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**ELECTRONIC PORTFOLIO:**  
**Universal Sandbox, Inc.**  
**Dianna Burrup (918) 521-1821; (918) 258-1821**

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Design and Layout pieces from Projects  
with The Zen Monastery Peace Center ..... 4-16

    Monthly Africa Fundraiser Campaign (HTML Email)..... 4  
    5 x 7 Postcard ..... 5  
    10 x 7 Foldover Card ..... 6  
    Monthly Newsletter (HTML Email) General ..... 7  
    Monthly Newsletter (HTML Email) Musings..... 8  
    Flyer (PDF)..... 9  
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    Event Flyer (PDF) ..... 11  
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Newsletter: The Breeze (Printed and Online Download)..... 20

## Current Scope of Work

### **Electronic and Print Projects:**

Part-time Designer and Layout for the Zen Monastery Peace Center in Murphys California. Work with a team of 5, online, in creating Campaign Ads, Website Updates, Email Blasts, Cards and Postcard Layouts, Monthly Newsletter, Workshop Flyers and Other Campaigns. Design their latest website this last summer: [www.recordingandlistening.org](http://www.recordingandlistening.org).

**Other Print and Web Projects:** Country Aire Estates Homeowners: 10-Page Newsletter bi-annually, The Breeze. Website Design and updates. Just moved their site to the Weebly Platform.

**Music:** Perform as a solo Singer/Songwriter, with a Trio, Acoustic Mojo and with an all Female West African Drumming Tribe called Sistas in Rhythm. Recording engineer with a home recording sound studio.

## Current Software and Web Applications and Equipment

### **Apple Macintosh Platform:**

Adobe Design Suite CS5: Photoshop, InDesign, Acrobat 9 Pro  
Apple Pages, Numbers, Garageband, Logic X, Preview, iMovie, iTunes, iPhoto,

### **Online:**

Weebly Web Creation Platform, FaceBook, Google Docs

### **Equipment Used:**

2, 23" Desktop Macs  
1 Macbook Air  
1 iPad Air  
1200 DPI B/W HP Laser Printer  
Canon iP100 Color Ink Jet  
Dymo Color Disc Printer  
Epson Single Sheet Scanner

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## **SPIRITUAL / CREATIVE INITIATIVES**

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Local Sitting Meditation Group: weekly since 2000 with Karen Ghan, Tulsa

OMEGA: The Spiritual Adventure 2001, Denver, CO

Practiced with the Sangha at the Zen Peace Monastery since 2003 with Cheri Huber:

Email Classes

Radio Show Participation

8-day Silent Retreat in Murphys, CA: Not What But How, Aug, 2012

1 Day Workshop in Austin Texas

At Home Workshops for 1 Full Day, 4 times a year last 2 years

OMEGA Being Fearless Conference 2005 NYC

BRAVE VOICE Songwring/Writing Retreat 6-Days 2008-2014

Celebrate Your Life, Louise Hay 4-day Weekend November, 2010

Sounds True Wake Up Festival, Estes Park, CO August, 2013 and 2014

AFRICA vulnerable Children Project

a project of Living Compassion



### News from Kantolomba

See how the community of Kantolomba is participating with us this week in support of "Upping Your Game" and being our teammates on the field of love. [Read More!](#)

### Why Do You Walk?

As we learn to embrace ourselves in unconditional love and acceptance, we experience a profound sense of well-being and joy. We begin to do what we do as a thank-you to life for all that we have been given. Why are you choosing to walk with Sangha here and in Kantolomba? Send your response in 50 words or fewer to: [whywewalk@livingcompassion.org](mailto:whywewalk@livingcompassion.org).

### Register For Bridgewalk!

Register for the 13th Annual Bridge Walk today! Join us at Crissy Field on October 4th to celebrate the community that walks together in generosity, compassion and lovingkindness.

**REGISTER!**

### Fund Raising Focus

\$100 will fund a field trip for 60 kids and assist them to practice their English in real life settings and allow them to see the world of possibility.

## Why We Walk Together

I rarely engage in any of my regular daily activities without an awareness of how privileged I am. My work often includes a laptop or cell phone, when I need to get around I get in my car and go, when it's time to eat I go to a store and pick up the food I want, exercise is pretty much whatever I feel like on a given day (usually seeing how many more than ten thousand steps I can walk or jog), and when it's time to sleep I have a comfortable bed in a house that's as safe and secure as is humanly possible. I am vitally aware of how few people on the planet can make any, let alone all, of those statements.

I wish I could assist everyone in the world to have some or all of the lifestyle I enjoy, but I can't. However, there's one group of people I can assist every day—the people in Kantolomba, Ndola, Zambia, our Sangha on the other side of the globe.

Through our efforts we are helping those folks have enough to eat, do meaningful work, have a safe place to live, and to take care of their bodies. On the surface our lives can appear to be very different, but of course they're not. We are each and all expressions of Life, of the Intelligence Animating form, and we are one being. Said in the words of this year's Bridge Walk theme: We are walking, in Life, together.

My fundraiser for the Bridge Walk this year is quite simple. I commit to walking a minimum of ten thousand steps each day between now and the end of this fundraising campaign. (Not as hard as it might seem because there will be enough more than 10K days to allow for some "days off.") And I will pledge a dollar for every mile I walk. I don't know anyone to ask to sponsor me except those in the Sangha so I will sponsor myself. This seems more than fair since I'm the one deriving the benefit from all these steps and the joy of assisting my friends in Kantolomba.

