

# Brevard's 'Hidden Opponent' chapter walk highlights Suicide Prevention Month

Addison Smith  
Contributor

Brevard College's chapter of The Hidden Opponent, a mental health club for athletes, engaged in a silent campus walk on the morning of Sept. 9 to spread awareness of Suicide Prevention Month, which takes place during September.

Kayleigh Marr, the president and campus captain of the Hidden Opponent, organized the silent walk "to honor those we have lost to suicide, who struggle, who fight, and who have been affected by suicide." She wanted to show that this is a community change; it doesn't only affect one person or one team, but everyone who lives in the community.

The Hidden Opponent is a non-profit organization founded by Victoria Garrick Browne, a former volleyball player at the University of



Participants and club members pose together with posters and a banner at the end of the walk. Photo by Kendall Hubbard via Flickr.

Southern California, to not only draw attention to the issue but also to educate, support, and advocate for the student athletes all over the world; it allows people to know that everyone goes through things behind closed doors and nobody is alone.

Marr initially had plans to only be a member and be a voice for people who didn't have one, but when the time came, it appeared that the chapter was no longer at Brevard. She then made it her mission to get the club back up and start helping people on and off the field. "I worked with SGA to reinstate this organization as a club at our school, hoping that it would grow and be a resource and outlet for our campus," Marr said.

When talking about mental health, there's always a "stigma" around the idea—some people believe they will be viewed as weak if they talk about their struggles, which is why everyone needs to have a safe place to talk or hang out without feeling ashamed.

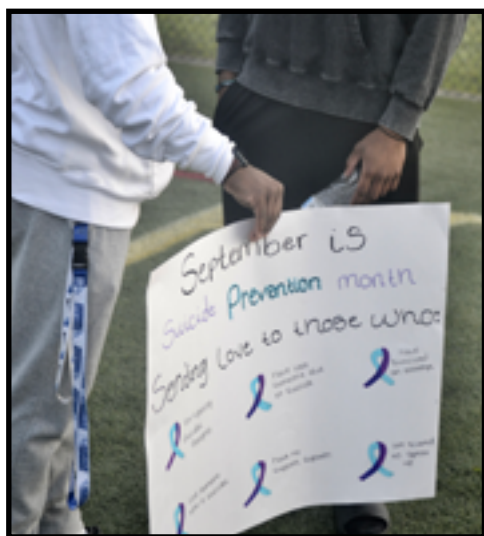
"During my time with this club, I want to work to make a change and break the stigma

surrounding mental health," she said. "If one singular person is touched by what we stand for and what we do on this campus, I would consider that to be a large impact."

At the silent walk, there were over 75 people in attendance. Students, faculty, staff, and off-campus community members were all present. The walk was held at sunrise to "represent hope being found in coming out of the darkness and into the light, and by walking together in silence, we walked in strength against The Hidden Opponent," Marr said.

This walk impacted dozens of people and teams, which showed Marr that her goal for this program has already been accomplished and that she is truly making a difference.

According to the CDC (Centers for Disease Control), 12.8 million people seriously thought about suicide, 3.7 million made a suicide plan, and 1.7 million attempted suicide, and according to afsp.org, on average, 24,000 college students attempt suicide each year; 1,100 of those are successful.



A sign from the campus walk held by Brevard's chapter of The Hidden Opponent. Photo by Kendall Hubbard via Flickr.

# Hidden Opponent highlights Suicide Prevention Month

Continued from page 1

In a recent study published by the British Journal of Sports Medicine, researchers found that suicide rates among NCAA athletes more than doubled over a 20-year period, making it one of the leading causes of death within the age group.

With Brevard having over 70 percent of its students being athletes, this is what really drove Kayleigh to create the change and spread awareness to students.

These statistics are part of what paved the way for Marr to plan this walk.

Marr and the officers and representatives worked tirelessly to organize this walk and are planning to do another one in the spring semester.

The Hidden Opponent will be a platform for Marr to help students by sharing her own story, and she can't wait for her next project in the near future.



Messages left by participants of why they chose to join the walk.

# Mindfulness tools the focus of 'Food for Thought' talk

Stephon Miller  
Staff Writer

The most recent "Food For Thought" event at Brevard College highlighted mindfulness as a practical tool for students and educators.

The presentation, by Dr. Allison O'Leary, associate professor of psychology, titled "Staying Present in the Classroom: Tools for Mindful Learning," took place Wednesday, Sept. 10 in the Boerner Room of Myers Dining Hall.

