Students Stand Up
Protesting Prop 8

The Planning Steering Committee & the College’s Future

The IST Boom

The Psychology of Sport
As the fall semester comes to a close, the December issue of The DSJ takes a look at students standing up — about issues varying from gay marriage to what the College’s future should look like. Join your campus, and take a stand on something you find important.

The DSJ is the College’s only monthly newsmagazine and daily online paper. Access us anytime on the web at dogstreetjournal.com. We strive to provide a quality, reliable and thought-provoking media outlet serving the College community with constantly updated coverage of diverse topics. If it happens here, you’ll know.

Photo by Erin O’Brian Houston
Design by Marina Stranieri
Ballroom Dancing Club Hosts Fundraiser

“Dancing with the Stars of William and Mary” took place Tuesday, Nov. 11. Seven contestants, from Student Assembly President Valerie Hopkins to English Professor Colleen Kennedy, were paired with club members to dance in front of an audience. The winner - Professor of Law Lauren Heymann, who performed a swing dance - was allowed to choose the charity proceeds would be donated to. Heymann was the only contestant to earn a perfect score of 10.

IT Department Receives Two Awards

The College’s IT Web site received an Award of Excellence in the category of Computing Services Public Web site. The Tribe Voices program, which lets students create personal sites, won Best in Category Award for Software Distribution (Electronic Media), both from the Association for Computing Machinery’s Special Interest Group for University and College Computing Services. “We are honored to be recognized by our peers in higher education,” said Susan T. Evans, director of Web and communication services, in a William and Mary press release.

Students Vote in High Numbers in Election

3,803 people voted at the Williamsburg community center on Tuesday, Nov. 4. This number constituted 81 percent of all registered voters in the area. Despite rain, in the early morning students and community members waited up to an hour and a half to cast their ballot in the presidential election. The SA provided warm cider and ‘Hark Upon the Ballot Box’ stickers over the course of the day. Williamsburg as a whole went 63.76% for Obama and 34.66% for McCain.

Committee on Sustainability Gets First Round of Green Projects

The projects are designed to help make William and Mary greener and are funded through the College’s new “Green Fee.” Projects include a one-time support of $16,000 for the recycling effort, $3,000 to support work on solar cell development, $15,000 to install occupancy sensors in Swem Library and $16,000 to support electric metering in the Randolph Complex and $3,000 to monitor stations needed to study storm water runoff on the Williamsburg campus.

College Receives $2 Million to Train Math and Science Teachers

A grant for $750,000 from the National Science Foundation will establish the Noyce Scholars Program, and a grant for $1,172,507 will establish the Teachers for a Competitive Tomorrow Teaching Fellows Program. Faculty members from both the School of Education and Arts & Sciences will collaborate to administer the grants. The TCT will support summer research and science teaching internships, and the Noyce grant will support about 33 students to pursue study and internships.

First Collegiate Ruritan Chapter Begun at the College

Ruritan, a national civic service organization that works in over 1,200 communities nationwide, mostly on specialized projects serving the individual needs of each community. This November, Ruritan National issued its first collegiate charter. The club founder, Paul Lendway (’11), met the president of the organization, and the two decided to establish a collegiate chapter at the College, largely to help the organization connect with a younger demographic. The club will serve as a role model for others to follow.

College Featured on PBS Special About Queen Elizabeth II

Her Majesty, Queen Elizabeth II, visited the College in May 2007 as part of a larger trip around the United States. The BBC documentary shown on PBS is called “Monarchy, The Royal Family,” and focuses on the life of the Queen and the royal family. In the first hour of the special, the Queen’s trip to William and Mary is featured, including her greeting thousands of cheering fans outside the Wren Building.

december 3
who: all break-dancing fans
what: planet b-boy
when: 8:30 - 10:30 p.m.
where: tidewater a
why: to watch a documentary

december 5
who: all students
what: the last day of classes
when: all day
where: all across the college
why: so everyone can finish up the fall semester

december 8
who: the planning steering committee
what: a presentation of “grand challenges” facing the college
when: up until that day
where: with president reveley
why: to help guide the college forward

december 15
who: faculty and staff
what: the end of the commonwealth of virginia campaign
when: until december 15
where: in the hearts of all employees
why: to help people in need across virginia

december 20
who: dance fans
what: the nutcracker
when: 2 p.m. and 8 p.m. and dec. 21 at 2 p.m.
where: pbk hall
why: to watch the virginia regional ballet and heidi robitshek
Students Protest the Banning of Gay Marriage in California and Other States

“All for love and love for all!” was one of many chants shouted on Saturday, Nov. 15 at a rally against California’s recently passed Proposition 8. Other chants included “Stop Prop 8!”, “2, 4, 6, 8, gay is just as good as straight!” and “3, 5, 7, 9, marriage should be yours and mine!”

Prop 8 was a California ballot proposition that amended the definition of marriage to a union between a man and a woman. Prop 8 passed on Nov. 4, officially making gay marriage illegal once more in California.

Although Prop 8 was the main focus of the protest, those attending also condemned similar amendments passed in other states, including Arizona and Florida. A ban also passed in Arkansas, forbidding adoption by a single parent or an unmarried co-habitating couple. The protestors also circulated Equality Virginia’s petition to include sexual orientation in Virginia’s anti-discrimination laws. 140 people signed the petition according to Lenore Dukes (’10), secretary of Lambda Alliance.

“We are here today to fight for equality for all people,” said Camilla Hill, who spoke to the gathered students about her family and the recent marriage of her mothers in California. “We have had enough. We want to be full citizens, with all the rights that we are entitled to.”

“We are here today to fight for equality for all people.”—Camilla Hill

“We are here standing up for our rights and the rights of others.” Hill continued. “We will not be belittled or pushed aside. Our needs are important. We will not settle…we shall overcome someday and I do believe someday is right around the corner.”

After Hill’s speech, both Dr. Camilla Buchanan, who is Hill’s mother, and Kim Schlopp spoke. “Be silent no more!” said Buchanan. “Let everyone that you know understand that either you’re gay and proud or you have friends and family members who are gay and you’re proud of them. When people know who we are, they’re not afraid of us. They’re joyful for us.”

Around 2 p.m., the crowd began to walk. The original route would have taken protestors past the Wren building, but somewhat ironically, the path was changed to avoid disturbing two wedding ceremonies taking place in the chapel.

“We are here today to fight for equality for all people.”—Camilla Hill

Instead, the protestors wound through the Sunken Gardens and out to Jamestown Road, chanting and waving signs along the way. They cheered loudly, as cars honked while driving past, and occasionally yelled “2, 4, 6, 8, how do you know your kids are straight?” at passing pedestrians.

“The reason that I showed up today for this protest,” said Ressler, “is I do believe that, although marriage may be a religious issue, in our country it is intertwined with civil rights and human rights that shouldn’t be denied to anyone based on their sexual orientation or any other reason.”

Robert Ressler, co-president of Lambda Alliance, wore a rainbow flag as a cape during the protest and carried a sign reading, “Love doesn’t discriminate.”

William and Mary’s Lambda Alliance was not the only group to set up a protest. A national campaign called Join the Impact! organized protests against Prop 8 in cities across the country. The William and Mary protest was done in conjunction with the greater Williamsburg chapter of the Virginia Organizing Project, a nonpartisan, statewide, grassroots organization “that works to empower people in local communities to work for social justice,” according to a Lambda press release.

Students, faculty and community members alike began to gather for the rally and march around 1:15 p.m. By 1:40, at least 100 people were gathered.

“We are here today to fight for equality for all people,” said Camilla Hill, who spoke to the gathered students about her family and the recent marriage of her mothers in California. “We have had enough. We want to be full citizens, with all the rights that we are entitled to.”

“I want answers, California,” said Hill. “Why is my parents’ love so frightening to you? Why is it such an imposition to you? Why are we not entitled to all the rights and privileges that you are? We are not going to step aside when you brush away our rights in the name of God.”
However, most of the cheers focused on Prop 8 itself, such as the popular “Hey, hey, no, no, Prop 8 has got to go!” Around 150 people had gathered by the time the protest reached its final destination, Confusion Corner. About 20 students lined the brick walls on either side of the path from the College to Colonial Williamsburg, holding signs and waving at cars that drove past. The rest of the protestors filed inside onto the lawn, where they stood, reciting chants and talking among themselves for about one hour.

“I’m here today because I want to show my support... I believe marriage should happen because of love between two different people,” said student protestor John Knapp (‘09). “It’s not fair that people are denied marriage and all the rights that come along with it as well.”

