

Center for Teaching and Learning hosts first-ever sensory hour

Autumn Jones
Editor in Chief

To support students and combat potential academic burnout, the CTL (Center for Teaching and Learning) hosted its first Sensory Hour on Tuesday in the Jones Library Meeting Room.

The usually fluorescent-lit room was dimmed to reduce sensory input, with an aquarium video playing silently for visual stimulation and soft music on in the background to ground visitors in the experience.

Various fidget toys and sensory stickers were provided for those who have difficulty focusing, and coloring sheets were also supplied to give the brain a break if needed.

Bee Fulton, a senior psychology major, worked the event as part of her work-study with the CTL. “Especially as a commuter, it can be really overwhelming to spend all day on campus under fluorescent lighting with no quiet space to unwind,” Fulton said. “I was asked to employ my personal skills to serve the CTL, so I suggested this based on what I’ve been studying and experiencing in my own life.”

Sensory spaces provide an environment designed to help individuals regulate their nervous systems and reduce stress. By blocking out distractions, performance in the classroom or



(From left to right) Sensory room participant Tyler Mangrum and work-study workers Autumn Jones and Bee Fulton.

workspace is boosted. A predictable, soothing environment lowers cortisol levels and offers a retreat from loud, busy spaces to decompress.

Decompression is a vital part of the day and allows time to recharge. “Without it [decompression], you risk running on empty all day,” Fulton said. “It’s beneficial to take a few minutes to rest and rejuvenate before your next class because it allows you to regroup and reprioritize without all of the extra fluff and stuff on your mind.”

“Some students just cannot handle the overload of bright lighting, chattering peers, and nothing to anchor themselves,” she continued. “It can be really tough to get through class when you feel overwhelmed by all of that.”

For the future, Fulton hopes to continue hosting sensory hours for those who benefit from the calming space. “Success through the CTL is gauged by attendance,” she said. “Success for me is if even just one person feels better or supported by the experience.”



Staff writer Elli Clark (left) and Managing Editor Madeleine Pollock (right) play with some fidgets.

Brevard's lit. journal 'Chiaroscuro' accepting submissions until Nov. 12

Madeleine Pollock
Managing Editor

Chiaroscuro—Brevard's student-run literary journal—announced this week that they will be open for submissions until Nov. 12. They publish a variety of creative works from students, staff, and alumni in a yearly spring issue; art, poetry, short fiction, nonfiction, screenplays, and photography take center stage.

"The journal is a physical showcase of the amazing students on this campus. Not only can Art majors and English majors submit writing and work to this, but people in outside majors who have a hidden talent for this can also submit," Editor in Chief Karis King said.

"Everyone can submit through their Brevard emails. Just add your name, a brief three-sentence bio, and the title of your piece, with your piece's file attached to an email, and send it over to chiaroscuro@brevard.edu. It's that easy!" King continued.

