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Brighten Your December at Let There Be Light

Find tips to
decrease stress
on pages 12-13

Liberty Anderson, staff writer

“It is the sweetest thing in life, art and free food,” said Beryl Solla, chair of visual and performing arts and professor of arts. Join PVCC on Friday Dec. 7 from 6-9 p.m. PVCC’s 12th annual Let There Be Light. Let There Be Light is PVCC’s biggest event and always becomes the focus of the college and the community. Hot chocolate, apple cider, and banana bread will be free to all. Upon arrival, attendees are provided a flashlight and a map. The event features light-based temporary sculptures.

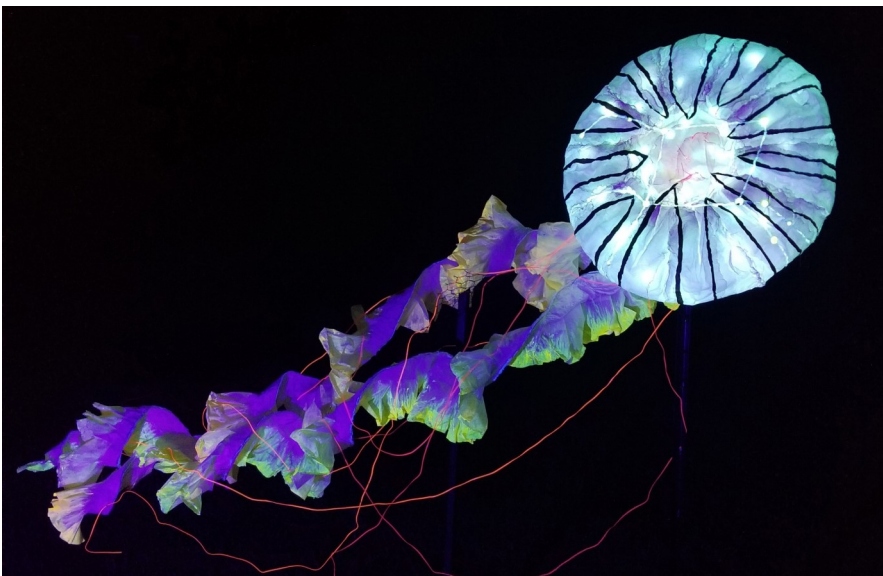
The event brings the community together. According to Solla, attendees come from all around, and there is no doubt you will run into people you know from many areas of your life. Last year over 3,000 people came through in a

three-hour time period. “That’s a lot of hot chocolate,” said Solla.

According to Solla, “It is the perfect event; it is magical.” Solla said that the work for Let There Be Light is so overwhelming they sometimes doubt they can keep the tradition alive. But it is a part of the community and is always worth all of the work the college puts into it.

Let There Be Light was meant to be a one time thing, but it became an instant tradition. Over 500 people came the first year, and it has grown every year since. From year to year every exhibit changes, always bigger and better to meet the community’s expectations. Other than the artists and exhibits, only logistics change to make the event run better each year.

“It is a college-wide event in every sense of
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Photography by Ashtin Bowman, artist of the piece

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DATES TO REMEMBER

— Gallery Exhibition * —
Nov. 30 - Jan. 30

— PVCC Theatre presents *As You Like It* ^ —
Dec. 1, 7:30 p.m.
Dec. 2, 2:30 p.m.
Dickinson Main Stage

— Annual Pottery Club Sale * —
Dec. 1, 9 a.m. to 12 p.m.

— Nicholas Day/End of Semester Party * —
Dec. 5, 11:30 a.m. to 1:30 p.m.
Bolick Student Center

— Stress Relief with Marley the Dog * —
Dec. 4, 1-3 p.m.
Dec. 5, 12-2 p.m.
Dec. 6, 11 a.m. to 1 p.m.
North Mall Meeting Room

— Dance Club Showcase * —
Dec. 6, 7 p.m., Dickinson Main Stage

— Virginia Museum of Fine Arts on the Road * —
Dec. 7, 6-9 p.m.
Dec. 8, 10 a.m. to 2 p.m.
Dickinson Parking Lot

— Let There Be Light * —
Dec. 7, 6-9 p.m., Dickinson Building and Grounds

— PVCC Holiday Chorus Concert * —
Dec. 9, 3 p.m.
Dickinson Building

— Classes End —
Dec. 10

— Final Examinations —
Dec. 11-17

— Classes begin —
Jan. 14, 2019

*Free Event ^Student Vouchers Available

Be Heard with the PVCC Survey

Liberty Anderson, staff writer

Every semester, PVCC does a student satisfaction survey. The college seeks to improve upon itself, making important decisions based on the feedback received from the survey each semester. By completing the Student Survey, you are entered in a raffle for a chance to win a free three-credit course.

The survey is created and administered by PVCC's Office of Institutional Research, Planning and Institutional Effectiveness (IRPIE). "An essential part of continuous improvement and measuring institutional effectiveness at the College is the assessment of college programs and services," said Jolene Hamm, director of IRPIE. The college wants to do its best to provide helpful and satisfactory tools for students.

PVCC wants to know about your experiences as an individual student. Student services are provided to you so that you can do the best you can. PVCC wants you to return the favor by allowing them the tools and information to do the best that they can to help you. Your feedback is important to them.

The survey allows the college insight from the student body themselves. Staff learn what they are doing well and what needs improvement. Students can be heard through the survey. The surveys are compiled, reviewed, considered, and eventually acted upon.

Let your voice be heard and participate in improving the college as a whole.

You can find the survey on Blackboard or go to www.pvcc.edu/studentsurvey.

The survey is open from Oct. 22 to Dec. 15.



Student Government Association News

Sophia Keniston, SGA president

The SGA will be hosting two large events to finish out the Fall semester.

From Monday, Nov. 26 to Dec. 7, we will be hosting a Shoe Box Drive to collect numerous types of gifts for children at Ronald McDonald House.

This list includes items such as shoe boxes to pack the gifts into, clothing items, accessories, personal care items, toys, personal notes, small musical instruments, small easy crafts and activities for the children to keep busy. The children range in age from 6 months to 13 years old.

We will have an SGA members to collect donations from 10 a.m. to 3 p.m. Monday through Thursday, and a donation box near the SGA podium under the 100-wing sign in the Bolick Student Center. Donations will be packed and distributed locally.

The SGA is also hosting its bi-annual De-Stress week. Days are to be determined.



Photo courtesy of Ronald McDonald House

Student Government Association Town Hall

Ryan Foresman, staff writer

The PVCC Town Hall meeting occurred Nov. 5, from 11:30 a.m. to 1:30 p.m. It was run by PVCC's Student Government Association. Sophia Keniston, president of SGA, oversaw the town hall. It covered a wide array of topics that affect students. Security, buildings and grounds, and class diversity as well as social events and activities. The event felt under attended even though it was held in the auditorium there were at most 10 students present. Sophia Kenniston president of SGA remarked, "How can we move forward without better presentation?"