-- Cheri Huber





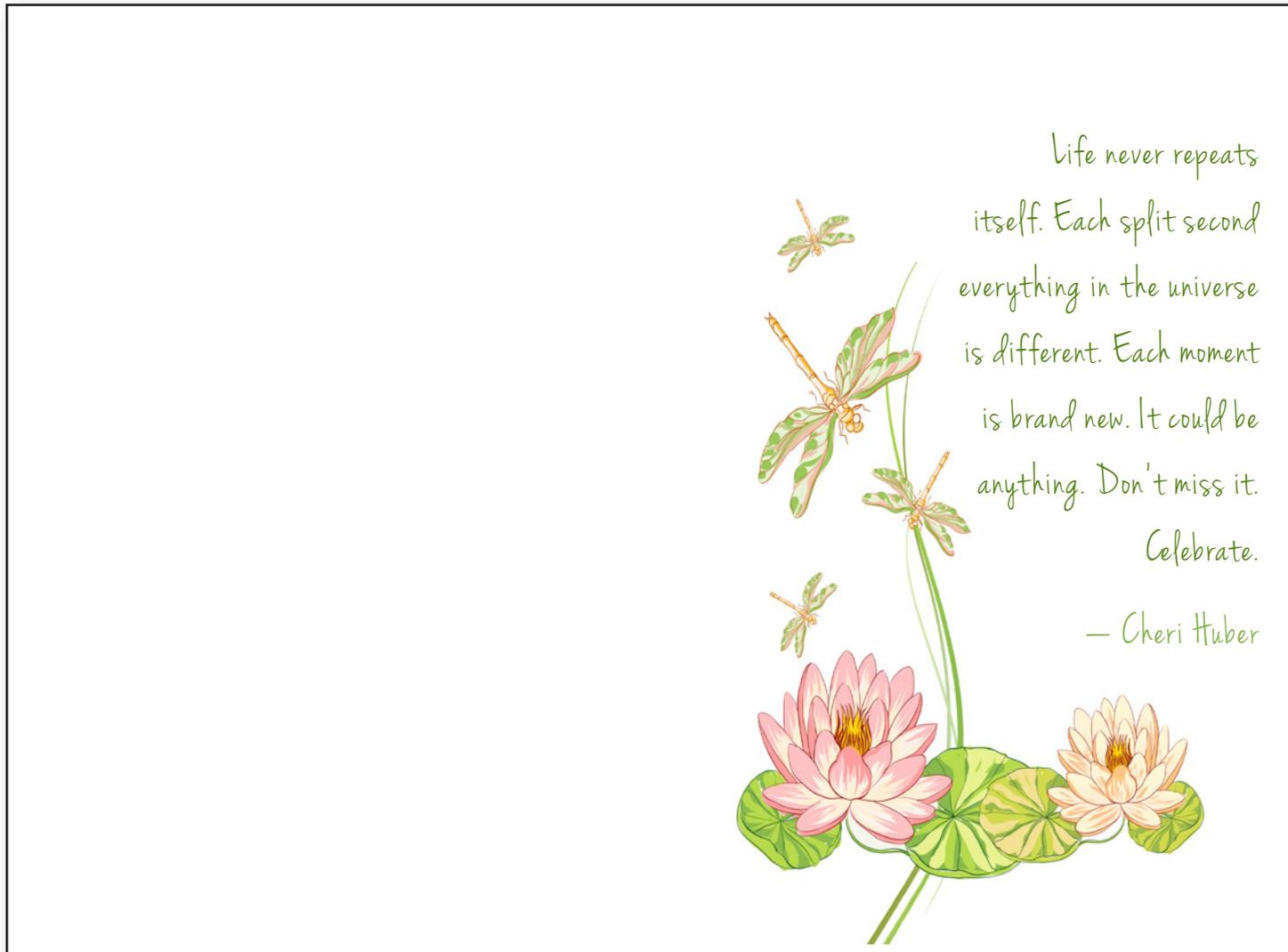
**The Zen Monastery Peace Center**

P.O. Box 1979  
Murphy, California 95247



Printed on 100% Recycled Paper.

## Foldover Card: 10 x 7 Annual Sangha Card



Life never repeats  
itself. Each split second  
everything in the universe  
is different. Each moment  
is brand new. It could be  
anything. Don't miss it.

Celebrate.

— Cheri Huber

We must each work out our own salvation diligently. And, we do it together. In our Practice we experience that there is no separation between each and all. Once again this year we have upped our game: created more Practice opportunities in more locations, fed hundreds of children, exceeded our fundraising goal for Kantalomba, walked millions of steps. No one of us walked 52,000,000 steps; we did it as Sangha, and each of our steps made it happen.

That is how this wondrous Practice works. Thank you for the generous steps you have taken on behalf of Practice and Sangha this year.

# Zen Monastery Peace Center

transforming lives, ending suffering



## Good News

September 2014



### From the Guide

Nothing quite compares with a first love, especially if that love is a Willys Jeep. [Read more...](#)



### Everything is the Buddha

Even big green hornworms are the Buddha? Even big green hornworms are the Buddha. [Read more...](#)



### Practice Corner

Magical Mornings: Play and Presence. [Read more...](#)



### Africa Project Update

The team in Kantolomba models the invaluable lesson of how to play all out without needing to "keep score." [Read more...](#)



### Kitchen Corner

One last summertime favorite: Ndola Pasta Salad. [Read more...](#)



### The Monastery Wall

Scenes from the Monastery. [View the wall...](#)



### PRACTICE SUPPORT

**Sign up by Oct 1**

**A new quarter of Reflective Listening Buddies.**

**October 4th**

**Join us for the 13th Annual Bridge Walk**

**Oct 25th**

**Workshop with Cheri Felton, CA**

Visit the schedule page for a full listing of events.



