



SEPT. 2012

Fit 4 Life Off to a Healthy Start

It's a long way to London, England, but the four faculty and staff teams participating in the college's Fit 4 Life program met that goal and exceeded it considerably. Participants log their fitness activities on a website sponsored by the American Heart Association. Collectively, the four teams logged 23,498 miles of activity on tiny pedometers and came together recently to celebrate this success and announce the team winner. The Red Team, with 7,553 miles of activity logged, was declared the winner.

The walking/activity contest and Sneaker Day are just two of the many programs and changes taking place on campus as part of the new R-MC Wellness Program. In January 2010, Randolph-Macon College joined with 11 other colleges to launch a self-insured health benefits program known as the Virginia Private Colleges Benefits Consortium. This alliance has partnered with Anthem Blue Cross Blue Shield to "improve overall plan options; decrease cost volatility; generate cost savings; enhance customer service, and establish long-term predictability for the health care program." Wellness is a major component of the long-term success of the benefits program and LivingWell Health Solutions was selected by the Consortium to be the wellness vendor for all participating colleges.*

On campus, this has led to insurance premium incentives for those participating in an annual health-risk assessment and to the creation of a Wellness Committee, which launched the Fit 4 Life program, the mission of which is to "develop and foster a culture that supports an active and healthy lifestyle." The walking/activity contest and Sneaker Day are part of one of the program's goals of educating faculty and staff about the benefits of being physically active. An on-campus Weight Watchers program and the popular Beeline to a Smaller Waistline are two other initiatives offered to employees. Other goals include increasing awareness of and encouraging healthier nutrition on campus, which will require that onsite vending machines offer at least 25% healthy food and drink options, and offering programs and services on health-related issues.

Health Educator Paige Toraason is also available to consult with employees about fitness and nutrition. Toraason is on campus twice a month offering one-on-one counseling to employees encouraging them to meet their individual health goals.

"The wellness program has generated a great deal of excitement and participation on campus," says Sharon Jackson, director of Human Resources. "Senior Administration has been very supportive of this effort by providing premium incentives for those participating in the health-risk assessment and programming for the Fit 4 Life program. Not only is our goal to reduce medical claims and ultimately lower health premiums, but more importantly to create a healthier, happier workforce while building a stronger sense of community at the same time."

**Although the college's relationship with LivingWell ended recently, Paige Toraason continues to serve as R-MC's Health Educator on campus without interruption. To make an appointment with Paige either on campus or via phone, contact her directly at (804) 496-9940.*

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LIFE

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The Buzz: Helping Build Community Through Communication

YOUR NEWS

George Spagna (physics) was elected in May to his third term on Ashland Town Council. He was sworn in on July 3 for that term, which will run through June 2016. In addition, he was recently elected to a second two-year term as Vice Mayor.

President Lindgren received an Honorary Doctor of Education degree during the University of Florida's doctoral degree commencement ceremony on August 10, 2012. Lindgren delivered the commencement address to 424 doctoral degree graduates.

Mark Malvasí (history) was interviewed by WTVR Channel 6 on July 4 about the death of television star Andy Griffith. Click here to watch the interview. Malvasí's editorial, *Aurora rampage renews gun-control debate*, was published in the July 24 edition of the *Richmond Times-Dispatch*. His first book of poetry, *The Finder*, will be published by Cranberry Tree Press in 2013.

Bud Watson (environmental studies) has been awarded a contract by the Culpeper Soil & Water Conservation District to create a pilot Best Management Practice Cost Share Program targeted at residential and urban property owners. Watson's expertise makes him uniquely qualified for this project, as he has more than 30 years of experience as a land use and environmental attorney and consultant and as a principal drafter of the Chesapeake Bay Preservation Act. He plans to incorporate the work into his environmental studies courses at R-MC.