Class diversity was brought up early in the Town Hall. PVCC students raised concerns about the lack of different career paths available, as well as a wider range of teaching styles. Students requested anything from more art-focused degrees to agriculture. Students suggested that by

widening the scope of classes they could bring in people who otherwise would not attend a community college.

Safety and security were an additional topic discussed. It was proposed that PVCC provide security patrols at either end of the basketball court as well as additional call boxes at either end of the path. It was requested that certain entry doors require key card access after certain hours. This would prevent non-students from having access to the building during hours when fewer faculty members are present. The final security topic was creating new ways for students to directly report sexual harassment.

An off the wall suggestion was a Zen or nap room. This suggestion garnered some laughter but was otherwise taken seriously. It was proposed as a way to help students destress. This brought up the subject of workloads, some students thought classes focused too heavily on homework.

Let There Be Light, continued from page 1

the word,” said Solla. Many professors help out and are passionate about the event, not just the art professors. Most of the outside help comes from the humanities and language professors, who help to feed the artists and prepare hot chocolate for the visitors.

Preparation for Let There Be Light began back in June when they started to get commitments from artists. Artists are assigned an area, and they begin their sculpture design. Everything must be planned out and expectations must be met.

In October, PVCC does inventory and they replace and repair anything that can no longer serve its purpose. They make sure they figure out all the logistics in time. Soon they will be purchasing the 53 gallons of apple cider and milk for hot chocolate, and 175 loaves of banana bread.

Half of the year is spent in preparation for Let There Be Light, but regardless of how much preparation has been done, the rush on the final day is overwhelming.

They start making the food at 10 a.m., cutting loaves of bread around noon and setting candles out at 3 p.m.

As for the artists, they have to set up and take



Photo courtesy of Ashtin Bowman, artist of the piece

down their masterpieces in one day.

“It opens up art to the community,” said Solla. This is what Let There Be Light means to her. Come to PVCC on Friday, Dec. 7 from 6-9 p.m. and find out what it means to you.



Photo courtesy of Jeff Dobrow, artist of the piece



Photo courtesy of Elizabeth Swider

Volunteer Opportunities in December

Shawn Kochhar, staff writer

In November, students met for the PVCC Volunteer Club to discuss upcoming events that they could volunteer for, led by Assistant Professor of Sociology Dr. Todd Platts.

The first event was about helping with the Let There Be Light event, on Dec. 7, from 6-9 p.m. Volunteers are needed to put signs up in the Dickinson building, label exhibits, set up a lighted path, and help visiting artists set up their equipment. They also need students to help oversee certain areas of the show, which include handing out flashlights, maps and serving the food and drink

A lot of help is needed to prepare for when they turn out all the lights on campus and begin the show. The tear down takes about an hour, so students can help anywhere from 10 a.m. to 10 p.m. Volunteers can come and go as they please and choose any time schedule they want.

The second upcoming event that needs volunteers is a small non-profit organization run out of a woman's house in the Charlottesville area called Santa Matters. It buys presents for children whose parents are in jail. They set up and throw a party at the Albemarle Regional Jail.

Volunteers can meet on Dec. 9 at the person's house to wrap gifts and write tags on the gifts for the children and parents. The children's ages range from 16 months to 18 years old.

The Volunteer Club provides gifts for guardians as well as the kids, with different types of gifts for men and women. Volunteers create invitations for the kids, and call the guardians. The party is on the Dec. 20 in the jail and runs

from 10 a.m. to 4 p.m. Student volunteers can decide whether or not to dress as elves for the party. Students greet children at the door and facilitate activities such as face painting and decorating gingerbread cookies. The children can make cards using arts and craft supplies. There are also manicures for parents, and they are served a Christmas dinner with an ice cream sundae.

It is funded mostly by local donations. The woman that runs the event collects donations from friends and people that live around Charlottesville.

"My favorite part about it all is that it is always heartwarming to help out a population that a lot of people forget about," said Dr. Platts. "Most people when thinking of Christmas, think about helping people but tend to forget about kids who have incarcerated parents. The kids did nothing to have their parents put in jail, and it's always nice to see the smiles on the kids' faces because they are often forgotten about."



Last year's Santa. Photo courtesy of Dr. Todd Platts

Young Voters Flood the Polls

Callan Shore, staff writer

Throughout history, it has disproportionately been the older generations who have turned out to vote on election days, especially for the midterm elections. Younger people have tended to not make the effort to vote or to not understand the importance of voting. In the 2014 midterms, only 20 percent of people ages 18-29 voted, according to the Center for Information and Research on Civic Learning and Engagement.

On Nov. 6 of this year, halfway through Trump's presidency, dozens of house, senate, and gubernatorial seats were up for election.

Activists of all ages, knowing that this midterm election was especially crucial, orchestrated campaigns on social media to encourage young people to show up at the polls. They made satirical videos, such as one where older people told young voters that they are unimportant, and spread information to



Photography by Connie Jorgensen

make election day easy and straightforward.

PVCC took part in this movement by throwing a Get out to Vote Party and registering students in the halls. Assistant Professor of Political Science Connie Jorgensen was an influential figure in PVCC students' turnout. Jorgensen said, "Unfortunately, we don't have the tools to know exactly how many students PVCC students registered, but we estimate about 200."

It is unclear whether the social media movement was the catalyst, but a historic number of youth sent in absentee ballots or turned up to vote on Nov. 6. The Center for Information and Research on Civic Learning and Engagement

released polls showing a 10 percent increase in youth voting from the 2014 midterms.

This number is higher than ever before. As shown by exit polls, 67 percent of voters under 29 voted Democratic, contributing to the Democratic takeover of the House of Representatives.

Expressive Activity on Campus

Jamie Blake, staff writer

Virginia has passed a new law that requires public colleges and universities to draw up a policy about the freedom of speech, or expressive activity, on their grounds. PVCC stands behind the First Amendment and for expressive activity for students on campus and around the community.

There is a link on PVCC's main page where you can learn more about the expressive activity policy that is being drawn up.

The webpage states where it is acceptable to use expressive activity, how students or faculty can reserve spaces around campus, and where goods can be distributed. The webpage also includes helpful links, contact information if you want to learn more, and frequently asked questions.

The main goal of the policy is to make guidelines for students and faculty of where they can express themselves and where they cannot. Expressive activity on campus includes meetings, speeches, performances and other events held on PVCC grounds.

They also emphasize that they are still following the First Amendment and what that has always held true.

The vice president for finance and administrative services of PVCC will be responsible for upholding the policy and following through with it. The vice president is also available with any questions the students or faculty has.

If you would like more information on this topic, the policy is posted under college policies on the PVCC website: <https://www.pvcc.edu/about-us/college-policies/expressive-activity>.

PVCC Safe Keeping You Safe

Ryan Foresman, staff writer

PVCC Safe is responsible for more than students may know. PVCC Safe encompasses all of the campus' security and emergency response abilities. The university police department also falls under the umbrella of PVCC Safe.

