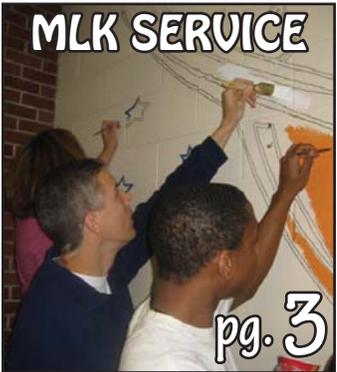
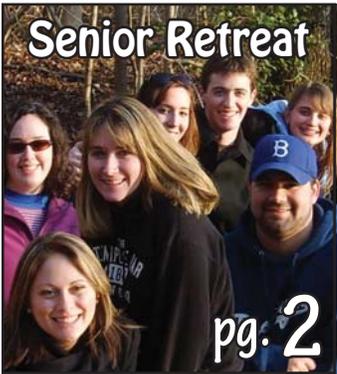




# a look inside.. Sailing to new leadership ideas



**Leaders in the running**  
Distinguished leadership students are nominated for top scholarships  
**pg. 4**

**Save the Date**  
Mount Vernon 2/27  
Civil Rights Tour of DC 3/27-  
(above is only for freshmen)  
Cherry Blossoms and Monument Tours 4/6  
Formal at Clyde's 4/17  
Senior Certificates 4/27

Stephen Bronskill  
Staff Writer

On January 24<sup>th</sup>-27<sup>th</sup> four SPA Leadership students and Professor Marr attended the 2010 US Naval Academy Leadership Conference in Annapolis, Maryland. The theme of the conference was Leadership under Stress: Transforming Crises into Opportunities.

The speakers and panelists represented all levels of American leadership including Admirals in the US Navy, former state Governors, and successful businesspeople. These leaders shared invaluable insights from their years of experience and passed on a number of new ideas to the Leadership students who participated.

Students enrolled in both military academies and civilian universities from across the country attended the conference. Meeting and interacting with students at other universities was an interesting part of the conference for Anthony Miller, a sophomore in SPA Leadership who attended the trip.

"I thought it was great to learn more about leadership programs from other schools. It was even better to find out that AU has one of best and most rigorous programs of any school in the nation."

In addition to providing networking opportunities, meeting students at the Naval Academy was Junior Leslie Kodet's favorite part of the



*ten hut!* - The leadership students explore the naval academy, while learning leadership lessons. [Courtesy Photo].

trip. She noted that, "seeing a life completely different from our own, and hearing the respect that we as civilians have for those who chose a military academy, and vice versa," was one of the most meaningful parts of the conference.

Speakers at the conference discussed concepts such as finding one's true north, a phrase coined by Bill George, when leading an organization. Panelists stressed the importance of having an optimistic view of the world, communicating effectively, and many other important leadership techniques.

Noted journalist and former NBC news anchor, Tom Brokaw gave the keynote address at the conference and described what was in his view the "greatest generation" of Americans who fought in World War II and built the most prosperous nation in the history of the world. At the end of his speech, Brokaw challenged members of the Naval Academy and

attendees of the leadership conference to serve America and work every day to be an even greater generation.

After having a chance to meet and learn more about midshipmen at the Naval Academy, it was clear that students at the military academy and civilian universities have far more in common than in contrast. Sophomore Phil Cardarella recalled talking to Naval Academy students about everything from football to homework and realized that a Navy uniform could not hide the similarities between young adults in the military and in civilian life.

The incredible sense of dedication, devotion, and duty towards serving the nation exemplified by midshipmen of the naval academy inspired Leadership students attending the conference to create a coalition of service groups on campus that will work to unite the AU community towards giving back to people in need.

## Seniors treasure lasting impressions

Martha Hanna  
Staff Writer

The eighteen senior Leadership Program students who gathered on January 23 were surprisingly chirpy for it being an early Saturday morning.

The seniors started the trip down the street at the Bethesda Lucky Strike bowling alley. They bowled two great games and enjoyed Theresa's bowling style, Kris' expertise, and Carolyn's series of strikes.

According to Senior Alexis Nadin, "Bowling was a great icebreaker. It was a good opportunity to catch up with old friends and reminisce on past leadership memories."

They packed back into their cars and headed out to the Melwood Retreat Center in Nanjemoy, Maryland.

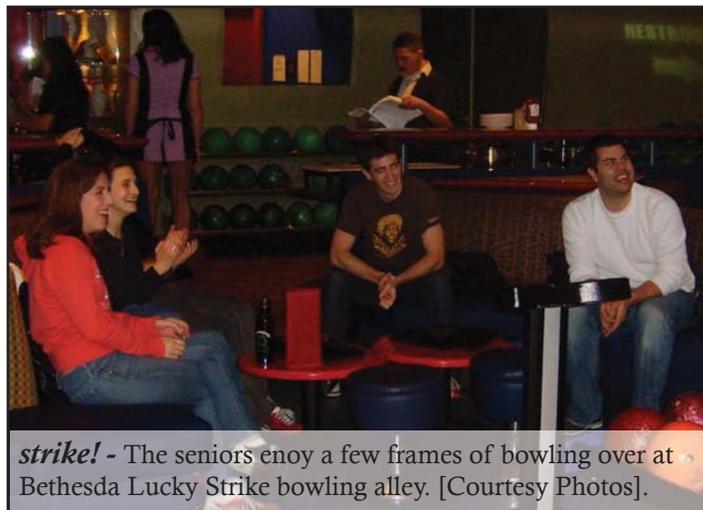
As an icebreaker, Kylee introduced the group to "Toilet Freeze Tag" and Senior Alli Gold put it best, "I cannot remember the last time I ran around like that with a group of people and it was so much

fun to let loose and be crazy."

