

Angela Nebel Presents Discovery at Geology Society of America Convention

Elise Hansen, Staff Writer

PVCC student Angela Nebel joined nearly 5,000 students and professionals who presented original research at this year's Geological Society of America (GSA) convention. Nebel's presentation, "The Anatomy of a Rock Slide," documented her discovery of 500-million-year-old fossils near Sherando Lake, located outside of Waynesboro.

Nebel was one of the few community college students at the conference. Roughly 60

percent of presenters were professionals in the field, often scholars with Ph.Ds or years of professional experience. The remaining presenters were students, primarily graduate students or undergraduates at four-year institutions. Convention attendees hailed from 58 different countries. Specialties ranged from Planetary Geology to Nebel's own group, Geomorphology and Quaternary Geology.

"Almost everybody involved in geology was there," Nebel said. "The people there,

"I want my story to encourage more students; they can reach these levels," Nebel said.

they were presenting amazing, amazing stuff."

Nebel discovered the fossils almost by accident. She was collecting samples near Sherando Lake for a supervised study course in geology and noticed a number of fossilized worm burrows partially exposed by erosion. She recognized the formation and brought samples back to PVCC for further study. The fossils date back to the Cambrian Era, about 500 million years ago.

While this fossil formation

See Nebel on page 4



Rocky Horror at PVCC, Photography by Kelly Wilmer

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DATES TO REMEMBER

—California Roll and Teriyaki Burger —
Dec. 1, 5:30 p.m. and 7 p.m., North Mall Meeting Room

—*The Rocky Horror Show* —
Dec. 3-5, 7:30 p.m. and Dec. 5, 2:30 p.m., Dickinson Auditorium

—Fall 2015 Classes End—
Dec. 11

—Let There Be Light —
Dec. 11, 6-9 p.m., Dickinson Building

—Exam Week—
Dec. 12-18

—Winter Break—
Dec. 19-Jan. 11

—Payment due date for Spring classes—
Jan. 5, 4 p.m.

—Spring 2016 Classes Begin—
Jan. 11

—Free Movie Friday—
Jan. 15, 7:30 p.m., Dickinson Auditorium

—Lesole's Dance Project:
Dancing Through South Africa—
Jan. 16, 7:30 p.m., Dickinson Building

—Fourth Fridays Improv—
Jan. 22, 6-8 p.m., Dickinson Building

—Martin Luther King Day holiday—
Jan. 18

—Theatre of the Oppressed Workshop—
Feb. 6, 10 a.m.-4 p.m., Dickinson Building

—Spring Break—
Feb. 29 - Mar. 4

PVCC Students Make the Evening News

[Nia'Ife Mukasa, Staff Writer](#)

The Nelsonite petition project, initiated by Professor Lawrence Tiezzi, is gaining momentum. Three of the students petitioning for the Nelsonite to become Virginia's official state rock met with a reporter from Newsplex Channel 19 on Thursday, Oct. 29, Michelle Stanislause, Owen Krug and Teshawna Quarles.

"The reporter heard about us from someone in the community and contacted the college to do a story," Stanislause wrote in an email.

"The guy that was here for the Heritage or Hate speech, he signed our petition and ... he was interested by it," Quarles said.

Many of PVCCs staff and students have already supported the Nelsonite petition with their signatures. According to Quarles, the number of signatures is "in the ballpark of 400." There has not been an official count yet, but Stanislause said that the group intends to collect more signatures.

As the petitioning process continues, the group has moved on to the legal aspects of getting the Nelsonite to be recognized as Virginia's state rock. Stanislause mentioned that their group has an appointment with a senator of Nelson County to ask him to sponsor their bill.

They will have more details after Nov. 11. According to Quarles, the group cannot disclose the name of the senator until the process is further along.



Student Government Association News

Fellow PVCC Students!

From the SGA, we want to congratulate everyone on surviving the Fall Semester!

As the temperature starts to drop, so does the motivation, usually. Fortunately, the members of the SGA this year have been working extra hard to make sure we are doing the best job we can to serve our students in the most appropriate manner. Now, here are a few dates that everyone should be keeping in mind!

Nov. 30-Dec. 10: Student Appreciation Night

Tables set out in all of the buildings on Campus with Dunkin Donuts and coffee, ALL FOR FREE. We understand exams are stressful, that is why we are helping to make it a little better. So look out for the SGA tables and make sure to come over!

December 1, 12 to 4 p.m.: Campus Cleanup

The SGA along with any clubs willing to help can participate with us keeping our campus beautiful!



You can find the SGA office near the student terrace; look for the new sign



Some of the PVCC students that attended the VCCS Leadership Conference Nov. 6-8

Now to end of the semester: SGA Help Desk

If you have not yet noticed, the SGA now has a help desk set up once a week in each building. If there are any questions, comments, concerns, or ideas, we would love to hear feedback from everyone! Also, if you are interested in joining the SGA, you can do so right at the table and get in on the great action!

I hope everyone enjoyed Spring Fling and Casino Night which were sponsored by the SGA. We certainly put forth a lot of effort and feel it has been a successful semester.

We are currently working on our first ever Talent Show for the spring. Make sure to keep up with us for further announcements.

Camron Perry
SGA President

cfp2258@email.vccs.edu

Angela Nebel, continued from page 1

is common in other parts of Virginia, no one had ever recorded it at Sherando Lake.

Nebel presented her research to other geology students at PVCC. Her professor, Lawrence Tiezzi, encouraged her to submit her abstract to the GSA to see if she could present her work at its annual convention. "When I saw [it was accepted], I couldn't believe it!" she said.

