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Fitness Q&A: How to get "Michelle Obama" Arms

Expanded Village Events Calendar

Events at Columbia Association

THIS MONTH ON

Columbia Matters

On September's show, learn about what's going on with the Howard County Public School System (HCPSS); get information on WomenFest; take a tour of Fairway Hills Golf Club; get updates on CA's Customer Service System (CSS); learn about the Iron Girl Columbia Triathlon; discover the history of the Howard County Library; get a sneak peek at the new Robinson Nature Center; 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; **Mondays and Fridays at 12pm, 4pm and 8pm, Wednesdays at 12pm and 4pm, Tuesdays and Thursdays at 10am, 2pm and 6pm, Saturdays at 12pm, 4pm and 8:30pm and Sundays at 10am, 4:30pm and 6:30pm** 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.

Get Ready To Get Your WORKOUT ON!

By Aria White

Learn more about CA's group fitness classes by visiting ColumbiaAssociation.org, click "Get Fit."

Working out alone can be fun, but working out in a group is even better. With a class full of fellow workout enthusiasts and an energetic instructor to guide you, group fitness classes can give you that boost of excitement that you've been missing in your workouts.

If you've ever been curious about the plethora of group fitness classes that are offered at CA's fitness facilities, mark your calendar now for the upcoming **Group Fitness Expo at Columbia Gym, taking place on Saturday, October 1**, from 7am-noon.

The best part of the Group Fitness Expo is that it's completely free and open to the public! This special event will give community members a chance to experience different group fitness classes and mingle with community vendors. You might even win one of the cool door prizes that will be given away!

"The expo is CA's Group Fitness Department's way to showcase many of our exciting programs," said Vicki Burns, director of group fitness. "There is something for everyone — adults and children. It's an opportunity to work out and share time with family and friends!"

The following classes will be offered at the expo: BodyPump®; BodyStep® Sampler; BodyVive® Sampler; BodyPump® Sampler;

Zumba®; Zumba® Circuit; Tae Bo®; Zumbatomic® for kids; Recess & Results® for kids; SharQui Belly Dance; Pilates Mat; Pilates MVe™ Chair; willPower & grace; DanceSport Endurance; T'ai Chi; Zumba® Toning; and Yoga. Visit

ColumbiaAssociation.org and click on "Get Fit" to read descriptions for each group fitness class.

If you're interested in attending the expo, preregistration opens on September 24 at 7am and will close on September 29 at 10pm. Package Plan Plus (PPP) members can register online for PPP classes. Other CA members and non-members need to call Columbia Gym at 410-531-0800 to register for adult classes and 410-531-8984 to register children for the kids' classes. A photo ID is required to enter the facility. Check in is required at least 10 minutes before each class.

Want to attend the Group Fitness Expo but don't have anyone to watch your kids? No worries, **CA will be offering nonmembers the chance to use KidSpace before and after the kids' classes for \$8 per child (maximum of two hours).**

All classes are for adults, except where noted for kids. *To learn more, please call Columbia Gym at 410-531-0800.*



2010 Teen Idol Winner Still Giddy Over Last Year's Competition

The Search for the 2011 Teen Idol is On!

By Aria White

Check out a special video of the 2010 Teen Idol winner, Alyssa Wenner, singing Miranda Lambert's "Bring Me Down" on the **CAmonthly.org** web site!

Alyssa Wenner, senior at Howard High School, was nervous when she took the stage last October to perform at the 8th annual Teen Idol Singing Competition. But her nerves paid off, after singing and performing her heart out, the judges made their final decision and Alyssa was named the 2010 Columbia Teen Idol. "It was just incredible," Alyssa said. "I've never been one for winning contests ... it was the first singing contest I've ever been in, so I was definitely shocked that I won." She added that the energy she receives from a crowd during a performance is her favorite part of the experience. "Seeing everyone out there completely focusing on you, it's a bit of an ego boost," Alyssa said.

"Oh my God I was so nervous," said Alyssa, who's been singing since she learned to talk. **"I actually had my mom come from the audience over to where I was about to walk on stage to remind me what the first words of my song were."** Although she says she usually gets nervous before singing, Alyssa said that she uses that feeling to fuel her performance. **"The whole reason that I'm good on stage is because I take my nervous energy and I force it to work for me,"** Alyssa said.

As part of the annual Hear My Voice Teen Day, the Teen Idol Singing Competition gives local teens a chance to perform and compete to be named the Columbia Teen Idol. Many of the teens spend copious amounts of time practicing their song and their performance before taking the stage. "Pretty much the way I do things when I'm preparing to perform for something is I procrastinate," Alyssa said. "The night before I will stay up with my mom 'til all hours of the night and we'll just go over the song and she'll give me pointers and she'll make me do it over and over again until I

feel really, really happy." At the 2010 Teen Idol Competition, it was clear that the audience and the judges were all really happy with Alyssa's performance. Not only was she a great singer with a powerful voice, she was a great performer.

