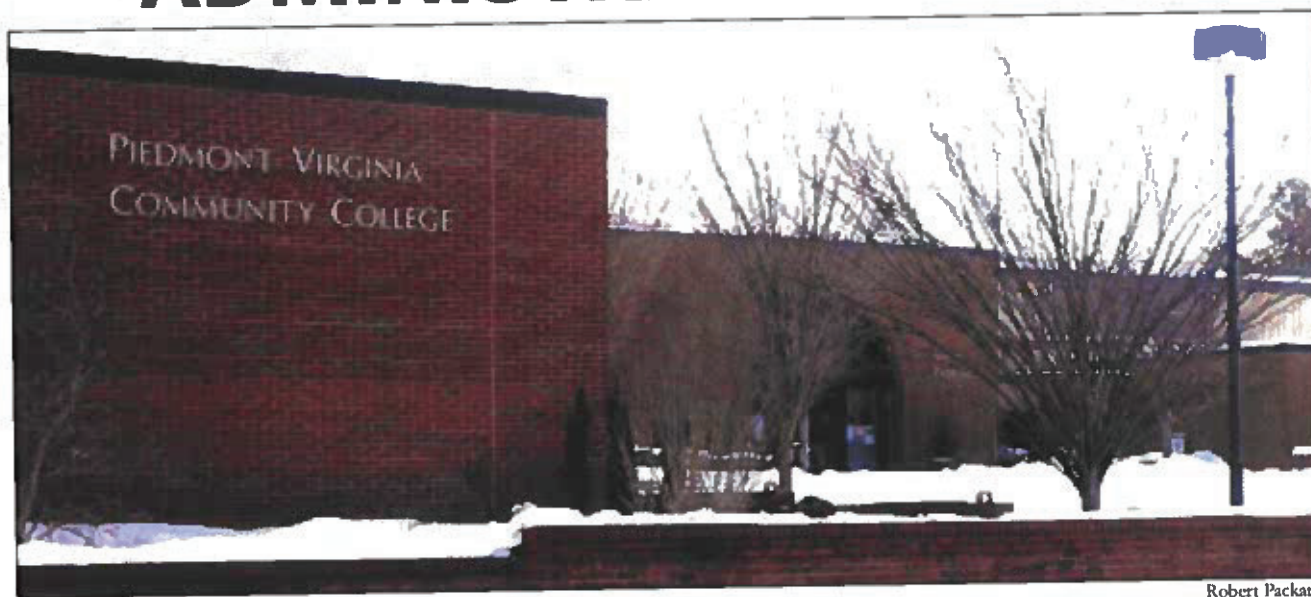


# theForum

Piedmont Virginia Community College

Volume 8, Issue 7- February 2010

## DONNELLY NEW IN PVCC ADMINISTRATION TEAM



Robert Packard

*"Snowmageddon" notwithstanding, Donnelly will begin his position at PVCC as the Vice President of Instruction and Student Services on Monday, February 15.*

CANDICE JOHNSON  
FORUM STAFF WRITER

There will be a new face in administration walking the halls of Piedmont Virginia Community College this semester. Dr. John Donnelly starts his new job as PVCC's Vice President for Instruction and Student Services (VPISS) on February 15.

"I am looking forward to working with the faculty, staff and leadership at PVCC," Donnelly states "I plan to do a lot of listening to what those students, staff and administration who have been

at the College have to say."

Donnelly, who grew up in Richmond, Virginia has lived in Boston for the last year and a half working at Mass Bay Community College.

He was particularly drawn to the community college system because of its "ability to change peoples' lives and to make a difference in the communities."

"The community college is a unique entity that has the power to transform lives. The focus on student success, teaching and serving the varied needs of the community is exciting."

He is not new to the Vir-

ginia Community College System (VCCS). He formerly served as an academic dean and history professor at Germanna Community College.

While working at Germanna, "I was aware of the excellent reputation of PVCC "said Donnelly. "The strength of its transfer and workforce development programs and the strength of PVCC's faculty, staff, and administration" attracted him to the college.

When asked about what he looks forward to addressing in his new position he stated, "Accommodating the growth in en-

rollments is exciting and also a challenge." He also finds it "exciting that the College is opening a new building on campus." As the VPISS, Donnelly will work with instructors operating in the four buildings across campus.

His plan is "to build on the successes of the current leadership team and work with the faculty to ensure student success." He states that by doing this, he will learn more about the way PVCC operates and get to know the system.

When asked what the differences were between See "Donnelly" on page 2.

