

# How to access mental health resources on campus

By Caroline Hoy  
Managing Editor

Recently things have been crazy. Lots of snow, the roof of Jones collapsing and classes being temporarily online. These changes have caused an uproar in the student body, causing many students to feel mentally unwell because students can't continue to do the things they love right now.

There is no shame in feeling mentally unprepared for these challenges that we, the students, have been feeling. We are barely into the semester, and I can say that I am already exhausted. Mental health is a very important topic but can be considered taboo.

Mental health is in fact very important and should be discussed. If students here are struggling with mental health then there are people on campus who are trained to help. Enter the Brevard College counselors.

Brevard College has two professional councils on campus, Kevin George and Dee Dasburg, and

along with three interns, who are working to complete a master's degree across the western part of NC. All of them are great at what they do. No matter what someone is going through, talking with one of these counselors can help.

To book an appointment with a counselor, students can email Dee Dashburg, [dasburg\\_d@brevard.edu](mailto:dasburg_d@brevard.edu), or Kevin George, [georgekt@brevard.edu](mailto:georgekt@brevard.edu). That is the best method, but students can also go to the BC Radar app under the resources tab. The campus life section can be found which has a button called "Call Counseling Services" which gives students a way to call counseling services.

Emailing a counselor can help. Students don't even have to book an appointment, but can seek help figuring out what is the best solution for them. Just reaching out can be a major help in itself. Sometimes just knowing there is a safe space to talk to someone can be important.

Kevin George, one of the counselors at Brevard College was asked what advice he would give and he said, "Emotions are not good or bad. They just are. It is important to bring compassion to ourselves when we experience difficult emotions. They are simply information. It is important to remember that our story and experiences are valid and are important. We all struggle with life at times. Having a space to share our story where the person is there to understand us as deeply as possible without judging our experience has the potential to be life changing. That is what counseling is. That is the space we work to provide. Counseling is for everyone."

So all students should know that no matter what is wrong there is always a place to seek help. Remember mental health is not something to be ashamed of and please if you are having problems contact someone.

# Lend-A-Hand day is a success

By Anna Ervin  
Editor in Chief

After the collapse of the East Jones residence hall roof, about 84 residents were relocated without most of their belongings. On Friday, Jan. 28, Brevard College hosted Lend-A-Hand day, a day for the community to collaborate in helping these students move their belongings into their new dorms.

Students, faculty, and staff were invited to sign up for one hour time slots ranging from 9 a.m. to 3 p.m. to help. There were jobs for everyone, and this included bagging up trash, moving boxes, cleaning up, runners for supplies and elevator duty.

Over 125 students, faculty and community members attended the event.

Classes were cancelled to allow students to

volunteer their time to help fellow students, as well as give time for the affected students to pack their belongings and fully settle into their new rooms.

Volunteers had to enter through the basement door, and they were required to be masked while inside the building. Warm clothes were strongly encouraged and gloves were provided.

Debbie D'Anna, the vice president for student success said in an email, "We are so thankful for your help in this transition. Thank you for your patience and willingness to be flexible and help."

Throughout the aftermath of the collapse of the Jones roof, the community has come together to show their support. This day can be considered a great success.



Photo from Brevard College  
Brevard College community members volunteering.

# COVID-19 causes changes to basketball schedules

By Journey Tyler  
Staff Writer

Since returning from winter break, both the men's and women's basketball teams have seen changes to their season schedules as a direct result of COVID-19.

The Brevard College men's basketball team was set to travel to Maryville, Tennessee for a conference matchup with Maryville College on Tuesday, January 4. Due to positive COVID-19 test results within the Maryville basketball program, the game had to be postponed and rescheduled for Friday, Jan. 14. The game has since been made up, resulting in a 98-74 win for the Maryville College Scots.

The Tornados were also scheduled to host Huntingdon College on Saturday, January

15. For health and safety reasons related to COVID-19, this game has been rescheduled for Friday, Feb. 11 at 2 p.m. in the Boshamer Gymnasium.

The women's basketball team has also seen two conference games postponed as a result of positive COVID-19 cases from opposing schools.

