

WEEKLY WESTOVER

A MONTHLY EMAIL NEWSLETTER

NOVEMBER 2019 • ISSUE 1



FEATURED WESTOVER: JOSHUA NICHOLS

Josh is a Junior Biology major with a minor in Chemistry from Frederick, Maryland. He is a defenseman on the Lynchburg Varsity Lacrosse team and enjoys to go outside, hike, and fix up old bikes.

After he graduates, Josh wants to get a masters from the University of Akron in Biomimicry in order to eventually become a Biomimetic Engineer. He explains how he has always been interested in how things work in respect to ecosystems, and specifically evolution, which guided him toward this field.

Josh worked as a private outdoor guide for Shenandoah mountain guides this summer, which involved helping people with various outdoor activities, as well as being an instructor for high angle rescue at the park.

What Josh appreciates about Westover is how the colloquium classes make real-world topics into areas of study.

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RECAP ON THE ODAC MEET

This past Saturday, the University of Lynchburg Cross Country team traveled to Roanoke for the conference meet. A long season of hard work and dedication all culminated into an 8k for the mens team and a 6k race for the women.

Both teams placed second in the conference, with many runners finishing with dramatic Personal Records. There are several Westover students that run Cross Country. For the men, Freshmen Connor McCroy and Sam Gunter, Sophomore Will Fowler and Senior Shawn Gmurek and for the women, Freshman Haleigh Kozlowski.

In addition, Shawn Gmurek was recognized as Scholar-Athlete of the year for his stellar work both in and out of the classroom. He finished within the top 7 runners, and was awarded 1st-team all conference.

The team is gearing up to finish the season at Regionals in Memphis and then Nationals in Louisville.

An exciting ODAC week continues with Men and Women's soccer and field hockey games as Lynchburg battles for the conference title.



CULTURAL EVENTS

- History Seminar
Schewell Hall 231
4:30PM Nov 6
- Virginia Cylke Lecture
Hall Campus Ballroom
7:30 Nov 6
- Thornton Reading
Sydnor Performance
Hall
6:30PM Nov 6
- Federal Career Expo
Sweet Briar College
Conference Center
9AM-4PM Nov 7
- Concerto/Aria
Competition
Sydnor Performance
Hall
3-6PM Nov 8
- Veterans Day Service
Snidow Chapel
10AM Nov 11