The campus police department has the equal authority of any other police department but focuses solely on the safety of PVCC and its student body. Many students do not know they prefer to counsel students over arresting or issuing a citation.

The police department is also partly responsible for enforcing our school's new tobacco policy. The campus police are on call 24/7, and they will walk any student to their car if they feel uncomfortable walking alone, and are available if you have car trouble such as a flat tire, run out of gas, or need a battery jump.

PVCC Safe also offers services for reporting stalking and sexual assault. Students can do this by going to PVCC Safe's webpage and filling out a form in the sidebar. This opportunity opens the door for counseling resources students can be referred to. The office of the public safety is also one of the campus' safe spaces.

PVCC Safe is responsible for the daily emails students receive with helpful safety tips. These emails at times seem to be unnecessary, but in case of emergencies like weather events, fires, or active shooters, it alerts students as to the proper procedures to follow.

The department of public safety can be found in the Main Building, Room M218 (at the West entrance).

The office phone is 434-961-5319, the security officer cell phone is 434-981-6362, and the public safety officer or escort (24 hours a day) phone is 434-981-6362.

How You can Help make PVCC a Safer Place

Jessica Adkins, staff writer

PVCC students can anonymously take action if they need to report threats, crime, security or safety incidents on campus. However, many students do not realize that the service exists. To report, students or faculty can fill out the Incident Reporting Form on the PVCC Safe page of PVCC's website if they do not want to call the campus police.

The form consists of various questions such as contact information, what type of incident they are reporting, and a box that asks for a detailed description of what happened during the incident. The incidents include many under the categories of academic integrity, classroom conduct, concerning or threatening behavior, general misconduct, sexual violence/harassment, injury/illness, or security incidents.

If a student has evidence, such as pictures or videos, they can attach

them to the form to be submitted to campus police. However, you do not need to give pictures to submit the report. At the end of the form, there is a little area where the user must confirm that they are indeed not a robot. They can also select to be emailed a copy of the completed form.

PVCC officials are quick to respond and take every incident report seriously. If there is an immediate threat, call 911 or PVCC campus police 434-981-6362.

When asked how the online form has impacted the PVCC community, Security Officer Tavares Gray said it "keeps us informed about what's going on around campus and crime has been down recently." This means that technology has the capability to make PVCC a safer place in the future.

"I think the online form is a good way to prevent crime at school. I definitely think it should be advertised more because the people who would use it the most probably search it out," said PVCC student Mia Smith.

Photography by Jessica Adkins

Humanities, a Class that Helps us Understand

Charles Parziale, staff writer

Humanities 201 (Survey of Western Culture I) is a class taught by David Berti, adjunct associate professor of humanities on Tuesdays and Thursdays, 11 a.m. to 12:15 p.m. Three different faculty members will be teaching this course in the spring. Berti will teach a section of Humanities 201 in Spring 2019. It is a relaxed class where the students read classic literature and discuss how it relates to other books and humanity.

“I’d recommend it because Mr. Berti is a cool teacher and the books are pretty neat,” said Alexis Davidson, a student taking the course in Fall.

The 201 Humanities class is a survey of western culture that will help students understand others through their languages, histories and cultures through the variety of stories and works of literature that the students will read and discuss in class.

Students in this class build skills in reading and some writing. It helps students who seek to understand and interpret human experience from individuals to entire cultures. Engaging the students in the discovery of ancient classics to

modern writings to ultimately help preserve them by making them understand their importance to civilization.

The class does more than make students understand literature. It empowers and provokes them to think independently on how to make positive changes in their communities and the world, while they discover and reconstruct the knowledge that they acquire.

Another thing students may not consider is that it can help them understand where we have come from, tracing the development of architecture from the classical columns of Greece to the reinforced steel skyscrapers of the modern age.

The class is a place to feel comfortable in, to be able to discuss what some may be afraid to, such as politics and religion.

It is also a good way to meet people in a class with a maximum amount of thirty students. Students are recommended to work together and participate in class discussions to help the students get to know one another.

HUM 201 fulfills a requirement for humanities core course for the General Studies degree program, along with a few other majors.

Working with Your Hands at PVCC

Jamie Blake, staff writer

There are many different classes people can take at PVCC that offer them a way into their future career path. There are also classes people can take that may be something they want to learn more about and have fun with it. The ART 153 beginner class and ART 154 advanced ceramics classes that PVCC offers are great classes to take for these options.

The ceramics classes are taught by Tom Clarkson, who has been playing with clay for almost his whole life. He has his own studio at his home and creates different types of functional wear that people could use in their kitchen, or as a decorative piece in their home.

The ART 153 class introduces the different techniques of clay and how many ways you can create something. There are several different projects throughout the semester in which each

student must follow some simple rules, but also be as creative with it as possible.

Kayla Harris, a current student in ART 153 class, said, “I really took this class for the fun of it, but I have learned so much I am thinking of taking the advanced ceramics class next semester!”

In the ART-154 class, the techniques that the students learned in ceramics 1 are taken a level up. The students must complete projects with the techniques they have learned but add some new shapes and forms to them. The students need to make the pieces have different heights, textures and glazes to them.

The ART 153 classes are offered on Wednesdays from 1-5 p.m. and Thursdays from 12:30-4:30 p.m. The advanced ceramics class is offered on Tuesdays from 6-10 p.m.

The class is 4 credits and is taught in the Dickinson building.

Learning to Keep the World Informed

Callan Shore, staff writer

It is journalists' duty to educate and inform the public. The media, specifically news publications, are one of the most important pieces of our democracy and have even been called the fourth branch of government. PVCC provides a direct path to becoming a journalist through *The Forum* and the Introduction to Journalism class, ENG 121.

In Introduction to Journalism, students learn many media skills from the essential journalistic writing rules to how to layout a newspaper. Students also learn how to edit peer articles and cover community events.

Students taking the class have the chance to have their articles published in the school newspaper, *The Forum*. Journalism student Montana Mitchell said, "Journalism opened my mind to how journalism works in the real world, and gave me insight into how bias affects the news."

Dr. Tamara Whyte, associate professor of English, teaches the class. Journalism 1 paves the way to further journalistic experience. After Journalism 1, students can take Journalism 2 or have an internship with Dr. Whyte. "Journalism 1 helps students to improve their writing and



Journalism students work on making this issue. Photography by Callan Shore

express themselves at the college," said Dr. Whyte.

Introduction to Journalism is a three-credit class on PVCC's main campus. It is an approved transfer elective in Liberal Arts and General Studies majors, as well as some others. The prerequisite for the class is ENG 111.

Students who do not have time to take a class in journalism can join the Forum Club and be a staff writer.

For the 2019 Spring semester, the class will take place in room M822 on Tuesdays and the Writing Center on Thursdays. The class runs from 11 a.m. to 12:15 p.m. both days.

Explore the Human Story in Anthropology

Montana Mitchell, staff writer

Ever had an interest in figuring out who you are and where you came from? If so, this Spring semester's SOC 210, Survey of Physical and Cultural Anthropology may interest you.

