



PVCC and GMU: A Match Made for Transfers

Peek Beyond the
Office Door,
Pages 12-13

Sarah Cate Nordman, staff writer

On Oct. 9, PVCC added a new member to its list of guaranteed transfer options for its students. George Mason University joined the ranks of the University of Virginia and James Madison University as guaranteed options for PVCC students after they complete their associate degrees.

Students looking to work towards a bachelor's degree can seamlessly transfer to GMU after they graduate from PVCC.

"This partnership is making pathways possible for our students," remarked PVCC President Dr. Jean Runyon.

PVCC is committed to providing as many options as possible for students to succeed, even after graduation. The new ADVANCE Piedmont | Mason program will be especially exciting for

students who wish to participate in research projects in specific areas of study, including health sciences, sustainability research, and criminal justice. GMU also boasts an impressive roster of sports teams and is the alma mater of two Nobel laureates and three Pulitzer Prize winners.

"This kind of path guarantees that if they come in, and they want to follow a certain path, and they stay at a level with their grades, and are supported by coaches along the way, that they can come right into George Mason. They won't have to reapply, they will be automatically admitted," said Dr. Janette Muir, vice provost for academic affairs at George Mason.

Looking to graduate this Fall and transfer to George Mason from PVCC? Contact an adviser today about what your next steps to success will look like.



Dr. Muir and Dr. Runyon sign the ADVANCE program into action.
Photo courtesy of PVCC Marketing & Media Relations

In This Issue

- PVCC Events -pg. 2
- SGA Update -pg. 3
- One Book -pg. 5
- Services -pgs. 6-7
- Events -pgs. 8-15
- Music -pg. 14-15
- Reviews -pgs. 16-23
- Classifieds -pg. 24

DATES TO REMEMBER

— **Pet Therapy Dog on Campus*** —
Mondays, 11:30 a.m. to 1 p.m., East Patio

— **Yoga Class *** —
Fridays at noon, Fitness Center

— **One Book Event: *Human Nature* Screening *** —
Oct. 18, noon to 2 p.m., M229

— **SFRC Health and Wellness Event *** —
Oct. 19, noon to 1 p.m., Bolick Student Center

— **Documentary Filmmaking Workshop with
Ty Cooper *** —
Oct. 20, 10 a.m. to 2 p.m.,
Dickinson Building Main Stage

— **Films Talk Back: *Good Work: Masters of the
Building Arts* with filmmaker Paul Wagner *** —
Oct. 20, 7:30 p.m., Dickinson Building Main Stage

— **International Food Sale** —
Oct. 23, 11:30 a.m. to 1 p.m., Bolick Student Center

— **Halloween Social *** —
Oct. 31, noon to 1 p.m., Bolick Student Center

— **One Book Trivia Contest *** —
Nov. 1, noon to 1 p.m., North Mall Meeting Room

— **One Book Photography Contest Deadline *** —
Nov. 3

— **Election Day** —
Nov. 7, All Day, No classes

— **Charlottesville Ballet: *Salute* ^** —
Nov. 11, 3 p.m. Dickinson Building Main Stage

— **Autumn Origami Workshop *** —
Nov. 16, 6 p.m., North Mall Meeting Room

— **Gallery Exhibition Opening Reception *** —
Nov. 17, 5-7 p.m., Dickinson Building Galleries

*Free Event ^Student Vouchers Available

Editor's Note

Benjamin Marcus, editor

I grew up surrounded by writing. Both my parents had jobs as editors at various points during my childhood — my father in particular spent time working as the editor of an economic journal. My parents homeschooled me and gave me access to plenty of books and audiobooks, so it was natural for me to be drawn toward writing in my early years. I wrote frequently while in my pre and early teens, and much of what I wrote benefitted from my father's editorial rigor.

When I enrolled in PVCC in the fall of 2021, I was very fortunate that the first class I attended was a composition class taught by Dr. Tamara Whyte, professor of English and the faculty adviser for *The Forum*. Dr. Whyte's teaching style and curriculum were an excellent introduction to academic pursuit.

After having taken both Composition I and II with Dr. Whyte, I still wanted to learn more from her. In the fall of 2022, I enrolled in a class that taught a style of writing I had barely considered for myself: journalism. It wasn't until that class that I began to properly connect with PVCC beyond my classes. I got to know the college much more deeply as the need for article topics led me to interview faculty members and attend events I may not have even known about otherwise. Beyond tuning my skills and teaching me new ones, journalism helped me gain a deeper appreciation and connection to PVCC as a whole.

Now, as I start the last year of my degree, I am once again pursuing journalism, this time as an editor. I intend to further explore PVCC as I discovered it in that journalism class a year ago and to both share my own discoveries about PVCC and help other aspiring writers do the same through *The Forum*.



Student Government Association News

Meet Your Officers!!!

President: Mara Cox

Vice-President: Kea Leshoe

Secretary: Savannah Brown

Treasurer: Alex Hartford

Public Relations: Sam Facio



If your club needs funds to host an event for the student body submit a request to the SGA! We will provide funds and any help you might need! Forms can be found outside the STUDENT LIFE office in the SGA-sponsored folder outside the door!

(Same protocol for budget requests!)

Events we've done so far:

GET OUT TO VOTE done with civic sense

LOTERIA done with student engagement

PVCC Student and Faculty Publish a Story

Sarah Cate Nordman, staff writer

Almost every PVCC student has taken ENG 111. Many of them have written a narrative assignment. Not many of them have had their narrative assignment published in a renowned children's magazine, but Linda White has. Adjunct Assistant Professor of English Kathy May read her narrative, a story about White's childhood in 1980s South Korea, and was so moved by it that she knew it had to be published.

"Our house didn't have a washing machine," White began as she described her story. "So we always had to do laundry by hand... we also only had one stove burner in our house. So when my mom cooks, she cooks one food at a time. Everything was that way. Everything was normal. We were not poor, but that was normal for everyone. I always walked to school with my sisters. And also, I always helped my mom with laundry, dishes, grocery shopping and anything... One day I saw the flame car said there was a walking contest to the mountain, and the prize was a washing machine. I really wanted to do that for my mom, even though my mom said that was not going to happen."

In the story, White's mom encourages her to be realistic about winning the race. In real life, she did not tell her mom at all.

The race started from downtown and then progressed through the city, the park, and finally, the mountain. Maeja, or White, left after eating breakfast and didn't make it home until after three in the afternoon. She remembers the race as utterly exhausting, but worth it when she thought about the joy it would bring her family. She never thought she was going to win, but she was proud to place fourth.

Although disappointed she didn't secure the washing machine, the prize for fourth place

turned out to be a portable stove burner. She was so ecstatic, to have the opportunity to give her mother this amazing present, she sprinted all the way home. Her mother was irate that she had left without telling her where she was, but her anger faded when she saw what her daughter had brought her. Gratitude overcame her and she began to cry. That night, they put the new burner to work and had a barbeque feast to celebrate Maeja's victory.