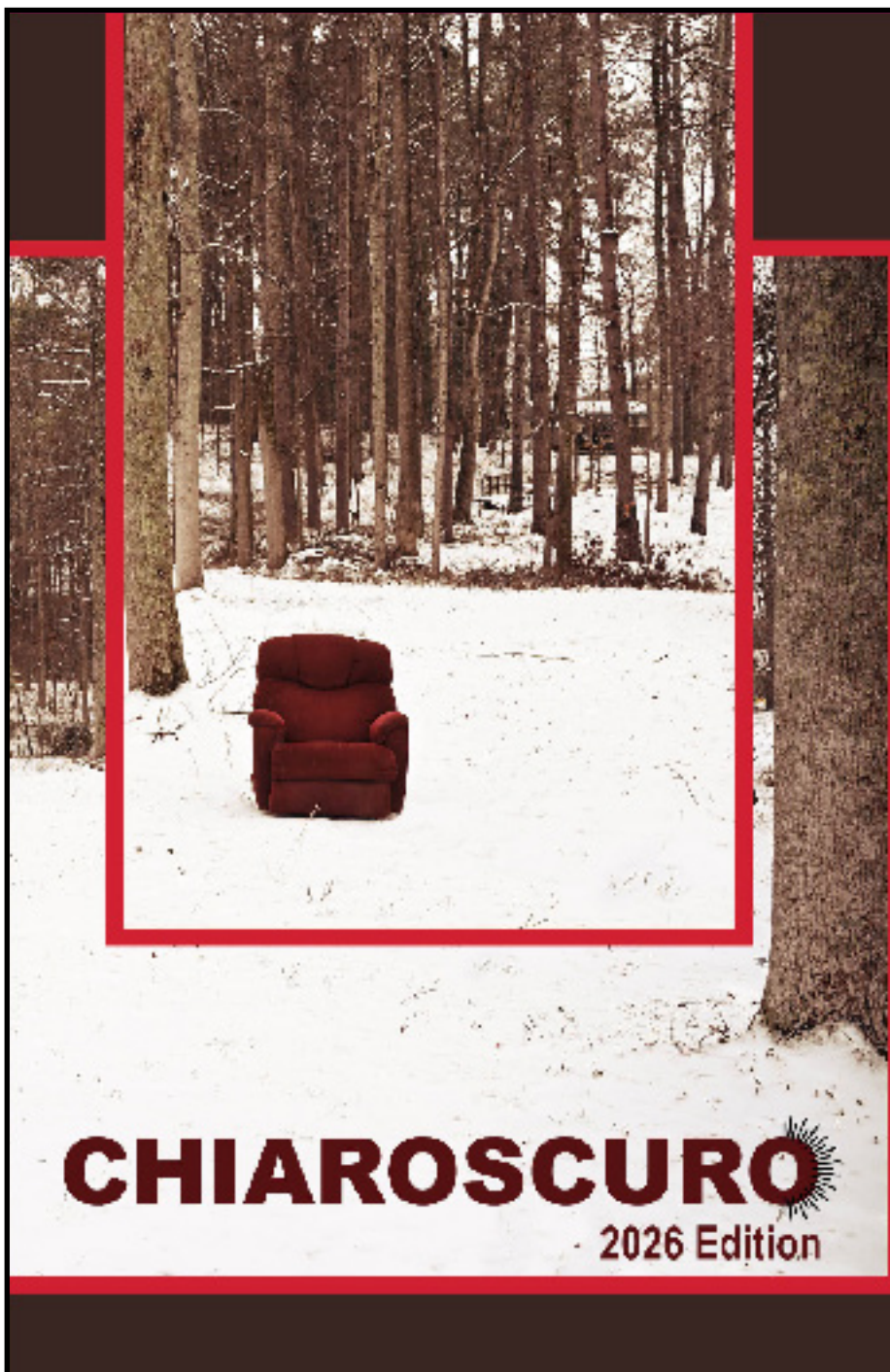
Brevard's literary journal has been around for several decades and has been student-run since its inception. The past 10 years of journals are available as PDFs under the "publications" tab on My Brevard, while the Jones Library has physical copies from all years prior. Physical copies of the 2026 issue are also available for free in the lobby of MG.

The journal's name comes from the art world, as chiaroscuro refers to the treatment of light and darkness. It can be an effect of light falling unevenly or from a particular direction, creating intriguing contrasts between shadows and light. "In this chaotic world, there are many interpretations of what light and dark mean," King said. "You don't have to choose a side—just allow either to help spread your wings."

Chiaroscuro is a one-hour class that can be taken for general education credit or be put toward the English or communication majors. In the fall, students gather and edit submissions, and in the spring they complete layout and design and send the journal to be printed.

King, a senior, manages all aspects of the journal. On the editorial staff, sophomores Alia Albin and Abigail Phelps will organize and edit submissions for the journal. On the design team, junior Courtney Hamlin and junior Buckey Savnik will create promotional content and select art submissions. "Because our staff is so small, a lot of our duties overlap, which helps members develop a more well-rounded portfolio by the end of things," King says.

Everyone is encouraged to submit as long as their work is original and not AI-generated. "I think it's extremely rewarding to see an athlete or someone who has spent their entire life thinking they have to do this one single thing discover that they have talent in so many different fields," King says. "[Chiaroscuro] is also a great resume builder!"



Copies of the 2026 Chiaroscuro can be found digitally through My Brevard, while physical copies are available for free in the library or the lobby of MG.

STUDENTS AND TERRORISM

How has your life changed since September 11?

"I have a new found respect for how fragile society is."

- Drew Walker

"It hasn't really affected me in any way at all."

- Joe Hunt

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

- Kasey Eldridge

"I never knew that somebody hated America enough to take 5,000 lives."

- Chris Becker

"I'm getting my gun and joining the Army. Go Cocks."

- Pickett Wall

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

- Jeffrey Storey-Pitts

Figure 1 (above). "Students and Terrorism" was pulled from the Nov. 30, 2001, issue of The Clarion. The Clarion staff at the time compiled different reactions to the tragedy.