The Tornados originally had a road matchup with Huntingdon College scheduled for Friday, Jan. 7, as well as a home contest against Maryville College set to take place on Wednesday, Jan. 12.

Neither the men's nor the women's teams are new to having their schedules affected by COVID-19.

During the 2020-2021 basketball season, the women's team saw their first six games of the season either cancelled or postponed, which resulted in the official start of the season being postponed from Jan. 15 to Feb. 5, 2021.

During the same season, the men's team saw a season that was initially scheduled to have 13 total games be reduced to only seven games.

As the women's and men's basketball teams have four and five weeks respectively remaining in their regular seasons, both teams hope to finish their seasons without any more COVID-19 related postponements or cancellations.

## How to dress warm (and fashionably) in winter

By Cat Keenan  
Staff Writer

As we enter one of the coldest months of the year, the temperature is dropping detrimentally. For many people, myself included, the cold takes time to adjust to. When it comes to your winter wardrobe, it can be hard to dress warmly and aesthetically at the same time.

Goal number one for your winter wardrobe should be protection- this means layering. Three is the magic number for the amount of layers for your top half. Your base layer should consist of a tighter fitted top- perhaps a turtleneck, or a comfortably fitted shirt. Next, is a thicker top, perhaps a thick fleece for insulation. The outer layer should be a winter coat or jacket that will serve as a barrier against the winter wind.

Two is the magic number for the amount of layers for your bottom half. Starting with a pair of thick leggings, tights, or long-johns, you should wear thicker pants over them, to protect your legs from the cold as well. For shoes, you

can always get away with your favorite pair of sneakers. For the snowy weather though, boots are key.

Making such layering fashionable is where it can get quite tricky. I have found that wearing earthy tones in the winter is more aesthetically pleasing than other colors. Dark shades of brown, green and blue are my personal favorites. Adding accessories such as scarves, hats, jewelry, etc. can also help make your winter wardrobe look and feel more classy.

Having winter statement pieces is also important, so investing in a cool leather jacket, a pair of sustainable jeans, a good parka, or even a pair of cute snow boots can be very helpful.

Being fashionable can be fun, but remember that it is crucial to focus on comfortability and warmth before all.

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## Staff spotlight

# Kevin George works to create a safe space for Brevard College students

By Caroline Hoy  
Managing Editor

Kevin George II, who goes by Kevin, is currently working as the Assistant Director of Counseling at Brevard College. Kevin works alongside Dee Dashburg. They work to provide space for students to “empty their cup” and work through anything that may be keeping students from living the life they wish.

Kevin was born and raised in Indalainpilis, IN. In the fall of 2001 he left home to go to the University of Michigan on a gymnastics scholarship. Kevin attended school there until 2004. He had injured his right shoulder and could no longer follow his passion of gymnastics which he had done for 20 years.

After taking some time off from school Kevin started looking at colleges again with his younger sister. They both ended up at Brevard College. While Kevin's sister only stayed at Brevard College for two years before transferring Kevin stayed and graduated with a degree in exercise science.

After graduating from Brevard College, Kevin moved back home to Indianapolis and became a personal trainer. This is where he



Kevin George

learned he had a gift for helping provide a space for people to feel seen and cared for. He decided to apply for the University of TN at Knoxville's master program one week before the deadline.

The next adventure for Kevin started as he

embarked on his journey to Knoxville. He lived in Knoxville for two years before moving to Columbus, GA for a year. Next came Asheville for about two years and during that time traveled to Knoxville once a week to complete his masters.

After completing his masters he moved to Colorado Springs, CO for two years. Then after that moved back to Indianapolis for three years. Finally, in 2019 he moved back to Brevard, NC.

In the summer of 2019 Kevin started working as an admissions counselor at Brevard College. Before he landed in his current position he was also the assistant director of admission.

Kevin came back to the mountains because according to him, “it's a very magnetic place.” During his many moves Kevin has been able to have the joy of being a dad. He has a ten year old daughter and a five year old son.

Something people may not know about Kevin is that he has a 10th degree black belt in ninjutsu. Lastly, something that is important to Kevin is that he works to always show up authentically in his life.

