

the *Link*



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fashion
forward

SOCIAL MEDIA
Spring Cleaning

Shedding Light On
Seasonal Affective Disorder

SAVE THE DATE
to Celebrate



LEADERSHIP | SERVICE | COMMITMENT

March 2015

- The City of Raleigh Museum, located on Fayetteville Street, will celebrate the Junior League of Raleigh with an exhibit throughout the month of March as they highlight Women's History Month. Museum admission is free. Join the Junior League of Raleigh 6 - 9 p.m. March 6 for First Friday and/or plan to attend the Throwback Thursday reception 5:30 - 8 p.m. March 19.
- The March 10 General Membership Meeting at McKimmon Center will feature a 85th anniversary celebration. All current JLR members (Provisional, Active and Sustainers) and former members are invited, so gather your old color group, team, committee or Board, and join us!

April 2015

- Join League members as we head into the community during our 85th Anniversary Week of Service, April 18-25, for a variety of onetime, high-impact service projects. Details coming soon!

www.jlraleigh.org

CONTENT



In Every Issue

President's Message	5
Pink Pages	19
Member Spotlight	20
Agency Spotlight	28



2015-2016 Slated Junior League of Raleigh Board of Directors	6
Training Vice President	7
Social Media Spring Cleaning	8
Membership Vice President	10
Spring Break 2015: Planning adventure, education and fun for your family	11
Mentoring in a special way at AventWest Children's Mentoring Center	15
Community Vice President	16
Communications & Strategies Vice President	18
JLR: A Modern League	24
Funding Vice President	25
BackPack Buddies offers an apple a day	26
Belk Fashion Forward	28
Men in the Junior League?	30
Shedding Light on Seasonal Affective Disorder	32



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The Junior League of Raleigh is an organization of women committed to promoting volunteerism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers.

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PRESIDENT'S MESSAGE



Here we are more than halfway through this League year and we have many more exciting events ahead of us—Fashion Forward with Belk, the 85th anniversary celebration at the March GMM and the corresponding Junior League of Raleigh exhibit at the Raleigh City Museum, this year's Empowering Women's event and oh so much more. The one thing you can say about the Junior League of Raleigh is that there is always something to do.

It simply amazes me that every week our members are working to empower youth, create a better community and strengthen our League. Throughout my years of League service, I have witnessed the heartfelt dedication and love that our members give through their service to our League. It is especially gratifying to be working with women who have enormous energy and passion. I am proud to be part of an organization committed to promoting volunteerism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers.

As we continue on this year's journey, I encourage you to continue with the great work that you are doing today. Continue to take the opportunity to build those life-long relationships that will supersede the organization of Junior League. Continue to use your talents to be formidable, courageous and visionary. Continue to be dependable, committed, patient, collaborative and kind.

Your journey in the Junior League of Raleigh may have initially started for different reasons—friendship, training, service—but we are now united on this road together to make our communities and our League the best they can be. We are able to make an impact because of our outstanding volunteer members. I am confident that through your active participation, we will build bigger and better things as we journey forward.

With heartfelt thanks for your commitment to the Junior League of Raleigh,

A handwritten signature in black ink that reads "Seleñe H. Brent". The script is elegant and cursive.

Seleñe Brent



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Mitzi Downing



Although you might not realize it, the work of the Training Council permeates everything we do in the League. The Training Council is all about providing meaningful training and enrichment opportunities for our members and our community. Our council consists of four teams: GMMs, U.S. Ambassador, Empowering Women's Conference and Team Community Connect. Team Arrangements works hard throughout the year to support our league in a variety of ways—including setting up our GMMS, Small Group Meetings, coordinating with other teams, organizing the annual Sustainer Holiday Social and much more. Team CLI manages the Junior League of Raleigh's Capital Leadership Initiative, an award-winning program that provides women in our community with leadership training that is applicable to the workplace, volunteer opportunities and at home. Team Training provides a variety of training opportunities for personal and professional growth like this year's program with Nancy Brinker, founder of the Susan G. Komen Foundation and former US Ambassador.

One of our next big events is the Empowering Women's Conference, hosted by the Community Connect team. We hope you will save the date and join us. To entice you, here is a preview:

The JLR will host its second annual Empowering Women's Conference Saturday, May 2 at the Center for Community Leadership. The conference is a day-long personal and professional development opportunity for all women in our community: Junior League members and friends, nonprofits, professionals, agency partners and those that we serve, entrepreneurs and mothers. The conference will feature keynote speaker and Girls on the Run founder Molly Barker and other well-known speakers. Topics include women's leadership, empowerment, philanthropy, dressing for success, presenting yourself powerfully, boosting your self-esteem and more. The conference, open to the community and free of charge, will begin at 8:30 a.m. Breakfast will be served at 8:15 a.m. and lunch is provided at noon. Mark your calendars and plan to attend—more details to come!



SOCIAL MEDIA SPRING CLEANING

by Jennifer Blue-Smith

We all know the basics about staying safe online, but it's good to have a refresher every now and then. Ne'er-do-wells are always scouring the internet looking for their next target, especially during and after the busy holiday season of online shopping and social events. Junior League members could be choice targets because we are actively involved in our community. As a result, our information and images often appear widely on the internet—which could potentially set us up for identity theft or other internet scams. As you make a list of spring cleaning projects around your house, consider cleaning up your social media and other online accounts as well. Here are a few suggestions:

- Change your passwords often and make sure you have different passwords for each of your unique accounts. Many JLR teams have unofficial email accounts to manage team business. These email accounts and passwords are passed to the new team captains each year. Are these passwords changed every year? Consider using a secure password manager to save your passwords in one place. The password manager generates new, strong passwords for each account when you direct it to. Because the program remembers the new passwords, you can change them as often as you like without the hassle of memorizing or writing down the changes. And the best part is that you only have to remember one master password to access all your accounts. You can customize the strength of the programs as well.

Several password managers will store your shipping address and credit card information for quick and easy online purchases. Some reputable programs are RoboForm, LastPass and Dashlane. Compare several programs here: pcmag.com/article2/0,2817,2407168,00.asp.

- Make sure your social media privacy settings actually keep your information private. Are you sure your information is completely private? It may be a good idea to view your profile from a friend's or loved one's account to make sure your privacy settings are as secure as you want them to be. Often, people-finder websites such as radaris.com will pick up your information from LinkedIn, public records sites or even the Junior League web page and display them on their website. This information is generally very difficult to remove. Pictures available on your social media profiles—in addition to your other personal or professional information—are generally fair game.

- Google yourself. What information is shown? Junior League members will likely find their information relating to the League is shown. Is your picture found under the "Images" tab? Leadership will often find that their pictures appear. Which of your social media sites appear? You'd be surprised. Twitter usernames come up on a search even if you've listed your real name as something different.



Center for Community Leadership

Home to the Junior League of Raleigh, our facility is available for use by other nonprofits, businesses, and individuals. [Learn More.](#)



Leadership.
Service.
Commitment.

Become a member today!



Fashion Forward -
Tickets On Sale Now!

*fashion
forward*

Monday, March 8, 10-11pm | Belk of Crabtree Valley Mall
For tickets visit [jloraleigh.org](#). For questions about the event,
visit [fashionforwardjloraleigh.org](#)

• Education shopping discount • Belk coupon giveaway
• Drinks and hors d'oeuvres • Open-toeing discounts at
• Raffle draw • Champagne toast and dessert!

jl *belk*

Fashion Forward
Belk
March 8, 2015!