LETTER from the EDITOR

Today marks the 25th anniversary of the terrorist attacks on September 11, 2001—a milestone that invites us to reflect not only on a day that changed the world, but on how our own campus community processed the tragedy in real time.

While The Clarion was in its early years and not yet publishing weekly, our archives provide a glimpse into that era: an article by staff writer Maria Fuentes from Nov. 30, 2001 (Figure 2). Alongside her reporting, Clarion staff gathered student reactions by asking, "How has your life changed since September 11?"

Re-reading those student voices today (featured in Figure 1) serves as a quiet reminder of history. We invite you to read their words with the same reflection and grace we felt when uncovering them.



The 9/11 Memorial—photo via 911memorial.org

THOUGHTS ON SEPTEMBER 11

-by Maria Fuentes, staff writer-

America endured a sudden change on September 11, 2001. This change left Americans fearful of what tomorrow would bring. As people went on with their daily duties, the unexpected happened. The World Trade Center was attacked as was the Pentagon in Washington, D.C. Americans were taken by surprise and they united and together the country mourns over the tragedy.

People all over America are horrified and fearful of what is to come next. As news keeps repeating the tragedy, students at Brevard College feel it as hard as New Yorkers do. At one point, students gathered at the cross between Jones and

Beam dorms for a word of prayer. These students prayed over lives lost in the incident and for their families and the families of those involved in the tragedy.

Students were not the only ones with change in their hearts, though New York had the biggest change ever. It not only lost two of its major buildings, but it lost many lives of those who made some contribution to the city.

Now New York is not the beautiful city that it once was. The streets are covered with sand and remains of what used to be the World Trade Center. All because of terrorism and the people behind it.

Students are concerned about what is going to happen next. Shen Lieu said, "I am more worried about the war, but if we

just sit here and not fight back, then we might get more attacks."

Most students are worried about the war and what it is going to bring to the U.S. Ann Adachi, a student, is in opposition. She said, "the best resolution to this terrorism attack is to understand other countries' cultures and view points and we also need to keep negotiating."

It is yet to be known what is going to happen with terrorism. There is but one solution according to President Bush: war. September 11 was the worst ever terrorism attack on the USA, and now there is nothing to be done but to go after those who were involved in the action.

Figure 2

STAFF RECIPE PICKS: Minimum effort, unknown calories

Elli Clark
Staff Writer

If there's one thing most college students can agree on, it's wanting to whip up an easy, quick breakfast, lunch, dinner, or midnight snack without the time-consuming effort of making a fancy three-course meal.

Homework may be piling up, practices may be running late, or the cafeteria may be just two steps too far away, so we know that you want to skip the hassle and get to eating. Well, a few of the Clarion staff have pitched in to help you out in finding the perfect go-to concoctions.

They say a good day starts with a yummy breakfast—the most important meal of the day. Madeleine Pollock, our Managing Editor, generously leaked her Tiramisu Overnight Oats recipe for all to see.

As any true chef would, Pollock follows the rule of thumb to measure with the heart and “just eyeball quantities,” but for the convenience of the Clarion readers, she has given us her “best guess at how much of each.”



Tiramisu Overnight Oats - Madeleine Pollock

1/3 cup oatmeal
1 tbsp chia
1 tbsp maple syrup
1 tbsp cocoa powder
2/3 cup milk (add more if too solid)
optional: 1 tbsp chocolate chips
shot of espresso or instant coffee

optional: add Greek yoghurt and cocoa powder on top in the morning

Instructions:

For the perfect Tiramisu overnight oats result, follow her step-by-step process: “Mix everything. It should seem a bit ‘liquidy,’ but the chia will eat the extra moisture! Let it sit overnight in the fridge. In the morning, add Greek yoghurt on top and sprinkle with cocoa powder.”

To cover all bases, Liam Smith, a Clarion staff writer, suggests a rice bowl with a bit of a spicy kick.

Rice Bowl - Liam Smith

1/2 cup uncooked rice
Ground chicken (quantity as desired)
Garnish with sriracha and soy sauce
Instructions:

If you're a student with access to a village or Stanback kitchen, grab a pot and a small pan, and do the following:

Put 1/2 cup of uncooked rice into 1 cup of water. Bring to a boil over high heat. Once boiling, lower to a simmer and cook with the pot covered for 13 minutes. While the rice cooks, put ground chicken in a pan over medium heat and cook until browned. Add some salt and pepper to taste. Garnish with sriracha and soy sauce, then you're good to go!

