

CA

Aug 2010

Monthly

A PUBLICATION OF COLUMBIA ASSOCIATION

web extras

Log on to CAmonthly.org for these additional features:

New Programs Coming This Fall to Columbia Teen Center

New Therapy Services now Available at Columbia Gym

CA's Outdoor Pools Schedule

Expanded Village Events Calendar

Events at CA

THIS MONTH ON Columbia Matters

On August's show, learn about the 65th annual Howard County Fair; visit local farmers' markets; learn more about the causes, treatment and symptoms of concussions with CA Medical Director, Dr. Harry Oken; join KidsKorner hosts Jalen and Kristin on a hay ride at Clark's Elloak Farm; and much more.

Columbia Matters airs Mondays at 11am, 4pm and 7pm and Saturdays at 8:30pm on Comcast channel 96 and Verizon channel 41; **Tuesdays and Thursdays at 10am, 2pm and 6pm** on Comcast channel 98; and **Mondays at 10:30am, Tuesdays at 7:30am, Wednesdays at 8am and 7pm, Thursdays at 7:30am, Fridays at 8am and 7pm, Saturdays at 10am and Sundays at 11pm** on Comcast channel 99 and Verizon channel 44. Watch *Columbia Matters* online anytime at ColumbiaMatters.org.

Lots of summer fun still ahead for Columbia teens

Summer may be winding down, but things are heating up in August for Columbia teens. So if an endless chorus of 'I'm bored' has invaded your household, fear not, because the Columbia Association (CA) has a quick fix sure to restore the fun in your teen's happy summer break.

CA *Monthly* caught up with Carol Wasser, CA's Teen Outreach Program manager, for a quick look at what's coming up this month. "Our Teen Advisory Committee has been hard at work this summer, and they have come up with some incredible events,"

says Wasser. "The challenge to all of us at CA is to find ways to implement whatever these 15 creative teen minds can dream up!"

Charged with planning events that will appeal to Columbia teens and benefit our community, the Teen Advisory Committee members have truly outdone themselves in August.

Columbia teens can kick it into high gear at the Howard County Fair by participating in **Wii for Warriors on August 12 at the 4H Activities Building**. Sponsored by the

Teen Advisory Committee, the Wii video game-playing booth will be open from 10am to 1pm. Challenge a friend to a Wii tennis match or try Wii Fit exercises for just a \$2 donation. Play to win a prize, or just for fun — either way, you'll be helping support a great cause; all proceeds benefit the Wii for Warriors program at Walter Reed Medical Center. Nintendo Wii Fit games are used at the Center as physical therapy for soldiers who have lost limbs or suffered

a traumatic brain injury. Please visit WiisForWarriors.com for more information. To register in advance to play, please call 410-715-5523.

While you're at the Fair that day, be sure to check out **CA's Teen Idol Regional auditions from 1 to 4pm**. Want to audition? Come on by — auditions are open to anyone in grades 6 through 12, and no music is required. Round one regional winners will go on to compete in a final audition in September. Participants selected at the final audition will compete in the **Hear My Voice Teen Idol competition on Sunday, October 10**; and finalists will participate in a Hear My Voice community service project. Claim your spot in the limelight by calling 410-715-5523 for more information or to register.

More music and more fun awaits at the **Rhythm Masters Jam Popping event August 13 from 2 to 8pm** at Kahler Hall in Harper's Choice. Teams presented by the CA Teen Advisory Committee and the Regulators will compete for cash prizes. If popping and jamming is your thing, don't miss out! To pre-register, please e-mail jettjaguar80@gmail.com or call 410-715-5523 for more information.

Rounding out a jam-packed month of activities in August is another event that promises a good time for a good cause. Join in on **August 21 from 1 to 3pm to walk for charity at Wilde Lake Park to raise money for the Save Darfur Coalition**. Proceeds from the walk will help the 4.9 million

suffering in the Sudan. There's a \$20 registration fee to participate, which includes a free t-shirt, as well as free food and water at the start of the walk. Walk for Darfur starts at the Boathouse at 10027 Hyla Brook Road, Columbia 21044. Call 410-715-5523 for more information.