For example, if your Twitter username is @JaneDoe but your name is listed as Jane D., a search will likely yield your Twitter username and all the information that comes with it. On the same note, make sure you set your tweets to private. Otherwise, they're there for all the world to see. See [twitter.com/privacy](#) for more information on Twitter's privacy policy.

- Many League members have children and we are proud to show them to our friends and family on social media sites. Be careful if you post pictures of your kids online. On Facebook, cover photos are always public, as are profile pictures. If you post pictures of your kids in either your cover photo or profile picture, you're letting the whole world know that you've got children and what they look like. ([facebook.com/help/175563842521214](#)).

Do you happen to "like" your child's school PTA group page? Depending on the group's settings, you may be letting people know where your kids go to school. What about your church's page? Keep in mind that many of your "likes" are visible if the group is public even if your privacy settings are strong.

- Remember that some of your information is public record no matter what you do. This information can be pieced together with information available about you on social media or other online forums and can result in you being a victim of identity theft or other crimes. If you own real property, the county has an online record

of your name and address, as well as the valuation of your property. Your voter information is online at [wakegov.com/elections/voters/Pages/voterinfo.aspx](#). If you own real property in Wake County, check out [services.wakegov.com/realestate/](#) to see what the public records show. And for more details on what other public records are available through the county, visit [wakegov.com/web/Pages/publicrecords.aspx](#).

- Your posts never truly go away. Don't write anything now that you will regret later. With a few simple measures, your online information and social media accounts will be as safe and secure as ever, reducing the chance that League members will become a target of identity theft or other internet crimes. Happy cleaning!

Membership Vice President

Heather Beiza



Greetings from the Membership Council. Our teams have been very busy this year.

- TCOM has held several events including Lunch Bunches and Saturday Bunches. If you haven't had the opportunity to attend one yet, there are several more opportunities to attend before the end of the League year. TCOM has also held monthly book clubs, a needlepoint class and a cookie exchange. This year's Raleigh Christmas Parade viewing was another huge success and included a visit from Santa Claus. Keep an eye on Facebook and eLink for upcoming events. Always remember that TCOM is also there for member outreach in celebrating the great events and helping our members through the sad events of your lives.

- MDC has had their hands full with more than 170 Provisionals. They held nine training sessions for our Provisionals to teach them about the Junior League of Raleigh. The Provisionals are gearing up to plan their spring project, Kids in the Kitchen. We are excited to have these amazing women become members in the League at our May GMM.

- Team Transfer team has welcomed some incredible women from all over the United States to the Junior League of Raleigh. These women bring a wealth of

talent and ideas to make our League better. Team Transfer also held another successful Angel Tree project serving families through our SAFEchild affiliation.

- Team Placement held one of two First-year Active socials in the fall with plans to have another in the spring. The team is currently reaching out to all JLR teams to update the Placement Guide to prepare for the upcoming placement process. Please look for more details in the upcoming eLinks.

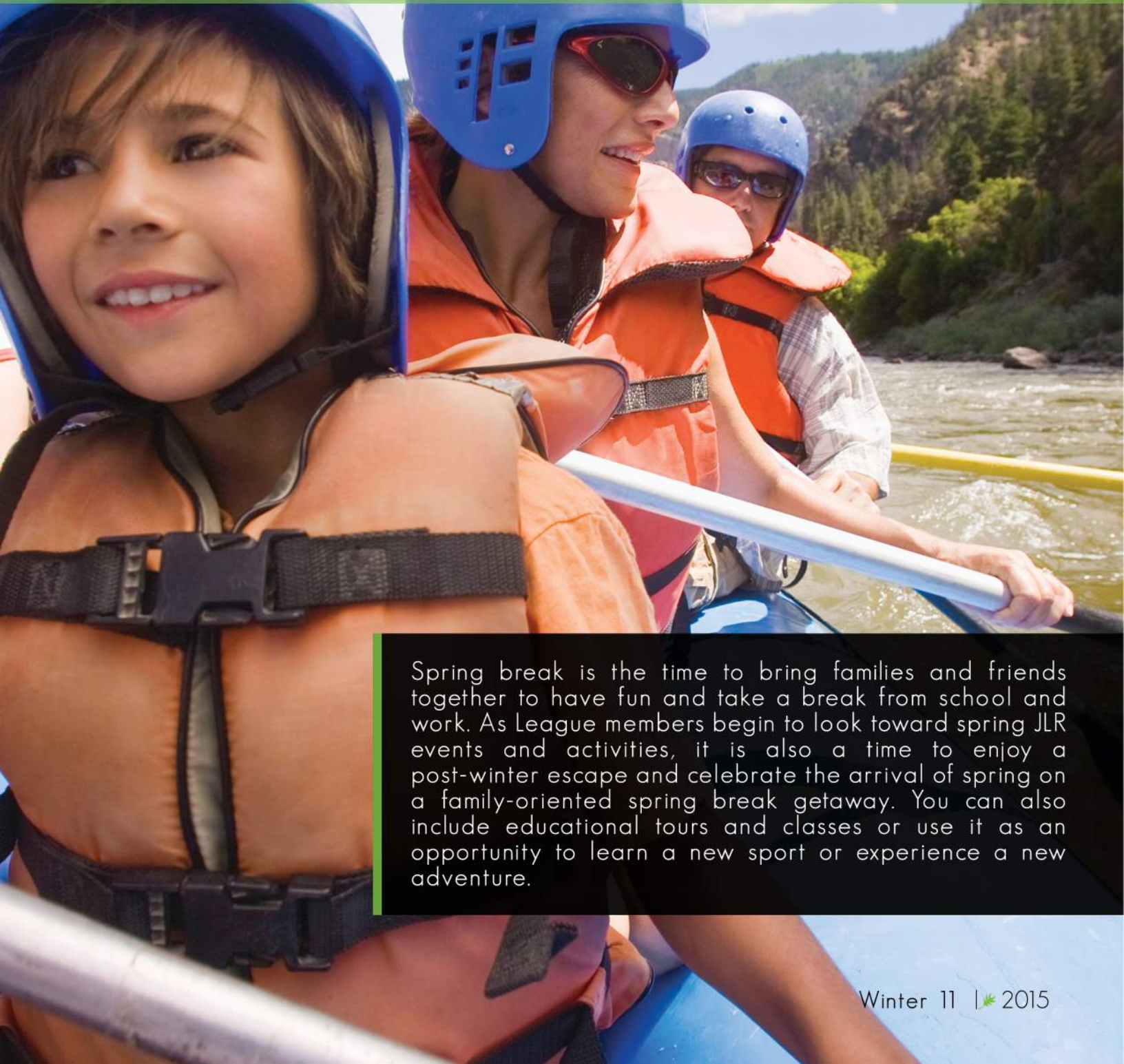
- Our Sustainer co-captains have done a phenomenal job engaging the more than 700 women who make up our Sustainers. They have held several socials to engage these women and keep them informed of what is happening in our league. Sustainers also helped Team Cookbook during SPREE! December brought another Sustainer Holiday Social where Sustaining members raised money and donated gift cards to benefit our community agencies. Sustainers are also planning the SAFEchild Volunteer Appreciation Dinner which will be held at the CCL.

