

Students prepare for 21-day expedition

By Chloe McGee
Staff Writer

A group of 11 Brevard College students led by wilderness leadership and experiential education (WLEE) professor John Buford make up the crew of what is commonly referred to as the “Immersion Semester”—a WLEE course that involves rigorous planning and countless hours in the field.

“It’s the capstone of the WLEE degree,” Sydney Shaw, a senior WLEE major, explained.

In preparation for a student planned and student led 21-day wilderness expedition the team participates in a number of activities, including rock climbing, whitewater kayaking and canoeing, sea kayaking on the coast, mountain biking and backpacking.

However, their preparations extend past the physical requirements or as Shaw defines them, “hard skills.” Soft skill, personal attributes and

methods that ensure effective communication, such as leadership, followership, conflict resolution and behavior management are equally important aspects of the immersion curriculum.

The students practice these skills throughout the semester, but this is only a dress rehearsal for what is to come.

The 21-day back country excursion is when the students’ endurance and competence is really put to the test. The trip shows how their planning and prerequisite tasks are condensed and applied in the field.

“Everything we did up until the 21-day was crucial to our success, especially the soft skills—problem solving, group dynamics, expedition planning and critical thinking,” Shannon Kerr, a former participant of the immersion semester, said.

Teamwork is a fundamental component of

the WLEE program. For optimal performance on their trip, it is critical for all members to be proficient in both expedition behavior and technique. Each group is only as strong as its weakest link.

“It’s up to the individual to be prepared, and it can negatively affect the group if someone isn’t,” Shaw said. “But part of good teamwork is to help others beforehand to prevent this from happening in the field.”

The group is scheduled to embark on their extended trip at the end of this month. The location has yet to be determined, but will be decided upon by the students. In the meantime, they are preparing mentally and physically for a demanding adventure—an opportunity to learn and practice skills which are essential to wilderness education.

Rover project underway

By Carmen Boone
Arts & Life Editor

The rovers are robots, tools that can be controlled from the classroom by remote sensing.

Originally, they were designed to give students an opportunity to explore Pisgah National Forest. However, the main goal now is to use them to get students excited about science and to keep them engaged.

“We really wanted to give our students a sort of experience with technology that just didn’t exist on this campus before,” said Mike Castelaz, physics professor and leader of the rover program. “Here, you have an opportunity really to take something and go and explore something that maybe no one’s ever seen before.”

In addition to Castelaz, a core group was involved with the rover project. Dr. Jennifer Frick-Ruppert, professor of biology and Math and Science Division chair, did the administrative paperwork. Dr. Maureen Drinkard, assistant professor of environmental studies, was in



Photo by Peter Trench

Science students send commands to the rover on the Brevard College campus. The rover program was funded by a National Science Foundation grant.

See ‘Rover project,’ page 6

Fall Break reminders

As everyone is in the throws of midterms, many people are counting down the days until Fall Break. Here is some important information to prepare for the break.

Fall Break begins Saturday, Oct. 13 and runs through Sunday, Oct. 21. No classes will meet during this week.

Myers Dining Hall will close on Friday, Oct. 12 following dinner at 7 p.m. It will reopen on Thursday, Oct. 18 through Sunday, Oct. 21 for brunch and dinner. Brunch will be held from 11 a.m. until 2 p.m. while dinner will be served from 5 p.m. until 7 p.m.

Regular meal times begin again on Oct. 22 at 7 a.m.

Coltrane Underground will close Thursday, Oct. 11 at 11 p.m. It is scheduled to reopen Monday, Oct. 22 at 11 a.m.

Students are reminded to keep an eye on their Brevard College email for any further updates regarding Fall Break.

— Julie Carter

Emergency call boxes

By Kenny Cheek
Staff Writer

Call boxes are some of the most important items any large campus can have. However, for a campus as small as Brevard College's, many students either do not know what a "call box" is or do not know the necessary importance of them.

There are four call boxes located on different parts of the campus: near Gil Coan Baseball Field, near Boshamer Gymnasium, the academic quad near Moore Science building, and on the residential quad, near Stamey and Jones Hall.

Many students do not think the boxes are necessary. "I don't think I would need it," John Burton said. "I could see where women could need it if you don't feel comfortable at night."