For all of the teen performers and potential future contestants out there, Alyssa offers this piece of advice: "Be who you are and don't hold back. They're looking for a performance and if you hold back then you're not going to show everything," Alyssa said. "That's what they told me when I tried out. They're looking for performers, someone who's going to get on stage and show who they are. I saw last year that a lot of people had amazing voices but didn't exactly know how to walk around on stage or communicate with the audience."

This year's Teen Idol Competition begins with several audition rounds and culminates in a final round at the Hear My Voice Teen Day, where a



panel of judges will choose the final winner. This year, **first-round auditions will be held on Monday, September 12, at 7pm at Slayton House; Tuesday, September 20, at 7pm at the River Hill Village Center and Wednesday, September 21, at 7pm at Columbia Teen Center.** Auditions are open to Howard County youth, grades 6-12. Singers and rap performers are welcome to audition. Any use of profanity, sexual innuendo and references to drugs/alcohol will make participants eligible for disqualification.

Approximately ten finalists will be selected to move on to the final competition at the Downtown Columbia Lakefront. **Hear My Voice Teen Day and the Teen Idol Singing Competition will be held on Sunday, October 9 at 3pm.**

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

Volunteer Center Hosting Training Sessions To Improve Community's Preparedness

As part of National Preparedness Month, the Volunteer Center Serving Howard County (VCSHC) will be recruiting and training volunteers to staff a disaster Volunteer Mobilization Center (VMC) to improve community preparedness and resiliency. Two training sessions will be held this month for interested volunteers.

A VMC classroom training session will be held on Thursday, September 15, from 6:30-8:30pm at the Volunteer Center Serving Howard County (10221 Wincopin Circle in Columbia) and **a simulation training session will be held on Saturday, September 17, from 11am-2pm** at the Community Room in the Clarksville Fire Station (5000 Signal Bell Lane in Clarksville). It is recommended that participants take part in both training sessions. Community members can register for the training sessions by e-mailing

Pam@VolunteerHoward.org or calling 410-715-3179 before Tuesday, September 13.

A VMC serves the community's needs by acting as a clearinghouse for agencies in need of volunteer help in the event of a disaster. When a disaster occurs, VMC volunteers will register and refer spontaneous community volunteers to agencies that are requesting help. **VMC volunteers will provide a multitude of services, including greeting, interviewing, making volunteer referrals, taking requests from agencies in need of volunteer assistance, conducting safety briefings and tracking data.** Being a VMC volunteer does not involve strenuous physical activity.

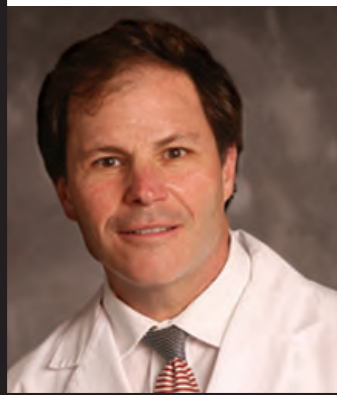
When a disaster occurs, trained VMC volunteers will be notified by Howard County's Department of Citizen Services when a VMC is activated. VMC volunteers do not self-deploy.

Vaccines For Adults

Health Minute with Dr. Harry Oken

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.



About Dr. Harry Oken
CA 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.

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 vaccines should I make sure I get as an adult?

A: There are several vaccines that are important for every adult to have. Adults frequently assume that the vaccines they got as children will be sufficient for the rest of their lives; this is incorrect. There are new vaccines that might not have existed when you were a child, immunity can fade as you age and as we get older we become more vulnerable to serious diseases caused by common infections.

Below is the schedule of recommended adult immunizations according to the Centers for Disease Control (CDC).

Vaccine	Age Group	Dosage
Influenza	19-65+	One dose annually
Tetanus, diphtheria, pertussis (Td/Tdap)	19-65+	Substitute one-time dose of Tdap for Td booster; then boost with Td every 10 years for ages 19-64; ages 65+: Td booster every 10 years
Human papillomavirus (HPV)	19-26 (females)	Three doses
Pneumococcal (polysaccharide)	65+	One dose
Herpes Zoster (Shingles)	50+	One dose
Hepatitis B	19-65+	Three doses

Information on additional vaccines can be found at CDC.gov. To learn more about the vaccines that are essential for adults ages 19-65+, watch the Health Minute with Dr. Harry Oken segment on CA's TV show "Columbia Matters" at ColumbiaMatters.org.

2nd Annual Maggie J. Brown Golf Tournament

Sat, October 1 • Registration - 9:30am
Shotgun Start: 11am
Fairway Hills Golf Club

Catered lunch and dinner will be provided. The 18-hole scramble tournament will include contests and a 50/50 raffle. Visit ColumbiaAssociation.org/Maggie to download a registration form.

Dia de la Familia

Sat, September 17 • 12-3pm
Columbia SportsPark

Celebrate Hispanic Heritage Month with CA! This free event will feature fun and games for the entire family. Visit ColumbiaCalendar.org for more information.

