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January/February 2009

INSIDE:

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Resolutions to Keep

Change is
a Coming...



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...and much more, in our upcoming issues!

From the Publisher



The year 2008 made the ordinary extraordinary and the extraordinary ordinary. On the home front, a small time boy with big time talent Olympic Gold Medalist Michael Phelps made butterfly dips into eight gold medals—the first in Olympic history.

We learned how grass roots organization can move a nation and articulate a language of change, reverberating the mantras, “Yes, we can,” and “Yes, we did,” to the nation and to the world. We saw the verities of established economic theories tested as our economy drank too much of the sub-prime “cocktail” causing debilitating hangovers for our own and the world’s economies. At holiday time, “believers” and “non-believers”

gave their time, resources, monies and sweat equity to make the lives of the least among us a little more comfortable than before. From Iraq to Afghanistan, the Middle East, to Asia, our mettle was, and is, continuously tested.

As we embark on the new year, let us embrace the change that is before us, the “ordinariness” that is within us and help the world around us through extraordinary acts of faith, hope, love and joy. Happy 2009.

All the best,
Joslyn Wolfe

“Listen to the exhortation of the Dawn! Look to this Day!
For it is life, the very life of life. In its brief course, be all the verities and realities of your existence. The bliss of growth. The glory of action. The splendor of beauty. For yesterday is but a dream, and tomorrow only a vision. But today, well lived, makes every yesterday a dream of happiness and every tomorrow a vision of hope. Look well therefore to this day! Such is the salutation of the Dawn.”

Kalidasa,
Indian Poet and Dramatist

Focus Women ON MAGAZINE

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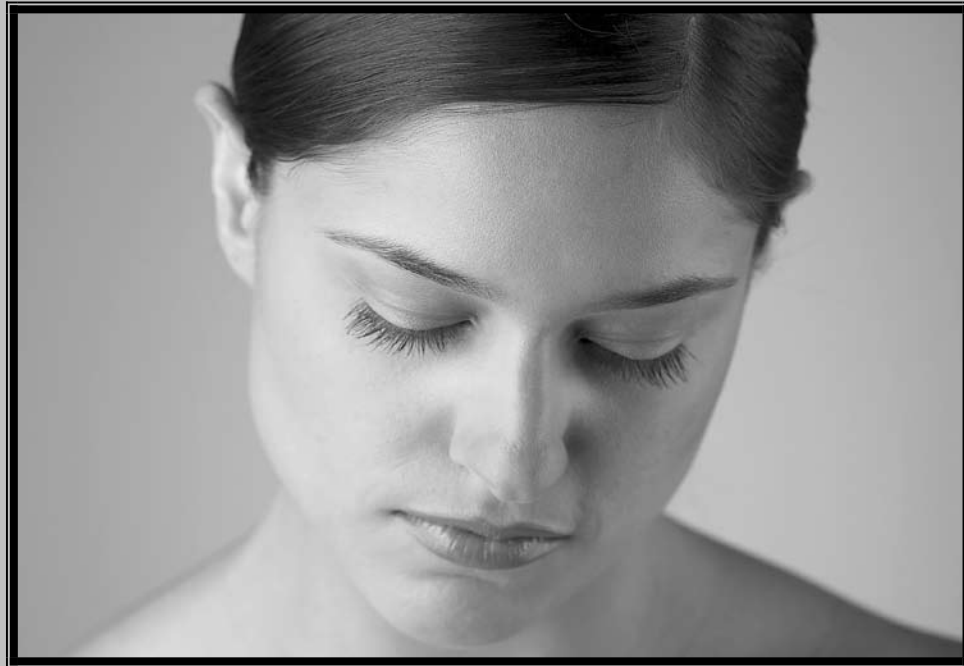
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MEDICINE

Change is a Coming...

By Tasha Walsh

Who doesn't have leadership and change on their mind this month? As our nation inaugurates its 44th president, discussions abound about what qualities make a great leader. Any bookstore has shelves full of books about leadership. Training programs and whole schools have been established to develop good leaders. And as we watch what we thought we knew about our economy and world shake up around us, we wonder what type of change is needed.