# AMBASSADOR OF MUSIC COMING TO PVCC

AVERY LEE  
FORUM STAFF WRITER

The self-proclaimed Ambassador of Urban Soul, Steve Wallace, will perform at PVCC. Wallace smooth, soulful style will permeate the Bolick Center in the Main Building on February 24th. Music was a second language to Wallace who started singing at the age of six in his church choir in Chicago.

His passion and natural musical ability led to an audition at The Merit School of Music. He was given a full scholarship to the school and attended from ages nine to thirteen.

While at school, he studied classical voice and composed a lyric opera. He learned to sing in several languages. Wallace derived inspiration from nearly everything, ranging from

Beethoven to The Wiz, an adaptation of The Wizard of Oz featuring Michael Jackson.

Wallace eventually returned to his urban Chicago roots and now composes music that causes him to be compared to Stevie Wonder.

That comparison is not hindered by Wallace's first name and dreadlock hair style that he and the icon share.

Many of Wallace's songs explore the themes of love and romance. The music video "Searching," posted on his MySpace page, shows Wallace interacting with various attractive, curvy and relatively modestly dressed women in his search for "the one."

Yet Wallace seems to be at his best when he tackles serious, social issues.

In "Packages," Wallace touches on themes of inner-city violence. His voice is mature and passionate.



1.bp.blogspot.com

*Steve Wallace returned to his urban Chicago roots and now composes music that causes him to be compared to Stevie Wonder.*

ner-city violence. His voice is mature and passionate.

Wallace and filmmaker IMF have teamed to create "Urban Soul," a movie that expounds on Wallace's lyrics that express the realities of African American urban life. In an interview with J-didda of Mogul Status, Wallace described "Urban Soul."

"The movie in essence is a mini-movie musical. Kind of a cross between West Side Story and Purple Rain

with a more modern Hip Hop sensibility" says Wallace.

It addresses many social issues such as "gentrification, community, relationships, state of black America and hip hop culture and even terrorism."

To sample Wallace's music, visit [stevewallacemusic.com](http://stevewallacemusic.com). Also, previews of "Urban Soul," are on YouTube.

Wallace performs in the Bolick Center on February 24 at from 12:10 p.m. to 2:20 p.m.

"Donnelly" from page 1. Massachusetts' and Virginia's Community Colleges, he stated "The leadership at the VCCS is focused on ensuring that our programs are of quality and that students are prepared for future education and/or the workforce. The partnership between

the colleges and the VCCS creates many more successful opportunities for students."

As for Donnelly's education experience, he is no stranger to Central Virginia and the robust education that it has to offer.

"I went to James Madison University where I earned a

B.A in French and then went on the Virginia Commonwealth University where I earned a B.A and a M.A. in History.

"I then earned a Ph.D. in higher education from the University of Virginia."

Finally, Donnelly states that: "Working as the Vice President

for Instruction and Student Services at an institution that I admired and respected was an opportunity I could not pass up."

There will be a welcome ceremony for him in the Bolick Student Center on February, 15 at 3:00 pm in the North Hall Meeting Room.

# HAITIAN-AMERICANS TO HELP NATIVE LAND

BENJAMIN BROOKS  
FORUM STAFF WRITER

Haiti is trying to recover from the earthquakes that struck the island country on January 12. Officials are saying the quake claimed the lives of over 30,000 people and caused around 29 million dollars worth of damage.

The usual humanitarian aid non-profit organizations have already rushed to the country's aid, but relief has also come from a few of Haiti's own.

Haitian Americans represent only 0.2 % of the population according to a 2007 U.S. Census Bureau poll.

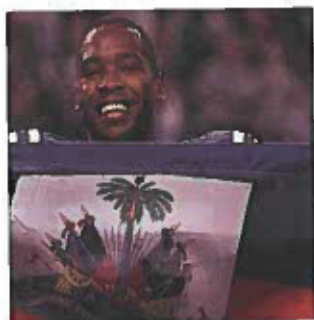
However some famous Haitian born Americans have already contributed to the relief efforts.

Pierre Garçon of the Indianapolis Colts and Jonathan Vilma of the New Orleans Saints recently squared off against each other in Super Bowl 44, but they are focusing on working together for the relief effort.

Garçon has promoted awareness by keeping the Haitian flag flying during post game interviews and promises a visit after the big game.

The New York Daily News reports that on Wednesday January 13, Garçon had a message for his 16,000 Facebook fans.

