

PVCC students reach National Science Foundation's semifinals

Katya Beisel, Staff Writer

Three PVCC students advance to the semifinals of the National Science Foundation's Community College Innovation Challenge after their proposal to use protists to better assess the quality of water in the Rivanna watershed survived the preliminary round of the contest. Under the guidance of Associate Professor of Biology Dr. Anne Allison in partnership with Charlottesville's StreamWatch, students Maya Fraser-Butler, Candice Tomlinson and Stephen Hazen attempt to

address the poor quality of Rivanna's waterways.

Fraser-Butler, Tomlinson and Hazen are students of PVCC's Associates of Science program. The local non-profit StreamWatch, the students' community partner, monitors the quality of water in the Rivanna River watershed. According to StreamWatch's reports, the quality of our local water varies across the region's many streams and creeks, but is generally poor. However, the watershed supports a variety of diverse organisms and populations, from the most basic unicellular bacteria to those pesky deer we frequently encounter on the roads.

Peer Mentors and
 SLAs Wanted.
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Generally, we do not tend to think of miniscule organisms in our water as a good thing. However, Fraser-Butler, Tomlinson and Hazen believe that these tiny life forms might be the key to a better means of quantitatively measuring the quality of water in the Rivanna watershed and effectively combating pollution. They believe that their low-tech and simple solution would be cost effective and easy to maintain with minimal training involved. Most importantly, they believe in the viability and potential efficacy of their solution to Charlottesville's poor water quality.

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Snow on PVCC campus. Photography by Samantha Prentiss

DATES TO REMEMBER

—Super Pi Day Celebration—

March 14, 1 pm, M229 and North Hall Meeting Room

—UVA Credit Union Branch Grand Opening—

March 16, Noon, Bolick Student Center

—East Meets West Speaker Series: Workforce Development and entrepreneurship in India—

March 18, 12-1 pm, M229

—Virginia Festival of the Book—

March 18-22 all over Charlottesville.

—Free Movie Friday, *Wild*—

March 20, 7:30 pm, Dickinson Building

—East Meets West Speaker Series: Maps and Missionaries—

March 23, 12-1 pm, M229

—Women's History Month Lecture—

March 23, 12-1 pm, North Mall Meeting Room

—East Meets West Speaker Series: The Road to Everest is Not Paved—

March 27, 12-1 pm, M229

—Fourth Fridays Improv—

March 27, 6-8 pm, Dickinson Building

—The Odyssey of the Soul—

March 27, 7:30 pm, Dickinson Building

—John McCutcheon—

March 28, 7:30pm, Dickinson Building

—PVCC Music Faculty Recital—

March 29, 3 pm, Dickinson Building

—International Food Fest—

March 30, 11:30 am to 1 pm, North Hall Meeting Room

Attend 2 or more East Meets West Speaker events to get tickets!

Fine Arts And Performances

Quamia Dennis, Staff Writer

PVCC offers many programs for the public, so they are able to stay active in the PVCC community. On February 28, from 12 p.m. to 2 p.m., Geri Sauls will be offering a Tap Dance Master Class for \$10 for non-PVCC students and free for all enrolled students.

The tap dancing performances will teach others the unique style of dance with making it into your own. This event is hosted by the PVCC student dance club. If you have the passion of dancing, then this event is made for you to come out to join others in the auditorium of Dickinson Building..

Every fourth Friday, PVCC also hosts improv night from 6 p.m. to 8 p.m. in the Black Box. When attending improv, you are able to practice improvisation skills, play games and interact with other students.

It is free to attend improv is and no skills are required or necessary to partake in this event. If you are a student who is energetic, like to act, get along well with others, then improv is a great activity for you to be involved in. It is very exciting and has a lot to look forward to.

...PVCC's



is

looking for *YOU* to join.

EXPLORE. WRITE. GAIN EXPERIENCE.
HAVE FUN.

Contact us at theforum@pvcc.edu for more information

Homeless to Harvard: One Book Movie Screening

Karen Riordan, Staff Writer

The moviegoers were mesmerized - still, quiet, and fully engaged.

PVCC students, faculty, and staff gathered in the Jessup library to view the Lifetime Movie *Homeless to Harvard: The Liz Murray Story*. This event was part of the college-wide reading initiative called the One Book project.

This year's One Book features New York Times Bestseller *Breaking Night* by Liz Murray. The One Book project is designed to encourage the college community to read one common book and participate in discussions and related reading programs throughout the academic year. The film was a part of this venture.

Homeless to Harvard: The Liz Murray Story portrays the real-life story of Liz Murray's turbulent childhood in the Bronx, raised by parents who were addicted to drugs. While Murray was loved, she was also neglected. At 15, she found herself homeless. Overcoming monumental challenges, Murray ultimately graduated from Harvard.

At the film's conclusion, the lights were turned up and everyone sat quietly for a moment. A time of reflection seemed appropriate. There were a few murmurs of "wow."

PVCC's librarian, Laura Skinner, engaged the participants in a discussion. While the group was small - five women and two men - they seemed interested in sharing their thoughts. A majority of the dialogue was spent comparing the book and the film.