Tasha Walsh



Leadership

In the book *Character Strengths and Virtues*, Chris Peterson & Martin Seligman identified Leadership as one of the 24 Character Strengths. In their view,

Leadership is one of the three “Justice Strengths” (the other two are Citizenship and Fairness). Strengths of Justice have to do with assuring equity and protecting intuitive notions of what is fair. These are often referred to as “civic strengths” or strengths that show up among groups of people.

Leadership as a Character Strength describes an “orientation toward influencing and helping others, directing and motivating their actions toward collective success”. Peterson and Seligman summarize the two main tasks of any leader: 1) to get group members to do what’s needed to reach a common goal, and 2) to foster and maintain good relationships and morale among the group members. They go on to describe a good leader as someone who sets this course well by inspiring group members, also referred to as a transformational leader.

Back in the 1970’s James Burns first introduced the concepts of transformational and transactional leadership in describing political leadership, but it is now used in referring to all levels of leadership. Wikipedia offers the following: “According to Burns, the difference between transformational and transactional leadership is what leaders and followers offer one another... Transformational leaders offer a

purpose that transcends short-term goals and focuses on higher order intrinsic needs... leaders and followers raise one another to higher levels of motivation and morality.” On the other hand, “Transactional leaders use conventional reward and punishment to gain compliance from their followers... this type of leadership is ineffective at bringing significant change.”

By all accounts and early observation, Obama is a transformational leader, which is a very good thing. His whole campaign was about change and the country is ready for it. Yet change can be hard. And transformation is a ‘change in form’—a change in identity, in a way of thinking and behaving; a change in character with deep and far reaching effects.

Change

For most of us, when we see something we want to change, we go through several stages before we actually make a change. The “Stages of Change” concept was identified by Prochaska and Diclemente in the early 1980s when they examined the behaviors of people trying to quit smoking.

The Stages of Change start with the idea that often we experience a period of “pre-contemplation” which is a sense that something

may need to change, but there is nothing we can do to change—something external or someone else has to change. The next stage is “contemplation” which is when we start sensing that maybe there is something we can do although we may not be sure what that something is. There is often a great deal of ambivalence. We want change, but we don’t. This extreme ambivalence can lead to contemplation becoming a chronic condition!

The third stage is “preparation or determination” where we may become more convinced that we need to change, and the commitment to change strengthens. We may start to make some efforts to change, but determination doesn’t mean that action is automatic. The “action” stage is the fourth stage which involves making a commitment to change, implementing a plan, and seeking support. Finally comes the “maintenance” stage. This is where we work to keep the changes we made and where the ‘unforeseen costs’ of change are experienced and balanced out.

While the Stages of Change theory is generally used on a personal level, It’s interesting to apply it to any of the potential changes that our country is facing.

Let’s apply it to the economy: It seems that we have been in a collective state of pre-contemplation. Over the past several months however, many of us have probably crossed over into the contemplation stage, “Gee, the market is pretty shaky and the news doesn’t sound promising; maybe I should re-examine my finances and

how I’m spending money.” Others may have been forced very quickly on into the determination stage, “Wow, my bank just notified me of a loss of credit; I’m going to have to change my plans.” A few of us might even have been surprised by a jolt into action—having to move due to a foreclosure on a house comes to mind. For most of us, we are just entering this change process and have yet to even venture what the eventual maintenance stage might be like.

Another example we can apply this to is our country’s health care system. It has long been acknowledged that our health care system has to change. Different health insurance companies and state governments are exploring various approaches to address the problems, but the what, when and how to change the system has not been resolved. This is indicative of the preparation or determination stage. Perhaps we will reach the action stage within the next four years.

Opportunity

Often, we are presented with change or transformational opportunities that we might not choose to experience, but we can choose how we respond to them. One could argue that our current economic state is one of those transformational opportunities. Reminiscent of Darwin’s theory, the saying “adapt or die” implies that to resist change is to threaten one’s existence. At the same time, transformative change usually threatens existence as we know it. Yet, this type of

change can allow for a richer existence in a new form when approached with a sense of willingness and curiosity.

