

CA Monthly

JUNE 2011

A PUBLICATION OF COLUMBIA ASSOCIATION

2 CA Welcomes Two New Faces to the CA Board of Directors

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

4 Be a Part of Your Community Events

web extras

Log on to **CAmonthly.org** for these additional features:

Fitness Q&A: Exercise Plan for Women On-the-Go

Expanded Village Events Calendar

Events at Columbia Association

THIS MONTH ON Columbia Matters

On June's show, learn about the new BRAC developments; find out about three of CA's new aquatics initiatives to make accessing the pool easier for your family this summer; discover a historic treasure in King's Contrivance; learn how the constant, daily use of earbuds to listen to loud music can be damaging to your inner ear and cause hearing loss; and more!

Watch Columbia Matters online anytime at ColumbiaMatters.org.

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 7:30pm, Saturdays at 10am and Sundays at 11:30pm** on Comcast channel 99 and Verizon channel 44.

ENJOY SUMMER With a CA Staycation!

By Aria White

For more information about summer events, visit tinyurl.com/ca-eventsadvisor or ColumbiaAssociation.org/Events.

Are you tired of the security lines at the airport? Why go away this summer when there's plenty to do right here? Enjoy a summer staycation in Columbia this year! With activities and events for residents of all ages to enjoy, CA can help make your summer relaxing, exciting, educational and everything in between!

Nothing is better than cooling off in the pool on a hot summer day. Go solo or grab a few friends to enjoy one of CA's 23 outdoor pools this summer. If you've got little ones in your crew, head over to the Hopewell Mini-WaterPark on June 25 for CA's annual KidsDay, taking place from 12-3pm. During this free event, kids will enjoy swimming, water games, entertainment, music, food and more! For additional details, call 410-715-3104.

For the hard-to-please teenagers out there, come out to Teen Tuesdays to hear teen bands rock out every Tuesday night from June 28 through July 26 at the courtyard between The Barn and The Other Barn in Columbia. Starting at 8pm, dance to the music with your friends and if you get hungry, purchase grilled burgers and hot dogs during the event. For more information, call 410-715-5523.

Kids, teens, adults and families can all enjoy free outdoor music and movies this summer at the Summer Lakefront Festival. The festival features nightly entertainment. Participants will experience concerts, family movies and free dance instruction on Friday nights. Starting on June 17, come down to the Downtown Columbia Lakefront and spend some time with friends, family and fellow Columbia residents. For a complete schedule, visit LakefrontFestival.com.

Are you a stay-at-home mom, or a retiree, or a business professional in the Downtown Columbia area? If so, you deserve a mid-day break! Enjoy your lunch outside at the

Downtown Columbia Lakefront every Wednesday from 12-2pm. The CA Lakefront Wednesdays concert series will run until July 6 and will feature free lunchtime concerts for everyone to enjoy. Learn more details by calling 410-715-3104.

There's no need to travel to far off lands to experience other cultures. Celebrate Columbia's diversity at International Day on Saturday, July 23 from 12-10pm at the Downtown Columbia Lakefront. This year's event will feature international food, music and crafts. Plus, if you're new to the area, we'll provide you with some information about your new community. For more information, visit ColumbiaCalendar.org.

Bring the family to the Columbia SportsPark and play some mini golf, hit baseballs in the newly-renovated batting cages or try out one of the new freestyle BMX-only sessions at the Columbia SkatePark, located next to the SportsPark. Visit ColumbiaSportsPark.org for more information.

No matter what you're looking for this summer, CA has you covered. Whether you're dreaming of an active vacation filled with sports and the great outdoors, or a relaxing getaway with music and beautiful scenery, stay in Columbia and take a staycation with CA! Learn about all of CA's offerings at ColumbiaAssociation.org.



CA Welcomes Two New Faces To the Board of Directors

By Aria White

The CA Board of Directors for 2011-2012 has recently been installed and two new members have joined the board this year. Tom Coale will now represent Dorsey's Search and Edward T. Coleman will now represent Long Reach.

Coale has lived in Columbia for the past three years and he says he's excited about Columbia's future. "Columbia went from being a "great new experiment" in community planning to a magnet for people and families across the globe," Coale says. "I think it is clear that Columbia, with the quality of life it offers, is continually improving on what may already be considered a great place to live."

Coleman, who has lived in Long Reach village for 17 years and in Howard County for 20 years, says although Columbia has changed quite a bit developmentally over the years, he still enjoys the basic things about the community. "The fact that I can

walk my dog from my home to Lake Elkhorn or to the Lakefront, through woods, along a stream and all without crossing a major road is something truly special."

Both men hope to enhance the atmosphere in Columbia by strengthening the sense of community among residents. "We need to bring people back to community governance and engagement," Coale says. "I hope that any person reading this would consider volunteering for one committee position or looking to the Village Board for any potential vacancies. This community needs that commitment, and I think if people knew that they were wanted in the process of "running Columbia," they would be more likely to volunteer."