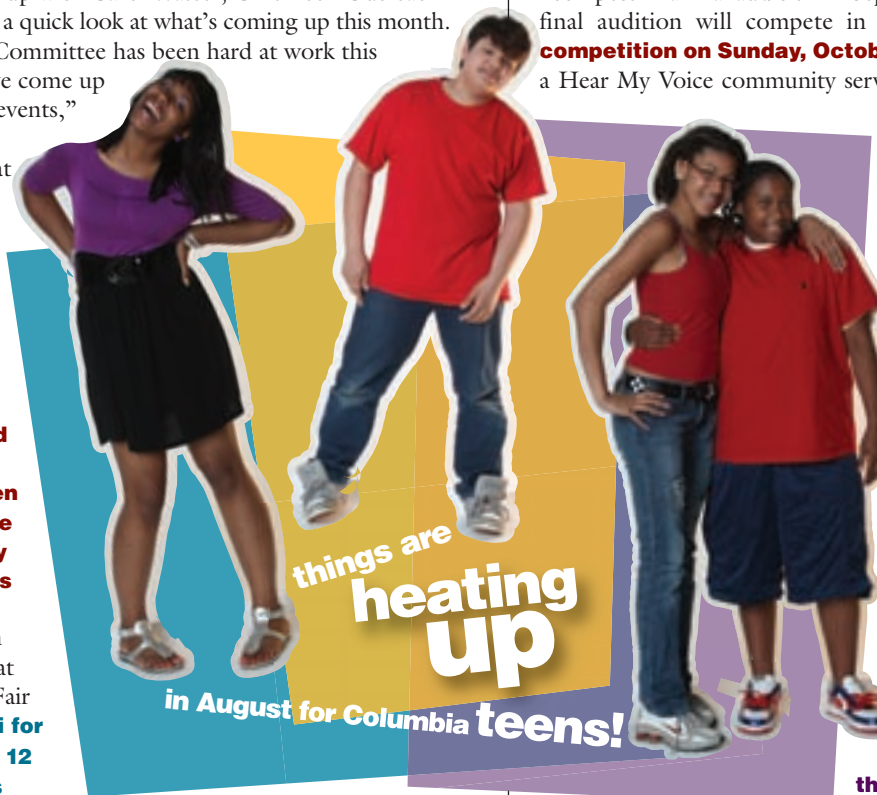
For information on CA's Teen Advisory Committee, please visit CAmonthly.org.

2 CA's TV show honored with six Telly Awards

3 Nutrition: Q&A with Cara Zaller, C.N.C.

4 Be a part of your community events

To learn about Traffic Safety in School Zones, visit CAmonthly.org or HowardCountySafety.org to view August's safety tips provided by the Howard County Department of Police.



Columbia Matters: in the limelight

For years *Columbia Matters*, the monthly cable television program of the Columbia Association, has been taking viewers on a journey throughout Columbia and Howard County while providing entertaining and resourceful information about local events and programs. For the past two years, the show has garnered attention on a national level as well, as the recipient of a string of prestigious Telly Awards. **CA is pleased to announce that *Columbia Matters* has won a total of six Telly Awards this year, including a coveted Silver Award for the September 2009 episode, as well as five Bronze Awards.**

Founded in 1978, the Telly Awards (TellyAwards.com) is the premier award honoring outstanding local, regional, and cable TV commercials and programs, as well as the finest video and film productions, and web commercials, videos and films. Highly respected both nationally and internationally, the competition receives over 11,000 entries annually from all 50 states and many foreign countries. Entries are judged by past



winners, with fewer than ten percent of all entries receiving Silver Telly statuettes, the highest honor; one in four entries garners a Bronze Award. Other award-winning *Columbia Matters* episodes include the March 2010, April 2009 and August 2009 shows in the information category, and the April 2009 and August 2009 shows in the entertainment category. **Log on to ColumbiaMatters.org to view these programs and learn more about *Columbia Matters*.**