We often let a combination of fear, defensiveness and resentment stop us from embracing something new. It’s a natural reaction to a threat—our brains are built that way. For men, this is the “fight or flight” response, for women this shows up as the “gather and tend” effect. But in order to grow, we need to move beyond that initial fear response, checking out issues essential to our safety, and test out new ways of interaction and existence.

Being able to have a transformational leader during a time of required change is a benefit to all of us. As you can see, change is a process, and as anyone who has tried to lose weight or break an addiction can attest, it can take a long time.

The good news is that transformation is a sustainable form of change. When we can collectively hold on to the higher view and the longer term goals, we will be able to navigate the changes we face NOW and lead each other toward a better future.

Tasha Walsh, known as the Core Happiness Coach, works with individuals and organizations to increase joy, decrease stress, and make it last! She is available for presentations, workshops and one-on-one coaching. Contact her at Tasha@PointForwardCoaching.com.

Resolutions to Keep

By Jan Horan

The holidays are over and we have welcomed in 2009. Holidays are always time for family and friends to gather and most of us overeat and gain weight. The traditional New Year's resolution is to start

an exercise program, eat less and lose weight in the New Year. That generally lasts no more than a month and then we are back to our old routines.

This year, when making your resolutions, exercise and

better nutrition are certainly two areas that should be addressed throughout the year. In this article, however, I would like to discuss another resolution that we all should make and carry through to its completion.

In early November of 2008, a very close relative experienced a devastating house fire and lost most of their personal and very treasured irreplaceable family heirlooms. Until one experiences such a tragedy, one cannot imagine the emotional impact this type of loss has on a person or family.

Now that I have first-hand knowledge of how a home fire impacts everyone involved, I am asking each reader to make a New Year's resolution to develop a prevention plan and take a video inventory of the contents of their home. Below are some suggestions that will help you get started.

- Check the batteries in your home's smoke alarms when the time changes to and from day-light savings time. Your home should have at least one smoke alarm on every level. If you do not have smoke alarms, they can be purchased at local home improvement stores, hardware stores or many retail establishments. Smoke alarms are inexpensive and can be installed easily. Your local fire department may provide guidance if you need assistance.
 - Develop an emergency evacuation plan and practice it with all family members at least once a month.
 - Purchase a fire proof safe or fire proof container to store all important documents such as birth certificates, passports, medical files, insurance information, immigration papers, inventory of all household
- items, tax returns, keepsakes, treasured items, and any papers or material items that are of value.
- Make a detailed video or photo inventory of the contents of each room in your home, including the garage, basement, out-buildings and attic. If you do not have access to a video camera or regular camera, make a written list. Include receipts for major purchases if available. All inventory information needs to be stored in a fire proof container, bank deposit box or some place "fire safe" in or away from your home.
 - Check your insurance and make sure that your payments are current and the coverage sufficient. Insurance coverage needs to be checked every few years to keep current with increased home values and replacement costs for household contents. Contact your insurance agent if you have questions or concerns.
 - If you have collectibles, expensive jewelry, antiques, family heirlooms, or other valuables, contact your insurance agent and make sure these items are covered under your existing policy. It may be



Jan Horan

necessary to purchase additional insurance to cover specialty items of value. Renters please take note: The landlord insures the building/physical structure and that insurance generally DOES NOT cover the personal contents of rented units. Contact your landlord and ask if his/her policy covers the contents of your unit and ask if you need to purchase renters' insurance. If yes, contact your insurance agent for information. Fire can spread very quickly and be out of control in seconds. Call 911 if you cannot immediately extinguish a small fire. Get all family members and pets out of the house and do not go back into a burning home for any reason. Material things can be replaced, a life cannot.

- Make sure that your home is equipped with fully-charged fire extinguishers that are easily accessible. Minimum requirements 2A10BC.
- House address numbers need to be clearly visible from all points of road access. If you live in an area that has an alley or back entrance, place house numbers on both the front and back of your home. House numbers on single-family homes must be at least 3 inches tall and on multi-family homes 6 inches tall. On both type homes numbers need to be of a contrasting color.
- Always turn off all major appliances before leaving your home. This includes but is not limited to:

dishwashers, washing machines, clothes dryers, televisions, and space heaters.