Viewer Linda Hitt, accounting professor at PVCC, read the book and saw the movie. "The book addressed more of the day-to-day details of Liz Murray's life," said Hitt, "I liked the movie too. It will help us to be more empathetic."

Hitt suggested that it would be a good idea for the students to follow up on the movie in some way.

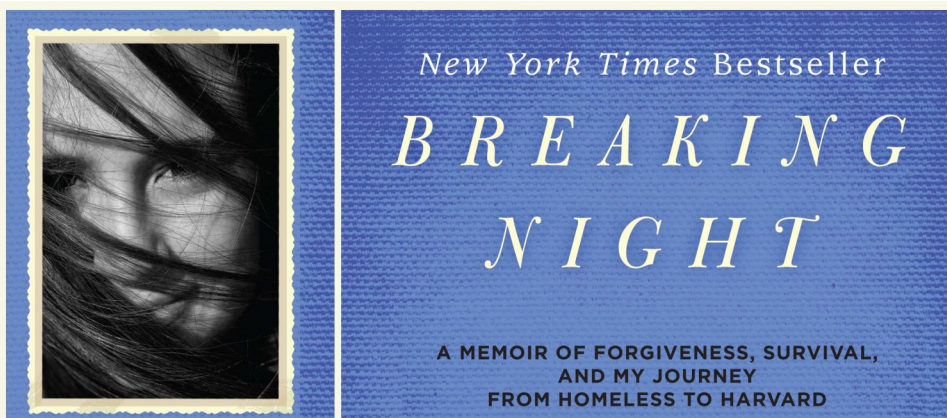
Lynd Smethurst is an adult career coach at PVCC's Virginia Workforce Center. She thought the film was tastefully produced; Murray's story has some delicate themes.

"The movie was powerful," said Smethurst, "I work with some people who come from dysfunctional backgrounds. This was a good reminder to me not to judge others. It helped me to better understand where they're coming from."

Carol Larson, director of Financial Aid, was in attendance and said that although she had not quite finished the book, she preferred the book to the film.

Skinner seemed pleased with the turnout for the film. She has been impressed with the participation in this year's One Book project. Faculty, staff, and students are encouraged to read Liz Murray's *Breaking Night*.

Skinner announced that the book the students selected for the 2015-16 One Book is *The Immortal Life of Henrietta Lacks* by Rebecca Skloot. This is a true story about Henrietta Lacks, a poor black tobacco farmer, whose cancer cells (HeLa) were taken without her knowledge, to be used as tools in medicine. These cells are still used today.



The One Book project has enhanced the PVCC community with many opportunities for enrichment, including the screening of *Homeless to Harvard: The Liz Murray Story*, there is something for everyone to learn and to share.

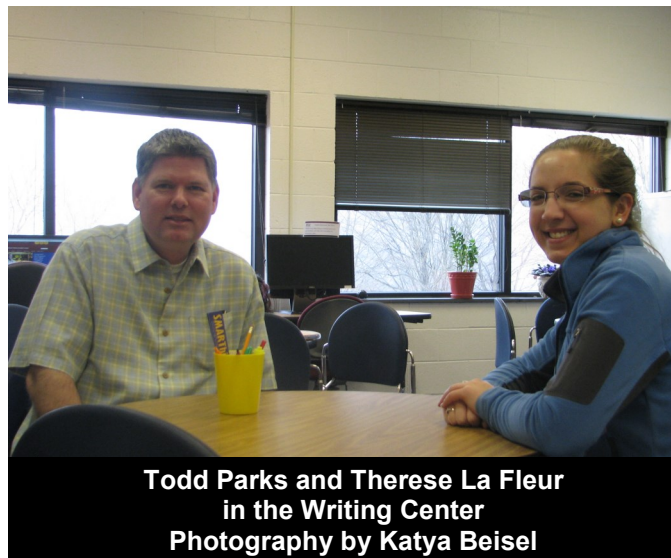
Peer Mentors and SLAs Wanted

Katya Beisel, Staff Writer

PVCC's Division of Student Services is looking for Peer Mentors and Student Learning Assistance (SLA) facilitators for next semester. Peer Mentors attend an assigned SDV 100 or SDV 101 class, where they model exemplary student behavior and help students transition into life at PVCC. SLA facilitators meet with students and help them with coursework from classes that the facilitators have already taken and passed with an A or B. These classes have high failure/dropout rates and include BIO 141, ECO 201 and 202, MTH 163 and 173, and SOC 200.

Accepted applicants will receive a semester stipend – \$250 and \$700 respectively – as well as a letter documenting their contributions to PVCC. Both programs provide PVCC students with opportunities for valuable work experience, particularly for students who aspire to become educators. All accepted applicants for either program must attend a training session prior to the start of the semester and attend all meetings of their assigned class.

