

Let's Roam Charlottesville: Adventure Awaits

Zhaire Roberson, staff writer

This semester, take the opportunity to roam the streets of Charlottesville with purpose and discover scattered secrets throughout the city. The Let's Roam team has worked hard to find hidden secrets in cities across the globe. Charlottesville is one of the chosen destinations for the "Let's Roam Scavenger Hunt Adventure" experience.

Adventurers are split up into teams where they will walk together around the city. One member of the team can download the easy to use Let's Roam app for a route key and hints. The team members will work hand-in-hand to collect various items, execute actions, and solve riddles to complete challenges.

The more challenges and riddles the team completes, the more points they earn. The team with the most points earns the highest ranking on the leadership board.

The hunt takes about 2 hours to complete and up to 10 people can be on a team. The ticket is \$11 per person. Tickets can be used from the day

of purchase up to a year later. The scavenger hunt can be enjoyed by everyone, from family members and friends to a partner or co-workers. Reservations are not required and the scavenger hunt can be done during the day or at night.

Throughout the hunt, participants will walk through Charlottesville Historic Downtown Mall, Court Square, the McGuffey Art Center, and more. This scavenger hunt highlights Charlottesville's diversity and the town's historical aspect. Let's Roam Scavenger Hunts have received over 2,000 five star reviews since its establishment. To buy tickets visit www.LetsRoam.com.

According to Let's Roam's website, participants are guaranteed to "learn about [their] city and each other on a one-of-a-kind adventure." The Let's Roam Scavenger hunt is fun, interactive, and competitive. The scavenger hunt is an opportunity for the people of Charlottesville to make deeper connections with their fellow adventurers by obtaining knowledge about their city's history together.

Journaling as a New Form of Stress Relief

Jessica Coyle, staff writer

With the Covid-19 pandemic still limiting people and students, the website EventBrite is providing people with the opportunity to sign up for online events quickly and easily. The platform offers public and private events, classes and concerts with tickets available by register or purchase. One event offered by the website was "Self Care Sundays," a live streamed workshop every Sunday, centered on different stress-relieving activities. This public workshop, offered by Loughborough University in England, was one of many student-led sessions related to different departments within their college. This particular session on Jan. 31 was about the art of journaling.

The livestream started with student and host Yasmin Nwofor introducing herself and greeting new, as well as experienced writers while laying out her objectives for the workshop ahead. Nwofor began immediately with a writing

exercise, asking everyone to take a few minutes and write about what journaling meant to them. She then explained how the practice of journaling can be useful, and how for her, it was a form of self-awareness.

She said "journaling aids in building that strength to maintain a positive internal dialogue." Nwofor went on to explain that being comfortable when writing, particularly in a personal setting, is what leads to discovery and peace of mind. She listed ways that a bit of writing every day can be helpful, whether it is morning or evening.

Nwofor spent a large portion of time talking about how writing freely can help to ease anxiety. She described using a journal as a planner for her week, and taking time to work with self-affirmations like "I am, I can, and I will."

As Nwofor put it, "What you give attention to will expand its presence in your life...that can either be fear and worry and anxiety or it can be gratitude."

Read the full article on piedmontforum.com.