

The Age Exchange explores creating peace within death

Kylee Draper
Contributor

What is a topic of interest at your family dinners? Maybe sports or pop culture? Another topic has been appearing more and more frequently amongst common family discussions: death and dying.

On March 2, an Age Exchange event discussed such a topic. This event, sponsored by the City of Brevard, was held in the Rowgo Room in the Transylvania County Library. Appropriately titled “Courageous Conversations for End-of-Life Preparation,” the purpose of the event was to encourage conversations within families on what is a taboo topic in most of American culture. The three panelists, Greg Lathrop, Michele Skeele and Chloe Banner brought a vast array of information and viewpoints to the attention of the audience.

Greg Lathrop an R.N., medicine elder and member at the Center for Conscious Living and Dying (CCLD), talked about “our dying season.” He discussed how we as a culture define “dying,” and the difference that a definition can make. Lathrop’s personal definition of dying is “the transition or in between of who I thought I was and who I would choose to be.” His talk was centered around the belief that “dying is a phase of living, and we have all experienced more than one dying season.” Lathrop also talked about the CCLD, which assists those who have entered their final “dying season” in a non-medical environment. About this center, he says, “CCLD is an opportunity to see what it looks like when the many traditions become one.”

Michele Skeele is an end-of-life doula and therapeutic musician. Skeele talked about reclaiming death in our families and communities, the different rights and methods of burial. Some burial meth-

ods that she discussed were aquamation, human composting, green burials and donating your body to science of forensics. Skeele is very passionate about individuals and families rights to personal and non-commercialized burial and funeral practices, saying there are “lots of ways to go out once you have died.” If you are interested in the burial rights of your state, you can visit funerals.org.

Chloe Banner, a psychology major here at Brevard College, asked the two other panelist questions from the students in Dr. O’Leary’s Life-Span Development class. Q: How does one cope with the loss of a loved one?

A: Acknowledge that coping is necessary. there is going to be every emotion that you can imagine. The idea of a linear process is false. Allow the grief to move or to be what it is. - Lathrop

Q: How do you balance spirituality with the dying process?

A: Make space for whatever the families’ beliefs are. My own beliefs support me. - Skeele

A:I say “You cannot do this wrong. How can I walk with you?” - Lathrop Q: What exactly is a death doula?

A: They are trained to advocate for and assist a family at the end of life. They have working knowledge of the processes [of death]. - Skeele

A: Doulas are those who are willing to step in and to be with when others would rather step out. - Lathrop

The next forum presented by the Age Exchange will be Saturday, April 13 in the Rowgo Room of the Transylvania County Library. The focus of this meeting will be on technology. We hope to see you there!

NC Primary points to Trump v. Biden

Jordan Law
Staff Writer

NC Primary Election results are in and data points to Biden v. Trump in November 2024.

Trump leads the Republican Primary at a staggering 73.9% with Nikki Haley trailing behind him at 23.3%. However, Haley officially announced the end of her presidential campaign, which removes the last Republican hopeful for the Republican presidential nomination.

Biden’s NC Primary percentage is better than Trump’s, but not by much. Biden received 87.3% of the Democrat vote with the remaining 12.7% going to “No Preference.”

Percentages are one thing, and they are specific to each party, but what matters most are the overall delegates each candidate receives during the primary. According to The New York Times, Trump received 53 delegates while Biden received 102.

These delegates determine which candidate will receive the party nomination for president. According to NBC’s 2024 Delegate Tracker, Trump has 1,059 out of 1,215 delegates to win the nomination and Biden has 1,586 out of 1,968 delegates to win the nomination. This data shows America heading to a repeat of the 2020 Presidential Race, although inverted this time.

Taking a closer look at NC State Board of Elections data, most counties hovered around 30% ballots cast. Turnout for the NC primaries is terrible. 70% of NC’s population didn’t participate. In Transylvania County alone, only 33.77% of the population voted in the NC Primary. Below are some of the results:

U.S. House of Representatives - Chuck Edwards (Rep) 3,796 ballots at 65.03%.

NC Governor - Josh Stein (Dem) 2,246 ballots at 84.88% and Mark Robinson (Rep) 3,606 ballots at 62.95%.

NC Lieutenant Governor - Rachel Hunt (Dem) 2,119 ballots at 81.85%.

