



'Quintessential': Spring '26 senior art exhibition opens March 27 at Brevard College

Six graduating Brevard College art majors will showcase their work in the Spring 2026 Senior Exhibition, titled "Quintessential," on display March 27 through April 24 at the Spiers Gallery, located in the Sims Art Building on the BC campus. An opening reception for the exhibition will be held on Friday, March 27, from 5 to 7 p.m.

Following the opening reception, the exhibition will continue through April 24. Gallery hours are 8 a.m. to 5 p.m., Monday through Friday, and 1 to 3 p.m. on Saturdays. The exhibition is free and open to the public.

The exhibition serves as the capstone project for graduating art majors, representing a culmination of their work and development throughout their time at the college. This year's six senior artists – Nicole Bradbury ("Cycling Landscapes"), Rachel Cooke ("The Nightlife of a College Student"), Mia Diaz ("Abstract Menagerie"), David Phillips ("Little Yellow Chair"), Kember Phillips ("Now Showing!") and Hank Tarte ("Fable") – will present work across a variety of media, including photography, ceramics, digital art and painting.

Each graduating senior will deliver an artist talk during the opening reception, offering insight into their creative process, inspirations, and themes explored in their work.

For more information about the Art major at Brevard College, visit www.brevard.edu/art.

"Quintessential": Brevard College's Spring 2026 Senior Exhibition

Opening Reception:

Friday, March 27,
5 – 7 p.m.

Exhibition:

March 27 – April 24

Location:

Spiers Gallery at the Sims Art Building

Gallery Hours:

Monday – Friday,
8 a.m. – 5 p.m.,
Saturday, 1 – 3 p.m.

Quintessential

**OPENING RECEPTION AND GALLERY TALKS
FRIDAY MARCH 27, 5:00 PM - 7:00 PM**

NICOLE BRADBURY

KEMBER PHILLIPS

MIA DIAZ

HANK TARTE

DAVID PHILLIPS

RACHEL COOKE

SPIERS GALLERY - 1 BREVARD COLLEGE DRIVE, BREVARD NC 28712

MARCH 27 - APRIL 24, MONDAY - FRIDAY 8AM - 5PM, SATURDAY 1PM - 4PM

Kevin Green speaks to BC athletes

Madeleine Pollock
Copy Editor

Brevard Career Advantage, in partnership with Network for Vocation and Undergraduate Education (NetVUE), brought Former Division I runner, Food Network CHOPPED competitor, and entrepreneur, Kevin Green, to speak to student-athletes at the Porter’s Center on Monday, March 17.

The goal of the presentation was to think about identity beyond sports. “We’re going to build an identity that lasts longer than your eligibility and continues after the jersey comes off, giving you clarity and confidence to create the life you want,” said Green.

Green kicked off the evening by talking about his own experience of graduating from college, doing all the things he was told to do by the adults in his life, and still feeling lost and unfulfilled. Fresh out of college, he became a teacher, and after five years in the role, decided to leave to pursue his culinary passions.

As a D1 runner who did not join the 2% of college athletes who continue to professional careers, he was asking, “What about the rest of us?” Green was forced to think about who he wanted to be and what he wanted to do after college sports.

This looked like examining his identity and moving forward. “Once you know you are, you can figure out what to do and how to do it,” said Green.

Green described three enemies of identity: insecurity that prevents people from having true confidence in themselves, intimidation that makes oneself or others feel uncomfortable in who they are, and a belief in being inferior or less capable than one’s peers.

Once a person can defeat these three enemies and shape their identity, they will be able to take action to become who they want to be. “We will only act in such a way that is consistent with how we see ourselves... Identity leads to activity,” said Green.

Green then shared a story about his time on the cooking show CHOPPED, talking about a key moment that shaped his culinary identity. In the second round, his mystery basket contained ostrich, which was a food he had never cooked before.