When May read White's story, she knew it had to be published. "I submitted it to two or three different publishers, and they all rejected it," said May. "It was rejected by book publishers, but then

I thought, I'll try magazines. *Spider Magazine* is the most prestigious children's magazine in the country for the literary arts... They accepted it! It took them a couple months, but then we didn't hear anything for years!"

Spider Magazine experienced issues due to the coronavirus and the resignation of their Editor-In-Chief. "The editors, a year ago, said, we want it, we love it, we don't know when it's going to be published, but we need to work on it some more," said May.

After nearly 10 years of revisions, by both White and May, and a couple changes for the magazine, "Maeja Keeps On Walking" was published. White, who works as a literary resource teacher in Fairfax County, shares her story with her students. She even has had students say to her that they have the magazine she was featured in at home.

"Don't give up and always start with a good heart. I wasn't a good writer in real life. I wasn't a good reader. I told [my students] that you always have to keep trying. You never know what's coming," she said.

Linda White's story "Maeja Keeps On Walking" can be found in the March 2023 issue of *Spider Magazine*.



Linda White with students after reading her story "Maeja Keeps On Walking." Photo courtesy of Linda White

Hearing *The Song of the Cell*

Benjamin Marcus, editor

This semester, the One Book Program invites PVCC students and faculty to learn the mechanics and history of cellular biology and how it promises to revolutionize medicine and what it means to be human. Every year, the PVCC's One Book Program chooses a single book to make available for the entire college for free. This year, that book is the New York Times bestseller *The Song of the Cell: An Exploration of Medicine and the New Human*, by Siddhartha Mukherjee.

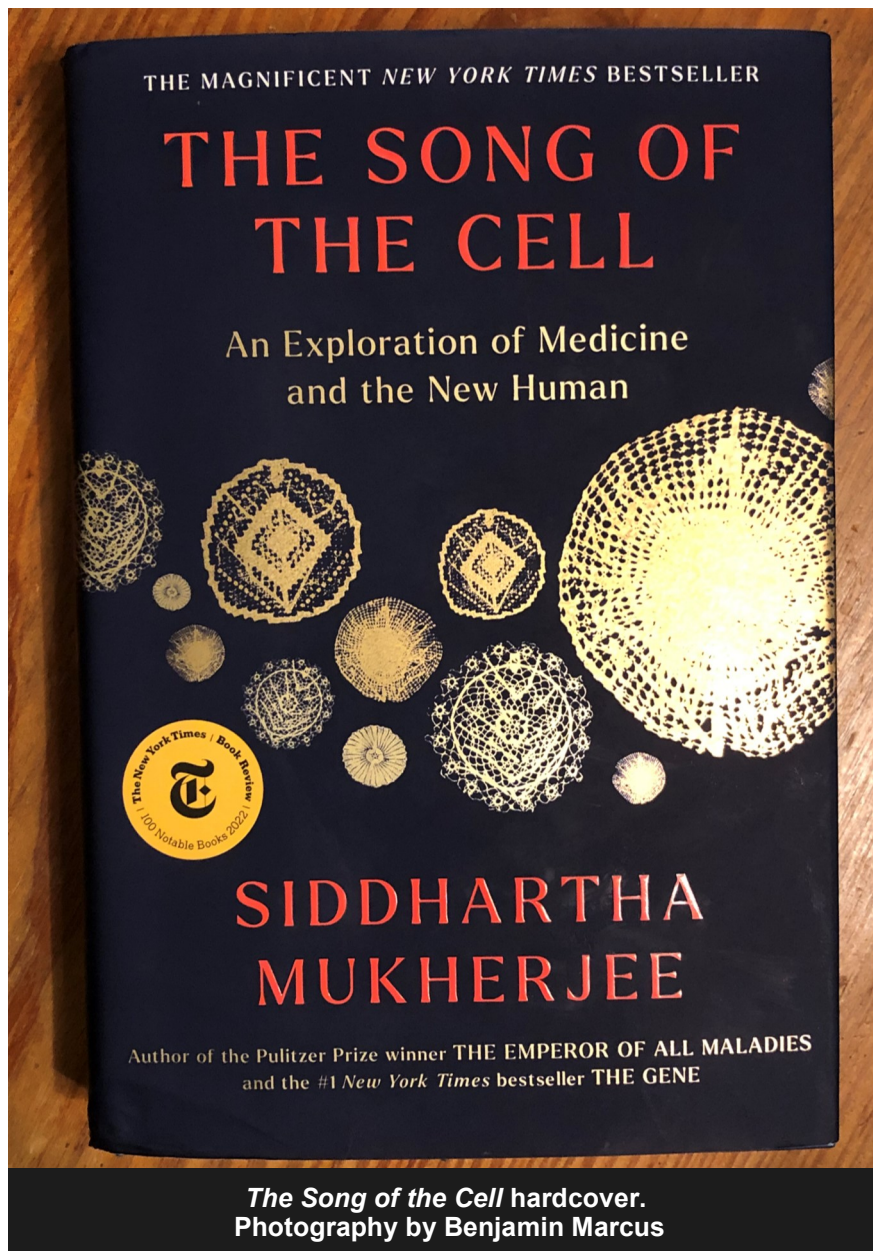
The Song of the Cell was one of three One Book candidates chosen by the Committee for this year — the other two being *The Compassionate Instinct: The Science of Human Goodness*, edited by Dacher Keltner, Jason Marsh, and Jeremy Adam Smith and *The Undoing Project: A Friendship That Changed Our Minds* by Michael Lewis.

“Once we have our list of three, we send it out to the entire college community, faculty, staff, students, and everybody gets to vote, and the winner of that becomes the One Book for the following year,” said Crystal Newell, director of library services and co-chair of the One Book Committee. “*The Song of the Cell* was actually a runaway winner. It crushed the other two.” Indeed, more than half of the 206 respondents who voted for this year's One Book chose *The Song of the Cell*.

The Song of the Cell centers around the topic of cellular biology, its history, and how it is shaping the future. It discusses the role of cells as the fundamental units of life and how our understanding of them allows us to engineer and modify cells to fit our own purposes.

The book's themes will be

incorporated into many events this semester, including “Animalcules of PVCC,” a microscope activity sponsored by the science department which was held on Oct. 2; a screening of the documentary *Human Nature* on Oct. 18 at noon; a One Book Trivia contest on Nov. 1 at noon; “Our Invisible World,” a photo contest sponsored by the art department, where “students, faculty, or staff are prompted to look small, think big,” with submissions closing Nov. 3; an art gallery exhibition opening on Nov. 17; and at least one guest speaker.



