If you want to learn how to do

something well, you have to do it with resistance.” Barnette went on to state how students that do not see their classes as priorities may be tempted to take the easy way out by using AI.

There has been recent controversy of the use of AI in academic settings. Lander sophomore Armani Canty explained that AI inhibits original thought and that there is no profit in getting a degree if one takes the easy way out.

Barnette stated, “...there has to be the possibility of getting things wrong, the experience of getting things wrong, and correcting, there has to be difficulty.”

In other words, using AI instead of dealing with the hardships that come with academics, a student will not get the most

out of the degree they signed up for if there is no struggle.

Barnette and Canty gave more examples of the cons, but when asked about the pros, Canty struggled to respond. “I guess it helps translate for non-English speaking students,” Canty added but said nothing further.

Barnette, on the other hand, stated that it can be useful for grammar, style, and editing if used correctly. He then explains that other professors in his department are frustrated when students use it as a way of cheating instead of using it responsibly.

It would seem that AI has benefitted the world in some aspects, but not so much academically. Some students use AI as a way of getting a grade rather than putting effort into the work assigned to them.

NOTICE:

The deadline for submissions for the March Forum is February 24. Articles, no more than 300 words, should be sent as a Word document. Pictures should be sent as a jpeg or png file. Email submissions to rstevenson@lander.edu.



Visit the home of the Lander University Bearcats <https://landerbearcats.com/>

Lander's Track Program Kicks Off Indoor Season

By Kiersten Thatcher

Lander's track and field program launched its first indoor meet of the season with high determination, setting the tone for an exciting year. Racing to the finish line the Bearcats



Kayla Barnhardt

paved their potential and laid a new foundation for growth to arise throughout the season.

Four freshmen, experiencing their first collegiate indoor meet, shared their thoughts on the competition, offering insight into the challenges, emotions, and lessons learned as they stepped into a new chapter of their athletic careers. This meet was a chance to test their training, compete at a prominent level, and bond with teammates through the memorable moments.

Head coach Aaron King also reflected on the meet, emphasizing the team's efforts and progress while pointing out areas of growth. With a mix of young talent and experienced leadership, the program continues to build momentum in what promises to be a breakthrough year for the Lander Bearcats.



Natheer Suied

The emotions leading up to the first indoor meet were a mixture of nerves and excitement for freshman sprinter Caalyn Hyman.

"I was nervous because that was my first indoor meet at the colle-

giate level," she explained. "But I was also excited because I was living my dream of being a college student-athlete."

Fellow sprinter and mid-distance runner Michael Balkman shared his most memorable moment from the meet.

"As I rounded the final curve, I felt the energy of the crowd and my teammates cheering me on, which pushed me

to finish strong," Balkman said. "That race gave me the confidence to keep improving and reminded me why I love this sport."



Michael Balkman

For freshman distance runner Kayla Barnhardt, the indoor conditions were a challenge. "The track conditions were a bit different from what I trained on," she recalled. "But it was a good learning experience overall."

Mid-distance runner Natheer Suied reflected on the significance of competing against athletes from other Division II schools. "After years of competing in high school, I've always dreamt of competing at the next level, so finally being able to accomplish that is honestly surreal," Suied said.

Coach King is optimistic about the Bearcats' performance following their first indoor meet, stating, "Our team is doing well and looking to build throughout the season." He emphasized, "The first indoor meet is about shaking off the rust and focusing on putting forth the solid effort," Coach King said.



Caalyn Hyman

King also plans to evaluate the progress of the freshmen runners now that they have competed. "It can take time for freshmen to adjust to the

college level, so promoting confidence and a plan goes a long way," he explained. "The goal is to learn meet to meet and continue to build from there."

While the Bearcats continue to build momentum through the season, their focus remains on growth, learning from each meet, and strengthening their performance. With a solid foundation and a group of dedicated athletes, the team is poised for continued improvement as they advance through their indoor season.

