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Brevard College practices self-care



Students stuff their self care bags.



A good boy gets loved by the students of Brevard College.



Hannah makes sure other students are fully informed about the proper way to put their bear's heart inside.



Stuffed animals line the table, ready to be stuffed.

Campus Critters:

Max

Olivia Ervin Staff Writer

Hello, welcome to Campus Critters, a visual representation of someone's sanity declining each week. My name is Olivia. I like coffee, sensible pearls and silly little trinkets. I bet everyone is excited for the winter break and all of the festivities that belong to that.

We actually had no submissions this week, which is a shame because I am so good at making google forms. I did find someone that is worth the title. Welcome Max to the lovely list of Campus Critters!

Max is a dog owned by the legal name Ethan Who, but everyone calls him the Grinch (That is his real name.) Though his lore depending on what you watch or read contradicts itself, based on the 2000 version of the movie with Jim Carrey, Max is portrayed as a very loyal dog that is ready to do whatever Ethan orders him to do.

The newest film adaptation that came out in 2018 puts more emphasis on Max as a character.



Happy Holidays

He serves to show that Ethan's heart might be "two sizes too small," (Dr. Seuss), but even with a heart that size Max has the power to give Ethan a little bit of humanity. He is also the reason Ethan is able to become good at the end and do the right thing.

Max was asked, "What do you want for Christmas?" He said "I want a new drumset," but Ethan immediately vetoed that because he does not think that Max is good at drumming. He was also asked, "Are you on the nice or naughty list?" He replied with, "I am on the nice list because I am a dog and dogs do no bad."

Anyways, if you enjoy Campus Critters, keep watch for next semester where I continue to spiral. I want to hear your voices. If there are any suggestions, let them be known. I am of the people. I need to hear the people's voice. I am like a politician but hotter. Happy holidays. I love all holidays. Goodbye.



Max

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On the last day of class, Dec. 7, students in the mini-LINC course, Biostatistics (LNC 292) presented their semester-long project in a poster symposium. Students collected data across campus, which they used in computing descriptive statistics and hypothesis testing. For the final poster symposium, students were encouraged to dress festive for the upcoming holiday season by their professors: Dr. Kathryn Rasmussen & Dr. Sarah Maveety.

Book Review:

'A Court of Frost and Starlight'

Sabrina Ortiz Staff Writer

A Court of Wings and Ruin was the end of the original trilogy. However, due to the popularity of the series Sarah J. Maas has continued writing more books within the world of A Court of Thorns and Roses (ACOTAR), starting with A Court of Frost and Starlight.

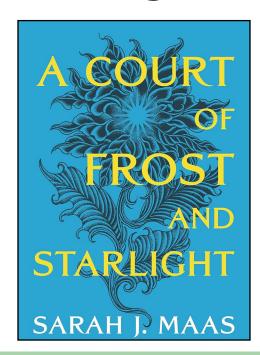
"A Court of Frost and Starlight" is the series version of a Christmas special. The novella occurs a few months after "A Court of Wings and Ruin" ends. We follow Feyre as she adjusts into new traditions and a new way of life during the solstice holiday, which is the equivalent of Christmas.

Within the fan base, there is a debate on whether or not you should read the novella, seeing as that book is a hallmark movie special. The book doesn't add too much to the storyline of the series, but I personally feel this was the author's way of giving the readers a cute, sweet book to tie us over as she grew this series along with her "SJM Universe".

Despite that, "A Court of Frost and Starlight" is worth reading. The story is very mild in comparison to the other previous books with no action scenes and no bigger storyline. The book isn't about harrowing adventures.

The reason I recommend that you do not skip this book is because it has a lot of information about the main characters. We follow Feyre as she adjusts to being the High Lady of the Night Court. Throughout this book, we see the relationships between all of the inner circle throughout the book. Along with a few very cute scenes with all of your favorite characters, we see how they were affected by being in battle.

This book does slightly set up the following book, not so much that you won't understand what is going on in it, however, there will be references to this one throughout the next book.