The Song of the Cell hardcover.
Photography by Benjamin Marcus

TimelyCare Provides Mental Health Support

Josh Black, staff writer

Dealing with mental health problems is never easy, and finding qualified, affordable care in a timely fashion is nearly as difficult. TimelyCare, which PVCC students can access free of charge, is a telehealth company aimed at connecting students with mental health professionals to talk about anything, anytime.

After signing in with a school email, TimelyCare requests some personal information: sex, gender identity, race and preferred language (English, Spanish, or Chinese). TimelyCare grants access to many features immediately, but to use TalkNow — 24/7 mental health/emotional support — or to schedule an appointment with a licensed counselor, new users are required to enter medical information and history.

There are two kinds of phone support: on-demand and scheduled. TalkNow is available 24/7 and connects users to a mental health professional quickly; once a reason for the visit is selected, a provider will call the user's phone number ASAP.

Scheduled appointments are available with many providers. Their names, faces, titles, qualifications, languages spoken, areas of focus, and bios are displayed to help users choose someone they feel comfortable with.

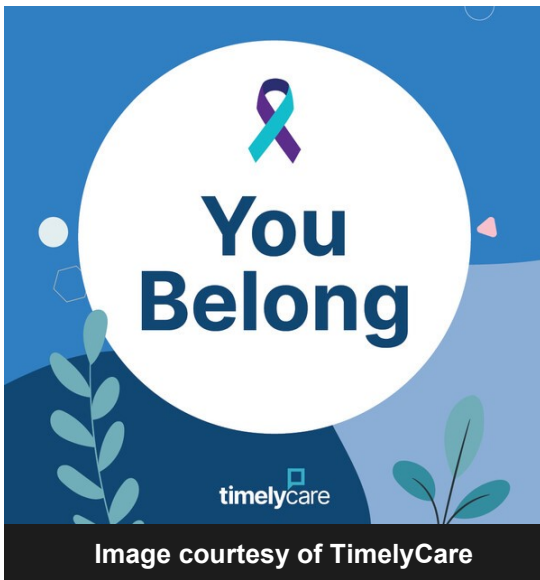
TimelyCare also has a service to help students meet their basic needs. Click "Get Assistance" and select an option from legal, work, family

care, finance, transit, housing, and food. Patient care advisors will "connect students with local government agencies, non-profit organizations, and/or programs on their campuses that will help with their in-the-moment needs... Actual examples include helping multiple students find low-rent housing, identifying local support groups for the student-parent of an autistic child, and connecting a student in an unstable relationship with a safe shelter," according to TimelyCare's website.

The community page is a place to anonymously speak one's mind; posts' subjects include anxiety and coursework, family and friends, LGBTQ+ and relationships, and more. Tag filtering allows users to find posts from others who might share their experiences. Anyone can respond to posts in the live feed to offer advice, encouragement, or simply sympathies.

Under the "Explore" tab, there are guides for learning about self-care and becoming equipped to deal with mental health challenges. Many videos feature Dr. Andrew Kim, a board-certified psychiatrist, teaching concepts like how to set healthy boundaries or improve stress management. Other videos include yoga instruction, guided meditation, and healthy meal preparation.

Students can sign into their free TimelyCare account by going to "Student Affairs" on the PVCC website and selecting "Mental Health Services."



Access TimelyCare here

Helping Students Succeed in Life

Kritagya Gurung, staff writer

The Student Success Office has some helpful advisors who assist PVCC students academically. adviser, and make a plan. The student needs to make a weekly planner and go to the Student Success Office every month in the semester to talk and to plan for the coming semesters.

If a student is considering dropping courses, they need to come to the student success office to talk to the advisor. The office may know some resources that can help the student make an important decision. In some cases, students withdrawing from their courses is a good thing, so the students have to come to the student success office to speak with an adviser, and the adviser

will help evaluate their options. If the student failed a class or received a low grade on the class, the student needs to speak to an adviser as soon as possible. The student can repeat the class to replace the old grade in the GPA, and that's always the best option.

Adviser Debbie Ashby said, "The PVCC Student Success Office can help students in different ways. Mostly we work with students who are struggling academically to find ways to reach success whatever that means to them. We listen and provide suggestions for support through the college."

Student Success Office advisers can also help students make appointments. The Student Success Office can help you make appointments for the Tutoring Center, Writing Center and more.



Student Success Adviser Debbie Ashby. Photography courtesy of Debbie Ashby

A Geologic Adventure on the Askja Volcano

Eavan Murphy, staff writer

On Sept. 20, the geology club had the pleasure of talking to Dr. Jessica Ball, a physical volcanologist who recently took a three-week trip to Iceland to study the Askja volcano. Dr. Ball was able to share several stories and photos from her journey via Zoom.

Askja, which means box in Icelandic, refers to the series of nested calderas (large volcanic depressions) located along the surrounding Dyunjuhöll mountains. The volcano first became known through its devastating phreatoplinian eruption in 1875, but it has most likely been active for at least 7,000 years. Even though it last erupted in 1961, Askja is still classified as an active volcano and continues to be closely monitored by scientists.

Ball is the associate scientist-in-charge for Hazard Assessment and Communication at the United States Geological Survey (USGS) California Volcano Observatory. This summer, she and her team traveled to Askja to study volcanic rocks and deposits that are created from an interaction with water and magma known as phreatomagmatic volcanism. Ball spent most of her time examining a scoria cone that switched



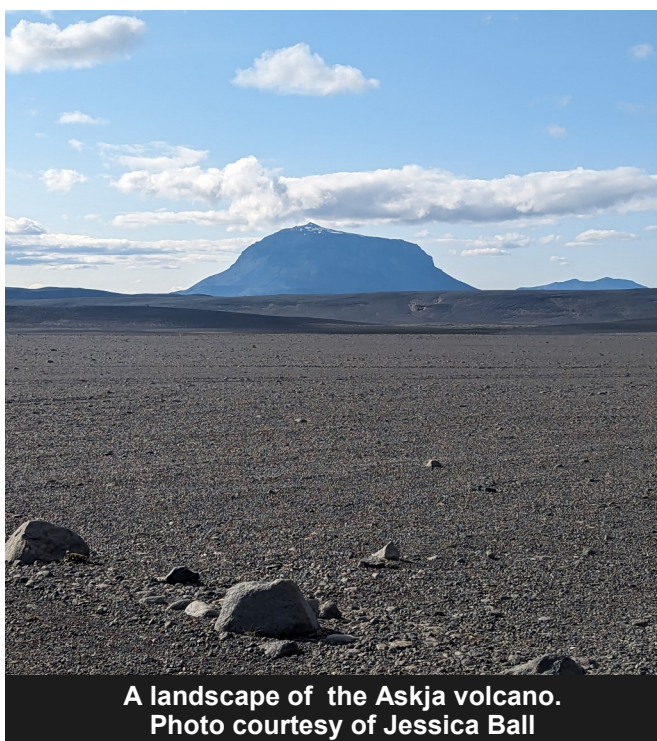
**A caldera on Askja volcano.
Photo courtesy of Jessica Ball**

between phreatomagmatic and magmatic.

