

## Celebrating Success: Online Graduation during Coronavirus

Check out the kitten cuteness on page 9

Jude Bolick, assistant editor

On August 17, PVCC hosted a virtual graduation ceremony followed by a campus drive-through in order to safely honor the graduates during the Coronavirus. The virtual ceremony began streaming on the PVCC website at 2 p.m. The footage was then made available on PVCC's YouTube page.

The drive-through took place from 4:30-6 p.m. on the same day. PVCC faculty and staff lined College Drive to cheer on the graduates, during which 58th District Delegate Rob Bell made a special guest appearance. Participants were given gift bags filled with PVCC swag.

"Everything we're doing now is different than we've done it before," said Andrew Renshaw, the dean of student services at PVCC, who planned the event.

The virtual ceremony was pre-recorded but has the feeling of a live production. The ceremony included speakers, a commencement address given by Mark Warner, and a speech from Frank Friedman, the president of PVCC.

"Some parts of it will be the same as a traditional graduation ceremony," said Renshaw in an interview prior to the ceremony. "There are things that we need to do with a virtual ceremony, but we need to move through it in a way that is sensitive to the fact that people will be watching it online."

Instead of having students walk across the stage, each student had a personalized slide with their name, degree, and Latin honor, which were compiled into a slideshow of all the graduates. Students were given the option to send in a picture to add to their slide. A professional speaker read the slides to honor the graduates.



**Dr. Frank Friedman**

PRESIDENT, PIEDMONT VIRGINIA COMMUNITY COLLEGE

PVCC President Dr. Frank Friedman speaking during the virtual graduation ceremony.

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## DATES TO REMEMBER

- **Advanced Manufacturing: Personalized, Skill-Based Education Leading to a Fulfilling Career** \* —  
Sept. 15, 6:30 p.m., virtual
- **Race, Sex, and the 19th Amendment: Cautionary Tales and Models—An Intersectional Suffrage Centennial Zoom Panel** \* —  
Sept. 17, 12:30-1:45 p.m., virtual
- **Turning Point USA at PVCC guest speaker Congressman Denver Riggleman** \* —  
Sept. 18, 11-11:45 a.m., virtual
- **Classical Banjoist John Bullard Performance**—  
Sept. 19, 7:30 p.m., Dickinson Main Stage
- **College Hour Alumni Career Chat** \* —  
Sept. 23, noon to 1 p.m., virtual
- **Iconoclasm and Insurgents in Syria Guest Speaker** \* —  
Sept. 23, noon to 1 p.m., virtual
- **BSA Hosts: Pain into Poetry** \* —  
Sept. 28, 8-11 p.m., virtual
- **One Book Event: Kim Forde-Mazrui discusses constitutional law and racial profiling** \* —  
Sept. 28, noon to 1 p.m., virtual
- **UVA Virtual Information Session for Transfer Students** \* —  
Oct. 2, noon to 1:30 p.m., virtual
- **Tom Teasley, “Drumming Through Cultures & Time”** —  
Oct. 17, 7:30 p.m., Dickinson Main Stage
- ***The Cabinet of Dr. Caligari*, featuring Tom Teasley** —  
Oct. 18, 3 p.m., Dickinson Main Stage
- **One Book Event: Black Lives Matter, Policing, and Freedom of Speech in Charlottesville** \* —  
Oct. 19, noon to 1 p.m., virtual

\* Free Event

## Editor’s Note

Ginger Hood, assistant editor

When most young children play pretend, they imagine themselves as warriors, or royalty, or members of a family. When I was younger, I liked to pretend to be a journalist. I was not a reliable source by any means; all my stories were made up to be presented on the spot. I had no concept of ethical journalistic practice – but I was enamored with the world of journalism.

I was homeschooled for most of my life, and I often chose to publish at-home newspapers as part of my schoolwork. But when I was thirteen, it became clear that I had to move on to public school. I was ready to take any chance to avoid high school, so after a year of deliberation, I enrolled at PVCC at the beginning of 2019.

In the spring semester of 2020, English was low on my list of priorities. The class that fit best with my schedule was English 121 – Introduction to Journalism. I showed up to my first day of class not knowing what to expect, feeling a little like a comic book character’s secret identity, and I walked out with a new fire ignited under my dormant interest in journalism from my early childhood. It was one of the best classes I’d ever taken, and it made me feel much more engaged in life as a college student.

Even those who don’t want to pursue journalism can get valuable information and skills for their everyday lives from taking a journalism class or joining The Forum club. Understanding how journalism and the media works and being equipped with the tools to read news analytically is important now more than ever, and I recommend getting involved with The Forum to any student interested in learning.



# Student Government Association News



## This is Our Year

Here at PVCC, you'll meet amazing people, forge your future, and do some incredible things!

The Student Government Association is where all of that happens! Come and be a part of something big.



Find us on the PVCC website under "Student Life"

to learn more and apply.

### Check Us Out:

Facebook: [facebook.com/pvccstudentgov](https://www.facebook.com/pvccstudentgov)

Email: [sga@pvcc.edu](mailto:sga@pvcc.edu) OR [sanderson@pvcc.edu](mailto:sanderson@pvcc.edu)

# Open Letter to Dr. Friedman from the BSA

Dear Dr. Friedman:

On June 2, 2020, you issued a letter detailing how recent episodes of civil unrest – a response to the modern-day lynchings of black and brown peoples at the hands of police – captured your attention. As a student at Piedmont Community College (PVCC), a Proud Black woman, and the newly elected president of the Black Student Alliance (BSA), I am glad you acknowledge the injustices plaguing people of color and welcome your efforts in promoting equality.