NC Lieutenant Governor - Jim O’Neill (Rep) 883 ballots at 17.53%.

The ballot counts and percentages are closer in terms of the Transylvania County Board of Commissioners (all Republican) and the Transylvania County Board of Education (all Republican).

The above ballot counts and percentages are all unofficial as of March 5, 2024.

BREVARD AGE EXCHANGE PRESENTS:
“TECHNOLOGY BASICS FOR THE NON-DIGITAL NATIVE”

DATE/LOCATION:
 APRIL 13
 11:00AM-1:00PM
 TRANSYLVANIA COUNTY LIBRARY ROWGO ROOM

SPEAKERS:
 DAN FICKERT: “PRACTICAL TIPS ON CYBERSECURITY”
 YVETTE BROOKS: “CHATGPT ACROSS GENERATIONS: DECODING MILLENNIAL AND GEN Z CONVERSATIONS FOR BOOMERS AND BEYOND”

MODERATOR: PAULA HARTMANSTEIN
 THE PROGRAM IS FREE AND OPEN TO THE PUBLIC
 SPONSORED BY CITY OF BREVARD

BC students take a field trip to study their dreams



Photo by Margaret Brown

ILO 297 class went to Kanuga to attend a Haden Institute intensive — a program of classes on working with dreams, the psychology and research of dreaming, and the creativity and embodiment that comes from dreamwork. Our creative “Kanuga” projects — all based on dreams and/or the “Active Imagination” state — are in the front in the picture.

THE CLARION

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The Brevard Jewish Community invites you to a Shabbat service

The Brevard Jewish Community is having a Shabbat service, sponsoring a Purim concert, and holding reception at The Lutheran Church of the Good Shepherd at 7 p.m. on March 22. The event is free and open to the public.

Norm Bossert will be leading the brief Shabbat service, a regularly occurring event in Jewish life of celebrating the return of the Sabbath. He will continue by sharing a bit about the holiday of Purim, sometimes called “The Festival of Lots,” or “The Feast of Esther.” The nature of the holiday is festive and somewhat like Mardi Gras in spirit in that people dress in costumes and celebrate a time when an oppressed people were delivered into safety. You are encouraged to attend in costume!

There will be a light classical concert starting about 7:45. Mariya Potapova, violin; Katie Hamilton, cello; and Vance Reese, piano; (the Vakama Trio), will play a playful piano trio by Joseph Haydn, a klezmer Freylachs (folk dance) by Joel Engel (early 20th century Russian-Jewish musicologist), and Astor Piazzolla’s tango-derived “Primavera Porteña.” The concert will conclude by 8:30 p.m. followed by a reception in the social hall featuring the staple food of Purim — Hamantaschen (named after “the bad guy” in

the Book of Esther).

If you would like to join the live-stream, or if you would like anymore information, email Vance Reese at vancereese23@gmail.com.

— Vance Reese



Photo by Roni Shitzer

It is tradition for both children and adults to dress up in costumes as seen in this picture taken of some of the festivities in Jerusalem.

Book Review:

Lesser-known series: 'Stillhouse Lake' by Rachel Caine

Savannah Anderson

Staff Writer

"Stillhouse Lake" is the first of a six-book series written by Roxanne Longstreet Conrad, better known by her pen name, Rachel Caine. It was published July 1, 2017 by Thomas & Mercer and Amazon Publishing.

Caine unfortunately passed away on November 1, 2020, at the age of 58 due to soft tissue sarcoma. The sixth book of the series "Trapper Road" was finished by author Carrie Ryan to complete the series in 2022.

"Stillhouse Lake" falls into the adult suspense thriller genre. Caine's series is found on Kindle Unlimited, Amazon and some audiobook sites. I highly recommend reading not only "Stillhouse Lake" but the entire series.

One lucky day, a drunk driver crashed in the Royal's garage exposing Melvin Royal's secondary life, a life in which he was able to live out his power-driven fantasies. In his "work" garage that no one was allowed in, he abducted, raped, tortured and eventually killed his young female victims.

Melvin quickly became an infamous serial killer with Gina Royal being accused as his "little helper." Once Gina was finally acquitted after years of trials, jail time and accusations, she regained custody of her children after spending two years with their grandma and ran away with them to start a new life.