After enjoying the outdoors, they returned to our lodge and began the activities planned by Alli Gold, Kylee Merendino, Marissa Golub, and Sam Schiro.

They played several rounds of Charades, giving the group the opportunity to be silly and also introduce Professor Marr to highlights from the past year, including The Hangover and Lady Gaga. Bringing themselves back to the freshmen retreat they even did pillowcase skits.

The seniors then enjoyed a group dinner, planned and cooked by Amy Kostilnik, Georgette Spanjich, and Casey Bessette. They followed dinner with a lively discussion of their experience in the Leadership Program and the direction they would like to see the program go in future years. As usual, the class was full of animated opinions but there was strong consensus that although the Leadership curriculum had been challeng-



*strike!* - The seniors enjoy a few frames of bowling over at Bethesda Lucky Strike bowling alley. [Courtesy Photos].

ing at times, with perspective they have a deep appreciation for the lessons the Program has taught them.

At the firepit following the discussion, they had each written their regrets from the Program and time at American. They reflected on their discussion of the Program and used this activity to look forward to a positive final semester.

By burning their regrets that they had written, they let go of any remorse in order to begin the semester with a clean slate.

Following this activity, they recalled the good memories of the Program. The seniors spent a lot of time laughing as they remembered the freshman class retreat, the sophomore class tribulations, junior year internships, and everything in between.

Francesca Giarrantana said, "The bonfire storytelling was hilarious. It really motivated us to make our final semester just as great as past years."

Later in the lodge the seniors enjoyed freshly made

hot chocolate, and an enormous bag of candy for several hours. As the night went on, people continued to talk about their abroad experiences, senior year schedules, and job prospects for the summer.

The next morning the seniors got off to an early start for two final activities.

At their freshmen retreat they had written their impressions of their peers after only knowing each other for a month. At the senior retreat, they wrote down their "lasting impressions," to be shared at the end of the year.

Nicole Bazik said, "It was interesting to remember our first impressions and recognize how we have grown over the past four years."

The seniors then gathered in a circle and shared final sentiments from the weekend. As a class, the students were particularly moved by how the weekend showed the way their class had matured. They enjoy strong and trusting relationships and appreciate the diversity of experiences that each student brings to the group.



*together* - The seniors enjoy the outdoors by playing ice-breakers and reminiscing about their 4 years in the program.

