

# THE

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# CLARION

Issue 4

BREVARD COLLEGE'S STUDENT NEWSPAPER

April 19, 2001

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## Get Pumped for the Summer

Jarvis Broom

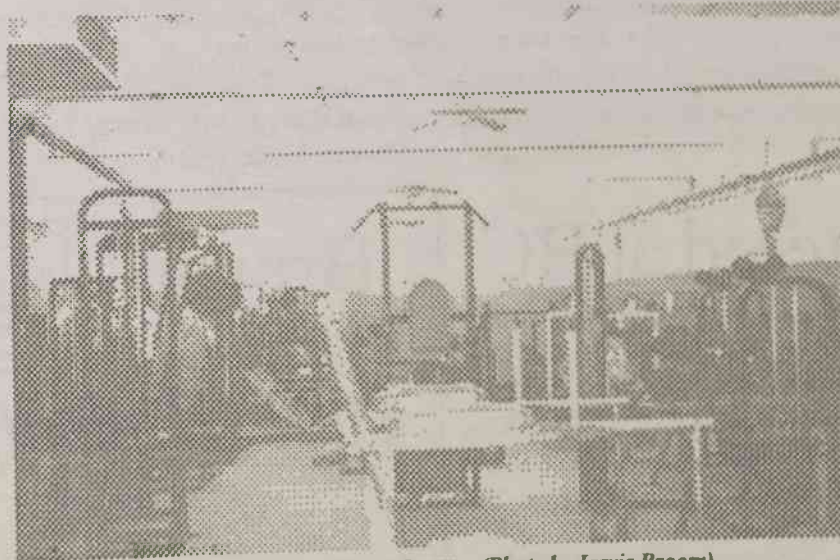
Have you made a New Years resolution to get fit, but you don't have the time because you are a busy college student? Going to the gym would be a long stretch from getting to class on time. Therefore, all you can do is eat lunch and then head to class. Well, now that can be solved. Thanks to the exercise science department and Curt Crowhurst, formal Associate Dean of campus life, the underground now features a cardiovascular room for the on to go student. The Nesbitt family, who is also a Brevard College Trustee, sponsored the new cardiovascular room.

The new cardio room is located in the Underground of Coltrane Commons where the game room was located. Most of the equipment that is provided comes from Precor USA. The weight room consists of two treadmills, a stretch trainer, which works the upper body, a recumbent bike, and more. The cardio room also features two monitors for entertainment while sweat. Other items such as a drink

machine will also be present with sports drinks and water. The snack machine will be moved to the outside of the workout room.

Curt Crowhurst, Associate

Dean of Campus Life stated, "There are several reasons why we thought it would be a good idea. The first reason is to provide wellness and fitness in terms of college student. The concept of wellness is something that we need



Coltrane Commons Weight Room (Photo by Jarvis Broom)

everyone are on equal terms when it comes to working out. A fitness center is also another community building process on campus."

Students that are non experienced when it comes to working out

do not have a thing to worry about. There are exercise science students provided for advice under the guidance of Dr. Mary K. White. In order to have help with working out, you must make a schedule with your trainer.

The hours of the workout room are Monday through Fridays, from 6am until 11pm. On the weekends the workout room is open at 12pm and closes at 11pm. There is also a contract with Precor USA for a monthly maintenance on the equipment.

The main focus of the new workout room is for the student's opportunity to benefit physically, mentally, and socially. However, there is an invitation extended to the faculty and staff to take part in the practice of a healthier life. "I hope that the students gain the life skill of well being. I also hope that the students will gain a comfortable and good feeling of utilizing the student union area." Crowhurst.

If you have not begun to work out, here is your chance. Take advantage of what Brevard College has to offer through the workout room so that you may begin to live a healthy life.

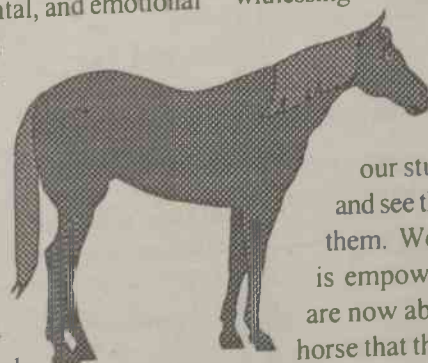
## Therapeutic Horseback Riding Program Begins

GINGER PALMER

Free Rein Center for Therapeutic Riding and Education is a new non-profit organization, established for individuals with disabilities and special needs. Through horse care and riding, children and adults are challenged to a new level of physical, mental, and spiritual therapy. A pilot program has been completed and the first session began the second weekend in April. The spring session, the first in the area, will involve a small group of riders. The open house and dedication is set for June 3, from 1:00 until 5:00p.m.

Free Rein is located on See Off Mountain Road in Transylvania

County. The center provides therapeutic riding classes for children and adults with physical, mental, and emotional disabilities in Transylvania, Buncombe, Haywood, Henderson, Jackson, and Polk counties. The classes are designed to give riders a feeling of self-achievement and empowerment while forming a friendship between rider, horse, and trainer. The class teaches grooming, leading, and riding skills.



"There are moments in which we as instructors get the pleasure of witnessing small miracles in the making," said Carolyn Bane, executive director.

"We get to share in our student's progression and see the effects this has on them. We see that the student is empowered, because they are now able to do things on a horse that they otherwise could not."

The North American Riding for the Handicapped Association (NARHA) certified two staff mem-

bers. Carolyn Bane and Kim Carrafa, recently returned from the NARHA certification program at High Hopes Therapeutic Riding School in Old Lyme, Conn. Certification involves testing staff members' knowledge of equine science and how different disabilities apply to equine-facilitated activities. Liz Galloway is working toward certification. The Free Rein Center is currently a NARHA operating facility, complying with all standards NARHA sets for safety and quality.

Therapeutic riding can improve balance, coordination, posture and

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