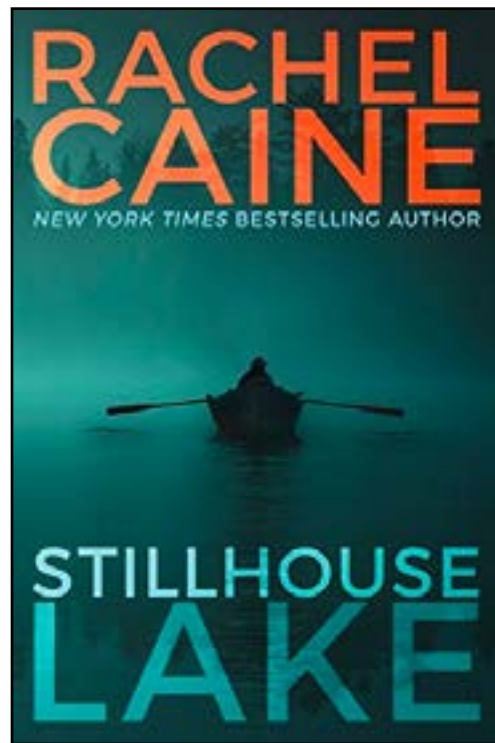
Gina and her children changed their names multiple times and moved to multiple locations in an attempt to escape the death and rape threats, never-ending harassment and vandalism. All of this because the majority of the world believed they were involved in the abductions and murders.

Who was formerly known as Gina Royal is now Gwen Proctor. Her children are Lanny, her fourteen-year-old daughter, and Connor, her eleven-year-old son. They eventually find themselves at Stillhouse Lake in Tennessee and finally start to feel comfortable there for the first time.

That is, until dead bodies started showing up in the lake right near her house, all killed the same way as Melvin Royal's victims were killed. The blame immediately started falling on the Proctor family, and they must decide "Do we stay or do we leave again?"

This novel is full of plot twists that will not fail to catch you off guard. There are many lovable characters and a near-equal number of characters that are completely vile and put the Proctors in imminent danger.

I cannot recommend this series more. Rachel Caine creates a world in which you believe in these characters and want to fight for their safety the same way Gwen does. With every book there is a new plot line that captivates you and places you back into their lives, nervous for what is going to happen to them next, praying and hoping for their safety and well-being.



Movie Review:

'Thanksgiving' (2023)

The Grindhouse movie double-features Quentin Tarantino and Robert Rodriguez. In between those movies were fake trailers that they made called "Machete," which was later made into a movie along with Thanksgiving that Eli Roth Made.

The movie starts with the standard family Thanksgiving meal but quickly transitions to the security working the night shift the day before black Friday because people line up early for it. Everyone waiting outside sees the kids break inside before them and rampage the doors stepping over anyone in their path.

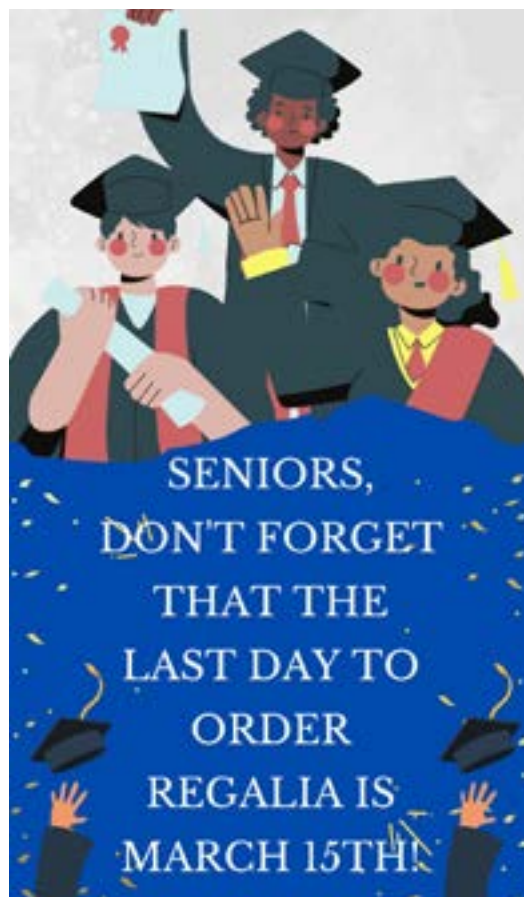
Everyone who is caught in the wrong place at the wrong time ends up dying from various coincidences. On the night of the attack, the cameras were shut down. Since then the town has been rebuilt, trying to move past the event.

