

APRIL 2013

Fit 4 Life: Wellness Matters

R-MC's Fit 4 Life initiative is a healthy success, in more ways than one. The college was recently recognized as a Gold Level Fit-Friendly Worksite by the American Heart Association. The Fit-Friendly Worksites Recognition program is an award given by the AHA's My Heart. My Life. initiative and is intended to be a catalyst for positive change in workplaces across America and in local communities. Initiatives that were implemented at R-MC include a walking/activity program; friendly team competitions to increase engagement; free exercise classes; Sneaker Days; at least 25% healthy options in campus vending machines; Chartwells' commitment to offering healthy food and beverage options; the Weight Watchers at Work program and Beeline to a Smaller Waistline/The Biggest Loser contests; annual biometric screenings; and free one-on-one consults with R-MC's health educator, Paige Toraason, R.N. Contact her at (804) 496-9940 or paigetoraason@gmail.com to schedule an appointment.

More good news: Viridian Health Management has been selected by CICV to serve as the Consortium's new wellness vendor, and benefit-eligible R-MC employees can sign up for free health screenings, which take place April 9, 10 and 11. And on April 27, employees, students and their immediate family members can lace up their sneakers and join Team R-MC to walk or run the Ashland Railroad Run. Thus far, 72 community members have signed up.

"It's exciting," says Director of Human Resources Sharon Jackson of the success of Fit 4 Life. "Folks are getting engaged in health and wellness. President Lindgren and senior administration continue to be tremendous supporters of our wellness initiative and it is great just hearing the buzz around campus. In addition to the Railroad Run, we currently have 75 employees signed up for the spring Fitness Challenge, in which they must exercise 30 minutes a day three times a week, and the Faculty/Staff Fitness Class continues to be a success meeting every Tuesday and Thursday at noon in the Brock Center. Our Weight Watchers at Work participants have lost a total of 180 pounds over the last six weeks and the number continues to grow. The Fit 4 Life program has been truly inspiring." To join the spring Fitness Challenge, contact Human Resources; it is not too late to be a part of this great program!



Paige Toraason

Commencement 2013

This year's Commencement ceremony will take place on Saturday, June 1. The Commencement speaker will be award-winning journalist and TV personality Katie Couric.

A cancer-research advocate and best-selling author, Couric is the host of *Katie*, a daily syndicated daytime talk show that premiered in 2012.

During Commencement, R-MC will confer honorary degrees on Couric as

well as former R-MC President Roger Martin and Robert Lambeth '71.

Commencement will be held at the Frank E. Brown Fountain Plaza at 10:00 a.m. In the event of rain, the ceremony will be held in the Brock Center.

Be sure to visit www.rmc.edu often for updates on information about this year's Commencement program.



Katie Couric

INSIDE: Your News • Spotlights • More!
.....

The Buzz: Helping Build Community Through Communication

YOUR NEWS

Lauren Bell (political science) is the author of *The Filibuster is Dead: Long Live the Filibuster*, which was published on February 4 on ForeignAffairs.com, the online presence of *Foreign Affairs*. In addition, she was a live (via telephone) guest on Wisconsin Public Radio's "At Issue" public affairs call-in show on March 7, and her research was cited in a March 11 article in the *New York Times*.

James Doering (music) is the author of *The Great Orchestrator: Arthur Judson and American Arts Management* (University of Illinois Press, March 2013). The biography charts the career and legacy of pioneering American music manager Arthur Judson (1881–1975), who rose to prominence in Philadelphia and New York at the beginning of the twentieth century.

Beth Gill (sociology) has been named to The American Council on Education (ACE) Fellows Program. ACE is the nation's most visible and influential higher education association. It represents the presidents of U.S. accredited, degree-granting institutions, which include two- and four-year colleges, private and public universities, and nonprofit and for-profit entities.

Gregg Hillmar (drama) was recently certified as a Bicycling Safety and Skills Instructor by the League of American Bicyclists. LCI (Lead Cycling Instructors) are the experts in bicycle education and safety. In addition, Hillmar will serve as a judge in the 2013 Student Lighting Design Competition.

Mark Malvasi (history) is the author of *The Finder* (Cranberry Tree Press, March 2013), his first book of poetry.

Tammí Reichel (OIE) has translated German to English texts for many years. A novel she translated for Dial Books for Young Readers, *My Family for the War*, recently won the American Library Association's 2013 Batchelder Award. The award is given to the most outstanding children's book originally published in a language other than English in a country other than the United States, and subsequently translated into English for publication in the United States.

Katie Shaw (fine arts) was one of several artists whose work was exhibited at the Arlington Arts Center juried art show January - March. The exhibition focused on the creative dialog around the ever-blurring boundaries between craft, design and fine art.