If you're a student without a kitchen, a rice cooker is a fantastic tool that can offer infinite recipe possibilities, this one included.

It couldn't get any simpler than that, folks. Or maybe it could...

For those of you who are feeling a little more adventurous or unorthodox, this next recipe is for you. A spin on the infamous iCarly spaghetti tacos, we get our staff writer Tom Webb's Cold Doritos Spaghetti! Don't knock it til you try it.

Cold Dorito Spaghetti - Tom Webb

Doritos (Flavor of your choice—Tom's top choice: nacho cheese!)

Spaghetti (You can use pot size Spaghetti for ease of cooking)

Instructions:

Cook spaghetti. Let it cool and sit in the fridge overnight. Crush a bag of Doritos. Pour those Doritos on the spaghetti. Serve cold and enjoy!

Once again, you can never go wrong with another rice bowl. A personal favourite of staff writer Elli Clark, we present to you a bowl that's fresh with a tinge of sweetness and a dab of spice.

Sesame Mango Rice Bowl - Elli Clark

1/2 cup uncooked rice
1 avocado

2 fried eggs

1/2 mango

Garnish with sesame oil, honey, and red pepper flakes

Instructions:

There's not much to it, really. Just cook the rice like usual (a lucky 13 minutes in the pot or in that cute little rice cooker of yours), fry a couple eggs, chop up the avocado and mango, then place it neatly in a bowl before drizzling with sesame oil, honey, and some red pepper flakes.

Last but certainly not least, Smith returns with his partner in crime, Drew Degarmo, to present their homemade pickles from a historical project they worked on together.



Photo of Liam Smith and Drew Degarmo's Pickles
Homemade pickles

Pickle cucumbers
4 cups of water
2 tbsp of iodized sea salt
1 piece of dill
1/2-1 garlic clove

Instructions:

Cut the pickles into spears and place them into a large jar. Mix in a brine of the water and iodized sea salt. Put in the dill and garlic. Sit for 7 days, but remember to burp the CO2 each night.

We encourage you to question Smith and Degarmo about these pickles, and you might get lucky enough to be shown their brilliant slideshow.

The Clarion staff hopes you take their picks into consideration, so get to cooking and eating some yummy foods! And if you've got a weird or delicious recipe you'd like to share with the student body, send it on over to clarion@brevard.edu.

Senior Spotlight: Tucker Cleary

Jordan Ramey
Staff Writer

Tucker Cleary is a senior from Covington, Georgia, who is studying exercise science. He entered as a transfer student; before Brevard, Cleary attended Birmingham Southern. This college may sound familiar because in 2024 it made national headlines as the baseball team participated in the College World Series. In March 2024, the college announced it would be closing its doors because of financial difficulties.

Cleary participated in protests fighting to keep his school open, but unfortunately the college was still forced to close its doors on May 31 of the same year.

Deciding to continue his education and football career, Cleary entered the NCAA transfer portal. He found a new home here at Brevard as part of the football program.

“One of the biggest differences I noticed was a change in scenery,” Cleary said. “I came from a college in a big city, so coming to a small mountain town was definitely different, but I love it.”

One of Cleary’s most memorable moments occurred while on the field. “Last season, when we beat Erskine [College],” he said. The Tornados won 38–34 at home, with a last-minute touchdown securing the win.

This season, Cleary has big expectations: “We’re going to have a great year and be the USA South champs.”

After graduation, Tucker plans to attend physical therapy school to become a licensed physical therapist. He hopes to open his own practice one day and help professional athletes through their recovery.



Tucker Cleary and Coach Hatch—photo by Nettie Stokes.

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Walking the extra mile

How students without cars navigate Brevard

Gavin Natt
Contributor

Not every Brevard College student has a car, which can make getting around town harder. Even so, students have found different ways to get where they need to go.

Ben Bastable says the hardest part about not having a car is not being able to travel farther away from campus, like Pisgah Forest. “I personally own a scooter so I use that to get to downtown and Ingles,” Bastable said.

Kocsis Mano does not have a car or scooter, so he usually walks when he needs to go somewhere close. He travels downtown as needed, but the hardest part is having to rely on other people when he wants to go somewhere further away.

Even though not having a car can be difficult, students say it has not stopped them from having

a good college experience. Bastable says there is still a lot to do on campus, and that downtown has almost everything he needs.

Mano said not having a car has affected him a little, but he is still having a great time with everything there is to do on campus.

