**Women’s Conference 2011 a Success!**

Informative day for those who attended. Attendees were provided with many health-related workshops where they had the opportunity to learn about and experience self defense, first aid, zumba, acupuncture, meditation, and creating healthy diets.

AU students, staff, and members of the community also had the pleasure of attending panel discussions and keynote lectures. Dr. Judith Colla discussed the food industry and its effects on health. A panel of experts in fields of health and wellness hosted a panel discussion where attendees had the opportunity to ask questions and gain valuable information about maintaining physical, mental, and emotional health. Panelists included Dr. Cathie Chester, a psychologist and administrative director at the Alfred University Wellness Center; Dr. Joseph McKay, a local practicing chiropractor; and Cathi Burys, a nurse practitioner and adjunct faculty member at Alfred University.

Kathy Woughter provided the closing remarks for WC2011 with a presentation entitled “Secure Your Own Oxygen Mask First.” Overall, the feedback from those who attended WC2011 was very positive, making this WLC event a great success!

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**How to Avoid Getting “SAD” This Winter**

Shorter days, colder weather, and frost on the ground can only mean one thing: winter is on its way. Most of us are affected in some way by the dark, gloomy weather of wintertime, but for some those feelings of dreariness and depression can turn into full blown “Seasonal Affective Disorder (S.A.D.).” Luckily, there are a few things we can do to make the snowy, cold days ahead of us seem a bit more bright.

First, be sure to get an abundance of natural light. Because sunlight is not always an option during the winter months, consider leaving your curtains open purchasing natural light bulbs for your home or office.

Second, get organized and set goals for yourself. The good feelings associated with being productive and accomplishing goals can combat those feelings of wanting to hibernate until spring, and you will learn effective time management skills along the way!

Third, stay active and exercise throughout the winter months. Physical activity stimulates neurotransmitters that can positively affect mood. Creating a workout routine can go a long way in... **continued on page 5**
Kelly McNamara

Kelly is majoring in communication studies and minoring in sociology and expects to graduate in 2014. Kelly is involved in a variety of activities and sports at AU, including women’s basketball, women’s outdoor track, AUTV, and volunteering as an orientation guide for incoming students. In her spare time, she enjoys playing basketball, hiking, traveling, and participating in community service.

“I joined the Academy because I wanted to be in an environment of forward thinking, driven individuals that would challenge me to grow as a leader.”

“Ariana Daniels

Ariana, class of 2014, is majoring in Psychology. She is originally from Buffalo, NY. Ariana is the treasurer of Drawn to Diversity, is involved in the Saxon Sidekick mentoring program, and is an active member of the Spectrum and Alfredian Dramatists. Her hobbies and interests include playing flute, directing, archery, and cooking.

“I joined the Academy so that I could develop my leadership skills, as well as gain a group of women as friends and mentors.”

Milena Vauclair

Milena is a Communications major from New York, NY. She is currently an AUTV station manager, a FYE peer leader, and has been an AU orientation guide for three years. She will graduate this spring and is still considering her after-college options.

“I joined the Academy to learn how to effectively lead and to gain confidence in myself as a woman.”
Christopher B. Robinson

Mr. Chris Robinson is a Marketing Manager for Unifrax I LLC which is a global producer of high temperature ceramic fiber insulation for industrial, automotive, and fire protection applications. He is a 1986 graduate of Alfred University with a degree in Ceramic Engineering. He followed his brother Scott and sister Beth (Robinson) who also attended Alfred University and graduated with degrees in Ceramic Engineering. He and his family like to say that they went into the “family business” with their AU connections. Chris received an MBA from the University at Buffalo.

He grew up in Grand Island, New York. With the exception of a six year period working in the New York City area, has lived in the Buffalo area his entire life. His NYC time was very important: he met his wife Cindy, got married and started their family. Chris and Cindy have three children: Christian is a senior Music Education student attending Michigan State University; Zachary is a junior studying Business Administration here at AU; and Emma plans to attend AU next Fall. Mr. Robinson’s hobbies include cooking, playing outdoors with his four dogs, and fishing with his kids.

“I am honored to be affiliated with The Beth Robinson Judson Leadership Center because it gives me an opportunity to carry on my sister's legacy of service to Alfred University.”

Keep an Eye Out for These JLC Events
(Coming in the Spring Semester)

Learn2Lead Workshop Series
January–April

Women of Influence Speakers
Ms. Breea Willingham “Incarcerated Women: Writing to Reclaim Identity”
February 7
Ms. Jennifer Pharr Davis, endurance athlete, “Lessons from Thru-hiking the AT”
April 19

Women in Science
Presentations by AU students Carolina Jones and Marissa Ray
February 29

