CA MONTHLY

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AUGUST 2009

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Back to school blues? Not at CA!

BY AMBER GILLIGAN

With the new school year in sight, children are undoubtedly savoring every last minute of summer vacation and lamenting the thought of heading back to school. But, CA's Community Services Division, headed by Michelle Miller, provides an abundance of offerings outside of the classroom. These programs allow your children to become more involved in their community and be an integral part of all that Columbia has to offer. Even better, they will have fun and make new friends in the process.

Kids and teens continued their volunteer services throughout the summer at Camp Make a Difference.

Visit **CAmonthly.org to learn more.**

"Our Community Service programs provide youth opportunities to be creative, have fun, learn new things and become engaged in making a difference in their community," says Miller.

CA's Teen and Middle School Advisory Committees provide your children with the opportunity to create and implement events and programs for their peers. Past activities have included the Teen Idol and Teen Role Model competitions. Residents ages 13 to 19 are eligible to apply for participation in the CA Teen Advisory Committee, and residents 11 to 13 are eligible to participate in the Middle School Advisory Committee. For more information, call 410-715-5523.

Michelle Miller, director, Community Services

Kids create artwork at the Columbia Art Center

The Columbia Art Center is another great place for back-to-school happenings. When Howard County public schools are out for in-service or vacation days, the Art Center offers "School's Out Artsy Fun Days," with crafts and creative activities available all day. To find out more, call 410-730-0075 or visit ColumbiaArtCenter.org.

The Columbia Teen Center, located at The Barn in Oakland Mills, is yet another entertaining – and safe – way for teens and pre-teens to socialize and participate in recreational and educational programs outside of school. Columbia and Howard County kids ages 9 to 18 can participate in after-school and weekend activities designed to promote and develop self-esteem and life skills. Log on to ColumbiaAssociation.org to learn more.

Finally, the Volunteer Center Serving Howard County provides a mechanism for recruiting and placing volunteers in local organizations. Every December the Volunteer Center publishes a Teen Guide, which lists volunteer opportunities available for youth.

School may be right around the corner, but as American philosopher John Dewey pointed out: "Education is not preparation for life; education is life itself." CA offers out-of-the-classroom experience to get your children involved in Columbia's programs and activities, allowing them to learn and grow as individuals, as friends and as citizens of our great community. ■

To read an extended version of this article, log on to ***CAmonthly.org.***

webextras

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

- **Camp "Makes A Difference" for CA Campers**
- **Tee Time: Q&A with Eddie Stup**
- **International Day Images**
- **Expanded village events calendar**
- **Events at CA**

TAKE NOTE

this month on Columbia Matters

On August's show, find out about CA's Community Services programs; go behind the scenes at ***Warner Bros. Presents "Bugs Bunny On Broadway;"*** chat with **Columbia Concert Band Conductor Michael Blackman**; learn about **CA President Phil Nelson's FY 2010 goals** and objectives; 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 7pm on Comcast channel 98; and Fridays at 11am, 4pm and 9pm and Saturdays and Sundays at 10:30am on Comcast channel 99 and Verizon channel 44.

Visit www.ColumbiaMatters.org to watch this month's episode on demand.

"That's All, Folks!"

KidsKorner Contest Winner Interviews Concert Conductor George Dougherty

KidsKorner contest winner Lorenzo, age 8, of Columbia, won a Family Ticket Package to Warner Bros. Presents "Bugs Bunny On Broadway" and received the opportunity to interview Concert Conductor George Daugherty.

Concert Conductor George Daugherty (back), KidsKorner Host Jalen (left) and KidsKorner Contest Winner Lorenzo (right)

By Lorenzo:
I entered a contest on the KidsKorner web site and the next thing I knew, I WON! Interviewing Mr. Daugherty was fun. I learned that he grew up in a small town in Indiana. He started playing the piano when he was six years old. His instructor, Mrs. Edmundson, really inspired him to keep practicing. His parents would bring him to the Indianapolis Orchestra to listen to the classical music he was beginning to love. All of these things started him on a life-long path filled with music. Eventually he studied the cello but, ultimately, he was most interested in conducting. He has conducted orchestras in cities all over the world. Mr. Daugherty has traveled to every continent except for Antarctica.

I really like to watch Bugs Bunny cartoons, and so did Mr. Daugherty when he was my age. Every Saturday morning he'd watch Bugs Bunny, and the music was his favorite part. As an accomplished conductor, he thought about what a great show Bugs Bunny cartoons would make with a live orchestra playing all the music. All those Saturday mornings watching Bugs and listening to the music inspired Mr. Daugherty to create "Bugs Bunny On Broadway." He has now conducted over 400 orchestras for 20 years, creating new fans of Bugs Bunny and classical music along the way.

I thought the show was great. I was able to go back stage and see some of the instruments, like a slide guitar. There are so many instruments on stage and so many people, but everyone did their job so well. The cartoons are so funny and the music was powerful. Mr. Daugherty picked the funniest cartoons with the best music. There were lots of kids and adults in the audience laughing and having a great time. When I asked Mr. Daugherty if he had a favorite character, he said it's very hard to pick, but Bugs would have to be his first choice. I would have to agree. Bugs Bunny is the best!

Read an extended version of this article online at **CAmonthly.org** *and be sure to check out "Columbia Matters,"* **ColumbiaMatters.org,** *as KidsKorner Host Jalen takes a behind-the-scenes tour of the show!* ■

Columbia Association kidskorner

Check out **www.CAmonthly.org** and click on **KidsKorner** for this month's fun features!
Contest: Visit the KidsKorner web page this month and find five hidden back-to-school supplies. Be sure to browse every page. **You could win a $25 Target gift card!** Visit the KidsKorner web site for submission information.