LU Chasing Glory

By Adam Love

As the new year rings in with excitement for new opportunities, Lander Bearcats Baseball set their eyes on the opportunity of capturing another accolade on the red dirt.

The men's baseball team was victorious in their 2024 campaign with securing a conference title but fell short of capturing their ultimate goal of a NCAA national title.

This year will be even harder than any other year in the past, as they will have a target on their backs as the defending Peach Belt Conference Champions and a shadow of meeting expectations following them.

To get an inside understanding of how the team will shape their identity to conquer their goals this year, we spoke with veteran pitcher Luke Johnson.

"I feel like I am most excited for the fans because they

will get to watch an even more talented and exciting team than they did last year."

Johnson is one of the main gears of the Bearcats pitching rotation and had great things to say about the 2025 pitching staff, "We have true talent and experience in the bullpen this year and I feel bad for any hitter who has to go against any of our guys this year."

Everything on paper says that this team is more than capable of achieving a national title, but Luke Johnson believes it takes more than talent to win when you are competing at this intensity.

"For us to reach that goal of being national champions, we will need to max out in everything we do and give attention to every detail small or large." The Bearcats started their 2025 campaign at home Jan. 31 against the Erskine Fleet.



Luke Johnson

Legiste's 25-point night propels Lander to 82-77 road victory against Flagler

Inady Legiste's 25-point, 11-rebound double-double helped the Lander men's basketball team to an 82-77 road win over Flagler in Peach Belt Conference action on Jan. 29.

It was Legiste's third double-double of the season as the Bearcats improved to 11-7 overall and 5-3 in the PBC. Flagler fell to 10-7 and 4-4 in conference.

Three others joined Legiste – who made 11 of 19 shots – in double figures: Noah Dunn (19), Sebastian Augustave (12) and Torrin Andrews (11). Augustave nailed four 3s in the

first half, including three straight from the right corner, to set a new season high.



Coach to leave Lander

By Jackson Hawkins

Jeff Reynolds, the head coach who transformed Lander University's volleyball program into a championship contender, has announced his resignation to take the head coaching job at Flagler College. Reynolds leaves behind an impressive legacy, highlighted by the Bearcats' first-ever Peach Belt Conference championship in 2024.

"We are grateful for Jeff and the unprecedented success he brought to the Lander volleyball program," said Athletics Director Brian Reese. "He set a new standard for excellence, and we wish him the best in this next chapter."



Coach Reynolds

In four seasons at Lander, Reynolds compiled an 84-36 overall record and a 31-14 mark in Peach Belt Conference play. The Bearcats made three consecutive NCAA Tournament appearances under his leadership, advancing to the program's first Southeast Region Championship game last season. Reynolds was twice named Peach Belt Coach of the Year and coached seven major PBC award winners, including Katie Miller, the

program's first PBC Player of the Year.

"We're sad to see him leave, but we wish him the best and hope for the best in his future endeavors," said Miller, who broke Lander's single-season kills record and earned All-American honors last season.

Reynolds' leadership brought Lander volleyball to new heights. In 2023, the Bearcats finished second in the Peach Belt Conference with a 10-2 record and reached the PBC championship game for the first time since 2007. Individually, Miller, along with Patricia Pantoja and Lauren Dow, earned All-American honors, capping a season of both team and personal achievements.

Before arriving at Lander, Reynolds led Snow College in Utah to national prominence, compiling a 131-28 record over five seasons and earning multiple Coach of the Year accolades. In his eight-year head coaching career, Reynolds has amassed a 193-58 overall record, four conference titles, and five National Tournament appearances.

Reflecting on his time at Lander, Reynolds expressed gratitude. "I will forever hold the memories we've created and the growth we've experienced close to my heart. It has been a tremendous honor."

Lander will begin the search for its next head volleyball coach immediately. One thing for certain, it will be difficult to follow the high level of success achieved by Reynolds.