Some students believe that the college is safe enough to where something would be done even if the call boxes were not around. "I feel so safe on this campus that it doesn't bother me," Lucas Gomez said. "I can see the safety concern, but I

have full confidence in the students of Brevard to take action if action is needed."

Even though some students do not feel that they would ever need to use something as important as the call box, Stanley Jacobsen still feels that it is extremely important for students to know how to use them.

"When you push the button, the officer on duty sees the alert," Jacobsen said. The different call boxes all have numbers, and when a button is pressed at one of them, a security guard will be alerted. The boxes give them a chance to talk through the box to whoever has pressed the button, and to know exactly where it came from.

Another important factor of the boxes is that they can be used 24/7, and run even when the power is out. This is important for any student to know when they are walking about campus and may not feel safe. However, it is important to stress that these are not toys.

Whenever a button is pressed, it is seen as an important situation. Using these boxes as a joke or simply pressing them to waste someone's time is never funny.

Even though many students may not know about the call boxes entirely, they are still aware of the importance of having some on campus. "Someone will be able to do something and help if anything does happen," Lexi King said.

Jacobsen also feels strongly about having these call boxes on campus and ready for any student who may need them. "I would rather have them than not have them," Jacobsen said. "You only have to use it once to save a life. It's worth it."

Even if the call boxes are never needed, it is still extremely important for students to know about them and their uses.

Campus groups take a stand against domestic violence



October is National Domestic Violence Awareness Month and two groups on campus are currently working on a project to help educate the campus community on the topic of domestic violence.

In an email to students on Tuesday afternoon, Social Science Division Chair Laura Vance wrote,

"Psi Chi and Alpha Phi Sigma, our Brevard College psychology and criminal justice honor societies, will host an exhibit featuring silhouettes from the Still Standing campaign. Each silhouette features the story of a survivor of domestic violence, some from Transylvania County. Silhouettes will be on display throughout MG when we return from Fall Break.

Please join the Criminal Justice and Psychology Programs for a reception and exhibit opening on Tuesday, October 23 from 3-4 p.m. in the Lobby of MG.

Read Still Standing Stories, hear a local story about family violence, and learn about local domestic violence resources and what you can do to help prevent family violence."

More information about the Still Standing campaign can be found on BuncombeCounty.org. All of the stories featured in the program are true accounts from survivors of domestic violence and the website warns that some of the content may not be suitable for younger audiences.

"Survivors of domestic and sexual violence are sharing their stories of hope and strength to help inspire our community to stand up against domestic and sexual violence and give victims the courage they may need to come forward," the website states.

— Mary Lewe

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NC Politics

District 11's congressional hopefuls

By Julie Carter
Staff writer

With the midterm elections less than a month away, it is important to know who will be on the ballot. These people running for office will affect our day-to-day lives more than we might realize.

Those we elect to the U.S. House of Representatives serve as our closest connection to Congress. All 435 of these seats are up for election very two years. In District 11, which spans most of western North Carolina, including Transylvania County, three candidates are seeking election: Republican Mark Meadows, Democrat Phillip Price and Libertarian Clifton Ingram Jr.

Mark Meadows is the incumbent, having assumed office in 2013. According to Meadows' congressional campaign website, he identifies as a "pro-life activist" and a "strong supporter of our Second Amendment rights."

Rep. Meadows also believes in "spending cuts," "a robust national defense" and "reining in the size and scope of the federal government."

However, during his time in the House of Representatives, Meadows has had several controversies surrounding him.

During his first year in office, Meadows was described as playing an important role in the

federal government shutdown of 2013. On Aug. 21, 2013, Meadows wrote an open letter to Majority Leader Eric Cantor and House Speaker John Boehner, asking for them to "defund the implementation and enforcement of Obamacare." Meadows later stated that he was doing what Tea Party members in western North Carolina wanted him to do.

Meadows also underwent an ethics investigation regarding his former chief of staff, Kenny West, who resigned after female employees accused him of inappropriate behavior. However, Meadows paid West for at least five months after he was no longer in his office. West denied all claims of sexual harassment.

One of Meadows' opponents is Democrat Phillip Price. Price's campaign website describes him as "a small businessman, a musician, a Christian, a hunter and—truth be told—a bit of a hippie at heart."

Price also describes his vision for District 11 to include "better healthcare, a robust economy, a livable environment, public education, a secure Social Security, strong civil rights protections, support for women's issues, humane immigration policies, promotion of arts and culture, criminal justice reform, trade policies that re-

spect all workers, and campaign finance reform."