SOC 210, a Social Sciences elective, will be taught online by Brian Robbins, an adjunct assistant professor of Sociology, who has been teaching forms of Anthropology since 2009.

Anthropology is more than a trendy fashion brand.

"Anthropology is the study of humans in all times and places. This means that no matter your background, you're part of that great epic story called humanity. This is the story of you and how you came to be where and when you are.

Anthropology is a class that applies to everyone," said Robbins.

Choosing your schedule for the Spring semester can be challenging, but with SOC 210, you are learning more than typical information needed to pass the class. You are learning information about humanity itself.

"Anthropology is the story of every human that ever lived. It begins in the past and will end sometime in the future. Every aspect of life experienced. Every human is potential material for an anthropologist to study. So, ultimately, anthropology is the study of humans and it doesn't matter where you come from, what language you speak, or what you believe. This is your story. Let's see how your chapter fits into the ongoing epic that is humanity," said Robbins.

Dogs Deserve Better Fundraiser at Mezeh

Charles Parziale, staff writer

Mezeh Mediterranean Grill will be hosting a fundraiser for Dogs Deserve Better Blue Ridge on Dec. 5 from 5:30-8:30 p.m. Forty percent of the proceeds of the evening go to the mission that helps neglected dogs chained outdoors in Central Virginia.

At Mezeh, the food is made in house every day from all-natural fresh ingredients. They select ingredients meticulously to ensure that they do not contain additives, preservatives or any unnecessary sugars, salts or fat. Their main dishes are bowls of rice and pita with meat in them costing around \$10, along with flatbread wraps around \$9 and freshly baked pita pockets around \$8. They also offer catering for events.

Dogs Deserve Better Blue Ridge is a local chapter of Dogs Deserve Better Inc. This is a nonprofit organization dedicated to freeing chained and penned dogs. Their mission is to provide a better life for abused, neglected and abandoned canines. They have an entire team committed to helping dogs in the Central Virginia

area. Getting a dog off the chain is something they take seriously each and every day to make it a reality for dogs.

“We strive to give dogs the best life we can, and sometimes that involves finding new homes where they can live inside as a cherished family member,” according to their website.

Also, they are working with local lawmakers to change the standard of living for outside dogs. Currently, it is legal to chain a dog outside regardless of weather conditions. It is their belief this is the one barrier to getting all dogs to the life they deserve. They also advocate and promote spaying and neutering dogs. They accept cash donations and supplies to build dog houses, though they also ask you to volunteer with them too. You can learn more at www.dogsdeservebetterblueridge.com.

Mezeh Mediterranean Grill believes in “giving back to the community with kindness and the spirit of generosity,” according to their website. They want to spread as much love as possible to the neighborhoods according to their website.



mezeh
MEDITERRANEAN GRILL

Join Us For A
FUNDRAISER

Wed, Dec 5, 2018
5:30pm to 8:30pm

2015 Bond St,
Charlottesville, VA 22901

Join us for dinner at **Mezeh Charlottesville** and mention **Dogs Deserve Better** at the register.

Mezeh will donate **40%** of the proceeds to **Dogs Deserve Better Blue Ridge's** fund to help neglected dogs chained outdoors in Central Virginia. #MezehGives #GoMezeh

Photo courtesy of Mezeh Mediterranean Grill

PVCC Celebrates #GivingTuesday

Ryan Foresman, staff writer

PVCC hosted Giving Tuesday on Nov. 27. from 12-5 p.m. The idea behind Giving Tuesday was to promote giving after the sales of Black Friday and Cyber Monday. Pizza was given out as donations were received

The money raised during Giving Tuesday will go towards scholarships, the PVCC food pantry, and the Kathy Hudson emergency fund. The goal of the event was to raise \$25,000. Free PVCC Panther pennants were given to the first 100 students to donate.

Giving Tuesday marked their presence on Instagram using the hashtag, #PVCCGivingTuesday.



According to NBC29, PVCC has more than 150 students each semester that require financial aid.

The \$7,500 that was raised by the Giving Tuesday campaign will go towards student success initiatives.

According to Vice President of Institutional Advancement & Development Harry Stillerman, “Students and employees raised \$1,083 for the Kathy Hudson Student Emergency Fund. To celebrate this generosity, President Friedman provided matching funds this afternoon in the amount of \$1,083 to the Kathy Hudson Student Emergency Fund, bring our Giving Tuesday total to \$8,583!”

Annual Thanks-4-Giving Dinner and Reception

Shawn Kochhar, staff writer

Every year, PVCC hosts a dinner for students, administrators, and donors to meet and have a reception. Scholarship & Alumni Association Coordinator Sylvia Dowell, who arranges the event, took over in 2010 when it was a lunch-in during school hours. In 2013, she changed it to a dinner at night to allow more donors and students to attend.

The dinner and reception serve a few purposes: to thank the donors, to show how recipients were helped by the scholarships in the real world, and to showcase their talented students. In the past, they have had a quartet, a bluegrass band, gospel music, art students’ artwork, and a Piedmont Student Launch Team presentation that donors could walk around and ask about.

“We want to showcase the talent and intellect of the students to donors and active members of the community,” said Dowell.

The dinner normally takes place in the North Mall Meeting Room. However, this year it was in room 249, an advanced technology classroom.

This classroom was used to show the donors some of the innovative creations that the students are working on. The reception was from 5-6 p.m. for donors and administrators only, and dinner was from 6-8 p.m. It was catered by the Blue Ridge Cafe from Ruckersville, a change from the usual menu consisting of traditional Thanksgiving dinner items.

Recipients sat down with their donors to eat and talk about what they are doing and how they have been helped by the program. The school tries to have a combination of student and donor guest speakers. They give testimonials of their unique experiences since the students tend to have different life stories. This showed the diversity of our student population.

“One of the donors said that they are invited to numerous dinners and events this time of year, but the scholarship dinner is their absolute favorite that they don’t want to miss,” said Dowell.

An average of 150 students per year get scholarships, and 120-150 people attend the dinner. It always takes place two weeks before Thanksgiving Day.

Motivation to get Through Finals

Montana Mitchell, staff writer

As the end of the semester approaches, it can start to feel impossible to keep up with the snowstorm of school work. Studying becomes tedious, class readings become unbearable, and attending class feels like trying to run a marathon after barely running a mile. Students become low on energy and time, leaving them feeling unmotivated and tired.

Despite these seemingly impossible-to-overcome obstacles, there are many ways to get through the end-of-semester slump.

For starters, making a set schedule of everything you need to do will help keep you organized. The end of the semester can make students feel as if they are running around with their heads cut off, especially without proper organization of everything they need to do.