How to experience the holidays around the globe

Olivia Ervin Staff Writer

Bored with Christmas? There are tons of different holidays and celebrations over the course of winter. Here are some of the traditions around the world possible to celebrate this holiday season.

One of the biggest and oldest holidays this season is Yule. It is a traditionally pagan celebration that is focused around the winter solstice (the shortest day of the year). It is primarily celebrated in Scandinavian countries and Germany. Yule is known by various names depending on the region. It is important to note this holiday because a good amount of the traditions I am about to list are not Christmas traditions, they are Yule traditions.

One of the traditions that I personally celebrate is Jolabokaflod, an Icelandic tradition that originated from World War II after Iceland gained independence from Denmark. It directly translates to the Yule (or Christmas) Book Flood. There were not as many limits on paper

and books as other items, so Icelanders would give their loved ones books because there was no shortage of them. The holiday is celebrated by opening gifts on December 24 and reading the books immediately while drinking hot chocolate or an ale called jólabland.

Austria, along with many other countries in Northwestern Europe, celebrates St. Nicholas Day on December 6. St. Nicholas was known for his generosity. Most people believe that he was from Madrid, Spain, and he comes every winter to reward kids for being good. In Austria specifically, the bad kids are made the problem of Krampus, a half-man-half-goat that comes to chase all the bad children and drag them to hell. Families will dress up on Krampusnacht (Krampus Night) and scare their children. There is also Krampuslauf (Krampus run) where Austrian men will get drunk, dress up as Krampus and run around neighborhoods.

Kids in the Netherlands will set shoes out

filled with hay and carrots for the reindeer, and in the morning, they would be filled with candy. There are also very similar traditions in Iceland, but they set them out for thirteen days, and thirteen Yule Lads will visit them. Spain also does something akin to it on January 6 (Epiphany or Three Kings Day) where they fill shoes with hay for the Wise Men's camels. In return they get candy and presents.

In Caracas Venezuela, people are seen rollerskating to Christmas mass. There is not much information about the origins behind why they do it, but there is speculation that it replaces sledding. It has gotten so popular that they shut down the streets until 8 a.m. for people to safely skate to church.

There are plenty more traditions, but it is hard to list everything. What kind of traditions do you do? Have a great break and happy holidays!

11 Fingers:

¿Why write anyway? Isaiah Collison

Managing Editor

EXT. GARDEN - SUNRISE

MONKWRITER waters a faceless garden.

UNCLE VAMP, Uncle Sam in vampire form, taunts Monkwriter from his shadowed window above his back porch. TAP! TAP! TAP!

UNCLE VAMP

Dedicated Dumbass... Faithful Fool.

He takes a sip of blood from his bejeweled cup. UNCLE VAMP (CONT'D)

You, there. Do you think writing your way into heaven can take down capitalism? That is, if you make enough scribbles to get there...

Monkwriter continues hosing the garden. He lifts his neck. They're equals.

MONKWRITER

Deez notes!

Hol'up y'all give me a second to call my job' security. They locked the writer's room — I ain't

You can't corner art, but that's exactly what the mosquitos are doing. The capitalist executives in power that keep this country entertained — I mean, they don't - are the reason entertainment dangles above the distraction threshold. When art becomes "content," creativity is reduced to something non-creatives can commodify. It allows people who don't know the creative process to know everything about it in one word, "content."

Being an artist is a risk. My father reminds me of that every time I see him. My mentor tells me I am behind the eight ball. To screenwrite in these end days is to take a leap of faith from a balance board. Executives show their hand, and it says, "We will swallow you once we have you." But control only works if you are complicit with it. Art ignores the system while promoting peace and freedom. Softmotion.

Gatekeeping is when established artists only promote art from their inner circle, keeping "unqualified" art hidden from popularity. According to "The Art Newspaper," criteria to be accepted into said circle is vague. "In the traditional art world...scholars, curators, museums, collectors, critics and art galleries. They are the "gatekeepers", and their opinions are crucial to the acceptance of works of art and artists into the canon."

