

Fresh Finds

BY KATHRYN MCKAY

Politicians Aren't The Only Ones Talking About Change. How About You?

The coaches at inviteCHANGE are educated and certified to help people seek personal and professional change in their lives. If you feel that you'd like to help others, inviteCHANGE also trains people to become coaches. "Living Your Vision" is a course that includes a 2.5-day workshop, followed by 10 weekly tele-courses facilitated by a credentialed coach. Classes run November 6-8 and January 8-10 at the Crowne Plaza Hotel, 8333 Georgia Avenue, Silver Spring, MD. inviteCHANGE also has a "Certified Professional Coach Program" on the same dates in November and January which starts with the "Living Your Vision" course, followed by four other sequential courses. To find out more, call 425-778-3505, 877-228-4625 or visit www.invitechange.com



What's New With This Year's Holiday Stamps?



The next time you peel and press a postage stamp to mail off those cards, consider this. The holiday stamps were designed right here in Washington, D.C.! Local artist Derry Noyes has been designing stamps for the U.S. Postal Service for more than 20 years. For the nutcracker stamps, she worked with photographs by Sally Anderson-Bruce. The traditional stamp for 2008 features detail from a work by the Italian master Sandro Botticelli, entitled "Virgin and Child with the Young John the Baptist."

What Would You Do With A Power Hour?

Lisa Geddings, M.Ed., has ideas. This life coach, black belt and Nia (non-impact aerobic) instructor has designed special one-hour sessions to help women "reclaim their power, passion and purpose." Find out more by calling Lisa at 240-994-2910 or emailing info@thecagerattler.com



Where Can You Find Handcrafted, Made In The USA Gifts?



NeedleChasers of Chevy Chase presents "Celebrating the Seasons," a quilt show on Friday, November 7 and Saturday, November 8 at the National Presbyterian Church, 4101 Nebraska Avenue, NW, Washington, D.C.

The 30th anniversary show features quilts, demonstrations and make-and-take activities for kids. The boutique's handcrafted items are similar to those at fancy boutiques, but the prices are much lower. Shop for flirty aprons, tote bags, luggage tags, baby bibs and even dog collars in all sizes. Admission is \$5, children 12 and under free. Visit www.needlechasers.org for more information.

What Would You Like For Dinner?



The choices are endless when you don't have to cook! Maxwell's does it all for you and your partner, your family or 100 of your closest friends and associates. They'll cook everything from breakfast to late dinners in their kitchen or yours. This Thanksgiving you can relax while Maxwell's does the rest. Visit www.maxwellsfordinner.com for more information.

How About Tea With A Fashion Twist?

On Sunday, November 9 at 3 p.m., a Victorian Tea with a 19th century fashion show will take place at the Patapsco Female Institute in Historic Ellicott City, MD. If you think you have trouble finding comfortable, fashionable clothes, check out the corsets, hoop skirts, bloomers and more. Tickets are \$25 per person and reservations are required for this annual event. Call 410-465-8500 for more information.