Ted Sheckels (English, communication studies) was one of several experts in rhetoric, political communication or inaugural history asked by *Inside Higher Ed* to grade President Obama's second inaugural address. The panelists were asked to comment not on the president's policies, but on the speech.

Eve Torrence (mathematics) was one of 12 recipients of the 2013 SCHEV/Dominion Resources Outstanding Faculty Award, the Commonwealth's highest honor for faculty at Virginia's public and private colleges and universities. On March 17, the *Richmond Times-Dispatch* ran a feature story in the Flair section about Torrence titled "Beauty in Math."

Jack Trammell (disability services) was a presenter at the 2013 Virginia Festival of the Book, held March 20-24 in Charlottesville. In addition, Trammell's latest book, *The Richmond Slave Trade*, has been nominated in the nonfiction category for the 16th Annual Library of Virginia Literary Awards. The Virginia Literary Festival will take place October 16-20.

Recycling: It's Easy Being Green

We talked to Craig Collins, environmental health & safety programs manager, about recycling on campus.

Q: What is "mixed recycling?"

A: We now use one company to handle all of our recyclables, so there's no need to separate them anymore. Mixed recycling simply means putting all of these materials in one container.

Q: Where did those big green containers for paper and cardboard go?

A: When we consolidated our recycling, we sent those back to the company. Now everything can go into the same container.

Q: What can I do with a used printer, copier or toner cartridge?

A: The easiest way to recycle a cartridge is to hand it to a Supply Room Company driver. Or you can write "recycle" on the box and place it in the interoffice mail.

Q: Are there any real benefits to recycling?

A: The most obvious is that it keeps materials out of landfills. Also, certain materials are in high demand and can be recycled for credit or even cash, which can sometimes be enough to pay for the service.

Q: Is there anything I can do in my office or workspace?

A: Sometimes, the most influential thing a person can do is to set an example. When others see you put a bottle or can in a recycling bin, it might give them a reminder that it is really easy to do. You can be the eyes and ears of the program!

Contact Craig Collins at ccollins@rmc.edu.



The BUZZ on Joseph Moser, German

German Professor Joseph Moser grew up in Vienna, Austria. He came to the United States and attended Hiram College, his mother's alma mater, which he says is very similar to Randolph-Macon. Moser earned degrees at Ohio State University and the University of Pennsylvania. "I love the sense of community we have here," says Moser of R-MC.

In his free time, Moser enjoys reading, swimming, and spending time with his 7-year-old daughter, Vroni, and 3-year-old son, Walter. He also loves learning new languages. When asked to list the languages he currently speaks, he ticks them off: "Here we go," he says, winding up for the list: "English, German, French, Spanish, Italian, Yiddish, Hungarian, Slovak, Dutch...and I also read Romanian."

Moser hasn't been in Virginia long enough to decide on a favorite place, but he enjoys visiting Busch Gardens with his family. Right now his favorite book is Henning Mankell's *Die Hunde von Riga*

(The Dogs of Riga). "It's part of the Kurt Wallander detective series," explains Moser. "He travels to Latvia to investigate a murder in the final year of Latvia being a part of the USSR—it's a brilliant amalgamation of suspense and recent history." He also enjoys a wide variety of music, but says, "I do like a lot of German music: old, new, all styles." His taste for food is equally multi-cultural; his favorite restaurants are Mi Jalisco and Jade, both near Ashland, as well as Bertucci's in Short Pump.

Moser says his biggest inspiration was his father. "He was essentially one of the first historians of the Holocaust," says Moser. "He had a lot of American scholars who would visit him in Vienna, and I realized that there was an interest in the German language here."

Moser and his students traveled to Germany and Austria during January Term in conjunction with the course, Holocaust and Jewish Culture in Germany and Austria.

Students took video footage of historic sites, and the video is available for viewing on the R-MC web site.

-Matthew Guillen '14



The BUZZ on Amy Armenia, Sociology

Sociology Professor Amy Armenia grew up in the suburbs of Chicago and went to graduate school in Massachusetts.

Despite having taken a tenure-track faculty position in New York, Armenia ultimately wanted to live and work somewhere smaller. "I had visited friends who lived in Richmond," says Armenia, "so when I saw the job posting for R-MC, I applied for it. After my campus interview—and meeting the great faculty and students—I knew this was the right place for me."

In her spare time, Armenia enjoys spending time with her two-year-old daughter at Maymont Park, which is one of her favorite places in Richmond. "Even before I had my daughter, I loved seeing the animals at the Children's Zoo and visiting the amazing gardens," she says.

She also enjoys taking drawing classes

and running. "I have run in the Monument Avenue 10k every year since I moved here in 2008," she says, "so I find that good motivation to train in the spring."

