



2022 at BC: A recap

By Caroline Hoy
Co-Editor in Chief

It's the end of the year and the Clarion has been with you all along—so what happened this year in the Clarion? Let's take a look and see.

Our first issue in 2022 in **January** began with the East Jones roof collapse under heavy snow and a new president. In this issue we were very sad to report the death of retired faculty members Tina Holland and Clara Coleman. Also in January we reported on updated COVID policies and information about cleaning mold.

February saw Move-A- Mountain Day and the start of Black History Month. The following week Clarion highlighted Black History Month and moved into Valentine's Day. The Super Bowl hit with the Rams winning against the Bengals, Valentine's Day came to pass and we honored the passing of retired faculty member Jeff Llewellyn. February ended with learning about the Brevard College Archive, Build-A-Bear and Women's Basketball won their first postseason victory.

March started with the BC Theatre Production of "Legacy of Light," the Clarion staff winning two awards from the N.C. College Media Association, a new mask policy and an interview with Jordan Kuck on the history of Ukraine with the start of the war. BIO 105 and Mindfulness and Nature class went on a very exciting trip over spring break, and over spring break students went to Kentucky to help with the damage from a tornado. Also, the Clarion was saddened to report on another death: maintenance technician Dave Cleveland.

Sliding Rock reopened after a tropical storm and Chiaroscuro, the arts and literary magazine on campus, went to print. Watching BC sports events went mobile, there were new changes in the Caf, and we reported updates on the war in Ukraine. Finishing March we saw Scott Sheffield stepping down as vice president of Academic Affairs, The Clarion interview with the new President, the retirement of Dr. Mike Castelaz and Women's History Month at Brevard College.

April started with THE HILARION, our annual April Fool's issue, in which we "reported" name tags introduced due to a new maskless policy, new roofless buildings, small people



partying in the vents, a new parking garage, astrology major for the aliens, and how to dress to impress and super washing machines.

In the real news for April were SGA elections, the senior art show and an update on repairs to the Jones roof. "Next to Normal" premiered for BC Theatre and IWIL held a Color Run. Chiaroscuro launch party was a success, visiting writer Caroline Crew did a reading, Kathy Holliday celebrated 40 years in the dining hall at Brevard College, Dee Dasburg announced her retirement and Brevard College students received awards for academic achievement.

Finishing April: Dr. Jennifer Frick-Ruppert was named VP for academic affairs and dean of the faculty, and we did a rundown of the BESPY's, Spring Formal and more Honors and Awards.

Finally we entered **May** and the end of the spring semester. Education professor Betsy Burrows received a Fulbright Scholar award, there were awards for Teacher Education Awards and WLEE, senior projects for English, and we honored retired faculty member Rachel Daniels on her death. Finally we finished May with the class of 2022: More than 150 graduates received diplomas in BC's 169th commencement.

After a break during the summer, we resumed publication in **August** with news and features of an art show, a talent show and the start of sports season.

September started with the return of BC Radar, and we reported the sad news of another death, of faculty member Dr. Stephen Knott. Also this month was a Food for Thought lecture, a "How well do you know the United States Constitution" quiz and Women's tennis team traveled to Piedmont University.

The N.C. Mountain State Fair was in town and there was a field trip to Gaia Herbs. We finished with the traditional Senior Pinning, former NATO commander James Stevridis met with students and faculty, BC men's soccer won their fourth game in a row and women's soccer open with a loss in conference play.

In **October**, Homecoming week started, BC Theater went on tour, Brevard College dominated First Friday Night Live Game on Campus and Inside Scoop: Who is the Squirrel behind the mask? Not to be outdone, the following week Brevard College inaugurated 14th President Dr. Bradley J Andrews and we reviewed Brevard College Theatre's "the dreamer examines his pillow." We finished October with The Scarion, our yearly Halloween Issue featuring many creepy fun articles from Which Monster are you quiz to arts & crafts.