“I will not consent to being a second-class citizen,” said Seth Waddell (‘11), a Lambda Alliance member.

Although most of the protesters were students, some faculty also gathered.

Professor of Hispanic Studies George Greenia and his partner, Thomas B. Wood, live only a few blocks from campus. They have been together for 22 years; Greenia has worked at the College for 27.

“We’ve been working on gay rights on this campus for over 20 years,” Greenia told The DSJ. “Gay faculty and staff have their own organization, with about 40 members.”

He explained that one of the biggest issues he is currently facing is a lack of domestic partner benefits. “The Faculty Assembly has endorsed domestic partner benefits for all faculty and their families,” said Greenia. “Even though Tom and I have been together for 22 years and are completely financially codependent, I can’t get him health insurance.”

“Some faculty have been legally married in other states,” Greenia continued, “but those marriages are not recognized in Virginia, nor officially by the College since it’s an agency of the state. But the things that we can do for one another, just on campus, like enrolling our children in the daycare center, library cards for our partners, recreational center memberships and auditing classes for free - we gladly do all these things for the partners of our gay and lesbian faculty.”

Community members also showed up. Greg and Jason, a local couple, stood together at the rally.

“We should be married,” said Jason.

“We’ve been together for twelve years and we can’t get married,” added Greg. “It’d be nice to.”

One community member, Mike Ludwick, performed a version of “All You Need is Love” by the Beatles, modified to have an anti-Prop 8 message.

Ludwick, a community member, wrote the song himself. “I was just thinking about it last night as I was brushing my teeth, and the idea about love and all you need is love came to me,” said Ludwick. “I started coming up with some lines about gay marriage and why we don’t need to be afraid of it and that straight people aren’t particularly good at it either, and some of the funny things about marriage. I just kind of put those together into the song.”

The Williamsburg Unitarian Universalist Church also had a strong presence at the rally.

Tom Payne, a member of the Unitarian church’s executive team, was one of those who held a large banner with the church’s symbol. “We support all rights,” Payne told The DSJ.

“As Williamsburg Unitarian Universalists, we truly believe in and stand on the side of love,” said Kim Schlopp, another member of the executive team of the church.

Around 2:45, as the rally began to wind down, students went up to the tip of Confusion Corner to read their handmade signs aloud to those assembled. Students had written phrases such as “Proposition H8;” “God is love;” “Marriage is what brings us together today;” and “Why ban love?”

The rally closed with another rendition of “All You Need is Love” and those assembled slowly dispersed, handing their signs to Lambda members.

“I think [the protest] was an incredible success,” said Lenore Dukes. “We had about 150 to 200 people, 150 at any one time, and, honestly, we would have been happy with 30. People from the community came, people from Lambda Alliance and people just from William and Mary in general, outside of the group that usually comes to these sorts of activities. I think we did a really good job of expressing our support for equal rights for everybody.”

Students, faculty and community members joined the November protest. Photo by Isabelle Cohen.
It’s no secret that the economy hasn’t been in the best shape lately. The effects have been felt in nearly every area of American life, from the stock market to the political arena, and William and Mary is no exception. With the Commonwealth strapped for cash, Virginia’s public universities have recently seen substantial cuts in state funding.

This year, William and Mary will have to endure a $3.4 million mid-year budget cut, about seven percent of its total state funding, while the Virginia Institute of Marine Sciences will lose another $1.48 million. This follows last year’s $2.4 million cut, and College officials expect even more cuts for the fiscal year beginning July 1, 2009.

Since public funds comprise about 18 percent of William and Mary’s total budget, the cuts are, in the words of President Reveley, “a very serious reduction.” The College has already cut its operating costs five percent across the board, instituted a hiring freeze, and delayed planned salary increases until next year.

With more budget cuts likely to come in the future, even these steps may not be enough. The job of charting the College’s course through these rough times falls, at least in part, to the people on the Planning Steering Committee.

William and Mary went without a central strategic planning body since 1993. According to Interim Vice President of Student Affairs Ginger Ambler, “the realities of our financial situation” made this arrangement untenable and, so, this summer President Reveley put together a preliminary committee to explore how other, comparable institutions handled their financial planning processes and how to manage William and Mary in this situation.

The Planning Steering Committee, made up of 27 members of the College’s faculty and staff and two non-voting members of the student body, began meeting last September. They have met about two hours a week every week since.

Ambler says the job of the Planning Steering Committee is to help the College maintain its “level of excellence” despite adversity. The Committee will attempt to identify a series of “grand challenges” the College faces while laying out a vision that will help maintain the “core tenets” of William and Mary.

“We have to look at how we maintain the personal environment, the small classes, the tenured faculty teaching undergraduates, our infrastructure, our opportunities for research,” and the other factors which make William and Mary what it is, Ambler said in an interview.

One of the main goals of the Planning Steering Committee, of course, will be to guide the College through its current financial difficulties. “We all know,” said Ambler, “that one of the major challenges moving forward is how we continue to fund what we do.”

“You can only absorb budget cuts for so long,” Ambler added, “before you’re not the place that you were.” Part of that includes increasing William and Mary’s “branding” in the eyes of the public.

“We have to remember that we have tremendous market capital,” she said, referring to the College’s rich history, strong academic reputation, beautiful campus and “vibrant sense of community and campus life.”

In order to stay competitive in the midst of uncertainty about the availability of state funding, the College hopes to increase its revenue from private sources, according to Ambler. They are hoping for increased funds from individual donors, alumni giving, corporate giving, and its endowment.

And if the College can’t pull it off? “We have to,” Ambler said.

Is it even possible? “I think so,” she said, “though it’s going to take a lot of work.”

Throughout the process, College officials have sought out student opinions on what makes William and Mary unique. “We work here,” Ambler said of the College’s faculty and staff, “but the students live here.”

“The students have a unique and important perspective about what our priorities should be,” Ambler explained. “We can’t make our best decisions without their input.”

To this end, multiple forums were planned to allow students to voice their opinions and concerns - two for the undergraduates and one for each of the College’s graduate schools. Ambler said that the Planning Steering Committee received “incredibly thoughtful feedback” from students, and that the students’ vision of the College had been “very similar” to that expressed by the faculty and staff.

About a dozen students, including Nubia Dickerson ’09 and graduate student Bridget Gilmore, the two student representatives on the Planning Steering Committee, attended one such meeting in the York Room of the Sadler Center on Nov. 16. Vice President Ambler and another member of the Planning Steering Committee, Professor of Geology Chuck Bailey, were also in attendance.

Students at the meeting expressed happiness about William and Mary’s emphasis on the undergraduate experience. “There are tremendous opportunities for undergraduate research,” one said.

Students also discussed William and Mary’s culture of service. “Almost everyone is a leader in some sense,” said another student. Two students who had served as orientation aides for transfer students said that their charges were “surprised by the emphasis on community” at William and Mary.

Students also mentioned William and Mary’s diversity, but seemed to feel that sometimes diversity was reduced only to factors like race or ethnicity - to the exclusion of other types of difference.

“We have a lot of diversity,” one student said, “and the way I mean diversity is not just racial.”

“I’m worried about the divisiveness of the community,” she added, referring to divisions along racial, ethnic and religious lines as well as things as simple as what extracurricular activity one happens to be
involved in.

Another student agreed, expressing hope for an “increasing dialogue” about the subject of diversity at the College. “It’s important to have a sense of unity between everyone,” he said.

“We need to ask, are we proud of the whole school, or just part?” one student said.

“I just wish that students could appreciate more of what their peers were doing,” another added. “You don’t always see this sense of, ‘I truly want to give back because this school has helped me.’”

Other students expressed concern that, even where there was a sense of unity between students and faculty, there was “some disconnect” between the student body and the blue collar workers who keep the College running by doing things like serving our food and cleaning our dorms.

One student felt that the disconnect might be reduced by increasing wages and benefits for the workers.

“Of course, if people worked here were paid a decent wage they’d be happier,” and more willing to make friends with students, he said.

Students also expressed concern that privatizing the school – which some have suggested, due to the decreased state funding – could serve to homogenize the student body.

“Financially, a lot of things push towards privatization,” one student said. “But at the same time, as soon as you start charging everyone 36 to 40 thousand dollars, there’s going to be a lot less diversity.”

Students also supported the College’s recent sustainability initiatives, expressing hope that William and Mary might become a leader in sustainability in Virginia.

“Sometimes sustainability efforts can be expensive up front,” said one student, acknowledging the College’s financial situation, “but usually, they pay off in the long run.”