Mindfulness—or paying purposeful, nonjudgmental attention to the present moment—has been shown to improve sustained attention, emotional regulation, and even academic performance, O'Leary said. It can also reduce test anxiety and wandering thoughts by activating the parasympathetic nervous system through

simple practices like mindful breathing.

Students often bring sensations, emotions, thoughts, and behaviors with them into the classroom. Rather than trying to push distractions or unpleasant feelings away, mindfulness encourages noticing and accepting them. Faculty can play a key role in guiding students back to presence and teaching ways to re-engage attention, creating classrooms where everyone can be fully present.

The Food for Thought events connect students with broader perspectives that can carry benefits far beyond college. Earlier this semester, the first event for the 2025-2026 academic year took place on Aug. 26 and was led by assistant professor of history Abby Whitaker, who presented on the topic "The Uncertain Future of Public Broadcasting and Sesame Street's Failure

to Save It."

By attending Food for Thought events, students open doors to networking, fresh opportunities, and new ideas, sometimes realizing for the first time that these events are meant for them.

The next Food For Thought event is Oct. 13 at 12:30 p.m. in the Boerner Room. Dr. Taewoo Kim will present "Can My Laptop Be My Coach?"

Also, mark your calendars for Nov. 4 at 12 p.m. in the TLC Classroom in the Library, when Dr. Erasme Uyizwey will discuss "Urbanization and Microplastic Flux: Contrasting Two Watersheds in Central Kenya."

Brevard College students are encouraged to attend. Come with curiosity and engage in conversations that may serve you well beyond the classroom!

# 'Potential threat' on campus leads to arrest, questions

The Brevard College campus community learned late Thursday afternoon that the Transylvania County Sheriff's Department had responded to a "potential threat" by someone on campus, which led to at least one arrest.

An email sent at 5:36 p.m. yesterday with the subject "Message from Brevard College" informed students, staff and faculty that earlier that afternoon, the college had been made aware of "a recent potential threat by an individual on campus."

"The Sheriff's Department was immediately contacted and responded to campus," the message continued. "After investigation, while

there was not an active or imminent threat, the Sheriff's Department deemed the threat credible and arrested the individual."

The email, sent by senior director of public relations Phil de Montmollin, went on to say, "Law enforcement has indicated that there is no further threat at this time. The college continues to work in partnership with law enforcement, who have indicated there are no additional actions required of the college or those who live, work, and study here. We appreciate the immediate and professional response by the Sheriff's deputies, and are grateful for their service."

The Clarion reached out to Emily White,

director of campus security, for more details, but she responded she could not comment on the situation at this time.

Some students took to BC Radar to express a desire for more information, especially given the assassination of conservative activist Charlie Kirk on Wednesday on a college campus in Utah. Numerous news outlets also reported late yesterday that at least seven historically Black colleges and universities had received threats leading to campus lockdowns.

The Clarion will continue to seek information about yesterday's incident at BC, and we hope to let our readers know more in a future issue.

# 9/11, 24 years later



John B. Padgett

Associate Professor of English

America changed 24 years ago yesterday.

On that day, Sept. 11, 2001, 19 terrorists hijacked four passenger airliners and effectively turned them into ballistic missiles that struck the twin towers of the World Trade Center in New York and the Pentagon in Washington, D.C. With a death toll of 2,977 people, it was the most devastating attack on the United States since Pearl Harbor.

The Pearl Harbor attack on Dec. 7, 1941—"a date which will live in infamy," in President Franklin D. Roosevelt's famous words—led, of course, to the United States entering World War II. The 9/11 attacks similarly served as a call to arms and the beginning of what was dubbed a Global War on Terror—first in Afghanistan, then expanded, controversially, in 2003 to Iraq, a nation most experts agree (and agreed at the time) had nothing to do with the 9/11 attacks.

I realize most college students today had not yet been born in 2001, but for those of us who were alive, it is a day we will never forget. We saw, over and over again, different camera angles of jumbo jets loaded with fuel slam into the twin towers. We watched as the twin towers collapsed, live on television. We felt the emotions—shock, anger, intense grief—that we could see etched indelibly on those who witnessed the collapses firsthand. We saw, could almost taste, the dust that covered everyone and everything in the immediate aftermath of those collapses.

And we saw the smoke: from the Pentagon, where the Boeing 757 for American Airlines Flight 77 penetrated three of the Pentagon's five rings, creating a fireball that rose 200 feet into the clear blue sky of that September morning.