"I love being an SLA facilitator for ECO 201. It is the most fun I have at school all week," said Christian Adams, who enjoys helping her fellow students learn and master the difficult concepts of Macroeconomics. Her advice to students thinking about applying for the SLA program is, "Apply if you are interested in the subject and want to help other people learn . . . if you like a particular subject and can get excited about helping



**Todd Parks and Therese La Fleur
in the Writing Center
Photography by Katya Beisel**

someone else learn you should absolutely become and SLA facilitator and think of the money as a bonus."

"I was very pleasantly surprised at how easily it fit into my schedule," said Peer Mentor and SGA Executive Senator Catherine Tatman. "Each Semester it became easier and easier."

Interviews are required for finalists of both programs. Peer Mentors must also pass a background check and are encouraged to submit an unofficial transcript along with their application. Applications are due by Friday, March 20, and interested students should see Coordinator of Academic Support Services Todd Parks in his office in M617C for more information. Mr. Parks' office is located within PVCC's Writing Center.

Piedmont Parking Crackdown

Kaitlyn Duvalois, Staff Writer

With classes in session for just a month, PVCC's Public Safety Department is cracking down on parking violations. I should know, I have gotten two parking warnings. Our parking lots here at PVCC are like the Hunger Games.

Parking at school is hit or a miss. Between the hours of 8:30 a.m. to 9:00 a.m., the parking lot is desolate. But, between the hours of 11 a.m. and 12

p.m. you are pretty much stuck in the Dickinson lot. You might want to leave 10 minutes earlier in the morning to save yourself the agony of being late to class.

Police Chief Shawn Harrison is implementing new safety guidelines.

If you have not noticed, new emergency phone systems have been installed in the parking lots. This should make PVCC a safer environment for students and staff.



Gender Issues Around the World

Parisa Haghtalab, Guest Writer

As an Iranian woman who lived in the Middle East and the USA, I have so much to say about gender equality. I have seen two sides of this world, and they are not so different from each other.

Contrary to what you see in the media, Iran is not like Saudi Arabia or Afghanistan. Iranian women do have voices, and for the majority of the population, it is acceptable for women to be educated. In comparison to women of other countries, Iranian women are not tamed by the expectations of the Middle East. For example, a few years before I left the country, the government started to arrest women for not covering themselves “properly” in public.

Many women were arrested and sent to unknown places, or raped by jailors. Fear was everywhere, but many women still did not wear the veil, which is called “Chador” in Farsi. They just became more aware of the police on the streets. I was part of that rebellion. Sometimes my clothes were short and tight, something that I could go to jail for, but I was not going to lose the minimum freedom I could have. Neither were many other women.

My parents have two daughters and one son. I never felt that they underestimated me as a female. They were never easier on me because I was a

girl. They wanted their kids to be independent and strong. My parents are modern people, but living in a place where traditional expectations still impacted people’s daily lives was almost impossible for me.

It made me struggle with my identity because of my lack of freedom. I couldn’t imagine myself marrying and having kids without pursuing my dreams first. The traditional expectations were chains around my neck that choked me. It made me hate my gender, and I wanted to be a boy.

I tried to act and dress like a boy. I even bought my shoes from the men’s section of stores. The shoes were big, but they gave me the power to be a rebel. They made me feel like I could do anything I wanted.

I wanted to be a boy because I believed women were weak. I had no idea that a woman could be strong. At that time, I did not realize that humans are not all the same and that its okay to have different interests and beliefs. I thought that girls should act a certain way. That was what I was taught by my society. I was a square trying to fit into a circle’s place.

After I came to the USA, my struggle continued. At first, it seemed to me that I could express myself freely, but later I realized that it would not be so easy. In the USA, I realized that gender equality was not only a women’s issue. Here, it also targets many men as well.

A friend of mine who truly

understands women and their feelings is labeled as gay in the USA. In Iran, kissing on the cheek represents respect and love between men, but in the USA its different. I have seen so many guys suffer and stop dreaming about their passions just because their goals were not masculine enough.

Even in the USA, I have to follow certain expectations of femininity. But in reality, not all girls are interested in the same things. People have a tendency to label each other without realizing that people have more than one interest and varied experiences.

I have seen two sides of this world, and I have realized that some gender expectations limit people’s freedom of choice and ignore their individuality in both countries. My question is, why it should happen?

Why should we set certain expectations in the name of gender, as if everyone is the same? There is no such thing as complete masculinity or complete femininity and everyone falls somewhere on the spectrum between the two extremes.

Unfortunately, gender issues are still an important topic everywhere. What I have realized is that they only adopt different faces. Gender inequality still exists. Some of these issues may be less noticeable than others. Identifying the roots of the problem requires careful scrutiny of cultures and society.

From South to South

Kellyn Torres, Staff Writer

Last month, Piedmont faculty members took part in welcoming Paola Galussia from Buenos Aires, Argentina. Galussia will join us for several weeks as an exchanged faculty member. Currently, Paola lives in “La Boca,” a picturesque “barrio” (neighborhood) easily walkable and with plenty of entertainment. This is Paola’s first time abroad.

The introduction began with a PowerPoint presentation where Paola, from Otto Krause Technical School, presented herself as a girl who has come from the southernmost part of Argentina to the southern neighborhoods of Buenos Aires, capital of the Republic of Argentina. Her “Journey from Ushuaia to Otto Krause” depicts her experiences, the differences in both cities and how they affected her life.

