For many college students, balancing the rigors of academics is enough to trigger stress. Worrying about succeeding in class in order to fulfill requirements and achieve goals can be hard enough. Then, there are the student-athletes. Those of whom must balance academics and athletics. An added commitment and sometimes, added stress. Less time for homework and assignments due to practice times, game times and traveling time for away games is only part of the additions to their lives. Subsequently, having a competitive edge, living up to the coach’s standards and being a team player also come with being an athlete.

Some of these things may not sound appealing to you, but, to athletes, it is all part of the attraction. Another thing that is great about playing sports is the built-in support system and tutoring family. When someone is struggling in a class there are many teammates we can turn to. If someone is having trouble in life, we find some of our best friends and can easily turn to one another for support.

As student-athletes, time management is a vitally important part of our life. Keeping a calendar or schedule of events is a helpful way in which others and I work to manage our time between the sport and classes. Many times it is easier to get things done while in-season based on the fact that we all know there is more to focus on and more at stake, which helps keep us focused.

“I always find it easier to focus on academics during the soccer season,” said senior Laura Jackson. “Because I always want to be on the top of my game so I didn't want to be stressed about school while on the field.”

(Continued on page 2)
Balancing Act of Student-Athletes
(Continued from page 1)

This is just one example of how being a student-athlete has benefited us. Gaining confidence, acquiring leadership skills and having the ability to work well with others are more benefits that result from being on the VWC Women’s Soccer Team. All these aspects not only helped during my time here, but will continue to make me a better person and help me succeed in the future as a working woman and a contributing part of society.

But until then, I can remember what mattered most to me. Not the grades I received, because ultimately no one will see those letters. Ever. But instead, a new lifetime family and memories, such as being on the championship team in 2006 for the first time in program history, as well as getting the opportunity to play in the Final Four in Disney World.

The NCAA tournament, especially the Final Four experience, will always be something I remember. It will forever be one of the high points in my career and nothing will be able to erase that from my memory. It will be impossible to forget how the level of competition rises ten-fold when tournament play begins. Teams are tougher, bigger and harder to beat, but our 2006 squad beat all but three, our best performance in my four years.

Being a student athlete since middle school has enriched my life more than I can even explain or fully understand, but for those who have the opportunity to be one, do not let the chance pass by. It promises to be the best four years of your life. And I can say that from experience.

President’s Message
Ashley Roane

Dear Fellow Scholars,
Welcome back for another great semester! I hope that everything went well for you this past semester and over your break. As we prepare for this next semester, I hope you will keep in mind those things which helped you succeed last semester. I also pray that you will learn from the mistakes you may have made. This past semester flew by and now we must prepare for yet another set of classes. Just remember that while it may seem that you have all the time in the world, this semester will fly by just as quickly as the last. Before too much longer we will all be graduating and leaving this place we have learned to call home.

Good luck this semester! Whether it is the end of your first year or your last semester in college, make the most of this semester and make it your best one yet!
Sincerely,
Ashley Roane

“Wealth stays with us a little moment if at all; only our characters are steadfast, not our gold.”
Euripides, Electra (413 BCE)

Liberal Arts meets the Federal Reserve
(Continued from page 1)

imagine the creativity that his team delivered.

VWC team members, Ina Solms, Nickole Bennett, Hunter Morgan, Tara Redding ('07), and Amanda Working met each week to work on the project. Each team member had a specialization to research, such as Ina researching the international aspect of our domestic economy. Their presentation was extremely unique. It was based on an episode from "Sex in the City". The four women scholars each played one of the female characters eating dinner. They discussed the economy in terms of new shoes, men, and the shopping overseas. Hunter played a secret agent for the government. Their goal was to decide if the interest should be raised, lowered, or maintained at the same rate. They learned about how the interest rate influences different aspects of the economy. Overall, it was a valuable learning experience, and the judges seemed to love the fresh outlook on the project.
Faculty Spotlight: Dr. Howell

Dr. Joyce Howell, Ph.D.
Batten Professor of Art History

Dr. Joyce Bernstein Howell, native of Norfolk, Virginia, originally joined the VWC faculty as an adjunct assistant professor in 1984. As an undergraduate she was a member of the first women’s class at the University of Virginia, which, before 1970, admitted only men. In 1974, she earned her B.A. in Art History and Religious Studies, and was inducted into Phi Beta Kappa. Her graduate work in Art History included a M.A. and Ph.D., both from the University of Virginia, and a graduate internship at the National Gallery of Art in Washington, D.C. During the first half of 1984 she lived in Paris, researching the drawings of the French Romantic painter, Eugène Delacroix, whose artistic and literary production continue to be a subject of her research and publications.