Coleman says he hopes to help Columbia Association (CA) staff address the needs and concerns of the community. "I will work to increase the communications and cooperation

between CA, the village centers, the many homeowners associations and dedicated volunteers in our community," Coleman says. "We have tremendous talent in this area and I've witnessed incredible dedication to improving our community when



Tom Coale,
Dorsey's Search
Representative



Edward T. Coleman,
Long Reach
Representative

residents have come together to work toward common goals."

Joining Coale and Coleman on the CA Board this year are returning members Cynthia Coyle, representing Harper's Choice; Gregg Schwind, representing Hickory Ridge; Shari Zaret, representing King's Contrivance, who will serve as Vice Chair this year; Alex Hekimian, representing Oakland Mills, who will serve as Chairperson of the Planning and Strategy Committee; Andrew C. Stack, representing Owen Brown, who will serve as Chairperson of the External Relations Committee; Michael Cornell, representing River Hill, who will serve as Board Chair this year; Suzanne Waller, representing Town Center, who will serve as Chairperson of the Strategic Implementation Committee; and Philip W. Kirsch, representing Wilde Lake.

Learn more about the CA Board at ColumbiaAssociation.org, click on "Get Informed."

Columbia Art Center Has Heart, Not Just Art



Located in the Long Reach village center is the well-hidden, Columbia Art Center, home to rotating art exhibits featuring artwork from around the world, a gallery shop with one-of-a-kind treasures, rental spaces and a plethora of classes and custom programming for all ages.

Director of the Columbia Art Center Liz Henzey, who has worked at the Art Center for nearly 20 years, says what's truly special about the Art Center are the art events that the center holds to raise funds for various causes and organizations in the area. Recently the Art Center partnered with Howard County Tourism and Promotion for Blossoms for Claudia, a visual art show that honored the courageous journeys of those dealing with cancer and raised funds for the Claudia Mayer Cancer Resource Center. "There is something really amazing about artists in our community coming together for a wonderful cause

and sharing their talents and creativity to impact change," Henzey says.

"One of the Art Center's missions is to provide innovative and timely art classes that serve the needs and requests of the community and that are priced reasonably," Henzey says. Classes are offered during the day, at night and on the weekends and there are programs for kids, teens, adults and mature adults.

Students and teachers are given the opportunity to display and sell their one-of-a-kind artwork in the Art Center's gallery shop. "The gallery shop provides residents with a convenient and nearby arts venue for purchasing unique gifts," Henzey says.

"People come here for all types of reasons, to explore or discover their creativity, to enjoy art while in the company of friends or to help them through a serious life challenge," Henzey says. "We as a team here take pride in trying to provide an inviting and comfortable environment for people to enjoy the world of art!"

For more information, visit ColumbiaArtCenter.org. For an extended version of this article, visit CAMonthly.org.

Have a question for a CA expert?
Please e-mail your questions to
CAmonthly@ColumbiaAssociation.com.
Include your name, village of residence,
phone number and e-mail.

All About Fat

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



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

This column is intended to provide only general information that may be of interest to the public and is not intended to provide and should not be relied on for specific medical advice. Any questions regarding your personal health and medical issues should be directed to your physician. Read the extended version of this article online at CAmonthly.org

Q: What is fat?

A: Fats are compounds of carbon, hydrogen and oxygen atoms that exist in chains of varying lengths, shapes and orders.

Q. Why is fat important?

A. Fats are one of the vital nutrients required by the body for both energy and the construction and maintenance of structural elements such as cell membranes.

Q. What are some of the benefits of fat?

A. Dietary fat transports the “fat-soluble” vitamins A, D, E and K. Dietary fats are also sources of “essential fatty acids” which are those fats that the body needs but cannot make on its own. Fats are also important for maintaining healthy hair, skin and body temperature.

Q. How much fat do you need?

A. There is no simple formula to determine the exact amount of fat that an individual should consume on a daily basis. However, to achieve optimal health, your body should rely on dietary fat as its primary fuel source, rather than carbohydrates. Therefore, you should eat enough healthy fats in order for your body to absorb the “fat-soluble” vitamins and essential fatty acids and to satisfy your appetite.

Q. Will eating fat make you fat?

A. Eating fat along with a diet high in carbohydrates will ultimately cause you to gain weight. However, since eating fat does not raise blood sugar or insulin, the hormone responsible for storing body fat, most dietary fat cannot be stored as body fat. On the other hand, in the presence of carbohydrates, your body can no longer utilize (“burn”) fat as effectively.

Q. What happens if you do not consume enough fat?

A. Restricting dietary fat can cause the following problems: dry skin and eczema, damage to the ovaries in females and infertility in males, malabsorption of the fat-soluble vitamins, depression, high cholesterol, heart disease, increased risk of cancer and an imbalance of nutrients (especially carbohydrates) as well as overeating since fat contributes to satiety.

NEW!

Events Advisor

CA has deployed its second social media pilot, the CA Events Advisor, <http://tinyurl.com/ca-eventsadvisor>. Visit the site today to see what's happening in your community!

365 Wellness Facebook Campaign

CA has also deployed its third social media pilot, the 365 Wellness Facebook Campaign (housed on CA's Facebook page, [Facebook.com/CA.ColumbiaAssociation](https://www.facebook.com/CA.ColumbiaAssociation)). 365 Wellness will provide residents with every day changes and tips that focus on fitness, sports and recreation and nutrition and wellness.