At the age of 18, Paola moved to Buenos Aires to begin university studies, where a former professor first introduced her to Krause.

Little did she know that in a few years time she would be working there as an English teacher. The technical school, offers a six year program, which consists of the first two years as high school level work and the third through sixth years as college academic work. The school integrates its students through various forms of

education.

One peculiar method was the fact that the students receive lessons not just from one teacher but two. While one teaches, the other sometimes grades or controls the students. To make things entertaining, they use storytelling to engage the students.

Some other projects that are at work at Krause include field trips for those who are above the age of 16. Most recently the students visited the National Theater, Immigration Museum, Book and Spanish language museums.

Among others tutoring, school magazine and interdisciplinary projects, sports and plays bring students together and form the school.

Krause has a strong bond with Piedmont Virginia Community College; both send students and professors to learn and expand their horizons. Paola will begin exploring Piedmont next week, visiting a number of classes. She says she is “beyond excited” to begin this new experience and is terribly pleased to be in the United States, which is completely “different from the movies” and from everything else she expected it to be.



Photography by
Kellyn Torres

A Workshop in Contemporary Dance Training

Idette Charlie, Staff Writer

Piedmont Virginia Community College held a free contemporary dance workshop January 24 for all dance levels.

A workshop is a chance to explore and provide extra training. The contemporary dance workshop gave time to refine techniques. Faith Levine, the instructor, said, “Feel free, find yourself, modify.”

This workshop brought dancers of all levels together for a unique time to learn. Levine gave instructions on various techniques which came alive when she said, “Dance for the next

hour and a half. Take a walk around the space.”

The dance floor became magical as the students followed their instructor. You could hear Levine’s instructions: “walk, and count 1, 2, 3 then swirl,” “Keep the body straight, draw it,” “8 up and 8 down,” “back knee into the chest.” They became a team of student dancers in sequential movement.

Contemporary dance is about using the body in relation to the floor. Levine instructs, “Now our bones and muscles can go down to the floor, connect your bottom, butt and hip.” The teaching comes alive. At that moment, the floor, gravity and the dancers’ bodies became one.

A Class Grows at Piedmont

Antonia Florence, Staff Writer

Landscape Plant Materials is a class which fits into the Horticulture curriculum. It fosters growth, not just of the mind but plants. Anyone can plop a plant in the ground. It takes knowledge to properly place a plant in suitably amended soil while giving consideration to the proper requirements of sun, shade, water, room for growth and proper pruning techniques.

Trees, shrubs, flowers, ornamental grasses, ground covers, vines, ferns, mosses, and even cacti are all plants. This is a class for the lover of fresh air. Much of the education is garnered outside during field trips to nurseries, orchards, vineyards, gardens, arboretums and the campus' fields and woods.

Are you aware of the plant diversification

right here on campus? The trees we pass as we traipse to Keats and Dickinson are nothing compared to what awaits us at the north end of campus. There are lovely private nooks and benches to sit on as we study the wide variety of plants provided by PVCC. Do you know what a Deodar Cedar looks like? Probably not what you have in mind. Have you ever seen a deciduous cedar? It drops its needles in the fall and looks dead during winter, regaining its green cloak in the spring. We drive by it each time we climb the hill on College Drive.

The class meets in the Keats Science Building. Instructor, Nathan Miller received his Bachelors/Concentration, Art and Environmental Studies from Bridgewater College and Masters, Landscape Architecture from Clemson University.

Hot Yoga: Practice Does Not Make Perfect

Karen Riordan, Staff Writer

Practice does not always make perfect. And in this case, it is not supposed to. At least not for the people at Hot Yoga Charlottesville.

The scene in the studio is shocking. The men and women, barely clad, are dripping with sweat, as well they should be. It is a steamy 105 degrees.

The group moves in unison, breathes in unison, and relaxes in unison. Not a word is spoken for the entire hour and a half session, except for those of the leader, who gently directs the "yogis" to stretch in unimaginable ways. Twenty-six postures, to be exact.

Lizzie Clark, owner of downtown's Hot Yoga Charlottesville, explained the importance of "practicing," as opposed to working out. "Of course, this is a cardiovascular workout, but there's so much more," she says, "We come into each situation with a belief set and a perspective on words and labels. So often, workout implies you are busting your tail - come hell or high water, no pain no gain. We call this a practice to

lessen the ego's hold on our physical movements."

Erin O'Hare has been practicing Hot Yoga for years. She says, "Now, I am content . . .

Every day I seek out another piece of myself and am proud to share this practice with fellow yogis."

Clark goes on to say, "There is no practice that was better than another; even if it feels that way sometimes. You will receive what your body is teaching you that day. Sometimes it is a lesson in humility while other days it is a lesson in the limitlessness of your potential."

When leaving the yoga practice, the participants quietly slip out of the room, their bodies, towels, and mats soaked in sweat. There are no high fives and cheers of "we did it." Instead, there seems to be an air of humility, humbleness, and gratitude.