Women of the World Conference Day
March 31
Letter From the Director

Every year, just ‘round about Halloween (or, Samhain) when the stores start pushing green-n-red, Santa and elves, and mistletoe, I am routinely disgruntled that our culture rushes headlong into the Next Big Day without really stopping to be in the moment of THIS Big Day. And I remind myself to take my own sweet time to enjoy Samhain, and the change of seasons. And every year, about two days after I make that promise I find myself looking at the calendar and getting antsy thinking about Thanksgiving (what to cook, mostly because that brings me fits since I don’t cook well). And even before Thanksgiving arrives, I already have my holiday cards stacked, signed and addressed, and I’ve made a list of gifts to buy and I’ve plugged into our family calendar all the optional entertainment and festivities we could go to. I’ve hauled from the basement our gift wrapping supplies. I’ve forced my husband to spend a day ‘helping’ me decorate (he’s a wonderful sport about it all). I cull through my recipe cards thinking I’ll tackle a big holiday baking day (remember: I don’t cook). My stress builds up, I snarl at the Dunkin Donuts drive in, and become somewhat obsessed about how much time I have on the deep discounts offered by online retailers because “time is running out before the big day.” (It’s still November at this point). I overspend, take back, exchange, second guess … and burn the cookies. By the time Yule or Christmas or Kwanzaa or Hanukkah is here I’m already sick of it all. Little Miss Cranky Pants has arrived. Bah humbug indeed.

I was headed down this same road again this year, when something pretty amazing happened. I decided that I would only say YES to what I really, really, really wanted. And what I really, really, really wanted was a quiet, do-nothing, holiday at home with my husband and dog. We might have a family get together, but it will be a spur of the moment thing, and very likely we’ll just order in pizza and wings for the crowd. We might just rent a ton of movies and watch for days on end in a popcorn-and-hot-chocolate stupor. We might (assuming we get snow) try our hands (and feet) at snowshoeing. We might not. What I won’t do this year is lose track of the moment worrying about what I ‘should’ be doing. I won’t bake cookies. I won’t fuss around arranging the garland just so. I won’t try to wrap presents like Martha Stewart (thank heaven for gift bags!) I won’t spend money buying gifts ‘just in case I need a last minute thing’ but I will spend my money to help someone who needs it. I will listen to some holiday music, but when I get bored with it, change the channel. And no, I won’t watch “It’s A Wonderful Life” just because I’m told it’s a tradition to do so.

I’ve made a gift list for myself this year. Here’s what’s on it:

Time alone to read, nap, daydream.
Stay in my dancing penguins pajamas all day.
A great bottle of wine with my husband while we watch the Yule log burn (on tv)
Walks with my dog.
Shut off my cell phone for at least two days and no checking email.
A phone call with my son (he lives in Texas and won’t be coming east this year)
Health in mind, spirit and body.

Look at that… not one thing that must be baked, decorated, bought, purchased, wrapped and shipped. (well, the wine will cost something but that’s it). And what will I have to show for it? Peace. And a restored sense of The Moment.


Julia
Avoiding “SAD-ness”

continuing from page 1

helping you to feel productive, as well as establishing a healthy lifestyle.

The last tip for avoiding S.A.D. this winter is to socialize. Surround yourself with family and friends who will drag you out of the house for a few hours. Plan weekly activities with those you care about most, such as dinner and drinks with your friends, or shopping with your family on the weekends. Make an effort to strengthen your social relationships this winter rather than putting your social activity off until the spring.

Of course, it is very important to seek professional help if your feelings of sadness or seasonal depression start to get out of control. However, letting your body absorb some natural light, staying productive, exercising, and socializing regularly may help in combating the gloomy effect that winter can have on all of us. And remember, “one kind word can warm three winter months” (Japanese Proverb).

Great Reads for Winter Break

Amazon.com has completed and released a list of the “Best Books of 2011.” The website lists the “Top 20” books for every reading genre, ranging from romance to mystery. The cold winter months are the perfect time to catch up on your reading that doesn’t involve text books or budget reports, especially if you are planning to take time off from school or work. Whether you’ve got a paperback or a tablet, pick up one of these bestsellers, curl up in a blanket, and dive in. (Be careful not to spill your hot chocolate!)

- **1Q84** by Haruki Murakami. The year is 1984 and the city is Tokyo. She has entered a parallel existence, a world that bears a question.
- **Bossypants** by Tina Fey. Fey gives us a fascinating glimpse behind the curtain of modern comedy with equal doses of wit, candor, and self-deprecation.
- **The Sisters Brothers** by Patrick deWitt. A genre-bending frontier saga that is exciting, funny, and, perhaps unexpectedly, moving.
- **Before I Go to Sleep: A Novel** by S. J. Watson. Everyday Christine wakes up not knowing where she is. Her memories disappear every time she falls asleep.
- **Daughter of Smoke and Bone** by Laini Taylor. Karou is a seventeen year old art student with a most unusual family. She encounters an angel, and soon the mysteries of her life and her family are unraveled— with consequences both beautiful and dreadful.

“What’s New In the Neighborhood”

(local and global blogs written by women, for women)

http://www.85broads.com/public/blogs
http://blog.futurewomenleaders.net/
http://jezebel.com/

Look for the next issue of *The Global Neighborhood* coming in late February!

For suggestions, please email: leadership@alfred.edu.

This issue was created by Sarah Eggleston, WLC graduate assistant.