# MLKJ SERVICE DAY

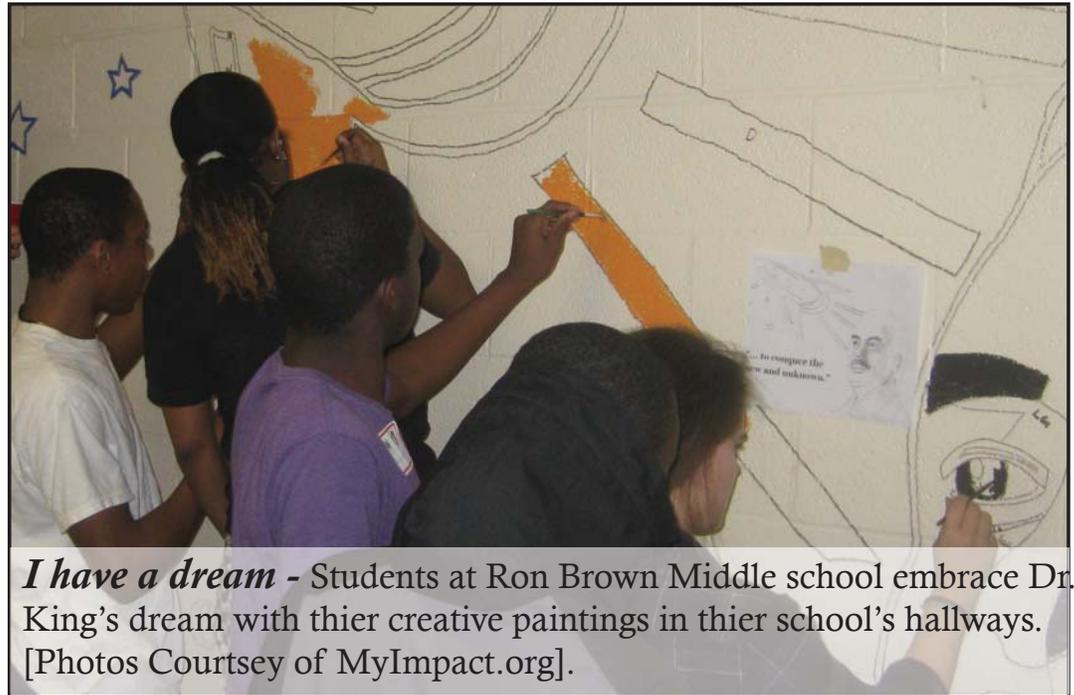
Ryan Hunter  
staff writer

On this year's Martin Luther King Jr. Day of Service, droves of Leadership students volunteered their day off to join in community service projects all across D.C. Commemorating the late Dr. King's call to activism and social service, Leadership students took an active role, from encouraging others to sign up for the service events to making the early morning trek to community centers and senior service homes.

The event proved to be both fulfilling and eye-opening as students learned some leadership history on the



**for the people** - Department of Education Secretary Duncan speaks to crowd at Ron Brown Middle School on MLK Service Day.



**I have a dream** - Students at Ron Brown Middle school embrace Dr. King's dream with thier creative paintings in thier school's hallways. [Photos Courtsey of MyImpact.org].

way. Freshman Leader Katie Hanson had the opportunity to work at one historical housing project from the post-Civil War Reconstruction era and was in awe of her surroundings as the area was home to abolitionist and reformer Frederick Douglas and his sons.

"Instead of forming judgments from afar, I was able to speak and learn about the neighborhood for the people who live and work there," said Hanson. "Understanding the history and current community life was vital to understanding the importance of the work we were doing." Her best piece of advice to other volunteers hoping to engage with their community was, "make sure you feel some connection with the people who live there."

Why did she decide to participate in the program? "I enjoyed my time in the Freshmen Service Experience," said Hanson,

"and it's a chance to see parts of D.C. that are usually not accessible by metro."

Another SPA Leader, Stephen Bronskill, join in this "fantastic experience" by volunteering at Capitol Hill Towers, a senior home in Northeast D.C., to help clean up residents' rooms so they would not face eviction. "It was great to give back to a community of seniors that was in need of assistance," said Bronskill. "And it was inspiring to see so many AU students choose to serve instead of sleep in on a holiday."

Why did Stephen participate in the program? "I was inspired by Dr. King's life and legacy to participate in the service day," said Bronskill. "I think that serving our community is a fantastic way to honor the memory of one of the greatest Americans who has ever lived."

When asked if they would recommend participating in

the MLK Day of Service to other students, both Hanson and Bronskill answered with a hearty 'yes'. Hanson advises students to expand their horizons and participate because they could "learn a great deal and gain an entirely new perspective" on different communities in DC. Bronskill said, "I think volunteering on MLKJ Day was one of the best and most fulfilling experiences I've had so far at AU."

**down to a science** - A young girl paints a mural of a science instrument in light of the day's festiviites



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Leading the Program and the community, several leadership students are nominated for top schoarships

Nancy Lavin  
Staff Writer

Students in the School of Public Affairs Leadership Program are applying for some of the most prestigious merit awards in the country.

Numerous 'Spaleaders,' particularly upperclassmen, are translating their ambitious personalities from the program to the wider world of merit awards. Using the skills and talents they have developed through the Leadership Program, they are excelling in interviews, writing essays, and contacting local professionals.

Junior Kelsey Stefanik-Sidener's passion for public health issues inspired her to apply for the Truman, an honor bestowed on undergraduate students in public service. Though the application is difficult, Stefanik-Sidener is motivated by her desire to work with health care as it relates to poverty and discrimination. She credits the Leadership Program for giving her the skills needed to excel at the application requirements. "The knowledge I acquired through readings for our classes gave me the vocabulary and context to describe my leadership activities to the selection committee."

Alli Gold, class of 2010, has already made it through several qualifying rounds in applying for the Carnegie

Junior Fellows Program. Officially known as 'The Carnegie Endowment for International Peace,' this prestigious fellowship allows winners to conduct research with notable scholars for a year. "I decided to apply because I believe in the mission of the organization and I think this would be a great place to start my career," she explains. The Office of Merit Awards chose Gold based on her strong application and interview; later this month, representatives from the Carnegie will hold interviews and make a decision in April.

Sophomore Jennifer Jones' active involvement in campus environmental club Eco-Sense inspired her to apply for the Udall, a scholarship awarded to those interested in environmental policy. This prestigious award, dedicated to the late Senator Morse awards its winners \$5000 and the opportunity to attend a conference to discuss environmental policy issues. "You have to have focus," Jones says of the application, which requires numerous essays concerning candidates' plans for grad school and beyond.

In taking the initiative to apply for such highly competitive scholarships, these applicants are taking their leadership skills to the next level. From the Truman to the Carnegie Endowment, Leadership students are taking the world of merit scholarships by storm.

## Spot Light

The accomplished leadership students are shown below:

Kelsey  
Stefanik-Sidener



Allison Gold



Jennifer Jones

