

Preparation for finals week

Mental health and helpful tips

Olivia Hyde
Editor in Chief

As exam week approaches, students often feel a mix of anxiety, pressure, and stress. However, managing this stress is key to performing well on your exams. There are many ways to reduce stress so you can approach your exams with confidence.

First start off by creating a study plan- our brains work more efficiently when we have a schedule and there are added stressors. You could start by listing all the subjects and topics you need to cover, and plan what is most important to look at. This way, you can get a

good idea of how much time you need to study and break things up.

You should also give yourself many breaks. Cornell Health states that research has proven that taking breaks from studying for 5-60 minutes refreshes your brain and body, increases your energy, productivity, and your ability to focus.

It's crucial to take care of yourself, I promise you will notice the difference.

If you have consistent stress or anxiety during the day you should try taking a few deep breaths. Spending just 10-15 minutes a day practicing these techniques can lower anxiety levels and help you focus better on your studies. Apps like 'Headspace' and 'Calm' offer guided sessions for beginners.

A huge thing to remember is to prioritize rest! Though it may be tempting to stay up late cramming information, research shows that sleep plays a critical role in memory consolidation. Lack of sleep can impair cognitive function and increase stress levels. An article by Everyday Health suggests that adults between ages 18 to 64 need at least seven hours of sleep per night.

Physical activity is another great way to relieve stress and improve your mental clarity. Whether it's going for a walk, practicing yoga,



or engaging in a quick workout, exercise releases endorphins that help reduce anxiety and elevate your mood. Aim for at least 30 minutes of moderate exercise each day to keep your energy levels high.

Be sure to take breaks! Studying for long hours without breaks can be less effective than if you just take a break here and there. I suggest studying for 15 to 25 minutes, then taking a 5-minute break. After about four cycles, you should consider taking a longer break of 15-30 minutes. These breaks allow your brain to rest and process information, improving your focus and sanity.

Remember to stay positive. This is only one or two weeks of your life and you can get through this. Remind yourself of your hard work and preparation throughout the semester. Stay confident in your ability to succeed, and approach each exam with a calm and focused attitude.



Photos of self care night by Lex MacLaughlin.

The giving season

Alex Spangler
Staff Writer

In the spirit of giving this holiday season, people across the United States are being presented with more opportunities to help children in need.

"Save the Children," a non-profit organization, is hoping to bring a few more smiles on Christmas morning by encouraging those who can afford to give back.

Donations provide children and their families with essentials like clean water, health supplies, sanitary products, and school materials.

Retailers are also joining the cause. Walmart has made it easier for customers to shop for Christmas lists, which are then donated to children in need,

while Books-A-Million is offering books as a way to support the effort.

Other organizations, such as the "Child Fund" use donations combined with sponsorships to support local communities. They also offer the option to choose a specific child to sponsor, adding a personal touch to the experience and making it feel more meaningful.

Many families are still trying to recover from Hurricane Helene and Milton, whether that's due to not being able to work or not having a home or motor vehicle. The hurricanes affected over 100,000 people, and donations will give families something they can look forward to, despite having to overcome these tremendous obstacles.



The Porter Center gets ready for the holiday season by setting up a Christmas tree. (Photo by Amy Clyburn)

Brevard gets snow!

Zoe Hughes
Staff Writer



Snow falling outside of Mclarty-Goodson

It's that time of year! The air is cold and the days are short. Winter has made its way to Brevard, bringing with it some snow flurries Friday morning.

Early on Friday, Nov. 22, Brevard got the first dusting of snow of the year.

Unfortunately, it wasn't quite cold enough to stick yet. A week later early on Monday Dec. 2 we got more snow, and this time it stuck

around

until the morning sun came out.

Winter break is right around the corner and the lack of snow created disappointed students- especially those from warmer areas.

Madi Norris, a womens lacrosse player majoring in WLEE from Jupiter, Florida and this was her first experience with snowfall. She was incredibly excited and even caught a snowflake on her tongue!