From a field near Shanksville, Pennsylvania, where the fourth plane crashed, the only hijacked plane not to reach its target, thanks to the courageous intervention of passengers on United Airlines Flight 93.

And from the pile of rubbish and debris in lower Manhattan which became known as Ground Zero, where fires burned for more than three months, and where workers risked their own lives and health for weeks digging through the rubble looking desperately for someone, anyone, who might be trapped.

The world changed in ways both great and small on that day, and even if you were not yet with us then, all of us continue to live in a world fundamentally shaped by what happened on that day, and in the days, weeks, and months afterward. Here are just a few of the ways life changed after 9/11.

**Enhanced surveillance:** The U.S. government gained new authorities for mass surveillance through acts of Congress, such as the USA Patriot Act, some of which raised significant privacy concerns.

**Airport security:** New, stricter security measures were implemented at airports, forever changing air travel with more onerous screening and inconveniences for passengers.

**A rise in discrimination:** The attacks led to a surge in racial profiling, discrimination, and hate crimes, particularly against Muslims, with Islamophobia becoming a pervasive global issue.

**Seemingly endless wars:** Nearly 2 million American servicemen and women served in combat in Afghanistan and Iraq. U.S. troops did not



A page from the Nov. 30, 2001 issue of The Clarion (the first after the 9/11 attacks). Click the image to view the page, or browse entire issues in the digital archive at <https://www.digitalnc.org/newspapers/brevard-college-student-newspaper/>.

fully withdraw from Afghanistan until August 2021, almost 20 years after the war there began. Nearly 7,000 Americans died in these two wars.

The 9/11 attacks changed us in other ways as well, some of which were positive, others less so. Though initially the attacks brought the nation closer together in shared grief and patriotism, in later years they helped to sharpen an already potent partisan divide.

They inspired amazing works of art and literature, including Bruce Springsteen's "The Rising" album and Cormac McCarthy's novel "The Road." But they also fueled numerous conspiracy theories, which opened the way for later widespread and destructive conspiracy theories such as QAnon.

And they changed, for better or worse, the things (and people) we choose to fear.

At Brevard College, students and faculty reacted shortly after the attacks by gathering near a cross then located in the quad between Jones and Coltrane for prayers and reflection. In the first issue after the attacks, Clarion staff asked BC students how the attacks had changed their lives. Some of their responses:

"I have a newfound respect for how fragile society is."

"Since September 11th, I have put more faith in our country and in God. I value my life a little more now."

"I don't have the same sense of security that I used to have before all this happened."

With all that is going on today, those students' words, uttered nearly 24 years ago, continue to resonate today.

For more information about the 9/11 attacks and the aftermath of them, visit the National September 11 Memorial & Museum website, <https://www.911memorial.org/>.



# Constitution Day 2025



Each year on Sept. 17, the nation marks Constitution Day—the anniversary of the signing of the U.S. Constitution in 1787. Drafted during a sweltering summer in Philadelphia, the Constitution established the framework for our government and remains the oldest written national constitution still in use today.

Constitution Day is a chance to reflect on the document's living legacy: its principles, its amendments, and the way it continues to shape American life. The Constitution is both enduring and evolving—interpreted over time by courts, debated in legislatures, and lived out by the people.

## Did You Know?

- The Constitution is the **shortest written constitution** of any major nation: only 4,400 words. (Monaco's is credited as the shortest, at around 3,800 words.)
- The Convention was originally called to **revise the Articles of Confederation**, but the delegates decided instead to create a brand-new framework of government.
- The delegates at the Constitutional Convention **met in secret**—windows were shut in the sweltering summer heat to keep debates private.
- Rhode Island refused to send delegates and was the **last state to ratify** (1790).
- The youngest delegate, Jonathan Dayton of New Jersey, was **26 years old**; the oldest was Benjamin Franklin, who was **81 years old** when he signed it.
- Words that never appear in the text of the Constitution include **"democracy," "slavery" and "privacy."** ("Slavery," however, is mentioned in the 13th Amendment.)
- There are a total of **27 amendments** to the Constitution—but since the first 10 were ratified together as the Bill of Rights in 1791, the Constitution has only been amended **17 additional times** in more than 230 years.
- The **14th Amendment** (1868) was one of three amendments passed after the Civil War to protect the rights of formerly enslaved people. It guarantees *equal protection* and *due process* and has been key in many landmark Supreme Court rulings.
- The **27th Amendment**, dealing with congressional pay raises, holds the record for the longest ratification in U.S. history. First proposed in 1789 as part of the Bill of Rights, it wasn't fully ratified until **1992**, more than 200 years later!