When not she's not running or exploring Maymont, Armenia loves to read. "During the school year, I keep it light and read a lot of mystery novels," she says. A lover of "cooking and eating," she says that she "especially enjoys Vietnamese and Indian food."

Armenia began college with the intention of becoming a social worker, but started down the path to her current field when she was hired by her undergraduate advisor as a research assistant to interview working-class couples on the transition to parenthood. "I was fascinated by the issues they faced," says Armenia, "and love the chance to interview and hear people's stories."

Currently, she is working with col-

leagues at two other schools on a research anthology focusing on people who work in care positions, such as child care, health care, and elder care. "It's going to be called *Caring on the Clock*," she says, "and our final manuscript is due to the publisher in July, so I should be pretty busy through then!"

-Matthew Guillen '14



Cultural Arts Events

at R-MC

April 5

The International Interest Group presents the second annual **Dance and Fashion Showcase** at 5:30 p.m. in Blackwell. Enjoy dances performed by students, staff and faculty. Free and open to the public.

April 9

Faculty Recital: Celebrating Stravinsky will take place at 7:30 p.m. in St. Ann's. Performers include pianist James Doering, mezzo-soprano Elizabeth Eschen, cellist Jason McComb, and guitarist Andrew McEvoy, who will perform along with special guests The Richmond Guitar Quartet. Free and open to the public.

April 11

The **Mike McKay Lecture on the Mind** will take place at 5:30 p.m. in Copley 100. Professor Read Montague from the Virginia Tech Carilion Research Institute will present "Can we phenotype thought? Modern neuroimaging and the effort to connect mind to brain." Free and open to the public.

April 11

Archbishop Elias Chacour will speak at 7:00 p.m. in Duncan Memorial United Methodist Church. Free and open to the public.

April 13

Camptown returns to R-MC! Join us for food, fun and music from 2-5:00 p.m. at Fountain Plaza. Free and open to the public.

April 17

The **Moreland Lecture** will take place at 7:30 p.m. in the Topping Room. UVA Professor Yunsheng Huang will present "Internationalization of Buddhist Architecture." An informal reception will be held at 4:00 p.m. in Fox 102. Free and open to the public.

April 20

The **Richmond Guitar Quartet** will perform at 7:30 p.m. in Blackwell. The Quartet is one of the most notable examples of classical crossover musicians in our area. Free and open to the public.

April 21-May 31

Artists Arthur Hash and Susanna Starr will exhibit works derivative of the traditional practices of sculpture and metalsmithing. The exhibit takes place in Flippo Gallery and is free and open to the public. An **opening reception** will take place April 21 from 3-5:00 p.m..

April 27

March a Difference Day is an annual event held in conjunction with the celebration of Earth Day. Students, staff and faculty, along with local citizens, volunteer to tackle a variety of earth-friendly projects in the Randolph-Macon community. We need you to volunteer to make this year even more successful! Contact Christina Cozart at (804) 752-3133 for more information.

April 27

The **Spring Concert Choir** will be held at 7:00 p.m. in Blackwell. The Concert Choir is under the direction of Music Professor Chris Ryder. Free and open to the public.

May 1-4

The Drama Department will present **Lettice and Loveage** by Peter Shaffer at 8:00 p.m. in Cobb Theatre. This play is directed by Michelle Nieporte '13 as her senior project in Drama. The Box Office takes reservations beginning April 22. Tickets are \$5 per person, free for R-MC faculty, staff and students. Call (804) 752-7316.

May 5

The **Richmond Symphony Orchestra** will perform Beethoven's *Pastorale* at 3 p.m. in Blackwell. Tickets are \$20 for adults, \$18 for seniors, \$10 for children, and \$5 for students with valid college ID. Call the RSO at (804) 788-1212 to purchase tickets. A free pre-concert lecture, hosted by Music Professor James Doering, will take place at 2:00 p.m. in Thomas Branch.

Welcome

THE R-MC COMMUNITY
WELCOMES:

William Foote (physical plant),
Katie Fauth (library), Kirk
Baumbach (ITS), Bryant
Anderson (physical plant), Gary
Williams (athletics), Cara Carne
'12 (advancement), Cat Clough
(HAC), Tracy Walker (psychology),
Donald Sparr (fine arts), Mary
Ann Lugo (modern languages),
Tony Boiteau (physical plant),
Lachelle Lewis '12 (advancement),
Lori Keyser-Marcus (psychology),
Byron Overstreet '12 (athletics),
Kathryn Trapp (mathematics),
Joseph Eveler (fine arts), Michael
Spinelli (mathematics), Anne
Derby McDougall '79
(economics/business), Cynthia
Pauley (business office).



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.