CA MONTHLY

A Publication of the Columbia Association

AUGUST 2008

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CA launches new, improved web site

Stronger. Faster. Better looking. No, this isn't a sales pitch for our latest personal training program; it's another description of the Columbia Association's newly renovated web page.

Loaded with all the information on your favorite CA programs and facilities, www.ColumbiaAssociation.org is now equipped with a high-powered search tool and sports a fresh look.

The home page brings you up-to-date with the latest CA news and events. The rotating banner ad is updated weekly and features upcoming events, special meetings and other important notices. Most importantly, the Google custom search bar is conveniently located in the top right corner of every page.

The new navigation is intended to get you to the information you want to know more quickly. Fitness enthusiasts can click on Get Fit to find out information on CA's fitness facilities, programs and memberships. Those interested in CA's many community services can click on Get Involved. Those interested in learning more about Columbia can click on Get Informed to find information on Columbia's past via the Columbia Archives, as well as Columbia's future by researching the latest actions of the CA Board of Directors. The new navigation also features direct access to other popular CA web sites.

Share your feedback. E-mail your thoughts to **CAmonthly@ColumbiaAssociation.com.** ■

Congratulations, Columbia!

Money magazine ranked **Columbia/Ellicott City as No. 8** on its **Best Places to Live 2008** list on newsstands this month. **Howard County** was also named in the **Top 20 Best Places to Raise a Family** by *Forbes* magazine this year.

Special Feature: A Letter from Maggie Brown

Dear Resident,

Maggie Brown

Columbia's Town Center will be undergoing a facelift over the next several decades, and your thoughts and opinions are of monumental importance in these critical planning stages.

Columbia Association's Board of Directors envisions downtown as livable and walkable, as well as providing alternative modes of transportation. Other important aspects will be affordable housing for residents of all ages, additional restaurants and businesses, improved infrastructure, a commitment to "green" development and protected open spaces, an architectural review process and development of a public square.

The future Town Center will reflect CA's mission of respecting the land; being a complete and balanced community; setting the highest possible standards of beauty, safety and convenience; and providing the best possible environment for the growth of our residents.

As officials in Howard County government, General Growth Properties and Columbia Association develop a framework to guide downtown development over the next 30 years, we will follow Columbia's founder Jim Rouse's directive to "explore the optimums" and "think big."

General Growth Properties, the primary developer, has begun to create plans to make this vision come to life. I encourage residents to get involved in the process by attending GGP's meetings and providing feedback to GGP, the county and CA.

Residents, businesses and local groups are key in this planning stage, and your feedback will help shape the future of downtown. Share your thoughts and feedback with me at **Maggie.Brown@ColumbiaAssociation.com.**

Sincerely,

Maggie J. Brown

Maggie J. Brown
President, Columbia Association

Summer Shutdown
Columbia Association
FACILITIES

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Each year, CA closes its fitness facilities for **cleaning**, **revitalizing** and **upgrades**. Please note the following facility shutdown dates.

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Columbia Gym
Shutdown was held in June

Columbia Ice Rink
Closed since June 2 • Reopens August 11

Columbia Swim Center
Program pool closed August 1-11
Main and baby pools closed
August 1-September 1

Columbia Athletic Club
Closed August 16-26

Owen Brown Tennis Club Bubble
Closed August 25-September 1

Supreme Sports Club
Closed September 8-14
Reopens September 15 at 5am

TAKE NOTE

this month on Columbia Matters

Find out about **CA's vision for Town Center** and **General Growth Properties' plans,** learn about the **history of the Village of Oakland Mills** as it celebrates 40 years, find out about **sleep disorders with Dr. Harry Oken** and learn about a school supply drive in the KidsKorner segment.