If you would like more information about any of these events or are interested in getting involved, feel free to reach out to team captains.

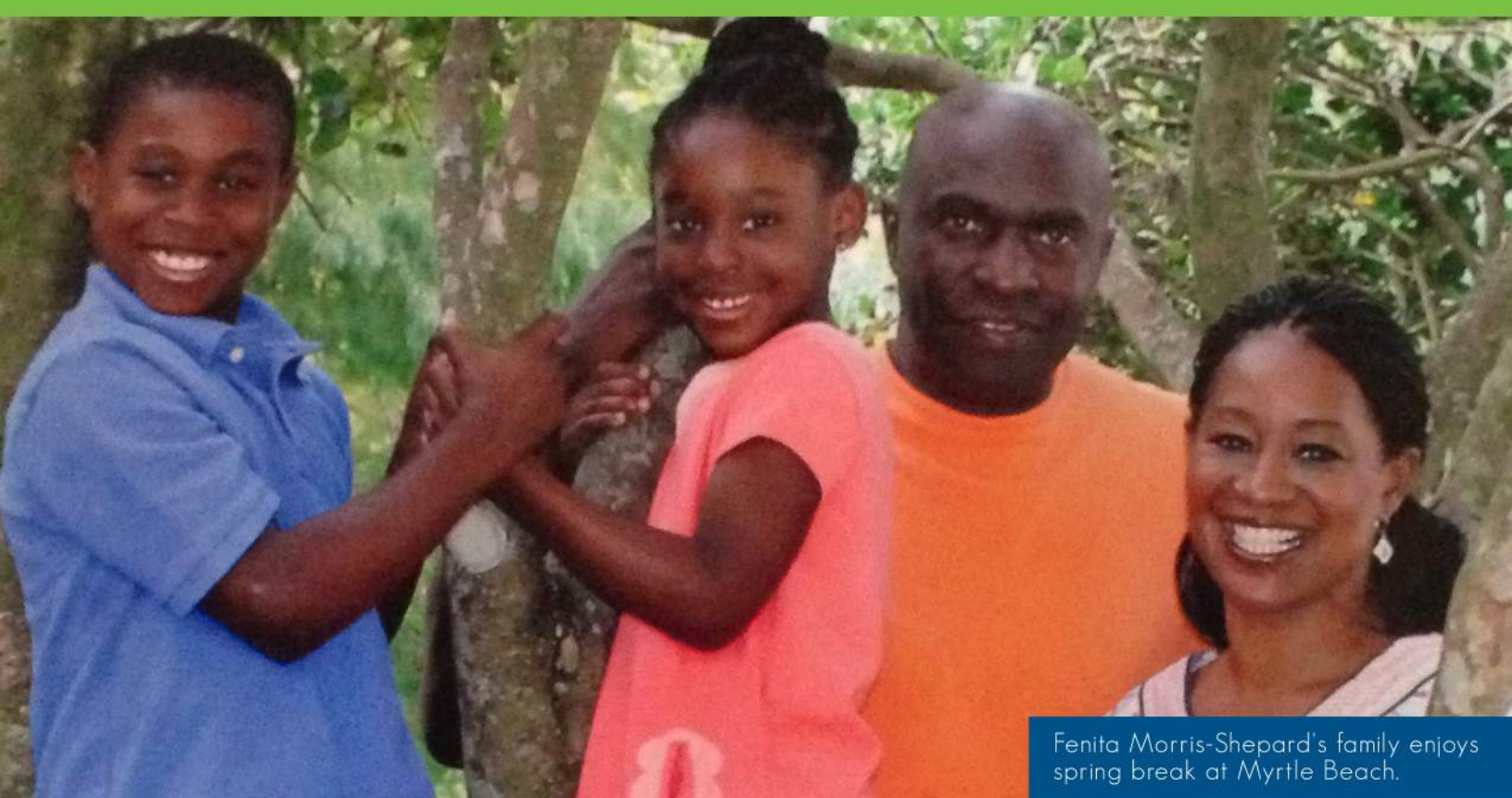
SPRING BREAK 2015:

Planning adventure, education
and fun for your family

by Deidra Hudson



Spring break is the time to bring families and friends together to have fun and take a break from school and work. As League members begin to look toward spring JLR events and activities, it is also a time to enjoy a post-winter escape and celebrate the arrival of spring on a family-oriented spring break getaway. You can also include educational tours and classes or use it as an opportunity to learn a new sport or experience a new adventure.



Fenita Morris-Shepard's family enjoys spring break at Myrtle Beach.

TOP DESTINATIONS FOR FAMILY VACATIONS

Deciding where to go starts with knowing what your family and friends want to do. Whether you want to take advantage of snow for skiing, enjoy the sunshine while relaxing at the beach, explore a different country before the high season or visit a major metropolitan area to enjoy diverse cultural activities, your spring break starts with setting expectations.

Once you've settled on your ideal spring break activities, it is time to narrow the destination options of spots that allow you to do exactly what you want to do. You can find excellent beaches with warm weather at many tropical paradises outside the U.S. as well as great spots in the southern states like Myrtle Beach, South Carolina and Kitty Hawk, North Carolina. Amazing skiing can be had in the Northeast, Midwest, Canada and European destinations. Even the Blue Ridge Mountains have fun activities in the spring like zip lining, arts festivals, outdoor theater, white-water rafting and kayaking.

Some Junior League of Raleigh members enjoy our Southern beaches and mountain ranges. We are conveniently located in the central part of the state and have easy access to the beaches and mountains.

Fenita Morris-Shepard, an Active member, shared, "Spring break always coincides with Easter break for my children.

We usually spend five days at Myrtle Beach. It's a great way to kick off the beginning of [spring]."

Some League members like to take advantage of the great weather in the mountains during this time of year. Sustainer Kathy Marshall said, "I love to spend time in Asheville and the Blue Ridge Mountains. It's an opportunity to visit with relatives that live in the area and take in the sights. My twins enjoy apple picking, art festivals, pottery shops, hiking, kayaking and visiting Biltmore Estate."

Past President Melissa Matton has opted for family ski trips during spring break. "Our family likes to ski, so during spring break we look for ski locations where we can enjoy time together outdoors in the snow one last time before the weather begins to turn warm."

Many major cities, including those in Africa, South America and Europe, are ripe for exploration before the rush of summer tourists make them too busy to enjoy. Using a professional travel agent can help you find the best destination, based on your family's interests and needs. You can also use the travel forums on popular apps and websites like Trip Advisor to gain insight from other travelers and experts, recommendations from friends. Employers may also offer personal travel services, and there are travel blogs and clubs that can provide information.

SPRING BREAK 2015



JLR Past President Melissa Matton enjoyed spring break skiing in Park City, Utah with sons Scott and Ross.

You can also decide to have a “staycation.” This is a great option for the busy professional who takes time in the spring to recharge for the rest of the year or for the family that wants to explore their local area. This is also an option for those who want to save money and are planning a big trip in the summer or during the holidays. A staycation may include doing some spring cleaning or simply taking time out for yourself. There is a good local resource for those who chose this option as well. The Go Triangle website includes activities at local theatres, museums, festivals, parks and transit. Visit gotriangle.org/go-info/staycationguide for more information.