"I'm giving out autographed items to fans who do-



*Pierre Garçon holds up the Haitian flag after a Colts' win.*

nate money to help my foundation help with the Haiti relief." By Thursday, Garçon had raised \$10,000 dollars.

Like Garçon, Vilma of the New Orleans Saints is also of Haitian decent and raising awareness.

"It's more about trying to be a champion and trying to bring back something to not only myself, but everybody in the Haitian community," Vilma said, as quoted in the New York Daily News. Vilma has become a spokesperson for the American Red Cross, and all proceeds from his new T-shirt sales will go to the rebuilding of Haiti.

The giving spirit doesn't just reside in the NFL. Samuel Dalembert of the NBA's Philadelphia 76ers, who is of full Haitian decent, along with other NBA stars



## In Memoriam of Morgan Dana Harrington

have gone above and beyond the usual of just giving money.

His father, sister, and brother were in Haiti at the time of the earthquake, but are OK.

Dalembert, as USA Today reports, has already visited Haiti twice and not only has donated his money, but has spent time in Haiti. He helped bring orphans to their new homes in the United States.

The actions of these athletes have shown the younger generation of sports fans that in a world where athletes are typically not the best role models.

To get involved with the relief effort, one can text "HAITI" to 90999 on your mobile phone and thus donate \$10 to the American Red Cross. The amount would be charged to your next bill.



*Jonathan Vilma, linebacker for the New Orleans Saints has become a spokesperson for the Red Cross.*



# PVCC COUNSELING CENTER OFFERS CHAT, VISITS

JESSICA DOWNING  
FORUM STAFF WRITER

Annette Williams, coordinator of the Counseling and Career Services Center, announces that a live, online chat with counselors is available to students.

Every Monday from 1:00 p.m. until 3:00 p.m. the counselors will be answering questions online.

Students no longer have to make an appointment, play telephone tag, or have to drive to college to have their general counseling questions answered.

This service will be especially useful to students who live a considerable distance from the college.

To take advantage of this service one can click on the "Current PVCC Student" button



swimmingworldmagazine.com

*For student interested in transferring to JMU,  
there will be a trip to the JMU campus on  
February 19.*

off the PVCC homepage, then click on "counseling the in the left-hand menu. That will take

one to the counseling services main page and there is a link for the live chat prominently

displayed. One can also leave a message for a counselor when the live chat is not in session.

The center is also sponsoring a trip for students interested in transferring to the University of Virginia on Wednesday, February 17.

The group will tour the central grounds and listen to an information session.

For students interested in transferring to James Madison University (JMU), there will be a trip to the JMU campus on Friday, February 19.

These events are great opportunities for students to know more about the school they might transfer to.

For more information one can visit [pvcc.edu/transfer\\_opportunities](http://pvcc.edu/transfer_opportunities).

# LOCAL FILMMAKER TO INFLUENCE C'VILLE CULTURE

J HATFIELD  
FORUM STAFF WRITER

"People think of Charlottesville as a 'music town,' but there's no reason it can't be a 'film town' too" Brian Wimer said on Friday, January 29 in the South Entrance dining area at PVCC.

Wimer, a multifaceted writer, director, actor and producer began his award winning career as an advertiser nearly two decades ago. "I started writ-

ing screenplays about ten years ago," Wimer said, "[My crew and I] started with numerous shorts, industrials, and viral videos." His recent feature film, "Mantra," won "Best Picture" at Fright Night Film Festival in Louisville. Wimer currently works with Amoeba Films in Charlottesville; he can be reached via Facebook, by searching for 'Brian Wimer.'

Wimer's newest project is The Filmmakers Republik. The

FMR was formed on January 27, 2010 and can be found on Facebook by searching "Filmmakers Republik." Wimer explained the particular spelling of "republic" was "To emphasize the egalitarianism of the group [in order to] reach out to everyone in film ... from actors and directors to web and graphical designers to set managers and catering."