Our club is dedicated to dismantling the ism's of the world. We elevate, amplify, encourage, and protect the narratives and voices of people of color. We welcome anyone who shares these goals and are committed to combatting the systemic, oppressive structures that saturate society. Our work also celebrates the diverse perspectives that come with intersectionality, which is why we partner with other campus clubs and community organizations to champion a world of true equality.

Dr. Friedman, you closed your letter with a call to action for each and every one of us in the PVCC Community to stand against a system that has historically promoted racism and bigotry; the BSA has accepted your challenge.

We want you to know the best defense against oppression of any kind is to humanize the survivors and empathize with their stories and experiences. Therefore, we would like to focus your attention on the areas of education surrounding race and racism, fostering an environment of honest and open communication, and investing in staff enrichment and diversity. These recommendations were compiled by students based on our shared experiences during our tenure at PVCC. We believe if the administration were to concentrate efforts on these key topics, PVCC would be on a path

towards a more welcoming, diverse campus, and a better tomorrow.

Racism is an incredibly difficult and sometimes uncomfortable topic of discussion. But if you ask any student of color how racism is approached in their classes, many will express a lack of experience completely or an experience that registers as unsatisfactory. Sadly, discussions with educators and staff will likely reveal results that are steeped in the same discomfort. It is with this in mind that the BSA recommends the college host or encourage faculty and staff to attend a training and/or seminar about racism in education covering topics such as how to discuss it, how to diffuse tensions in classroom settings, and how to educate others about racism in a manner that does not cause students to feel invalidated.

It would be remiss of us not to address the ways in which racism can affect the curriculum as it exists in course materials. The medical field, for instance, has long held the myth that Blacks and Whites perceive pain differently – a statement that is ludicrous to us because there is no scientific evidence to support this belief, yet a nursing textbook published by Pearson in 2017 attempted to categorize pain perception based on ethnicity – an idea that perpetuates the notion of alterity on a basic human level. This is but one example of how racism can be hidden in curriculums and have dangerous consequences.

In response, we recommend the college establish a committee to examine our current curriculum and textbooks for outdated, biased, and/or ambiguous information that can be easily misconstrued and misrepresented. A panel consisting of a variety of professors as well as members of the staff would be best. We ask that this committee recommend replacement textbooks and/or curriculum guide points for professors. These endeavors would arm the faculty, students, and staff with

# Open Letter continued

the proper approaches to race within their disciplines of study. There is the added benefit of knowing those employed at PVCC would be equipped with the absolute best tools to handle the large issues of our society today – a benefit that would not only make them invaluable to us but potentially make PVCC the model for the rest of the Virginia Community College System (VCCS).

PVCC is a beacon within the community. Knowing just how influential our tight-knit college is, the college should host a deliberative dialogue on race and racism. Last year's deliberative dialogue on gun control sparked many passionate and important conversations on and off-campus while allowing us a glimpse into the personal (humanized) experiences of those around us. Due to the rising civil unrest in the country, now is the perfect time for such a discussion. We feel PVCC is the ideal venue – we have the space, several members of staff dedicated to a more equitable world, and most importantly, we have the ability to draw in representatives of every demographic within our community. For us, it just makes perfect sense and we're hopeful that you can see the vision as well.

Your letter referenced the value statement of the college – “We seek to promote an understanding and appreciation of differences by creating an inclusive environment embracing individuals with diverse backgrounds, experiences, and aspirations.” One of the things that makes PVCC such a wonderfully unique and special place is just how diverse the student body is. One can quickly find their “tribe” on grounds with ease. We wish that same diversity was reflected in the staff. While PVCC has a tremendously talented staff, the diversity of it does not quite ring true with our value statement. If PVCC is truly seeking to foster an “inclusive environment” that welcomes

“individuals with diverse backgrounds”, we would like to see it reflected in the recruitment of qualified candidates of color - especially with respect to faculty. We are well aware this is an ongoing process and one that is quite an endeavor. We want you to know, Dr. Freidman, that we aren't asking for increased diversity on campus with the expectation that it will occur overnight. We are simply asking that the college consider ways to improve the staff and faculty diversity in the years to come.

We believe in working hand in hand with the school and the community to eradicate the ism's of the world. We understand at times it can feel like a futile battle; every day seems to birth new challenges, setbacks, and difficult moments; however, we also understand what is at stake. We understand just how and why those before us carried the torch and we share in those same dreams. We understand that “freedom ain't free” and that if we do not push and persist “nothing will ever change”.

As a club filled with passionate members from differing backgrounds, we also understand the power of unity. I've spent most of this letter detailing “demands”, so to speak, and would like to, now, change the tone. We are crafting a calendar of events that supports all of the endeavors we asked you to undertake if you decide to implement them (no pressure). As the BSA President, I personally invite you, Dr. Friedman, and your administration to attend of our Wednesday meetings and any of the many events we have planned for the upcoming semester. We are thankful for your consideration and are awaiting your response.