As a professional who travels globally, DeShelia Spann, an Active member, prefers to relax and rejuvenate close to home. She chooses a staycation that involves a trip to her favorite spa, enjoying local entertainment and relaxing with friends.

FINDING THE BEST DEALS ON TRAVEL AND HOTEL

Finding flights and a hotel in a family-friendly location is no easy task and there is a great deal of research to be done before booking your trip.

Turning this task over to a travel agent ensures you will book a hotel that offers exactly what you need, with no surprises once you arrive. A travel agent can share names of hotels with amenities of interest to you, and will know the best transportation options to the hotel and in your destination area. A travel agent can book a rental car, hire a driver or suggest public transportation options.

TOP 15 DESTINATIONS FOR FAMILY VACATIONS:

1. U.S. Virgin Islands
2. Vancouver, British Columbia
3. Amsterdam
4. Paris
5. The Grand Canyon
6. San Diego
7. District of Columbia
8. Athens, Greece
9. Rio de Janeiro
10. Bermuda
11. Cape Town, South Africa
12. Monaco
13. Orlando, Florida | Walt Disney World
14. San Antonio
15. Charleston, South Carolina

There are also websites that travelers use to find air and hotel deals. Some of the most popular are kayak.com and expedia.com. Also consider triporama.com. This website is impressive as it features travel deals for friends and family, provides travel guides and has a section for travelers to post pictures. The site is essentially is a comprehensive trip planner and travel guide for family and friends. You have to create a group travel home page to get started and then you are able to share your travel research with those in your group, as well discuss the details of your trip.

PLANNING FUN, ADVENTUROUS AND EDUCATIONAL ACTIVITIES

For a vacation that includes specific activities, planning in advance is a must. Travel excursions on cruises or land tours may be sold out if you wait until you arrive to book activities. Having someone book excursions for you can help you find the best pricing as well as find other exciting activities that fit your family's needs. Contact the hotel concierge and research travel touring companies. Your company may have travel concierge services that can be used for personal travel, and if you are on a cruise, you should reach out to your travel consultant to assist with coordinating activities during your trip.

SPRING BREAK 2015

Once you've made some decisions about where you will go and what you will do, you can look into travel apps that may be helpful. Some useful ones from PCMag include:

- Expedia
- Google Flights
- Hipmunk
- Kayak
- Orbitz
- SkyScanner
- City Guides, Offline Maps
- GateGuru
- Gogobot
- TripAdvisor Offline City Guides
- Tripomatic
- Viator
- AwayFind
- Packing Pro
- Tripit

League member Kathy Marshall shared that she often finds great deals for travel on LivingSocial. "Last year I found a great deal on zip lining and white-water rafting in the mountains and have found great deals in the Raleigh area for children events for the twins, so [it has] become my go-to website."

The wide range of travel resources available should ensure that you and/or your friends and family enjoy spring break, whether the goal is adventure, educational or just pure fun and relaxation. The best trip is the one that meets your and/or your family's travel needs, so take the time to plan, you will benefit from your efforts!

Resources:

*www.travel.usnews.com

**www.pcmag.com/article2/0%2c2817%2c2422244%2c00.asp



Winter 14 | 2015



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www.BargainBoxRaleigh.org



JLRBargainBox



*Help us celebrate,
and bring a friend!*

We'll be serving up drinks, hors d'oeuvres and plenty of memories Thursday, March 19, at the City of Raleigh Museum. Tickets (\$30) available soon!

Visit www.jlraleigh.org for more information.

Community Vice President

Marisa Bryant



It's been an absolute honor to serve as the League's Community Vice President this year. I'm constantly amazed at how many hard-working superwomen have put in countless hours and are going the extra mile in their placements. It is humbling to serve alongside them on the Community Council. This League year has already been an extraordinarily busy one for our council. We kicked off the year in August with a social, featuring a performance by our favorite songbirds from the JLR Chorus, Meredith Cox from the YMCA giving tips on volunteering with community and Jill Staton Bullard from Inter-Faith Food Shuttle discussing childhood hunger in our community. From there, our 200+ community volunteers have worked hard to feed, teach and enrich the lives of many of our Wake County neighbors. Here are a few things our community teams have been up to:

- Team Boys & Girls Club held a career fair for kids at the Brentwood site in October, started a fine arts program, and is coaching one special young person through the Boys and Girls Clubs of America's Youth of the Year program. They are now in the process of starting a targeted tutoring program for academically at-risk youth. Team Boys & Girls Club looks forward to putting on another successful carnival this spring and hosting the Provisionals' Kids in the Kitchen project.
- The ever-fabulous JLR Chorus has once again been in high demand this year, performing at SPREE!, for our community agencies, in nursing homes and more.
- Team Heritage Park held its first STRIDES event with the help of Fire Station #1 to reward kids for their academic efforts this fall. The team also hosted the annual Holiday Spree for kids to purchase gifts for themselves and family members using "dollars" earned through achievements at school and the learning center.

- After a busy fall of practicing skits on bullying, physical disabilities and learning disabilities, Team Kids on the Block will perform for local elementary students throughout the spring.

- Quick Impact volunteers have logged hundreds of hours helping a variety of nonprofits, including Project Enlightenment, the Green Chair Project and the Me Fine Foundation. Team captains Nina Argiry and Chasta Calhoun have worked hard to streamline the sign-up process for volunteers and make it easier for nonprofits to coordinate directly with Quick Impact volunteers.

- Team SAFEchild volunteers continue to prevent child abuse in our community by volunteering with the many programs offered at SAFEchild. Thanks, again, to Team Transfer for organizing Angel Tree gifts for SAFEchild families in need.

- Team StepUp held a Harvest Fest in October and the always joyful annual Santa's Workshop in December. StepUp will also host the Provisionals' Kids in the Kitchen.

- Team AWCM and Backpack Buddies have had amazing successes this year, too. Read more about them in the articles included in this issue of *the Link*.

THANK YOU to all those who have served on a community team this year or have donated items or money for any of our community projects. Together we are showing our community how Junior League volunteers continue, year after year, to make a difference in Wake County.



Mentoring in a special way at AventWest Children's Mentoring Center

by Amanda Basham

Team AWCN (AventWest Children's Mentoring) has been hard at work positively impacting Wake County students who are at-risk. Focusing on literacy and academics, AWCN volunteers work one-on-one with students weekly, assisting with homework and enrichment activities. Team members have been busy tutoring and mentoring children in the AventWest Community in Southwest Raleigh promoting academic success.



In November, AWCM welcomed Anne Neuenschwander as the elementary site coordinator, which has been invaluable for the kids.

This past summer, JLR Community Council Vice President Marisa Bryant suggested that Team AWCM apply for both Reading is Fundamental and Macy's 2014 Be Book Smart campaign grants. On Dec. 11, AWCM was awarded 386 books of their own choosing.

"To see the joy and huge smiles on the students' faces make our hard work worth it. We have fantastic team members who are extremely dedicated to seeing AventWest students succeed," said Gina Bowman, AWCM Co-captain.



Dear Whole Foods,

Thank you so much for the generous donation to AWCM for the Winterfest celebration! The students and their families thoroughly enjoyed the holiday meal that you helped provide. This event could not have been successful without your gift. Thank you again for your kind donation!