The Askja volcano and the calderas are what can only be described as a geologist's playground. According to Ball, "You can spend your entire trip in a caldera and never see the same thing twice." Other notable geological features in the area include shield volcanoes, lava flows, and hyaloclastites (pyroclastic rocks containing large amounts of glassy shards).

While the expedition was certainly enlightening, there were many challenges that Ball and her team faced along the way. Due to the remote location, bumpy terrain, and many river crossings, it was extremely difficult to travel to the volcano. Once they were in the Vatnajökull National Park, they had to hike everywhere as driving was prohibited. Not only that, but the team had to sleep under layers of blankets and make countless cups of hot chocolate to stay warm in the harsh Icelandic climate.

As Ball showed images of the beautiful landscapes and geologic formations from her trip, it was clear that many of the geology club members wanted to conduct fieldwork themselves, but weren't sure if they were capable. To that, Ball responded, "Field work can be accessible to everyone, even when it's in these rough, rugged places."



**A landscape of the Askja volcano.
Photo courtesy of Jessica Ball**

PVCC Movie Night: *Walking El Camino*

Gaby Felipe, staff writer

On Friday, Sept. 15, PVCC held a movie night in the Dickinson Theater and presented a documentary called *Walking El Camino: Six Ways to Santiago*. The documentary talked about traveling from France to Spain over the course of several days. The walk consists of multiple days on foot where you can arrange when you start, where you are going to sleep, and how far you are going to walk on any given day. The walk consisted of over 764 kilometers from France to Spain and 828 kilometers from the North way to Spain.

We follow six individuals, who each have different motivations on why they are going on

the walk to the Cathedral of Santiago de Compostela. We are introduced to a mom who wants to take the walk with her brother so that he can find some sense of purpose, an American woman who wants to understand the culture and why people take the walk, and two other women who are trying to find a new purpose and meaning of life. We meet two other men; one of the men is trying to get over the loss of his wife, and the other is doing the walk for fun. As we follow them, we see how they grow in a spiritual way and let go of everything that they have held on to. We also see their struggles with how it affects their physical and mental capacity. The travelers either abandon the walk when they can't go any further, or find more to life than they expected.

After the documentary, Professor of Spanish Dr. Jorge Grajales-Diaz took part in a Q&A where he talked about his experience walking El Camino. He has been on the walk three different times, twice taking the walk from France to Spain called El Camino Francés and once taking El Camino Del Norte to Spain. He talked about how El Camino Francés has fewer paved roads and has more dirt roads which makes the walk more challenging while El Camino Del Norte is more paved and is more beginner-friendly.

Grajales-Diaz also said that even though the documentary didn't show it, there is technology being used in El Camino, but there are mixed emotions about it. He talked about how El Camino is a very social walk and it is hard to avoid interactions with other people. It is also a time to be exposed to new languages and cultures.

He also explained that using real-life examples like El Camino is also a great way to expand his students' vocabulary. This gives them a chance to apply their vocabulary to a real-life situation. Grajales-Diaz also talked about how there are programs for students to walk and explore El Camino.



Professor Jorge Grajales-Diaz talks about his experience walking El Camino. Photography by Gaby Felipe

CureFest USA: Finding Hope Amidst Tragedy

Ellie Rose Killinger, staff writer

Every year, on the third weekend in September, thousands of people impacted by childhood cancer rally in D.C. for an event called CureFest. This year, in a last-minute pivot due to the torrential downpour that struck the DMV area, hundreds of people gathered inside the JW Marriott Ballroom on Pennsylvania Avenue to advocate for more funding for childhood cancer research.

In place of the traditional outdoors Nights of Golden Lights event, an advocacy session was held by members of the childhood cancer and medical community. The event was co-hosted by Grace Wethor, a social media icon and childhood cancer fighter, and Hannah Adams, another member of the childhood cancer community. The night opened with two children's singing groups, Studio Bleu, singing the National Anthem, and Loud and Clear, performing a cover of "The Climb" by Miley Cyrus.

Several childhood cancer fighters and survivors spoke, including Ally Anderson, a five-time childhood cancer fighter, who talked about her battle with PTSD and the long-term mental effects that cancer has on a child. One of the main

points that was brought up throughout the night was that childhood cancer only receives four percent of funding from the National Cancer Institute (NCI), despite children making up nearly a quarter of the U.S. population. As cancer survivor Rikita Arora pleaded, "We deserve more than four percent!"

In addition to the fighters and survivors, several siblings of those lost to childhood cancer spoke, including Ava Santhuff, who started Ava's Avengers, an organization that provides support for siblings of kids with cancer.

Finally, several members of the medical community spoke out at the event. As Adam Resnick, MD, CBTN said, "[Childhood cancer] isn't a journey, it's a war."

Finally, Catharine Young, Ph.D., member of the Biden administration's Cancer Moonshot, an initiative that seeks to decrease the cancer death rate in the U.S., spoke about the progress that the Biden administration has made towards ending all cancers. "The Cancer Moonshot is building a world where the word 'cancer' loses its power, where a diagnosis isn't a death sentence, where we prevent cancer before it starts, or where we catch it early enough so that kids and people can live long and healthy lives," said Dr. Young.



Five time childhood cancer fighter, Ally Anderson. Photography courtesy of Mike Gillette

Need Hope? Fork Union Day

Nate Estes, staff writer

When asked what Fork Union Day is about, Academic dean of Fork Union Military Academy and candidate for Fluvanna County Board of Supervisors Mike Goad said that people should know “Fork Union does have a future.” He pictures Fork Union as a “phoenix rising from the ashes.”

He is right about one thing: Fork Union is struggling.

They have lost a bank and a restaurant in the past few years. That may not seem like much, but Fork Union is already small. The military academy is staying afloat but has dropped in attendance. According to the National Center for Education Statistics, they had about 470 students in 2005. However, USnews.com shows they only have 305 students this school year.

Fork Union Day took place on Saturday, Sept. 16, and it did not have a great first impression. There was an inflatable slide and a connect-four game, along with a few other minor attractions set up outside Fork Union Baptist Church. However, the atmosphere was like a friendly family get together, and nobody was scared to talk to you.

Then came a parade. It started with candidates for the upcoming local elections. There were candidates for Fluvanna County treasurer, the Board of Supervisors, and the School Board. Afterwards, there was a glimpse of mobile businesses in Fluvanna County, mostly black-owned. They showed off a local realtor, Martha’s Lawn Care, and local DJ “Markie Mark,” and a few others. A surprising addition was local motorbike gang Tha Pack MC.

After the parade was the main attraction. About 40 tents were set up in the parking lot of



Terrie Wood and her setup. Photography by Nate Estes

Sal’s Italian Restaurant, some for politicians, and some for local businesses. The words “Need Hope?” caught my eye.