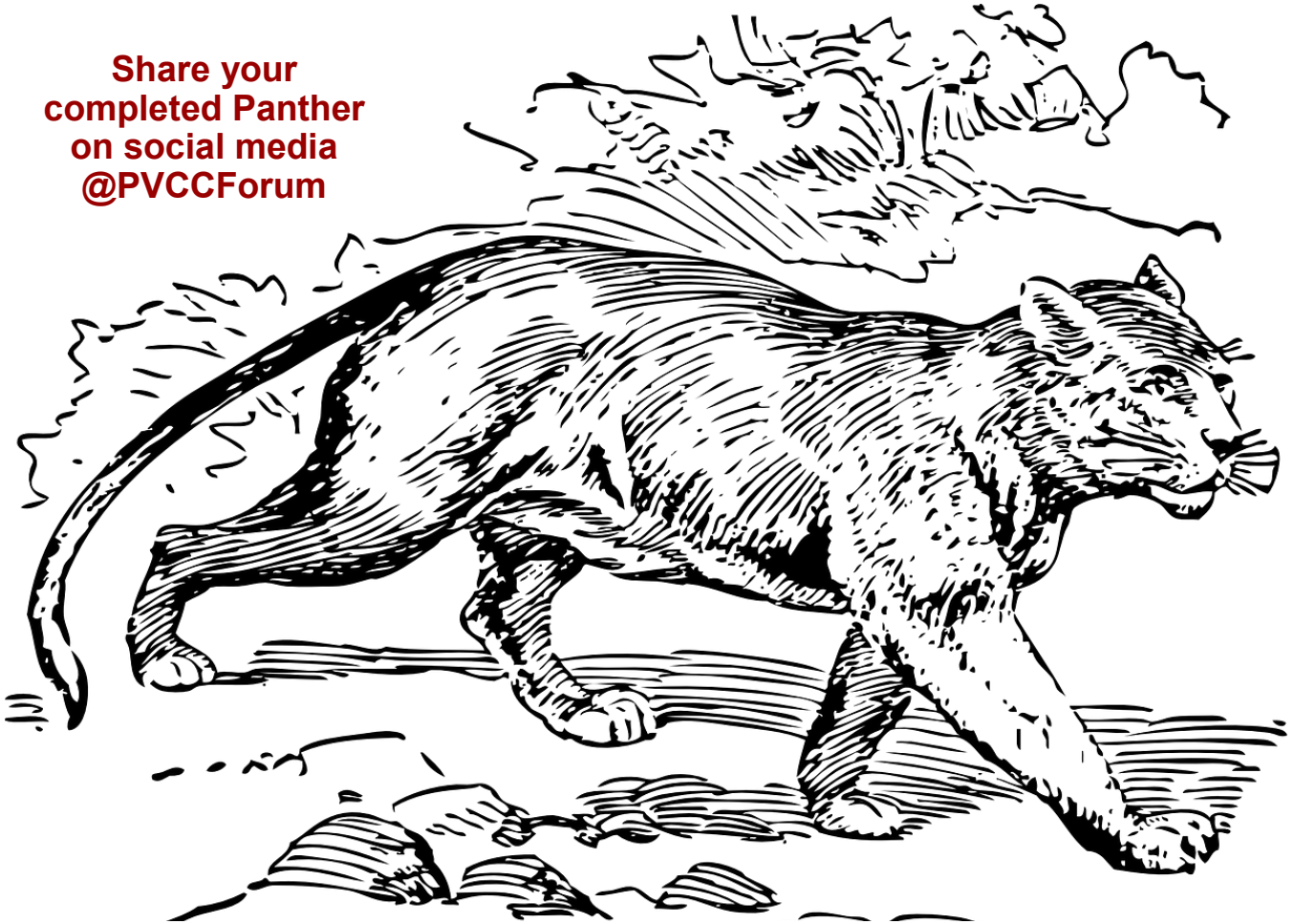
Making a schedule of what needs to be worked on will not only provide a set schedule,

but also ensure that no assignments are forgotten. Missed assignments cause unnecessary stress and, if not realized in time, have the ability to lower grades.

Paying attention in class is sometimes more than just being “present.” Being in class but being on your phone or falling asleep could cause you to fall off track. To prevent this, contributing to class discussion will not only keep you engaged but will also keep you up to date on everything that is happening, including assignments.

When studying, figuring out what time of day works best for you is beneficial. A helpful piece of information to know is if you are a morning or night person. If you find yourself more awake and alert at night, studying at night could be more beneficial to you than studying in the morning. This works the same with being a morning person; if you find yourself more alert in the morning, studying in the morning could benefit you more than studying at night. Knowing your

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completed Panther
on social media
@PVCCForum**



continued...

brain and when you process information best can be an incredibly helpful tool while powering through study season.

Another way to stay motivated, especially with studying, is simply staying away from distractions. Social media is one of the biggest distractions people have. Scrolling endlessly through media like Facebook, Instagram, and Snapchat for hours at a time can be fun in the moment, but harmful to schoolwork in the long run.

To prevent this, turning off your phone, putting it on airplane mode, or simply putting it in another room can help eliminate these tempting distractions.

Another distraction can simply be other people. If you find yourself more present with the people around you, try isolating yourself from public settings. Keeping away from all distractions can help keep you motivated and undistracted.

Let others know that for right now, you are focusing on school work. It may not seem like it in the moment, but going out with friends could impact your motivation to do school work. Missing that party may be the last thing you want to do, but remember what will impact your future the most. In three years, that party will not matter, but that bad grade might.

Finally, and importantly, sleeping is crucial. Having enough sleep will not only help your alertness, but will also help with memory and learning. With enough sleep, you will find yourself no longer sleeping in class. You will have more energy, which increases motivation and increases your performance with studying.

According to Healthy Sleep, the Division of Sleep Medicine at Harvard Medical School, “Low-quality sleep and sleep deprivation also negatively impact mood, which has consequences for learning. Alterations in mood affect our ability to acquire new information and subsequently to remember that information. Although chronic sleep deprivation affects different individuals in a variety of ways (and the effects are not entirely known), it is clear that a good night’s rest has a strong impact on learning and memory.”

Take a deep breath and hang in there. Finals season can be hard for everyone.

Rest up, stay on top of schoolwork, and try to relax!

Defeat your Test Anxiety

Bryn Dotson, assistant editor

In Preparation for the Exam

- ◆ Slow down. Make sure to carve out time for yourself to step away from the hustle and bustle. Take a bath, read a book, get a massage.
- ◆ Organize! Set out an hour to plan out your deadlines and test dates.
- ◆ Remember to unplug. Take a break from studying, from media, and be present.
- ◆ Go for a walk, meet up with a friend for coffee, meditate. Remember to ground yourself.
- ◆ Plan things to look forward to after the exam. A movie, a nice dinner, anything!

The Day of the Exam

- ◆ Rub essential oils on your wrists before a test. Take a deep inhale. You’ve got this!
- ◆ Make sure to get at least seven hours of sleep before an exam. Keep yourself aware and alert!
- ◆ Meditate before taking an exam. Meditate anywhere: at home, in bed, in your car.
- ◆ Listen to your favorite songs right before your test. Pump yourself up to succeed!
- ◆ Take a big breath. You know more than you think you do.