Sincerely,

Miss Sheketa S. Payne

PVCC Black Student Alliance President

# Get Your Voice Out There, Join the Forum Club

Amy Laufer, staff writer

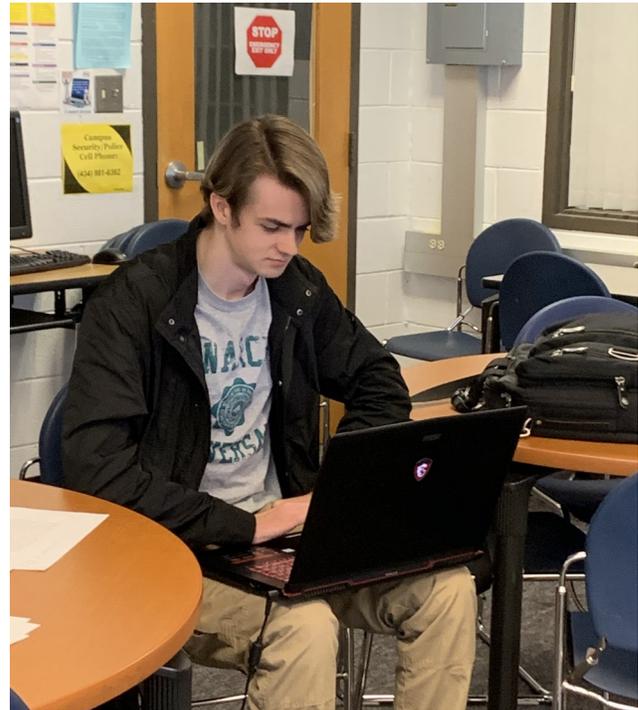
What is going on at PVCC? If you want an answer to that question, read *The Forum*. *The Forum* is the official newspaper of PVCC, published by *The Forum Club*. Club president Jessica Adkins said, “*The Forum* is a space for people who like to write articles but don’t want to take a class.”

*The Forum Club* produces eight newspapers each academic year and publications such as the Voter’s Guide for the PVCC community. Ari Oxford, an assistant editor, said, “It’s an opportunity to get your voice out there.” The articles are written by club members as well as students in the journalism classes.

The club meets on Tuesdays or Wednesdays depending on member schedules and when *The Forum* needs to be published. They will meet Sept. 16 and Oct. 14 at noon on Zoom (<https://tinyurl.com/PVCCForum>).

You do not need to attend meetings to be part of the club. There are approximately 20 members and all receive a Press Pass. According to the website, students can take part through writing, photography, drawing, editing, and design.

*The Forum* staff advisor, Dr. Tamara Whyte, is an associate professor of English. She teaches journalism classes and encourages class members



Clark, an assistant editor of *The Forum*, at a *Forum Club* meeting. Photography by Amy Laufer.

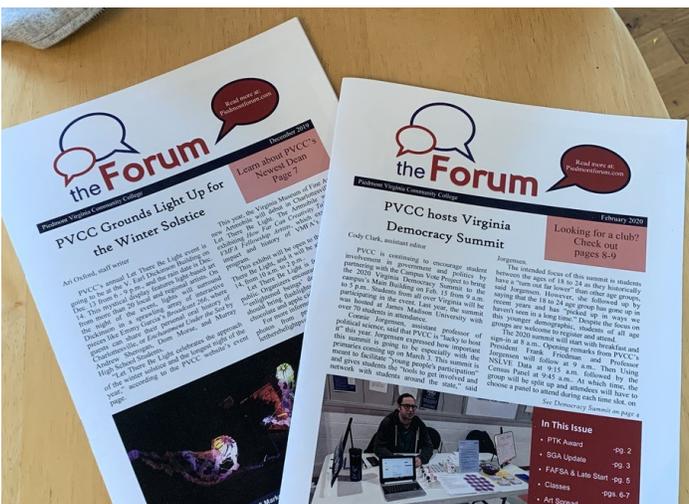
to join the club. Many club members come from the journalism class, including Ginger Hood. Hood said, “I want to be a journalist and don’t want it to end after the class is over.”

Whyte said of the club, “We like it to be low-key. There is a snack at every meeting, we do a field trip every year, and plan events as well as publish *The Forum*.” To plan an issue of *The Forum*, each article title is written on a post-it note and lined up on a table to mimic the layout of the newspaper.

*The Forum* is an opportunity for students to gain journalism experience while socializing with others who enjoy writing. The field trips and events include visiting Newseum in D.C. and hosting speakers. Assistant editor Cody Clark said, “The club helped me figure out what I want to do with my life.”

If you want to be informed and know what is going on at PVCC, grab a copy of *The Forum*. If you want to get your voice out there, join *The Forum Club* and write the articles.

For more information, contact the club’s faculty adviser, Dr. Tamara Whyte at [twhyte@pvcc.edu](mailto:twhyte@pvcc.edu).



Two print issues of *The Forum*, Dec 2019 (left) and Feb 2020 (right). These editions, along with many others, can be found on *The Forum* website. Photography by Amy Laufer.

# Board Game Club: Let the Games Begin

Jude Bolick, assistant editor

Every Tuesday from 3-7 p.m. during most semesters, the third floor of the Dickinson building is alive with energy. The circular tables are covered with games of all types and sizes, and several more lay stacked and pressed against the walls for later use. The PVCC Game Club is in session.

Although the club meeting does not officially start until 3 p.m., members can be seen playing games as early as 2 p.m. Anyone who wants to play is encouraged to join in the fun, even if they are not signed up for the club. A typical crowd consists of ten to twelve people, either playing a large game that goes up to that many players, or split off into several smaller groups.

“Board games are a good way of practicing social skills,” said Dr. Bruce Glassco, an English professor at PVCC and the faculty advisor of the PVCC Game Club. He was formerly the president of the Game Club at UVA, which inspired him to host one at PVCC after getting hired there.

He is also a game designer and has created twenty games, along with an additional three that have been published. His first and arguably most successful game, *Betrayal at House on the Hill*, is a popular choice at Game Club as well. His other published games are *Mystery! Motive for Murder* and *Fantasy Realms*.

Because the meeting place is located close to the offices on the third floor, the noise is an ongoing problem. However, as long as inside voices are used and no screaming breaks out, there are no issues. Sometimes, though, during a particularly intense game, this can be difficult to accomplish.