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

## Which amendment matters most to you? Take our poll!

Constitutional Amendments are responsible for many of the rights we hold dear, from freedom of speech to the right to vote. Which amendment matters most to you? [Click](#) or scan the QR code and let us know!



## 13 Landmark Supreme Court Cases

The Constitution is often called a "living document" because its meaning evolves as courts interpret it. The Supreme Court has the final say in that process, and its decisions have shaped U.S. history. (Ones in red have been overturned, in whole or in part, by later decisions or amendments.)

**Marbury v. Madison** (1803) – Established the concept of "judicial review," giving the Court the power to strike down laws as unconstitutional.

**Dred Scott v. Sandford** (1857) – Declared enslaved people could not be citizens, denying them constitutional rights. (Overturned by 14th Amendment)

**Plessy v. Ferguson** (1896) – Upheld racial segregation under "separate but equal." (Overturned by *Brown*, 1954)

**Brown v. Board of Education** (1954) – Declared school segregation unconstitutional.

**Gideon v. Wainwright** (1963) – Guaranteed free legal counsel for defendants who cannot afford one.

**New York Times v. Sullivan** (1964) – Strengthened press freedom by requiring proof of "actual malice" in libel cases.

**Miranda v. Arizona** (1966) – Required police to advise suspects of their rights.

**Roe v. Wade** (1973) – Recognized a privacy right that protected abortion access. (Overturned by *Dobbs*, 2022)

**United States v. Nixon** (1974) – Limited presidential power, ruling executive privilege is not absolute.

**Regents of the University of California v. Bakke** (1978) – Struck down rigid racial quotas but allowed race to be one factor in admissions, shaping affirmative action for decades. (Effectively overturned by *Students for Fair Admissions*, 2023)

**Bush v. Gore** (2000) – Stopped Florida's presidential election recount, citing unequal standards.

**Obergefell v. Hodges** (2015) – Legalized same-sex marriage nationwide.

**Students for Fair Admissions v. Harvard/UNC** (2023) – Effectively ended affirmative action in higher education, ruling race-conscious admissions policies violate the Constitution.

## LETTER to the EDITOR

### Is campus activism alive & well at Brevard College?

I write from the perspective of a lifelong activist from the late '60s, who's now in his late 70s. My first protest demonstration was on the National Mall in D.C. while still on active duty in the US Navy; the Ohio National Guard had just murdered four students at Kent State and I was compelled to attend. A week later, all the STOP signs on the Naval Air Station in Lakehurst, N.J. read: STOP WAR. (It remains an unsolved crime.)

I visit Brevard for a month or more yearly and was on campus last year registering voters at the dining hall. This year, I decided to

stage a rally and I chose the location with BC students in mind. I hope you'll participate.

### STOP THE GENOCIDE

Join a sign wave protest on the public sidewalk in front of Ingles at noon on Saturday, Sept. 20. This is not an anti-MAGA event, but a non-partisan, peaceful protest specifically targeting the genocidal destruction of Gaza and the Palestinian people.

Both U.S. parties are complicit in funding this and BOTH need to hear our voices. Please make your signs specific to this issue.

Ray Kenny  
 Ponte Vedra, Florida

# Fashion Friday

Zoe Hughes  
Managing Editor



Lindsey Kovach

Zoe Herber

Emma Murray

## Constitution Day

### WORD SEARCH

- Amendments
- Benjamin Franklin
- Bill of Rights
- Congress
- Constitution
- Convention
- Democracy
- Executive
- Federalism
- Founding Fathers
- George Washington
- Independence
- James Madison
- Judicial
- Legislative
- Liberty
- Preamble
- President
- Rights
- Supreme Court

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# Series Review: 'The Sacred Stones'

## *"Immersive, devastating, and romantic."*

### \*Spoiler Free\*

**Zoe Hughes**  
Managing Editor

Known as “The breakout TikTok fantasy romance,” according to Amazon.com, Kate Golden’s trilogy “The Sacred Stones” follows Arwen Valondale as she faces her destiny and uncovers secrets about the world, herself, and the mysterious man who has captured her.