# Weekly Horoscopes

By Anna Ervin  
Staff Writer

**Aries**, you have been stressing too much about what is to come. You may be in the midst of a decision. New is not always bad; you're allowed to change your mind.

**Taurus**, success is on the way. You have worked and it is paying off. You may have to make a few compromises, but the best is on the way.

**Gemini**, look at what you are doing. Time and money are important; create a plan now before you create more problems.

**Cancer**, the world has taught you some harsh lessons. Use those lessons to work towards positive change; knowing now is better than never having known at all.

**Leo**, you are trying to move too fast. Life is not a race. Things come when they come, and

that is okay. Have some patience.

**Virgo**, you've been falling back into some bad habits. Catch yourself and continue forward. You have access to help and friends ready to support you, so take the time to take care of yourself.

**Libra**, now is the time to embrace all of yourself. You know who you are and you know what you're worth. Take up the whole space; people will listen.

**Scorpio**, put yourself first. This is your life, so why are you letting others control in?

**Sagittarius**, don't believe what you are told without researching on your own. Not everyone has your best interests at heart. Don't get caught up in something you weren't involved in in the first place.

**Capricorn**, breathe. Your anxiety is getting the best of you. Figure out some healthy coping mechanisms and know that the stress will calm.

**Aquarius**, the doors of opportunity are opening up for you. Now is not the time to put life on hold. Put one foot in front of the other and get ready to roll.

**Pisces**, fighting has stopped but the resentment is still there. Are you holding onto it because things were never resolved or because you know these connections weren't good for you? Look at who surrounds you, and decide what is best for you.

## Clarion Spotify

## Black History Month



1. Bewitched, Bothered, and Bewildered - Ella Fitzgerald
2. What A Wonderful World - Louis Armstrong
3. A Change Is Gonna Come - Sam Cooke
4. Fallin' - Alicia Keys
5. We Shall Overcome - Pete Seeger
6. Freedom - Pharrell Williams
7. (Sittin' On) the Dock of the Bay - Otis Redding
8. Umbrella - Rihanna, JAY-Z
9. Drop It Like It's Hot - Snoop Dogg, Pharrell Williams
10. Run the World (Girls)- Beyoncé
11. The Tracks of My Tears- II Divo, Smokey Robinson
12. All For You- Janet Jackson
13. Don't Let Me Be Misunderstood- Nina Simone
14. Respect- Aretha Franklin
15. Good as Hell- Lizzo
16. MONTERO (Call Me By Your Name)- Lil Nas X
17. Just A Closer Walk With Thee- Mahalia Jackson
18. When Doves Cry- Prince
19. WAP- Cardi B, Megan Thee Stallion
20. I Wanna Dance With Somebody (Who Loves Me)- Whitney Houston
21. Sir Duke- Stevie Wonder
22. Starships- Nicki Minaj
23. Hallelujah, I Love Her So- Ray Charles
24. Johnny B. Goode- Chuck Berry
25. Get Up- T Pain
26. Chapter 319- Clipping
27. Black Lives Matter- Bebe Williams
28. Unforgettable- Nat King Cole
29. Lost- Frank Ocean
30. Beat It- Michel Jackson

Want to follow The Clarion Spotify? Look up The Clarion on Spotify under profiles and you will find us! (Or use the QR code below.) We are releasing new playlists weekly.



## Senior Profile

## Madison Smith to graduate

By Caroline Hoy  
Managing Editor

Madison Smith is a Senior Environmental Studies and Wilderness Leadership in Experiential Education & Experiential Education major from Grayson, GA. Smith enjoys hiking, hanging out with friends and playing the piano in her free time.

When Smith was asked why she came to Brevard she said, "I had a great conversation with Robert Dye randomly in the admissions office while waiting to talk with financial aid. I also really loved the area, and it was not too far from home."

While Smith is excited about graduation, she also knows she will miss the community she has become a part of during her four years at Brevard College. After graduation, Smith is going to be "...working as a beekeeper this summer for the third season which I am very excited about. I plan to travel to Europe during the summer and hope to become a staff member at an outdoor school where I interned in West Virginia."