Making art is not a popularity contest between groupies and peers. Making art is a sacrifice to relieve pain and suffering. If you do not suffer to a meaningful degree, your "art" is a fallen leaf. Know that there are degrees to suffering and sacrificing. And rejoice! For when we produce art, it shines everywhere!

To artists of Gen Z, how are we gonna shift the meaning of art back how our extended ancestors define it? We are witnessing a slow death of touch and touching art, and it is affecting our audience. They are still thinking, breathing, beautiful people that love art. Half-assed content for no sake but \$-\$ake seduces them into giving all of their brain to the algorithm. They are users as opposed to our families, and they'd better scroll the recommended list. "Shut up. Watch 'factory movies'(Ford Coppola). Be data."

The U.S. needs soul. I stick my neck out though I see fangs everywhere. If I'm alone, I'll die, so I ask. Who will join me?

If the executives wanna make some cash, let's make some cash. But if they want me to pick cotton, I'm pickin' street fighters. There's no doubt in my nonchalance — of course I know someone else will happily pick that cotton for them. And I say, "Go right ahead. I'm going to the mountain top." The industry is not my God. And the algorithm is not a religion. An algorithm hearing my words and then showing me a tsunami of recommendations based on them is not impressive. It's creepy.

Creatives ask the business model to split racks and it says, "Sorry! Can't afford it." Then it greenlights shows and cancels them in production. Does this sound genius? There will be an exodus, and the executives and their money will part ways.

It will take more than a hypersensitive momma's boy for things to settle down. To think us out of this precarious situation, call the monkwriters, monkwriters being those who write because they religiously suffer, suffer so much they write without a care for any sort of system or formula.

A comparison to empty stats.

Standards are corrupted when those who possess less talent than they'd like question the standards of greatness and are not humbled. Before there were offensive hacks to football and basketball, offensive players had to produce points in the face of resistance. When you eliminate defense, naturally, those once not proficient in generating points now have 2-3 highlights every game. How? Capitalism. Behind the scenes there were operations with goals of turning regular games into shootouts. More fans tune in longer and more often because points are more entertaining than a journey to get them. How do you manufacture shootouts? Penalize OGs for defense and make points less rare.

After all, why would cozy trees who know nothing about suffering the pain of generating points care? They know nothing about suffering the pain of generating points! They only like highlights, which is why kids today have highlight tapes before they know nuances of a game they don't treat like art. They go in the game and stand for themselves.

Here is the result: meaningless statistics that prove we are replaceable. Here's what's missing: the sweet taste of victory. When you give trophies to everyone that participated, the kid who won becomes any sucka in the mass. No matter how far away the others were from victory, defeat never rattles the mind because they still earned something tangible. To lose means "to have nothing in the hands and lessons in the memories."

Capitalism is in its late stages, and artists are being bullied. My wake-up call came during quarantine. I began to realize the world was imposing its will. Good. Artists have always fought for respect. Instead of writing for ten seconds a day, write for hours, AND call artists who were hip before you were born to demand they give you free game. Honor them by taking notes and asking how they started.

Artists make up a family, and the algorithm plans to ruin it. It will send executives to attack the flanks with propaganda like "you don't have to suffer" in hopes to become friends. Then, once the betrayal is in motion, and who were once artists start saying robot art is art because they want the popularity, the encirclement will be complete.

In the face of a blitzkriegesque system, wait and suffer. Never go against the extended family. When you hear artists saying, "Why should I make art? Why write anyway? It's all content," know when the blood cranks up, they will be embarrassed badly.

Leaders eat last and benefit from the nourishment all the same; capitalists eat first, and when there is no more food, they cook their friends. Selfish people find ways to make money pour solely into their pockets. The system is abusing us; we are being exploited. Anyone who defends it is an unrighteous thief, and we're about to clash. In order to step in the name of art, stretch, do yoga, drip aesthetically, increase your silk flow, meditate, pray, Euro step, evade, elongate and whatever else softmotion. We ain't falling back.