Price is not without his fair share of controversy either. Earlier this spring during the primary campaign, local crime blog Trappalachia first reported Price's run-ins with law enforcement. According to Trappalachia, criminal charges against Price include several marijuana charges dating back to 1996. In 2000, Price was charged with having an open container and speeding, and in 2007 he was charged with a DWI after walking away from his wrecked vehicle.

In the District 11 House race, third party candidate Clifton Ingram Jr. is hopeful to win, running as a nominee for the Libertarian Party. In this race, Ingram can be seen as a sort of odd middle ground for the district.

"Being fiscally conservative and socially liberal would be right up my alley," Ingram said. Ingram has also been very vocal on his belief in reclassifying marijuana legalization at the federal level as well as his belief that the federal government should "do more with less."

For further information on the candidates for the 2018 House of Representatives race in District 11, you can seek out their respective campaign websites or find their political biographies at Ballotpedia.org.



Candidates running in the 11th House District in North Carolina are (left to right) Republican Mark Meadows, the incumbent, Democrat Phillip Price and Libertarian Clifton Ingram Jr. Early one-stop voting starts on Wednesday, Oct. 17, and Election Day is Tuesday, Nov. 6. (All photos on this page via Ballotpedia.org.)

Tips for coping with the high stress of being a college student

Between balancing school work, a job, relationships and staying healthy, it's easy to become overwhelmed during this time of year, but there is hope

By Mary Lewe
Copy Editor

Academic stress plagues every college student, especially around midterms and finals week.

“Too much to do, not enough time,” Dee Dasburg said. And often, it really seems that way. Sometimes this is due to multiple exams or projects being due at once, but other times it can be due to procrastination and poor choices.

Not all stress is created equal, however. Dee says that the feeling you get when you know you’ve hit the snooze button too many times is stress, but it’s a good type of stress called “eustress” by those studying its effects. “It can help you get to where you need to be, but if you ignore your eustress you can actually end up in distress,”

“When we say ‘stress’ we’re talking about ‘distress,’” Dasburg said. Eustress is an evil twin to distress. According to the Mayo Clinic, too much distress in your life can lead to headaches, stomach upset, chest pain, unwelcome changes in mood and even substance abuse, but there are ways to combat it.

1. Get adequate sleep

According to a 2014 psychological study, around 70% of college students get insufficient sleep. Not getting your rest doesn’t just have an affect on your energy level, it can cause poor grades, changes in mood and can severely impair memory — something vital to performing well on exams. Although it may seem unwise to go to sleep when there’s so much to do, try to structure your day so that you’re able to hit the hay at a reasonable hour. Remember that most adults need about 7-9 hours of sleep each night, and staying up all night to cram for a test could do more harm than good.

2. Avoid excess

According to Dasburg, stress can push students who smoke to smoke more, just as it pushes students who drink or use drugs to increase their usage. Research has shown that smoking actually increases the body’s response to stress, while simultaneously weakening the immune system. Although using substances like alcohol may seem to reduce stress in the moment, excess drinking really has the opposite effect. It is common to experience increased anxiety even days after a night of heavy drinking.

Although skipping your regular morning coffee might be a sure way to induce stress, make sure you’re not going overboard with cup after cup or drinking too many potent energy drinks. Caffeine can also have a negative impact on your health and create increased stressful feelings.

3. Don’t procrastinate

“Students tend to put off things that are unpleasant or things that they don’t know how to do,” Dasburg said about procrastination. “Usually students aren’t racing to do things they don’t enjoy.” So what do you do if you have no clue where to begin?

“Stress goes down when people feel more prepared,” Director of Accessibility and Disability Services Kathy Koontz said. “Utilizing the ELC peer tutoring services is a great way for students to feel more confident about their academic demands,” she said.

If you don’t know, tutors can be found on the main floor of the ELC (Jones Library), and it’s easier than ever to find a tutor in your subject.

There is a Google file that every student can access via their student email. In the file, there is information on when tutors will be available for every subject offered. Looking for a more high tech solution? There is an app called 10to8 that can be found on MyBC under the Library and ELC tab. Just look for the words “Book a Tutor” and click the link to schedule help.