November started with Harvest Fest, Haunted House, Día de los Muertos, and while women's soccer had a heartbreak conclusion to their season, men's soccer entered the playoffs and won USA South Championship.

Before Thanksgiving, musician Shafaat Khan visited Brevard students, Annual Etiquette Dinner brought back former First Lady Lynn Joyce, and men's soccer were eliminated in the first round at the national tournament. The month ended with BC Theatre's "The World Over" is Over, Brevard College Goes to the Opera, You Like Jazz cause BC does and ENV 101 hops in the creek!

Finally, **December** saw an interview with President Bradley J Andrews and a Theatre Review of "A Christmas Carol: a One-Man Ghost Story."

If you'd like to refresh your memory about any of these articles or other news and features from The Clarion in 2022, you can view past issues all the way back to 1935 by visiting our website, <http://clarion.brevard.edu>.

WSOC farewell:

Emma White

By Scott Douglas
Staff Writer

Emma White, the graduate defender from Greensboro N.C is the final Tornados player that we will be having to bid farewell to.

Emma White is currently working towards getting her masters in emergency management.

Her favorite thing to come from this season, with her teammates, was the fun they would have on bus rides.

“I really enjoyed the bus rides, especially the ones where we made TikTok videos. Best video for me was the I Got The Magic one.”

White continued. “My favorite times on the field were celebrating goals with the team. I was always late to the party when I didn’t score, that’s why I liked scoring so much.”

Emma White scored a career high of five goals this season, many of those coming from freekicks. This brought the defender’s career total to 7 goals.

White played in 20 games this season being a solid wall in the Tornados defensive line, meaning she always had the entire field ahead of her, allowing her to see just how well the freshmen were doing.

“The freshmen surprised me in a great way, they competed very well at a collegiate level and didn’t need an entire year to adjust.”

But in that surprise, there was something that

didn’t surprise her. “The chemistry was there and that didn’t surprise me”

According to White, “creek time” during preseason was where she felt the chemistry build.

“After preseason practice, most of us would sit in the creek. We would just hang out in the creek, it was a lot of fun and from day one in the creek, I felt the chemistry.”

Emma White has played in a total of 79 games for the Brevard College Tornados. So when reflecting on her 5th and final season it was a weird feeling for her.

“I’ve never felt so sad and happy at the same time. Looking back, I’ve had such a great career. I’m so glad that I had these girls with me to finish off my career.

White is planning on going to South Carolina to take the FEMA exam and hopefully get a job, but she hopes to pass first.

This being the last goodbye in the series is bitter sweet, every single player that has gotten the spotlight gave it all for the Tornados and it’s hard to see any of them go.

We all appreciate Emma and all she’s achieved with us here at Brevard, and wish her the best of luck in her FEMA exam!

Horoscopes:

By Anna Ervin
Co-Editor in Chief

Aries, don’t let your fear and doubt get in the way of what you’re doing. We’re about to head into a new year! Let yourself make those big decisions.

Taurus, are you really willing to do what it takes, or are you purposefully failing? Don’t stop when you’re already this far in. Trying a little is better than not at all.

Gemini, appreciate the people in your life right now. The people around you have done and shown you a lot these past few months, so don’t forget to tell them you care.

Cancer, change doesn’t happen overnight. Create a routine and stick to it. Find what keeps you grounded, and keep rolling.

Leo, you’re not going to get bored. Things blossom when you give them time. Your love for it will grow exponentially if you wait.

Virgo, clean up the world around you. Organize your room, hang those decorations, and get some sense of stability in your life.

Libra, go out and enjoy some social events. Remember what it’s like to connect with people, even if only for a minute. The world isn’t just in your room.

Scorpio, small things that bring you joy are okay to do for yourself. Buy yourself a cheeseburger, do your nails, and get those crocs! You deserve to have small good things too.

Sagittarius, be confident in what you’re saying. You mean what you say, so don’t be afraid to stand by it and advocate for yourself.