I met a woman named Terry Wood, a teacher at Fluvanna County High School. When asked what she was doing to spread hope, she answered, “I’m offering hope through Christ.” She treated me like family and was happy to answer questions. It was evident she cared about this community. Goad stated that Fork Union is “a good place to raise children.” The kids running around and the adults laughing with each other showed the great sense of community in Fork Union that he described.

When driving down Route 15, all you may see is a few abandoned buildings and a couple small grocery stores and restaurants, but there is much more here. There is a deep, rich history that brings people together. There is a strong community that may be undermined by the withering economic health of Fork Union. And whether you get it from Christ or from new fiscal policies, there is hope.

A Glimpse Beyond the Office Door

Benjamin Marcus, editor

Just as inspiration for art can be found in the last places you might think to look, artists possessed of great creativity and skill can be found walking many paths not traditionally associated with artistic pursuit. PVCC is home to several such artists, members of faculty and staff outside of the art department, and this semester the PVCC community and the world at large have the opportunity to see their works.

Sept. 15 marked the opening of two new gallery exhibitions in the Dickinson Building. “The Annual Faculty Exhibition,” displaying new works in painting, sculpture, and more from the art department faculty, was in the South Gallery. While, in the North Gallery was “Beyond the Office Door,” an exhibit exclusively displaying art from the PVCC faculty and staff who are not part of the art department.

As Fenella Bell, chairperson of visual and performing arts, explained in her curator statement for the gallery, “In their day jobs, you will find these artists teaching biology, math, or economics. Or they may be the person from Information Technology who helps solve your computer problem. They may even be the person you pay your tuition to!”

The variety of the art on display matched the variety of the artists and included paintings in a wide variety of styles, photographs, ceramics, and even pieces made in the 3D rendering software Blender.

On Sept. 15, there was an open-to-the-public reception for the galleries’ opening, where visitors could meet several of the artists and learn more about the origins and techniques of their art. Some of the artists have been making art for a long time now, like Dr. Keith Nabb, associate professor of mathematics, who started painting in 2001 and makes paintings as gifts to his friends and family. Others, like Dr. Sushma Shukla, associate professor of economics, began more recently. Shukla started painting during quarantine, learning from Bob Ross videos. She said, “As an economics professor, my professional life often involves analytical thinking and data-driven research, which can be intellectually stimulating but sometimes mentally demanding. Painting allows me to step away from numbers and theories, giving me the freedom to express myself and explore my imagination.”

“Beyond the Office Door” is open for the PVCC community to come to see for themselves pieces for PVCC’s previously hidden artists, until Nov. 4, when both exhibitions close.



On Sept. 15, visitors and artists gather in North Gallery to see the new exhibition
Photography by Benjamin Marcus



**From Left to Right: *All Systems Go*, *Naiad*, & *After the Fête*, by Anni Wilson
Photography by Benjamin Marcus**



***Nature's Harmony* by Sushma Shukla
Photography by Benjamin Marcus**



***Bengal Tiger* by Lesley Wood
Photography by Benjamin Marcus**



***Plate* by Matt Shifflett
Photography by Benjamin Marcus**



***Pure Joy* by Keith Nabb
Photography by Benjamin Marcus**

Karaoke Night at Blue Ridge Cafe

William McAuliffe, staff writer

Thursday Sept. 21, there was a karaoke event at Blue Ridge Cafe on 8315 Seminole Trail in Ruckersville. The karaoke plays on the patio, and you can watch people sing from 7-10 p.m. while you have your dinner. During these events, the hosts give guests a QR code to scan on their phone, and they can submit any song they want to sing for the visitors to watch. You can also have duets where you and another friend can sing together. At 9 p.m., visitors under 16 years old are prohibited from being on the patio since there will be a lot of people drinking alcohol.

When I went to the karaoke event for the first time, I found it to be very fun to visit. I was able to see a lot of people that I knew from high school and watch them sing. I learned about the Thursday karaoke by watching it on several of my friends' Snapchat stories. The library of music has a variety of songs with different genres such as country, rock, classic, and music from the past

decades. When you sing the song, there is a screen in front of the singer where it displays the lyrics so you can sing the song in front of many people.

The lighting at night on the patio during karaoke is beautiful. I've been to Blue Ridge Cafe multiple times, and they serve good food. Appetizers consist of a variety of fried food with dips such as ranches and barbeque which range from \$7-\$15. Salads and soups are a maximum of \$10 each. They also serve steak and burgers with a variety of prices that range between \$10 and \$40. They also serve entrees and sides such as vegetables like green beans, potatoes, and broccoli along with french fries and chicken tenders.

Overall, it was a great experience, and I would definitely recommend it for people who love to go out to bars and watch people sing. I also recommend going to Blue Ridge Cafe overall as it's a really good restaurant to have dinner at whenever you hang out with friends and family.



Kyle LaTorre, a William Monroe student. Photography by William McAuliffe



Photo courtesy of Nathaniel Rateliff & The Night Sweats

Nathaniel Rateliff & The Night Sweats Rocks Cville

Josh Traynor, staff writer

On Sept. 15, at around 8:45 p.m., the lights of the Ting Pavilion on the Downtown Mall in Charlottesville dimmed as a band of eight men walked on stage. A red glow illuminated the stage, and a loud, bassy sound filled the air, demanding the audience's undivided attention. Fans who were previously seated got to their feet at once and cheered as the pavilion erupted with bright lights and mirthful music. The band had arrived, and they wanted you to know it.

Nathaniel Rateliff & The Night Sweats is a band of many genres, most notably rhythm and blues, folk, and Americana. The band was created in 2013 in Colorado by its frontman, Nathaniel Rateliff, and several other collaborators. Nathaniel Rateliff created the band in 2013 with several long-time collaborators, and The Night Sweats skyrocketed to popularity with the release of their self-titled debut album in 2015. This album contained the band's most popular song, "S.O.B.," which caught the attention of Jimmy Fallon, and later thousands of viewers when the band performed it live on *The Tonight Show*.

Despite how popular the band is, I had never heard of them before the performance in Charlottesville. However, when I worked at the Ting Pavilion that night, I quickly realized just how much I was missing out on. Immediately, the pavilion was blasted with the sound of powerful drums and brassy trumpets as the band broke out into a lighthearted tune. As he sang, Rateliff's twangy voice was clear and soulful, complimenting the sound of the guitar and

keyboard and creating a melody that sounded like a mixture of old '60's blues and newer folk music. Each song had its own distinct sound, ranging from slow and mild, like "Hey Mama" and "A Little Honey," to the upbeat, bold, and fast-paced "S.O.B."