- Your electrical panel box should have each breaker clearly marked. If you know where to find your electrical panel box and are comfortable flipping the breakers, in the event of an appliance fire, throw the breaker to that appliance to the off position to terminate the electrical supply. If you are not familiar with the panel box, are not comfortable flipping the breakers or are not sure which breaker to turn off, DO NOT ATTEMPT TO DO THIS.

oil-based fire. Water will spread the fire. If a dry chemical fire extinguisher is not readily available, use a pan lid (not glass) or lots of baking soda to extinguish the fire. Caution, grease and oil fires burn very hot and spread rapidly. DO NOT take the chance of being injured or having the fire spread. If you are unable to immediately extinguish the fire, call 911 without delay.

Every home and family is different. Do your own research and develop a plan that works best for your living situation. This article is for information purposes to help get you started on a per-

For more information on fire safety and prevention, contact your local fire department and/or check out the following websites, or go to your browser and type in "fire safety" for more complete information.

www.nfpa.org

www.homesafetycouncil.org/resource_center/rc_checklist_w001_submit.asp

www.firesafety.gov

http://firstaid.about.com/od/hazardousmaterials/ht/06_greasefire.htm

http://kidshealth.org/parent/firstaid_safe/home/fire.html

For children:

www.sparky.org

www.firesafety.gov/kids/flash.shtm

- Never leave food cooking on the stove or in any appliance when you are not home.
- Never leave burning candles unattended.
- Never store mulch or garden fertilizer near your home. These items are combustible.
- DO NOT use water to extinguish a grease or

sonal plan for you and your family. Start out 2009 with a resolution that may save your life or personal belongings.

Wishing each of you a healthy, safe, and happy New Year and remember to take time to smell the roses, but be careful of the thorns. Happy New Year



Dear Readers:

As in past years, the Maryland Legislative Agenda for Women (MLAW) advocates major issues that will come before the Maryland General Assembly. During the 2009 legislative session which begins on January 14, MLAW will be supporting bills that, if passed by the legislature, would have a positive impact on the lives of women across our state. They include:

- Maryland Health Care For All Plan which would make quality health care affordable for all Marylanders.
- Clarification of the restrictions on possession of firearms by an abuser.
- Close a loophole in Maryland's child sex abuse law.
- Provide unemployment benefits for part-time workers.
- Provide a structure and criteria regarding the basis of custody decisions.

I will be a co-sponsor on several of these bills. You can follow their progress through the legislative committee system and public hearing process on the legislative website www.mlis.state.md.us. Your input on these bills can definitely have an impact. So let your Delegates and Senators know your position.

Regards,
Delegate
Elizabeth Bobo

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Reflections on the Season

By Janice Campbell M.Ac., L.Ac., ADS



This January 26th celebrates the Chinese New Year and the energetic beginnings of Spring. Soon, bulbs will begin to microscopically expand and bugs to slowly awaken from hibernation. Now is the time for planning new projects and creating change. Winter brought us deep into stillness to rebuild our energies for the coming year, yet soon we will become antsy and impatient with its quiet reserve. We'll be itching to do something and ready to "be the change [we] want to see in the world"(Gandhi).

Spring energy, or the Wood Element in Chinese Medicine, is the up-and-out force that bursts bulbs from the ground. It drives creativity, anger, and passion and motivates us to manage details and fight injustice. The liver and gallbladder, associated with springtime, govern muscles and sinews, eyesight, decision making, planning, and our flow of emotions. The liver also regulates menses, nature's creative cycle.

It's simple to live in accordance with this season: Get Moving! Activate those muscles and sinews and kick start your creativity, be it artistic, managerial, culinary, or otherwise. In the words of Eleanor Roosevelt, "Do one thing every day that scares you." Start a new venture, try a new recipe, learn a new skill, shake things up a bit.

The Chinese New Year traditions reinforce this burst of energy. Here are a few you may wish to incorporate:

- Sweep the dust and dirt of the old year from your floors to make way for the new and rid yourself of any residual bad luck. Just remember: do not clean during the first few days of the New Year (January 26th–30th) or you may risk sweeping away good luck.