Cheri's Radio Show



Daily Peace Quotes



Sponsor a Child



Receive Tweets



Cheri's Blog

Zen Monastery Peace Center — *Transforming Lives, Ending Suffering*



Musings

April 2014

**All of Life Is Acceptable to Life**

**Student:** I've been looking at the principle "Everything is the Buddha." Some of the implications are profoundly disturbing to me! If everything is the Buddha, does that mean that all the violence, perversion, and evil in the world is Buddha-nature? How can that be? I don't want to accept that.

**Teacher:** Acceptance is a doorway, a portal to what lies beyond, to all that exists on the other side of a wall of resistance. It is the first step in letting go. Consider, please: What is the "I" that does not accept? By not accepting "Everything is the Buddha" will violence and evil go away?

**Principle:** All of life is acceptable to Life.

\*\*\*\*

Almost daily we are bombarded by news of what is wrong in the world—corrupt leaders, rigged elections, atrocities of war, stupid decisions, decimated rain forests, unspeakable acts of cruelty to animals, unfair laws, crushing poverty, rife injustice.... This can leave us feeling angry, frustrated, overwhelmed, depressed, disappointed. How do we practice with this?

There can be intense resistance when the suggestion is made to accept what is so. What? Ignore poverty? Be okay with abuse? Be passive in the face of injustice? Agree with an unfair policy? Accept my awful job? Not dump my annoying partner? No way!

If we pay attention to the resistance, we see the conditioned belief that acceptance equals agreement, as if to accept is to condone the unacceptable, close the door to possibilities of change. In other words, conditioning wants to focus on the content that is to be accepted and what it means about "me" if "I" accept.

In practice, however, we are encouraged to look at the process of acceptance rather than the content of acceptance.

*Page Excerpted ...*

**PRACTICE TIP:**

Practice the difference between acceptance and agreement. Can you accept and be present to exactly what is arising in the moment without agreeing with it, judging it, criticizing it or condoning it? Try this practice with a particularly difficult relationship—a boss, co-worker, family member or loved one. See if you can direct the attention away from wanting to fix or change that person, and choose unconditional love and acceptance instead.

**PRACTICAL TIP:**

For a week stop tuning into the "world" as manufactured by the media. Don't watch tv, listen to the radio, or read the news. Allow yourself to be present to Life as is. What is your experience of the world as Life reports it? Record and Listen.



## SUPPORTS FOR AWARENESS PRACTICE

OFFERED BY THE ZEN MONASTERY PEACE CENTER

More Information: [LivingCompassion.org](http://LivingCompassion.org)

### Stop, Drop & Text Practice

In our practice we often say "How you do anything is how you do everything." Through sending text messages, Stop, Drop & Text Practice encourages increased awareness of "how you do" daily life. For a four-week period participants **Stop** three times a day, **Drop** into the moment, and send a process **Text** to a designated trained facilitator. Participants identify a process they are looking at, relate what they are seeing about that process, and point to where they want to go next. The facilitator responds to each text. A great way to bring all of life into practice!

### Virtual Meditation Groups

Virtual Meditation Groups are support for meditation and connection with Sangha, no matter how far from the Monastery we are. Each Virtual Meditation Group is a 30-minute meditation followed by a weekly reading from one of Cheri Huber's books. These "conference call" meditation groups assist in maintaining a regular meditation practice, especially if there is no meditation group in your area. Join us in discovering why the Buddha taught that Sangha, the community of people who practice together, is one of the Three Jewels.

### Local Meditation Groups

The Monastery supports meditation groups throughout the United States. To see if there is a group near you, visit our website.

### Reflective Listening Buddies

Reflective Listening Buddies is a powerful way to practice conscious compassionate presence and to truly be heard, all in a safe, non-judgmental environment. Over a three-month period, pairs of Reflective Listening Buddies connect once a week by phone for 30 minutes. The "Buddies" take turns talking about what they are noticing related to spiritual practice. The listener uses a facilitation technique called reflective listening, simply repeating back in the speaker's words what they said. The program includes training in reflective listening and support through regular conference calls.

### Email Classes

Offered several times a year by Cheri Huber and the Zen Monastery Peace Center, email classes are structured as two assignments a week on a particular topic delivered by email for four weeks. Participants do the assignments and email back their experiences. Cheri responds to every email and all are posted for the whole class to read. (Names are removed to assure anonymity.) This dynamic structure creates a powerful experience of Sangha.

### Recording and Listening Website

This website is a one-stop-shop of resources and inspiration for those who have a Recording and Listening (R/L) practice and those who want to begin one. The site features a weekly blog, resource articles on topics like overcoming resistance or jumpstarting your practice, quick tips and tools to try, inspirational audio clips, training videos on how to organize recordings, and more.

### Workshop experiences you can have at home

#### Books

- Making a Change for Good: A Guide to Compassionate Self Discipline
- Transform Your Life: A Year of Awareness Practice
- How to Get from Where You Are to Where You Want to Be

#### CDs

- Radical Self-Acceptance - A 6 CD set.