“The plate of food I put out wasn’t honest. It didn’t reflect the best of me. It didn’t feel strong. I was too ambitious,” he said. “I realized these are some skills and traits for me to develop, so I developed a food style out of that.”

Green, being from Tennessee, says that after that experience, he has developed a food style



Kevin Green speaks to students about how to find their identity off the field—photo by Dustin Vanover.

he calls “sophisticated gourmet with a touch of the South.”

He then brought the discussion back to sports and the transferable skills that can be learned on the field. “You are honing your skills now, and if you take those same mindsets, those same habits, those same disciplines, and you transfer them into your professional life, you’re going to be dangerous,” Green said.

“We rise to the level of our habits and systems. If we don’t prepare, if we don’t practice, we can’t just show up with a positive expectation,” he continued.

Green used Texas Roadhouse as an example of identity, saying that they have a very well-developed brand that has become part of their business model. “If you guys can start now to invest in your identity and know you are, you can navigate life differently,” he said.

Next, Green broke down a “fulfillment formula” that used identity, activity, and expression to live a fulfilled life. This tied back into his statement about knowing who you are, what to do, and how to do it.

To develop these skills, Green proposed a 30-Day challenge to help students reflect on their identity; this included taking a personality assessment test, visiting the Brevard College Career Center at least once, and then taking on a leadership role to build confidence.

He also provided some worksheets and links to develop these skills that can be found at the attached QR code or on his website: info.kevinelevates.com.

ingreenelevates.com.

Green closed the presentation with a story of being intimidated by an older kid at the pool at only eight years old, stressing the weight of others’ words on a person’s confidence.

“Maybe you’ve had someone else say one thing that has stuck in your mind so much that you can’t shake it and that has become your identity,” Green said. “Tonight, I encourage and implore you to shake that off and to start to invest in developing your identity.”



Brevard College and Comporium partner to deliver transformative high-speed internet upgrade for students and campus community

Brevard College students will soon benefit from faster, more reliable high-speed internet in their residence halls and throughout campus through a new partnership with Comporium Inc. to significantly upgrade internet infrastructure.

The comprehensive project represents one of the most significant technology infrastructure investments in Brevard College's history and is designed to support student success by meeting the evolving academic, residential and digital needs of both current and future students.

As part of the upgrade, each of Brevard College's 443 student residence hall rooms and suites will receive a dedicated 1-gigabit fiber connection, providing BC students with direct, high-speed access where they live and study. In addition, Comporium will install dedicated wireless networks in each residence hall, en-

suring robust connectivity throughout student living spaces.

To support the broader campus network, Comporium will also upgrade a 10-gigabit fiber network serving classrooms, academic buildings, common areas and administrative offices. These improvements will enhance digital learning environments while ensuring strong connectivity across campus.

In addition to the infrastructure project, Comporium has donated \$50,000 in support of the new Student Center currently under development at Brevard College and expected to open in 2027.

"We thank Comporium for their generous donation and are proud to partner on this transformative project, which represents another significant step forward in supporting our

students' success," said Juan Mascaro, Brevard College Executive Vice President/CFO. "By combining our vision for a connected campus with Comporium's expertise and resources, we are ensuring every student has access to the high-speed internet needed to learn, collaborate and thrive – both academically and personally."

With decades of experience delivering advanced communications services across the Carolinas, Comporium brings the infrastructure and technology needed to execute the large-scale upgrade of internet services at Brevard College efficiently.

"Brevard College is an important anchor for education, the arts and the future of this region," said Shaun Barnes, Senior Vice President of Corporate Affairs at Comporium. "Comporium has always believed that being local means more than providing a service – it means investing in people and institutions that make our communities stronger. We're proud to help deliver the connectivity students need to learn, collaborate and create, both in the classroom and where they live."

Construction on the project will begin in the spring, starting with upgrades to The Villages residence halls, followed by the remainder of the campus.