Review: She Wants Pretty - The Ha-Rang!#

Kellyn Torres, Staff Writer

The Ha-Rang!# have been described as anything from metal to organ garage, and have defied everyone with their new EP. She Wants Pretty showcases how this band is not looking to be categorized. Almost anybody would have a tough job trying! In an ineffectual world, this band shows its uniqueness, literally.

The EP opener introduces us to an unconventional theme of “Cocaine Deloreans.” Marty Mcely’s boyish wonder teleports the listener to a time of nostalgia, yet the overall timbre creates a futuristic vibe. Thrilling organs and meticulous drums accompanied by Shane’s charismatic vocals make Delorean Girls a thrilling opener.

Then comes the marvelous title track, She Wants Pretty. First off, we’re fooled by a melodic, solid riff, then suddenly the Ha-Rang!# catapults us into a reverie of electro-organs and what one could ostensibly identify as “horror pop.” Shane O’Gallagher, leader of The Ha-Rang!#, uses crazily chaotic vocals joined with a hypnotizing riff to transport us in a journey through time and space, never to return.

But we do return, eventually. The Ha-Rang!# abruptly leaves us with a candid “Woo-Hoo!” It

is agreed the song does deserve to be celebrated. Hookers in the Wind is next and has the potential to be the best drinking song I have heard in a while. Harmonious melodies tie in with whimsical guitars to generate a fantastic hook, raising the stakes for the rest of the EP.

Shane reminds us that “Life is Short” and we bask with him in this knowledge as we enjoy the remainder right up until the very last echoing cymbal. A cascade of riffs amount to a long intro into the next song, aptly named “Pigeon Kick!”

Shane adopts vocal eeriness, droning melodies and urgent drums creating a sinister timbre. Suddenly, hit by a crescendo of meaty licks and strident pace, we are thrown into a surging tempo. This change surprises the listener, reminding us that the Ha-Rang!# are far from predictable.

EP closer Murder Most Depraved reinforces the band’s gambit of horror pop. Durge drums and tidal wave coals make this tune slightly more alarming. Yet again, frontman #wulfbaby (Shane) reminds us of the value of humor with this opening line, “I’m gonna let you in on a little secret / Not every day is a good day for a picnic.”

All of these tracks set a great tone for the future of the band. Watch out for the Ha-Rang! #, it would definitely be hard to ignore them.

Review: Bella Morte

Patricia Vaughan, Guest Writer

Attention all music lovers - If you like a variety of music ranging from Goth to Metal, you should check out local Charlottesville band, Bella Morte.

The gothic band was formed in 1996 by Andy Deane and Gopal Metro. There are currently four members, lead singer Andy Deane, lead guitarist Tony Lechmanski, bass guitarist Marshall Camden and drummer Jordan Marchini.

Their music blends elements of metal, alternative, deathrock, and sythpop. In Italian, Bella Morte means “beautiful death”, and lead singer Andy Deane says that the name was

chosen to “suggest that beauty can be found in tragedy,”

This theme in each of their albums. The band, currently signed with Metropolis Records, just released it new album, Exorcisms. You can find them playing at the Jefferson Theater, on Charlottesville’s Downtown Mall, or at events like Mysticon.

What I love most about these guys is that they are so down-to-earth. Fans can meet the band after the show, take pictures with the guys or even ask them to autograph band merchandise. If you like these guys, check out The Secret Storm and Ships in the Night, both of which are local bands.

Review: One Mic Stand

Patrick Fritz, Guest Writer

Piedmont Virginia Community College presented the One Mic Stand February 12 in the Maxwell Theater.

The amazing talents of PVCC's students and faculty were on display to a full house. Acts ranged from soulful, original songs to an exciting and brash excerpt from a novel-in-progress, by up and coming author, Charles Dunn. Brilliant standup comedy and stunning dramatic and comedic monologues were also on the agenda. These highlighted the diverse talent of the students.

The evening would not have been complete without the heartfelt poetry and spoken word performers that stirred the soul and delighted the mind.

Sam Holland, a second semester student at PVCC, opened the evening with a mellifluous acoustic rendition of three original compositions. The mature and melodic crooning of love and loss was in stark contrast to his youthful appearance.

His rich, soothing timbre accompanied by the beautifully arranged and refined acoustic strumming evoked raw emotion with every chord. With the dim lighting in the dark room and Sam's smoky vocals, the only thing missing was two fingers of peaty Scotch whisky.

Charlie Benz, an up and coming improvisational actor and comedian, charmed the crowd with his comedic debut. His unique brand of physical stand up mixed with a blend of humorous self-deprecation reminiscent of a young Jerry Seinfeld.

The school will be seeing much more of Charlie's performance skills in the PVCC Spring improvisational production of *Once is Not Enough*.

Joe Taglavore performed two congenial apostrophic monologues that ran the spectrum from a dark and brooding conversation with his girlfriend to a sidesplitting dialogue between two roommates. Taglavore showed his amazing range, poise, and humor on stage that captivated

the audience and showcased his comedic talent and flair for the dramatic. Matthew Newton left the crowd wordless as he presented his unique blend of comedic styling with a colorful monologue of a family holiday meal featuring his stone-faced uncle and quick to anger grandmother.