### Support for meditation

- The Secret Is There Are No Secrets - Zen Meditation with Cheri Huber (DVD)
- Zen Meditation with Cheri Huber (CD)
- Nothing Happens Next: Responses to Questions about Meditation (Book)
- The Daily Recollection (CD)
- Check the website to see a complete list of items that support awareness practice.

one support for  
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Monastery Peace  
also offered in  
in your area.

be in communication  
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takes calls from  
ting the practice

books and CDs to



*In this way, I do most deeply vow to train myself.”*  
– Daily Recollection

When we recite these words before the first sit of the day, we are affirming a commitment to a way of life focused on Practice. As elite athletes of Awareness Practice, we acknowledge that we are in training. We practice turning the attention away from the voices of egocentric karmic conditioning/self-hate to being here, now, in this present moment. What is the experience of living in the moment? In the coming year, we get to explore together as a Sangha how to train to live in thisherenow, in each moment.

**Registration is now open for the annual video workshop. Join Cheri in kicking off next year’s focus, “Training to Live in ThisHereNow.”**

**Date: Sunday – Jan 18, 2015**  
**Time: 10.00 a.m. – 1.00 p.m. PST**

Details on the year long focus will be published shortly.

[\*\*▶ Sign up\*\*](#)



# I Don't Want To, I Don't Feel Like It

*An Evening Talk with Cheri Huber and Ashwini Narayanan*



**CHERI HUBER** has been a student and teacher of Zen for over 30 years. She is the author of 21 books including

*There Is Nothing Wrong with You, That Which You Are Seeking Is Causing You to Seek, and The Depression Book.* Her most recent title is *I Don't Want To, I Don't Feel Like It: How Resistance Controls Your Life and What to Do about It.* In 1983, Cheri founded the Mountain View Zen Center, and in 1987 she founded the Zen Monastery Peace Center in Calaveras County.

In 1997, Cheri founded Living Compassion, a nonprofit organization dedicated to peace and service. Living Compassion's primary work is the Africa Vulnerable Children Project, based in Zambia, where for the last 5 years they have been working with the people of Kantolomba, turning a slum of 11,000 people into a self-sustaining community.

**ASHWINI** oversees the offering of practice through both organizations. Cheri, Ashwini, and the monks at the Monastery conduct workshops and retreats at these centers, other places around the U.S., and internationally. This is their first book collaboration.



**Thursday, August 29, 2013 • 7-8:30 pm**  
**\$12 Register Now! (206) 523-3726 / (800) 587-6002**

**East/West Bookstore**  
**6500 Roosevelt Way NE**  
**Seattle, WA 98115**



**Based on the New Book,**  
**I Don't Want To,**  
**I Don't Feel Like It**

*How Resistance Controls Your Life and What to Do about It*

by Cheri Huber and  
 Ashwini Narayanan

Employing the tenets of Zen Buddhist awareness practice, the book provides numerous exercises and self-help tools for working through problems with resistance, revealing how resistance operates in everyday life and guiding readers to consider how they can be free of it. The teachings in this book show how to recognize resistance in its many forms, not take it personally, and be free of its control. The platform is that the voice of resistance—thoughts such as “I’ll do it later”—is not personal; everyone has it. Instead, it is the voice of a survival system that can take people from commitment to inaction in a matter of seconds. Then, self-hating voices level internal accusations for not having followed through, including thoughts of failure, shame, and lack of self-discipline.

ISBN: 978-0-9614754-9-9

*Distributed by Independent Publishers Group (IPG),  
 Chicago, 800-888-4741*

*IPG supplies all the major wholesalers: Ingram, Baker and Taylor, New Leaf, etc.*

# The Joy and Freedom of Acceptance

WITH JEN COLMORE

**August 16, 2014 10:00am - 4:00pm**

Kenney Ridge Community Center  
Three Oaks Drive | Athens, GA

Cost: \$50

***"We struggle with acceptance not because  
circumstances are difficult but because we have  
been conditioned to resist." — Cheri Huber***

The joy and freedom of acceptance is available, even in life circumstances we believe preclude happiness. True freedom lies in the ability to practice acceptance, regardless of content. Though the struggle and suffering of resistance often seem to be our default setting, acceptance is a process we know deep in our hearts. Join us for an exciting day of exercises and imageries to deepen our ability to bring acceptance to every moment.

PLEASE NOTE:

