



# The Mediation Monitor Issue 14

October-December 2016

## *A Time for Healing*

*A common issue I'm hearing this year from a larger than usual number of friends and acquaintances is how tense people seem to be. One could pass it off as the normal holiday tension people experience as they rush to fill gift lists and ready themselves for hosting and attending holiday events, but there may be another factor that might be worth considering. The election and a full year's worth of campaigning leading up to it were like nothing most of us have ever experienced. The nasty, divisive tone set during the campaign seems to have left us with an unpleasant hangover that has caused rifts in our families, communities, and in society as a whole. Now that the election is over and a new year is upon us it is time to heal, and healing needs to begin at home. If you have been at odds with family members and have had heated exchanges, now might be a good time to make amends. It might also be a good time to forgive neighbors and co-workers, and to treat strangers no matter their ethnicity, race, or background with respect and dignity. The same respect and dignity that you want others to extend to you. After all, the stage has been set and the next scene will go on with or without us. We can't change what has happened, but we can choose how we will behave toward one another moving forward. Tolerance and kindness really do go along way when it comes to gaining the cooperation of others. Finally, don't forget to focus on healing yourself. No matter whether you are elated or disheartened by the outcome of the political events of this past year, they have no*



*Wishing you a  
Peaceful and  
Joyful Holiday  
Season*

*From the  
Board and Staff  
of  
The Neighborhood  
Mediation Center*

*doubt taken their toll. So, you can begin by smiling and laughing more to release endorphins, get out and enjoy nature, spend time with a good friend not talking about politics, find the time to read a good lighthearted book, get a massage, take a little trip and enjoy a new experience... And most of all, enjoy your friends and family and the spirit of this holiday season.*

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