Finding Light in the Darkest of Times

Montana Mitchell, staff writer

As colder weather approaches, so does seasonal depression. I am not one to open up and talk about the struggles I deal with, especially publicly. In fact, I try to shine positivity into the universe rather than the negativity my mental illness portrays.

I have been diagnosed with depression and anxiety since the age of fourteen and it has been a constant battle of mine. Some days I have my highs, and some days I have my lows. It is a consistent battle of wondering if I actually have a place in the world and if my life has any meaning to it at all. I have days where I feel alone, even though I am aware that I am not.

My thoughts consume me to the point where I am incredibly quiet. I never realize how quiet I am until someone says something about it. I am always consumed in my own thoughts and forget that speaking is something I have not done.

This past year of my life has tested me in ways that I can not even begin to explain.

I have learned a lot and I have grown a lot, but in the midst of it all, I have been living with a mentality that those close to me may worry about.

I recently felt inspired to get my first tattoo, a semicolon. A semicolon is used when an author could have chosen to end their sentence, but chose not to. I chose this tattoo as a reminder; a reminder that I could choose to stop my life, I could choose to give up and end it all right now if

I wanted to, but I won't.

I choose to continue to live my life in the way that God intended me to. I choose every day that life is worth living, and it will never be my decision for when it ends. God has plans in line that not I, or anyone else, can see. That alone gives me hope on its own.

The semicolon is a positive reminder for me that no matter what, I will always continue my story. I will continue to live the life that was intended for me. Regardless of how low I may get, I will always remember that when I chose to get this, I promised myself that along with this permanent tattoo comes a permanent decision to keep living.

Life has purpose, and it is important for not only I but whoever else is reading this to understand and know. I am more than my mental illness makes me believe. As are you.

If you or a loved one is struggling with depression, please never fear to reach out to those around you. The National Suicide Prevention Lifeline, which can be reached at 1-800-

273-8255, offers free emotional and confidential support to anyone in need of it and are available seven days a week, 24 hours a day.

If calling the hotline is uncomfortable for you, texting HOME to 741-741 will connect you with a live and trained crisis counselor that will also offer emotional support in the form of texting instead of calling. For more information, visit <https://www.crisistextline.org>.



Photography by Montana Mitchell

Virginia's Epilepsy Epidemic

Jamie Blake, staff writer

In Virginia, the estimation of people living with epilepsy is 84,800. Dr. Nathan Fountain, neurologist at the University of Virginia, treats approximately 5,000 patients a year with epilepsy. He has been doing this since 1995, when he got his doctrine in medicine in Neurology and went on to become one of Virginia's epilepsy specialists.

Dr. Fountain graduated from the University of Iowa and then followed his dreams, "to help people," by doing his residency at UVA. He continued by doing fellowships under "the pioneers of epilepsy research," as he liked to call them, to then earn his MD in Neurology. Dr. Fountain has been in love with the brain and trying to understand what makes humans who they are.

Dr. Fountain has achieved his goals with epilepsy through hard work and dedication and a lot of research to understand this disease. He has conducted clinical trials to understand what works best for patients who have different types of epilepsy.

There are rare forms of epilepsy that are hard to treat and manage, and there are forms that can be controlled by medicine or require surgery to completely get rid of it. He has been a pioneer in getting the Food and Drug Administration to approve the use of cannabis for treating patients with epilepsy and after four years he has succeeded.

He is currently working on a different solution, which he says, "is less invasive than having to do surgery and will use ultrasound waves and the heat generated from the waves to remove the scarring on the brain that causes the patient to seize." This type of research is still very new, and he says he is having trouble getting people to be a part of the clinical trial, so he is not sure when this type of procedure will be available to patients.

The type of work Dr. Fountain performs is monumental to the well-being of patients who suffer from epilepsy.

If you have any other interest or questions about epilepsy, you should check out the epilepsy center at University of Virginia, which is located at 1215 Lee St.



Photography by Jamie Blake



Unleashing Our Superhero Leaders

Deadra Miller, online editor

Unleashing one's "super leader" was the theme for 2018's Student Leadership Conference held at Founders Inn near Virginia Beach. This year revolved around figuring out our superhero identity and using it in leadership roles inside and outside of school. There were 28 different workshops that student leaders could attend taught by VCCS staff that came from all over the commonwealth with their respective colleges.

There were sessions in the wide variety of determining your superhero identity to how to keep students in the club that you are in charge of. The students that attended the conference had to choose a session for one of the four time slots. I chose the art of mastering you: a self-leadership tool, superhero personality types, constructive communication with Legos, and the S.A.L.S.A. life with the master of ceremonies was Stanley Pearson.

Salsa is an acronym for Support, Act, Learn, Strive, and Accept. All of these words tied into being a better leader with these traits helping you along the way.

With 23 colleges across 40 different campuses

spanning the commonwealth, some of the colleges had to travel a day early to make it to the opening events on Friday, Nov. 15. The keynote speakers during meals were James T. Robilotta, Joshua Fredenburg, Van Wilson and Millicent St. Claire. Robilotta spoke on Friday. He was charismatic and funny in explaining his role at the conference and promoted his book *Leading Imperfectly*. On Saturday morning, Fredenburg spoke about similar ideas to Robilotta. St. Claire, a life coach, was the speaker on Sunday morning and helped us understand that if we love ourselves, we can be a better leader.

On Saturday night, the students split into their respective college groups for dinner. We returned to the Founders Inn for games and ice cream later that evening. Coordinator of Student Engagement and Student Life Shawn Anderson and Landon Hoffacker, a PVCC student, competed in a corn hole tournament and won against 22 other colleges. Sunday morning, all of the students and advisors met for the final meal of the conference.

This conference was enlightening in ways that were unexpected. Individuals from various backgrounds were able to learn things about each other and how to interact without bias.

PVCC Alumnus and the Exploration of Mars

Aleena Haidari, staff writer

Have you ever wondered how would it be like to live in a different planet? Did you know that by 2033, human beings would be able to orbit Mars and return back to Earth within three years? If you are fascinated by the mysteries of space and interested in learning more about science, consider joining the Science Club. This club was established a year ago and has held numerous talks and events at PVCC.

Professor of Biology Anne Allison, the faculty advisor for Science Club, said, “This club was created to inspire students about their educational path, show them that there are myriads of jobs available in the science field, and motivate them to develop their own careers through experiences of the speakers.”

Science Club has invited many speakers including John Stewart, supervisor forensic examiner, DNA Unit, FBI; Tim Errington, director of metascience, Center for Open Science; and Rick Davis, who attended PVCC and currently works at NASA Headquarters as the assistant director for science and exploration in the Science Mission Directorate (SMD).

According to his biography, he “co-leads a joint SMD-HEOMD [Human Exploration and

Operations Mission Directorate] study to begin the process of identifying potential human landing sites on Mars.” He also had the opportunity to travel to Russia and work with the Russian scientists to develop new inventions in exploration of Mars.

He spoke in the Science Career talks series last time and encouraged students to get internships in their fields of interest and take advantage of other hands-on opportunities.