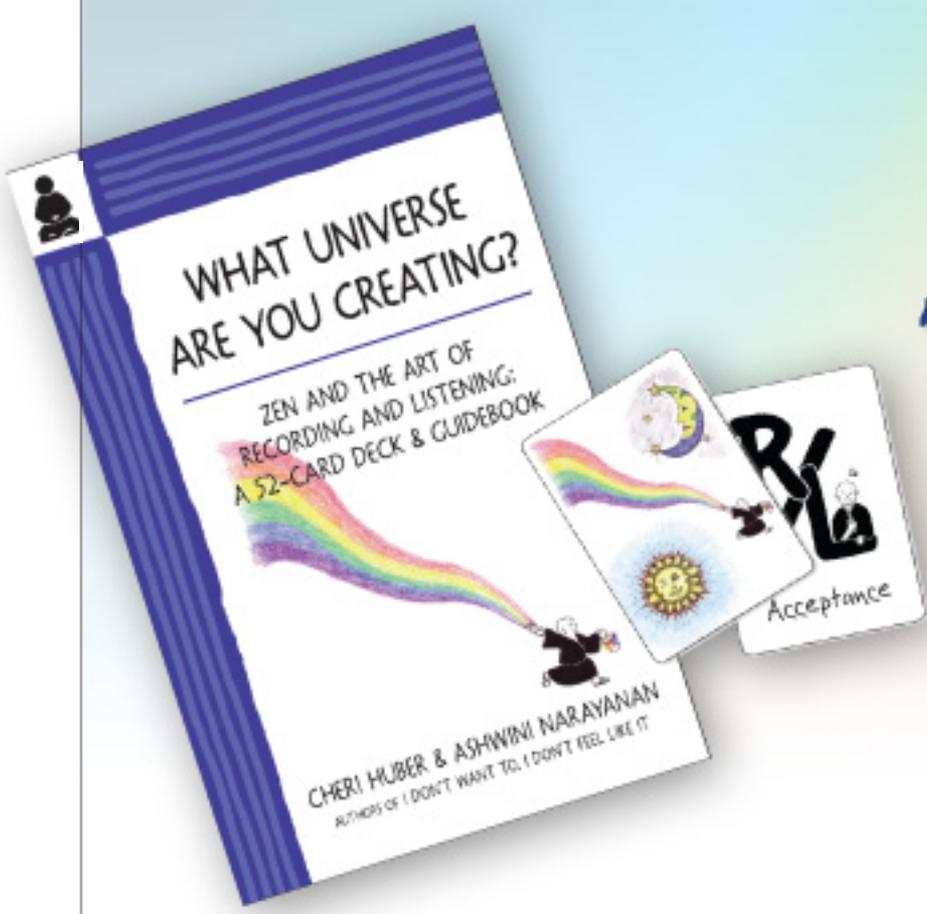
***It is highly encouraged for you to bring a device that can record  
your own voice to the workshop.***

REGISTER by August 15, 2014 Registration is not refundable after the deadline:

<http://registration.livingcompassion.org/workshop-august-16-2014>

Zen Monastery Peace Center

# What Universe Are You Creating?



Zen and the Art of Recording and Listening by Cheri Huber and Ashwini Narayanan is a playful way to establish and deepen a Recording and Listening practice. The “What Universe Are You Creating Guidebook” and the 52-card deck are structured as a game and can be a daily, weekly, or occasional support for Recording and Listening practice.

**Create the universe you want to live in, and take Recording and Listening to a whole new level of fun.**

**▶ Order Your Copy Today**

[Cheri's Radio Show](#)  
[Daily Peace Quotes](#)

[Sponsor a Child](#)  
[Receive Tweets](#)

[Cheri's Blog](#)  
[Schedule Page of Events](#)

**Geographical Email Send — Folks within 500 miles of the venue.**



## One Day Workshop with Cheri

**March 29, 2014**

**10 am - 4 pm • Cost: \$50**

**Los Altos Zen Center • 181 Hillview Avenue Los Altos, CA**

**Does it seem as if this is a particularly big year in practice?**

Ours is a busy, active Sangha and we have a lot going on. Radio shows, Reflective Listening Buddies, Tweets, Daily Peace Quotes, workshops, retreats, email classes...so many ways to participate. We thought you might enjoy an opportunity to shape your own practice conversation. What do you need to support you, your life, your practice? This one-day workshop with Cheri will be a mini-version of the week-long "Your Practice" retreat in which you will have a chance to explore and get guidance on what you need right now to "up your game" in 2014.

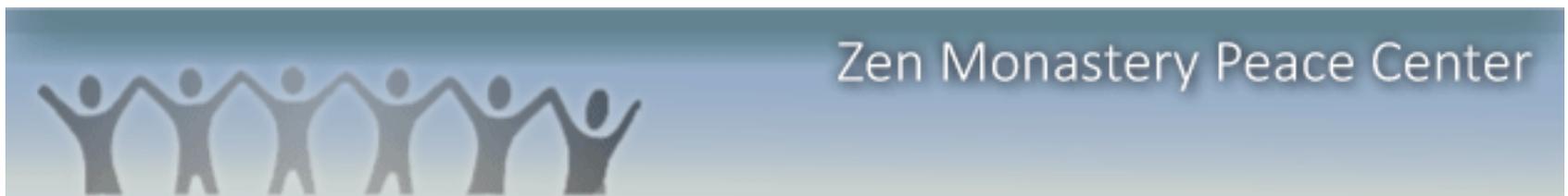
*Please note: It is mandatory for you to bring a device that can record your own voice to the workshop.*

[▶ Sign up](#)

[Cheri's Radio Show](#)  
[Daily Peace Quotes](#)

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[Cheri's Blog](#)  
[Current Events Page](#)



The Cooperative of Practice: Being lit up together!



### Rest and Be Thankful Retreat – July 5-7

It can be difficult to feel the gratitude we know our lives merit. It is so difficult to find a moment to catch our breath when we are busy and stressed. Come enjoy a weekend retreat in the tranquility of the Zen Monastery Peace Center. Walk in nature, attend an art or yoga workshop, join the monks at meditation, eat simple delicious foods and allow your heart to open to the generosity of Life. [Read more or sign up...](#)

 [Sign up](#)

**PARTICIPATE** 

June 26-30  
"How You Do Anything Is How You Do Everything" Retreat at the Monastery

July 16 - Aug 13  
"Zen and the Enneagram" Email Class

July 24-28  
"Depression" Retreat at the Monastery

Visit the schedule page for a full listing of events.