She is hoping for more after the break, and is hoping it sticks this time.



Photo of the snow falling in the academic quad by Madi Norris.

THE CLARION

SENIOR STAFF

Editor in Chief Olivia Hyde
Managing Editor Autumn Jones
Copy Editor. Amy Clyburn
Layout & Design Emma Murray
Faculty Advisor John Padgett

STAFF WRITERS

Abigail Callahan Alex Spangler
Mari Carter DeVon Taylor
Zoe Hughes Kailey Ward
James Laycock

The Clarion is a student-run college newspaper produced by student journalists enrolled at Brevard College. Unsigned editorials represent the collective opinion of the staff of The Clarion. Other opinions expressed in this newspaper are those of respective authors and do not necessarily reflect the opinions of the faculty, staff or administration of Brevard College.

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

✉ **Letters Policy:** The Clarion welcomes letters to the editor. We reserve the right to edit letters for length or content. We do not publish letters whose authorship cannot be verified.

Alumni spotlight: Otis Kahar

Kailey Ward
Staff Writer

For Otis Kahar, his choice of college was a no-brainer: the former Brevard College student says, "It is the best decision I have ever made." Kahar graduated just last spring on May 11, 2024.

Otis chose Brevard College as a place to pursue due to his career in Soccer; he was offered a scholarship due to his "impressive grades and athleticism," he said.

These reasons made the tough decision to leave his family and home in the British Isles to come study in the states at a mere 18 years old.

Kahar stated that, "Coming here on my own was one of the scariest and hardest things I've ever done. I had to grow up super fast and learn how to live on my own."

He decided to major in business, and over time he became inspired to minor in psychology. He never missed class and worked hard to achieve straight A's each semester.

"You don't have to be smart to make A's," He said. "You just have to be dedicated and work hard."

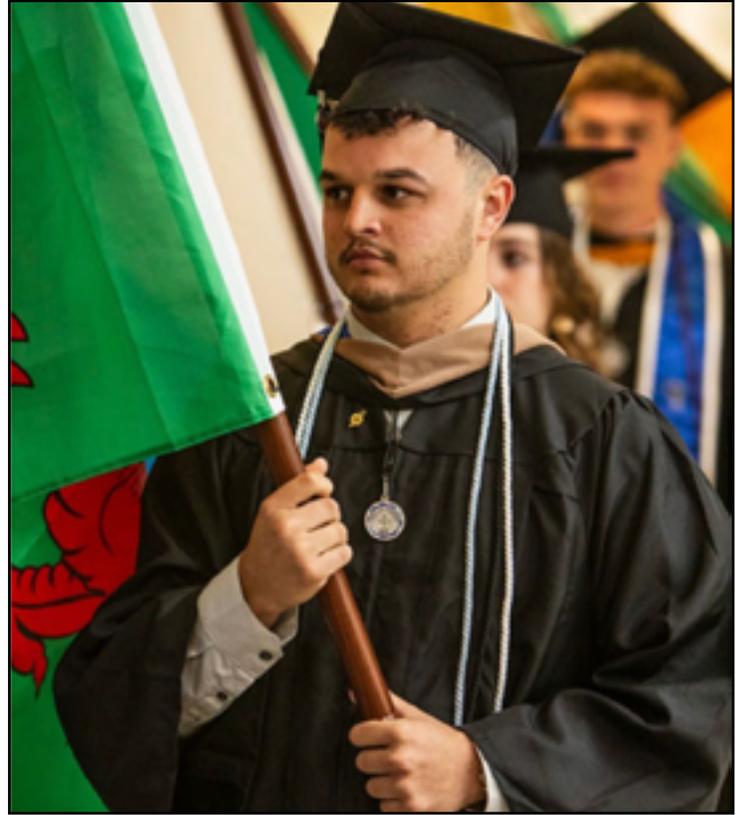
During his sophomore year, he decided to quit the men's soccer team and focus on other aspects of his life. I had asked if he regretted his decision, and he said, "I felt like I was losing myself by competing to be the best," he said, adding then, "the time I did play was enough for me."