Nebel showed her poster at the convention in Baltimore in an enormous room next to hundreds of other students and geologists. While there, she had the opportunity to speak with other geologists and learn about their research. As she scrolls through pictures of the conference, her voice becomes more animated and she leans in, pointing out her favorite presentations.

"The most interesting projects for me were the Planetary Geology ones," she said. "Look, you can see the projects are about Mars, Venus..." she points out the listings in the schedule of events she received at the conference.

Nebel's interest in geology began five years ago in her native country of Chile. An 8.8 earthquake rocked the nation in 2010. The earthquake and the resulting tsunami were responsible for over 500 deaths and the destruction of an estimated 400,000 homes, according to the Encyclopedia Britannica.

As the country reeled in the wake of the tragedy, Nebel began to ask questions. She began to explore the tectonic forces that could cause such widespread destruction. The more she learned, the more her fascination grew.

Her studies eventually led her to China and Tibet, where she saw the Himalayas up close. "I realized, wow, this is real, this is really big," she said. After that, she was hooked. Although she had graduated from high school years

before, she received her GED to jump-start her journey back into education. She was contacted by a PVCC recruiter who introduced her to the opportunities for study at PVCC. Nebel packed her things and prepared to be a student in the U.S.

At first, being a non-native English speaker at a U.S. college was an immense challenge. While her reading and speaking skills quickly improved, she discovered that writing in another language was difficult. "That was my biggest barrier as an ESL student," she said. However, she persevered, and now plans to graduate PVCC in 2016, then transfer to James Madison University to continue her study of geology. Ultimately, she would like to practice geology professionally in the United States.

She is currently applying for citizenship to make this final dream a reality. She shook her head in amazement as she reviewed the places her path is taking her: from Chile to PVCC, then on to JMU and beyond. "This is the mountain I'm climbing now," she said.

As for her experience at the GSA, she hopes it will inspire other PVCC students to dream big and work toward their goals. "I want my story to encourage more students; they can reach these levels," she said.

"Maybe next year we can send another student to the conference!"



Photography courtesy of Angela Nebel

Commit to Leadership at PVCC

Antonia Florence, Staff Writer

The crowd in the ballroom erupted into a roar of “Commit!” “Commit!” The Virginia Community College System (VCCS) Student Leadership Conference, held in historic Hotel Roanoke and Conference Center, was attended by a delegation representing each community college in the state of Virginia. \

This year’s theme, “The Power of You,” represented the fact that each of us has the ability to grow in a leadership capacity, but it takes commitment. Heather Sorrell, associate director of enrollment management and student support for the VCCS, definitely committed to making this year’s conference a lively, educational engagement.

After Friday night’s dinner, the rest of the evening was filled with motivational entertainment by our lively emcee, Stan Pearson, II. Music blared, accompanied intermittently with spontaneous dance episodes by conference participants. Pearson is an engaging author, energetic speaker, and motivational comedian. His shows are entertaining, educational and interactive from beginning to end. His charisma, sense of humor and ability to connect with his audience engages the most disconnected participant. Afterward, a lively meet and greet social was held well into the evening.

Saturday morning started at dawn with an incredible breakfast. Our keynote speaker, Isa Adney, is a writer, TV host and inspirational speaker. Her groundbreaking book *Community College Success: How to Finish with Friends, Scholarships, Internships, and the Career of Your Dreams* is a comprehensive narrative about networking strategies specifically targeted at first generation and community college students. Adney also writes regularly for The Huffington Post. Her “trailblazing” speaking engagements have been hosted by various community-based agencies, community colleges, universities, non-profits, and corporations. She hosted a question-and-answer session afterward.

The day was filled with concurrent hour-long

sessions geared toward fostering each student’s leadership potential. Many of these sessions were led by Virginia’s community college personnel who exhibited creativity within their presentations, while other sessions were presented by industry leaders and experts in their field.

There were so many interesting topics to choose from in such a limited amount of time. Read about them by visiting our website www.piedmontforum.com where you will find this information along with many more articles. Participants had a difficult time choosing which four sessions to attend. Perhaps next year’s schedule will allow for participation in more sessions.

After a brief decompression time and dinner on our own, some chose to participate in a community service project for “Stop Hunger Now!” We assembled meal bags consisting of rice, dehydrated vegetables, dried texturized vegetable protein (TVP), and a packet of vitamins. These individual meal bags, which feed six people, will be dispensed to developing nations and distributed to schoolgirls to take home to their families. This is the only reason why many of the girls are sent to school in a country where the education of females is not supported.

Other activities that went into the night were Corn Hole, casino games, balloon art, a crazy photo booth, Nguzo Saba African American Drum & Dance, a caricature artist, and an ice cream social.

It was hard crawling out of our warm comfortable beds Sunday morning. Breakfast was accompanied with closing remarks and a reminder from our energetic emcee to commit to our leadership. “The quality of a leader is reflected in the standards they set for themselves,” said Ray Kroc.

If this has piqued your interest and you want to participate next year, it is possible. Get involved in a PVCC club or organization. Take the initiative in a leadership capacity. This could be your story next year. Challenge yourself.

Community Concerns: Mental Health

Joe Fowler, Staff Writer

Several local mental health professionals spoke about the state of mental health treatment during September and October in a series of interviews and email exchanges. They told stories of both struggle and hope. Though statistics and research have their place in the discussion, the most compelling depiction of the current state of mental health care seems to stem from the experience of the afflicted and those who treat them.