Capricorn, you’re on autopilot right now. Don’t let this get to you though. When a lot happens and once, don’t completely shut down. Take breaks and breathe because you will get through it.

Aquarius, you’re getting support from a lot of people right now, and that’s okay! It’s okay to accept help from others and enjoy it. It does not make you weak to now do it on your own.

Pisces, just because you can close yourself off doesn’t mean that you should. People enjoy being around you and love you for who you are. Don’t suppress yourself!



Photo by Brevard College

Emma White ready to score a goal!



Freshman Looking Back: Lyric Contarino

By Sarah Hajkowski
Copy Editor

As the semester comes to a close, Brevard College students are in all kinds of places with their energy levels, progress in final exams and reflections, and packing lists. Still it applies to all learners in all years across the board that the semester has been challenging and asked a great deal of heart, mind, and body.

In this last leg anticipating the Winter Break, Clarion is wondering how BC's first-semester freshmen experienced this Fall. Equipped with questions on this subject, we reached out to several of BC Campus' newest, and Musical Theatre major Lyric Contarino was kind enough to respond with her takeaways.

Q: What is your name, year, and major (if declared) at Brevard College?

A: My name is Lyric Contarino, I am a freshman studying Musical theatre!

Q: Where is your hometown when not in Brevard? Is it similar in terms of space, vibes, people?

A: My hometown is Statesville, North Carolina. Like Brevard Statesville is a small area limited to many things; Brevard captivates the beauty of true nature while Statesville takes on more historic aspects of interest.

Q: How has Brevard College and community fit you so far? Was it easy to make friends on campus?

A: At first it was difficult because I came here a nervous wreck. After spending more time in the music and theatre departments I was able to meet "my people."

Q: What has been your favorite class in this first semester? Why?

A: Chamber choir, I loved going on tour and getting closer to the people in that class. It honestly brought us all ten times closer!

Q: What are you proudest of in your work and efforts this semester?

A: This semester I worked very hard in all my vocal lessons, I was then able to attend NATS, in which I made it to regionals.

Q: What do you look forward to most about the Spring semester?

A: In the spring semester I most look forward to the musical, I get to play Susan in "[Title of Show]" (*We're looking forward!!*)

Q: What is a fun or relaxing activity you're looking forward to doing over Winter Break?

A: Over break I get to surprise my color guard team at their annual Christmas party, I

cannot wait to see all of them once again!

We congratulate all Brevard students, from those beginning their journey to those approaching graduation, on a full and productive Fall semester. Best wishes to all heading home for the winter holidays, and see you in the Spring!



Photo by Lyric Contarino

Lyric Contarino

Top 10 Must Watch Christmas Movies

It's Christmas time! That means it's time to grab your pajamas and hot cocoa to watch some Holiday Movies!

Not sure where to start or what to watch? I've got you covered! Here are my top 10 must-watch Christmas movies; it just isn't the same without them.

10) 'Dr. Seuss's How the Grinch Stole Christmas' (*Between the 1966, Jim Carrey, or 2018 animated, whatever version you prefer!*)

9) 'The Santa Clause'

8) 'A Christmas Story'

7) 'ELF'

6) 'Home Alone 2: Lost in New York'

5) 'The Year Without A Santa Claus'

4) 'Home Alone'

3) 'Santa Claus is Comin' to Town'

2) 'National Lampoon's Christmas Vacation'

1) The Polar Express

-Aaron Butts



Polar Express poster, originally released 2004

MIX TAPE!



Photo by Dan Toot

Abbey Toot's Fall 2022 Directing Class (Left to right): Will Young, Taylor Sparrow, Patrick Miller, Rowe Davis, Cassandra Dayton, Elijah Hughes, Grace Dempsey (Directing II), Oli Morgan, and Sarah Hajkowski take a bow.



Photo by Dan Toot

Sarah Hajkowski in a Stage Manager demo.