Columbia Matters airs Mondays at 11am, 4pm and 7pm, as well as Saturdays at 8:30pm on Comcast cable channel 71, and Verizon cable channel 41. It can now also be seen on Comcast channel 73 on Tuesdays and Thursdays at 10am, 2pm and 7pm. ***For more information, call 410-715-3120 or e-mail CATVshow@ColumbiaAssociation.com. Visit www.ColumbiaMatters.org to watch this month's episode on demand.***

PHOTO BY SARAH NIX

Dancing Under the People Tree

Families gather on the lake in downtown Columbia for free dance lessons as part of Lakefront Summer Festival. Columbia Association hosts the annual festival, which includes movies, live concerts and more every night of the week, all summer long. For a full schedule, visit www.LakefrontFestival.com.

webextra
See photos and read an article about a recent movie night.

CA Board to host police chief

Join Howard County Police Chief William McMahon and the Columbia Association External Relations Committee, host of a community discussion on public safety. The forum will be held **Thursday, Aug. 7, at 7pm**. at CA Headquarters, 10221 Wincopin Circle. Learn about crime trends in the area, and then provide your input and feedback to strengthen our community's safety.

Teens walking for UNICEF

The CA Teen Advisory Committee is hosting a Charity Walk Sunday, Aug. 17, from 1-4pm at Lake Elkhorn to help raise funds for the work UNICEF is doing in the Darfur region of Sudan. The $20 donation fee will include registration, food, entertainment and a T-shirt. The path around Lake Elkhorn is 2 miles. For more information, call Carol Wasser at 410-715-5523.

webextras
Log on to www.CAmonthly.org for these additional features:

- **Columbia International Day photos**
- **Tennis pro Tracy Austin visits Wilde Lake Tennis Club**
- **Prepare for Success school supply drive**
- **Tee Time: Q&A with Eddie Stup on golfing like Tiger Woods**
- **How you can go green just like CA**
- **Health Minute: Q&A with Dr. Wendell McKay on vaccinations**
- **Courtside: Q&A with Mike Lissner Jr. on improving doubles play**

fitnessFILE

Q & A with Cara Zaller

Helping your kids love veggies is easier than you think

These 10 easy tips will have your kids asking for veggies at the dinner table.

Q ***Do you have any ideas to help my child eat more vegetables?***

A It's important to help your children develop healthy eating habits. Following are 10 tips to help your child eat more vegetables. Please check www.MyPyramid.gov for the exact number of servings recommended for your child, as it varies by age.

1. Empower them. Take your child to the grocery store, and let him or her choose a new vegetable to try each week.

2. Pick your own. Go to a pick-your-own farm and let your child pick the vegetables.

3. Grow your own. There is nothing more rewarding and fun than eating something you grew yourself.

4. Lead by example. If vegetables are always offered with a meal, initially, your children might not be eating more than one bite, if any. However, if your children see you enjoying them, eventually, they will eat them voluntarily.

5. Create a mini-chef. Let your child help you prepare the vegetables. Having a hands-on experience encourages your child to taste what he or she has worked hard to prepare.

6. Have a contest. If you have more than one child, see who can eat the most servings of vegetables in any given week.

7. Catch them when they are starving. Are your kids begging for food while you are still preparing their meal? That is the best time to serve your child a vegetable platter to nibble on.

8. Dip it. Serve several types of dips along with a variety of vegetables, and see which dip your kids like the best. In the process of finding their favorite dip, they will be eating healthy vegetables. Some suggested dips are ranch, blue cheese or Thousand Island dressing; hummus; tzatziki (Greek dressing); and salsa.

9. Integrate. Instead of making your child eat a vegetable as a side dish, add vegetables into their favorite meals. Try adding a few vegetables to pizza; peas and carrots into macaroni and cheese; tomato sauce to plain pasta; vegetables to soup; and shredded vegetables, such as spinach or romaine, to wraps and sandwiches.

10. Make it fun. If you have the time, carve out one half of a cucumber, and fill it with tuna or chicken salad, which looks like an edible boat to your child. Anything on a stick is fun for kids to eat, too, and the more fun you make the eating experience, the less likely your child will be to focus on what they are eating.

Expanded ideas are online at www.CAmonthly.org!

Always check with your physician before starting a change in diet.