Q&A with Lander Alumna Lorena Collins

Background and Education:

1. Can you tell us about your time at Lander University? What inspired you to choose that field of study?

• There was a huge gap between my associate's degree and finally finishing up my bachelor's degree and I didn't really know where to begin or how I was going to work it out. However, from the moment I applied at Lander I was met at every turn with assistance and encouragement in pursuing my education. My interest is in counseling, specifically elementary school counseling, and I felt study in the field of psychology was great at preparing me for my next steps.



Lorena Collins

My interest is in counseling, specifically elementary school counseling, and I felt study in the field of psychology was great at preparing me for my next steps.

2. What was your major, minor, and graduation year at Lander? Was your degree online or in person?

• I graduated in December of 2023 with my Bachelor of Science in Psychology. My degree was online. I will say that even though my degree was online, I appreciated that there were lots of opportunities that I was able to take advantage of to be on campus, along with the offerings at the University Center.

3. How did your college experience shape your personal and professional growth?

• My college experience has empowered me to step out of my comfort zone and into new and challenging experiences that have helped me to grow and shape me for the next steps as I pursue my graduate degree and move forward in my career path. I have learned valuable skills through being exposed to diverse networking opportunities and trainings relevant to my career development.

4. Have you obtained, planning, or currently pursuing a graduate degree, such as a master's or another advanced qualification?

• I am currently pursuing a Master's in Education with a specialization in school counseling at Clemson University.
Career Journey:

3. Could you describe your current occupation and the path you took to get there?

• My current role is the Food and Nutrition Services assistant manager at Fork Shoals Elementary, within the Greenville County School District.

4. What were some of the key skills or knowledge you gained at Lander that have helped you in your career?

• Resume building was key in helping me further in my career and acceptance into my graduate program at Clemson University. Being in a management role, knowledge gained from relevant coursework in how to be an effective manager and relate to my operators was helpful in the workplace setting. I also gained a lot of knowledge and hands-on experience through mental health related trainings and volunteer opportunities. I enjoy studying psychology and have found that my coursework at Lander was very applicable to the school counseling profession.

5. Were there any specific experiences, internships, or projects that influenced your career choices?

• My own personal journey with counseling and my own children are a huge influence on my career choice. Other experiences, such as, volunteering with the 988 suicide and crisis hotline with Mental Health America of Greenville County and engaging in trainings and discussions on Adverse Childhood Effects also shaped my interest in the helping profession and counseling field.
College Impact:

6. How did the faculty and the college community support your career development during and after graduation?

• The college community was great at providing opportunities to learn and grow outside of the classroom through additional trainings and workshops. Professors and advisors were significant in providing letters of recommendations, resources and helping me to make great connections during and after graduation.

7. Were there any courses or professors that had a particularly significant impact on your career path?

• The course with the most significant impact for me was my Senior Seminar class with Professor Scott. I was a little hesitant when it came to the resume/application process for my graduate program. Through this course, and specifically her encouragement, honest feedback and guidance, I was able to gain new skills and knowledge, while also reflecting on skills and knowledge gained throughout my time at Lander University

and put that into a phenomenal resume when applying to my graduate program. I still am in touch with Professor Scott and have participated in a guest panel for the Human Services Career Night that she hosted at the University Center in Greenville.

8. How did extracurricular activities, campus resources, or networking opportunities at Lander contribute to your professional journey?

• Through the different opportunities at Lander, I was able to make connections and learn about the different resources available that will be beneficial to me personally and in my role as a counselor.

Career Advice:

9. What advice would you give to current students who are considering a career in your field?

• My advice would be to get involved. Ask all the questions. Take advantage of the trainings and resources that are available. Look into different options that may be available for your specific program of interest. Also, just like it's never too early to start, it's never too late either!

10. Looking back, is there anything you wish you had done differently during your time at college to better prepare for your career?