Kahar then became a working student at Brevard and helped reopen Coltrane. He was known around the school as "the guy who served everyone late night food." It is not surprising students praised him for giving them food.

His last year at Brevard, he decided to take the role of an RA. As with his other endeavors at BC, this was educational, sometimes in unex

pected ways: "It taught me how to manage things better, and that some people don't know how to use a microwave correctly."

Kahar also got the honor of be-



Otis Kahar holding the Welsh flag during graduation.

coming a member of the Omicron Delta Kappa Honor Society at Brevard College. He said about receiving the award, "I never felt like I could have done more justice to my parents and their sacrifice for helping me go to school here."

Otis Kahar now works in Tryon, North Carolina as a financial advisor at Ward Financial, and he is thankful for his years at BC.

"Going to Brevard made me a better man than I could ever ask to be," he said. "I will forever be grateful for that experience and the people who supported me through it."



Below: Otis Kahar celebrates with his parents Anne-Marie White and Idris Kahar on his graduation day.



Otis Kahar earned a Sustainable Leadership Award at the Business and Organizational Leadership Awards.

Movie Review

'Wicked' is sure to entertain

Abigail Callahan
Staff Writer

★★★★★

"WICKED: PART ONE"

Rated: PG | Musical/Fantasy | 2h 40m

Director: Jon M. Chu

Starring: Ariana Grande, Cynthia Erivo, Jonathan Bailey, Ethan Slater, Michelle Yeoh, Peter Dinklage, Jeff Goldblum, Bowen Yang, Marissa Bode, Keala Settle, Andy Nyman, and Bronwyn James.

Now in theaters

Over the Thanksgiving holiday the movie "Wicked" came out in theaters. It premiered on Nov. 22, 2024, and was directed by Jon M. Chu, who also directed "In the Heights" and "Crazy Rich Asians."

"Wicked" is a prequel to "The Wizard of Oz" and is based on the book "Wicked: The Life and Times of the Wicked Witch of the West," written by Gregory Maguire. Both the original movie and the book served as inspiration for the Broadway musical version of



"Wicked" which has now been made into a two-part movie. The story of "Wicked" takes place years before Dorothy arrives in Munchkinland from Kansas and focuses on how Glinda the Good and the Wicked Witch of the West met.

Elphaba, played by Cynthia Erivo, is misjudged because of her green skin and is an unpopular addition to Shiz University—a magic college in Oz. Glinda, played by Ariana Grande, is popular and most concerned about her looks, fashion, and her perception.

Elphaba and Glinda become unlikely friends. Glinda desperately wants to impress Madame Morrible, portrayed by Michelle Yeoh, so she can be trained as a sorcerer. However, it is Elphaba who Madame Morrible sees potential in, with her power the student hides from everyone.

Elphaba and Glinda eventually meet Fiyero, played by Bridgerton star Johnathan Bailey, and Boq, played by Spongebob the Musical star Ethan Slater. Fiyero is the new boy at Shiz and is a sort of rebel. When he is introduced, he sings a song called "Dancing Through Life" while they dance in a magical moving library.

The movie shines when Madame Morrible informs Elphaba she's been invited to the Emerald City to meet the Wizard, and Elphaba invites Glinda along. Under the guidance of testing her magical skill, the Wizard tricks Elphaba into creating an enchanted army of flying monkey spies for him. Elphaba embraces her power and leaves Glinda on her own.

The conclusion of the movie sees Elphaba sing "Defying Gravity" and flying dramatically on her broom. The cliffhanger makes it clear that she denies the offer from the Wizard to become his apprentice. It also marks the separation of the two main characters.