The internet infrastructure upgrade comes during a period of strong momentum for Brevard College. The institution has been named one of the Best Colleges in 2026 by U.S. News & World Report and recognized as a College of Distinction both nationally and in the state of North Carolina. In addition, a new 30,000 square foot student center is currently under development and is expected to be completed in 2027.

Comporium, Inc., headquartered in Rock Hill, S.C., is a diversified, privately held communications company that employs approximately 800 people and provides broadband, TV, voice, and smart home systems throughout the Carolinas. Comporium has been serving communities in the Carolinas for more than 130 years.



Representatives from Brevard College and Comporium gathered on the BC campus to mark a new partnership that will deliver a transformative high-speed internet upgrade for students. During the event, Comporium presented a \$50,000 donation in support of the college's new Student Center, currently under development and expected to open in 2027. From Left: Brevard College President Bradley J. Andrews, BC students Adam Newcomb and Madi Norris, Comporium President & CEO David Barnes. Photo Credit: Brevard College Communications.

'One Battle After Another,' 'Sinners' top winners at 98th Academy Awards

John B. Padgett
Contributor

Blues and K-pop, a memorable “In Memoriam,” and a bona-fide tie were among the highlights Sunday night at this year’s Oscars ceremony, Hollywood’s biggest annual awards event.

The top winners for the night were “One Battle After Another,” which won a total of six awards including best picture, and “Sinners,” which won four awards after a record-breaking 16 nominations. (The previous record for nominations was 14, for “All About Eve” in 1950, “Titanic” in 1997, and most recently, “La La Land” in 2016.)

In addition to the best picture award, Paul Thomas Anderson also took home Oscars for directing and best adapted screenplay for “One Battle After Another.” The film also garnered awards for best supporting actor (Sean Penn), film editing, and the first-ever Oscar for casting.

Ryan Coogler, who has been nominated for five Oscars dating back to 2020, won his first Academy Award for his original screenplay for “Sinners.” He also was nominated this year

for directing and best picture. “Sinners” made history in other ways. Michael B. Jordan, who won the lead actor category for his portrayal of identical twins Smoke and Stack, is only the sixth African American man to win that category, and Autumn Durald Arkapaw became the first woman ever to take home the Oscar for cinematography.

“Frankenstein,” directed by Guillermo del Toro and based on the 1818 novel by Mary Shelley, took home three awards, in costume design, makeup and hairstyling, and production design, while “KPop Demon Hunters” was nominated in two categories and won both: animated feature film and music: original song for “Golden.”

The 98th Academy Awards ceremony, telecast live around the world from the Dolby Theatre in Los Angeles, was hosted for the second straight year by comedian Conan O’Brien, who opened the show dressed in the outrageous hair and make-up donned by Amy Madigan in “Weapons” and then, in a pre-taped parody of that movie, was chased by children through scenes in other nominated films. For her part, Madigan took home the first award of the evening, for best supporting actress.

This year’s ceremony was a fairly brisk production, with few dull spots. Some of the winners’ remarks went long, and some jokes and presenter intros fell flat, as usual (I’m looking at you, the cast of “Bridesmaids,” whose bit featuring “notes from the audience” went on too long), but overall, the producers did an excellent job of keeping viewers engaged throughout the ceremony, balancing the awards themselves with information about what-all goes into filmmaking and the ultimate goal of movies, to entertain audiences.

Nowhere was that entertainment value more evident than in the two musical productions, each featuring the two most musical nominees, “Sinners” and “KPop Demon Hunters.” Both productions were well choreographed set pieces highlighting those two films, and as it turned out, both films garnered wins in the music categories, with “Sinners” composer Ludwig Goransson receiving the Oscar for original score.