For students without cars, having places close to campus can make a big difference. Downtown Brevard is close enough for some students to walk or use other ways of getting around. There are also restaurants, stores, and other places that students can visit without having to travel very far.

Even with these challenges, Bastable and Mano both show that students can still enjoy college without having a car, even if traveling requires more planning. With campus activities, downtown, and friends nearby, there are still plenty of ways to stay busy and entertained.

Freak of The Week: The Endangered Carolina Northern Flying Squirrel

Tom Webb
Staff Writer

In the forested mountain regions of North Carolina at night, one may have the incredibly rare opportunity to glimpse the Carolina Northern Flying Squirrel. The species, only found on nine mountain ranges throughout North Carolina, lives on some of its highest peaks, including its tallest mountain: Grandfather Mountain at 5,946 feet.

The Carolina Northern Flying Squirrel is not the only species of flying squirrel in this region, but it is the largest, growing to be roughly twice as large as the more common Southern Flying Squirrel. Carolina Northern Flying Squirrels do not truly “fly” but instead are actually gliders who use a specialized stretch of skin called the patagium to catch air and glide downwards. These squirrels are able to travel roughly three feet in length for every foot in elevation they drop.

Another notable characteristic of this species is its ability to make a squeaking call that is so high-pitched that it is undetectable to the human ear. To hear this sound, scientists use ultrasonic

detectors to pick up its vocalizations.

The Carolina Northern Flying Squirrel relies heavily on high-elevation tree species such as Red Spruce, Fraser Fir, Eastern Hemlock, Yellow Birch, Buckeye, and Sugar Maple. Because of its incredibly limited range and the prolific logging that occurred in this region, the Carolina Northern Flying Squirrel is considered a high-concern endangered species. Another cause for this status is the fact that several of the squirrel’s food and nesting sources are under threat themselves by invasive species, such as the Hemlock Woolly Adelgid.

Hikers in this region may never get a chance to see this squirrel due to its nocturnal habits and reclusive nature. Despite this, every year several people volunteer to build and check flying squirrel boxes, hoping to keep the species population stable in spite of its conservation challenges.

Sources:

1. Boynton, Allen and Christine Kelly. "Carolina Northern Flying Squirrel." NCpedia. Library of NC. 2007.
2. Carolina Northern Flying Squirrel. (n.d.). NC Wildlife. <https://www.ncwildlife.gov/species/carolina-northern-flying-squirrel>



Literally The Fluffiest Thing You've Ever Seen.
photo credit: North Carolina Wildlife Resources Commission

Meet Your Professors

Liam Smith
Staff Writer

Welcome to the third edition of the BC “Meet Your Professors!” interviews! This week I interviewed Sam Eastridge (MAT/Disc Golf), James Everett (ENG), Dr. Lee (EGR), and Ken McLeskey (ART). This week brought a plethora of answers and interviewees from new and varied

departments.

Once again, these interviews are meant to help the student body, should they ever be curious about their professors or need to break the ice. Small class sizes at Brevard College are a unique superpower of the education here; professors have time for office hours. Thus, be sure to take advantage of your professor’s willingness to help (all office locations and times are posted after their interviews).



Ken McLeskey (ART)

Hobbies: Drawing, painting, and aspirational woodworker

Favorite sports team: UGA

Favorite meal: Lemon pepper chicken wings

Dream destination: Banff National Park in Alberta, Canada

Coollest place he’s visited: Wind River Range, UT

Cats or Dogs: Dogs

Favorite TV show and movie: The Simpsons and Christmas Vacation

If you could time travel, when and where would you go: The American Western Frontier in the 19th century

Go-to ice-cream order: Anything with peanut butter

Coffee or Tea: Neither

What’s one piece of advice for students: Go to class.

Office and office hours: SIMS220, and find him wandering the Sims Art building

Meet Your Professors

Continued from previous page



Sam Eastridge (MAT/Disc Golf)

Hobbies: Disc golf, soccer, sports, and exploring

Favorite sports team: Oklahoma City Thunder

Favorite meal: Chicken Teriyaki from Sakura in Hendersonville

Dream destination: New Zealand

Cooldest place he's visited: Banff National Park in Alberta, Canada

Cats or Dogs: Dogs

Favorite movie: Remember the Titans

If you could time travel, when and

where would you go? If you have it in mind, who would you meet: Brevard, 200 years in the future

Go to ice-cream order: Peanut-butter chocolate from Whits Frozen Custard in Hendersonville

Coffee or Tea: Neither; Fresca instead

What's one piece of advice for students: Enjoy getting your education.