Sincerely,

Team AWCM



Also in December, the team presented the program with seven tablets and a laptop for the site coordinator, made possible with Golden Corral grant funds. This purchase will allow children in the program to learn in another platform, one that may not be available in their homes.

In addition to grant and funding activities, Team AWCM organized and hosted the agency's annual Winterfest celebration. This year's festivities included a performance by the JLR Chorus and a holiday dinner donated in part by Whole Foods and Sawasdee Restaurant. Students received holiday goodie bags donated by League members and gifts courtesy of Stage Door Dance. At the end of the night, Angel Tree gifts were handed out to the children, thanks to Western Boulevard Presbyterian Church. AWCM is fortunate to have so many caring organizations in the community to help make this night possible.

Danielle Shurman, AWCM Co-captain, summarized her experience in this placement. "AWCM is one of the best placements within JLR, as you get to work directly with children; mentoring and befriending them. We are able to make direct positive impact with their homework comprehension. The kids get homework help, but we get so much more from being with them." A big thank you to team AWCM for all the joy they are bringing to children in our community.

Winter 17 | 2015

Communications & Strategies Vice President

Anne Strickland

"We are stronger when we listen, and smarter when we share." Raina Al-Abdulla (name could be linked to: www.queenrania.io)

It is the most valuable skill of a great communicator, and the true job of the Communications & Strategies Council, to listen. To keep their ears to the ground, anticipating and meeting the needs of such a wonderfully engaged and diverse group of women. I am thrilled to be serving such a talented council, who truly has listened to the League in their tenure – and delivered with some remarkable outcomes this year. Here's just a taste of what we've been up to:

If you're reading these words, then you've noticed that *the Link* has gone digital. Don't worry—for those of you who prefer to hold a book in your hands, the third and final issue of this year will be in print. This transition has allowed the team to serve not only as good stewards of their budget, saving hundreds in print and mailing costs, but as exceptional communicators, ensuring that the news of the League reaches our members quickly and efficiently. *the Link* is always interested in hearing what you have to say, whether you have an idea for a story or an interest in advertising. Contact thelink@jlraleigh.org for more information.

- The *eLink* has transitioned to a new format on a new platform and introduced a new publication schedule. We made the move from Monday to Tuesday, paralleling the most popular day for League activities, and we've gone bi-weekly. Moving away from weekly publication ensures that you know what's going on in the League and in the community while enjoying less email from your favorite volunteer organization. Have an announcement? A quote you'd like to share? Thoughts on how we can improve your e-newsletter? Contact elink@jlraleigh.org.

- Thank you for embracing and engaging in JLR social media channels, which have expanded to include Instagram this year! We appreciate all of our team liaisons who work to help us post and keep our pages current. Look forward to online liaison training, launching officially this fall, and know that webcasting is in our near future. Interested in getting involved? Need to get the word out? Contact socialmedia@jlraleigh.org, and don't forget to like, follow, post, share, pin and subscribe to the League online.

- Team Public Relations is here to help your team develop media resources, write press releases and facilitate media efforts. What's up next? The 85th celebration events, of course. Have an event or an idea for a feature article? Need help developing a strategy for your next event? Tap into PR; they're here to help. pr@jlraleigh.org

- Government Relations and Public Affairs (GRAPA) serves as a non-partisan in-League placement to educate members about local, county and state government issues and officials. The team serves as a tool to ensure the JLR stays connected to local government without serving in an advocacy role.



GRAPA has had one successful event after another, with 12 candidates participating in the October's pre-election Judicial Panel and many more attending the following reception, and an active #JLRVotes campaign. Look for more to come from GRAPA as the year continues.

- Emerging Ideas continually works to make sure that our League is on target, that the projects that we are considering taking on are both feasible and responsible, and that we are operating as the best League that we can be. These ladies have exceeded my expectations this year, taking on an ambitious plan of work and a handful of last minute projects with grace. When a member of the Emerging Ideas team reaches out to you, I encourage you to be honest and forthcoming. Their research determines a great deal of what happens next—don't miss an opportunity to make your voice heard, whether we're talking about League diversity and inclusion, the Bargain Box, member retention, or taking a hard look at issue-based community impact.

- Last but certainly not least, our Web team has been hard at work this fall. Have you noticed the new face of the Junior League of Raleigh website? If not, go take a look! The site has been simplified, reorganized a bit and generally given a cleaner look. The public facing site makes it easier to join, donate and get involved with the Junior League of Raleigh—but that's not all you'll see from the Web team this year. They're hard at work with an overhaul of the member-facing site that you see after you log in. Comments or suggestions? Contact web@jlraleigh.org.

As always, if you have ideas or suggestions on how we can improve our communication strategy, we'd love to hear from you (stratvp@jlraleigh.org). In the meantime, thank you for listening—and for sharing. It's our pleasure to serve you this year.

Pink Pages

Sustainers

From your Sustainer Co-captains

We are having a great time digging through the League's archives as we prepare to commemorate the Junior League of Raleigh's 85th anniversary. Did you know that the JLR was inducted to the Raleigh Hall of Fame in 2006? The Raleigh Hall of Fame recognizes individuals and nonprofit organizations who have made significant and lasting contributions to the City of Raleigh.

Five League members have also been inducted into the Raleigh Hall of Fame. Sarah Denny Williamson played a vital role as the primary researcher for the 1967 publication, *North Carolina's Capital, Raleigh*. This book, funded by the League, has been heralded as the beginning of historic preservation in Raleigh. Four former League Presidents, Carol Bilbro, Julia Daniels, Margery "Margie" Johnson and Florence "Flo" Winston, also have been recognized for their significant contributions to the community. Most recently, in 2014, SAFEchild executive director Marjorie Menestres was honored as an inductee. We give thanks for these dynamic women who have substantially impacted the League and our greater community.

In 2015 we hope to continue the legacy of the League through community service and relationship building opportunities offered during this special anniversary year. Please join us!

85 Years and still sustaining!

Lucy Cornelius and Monique Fisscher-Goldwater
Sustainer Co-captains



Winter 19 | 2015



Sandra Nilsson

Junior League of Raleigh Member, 1975-2015

by Molly Conti

After of 85 years of developing the potential of women, there is a wealth of women who have a story worth sharing. A Junior League of Raleigh member since the 1970s, Sandra Nilsson has a story that needs to be told.

Nilsson, now a Sustainer, joined the League in 1975. She was aware of the League's reputation for being a change agent and an innovator in the community. She was sponsored by a dear friend and was excited for the opportunity to participate in all the good things the League did.

Long before email, the telephone and postcards were the way that news was spread. When Sandra joined, daytime meetings were still the norm—which fortunately worked well with her schedule at the time; she was caring for her youngest child who had just entered school. This allowed Nilsson time to help with the League's fundraising efforts, including a tennis tournament that drew Bjorn Borg, a showcase home tour, a Christmas market and the League's cookbook. Nilsson valued these activities for the opportunity they presented to develop management and financial planning skills.

Nilsson served in many capacities during her tenure, from fundraising to managing projects, mentoring Provisionals and serving as the Community Service Vice President. But the service project that Nilsson remembers most fondly is Brightside, an adult daycare center. She also enjoyed working to develop a children's museum—the Discovery Center. The Discovery Center is ranked in the top five children's museums in the country, and a League Sustainer still serves as the center's executive director.