4. Exercise regularly

Exercise is one of the most highly recommended methods of stress reduction among healthcare professionals. In addition to helping your physical health, exercise releases endorphins which help aid sleep (see tip number one!). Exercise can also help to release tension, stabilize mood and increase your natural energy levels.

5. Set reasonable goals

According to lifehacker.com, about 41% of to do list items are never completed. If you are feeling overwhelmed by a multitude of tasks, take things step by step. Instead of making a 10 item to do list, try for the three items that are your top priorities for the day. You will feel much more successful if you are able to complete the things that are the most important to you.

6. Take control of your reactions

Dasburg says that a stressful event, like getting a flat tire on your way to a meeting, can be made more or less stressful by how one chooses to react to it. “A flat tire actually isn’t a stressful event, it’s an event,” she said. Events, or “situational stress,” can be remedied by staying calm, controlling your thinking and talking yourself “down and through it,” Dasburg said.

7. Spend time with friends and family

“Numerous studies indicate social support is essential for maintaining physical and psychological health,” Ozbay and others wrote in a 2007 study. Whether you make a phone call to a parent or watch a movie with your roommate, taking time to just be with someone you care about can certainly help to relieve stress and get your mind off of the struggles that await you during your next class or exam.

If you’re worried about getting things done, maybe suggest a study group to a few friends so that you can help hold each other accountable while also getting a good dose of social interaction and perhaps a bit of lighthearted distraction.

8. Make time for hobbies you enjoy

Whether it’s putting your headphones in and zoning out to your favorite album, spending time with dogs at the animal shelter, drawing a picture or reading a comic book, doing things you enjoy is a foolproof way to relax and let go and blow off some steam.

Sometimes it seems like hobbies are just not important enough to matter compared to the heavy requirements of being a college student, but foregoing your time spent enjoying the things you love can really take a toll. If you’re feeling stressed and lost, consider what has been missing in your life.

It may sound childish, but mindful coloring, coloring mandalas and free drawing can all help to reduce symptoms of anxiety. Coloring pages and mandalas can be found for free online.

See ‘Coping with student stress,’ page 7

Movie Review

Anthony Hopkins shines in new 'Lear' film

By John Padgett
Contributor

"As flies to wanton boys are we to the gods. They kill us for their sport."

That pessimistic thought is a key line and recurring theme in a new adaptation of "King Lear" by the BBC and Amazon Studios that debuted Sept. 28 on Amazon Prime. This film version, set in a modern-day England, stars Anthony Hopkins in the title role and is true to the words and story that first astounded audiences more than 400 years ago, but its chief attraction may be how it transforms the timeless tale into a story with political and moral relevance for the present day.

"King Lear," one of the great tragedies of William Shakespeare, tells the story of an aged king who, ostensibly to prevent strife among his three daughters after his death, has decided to divide his kingdom equally among them. The wisdom and efficacy of this decision is, of course, questionable, but then Lear confounds things further when as a condition of the deal, he demands they profess publicly how much they love him.

It is not too much of a stretch to note parallels to today, in particular world leaders who desire (and in many cases, require) public adulation from throngs of admirers, but Shakespeare's genius is in transforming the much larger political ramifications of his subject into a contained, and tragic, family drama. Lear's two oldest daughters, Goneril and Regan, dutifully comply, attesting their eternal love for Dad despite the fact that both are married. The youngest, Cordelia, however, refuses to play this game, rightly pointing out how absurd it is for women with husbands to pledge such love for their father.

Lear, wounded by her plainspoken honesty and perhaps beginning to suffer the ravages of age-related dementia, banishes her, but not before being challenged by a loyal servant, Kent, who tries to reason with Lear to see the folly of his ways. He, too, is banished by Lear, but he is not so easily dismissed—he disguises himself and continues to serve the king.

This new adaptation of Shakespeare's classic is crisp and fast-paced, coming in at under two hours when most productions take up to three hours or more. To accomplish this feat, the screenplay discards a great deal of Shakespeare's original text, but it does not feel severely cut. The film sometimes efficiently transposes snippets of longer monologues over scenes of other characters, and many references from the original whose meanings are lost to

