

CA

Sep 2010

Monthly

A PUBLICATION OF COLUMBIA ASSOCIATION

2 Teen Idol Competition Heats Up this Fall

3 Nutrition: Q&A with Dr. Oken

4 Be a Part of Your Community Events

web extras

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

Exercise Q&A: Preventing & Reversing Hypertension with Doc Wilson

Free Pilates Classes this month at CA Fitness Facilities

September Gallery Shows at Columbia Art Center

Expanded Village Events Calendar

Events at CA

THIS MONTH ON Columbia Matters

On September's show, meet CA's Director of Community Planning; learn about the 23rd annual Howard Community College Grand Prix; join us as we attend a back to school fashion show at Lord & Taylor; learn more about the Columbia Horse Center and CA's Golf programs; get health tips on how to control your blood pressure; 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.

DREDGING At Columbia's Lakes Continues May Prove More Costly than Expected

Backed by solid engineering survey estimates, Columbia Association (CA) officials planned and budgeted for a dredging operation to combat decades of sediment accumulation at Lake Elkhorn and Lake Kittamaqundi, based on a projected accumulation of approximately one inch per year. **After months of successfully removing silt, vegetation, sediment and other debris to restore Lake Elkhorn, CA now estimates that sediment levels there, and at Lake Kittamaqundi, have increased substantially since the initial estimate over the past four years.**

CA staff and its Board of Directors will now have to decide whether or not to allocate additional funds to fully address the excess buildup at a cost of approximately \$1.18 million above initial estimates for Lake Elkhorn; and an additional projected outlay of \$2.2 million for Lake Kittamaqundi. Although portions of the two lakes may not be fully restored to their original depths, a significant improvement is attainable. At its August 12 meeting, CA's Board of Directors requested more information from staff to better understand the current conditions at the lake and explore future options, according to Diana Kelley, CA's contract administrator for Construction and Facilities Services.

The 37-acre Lake Elkhorn in Owen Brown was built by CA in 1974 with a watershed of about 2,500 acres. Hydraulic dredging of the lake, which began in March and is expected to last until November, involves using a dredge boat and a pipe to carry sediment laden material to an adjacent work area. There, a Tri-flow machine screens out coarse materials and sand, and four belt-presses extract the water from the sediments. According to Diana Kelley, **CA is extremely pleased with the execution of the dredging at Lake Elkhorn to date.** "As promised, the dredging is not interfering with resident wildlife, nor those who reside near the lake or use the surrounding paths," she says.

Dredging the lake is a mammoth and challenging task. In addition to encountering higher levels of sediment than expected, in some areas dense lily pads have had a tendency to clog the dredge. **To keep the project on schedule, the contractor instituted 12-hour work days, which increased the number of trucks hauling away dewatered materials from 16 loads out per day to 20 per day.** "It has been very satisfying to see the sediment being extracted from Lake Elkhorn and watch it being loaded onto trucks for disposal at beneficial re-use sites," said Kelley.

Dredging of Lake Kittamaqundi in Town Center, a 27-acre man-made lake with a maximum depth of seven feet, was scheduled to begin in late August or early September. **As with the Lake Elkhorn project, CA staff and the consulting engineer have been careful to take concerns from residents into account and incorporated them into the Lake Kittamaqundi dredging execution plan.** The contractor, Cashman Dredging & Marine Contracting Company, then provided a plan that is consistent with the project budget, permitted drawings and community expectations. The Kittamaqundi project was initially budgeted at \$6.1 million; but up to an additional \$2.2 million may be required to address critical areas of excessive sediment accumulation.

While dredging estimates for Lake Elkhorn and Lake Kittamaqundi exceed initial estimates, the dredging of Wilde Lake later this fall is expected to cost \$700,000 less than expected, funds which may be redirected to the other sites. The 22-acre man-made lake was built by CA in 1967 on a site that was originally a low-lying meadow of rough grass with a small stream. Dredging at Wilde Lake, which flows downstream into Lake Kittamaqundi, is expected to begin on or about September 15, and is expected to take approximately three months to complete.

For current updates on CA dredging projects, please visit ColumbiaAssociation.com/Dredging.



Ducks at Lake Elkhorn have grown used to the site of dredging equipment in and around their habitat. Here, they perch atop a turbidity curtain used to confine stirred-up sediment to the dredging area.

To learn about Child Passenger Safety, please visit **CAmonthly.org** or **HowardCountySafety.org** to view September's safety tips provided by the Howard County Department of Police.

Become Columbia's Next Teen Idol

Check Out The Competition!
View footage from the first audition held at the Howard County Fair. Please visit ColumbiaMatters.org, click on "Teens".

Two Rounds of Auditions Heat Up The Competition

Two dates remain in the first round of auditions for the eighth annual Hear My Voice Teen Idol Competition. First round regional auditions will be held Tuesday, September 14 at Slayton House and Thursday, September 16 at Columbia Teen Center.

The first regional audition was held at the Howard County Fair in August.

A second round of auditions has been added to this year's competition. Selected regional audition participants will advance to the semi-final round of the competition to be held at The Mall in

Glenelg Country School student Daniel Rivera won the 2009 Hear My Voice Teen Idol Competition.