Smith says that she has always been interested in the outdoors which led her to be interested in environmental studies and WLEE. While Smith's interest in the outdoors has not changed, her goals have. According to Smith, "...I initially came here intending to be an elementary teacher, but that quickly changed when I started taking WLEE and env classes. It

morphed into wanting to teach students about the environment in an outdoor setting."

Smith says that her favorite memory at Brevard College was, "...living in North 3 during the spring of 2020. I had a lot of close friends that had internships or jobs that required them to stay on campus like me. We became a close-knit community doing art together and watching movies in a huge fort we made in an empty room."

One thing that Smith is well known for is her love of bees, especially the *apis mellifera* also known as the western honey bee. During her sophomore year at Brevard College Smith entered into an internship to work with bees and has done a lot with them since then.

According to Smith she usually does bee hive inspections gloveless with each beehive having its own personality. Smith is very careful about not getting stung, but the most she has ever been stung in one day is seven times.

Smith enjoys watching the hive swarm and will sit in the middle of the swarm and watch it. She does not fear the bees climbing all over her, but she did say that she was on the edge the one time a bee climbed in her ear.



Courtesy of Madison Smith

A picture of Madison Smith.

KYLE VAN LUSK	Sean Parrish	2022 BREVARD COLLEGE FACULTY SHOW
	<i>Ken McLeskey</i>	
JORDAN WHITTEN		
MacKenzie Taylor	JOY POE	
<i>Rachel Vera</i>		

Brevard College invited you to the 2022 Brevard College Art Faculty Show. This show is open from Jan. 21 to Feb. 18 in the Spider Gallery in Sims Art Building. The event is free to the entire campus and is open from Mon. to Fri. at 8:00 a.m. to 5:00 p.m.

**Feb. 3rd**  
**11:00 AM-1:30 PM**  
**Myers Dining Hall**

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- Camp Tekoa
- Falling Creek Camp
- U.S. National Whitewater Center
- Boys & Girls Club
- Asbury Hills Camp & Retreat Center
- Adventure Pisgah
- The Club at High Hampton
- WNC Source
- Swim Club Management Group
- Green River Adventures/
- The Gorge Zipline
- Headwaters Outfitters

Masks Required

# Bengals and Rams to clash in Super Bowl 56; New Faces in Super Bowl LVI

By Brady Penn  
Staff Writer

In April of 2020, the Cincinnati Bengals had a dilemma. They were coming off of a two win season, and held the number one pick in the upcoming NFL draft.

A couple months prior in Jan., LSU football hoisted the crown as college football champions. They were led by a young quarterback by the name of Joe Burrow, who had one of the greatest college seasons in recent memory, and history as a whole.

The Bengals knew this man was who they wanted to take to fix their franchise. Instead of the normal on stage selection due to covid, Joe Burrow was informed the Bengals had selected him via a zoom call that was televised.

In the coming season, Burrow would show a lot of promise and be in the running for the rookie of the year award. That is, of course, until his ACL was torn on Nov. 22. Burrow faced a recovery time of about eight months.

The next April, in 2021, the Bengals once more had a high draft pick. This time they settled on Ja'marr Chase, Burrow's favorite target in the 2019 championship season.

Chase had opted out of the 2020 season at LSU, instead focusing on training and prepping for the league and the draft.

Chase, the likely rookie of the year, who already garnered pro bowl and all-pro nods in his first NFL season, did not miss a beat with his college quarterback.

Cincinnati was able to win 10 games, and the AFC North title, including 4 divisional wins.

Their path to the Super Bowl was far from easy. In the Wild Card Round, at home, the Bengals were able to squeak out a win over the Las Vegas Raiders by a score of 26 to 19.

In the Divisional Round, Cincy traveled to Nashville to take on the top-seeded Tennessee Titans and their star running back, Derrick Henry.

The Bengals, behind a slew of field goals and forced turnovers, were able to advance to Championship Weekend by a score of 19 to 16.

Sunday afternoon, the victory over Kansas City was far from certain. Burrow and Co. found themselves down 21 to three in the first half. After a big touchdown from Samaje Perine, the Bengals stood pat on the goal line defensively, and found themselves down 21-10 at halftime.