Shelia Green, CA's manager of Communications and Community Relations, is thrilled with the continuing success of *Columbia Matters*, and applauds the efforts of Producer Mary Weeks, the production crew from Digital Cave Media, and the various segment hosts who volunteer their time each

month. "The entire cast and crew brings creativity to a new level, and their dedication to excellence is evident in every episode," she said. "We already know what an important part *Columbia Matters* plays in communicating all that is special about Columbia and Howard County. The fact that the show has been honored with six Telly Awards tells us that others are noticing as well. Well done!"

Columbia Matters Producer Mary Weeks is incredibly proud of the



Digital Cave Media's Nick Kovacic, pictured above, left, and Nate Pesce film a segment for *Columbia Matters* on location in West Friendship. Correspondent Kathy Marshall, left, interviewed Jenny's Market owner Linda Heigh for the 50 Plus segment of the August 2010 show, to air this month. Visit ColumbiaMatters.org to view the episode online.

show's success, and echoes Green's sentiments. **"We have an amazing team of creative individuals, both in front of the camera and behind the scenes, that works very hard to put each show together,"** she said. "Our continued success is a reflection of their enthusiasm and

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dedication. When I go out into the community and meet viewers who tell me how pleased they are with the show and the wealth of information that they get in 30 minutes, it tells me that we are headed in the right direction."

Ready for your cue?

*Are you interested in becoming an alternate show host for *Columbia Matters*? Please send your resume, a head shot and demo reel to —*
Columbia Association
10221 Wincopin Circle
Columbia, MD 21044
Attention: Mary Weeks
Auditions will be announced at a later date.

Have a question for a CA expert?

Please e-mail your questions to
CAmonthly@ColumbiaAssociation.com.
 Please include your name, village of
 residence, phone number and e-mail.

osteoporosis information

Nutrition: Q&A with Cara Zaller, C.N.C.



About Cara Zaller, C.N.C.
Cara L. Zaller is a CA team member, certified nutrition consultant, group fitness instructor and personal trainer. Cara is available for nutritional counseling at the Columbia Gym. Read an extended bio online at CAmonthly.org.

Read more online at CAmonthly.org in an extended version of this article! Always check with your physician before starting any exercise regimen or change in diet.

Q: Do you suggest any alternatives to drinking milk for calcium intake? I am a 65-year-old woman who hates milk, but I force myself to drink it because I don't want to get osteoporosis. — **Eva, River Hill**

A: Did you know that Osteoporosis affects over 44 million people? Since Osteoporosis is a disease which causes bone loss, and because 99% of the body's calcium is found in bone, it seems logical that if people consume as much calcium as possible, the risk of Osteoporosis would diminish. However, this isn't necessarily the case — and you might be surprised by what you learn! Nutrition Expert Cara Zaller, C.N.C. offers guidelines on how to decrease your chances of getting Osteoporosis by incorporating the following lifestyle changes:

- 1.** Stop or reduce drinking soda.
- 2.** Limit meat and processed carbohydrates.
- 3.** Limit milk and milk products. A Harvard study, and a similar study done by the dairy industry, found that the more dairy products that are consumed, the greater your chance of bone loss!
- 4.** Engage in weight-bearing exercise, such as walking, dancing, jogging, stair-climbing, racquet sports and hiking.
- 5.** Eat an alkaline diet with five to nine servings of vegetables and at least two servings of fruit each day.
- 6.** Eat plenty of non-dairy calcium and magnesium-rich foods, such as nuts, seeds, kale and broccoli.

Osteoporosis affects over 44 million people!