- Decorate your house in brilliant shades of red and gold to represent wealth and good fortune.
- Create your own decorations using the ancient art of paper cutting, which goes back as far as the Han Dynasty, and hang them in windows and doorways throughout your home.
- Fill as many rooms as possible with flowers and blooming plants, symbolizing rebirth and new growth, and ensuring prosperity. Forced blooms of peach or flowering quince and bowls of fragrant paper-white narcissus are said to bring good fortune and abundance.
- Enjoy foods such as oysters for good fortune and success; fish for surplus; and lettuce, for wealth, riches and prosperity.
- Finally, (warning: shameless plug coming up...) celebrate the coming of Spring by joining us for our grand opening at Ancient Arts Wellness on Saturday, January 24th from 10am-6pm. Folks of all ages will enjoy our Chinese New Year Lion Dance (think dancing dragon) provided by the Wong People Kung


Fu School, soup by Soup's On Baltimore®, tea by Teavolve®; and much more. (address & contact information below)

I wish you a happy and prosperous Spring, bursting with new possibilities.

Janice Campbell, M.Ac., L.Ac., ADS, is a Licensed Acupuncturist & Qigong Instructor and co-owner of Ancient Arts Wellness in the heart of downtown Baltimore. She can be reached at 410.454.0178 ext.702 or Janice@AncientArtsWellness.com. Janice Campbell M.Ac., L.Ac., ADS, is a Licensed Acupuncturist & Qigong Instructor with a practice in the Mount Vernon neighborhood of downtown Baltimore. She can be reached at 410.710.7094 or MovingQi@gmail.com.

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Make Up Your Mind

By Shawn E. Gilleylen

Have you ever experienced the power of making up your mind? Why not decide to make this year your best year ever.

In life, the odds are sometimes stacked against you but once you make up your mind, establish a plan, and take action, you can achieve your dreams.

In the midst of this economic crisis, now is the time to be creative, seek new skills, discover what you love to do, reinvent yourself, pursue your dreams, and become the best version of you.

I explored a career transition when it was not considered the best time to leave a "good" job for a dream. However, I was tired of sleepless nights over work causing me stress and illness and took



ACTION.

A wise man once said, "If you can tell me what you want, I can tell you how to get it." We all have the capability to achieve whatever we desire. Some people never get the results they want because they don't make up their mind to take the actions necessary to get what they want.

ent but two factors that are most crucial in every case are readiness and preparation. Whether you decide you're ready or someone else decides for you.

Despite the climate of uncertainty and daunting challenges, focus on getting better every day to enhance the quality of your life and celebrate a New Year.

Six Simple Steps to a Better Day:

- Define, Articulate, and Quantify Your Value
- Clarify Your Vision, Investigate, and Effectively Prioritize
- Design a step-by-step action plan to meet short- and long-term goals
- Develop Exit Strategy & Contingency Plan
- Execute Plan
- Be Persistent

If you aren't happy with your current situation yet you want to change but lack the vision, "know how," or imagination to come up with something better, take action and call me today.

It took me one year to implement an exit strategy, transitioning on my terms.

A year is a cinch when you clearly define your mission, envision your dream, strategically plan your road map, and execute properly. Every situation is differ-

Shawn E. Gilleylen, creator of *Success with Etiquette*, is a business etiquette expert, passionate trainer, and author of "Success with Etiquette: Book of Etiquette." Shawn helps her clients enhance their professionalism, corporate image, business communication, and productivity for increased profits. Shawn has helped people from all walks of life polish their image and make positive life choices that lead to rewarding careers and a well-balanced life. You can reach Shawn at (202) 352-3166 or www.successwithetiquette.com.



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How Acupuncture Supports the Process of Motherhood

By Jennifer Stucky



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In this time of winter we can look at pregnancy and fertility as an expression of the energetic of the season. Just as a bulb in the ground needs to have darkness and incubation before blossoming into a flower, a baby needs the same. If we delve even deeper into the theories of Chinese medicine we will see that the kidneys, which are one of the organs of the winter, are in part responsible for the growth and development of the fetus and for allowing the mother to be fertile. The kidneys store our DNA, our jing, our essence, the blueprint of who we are which is passed on to the next generations.