KIDSKORNER SUMMER SOCIAL

FRIDAY, AUGUST 7, FROM 10AM-NOON
AT THE DOWNTOWN COLUMBIA LAKEFRONT

Sing and dance along to *"Dance on the Planet,"* featuring upbeat songs to celebrate life!
Free beverages, food, crafts and fun!

TO REGISTER, CALL 410-715-3102

PHIL NELSON'S

FY 2010 Goals and Objectives

With 38 years of experience in management, finance, budgeting and strategic planning, CA President Phil Nelson came to Columbia with goals in mind and a strong desire to tackle them. The following five objectives outline the Board-approved corporate goals and objectives for CA. As the year progresses, Nelson will create and implement action plans that will move the organization closer to these strategic goals.

1. Planning and enhancing the health and safe-living environment of Columbia and the community
2. Providing programs and projects to promote community and environmental sustainability at CA
3. Utilizing available means and policies to foster financial stewardship that will require refocusing resource management
4. Encouraging community engagement, satisfaction, connection and individual development at CA
5. Utilizing interagency partnerships to develop the best programs possible for the residents of Columbia

For a more in-depth view of Phil's goals, visit **ColumbiaAssociation.org** and click on "Get Informed."

Fats and Food Labels Nutrition:

Q&A with Doc Wilson, Ph.D.

Q Can you please shed light on the confusing food labels that deal with fats?
– Rose, Owen Brown

A There are four classes of fats that you may see on food labels. First, there are **saturated fats.** These fats should be kept to the lowest intake level possible if we are in a weight-gaining life track because they will contribute to plaque buildup in our arteries.

The second class is the **monounsaturated fats.** These fats are generally healthy, and are found in olives, almonds, other nuts and seeds.

The third class is the **polyunsaturated fats**. The healthiest polyunsaturated fats are the omega-3 fatty acids, which are found in nuts, seeds, beans, dark leafy greens (such as spinach), true whole grains, and certain fish and sea food. Omega-6 fatty acids are also in this class; however, too many of these fatty acids (or too high of a ratio of omega-6s to omega-3s) may contribute to unhealthy nutrition. However, omega-6 fatty acids are essential to good nutrition, though consumption of too little is almost unheard of in the typical American cuisine.

The fourth class is **hydrogenated** and **partially hydrogenated fats**. These generally are man-made fats, and should be avoided to the absolutely greatest extent possible! They increase the risks not only for cancers, but also for cardiovascular diseases (i.e. risks for heart attacks, strokes, deep vein thromboses, dementia, Alzheimer's, etc.).

For more information about personal training at CA, visit **ColumbiaAssociation.org** and click on "Get Fit."

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.

About Doc Wilson, Ph.D.
Doc Wilson is a physiologist, biochemist, nutritionist and personal trainer who offers personal training and nutritional counseling at Columbia Association. Read an extended bio online at CAmonthly.org.

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.

Be a part of it!

Columbia Association Board/Committee Schedules

CA Board of Directors meetings and committee meetings are an excellent way to learn about 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	**August 27**	**7:30pm**
External Relations	**August 6**	**7:30pm**
Performance Oversight	**August 13**	**7:30pm**
Planning & Strategy	**August 5**	**7pm**
Board Operations	**August 17**	**6pm**

For updated dates and times, please visit **www.ColumbiaAssociation.org**

NATIONAL NIGHT OUT ICE CREAM SOCIAL

Tuesday, August 4, from 6:30-8:30pm at Historic Oakland. Town Center's annual, free all-you-can-eat ice cream and live entertainment for Town Center residents only. (Registration is required.) Town Center has been a participant for many years in the Howard County Department of Police "National Night Out" initiative. Information: 410-730-4744.

Conservatory Performance

Thursday, August 6 and Friday, August 7, from 7-9pm at Slayton House Theater. Featuring "Once on this Island." Tickets $8 ($7 for seniors, students) Information: 410-730-3987.

Hot Dog Night on the Square

Friday, August 14, at 6:00pm at Kahler Hall. Featuring Turner Dean of Magic. Free hot dogs and entertainment. Information: 410-730-0770.

MIDDLE SCHOOL POOL PARTY

SATURDAY, AUGUST 15, FROM 7-9PM AT THE RIVER HILL POOL. It's a great time to get together before school starts! Pizza will be served and music will be provided by Brooks Whiteford. For River Hill residents only. Cost: $5/ticket. Limited tickets available. Information: 410-531-1749.

JAZZ in The Mills

Sunday, August 23 from 5-7 pm at The Other Barn in Oakland Mills. Featuring the Sara Jones Group. Tickets are $15 in advance/$20 at the door. Available at The Other Barn or online at **www.brownpapertickets.com/event/52647**. Sponsored by The Oakland Mills Community Association. Information: 410-730-1129.

ANNUAL FALL FASHION SHOW – FALL INTO FASHION

Friday, August 28, at noon, at Slayton House in Wilde Lake. Presented by Wilde Lake Community Association and the Howard County Office on Aging. Doors Open: 11:30 a.m. Cost: $12. Event features senior models showcasing stylish fashions from *Coldwater Creek.* Enjoy a delicious luncheon. Tickets are now on sale at the Bain Center. Reservation deadline is August 21. Information: 410-313-7213.

Caribbean Night

Saturday, August 29, from 6-9pm at Linden Hall. ADULTS ONLY!! $10/person. Dinner, beer, wine & soda. Tickets are required. Information: 410-730-4005.

CONTACT US

Send your feedback about our *CA Monthly* newsletter to **CAmonthly@ColumbiaAssociation.com** or call 410-715-3102.