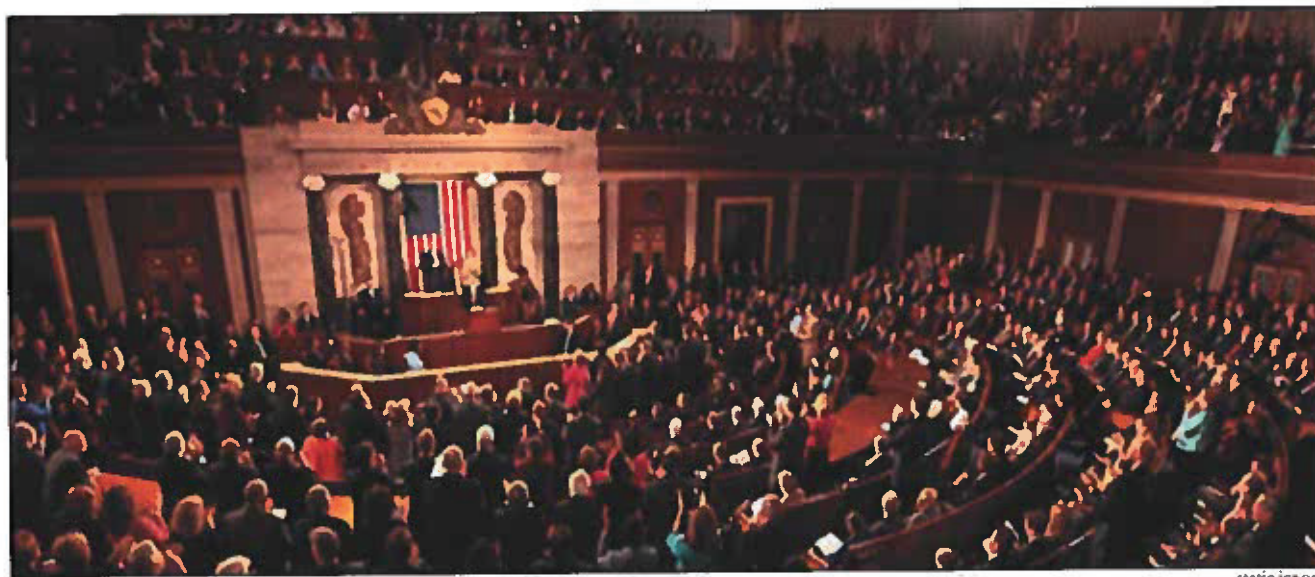
The FMR is set up to be more than a support group for film enthusiasts. "It's tied to the

Charlottesville chapter of the Virginia Production Alliance in an effort to expand collaboration among Charlottesville's film community" Wimer stated.

Film enthusiast, Lana Young commented on the FMR's Facebook page, "This is so exciting!!"

Wimer said, "I'll put up a schedule soon, but until then the next FMR meeting is 8:00 pm Thursday, February 25th - Location: "The Green Room" 201 Elliott Ave (IX Building)."

# 2010 ELECTIONS: GOP COULD REGAIN POLITICAL MAJORITY



static.icr.org

*In the 111th session of the United States Congress the Democratic Party holds the majority with 257 delegates, while in the Senate it holds majority with 57 senators.*

MATTHEW HORN  
FORUM STAFF WRITER

Job hunters continue to face tough challenges as the national unemployment rate remains alarmingly high at 9.7%. The Labor Department said the economy has lost 150,000 jobs in December 2009, but the economy has lost 8.4 million jobs since the start of the recession in December 2007. While Americans are distressed and anxious about high unemployment, President Obama has declared that job creation will be his top priority in 2010. But will it be enough?

With the 2010 Mid-Term Elections approaching, there are many issues on the minds of the American people. Poll results on "the top ten issues" from news sources ranging

from Fox to CNN were compiled by Rasmussen Reports.

In early February, Rasmussen Reports announced "Republicans Still Trusted More on Most Key Issues." In the poll 1,000 likely voters were surveyed. It showed that in categories ranging from taxes to governmental ethics, Republicans were trusted more than Democrats by 16% to 3%.

Mahmood Moghimzadeh, associate professor of economics at PVCC stated, "I believe voters are going to vote Republican because of the high disapproval of Obama's Stimulus Package and Healthcare Plan." Moghimzadeh pointed out, "Scott Brown's victory in Massachusetts is a sign of trouble for the Democrats in the fall."

The average of polls taken

## RASMUSSEN REPORTS

mrc.org

*In addition to political polling, Rasmussen provides public opinion data, analysis, and commentary, along with coverage of business, economic, and lifestyle issues.*

from January 14 through February 3, show that 70.2% of the American people disapprove of the way Congress has performed. Polls questioning citizens' approval of the direction America is headed show a similar trend. Concerning Obama's performance as presi-

dent however, there is a pretty even break in the two categories. He has a 47.7% approval.

With the current level of dissatisfaction with the current Democratic leadership, many feel it is likely that GOP candidates will replace current Democratic seats in the 2010 election.