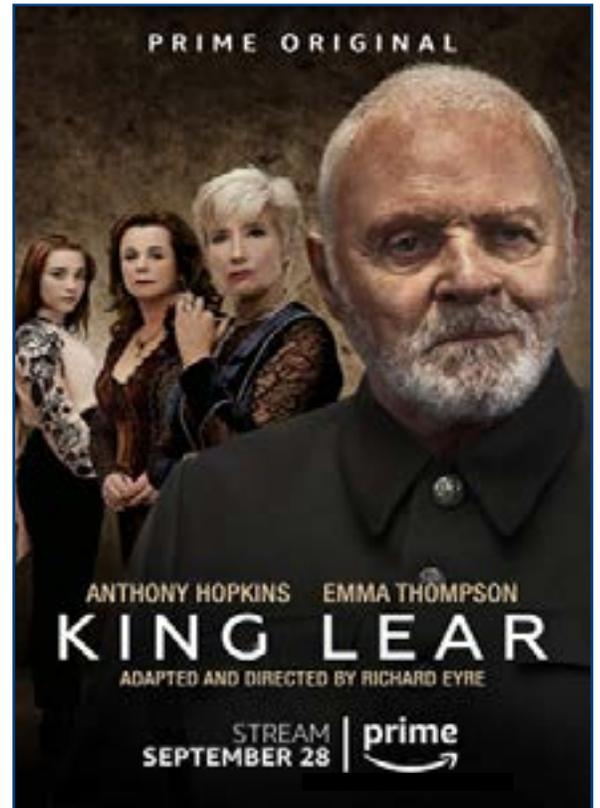
modern audiences have either been cut or made relevant in a more modern context.

Director Richard Eyre assembled an all-star cast for the film, and nearly all of them are exceptional. Performances by Emma Thompson and Emily Watson as Goneril and Regan respectively are at times both moving and horrifying. Cornwall, Regan's husband, is played with sinister aplomb by Tobias Menzies, fresh off his roles as Frank and Jack Randall in "Outlander" and as the newly cast Prince Phillip in "The Crown." Veteran English actor Jim Carter, perhaps most famous as Mr. Carson in "Downton Abbey," shines as a suitably gruff, loyal Kent, and Cordelia is played movingly by Florence Pugh as a confident, loyal daughter disgusted by the machinations for power exhibited by her sisters.

It is Hopkins in the title role, however, that stands out. His performance is characterized by a physical prowess that is offset by Lear's diminishing mental capacities—and his budding realization of that diminishment. Hopkins' Lear is prone to disturbingly inappropriate behaviors toward his daughters (and sons in law), and of course, much of his performance is spent in rage and bewilderment at what he considers unfair treatment by his older daughters.

Of greater interest, however, might be Lear's quieter moments—for instance, with his fool (played with great dignity by Karl Johnson), or especially when he is reunited with Cordelia toward the end of the film.

The choice to set this film in a recognizably modern England allows the filmmakers to allude to contemporary societal ills. Homelessness is referred to in a scene filmed in an actual outdoor shopping district in Stevenage, Hertfordshire, in which a disheveled Lear pushing a shopping cart encounters the equally down, and now blind, Gloucester. The film touchingly alludes to the refugee crisis when during his scene on the heath during a thunderstorm, Lear encounters the forlorn faces of refugees encamped there. A number of characters, including the treacherous Edmund in the opening scene, wear camouflage, serving as both reminder of recent wars in the Middle East involving British forces and as omen of what could come of Brexit and the rise



Adapted and directed by Richard Eyre, starring Anthony Hopkins, Emma Thompson, Jim Broadbent, Jim Carter, Emily Watson, Tobias Menzies, Florence Pugh, John Macmillan, Karl Johnson, Christopher Eccleston and Andrew Scott. 115 minutes. Available for streaming on Amazon Prime.

of new alt-right nationalism threatening the very existence of the European Union.

Lending even more verisimilitude to the movie was filming at actual English landmarks such as the Tower of London, Hatfield House and Dover Castle. Especially effective was Gloucester's attempted suicide atop the cliffs of Dover—the actual location referenced in the play.

For a tale as familiar as Lear's, the film also at times is surprisingly suspenseful, as in the scene atop the Dover cliffs. From the opening scene to the last one, there are at least hints that things might turn out differently this time, if only the characters would (or could) do so. The film also provides a poignant answer absent in Shakespeare's play as to why Lear's fool, so prominent early on, does not appear at all in the final scenes.

With its focus on aging and mental deterioration, its struggles for power, and how these things can lead to deep division in both families and the body politic, this 2018 adaptation is an apt "King Lear" for our time as well as a worthy new contender in the often crowded panoply of filmed Shakespearean tragedy.

