

## Student Q'n'A section

by Anne Bolos  
Staff Writer

**Question 1:** Why is the tree roped off beside the MS building?

**Answer:** The College has re-seeded that area to keep our campus beautiful. Another area that has recently been re-seeded is the baseball field.

**Question 2:** Does a condition known as "food coma" really exist?

**Answer:** Yes, you can enter a coma like phase after over indulging in a Thanksgiving feast. You may want to watch out for the following symptoms: 1. Relaxing in your favorite chair or sofa to watch the football game after the feast while still consuming your favorite beverage 2. The top button

of the pants being worn has popped off 3. You will be unable to move for at least two hours after the feast. 4. Even though you're full from the feast, you just have to have at least one of the delicious desserts that only seem to be made once a year 5. By this time, you may or may not still be awake to see the final quarter of the football game. 6. A smile of contentment appears on your face. 7. Then slowly, you fade into a deep sleep.

## Outing Club ventures to Earthshine Mountain Lodge

by Anne Bolos  
Staff Writer

On Saturday night, 9 Brevard College ladies seized the chance to try the amazing zip-line course at Earthshine Mountain Lodge. They were zip-lining through the forest 75 feet above the ground. The only thing keeping them



from imminent death was a harness and a rope.

The guides did their best to raise the anxiety and fear in the young ladies, especially on the Bridge of Death. None backed down from the

challenge. Some were even brave enough to leave the safety of the Treehouse backwards, into the darkness, zipping onto the next destination.

The most electrifying feature of this adventure was that it was done in the dark with glow-sticks duct-taped to the helmets. It was a zip-line rave party!

If you have a taste for adventure, be sure to check your BC Mail and read "This Week on Campus" for more great adventures!

## Brevard College Wellness Center focuses on mind, body and spirit.

by Rebecca Schoonover and Megan Street  
Contributors

At the beginning of this semester, Brevard College Wellness Center was relocated to the Stamey Building between Dunham and Jones. The first floor of Stamey offers Medical Services with Susan E. Martin, RN, BSPA and the upstairs offers counseling service with Dee Dashburg and Pastoral Services with Shelly Webb.

Medical Services are available to assist and teach. Susan Martin is available to lend a hand to students who are sick and to teach preventative measures to stay healthy in order to achieve academic

success. The nurse is on duty Monday – Friday from 8:00AM to 4:30 PM, and is on call 24 hours a day, 7 days a week by calling: (828) 884-8244.

"We want to promote preventative and healthy living by keeping ourselves balanced and healthy" – Susan Martin

Counseling Services provides free, confidential counseling to the students, staff, and faculty of Brevard College. Counseling services

social environment of the collage as well as in the personal development aspects of their lives. To make an appoint you may come to the Wellness Center, call (828) 884-8129, or email [Dasburg@brevard.edu](mailto:Dasburg@brevard.edu).

Pastoral Services addresses a broad range of spiritual needs and helps foster all manners of religions expressions and inquiry at Brevard College. A United-Methodist church-affiliated College, Brevard values the life of this spirit and fosters openness to and respect for the worlds' various faith traditions. Shelly Webb, Brevard College Chaplain serves as pastor to the college community and is to people from any faith tradition or not at all. The Chaplain is available for pastoral counseling, spiritual direction, vocational discernment and prayer. At Brevard College, we seek to be a community where everyone may grow spiritually.

A reminder to all students, the services that the wellness center provides is 100% confidential.



contribute to the College's mission by providing resources to support and enhance the success of students in the academic and