Columbia on Tuesday, September 21 from 5-8pm. Also new this year, **finalists will participate in the first-ever Hear My Voice community service project at Brighton Gardens, where they will serve breakfast and spend time with residents.**

Approximately 10 finalists will be selected to participate in the Hear My Voice Teen Idol Competition on Sunday, October 10 from 3-6pm. at the Downtown Columbia Lakefront. This year's Columbia Teen Idol will win a \$300 cash prize, runners up will be awarded gift cards to The Mall in Columbia and the first-ever Fan Favorite Award will be awarded to the

finalist with the greatest fan support.

The Hear My Voice event will feature an afternoon of entertainment, including teen bands, dance studios and of course, the Teen Idol Competition. This year's theme focuses on the prevention of childhood obesity. The event will also feature a lively Zumba demonstration and free snacks.

Auditions are open to Howard County youth, grades 6-12. Singing and rap performers are welcome to audition; however, any use of profanity, sexual innuendo and references to drugs/alcohol will be grounds for disqualification.

For more information or to register for an audition, call 410-992-3726. The Hear My Voice Teen Idol Competition is sponsored by Columbia Teen Center, the CA Teen Advisory Committee and the Columbia Community Exchange.

Path to the Teen Idol Spotlight

ROUND ONE

Auditions Regionals

Tuesday, September 14
6-9pm • Slayton House
10400 Cross Fox Lane

Thursday, September 16
7-9pm
Columbia Teen Center
5853 Robert Oliver Pl

ROUND TWO

Auditions Semi-Finals

Tuesday, September 21
5-8pm

The Mall in Columbia
10300 Little Patuxent Pkwy
Lord & Taylor Court

COMPETITION

Columbia Teen Idol Event

Sunday, October 10
3-6pm

Downtown Columbia Lakefront
10221 Wincopin Circle
Lake Kittamaqundi

Fall into Fun at Columbia Teen Center

Beat the Back-to-School Blues at Columbia Teen Center with programs and activities developed specifically for youth ages 9-18.

The Drop-In recreation program offers a safe, fun atmosphere for teens to socialize with their peers. Open Mondays thru Fridays from 2:30-6:30pm during the school year, the program features recreational and educational programs designed to promote self-esteem and develop relevant life skills.

All Drop-In program participants are required to join an enrichment club or committee, such as the 4-H Community Club, where teens learn valuable life and leadership skills by participating in special interest activities like photography and entrepreneur education. The registration fee is \$25 and open to all Howard County and Columbia teens.

A new wellness series, Winner's Society, will be held on Wednesdays from 5-6:30pm. Winner's Society is a four-week program featuring fun, informative, thought-provoking and challenging activities for teens. The series, beginning Wednesday, Oct 6, has a \$65 registration fee.

The first and second Mondays of each month, teens go to Columbia Art Center for Art Attack, an after-school enrichment program.

Previous creations have included memory books, decoupage and jewelry-making. Registration and materials fees apply.

When school is out, teens hit the road on trips to local educational and

entertainment destinations. On Friday, Oct 15 teens take a bite out of the Big Apple; and after the election results are tallied on Friday, Nov 5, teens head to Washington, D.C. for a tour of our nation's capital. Pre-registration and fees apply for excursions.

You can learn more about the Teen Center's programs at an Open House on Thursday, Sep 30 from 6-8pm. Columbia Teen Center is located at 5853 Robert Oliver Place in Columbia. For more info, please call 410-992-3726 or view the Teen Center's monthly activities calendar at ColumbiaAssociation.org, click on "Classes."



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

Controlling Your Blood Pressure

Health Minute with Dr. Harry Oken

Approximately one in four Americans have high blood pressure (hypertension). Only about 50% of hypertensive people are aware that they have it, and only half of those aware are taking steps to control it. Dr. Harry Oken explains hypertension and the simple steps you can take to reduce your risk.



About Dr. Harry Oken
CA's Medical Director
Dr. Harry Oken is a clinical professor of medicine at University of Maryland School of Medicine. Oken is board certified in internal medicine and is a fellow of American College of Physicians. Read an extended bio online at CAmonthly.org.

Read an extended version of this article 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.

Q: What do my blood pressure numbers mean?

A: A normal blood pressure is below <120 (systolic)/<80 (diastolic). When your numbers are higher, your risk of complications due to hypertension, such as risk of stroke, heart attack and kidney failure, increases significantly. The lower your numbers — the better. Nowadays medical professionals are getting stricter in classifying blood pressures as hypertensive.

Here Is How We Classify Blood Pressure:

SYSTOLIC Top Number	DIASTOLIC Bottom Number	WHAT IT MEANS
<120	<80	Normal
120-139	80-89	Pre-hypertension
140-159	90-99	Stage 1 Hypertension
>160	>100	Stage 2 Hypertension

A borderline hypertensive blood pressure is 120+ / 80+. Mild hypertension begins at >140 / >90. As numbers increase, they can be classified as moderate, and then severe, hypertension.