Most of the professionals interviewed work, or have worked, at Region 10 Community Services Board (Region 10 CSB), a recovery center for those who suffer from mental health and substance abuse issues. Both former employees and clients of the CSB spoke of their experiences in other areas involving mental health and the treatment of mental illness.

One of the first matters discussed pertained to the availability of treatment. Dr. Amber Yoder, a psychiatrist with Region 10 CSB, said, "Sometimes folks are not receiving treatment because it's challenging for them to access it for one reason or another, which is frustrating." However, Yoder said that she thought ease of access was improving overall.

Yoder pointed out the development of a program that grants free psychiatric care to inmates just leaving incarceration while they fall under supervision from the department of probation and parole. Yet Yoder maintains that "there is always room for improvement."

Ryan Senator, a mental health counseling resident at Region 10, agrees with Yoder on the problems involving ease of access but seemed far less excited about court ordered programs. Senator pointed out that some of Region 10's services stem from the agency's involvement with organizations such as Probation and Parole and drug court.

"One of the main problems with clients seeking treatment from legal sources is that there's nothing to inspire them to keep receiving

treatment," he said, speaking of the frequency with which court-ordered cases lapse back into negative behaviors upon their discharge from Region 10.

Dr. Ruel Tyer, who has a Ph.D in counseling, talked more directly about the services at Region 10. Tyer once worked as a counselor at Region 10 before starting his own practice over a year ago.

Tyer explained that Region 10 receives little of its funding from the government but instead relies on contracts with entities such as social security and drug court. Region 10's partners request certain services, and Region 10 adheres to the requests in order to make their budget. Tyer said that Region 10's services are still based in part on personal assessments of client needs and not solely on the basis of institutions that have less understanding of the client on a personal level.

When describing his work in the private sector, Tyer explained that services are based solely on client needs. His funding comes from clients, rather than a salary like the one he received when working for Region 10.

Both Tyer and Yoder spoke of their struggles as mental health professionals. Along with some of the challenges already discussed, Yoder spoke of clients who lose touch with the treatment community, saying, "Sometimes folks lack the insight needed to stay in treatment, which can be common with mental illness and addiction, and fall out of touch."

Tyer spoke of more of the frustrations associated with working at Region 10. According to Tyer, the CSB refers clients to therapy and generally with a 10 - 12 session limit based on policy that is more geared for acute care rather than ongoing treatment. The practice often leaves the therapist with the dilemma of providing the best possible care in a limited amount of time.

Tyer also addressed the over-prescribing of psychotropic medications by Primary Care Physicians (PCPs). He detailed the case of a

Mental Health, Continued

person who had lost a family member.

The individual's PCP diagnosed the patient with depression and prescribed anti-depressant medication. The individual became a client under Tyler's care. Tyler explained that the PCP had not administered an assessment for clinical depression. Tyler did. The client met little of the criteria for clinical depression and certainly not enough to warrant anti-depressant medication. Tyler suggested therapy and grief counseling over a medication that could alter the client's brain chemistry.

Both doctors spoke of their successes in a more intangible sense than their struggles. "Success is dependent on the client sitting across from me," said Tyler. "I can't take credit." Yoder echoed this statement, saying, "I enjoy being able to develop a relationship with the people I work with and to see them get better." Tyler mentioned a statistic confirming Yoder's sentiment, saying that "40 to 60 percent of success is based on the relationship with the client."

Yoder also spoke of another struggle in treating mental illness. "People don't always get better, for a myriad of reasons. Sometimes folks have chronic illness and the job becomes helping them live with the illness in the best way possible."

One such individual, Max Eshleman, spoke about his experience with mental illness. Eshleman's diagnosis is bipolar with schizoaffective disorder. Eshleman is both a client of Region 10 and a former employee. He described his symptoms as "Mood swings, bouts of depression, severe anxiety and agitation and aggression when symptoms were bad." He first sought treatment in 1994 in Philadelphia. "It took a couple years in and out of psych wards to really gain any stability."

Eshleman moved to Virginia in 1994 and received treatment from Region 10 almost immediately by moving in with his sister and using her address to establish residency in the service area.

"It was much easier to get in then. They're just overwhelmed now." Region 10 also granted

Eshleman employment at a dual recovery center, where he worked for years until he had an extremely bad flare up of his illness that led to a violent encounter with another employee at the center.

After losing his position, Eshleman continued receiving treatment at Region 10. Among the services Region 10 has provided him, Eshleman lists housing assistance, general case management and counseling. "It took several years to receive treatment in increments," Eshleman said.

Though he reports having depressive episodes every couple of weeks, Eshleman describes himself as high functioning, easy to get along with, well-adjusted and satisfied, though his next episode is more a fact than a possibility.

Susan Hannifan, PVCC's Disability Services Counselor, spoke on the treatment of the mentally ill as well. Though she gladly serves as an advocate for students with mental health troubles, the Virginia Community College System (VCCS) does not provide counseling centers, nor does it provide psychological services for its students. However, Hannifan explained that the VCCS is considering these services in light of the increase in school shootings nationwide.

"My main caseload are students with hearing disabilities and mental health problems," she said. Outside of advocacy, Hannifan stated that her job is to educate the staff that these cases exist whether or not the student displays obvious signs of mental illness.

Though there appears to be a great deal of hope about the future of mental health care, there still seems to be a great deal of challenges to overcome before that hope becomes a reality. The stories of professionals and sufferers alike can explain much about mental illness in general.

One of those voices spoke out more directly than the others about the biggest challenge facing mental health treatment on a local, state and nationwide level.

Dr. Tyler stated his perspective: "The government doesn't view mental health issues as a big enough problem to put money into."