The “In Memoriam” segment this year also was noteworthy. It came a little earlier in the evening than in years past, no doubt due to the number of big-name filmmakers who died in the past year. It opened with a heartfelt tribute by Billy Crystal for his friend Rob Reiner, who in December was shot and killed along with his wife, Michele. Unlike memorial segments in many awards ceremonies (including past



Best acting Oscars went to Jessie Buckley for “Hamnett,” Michael B. Jordan for “Sinners” and Amy Madigan for “Weapons.” Sean Penn also received an Oscar but was not at the ceremony.

Oscars), every face and name could be clearly viewed throughout the montage, often with helpful clips or sounds to further identify those lost.

Several Hollywood icons were singled out for special tribute. Diane Keaton was memorialized on stage by Rachel McAdams, and at the end of the segment, Hollywood legend Robert Redford was remembered by another legend in her own right, Barbra Streisand, who co-starred with Redford in 1973 in “The Way We Were.” After commenting on the nickname Redford used for her, “Babs” even sang several bars from the title song to close the memorial segment.

As is often the case, some of the jokes and remarks by winners and presenters alluded to politics. A certain president’s name was never uttered during the ceremony (and I will follow suit here and do likewise), though there were some obvious references to hot-button issues such as immigration, war, and attaching one’s name to long established institutions and buildings. However, most of the political comments were tepid and low-key.

In fact, what was perhaps the most “controversial” moment of the evening came in the live action short category, when presenter Kumail Nanjiani announced, “It’s a tie. I’m not joking. It’s actually a tie,” then went on to say, in mock seriousness, “So everyone, calm down. We’re going to get through this!” Both winners, for “The Singers” and “Two People Exchanging Saliva,” got to give their acceptance speeches, and between, Nanjiani joked, “Ironic that the short-film Oscar is going to take twice as long.”

The tie was only the seventh in nearly 100 years of Academy Awards. After their speeches, host Conan O’Brien congratulated both winners, then jokingly added, “You just ruined 22 million Oscar pools.”

THE CLARION

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Understanding the biological reality of student burnout post Spring Break

Autumn Jones
Editor in Chief

For many of us, the week after Spring Break feels less like a fresh start and more like hitting a brick wall at 70 mph. We expect the time off to act as a recharge, yet we often get back to campus feeling more drained than when we left. This feeling is a precursor to burnout, and the science suggests that we can't just sleep our way out of it.

The World Health Organization defines burnout as an "occupational phenomenon" resulting from chronic workplace stress that has not been successfully managed. It is characterized by three dimensions: feelings of energy depletion or exhaustion; increased mental distance from one's job, or feelings of negativism or cynicism related to one's job; and reduced professional efficacy.

When we return from break and immediately dive back into our grind, we trigger the body's HPA (hypothalamic-pituitary-adrenal) axis, flooding our systems with cortisol, which, according to myclevelandclinic.org, is an essential hormone that affects almost every organ and tissue in your body and plays a key role in managing your body's stress response. While cortisol is great for running away from life-or-death situations, it is disastrous for trying to memorize academic formulas when it never shuts off.

This is where mindfulness comes in—and no, it does not require sitting in a strange yoga position for three hours. At its core, mindfulness is the practice of maintaining a non-judgmental awareness of the present moment.

The physiological benefits of mindfulness have been well documented.

A 2011 study led by Dr. Britt Hölzel and published in *Psychiatry Research: Neuroimaging*, found that participants who engaged in an eight-week mindfulness program showed measurable increases in gray-matter density in the hippocampus (the part of the brain associated with learning and memory).

More importantly for the stressed student, the study showed a decrease in gray-matter density in the amygdala, the brain's "fight or flight" center. Essentially, mindfulness helps shrink the part of your brain that panics when you see an assignment deadline.

So, how do we navigate the "long March" to finals without losing our minds?