Elphaba takes a stand to be her own person while Madame Morrible declares her as wicked. Glinda stays behind at Shiz, and continues being mentored under Madame Morrible.

The second act of Wicked will be released in 2025 in theaters and will be a continuation of the Wizard of Oz story and where Dorothy's story will begin.

In Buy Now! The Shopping Conspiracy

Do you consider yourself a consumer? You might after this movie.

Olivia Hyde
Editor in Chief

“Buy Now! The Shopping Conspiracy,” a new documentary released Oct. 30, 2024, is an enlightening film written and directed by News & Documentary Emmy Award nominee, Nic Stacey.

The highlights of our collective desire for endless consumption. It reveals how corporations are hell-bent on increasing profits no matter the cost. The film explains how they convince unsuspecting consumers time and time again to part with their money on items they already have or don't need.

The film does a wonderful job of showing and calculating the true amount of waste well-known businesses like H&M, Coca-Cola, and Amazon are doing their best to hide. It tells the real story of what happens when all of our discarded purchases make their way to landfills.

The film talks about this magical place called “away” that we made up in our heads, but the truth is that it is not an “away” but a landfill where our “recyclables” and trash go.

It highlights that recycling is not going to be the answer to our plastic problem. 90% of plastic can not be recycled and all the recycling symbols are meaningless. It is one of the many tactics companies use to not have to stop using plastic.

Another tactic used is increasing their profit because those symbols make you feel better about buying their product; this tragedy is called greenwashing.

Google states “Greenwashing is when a company makes environmental claims without being able to support them.” Zippia says, “72% of North American and 58% of global companies admit to greenwashing.”

An example of this is Coca-Cola, accused of



A dramatic sense of an online customer shopping herself into a pile of junk.

green marketing while being the world's largest plastic polluter.

Ikea: Sourced wood from an unsustainable supplier.

Kohl's and Walmart have advertised rayon as bamboo.

H&M made misleading claims about the sustainability of their garments and sent all of their second-hand clothes to Gayna and due to the sheer amount and nowhere to put them it has polluted all of their coastline.

Lululemon: Increased greenhouse gas emissions while using their “Be Planet” marketing campaign to trick consumers into believing they were sustainable.

Amazon products are either barriered or burned. Commentators who witnessed the inner workings of corporations from Amazon to Apple sit down to talk about the unsavory practices their former employers are still using. But while we're all being encouraged to quench a bottomless thirst for more stuff, it's the future generations and our environment that end up paying the price.

Overall, learn not to be influenced to buy more and vote for a government that wants to stop plastic production because that is the only real solution to plastic pollution. I highly recommend that everyone watch this movie!



A visual of all the trash in the world in a large city shown in the movie.

Cycling to compete at Cyclocross nationals

Madeleine Pollock
Contributor

Next week, Dec. 12–15, 2024, the cycling team will compete at the 2024 USA Cycling Cyclocross National Championships which will be held at Joe Creason Park in Louisville, Kentucky. This race will be the cycling team's final race of the season.

The women's and men's Collegiate Championships will take place on Thursday the 12th, followed by the team relay on Friday the 13th.



Photo by Caden O'Brien.

All eyes will be on Brevard after a very strong showing at Collegiate Mountain Bike Nationals Championships last month, where the team won seven national titles, seventeen podium finishes, and second overall varsity team.

Cyclocross combines technical skills, and fitness into a shorter race; athletes complete multiple laps of a course that features mud, sand, pavement, sand, barriers, and stairs. Because of this challenging terrain, riders are often forced to run sections of the course while carrying their bikes, making this a difficult sport to compete in and exciting to watch.

The team should be well-suited to this event and will be sending five women and eight men to compete.

The Men's team will consist of the following riders: Cole Punchard, 2024 Omnium National Champion and MTB world cup winner, Owen



Photo by Caden O'Brien.