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Archaeic Torso of Apollo
R.M. Rilke, translated by R. Bly

We have no idea what his fantastic head was like, where the eyeballs were slowly swelling. But, his body now is glowing like a gas lamp, whose inner eyes, only turned down a little, hold their flame, shine. If there weren’t light, the curve of the breast wouldn’t blind you, and in the swerve of the thighs a smile wouldn’t keep on going toward the place where the seeds are.

If there weren’t light, this stone would look cut off where it drops clearly from the shoulders, its skin wouldn’t gleam like the fur of a wild animal, and the body wouldn’t send out light form every edge as a star does. . . for there is no place at all that isn’t looking at you. You must change your life.

"Art is literacy of the heart"
~ Elliot Eisner

Mark Your Calendars—Spring 2008 Honors Co-curricular Events

The Poetry of Pizza
Norfolk Admirals vs Hershey Bears
Norfolk Tides vs Buffalo Bisons
Scholars Spring Banquet
Dolphin Watching Ocean Excursion

Friday, February 29  8:00 pm  Wells Theatre, Norfolk
Wednesday, March 26  7:15 pm  Scope Arena, Norfolk
Saturday, April 5  7:15 pm  Harbor Park, Norfolk
Wednesday, April 30  6:30-8:00 pm  Shafer Room
Sunday, May 4  2:00 pm  Virginia Beach Fishing Center
It was around this time last year that I decided to study in Berlin for two semesters. I wanted to participate in our Humboldt exchange program in order to learn German and “discover my roots.” I had been to Germany a couple times before to visit family and I had attended a language school for a month in Cologne. Now I have been living in Germany for four months, and I know it sounds cliché, but my experience has really changed my outlook on life.

Klaus Wowerweit, a former mayor of Berlin, was able to summarize the city’s aura perfectly when he said, “Wir sind zwar arm, aber trotzdem sexy.” Roughly translated, Wowerweit said that the people of Berlin are poor, but sexy. Berlin is Germany’s capital city. With a population of 3.4 million people, 14% of which are foreigners, one could say Berlin is a tad bit larger than my hometown in rural Maryland. Berlin has an extremely rich history and is an art lover’s paradise. Museums, theaters, operas, and art exhibitions decorate the streets in both East and West Berlin. Unfortunately, the unemployment rate is 17%, which contributes to the large population of gypsies, punks, and homeless which inhabits the city. A high unemployment rate could explain why many Berliners are so unfriendly. The local’s general inhospitality could also be caused by the horrible winter weather. It’s not the cold or the strong east winds that get to me; it is the lack of sunlight! Clouds cover the sky 90% of the time here, but when I do see the sun, it is amazing.

On the “bright” side, I have heard that the worst of winter is almost over, which brings me to my next subject: why Berlin is an awesome city in which to study. My favorite aspect of Berlin is the international aspect of the city. Foreigners from all over the world, literally, inhabit Berlin. It makes for quite an interesting experience. And above all, the food is amazing! The German schwarzbrod, black bread, and Kinder Schokolade, a cream filled chocolate are, in my opinion, two of the world’s best discoveries. Still, the wide assortment of international cuisine is what I really love! Every day I can eat falafel, scharma, and döner kebabs. Need I say more? The architecture in Berlin is beautiful, especially around the Spree river. I also love the public transportation system here. U-bahn, S-bahn, strassebahn, and buses never stop running through the city.

My experience at the university in Berlin, however, was disappointing. The German education system is extremely different from the American system. I go to each of my classes once a week and I have barely any homework at all. At the end of the semester, I just have to write a paper for each of my classes. For some people, this may sound like heaven. I prefer the rigorous education at Wesleyan. Most German students, however, have the willpower to spend hours independently in the library. I feel like I am just not learning enough here, aside from the German language. I am extremely pleased with the advancement of my German. I can confidently walk around the city and hold conversations with anyone. I have also met a few extremely fun and interesting friends at the university. In Berlin students use a system called Tandem in order to learn foreign languages. Each student can find a partner whose mother language is the language that the student would like to learn. For example, my Tandem partner is Rusica. Her mother language is German, and she wants to improve her English. We meet often and help each other with the respective languages. Still, my discontent with the university has lead to my decision that I will not be doing the second semester at Humboldt. I hope to stay in Germany for as long as I can in order to continue improving my German, but I will be doing an internship instead of completing the second semester here.