Patricia Reagan (Spanish) is the author of *The Postmodern Storyteller: Donoso, Garcia Marquez, and Vargas Llosa* (Lexington Books, 2012). The book examines three key Latin American novels of the 1980s: José Donoso's *El jardín de al lado* (The

Garden Next Door), Gabriel García Márquez's *Crónica de una muerte anunciada* (Chronicle of a Death Foretold) and Mario Vargas Llosa's *El hablador* (The Storyteller).

Ted Sheckels (English; communication studies) is the author of three new books: *Gender and the American Presidency*, co-authored by Nichola Gutgold and Diana Carlin (Lexington Press, 2012), *The Political in Margaret Atwood's Fiction: The Writing on the Wall of the Tent* (Ashgate, 2012), and *Political Communication in the Anglophone World* (Lexington, October 2012). Sheckels and his co-authors gave a presentation about *Gender and the American Presidency* in September at the Dole Center for Politics at the University of Kansas. The C-SPAN2 interview will be broadcast on September 29 at 11:00 p.m.

Lauren Bell (political science), **Raymond Berry**, (fine arts), **Timothy Brown**, (religious studies), **David Clark**, (math), **Todd Munson**, (Asian studies), and **James Doering** (music) traveled to Japan in preparation of integrating Japanese studies into their curricula. The trip was made possible through The Japan Foundation Center for Global Partnership grant, "Honoring the Life, Work, and Good Spirit of Taylor Anderson: Enhancing Japanese Studies at Randolph-Macon College." While in Japan, several of the professors posted blog entries. Click on blog, and to view a slideshow of photos, click on Japan trip.

Amy deGraff (French) presented a paper at the National Association of Teachers of French in Chicago in July entitled "Teaching Film Shorts: 'Demain la Veille,'" a Case in Point.

Mark Malín (Spanish) will present a paper entitled "*Cornelia Bororquia: novela ilustrada y los pasos hacia una España constitucional*" at

the *V Congreso Internacional de la Sociedad Española de Estudios del siglo XVIII*. The title of the conference is *Hacia 1812, desde el Siglo Ilustrado*, and it will be held in Cádiz, Spain on October 24-26. Malin worked on the paper in the Biblioteca Nacional in Spain, thanks to a generous Craigie grant.

Gregg Hillmar (arts) designed scenery and lighting for *Two Gentlemen of Verona* and *Merchant of Venice* for Virginia Shakespeare Festival in Williamsburg this summer to great acclaim. This is the third season in the last five that Hillmar has designed for them.

Kathryn DiPasqua (marketing) had her essay, "Daughter chases own elusive yoga core," published in the September 16 issue of the *Richmond Times-Dispatch*.

Cathy Daugherty (classics) has been appointed chair of the International Educational Excellence Committee for The Delta Kappa Gamma Society International, an honor society for Key Women Educators in 18 countries around the globe. This summer she presented two workshops at the DKG Convention in New York City and chaired a panel on educational law/policy.

Kelly Lambert (psychology) was recently interviewed on Big Picture Science, a radio show and podcast. Lambert's interview, titled Oh, Rats!, addresses the unique role that rats play in neuroscience and medical research due to the complexity of these adaptive mammals and the fact that their brains, although smaller, are perfect models of the human brain.

The BUZZ on John Thoburn, Chemistry

Chemistry Professor John Thoburn grew up in western New York on the shores of Lake Ontario. “Chemistry is in my genes,” says Thoburn. “My father was an analytical chemist for Eastman Kodak, my mom was trained as a biochemist, and my brother majored in chemistry in college. I grew up surrounded by chemistry.”

Thoburn has many hobbies. “In addition to organic chemistry,” he says, “I also co-teach two P.E. courses with my wife, Tina Mello: juggling and English folk dancing.” His folk dancing interests include many different forms of dance from the British Isles, including country dancing, Morris dancing, sword dancing, and Scottish dancing.

Thoburn also loves to travel, be it to Virginia’s Tangier Island, the Shenandoah Mountain, the deserts of California, or Europe.