Students expressed dismay at the fact that many of their classes had recently gotten more crowded, while at the same time, paradoxically, many classes they wanted or needed to take were harder than ever to get in to. One student spoke of a senior seminar designed for 10 people which wound up having 24 students thanks to the large number of people who needed overrides to get the credit they needed. Others told of difficulty fulfilling requirements for their majors or GERs.

On the whole, the tone of the meeting was positive, but students also had many suggestions about how the College might be made better.

In addition to seeking input from the student body, the College has also looked to parents and alumni for ideas. Vice President Ambler said her office had received more than 300 e-mails from parents and more than 700 from alumni. When this article went to press, there had not yet been time to sort through them all.

The Planning Steering Committee will identify six to eight pressing “grand challenges” facing the College and present them to President Reveley by Dec. 8. In January and February of next year, according to the school’s Strategic Planning website, “the president and provost will task the deans, vice presidents and others to develop plans for meeting the challenges and opportunities and provide reports,” and “the PSC will discuss progress with the Board of Visitors.” Leaders of individual operating units will present their answers on March 1.

By next April, the Planning Steering Committee will produce a 10-12 page report “that highlights who we are,” provides comparisons to the peer group, describes the baseline financial projection, identifies major institutional challenges, highlights proposed organizational contributions to meeting those challenges and identifies key gaps and financial challenges.” The report will be approved and distributed in May and June 2009.

For students who would like to have their voices heard but weren’t able to attend one of the meetings, officials are planning to implement an electronic feedback system.
This Semester in the Student Assembly

DANNY MOSIER, DSJ STAFF REPORTER

Despite getting off to a somewhat rocky start, the Student Assembly made the most out of the Fall 2008 semester, passing a good deal of legislation and hosting various activities, designed to benefit the student population. From assisting students on election day to helping fund a Veteran’s Day paintball tournament to trying to reach out to the student body, the governing body has contributed vastly to student life over the past three months.

“I think that the main accomplishment of the Student Assembly has been its outreach efforts,” said Senator Caroline Mullis (‘09), financial committee member. “In addition, I think we have had a lot of bills that have also really been working to make the campus a better place - I am specifically thinking of the AED act, post office hours bill, as well as the bill to purchase recycling bins.”

“I have been disappointed with a couple of the bills that have passed this year that are still not being followed up on and that have yet to be acted on,” Mullis added.

“There are so many large initiatives going on right now,” agreed Senator Brittany Fallon (‘11). “From public affairs’ work reforming city rules to the policy committee’s numerous reforms to the joint efforts between the outreach and student life committees to gauge student opinions, I feel as though each branch of the Senate is working very hard to represent students both on campus and within the wider Williamsburg community.”

There are a few new student officers working for the SA this semester, including Sravya Yeleswarapu (‘10), undersecretary to the College board of visitors; David Witkowsky, secretary of public affairs; and Antonio M. Elias (‘09), undersecretary to Richmond.

The Student Assembly also voted on new students to fill open offices: Katie Dixon (‘09) is now secretary of the department of health and safety; Braun Katz (‘10) is secretary of student rights; and Adeela Tajdar (‘09) is secretary of diversity initiatives.

The year did not start off well - Former Vice President Zach Pilchen (‘09) resigned from his office due to misuse of Student Assembly funds for personal expenses. Pilchen confessed to using the SA’s bank card for a series of purchases last spring, including movie tickets and unidentified items from Wawa. Many students and SA members alike worried about student confidence in the SA, and the long-term effect this would have.

However, within a month Kristin Slawter (‘09) was unanimously elected by the SA as its next vice president and activities quickly returned to normal.

“As to composition, the group is actually about as similar as I’ve seen in two consecutive years throughout the Student Assembly,” said SA Senator Matt Beato (‘09). “There wasn’t very much turnover and a lot of institutional knowledge is still the same. This is a very good thing and helps continue projects from year to year.”

The first SA meeting of the year was held on Sept. 9. Topics included the Amethyst Act, a bill encouraging President Reveley to sign and support the Amethyst Initiative, a statement calling for new debate on the national drinking age, signed by college and university presidents nationwide. The act was passed unanimously. Also passed was the Student Choice Mascot Committee Act, a bill looking to create a new school mascot.

While it was not passed at the previous meeting, at the Sept. 16 meeting the AED Act was passed, which looks to add 15 new Automatic External Defibrillators (AEDs) to campus. AEDs are portable devices used to restore a normal heart rate to people suffering from cardiac arrest, devices which are known to save many thousands of lives every year. Although there was some argument at the first meeting about the placement of the AEDs, it was quickly resolved.

At the Sept. 23 meeting, the Presidential Search Act was passed despite great debate among the senators. The act stated that, although the Senate approves of President Reveley, they disapprove of the Board of Visitor’s lack of student input before removing President Reveley’s interim status rather than conducting a nationwide search.

Also, the SA voted to increase funds given to Impact! Humanity, which is a student group dedicated to raising awareness of poverty.

At the Sept. 30 meeting several changes were made in the SA leadership. In particular the election of freshman officers Kobie Gordon as president of the class of 2012, Jackie Stykes as vice president of advocacy, Nicole Skarpness as vice president for social affairs, Stephanie McGuire as secretary and Xiaoyu Guo as treasurer. The four elected freshmen senators were Ben Battaglia, Tom Flaherty, Betty Jeanne Manning and Stefanie Felitto. Bryan Alphin (‘10) and Matt Schofield (‘12) were also elected as undersecretaries to Richmond while Jill Oliszewski was elected as undersecretary to Williamsburg.

At the meeting the motion to give $800 to the Muslim
Student Association (MSA) for their celebration of Eid, the Muslim celebration of the end of Ramadan, the month of fasting observed by followers of Islam, was approved by unanimous consent. The MSA had previous problems funding the event due to their decision that the $4 entrance fee would be given to charity; with the SA’s funding, the event was able to happen.

The Onion Pilot Program Act, a bill to purchase an eight-week trial period of the satirical periodical The Onion for student use, was also passed unanimously, as was the Post Office Opening Later Act, which almost immediately changed the Saturday campus post office hours from 8 a.m. - 1 p.m. to 10:30 a.m. - 2:30 p.m. in order to make the post office more accessible to the student population.

Although it proved to be a controversial topic in the Senate, at the Oct. 7 meeting the SA granted permission to fund a large paintball tournament as a celebration for Veteran’s Day. While some argued that simulated combat might not be the best way to honor those who have suffered and died in real combat, others disagreed and commented that such an event would allow students to gain insight into what actual combat is like and understand a little bit more about what America’s veterans went through in serving their nation. The event also included movies, informational booths from multicultural groups on campus and an all-day series of paintball tournaments in the Sunken Gardens.

At the Oct. 7 meeting, the Police-Students Relations Improvement Act, formerly The William and Mary Police Behavior Act, was amended and passed by unanimous consent. The act includes various plans to improve understanding between police officers and students, as well as to foster accountability in the William and Mary police force.

At the Oct. 7 meeting, the student run magazine Lips: Expressions of Female Sexuality was granted $800 in order to aid publication. The magazine is popular, yet ran into financial problems due to difficulties in funding it has experienced since last year. The money granted by the SA ensured that the magazine would be able to be published this semester.

This meeting also brought about changes to the SA’s financial code. The reforms were written to prevent abuses of power among SA members related to monetary funds. The bill creates a new SunTrust bank account for the SA and limits access to the funds to the president of the Senate and the secretary of finance.

Although it was not passed at the previous meeting, a bill to allocate $5,500 from Student Activities Consolidated Reserve Account to the Student Health Center for flu shots was given to students was passed. The SA funds allow free shots for the first 100 people who show up and provided $10 off each shot for the next 300 people. This took place Nov. 12.

The Oct. 28 meeting marked the passage of the Presidential Election Day Outreach Act, which authorized the use of $312 for hot apple cider and up to $1,000 for stickers to be given to voters at the polls on Nov. 4. The hot apple cider was given to students, faculty and Williamsburg residents as they stood in line to vote, starting just after 6 a.m. The stickers reading, “Hark Upon the Ballot Box,” were also distributed.

Earlier in the year, the SA ran a voter registration drive, a program which helped students register in Williamsburg. These efforts proved to be a great success, as the number of freshmen who registered in Williamsburg was significantly larger this fall than last fall. Out of over 100 localities in Virginia, the City of Williamsburg had the highest percentage of new voters in 2008.