There is a man in a mask and a top hat with all the video footage of the night taking revenge on the people who were there that night. At the end of the movie, there is no clear evidence that the killer is dead, so he could still be lurking.

If you like a gruesome, thriller, comedy film

then you may be interested in this one. There isn't a lot of depth with each character, so you aren't going to be attached to anyone. Overall I would rate the movie 6/10. It was your basic thriller movie idea with funny one-liners and took a more realistic take on things.

— Alex Spangler



Mansplaining March 8th

Martin M. A.

Staff Writer

This article is satire, except for the explanation of how exactly March 8 became International Women's Day.

Women's International Day is the time of the year when women across the globe gather to celebrate their achievements, their resilience, and everything else we, the men, already know about. It's like Christmas for feminists, with fewer decorations and more empowerment! As we embark on this journey of enlightenment, it's only fitting that we, the noble sirs of the world, take it upon ourselves to graciously present our incredible wisdom to the women. So without further ado, let's begin mansplaining.

Firstly, let's address the elephant in the room: why do we even need a day dedicated to women? Surely, every day is Women's Day, right? Wrong. It takes a discerning male mind to comprehend the complexities of such a matter. You see, dear ladies, Women's International Day isn't just about celebrating your achievements; it's about reminding you of your importance in society, which, coincidentally, we are more than happy to define for you.

Women are human beings too, with thoughts, feelings and aspirations beyond just looking pretty and making babies. Shocking, I know! But it's true. And Women's International Day is the perfect opportunity to remind ourselves of that fact. Surprisingly, women can do almost everything men can do, except for having power in society. Too much power for a woman can be dangerous, as only men know how to deal with power. Imagine if a woman was in charge of a country, she might have a hormone attack and decide to start a petty war out of nowhere. No no no, only men can start petty wars out of nowhere. Or worse, she might want to have more power than what she already has and be treated the same as men!

Because that is the reason this day exists. Now is a good time to remember how the Women's International Day began. It traces its origins back to when women dared to demand equality. How dare they! But let's be honest, would women truly understand the significance of their struggle without our keen insights and clarifications? Unlikely.

So let's look into how March 8 became International Women's Day. It isn't just one event that made this day the day it is, but rather a series of events that culminated on settling March 8 as International Women's Day. It started on March 8, 1857, when female textile workers in New York marched against their unfair working conditions and unequal rights for women. But only white, straight males were treated better, so they might have been confused about who had rights. In 1907,

the International Conference for Socialist Women took place in Stuttgart, aiming for Women's suffrage. Then again on March 8, 1908, women in New York were once again marching against the working conditions in the sweatshops, demanding women's suffrage and protesting against child labor. It's as if they're not only dissatisfied with their inequality but want equality and dignified treatment for all. Outrageous! Then in 1910, a reunion in Copenhagen for the second International Conference for Socialist Women decided to set a date to commemorate women every year. In 1911, March 19 was the chosen day, in commemoration of the 1848 revolution. In 1913, before WWI was about to erupt, hundreds of women decided to gather to protest against this war. In Russia, they chose the last Sunday of February, while the rest of the world decided on early March. When WWI was getting started, hundreds of women met in The Hague for the First International Congress of Women. Finally, in 1917, as a reaction to the millions of soldiers who had died in the war, women in Russia decided to strike, demanding peace in the conflict. This historic strike made the Tzar abdicate and gave women the right to vote just four days later.

The rest of the century saw progress in the fight for feminism, but there was still a long way to go for women to get their officially recognized day. Finally, in 1975, the UN commemorated International Women's Day on March 8, as it was a day in which women had done history in the past. After that, every year on March 8, we commemorate International Women's Day, not celebrate, as there is still a long way to go to start with celebrations.

