

## Campus paper gets major gift from former Clarion writer

The Clarion, the campus newspaper of Brevard College, has received a \$1,000 gift from motorsports writer Tom Higgins of the Charlotte Observer.

Higgins recently won the Miller American Motorsports Award of Excellence in honor of pioneering auto racing writer Russ Catlin. The Catlin Award carries with it a \$1000 prize awarded to the recipient's college of choice.

Higgins, a 26-year veteran writer for the Charlotte Observer, chose Brevard College and the Clarion. "That's where I got my start," he said in a telephone interview. Higgins attended BC from 1955-1957 and remembers the school -- especially journalism classes with great affection.

"I'm really tickled to be able to do this," he said.

The bequest for the campus paper comes from Miller-American and Charlotte Motor Speedway. The contest was judged by the University of Indiana's Ernie Pyle School of Journalism. Higgins won first place among 60 entries with a story titled "The Fortune of Wheels" about the growth of NASCAR racing. It was published in the February 1989 edition of Sports Inc., magazine.

Earlier, the former Clarion sportswriter won the George Cunningham Award as the Writer of the Year in the National Motorsports Press Association in 1987. Higgins also won the prestigious Henry McLemore award in 1980 for his writing about racing,



Charlotte Observer motorsports writer Tom Higgins, a former Clarion writer from the '50s, has made a \$1,000 gift to the Clarion.

making him the first writer to win all three of the motorsports awards.

In addition, Higgins won first place for 1989 in sports spot news coverage from the N.C. Press Association for his story in the death of race driver Tim Richmond.

Higgins' work with the Charlotte Observer carries him to all 29 Winston Cup races each year. "We cover 'em all," said the former Clarion staffer.

Higgins lives outside Charlotte in Mint Hill with his wife, Cecil, and their daughter, Heather, 15. He has a 29-year-old son, Chip, who is working on his master's degree in architecture at Texas Tech.

Clarion Advisor Jock Lauterer said, "I've known and admired Tom and his work for years. Now to receive this gift in his honor is a tremendous boost for Brevard College's campus newspaper. We'll use the funds to improve the quality of publication."

The Clarion, an eight to 12-page tabloid-sized newspaper, is published approximately every other Monday.

-- BC News Bureau

## Announcements from Student Affairs

### The Boneshakers?

Campus Director of Student Activities Jeff Battle reminds students to plan ahead for the Spring Formal on March 31 at Deer park in Asheville. The band's name is the Boneshakers. Honest and for real.

Campus Director of Security Steve Woodson reminds students that the new Student Union still under construction is off limits until it is formally opened, and that it is a violation to enter that area until its completion.

Also, Woodson is preparing a new fire drill and fire alarm procedure. More to come on that later.

Nurse Barbara White asks that students who are involved as witnesses in any medical emergencies make sure the RD's, the nurse, campus security or emergency personnel called to the scene have easy access to the sick or injured student.

Campus Counselor Steve Martin will hold the second of five Stress Management Workshops on Wednesday, Feb. 29 at 10 a.m. in the Learning Center in MG. Community service credit will be given.

A new RD has been hired for third floor Jones to replace Debbie Garrick, who has returned to Winthrop College. Give a big BC welcome to Cindy Pickens of Charlotte. She graduated from UNC-Charlotte in 1987 with a bachelor's degree in political science. Prior to coming to BC, she was an environmental education teacher at



BC's newest RD, Cindy Pickens of Charlotte. Jones 3rd is her turf. (Clarion photo by Jock Lauterer)

Camp Thunderbird, the Y camp at Lake Wylie, S.C.

Cindy will also be working with Residence Life programming. The Office of Student Affairs asks that anyone with good ideas for social or educational programs see Cindy with their suggestions.

from the office of Student Affairs

## Want to help? Check out this list

Brevard College's Project Inside-Out Coordinator, Sybil Dodson, announces that service requests from the community are coming into the College.

Anyone interested in volunteering for the following projects, or anyone wanting more information, contact Dodson at West Beam RD apartment or MG 236.

Like to invest an hour a week or month in making a difference in someone's life? The following are such opportunities:

- Relate one-on-one with an easily-distracted elementary-age child in order to encourage student to stay on task.
- Develop a learning games for children. (Example, put spelling words on flash cards, make concentration games out of spelling words.)
- Develop and friendship, one-on-one, with an alert 90-year-old by playing checkers, cards, etc.
- Read short stories out of Reader's

Digest, etc. to a 34-year-old comotose female patient.

- Assist in a Mother's Morning Out program in a local church. (Example: Play games with 2 and 3-year-olds.)

- Prepare transparencies for use with parent groups. (School social worker would supply materials to transfer to transparencies. Those transparencies will be utilized throughout the Transylvania County School System in helping parents of kindergarten children learn parenting skills which encourage their children to become successful students.)

- Assist activities director of nursing home with a group activity for residents. (Example: Play Bingo...help resident put chip on number called, etc.)

- Enhance an older woman's self-esteem by giving her a manicure and/or applying make-up. (Perhaps 3 or 4 students would like to offer "personal grooming class" for a small group of women who are 85-95 years of age.)

## Martin offers Stress Workshops

by Lora Woodrum  
Clarion Editor-in-Chief

Although there are several hundred different and unique students who are attending Brevard College, the majority share one thing in common. They are dealing with stress.

Stress can be due to grades, relationships, roommates, financial problems, etc., but whatever the cause, it is a major dilemma facing college students. Each student has his or her own way of facing stress, but the worst thing to do is to avoid it and let it conquer you instead of you conquering it!

To educate students about how to deal with stress, Steve Martin, the campus counselor, has set up stress

management workshops for the spring semester. The first workshop was held on Feb. 7. The remaining workshops will be held on Wednesday, Feb. 28, Wednesday, March 7, Wednesday, April 4, and Wednesday, May 2. Each week, Martin will focus on different techniques to help students deal with stress.

The topics that will be covered at the workshop are: stress, managing stressors, time management, assertiveness, and self-esteem. Each session will include relaxation techniques to help students become relaxed and in more control during stressful times.

The workshop will meet at 10 a.m. in MG 203, the Learning Center. If you cannot attend but would like help in dealing with stress, you can meet with Martin in his office, MG 130.