October is Breast Cancer Awareness Month!



Photo by Carmen Boone

On Wed., Oct. 3 during lunch, BC Serves hosted cookie and cupcake decorating in Myers Dining Hall to help shine light on Breast Cancer Awareness Month. About 12% of women in the United States will be diagnosed with breast cancer in her lifetime.

'Rover project'

Continued from page 1

charge of the interns. Christie Whitworth, a former worker at the Pisgah Astronomical Research Institute (PARI), was in charge of the actual rovers.

The process for such an expensive project had many steps. The first order of business was developing the concept. The next step was figuring out how to fund the project. Then, the team needed to write a proposal of the idea and send it to the National Science Foundation, which typically approves only 20 percent of proposals nationwide. This project was selected to get three years of funding.

After organizing and building teams, the next steps were buying parts and then building and programming the rover. The final step was hiring an unbiased, outside evaluator. This entire process took 18 months to complete.

The amount given to PARI to fund the rover project was \$250,000. The budget for this money was very specific. A portion of \$150,000 went to pay the interns, to cover the cost of any traveling needed, and to pay the evaluator. The rest of it went to pay for the hardware to build it, the programmer and the people watching the rover to make sure it was safe.

Two interns, Peter Trench and Liz Hill, were brought in from Brevard College—the first interns PARI has hired. They were two of the very few people that first learned how to use the rover. Hill worked putting parts together and doing some wiring, while Trench recorded data and wrote up some reports.

The two wrote the user's manual for the rover. They were also

preparing to teach faculty how to use them in the classroom and all the different aspects of the rover. "How does it work? What can you expect? What might happen if you do this? That sort of thing," Castelaz said.

There are plans for a few different professors at BC to have students use the rover in class. Dr. Sarah Maveety already had her class use the rover on Sunday, Sept. 30. Dr. Sam Eastridge and Janice Arden are also planning to use the rover in class.

Castelaz said future plans that he hopes to accomplish with the rovers is to incorporate and share them with other college campuses and even middle schools and high schools. He wants them to be accessible to students with no exposure to things like rovers. He likes the idea of implementing them into after school programs and eventually to develop them for public use as well. The final goal or dream is to have them become as commonly used in the classroom as a whiteboard, for them to become a common tool.

One thing that has made the whole rovers project possible has been the great support from the college campus. "We had a lot of people sharing the duties and responsibilities of this project. We have the wonderful support of the administration here from the president on down. We couldn't do the project if we didn't have that kind of support," Castelaz concluded. In the future, the hope is to bring more awareness and have big community involvement, but most importantly, to improve student experience.

Movie Review

'Role Models'



By Christopher Phipps
Staff Writer

I was scrolling through Netflix looking for a good movie and I came across the movie *Role Models*. The 2008 movie was produced by the familiar producing company Universal Pictures. The movie is a well put together comedy about two men who work with kids in an afterschool program. The big kicker in the movie is that the kids know that the work is court mandated, so they are distant at first, but then start to really look up to them.

The main characters Danny (Paul Rudd) and his sales partner Wheeler (Seann Scott) trash their company truck and the court decides that they can either do jail time or community service in a mentoring program called *Sturdy Wings*. The two men decided to take the easy way out, taking the community service offer. The day they trashed the truck, Danny was having a bad day after coming to the realization that he was 30 with nothing to show for it. He then proposes to his girlfriend out of nowhere, with no ring, and instead of saying yes, she dumps him. She tells him he is moody and grumpy all the time, and it's never going to work between them.

The two guys were assigned to mentor two young boys, Augie

and Ronnie. Augie is a nerdy kid who enjoys live action role play (L.A.R.P), who ends up getting kicked out of "The Kingdom" after being accused of lying about killing the king. Danny then blows up on the king calling him a liar and they both get banned. Augie gets very upset with him and won't see him.

Wheeler and his buddy, Ronnie, hang out by going for walks, until Wheeler takes him to a party where Ronnie ends up walking all the way home. Ronnie's mom is livid that her son wasn't being care for, so she calls *Sturdy Wings* and Danny and Wheeler get kicked out of the program, which leads them back to court, this time with a broken friendship.