Now, some of you might be thinking, "But what about men's rights? Don't we deserve a day too?" Well, fear not, my fellow manly men, for every other day of the year is already Men's Day! We get to roam the earth freely, without fear of harassment or discrimination. We get to be taken seriously in the workplace and have our voices heard in government. So really, isn't every day Men's International Day? I think it is fair to give women a day for every 364 we get, or 365 if it is a leap year.

In conclusion, as we celebrate Women's International Day, let us not forget the indispensable role of mansplaining. Without our sage advice and unwavering guidance, women would surely be lost in a sea of confusion. They might experience it, but we still know better. So here's to us, the noble sirs, bravely mansplaining our way through Women's International Day, because even in their day, we still deserve a bit of attention.

Gaming impacts us through deep pixelated messages

Mari Carter

Staff Writer

As many of you know video games are practically integrated in our lives, whether it be maybe you saw an ad or actively play games on either console or even your phone. Point being we are all very aware of video games and their impact on our world and we are or should be very aware they won't be going anywhere anytime soon.

Their influence and evolution started from merely being just clunky machines in an arcade, where you'd have a very obscure yet straightforward goal. For example you're a space pirate shooting evil purple aliens or perhaps a green creature tasked to avoid ghosts until you eat a cherry, turning the tables and eating them now.

These games were the foundation of gaming before we reached points of complex narrative with dialogue trees and impactful routes leading to a conclusion, whether it be good or bad. These games' narratives of course have very complex messages to accompany their narrative exploring social issues. For example one of my absolute favorite games to ever be created is OMORI. This game discusses issues revolving around trauma and how to course through it and overcome it.

Now looking at the cover of the game you'd never expect that with its cute atmosphere and dialogue, but quickly the game reminds you this is a horror game. Providing you that sense of security and wholesomeness — these characters provide you a piece of their heart before you're sent to the cold reality where your older sister has taken her own life.

It's a very surreal experience especially when you see the intense changes trauma can cause and how it can affect a childhood friend group and how these children essentially cope and deal with this loss.

I'm so thankful for video games and the creative outlet it provides for people and how far we've come. If you're ever bored this spring break, I recommend you to pick up an indie game or narrative story game at all. I promise it might be your next new passion.



Trail Review:

Triple Falls Trail: A nature lover's paradise found in NC

Oswaldo Martinez
Staff Writer

Nestled in North Carolina's DuPont State Recreational Forest near Brevard College, the Triple Falls Trail is a serene escape to the state's natural wonders. The trail is a 3.2-mile loop with captivating views, lush greenery and the stunning triple-tiered waterfall, which is the star attraction of the trail.

As visitors embark on their journey, they're welcomed by the soothing sounds of cascading water from the waterfall and the crisp mountain air, providing the refreshing escape from the hustle and bustle of everyday life. The trail boasts a picturesque view of the surrounding landscapes, making it a favorite among hikers and nature enthusiasts.

The Triple Falls Trail is a feast for the eyes and rich in biodiversity, with diverse flora and fauna adorning its path. Hikers may encounter various wildlife, from songbirds to deer, enhancing the immersive experience. The trail offers something extraordinary for anyone seeking solace in nature, and the combination of breathtaking scenery and invigorating hiking makes it a must-visit destination.

The trail also offers opportunities for rock scrambling and creek crossings, adding an element of excitement to the adventure. However, caution is advised, especially after heavy rainfall, as trails may become slippery, and water levels may rise.

If you are looking for a journey of discovery, exploring Triple Falls Trail is the perfect treat for you. Each turn reveals a new marvel of nature, from towering trees to delicate wildflowers. So, pack your bags, head to the Triple Falls Trail for an unforgettable adventure and remember to capture the memories of your experience.

I had a fantastic experience with my family and cousin's dog on my recent trip. It was a bright, sunny day, and we had just finished lunch when I suggested going on a hike at Triple Falls. Being an avid hiker, I knew the path and what shortcuts to take, so I volunteered to take the lead. With my cousin's dog tagging along, we packed snacks and water and started our journey. The plan was to hike to the top and admire the stunning mountains and waterfalls.

The hike was expected to take us at least an hour and ten minutes, but it was a memorable journey that I will cherish forever. What made it special was that my parents, who were in their mid-40s,

could tag along. As a 19-year-old, I understand that our bodies tend to slow down as we age and outdoor activities become less frequent. So, I was thrilled that my parents were willing to join us on this hike.