# PVCC TO HOST COMEDIAN, JUGGLER MARK NIZER

ELIZA SEIBERT  
FORUM STAFF WRITER

Have you ever seen a man juggle on a hang glider? What about a man juggle underwater in a tank of sharks? Well, Mark Nizer has done it! Nizer's performance is like a circus packed into a one-man show.

He is not only a juggler and comedian, but also a daredevil and technology whiz. He is coming to PVCC on Friday, February 19, at 7:30 p.m. in the Dickinson Theater.

Mark Nizer wasn't born with this talent. "In college, I was gone most of the time in the gym practicing all day."

He recalls looking foolish during his practices while he's "standing in the swimming pool with 25 ping pong balls around me leaning back spitting them in the air."

Attaining his skills took commitment and countless hours of practice. At one point in his life, he was juggling about ten hours a day.

"That was when I was really trying to win the [National Championships] and everything," comments Nizer as he recalls his early juggling career.

While he was aspiring to be a professional juggler, he made his living by "street performing in mostly Balboa Park in San Diego, New York City's Central Park, Washington Square Park and Key West on New Year's every year."

After winning the National Championships in 1990, he



blogs.hdnnews.net

*Daredevil and technology whiz Mark Nizer will perform in the Dickinson Black Box Theater on Friday, February 19 at 7:30 p.m.*

went on to win Comedy Entertainer of the Year in 1998. In addition to all his awards and nominations, he has also traveled the world to thousands of different sites such as the Kennedy Center and Disney World.

Furthermore, he has had provided the opening act for performances by Jerry Seinfeld, Bob Hope and Barry Manilow.

As much fun as Nizer's job seems, it isn't easy, and is often downright dangerous.

Nizer describes his past injuries, "One time when I threw a ball up 20 feet in the air I hit

See "Nizer" on page 10.



nizer.com

# CHEVROLET CAMARO ATTAINS TOP RANKING

JASON FLINN  
FORUM STAFF WRITER

Since it first rolled on to the dealership lots earlier in 2009, there has been no end to the praise of the new Chevrolet Camaro from buyers and reviewers alike.

These stylish new sports cars gained instant recognition, gracing magazine covers from *Auto Trend* to *Car and Driver* months before their release to the public.

Arguably the best of the pony car revival of recent years, they are able to outperform their closest contenders while remaining competitively priced.

It is no wonder that Chevy's answer to the Ford Mustang and Dodge Challenger remains so popular, second only to the Corvette in reputation among the GM faithful.

But what about the smaller, more cost efficient six cylinder model? These one does not see splashed across a high-profile automotive publication, or glorified in a magazine centerfold nearly as often as the flagship V8.

While they may be the underdogs of the Camaro line-up, the smaller coupes perform just as well in their own competitive field, while staying far closer to the budget of an average college age buyer. \$22,680 is not that bad as far as sporty coupes go.

It's easily competitive with the 2010 V6 Mustang (\$21,395), and with the Camaro, one gets a lot more car for the money.

Firstly, to address the part most sports car enthusiasts



Jason Flinn

*The base model Camaro makes 304 horsepower and 270 foot pounds of torque from its 3.6 liter V6.*

are concerned with: engine power. The base model Camaro makes 304 horsepower and 270 foot pounds of torque from its 3.6 liter V6.

Even with a slightly porcine 3780lb curb weight, it does not disappoint. The coupe can easily do the 0-60 dash in 6.1 seconds, turning a 14.3 second quarter-mile. That's faster than the '10 Ford Mustang V6 by a half second and a full second respectively.

The '10 Camaro comes with a good deal of performance oriented features in its base form as well as the upper tier SS model. The V6 comes standard with a limited slip differential, four-wheel vented ABS disc brakes, dual exhaust and a sport tuned suspension with an independent rear axle.

Both the six and eight cylinder trim levels are available with

either a six speed manual or a six speed automatic transmission with GM's TAPshift paddles. A better performing sport coupe for under 25k is hard to find.

Unfortunately, not all is perfect in this remake of an American muscle classic. The problems that plague the larger V8 tend to trickle down to the six cylinder model as well. GM has a bad habit of using cheap-feeling interior materials, and the new Camaro is, regrettably, no exception.

The plastics of the doors and dash are hard to the touch, and the material of the seats is coarse.

It probably would not be a bad idea to pony up for the leather interior options. As well, the one major problem with all of the modern muscle cars is evident here; weight, specifically the overabundance of it.