Have a question for a fitness professional? *E-mail your questions to* **CAmonthly@ColumbiaAssociation.com**

ABOUT CARA L. ZALLER

Cara L. Zaller is a CA team member, certified nutrition consultant, group fitness instructor and personal trainer. For a full bio, log on to **www.CAmonthly.org.**

bulletin board

Columbia Association Board/Committee Schedules

CA Board of Directors meetings and committee meetings are an excellent way to learn about the Columbia Association and its programs. Unless otherwise noted, regular meetings are held at the Columbia Association headquarters building, 10221 Wincopin Circle. For more information, call 410-715-3000.

CA Board . . . . . Aug 28 . . . . . 7:30pm
External Relations . . . . . Aug 7 . . . . . .7pm
Performance Oversight . Aug 19 . . . . . 7:30pm
Planning & Strategy . . . . Aug 14 . . . . . .7pm
Board Operations. . . . . Aug 18 . . . . . 6pm

National Night Out Celebrations

TUESDAY, AUGUST 5

- **6pm at Harper's Choice Village Center.** Featuring free food, music and family activities. Information: 410-730-0770.
- **6-8pm at River Hill Village Center.** Featuring Ice Cream Social and free entertainment. Information about Neighborhood Watch program. Sundae coupons available at Claret Hall through Aug. 5 or at RiverHill.ColumbiaVillages.org. Rain location: Claret Hall. Information: 410-531-1749 or RHEvents@ColumbiaVillages.org.

Watershed Advisory Committee Meeting

August 5, 7pm at CA Headquarters Board Room in Town Center. Mark Southerland, principal ecologist for Versar Inc., presents the results of three watershed studies. Open to the public. Information: www.ColumbiaAssociation.org.

POOL PARTIES

THURSDAY, AUGUST 7

- **Harper's Choice: 6-9pm at Swansfield Pool.** Free with food, fun and games for all ages. Advance registration required. Information/registration: 410-730-0770.
- **Kings Contrivance: 6:30-9pm at Dickinson Pool.** For residents only. Limited number of tickets available at Amherst House. Free food, games and music for the whole family. Information: 410-381-9600.

Game Nights

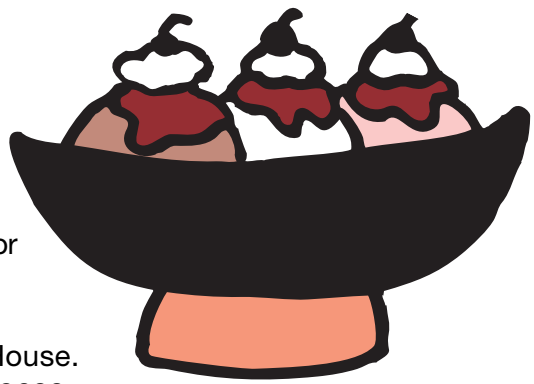
THURSDAYS, AUGUST 14 and 21
Harper's Choice Free Family Game Nights: 7pm at Kahler Hall. Play old-fashioned family games like Spades, Cribbage and Parcheesi. Test your trivia knowledge with Trivial Pursuit, and try Scattergories. Aug. 14: Board games. Aug. 21: Bingo. Sponsored by Harper's Choice Community Association. Information/registration: 410-730-0770.

CARRIBEAN NIGHT

SATURDAY, AUGUST 23, 6-9pm at Linden Hall in Dorsey's Search. Music by Orlando Phillips. Cost: $15/residents, $20/non-residents. Cost includes dinner, beer, wine and entertainment. Tickets on sale through Aug. 15. Information/tickets: 410-730-4005.

Sundae Making

FRIDAY, SEPTEMBER 5
End of Summer Sundae Making: 7-8pm at Amherst House in Kings Contrivance. All-you-can-eat sundaes for $2 per person. Tickets must be purchased in advance at Amherst House. Information: 410-381-9600.



WE WANT TO HEAR FROM YOU!

Have a question for CA President Maggie Brown? E-mail **Maggie.Brown@ColumbiaAssociation.com** or write to Maggie Brown, The Columbia Association, 10221 Wincopin Circle, Columbia, MD 21044. Be sure to include your name, address and phone number or e-mail.