Alumni Engagement:

11. Are there any ways you stay connected with Lander or its alumni network?

• I keep up with my professors. I also like to attend sporting events and other events that Lander hosts throughout the year.

12. What does being an alumnus of Lander mean to you?

• Being an alumnus of Lander University evokes a sense of pride and belonging. I am so grateful and proud to be a part of such an integral center of learning. It is a family that I can fall back on for resources and networking, while also being able to give back and serve my Lander community as well.

13. What are some of your proudest achievements since graduation, and how did your time at Lander help you reach them?

• My proudest achievements since graduation include getting accepted into my graduate program at Clemson University, being chosen as a graduate student volunteer for the PSSCA 2025 Conference and being invited to be part of a guest panel for the Human Services Career Night at the University Center. My time at Lander helped me grow in knowledge, confidence, courage to feel equipped to pursue these opportunities.

Lander Calendar of Events February

<p>February 3 Group X 15-Minute Abs 3 - 3:30 PM</p> <p>Group X Team Sports; 4 - 5 PM</p> <p>Group X Cross Fit; 4 - 5 PM</p> <p>Group X Spin; 5 - 6 PM</p> <p>Group X Weight Training; 6 - 7:30 PM</p> <p>Group X Pilates; 6:30 - 7:30 PM</p> <p>Group X Yoga; 7 - 8 PM</p> <p>Senior Recital: Rebekah Logan, Viola; 7 - 8 PM</p> <p>Intramural - 4v4 Gridiron Frisbee 7 - 10 PM</p>	<p>Men's Lacrosse; 6 - 9 PM Bearcats vs. Emmanuel</p> <p>Group X Pilates; 6:30 - 7:30 PM</p> <p>Group X Yoga; 7 - 8 PM</p> <p>Intramural - Doubles Pickleball 7-10 PM</p> <p>Senior Recital: Mattison Shaw, Voice 7 - 8 PM</p> <p>Men's Basketball; 7:30 - 10:30 PM Bearcats @ USC Beaufort</p>	<p>Group X 15-Minute Abs 3 - 3:30 PM</p> <p>Homecoming - Racing to the Roaring '20s; 3:30 - 4:45 PM</p> <p>Group X Team Sports; 4 - 5 PM</p> <p>Group X Cross Fit; 4 - 5 PM</p> <p>Homecoming - Unroll and Roar: Banner Reveal; 5 - 6 PM</p> <p>Group X Spin; 5 - 6 PM</p> <p>Group X Weight Training 6 - 7:30 PM</p> <p>Acrobatics & Tumbling; 6 - 9 PM Bearcats vs. Emmanuel</p> <p>Group X Pilates; 6:30 - 7:30 PM</p> <p>Homecoming - Strongest Bearcat 7 - 9 PM</p> <p>Group X Yoga; 7 - 8 PM</p> <p>Intramural - 4v4 Gridiron Fris- bee; 7 - 10 PM</p>	<p>Annual Polar Plunge; 4 - 5 PM</p> <p>Group X Team Sports; 4 - 5 PM</p> <p>Group X Cross Fit; 4 - 5 PM</p> <p>Homecoming - Party Like It's 1925; 5 - 7 PM</p> <p>Group X Spin; 5 - 6 PM</p> <p>Women's Basketball; 5:30 - 7:30 PM Bearcats vs. North Georgia</p> <p>Group X Weight Training 6 - 7:30 PM</p> <p>Group X Pilates; 6:30 - 7:30 PM</p> <p>Homecoming - Glamorous Game Night; 7 - 9 PM</p> <p>Group X Yoga; 7 - 8 PM</p> <p>Women's Lacrosse; 7 - 10 PM Bearcats vs. Anderson</p> <p>Intramural - Doubles Pickleball 7 - 10 PM</p> <p>Men's Basketball; 7:30 - 10:30 PM Bearcats vs. North Georgia</p>