As we walked and talked, I couldn't help but admire how much my parents could endure despite their age. Seeing them enjoying the hike and taking in the breathtaking scenery was heartwarming. I realized that moments like these are precious, and we should cherish them while we can.

Our hike to Triple Falls was a day that I will never forget. It was an incredible experience to spend quality time in the great outdoors with my family, including my cousin's dog. Even though I underestimated how long my parents could endure a hike, we all had a fantastic time and created memories that would last a lifetime.

Whether it's a stroll amidst the foliage or an adrenaline-pumping hike to the falls, Triple Falls Trail promises an unforgettable outdoor escapade for visitors of all ages and skill levels. So, lace up those hiking boots, wear protective gear, pack your camera and prepare to immerse yourself in the natural splendor of North Carolina's Triple Falls Trail.



Photo by Oswaldo Martinez

Oswaldo Martinez's cousin's dog Tommy enjoying the hike.



Photo by Oswaldo Martinez

Oswaldo Martinez's parents enjoying the river Near Bill Yarborough Bridge.

11 Fingers:

Part of my Philosophy: Softmotion

Isaiah Collison

Managing Editor

I never don't feel like me, even knowing that way back when, I used to feel awkward all the time. I always knew I was Isaiah. We should all strive to be unorthodox, both internally and externally. The painful sensations will one day cease. Situations will comfort us.

Fine. F*ck it. Take it, Gravity.

Let your hair down. Let your body hang like leaves. Confidence is going with gravity while growing through it. Have the confidence. If someone asked you, "What are you stressing about?," I bet you'd have a roomy list. If someone asked you, "Why are you stressing about it?," you'd say, "Because I'm supposed to. You don't understand — I have to."

Think back, if you don't mind. Jesus said to his disciples in Luke chapter 12, "Can all your worries add a single moment to your life? And if worry can't accomplish a little thing like that, what's the use of worrying over bigger things?" in verses 25-26. And this was the man who went on to die for your sins. Yet... *you* stress. Stop it. You're not slick — you're dying. Roll away from worry.

Instead I propose you be decidedly lazy. Decidedly lazy is not procrastination; it is what you say to temptation when it comes to drain you.

Some people are in the business of hurting themselves. I am too soft for that life. When my left leg is heavier than my right and my head is heavier than my heart or vice versa, I feel like two scoops of paste.

Temptation: Feed me.

You: Nah. Can't. I don't have the energy.

Temptation: You do. Get up. Come feed me.

You: I'm too lazy to hurt myself today.

Temptation: I'll pick you up!... I'm gonna stand

here until you—

You: You've been standing there for the past whatchamacallit.

After this, doze off.

Decidedly lazy, energy-choosey, picky with my energy — I came up with it in a moment.

Two weeks ago I had a bad week because I made a bad choice that I let linger in my air. This week I chose to have a better week because in reaction to having a bad week two weeks ago, I decided to refocus on the present. *You might as well... You know, they say this week is next week.*

That's why this week I can tell you not to get stuck. Keep moving. Become defiant in your laziness towards things that hurt you. Allow yourself the space for stillness.

Some may say softmotion sounds like shiftlessness, but it is different from slow motion. Give yourself olive branches, for it is not a disservice when we extend ourselves peace. If you think decidedly lazy is too lazy, here. I outworked, outgrew and burned this hard drive I'm working on, so now I'm in need of another one! The computer is begging for mercy because it can't keep up! Take that!

Moolin, coolin and kinda droolin.

Itch with your fingertip not your nail, so it doesn't hurt. Can you blink and not open your eyes? You ever grace your eyes with sag? Have you ever faded into a moment where your body feels happy to not feel moody?

You ever go through life in a sweet dream state? You ever stop hurting yourself and realize, "Lowkey, that was nice."?

You'll have more touch in your hands, and you won't feel so tired all the time. Life will get good to you. You'll giggle about things you used to stress about. Then the temptations will only be

able to mumble. Vision will be clearer, and your path will be brighter.

Then your heart feels warm and smooth. Think about a smoothie. Do you know what a smoothie does? Think of how its every component blends together and sits with itself. Softmotion is about coming to balance. Build your foundation, and you will start to receive good feedback. If they like the foundation, best believe...