Thank You, All Who Have Served Our Country

Owen Krug, Staff Writer

The Veterans Celebration on Wednesday, Nov. 11, went as most celebrations do: there was food, drinks and mingling. The event started at 12 p.m. in the North Mall meeting room and lasted several hours. Veterans from PVCC and veterans from the community attended. Jason Corral, the local director for Concerned Vets For America (CVA), gave a speech on being a veteran and what it means to be a veteran integrated into the community.

After the speech, the veterans were able to walk around, meet other veterans and learn about upcoming events and opportunities in the community and through PVCC.

Nate Thomas, the president of the Veterans Club, feels this interaction with other veterans is the most important part of Veterans Day. “Everybody on Veterans Day says thank you for serving, but the ability to sit down with someone and share each other's stories allows you to really connect with someone and makes the whole day much more personable,” he said.

After the food trays are empty and the drinks are dry, what is a veterans celebration all about? Throughout the year, holidays come and go. They have names such as Labor Day, Memorial Day or Veterans Day, but do people really understand what they are honoring? When thinking of Memorial Day, spring weather, grills and entertainment are what usually come to mind, because that's what it represents culturally for our society.

It is imperative to take a step back and realize Memorial Day is dedicated to those men and

women who have given the ultimate sacrifice to the country. While the traditions of picnicking, enjoying friends and family are important, it is equally important to take a moment to recognize why that day is special. Veterans Day falls into a very similar category.

In 1918, on the 11th hour of the 11th day of the 11th month, an armistice came into effect between the Allied nations and Germany, officially ending World War I. It is for that reason we celebrate Veterans Day on Nov. 11th: it marks the end of one of the bloodiest conflicts in world history.

Unlike Memorial Day, on Veterans Day, people have an opportunity to thank those in person who have served. These men and women have made incredible sacrifices, but thankfully they were able to come home.

Not only does Nov. 11 mark a day where citizens can thank and honor veterans, it is also a day that other veterans can spend time with each other.

Patrick Fritz, the president of Phi Theta Kappa, a PVCC student and a veteran, thinks that to be with other veterans is much like being with family. There is a certain level of understanding that is expressed without words; it is felt.

The movement behind these holidays must never be forgotten. To lose their purpose in a sea of hot dogs, hamburgers and warm weather does these men and women a disservice.

The next time Veterans Day comes around, remember there is much more to be grateful for. Whether it is a handshake or a hug, Nov. 11 is an opportunity to look a veteran in the eyes and say thank you—thank you for everything you have done for me and my country.



138 Scholarship Awards Celebrated for 2015

Arif Michael Vega, Staff Writer

The scholarship program at PVCC is both robust and generous, and the call for more students to take advantage of it rings loud.

There were 156 guests at PVCC's main building Friday, Nov. 13. The crowd, comprised of scholarship recipients and local philanthropists, came together for an early Thanksgiving. They gathered to meet each other, converse and better understand the relationship between education and philanthropy. They also came together to honor the scholars and donors that work to weave a strong future for our community.

There is a deficit to be addressed, and that deficit is in student participation. Felicia Davis is one recipient of the awards celebrated that night. With only two hundred students having completed the application process, competition was slim, she says. "Out of that, this year, we had around 138 recipients." Her advice for the timid among potential applicants is simple. "Apply anyway. If you have the chance, why not?"

Another scholar, Annette Cashaw, received three awards. This was her second application, and she encourages everyone to keep up applications throughout their college career. "You never gain anything by doing nothing," she said.

Scholarships are granted to students with a variety of backgrounds. Homeschoolers, those with strong academic performance, minorities, low income and people in certain programs of



Photography by Arif Michael Vega

study are all examples. The donors, too, are diverse. The local Chamber of Commerce, businesses both international and local, individuals and families were all represented.

Student ambassador Kathryn Morris earned awards through the Bast family scholarship for her high GPA. Any resident of the Charlottesville-Albemarle area is eligible to apply.

Some scholars gave speeches at the event; many spoke of improving as individuals, families, and communities. Some were new to public speaking but still spoke with aplomb at the podium. Cashaw refers to her performance as "calm on the outside, but like a little volcano inside."

Others spoke of the benefits the whole community gains by investing in our neighbors' education. Among them was president of the PVCC Educational Foundation and genealogist Robert Capon. By show of hands, Capon celebrated the diversity of attendees, including veterans, immigrants and other disadvantaged groups. Capon used his own family's history to illustrate the path from an illiterate ancestry to his position at PVCC.

La Cucina Classica provided catering.

Social Justice from the Tandem Friends School

Arif Michael Vega, Staff Writer

The downtown freedom wall was well-utilized on Sunday, Nov. 15. Students of the Tandem Friends Council and the Charlottesville Center for Peace and Justice prepared a memorial, consisting of 262 blank notebooks, to bring awareness to school violence.

Each notebook was labelled with the name of

a student killed since the Columbine High School incident of 1999. The notebooks were to be donated to students in Costa Rica when the exhibit was finished.

Two stewards awaited curious onlookers to answer questions about the event. Several hand-painted signs portrayed the frustration felt by the students involved, and the freedom wall hosted the thoughts of other participants.

PVCC Takes on The Rocky Horror Show

Kelly Wilmer, Staff Writer

Since he was young, Brad Stoller has been a fan of the cult classic movie *The Rocky Horror Picture Show*. “I go way back with this show,” said Stoller, “I took my first date when I was thirteen years old. It had just come out, and I had no idea what it was...I took her to the local movie theater to what I thought was a horror film, ...I learned differently.”