Care not for the flock of artists to make money but because you want to serve the community. Lead by example; create good work. Stay down. Obey creativity, but stay alert. Watch out for capitalists who seek out suckas to fill their bottomless pit. They don't want to admit that God is God, thee Artist, He who can move mountains, waves and asteroids at the wave of a hand.

Who can strike lightning more accurately than unmanned drones? Who made the sun so bright it turns us away? Who talks through the moon to those uneasy at night? Paper? The world is His canvas. Remove your brain from the toxic wasteland we call art because it's just the algorithm. I trust you know the difference.

The good, the bad, and the Christmas spirit

Jake Thomas Staff Writer

The Christmas season is probably one of the most controversial times of the year. Some people (me) are ready to see all the lights go up, see the red hats, funny sweaters and good ole Christmas spirit all around. Some people, however, could go without the holly and jolly that Christmas brings. The tourists, the shopping and for some people who have no one to spend the holidays with, another day looking from the outside in. Christmas is the most joyous, yet the most hectic, maddening and isolating holiday of them all.

For believers, Christmas is almost always a happy and grateful time. A time to give help to those who need it and share gifts with family and friends. A time when you see and hear bells, see the iconic red Salvation Army bell and basket for donations. For lucky people, they will be blessed with many gifts that they asked for before Christmas, although this is most common among

parents and children.

With that being said, the world, specifically the United States, knows that Christmas is a money grab. The TV, the radio, Spotify, billboards — everywhere you go you will be advertised to. For those in low-income situations, this can be very stressful and isolating. This is especially true for families with children and also single guardians? mothers and fathers, hoping they can work enough hours to get everyone a present, and still have enough to get gas and food.

Though, the people who have it the worst are those who have no one at all. Elderly people, introverts, mentally/physically disabled people with no caretaker or homeless people, may have no one to celebrate the life of Christ with. Imagine waking up on December 25th, with not a single person to tell you Merry Christmas. That would be crushing for me, and I imagine many others. It

is known that around this time of year, especially Christmas and New Year have increased rates of suicide. It is ironic that the time of year meant to celebrate the life of our Savior, who died for all of our sins and lives, is the time of year when people are taking their own lives at the highest rates.

As humans and as a community, you have a responsibility to bring people together and help those who need it. Give the \$5 to the Salvation Army, eat food, talk with a homeless person and let those that you love know that you love them. I know I will, Merry Christmas.

If you ever feel like you need help or support please reach out to the Suicide Hotline at 988 on your phone, or connect at BetterHelp.com. There is a happy Christmas for all of us. You are not alone.



Brevard cyclists are on their way

Olivia Hyde Staff Writer

Cyclocross nationals is coming up in Louisville, Kentucky. Cyclocross is a form of bicycle racing that typically takes place in the fall and winter months, featuring a mix of trail, grass and road elements. The courses are designed to be challenging and may include a variety of terrains such as grass, mud, sand, gravel and obstacles like barriers or steps that require riders to dismount and carry their bike.

Cyclocross courses are designed to be short, diverse and demanding. They often loop through parks, fields, wooded areas and urban environments. The inclusion of obstacles like barriers or

steep hills adds technical challenges.

Cyclocross bikes are similar to road bikes but are adapted for off-road use. They have wider tire clearance to handle the varied terrain, and the frames are built to be more durable because of the jumping on and off the bike. Cyclocross bikes often feature a more upright riding position and incorporate disc brakes for better stopping power in muddy conditions.

Unlike traditional road or mountain bike races, cyclocross riders may need to dismount and carry their bikes over obstacles or challenging sections of the course. This adds a unique aspect to the

sport and requires a combination of cycling skills and running ability. Cyclocross races are relatively short compared to road races, typically lasting 30 minutes to an hour. The emphasis is on intensity, and riders navigate the course for a set number of laps, usually between four and ten depending on the course.

I hope you enjoyed this brief introduction to cyclocross. As the excitement builds, look forward to reporting the race results next week. See you soon!