Also passed at the Oct. 28 meeting was the Election Day Act, which "strongly encouraged" professors at the College to cancel classes on Nov. 4 in order to make it easier for students to vote on election day.

The Room Reservation Deposit Online Act, which suggested the bursar’s office, office of residence life and information technology department to make it possible for students to pay their room reservation deposits online - as opposed to in person - also passed unanimously.

At the Nov. 11 meeting, the Club Connection Act was created to build a bridge between the SA, students and student organizations. This act charges the outreach committee with contacting all student organizations via e-mail at the start of each semester and once during the budgeting period. It also suggests that the committee send a Senator to attend a meeting of any organization that requests one. The Outdoor Recycling Containers Act also passed, which will place 13 new recycling receptacles on campus in order to promote environmental awareness and conservation.

Students can expect to see more dedication and commitment from the Student Assembly as the same group takes their desire to aid students into the Spring 2009 semester.
“She won’t respond to my messages, I know she wants to be with me… I know where to find her.”

Chances are you’ve seen a poster saying something like this around campus. Being the astute William and Mary student you are, you may have also seen students walking around with red bands on their wrists. What you might not know is that they are both part of the Red Flag Campaign. The goal of the campaign is to raise awareness for violence, emotional and physical abuse in romantic relationships. The point is for students to see the posters or wristbands and become aware that abuse doesn’t stop with the DTR that makes two people exclusive and that the signs of abuse are more prevalent than people might think.

The campaign, which operates on some 43 college campuses, is a project of the Virginia Sexual and Domestic Violence Action Alliance, a coalition of sexual and domestic violence agencies in Virginia. It was designed by college students for college students, with the help of college personnel and community victim advocates. Funded by the Verizon Foundation, it’s sold to colleges both inside and outside of Virginia.

But what are the red flags of relationship abuse? The poster series that has become so present around campus visits issues such as emotional abuse, jealousy, isolation, coercion and stalking. A visit to the Red Flag Campaign’s Web site produces a laundry list of questions and cues that can help identify abuse in a relationship. This list includes everything from your partner accusing you of flirting or cheating, to not letting you hang out with friends, to making you feel unworthy; these troubling signs can point to a larger problem.

The goal of the program is to get students thinking about what these warning signs are and how to talk to a friend who might be experiencing them. Trisha Hunsaker, sexual assault educator for the College, says that the warning signs of relationship abuse are often difficult to discern: “[They are the] hardest forms of abuse to recognize and confront because they are often subtle and progress from behaviors that don’t seem harmful initially.”

She cites freshmen who start dating and naturally want to spend time together as an example. As they continue dating, however, this desire to be with the other person can turn into an issue of unhealthy possessiveness or jealousy. But since these warning signs have progressed slowly over the course of months, the couple and their friends might not notice how serious it has become. This has additional ramifications if the couple cuts themselves off from their friends completely, severing the support network that is so vital during the college years.

7% of William and Mary students have been in an emotionally abusive relationship in the past year.

To help students spot these red flags, the Campaign has set up charts of continuums of abuse, split up into emotional, physical and sexual abuse patterns. These range from the
benign all the way to the most serious of domestic and sexual crimes.

For example, the continuum involving emotional and psychological abuse starts off with your partner poking fun at certain habits you may have and works its way up past yelling and blaming to restricting social contact and physical abuse. This is not to say that any couple exhibiting any one of these signs is displaying all of them, or even that they are in a completely unhealthy relationship - it is merely something to watch out for and talk about with your friends.

While the Red Flag Campaign focuses on a variety of relationship issues, one was given special emphasis this year. The issue of stalking has become increasingly more common and more serious in recent years on college campuses. Many students have been victims of stalking behavior without really knowing what it was, and it has been the goal of the Red Flag Campaign and the office of sexual assault services to make students more aware of what they’re up against.

People might think that stalking is reserved for the creeper who follows people home or the person who constantly texts someone, demanding to know where he or she is. The truth is that both of those are forms of stalking, and there is a wide range of behaviors that constitute it. Stalking is lumped into the greater umbrella term of dating violence; it is a real issue that can negatively impact one or both people in the relationship. The NACHA survey conducted on campus last year found that 83.1 percent of stalking behavior goes unreported.

But Facebook stalking is harmless, right?

“According to Hunsaker, this term belittles the actual danger of stalking and encourages people to normalize what could be a real threat to a person’s safety.”

It’s good advice considering seven percent of the students at William and Mary have been in an emotionally abusive relationship in the past year.

If students are struggling with issues relating to sexual assault or dating violence, the good news is that there are myriad sources on campus to help. The first step - assuming no immediate crisis - should be William and Mary’s sexual assault Web site, www.wm.edu/sexualassault.

There, students can find resources like articles and quizzes that can help them identify problems, warning signs and solutions both within friendships and romantic relationships. If there is a crisis happening or the student feels uncomfortable in any way, he or she can always call SAPA at their 24-hour hotline (757-645-8367). If more help is needed, they may turn to their friends for help. A survey at William and Mary last semester revealed that 93.4 percent of stalking victims confided in someone about the issue - most often one of their friends.

Get educated on what you can do to help your friends, especially if you’ve seen a red flag in their relationship. The William and Mary counseling center has professionals who specialize in sexual assault and dating violence, and the office of sexual assault prevention located in the Campus Center behind the fishbowl is a resource as well.

Hunsaker and other sexual assault prevention specialists agree that the worst thing to do is nothing. Students should be cognizant of stalking behavior, on Facebook or otherwise, because it can be an indicator of an even more serious problem. William and Mary prides itself on having a community of trust, a Tribe of members who look out for one another. The most important thing is to act: say something.
FIVE BEST THINGS TO DO

OVER WINTER BREAK

» MEGAN GRADY, DSJ STAFF REPORTER

Work
Don’t get bummed because the economy sucks. Stores will still hire for the holidays. And while yes, it’s our “break,” endless days with nothing to do will get old, and having extra money would definitely be nice. Seriously, just hit up your mall (even if retail’s not your thing) and most likely, you’ll get hired.

Sleep
This is a recurring theme in my Best Ofs (for my contingency of loyal followers), but if you haven’t crammed your break full of stuff to do, be lazy. It’ll annoy your parents, but they’ll get over it. Start to explain a typical day at William and Mary and they’ll get tired listening to everything you do.

Pick Up a Hobby
I’m a BIG fan of staying occupied, so I pick up random hobbies when I have nothing else to do (or am trying to avoid things). Whether they’re indoor activities like crafts or outdoor like skiing, if you don’t have a job and get tired of being lazy, you can find things to do. Go to your local library and check out the hobbies section (yes, there is such a thing), play eeny-meeny-miny-mo and bam! Something for you to do.

Tour
Doesn’t matter where you’re from, there are places to tour. I’m betting most of you have never toured your hometown or local surrounding areas, so give in and become a tourist. It’s a relatively cheap way to learn over break, so grab some friends and have at it.

Catch Up with Friends
That’s what break is really for. It may have been a few months since you’ve talked to some people, but so what? College is a time to make new friends and experience new things, but that doesn’t mean you have to forget about the people back home. Spread the love amongst your pals by calling them up to get coffee or to just plain hang out.

FIVE BEST WAYS TO STAY WARM

» MEGAN GRADY, DSJ STAFF REPORTER

Drink Hot Chocolate
I mean, come on. Who doesn’t do this when it gets cold out? My personal favorite is Natural Mint Cocoa from Trader Joe’s, and it is quite delightful. And what makes hot chocolate even better? Baked goods and friends. Knock yourselves out with these winter treats, folks.

Cuddle
Curl up under the blankets with your significant other (or some friends) and just enjoy each other’s company. Pop in a movie or turn on some music and spend the time bonding with those you love.

Stay Inside
Again, duh. The trick is to do something productive while being stuck indoors. If you somehow have free time, pick up a hobby, possibly even one that benefits staying warm (like knitting, crocheting or anything of that sort). Read a leisure book, hang out with your roommate, catch up on TV, whatever. Just make use of the time.

Internet Shop
The holidays are coming up, and while buying your family half the bookstore is cool, branch out a little. If you’re stumped for gift ideas, the internet is a great source. Google “top gift ideas for 2008,” and trust me, your dilemma will be solved shortly.