The Rocky Horror Picture Show is a film adaptation of Richard O’Brien’s play *The Rocky Horror Show*. Now, Piedmont Virginia Community College is taking on O’Brien’s play with Brad Stoller as the director.

Since September, PVCC’s theater department and members of the Charlottesville community have been working on the production of *The Rocky Horror Show*. “It’s a huge undertaking, first of all how well known it is, whenever you’re doing a play that people know the lines to, it’s real tough,” said Owen Krug, PVCC student and stage manager of the play.

But Stoller believed PVCC was ready for this huge undertaking. In addition to being the director, Stoller is also the adjunct coordinator of theatre productions at PVCC. This means he decides which plays the theater department will produce every fall and spring. That is, with school president, Dr. Frank Friedman’s

approval, of course. “I got the president’s approval, which was quite interesting because actually the dean said, ‘I’ll pass this by him, but I doubt you’re going to get approval for this show,’ and the answer I got back was ‘I love this show’ from Frank Friedman,” said Stoller.

The play and the movie are both notoriously known for their sexually explicit content. “It’s very risqué, raunchy you might say,” said Stoller. However, no matter how risqué or raunchy the scenes are, they will not be cut from this production of *The Rocky Horror Show*.

“You gotta do Rocky Horror one way,” said Krug, “you can’t do an edited version of Rocky Horror, that’s for sure.” The director has only

made one cut, which was a minor line from the character Rocky that he felt did not tie in well with the play. With the exception of one line, the cast will be sticking to the original script.

Piedmont’s production will be similar to the movie. According to Stoller, “...it’s pretty close to the movie. The main differences are that there is an extra song for Brad, that Eddie is not eaten for dinner as he is in the movie, and other than that, I personally have made the narrator a more integral part of the show.”

Because of this similarity, every actor in the PVCC production has seen the movie. They have studied the ways the actors have interpreted their



Photography by Kelly Wilmer

characters in *The Rocky Horror Picture Show* and have drawn inspiration from them. However, the cast of *The Rocky Horror Show* is in no way trying to mimic the movie. Instead, each actor has created his or her own version of their roles. “Our Frank ‘n Furter is definitely giving his own taste,” said Krug, “Don’t go there expecting to see Tim Curry because you’re going to see Darien Tinsley.”

The Charlottesville community has been involved in the production of *Rocky Horror*; it has not been exclusive to just faculty and students.

Five of the eighteen actors in the play are community members not affiliated with PVCC. Acting is not the only way the community has been involved. There will be a live band performing the musical numbers in the play. “We have a live professional band. It’s all musicians from town who love this show and wanted to be in it,” said Stoller.

The Shenandoah Fringe Festival has become involved as well. They will be hosting a costume contest during the intermission of each showing of *The Rocky Horror Show*. There will be a \$3 entrance fee; proceeds will go to the live band. Entrees will have a chance to win over \$300 in prizes. All the prizes are donations by local organizations including Live Arts, Charlottesville Pride, Impulse and The Shenandoah Fringe Festival.

The audience is going to be included in the play as well by being allowed to participate in typical cult traditions involved with *The Rocky*



Horror Show. This entails the use of props (audience members must bring their own props); singing along with the cast and shouting will also be encouraged. “We’re not encouraging people to be quiet, it’s not that kind of a show. That would be against the whole feeling of it,” said Stoller, “They [the audience] should expect a fun froth of a show.”

Join the fun by getting your ticket today. Tickets are being sold for \$10 but are free to students with a voucher. Vouchers can be obtained at the welcome desk and should be presented at the box office to receive your free ticket.

According to PVCC’s website, showings for *The Rocky Horror Show* will be from Dec. 3-5 at 7:30 p.m. and Dec. 5 at 2:30 p.m. The show will take place on campus in The Earl Dickinson Theater.

One Book Trivia Contest Winners

On Nov. 18, PVCC held a trivia contest as the closing event for the Fall 2015 One Book Project. Three teams of students answered Jeopardy-style questions about *The Immortal Life of Henrietta Lacks* for a chance to win prizes. The prizes included a free 3-credit class, a Kindle Fire HDX 16G, and gift certificates to the PVCC bookstore.

The team The Over-Writers (Alissa Bush, Ethan Bush, and Grayson Katzenbach) won first place. The Tye-Dyed Chickens (Ethan Ryan, Laura Moore, and Catie Harris) came in second, and The Lone Ranger (Anne Auker) came in third.



**Alissa Bush, Ethan Bush
and Grayson Katzenbach**



**Ethan Ryan, Laura Moore
and Catie Harris**



Anne Auker

Internship Programs at PVCC

[Claudia Cruz, Staff Writer](#)

Internship week was a big event for students at Piedmont Virginia Community College. They had informative meetings throughout the week from Nov. 3. to Nov. 5 from 11 a.m. to 2 p.m. in the Bolick Student Center. The internship event was for students who want to learn about the internship opportunities for the spring and summer semester.

During the event, speakers Doug Fargo, Linda Andery, Tylor Davis, Mark Pother, Mathew C. Shifflett, and Alex Hollis gave information about their experience as interns and the benefits of being an intern. They were all in internships with different jobs.

Hollis started at Albemarle Baking as an intern four years ago, and with time she became a current employee. Hollis

mentioned, “working as an intern is a great practice to get ready for the real world.” As for speaker Pother, he was an intern for NASA working on spaceships during the summer. He said, because he had to move to another city he had to do it over the summer, but some of his coworkers commute from their homes.

Internship opportunities are available to all students who are interested. Visit their office the Career Services in room M129. Choby mentioned that there are paid internships. Also, working as an intern helps students to earn credits and letters of recommendations for future four-year universities.