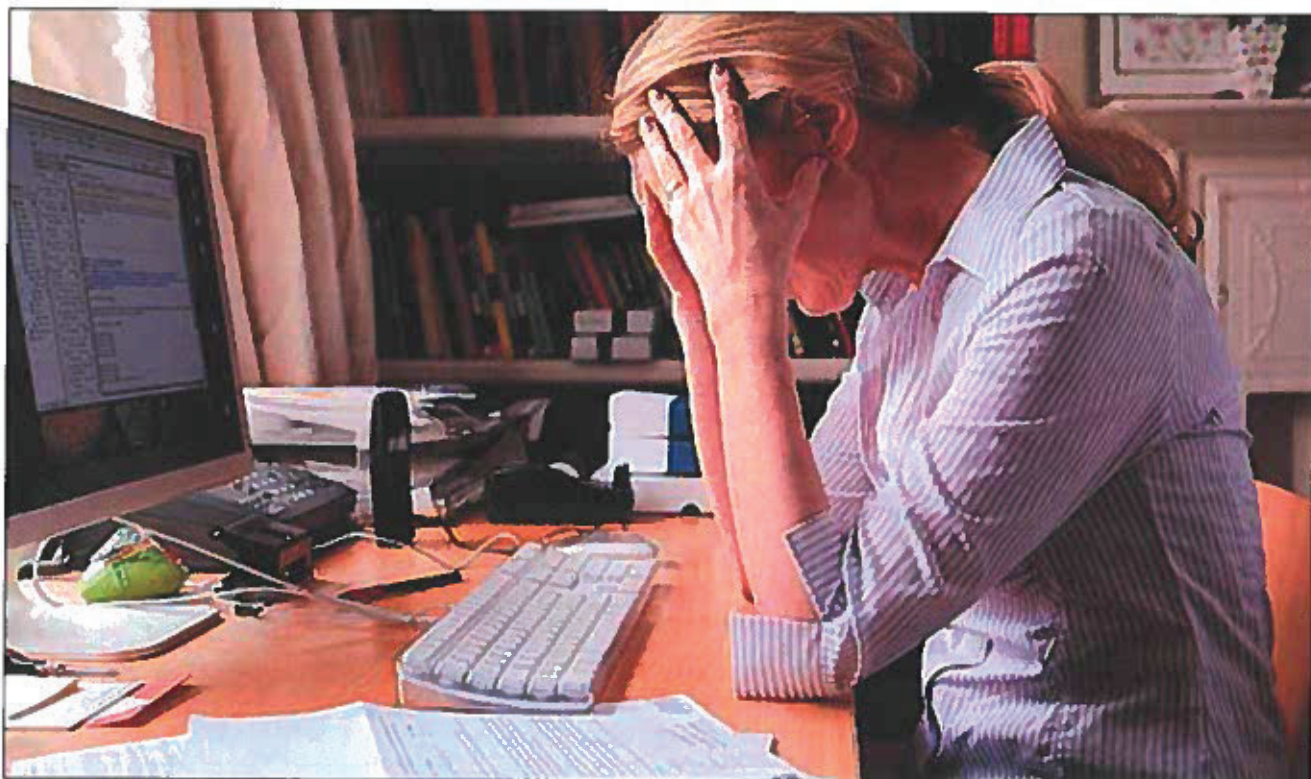
The base model Camaro isn't quite as heavy as a Dodge Challenger V6 (undercutting it by a hundred pounds) but comes in a full 300lbs heavier than the same year Mustang. Trimming a bit of the extra vehicular flab would definitely be appreciated.

All in all, the 2010 Camaro is at the top of its class, regardless of engine or trim level. While the enthusiast inside of one may cry out for a 426 horse, V8 pony-killer, the base model Camaro is no slouch.

One can still get a classic Chevrolet to help put plenty of Mustangs and Mopars in your rear view mirror, without breaking the bank or driving your insurance through the roof.

With GM backing its collegiate discount program as well, one may just be closer to owning an American icon than one thinks.





Holly Nguyen

## STRESS IS NOT A MUST-HAVE

HOLLY NGUYEN  
FORUM STAFF WRITER

With the adverse effects of the recession still at large and the weather forcing a growth in cabin fever, it is no wonder that college students tend to suffer from some form of depression or anxiety. As the semester progresses and mid-term exams approach, how can one avoid a meltdown?

A simple answer is to ration one's time. One prioritizes. However, that list of priorities often excludes relaxation sessions.