Poets and spoken word artists led the gathered crowd on a rollercoaster ride of emotions. From the battered tenement buildings of Chicago into the idealism of the Freedom Summer and then back into the depths of American domestic and foreign turmoil of the 60's and early 70's.

In another selection, the theme of family and of a father/daughter relationship were woven eloquently throughout with conflicting emotions, yet obvious love.

Another exceptionally gifted author provided a look into the rich and diverse culture of the American south, amazingly delivered through two short stories that captivated and thrilled the audience.

The rich descriptions of the virtues and qualities of good cornbread; to the artery clogging, but well worth the heart attack, fried chicken and southern sweet tea which was amusingly pronounced the "origin of diabetes" which brought to life the smells and sounds of the uniquely southern dining experience.

In his second piece, he vividly described the internal turmoil that defines the beginning stages of a budding romantic relationship and the ability of bad coffee and Coltrane to create feelings of amity.

The author then steered us into the conflicting emotions of making the decision to continue the casual relationship or develop it into something more.

This One Mic Stand was a testament to the wide ranging and diverse talents of the Piedmont Virginia Community College students and faculty being flawlessly executed and conducted by Professor Julia Kudravetz.

One Mic Stand will return to the Maxwell Theater on April 9. Be sure to mark your calendar.

Jason's Deli: People, Food and Choice

Jackie Layton, Staff Writer

Number three on Forbes *12 Best Franchises to Own for 2014*, Jason's Deli is quickly becoming a number one choice for many health-conscious consumers. The restaurant ranked number one in annual sales in QSR magazine's 2008 Top Ten list of restaurants with under 300 locations. Headquartered in Beaumont, Texas, Jason's Deli is a fast-casual, high volume, deli-style restaurant chain, providing fresh food and premium, more natural ingredients. It was the first major restaurant to ban artificial trans fats in the U.S., and the first to eliminate high fructose corn syrup.

Those with energy, drive and the will to lead may want to consider the company for their core values: 1) Great Place to Work, 2) Highest Personal Standards, 3) Out of this World Service, 4) Highest Quality Food and 5) A Healthy, Growing Company. If management is a future goal, the company says that being a leader is only part of the equation. They look for employees who are nurturers, encouragers - people who love people.

Founder Joe Tortorice, Jr. believes in making investments in employees and treating them like family. The company's Leadership Institute offers free classes in money matters, ethics, marriage, conflict resolution, and *emotional intelligence*, which has received "rave reviews" because of its effect on home and work life. In addition, a non-profit foundation helps employees in crisis.



Photography by Jackie Layton



Photography by Jackie Layton

The Food—Fresh, Natural, Variety

Jason's Deli was the number one consumers' choice for "Availability of Healthy Options" among fast-casual restaurants for the 2014 Chain Restaurant Consumers' Choice Awards conducted by Technomic research and consulting firm.

Tony Bridges, one of four managers at the Charlottesville franchise quoted one of their tag lines, "If you can't read an ingredient, it shouldn't be there. There is no high fructose corn syrup, MSG [an additive in most commercial ranch dressing] and no trans fats. Four new menu items are added per year and the soups are made in house."

In addition to a salad bar with organic choices and deli sandwiches with whole grain options, main course items, soups, pastas, breakfast items, desserts, and a children's menu are offered.

The company began getting rid of trans fats from its menu eight years before the FDA ban; forty-seven ingredients were converted over five years. In April 2005, Trans Fat Freedom was declared at every Jason's Deli - 137 locations at that time. Three years later, high fructose corn syrup was eliminated - and more recently MSG and artificial colors. Gluten-free items have also been added.

Perhaps PVCC's dining area might be a perfect spot for a scaled-down version of Jason's Deli, which is being tested in other areas and on college campuses.

Dining Options Around PVCC Campus

Jordan Orme, Staff Writer

When PVCC students, faculty, and staff need a revitalizing meal, there are various dining options for them in and around the campus. Many flock to the food and beverage dispensers within the college, while others stray from campus to seek more variety.

Conveniently placed throughout PVCC, there are vending machines provided with snacks for people in a hurry. Inside the main building, the Mermaid Express and First Run Cafe are the college's primary food and beverage suppliers. Each of them have dedicated staff members working to solve a never ending hunger crisis.

The Mermaid Express is right outside the library. Current staff member, Melissa Herero said, "I've worked here on and off for about four years. We sell granola and pastries that are from Albemarle Baking Company. They are really delicious. We also have great natural smoothies that our customers seem to really love. Try the white chocolate mocha, or the green tea smoothies."

Naturally, First Run Cafe ends up with more business than Mermaid Express because of its size and variety. Staff member Patricia Johnson said, "Everyone loves the fries." Patricia has been a staff member there for four years now, and she claims that First Run offers "healthy options."