Scrapbook
Ok, so maybe this is more of a girl’s thing (I’m a bit biased, forgive me), but it’s my new love. It’s a great way to highlight important moments from your years here at the College, or it can make a really nice, thoughtful gift. Wal-Mart has a decent selection to start with, so head out there and indulge your creative spirit.
FIVE BEST CHICK FLICKS OF THE 1980s

Sixteen Candles
This John Hughes classic features eighties star Molly Ringwald at her finest. Though her family forgets her sixteenth birthday, she’s awkwardly felt up by her grandmother and forced to entertain foreign exchange student Long Duk Dong, Ringwald’s character Samantha Baker actually fairs pretty well. In the end, she gets her cake and sexy upper classman Jake Ryan, too.

Dirty Dancing
In this heartwarming tale, Baby Houseman, played by Jennifer Grey, comes of age with the guidance and dance instruction of Johnny Castle (Patrick Swayze). Combining romance and dance, this film is the ultimate chick flick. From Swayze’s decree that “nobody puts Baby in the corner,” to the couple’s final lift, this movie has it all.

Girls Just Wanna Have Fun
In addition to a great theme song, this movie, starring Sarah Jessica Parker and Helen Hunt, features ridiculous outfits and accessories (most notable are Hunt’s headbands), not to mention incredible dance moves. As the two girls struggle to earn a spot on “Dance TV,” Parker’s character defies her overbearing father and meets a dangerous and attractive guy.

Say Anything
Lloyd Dobler (John Cusack) and Diane Court make an unexpected couple. She’s the straight-laced valedictorian, and he’s a bit of a screw-up who really likes to kickbox, but against the odds, the two fall in love. Through an array of romantic gestures, including the classic boom-box outside her bedroom window, Dobler turns out to be the ultimate boyfriend.

When Harry Met Sally
This eighties classic, starring Billy Crystal and Meg Ryan, is the perfect romantic comedy. The two characters, Harry and Sally, meet several times over the years, and slowly their relationship evolves from one of annoyance to friendship, and ultimately to love. Of course this film also features the infamous fake orgasm/turkey sandwich scene.

FIVE BEST WINTER TRADITIONS

Tacky Sweater Parties
A personal favorite of mine, tacky sweater parties combine frightening fashion statements with endless holiday cheer. It’s the one time of the year where you actually strive to look like your ninth grade math teacher, Ms. Weisman. Ordinarily, just the thought of her holiday sweaters is enough to bring on a wave of nausea.

Seasonal Drinks
Whether it’s a traditional glass hot cider or a peppermint mocha for the coffee crowd, nothing says wintertime like a seasonal drink. Think back to your childhood. Was there anything better after a long afternoon of sledding than a big, steaming cup of hot cocoa, complete with an endless supply of marshmallows?

Baked Goods
Another great part of the winter season, the holidays in particular, is that calories don’t count. With New Year’s resolutions looming in the near future, there’s absolutely no guilt or shame in indulging in the season’s endless supply of baked goods. Besides, would gingerbread men or grandma’s famous fudge recipe really taste as good in July?

Snow Days
A favorite of my childhood, and one that is definitely in short supply on this campus, snow days are the ultimate winter tradition. They’re every kid’s dream– an entire day free from school with nothing to do but build forts and snowmen and partake in epic neighborhood snowball fights.

Winter Vacation
There’s no better way to deal with the cold, gray days of winter than to jet off to a warm locale. While Christmas with palm trees never feels quite right, hardly anything beats the sun shining on winter-white skin. Unless, of course, you forget sunscreen– then that’s a little more painful.
Picture this: a junior is sitting in front of his laptop, tapping his pencil and waiting for inspiration to strike. His eyes scan the common application flashing on the screen in front of him. His personal statements are written with care, but he still anguishes that they’re not creative or individual enough to land him the spot of his choice. He frets over the universal application, fully knowing that after he completes this first step, he’ll fill out the required supplement issued by the individual programs. And even after all that, the process isn’t over. Hopefully, he’ll interview with the selection committee and impress them enough to recruit him. Only then, weeks later, will he know exactly how his fate is sealed.

What is he doing? Applying to college? Grad school? Med School?

No, it’s something arguably more suspenseful for a William and Mary student: he’s applying for an international service trip. Extremely competitive and becoming increasingly more so, William and Mary boasts an incredible array of service opportunities, one that is nearly unrivaled at any other academic institution. Drew Stelljes, Director of the College’s office of student volunteer services, describes the passion with which William and Mary students have approached international service:

“[Post 9/11], a new generation of students came crashing through the office doors of volunteer centers, and at William and Mary they busted down the doors. Students changed the way we do business and I could not be more impressed.”

The history of international service here at the College has evolved rapidly and drastically. Stelljes explains that the phenomenon affectionately known as ISTs started in December 2001 when then-student Becca Luhrs brought the idea of Global Village Project, a trip that takes students to Guatemala, to the OSVS. Her one project would bring forth many more. Stelljes comments, “Little did we know that her idea would not only come to fruition, but it would be the spark to a huge fire.”

Today, the Global Village Project lives on, along with many others. In this year alone, students will travel with more than 10 trips to Tanzania, El Salvador, the Dominican Republic, Mexico, Honduras, Nicaragua, Costa Rica and Ghana, among others. There, they will work with non-profits, medical outreach, housing development and with the community itself, strengthening a commitment to service that students at the College so fervently pursue.

Led by students themselves, these projects travel during winter, spring and summer break for one, two or three weeks. While they’re there, the students not only have a chance to immerse themselves in an often unfamiliar culture and situation; their eyes are opened to situations present in a world that the typical college student never encounters.
“After making an emotional connection with members of very distinct populations, [students] return campus with a desire to learn about a wide array of social concerns from an even [broader] array of disciplines. For many, for the first time, their course work has significance. A business major sees him or herself as a potential social entrepreneur. A sociologist understands why she studies cultures and now has a laboratory,” Stelljas explains.

Trips scheduled for this year span the globe as well as a broad set of international issues: AIDS Tanzania addresses HIV/AIDS awareness and prevention in Tanzania. Global Village Project, a subset of Habitat for Humanity, builds low-income housing in Guatemala, as does Project Mexico in Reynosa, Mexico. Students for Healthy Communities addresses public water sanitation in Nicaragua, while Student Organization for Medical Outreach and Sustainability (SOMOS) targets public health issues in the Dominican Republic. William and Mary Medical Relief works with healthcare issues in Costa Rica and Nicaragua. Orphanage Outreach works with orphanages in the Dominican Republic, and Student Partnership for International Medical Aid (SPIMA) addresses the lack of adequate access to medical care in Ghana.

For the students planning on going on these trips, the decision to serve is easy. For them, service is simply a part of their lives, one that pervades their goals, motivations and dreams. Irène Mathieu, ’09 a member of the SOMOS team, has served in the Dominican Republic four times now. Her interest in international service is not limited to ISTs either. Mathieu spent her semester abroad in Peru working with ProWorld Service Corps.

“I am committed to reversing global and local disparities and promoting social justice,” Mathieu explains.

Why is William and Mary home to so many individuals committed to the eradication of global inequality? Hardly a small feat, a substantial percentage of the College is more than willing to take it on.

Teresa Ingraham, ’11, a member of the team traveling to Guatemala with Global Village Project, feels that a disconnect exists between academic knowledge of poverty and grave reality. Ingraham is ready to learn. For her, not only is this the first time she will participate in international service, it is also her first time leaving the country. “What I was really looking for was an experience that would shock me out of the sheltered and privileged lifestyle that many of us take for granted,” she said.

For many, these trips are just the beginning. Often, students re-visit and return to their work sites long after their initial trip concludes, eager to continue their work. Even more frequently, the trips serve as merely a launching point for future work with international service. Mathieu explained, “International service at William and Mary was a way for me to begin my career in social justice and public health with some hands-on experience with the disparities that I find so problematic. I want to combine medical practice with public health policy and intervention. Instead of giving [my] patients pills to take, I want to identify problems at the community level and then go after their causes.”

Grubbs also plans to continue medical relief work, both domestically and internationally, and plans to pursue a career in medicine. For him, it came as a surprise that he could begin this relief work while still an undergrad.

“I have always wanted to one day work in a free clinic,” he said. “My dream was to become a doctor and then spend a few weeks of the year giving back through free clinics. When I came to William and Mary, I had no idea I could start that dream here. Freshman year, I learned about WMMR and knew I had to apply.”

The commitment to international service does not seem to be letting up anytime soon. According to Stelljes, the trend foreshadows positive things for the College and its students. “At the end of this leg of life’s journey we want every student to have been challenged to think bigger, to dig deeper into his or her soul, to fight for something they believe in, and to have the skills - both academic and humanistic - to approach life’s challenges - near and far - with grit and determination. They do too. They busted down our doors to make sure we are listening.”