### Recording and Listening Practice

"Recording and listening has changed my life. I expect to feel happy." -a participant. [Read more](#) in Cheri's book, *What You Practice Is What You Have*.



Cheri's Radio Show



Daily Peace Quotes



Sponsor a Child



Receive Tweets



The Voices Cartoons



Cheri's Blog



## Zen Monastery Peace Center

### The Cooperative of Practice: Being lit up together!

Gasshō,

Thank you for attending “Be the Person You Want to Find” with the Zen Monastery Peace Center. We offer many ways to stay in touch and keep current with practice. Here are several of them:

One of the most popular ways to support practice is to sign up for a [class with Cheri conducted via email](#). If you are on our General Email List, you will receive notice of when registration opens.

Stay connected by calling in to [Open Air](#) on Tuesday evenings and talking directly with Cheri. The archives of the shows are available [on the website](#) or via podcast.

Subscribe to [Cheri’s Practice Blog](#).

We are offering several retreats over the spring, summer, and into the fall. You are welcome to come and visit us again and again. Read the [schedule page](#) for more information.

In Lovingkindness,  
Zen Monastery Peace Center



### Stay connected...

## Sign up for Awareness Coaching

Under Cheri Huber’s guidance, the Zen Awareness Coaches service provides one-on-one support for keeping your practice commitments.

[Read more...](#)



Cheri’s Radio Show



Daily Peace Quotes



Sponsor a Child



Receive Tweets



The Voices Cartoons



Cheri’s Blog

# MEDICAL FORM

PROCEDURES	CODE	FEE	PROCEDURES	CODE	FEE	PROCEDURES	CODE	FEE	PROCEDURES	CODE	FEE
<b>ESTABLISHED PATIENTS</b>			<b>OFFICE PROCEDURES</b>			<b>LABORATORY TO RML, Con't</b>			<b>IMMUNIZATIONS</b>		
Minimal	99211		Anoscopy	46600		Hep B Profile	86705		Vaccine Admin (1)	90471	
Focused	99212		Breast & Pelvic exam-MCR	G0101			86706		Vaccine Admin (2)	90472	
Expanded	99213		Cardiovascular stress test	93015			87340		Hep B (adult)	90746	
Detailed	99214		Destr benign/premig lesion	17000		Hepatitis C AB	86803		Hep B Admin - MCR	G0180	
Comprehensive	99215		Destroy lesions, 2-14	17003		Lipid Panel	80061		Influenza (over 3 year) spl	90658	
			Digital Rectal Exam - MCR	G0102		Liver Panel	80076		Influenza Admin - MCR	G0008	
			Drain/inject, joint/bursa	20610		Prottime with INR	85610		Meningococcal	90733	
<b>ESTAB. PATIENTS, PREVENTIVE CARE</b>			Ear Lavage	69210		PSA	84153		Pneumococcal	90732	
Age 12-17	99394		EKG, complete	93000		Testosterone free	84402		Pneumococcal Admin - MCR	G0009	
Age 18-39	99395		Holter Monitor	93230		Testosterone total	84403		Tetanus Diphtheria	90718	
Age 40-64	99396		Pap smear, spec coll - MCR	Q0091		TSH	84443				
Age 65+	99397		Nebulizer	94642		UA, w/c if needed	81003		<b>INJECTIONS</b>		
			Skin tag removal, up to 15	11200		Vitamin B-12	82607		Injection IM	90772	
Init Prev Phys Exam (IPPE)	G0344					HIV Antibody	86703		Injection IM Antibiotic	90788	
MCR Only			<b>MISCELLANEOUS</b>						Allergy Injection, single	95115	
EKG for IPPE -MCR	G0366		Bone Density	77080					Allergy Inj. 2 or more	95117	
						<b>OFFICE LAB</b>			B-12 up to 1000 mcg	J3420	
<b>NEW PATIENTS</b>			<b>LABORATORY TO RML</b>			ALT SGBT	84460		Delestrogen, up to 20 mg	J1390	
Minimal	99201		ANA Screen	86038		AST SGOT	84450		Depoestradiol/5 mg X ___	J1000	
Focused	99202		CBC w/ automated diff	85025		Blood glucose, by gluc	82962		Kenalog per 10 mg X ___	J3301	
Expanded	99203		Chem 14	80053		Glycated Hemoglobin	83036		Phenergan tp 50 mg X ___	J2550	
Detailed	99204		Chem 8	80048		hCG, qualitative	84703		Rocephen 250 mg X ___	J0696	
Comprehensive	99205		CPK	82550		Lipid panel	80061		SoluMedrol to 125 mg X ___	J2920	
			Dilantin, total	80185		Occult Blood X 3	82270		Toradol per 15 mg X ___	J1885	
<b>NEW PATIENTS, PREVENTIVE CARE</b>			ESR (sed rate)	85652		PT INR	85610		Testosterone 200 mg	J1080	
Age 12-17	99384		Ferritin	82728		Quick Strep	87880				
Age 18-39	99385		Free T4	84439		UA, w/culture if needed	81003		<b>X-RAY PROCEDURES</b>		
Age 40-64	99386		FSH	83001		Microalbumin Urine	82044		Ankle, 2 views	73600	
Age 65+	99387		General health panel-W1			Drawing Fee	36415		Chest, 2 views	71020	
			Hemoglobin A1c	83036					Hip, minimum of 2 views	73510	
									Knee, 1 or 2 views	73560	