Taking a few minutes to practice diaphragmatic or "deep breathing" exercises coupled with progressive or "deep muscle" relaxation can really improve one's ability to tame his or her stress, according to Lynn Ponton, MD, Professor of Clinical Psychiatry at the University

of California, San Francisco.

An example procedure suggests lying face down on the floor while breathing deeply and slowly, placing the hands beneath the face. One should do this for five minutes. Notice the steady rise and fall of the diaphragmatic area with each inhalation and exhalation.

The simplicity of these exercises can range from said exercise to full meditation to a vigorous exercise or yoga.

For those who would like to begin tackling stress in a less time consuming or "out of the way" practice can start by tweaking our diets. Erin Bates, citizen journalist, shares a list of the top five foods for fighting depression.

The first is fish oil, which contains omega-3 fatty acids used not only to prevent many cancers and cardio-

vascular diseases, but is also proven to boost mental health.

In a 2002 study featured in the "Archives of General Psychiatry," participants who took merely one gram of fish oil a day noticed a 50% decrease in anxiety, sadness, and suicidal thoughts.

The list of foods continues to include brown rice, whole-grain oats, Brewer's yeast, and cabbage. As for foods to avoid, Bates suggests steering clear of caffeine and foods lucrative with sugars and fats.

If stress and/or depression persists or becomes unmanageable, do not hesitate to contact loved ones or a professional for help.

To help with academic stress, Piedmont offers an excellent counseling program located in room 132 of PVCC's Main Building, and appointments can

be made by calling 434.961.5264. PVCC even provides live online counseling help on Mondays from 1:00 p.m. to 3:00 p.m.

As for other habits to maintain, one should acquire 7-10 hours of sleep a night and make time for hobbies and entertainment to distract and relax.

Consider attending one of PVCC's many special events, such as the Steve Wallace live music performance in the Bolick Center on Feb. 24, and Free Movie Night on Fridays in Dickinson.

One could also go see the Richmond Ballet on March 17.

Other viable options include playing sports, practicing an instrument, or cooking.

How much easier can it get to relieve stress? One simply needs to engage oneself in sleep and the aspects in life that one enjoys the most.



# TREY ANASTASIO BAND HAD SOLD OUT SHOW

JOHN McAVOY  
FORUM STAFF WRITER

Tie-dye T-shirts were hidden under winter coats as fans waited in line for the Jefferson Theater doors to open at 7 o'clock. The excitement was evident in the cold night air as fans traded stories of previous Trey Anastasio concerts they had attended. Long-time fan, Paul Stojek, said he was "Looking forward to something special. Trey loves Charlottesville."

The show opened with a crowd pleaser, the song "Shine." With its positive lyrics, Anastasio set the mood for the night, singing "... and the light shines on, while we all ride on. When the days come and gone, you know we all ride on."

Trey Anastasio reunited with the classic lineup of Trey Anastasio Band (TAB). The band began its month-long tour at the Jefferson Theater with benefit concert for Anastasio's late sister, Kristine. All the proceeds from that concert will go toward the Kristine Anastasio Manning Memorial Fund. Manning, an active environmentalist and author

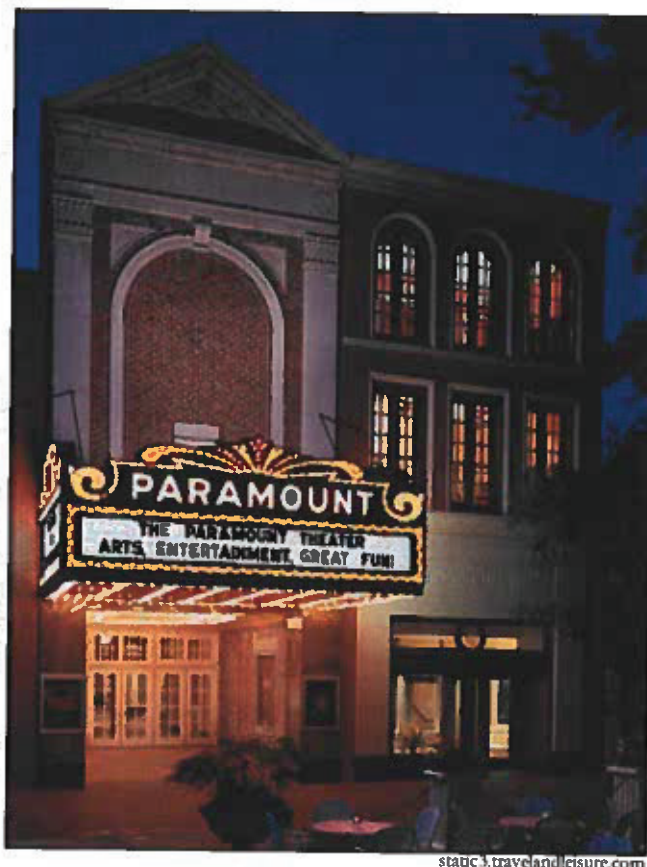
of "The Ecology of Peace," passed away in April 2009 due to neuroendocrine cancer. The concert marked what would have been her 47th birthday.