Not only do some things shock you, but they inspire you to find more ways to help and give back. These are experiences that I would never trade for anything. - Travis Grubbs (’10)

“Are there many of us who are involved in service organizations who want to help people but are not emotionally invested in making an impact. We look at pictures in the newspapers of destitution, depravity in places distant from our comfortable college bubble and often miss an empathic connection. I want to bridge this divide, become more emotionally involved in fixing global problems,” she said.

Whereas the decision, itself, might have required little thought, the preparation for such trips is not easy. Expensive and logistically complicated, the members of each team spend a good chunk of time between their commitment to go and their departure raising money, increasing awareness and most of all, emotionally preparing for what they will encounter. For Travis Grubbs (’10), co-leader of William and Mary Medical Relief, which will travel to Costa Rica and Nicaragua over winter break, it was an experience he will not soon forget.

“Nothing can prepare someone for the feelings that a trip like this will bring. Last year, was my first trip with WMMR and it was eye-opening. Not only do some things shock you, but they inspire you to find more ways to help and give back. These are experiences that I would never trade for anything.”
Student Activism on a Smaller Scale

ALEX MCCLANAHAN, DSJ STAFF COLUMNIST

I’m almost blown into Aroma’s as I scurry down Prince George Street towards Matthew Whaley Elementary School. The students and residents look oddly smug peeking out from their cozy booths and tables, but I soldier on.

I have a mission: I have almost gotten to Chapter 5 in The Haunting of Third Grade. While I, thankfully, have personally progressed to a reading level beyond such classic fare, my third-grade friend Bailee is struggling.

And at 4:30 on a Thursday afternoon, neither of us particularly wants to be there, but we keep working, and I’m convinced her sentences are smoother and her voice a little more confident.

Like nearly 300 other students from the College, I take a couple hours each week to tutor with the College Partnership for Kids, one of the many on-campus groups that reaches out to the Williamsburg area through programs with local schools, care centers and other organizations.

Though it’s not very glamorous and sometimes downright frustrating, tutoring allows me to escape the massive surrounding horde of 18 to 22 year olds sometimes called college and to get to know the community outside the borders of Old Campus.

Tutoring provides instant gratification: seeing my student’s face as we finish a math worksheet delivers a feeling of refreshing accomplishment, especially when most of my milestones in college fall along the lines of doing half my government reading or not falling asleep while writing a paper in Swem.

On one of those days when everything seems to fall short, tutoring is a timely reminder that life goes on outside of college... simultaneously save the world and realize your own inadequacy, so I suppose these groups have the right idea, but the cynic in me still questions their true effectiveness.

Slowly, I began to encounter smaller, more locally centered organizations. They may have less exciting titles, but these groups prove that one person can make a difference in the place perhaps hardest to change: home.

CPK, for example, recognizes that countless students in the Williamsburg school system need help. Several other groups take this smaller-scale approach, and the benefits of such action are tangible.

The Virginia Organizing Project, one of the newer groups on campus, is a textbook example of the grassroots approach. A statewide organization based in

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Attributed to Health Outreach Peer Educators (H.O.P.E.), keep the focus on helping the College community itself, with great success. My goal is not to discourage or decry globally-focused student groups, as I think any form of positive activism is a much-needed drop of hope in a world that is increasingly scary, apathetic or, as my American Lit professor used to say, “going to hell in a hand-basket.”

However, I think that smaller-scale and grassroots student organizations deserve a moment of thanks and recognition for tackling the problems we walk past every day. College may be a fleeting time of irresponsibility, perhaps the only time when going streaking or drinking at 8 in the morning may be acceptable (thanks, Blowout!).

No one’s perfect, and these few hours a week when a third-grader with a wide smile turns a new page or when

Alexa McClanahan is a staff columnist for The DSJ. Her views do not necessarily represent those of the entire staff.
Bureaucracy at Its Best: The College’s Committee on Sustainability

LAUREN EDMONDS, DSJ GUEST COLUMNIST

When President W. Taylor Reveley, III announced the creation of the Committee on Sustainability at the end of last year, students met the announcement with mixed feelings.

We had been asking for an administrative commitment to sustainability for ages. And while a formal office of sustainability was more what students had in mind, students were guarded in their reaction after the College’s last attempt at establishing an environmental institution, the perpetually weak and ineffective landscape, energy and environment committee.

Things seemed promising, but there was room for disappointment. What if the process excluded or ignored students? What if students raised hundreds of thousands of dollars through “green fees” and the money only filled in the gaps left by budget cuts? What if the committee turned out to be a bureaucratic mess, a place where sustainability proposals went to die?

After almost a full semester of existence, though, it appears the committee on sustainability has surpassed our guarded expectations to become something we can fully embrace.

Students were the driving force behind the committee’s creation, and they have remained an integral part of its development.

The three student representatives – me, another undergraduate and a graduate student – make up one-third of the committee and have full voting privileges. Our opinions have as much value as any of the faculty or administration representatives. As one chair reminds us, it is the students’ money the committee is spending, so we need to satisfy our patrons.

At the last meeting, we began allocating the money raised by green fees, and students should be proud of their investment. We are funding everything from monitoring projects to inform further actions by the committee to research projects that will help the College improve its current efforts for sustainability. On top of all that, we are making changes to campus infrastructure, like occupancy sensors for lights, which will immediately start saving money for the school.

The committee’s members are all people of action. Some students were afraid of overwhelming red tape and over-inflated timelines. Instead, we are seeing that Reveley has given the steering committee a great deal of autonomy to make decisions for the College. A steering committee sets the goals for the entire committee and directs the action by the three subcommittees, the science and technical advisory subcommittee, the financial and operations subcommittee and the programs and education subcommittee. The steering committee has handed the reins to the subcommittees, who must now determine for themselves the best way to achieve their assigned tasks.

The greatest success we have had with the committee so far, though, is the high level of student involvement. Not only do we have students on the steering committee who are also co-chairs of the subcommittees, but the subcommittees have impressive student representation. Each subcommittee has around 10 student members who are all involved in various working groups.

Supporting student research is another important function of the committee; students are already a critical force in sustainability on campus, and this is their chance to have their work recognized and rewarded. The committee will provide funding for projects or academic credit for students’ work. For everyone who has spent their free time researching options for sustainability in addition to their regular coursework, this is an enormous help.

Since its creation, students have had every reason to be proud of the committee on sustainability. It has listened to what we want to see done on campus and then started to take the necessary steps to accomplish those goals.

In the past few months, the committee has shown that students can afford to be greedy. We have gotten what we have asked for with the institutionalization of sustainability on campus, but that is no reason to stop pushing for more. And the committee appreciates that. We are looking for what students want.

Ask for money for research on campus sustainability.

Ask for projects that increase energy efficiency or reduce campus waste.

Not every request will get funding, but that is no reason not to ask. The committee can only succeed with diverse approaches and innovation. We need student input.

So get excited and get involved. The creation of the committee on sustainability has given us a great opportunity to bring sustainability to the College. Let’s take advantage of that opportunity to the fullest.

Lauren Edmonds is a guest columnist for The DSJ. Her views do not necessarily represent those of the entire staff.
Sports Psychology:

Get’cha Head in the Game

“[So] a lot of what we do is teaching people to stay in the moment. Real absorption in what you’re doing is when we have our best performance.”

— Deidre Connelly, sports psychology consultant for Tribe Athletics

You’re in the middle of a test that you’ve studied so hard for - you’ve gone to Swem more this week than in your entire life. Test anxiety takes over. Replace this test situation for the final two minutes of a tied basketball game - the last shot comes down to you. How do you deal with this anxiety, the distraction of the crowd, or the student tapping his foot next to you?

Sports psychology can help.

“It’s about eliminating distractions to bring out the best game,” says Deidre Connelly, sports psychology consultant for Tribe Athletics.

The stigma about seeing a sports psychologist or a counselor in general often mistakes the students who use this service as having something “wrong” with them. Deidre Connelly disputes this stereotype about counseling.

“It’s not about pathology, what we’re about is wellness. People who see a sports psychologist are goal-oriented and want to get better at what they do. It's about people trying to do something special. It's about how to be your best when it counts the most.”