Photo by Dan Toot

Rowe Davis and Oli Morgan act in a scene from 'Rossum's Universal Robots', directed by Patrick Miller.



Photo by Dan Toot

Anna Ervin plays Babe, title character in 'Babe: an inpatient play' directed by Grace Dempsey and written by Sarah Hajkowski.

BC Theatre presented MIX TAPE, an night of student work on Dec. 7, starting with a routine from the students of Dance I: Modern and Ballet. There was a lovely mix of the two styles.

The Directing I class followed suit with eight scenes cast and directed by students, with their classmates in performance roles. The students did a great job!

Next was an intermission where folks could mingle around and check out student projects in the areas of Lighting and Scenic design. Two students, Rowe Davis and Jodi Wyse, presented their Theatre tech projects.

After intermission the Stage Management class showed a behind the scenes look at what it would be like being a stage manger. Using a prerecorded play-reading Stage Management students "called" for lights and sound cues as they might in a real performance.

Closing the evening was Directing II student Grace Dempsey, presenting 'Babe: an inpatient play' written by fellow Theatre major, Sarah Hajkowski and starring Anna Ervin.

The Theatre department did amazing and everything flowed well together well. Ten out of ten, would MIX TAPE again.

-Caroline Hoy

GIS Class presents their posters on environmental issues



Photo by Destini Pettit

The GIS class showed professors and their peers the posters they made for their final. The posters all went over an issue that was important for the environment! The posters can be found in the halls of MS.



Photo by Destini Pettit

One group went over the waste management facilities compared to wealth in the state of North Carolina.

Another group talked about the spread of the Hemlock Woolly Adelgid across North America.



Photo by Destini Pettit

Chamber Choir set to Perform

By Emme Griffith
Staff Writer

If you are looking for the ideal way to relax after finals, look no further! This Thursday, Dec. 15, Brevard College's Chamber Singers and the Transylvania Choral Society (TCS) will be performing John Rutter's Magnificat.

Just in time for the holidays, Magnificat celebrates the birth of Jesus Christ, a key figure in the Christian faith. Six of the seven movements are in Latin, which is an ancient language commonly used in religious settings. If any of you are history buffs and want to hear some good ol' fashioned latin, look no further!

Magnificat shows composer John Rutter's true genius as he weaves together intricate melodies and harmonies that come together to form a beautiful choral sound. Mr. Rutter also composed or arranged several works heard at the Lessons and Carols performance on Dec. 10.

John Rutter seems to be a favorite this winter, and rightfully so! His music is delicate but powerful, and adds a new dimension to the music of Christmas. His spins on classic carols provide something fresh for our ears, while not taking away from the original's value. Rutter time and time again has given us works both new and different while also being classically timeless.

Each movement of the Magnificat has something unique and beautiful to offer, some slow and melodic while others are upbeat and cheery. No moment is lacking in beauty or complexity, and both TCS and the Chamber Choir have been working tirelessly to bring this music to life.

Magnificat will feature both TCS and Chamber singers as well as piano, organ, and chamber orchestra. The concert begins at 7:30 and will take place in the Porter Center's concert hall. Tickets are \$15 dollars and can be purchased at the door. We hope to see you there before we leave for Winter Break!



High Intensity Interval Training as a perfect method for Christmas break

By Paul Bienefeld
Staff Writer

Who doesn't know it? The Christmas break is coming and you still want to keep fit a little. But you don't have the necessary fitness equipment at home and in some parts of the United States it's not even possible to do sports outside, for example jogging, because of the snow. The perfect solution to maintain your basic endurance and strength at the same time is High Intensity Interval Training or HIIT. But how exactly does this form of training work and how can it be integrated into the Christmas vacations?

HIIT is a training method in which you perform exercises primarily with your own body weight in a time interval between 10 to 30 seconds and only take a small break between sets. Thus, this form of training is characterized by a high load intensity. One speaks of a submaximal to maximum stress on the body.