<b>DIAGNOSIS CODES</b>		Dermatitis NOS		HYPERTENSION NOS		Obesity		Sinusitis Chronic	
Abdominal Pain NOS	789	Diabetes NOS	250	Hypertention Benign	401.1	Osteoarthros NOS	715.9	Spastic colon, IBS	564.1
Actinic Keratosis	702	Diabetes Type II, adult	250.02	Hypothyroidism	244.9	Osteoporosis NOS	733	SPRAIN OF NECK	847
Acute Bronchitis	466.0	Diarrhea NOS	787.91	Impacted Cerumen	380.4	Other Malaise and	780.79	Strep Throat	34
Allergic Rhinitis	477.9	Dysuria	788.1	Influenza Vaccine	V04.8	Otitis Media NOS	382.9	Stroke - CVA	436
Allergy Reaction NOS	995.3	Edema NOS	782.3	Influenza-respiratory	487.1	Otitis Media, acute suppur	382	Tobacco dependence	305.1
Anemia NOS	285.9	ELEV BL PRES w/o hypert	796.2	Insomnia	780.52	Palpitations	785.1	Tonsilitis Acute	463
ANXIETY STATE NOS	300	Esophageal Reflux	530.81	Ischamic Heart Disease	414.9	Pharyngitis Acute	482	URI Acute	465.9
Arthritis	716.9	Gastroenteritis NOS	558.9	JOINT PAIN L/LEG	719.46	Pneumonia NOS	382.9	UTI	599
Asthma Allergic NOS	493.9	Gynecologic Exam	V72.3	Limb Pain	729.5	Postmenopausal dis	627.9	Vaginitis & Vulvovaginitis	616.1
Atrial Fibrillation	427.31	Headache	784	LONG-TERM Use Anticoa	V58.61	RHINITIS DUE TO POLLEN	477	Vertigo or dizziness NOS	780.4
COPD	496	Hip Pain	719.45	LONG-TERM User Other	V58.69	ROUTINE MED EXAM	V70.0	Viral Infection unspecified	79.99
Coronary Atherosclerosis	414	Hypercholesterolemia	272	Migraine NOS	346.9	Seizure Disorder	780.39	Viral Warts unspecified	78.1
Cough	786.2	Hyperlipidemia NOS	272.4	Myofascial Syndrom	729.1	Shoulder Pain	719.41	Osteoporosis Screening	
Degen. Arthritis, generalized	715.09	Hyperplasia of Prostate	600	Neck Pain	723.1	Sinusitis Acute	461.9	Routine	V49.80
Depression	311							Prostate Screening	V76.44

<b>Dx 1:</b>	<b>2:</b>	<b>Next App't:</b> <input type="checkbox"/> 1 week <input type="checkbox"/> 1 mo <input type="checkbox"/> 4 mo
<b>3:</b>	<b>4:</b>	<input type="checkbox"/> 6 mo <input type="checkbox"/> 1 year
<b>Today's Date:</b>		<b>Referral:</b>
<b>Appointment Type:</b>	<b>Time:</b>	<b>Appointment Reason:</b>
<b>Patient Name:</b>	<b>SS#:</b>	<b>INSURANCE:</b>
<b>Address:</b>	<b>Date of Birth:</b>	
<b>City/State/Zip:</b>	<b>TODAY'S CHARGE</b>	
<b>Patient #:</b>	<b>Home Phone:</b>	
<b>Work Phone:</b>	<b>Cell Phone:</b>	<b>BALANCE DUE:</b>
<b>MD Signature:</b>	<b>TODAY'S PAYMENT:</b> <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> CC	

FCTHG-001 Rev.9/2007

LOCATION:  
1621 E. 11th Street  
Tulsa, OK 74120



Suggested Donation:  
\$25 at the door.  
Seating is Limited.

No RSVP required.  
No BYOL/Full Bar Available.

# TROUBADOR'S

Recommends the following event presented by:  
**House Concerts Unlimited**



**FRIDAY • APRIL 4, 2014 • 7:30 PM**

**SINGER/SONGWRITER**

# RAY BONNEVILLE

**Ray Bonneville** is a poet of the demimonde who didn't write his first song until his early 40s, some 20 years after he started performing. But with a style that sometimes draws comparisons to JJ Cale and Daniel Lanois, this blues-influenced, New Orleans-inspired "song and groove man," as he's been so aptly described, luckily found his rightful calling. Born in Quebec, his family moved to Boston when he was 12. He served a year in Vietnam as a Marine, struggled and overcame drug addiction, earned a pilot's license in Colorado, then moved to Alaska, then Seattle, and Paris and New Orleans. But it took a close call while piloting a seaplane across the Canadian wilderness to make him decide it was time to get busy writing songs – gritty narratives inspired by a lifetime of hard-won knowledge set against his gritty, soulful guitar and harmonica playing.

