

WEEKLY WESTOVER

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Featured Westover: Shawn Gmurek

Shawn is a Senior Management Major with an emphasis in Human Resources and a Minor in Spanish. He is from Baltimore, Maryland, enjoys hiking, and runs for the Lynchburg Varsity Cross Country and Track teams. Shawn has also been a part of Sigma Phi Epsilon, the Society of Human Resource Managers, the Management Consulting Group, and ODK.

Shawn explains that he chose his Major because of his love for forming relationships with people and his desire to make a difference within the work environment.

Over the summer, he completed 400 hours at his internship with Northrop Grumman. He notes that through this he gained experience, as well as greatly expanded his network. Shawn was offered a job at this same company as a Human Resources Business Partner after he graduates, where he will be spending the next 3 years. He then plans to apply to graduate schools to obtain an MBA. He notes that he will continue to run, and hopes to race in the Chicago 2020 Marathon.

Shawn points out that he has enjoyed Westover as a means of plugging in with other motivated, academically focused individuals.



Westovers in Water

This has been an exciting year for the University of Lynchburg on several levels. In addition to new faces, new facilities, and new ideas for the future, the University has also claimed a new team: Varsity Swimming. For the first time in over 30 years, Lynchburg swimmers are taking to the pool to compete in ODAC meets once again.

Westover freshmen, Emma-Grace Spach and Claire Galloway, explain the exciting role of being on a groundbreaking team. Emma-Grace points to their team mantra- "Tradition Starts Today" to explain how they get to set the tone and build the program from the bottom up.

When asked how they balance the commitment of training with that of being a Westover student, both voice the importance of utilizing their team study hours as well as managing their time. Claire explains how it is crucial to balance being a student with being an athlete.

Catch your fellow Westovers, Emma-Grace, Claire, Molly Shand, Jesse Lee and the rest of the Lynchburg Swim Team at their next conference meet at Liberty this Friday.

Cultural Events

-Andrew Johnson History
Lecture

Hall Campus Ballroom

6PM Oct 24

-Etiquette Dinner
signup Schewel 370 \$5

5:30PM Oct 24

-UL Theatre Fall Musical

7:30PM Oct 24,25,26

2PM Oct 27

Dillard Fine Arts Center

-Bold Rock Fall Foliage
Festival

Wellysford, VA

11-9PM Oct 26

-Tales From the
Microbiome Lecture
Hall Campus Ballroom
Pizza 6:30PM, Talk 7PM

Oct 28

-Nonprofit Fair

Drysdale

9-3PM Oct 29

-Megan Chaskey Poetry
Reading

Daura Gallery

7-8PM Oct 30

Workshop 1-3PM Oct 31