

Student-friendly hubs

Out of this world!

By Declan Lusk
Contributor

It is no secret that young people make up a fraction of Brevard's population. Everywhere there seems to be businesses and prices that are marketed towards the local wealthy retirees. This makes it hard for students to find desirable products to buy from local businesses or eat at local restaurants. Here are five local businesses for students to shop at:

1. Next Venture

Brevard has opportunities for outdoor recreation in abundance, however the equipment to engage in said recreation can be incredibly expensive. Enter Next Venture, a store dedicated to taking second-hand gear and making it affordable. Whether it is a water bottle, a puffer jacket, or hiking boots, you can go to Next Venture and get it for a fraction of the cost you might see at a large corporate store. For those of you majoring in WLEE, it would do you good to pay a visit. You can find them at 168 N Broad St. Check out their webpage for more info: <http://www.nextventureoutdoors.com>

2. Sunrise Cafe

While I am sure we all appreciate the hard work of those in the Myers Dining Hall, it is nice to have some variety in both meal composition and locale. For those of you who enjoy good breakfast food and sandwiches, do yourself a favor and stop by Sunrise Cafe. They offer a wide variety of breakfast foods, as well as a few lunch specific items that are all made very affordable. They get bonus points for making strives towards more sustainable business practices, and being right across the street from the college on College Plaza. Check out their webpage for more info: <https://www.the-sunrise-cafe.com>

3. Poplar and Ash

If you are tired of shopping at Goodwill and are seeking fashionable clothing look no further than Poplar & Ash. The store holds a variety of products that are refreshingly modern and unique, making it stand out from the city's other offerings. The store also offers a variety of other goods such as organic soap, feminist children's books, and even handmade Harry Potter wands from a local artist. You can find Poplar and Ash at 22 W Jordan St, Brevard. Check out their webpage for more info: <https://poplarash.com>

4. Brevard Rock Gym

Whether you are a seasoned climber looking for a way to train over the winter or have never squeezed into a pair of climbing shoes, Brevard Rock Gym has the facilities to make it an excellent experience. This rock gym specializes in a form of rock climbing called bouldering, which means you won't need any equipment outside a pair of climbing shoes which can be rented from the gym for cheap. If you are not ready to commit to paying for full membership, remember that all Brevard College students can climb for free on Tuesdays if you bring your school ID. You can find Brevard Rock Gym at 240 S Broad St suite b. Check out their webpage for more info: <https://brevardrockgym.com>

5. The Fitness Factory

The Fitness factory provides a wide array of training equipment that will help you excel in a variety of fitness disciplines. The main gym includes dozens of machines and free weights, and if you are looking for something a little more intense there is a functional training room that will prove valuable to any athletes looking to up their physical prowess. All of these features are bundled nicely into a student membership that provides a considerable discount when compared to the standard membership. You can find the Fitness Factory at 1266 Asheville Hwy suite 9. Check out their webpage for more info: <https://www.thefitnessfactory.biz>



Photo by Mary Lewe
(Left to right) David Joyce, Kathryn Rasmussen, Madison Hogan and Mike Castelaz gathered around a tele to view Mercury's transit on Monday.

Tips for fighting the flu this year

It's that time of year when the temperatures are dropping and the common illnesses that accompany this season are beginning to spread. School nurse Pat Clackler offered some great tips to stay healthy as we push through the final weeks of this semester.

One of the most important things to do is to stay hydrated. Drink plenty of water as it will keep your energy up and help stave off any illness.

Washing your hands is essential for every day of the year but make sure you wash your hands more often to rid them of any germs you could have made contact with.

If you haven't gotten your flu shot yet, now would be a good time to get it before it's too late. These shots are offered at local pharmacies.

If anyone is affected by illness in the coming weeks, the campus nurse is well prepared. In her office you can find cough drops, hand sanitizers, masks and tissues for use in preventing or recovering from illness. Nurse Pat Clackler is available in her office on Tuesdays 8 a.m.-4 p.m. and Thursdays 8 a.m.-4:30 p.m.

Let's finish this semester on a high and healthy note!

—Sam Hipp

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