He also advised that students should make the most out of their opportunities at PVCC and seek help in Math Center and their professors’ office hours.

Davis discussed opportunities and jobs available for students who are interested in STEM and Science.

For instance, STEM Takes Flight is an opportunity for community college students to take advantage of its resources to enhance their understanding of science and gain experience. This resource is an initiative that particularly provides opportunities such as internships and other hands-on experiences for community college students.

If you are interested in Science and STEM, utilize resources available for you perhaps you might be next to explore Mars.

You are Recycling that Wrong

Montana Mitchell, staff writer

Plastic bags are one of the most used items on this planet while also being one of the most toxic materials. Without proper disposal of plastic bags, they can be extremely harmful to the environment. Plastic bags take 10-1,000 years to decompose, and as they do, they slowly release toxic chemicals into the environment. To help prevent this, recycling is the best option.

When recycling, it is important to know that recycling plastic bags with the average single-stream recycling bin actually causes more harm than good. Always use recycling bins specifically designed for plastic bags. When plastic bags are mixed with other recyclable items, they can become wet and dirty. This causes the plastic bags to become contaminated and it can

contaminate all of the plastic recyclables, resulting in companies not being able to purchase the recyclables and being thrown away.

To prevent this, always dispose of plastic bags at specifically designated collection spots, some being easily found at grocery stores. When plastic bags are properly disposed of, companies purchase and recycle them into durable items.

To help spread awareness, on Monday, Nov. 5, PVCC’s One Book Program held a College-wide Recycle day. They encouraged students to bring plastic shopping bags to the main campus for proper disposal. Along with encouragement, they offered free reusable PVCC bags in exchange for the plastic bags students brought in.

According to their website, “Every bag counts because it’s one more piece of plastic that can be reduced, removed, reused, and recycled.”

More than One Book: Discovering De-extinction

Kaytlyne Gentry, staff writer

The latest PVCC One Book, *The Sixth Extinction: An Unnatural History*, by Elizabeth Kolbert, a journalist and environmentalist, starts out focusing on amphibians and their introduction to a bacteria called *Batrachochytrium dendrobatidis* (BD) and how it was introduced/spread by humans. In chapter two, the key theme is that earlier scientists did not accept the idea of extinction until the discovery of the mastodon's molars. Throughout the book, each chapter has a different theme centered with the main idea, humans and a few natural causes are creating the sixth extinction. Chapter 13 covers the understanding of futurology, preserving animal DNA and piqued my curiosity of the efforts scientists are making to possibly bring back extinct animals. In one word De-extinction. Across the campus professors are working *The Sixth Extinction* into the course assignments, which led me to explore what books PVCC's library had about the topic of chapter 13.

The PVCC library offers a variety of similar books such as *How to Clone a Mammoth: The Science of De-extinction*, by Beth Shapiro, an American molecular biologist. *How to Clone a Mammoth* is not a how-to guide, but a review of all the processes necessary for de-extinction. Shapiro explains the process of de-extinction and how the cloned animals hoped to be resurrected will not be the same exact animals. Shapiro also acknowledges the fact that once an animal is extinct, it really is extinct forever. The next best thing is a man-made genetically modified version of the extinct animal.

She also brings up the issues of where the animals will be in the wild, what can happen in those ecosystems, and what type of regulation these new animals will require. And if all else fails with de-extinction, there will be research and technologies learned that will help endangered species.

Next, I found *Resurrection Science: Conservation, De-extinction and the Precarious Future of Wild Things*, by M. R. O'Connor. O'Connor covers the efforts taken today in animal conservation, the moral and ethical standpoints that scientists face with de-extinction. Also mentioned in *The Sixth Extinction*, O'Connor highlights importance of cryobanks in

the efforts to resurrect endangered and extinct species. She then leaves the readers with more questions than answers.

Bring Back the King: The New Science of De-extinction, by Helen Pilcher, continues with the same concept. Pilcher jokingly suggests bringing back the king of rock and roll, Elvis Presley. But the main focus is about the ability scientists have to bring extinct animals back to life. She highlights a process of cloning by using living animals' DNA to resurrect their ancestors by altering the DNA with lost traits. She goes on to discuss many endangered and extinct animals and their probability of survival and the likelihood of bringing them back at all.

Lastly, I read *The Rise of the Necrofauna: The Science, Ethics, and Risks of De-Extinction*, by Britt Wray. Wray has a B.S. in Biology and working towards a Ph.D. in Science Communication; she is currently a radio broadcaster and writer. Wray, unlike the other works mentioned, highlights the issues associated with de-extinction such as the legal, ethical, and environmental issues while also referencing the benefits that de-extinction will have on our ecosystems. She refers to other scientists and philosophers on their stands against de-extinction and to my surprise, they are against everything positive I have read so far. Resurrecting extinct animals such as the woolly mammoth and Tasmanian tiger would result in them living in captivity and used for research and our entertainment.

Wray also raises the issue of "last-chance" tourism, the game of people making a profit from critically endangered species living in captivity and also raising the "re-creation tourism" profits that comes along with de-extinction, just like the films of Jurassic Park. To take a look further and open your mind to all sides of the de-extinction, check it out. *The Rise Of the Necrofauna: The Science, Ethics, and Risks of De-Extinction* is by far the most engaging book I have read from the theme of our PVCC One Book, and I highly suggest reading it!

Check these books out in the zoology section at the Jessup Library. *Resurrection Science* QL 82 .O26 2015, *Bring Back the King* QL 88 .P54 2016, *How to Clone Mammoth* QL 88 .P549 2015 and *The Rise of The Necrofauna* QL 88 .W73 2017.

Crazy Rich Asians: PVCC Free Movie Friday

Ryan Foresman, staff writer

PVCC Free Movie Friday occurred Nov. 16 at 7:30 p.m. It featured the film *Crazy Rich Asians*. Students and community members filled the relatively large theatre in the Dickinson building. The movie night was hosted by PVCC's Student Art Club.

Crazy Rich Asians is a romantic comedy directed by Jon M. Chu. The film explores the friction caused by partners who come from very different backgrounds. It follows a couple as they work through these issues throughout the film.

According to the film's description on PVCC's website, "*Crazy Rich Asians* is the story of Chinese American economics professor Rachel Chu (Constance Wu), who travels to Singapore to attend a wedding with her boyfriend, Nick Young (Henry Golding). Rachel will be meeting Nick's family for the first time, and it turns out she's woefully unprepared."

It is set and predominantly filmed in the South Pacific. The film had a set budget of \$30 million. Its gross revenue to date was a \$236 million according to Internet Movie Database.

You can find the schedule for Free Movie Friday by going to PVCC's

fine arts webpage. All their events are available to be attended by students. Many are free and some others offer free student vouchers.

The next Free Movie Friday occurs Jan. 18, 2019; the movie has yet to be announced.



Dancing with the Stars in Harrisonburg

Liberty Anderson, staff writer

Picture this, team Loan glides down the dance floor with a classic I hate you, I love you dynamic in their Tango. Well executed, they show off the star, Corri Loan, and his new skills. The Tango is a classic way to shows both sides, the fights and romance involved in a working relationship.