When discussing the League, Nilsson said, "I loved the feeling that we were engaged in making things happen. I loved learning about the inner workings of the community and how to make a difference where we saw a need. Most of all, I continue to love the women with whom I worked and from whom I learned so much."

Sustainer Holiday Social

More than 200 Sustainers gathered in December at the home of Julia Daniels for the annual holiday celebration. While enjoying fellowship among friends and delicious food and drinks prepared by the Team Arrangements, Sustainers were treated to a recital of holiday tunes performed by the JLR chorus. The holiday social also provided a way for Sustainers to give back to the community through gift card donations which will be disbursed to community agencies.



NORTH CAROLINA MUSEUM OF ART TOUR



Sustainers gathered on Jan. 2 at the North Carolina Museum of Art to tour the Small Treasures exhibit. Pictured from left to right: Carleen Shaffer, Lyn Maness, Lucy Cornelius, Monique Fisscher-Goldwater.



Upcoming Junior League of Raleigh Sustainer Events

Watch the *eLinks* for changes or email sustainers@jlraleigh.org / call 919-417-1441 or 919-787-7480

3/8 | Belk Fashion Forward Event

Shopping, hors' d oeuvres, fashion show and raffles | 5-10 p.m.

Belk at Crabtree Valley Mall

3/10 | JLR 85th Anniversary Celebration | General Membership Meeting

85th birthday party and Sustainer reunion with dedicated Sustainer tables. An Evite will be sent.

6:30 - 8 p.m. | McKimmon Center

3/17 | SAFEChild | Community Service Project Meeting

Social hour and SAFEchild Volunteer Appreciation project meeting | 6:30 - 8:30 p.m.

JLR Center for Community Leadership | 711 Hillsborough Street

3/19 | JLR 85th Anniversary | Cocktail Reception

Raleigh City Museum JLR 85th Anniversary exhibit and social | \$30 tickets | 7 - 9 p.m.

220 Fayetteville Street

4/18-15 | JLR Week of Service

Week of Service for all League members to include various community service opportunities. Something for everyone!

4/23 | Governor's Mansion Luncheon

Invitations will be sent | noon - 2 p.m.

200 N. Blount Street

4/29 | SAFEchild Volunteer Appreciation Event

Sustainer-hosted event to honor SAFEchild volunteers

Evening | JLR CCL | 711 Hillsborough Street

Watch *elink* for changes don't miss receiving important information by confirming your email address at www.jlraleigh.org or calling 919-787-7480. Many communications are only distributed via email or social media.

JLR: A MODERN LEAGUE

by Mary Beth Gunter,

Liz Riley-Young and Lauren Stump

Over the last few months, the Governance Task Force has collaborated with AJLI, the JLR Board, Nominating Team, Sustainer Advisors and many JLR members to design an updated leadership structure for the Junior League of Raleigh.

The proposed structure is now available on the JLR member website! Log on and visit the Governance page: (www.jlraleigh.org/?nd=Governance) to check out the structure, read the background information and FAQs, and see what's in store for the spring.

Also, to ensure transparency and provide ample opportunity for members to voice questions and share input, all Actives and Sustainers are invited to participate in informal governance huddles. Mark your calendars and join the task force at one of the following:

- Governance Huddle: 6 p.m. March 10 at the McKimmon Center (prior to the March GMM)
- Governance Huddle: 6 p.m. March 24 at the Center for Community Leadership

Questions? Email governance@jlraleigh.org.

Winter 24 | 🌱 2015

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What to
Do When
Things Go
Wrong

Becky Sansbury for
Community Connect

February 27 | 8 a.m.

Funding Vice President

Lanier McRee



OK, I admit, I never expected to be in the Junior League. My mom and many of her friends are long-time members of the Junior League of Jackson, Mississippi and it was her friends who nominated me as a Provisional in Jackson in 2006. They sent me flowers to let me know that they had done this with a card that read, "Don't kill us!" I didn't have anything against the Junior League; I just didn't think it was "me." Now, I look back and realize what great things the Junior League of Raleigh has brought into my life.

In my eight years as an Active member of the Junior League of Raleigh, I have met amazing people, participated in great trainings, learned to manage teams and plan events, and engaged in Raleigh as a community outside of my neighborhood or workplace—a combination of experiences I could only get in the Junior League. Ensuring that we can continue to provide these amazing experiences and connect our trained volunteers to our community and to one another is why I support the Junior League of Raleigh.

I think sometimes that our members can feel that because we pay dues, buy SPREE! tickets and donate to the Bargain Box, we do not need to contribute in other ways. But, did you know that approximately 25 percent of your dues go directly to the Association of Junior Leagues International? It is our fundraisers and your generous donations to the Annual Fund that support our operations, community teams and training programs.

So, how can we all support the JLR outside of our member requirements?

First and foremost, tell the story of JLR. Share the great things that our League and its volunteers do in the community, from Helping Horse to Kids on the Block to Backpack Buddies. Also, tell everyone you know about our events and fundraisers and invite your non-JLR friends. For the past two years I have had at least seven or eight non-JLR member go to Fashion Forward with me. We have a blast and several have already asked about the 2015 Fashion Forward.

Without the efforts of our fundraisers, the Annual Fund and the Community Funding team, JLR could not put on great trainings for members, nonprofits and the community; we could not host GMMs and TCOM events; we could not buy food for Backpack Buddies or support community nonprofits through the Legacy Fund. Next time you hear someone looking for somewhere to take their gently-used clothing, in need of rental space, or searching for the perfect shower gift, think about the League—suggest the Bargain Box to friends, family, colleagues and church members; offer the CCL to those you know who are looking for meeting space; purchase copies of You're Invited Back as hostess gifts and presents. These are all easy ways to support the JLR and share our story!

BackPack Buddies offers an apple a day

by Gina Bowman, Samantha Hatem
and Danielle Shuirman



An apple a day might be something most of us take for granted, but for most of the children the Junior League of Raleigh serves through its Backpack Buddies program at Lacy Elementary School, fresh produce isn't part of daily—or even weekly—life.

This year, the Backpack Buddies team decided to change that.

With its new Apple a Day program, each of the 61 children the League serves at Lacy receives two to three apples, or sometimes oranges, every week in addition to a bag full of food and snacks for the weekend. The goal is to help them improve their nutrition level but also start creating smart eating habits for the future.

"Healthy eating is a learned behavior," said Astra Ball, Co-captain of Team Backpack Buddies. "We think that it is not only important to provide a meal, but it is also important that we teach these children what it means to eat healthy. A simple piece of fruit is one of the ways we are trying to do that."

"The League's Backpack Buddies team is the first of Inter-Faith Food Shuttle's Backpack Buddies partners to add fresh produce to its bags," said Kyle Abrams, Inter-Faith Childhood Hunger programs manager.

The Junior League teamed with Inter-Faith in 2010 to start a Backpack Buddies program at Lacy. Since then, the team has been funded completely through member and community donations and grants.

The added fresh produce was something that this year's team captains, Ball and Samantha Hatem, felt was an important step to helping the Lacy children thrive and perform better in the classroom.

"It's important for me to feed my children the healthiest food I possibly can, and I wanted to be able to do the same for the children we serve at Lacy," Hatem said. "They're getting so many added benefits from the fresh fruit. We were thrilled to be able to make this happen."