My experience in Germany has forced me to grow up. I have learned patience; things in Germany rarely go exactly the way I would like them to go. I have also experienced what it is like to live without all of the luxuries of home. For example: I had to wash my dishes in my bathtub for two months before I got running water in the kitchen, and I still do not have a decent light in my room. Living in a foreign country has helped me to reflect on myself, and my life. I have realized that life offers so many possibilities if you open your mind to them. I have also become interested in environmental conservation, as Germany is one of the world’s leaders in alternative...
Berlin  
(Continued from page 4)

energy resources. In fact, I am currently looking for internships in DC that deal with environmental protection. I have also become interested in Homeopathic medicine, which I will be studying before I fly back to the states.

I would recommend to every student to study abroad. However, there are a few things to keep in mind. The first thing is to really research the place where you will be living before you decide. One can never be 100% sure how an experience will turn out, but you should set yourself up for a good experience. For example, if you do not have a lot of money, you should probably not study in London, where it is extremely expensive. One should apply for scholarships well before the semester begins or secure some other way. It is always complicated to get a job in a foreign country. One must stay flexible, because a foreign country always means a different system. Things will be different for you in a foreign country, and the harder you fight the differences, the more difficult it will be for you. If you are going to a foreign country in order to learn a new language beware of making only English-speaking friends, practice makes perfect even though it is more comfortable to just speak English. Download skype! This is a program which you can use to make free/cheap phone calls all over the world from your computer. The final tip is to bring things that you know you cannot live without; I brought rice pilaf and voluminous mascara.

Overall, I have had a wonderful time in Germany, and I will continue to have a great time until I have to fly back. The weather is getting better here, and soon I will have time to travel! I hope to visit VWC’s own Adrian in Ireland. I also plan on traveling to Ireland, Croatia, Turkey, Austria, and who knows where else. At the same time, I miss V-Dub and I look forward to continuing my education in Virginia Beach.

Senior Spotlight: Vickie Brynildsen

Hometown:  
Alexandria, Virginia
Education before VWC:  
T.C. Williams High School
Major:  
Earth & Environmental Sciences
One thing that attracted you to VWC:  
Country feeling in the city.
Best memory from VWC:  
Native American Festivals, particularly playing stickball (no this isn’t baseball).
What you do for fun:  
Play handbells and spending time outdoors.
Future plans:  
Graduate school and working with an environmental consulting firm.
Favorite course:  
Energy and the Environment
Professor that has inspired you:  
Dr. Noe
Favorite Quote:  
“Be the change you want to see in the world” ~Ghandi
Advice to H&S underclassmen:  
Always keep looking for internships, they can give you a heads up when applying for a job or graduate school.

Senior Spotlight: Kelli Karcher

Hometown:  
Virginia Beach, VA
Education before VWC:  
Princess Anne High School
Majors:  
Chemistry & Mathematics
One thing that attracted you to VWC:  
Small classroom size
Best memory from VWC:  
One semester when I was a TA, I walked in to give the final review session for the course on a Sunday night at 7 pm. I was skeptical that anyone would show up, but when I rounded the corner the entire class was there. In that moment, I was really glad that I had chosen to be a TA.
What you do for fun:  
I love to read just about anything. I also enjoy political campaigning.
Future plans:  
Attend graduate school and go on to teach math and chemistry.
Favorite course:  
Absolutely loved both Extreme Religion and Modern Images of Women in Film.
Professor that has inspired you:  
Dr. Reese
Favorite Quote:  
“Focusing your life solely on making a buck shows a certain poverty of ambition. It asks too little of yourself. Because it’s only when you hitch your wagon to something larger than yourself that you realize your true potential.” ~Barack Obama
Advice to H&S underclassmen:  
The class that is beyond your realm of comfort, is the one that will inspire you.
Alumni Update: Nina Hlebarova Malone