"S.O.B." was truly the show's magnum opus, and the entire crowd was stomping their feet and clapping to the catchy rhythm. The song opened with Rateliff humming a tune that sounded very similar to the vocals from Thurston Harris' "Little Bitty Pretty One," accompanied by a thump-clap-thump-clap beat. The pace kicked up suddenly as the drums joined in, and Rateliff's voice rang even more powerfully than ever as he nearly howled the lyrics. The whole crowd erupted into song and sang with him. Even I clapped along as I scanned the crowd during the moments when I wasn't preoccupied with helping patrons find their seats or telling them not to stand in the ADA area.

While the Night Sweats aren't in Charlottesville anymore, they aren't done touring yet, and you can still get tickets to their upcoming performance in Washington DC on Nov. 4. Their albums are also released on *YouTube*, as well as music streaming platforms such as *Spotify*, and *Apple Music*. If you can't attend one of their next concerts but still want to feel what it's like to be there, they also have music videos and videos of their performances on their site at www.nathanielrateliff.com/update.

The author of this article is a member of RMC Events, a company that provides event staffing services to all Ting Pavilion events.

At Jack Brown's, You Can't Have Enough

Fernando Monjes, staff writer

Jack Brown's Beer and Grill is a hidden gem of a place. Located in the heart of Charlottesville, Jack Brown's is a go-to place for beer enthusiasts and burger lovers. Let's begin with the star of the show, the burgers. Jack Brown's takes burger perfection and variety to an entirely new level. The flavorful patties are cooked to perfection, and don't get me started on the toppings. The delicious toppings range from the old but gold bacon and cheese to creative combinations like peanut butter and jelly.

Now, you can't talk about burgers without mentioning fries. The fries are made to a crisp, golden color, and with the combination of Jack Brown's signature sauce; I can't think of much that can compete. There is something for everyone to enjoy, extremely nourishing and financially friendly. The hamburgers begin at \$8.49 and cheeseburgers at \$8.99. The prices can vary depending on your toppings. What are burgers without fries? A side of fries will run you \$3.50 and \$4 for sweet potato fries.

Their beer selections are also top-notch. While I don't personally drink alcohol, they have an extensive variety of craft beers to choose from for the beer lovers out there. They range from local brews to popular national favorites. Whatever you're into, no doubt they have you covered. The atmosphere at Jack Brown's is laid back and very comforting. When entering, the first thing you'll notice is the unique accessories on their walls such as dollar bills, clocks, shirts, articles, stickers, bottles, toy-mounted animals, I could go on forever. It's the kind of place

where you can just kick back and relax. The staff is extremely friendly, knowledgeable, and always ready to help navigate through their extensive, delicious menu.

So if you ever find yourself wandering around downtown, make sure you swing by Jack Brown's. They're open every day, seven days a week from 11 a.m. to midnight on Sunday-Wednesday and 11 a.m. to 2 a.m. on Thursday-Saturday, so you're in no rush! Trust me, you will not be disappointed.



Stickers, paintings, and many more trinkets at Jack Brown's.
Photo courtesy of Eva Maria T

“Will it gelato?” Splendora’s says, “Yes.”

Josh Black, staff writer

Splendora’s Gelato serves all the staple frozen treat flavors. Vanilla, chocolate, mint chip and... ghost pepper honey raspberry? Never mind sublime takes on the ordinary, it’s the extraordinary flavors that make Splendora’s, located at Stonefield, a must-try.

Colorful walls and pleasant servers welcome Stonefield shoppers who enter Splendora’s. Charming crochet critters adorn the countertop. Chalkboard calligraphy lists prices for gelato (scoops, pints and quarts) and drinks from the espresso bar. It’s \$5.25 for a two-scoop small, \$6.25 for three and \$7.25 for four. Two should be plenty, though the other options are great for sharing — or for the indecisive. On Fridays and Saturdays, the owner bakes homemade cupcakes that go for \$3.25 each, but come for leftovers on Sunday for a dollar off. The cupcakes are vegan, and there was a gluten-free option when I visited.

Even those averse to weird and wonderful flavors might name Splendora’s their favorite frozen dessert spot. Fruit-lovers will enjoy the tangy lemon, the juicy mango or the tart raspberry. Combine said raspberry with a scoop of chocolate for a wonderful balance of sweet and sour. Anyone offended by “vanilla” used interchangeably with “default” has a rich, creamy gelato waiting for them. The real star of the show, however, is the creativity displayed by the non-standard varieties.

“My ideas just come from eating so much,” says the owner, P.K. Ross. “Every time I try something new, I can’t help asking myself: ‘Will it gelato?’” Ross tells of making a fish sauce caramel gelato for a “Feast of the Seven Fishes” themed fundraiser dinner hosted by Lampo. Dining at Broadcloth (a fine dining restaurant located in The Wool Factory) led to the ginger kabocha flavor, inspired by the sauce served with the cobia. Kabocha is a squash, also called Japanese pumpkin in the U.S. — not an ingredient a layman would consider for gelato.

After many samples, I chose one scoop of banana leaf pandan pawpaw and one of spicebush plum (the ghost pepper honey raspberry was too much for me, alas). Both were divine. The first was mild, somehow vanilla-y, coconutty and fruity — banana, of course, and mango — all at

once. The second balanced the sweet acidity of plum with warming autumnal spices. Splendora’s is where “never tried” becomes “all-time favorite.” You won’t just go for dessert, you’ll expand your culinary horizons. Adventurous customers need not fear running out of new flavors; the menu rotates weekly, and Ross is always innovating.

Gelato isn’t the only option; the homemade vegan cupcakes similarly include staples and inventive flavors. I tried ginger pawpaw and gluten-free plum almond chocolate. The ginger pawpaw was like a coconut cake made mildly fruity, and the plum almond chocolate was dense, with a great balance of flavors. Near the cupcakes, there is often another baked-good oddity to try, such as pandesal — a traditional Filipino bread roll.

Splendora’s can be found in the Shops at Stonefield and is open Wednesday, Thursday and Sunday from 12-8 p.m. and 12-9 p.m. Friday and Saturday.



Cupcakes and gelato. Photography by Josh Black

Thai Fresh Celebrates 9 Years of Fine Dining



Owner Tom Pramoonjago in Thai Fresh. Photo courtesy of Attaya Pramoonjago

Ellie Rose Killinger, staff writer

Searching for a delicious and affordable bite to eat? Look no further than Charlottesville's own Thai Fresh. With reasonably priced dishes, fantastic customer service, and an exceptional atmosphere, Thai Fresh has become my go-to spot when craving a home-cooked meal.

Upon entering the restaurant for the first time, I was kindly greeted by the owner, Tom Pramoonjago, and his daughter, Attaya. Having first moved from Thailand to the U.S. in 2007, Tom Pramoonjago started out as a dishwasher. Never having cooked before, he began to study under the head chef at an authentic Thai restaurant. In 2014, Pramoonjago opened his own restaurant, Thai Fresh.