While Connelly works mainly with Tribe athletes and coaches, she also receives referrals from the counseling center. These students receive extra help - help that we all could use - when it comes to stress management and coping skills, text anxiety and perfectionism issues, - is particularly difficult for William and Mary students, said Connelly. “You guys can do 23 different things at one time and get them all done,” she explained, but focusing on just one of those and staying in the moment is the difficult challenge. “[So] a lot of what we do is teaching people to stay in the moment. Real absorption in what you’re doing is when we have our best performance.”

Nerves and anxiety can also cause some of the biggest distractions, but it isn’t always about blocking out the nerves - sports psychology tools teach athletes to channel those nerves into something positive. “It’s about trust,” explains Deidre. “[Knowing that] what you have is good enough, and now you can manage.”

As the sports psychologist for the athletic department, Deidre Connelly spends much of her time teaching coaches tools to block out distraction and channel nerves, so that they can, in turn, teach their teams. As a
former coach, she often finds it easy to relate to coaches who come in for a consultation on their teams. Furthermore, she added that many of the Tribe coaches are “great sports psychologists themselves.” They know how to bring out the best in their players.

One of these coaches is Men’s Head Gymnastics Coach Cliff Gauthier. His talented program has won 33 straight Virginia State Championships, as well as seen great success at the national level in recent years. As an athlete himself in both diving and gymnastics, “two sports” he describes “that lend themselves to developing the ability to visualize skills and mentally practice both skills and routines,” Gauthier understands the importance of a strong mental game combined with physical skill. In college, he utilized a variety of sports psych tools such as meditation and self-hypnosis in order to maximize his performances.

“I always assumed that if you wanted to maximize your potential in athletics or anything else you would never leave any stone unturned, so to speak,” he said.

To ensure their best performance in the athletic arena, Gauthier and his men’s team work closely with Dr. Fred Ward, a William and Mary alum and specialist in infectious diseases. He also holds an AMA board certification in hypnosis.

Gauthier explained, “He teaches our guys how to use self-hypnosis to help in all aspects of life, from overcoming fears the back of their wrists before games, serving as a mental cue whenever something wasn’t going their way to get their heads back in the moment. She also often recommends athletes bring reminder cards to games so they can remember “I was going to play this way today.”

These cards have attitude and mindset goals, as opposed to playing goals which coaches often discuss in pre-game meetings with their teams. And sometimes, as Connelly explains, all it takes is just a “calm neutral voice that just says ‘get it done’ or ‘ready to go’ or ‘today is my day.’” These phrases are all a part of the mental preparation that goes into any athletic event, as well as job interviews or the LSATs.

Using sports psychology to “get’cha head in the game” will not only ensure success on the sports field, but also in the classroom and the workplace. To learn more about sports psych and distractions in personal performance, schedule an appointment with the counseling center, or enroll in a sports psychology class next fall.

“I regard Dr. Ward’s working with the gymnasts as potentially a gift of a lifetime to these lucky guys, not only in the area of sports psychology, but also in the area of what it is to have a positive impact on people around you and to be a true gentleman.”

“It’s not about pathology, what we’re about is wellness. People who [see a sports psychologist] are goal-oriented and want to get better at what they do. It’s about people trying to do something special. It’s how about how to be your best when it counts the most.”
TRIBE FOOTBALL

Green and Gold Reclaims the Turf in the 2008 Fall Season

JOHN BRENT HILL, DSJ SPORTS EDITOR

What last year was for Tribe basketball, this year has unequivocally been for football. Last year, the College’s men’s basketball team led an improbable run all the way to the CAA finals, using last-second heroics and upset after upset to put the Tribe in grasp of its first NCAA tournament birth ever. And while the team fell short of winning the title game and advancing to the “Big Dance,” the season was a resounding success. By increasing the team’s visibility and inspiring prevalent Tribe Pride across campus, a program that had the year before failed to post an above .500 record was now at the forefront of William and Mary Athletics.

This year, Tribe Football has staged its own return to eminence. While this article was written before the team took the field versus Richmond, a game which decided our playoff fate, the season is, with a win or loss, still a huge step forward.

The Tribe has not made the Football Championship Subdivision Playoffs since 2004. That year, Lang Campbell, who is now currently floating between the NFL and AFL (Arena Football League), led the Tribe to the (then Division 1-AA) semifinals. The College hosted a game versus James Madison, falling just short of a championship game birth with a 48-34 loss. In the three subsequent seasons – prior to 2008 - the Tribe had a combined record of 12-21, with a CAA record of 6-18. In 2008, has led a stellar offensive unit. Phillips has already surpassed last year’s numbers - and his career highs - in touchdowns, completion percentage and passer rating. His receiving core has been led by junior D.J. McAulay. McAulay is tied for first in the league with eight touchdowns, and his 701 receiving yards are fourth. He is also notably first in yards per catch. He has done an excellent job filling in for Elliot Mack, who has struggled with injuries, and Drew Atchison, who graduated. They were, combined, Phillips’ top targets from last year.

On the ground, the Tribe already has had a two-headed attack led by freshman Jonathan Grimes and sophomore Terrence Riggins. Grimes already has more yards on the season, with over 800, than last year’s leader, Courtland Marriner, who has been injured for much of this season. Grimes also has seven touchdowns rushing, more than any member of the Tribe last season.

The offense in general has been an improved unit. The offense is averaging, per game, 34.1 points. That mark is good for third in the CAA, and is an improvement
of 5.5 points from last year. Perhaps even more importantly, the Tribe offensive line has improved drastically in its play. Last year, Jake Phillips was sacked 30 times. This year, he has been sacked fewer than half as many times, only 14. Likewise, the line has done a spectacular job of creating holes for Grimes and Riggins. While the Tribe is only sixth in the conference in yards per game—and in no way is that a bad place to be among the 12 teams—the College is (tellingly) second in yards per carry. Considering the ease with which the passing game has operated, there has not been the need to rely on the rushing game. Indeed, the stats support this assertion as well; William and Mary is the only team in the top nine in the conference with under 350 rushing attempts.

Defensively, the Tribe has also had drastic improvements from last season. The defensive unit last year allowed an average of over 38 points per game. This year, the Tribe is allowing, on average, 24.1 points per game. The defense has the third most interceptions in the CAA, the fifth most sacks and is fifth in total pass defense. On the defensive line, the play of Adrian Tracy has been tremendous, and he is currently considered one of the likely recipients by CAAsports.com for the Buck Buchanan Award, which is awarded to the premier defensive player. Tracy has 62 tackles, 14 for a loss, 8.5 sacks and a blocked kick.

Derek Cox, another Tribe standout on defense, is tied for fourth in the league in interceptions with four, and has the most returned for touchdowns, with two.

Cumulatively, the defensive unit has been hard-nosed and has kept the team in games. This year’s opener against Division 1 NC State is a true testament to that, as the Tribe held the Wolf Pack to one first down in the first half, and allowed only one drive of more than 10 yards. Gritty is the best way to characterize this defensive unit, as it has hung tough when the team needed it to do just that. “Bend, but don’t break,” football analysts say.

Across the board, it is clear that the Tribe has taken a step forward this year. Win or lose versus Richmond, there is no doubtsing the importance of 2008. While the Tribe is not yet a championship-caliber team, it has the foundation to be good for a long time. Jake Phillips is a senior, and will be missed next year. R.J. Archer, however, has looked good in limited play, and should continue to develop as a QB. Last year, he was switched from QB to WR and spent significant time there. This year, he has been Phillips’ primary backup and is the heir apparent for 2009. Additionally, the rushing attack looks forward to the return of Marriner, and its two leading rushers this year are both underclassmen. The leading receiver, D.J. McAulay, is a junior, and will therefore return as well.

Finally, and just as significantly, the Tribe will return three of five starting offensive linemen. That solid foundation for a line will be a huge benefit for Archer and for the running game.

On defense, the Tribe will lose Derek Cox—hopefully to the NFL—but will return Adrian Tracy and his dominating pass rush. The unit will lose a grand total of two current starters, and should be in good shape to continue its improvement.

Yes, there is much to be excited about for William and Mary football fans. Collectively, the Tribe has put together a season that has landed them inside the top FCS top 25, peaking recently at 12. With a win versus Richmond, the Tribe could be headed back to the playoffs for the first time since 2004, something that no one but professors and fifth year seniors can say they have witnessed. And even if they fall short, the team will still have reestablished itself as one to be reckoned with, and will certainly be circled on the schedules for several next fall. Plus, establishing a winning tradition can’t hurt recruiting efforts, nor can building a new state-of-the-art training facility. The future is bright for Tribe football.