Clark, 2024 Cross Country and Short Track National Champion as well as accomplished MTB World Cup racer, Matthew Leliveld, 2024 Downhill National Champion, Ned Broersma, member of the Donovan Racing Off Road Team, Dylan Richardson, eleven year experienced cyclocross racer, Kyle McDonald, Dirt Camp racer as well as coach for Ignition, Kevin Vereecke, Dirt Camp racer, Liam Smith, independent shredder.

The Women's team will feature Ayana Gagne, winner of three 2024 collegiate cyclocross races and MTB world cup racer, Kiara Lylyk, the 2024 Omnium and Cross Country National Champion as well as World Tour road cyclist, Nicole Bradbury, 2024 2nd place Omnium national champion and MTB World Cup racer, Madeleine Pollock, World Cup Cyclocross racer, and Kelly Lawson seven year experienced cyclocross racer.



Photo by Caden O'Brien.



Photo by Alecia Janerio.

Brevard competes at NCAA DI USC Upstate

The Brevard College men's basketball team (4-2) competed in an NCAA DI exhibition contest against USC Upstate (3-8) on Wednesday evening at the G.B. Hodge Center in Spartanburg, South Carolina.

The Spartans took the victory in the matchup 91-60, in a contest that counted for Upstate but did not count against Brevard's ledger.

Jadon Carnes led Brevard with 11 points, including three made 3-pointers. Charlie Hester added eight points, while Brennan Wansley scored six points and grabbed a team-best five rebounds. Drew Smith knocked in a team-high four free throws en route to seven points scored.

The Spartans snapped a four-game losing

streak with Wednesday's win, as five players reached double figures. Carmelo Adkins scored a game-best 17 points with four 3-pointers, while Mister Dean added 16 points. Chico Johnson (11 points), Brit Harrison (10 points), and Andrew McConnell (10 points) rounded out Upstate's double-digit scorers.

Upstate scores 26 points-off-turnovers and got 39 points from its reserves. The hosts held a 42-20 edge on points in the paint and outpaced BC with a whopping 21-2 margin on fast break buckets.

Brevard will compete in its final home contest of the 2024 calendar year on Saturday, Dec. 14 at 2 p.m. against Piedmont.



Photo by Caden O'Brien.

Texans' Azeez Al-Shaair suspended for 3 games after hit on Trevor Lawrence

James Laycock
Staff Writer

The NFL issued a three-game suspension to Houston Texans linebacker Azeez Al-Shaair for multiple violations of player safety regulations. This decision comes after Al-Shaair delivered a hit to the head of Jacksonville Jaguars quarterback Trevor Lawrence during their game on Sunday, which was deemed a dangerous and unacceptable action on the field.

During the second quarter of the Houston Texans' victory over the Jacksonville Jaguars on Sunday, Azeez Al-Shaair was ejected from the game. This decision came after he delivered a forceful hit to the face mask of quarterback Trevor Lawrence while Lawrence was sliding to the ground. The violent blow resulted in Lawrence sustaining a concussion.

Houston Texans General Manager Nick Caserio came to the defense of Azeez Al-Shaair, expressing his belief that the NFL is not applying

consistent standards when imposing punishments for on-field misconduct. Caserio cited instances from this season where other players have been ejected for illegal hits but either received no suspension or only a one-game suspension, highlighting the perceived disparity in disciplinary actions taken by the league.

Lawrence clenched both fists after the hit -- movements consistent with what's referred to as the "fencing response," which can be common after a traumatic brain injury. He was on the ground for several minutes as teammates came to his defense and mobbed Al-Shaair.

A source informed ESPN's Adam Schefter that Azeez Al-Shaair plans to appeal the three-game suspension. According to NFL regulations, the appeal will be reviewed by one of the four appeals officers jointly appointed by the league and the NFL Players Association (NFLPA): Derrick Brooks, Ramon Foster, Kevin Mawae, or Jordy Nelson.