After graduating high school in Thailand, Attaya moved to the U.S. to help her father run the family business. A full-time student at PVCC, Attaya works at the restaurant every day after school as a

waitress. Attaya promptly took my order – spicy Pad Thai (\$7). The restaurant's open floor plan then allowed me to watch as Tom Pramoonjago prepared my meal. In under five minutes, I received my dish, a medley of thin rice noodles sauteed with strips of chicken, egg, bean sprouts, peanuts, and scallions. As a frequent eater of Thai food, I can confidently say that Thai Fresh has

perfected their recipe; their variation of Pad Thai is undoubtedly the best I have ever tried.

On my second visit, over a bowl of steaming fried rice (\$7), I conversed with Attaya and her father, asking them about their experience in Charlottesville.

"The people here are very nice," said Tom Pramoonjago. Due to the many other Thai restaurants in the area, competition has been a struggle. "We have many regular customers, though," said Attaya. "Few customers even come every day."

Thai Fresh is open Monday through Saturday from 11 a.m. to 8 p.m. and is closed on Sundays.



Outside View of Thai Fresh. Photo courtesy of Attaya Pramoonjago

Marco & Luca: Tried and Fried



Marc and Luca storefront downtown. Photography by Tamara Whyte

Hugh Hubbard, staff writer

Charlottesville's beloved dumpling shop Marco and Luca Dumplings is practically a downtown landmark. Serving only a handful of well-honed dishes, it has cemented itself in the hearts and stomachs of students, locals, and tourists alike. This humble family-owned chain has expanded to include multiple locations within and around Charlottesville.

Founded in 2001 by Sun Da and his wife Dragana and named after their two children, Marco and Luca was granted critical and popular praise soon after opening. Now, over 20 years later, the praise stays the same, and the business flourishes

However, it has not been easy for this restaurant to thrive. In 2008, the financial crash prevented Sun Da from acquiring much-needed loans for his long-planned expansion to the Seminole Square shopping center, causing the expansion to be delayed to the winter of 2010. In more recent times, COVID-19 lockdowns and inflation hit the business hard. This caused management to increase the price of all listed dishes by an average of (\$1.50). This caused a semi-ironic backlash among Marco and Luca fans online. The restaurant stands today as a testament to many things, including that a business can

prosper with a good product and loyal consumers, and that the very same business can stay aloft during times of hardship. The quality of the food has stayed the same for decades, and that is the true reason for its popularity.

The food, of course, is a somewhat authentic play on East Asian street food. Its primary dish is the fried pork dumplings that come in batches of six (\$5.75). The real star in this dish is the rich tangy sauce the dumplings are smothered in. Some detractors of Marco and Luca complain that this sauce is the only exceptional thing they serve, and that the dumplings and buns served with it are subpar by themselves. Though I strongly disagree with this statement, I have to agree that I would not go to Marco and Luca if not for this sauce. In all truth, I have many times tried to recreate this sauce from scratch, with various degrees of success.

The secondary dishes are just as well made as the dumplings. A particular favorite is the hot and sour soup (\$4). With a rich broth and tofu, this is a surprisingly filling soup. Both the hot buns (\$2.25) and sesame noodles (\$4) are decidedly less ordered than both dumpling and soup, but are no less delicious. All of these recipes are prepared in house, and according to a 2013 article on *The Hook*, the noodles themselves are made at the Seminole location and sent to the other locations.

MarieBette: Delicious, but Expensive

Eavan Murphy, staff writer

Since its opening in 2014, MarieBette Café & Bakery has become a Charlottesville favorite. It's a rare occasion to not see customers lined out the door during the early morning hours. So, as someone who recently moved to Charlottesville, I naturally had to check out this local phenomenon for myself.

Along with a large variety of homemade pastries and breads, MarieBette serves breakfast, lunch, and coffee. I ordered a Hanover Sandwich (\$10) with a small side of greens (\$4) from the lunch menu as well as a café au lait (\$4) and a chocolate almond croissant to take home (\$4.50). The sandwich consisted of fennel salami, mozzarella cheese, roasted tomatoes, arugula, and balsamic glaze on a toasted baguette.

The food was delicious as the produce and bread were very fresh. However, the sandwich was a lot smaller than what I was expecting and the side of greens was basically just



Hanover Sandwich, BLT, & greens.
Photography by Eavan Murphy



Café au lait. Photography by Eavan Murphy

overpriced arugula with sherry dressing. The café au lait, on the other hand, was sublime, and I appreciated the small complimentary cookie that was served with it. I also enjoyed the chocolate almond croissant, but I thought the layer of chocolate was a bit thin.

I really enjoyed the atmosphere and the overall look of the place. I went at around noon on a Friday, but it was still buzzing with customers. The seating was limited but comfortable, the music was good, and the staff was very friendly. However, the service was slow, and it took over twenty minutes for me to receive my food.

Overall, I enjoyed my first experience at MarieBette. While it's not somewhere I could afford to frequent for a meal, I believe the pastries and coffee are more moderately priced. MarieBette Bakery & Cafe is located 11 minutes away from campus at 700 Rose Hill Drive. During the week, the bakery is open from 8 a.m. to 5 p.m. and the kitchen from 8 a.m. to 2 p.m. On weekends, the bakery opens at 8:30 a.m. and closes at 4:30 p.m. while the kitchen hours are 8:30 a.m. to 2 p.m.

Why *Barbie* is Equally Pro Men and Women

Sarah Cate Nordman, staff writer

Due to the popularization of streaming services and the recent coronavirus pandemic, it is difficult for movies to pack a theater. It is a challenge for them to even fill a couple of rows. But a few weeks ago, when my friends and I went to see *Barbie*, we sat in a sold-out cinema. The film started at 5 p.m., and we waited in line starting at 4:30 p.m. and missed the previews. We were joined by equally excited girls and women of all ages who had donned their head-to-toe pink attire for a celebration of girlhood. However, except for the few dads and brothers, there were hardly any male viewers.

It is no secret that *Barbie* was a film marketed to and made for women. Little girls are pulled in by the pink and glittery aesthetic as well as learning the backstory of their favorite toy. While the same can be true for women, they are able to grasp the deeper topics throughout the film—frank discussions on feminism set in a cotton candy wonderland which are easy to swallow for all ages. It also has a relatability that attracts female viewers. I cannot count on two hands the amount of times the exact exchange of having a man explain to me how to use the select tool on Photoshop has happened to me.

Although the film champions women in unique ways, it also acknowledges the struggles that men face due to the patriarchy. Throughout the film, both Barbie and Ken go through changes driven by self-discovery and the establishment of self-reliance. Ken begins the film with his entire life centered around Barbie and her approval. Every choice he makes hangs on the question, “Will this make Barbie like me more?” As the story progresses, and Barbie’s lack of romantic feelings towards Ken becomes more apparent, his resentment towards her has dire consequences that affect all of the Barbies and Kens. Finally, as she rejects him one last time, Ken attempts to take his own life. As Barbie talks him down, she tells him that he needs to be able to make his own happiness and strive only for his own approval.