<p>February 4 Wrestling; All Day Conference Carolinas Dual</p> <p>Softball; 1 - 6 PM Bearcats vs. Mars Hill</p> <p>Group X Team Sports; 4 - 5 PM</p> <p>Group X Cross Fit; 4 - 5 PM</p> <p>Baseball; 5 - 8 PM Bearcats @ Limestone</p> <p>Community Lecture Series; 5:30 - 8 PM; Presenter: Rachel Schiera Reception: 5:30 p.m. Presentation: 6:00 p.m.</p> <p>Intramural - 6v6 Volleyball; 7-10 PM</p> <p>Alumni Recital: Matthew Bratton, Percussion; 7 - 8 PM</p>	<p>February 6 Friendship Bracelets; 11 AM - 2 PM</p> <p>Group X Team Sports; 4 - 5 PM</p> <p>Group X Cross Fit; 4 - 5 PM</p> <p>Group X Spin; 5 - 6 PM</p> <p>Medically Speaking; 5:30 - 7 PM</p> <p>Group X Weight Training 6 - 7:30 PM</p> <p>Intramural - Floor Hockey; 7 - 10 PM</p>	<p>February 11 Men's Golf; Spring Kick-off</p> <p>Transfer Tuesday; 9 AM - 5 PM</p> <p>Homecoming - Color Me Jazzed: Color Run' 2 - 4 PM</p> <p>Group X Team Sports; 4 - 5 PM</p> <p>Group X Cross Fit; 4 - 5 PM</p> <p>Study Abroad Interest Meeting 5 - 6 PM</p> <p>Homecoming - Bonfire and Kara- oke Night; 7 - 9 PM</p> <p>Intramural - 6v6 Volleyball 7 - 10 PM</p> <p>Wrestling; 7 - 10 PM Bearcats @ Shorter</p>	<p>February 13 Homecoming - Faculty vs. Student Dodgeball; 3 - 4 PM</p> <p>Group X Team Sports; 4 - 5 PM</p> <p>Group X Cross Fit; 4 - 5 PM</p> <p>Group X Spin; 5 - 6 PM</p> <p>Group X Weight Training; 6 - 7:30 PM</p> <p>Homecoming - Jazz Age Jamboree 7 - 10 PM</p> <p>Intramural - Floor Hockey 7 - 10 PM</p>
<p>February 5 Bearcat for a Day 9 AM - 2 PM</p> <p>Women's Tennis; 2 - 5 PM Bearcats vs. Emmanuel</p> <p>Men's Tennis; 2 - 5 PM Bearcats vs. Emmanuel</p> <p>Group X 15-Minute Abs 3 - 3:30 PM</p> <p>Group X Team Sports; 4 - 5 PM</p> <p>Group X Cross Fit; 4 - 5 PM</p> <p>Group X Cross Fit; 4 - 5 PM Group X Spin; 5 - 6 PM</p>	<p>February 8 Softball; All Day Brianna Surrento Kickoff Classic</p> <p>Women's Tennis; 10 AM - 1 PM Bearcats @ Mount Olive</p> <p>Baseball; 12 - 7 PM Bearcats @ Mount Olive</p> <p>Women's Lacrosse; 1 - 4 PM Bearcats vs. Converse</p> <p>Women's Basketball; 1:30 - 3:30 PM Bearcats @ Clayton State</p> <p>Men's Basketball; 3:30 - 6:30 PM Bearcats @ Clayton State</p>	<p>February 12 Homecoming - Field Day 12 - 3 PM</p> <p>Softball; 1 - 6 PM Bearcats @ Lincoln Memorial</p> <p>Women's Tennis; 2 - 5 PM Bearcats vs. Newberry</p> <p>Men's Tennis; 2 - 5 PM Bearcats @ Converse</p> <p>Group X 15-Minute Abs 3 - 3:30 PM</p> <p>Homecoming - Ice Ice Bearcats:</p>	<p>February 14 Softball; All Day Bearcat Invitational</p> <p>Homecoming - Puppies on the Plaza; 11 AM - 1 PM</p> <p>Baseball; 5 - 8 PM Bearcats vs. Mars Hill</p> <p>Homecoming - Flapper Fashion Show; 7 - 9 PM</p>
<p>Women's Basketball; 5:30 - 7:30 PM Bearcats @ USC Beaufort</p> <p>Group X Weight Training; 6-7:30 PM</p>	<p>February 9 Baseball; 1 - 4 PM Bearcats @ Mount Olive</p> <p>Super Bowl Sunday; 5 - 10 PM</p> <p>February 10 Homecoming Week Feb. 10-15 All Day</p> <p>Men's Golf; All Day; Spring Kick-off</p>	<p>Homecoming - Ice Ice Bearcats:</p>	<p>Homecoming - Jazz Age Jamboree 7 - 10 PM</p> <p>Homecoming - Flapper Fashion Show; 7 - 9 PM</p> <p>February 15 Softball; All Day Bearcat Invitational</p> <p>Equestrian Team - All Day</p>