They have said to the men’s basketball program, “Anything you can do, I can do better.” Now, with basketball season just underway, it’s up to David Schneider and company to once again up the ante.
For centuries, the worlds of sports and politics have been tied together. Since Jesse Owens won gold, Joe Louis dropped Max Schmelling, and Tommie Smith and Juan Carlos raised their single, gloved fists on the Olympic podium, the line between sports and the state, policy and play has been drawn meekly in the sand.

In the past few weeks, America has experienced a sort of political revolution. Regardless of one’s individual sentiment regarding this November’s presidential election, it is undeniable that the implications have been felt far outside the realms of government.

Take the Monday before the election, for example. Any Monday during the months of September through December is synonymous with one thing: Monday Night Football. However, something on that particular Monday was truly unique. Rather than the conventional half-time analysis of the first half, which is generally what occurs during the intermission, Chris Berman, ESPN’s anchorperson for the show, aired two previously-filmed interviews with both presidential candidates. During those two spots, both candidates addressed issues they felt needed change within the world of sports.

President-elect Obama, during his segment, took a somewhat humorous approach to the question of what he would change within sports. He responded that he would like to see the BCS (Bowl Championship Series) of college football be reordered to include a playoff. For NCAA football fans nationwide, this was a breath of fresh air; not only was it an entertaining answer to the question, but it is also something that sports fans and analysts have been calling for for years. The current system of deciding the NCAA championship games for football is ludicrous; it focuses on mathematical formulas and computer rankings rather than logic and reason. Indeed, even in the days after his election, President-elect Obama has restated this point, reiterating that he would like his call for “change” to spread to college football.

During the second interview, Senator McCain was offered the same question. He, too, also locked horns with an issue plaguing sports: steroids. He called for more effective testing policies and the general expulsion of performance enhancing substances from athletics all together. While perhaps not as entertaining of an issue to deal with, steroids very nearly ruined a generation of professional baseball and poses huge health risks to athletes, particularly teenagers. Both Senator McCain and President-elect Obama, on national television, truly defined that while sports and politics do not rely on each other for their existence, they are somehow intrinsically tied.

In the days after the election, sports and politics found themselves together in the spotlight once again. This time, the context was actually a game situation. Denver Broncos Wide Receiver Brandon Marshall of the NFL had been planning a political touchdown celebration. Prior to the game, he had created a receiver glove that was both black and white, an adaptation of the leather glove that Carlos and Smith raised for black power in 1968. Marshall’s gesture, rather than supporting black power, was symbolic, he said, of unity. It was a positive commentary on the way the country had come together to elect its first African-American president. “I wanted to create that symbol of unity because Obama inspires me, our multi-cultured society,” Marshall said.

However, during the game, Marshall was not able to flaunt his political creation, although it wasn’t for want of an opportunity. Rather, Marshall did not score until late in the game (also on Monday Night Football and televised nationally on ESPN). And, with the game close, when he reached for the glove (hidden in his pants, no less) to raise it, teammate Brandon Stokely stopped him from putting the glove on, fearing a 15-yard unsportsmanlike conduct penalty would ensue. Regardless of the outcome, this incident is characteristic of the ties between sports and politics. Both take the national stage, where millions takes notice.

Be it the State of the Union or the Superbowl, March Madness or midterm elections, Americans have a vested interest in both sports and politics. It is because of this passion for both that the two end up meeting so often. It is, for example, for this reason that in 1910 William Howard Taft was the first president of the United States to throw out the first pitch at a baseball game, a Washington Senators-Philadelphia Athletics (both teams have since moved) game, as it was. It is also, for this reason, that still today, presidents throw the first pitch at baseball games, football games – even Sarah Palin got in on the action, dropping a puck (amid boos, no less) at a hockey game, the Philadelphia Flyers home opener.

Yes, America, sports and politics are attached at the hip. There are few things that are as ideally American as sports. On any day, at any game, any team can win. And, in any small town, any boy or girl, by chance, can pick up a ball, just for fun, and have that same ball make them millions of dollars years later as a professional athlete.

This is America. And as long as “we the people,” you, me, Joe Six Pack, John McCain and Barack Obama are all sports fans, so, too, will sports and politics find themselves on the same stage...
Dear Editor,

Your article [Staff Editorial: The Wo(Men)’s Rights Movement, Nov. 2008] was a safe approach, as this is a polemic topic. The very notion that it is polemic is vexing and disconcerting to be sure. I must concede I have gotten less diplomatic in my efforts. [Addressing this issue] is going to require examination of topics we consider contrary to popular assumptions, but the reality is, if we do not, higher education will continue to falter in fulfilling its obligations to society, and ultimately become irrelevant.

Overt misandry on campuses and institutionalized misandry in the K-12 system, as well as in popular culture, is quite extreme. Male students face disparate funding, programming and opportunities. From the male perspective, discrimination against boys and men is real; a feminized curriculum and an anti-male culture are a part of the problem.

The very fact that these issues are forbidden in discussion in higher ed for fear of upsetting a few (primarily women’s) advocacy groups and gender feminists, is the core of the problem.

[Women making $.77 cents for every dollar a man makes is] an institutionalized myth that most economists recognize is not a result of discrimination, rather career choice and personal choice. It is an example of how the education system is going to have to change to help boys who dismiss education and disengage from this society.

I am pleased you wrote an article on this topic and respect that you did it in such a safe manner.

Ariane Gomez
Class of 2009
Baruch College
Manhattan, NY

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**Letter to the Editor**

**Tradition Never Dies?**

**Consumer Hot Spots Revolutionize our Town**

You might have seen the golden yellow T-shirts for the class of 2012 walking around campus this semester. But the witty slogan on the back, “Tradition Never Graduates,” may say something more about our community than we realize.

Graduation is change, and we’d like to think that our traditions remain constant.

Nonetheless, a stream of change has come to Williamsburg, change that promises to continue in times to come. New shopping centers are springing up - at least before the economic downturn hits our little community - and along with new businesses, we can see more housing options and attractions for prospective students.

Many were surprised by the elections last month. Yes, Virginia has become a blue state. (Though, of course, that invading blue did not change the red tint of Virginia’s First Congressional District in the race confirming incumbent republican Representative Rob Wittman.) When it comes to change, Obama jumps to mind, of course. Whether or not he can live up to the hopes he inspired is for time to tell - and a debate for a different editorial.

The point is, change is not necessarily just a national thing. It’s a local thing and we see it in all around us in Williamsburg. (In a philosophical sense, change is the only constant.) For a community that is completely rooted in history and “tradition,” it’s surprising that these changes are not more noticed and criticized.

New Town is just one example. Was it not historic when Williamsburg’s first ever full-time, multi-screen movie theater opened its doors? Remember, it was back in 1933 when the Kimball Theater opened in Merchant’s Square. (Opening night featured acting by the William and Mary players and a Mickey Mouse cartoon.)

If you go to New Town’s site online (yes, New Town has its own Web page), you will find big bold letters of the motto, “There’s a new revolution in Williamsburg, Virginia.” As we have all discovered by now, this new revolution apparently ushers in the era of Panera, Old Navy, Victoria’s Secret, and Regal Cinemas.

The Endowment Association at the College actually went into a joint venture with C.C. Casey Limited Company to build New Town, according to the Web site. The College has also sponsored an annual “William and Mary Nite” at New Town for the past two years, with shuttles, a live band and discounts at stores. There’s obviously a symbiotic relationship to be fostered here.

With this development comes mixed feelings. The new places to spend our money are an example of how the education system is going to have to change. If this is a revolution, it hasn’t ended. A new development is cropping up on Richmond Road. This too will feature a movie theater, though it will have only seven screens compared to New Town’s twelve. The center will also include apartments, condos and townhomes.

In September, the city council unanimously approved plans to redevelop the property on Richmond Road where Monica Spiritual Reader and Advisor and the Dis-N-That thrift shop are located. The new buildings will include restaurants, stores, and condos.

Is any part of the hard-earned William and Mary endowment going to the new shopping centers? Because New Town and other shops might lure prospective students, is William and Mary simply building the town it always wished Williamsburg was? Will the College continue to pair up with these awkward ventures, as the economy slides and President Reveley makes sobering pronouncements about budget cuts and hiring freezes?

The Williamsburg area has changed drastically in the 376 years since the colonial European settlements. Yet it has always squared adaptability with tradition. Maybe it’s best that we do get these new consumer hot spots. (And lord knows we could use more housing.) But let’s make sure that tradition never does die, if only in our hearts and the history books. Let’s make sure we don’t forget what Williamsburg really is.
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