The Career Services Office welcomes any further questions; they have all types of internships like accounting, communications, digital media, graphic design, and more.



Photography by Caroline Morris

How to have an adventure



Nia'Ife Mukasa, Staff Writer

On Nov. 11, David G. Tatman offered a view on adventures that people seldom consider. After giving the definition of the word adventure from the Oxford English Dictionary, he gave his own definition of the word: "A journey there and back again that entails some risks." Tatman's lecture "How to Have an Adventure" was an exhaustive guide to properly preparing for and executing an adventure in a way that minimizes unnecessary risks.

Tatman gave simple tips on how to begin an adventure; the first step was to "dream." He said magazines with lots of pictures are a good place to start. Tatman went on to outline the necessary preparations and precautions that are relevant for any destination someone would choose for an adventure.

He covered a wide range of topics including what kind of clothes to pack, learning wilderness first aid, building up physical strength, tools for communicating in places where English is not spoken, the importance of having at least two passports, and how to find out which immunizations are needed for certain locations. Many of those who attended were surprised to learn that an American citizen can have more than one passport. Tatman also touched on how and why to choose the proper companion(s) for a trip.

Tatman also brought in a variety of items that he said are useful, especially if your adventure is mostly outdoors or in rural areas. He had many handkerchiefs; two of them had knot tying instructions from the Boy Scouts and Girl Scouts on them and one had basic wilderness first aid instructions on it. Tatman passed around

compact survival books and what he called "Pointy-talkies," a sort of brochure, published by Kwikpoint, with pictures which are used for communication between people who do not speak the same language.

"You don't have to speak the language; just point to it," said Tatman.

Tatman gave information about several resources that are useful in planning and preparing for a trip. He mentioned helpful websites and an insurance company that specializes in international emergency coverage that includes flights to the nearest hospital from remote areas.

"When somebody on an adventure tells you 'hang on,' you better hang on." Tatman said before taking a rope from his bag. To demonstrate the importance of having upper-body strength, Tatman asked for volunteers. Associate Professor Colum Leckey volunteered Associate Professor Jorge Grajales-Diaz. Tatman pulled a chair over to Grajales-Diaz and told him to sit down as he handed him one end of the rope. Tatman gave the other end to Leckey and two other gentlemen who volunteered, and then he told them to pull Grajales-Diaz across the floor with the rope. Although the chair was not suited for sliding easily across the carpeted floor and Grajales-Diaz was pulled right out of the chair, Tatman's point was clear.

Tatman covered nearly every area you could think of concerning travel and having the optimum experience. He gave lots of detailed, in-depth information in a simple and engaging way. The audience gave Tatman a hearty applause at the conclusion of his lecture and, no doubt, everyone left with valuable information and a different perspective on adventures to consider.

Writers Unite: Creative Writing Club at PVCC

Kelly Wilmer, Staff Writer

Writers gather at PVCC's Writing Center classroom M627 located in the Writing Center, every other Monday at 3 p.m.

For over ten years, Creative Writing Club, also known as Writers Unite, has been active in the PVCC community. "We host the Fall Line, the 3-Minute Horror Story contest, the National Day on Writing Event, and we bring in guest speakers periodically," said Annette Cashatt, Co-president of the club.

Creative Writing Club is "an informal, supportive environment for learning about experiencing and creating contemporary creative writing-poetry, fiction and non-fiction," according to PVCC's website.

All meetings are open to PVCC students who would like to join. The club is advised by Professor of English Jennifer A. Koster. Koster holds an MFA in creative writing and is also the coordinator for the Writing Center.

Co-presidents Annette Cashatt and Russell Wright lead the meetings. Cashatt described a typical meeting for Writers Unite: "Often there are a few prompts that members can choose to use if they desire to and we spend about 10-15 minutes writing. Then people may read their writing aloud if they like. Next, we typically discuss either club related tasks or general topics about writing."

Something unique about Creative Writing Club is that it runs the school's literary magazine, *The Fall Line*. *The Fall Line* was introduced to Piedmont six years ago and releases an issue once a year every April. It may be confusing to some why a magazine released in April is called *The Fall Line*. The name is geographical term meaning "a narrow zone that marks the geological boundary between an upland region and a plain, distinguished by the occurrence of falls and rapids where rivers and streams cross it," according to the Spring 2015 issue.

The magazine receives quite a few submissions. "On average, 40 entries, and we take about one-third of those--thus far," said



Annette Cashatt on Club Day
photography by Tamara Whyte

Koster. Writers' work accepted in *The Fall Line* will go to print and online. "We print 350 copies per year, and the college has a pdf of each issue on the PVCC website under 'Publications,'" said Koster.

Writers Unite allows writers to cultivate their skills. "I believe being able to speak to other people about ideas and issues pertinent to writing allows me to grow in my own understanding of the craft. Just taking the time out to simply write a little bit helps me grow," said Cashatt.

Recently, co-president of Writers Unite, Russell Wright, self-published a novel, *Shadow Strike Birth of a Vigilante*. He says that Creative Writing Club helped him with his novel. "Participating in the creative writing club helped make me a better writer and that is reflected in my novel. Some the members of the club graciously read a sample chapter from the book and gave me useful feedback," said Wright.

The next club meeting will be held Monday Dec. 7 at 3 p.m.

Adult Student Life Club Meets the President

Nia'Ife Mukasa, Staff Writer

On Nov. 5, PVCC President Frank Friedman met with members of the Adult Student Life Club (ASL) to discuss, well, anything they wanted.