Lander Calendar of Events February

Continued from page 15

Team; All Day
Homecoming - A Roaring Good
Time: Homecoming Parade
9 - 10 AM

Homecoming - Tailgating
10 AM - 6:30 PM

Baseball; 12 - 3 PM
Bearcats vs. Mars Hill

Women's Basketball
1:30 - 3:30 PM
Bearcats vs. Georgia College

Women's Lacrosse; 2 - 5 PM
Bearcats vs. Young Harris

Women's Tennis; 2 - 5 PM
Bearcats vs. USC Sumter

Men's Lacrosse; 2 - 5 PM
Bearcats @ Palm Beach Atlantic

Men's Basketball; 3:30 - 6:30 PM
Bearcats vs. Georgia College

Equestrian Team; All Day

February 16

Baseball; 12 - 3 PM
Bearcats vs. Mars Hill

February 17

Women's Golf; All Day
2025 World Golf Invitational
Men's Tennis; 2:30 - 5:30 PM
Bearcats @ Coker

Group X 15-Minute Abs
3 - 3:30 PM

Group X Team Sports; 4 - 5 PM

Group X Cross Fit; 4 - 5 PM

Group X Spin; 5 - 6 PM

Group X Weight Training
6 - 7:30 PM

Group X Pilates; 6:30 - 7:30 PM

Group X Yoga; 7 - 8 PM

Intramural - 4v4 Gridiron Frisbee
7 - 10 PM

February 18

Women's Golf; All Day
2025 World Golf Invitational

Women's Tennis; 2 - 5 PM
Bearcats @ Mars Hill

Group X Team Sports; 4 - 5 PM

Group X Cross Fit; 4 - 5 PM

Baseball; 5 - 8 PM

Bearcats vs. Belmont Abbey
Intramural - 6v6 Volleyball
7 - 10 PM

February 19

Women's Basketball; 1:30 - 3:30 PM
Bearcats @ Augusta

Women's Lacrosse; 3 - 6 PM
Bearcats @ Newberry

Group X 15-Minute Abs
3 - 3:30 PM

Study Abroad Interest Meeting
4 - 5 PM

Group X Team Sports; 4 - 5 PM

Group X Cross Fit; 4 - 5 PM

Group X Cross Fit; 4 - 5 PM

Group X Spin; 5 - 6 PM

Group X Weight Training
6 - 7:30 PM

Acrobatics & Tumbling; 6 - 9 PM
Tri-Meet
Group X Pilates; 6:30 - 7:30 PM

Group X Yoga; 7 - 8 PM

Intramural - Doubles Pickleball
7 - 10 PM

Men's Lacrosse; 7 - 10 PM
Bearcats vs. Limestone

Men's Basketball
7:30 - 10:30 PM
Bearcats @ Augusta

February 20

Group X Team Sports; 4 - 5 PM

Group X Cross Fit; 4 - 5 PM

Group X Spin; 5 - 6 PM

Group X Weight Training
6 - 7:30 PM

Intramural - Floor Hockey 7-10 PM

Senior Recital: Caroline Wessinger,
Trombone; 7 - 8 PM

February 21

Men's Tennis; 2 - 5 PM
Bearcats @ Young Harris

February 22
Open House; 9 AM - 5 PM

Women's Tennis; 1 - 4 PM
Bearcats @ Young Harris

