

BeeHealthy *Timely Hints for a Healthy Lifestyle*

Balancing the personal and professional you

Keeping your personal and professional lives balanced can be tricky when you are in sales or running your own business.

While every person has a different definition of what living a balanced life means, every definition includes some variation of having enough time for family, community and work.

It has been said many times that if your life is in balance, your checkbook will not be. The people who feel this way are often the ones who sit at their desk at the end of the day looking at their unfinished work.

Instead of closing the laptop and heading home, they pick up the phone to call their spouse, letting them know they will not be home for dinner again this evening. While this extra work has merit, their personal life is obviously out of balance.

On the other side of the coin, there are those who try to balance their lives by leaving unfinished work on their desk, closing their laptop and heading home for the day. They shirk their work responsibilities to make sure they are going home to spend quality time with the family. While this attitude also has merit, the lost work leaves their professional life out of balance.

Both of these attitudes are damaging to other important aspects of your life, and neither one needs to happen. The truth is that you have much more time during the day than you realize. The reason why your life feels unbalanced is because you aren't spending your time wisely.

The secret to balancing your life isn't about the amount of time you spend at home or work; it's about how you spend that time. Improving the quality of your time, no matter where you are, is the key to balancing your personal and professional life.

So wherever you are, be there completely.

This means that if you are at work, even if you'd rather be home with your kids, you need to accept the fact that you are at work. Use that emotional energy created from your desire to be home with the kids as your driving force to get as much work done as you possibly can during the day.

Stop wasting time surfing the Internet, talking in front of the proverbial water cooler, or worrying about whether or not you are going to be home in time for dinner. You are at work; so you might as well work hard.

Start each work day with a challenge to see how much you can possibly get done. Then, when 5 p.m. rolls around, you will be satisfied that you have accomplished so much during those eight hours. You will feel satisfied heading home after a hard day's work.

When you are home, be at home. Don't pollute your personal time with worries about what needs to be done at work. Leave your work behind you, and be there with your family. Turn off the television and get out a board game. Gather around the kitchen table to hear about how the rest of the family spent the day. Spend the time helping your kids with their homework and hearing about the new crush at school.

Improving the quality of your time will lead to quality results in your professional and personal life. Pouring your heart and soul into a project at work will dramatically boost your business, and soaking in those precious moments with your family will nourish an indescribable love and appreciation.

Life transitions center hosts support groups

Life transitions center, at 3580 Harlem Road in Buffalo, will host the following groups in the coming months.

The center will hold a meditation group from 2 to 3:30 p.m. every Monday from Jan. 8 to Jan. 29 for those who want to learn how to use meditation as a tool for coping during difficult times. The fee to attend is \$50 per person.

The center will also hold a group called Shelter from the Storm from 6:30 to 8 p.m. on Jan. 18. The group offers support for youths ages 5-17 who are coping with the serious illness of a loved one. The fee to attend this group is \$15 for one adult and one child.

For more information on these classes, call 836-6460.



Artist to display series at JCC

by JILL SCHMELZER
Reporter

According to Williamsville artist Hugo Rodriguez, "There is not enough capacity to capture the human element around the world on a daily basis."

He kept this concept in mind for the past 10 years when he began his four-part series "Mundo Gytara," meaning "World Guitars."

Rodriguez said his series is a mosaic of stylized guitars illustrated in many different mediums, as the guitars take the shape of different subjects.

In series one, "Mundo Gytara," Rodriguez sketches guitars that contain happenings around the world. As he reads various periodicals, he cuts out headlines that intrigue or concern him and then uses them in whatever piece he is working on.

"I am concerned with what's going on right now," Rodriguez said. "I draw a little bit of tension. The textured mat is not really an art piece. You read the headlines overlapping (the image). I might offend or grasp someone's attention. It draws people closer."

For example, he recently used news clippings from the October storm, the Ralph "Bucky" Phillips ordeal and what's happening in President George W. Bush's administration and in Iraq.

"I don't have a political agenda, but I am concerned with what's going on," Rodriguez explained. "People need to be aware of the environment and what's going on."

