



Local Singing Group Offers “Stimulus” Opportunities During Troubling Times

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For Immediate Release

Brooklyn Park, MD February 22, 2009 –Is the current economy causing you worry and pain? Are you waiting patiently for the government to provide you that stimulus package and wondering when on earth you will feel relief? The Harbor City Music Company Show Chorus invites you to join them every Wednesday evening at the Chesapeake Arts Center, Brooklyn Park, MD from 7:25 p.m. to 10:00 p.m. to discover and uncover ways in which singing can help to ease your pain!

In an article released on 1/30/08 in Arthritis Today, Francine Kaplan shares that singing can also sharpen mental alertness from the aerobic effect of drawing more oxygen into your body. According to Patricia Preston-Roberts, a board-certified music therapist in New York City, studies have linked singing with a lower heart rate, decreased blood pressure and reduced stress. “When I’m singing, I forget my pain,” says Preston-Roberts, who has multiple sclerosis. “It relaxes me and temporarily gets me back to who I am without the pain.” Even if you find yourself singing the blues, making music can help you feel better as you lose yourself in the moment.

Find relief in these troubling times with HCMC. This is an award winning, entertaining a cappella ensemble and their next performance is slated for 11:00 a.m., Saturday, March 7th at the Women’s Expo at Catonsville Community College. HCMC was recently invited by the Sweet Adeline International Education team to compete on International stage this October in Nashville, Tennessee.

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This group of singers has a diverse membership of women ranging in age from 22 - 81 years old. They come from all walks of life including nurses, computer scientists, domestic and periodic engineers, department of defense employees, and schoolteachers. There are three mother and daughter teams and two pairs of sisters among the membership, and one member who drives two-and-a-half hours one-way to rehearsal each week. That's dedication for you!

Sweet Adelines International is a musical force in the United States and around the world. The organization is headquartered in Tulsa, Oklahoma where it was founded in 1945. This nonprofit music education organization is one of the world's largest singing organizations for women encompassing more than 27,000 members, 1,200 registered quartets and 600 choruses in most of the fifty United States, Australia, Canada, England, Finland, Germany, Ireland, Japan, Mexico, New Zealand, Scotland, Sweden, The Netherlands and Wales.