Baseball; 1 - 7 PM
Bearcats vs. Chowan

Softball; 1 - 6 PM
Bearcats @ Newberry

Men's Basketball; 3:30 - 6:30 PM
Bearcats @ Columbus State

Women's Basketball
5:30 - 7:30 PM
Bearcats @ Columbus State

Men's Lacrosse; 7 - 10 PM
Bearcats @ Young Harris

Women's Lacrosse
11 AM - 2 PM
Bearcats vs. Palm Beach Atlantic

February 23

Baseball; 12 - 3 PM
Bearcats vs. Chowan

Faculty Recital: Jeremy Ruth
4 - 5 PM

February 24
Student Juried Exhibit; All Day
February 24-March 19

Men's Golf; All Day
Spring Bulldog Clash

Women's Golf; All Day
Lady Moc Golf Classic

Group X 15-Minute Abs
3 - 3:30 PM

Group X Team Sports; 4 - 5 PM

Group X Cross Fit; 4 - 5 PM

Group X Spin; 5 - 6 PM

Group X Weight Training
6 - 7:30 PM

Group X Pilates; 6:30 - 7:30 PM

Group X Yoga; 7 - 8 PM

Intramural - 4v4 Gridiron Frisbee
Championship; 7 - 10 PM

February 25

Men's Golf; All Day
Spring Bulldog Clash

Women's Golf; All Day
Lady Moc Golf Classic

Music Bingo; 11 AM - 2 PM

Softball; 1 - 6 PM
Bearcats @ Limestone

Men's Tennis; 2 - 5 PM
Bearcats vs. Newberry

Group X Team Sports; 4 - 5 PM

Group X Cross Fit; 4 - 5 PM

Baseball; 5 - 8 PM

Bearcats vs. Limestone

Intramural - 6v6 Volleyball Cham-
pionship; 7 - 10 PM

Wind Ensemble Concert; 7 - 9 PM

Piano Ensemble Concert; 7 - 9 PM

February 26

Group X 15-Minute Abs; 3 - 3:30
PM

Group X Team Sports; 4 - 5 PM

Group X Cross Fit
4 - 5 PM Feb 26 2025 Student Life

Group X Spin
5 - 6 PM Feb 26 2025 Student Life

Women's Basketball
5:30 - 7:30 PM Feb 26 2025 Bearcat
Athletics, Bearcats vs. Flagler

Group X Weight Training
6 - 7:30 PM

Group X Pilates
6:30 - 7:30 PM

Group X Yoga
7 - 8 PM

Intramural - Doubles Pickleball
Championship
7 - 10 PM

Men's Lacrosse
7 - 10 PM

Bearcats @ Newberry

Men's Basketball; 7:30 - 10:30 PM
Bearcats vs. Flagler

February 27

Women's Tennis; 1 - 4 PM
Bearcats @ Erskine

Group X Team Sports; 4 - 5 PM

Group X Cross Fit; 4 - 5 PM

Lander Film Festival Kickoff
Workshop
4:30 - 6:30 PM

Group X Spin
5 - 6 PM

Group X Weight Training
6 - 7:30 PM

Intramural - Floor Hockey Champi-
onship; 7 - 10 PM

February 28

Baseball; 6 - 9 PM
Bearcats @ Flagler

Acrobatics & Tumbling; 6 - 9 PM
Bearcats @ Belmont Abbey