The day of court Danny goes back to Augie's fantasy world and begs the king to let Augie back in the game, which is a success. The king then spreads the word to all the kingdoms warning them that if they let Augie fight with them, they will be disqualified. So Danny decided to not care about them, saying, "We will make our own kingdom." This leads to Danny having to ask for his old friend's help. They go and fight, after the battle is over it looks as if Augie is the victor, until...

I strongly encourage you to watch it to find out what happens. It has the perfect "awh" moments while still being incredibly funny. It is a well put together comedy, that has emotion in it as well.

October at a glance

Wednesday 10/10

United Way mobile van
on campus

Thursday 10/25



October 13-21

Fall Break!

Sunday 10/28

Silent Movie,
"Phantom of
the Opera"

'Coping with student stress'

Continued from page 4

9. Practice relaxation techniques

The American Institute of Stress recommends yoga, meditation, deep breathing and many more techniques for directly reducing your body's stress response. When people become stressed, the sympathetic nervous system fires up the body in a "fight, flight or flee" response, but there are certain things that can be done to bolster the parasympathetic nervous system, which helps to pump the brakes and help your body return to its unactivated state.

It may seem silly to sit in the dark in the middle of the day, but taking the time to relax and take a break could actually make you more productive during the rest of your study session. Research has shown that meditation can even lower blood pressure and help people struggling with irritable bowel syndrome or those who are trying to quit smoking. While meditating just a few times is beneficial, a daily practice will help teach your body not to react as much to the daily stresses of life.

10. Know when to seek help

Sometimes no matter what you do, it seems like things are not okay. Becoming overwhelmed is not uncommon among college students and adults. Remember that you are not alone. If you're feeling a great deal of overwhelming stress, feeling hopeless or alone, there is help available.

Campus counseling services are free to Brevard College students and can be accessed by emailing Dee Dasburg at dasburg_d@brevard.edu. Her office is located on the upper floor of Stamey Hall.

Weekend sports events

Friday 10/12

Women's Soccer vs. LaGrange 1 p.m.

Saturday 10/13

Tennis vs. Montreat 11 a.m.

Men's Soccer vs. NC Wesleyan 11 a.m.

Women's Soccer vs.

Huntingdon 4:30 p.m.

Sunday 10/14

Men's Soccer vs. Greensboro 1 p.m.

Your horoscope for the week of Oct. 10

By Mary Lewe
Copy Editor

Aries: You may be feeling iffy about some of the people in your life. While you might need a break from some, you will be embarking on a big project with some of the others. Once you find your crew, you'll be ready to make big things happen.

Taurus: If you haven't noticed, tensions are high in your relationships. If you just aren't on the same page, perhaps it is time to take a break from the bickering. Saturday is a great day for you to shine.

Gemini: Uncertainty is a feeling that is not unfamiliar to you, but you may be getting a reality check in one of your relationships. Things will resolve, but you might need to talk it out. Make an effort to be social this weekend!

Cancer: It's time to look forward instead of backward, no matter how tempting it may be. You may hit it off with someone unexpected on Thursday. Troubles with your sister or your mother could arise heading into the weekend.

Leo: Feeling run down? Don't let people rely on you too much. Enjoy some time alone or have your friends come to you to hang out. You may be tempted to spill some secrets that aren't your own on Friday. Resist this temptation.

Virgo: You're feeling more controlling than usual, but you need to let some things go. Try to have an open mind and recognize when you're saying too much. Your intelligence is a gift that must be wielded tactfully.

Libra: You're feeling confused about your love life right now. You want both stability and excitement. These feelings will pass, but don't be afraid to put yourself out there. Keep an open mind and keep things light.

Scorpio: You're feeling hurt, but don't throw a temper tantrum. Share your feelings with someone close to you and when they offer advice, listen. Confrontations with the ones closest to you are tough, especially since you're vulnerable right now.

Sagittarius: Your uncertainty is putting out mixed signals. But before you can stop confusing everyone else, you have to pin down your own feelings. Don't pull any punches when you finally explain yourself, and perhaps take a step back over the weekend.

Capricorn: It seems obvious, but if you try to isolate yourself you really will end up alone. Try not to test people this week. Someone may give you advice you aren't ready to take, but listen up and you could learn something important.

Aquarius: During the week, you need to be careful with your urges. Think twice before taking a leap, but by the end of the week you will be able to trust your gut again, perhaps in the context of a big decision that will alter long-term plans.