“As part of my sabbatical in Cambridge last year, we were constantly on the go throughout England and

traveled further afoot in Germany, France and Greece,” he says.

Thoburn also has two children, ages 9 and 13, who keep him busy. He says that most of his reading is limited to children’s literature. “I just finished a very good book with my son titled *The Invention of Hugo Cabret*, he says.

“I spend far more time playing the piano than reading books these days. Currently I’m working on a Sonata by composer John Field.”

Thoburn also has a classic taste in movies. “I hardly ever see modern movies,” he says. “I tend to enjoy movies from the ’30s and ’40s—those with Cary Grant, Humphrey Bogart, Katherine Hepburn, Myrna Loy and Ingrid Bergmann.”

Thoburn enjoys the traditions at the college, including commencement and baccalaureate. He is currently working on a grant that will allow him to continue his sabbatical project.

“During my sabbatical, I worked in the new field of Supramolecular Chemistry,” says Thoburn, which he explains as “the chemistry of how individual molecules and components assemble into larger structures in a manner analogous to how biological systems self-assemble.”

-Matthew Guillen '14



The BUZZ on Christina Cozart, Residence Life and Housing

Christina Cozart, associate director of Residence Life and Housing, grew up outside Fort Worth, Texas and attended undergraduate and graduate school at the University of North Texas in Denton. After college, Cozart worked at the University of Arkansas, and six months later, a job in Student Activities became open at R-MC. It was about a year later that she was named assistant director of Residence Life and Housing.

In her free time, Cozart enjoys traveling. She says she “will go anywhere,” particularly anywhere she can go fishing. She also enjoys volunteering for Habitat for Humanity and is the campus advisor for that organization. Married, she enjoys spending time with her husband, who “really enjoys steam engines and rebuilding cars, so I’m his assistant,” she says, laughing. She and her husband are expecting a baby and are “just kind of having fun with all the craziness that that’ll bring in December.”

Cozart, who loves to read, says she can read *The Lord of the Flies*, “over and over again,” and also enjoyed *Water for Elephants*. “I also enjoy Sticky Rice restaurant in Richmond and my husband’s also a good cook, so I don’t mind it when he cooks.”

She says that she can’t pick one favorite movie, but says that she loves drive-in movies.

In college, she was a resident assistant, which she loved. The director of housing, the hall director and the director of maintenance instilled in her a love of helping others. When she graduated, the political science major was offered a position to study in the House of Lords and, at the same time, a position as a hall director in student affairs. “It was a very difficult decision,” she says, but she ultimately chose to be a hall director. “It was really a defining moment for me,” she says.

Her favorite R-MC tradition is the community service that students perform. “Just watching the students give back to others and learn so much about themselves at the same time is great,” she says. With a baby on the way, her travel plans and activities have had to be cut short, but “starting a family,” she says, “is going to be the big adventure, coming this fall!”

-Matthew Guillen '14



Cultural Arts Events

at R-MC

Through Oct. 26

The Flippo Gallery hosts a **Matt Lively Art Exhibition**. Lively explains his work as images that suggest a story without a beginning or end. Free.

Fri. & Sat., Sept. 28-29

The **Open-Air Film Festival** concludes with the U.S. premiere of "The Source." The film begins at 7:30 p.m. in the Copley Courtyard. (Rain location: Andrews Hall Multi-purpose Room). The Sat. show begins at 7:30 p.m. at the Ashland Firehouse Theater. Free.

Sunday, September 30

R-MC hosts Ancient Sounds of Greece with Dr. Nikos Xanthoulis at 3:00 p.m. in St. Ann's. Xanthoulis, who recreated ancient Greek instruments and has studied ancient musical texts, will give an informative and entertaining performance of ancient Greek music. Free.

Monday, October 1

French Film Director Slony Sow will present his award-winning film, "Grenouille d' hiver" at 4:45 p.m. in the AV Room of the McGraw-Page Library. Sow will lead a Q&A after the film. Free.