2011 Howard Community College Grand Prix

Sat, September 24
at Marama Farm in Clarksville
Gates open at 9:30am

For information and tickets, please call 443-518-1970 or visit hccgrandprix.com. CA is a proud in-kind donor for this event.

kidskornert contest

Contest: With school in full swing now, summer might feel like a distant memory to you. Let's stir up those fond memories! **How did you spend your summer vacation this year?** This month, write a few sentences explaining what you did during the summer this year and what you're looking forward to doing again next summer. **You could win two tickets to AMC Theatres!** Visit CAmonthly.org and click on KidsKorner for this month's fun features!

KidsKorner on TV

This month on *KidsKorner on TV*, co-hosts Kristin and Jalen got a sneak peek of the new Robinson Nature Center in Columbia.

Located adjacent to the Middle Patuxent Environmental Area, the Robinson Nature Center features a wildlife viewing area, natural and cultural history exhibits, classrooms and an auditorium, a Children's Discover Room with hands-on activities and more! The center will open to the public on September 10.

What exciting place should Kristin and Jalen visit next? Send your show ideas to CATVshow@ColumbiaAssociation.com. You can watch KidsKorner on TV online anytime at ColumbiaMatters.org.

Be A Part Of It!

11th Annual BikeAbout and Town Center Walking Tour

Saturday, September 3
Staggered start: 9:30-10:30am, walking tour: 10:30am
 Downtown Columbia Lakefront.
 Information: 410-715-3103.

FREE Zumba® Circuit Demo Class

Tuesday, September 6 • 9:30am
 Columbia Athletic Club. Preregistration required. Information: 410-730-6744.

CA Board Meeting

Thursday, September 8 • 7:30pm
 CA Headquarters. For updated dates and times, please visit ColumbiaAssociation.org.

Retirement Planning

Thursday, September 8 • 7pm
 Kahler Hall. Information: 410-730-0770.

Back to School Ice Cream Social

Friday, September 9 • 7-8pm
 Owen Brown Community Center. RSVP required. Information: 410-381-0202.

End of Summer Sundae Making

Friday, September 9 • 7-8pm
 Amherst House. Tickets required. Information: 410-381-9600.

FREE Zumba® Circuit Demo Class

Tuesday, September 13 • 7:45pm
 Columbia Athletic Club. Preregistration required. Information: 410-730-6744.

Rainbow Theatre: Dig Those Dinosaurs

Friday, September 16 • 10am
 Slayton House Theatre. Information: 410-730-3987.

Dia de la Familia

Saturday, September 17 • 12-3pm
 Columbia SportsPark. Information: 410-715-3104.

Historic Oakland 200th Birthday Celebration

Saturday, September 17 11am-3pm
 Historic Oakland Manor. Information: 410-730-4744.

Casino Night at Claret Hall

Saturday, September 17 8-11:30pm
 Claret Hall. Tickets required. Information: 410-531-1749.

Long Reach Flea Market

Saturday, September 17 8am-12pm
 Stonehouse parking lot. Information: 410-730-8113.

Comic Workshop for Teens (Ages 12-17)

Monday, September 19 • 5-7pm
 Columbia Art Center. Preregistration required. Information: 410-730-0075.

CA Board Meeting

Thursday, September 22 7:30pm
 CA Headquarters. For updated dates and times, please visit ColumbiaAssociation.org.

Oakland Nights Music Series: Tres Amigos

Friday, September 23 7:30-9pm
 Historic Oakland Manor. Information: 410-730-4744.

Shred Your Documents

Saturday, September 24 9am-1pm
 Owen Brown Community Center. For Owen Brown residents only. Information: 410-381-0202.

School's Out

Thursday, September 29
Full Day: 7:30am-5:30pm
Half Day: 7:30am-12pm
 Columbia Art Center. Preregistration required. Information: 410-730-0075.

Save the Date:

Maggie J. Brown Golf Tournament

Saturday, October 1 9:30am Registration 11am Shotgun Start
 Fairway Hills Golf Club. Pre-registration required. Information: ColumbiaAssociation.org/Maggie.

Village Yard Sales

River Hill Community Yard Sale

Saturday, September 10 8am-1pm
 Village of River Hill. Look for red balloons. Information: 410-531-1749.

King's Contrivance Community Yard Sales

Dickson Neighborhood
 Saturday, September 10 • 9am-1pm
Macgill's Common Neighborhood
 Saturday, September 17 • 9am-1pm
Huntington/Huntington East Neighborhood
 Saturday, September 24 • 9am-1pm
 Look for purple ribbons. Information: 410-381-9600.

Hickory Ridge Village-Wide Yard Sale

Saturday, September 17 9am-1pm
 Village of Hickory Ridge. Look for red ribbons. Information: 410-730-7327.

Harper's Choice Red Ribbon Yard Sale

Saturday, September 24 8am-12pm
 Village of Harper's Choice. Look for red ribbons. Information: 410-730-3987.

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