School supplies needed to help local students be Prepared for Success

The Volunteer Center Serving Howard County is committed to supporting **Prepare for Success, a Howard County community-wide partnership that equips public school students from low-income families with backpacks and school supplies.** In doing so, the Volunteer Center is asking community members to **donate school supplies now through Monday, August 23.** Decorated boxes have been placed at CA Headquarters, the three CA fitness facilities, Columbia Art Center and all ten Village Community Centers for donation drop-off. Monetary donations for the purchase of backpacks for children from low-income families can be made at KitsforKidz.org/PrepareForSuccess. A list of needed supplies can be found at **VolunteerHoward.org** under "News and Announcements."

For more information, contact the Volunteer Center at 410-715-3172 or Antoinette@VolunteerHoward.org.

kidskornertest

Visit **CAmonthly.org** and click on KidsKorner for this month's fun features! Contest: **August is National Inventor's month.** Imagine that you are an inventor. What would you create? Draw a picture of your fabulous invention and send it to us! Don't forget to include a brief description of what your invention does.

You could win two movie tickets to AMC Theatres!

August

COMMUNITY EVENTS

Visit **CAmonthly.org** for event details and a listing of many more free events!

Be A Part Of It!

Farmers Market

Every Sunday • 9am-12:30pm
in the Oakland Mills Village Center.
Information: 410-730-4610.

Slayton House Conservatory Presents "13, The Musical"

Thursday, August 5 and Friday, August 6 • 7:30pm
at Slayton House Theatre. Tickets: \$10, \$8 for seniors and students.
Information: 410-730-3987.

Columbia Swim Center Annual Shutdown

Friday, August 6 through Sunday, August 15 Annual shutdown for renovations and building repair/maintenance. Will reopen Monday, August 16.

Columbia Athletic Club Annual Shutdown

August 9 through Sunday, August 29 Annual shutdown for renovations and building repair/maintenance. Will reopen Monday, August 30.

CA Board Meeting

Thursday, August 12 • 7:30pm
at CA Headquarters. For updated dates and times, please visit ColumbiaAssociation.org.

Annual Pool Party

Thursday, August 12 6:30-9pm at Dickinson Pool. Free tickets available in July at Amherst House. Limited numbers. Free fun, food and games for Kings Contrivance residents. Information: 410-381-9600.

Slayton House Closed

Monday, August 16 through Saturday, August 21
Slayton House in Wilde Lake closed. Information: 410-730-3987.

Stamping with Gina

Tuesday, August 17 • 7-9pm
at The Other Barn in Oakland Mills.
Information: 410-730-4610.

Save Darfur Coalition Charity Walk

Saturday, August 21 • 1-3pm
at Wilde Lake Park. Registration is \$20. Make checks payable to Save Darfur Coalition. Information: 410-715-5523.

Owen Brown Tennis Bubble Annual Shutdown

Monday, August 23 through Sunday, August 29 Annual shutdown for renovations and building repair/maintenance. Will reopen Monday, August 30.

CA Board Meeting

Thursday, August 26 7:30pm at Columbia Association Headquarters. For updated dates and times, please visit ColumbiaAssociation.org.

Dorsey's Search 30th Birthday Celebration

Saturday, August 28 10am-2pm at Linden Hall. This event is for Dorsey's Search residents only. Free entertainment and food. Face painting, caricatures and magic show from 10am-2pm. Food to be served from 11am-1pm. Information: 410-730-4005.

Jazz in the Mills Presents the Janine Gilbert-Carter Quintet

Sunday, August 29 • 7-9pm
at The Other Barn in Oakland Mills. Tickets can be purchased in advance \$15, at the door \$20 or purchase tickets online at www.brownpapertickets.com/event/103954. Information: 410-730-4610.

Supreme Sports Club Annual Shutdown

Monday, August 30 through Monday, September 6 Annual shutdown for renovations and building repair/maintenance. Supreme Sports Club will reopen Tuesday, September 7.

Special Note:

Owen Brown Community Association (OBCA) is closed for renovation through September 7. The OBCA office will be temporarily located at 10025 Shaker Drive next to the MacGill Commons Pool. Information: 410-381-0202.

Have a question or comment?

Please e-mail CAmonthly@ColumbiaAssociation.com.