The team asked for donations at the beginning of the League year, and was overwhelmed by the response from League members who wanted to support the program. Each case of apples, which has about 130 apples, costs about \$40. The team buys a case a week from Inter-Faith Food Shuttle.

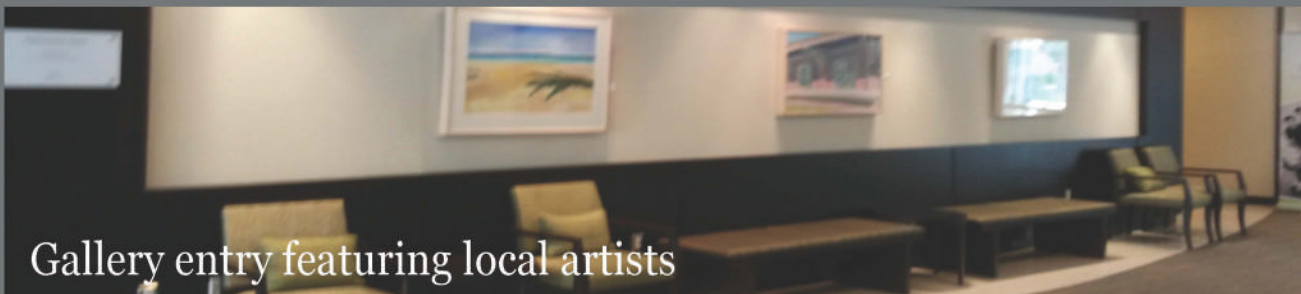
Adding apples also meant extra work for the team, but team members have stepped up to take on the extra shifts to ensure fresh fruit delivery. Each week, team members wash all the apples, wrap each one in plastic wrap and then bag them to be delivered with the rest of the food for the children. Once the apples are delivered to Lacy, a member of Lacy's Parent Teacher Association distributes the apples.

If you would like to make a donation to help continue the Apple a Day program, email the team captains at backpack@jlraleigh.org.

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Photo courtesy of
DeShelia Spann
Photography

THE JLR AND BELK fashion *forward*

by Alex Boddie

It almost that time of year again, Fashion Forward 2015 is right around the corner.

This year Fashion Forward will take place from 6 - 9:30 p.m. on March 8 at Belk in Crabtree Valley Mall, with the fashion show at 7 p.m. and VIP options that include exclusive early shopping at 5 p.m.

As in years past, Fashion Forward will include a runway fashion show featuring the latest spring fashions from Belk and pre-show shopping with a limited exclusion Belk discount. This year's featured designer is North Carolina's own Susan Gravely, from Vietri (www.vietri.com). Several Vietri and Vietri for Belk exclusive items will be for sale and raffled at 8 p.m. The raffle will also include specialty handbags, shoes, packages and other surprises. Sugarland Distilling Company and Bobble join the event as our trend setter and runway sponsors.

PLEASE JOIN US

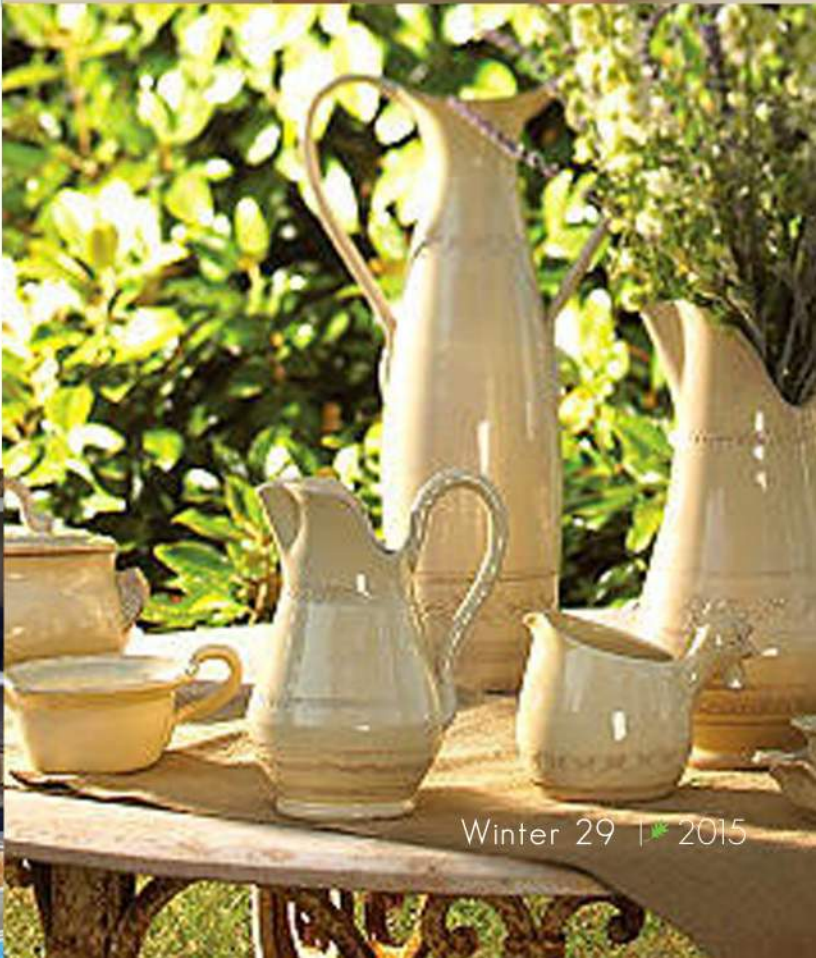
fashion *forward*

A glamorous evening of
spring FASHION and FUN
at Belk to benefit the
Junior League of Raleigh

New this year is the Junior League of Raleigh's first Agency Fashion Project. Each participating agency will receive five items from our partner agencies to use to collectively build a fashion piece that best represents themselves and their agency. These creations will be on display at Belk the week prior and up to 7 p.m. on the day of the event. Customers will vote for the best piece in the "Best of Fashion Forward Agency" competition. Each agency will win a prize designed to suit their mission, giving directly to the agency and families involved. Winners will be announced during the 8 p.m. raffle segment. Participating agencies this year include: Brentwood Boys & Girls Club, StepUP Ministry, Heritage Park Community Center and AventWest Children's Mentoring (participant list subject to change).

Tickets are on sale now; be sure to check the Fashion Forward Facebook page or JLR website for real-time updates. Members and guests are invited to come in comfortable chic ready for shopping, appetizers, drinks and entertainment!

FACEBOOK: facebook.com/jlrfashionforward
JLR WEBSITE: jlraleigh.org/?nd=fashionforward



MEN IN THE JUNIOR LEAGUE?

Gender as a criterion for membership

by Molly Conti

While perusing the Center for Community Leadership (CCL) basement for possible stories from the 1980s, I came across a manila folder with a very interesting title—"Admission of Men (Supreme Court Decision)." I'm a First-year Active, and therefore might be a bit naive when it comes to Association of Junior Leagues (AJLI) history, but this was something that I had never heard of. Men in the Junior League? It seemed an almost laughable idea, and certainly one that I had never given any thought. I decided I needed to investigate.