Genetics has a little to do with your blood pressure, but more importantly, your lifestyle affects the numbers. If you have been diagnosed with hypertension, ask yourself the following questions:

- 1. Are you overweight?**
- 2. Do you consume a lot of salt or sodium in your current diet?**
- 3. Are you sedentary (get minimal to little exercise)?**
- 4. Do you smoke? Or are you exposed to excessive second-hand smoke?**
- 5. Do you over consume alcohol or caffeine?**

If you answered yes to any of these questions, you may be able to make small lifestyle changes, like changing your diet and getting regular exercise, to help control your hypertension. Your doctor may also prescribe effective medications to supplement your lifestyle changes.

To learn more about the health risks caused by hypertension and small lifestyle changes that can help you achieve and sustain a healthy blood pressure, visit CAmonthly.org to read an extended version of this article or watch this month's "Columbia Matters" TV show online anytime at ColumbiaMatters.org. Click on "Health."

Columbia Association's Optimal Health Program Encourages Weight Loss Through Lifestyle Changes

CA's Optimal Health, a six-week physician referral health program, will begin its **next session on Tuesday, September 21 at Columbia Gym**. The program is designed to aid weight loss through motivation, physical activity and healthy eating. Medical, fitness, nutritional and behavioral health professionals work closely with you to assess your current level of health and to create a personal plan to improve your overall wellness. In addition to weight loss, this program can help increase energy, lower blood pressure, reduce joint pain and manage stress. Interested participants should visit ColumbiaAssociationNewU.org to download the Physical Referral Form to take with them to their next doctor's appointment. For more information, please call **410-715-3128** or visit ColumbiaAssociationNewU.org.

kidskorner contest

Visit CAmonthly.org and click on KidsKorner for this month's fun features! **Contest:** September is Library Card Sign-Up Month. Draw a scene from your favorite book and send it to us! Don't forget to include the book's title and author, and tell why it is your favorite book.

You could win a \$10 gift card to Maggie Moo's!

Be A Part Of It!

Farmers Market

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

Solar Energy Seminar

Thursday, September 2, at 7pm at Kahler Hall. Dinner will be provided to all attendees who sign up in advance. Solar Made Simple presented by Solar Expert Tim Grahl. Information: 410-730-0770.

“Great Decisions” Discussion Group

Tuesday, September 7, from 7-8:30pm at Historic Oakland Manor. Topic is “Russia and Its Neighbors.” Program developed by the Foreign Policy Association. Information: 410-730-4744.

Robert Tennenbaum “Abstract Works”

Friday, September 10 thru Saturday, October 9 at Slayton House. Reception to be held Sunday, September 26, from 3-5pm. This exhibit is part of the Howard County Road to the Arts. Information: 410-730-3987.

Oakland Nights Music Series: “Flute Cocktail” and “Fugitive Brass Quintet”

Friday, September 10, from 7:30-9pm at Historic Oakland Manor. Free admission and snacks. Information: 410-730-4744.

Native Plant Sale and Seminar

Saturday, September 11, from 10am-2pm at Kahler Hall. Information: 410-730-0770.

River Hill Community Yard Sale

Saturday, September 11, from 8am-1pm. Call or visit Claret Hall to register your street for participation. Information: 410-531-1749.

CA Board Meeting

Thursday, September 16, at 7:30pm at CA Headquarters. For updated dates and times, please visit ColumbiaAssociation.org.

Rainbow Theatre: “Dragon Feathers”

Friday, September 17, at 10am at Slayton House. Tickets are \$5 in advance or \$6 on show day. Information: 410-730-3987.

Family Bingo

Saturday, September 18, 7-9pm at Owen Brown Community Center. Prizes, food and fun. Information: 410-381-0202.

Hickory Ridge Village-Wide Yard Sale

Saturday, September 25, from 8am-noon. Look for red ribbons on street signs. Information: 410-730-7327.

Harper’s Choice Red Ribbon Yard Sale

Saturday, September 25, from 8am-noon. Look for red ribbons. Sign up your street at Kahler Hall. Information: 410-730-0770.

Kings Contrivance Community Yard Sale

Saturday, September 25, from 9am-1pm in Dickinson. Look for purple ribbons on street signs. Rain date is Sunday, September 26. Information: 410-381-9600.

CA Board Meeting

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

Have a question or comment?

Please E-mail CAmonthly@ColumbiaAssociation.com.

GOTTA GO! GOTTA GO!

Mark your Calendars Dia de la Familia Saturday, September 25

12-3pm • Columbia SportsPark

CA’s annual event commemorating Hispanic Heritage Month, Dia de la Familia, is scheduled for Saturday, September 25 from noon to 3pm at the Columbia SportsPark. The eighth annual free event features music from DJ Bobby Nyk and ethnic food like enchiladas suizas and tres leches. Columbia SportsPark’s family-friendly activities including batting cages, miniature golf and moonbounce will be free. A salsa-dancing demonstration and competition will commence at 1:30pm. For more information on Dia de la Familia, please visit ColumbiaCalendar.org or call **410-715-3104**.