Wed.-Sat., October 3-6

The Drama Department presents Proof by David Auburn. (Caution: Strong Language) Performances: Oct. 3-5 at 8:00 p.m.; Oct. 6 at 2:00 p.m. All performances take place in the Cobb Theatre. Tickets are \$5 per person, free to R-MC faculty, staff, and students. Call the Box Office at (804) 752-7316.

Sunday, October 7

The Richmond Symphony Orchestra will perform at 3:00 p.m. in Blackwell Auditorium. The RSO will present "Song and Serenade." Call the RSO for tickets at (804) 788-1212. A free pre-concert lecture will take place at 2:00 p.m. in the Thomas Branch Atrium. **Additional upcoming RSO concert dates:** November 4, 2012 and February 24 and May 5, 2013.

Saturday, October 20

Classical Guitarist Mark Edwards will offer a Master Class at 4:00 p.m. and a public performance at 7:30 p.m. in St. Ann's. Free.

Monday, October 22

R-MC hosts An Evening with Rabbi Aryeh Spero at 7:00 p.m. in Blackwell Auditorium. Spero will discuss why capitalism can be considered a moral system with virtuous facets. Free.

Sunday, October 28

The Stop Hunger Now Project will take place at 2:00 p.m. in the Brock Center. Help R-MC and Duncan Memorial package meals to support school feeding programs and international crisis relief.

Monday, October 29

The Franklin Debating Society will host the touring championship British debaters. The showcase event will be a public debate at 7:30 p.m. in Wash-Frank Hall. The topic: Be It Resolved That The United States should re-elect Barack Obama. Free.

Sunday, November 4

R-MC hosts the Richmond Symphony Orchestra at 3:00 p.m. in Blackwell Auditorium. The RSO will present "Little" Symphonies. Call the RSO for tickets at (804) 788-1212. A free pre-concert lecture will take place at 2:00 p.m. in the Thomas Branch Atrium.

Sunday, November 4

The R-MC Concert Choir will perform John Rutter's *Requiem* at 7:00 p.m. in Duncan Memorial. Free.

November 11 - December 21

The Flippo Gallery will host an **exhibition by artists Todd Knopke, Aaron McIntosh and Megan Sullivan**. An opening reception will be held on November 11 from 3-5 p.m. in Flippo. The reception and exhibition are both free. Note: Gallery is closed Nov. 20-25.

November 12

The Gender Bender Series presents author Kristen Schilt, who will discuss her book, *Just One of the Guys? Transgender Men and the Persistence of Inequality* at 7:00 p.m. in the Andrews Hall Multi-purpose Room. Free.

Welcome

THE R-MC COMMUNITY
WELCOMES:

Jayme Watkins (student life), Eleanor Shea '12 (admissions), Margaret Roy '12 (athletics), Justin Tuma (athletics), Shaza Ismail (scholar-in-residence), Emily Davis (library), Krystin Husz '12 (admissions), Melissa Pacheco (athletics), Anne Nuthall (athletics), Dale Sparks (ITS), Shoshanna Schechter-Shaffin (religious studies), Clare Gaeng (athletics), Matthew Bates (religious studies), Jean Clark (mathematics), Laura Detre (history), Na Gao (Asian studies), Joshua Quinn (personal and career development), Thomas Hubbard (personal and career development), C.J. Rhodes (athletics), Michelle Rittenhouse (mathematics), Colette Murstein (economics/business), Erin Clabough (biology), Timothy Schilling (economics/business), Elizabeth Meyer (psychology), Orlando Laureano-Figueroa (physical plant), Cheryl Parker (physical plant), Andy Norris (physical plant), Olivia Masser '11 (admissions), Van Johnson (physical plant), Devon Mattys (fine arts).



Randolph-Macon
College
Ashland, Virginia

The Buzz is published bi-monthly for faculty and staff. Please send news, comments and suggestions to Pam Cox at pamelacox@rmc.edu or Kathryn DiPasqua at kdipasqua@rmc.edu.