**FOR MORE INFO CONTACT**

Bryan Huling @ (918) 933-9110 or Susan Holley @ (918) 576-3536

House Concerts Unlimited:  
<http://houseconcertsunlimited.com/>

date

**APRIL 4, 2014**

location

**STUDIO SOUL**

time

**7:30 PM**

House Concerts  
Unlimited is  
sponsored by



ARTS & HUMANITIES COUNCIL OF TULSA  
HARDESTY ARTS CENTER

# TROUBADOR'S EMPORIUM & Songwriter's Listening Room

Tickets on Sale Now! [www.TroubadorsEmporium.com](http://www.TroubadorsEmporium.com)

## October 2011 Songwriter Showcases

**Friday, October 7th @ 5:00 pm**



*Acoustic Mojo is a creative contemporary folk trio. They play a mix of folk, blues, Americana and alternative genres featuring a majority of their own original songs.*



*When Merlene sits down to write a song, she doesn't necessarily look for the clever or catchy phrase, she looks for the best way to express a feeling.*

**Acoustic Mojo  
Merlene Taylor**



with Special Guest DJ Burrup

**DONATION SUGGESTED**

**Saturday, October 15th @ 5:00 pm**



Songwriter, guitarist, cowboy, lawyer, frontman – each phase no less significant or influential than the last. His songs reflect the full gamut of each experience, creating an honest look at life. Chuck's path to the Texas Country music scene took him through Nashville, Amarillo, and Nashville (again), finally returning him home to Oklahoma where he stands poised to take his place among Country's Music elite.

**Chuck Allen Floyd**

**ADMISSION \$10**

**Saturday, October 8th @ 5:00 pm \$10**



*Effron's skills as a singer/songwriter have resulted in nationwide recognition.* In 2004, Effron won the coveted "New Folk" Award at the prestigious Kerrville Folk Festival. He has also been honored as a Northwest Arkansas Music Award's Hall of Fame Artist, as a result of having been voted Best Singer-Songwriter in three years previously.

**Effron White**

with Special Guest Patrick Williams **ADMISSION \$10**

**Friday, October 21st @ 7:30 pm \$15**



Rebecca Loebe is an itinerant American folk/pop singer/songwriter based in Atlanta, Georgia. She became a contestant on the NBC television show *The Voice* in April 2011. Her cover of Nirvana's "Come as You Are", which she performed for her blind audition on *The Voice*, reached #7 on the iTunes US alternative song chart.

**Rebecca Loebe  
and Tje Austin**



**ADMISSION \$15**



**EVERY SUNDAY: Song Circle from 3-5 pm!**

October, 2nd, 9th, 16th, 23rd, 30th



**Friday, October 14th 7-9 pm**

**Workshop for Musicians and Songwriters**

*Learn How to Use Resources for Organizing,  
Collecting Royalties and Promoting Your Music*

**iTunes, Sound Exchange  
and a TriFold**

Presented by Dianna Burrup



**FEE \$40**

**Friday October 28th @ 7:30 pm**

**Invitational Songwriter Showcase**

*Celebrating the Craft of Songwriting!*



Nashville Songwriters  
Association International  
**TULSA CHAPTER**  
**DONATION SUGGESTED**

**TROUBADOR'S EMPORIUM AND SONGWRITER'S LISTENING ROOM**

Persimmon Hollow • 6927 S. 115th E. Ave. • Broken Arrow, OK 74012 • Bryan Huling, Owner • (918) 629-0431  
East of 71st & Garnett behind Salvation Army and Western Sun Credit Union

Ticket Sales and Information: [www.troubadorsemporium.com](http://www.troubadorsemporium.com)

View Full Color Version Online! [www.cahoa.org](http://www.cahoa.org)

# THE COUNTRY AIRE BREEZE



The Country Aire BREEZE is a twice a year newspaper published by the Country Aire Homeowners Assoc. (CaHoA) © 2014

Box 470 • 2608 W. Kenosha • Broken Arrow, OK 74012

March 2014 — July, 2014

## COUNTRY WIDE YARD SALE SATURDAY, April 26th



Start Time - 8 a.m. - In case you are new to the area, this is an opportunity for you to have your own Garage Sale without even having to advertise! The Board will take care of placing ads on Craigslist, in area newspapers, notifying the local TV stations and placing signs around the perimeter to attract potential buyers. All you have to do is get your things organized and be ready on the 26th. You set your own hours. **Good Luck!**

### 2013-2014 Upcoming Events

- Mar 4 (Tues) Annual Meeting/Election 7 pm - Peters Elementary
- Mar 20 (Thurs) Board Meeting 6:30 pm - Lutheran Church (145th)
- April 12 (Sat) Easter Egg Hunt 10 am - Country Aire Park
- April 17 (Thurs) Board Meeting 6:30 pm - Lutheran Church (145th)
- April 26 (Sat) Garage Sale! All Day - Addition Wide
- May 15 (Thurs) Board Meeting 6:30 pm - Lutheran Church (145th)
- June 19 (Thurs) Board Meeting 6:30 pm - Lutheran Church (145th)
- Jul 17 (Thurs) Board Meeting 6:30 pm - Lutheran Church (145th)

## ANNUAL MEETING

TUES — March 4th! — 7 pm

**Peter's Elementary School  
in the Gym**

In addition to the Annual Election of Officers for the year, a program will be presented by the City of Broken Arrow's Code Enforcement Department. Mark this on your calendar and consider running for an Officer or as a Board Member. Questions? Contact a current Officer or Board member listed on page 2.

## EASTER EGG HUNT

April 12th • 10 a.m.

Country Aire Park!

For CAHOA members and their children and also children who have Grandparents that are members of CAHOA, these grandchildren can live at other locations.



### M.E.T. Fall Environmental Event

## Household Pollutant Collection APRIL 5-6, 2014

Enter at Tulsa State Fairgrounds,  
15th & Sandusky

Review this link at the MET's website for items  
accepted.

<http://metrecycle.com/fairgrounds-pollutant-collection-page/>