Members of the PVCC Game Club are encouraged to bring their own games, adding to the choices available both for the game and for the number of players it goes up to. All the games

are treated with respect, and fellow members are careful to not lose any pieces.

Students are not the only people playing. Faculty, high schoolers, and retired long-term members of the club also play, making for a richly diverse group. The atmosphere is inviting and relaxed, making for a fun, carefree experience for all.

The game variety is just as diverse, from long strategic board games to quick and easy-to-learn card games. On occasion, Glassco will also bring in trial versions of his latest games to test them before sending them off to game companies, giving the members of the Game Club a part in the game’s creation, along with being some of the first to ever play it.

“We’re in a golden age of board games,” Glassco said. “More people are playing than ever.”

Due to the campus closing in March because of the Coronavirus, the Game Club has stopped meeting, but Glassco has high hopes for the upcoming fall



**A board game by Bruce Glassco. What starts off as cooperative exploration of a haunted house goes awry when one of the players turns traitor. Photography by Jude Bolick.**

semester.

“Over the summer, I’ve been researching different online gaming platforms that would let us meet virtually once this semester starts up again,” Glassco said in a recent email. “The platform that seems to have the most potential is called Boardgamearena.com. It’s free, and it has digital versions of many of the games we play all the time...Some of the games require one player to have a paid membership, but I have paid, so that shouldn’t be a problem.”

Glassco also proposed that a Discord session could be made to allow members to chat while playing.

The meeting time for the club has also shifted to accommodate a shift in Glassco’s schedule, with the next meeting set to take place from 1-4 p.m. on Tuesdays.

For more information, contact Bruce Glassco at [bglassco@pvcc.edu](mailto:bglassco@pvcc.edu).

# Fitness from Home: Tips on Staying Active

Jude Bolick, assistant editor

Since the quarantine started, people have been encouraged to stay home as much as possible to avoid spreading the coronavirus. With classes moving online and most businesses cutting hours or closing, it can be hard to get in the daily exercise needed to stay healthy. Even if you are not a gym regular, the lack of physical activity can start to have a lot of negative effects. Luckily, there are many different exercises that can be done from home that require no special equipment and are flexible enough that they can work for both beginners and experts.

“I think that exercise is one of the most important activities that we as humans can engage in at all times, but its need is enhanced by the current coronavirus pandemic,” said Nicholas LaCasse, the PVCC Fitness Center operations specialist and former PVCC student. “It’s so easy to fall into a funk when you can’t leave home and our entire lives as Americans is completely upside down. Exercise combats this and also allows you to relieve stress, which is a common immune system enemy.”

Exercise not only improves physical health, it is also a great way of relieving stress. By making a point to work out a little every day, we can live happier and healthier lives.

There are many different exercises that can be done at home, and they require no special equipment. All that is needed is a routine and a drive to complete it. LaCasse boils these choices down to two categories, offering example routines and tips on how to customize to make it easier or harder, or to simply start from scratch. These two formulas are circuits and supersets.

The first workout structure is the circuit, which involves alternating different exercises with “breaks” of a simple repetitive exercise in a loop pattern.

“Circuit training is an incredibly efficient way to train your body as it allows you to build muscle strength and endurance while also getting your cardio built in,” LaCasse said.

His example routine is as follows:

Push Ups – 30 seconds, 10 seconds of jumping jacks, Squats – 30 seconds, 10 seconds of jumping jacks, Pull Ups – 30 seconds, 10

seconds of jumping jacks.

After taking a one-minute break, repeat the circuit until satisfied. The time can also be substituted for reps. The possibilities are endless.

“This is a very basic example of what one section of a circuit may look like,” LaCasse said. “As you get more advanced, you can change the time intervals for each exercise, the variation or intensity of each, and how the exercises are paired.”

With their flexibility and adaptability to different skill levels, along with their easy repetition, circuits are a great choice for everyone looking to stay active.

Another possible workout structure is the superset, which involves repeatedly performing two exercises back to back.

His example routine is as follows:

First Superset, Pushups – 10 reps, Pullups – 10 reps. Second Superset, Squats – 10 reps, Hamstring Curls – 10 reps.

Although this is a basic example, it still shows the general concept. Unlike circuits, supersets are meant to be done continuously and without breaks in between each round. Supersets are simply repeated until the end of the routine.

“By supersetting, you are allowing the muscles you just worked in the first exercise to rest while working the opposite muscles,” LaCasse said. “That way your rest periods are built in, so to speak.”

“When it comes to this stuff, I think circuit training is probably the most beneficial to everyone,” LaCasse said. “It is extremely accessible due to the ability to change the number of exercises, the intervals, the rest periods, and the number of times you complete the circuits. I would recommend a beginner attempt to complete their circuit at least twice. The goal is for you to eventually complete your circuits 4-6 times when you work out. This will usually take about 30-45 minutes once you get there.”

Whether you’re new to working out or a gym regular, exercise is critical for all, especially in these trying times.

By setting aside time to go through a few circuits or complete some supersets, we can promote our health and happiness to get us through.