Good things are said about First Run, but it also has its share of complaints. PVCC student Tan Armstrong said, "I never eat there because the food seems processed and chemically enriched. If I was desperate for some food, I would go for their yogurt. And their 'Healthy Choices' do not seem healthy in my opinion. Nobody there knew where the vegetables came from when I asked. But most of all, it is just too expensive for a college student."

Other students like Abraham Washington defend the cafe: "The First Run Cafe is pretty good. I mostly get the same thing, but whenever I try out something new there, it turns out to be good. It has awesome drink options, and it's also a good place to meet people. Plus, I don't feel like

going somewhere else to eat. Why would I? First Run has good people."

There are also other businesses and local restaurants just a few miles from the college. There are six different and easy-to-find eateries that are happy to serve those who come to them from PVCC.

In the shopping center beyond Monticello High School, there is an Italian restaurant called Pizza Bella. It draws in customers with its zesty aroma and humble employees. When asked about their most popular dishes, staff member Aurela Fazliu said, "I would recommend any of our pastas. We also offer daily specials for those who are interested."

When in the mood for something sweet, just go about six stores to the right of Pizza Bella to enjoy some of Bloop's Frozen Yogurt. They stay pretty busy due to its successful management and jovial atmosphere. The inside of the store smells like a fruit basket, and it's so colorful. They also offer waffle cones and frosty customized milkshakes. Upon arrival, be prepared to smile.

Some of the PVCC family is employed at Bloop. Sara Smith said, "Most customers usually go for the chocolate or vanilla, but I would recommend our cake batter. It's excellent. Also, all of our fruit toppings are fresh, never frozen."

On the way there, take note of both the Subway and the Hong Kong restaurants for other options in the future.

Across the road from Bloop, there is an Exxon gas station filled with delicious surprises. Inside, there is an energizing Mudhouse Coffee shop and a popular deli. The employees welcome their customers with small talk and laughter. All the sandwiches in their deli are named after towns in Virginia. When their manager Robert Wingfield is asked which sandwich is the best, he says, "Try the Farmville or the Earlysville. They are both ordered the most." The amount of business the Exxon attracts is a clue for satisfaction.

PVCC does have a few options that are convenient, but they do not have to be the only options. Explore the outskirts of the college and try something new.

Mu Alpha Theta Induction Ceremony

Kaitlyn Duvalois, Staff Writer

As snow fell outside, inside PVCC new Mu Alpha Theta members were inducted. The ceremony took place on Monday, February 16. Mu Alpha Theta welcomed ten new members.

PVCC President Frank Friedman made an appearance and delivered a short but sweet speech congratulating the new members.

Mu Alpha Theta is a mathematics honor society, specifically aimed at community college students. I had the pleasure of sitting in on the induction ceremony, and was able to listen to the speeches.

“Math is something that’s always interested me, I’m dyslexic so watching my sisters be better at English and things like that, I felt like I didn’t



Photography by Kaitlyn Duvalois

belong, I felt like math could be my own talent,” says Ilia Kowalzick, a newly inducted Mu Alpha Theta member. It’s great that here at Piedmont we have a society that has an interest for everyone, whether it be mathematics or different cultures.

Board Game Club

Audrey Waldrop, Staff Writer

Every Tuesday in the third floor of the Dickinson Building from 3:00 p.m. to 6:30 p.m., you can discover the endless joys of playing board games. If you like to spend long hours playing new and exciting board games, the Board Game Club is for you.

Some games can be long, and others can be short. It all depends on the kind of people, what kind of games are available to play, and the number of students playing. The head of this wonderful group of students is Bruce Glassco, a professor of English here at Piedmont. Glassco is an avid game player and has even designed and published games.

When you turn the corner, there is a sense

of excitement. You never know what kind of games you will play, or when a lost and forgotten rule will reappear and change the entire game.

The Board Game Club is about expressing your interests and meeting other people who like to play games and have interests that are common to

yours. Players of the board games are never cutthroat or blood thirsty and always enjoy teaching others how to play new games. Over the course of the game, you can have heated

discussions about feminism or the kinds of sandwiches you like to eat.

Games usually have some portion of cooperation; the players can teach you trust and respect. But they also teach you how to accept inevitable defeat and how to do so with an air of grace. So please come visit and walk away feeling that you are a part of something bigger.



Photography by Antonia Florence

Piedmont Profiles: Bruce Robinson

Antonia Florence, Staff Writer

Bruce Robinson holds the positions of Associate Professor and program coordinator for Information Technology. Currently, he teaches Information Literacy, Advanced Computer Applications and Integration and Office Administration.