There were three separate documents in the folder, which I will discuss in chronological order beginning with the oldest, dated July 16, 1984. This document was from the American Junior League Board (AJLB) and addressed Junior League Presidents regarding a recent Supreme Court case, *Roberts v. United States Jaycees*, and its effect on the Junior League. *United States Jaycees* refers to the United States Junior Chamber, a not-for-profit leadership training and civic organization. The Jaycees was a males-only organization from its conception in 1920 until the Supreme Court ruled in the 1984 case that Minnesota's Human Rights Act could be applied to require the admittance of women in the Jaycees.

Judging by the fact that the AJLB consulted with a law firm regarding the ruling, it was obvious that there was concern over the case's ruling—could single-sex organizations in general prove to be illegitimate? Would we be required to admit men to Junior League's across the country? The law firm's response was that single-sex organizations were still permissible, stating that "there is a general rule of law that a so-called discriminated-against group may form organizations limited to members of that group for the purposes of mutual support, development of leadership potential and to help one another advance, without opening up membership to the group which allegedly is practicing the discrimination." The Junior League being an example of one such group, with women being considered as the discriminated against group, along with Girl Scouts and the YWCA.

The next document, dated May 15, 1987, is addressed to Deborah Seidel, who at the time was serving as the executive director of the AJLB. It is from the same law firm as the previous document, Shea & Gould.

The document discusses the impact of another Supreme Court case on the Junior League: *Board of Directors of Rotary International v. Rotary Club of Duarte*. The case debated the membership of women in the Rotary International, a not-for-profit corporation made up of local Rotary clubs, whose purpose is to provide humanitarian service and high ethical standards in all vocations. A Rotary club in Duarte, California, admitted two women to its membership and as a result, the Duarte club's inclusion in the international organization was terminated.

The Rotary decision upheld the idea that Rotary clubs could be considered businesses due to several attributes—for example, a complex structure, large staff and budget. Therefore, as businesses, they cannot discriminate based on gender (or a number of other qualities: race, religion, etc.), and women were entitled to full membership and all the advantages that Rotary membership provides.



Both cases highlighted that their rulings served to eliminate discrimination against women. There was very little evidence at the time of states desiring to eliminate discrimination against men, as discrimination against men was considered the exception and not the rule. Both documents came to the same conclusion: until discrimination against women had been eliminated, it was possible for women to exclude men from female organizations that encouraged opportunity for growth and leadership development.

Now to discuss the final document in the folder, which was addressed to each Junior League from the ALJ and titled "Gender as a Criterion for Membership." It cited the case of a man who, in 1994, requested to join the Junior League in Los Gatos, California. Clark Clementsen was a hair stylist who wanted to give back to the community and saw the Junior League as the perfect organization in which to do that. He was denied membership, based on the principle that Junior League chapters are dedicated to developing the potential of women, who as a group have historically been discriminated against.

The document asked that each Junior League chapter debate the gender issue, as technically, the decision to accept a man into the organization is up to each individual chapter. Obviously, the Junior League of Raleigh's by-laws still include the phrase "...an organization of women...." Today, no League currently admits men.

This manila folder debated an issue in the Junior League's history that, while brief and never materializing, is still relevant today. Gender equality and women's roles in leadership positions have most definitely morphed and improved since the 1980s, but we still have a long way to go. Discrimination is still very much an issue for women - something that men don't actively encounter. And this is precisely why the Junior League was right then, and is right today, to not accept men into its membership.

What an interesting blip in the League's history. I understand why a man wanted to join the League. Who wouldn't? We are awesome! But I am so grateful that the Junior League is still committed to developing the potential of women and celebrating our successes and capability. Here's to 85 more years of women empowering women.



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Shedding light on SEASONAL AFFECTIVE DISORDER

by Brianna Brown

Have you been...

- More irritable than usual?
- Experiencing lower than normal energy levels?
- Having problems getting along with others?
- Oversleeping?
- Craving more carbohydrates than usual?
- Gaining weight?

Believe it or not, these symptoms could indicate that you are suffering from more than just post-holiday blues. If you answered yes to most of the questions above, you may be experiencing what the medical community refers to as SAD: seasonal affective disorder. According to the Mayo Clinic, these symptoms are specific to fall/winter SAD, whereas individuals who experience spring/summer SAD often experience the nearly opposite symptoms of weight loss, decreased appetite, insomnia and anxiety. So before you write off those "winter blues," consider that the National Institutes of Health characterizes seasonal affective disorder as a type of depression.

What causes SAD?

According to the American Psychiatric Association (APA), SAD is directly connected to sunlight (or lack thereof). In the months of shorter daylight hours, it is possible to experience a biochemical imbalance due to the lack of light exposure. This imbalance can cause changes in an individual's circadian rhythm.

Moreover, production of the sleep-inducing hormone melatonin is increased by darkness, so when it's darker outside, our bodies naturally want to sleep more.

What are the treatment options?

Given the apparent links between darkness and seasonal affective disorder, it should come as no surprise that many treatment options involve simple exposure to light. One such option is phototherapy (literally, light therapy). The APA recommends phototherapy sessions of "between 30 and 90 minutes a day." Unfortunately, though, according to the National Institutes of Health, almost 50 percent of individuals diagnosed with SAD "do not respond to light therapy alone." Therefore, many people diagnosed with SAD must turn to other treatment options.

One of these alternatives is psychotherapy. By talking with a psychologist or psychiatrist, many patients are able to talk through their symptoms and learn how to manage the additional stress, irritability and negative behaviors associated with SAD. Of course, in some cases, phototherapy and psychotherapy can also be combined with antidepressant medications. According to the Mayo Clinic, though, patients must be just that—patient—when dealing with antidepressants, as it can take several weeks before the drug is functioning at optimum levels in a person's body.

Q & A with Lauren Suggs, M.A., L.P.A., H.S.P.-P.A.

How is Seasonal Affective Disorder distinguishable from other types of depression?

The major factor would be the time of year the issue presents. A person with diagnosed seasonal affective disorder (SAD) would present with cyclical symptoms (occurring in the winter and dissipating in the spring) over the course of a two-year period.

What advice would you offer someone who believes she may be suffering from SAD?

First, she should definitely be diagnosed by a professional. In treating minor depression, therapy alone can be just as effective as when it is combined with medication, but medication combined with psychotherapy typically leads to the best outcomes in more severe cases.

What other non-medication options or treatments are available?

Exercise is a great start, especially if you can get outside in the daylight. There are also special light bulbs you can buy to start light-therapy, but, again, you should consult a professional before taking that step.

Lauren practices clinical psychology at North Raleigh Mental Health and Wellness.

Of course, there are many home remedies that can also prove effective in combating SAD. The Mayo Clinic recommends making your home environment "sunnier and brighter" by opening blinds and even trimming obstructive tree branches that could interfere with your daily light absorption. Simply spending time outside can help, too, "especially if you spend some time outside within two hours of getting up in the morning." Worried about the weather? The Mayo Clinic says getting outdoors is effective even when it's overcast or chilly, and (surprise, surprise) getting some exercise while you're out there can help lift your mood, as well.

In a society that still treats mental health issues as taboo, it can be hard to ask for help. But if you, a friend, or family member are experiencing "winter blues" that just won't let up, consider talking to a health care professional. Depression is debilitating, so as you're trying to stick to those New Years' resolutions of physical health, consider making a commitment to your mental health, as well.



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