As a woman prepares for pregnancy and later conceives, stillness and relax-

ation are imperative to the health of momma and baby. How are we to conceive, hold and deliver a health baby if we are in a fight or flight state? Our adrenals are pumping, cortisol is flowing and everything is telling us to be in survival mode. The body will not allow you to conceive or hold a baby in this state as a protection to yourself. This is why relaxation, working less hours, creating a time of stillness and contemplation is imperative to the process of conception and pregnancy.

Diet is another important step. The fuel you take in will support your pregnancy and chances of becoming pregnant. Eating warming nourishing foods, such as soups and stews, organic

fruits and vegetables, good fats and oils, free range meats and eggs will support the spleen's function of building blood to support the uterus, fetus and nourish the baby. Avoid caffeine, alcohol, fast food, sugars, diet sodas, and cold, raw foods as this will impair the function of the spleen. Chinese herbal medicine can also support the spleen's function in preparation for conception.

How can acupuncture help? One of the main affect of acupuncture is a state of relaxation. In order for the body to heal you must be in a relaxed state, acupuncture promotes this state. Acupuncture can bring more blood flow and circulation to the uterus and help to boost the kidney Qi and support the functioning of the spleen. Once you have conceived acupuncture supports the process of pregnancy by helping with morning sickness, abdominal pain, edema, pre-clampsia, mood swings, back pain, insomnia, and keeping you well and health through out the pregnancy.

Support through the birthing process is available with acupuncture. There are specific acupuncture points that can help to bring on labor or assist in the process of birthing. These points can even be massaged during la-

bor to help aid in pain relief. If the baby is breach there are ways of inviting the baby turn using acupuncture.

Acupuncture and Chinese herbal medicine is extremely supportive after birthing. During the process of birthing the mother loses blood, Qi, yin, and essence. This can make momma very depleted and weak which in turn can lead to some of the symptoms associated with postpartum depression. There are many ways of supporting the mother after birthing to rebuild blood, Qi and yin. Mother roasting is an application of heat to the lower abdomen and lower back to bring Qi and blood back to the uterus. Herbal soups can be prepared and taken immediately after birth to rebuild the mother's Qi and blood and may

even aid in the production of breast milk.

What I have found in my own clinic is that using acupuncture as a support through the entire process of motherhood is what is most effective. Patients who come before pregnancy, during and after pregnancy have an easier time. Creating balance within the body before conception, keeping the mother healthy and well through pregnancy, assisting with birthing as needed, and supporting the mother with herbs and acupuncture postpartum helps to create a healthy baby and a healthy momma.

As you begin the process of conception I invite you to ask yourself these questions. What do I see for the future generation? What wisdom will I pass on to the

children of the future? How will I raise a child to create a better future for my grandchildren?

Jennifer Stukey holds a Bachelor of Arts degree from the University of Maryland Baltimore County. She earned her Masters of Acupuncture degree from the Tai Sophia Institute. Jennifer is a Licensed Acupuncturist and is National Board Certified through the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). She is also an Acupuncture Detoxification Specialist certified through the National Acupuncture Detoxification Association (NADA). Jennifer has completed 660 hours of study in Chinese Herbolgy and holds a certificate in Chinese Herbal Medicine. She has a private practice in Columbia, MD. For more information, please visit her website at www.jenacupuncture.com, or call her at 443-562-1820.



Upcoming events:

Sunday, October 26: *The Capitol Steps* political satire troupe will perform at 7:00 at the Jim Rouse Theatre in Columbia. Tickets are \$40 and available at www.howard.lwvmd.org

Saturday, January 10: **Legislative Luncheon** at 11:30 am with Howard County Delegation to the General Assembly. Visit our website for more information.

The League of Women Voters is where hands-on work to safeguard democracy leads to civic improvement.

Join the League - anyone 18 years and older is welcome.

**For more information visit www.howard.lwvmd.org
or call 410-730-0142.**

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Monday CLOSED
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Thursday 10:00 am - 7:00 pm
Friday 10:00 am - 7:00 pm
Saturday 9:00 am - 6:00 pm
Sunday CLOSED

Centre Park 100
8890 Centre Park Drive, Suite 300
Columbia, MD 21045

443-367-0303

Calendar of Events

January 18, 2009

**Marroneta de la Esquina—
A Moon Between Two Houses**

Smith Theater,
Howard Community College
The Candlelight Concert Society
410-997-2324
www.candlelightconcerts.org
3 PM to 4 PM

Award winning puppet theatre from Mexico. This renowned company presents a heart warming story written by acclaimed children's playwright Suzanne Lebear.