This is created on the one hand by the small break times, since the body cannot recover completely from the load. On the other hand, 9 to 15 loads in 3 to 4 series as the extent should reach the exhaustion of the body.

The goals of HIIT are heart enlargement, expansion and boosting of anaerobic-lactacid capacity (lactate production), activation of aerobic processes (phosphate build-up during breaks), and improvement of the ability to switch between anaerobic and aerobic energy supply. In addition to these specific effects of HIIT, of course, it also provides the basic effects, such as the expansion of the cardiovascular system and the stimulation of metabolism using glycoses (fat burning).

Possibly the best known form of HIIT is the so-called Tabata training. There, exercises are performed in a 20-second interval. This is followed by a 10 second break. This interval is repeated 8 times, so you have a total duration of only 4 minutes per run. It is recommended to do

HIIT between 20 to 30 minutes maximum. Since you are in a maximum stress, accordingly, this time should also reach the maximum exhaustion. The most suitable exercises for Tabata are exercises with your own body weight, such as push ups, sit ups, high knees or jumping squats. Of course, you can also add weights to reinforce these exercises. During a Tabata session, it is up to you whether you do 8 different exercises or keep the number of exercises low in order to target individual muscles more specifically.

In summary, High Intensity Interval Training is very suitable for the holiday season. You don't need any fitness equipment and the workout is completed after only 20 to 30 minutes. In addition, the body is completely utilized in the short time. The high-intensity intervals help to maintain or even improve basic endurance in addition to muscle strength. Thus, HIIT is useful for all athletes who want to stay fit despite the Christmas break.

THE CLARION

SENIOR STAFF

Editor in Chief . . . Anna Ervin
. Caroline Hoy
Managing Editor . . .
Copy Editor Sarah Hajkowski
Campus News
Opinion Cat Keenan
Layout & Design . . Anna Ervin
. Caroline Hoy
Faculty Advisor . . . John B. Padgett

STAFF WRITERS

Savannah Anderson Paul Bienefeld
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Isaiah Collison

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All correspondence should be mailed to:
The Clarion, Brevard College, One Brevard
College Drive, Brevard, NC 28712, or send
E-mail to clarion@brevard.edu
clarion.brevard.edu

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How to be more confident fashionably

By Cat Keenan
Staff Writer

Fashion is a very personal thing. To each person, fashion will have a completely different meaning. For some, it doesn't matter, it's just about comfortability- which isn't necessarily a bad thing at all. For others, it is the way they express themselves-which also isn't a bad thing.

A lot of people (myself included) find themselves stuck in a routine of wearing the same things everyday and there comes a moment in time when we decide we want to switch it up. But how? Here are a few tips on how to step out of your fashion bubble- affordably.

To begin with, you should always go look back at your old clothes. Perhaps the things shoved away in the back of your closet that you thought was hideous a few years ago could really match your new shoes. You never know what you might like now or the ways you can change old things to make yourself like them better.

For shirts, it can be pretty easy. There's the option of cropping old T-shirts, tying the straps

of tank tops, and of course layering. There's even the choice of ironing on some cool designs you find online.

For pants, it can be a bit tougher. There's a lot of ways to go wrong with your bottoms. An easy way to start is putting rips in the knees of a pair of straight legs- this can be done with just a pair of scissors. If you are feeling a bit more adventurous, there's also options of ironing on designs, painting designs, stamping, and sewing on patches.

Fashion is all about what you want to do. There's no correct way to dress nor is there a handbook of what you can and can't do. It's important to remember that there is never anything wrong with dressing basic- although it has a negative connotation these days online, if you like it- just wear it. When stepping out of your comfort zone, it's important to start slow. Start with what you are comfortable with and move forward from there.

Weekly Comic:

Cookie's Crumbles

By Isaiah Collison
Storyboard

By Oreo Ellis
Artist



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