"Nothing is off limits," said Denise McClanahan, PVCC's Outreach Manager, as she introduced Friedman. McClanahan is the staff advisor for the ASL Club and she arranged the Q&A for adult students to have the opportunity to address issues that concern them and make recommendations.

Instead of addressing the students standing up, Friedman pulled up a chair and invited the students to have a conversation with him. He wore a friendly smile as he relaxed into his chair and asked everyone to introduce themselves. Every student there was over the age of 25 and many of them had full-time jobs and children. As part of their introductions, they mentioned their fields of study and goals for life after PVCC.

The students brought up several topics including the nursing program, course evaluations and online classes. There was even a complaint that there is nowhere on campus to buy aspirin or Band-Aids. Friedman addressed each concern with practical suggestions and explanations. Whenever recommendations were

made, he welcomed them and said they were good ideas. "We want to be the best we can and we're always searching for ideas to be better," Friedman said.

Most of the members present that evening had been out of school for many years before attending PVCC. The club caters to students over the age of 25 and offers them opportunities to interact with others who can relate to their situation. According to McClanahan, the ASL Club is "student driven." She says that she tries to arrange meetings that the students will enjoy and that she always wants to know what the students want to do. The club was launched in June of this year, and the Nov. 5 meeting was its sixth one.

The student contact for the ASL Club, Gina Edwards, said "For a community college with so many adults in the program, [McClanahan] has put together so many awesome programs....She is very open to ideas."

"I really wanted to start this club ... when I first started [at PVCC], but I had to wait until I became the manager, so it came to fruition in June," McClanahan explained. "It's been a really good way to add kind of a ... benefit value for the adults that are coming to school here; they really need a place to connect. So that was the whole point of this club."

Because they are students who also have their own families and full-time jobs, it is rare for all the members to meet at once; only eight were able to attend that evening. McClanahan said, "We've had over 50 people come here at least one time." Students in the ASL Club have already enjoyed a social, a presentation from Todd Parks about time management and a presentation from Bill Pratt about financial planning.

The Adult Student Life Club has a unique schedule that works around the availability of its members to attend. McClanahan said that the next meeting will not be until Jan. 2016 because many of the students will be focusing their time on final exams. The club usually meets on Tuesdays and Thursdays from 6:30 p.m. to 8 p.m.



A Night Not of Color but of Culture

Krista C. Petzold, Staff Writer

We all have heartbeats; we all breathe air and look to the same sky. On Nov. 14, PVCC brought different forms of humanity together on one stage. Red Crooked Sky performed for the public and showed representations of many different Native American tribes, including Cherokee, Sioux, Meherrin, Shoshone, Haliwa Saponi, Pamunkey, Micmac, Seneca, Monacan, Comanche and Menominee.

As these representatives of their tribes danced and sang together, it became clear that even though they came from different parts of the U.S., they all danced under one sun and sang under the same moon. They have different cultures, but the culture of mankind beats in each of their hearts.

The show began the same way that many Native Americans believe all life did in the beginning, with the single heartbeat that began the world. Circular dance motions represented a circle of life that had no beginning and no end.

The song and dance selections evoked the everlasting themes such as human emotion, rising and setting of times, different animals, hunting and gathering along with the basic needs for survival. Music and dance proved to be the universal language that engaged everyone.

One highlight of the show was the hoop dance. A man came on stage with multiple hoops and through his dance evoked the rising and setting sun and the birds that soar in the sky and the butterflies that herald the spring. Throughout the performance, people applauded the man's storytelling.

At the end of the night, the men and women of the tribes introduced themselves and the tribe they represented. They answered questions about their lives and their cultures. They spoke about how many Native American languages have been lost or are slowly dying out and how it is important to teach the young children of the tribe the languages.

Because Native American cultures are so



steeped in oral tradition, the loss of a language would be a massive hit to the tribe and its culture. Some of the people spoke about how they are bringing the languages back by having elders teach the children in schools.

One question regarded living on reservations. The audience learned that the largest Native American tribe that is alive and well is the Navaho tribe. The viewers also learned that many other tribes are having a much harder time keeping their cultures alive. One purpose of Red Crooked Sky is to perform and educate the public about the lives of Native Americans and see the world through their eyes.

The final question for the night was, "Which term do you prefer to be called: Native American or Indian?" The respondents had different opinions, but many said that if you call them by any name but mean it in a positive light they are not offended. However, this varies from person to person.

Overall, the night was the perfect mix of education and entertainment. Very few experiences could have come close to being under the spell of the Red Crooked Sky. People had the opportunity to look beyond skin color or where we are from and realize that underneath we all have a heartbeat. We all have the human culture in our blood.

Caring for Virginia's Creatures

Krista C. Petzold, Staff Writer

As the holiday season approaches, people gather around friends, family, food, gifts and holiday cheer. Not far away, a team of heroes for animal kind work throughout the holidays and dedicate their time helping those less fortunate.

Caring for Creatures (CFC) is the first no-kill animal rescue in central Virginia and is located in Fluvanna County. CFC receives no funding through local or state government but survives solely on the donations of individuals and fundraising activities. CFC began its mission of being a safe place for animals in 1988. It is currently home to over 200 animals. Staff and volunteers give homeless animals nutritious food, warm shelter, clean water, fun toys, proper veterinary care and lots of love and compassion. Every animal that comes through CFC is treated as an individual and cared for according to its needs.

Some of the animals at the rescue include Cosmo, a black lab who arrived at CFC when his elderly people could no longer care for him. Cosmo has been at CFC for about four years and is a favorite among staff and volunteers. A black beauty with some greying wisdom hairs on his face, this man loves car rides and being a companion to anyone who will give him a chance. After four holiday seasons with CFC, Cosmo is ready to find a home of his own.