# Pets on Zoom Make Classes Cute

Ginger Hood, staff writer

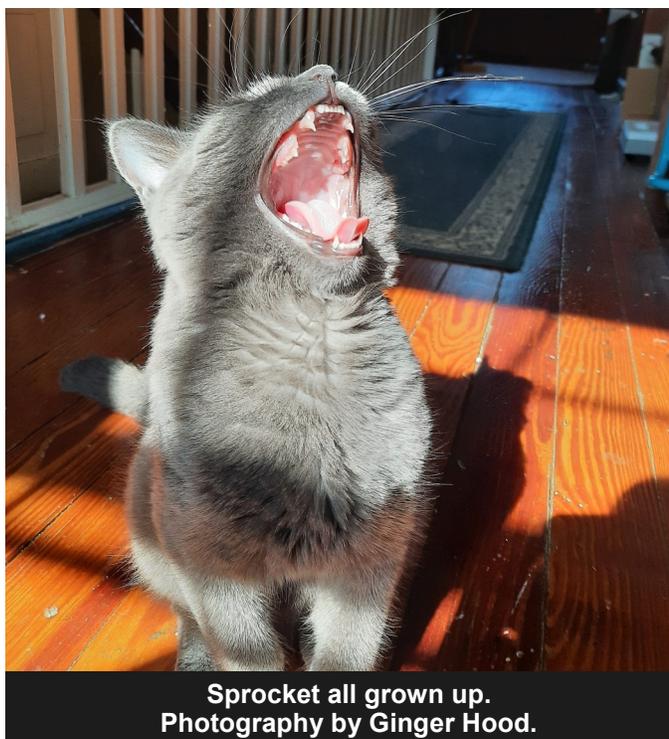
The transition to online learning at PVCC has been a challenging and confusing one for teachers and students alike. Many of PVCC's quarantine policies and resources have been based around the academic needs of students. However, it is also important to consider the social needs of students while self-isolating.

One thing I found helpful to my online school experience has been taking some time after online meetings for students to stick around and socialize with each other. Giving students optional time to connect, discuss points made in class, complain about the quarantine, and share stories with each other has greatly improved class meetings and general motivation to do schoolwork. It is a great practice for boosting the morale of classes that meet on Zoom.

However, my personal highlight of this social time has been my classmates showing off our pets to each other. It began when I missed a homework deadline for the birth of a kitten in my house, and it snowballed into each pet owner



**Sprocket, one of the frequently featured pets on Zoom. Photography by Ginger Hood.**



**Sprocket all grown up. Photography by Ginger Hood.**

after class giving a mini show and tell on their animals. I am not the only one who enjoys an after class not-so-national geographic special on quarantined pets – Jude Bolick (and her ferrets) enjoy this opportunity too.

“It’s very nice to see how everything has kind of shut down, but a cat is still having kittens,” Bolick said. “Everything is closed, but there’s still happy kitten land. Life goes on.”

This practice is not just enjoyed by those that have kittens or ferrets to flaunt – another classmate, Jan Newcomb, appreciates the furry friends. “I have a lot of anxiety, and I don’t have a pet,” Newcomb said, “at least I can still see pets in videos.”

Students who opted to spend extra time on zoom connecting with classmates seemed satisfied with their decision, especially after kittens became a regular occurrence.

Even the teacher behind the hang-out time, Dr. Tamara Whyte, appreciates the chance to fawn over quarantined pets. Whyte summed up the addition of animals to zoom meetings in seven short words: “The animals make us feel more human.”

# How To Identify Misinformation Online

Amy Laufer, staff writer

Now more than ever we need reliable information. When you are scrolling through Facebook or Twitter or just Googling information, there are a variety of resources constantly popping up. When almost anyone can be a publisher of information, it is hard to know what is real and what is not.

Thankfully, Crystal Newell, director of library services at PVCC, is here to help. Newell says, “My best advice is to have a healthy level of skepticism when reading news articles from unknown sources.”

When reading articles or information, Newell says, “Keep in mind that fake news often appeals to your emotional responses, so if you feel angered or very saddened by the headline, beware. News articles should report the news more logically, with less bias, and a whole lot less emotion.”

The BBC has posted a video called Fake News and How to Spot It; they echo the concern that headlines that are sensational may not reflect actual news.

After the headline, it is important to check the source to see if it is credible. Look for dates and research the actual website address. Looking at the website address can give you a clue to if it is real or not.

For example, abcnews.com.co is likely not a credible source. If you see a web address ending in co, it is usually not a credible source. Also, check for misspellings. Sometimes that can be the easiest way to spot fake news.

Another way to check for fake news is a technique called lateral reading. Newell says, “If you are not familiar with the source, then read about the topic...in other publications.”

Lateral reading means that you research the subject matter in other publications. After researching the subject, research people mentioned in the article and the author in other publications. Also, research the source of the material. As you uncover this information, you may validate or contradict the information you are reading.

The incidence of misinformation and fake news is not new, it is just more easily circulated

with social media. As reported by Forbes magazine, a recent Pew Research Center report states that 55% of U.S. adults now get their news from social media either “often” or “sometimes.” As the Pew Research’s reporters noted, “Social media is now a part of the news diet of an increasingly large share of the U.S. population.”

Knowing that most people take in most of their information from social media, a BBC video about how to spot fake news (<https://www.bbc.com/news/av/stories-51974040>) suggests that you investigate who posted the article.

Many accounts are not actual people. They recommend looking at the social media pictures to see if they are just stock photos, see how many times the person is posting articles, and see if the person actually interacts with other people on Twitter. If the account just reposts articles and never interacts with other people, it may be a fake account.

If these techniques are just too much or you want to double check your work, there are also agencies who work to uncover fake news and misinformation.

Newell says, “There are quite a few of these types of organizations out there, but here are the ones I use the most: FactCheck.org; Media Bias/Fact Check; Politifact; Snopes; and Washington Post Fact Checker.”

These organizations are focused on looking through information and checking them for validity. For a more extensive list of organizations that uncover fake news and how to spot it, you can go to the PVCC library website: <https://libguides.pvcc.edu/identifyfakenews>.

It is great that we have access to more resources and that we can share our ideas and thoughts with so many people. With this great resource, we have primarily two responsibilities: first, make sure what we are reading is credible, and second, only share credible information.