Ballroom dance is a social, formal, and rhythmic form of dance. Since it is often competitive, it has inspired hit TV shows like *Dancing with the Stars*. It has also inspired local events fundraisers like Dancing with the Stars of the 'Burg. Dancing with the Stars of the 'Burg was a fundraiser to support the Harrisonburg Rockingham Child Day Care Center. The final competition was held on Sunday, Sept. 11.

This year the seven teams raised just over \$100,000 combined for the Child Day Care Center. Throughout the past few months, teams have been raising money at various wineries and breweries, as well as preparing their dance routines.

The teams competed for three trophies, the Mirror Ball, the Judges Award, and the People's Choice. The Mirror Ball is awarded to the team

who raised the most money. The Judges Award goes to the team with the highest technical score, from the judges based on their routine. The People's Choice goes to the team with the most votes at the end of the night.

This year for the first time ever one team got two trophies. Team Lokey won the Mirror Ball and the Judges Award. They scored a perfect 30 on their Cha Cha routine, and they raised the most money.

Libbi Fitzgerald is the Pro on the team, and she has been on the winning team for six years. Team Loan won the People's choice for their Tango.

I found out about Dancing with The Stars of the 'Burg because my sister Felicia Anderson has competed in it for the past two years.

Harrisonburg has several ballroom dancing activities, clubs, and events. In comparison, Charlottesville has more. There is one ballroom dance studio in Harrisonburg, while there are three in Charlottesville. Smooth Sailing Ballroom is located on Hillsdale Dr., Terry Dean's Blue Light Ballroom on Allied St., and Zabor Dance LLC on 2nd St. There is also a Swing club and various other opportunities to learn and compete in ballroom dance right down the road.



Photo courtesy of Dan Emmerman



Photo courtesy of Mia Smith

Review: *In the Forest, She Grew Fangs*

Callan Shore, staff writer

The stage was dark and barren except for a few benches, and the actors were dressed in all black. But what appeared to be merely a simple production of an obscure play turned out to be an intense and insightful commentary on bullying. Between Oct. 25 and Nov. 3, Gorilla Theatre Productions of Charlottesville put on 10 shows of *In the Forest, She Grew Fangs*, a play written by Stephen Spotswood.

The two-hour play is a horror-story version of Little Red Riding Hood based on real-life problems. However, in this story, the girl is not defenseless, and there is a lot more blood. The main character Lucy is played by Kendall Stewart, a radio host for 106.1 The Corner. Lucy is a teen in an isolated town who is brutally bullied by

her classmates. The play is broken up into scenes of reality and the sinister worlds that exist inside Lucy's head.

When a new girl Jenny, played by Jenny Bottas, comes to town, Lucy becomes enamored and begins to follow Jenny around. Each character, from Lucy's naïve grandmother to the star football player, has a disturbing secret, but eventually Lucy's secrets become too much for her to handle.

Though there were few actors in the play, they brilliantly played multi-dimensional characters and transformed the stage into a foreboding forest and troubled town. The cast spans a variety of ages, but each actor was well cast for their role. Despite the local level of this play, it was enthralling and frighteningly realistic.

Those who want to attend or act in a Gorilla Theatre Production, can visit their website.



Photo courtesy of Mia Smith



Photography by Shawn Stevenson

The Nook: A Cozy Place for Everyone

Charles Parziale, staff writer

After so many years, The Nook has become a nice place to stop and have a full breakfast or lunch. The Nook is at 415 E. Main street in Charlottesville on the downtown mall. Their specialty is breakfast served all day everyday throughout the week.

Sitting down with friends, listening to songs from the 50s, having a plate filled with eggs cooked a little over easy and sausage links and a cup of coffee made a great breakfast, costing around \$15. They have a lot on the menu including eggs, sausage, bacon, they even offer some crab cakes for breakfast. They have soups and salads too. If you are more interested in lunch, they offer hot and cold sandwiches as well.

“This gravy is just like the way my grandma makes it,” said Alexis Davidson when she had

eggs and biscuits and gravy for breakfast.

While plenty of the staff are happy and chipper, towards the end of our breakfast our waitress started to rush us. She asked if people were done while they still had their forks in their hand.

The Nook was rebought and refurbished in 2007 using their original mahogany booths when the store was first opened in the early 1930s. Filling the walls were old fashioned pictures and posters with a style of the 50s.

The Nook is a great place to go for breakfast anytime or a delicious lunch while out with friends. With the costs for all of their food and drink options being reasonable, they make themselves a desirable place to stop by.

Their hours are 7 a.m. to 8 p.m. Monday-Thursday, 7 a.m. to 9 p.m. Friday, 8 a.m. to 9 p.m. Saturday, and 9 a.m. to 8 p.m. on Sunday.

Brazos Tacos Review: A Taste of Texas

Callan Shore, staff writer

Nestled in the IX Art Park is Brazos Tacos, an upscale fast food restaurant that will change your perception of tacos. Brazos is in a simple but modern space with beautiful wood and nature-inspired details. Light fixtures made out of grapevines and brightly colored chairs add to the enchanting atmosphere. Brazos is the perfect place to bring your entire family because there are miniature chairs, kid-friendly tacos, and dog bowls.

The tacos are made quickly so they can be taken to go, or they can be enjoyed as a more formal meal. The breakfast tacos are a favorite snack for the drive to work. Brazos is also a popular spot for UVA students and gets a lot of traffic for its slightly hidden location.

Kaili Brannan, a frequent customer, said, “Brazos is my go-to when I’m super busy and don’t want to compromise taste for speed.”

Owner Peter Griesar is a fan of Texas, and it shows. Each taco is inspired by Austin cuisine, and the restaurant’s logo is the outline of Texas. He opened Brazos as a pop up shop in IX art park in 2014 with a plan of opening up a store in Seattle, but Charlottesville loved his tacos too much to let them go. He decided to open up a



Photography by Callan Shore

permanent location in IX, and though he still has dreams of opening in Seattle, he wants to expand in Charlottesville first.

Brazos offers over 30 different types of tacos, and if you have trouble deciding what to order, the Taco Bot 2000 may help. The Taco Bot 2000 is a small machine, created by Griesar, that suggests orders based on your preferences. All eaters from picky to adventurous, carnivore to vegetarian can find something at Brazos.

Brazos is a short walk from the Downtown Mall, and it is open from 7 a.m. to 7 p.m. Monday through Wednesday, 7 a.m. to 8 p.m. Thursday through Saturday, and 8 a.m. to 3 p.m. on Sunday.



Photography by Callan Shore

Classifieds

“GET STUPID” ⚡

A DANCE CLUB SHOWCASE ★

DICKINSON MAINSTAGE

OPEN DRESS REHEARSAL
Wednesday 12/5 ~ 12:00-1:00

SHOWCASE
Thursday 12/6 ~ 7:00 PM

FREE EVENT



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: twhyte@pvcc.edu.

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