Office and office hours: MS207 and 2:00 p.m. - 3:15 p.m. every day



James Everett (ENG)

Hobbies: Guitar, Hiking, and Aspirational Gardener

Favorite meal: Any Spicy Asian Noodle dishes, typically homemade

Dream destination: Any Pacific Island, like Micronesia or Polynesia

Cooldest place he's visited: Japan or Trinidad and Tobago

Cats or Dogs: Dogs

Favorite book: "The Hitchhiker's Guide to the Galaxy" by Douglas Adams

If you could time travel, when and

where would you go? If you have it in mind, who would you meet: 5th century Athens, Greece, to meet Sophocles

Go to ice-cream order from Dolly's: Strawberry

Coffee or Tea: English Breakfast Tea

What's one piece of advice for students: Go to class. Do the work. Ask for help.

Office and Office hours: MG129 and Tue/Wed 2 p.m. to 3:30 p.m.



Audi or Dr. Lee (EGR)

Hometown: Busan, South Korea

Hobbies: Watching sports (Dodgers and NCAA)

Favorite sports team: LA Dodgers and the BC Tornadoes!!!

Favorite meals: Burritos, Chicken Tikka Masala, and Mapo Tofu

Cooldest place he's visited: Brevard

Cats or Dogs: Both

Favorite TV show and book: The Conan O'Brien Show and Friedrich Nietzsche's "Thus Spoke Zarathustra"

If you could time travel, when and

where would you go? If you have it in mind, who would you meet: One and a half years ago to meet himself

Favorite ice cream flavor: Häagen-Dazs vanilla milk chocolate almond bars

Coffee or Tea: Citron Tea

What's one piece of advice for students: Life is a vector; you have to have a direction and magnitude.

Office and Office hours: MS205 and whenever his door is open (quite often and late)

Carrying the torch:

Juan Mascaro Jr. secures first win as head coach after championship era

Connor Sechrist
Contributor

Juan Mascaro Jr. achieved his first win as head coach for the Brevard College women's soccer team (1-0) on Sept. 1 with a 1-0 victory on the road over the Piedmont Lions (0-1).

Mascaro Jr. is no rookie when it comes to coaching; he has a ten-year career with experience as the assistant coach for the Tornado Men's Soccer team and a stint with Emory & Henry University before becoming the Associate Head Coach for the last four seasons beside his father and former head coach Juan Mascaro Sr.

"If you want to be a coach, you have to be committed to being a lifelong learner," Mascaro Jr. said. "You are always trying to take ideas and learn things to put in your back pocket, and working with my dad, I learned a lot."

In those four seasons, Mascaro Jr. and Mascaro Sr. led the program, and it was worthwhile. The Brevard women's soccer program saw its first-ever USA South regular-season title in 2024.

They followed up in 2025 with another USA South regular-season title and the program's first-ever USA South Conference Championship.

On a trip to the NCAA National Tournament, they would eventually find their first and only defeat of the 2025 season. Mascaro Jr. tallied up 56 wins during his time as Associate Head Coach. "I was going to be an accountant," Mascaro Jr. said. "I never expected to be in this position or win the championships that we won and do all the cool things that we've done."

Despite taking his father's place, Mascaro Jr. experienced no pressure. "Even though my father isn't the head coach, he is still involved, just in a different role," he said. "Everything we do [on the team] is very routine; it's all about trusting the process and staying true to your values."

Taking over as head coach also means dealing with adversity, something Mascaro Jr. understands. "You just take it on the chin," Mascaro Jr. said. "If I'm gonna freak out and break down when we face adversity, it doesn't set a good example. You have to set examples for the team, staying calm, and figuring out what solutions we have."

That approach was displayed in the Tornado's season opener against Piedmont at the Walker Athletic Complex. "I think with every win, I feel a sense of relief," Mascaro Jr. said. "I work myself up about it, and I go into the game kind of tense, and then once we play the game and we win, I feel a great sense of relief. It wasn't until the debrief after the Piedmont game that I realized this was my first win as a head coach."

"We stick to a strict script when it comes to a game plan," he continued. "We want to force the team to change their style and play of the game. Our plan against Piedmont was to press them high to force kicking long balls because we have very good midfielders that I trust to win those fifty-fifty balls."

Coach Mascaro Jr.'s game plan paid off, getting his first victory as head coach.



Juan Mascaro Jr.—photo by Isabella Zambuto.