As Eleanor Roosevelt said, “With freedom comes responsibility,” or as Uncle Ben in Spiderman said, “With great power comes great responsibility.”

In the time of Covid 19 and beyond, let us all make sure we are reading and sharing real information.

# Battling Racism: The New One Book

Jude Bolick, assistant editor

Change is happening all around with many of PVCC's services adjusting to accommodate for the strange times. The One Book Program is no exception. For its ninth year, the One Book Program at PVCC will be hosting two books as opposed to one: *How to Be An Antiracist*, by Ibram X. Kendi, for the fall 2020 semester and *You're More Powerful Than You Think*, by Eric Liu, for the spring 2021 semester.

"The original book, *You're More Powerful Than You Think*, was scheduled to be the only One Book this year, but we added *How to Be An Antiracist* so that we could address the pressing racial justice issues brought to the fore after the extralegal killing of George Floyd," said Crystal Newell, the director of library services at PVCC.

According to a starred review from *Publishers Weekly*, *How to Be An Antiracist* is "A boldly articulated, historically informed explanation of what exactly racist ideas and thinking are... [Kendi's] prose is thoughtful, sincere, and polished. This powerful book will spark many conversations."

In another review, Robin DiAngelo, a New York Times bestselling author of *White Fragility*, said, "Ibram Kendi is today's visionary in the enduring struggle for racial justice...*How to Be An Antiracist* offers us a necessary and critical way forward."

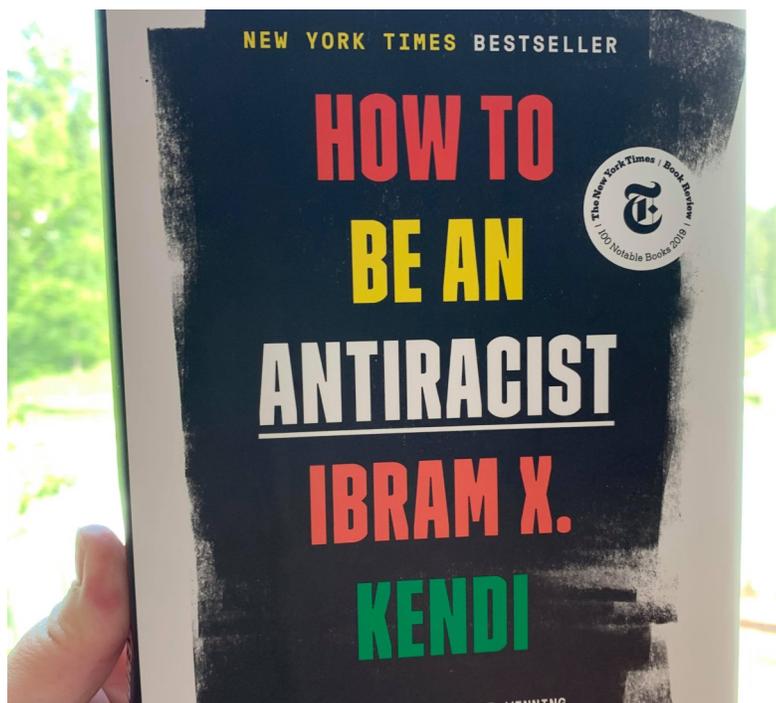
PVCC has provided numerous ways to get a copy of the One Book. There are print copies available in the Betty Sue Jessup Library, but they are first come first serve and have limited copies. There are also twenty ebooks available for checkout along with an audiobook. Additionally, teachers that choose to incorporate the One Book into their curriculum will likely provide copies for their students.

Aside from teachers using the One Book in their classes, there will also be several special events based around the ideas presented in the text, one of which is the upcoming Symposium on Racial Justice.

"In the spirit of national and local dialogues on racial injustice, PVCC is seeking to put together both a student symposium *and* a faculty/staff symposium on racial justice issues," said Newell in a recent email. "Both symposiums seek to give voice to the lived experience of persons of color, the frustrations, concerns, and possible reforms to the legal, financial, or educational systems that perpetuate racial inequity." All forms of expression are welcome and encouraged, from written forms such as essays and poems to visual forms such as dances, art displays, and many more. These will be collected and displayed on the PVCC website, along with the hope that they will also be shared with state and local governments.

As stated on the One Book Program page on the PVCC website: "The One Book Program...is an institution-wide initiative whose goal is to bring together students, faculty, staff, and members of the community to read the same book and take part in activities inspired by the text."

For more information, contact the One Book Program Planning Committee at [onebok@pvcc.edu](mailto:onebok@pvcc.edu) or contact Crystal Newell directly at [cnewell@pvcc.edu](mailto:cnewell@pvcc.edu).



The cover of the One Book. Kendi is a New York Times bestselling author, and in 2016 won the National Book Award for his nonfiction book *Stamped from the Beginning*.