Tell me how you stay down and fly at the same time. The experts have called it the flow state. The flow state is underwater cruising. Put your life on the waterway. Ride the submarine. Your radar will read, "All day." This is fluid nonchalance.

Hall of Fame Forward Dennis Rodman was traded to Chicago in 1995. Keep in mind the Chicago Bulls were the first team to three-peat in the finals from 1991-'93. Rodman was a superstar defender who made his name soaring through the air for rebounds with the Detroit Pistons in the '80s. He was a part of the reason the Bulls had to wait to win championships.

Rodman remembered his interaction with Hall of Fame NBA Coach Phil Jackson like this. "So basically [Phil Jackson] said, 'Dennis, you wanna come play for the Bulls?' I said, 'I don't care, whatever.'"

In softmotion, this is perfect. Some may see this interaction as clumsy and unprofessional, but how many of them have been recruited to join a dynasty? Life becomes sarcastically coincidental — you'll end up in the right room when you do the right things and take time easy.

When words fill the need, they don't need to mean things. When you don't need them, put them back on the shelf. There's no judgment or time keeping in distortion softmotion. The moon says good morning — the sun says goodnight.

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Coincidence or psychic: do 'The Simpsons' predict the future?

Ivelysse Leighton

Staff Writer

"The Simpsons" is notorious for its ability to predict future events, and we are left wondering if the writers actually have a crystal ball sitting in their office. "The Simpsons" have been accused of having psychic abilities to time travel purely because there are more than a handful of episodes that portray weirdly specific events before they happen. Here is a breakdown of the top 10 predictions "The Simpsons" made over its nearly 30-year run.

Number 10: Disney bought a large part of 20th Century Fox in 2017, but "The Simpsons" saw this coming back in 1998. During season 10, episode 5: "When You Dish Upon a Star," they showed the logo of 20th Century Fox with "A Division of Walt Disney Co" underneath it.

Number 9: In season 22, episode 1: "Elementary School Musical," Millhouse predicted that Bengt R. Holmström would win the Nobel Prize in Economics. Later in 2016 it was announced that he actually won the Nobel Prize.

Number 8: The popular video game Guitar Hero was released in 2005, but in season 14, episode 2 called "How I Spent My Strummer Vacation," Homer decided to go to a Rolling Stone's concert. Here is where he's given a jacket that says "Guitar Hero" on the back. This episode aired three years before the game's release.

Number 7: In season 21, episode 12: "Boy Meets Curl," Homer and Marge played in a mixed curling team against Sweden in the Olympics and



won. This later predicted the U.S. men's curling team beating Sweden and taking the gold in the 2018 Olympics eight years after that episode aired.

Number 6: In a season 10 episode called "Viva Ned Flanders" that aired in 1999, there are so many similarities between the movie "The Hangover" and this Simpsons episode. Homer and Ned go to Las Vegas, hook up with prostitutes, and steal Mike Tyson's tiger. Tell me that doesn't sound like the plot for The Hangover that came out in 2009.

Number 5: During season 23, episode 22 in an episode called "Lisa Goes Gaga," the show featured the singer performing in the air while visiting Springfield. This predicted Lady Gaga's 2017 Super Bowl LI halftime show where she performed suspended in the air in a silver outfit.

Number 4: They predicted the Game of Thrones' crazy finale nearly two years before the episode aired. During season 29, episode 1: "The Serfs-sons," all of the residents of Springfield found

themselves thrown into the fantasy world called Springfieldia. The episode closed with a dragon destroying their village which shadowed Dregon's destruction of King's Landing.

Number 3: In season 20, episode 4: "Treehouse of Horror XIX" Homer used a faulty voting machine in 2008 when he tried to vote for Barack Obama, but the machine changed his vote to Mitt Romney, which is very similar to what we saw four years later in 2012.

Number 2: In season 25, episode 16: "You Don't Have to Live Like a Referee," "The Simpsons" nailed this prediction when the FIFA corruption scandal aired. During the episode the world football federation representative is arrested for corruption, which are the same charges FIFA officials were arrested with in 2015.