The only new face on stage was the 18 year old daughter of long time TAB musician Jeff Cressman. He was unavailable on account of his current tour with Santana.

Jessica Cressman took her father's place on the trombone, and looked nervous but played well. At the end of the second song, Anastasio shot her an affirmative thumbs up and the crowd cheered wildly.

The last time Anastasio played in Charlottesville was at the John Paul Jones arena with his popular jam band Phish. The band sold out the 16,000 person capacity in minutes for the November 2009 show. The February TAB performance also sold out. But the Jefferson Theater, with seating for 750 allowed for more intimate experience than the mega arenas in which Phish typically performs.

For more information on TAB and Anastasio, one can go to <[treyanastasio.com](http://treyanastasio.com)>.



[static3.travelandleisure.com](http://static3.travelandleisure.com)

*TAB began its February month-long tour at the Paramount Theater.*



[boston.com](http://boston.com)

*Trey Anastasio is better known for being in the band "Phish."*

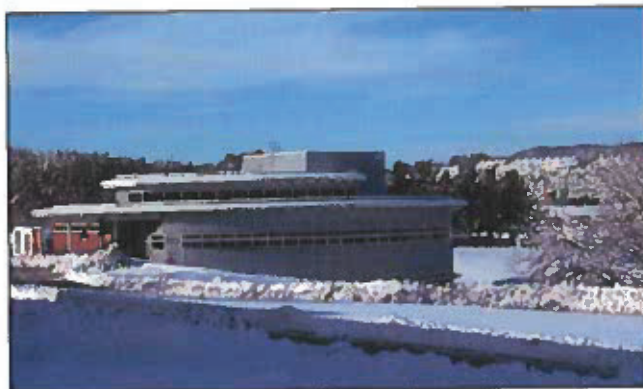
## IMAGES FROM SNOWMAGGEDON



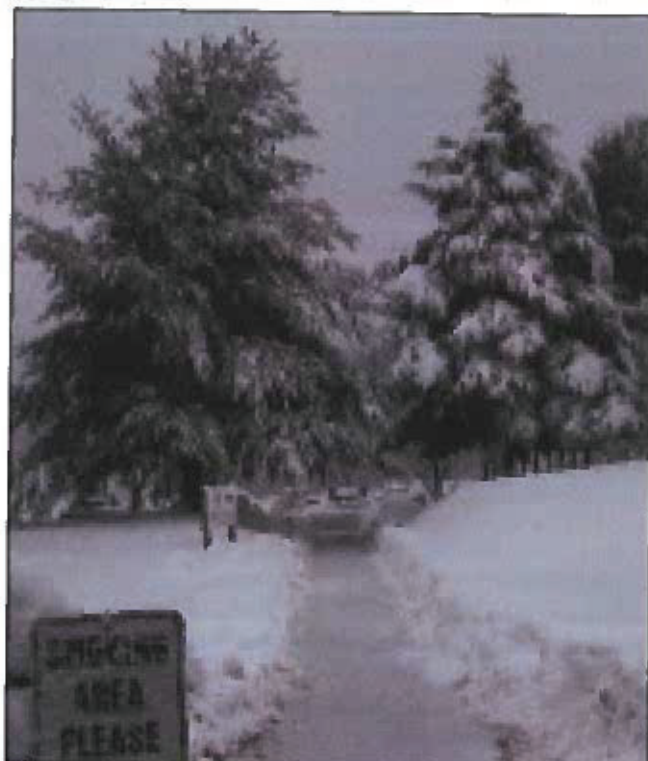
Jon Hasenfus

Above (from left to right): Jonathan Motlaugh, Laryssa Coogan, Matt Fielding, Beth Russel, Kevin Schmidt, Fletcher Hultman, and Ben Dillenbeck pose with the snowman they made near PVCC's South Entrance.

Below, next page: images of the snowy Piedmont Campus taken by Bill Wheeler, PVCC electrician.







Brian Wheeler