Golden’s first book in the series—also her first ever published novel—“A Dawn of Onyx” found overnight notoriety on social media, namely TikTok. The novel took BookTok by storm with its strong female lead, handsome love interest, and lots and lots of chemistry between the two. Golden published the next two installments in the trilogy shortly after.

The books are set in a fantasy world where Fae and Humans coexist, though not without tensions. There are witches and dragons and handsome kings, so if you like the “spicy” fantasy books, then you would enjoy this one. The series has a slow-burning, lovers’ romance that brings you on an emotional roller coaster. The books also explore coming-of-age and create a healthy representation of mental illness.

#### “A Dawn of Onyx”

The first book was the best of the series; it had the majority of the enemies-to-lovers plot line, and the world-building Golden did in this book was astounding. It really felt like I was there along with Arwen as she was going through Evendell and being held captive in the Onyx Kingdom.

Most of the book is set in the Onyx Kingdom, and part of why the world-building is so exem-

plary in this one. Golden was able to slowly unveil the world throughout the story as Arwen became more comfortable in Onyx and considered it more and more her home. Golden built the world detail by detail, bringing the reader along with the main character as she slowly becomes familiar, and eventually fond of, her surroundings.

The plot felt well-paced and easy to follow, though that made some of the twists slightly predictable. I found myself anticipating certain twists, but there were definitely more that caught me by surprise. Even with a few predictable moments, the story still kept me turning the page and wanting more.

#### “A Promise of Peridot”

The second book was not as strong as the first, but it was still a good read. We finally get to see more of the continent of Evendell in this second installment, but compared to the first book, the world-building was not as detailed. Due to the nature of the story, Golden couldn’t spend as much time building the other kingdoms like she did with Onyx. I think this actually is a good storytelling choice so that the reader better understands the main characters’ connections with their home.

The love story really gets solidified in this installment. The romantic connection between Arwen and her love interest is clearly defined in this novel. Now that the transition from enemies to lovers has occurred, Golden explores what that means for them; how they will reconcile with what they did when they were enemies, what struggles their relationship entails, and what they are willing to sacrifice for each other.

“A Promise of Peridot” explores mental illness

as well; Arwen struggles with a deep depression in the first part of the book, and Golden explores her numbness and sadness, which is a refreshing choice that broadens a reader’s view of depression as a whole.

#### “A Reign of Rose”

This book was by far the weakest in the series: the main plotline was good and wrapped up nicely, but many subplots were left unfinished or had an unsatisfying conclusion. This series could have benefited from making it a quadrilogy instead of a trilogy, because it would have given Golden more time to flesh out more of those story lines and bring them to a meaningful conclusion.

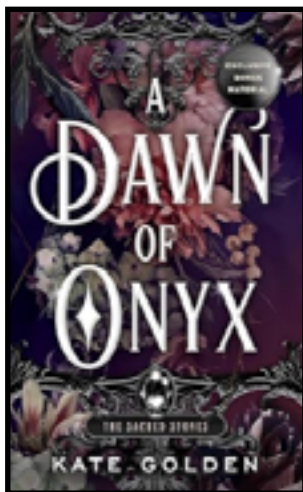
The character growth was stale in this one compared to the previous two books. Golden put herself into a narrative box—the subplots needed more time to be fleshed out, while the characters were mostly finished with their personal growth.

Golden’s inexperience as a writer may be what led to this. She started very strong in the beginning of her series with all these great ideas and intersecting stories, but then she didn’t know where to go with all of them, and it certainly showed in the last book.

#### Conclusion:

Would I recommend this series to you, dear reader? Yes, I would. Golden’s world-building in “The Sacred Stones” trilogy is immersive, and the romance aspect has some of the most heart-warming scenes I’ve read, while having the most devastating.

This series will definitely draw you in and make you want more. Even though the ending is not so strong for the subplots, the overall story and plot are good enough that it is worth reading.





# Tornados show promise in season opener despite 41-20 loss to Kentucky Christian

**Abigail Callahan**  
Staff Writer

On Saturday afternoon, the Brevard College Tornado Football team (0-1) played against the Kentucky Christian University Knights (1-0), starting off their 2025 season at Ives-Lemel Family Field. Though the final score of 20-41 did not favor the Tornados, the game featured positive takeaways and strong individual performances by the players that set a solid foundation for this season.