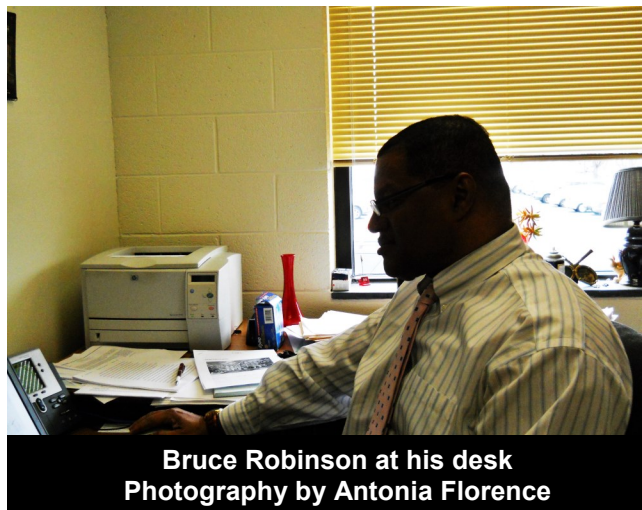
When he hears “PVCC”, his immediate reaction is, “Hey, I teach there! I’m always excited to talk about PVCC to anybody willing to listen.” With the exception of eleven months, he has worked at PVCC for the past thirty-six years. Anyone who knows Robinson would have a mental picture of his pencil thin mustache drawn tight across his face, following his wide smile and sparkling eyes.

While in high school, he would hear his classmates talk of going to college and felt it was out of his reach. He did not have any role models who had gone to college, in fact, no one in his family had ever graduated from high school! He wanted to be like his friends who were excited about going to college.

The first thing young Robinson did was enroll in college prep courses. His determination mounted to sit for his SAT. When he found out there was a fee to take the test, his hopes were dashed. Being one of seven children meant there was no money in his family for non-essentials. He remembers asking his grandmother for the fee, “and she gladly obliged.”

His entire journey seems to have been a blur: “...all I ever concentrated on, was working on getting to college, staying in college, graduating from college and getting employed. In 1978, those dreams were realized!”

Robinson did not come here as an instructor. He earned his bachelor’s degree in Business Administration from Saint Paul’s College and became one of PVCC’s three accountants. He received his first opportunity to teach a class in 1986 when the division chairman of Business and Technologies asked him if he would be interested in teaching a Lotus 1-2-3 spreadsheet class.



**Bruce Robinson at his desk
Photography by Antonia Florence**

“My first day (of teaching) was exciting because I was doing something that I never thought I would be doing...” “The idea that I was a ‘teacher’ was almost too exciting to bear!” Shortly, he was given the opportunity to expand his teaching career by qualifying as a full-time instructor for PVCC. He attended James Madison University’s MBA program and then Virginia State University, with a Masters of Education in Business Education. He has been teaching full-time at PVCC since 1992.

The quality of academic expectation at PVCC is a step above all the others, according to Robinson. “I’ve visited a number of community colleges in the VCCS to actually compare our courses with theirs and I come away knowing that what we do here is superior! This doesn’t mean that they are not doing what is expected; we simply ‘step up our game’ in our desire to create not just a smarter student, but to create a well-rounded college experience.”

Robinson likes the way some students have come to realize the seriousness of their college education by gauging their instructor’s requirements concerning timely assignment submissions, class response and attentiveness and the consequences of procrastination. As an instructor, Robinson wants, “to build experiences which allows our students to maximize their potential once they’ve completed their stay at PVCC.”



Comic by Bridgette Lively

Shakespeare's Cyphers

Brennan Tanner, Staff Writer

XXII XXV XVII XXI XII XXV

XIV II XXV

III XXIV XXV XIII

IX XXVI

VII XXI XII XXIII II

IV XV VIIIII XV XIII

XXIII XXV XXI XIII XXI XII

Here are a few hints:

XVII=w XXI=a

Riddles

Brennan Tanner, Staff Writer

Whistle, howl, roar, and moan,
 Chilling all down to the bone,
 Window panes I shake and rattle,
 And with me this month you shall battle.

Crown of green, coat of brown,
 With a soundless bark all around.

Goddess of this Persephone be,
 Of budding flower, and leafing tree,
 Of melting snow making rivers flow,
 Of wild winds that howl and blow

Interesting Facts: Saint Patrick's Day

Bridgette Lively, Staff Writer

Saint Patrick's Day originated as a Catholic holiday.

In present day, it is a fun holiday celebrated by many people even those without a religious connection to the holiday.

- St. Patrick was not Irish. He was born around 390 A.D. in Britain.
www.nationalgeographic.com

- St. Patrick's Day was first celebrated in the United States of America in the 1700's when Irish immigrants held the first St. Patrick's Day parade in New York City.

www.huffingtonpost.com

- Wearing green originated from St. Patrick wearing the Irish flag while teaching Catholicism. According to legend, green is worn to be invisible to leprechauns who will pinch you if they see you.

www.huffingtonpost.com



Classifieds

March Contest!



Find the Shamrocks inside this issue and email the locations to theforum@pvcc.edu for an entry to win this handmade scarf.

Winner chosen 3/16.

FRENCH/ITALIAN/SPANISH tutoring at \$10/hr.

Email at eef4w@virginia.edu

*BA French at UVA, 4.0 at PVCC in Italian and Spanish

Know of any Community Events, Announcements, or Advertisements you'd like to list?

Contribute and Submit to PVCC's



Contact us at theforum@pvcc.edu



Check us out on social media

@PVCCForum

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The Forum offers classified space to the PVCC community free of charge. Please send announcements along with full name, email, and phone number to: theforum@pvcc.edu

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