Wesleyan Scholar and 2004 VWC graduate, Nina Hlebarova Malone is currently employed by the Virginia Port Authority as a Research Analyst in Business Analysis and Strategy. Nina’s job involves the analysis of port terminal activity, international trade, and market data as they relate to Port of Virginia’s strategic trends and competitive position. Her job allows her to gain insight into international markets and trade, which she would like to build upon and further advance her career in international business development and management. Nina is pursuing an MBA from the Mason School of Business at the College of William & Mary. She serves as the Vice-President of the Hampton Roads Foreign Commerce Club, a non-profit organization dedicated to promoting foreign commerce through the maritime, air, and other channels in Hampton Roads. She is also actively involved in the Organization for Women in International Trade, a professional organization designed to promote women doing business internationally. The career path that has led Nina to where she is today started at VWC with her independent research project and an internship. The VWC Honors & Scholars program allowed her to work on an original research project in assessing one area of Norfolk Southern Corporation’s profitability. Her experience with Norfolk Southern opened doors to international trade in the transportation and the maritime industries. The Honors & Scholars program challenged her to set goals high and work hard to achieve them.

Senior Spotlight: Bree Strain

Hometown: Plymouth Meeting, PA
Education before VWC: Plymouth-Whitemarsh High School
Major: Earth & Environmental Sciences
One thing that attracted you to VWC: Small size
Best memory from VWC: Mountain Belts field trip in my sophomore year.
What you do for fun: Play softball, read, play with my dog
Future plans: Teach Earth Science in Chesapeake Public School starting in September.
Favorite course: Geology of Mountain Belts
Professor that has inspired you: Dr. Malcolm
Favorite Quote: “Look for humor in every situation. It makes life worthwhile” ~Patricia Connor
Advice to H&S underclassmen: Don’t be intimidated by tough classes.

Senior Spotlight: Nate Swann

Hometown: Virginia Beach, Virginia
Education before VWC: Homeschool
Majors: Communications & Political Science
One thing that attracted you to VWC: The people, and the small size!
Best memory from VWC: Having the opportunity to do everything, while getting to know everyone, either student or faculty/staff!
What you do for fun: Be busy all the time...and watch lots of great television...damn you writer’s strike!
Future plans: Graduate school...where is TBD.
Favorite course: Extreme Religion - wish is was a whole semester rather than Winter Session.
Professor that has inspired you: Bill Jones...a great man who taught me how to watch movies...
Favorite Quote: “You cannot change your fate...no man can…”
Advice to H&S underclassmen: Take a plethora of classes...especially those you don’t need for your major, as they are the ones that will leave the biggest impact on you! Also, get involved on campus...as it makes your experience at VWC even better!
Senior Spotlight: Lindsey Williams

Hometown:
Princeton, New Jersey

Education before VWC:
West Windsor–Plainsboro High School South

Major:
Communications

One thing that attracted you to VWC:
The soccer program

Best memory from VWC:
Traveling to Disney with the soccer team to compete in the Final Four.

What you do for fun:
Hang out with my friends, watch movies.

Future plans:
I wish I knew...

Favorite course:
Computer Art

Professor that has inspired you:
Coach Bowers

Favorite Quote:
“And this is love: that we walk in obedience to his commands. As you have heard from the beginning, His command is that you walk in love.”
2 John 1:6

Advice to H&S underclassmen:
Take advantage of and enjoy the programs and events offered by this organization because some of them you might never get another chance to do!
Walking With Dinosaurs Brings Back Childhood Memories

Brandan Adams

I must say that I was a little hesitant to go see Walking with Dinosaurs. I figured it would be childish and I was right. But, that’s what made the show so great. Besides the many parents taking their little ones to see these life-sized dinos, the group of Honors and Scholars were probably the oldest age group in the audience.

The performance began with a new born dinosaur popping out of its shell, and immediately, the kids go nuts. Throughout the show, huge dinosaurs come out, some dangling their long necks and tails over the audience. The little ones sitting around me knew the correct names of every dinosaur.

They would point saying, “Look Mom, it’s a Brontosaurus. They have their nose on their head.” Sure enough, the narrator explains that these creatures breathe through their nose, located on top of their head. Besides the dinosaurs, the kids were most impressive.

Being part of the Honors and Scholars, I am glad I got to attend the performance. The dinosaurs were certainly impressive, with the great attention to detail and the way they were able to glide around stage. For me, the most creative part of the performance was when this huge Pterodactyl came down from the ceiling and actually looked like it was flying around stage.

The performance of Walking with Dinosaurs brought me back to my childhood. After watching the two hour show and seeing the children so excited, I remembered when I was young, playing with my T-rex and Triceratops. I enjoyed Walking with Dinosaurs and I am glad that the Honors and Scholars program provides these types of activities for its members. I hope the Honors & Scholars Association continues to allow such activities for future members.