# Why Can't I Finish This Paper?

Amy Laufer, staff writer

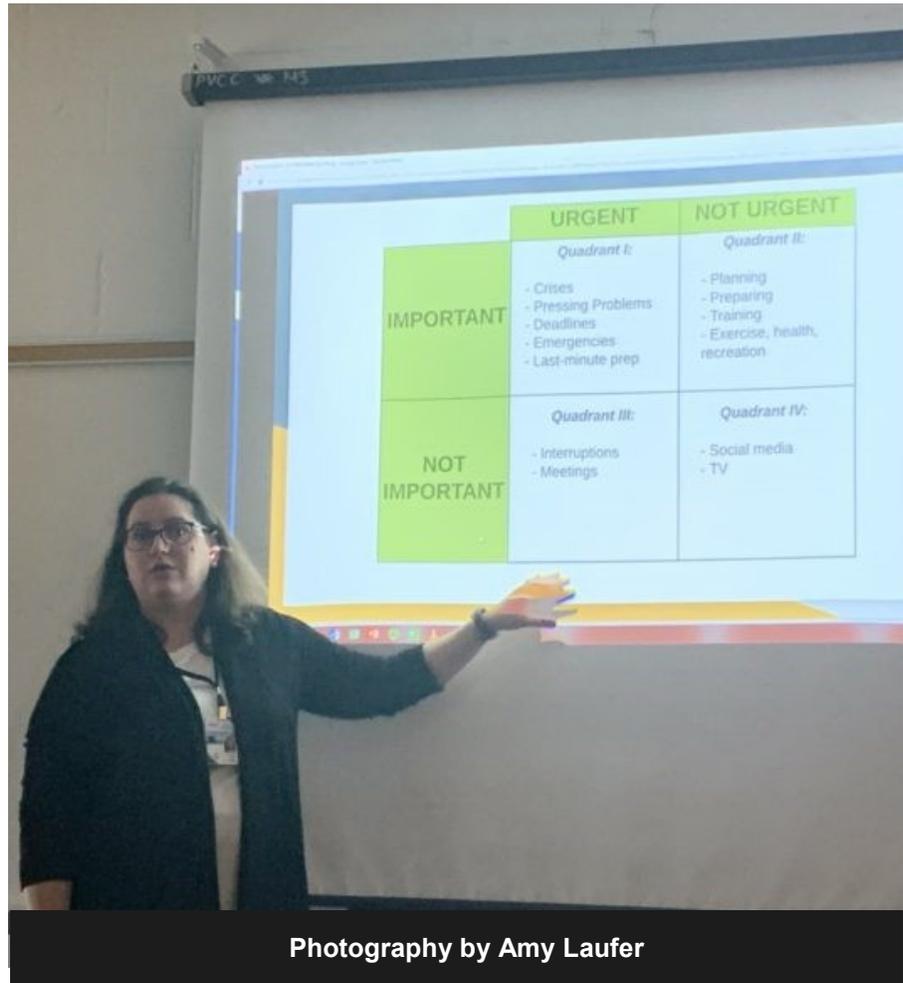
Is it hard to get your work done? Do you procrastinate? It seems in this time of social distancing and staying at home, procrastination may be a problem many of us are facing. Sarah Surratt, adjunct instructor of student development and academic coach, recently hosted a workshop titled "Procrastination, It's Not What You Think."

As part of the workshop, we developed our "to do list." We were asked to make a list of everything we needed to accomplish in the next 48 hours. Megan, a workshop attendee, said, "I already made a list; my problem is getting started." This sentiment was echoed with many of the other participants.

To address this concern, we watched a TEDX Talk with Mel Robbins, (Mel Robbins is an American television host, author, and motivational speaker.) She suggested that "Procrastination is a form of stress relief and becomes a habit." Robbins believes that there are three main steps to procrastination, "First you have a stress trigger, then, you avoid what you need to do, then the reward is a stress relieving habit, i.e. watching kitten videos."

To stop the habit of procrastination, once you feel the stress, acknowledge your stress, try to count to five, and then work for just five minutes. Robbins said, "Just work for five minutes. Studies show that once you start, you are more likely to continue and finish."

With this as our background, we went back to our "to do list." We divided the items into two categories: Urgent and Not Important. Surratt said, "Take the list of urgent tasks and make a plan on how you will accomplish them. With the



Photography by Amy Laufer

not important list, decide whether you even need to have them on a list."

Once you have identified the tasks of the next 48 hours and have a plan on accomplishing them, Surratt encouraged everyone to get an accountability partner. You create a check in schedule with your partner to make sure you are completing your tasks. An accountability partner can hold you accountable for the tasks you need to accomplish, and make you more successful.

When you begin the journey of accomplishing your tasks, you should develop a calendar and make a schedule. Robbins said, "Successful people work on a schedule, work towards consistency in their day to day to accomplish more."

So, if you are having a hard time finishing that paper, try to count to five and just work for five minutes...more than likely, you will finish it!

# Meet Jody Carlisle, a New Professor at PVCC

Jude Bolick, assistant editor

Starting in the fall 2020 semester, PVCC has welcomed many new faces to our community, including Assistant Professor of Accounting Jody Carlisle.

Carlisle grew up around Tennessee and Arkansas, but after getting injured in high school while playing football, he joined the army and moved to California. After serving in the army, he became a police officer, attending first Gavilan College in California and then University of Mississippi.

He then got a job at Walmart in 2003, a position that he maintained for 14 years. In 2010, Carlisle went back to school and received a

Master's degree in Business from Webster University, which he used to get a job as a teacher at Texas A&M International University. He is currently pursuing a doctorate from Walden University.

After the coronavirus pandemic cost him his job at TAMIU, Carlisle began applying for other teaching positions, which is when he found PVCC. Having many friends in the area, he accepted the position of assistant professor of accounting and moved to Virginia on August 15, 2020.

Carlisle expressed his fondness of the PVCC community in a recent interview, saying that "they seem to care more about the students' learning" as opposed to other colleges.

The fall 2020 semester is Carlisle's first semester teaching at PVCC, and he is teaching ACC 211. Although he has enjoyed his experience thus far, he would prefer in-person classes over online.

"I prefer face to face because it's more intimate," Carlisle said. "I can read the expressions and see if you're getting the concepts I'm talking about." One thing that Carlisle strives for in his classes is diversity in teaching methods, putting effort into explaining the course content in different ways to assist all types of learners.

"I like working with different mediums because everyone learns differently," Carlisle said.