This message about not giving someone else the power to sculpt your self-image is important for everyone to learn. But Ken’s lack of emotion and eventual breakdown are specifically vital for men. Toxic masculinity in all cultures is having

detrimental impacts on our own world.

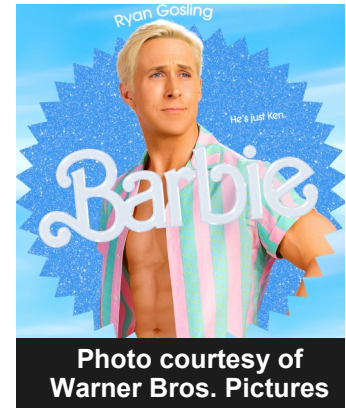
According to the American Foundation for Suicide Prevention, most people who choose to commit are middle-aged white men. Additionally, the rate of suicide among men is 3.9 times more than

women. The stigma around getting help for mental illness, or just general stress, is apparent for everyone, but it is especially strong for men.

Ken’s song “I’m Just Ken” dives deep into his struggle between his overwhelming emotions towards and about Barbie. He sings, “Is it a crime? Am I not hot when I’m in my feelings?” In order to keep what little affection from Barbie he feels he has, he must be the strong, masculine man that he believes she wants. “Is it my destiny to live and die a life of blonde fragility?” This line is especially important because it explains the shame that men feel when talking about their emotional issues. Feeling not good enough for Barbie, feeling upset that she does not reciprocate his affection, all led to feelings of shame. For women, although not always in a positive way, showing emotion is normal. For men, it is a sign of weakness that should never be shown.

At the end of the song, Ken and the rest of Kens unify and stop their fight over the Barbies’ attention. They hold hands and sing, “I’m just Ken (and I’m enough). And I’m great at doing stuff... Put that manly hand in mine. So, hey, world check me out, yeah I’m just Ken.” Not only do the Kens resolve their conflict, they are proud to do so. “That manly hand in mine,” is a crucial line because it shows that men can show their emotions as well as discuss them with others, and still be masculine.

Ken, just by himself, is enough. He does not need Barbie to let him live another day, he can give himself the permission he needs. Both lessons of self-reliance and showing emotion could lead to a lower male suicide rate. *Barbie* depicts both of these and may just be one of the components that could lead to a better tomorrow for all genders.



Unraveling a Not-so-perfect Life



Something is going on in the life of Alice Chambers. Photo courtesy of Warner Bros. Pictures

Eduardo Ortiz, staff writer

Don't Worry Darling takes place in a suburban desert town called Victoria where everything appears to be perfect. From the very beginning, the viewer is thrown into the life of Alice Chambers (Florence Pugh), which seems complete.

There is a good community, calm climate, consistent schedules, and a perfectly symmetric way of life, painting the image of the flawless suburban life. The vibrant colors that draw the viewer's eyes highlight the sense of fulfillment.

The opening scenes are filled with what can only be described as blissful and emotion-filled moments. The music played in the background gives the viewer a sense of the excitement and exhilaration that comes from experiencing the characters' lifestyles. All this, however, begins to change rather quickly as the film progresses.

What had appeared to be a flawless portrait of the perfect lifestyle begins to show little cracks on its stainless glass cover revealing

something very different from its perfect surface.

The viewer is thrown into an experience of unsettling emotions that are constantly changing at a moment's notice. The colors begin to fade into the dullness and emotionless tone that comes with the film's use of black and white. The scenes begin to digress into more and more disorder and confusion, leaving the viewers wanting more in order to reveal the full picture. The music makes the viewer hold their breath in suspense, adding to the eerie feeling that comes as the story unravels.

Don't Worry Darling is a film with unending suspense that leaves the viewers wanting to see how the story unravels. A combination of its colors, music, and scenes that change throughout the film tells a story of a not-so-perfect lifestyle.

New to *Netflix* and setting itself apart from other thrillers, this film brings about the idea of a desirable future but quickly has the viewer rethinking the storyline that unravels in its own unique way, ultimately making it a film worth watching.

Haunted Mansion: A Scary, Mysterious, and Fun Movie for the Family to Watch on Halloween

William McAuliffe, staff writer

One of the movies that I saw in theaters is Disney's new film *Haunted Mansion*. It lasts 2 hours and 3 minutes, and the film is rated PG-13 for thematic and horror action. I think it was very interesting, and I found it to be a fun and scary experience. The movie currently has a ranking of a score of 37% on Rotten Tomatoes, a 6.2/10 on IMDb, and a 3/5 on Common Sense Media. However, I would rate the movie to be higher than those scores as I believe it is a very good movie with very good Halloween and haunted elements. I would rank it a B or an A.

The film is a remake of *The Haunted Mansion*, a similar film that was released in 2003, two decades before this movie was released in theaters. The film is also inspired by the Disneyland haunting-themed attraction of the same name, which opened at Disneyland on Aug. 9, 1969. The attraction also exists at the Magic Kingdom and Tokyo Disneyland. As the opening spiel says on the ride, "We have nine hundred and ninety-nine happy haunts here, but there's room for a thousand. Any volunteers?"

The film is about a single mother named Gabbie, who is portrayed by Rosario Dawson, along with her 9-year-old son Travis, who is portrayed by Chase W. Dillon. The family moves into an antique home. As they spend the night there, it becomes clear the house is actually the titular haunted mansion due to the many restless spirits. Travis and Gabbie recruit a group of friends to help them solve the mystery of the haunted mansion and rid the mansion of the evil ghosts. The group includes an astrophysicist named Ben Matthias, who is portrayed by LaKeith Stanfield, a priest named Father Kent, who is portrayed by Owen Wilson, a medium named Harriet, who is portrayed by Tiffany Haddish, and an expert at haunted house history named Bruce Davis, who is portrayed by Danny DeVito.

In my opinion, this is a really good movie because it comes from Disney and has many cool and exciting moments. I also really like the casting of the characters in the film. Danny DeVito and Tiffany Haddish are my favorite portrayals in the movie because they have played a lot of good characters and I'm more familiar with them as I find the two actors very talented. What I like a lot about the film is the various battles against the ghosts and the soldier statues that come to life in the film.

If you want to see *Haunted Mansion*, it is still in theaters in its final showtimes. The movie is playing at Regal Westchester Commons at Midlothian and Regal Virginia Center at Glen Allen. The showtimes mostly come from 12:50 p.m. at the earliest and 8:50 p.m. at the latest. It's also scheduled to come to Disney+ and Digital DVD on Oct. 4. I recommend this movie if you are a Halloween fanatic who loves spooky and mysterious stories.



The main characters of *Haunted Mansion*.
Photo courtesy of The Walt Disney Co.

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