One dog who has come a long way is light-colored hound named Chilly. He was a skinny stray who seemed to be scared of everything that moved. He was the definition of "shy guy," but with some loving hands, gentle voices, yummy roast beef treats, and time to heal from his past, Chilly has become a buddy for anyone he meets. Chilly is a lovebug and no longer hides in his house when a visitor comes by his pen. Chilly is proof of what time and love can heal.

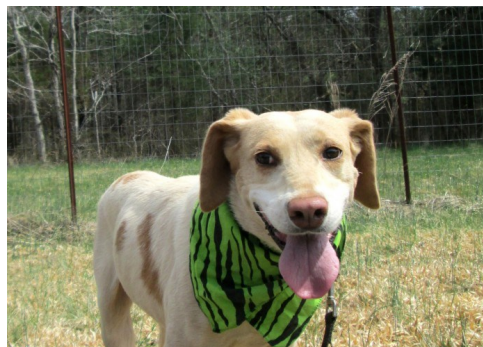
Caring for Creatures is not only home to dogs but is also to over a hundred feline friends. One of these is a male cat, Gabriel, who was found as a scared stray back in Feb. 2008. After spending some time being shy, he has become sweet and loving but still quiet and polite. If he wants your attention, he will come over and give a light and loving "head-butt" while he purrs. After spending so long overcoming his shyness, Gabriel is ready for a special someone to give him a chance to be the perfect lap kitty.

Gabriel, Chilly, and Cosmo are just three of over 200 animals that are waiting for their forever homes. If you cannot adopt, there are many other ways of helping these wonderful animals this holiday season. Like Caring for Creatures on Facebook to learn more

about how to help these pets or visit the CFC website, www.caringforcreatures.org, where you can donate and find information on sponsoring one (or more) of the center's pets. Caring for Creatures has also posted its holiday wish list under the "You Can Help" tab. There is no gift too small or unappreciated within the walls of Caring for Creatures.

You can also always choose to donate your time by becoming one of the many amazing volunteers that Caring for Creatures is so thankful for. As a volunteer, one can help with socialization of animals, playing with and walking the dogs, or help with the day-to-day tasks of dishes or laundry. There are also many other ways to help.

This holiday season, please consider helping a less fortunate animal in your community.



Photographs Courtesy of CFC



Review: Maharaja Indian Buffet

Claudia Cruz, Staff Writer

Charlottesville has more than 44 restaurants. It offers a wide range of local restaurants, from fine dining to casual dining. I had the pleasure of going to Maharaja to try their Indian buffet, offered from 11:30 a.m. to 2 p.m. Maharaja is a nice place, well decorated with lanterns, colorful settings, and a beautiful patio to eat outside.

Their food is reasonably priced; for lunch there is a buffet, and dinner is served a la carte. On this journey, I tried the lunch buffet. They have more than 10 different dishes with a salad bar, rice, nan, a soup of the day and dessert.

I tried the Vegetable Pakoras, which have onions, potatoes, and jalapeno fritters, along with rice and nan to top my lunch. There was also Dal Saag, a dish made with lentils and spinach cooked in a light cream sauce; tikka masala,

marinated and grilled in a clay oven, in a creamy tomato masala sauce; and Bhuna, cooked with onions and bell peppers in a light masala sauce.

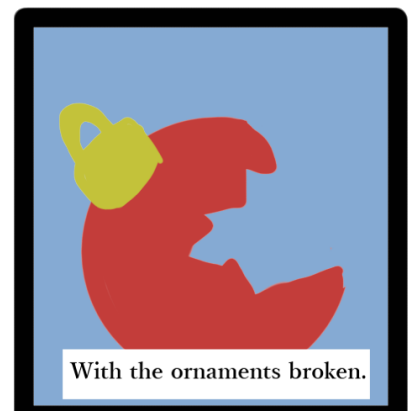
Their salad bar is full of healthy choices with sauces for nan dipping, like yogurt cucumber sauce. Soup of the day is always offered as part of Maharaja's Indian Cuisine. Usually, they prepare Dal Soup made with yellow lentils.

Their dessert section has delicious options like Kheer, which is rice pudding. I chose mango lassi for a sweet yogurt treat.

Maharaja was a great experience. The manager of Maharaja said they give a stamp for every visit someone makes to the restaurant. When a person gets seven stamps, they get a free buffet lunch.

The food is prepared by a chef who is from India but has also worked as a chef in Orlando, Florida.

Tagalong & Tango~Mango By: Caroline



Riddles

Brennan Tanner, Staff Writer

Angels, stars, and holly leaves,
Sleighs and bells, christmas trees,
All these symbols of christmas cheer,
Leaving only crumbs as they disappear.

A single point with branches four,
Cold and clear and brightly white,
A guiding light still shining bright,
Leading three from shore to shore.

What once was liquid, now is stone,
Clear as glass, and hard as bone.

Gold and silver, bronze and brass,
Hold a tone none can surpass,
Locked high above they call to the town,
Of sadness and joy, or a change of the crown.



Comic by Andie Meddaugh

Classifieds

Looking for Spring classes? Consider these:

SOC 210—Survey of Physical and Cultural Anthropology. Why are humans the way we are? From the human body to human behavior, anthropology will take you on a journey across time and space to answer this question and more.

ENG 121—Introduction to Journalism. Interested in seeing your work in *The Forum*? ENG 121 offers students a chance to learn about journalistic writing and get their work in print.

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

Contribute and Submit to



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