Pisces: Someone close to you might tell you something that really troubles you today, and your feelings are valid. Remember that truly loving someone involves working through tough times, but be aware of what you deserve.

Women's Tennis kicks off the Fall season

By Carmen Boone
Arts & Life Editor

The BC women's tennis team had two matches on Saturday, Oct. 6 starting at 9 a.m. They played Converse College, and Johnson C. Smith University (JCSU). Both matches were held at Converse College in Spartanburg, SC.

The lineup for Brevard singles against Converse was Kelsey Kushner at number one, Jen Cox at number two, Darden King at number three, Margaret Correll was at four, Kenzie Bowman played number five and Eleanor Flannery was at number six. Doubles lined up as Kushner and Cox at one, King and Correll at two and Bowman and Flannery at three. Carmen Boone was unable to play due to injury.

Kushner and Cox played against S. Kong and T. Parrott in doubles, Converse getting the win with a score of 6-2. Correll and King fell to B. Vendrell and S. Musuguntham who won with a 6-1 score. Bowman and Flannery finished against M. Quattlebawm and M. Hildebrandt with a loss of 6-1.

In singles, Kushner fell to Kong at 6-1, 6-3. Cox lost to Parrott at 6-0, 6-0. Musuguntham Defeated King with a score of 6-2, 6-2. Vendrell took the win against Correll with and ending score of 6-0, 6-0. Bowman lost to Quattlebawm with a 6-1, 6-1 score. Flannery came away with a win of 6-2, 6-4 against C. Lewis, the first win of Flannery's college career on what happened

to be her eighteenth birthday. The final score for the entire match showed as a win for Converse with score of 8-1.

The next match began at 12:20 p.m. and was against SCJU. This match was much more of a battle. In doubles, Kushner and Cox lost to Halle Parker and Jada Strickland with score of 6-3. Correll and King battled but lost with a 6-3 score against Nija Price and Alisa Stevenson. Flannery and Bowman came away with a 6-4 loss to Cierra Turner and Aleena Oakley.

In singles, Kushner took loss of 6-1, 6-1 against Parker after battling a slight injury after her first match. Turner took a win against Cox with a score of 6-0, 6-1. King had a long battle with Price but ended with a score of 6-1, 6-2. Correll ended with a loss of 6-1, 6-0 against Strickland. Flannery played at five and won her second match of her career against Stevenson with score of 2-6, 6-1 and clenched her match with a tie breaker score of 10-8. Bowman was the last to finish with a long match. She eventually fell to Oakley with a score of 6-2, 6-4. This match again ended with an 8-1 loss for Brevard.

The ladies fought hard every match and kept up the energy. However, the two division two teams came out stronger. It was a long match day but started off the fall season with a bang.



Eleanor Flannery poses to show a "W" for her win.
Photo by Evan Schreiner

Orschel wins Southeastern Collegiate Mountain Bike Omnium title

By Phil de Montmollin
Sports Information Director

AUBURN, Ala. – Brevard College Cycling student-athlete Tyler Orschel has won the 2018 Southeastern Collegiate Cycling Conference Men's A Individual Mountain Bike Omnium Championship. Orschel clinched the Omnium championship after winning both the Men's A Cross Country and Short Track races at this past weekend's SECCC Championship in Auburn, Alabama.

The Individual Omnium Mountain Bike SECCC Championship is awarded to the cyclist who accumulates the most total points across all events throughout the entire Fall Mountain Biking season.

It marks the second straight year that a Brevard College cyclist has won the conference's Men's A Omnium Championship with Orschel's teammate Carson Beckett winning the Omnium

in 2017.

Orschel, a sophomore from Uxbridge, Ontario, won the Omnium after accumulating 952 total points this Fall with a number one ranking in the endurance standings.

En route to the Omnium title, Orschel won several events throughout the 2018 Fall season with Men's A Cross Country individual wins at King University, REEB Ranch and Auburn to go along with several podium finishes.

Also competing for the Tornados at the Auburn event was Nicole Rusden on the women's side. Rusden earned top-ten finishes in both Cross Country and Short Track at the event.

The Brevard College Cycling team will now turn its focus on the USA Cycling Collegiate Mountain Bike National Championships to be held October 19 – 21 in Missoula, Montana.



Sophomore Tyler Orschel gets the win for BC, making 2018 the second year in a row Brevard has taken home the first place title.
Photo via BCTornados.com