January 21, 2009

Baltimore Boat Show

Baltimore Convention Center
1 West Pratt Street
Baltimore, Maryland 21201

The 2009 Baltimore Boat Show is the largest and longest running boating event featuring hundreds of boats and marine accessories. \$10 for adults and \$5 for youth 13 to 15. Free for kids 12 and younger.

January 21 noon to 1:30 PM

**Access to Healthcare
in Howard County**

The Meeting House
3885 Robert Oliver Place
410-715-9545
www.acsh.org

A luncheon with four representatives of Howard County's health community, including health officer Dr. Peter Beilenson, sponsored by the Association of Community Services. Bring your own lunch or pre-order lunch for \$7 on web site above.

Now thru January 28, 2009

**The Gift of Art Holiday Show
at Artists Gallery**

American City Building
10227 Wincopin Circle
Columbia, Maryland 21044
410-740-8249
10 am to 3 PM.

February 27, 2009
to March 1, 2009

**The American Craft Show
in Baltimore**

Baltimore Convention Center
1 East Pratt Street
Baltimore, Maryland 21201
1-800-836-3470
http://www.craftcouncil.org/
baltimore
10 am. to 9 PM.

More than 700 of the country's leading craft artists will gather under one roof to present their latest designed handmade work at the American Craft Council. This is the largest juried craft show in the nation featuring the highest quality of handmade jewelry, furniture, clothing, home decor and more.

Now thru September 6, 2009

**The Marriage of Art, Science,
and Philosophy**

American Visionary Arts Museum
800 Key Highway
Baltimore, MD 21230
www.avam.org

Explore sound, color, number and scale through the artwork of artists from over 50 countries. Includes everything from fractal quilts to the role sci-fi plays in real science.

AN DIE MUSIK LIVE

409 N. Charles Street
Baltimore, MD 21201
(410) 385-2638
www.andiemusiklive.com

Saturday, January 10, 8 p.m.

**EBONY & IRONY VII:
BARACK THE CASBAH**

Baltimore's Joyce J. Scott and Lorraine L. Whittlesey form Ebony & Irony, which continues their established tradition of addressing issues such as race, gender, age, and a variety of contemporary issues via original music and topical humor.
All seats \$15

Saturday, January 17, 8 p.m.

GERALD CLEAVER w/CRAIG
TABORN and WILLIAM PARKER
Gerald Cleaver, drums
Craig Taborn, piano
William Parker, double bass

An all star trio, convened by drummer Gerald Cleaver, opens the 2009 CREATIVE DIFFERENCES series. These three artists have performed together in many formats, but this is the first trio outing. Individually, each of them can bring down the house.... Together this will be a performance to savor!
All seats \$20

Monday, January 19, 7:30 p.m.

PEABODY STUDENT JAZZ
Zach Swanson, bass
Charles Sekel, piano & keyboard
Nathan Ellman-Bell, drums

Originals and jazz standards in our first floor gallery.
Tickets: \$8/\$5 students

RESTAURANT DISCOUNTS:

An die Musik has partnered with the following restaurants to offer discounts on the days you attend An die Musik LIVE! concerts. Pick up your discount voucher at An die Musik to present at restaurant. Voucher must be presented at time of meal purchase. Contact the restaurant for reservations.

8 East Restaurant

(410) 576-1200

BanThai

(410) 727-7971

Cazbar

(410) 528-1222

Lumbini

410-244-5556

Sascha's 527 Cafe

(410) 539-8880

Sotto Sopra

(410) 625-0534

Places to Find Focus on Women Magazine

Asqual
Coffee Shop

Belvedere Square

Breathe Books

Charles & Mulberry St.

City Cafe

Columbia Libraries
(East & West)

David's
Natural Market

Dorsey Search
Village Center

Dukem Ethiopian
Restaurant

Eve's Salon

George of New York
Hair Salon

Giant Super Markets

Glazed to Perfection

Goodlife Wellness...