When asked why he uses guitars in his images, Rodriguez said he believes it stemmed from wanting to play the instrument as a child but not having the talent or rhythm to do so. He also said he enjoys the sound of a guitar and believes it to be a "unique and universal" instrument that "anyone can appreciate."

The second series features guitars in a mosaic of the sun and butterfly images. The third display will consist of guitars in the shape of different musical instruments, and the fourth pictures



Hugo Rodriguez, artist
guitars in the image of women.

There are 12 pieces in a series, and each work consists of pastels and oil pastels.

"I do pastels and oil pastels that are very rich in color and very vibrant," Rodriguez described. "Most people wouldn't think you could get that from pastels."

He began his work as a young teenager in Texas when he was asked to sketch a mural for his high school.

He is a graphic designer and also enjoys digital photography. Rodriguez was born in 1971 in northern Mexico but raised in Del Rio, Texas. He moved to Western New York in 1998 and now resides in Williamsville.

He said he has worked diligently for the past decade to develop his own distinct style and aspires to eventually be a full-time artist.

His gallery show opens on Wednesday, Jan. 3, at the Jewish Community Center Holland Family Gallery, located at 787 Delaware Ave. in Buffalo.

Viewing hours are from 8 a.m. to 6 p.m. Sunday; 6 a.m. to 10 p.m. Monday through Thursday; 6 a.m. to 6 p.m. Friday and noon to 6 p.m. Saturday.

His larger display will open on Monday, Jan. 15, at the JCC Bunis Family Gallery, located at 2640 N. Forest Road in Getzville.

The Bunis Family Gallery hours are 8 a.m. to 6 p.m. Sunday; 6 a.m. to 10 p.m. Monday through Thursday; 6 a.m. to 6 p.m. Friday and noon to 6 p.m. Saturday.

"It is very powerful," Rodriguez said of the series.

An artist reception will be held from 7 to 9 p.m. Tuesday, Feb. 13, at the North Forest location.

CPA classes to begin in February

The Amherst Police Department will offer a Citizen's Police Academy for 13 weeks of education about the department. The session will begin February 13 at the station, 350 John James Audubon Parkway. Each week participants will have the opportunity to learn about the detective bureau, canine unit, emergency response team, traffic and more. Class size is limited. Interested applicants, contact Lt. Stephen McGonagle at 689-1311 or smcgonagle@apdny.org.

Buy Now... and SAVE
FURNACE SALE

- Repairs & Parts for all makes
- Day & Night Service
- Efficient Furnaces
- Air Conditioning

833-2463

INJURED? IN PAIN?

The Professional, Friendly Care of Doctors Duane & Marlene Redlinski Have Helped Your Friends & Relatives for the Past 25 Years.

Now a Participating Provider of Independent Health and Most Other Major Insurances.

Redlinski Chiropractic

5300 Broadway, Lancaster

681-8488

Early Morning & Evening Appts. Available.



Need it? We have it.



Need a walker, a cane, crutches, bath aids, a commode, any kind of medical equipment? We have it, from the simplest to most deluxe. Rent or buy.

Snyder Pharmacy

4536 Main St., Snyder Tel. 839-3050

Georgetown Chiropractic

If you suffer from:

- Headaches
- Neck Pain
- Shoulder Pain
- Low Back Pain
- Arm and/or Leg Pain
- Numbness and Tingling into Hands or Feet
- Sports Injury



Dr. Gregory N. Baumler

Let us help you...

632-2200

Free Consultation
Same Day Appointment

5225 Sheridan Drive
Williamsville

Laser Hair Removal



Certified Laser Technicians Using the Latest Technology

LightSheer™ is the most advanced treatment for removal of unwanted hair for all skin types.

- Competitive Pricing
- Flexible Hours

Not Just For Women Anymore!

716.639.4034

Audubon Women's Medical Associates
1360 North Forest Road, Suite 102
(N. of Maple) - Williamsville
©Techeum, Inc. 2005. LightSheer is a trademark of Lumenis, Inc.

COMMUNITY

We make an issue of it every week.

Stay connected to your community. Subscribe today.

632-1791

Amherst Bee