If Al-Shaair serves the full three games, he will be eligible to return for Houston's regular-season

finale against the Tennessee Titans. Al-Shaair has a base salary of \$1.5 million this season, meaning it will cost him about \$265,000 if the three-game suspension is upheld.

Azeez Al-Shaair has been involved in several incidents this season that have resulted in fines and penalties. In Week 12, he was flagged and subsequently fined \$11,255 for a late hit on Titans running back Tony Pollard, which occurred out of bounds. Earlier in the season, during Week 2, he received a \$11,817 fine after punching Chicago Bears running back Roschon Johnson on the sideline. This altercation ensued following a hard hit on quarterback Caleb Williams near the sideline that was not flagged.

Al-Shaair took to social media on Monday to apologize to Trevor Lawrence for the hit that led to his concussion. Al-Shaair stated that he "didn't see Lawrence sliding until it was too late" and that the incident occurred "in the blink of an eye." He emphasized that he never intends to cause harm to another player through his actions on the field.



For the first time, five BC women's soccer players—Kinlee Mozley, Mikayla Rubin, Mikayla Zvekan, Abby Nunez and Kiara Porcelli—were named as selections for the 2024 United Soccer Coaches NCAA Division III All-Region VI. The student-athletes helped lead Brevard College to an undefeated regular season championship.

School-record five Tornados named United Soccer Coaches All-Region selections

A school record five Brevard College women's soccer student-athletes have been named as 2024 United Soccer Coaches NCAA Division III All-Region VI selections.

Brevard College forward Kinlee Mozley was named a First Team NCAA Division III All-Region VI selection. Goalkeeper Abby Nunez, midfielder Mikayla Rubin and forward Mikayla Zvekan were all named Second Team All-Region selections, while midfielder Kiara Porcelli earned Third Team All-Region honors.

The All-Region awards are the latest accolades handed out to the 2024 USA South Conference regular season champion Brevard College women's soccer team. The Tornados went undefeated this past season en route to an undefeated 15-0-3 record, outscoring their opponents 59-6.

Mozley earned a spot on the All-Region first team after leading the Tornados with 11 goals and 29 points in her collegiate debut as a freshman.

A native of Lexington, South Carolina, Mozley recorded three multi-goal games on the year to go along with seven assists. Last month, Moz-

ley became the first Brevard women's soccer student-athlete to be named USA South Rookie of the Year.

Nunez, a sophomore from Homestead, Florida, added the Second Team All-Region accolade to her list of awards this season. Nunez was named USA South Goalkeeper of the Year and First Team All-Conference, while also being selected as the conference's Defensive Player of the Week on three occasions.

In 2024, she compiled a 8-0-3 record while leading the USA South in goals allowed (3), goals-against-average (0.34) and save percentage (.900) in the regular season.

A junior from Draper Utah, Zvekan earned Second Team All-Region after posting nine goals and nine assists in 2024. Zvekan notched her first career hat trick with an assist in a win over Greensboro and matched a single-game school record with three assists in a victory over William Peace.

A First Team All-Conference honoree, she was twice named USA South Player of the Week this past season.

Rubin, a freshman from Boynton Beach, Florida, earned Second-Team All-Region honors to go along with her Second Team All-Conference nod. Rubin was one of four BC players to compete in all 18 matches so far this season, recording seven goals and six assists for 20 points.

In Brevard's win over Hollins, she set a new single-game school record (NCAA-era) with eight points on three goals and two assists.

Porcelli, a junior from Merrimack, New Hampshire, was named to the All-Region third team after scoring a career-best eight goals in 2024.

Porcelli, a First Team All-Conference selection, patrolling the midfield with 1,369 minutes played for the Tornados throughout their undefeated season. Porcelli recorded her first career hat trick vs. Greensboro and scored a pair of goals in the victory over Hollins.

Additionally, Porcelli was named for the second straight season to the Women's Soccer All-District Team selected by College Sports Communicators.