Number 1: In "The Simpsons Movie," they predicted the NSA spying scandal in 2007, only for it to actually happen in 2013. In the episode the family was forced to go into hiding after the NSA located Marge spying on their conversation. This preceded Edward Snowden exposing the NSA's spying in 2013.

Even though many people label these as "coincidences," some people are fully convinced by these predictions. So much so that when The Simpsons predicted the end of the world in 2022 people were convinced that it would actually happen. By now we all know that this didn't ever occur, so I believe we can chalk this up to coincidences, if you chose to believe that.

Disciplined by the standard

Alexander Bolton

Staff Writer

Following a strict regimen or guideline is something many people just can't stand. It can be hard for some folks to maintain a consistent application of a certain way of doing things. When I think of discipline I think of holding oneself to a certain standard, whether anyone or anything else holds you to it or not.

As I walk day to day discipline has been a huge part of my life, and if we all took a step back and thought of our lives we'd realize either how disciplined we are or the lack thereof. As a man with a sweet tooth, I can indeed state I have a lack of discipline on my sweet intake — oops.

Then there's my faith and relationship with God. There I find strengths in my discipline that have affected my whole life.

When trying to maintain discipline it has come to me that the success, or lack thereof, of our attempt to maintain it is our willingness to follow the standard. For example when one claims they will be no less than an "A" average student, a standard has been set. It is then on the student to be disciplined in their work studies to do what it takes to meet this standard.

Do you see the correlation between the standard and discipline? Here's another example that for me is very personal. When I think of how to be a better follower of Christ, I look at Jesus himself as the example and standard for the life of a

Christian. Though I fall short daily as I still check myself to stay disciplined in my attempt to meet His standard. "...or all have sinned, and come short of the glory of God" Romans 3:23.

What then is the standard for your life? Where is it that you must draw the line and say here is where I must be, then be disciplined enough to do it?

I strongly insist that we all find this standard and then apply our discipline to this idea. Our motivation by the standard is such a strong fuel if it is truly something you desire. There are no excuses when it comes to discipline just comes down to how bad you want to meet your standard.

So want more for yourself because no one can want more for you then you!

The balancing act of a student and an athlete

Tristan Troutman
Contributor

Brevard College holds a student body of roughly 1,200 students, and almost 65% are student-athletes participating at the NCAA Division Three level (except for cycling, which competes at Division One).

With many freshmen struggling to live on their own, find balance in just class and homework and adjust to a new environment, it is a wonder how student-athletes keep up.

Tim McCabe, a freshman cross-country runner, said, "My biggest challenge was trying to manage it all: school, work, and cross country. My first few weeks here were a big challenge, but now I think I have it somewhat under control."

Many fellow athletes felt the same stress Mc-

Cabe described, trying to adjust to a whole new schedule and freedom while also having practices and games. It can become difficult to imagine why someone would do this to themselves.

Campbell West, a freshman on the men's soccer team, tells of his personal experience, "I thought I could do what I used to back in high school and just kind of barely make do with what's in front of me. Brevard being a smaller college makes it harder to just blend in and that's the same on the field. I feel pushed on and off the field and overall feel it shaping me into a better person."

When West was asked why he chose to continue playing soccer he told me, "I love the sport and it's always been a part of me. I knew I wanted to find a school to play soccer at and get a good education."

And that's ultimately the driving reason for many student-athletes, for the love of the game and finding like-minded people to rely on and call teammates.


Hatcher Bailey, a freshman on the baseball team, said, "I was nervous, but I knew no matter what I had baseball, and even if I was lost in school, I would have baseball."

With the changes that come with transitioning to being a college student, there come challenges, and student-athletes have to learn to have two full-time jobs: being a student and being an athlete.

Brevard College is home to 20 collegiate sports to choose from. Many students who come through campus are on those teams and in the classrooms every day.

Saturday
• SPRING BREAK

Sunday
• SPRING BREAK



Looking Ahead...

3/11	SPRING BREAK	
3/12	SPRING BREAK	
3/13	SPRING BREAK	
3/14	SPRING BREAK	
3/15	SPRING BREAK	
3/16	SPRING BREAK	
3/17	SPRING BREAK	

Bulletin Board

Newsletter Update:
Spring Break is coming up fast! Next week there will be no newsletter but don't miss out on BC Athletics. Check out bctornados.com for schedules, stats, and more!