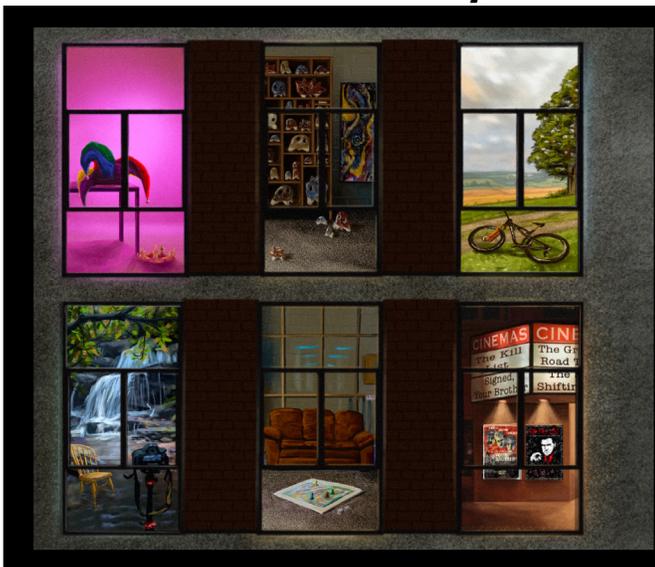
You don't need three hours, or even one. Research from Amishi Jha, a neuroscientist at the University of Miami, suggests that even 12 minutes of mindfulness a day can protect against the functional decline of "working memory" during high-stress situations.

Remember: multitasking is a myth. It costs up to 40% of our productivity, according to the American Psychological Association (APA). By focusing on one task at a time with mindful intent, you actually finish faster with less mental fatigue.

Radical self-compassion is a biological necessity. Stressing about being stressed creates a feedback loop that speeds up burnout.

The post-break stretch is a marathon, not a sprint. When you stress yourself out about due dates, grades, internships, and more, it's important to remember that your brain is a biological organ that deserves a break, not a machine.

Don't forget: 'Quintessential' opens March 27 in Sims Art Gallery



The English Program at Brevard College
Proudly Presents

VISITING WRITERS SERIES

Monday, March 23

Spring 2026

3:30-5 PM

CTL Classroom Jones Library

Questions? Contact Dr. Alyse Bensel benselak@brevard.edu



Dustin Brookshire

Author of *For All Of Us Faggots*, forthcoming in 2027 Iron Oak Editions, and five chapbooks. Anthology editor and reading series organizer.

YOGA

BY THE
CREEK

Friday, March 20th, 3:30



Environmental Club Presents



Unity in Motion: Where Campuses Meet the Outdoors

Tuesday, March 24th 9:30am-12:30pm

On Campus – Creekside Field (grassy area near King Creek next to turf stadium)



Guest speakers, Oboz shoe demos, campus hike, networking, campfire conversations and

FREE pizza



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For questions:
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Nados hush the Lions' roar

Jordan Ramey
Staff Writer

Our Nados on the diamond were quickly back in action after the week-end series, where they went 2-1 on the road against Mary-Baldwin. This midweek matchup was played on Tuesday, March 17, against the Piedmont Lions. The Tornados were not traveling, and the home-field advantage seemed to give them just what they needed as they beat the Lions 15-4 in the seven-inning matchup.

After two innings of play, the Nados found themselves down 2-1. However, during the third inning, the bats started to get hot, and the Tornados started scoring in bunches. At the end of the third, the score was tied 3-3,

with sophomores Andrew Bernard and Adam Newcomb scoring the tying runs after a two RBI single from sophomore Lucas Woodard.

The Nados were led by several players' efforts to get this big win. Newcomb crossed home plate four different times to lead the team in runs scored in the game. Junior Hunter Busque and Bernard both led the team with three RBI apiece in this home matchup. Sophomore Gage Granata was on the hill for the Tornados and was credited for the win with his efforts on the mound.

You can catch these guys back in action this coming weekend, March 21 for a double header, and Sunday, March 22, which will conclude the inter-conference series against the Methodist Monarchs.

BC Men's lacrosse in action



Top left photo by Tony Belcher, top right, bottom right, bottom left photo by Karis King via Flickr.