KidsDay

Sat, Jun 25 • 12-3pm

Hopewell Mini-WaterPark

Bring the kids out for an afternoon filled with free family games, entertainment and activities for all ages. Information: 410-715-3104 or ColumbiaCalendar.org.

Lakefront Wednesdays

Now-July 6 • 12-2pm

Downtown Columbia Lakefront

Join the downtown Columbia community for free lunchtime concerts every Wednesday at Lake Kittamaqundi! Information: 410-715-3104.

kidskorer contest

Contest: June is National Zoo and Aquarium month! This month, draw a picture of your favorite animal at the zoo or your favorite fish at the aquarium and write a few sentences explaining why you like to visit the zoo or aquarium. **You could win a ticket to the Baltimore National Aquarium!**

Visit CAmonthly.org and click on KidsKorner for this month's fun features!

In May, on KidsKorner on TV, Kristin and Jalen learned how they can prepare now to go to college in the future. Where do you think they should go next? Send your show ideas to CATVshow@ColumbiaAssociation.com. Watch KidsKorner on TV online anytime at ColumbiaMatters.org.

Be A Part Of It!

Slayton House Gallery Exhibit: Al Biegel

Now-June 11

Slayton House Gallery. Information: 410-730-3987.

Intermediate Digital Photography

Friday, June 3 • 9:30-11:30am

Columbia Art Center. Information: 410-730-0075.

Introduction to Knitting

Saturday, June 4 • 9:30-11:30am

Columbia Art Center. Information: 410-730-0075.

Movie Night

Saturday, June 4 • 6-9pm

Supreme Sports Club's KidSpace. Information: 410-381-7559.

Columbia Home Tour

Sunday, June 5 • 11am-5pm.

Tickets on sale now. Information: 410-730-3987.

Healthy Howard Day

Sunday, June 5 • 10am-3pm

Centennial Park. Information: WePromoteHealth.org.

Middle and Elementary School Fashion Show

Sunday, June 5 • 5-7pm

DoubleTree Hotel. Information: 410-715-5523.

Italian Decoupage

Monday, June 6 • 6:30-8:30pm

Columbia Art Center. Information: 410-730-0075.

CA Board Meeting

Thursday, June 9 • 7:30pm

CA Headquarters. For updated dates and times, please visit ColumbiaAssociation.org.

Art Reinvention Exhibition

Thursday, June 9-Sunday, June 26

Columbia Art Center. Information: 410-730-0075.

Coalition for a Healthy Maryland Golf Tournament

Friday, June 10 • 7am

Fairway Hills Golf Club and Geneva Farms Golf Course. Information: 410-734-7300.

Ice Cream Social

Friday, June 10 • 7-8:30pm

Hawthorn Center. Information: 410-730-7327.

Girls Night Out—Batik with a Twist!

Friday, June 10 • 6:30-8:30pm

Columbia Art Center. Information: 410-730-0075.

Wire Wrapping Ring & Bracelet Weekend Workshop

Saturday, June 11 • 1-3pm

Columbia Art Center. Information: 410-730-0075.

Casino Night

Saturday, June 11 • 7-10pm

Owen Brown Community Center. Information: 410-381-0202.

Slayton House Gallery Exhibit: Lynn Ferris and Beatrice Hardy

Thursday, June 16 - Saturday, July 9

Slayton House Gallery. Information: 410-730-3987.

Middle School Social and Skating

Friday, June 17 • Social: 4:30-6:30pm; Skating: 7-10pm

Supreme Sports Club. Information: 410-715-5523 or 410-381-5355.

CA's Lakefront Summer Festival

Nightly starting Friday, June 17

Downtown Columbia Lakefront. Complete schedule printed in June edition of CA Monthly. Information: 410-715-3161 or LakefrontFestival.com.

Movie Night

Saturday, June 18 • 6-9pm

Columbia Gym's KidSpace. Information: 410-531-8984.

School's Out Artsy Fun Day

Monday, June 20 - Thursday, June 23 • 7:30am-5:30pm

Columbia Art Center. Information: 410-730-0075.

CA Board Meeting

Thursday, June 23 • 7:30pm

CA Headquarters. For updated dates and times, please visit ColumbiaAssociation.org.

Slayton House Camp of the Arts

Thursday, June 23 - Friday, August 12

Register now. Information: 410-730-3987.

CA's KidsDay

Saturday, June 25 • 12-3pm

Hopewell Mini-WaterPark. Information: 410-715-3104.

Camp Oasis

Monday, June 27 - Friday, August 5 • 9am-5pm

Stonehouse. Information: 410-730-8113.

Teen Tuesdays

Tuesday, June 28 - Tuesday, July 26 • 8pm

Courtyard between The Barn and The Other Barn. Information: 410-715-5523 or 410-992-3726.

Bingo

Thursday, June 30 • 7pm

Kahler Hall. Information: 410-730-0770.

Have a question or comment? E-mail CAmonthly@ColumbiaAssociation.com.