**Basic Needs Security**: Learning effectively and engaging wholly in class is dependent upon our basic security and having our fundamental needs met: having a safe place to sleep at night, regular access to nutritious food, and some assurance of safety. If you have difficulty affording groceries or accessing sufficient food to eat every day, or if you lack a safe and stable place to live, please contact Chris Porter, Assistant Dean of Students, at [cjporter@umw.edu](mailto:cjporter@umw.edu).  Additionally, the Gwen Hale Resource Center is a free resource on campus, providing food, toiletries and clothing to any member of our community. It is open Monday, Tuesday and Friday from 1pm-6pm, on the 5th floor (floor A for Attic) of Lee Hall, or [resource@umw.edu](mailto:resource@umw.edu) . Finally, you are always welcome to talk with me about needs, if you are comfortable doing so. This will enable me to provide any resources I may possess.