Carlisle also described a program he helped run at TAMIU, called VITA, which he hopes to establish at PVCC.

"VITA stands for Volunteer Income Tax Assistance," Carlisle said. "It is a program sponsored by the IRS, and they certify the tax preparers for free. It offers free tax return preparations for low-income families. In Laredo, we did over 6,000 returns last year and saved approximately \$1 million in preparation fees for our clients. I am hoping to start the program here at PVCC this year or next depending on COVID-19."

For more information, contact Carlisle at [jcarlisle@pvcc.edu](mailto:jcarlisle@pvcc.edu).



**Jody Carlisle, assistant professor of accounting at PVCC.**  
Photo courtesy of Jody Carlisle.

# The Hidden “Jewel” of Charlottesville

Jane Monaghan, staff writer

Nestled between Ann’s Nails and a Domino’s Pizza in a line of brick storefronts, La Joya seems unimpressive at first glance. Often empty, with wall-mounted televisions that only play programs in Spanish, La Joya is little more than a hole-in-the-wall in Charlottesville’s food scene. But don’t let the Corona beer ads, pinatas, and plastic-covered tables fool you into thinking this restaurant is tacky. In my opinion, La Joya’s fare is the tastiest and most authentic Mexican food in Charlottesville, and all for prices that barely reach \$14.

Even after upwards of ten visits to La Joya, I am never bored by their food. From their cheesy and crispy Chimichangas (\$12) to the spicy Verdes Enchiladas (\$10) that I always finish too quickly, the staff at La Joya make sure there is always something new to try, and it is always something good.

Besides the large, varied, and delicious entrée menu, La Joya provides heaping plates of Mexican rice and beans, which are good for sides, leftovers, and midnight snacks. There are no boundaries between foods in Mexican cuisine;



Photography by Jane Monaghan

everything goes well with everything, so don’t be afraid to swap or share dishes if you’re eating with friends. Additionally, La Joya offers a vegetarian menu, and the choice between corn and flour tortillas makes it easy to go gluten-free; they ask that allergy concerns be brought to the server’s attention before ordering.

La Joya’s location may not be glamorous, but it is easy to find. The Willoughby Square Shopping Center is behind 5<sup>th</sup> Street Station, and the short drive from PVCC is worth it, to me. My dad has no trouble driving up to the entrance to drop off my grandfather, the staff are always courteous, and best of all, the cooks are extremely speedy, so food is always served promptly.

La Joya is located at 1145 5th St SW in the Willoughby Square Shopping Center, and is open from 10:30 a.m. to 10 p.m. on most days, with the exception of Friday (10:30 a.m. to 10:30 p.m.) and Sunday (10:30 a.m. to 9 p.m.). Prices rarely exceed \$16, and many dishes are under \$10.



Photography by Jane Monaghan

# C&O Restaurant Wows Charlottesville

Amy Laufer, staff writer

Downtown Charlottesville has many restaurants that you can choose from, but don't miss the inconspicuous red brick building with a heavy door at the end of the mall, C&O Restaurant. It's been around since the late '70's, but the building was part of the C&O Railway company and has been in Charlottesville much longer.

In the evening, the entryway glows from the gas flames in the hanging lamps. The glow of the flames is reminiscent of walking back in time. As the door opens, the warmth of the floor to ceiling furnace made from local soapstone can be felt. Knowledgeable and friendly staff greet guests as they enter the door.

Because of the historical nature of the building, there are four different dining areas, each with their own special feel. The main dining area is narrow but comfy and sits adjacent to a private space upstairs, perfect for groups. An outdoor courtyard that is shaded by trees and a pergola makes it a perfect summer location.

The last, in my opinion, is the best for winter months, located in the basement. You walk down a tight staircase, and turn a corner, to be greeted by a wall of liquor which is the bar and a few tightly placed tables. The intimate setting is a perfect venue for the amazing food that you are about to experience.

Much of the menu is sourced locally, so the items change with the seasons. On this particular evening, it was restaurant week in Charlottesville, so we had a fixed menu. Our first course started with short rib French onion soup, Rag Mountain smoked trout, and butternut squash tortellini, with each having a delicious and distinct flavor.

Our second course was steak chinoise, duck, and seared scallops. The

steak is served over finely mashed potatoes with a sauce of tamari, scallions and fresh ginger melt in your mouth. The duck is served with foie gras, which according to my companion, has a pleasant buttery taste. The scallops are served over a bed of pureed cauliflower and scallions.

The final course includes toffee pudding, chocolate mousse, and Albemarle apples with ginger cake. The toffee is sweet but not too sweet and doesn't stick to your teeth. The ginger cake is the perfect companion to the apples. The chocolate mousse is whipped to perfection. All are delicious ways to end our meal.

This is a restaurant that doesn't get old the menu changes so you can try new things while still getting their classic dishes. They offer several vegetarian options such as the shaved brussel sprouts or artichoke hearts, and of course, the classic C&O vegetable soup.

C&O is open everyday from 5 p.m. to 2 a.m. The menu changes after 10:30 p.m. to a bar menu which includes delicious grilled cheese and tomato soup. Items are moderately priced.

I highly recommend this restaurant to townies and tourists. The staff makes you feel at home, the food is amazing, and the ambience is intimate and cozy.



Photography by Amy Laufer

# Classifieds

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*For English Language Learners  
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### Weekly Themes

Sept. 16: My Native Country  
Sept. 23: American Culture  
Sept. 30: Combatting Stereotypes  
Oct. 7: Learning Languages  
Oct. 14: Ethics and Morality  
Oct. 21-Dec. 15: To Be Announced



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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](mailto:twhyte@pvcc.edu).

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