In the second half, the Bengals were able to hold Patrick Mahomes to a mere field goal. After an Evan McPherson field goal, a

touchdown to Chase, followed by a two point conversion, the ballgame tied up at 21 each.

The two squads traded field goals in the last quarter of football, and it was off to overtime, knotted at 24 apiece. During the coin toss, the dreaded outcome came to fruition for Cincy, with Kansas City getting the football first.

What happened was a Mahomes interception falling into the hands of Vonn Bell. After this, Burrow led a 42 yard drive to set up a field goal attempt for the win for McPherson. McPherson nailed it, moving him to first place on the list of most made field goals in a single postseason without a miss (12), and moving the Bengals to Super Bowl LVI in Los Angeles.

Now for the NFC champion Rams.

For Head Coach Sean McVay, this is his second go-round in the biggest football game there is. Three years ago, McVay fell to Tom Brady and the Patriots in Super Bowl LIII. He vowed to make it back, and sure enough, he has, behind a perfect marriage with Stafford.

The Rams were able to make the postseason for a second year in a row, after a Divisional Round exit last season. The Rams organization knew that they were missing one thing: Great QB play.

LA went out and got a great QB in Stafford to pair with the great weapons of Cooper Kupp, Cam Akers, Robert Woods, and more.

Sitting at seven to two, the Rams faced another loss. Robert Woods tore his ACL on November 13th. Two days prior, however, they had picked up disgruntled Browns wideout Odell Beckham Jr.

This was not the only move the Rams made. Earlier in the month, on Nov. 1, the team traded a second and third round pick to Denver for eight time pro bowl edge rusher Von Miller. Miller was paired with elite defensive playmakers such as Aaron Donald and Jalen Ramsey.

After all of the moves made in recent years, the Rams do not have a first round pick until the 2024 draft, as things stand now. This is relevant, of course, because it shows how "all in" McVay and General Manager Les Snead are.

The chips are all on the table, and with one more win, the gamble will have officially paid off in the biggest way. But let's look at the Rams path to this game.

In the Wild Card Round, Los Angeles easily dispatched divisional foe Arizona by a tally of 34-11.

Then it was on to Tampa Bay, for another date with the GOAT. In a rematch of week three, the Rams got off to an immaculate start, getting off to a 27 to three lead in the third quarter.

In typical Tom Brady fashion, though, the Buccaneers were able to crawl back and tie it up behind some timely turnovers, and the masterful arm of Brady.

With 42 seconds left on the clock, tied at 27, Stafford was able to hit two incredibly clutch throws to all-world Wide Receiver Cooper Kupp to set up a game winning Field Goal by Matt Gay, which ultimately may have been the end to Brady's career.

This set up a third clash with divisional rival San Francisco, who swept the season series, winning both matchups over the Rams in the regular season.

The 49ers actually appeared to be McVay's kryptonite heading into Sunday Night. Head Coach Kyle Shanahan had beaten McVay's Rams in each of the past six matchups.

In a defensive clash, the Rams were able to make a few more plays and get a very big second chance after a dropped interception by Jaquiski Tarrt.

Stafford led a drive to give Matt Gay a 30 yard field goal try with less than two minutes on the clock. Gay delivered on his end of the bargain, and it was up to the defense to get one more stop.

The defense, like Gay, was able to deliver, with a wild tip-drill interception by Travin Howard. For the second time in four years, the Los Angeles Rams were heading to the Super Bowl.

In the same fashion as Tampa Bay last year, L.A will be playing the Super Bowl inside of their home stadium, at the magnificent SoFi Stadium.

After 54 years of no home teams in the Super Bowl, it has happened in back to back seasons.

With all this being said, this matchup seems like one unlike many that we have seen. For the first time in NFL history, none of the top three seeds from either conference will be representing in the Super Bowl.

On Feb. 13 at 6:30 p.m., the lights will be shining in Los Angeles, and a new champion will be crowned in the 56th version of this spectacle. The question is, will it be the Rams for the first time since 2000? Or the Bengals, for the first time ever?