Haraar Ethiopian
Restaurant

Howard
Community College
Student Center

Little Patuxent &
Vantage Point Rd.

Lynn's Day Spa

Mad City Coffee

Orinico Coffee Shop

Roots
Organic Market

Sprout Organic Spa

Taharka Brothers

University of
Baltimore
Student Lounge

University of Maryland
College Park
Student Union

Women's Clinic
at UMBC

Whole Foods
Inner Harbor East

Women's Industrial
Exchange Restaurant

Women's Resource
Center at Mercy

Women's Spa
at Mercy

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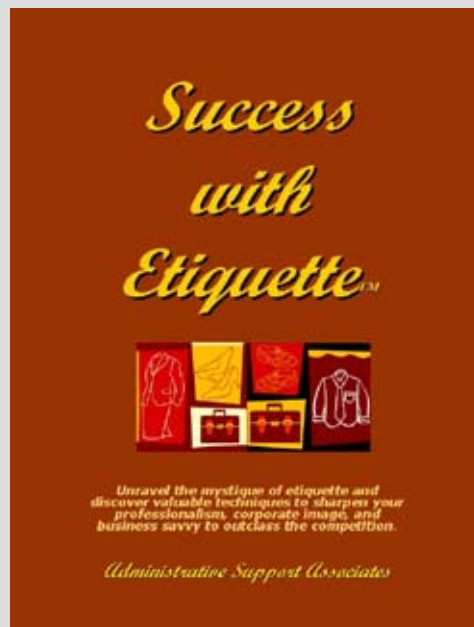
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Stroke Survivors Needed

Do you know someone who has had a stroke and has arm or leg weakness? A study is being conducted investigating the benefits of exercise after stroke.

Please call 410-605-7179 for information.



Win the Focused Woman Contest!!

Find the focused woman sewing and win the chance to a free facial message at Face Logic or a free meal certificate at Baltimore's premier Brazilian steak house, Fogo De Chao. Simply circle the Focused Woman, fill out the form below, and send to:

Focus on Women Magazine,
4615 Oakview Ct.
Ellicott City, MD
21042.

Name:

Address:

City:

State:

Zip Code:

Email:

Only one entry per household.



For more information
please contact:

410-448-6590

or visit

www.compmed.umm.edu

The Center for Integrative Medicine
University of Maryland School of Medicine



Are you a female healing from childhood sexual abuse?

*A person may be
eligible for this study
if she:*

- Is 21 years of age or older
- Is a female
- Has experienced childhood sexual abuse
- Is currently under the care of a therapist or physician

The University of Maryland School of Medicine is conducting a study of acupuncture and a meditation program called Mindfulness-Based Stress Reduction (MBSR) to reduce psychological distress and improve well being among adult survivors of childhood sexual abuse. Acupuncture and MBSR have been shown in clinical research to reduce psychological distress, and to improve well-being.

We are conveniently located near I-70 and Security Boulevard. Parking is free. Participants will be compensated for their time. This is an investigational research study by the Center for Integrative Medicine, University of Maryland School of Medicine, protocol # H-30427.



Rebuilding Together Howard County works in partnership with community volunteers to provide home repairs, accessibility modifications, and links to community resources to keep low-income homeowners living safely and independently in their homes. **Rebuilding Together Howard County** has repaired an average of 25 homes a year since 1992.

On a single Saturday in April 2008, the town-home in which Jean Coleman raised five children was repaired by 35

Rebuilding Together Howard County volunteers from the Columbia Church of Christ. They installed a new front door, an exhaust fan and garbage disposal; removed broken appliances; replaced the rotten porch roof; gave the inside of her home a fresh coat of paint; and planted a beautiful garden.

Want to learn more? Just visit **Rebuilding Together Howard County** on the web at www.rebuildingtogetherhc.org or call **410-381-3338**.



For more information on how you can help or to apply for free home repairs, please contact:

Rebuilding Together Howard County
8775 Centre Park Drive, #519
Columbia, MD 21045
Phone: 410-381-3338
Web: www.rebuildingtogetherhc.org
E-mail: info@rebuildingtogetherhc.org