The Tornados started strong out of the gate, scoring 20 points in the first quarter and a half. Jordan Barnett passed the ball to senior quarterback Ethan Beamish, who was in command of the offense and showed his best experience and leadership, running for a total of 43 yards and scoring six points at the top of the first quarter. Beamish then ran from 12 yards, totaling the score to (12-0). He threw for a total of three touchdowns, all in the first half, which had the crowd and team excited.

Freshman Zion Fauntleroy-McDaniel made his varsity debut and quickly made an impact:



Photo by Abigail Callahan.



Photo by Abigail Callahan.

he carried the ball 14 times for 48 yards and added 16 receiving yards with his first collegiate touchdown. His ability and toughness provided a glimpse of what he can bring to the offense moving forward.

On the defensive side, Brevard saw standout

performances from several young and returning players. Freshman defensive back, DJ Stevenson, was a bright spot, recording a team-high of nine tackles, seven of them solo, in an impressive collegiate debut. All-American linebacker Robert Dorsey continued to anchor the defense, tallying eight tackles and a sack.

Defensive back Dre Burton picked off a pass early in the game, continuing his streak of big plays after ending last season with an interception. Brevard's receivers also made key contributions, with Reggie Taylor II leading the way with three catches for 49 yards. Jordan Barnett and Jaden Deaton each hauled in touchdown passes, adding to the Tornados' strong first-half showing.

At the end of the second quarter, the Tornados were beating the Knights by six points, 20-16, but the Knights responded with a strong second half and took control of the scoreboard following a weather delay. The Tornados will look to build on those early successes and put together a full four quarters in the weeks ahead.

Head Coach Bill Khayat and the Tornados will travel to Sewanee, Tennessee, to face the Sewanee Tigers at The University of the South in the NCAA Division III non-conference game of the season. Kickoff is set for 2 p.m.

# Athletic trainer introduction: Sarah Woodbury

**Madeleine Pollock**  
Copy Editor

Brevard College welcomed two new athletic trainers to the staff this year: Meghan Martinez and Sarah Woodbury. Martinez and Woodbury joined returning athletic trainers Michael Cabri and Sylvia Parisi. This week, we have decided to highlight Sarah Woodbury.

Woodbury hails from Black Mountain, N.C., and is a former Brevard College student. She did a Bachelor's of Exercise Science with a minor in Business and Coaching before completing a Master's in Health and Human Performance. Woodbury then did a second Master's in Athletic Training at the University of Utah before returning to work at BC.

During her undergrad, Woodbury worked at a ministry and as an assistant coach of the girls'

soccer team at Brevard High. "I knew I loved the community in and around Brevard, and it would make my transition to the profession a little easier, and I could feel at home right away in my community," she said.

When asked about her favorite sport, Woodbury said, "I really love sports, but I don't know if I can pick. I played soccer, so that's a favorite, [and] I love football, basketball, and baseball, watching them and working as an AT!"

A fun fact about Woodbury is that she worked a season-long internship last year with the University of Texas football team, and now she "bleeds the love of the Longhorns."

One of Woodbury's favorite things about the small-town and school feel of Brevard is that "you get to know everyone quickly and they all support one another." She said, "I am excited to be back and doing what I love in a place I love!"



Sarah Woodbury

# Results from BC Cycling's home race at Ride Rock Creek

**Madeleine Pollock**  
Copy Editor

The cycling team had another strong race weekend at the Ride Rock Creek Conference race, with many top-five and top-10 results as well as numerous faculty and classmates showing up to support in Zirconia, N.C.

Here are the podium results from the weekend:

## CROSS-COUNTRY:

Women's A:

Second: Kiara Lylyk

Third: Elli Clark

Fourth: Madeleine Pollock

Men's A:

Fifth: Ned Broersma

Women's B:

Third: Cecilia Link

## DUAL-SLALOM:

Men's A:

Fourth: Matthew Lelieveld

Men's B:

First: Leo Chicoine

Second: James McKinley

Men's C:

Fifth: Ned Broersma

## SHORT TRACK:

Women's A:

Second: Elli Clark

Men's A:

Fifth: Ned Broersma

Women's B:

Fourth: Cecilia Link

Men's C:

Fourth: Wilsen DeGarmo

## DOWNHILL:

Women's A:

First: Lenci Bogdan

Men's A:

First: Matthew Lelieveld

Third: Max Canterbury

Men's B:

Second: James McKinley

Fifth: Wilsen DeGarmo

## RELAY:

First: Elli Clark, Kevin Vereeke, Ned Broersma, and Mya Dixon