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Images of Freedom: Honoring Black History Month

BY KELLY COOPER

This Black History Month, following the historical inauguration of the first African-American president of the United States, Columbia Association is displaying the next generation's views on equality, justice and diversity.

CA's Images of Freedom poster contest challenged Howard County middle and high school students to consider these topics and more as they artistically expressed the meaning of freedom.

It's evident that the teachings of Martin Luther King Jr. still resonate with today's youth. Symbols like the flag and eagle evoke the freedom of opportunity promised to Americans. And the vision of children of all races and ethnicities living in harmony and peace is a powerful depiction in the artwork.

The sixth annual contest received submissions from students from 12 Howard County schools. The five winning

This year's winners were

- 1 Laura Chilcoat**
Marriotts Ridge High School
- 2 Brionte Fattori**
Howard High School
- 3 Joshua Huang**
Clarksville Middle School
- 4 Shourjya Mookerjee**
Patuxent Valley Middle School
- 5 Emily Pan**
River Hill High School

entries will be displayed on Howard County Transit vehicles throughout February in honor of Black History Month. They will also be featured at the Roots of Howard County event on Sunday, Feb. 8, at Historic Oakland in Town Center.

Later this month, CA President Maggie Brown will host a reception at Columbia Art Center to honor contest participants. A special gallery exhibition displaying all of the Images of Freedom artwork will be open to the public from Feb. 19-28 at the art center.

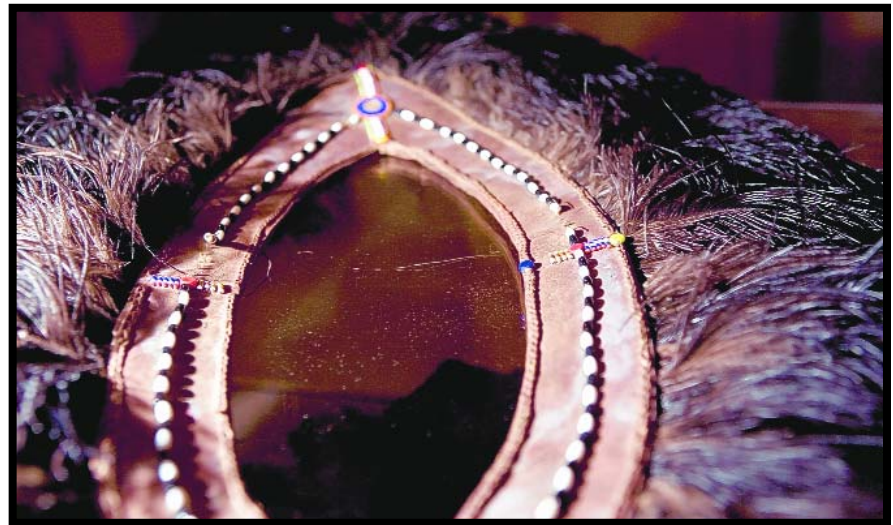
Images of Freedom is sponsored by CA, Corridor Transportation Corporation and the Howard County Office of Public Information. ■



African-American 'Roots' to be celebrated

Columbia Association and the villages of Columbia will honor Black History Month with the fourth annual Roots of Howard County event in celebration of African-American history this month. Mark your calendar to attend this free event on Sunday, Feb. 8, from 2-4pm at Historic Oakland in Town Center.

The African Art Museum of Maryland will feature a display of Kenyan artifacts upstairs at Historic Oakland in honor of President Barack Obama's heritage. The Howard County Center of African American Culture will feature a campaign literature exhibit next door at the Rose Price House. The Images of Freedom posters created by Howard County students will also be on view. Light refreshments will be served.



A Maasai headdress from Kenya will be on display at the African Art Museum of Maryland as part of the Roots of Howard County event at Historic Oakland on Feb. 8. PHOTO BY SARAH NIX

Event information

What: Roots of Howard County

When: Sunday, Feb. 8, from 2-4pm

Where: Historic Oakland, 5430 Vantage Point Road

More info:

410-730-4744 or

TownCenter@ColumbiaVillages.org

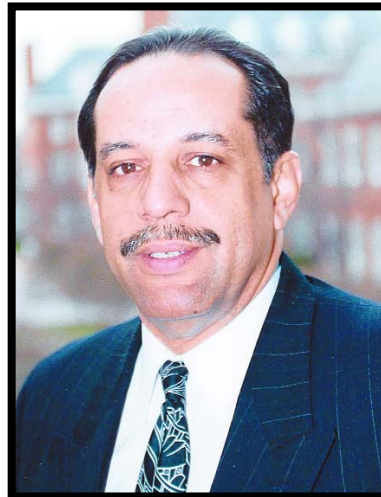
The program will focus on African-Americans in Howard County politics, with a slate of speakers including Dr. C. Vernon Gray, the first African-American elected official to the County Council; County Councilman Calvin Ball; Del. Frank Turner, the first African-American from Howard County elected to the Maryland House of Delegates; and U.S. Rep. Elijah Cummings, who represents a large portion of Howard County. County Council Chairwoman Mary Kay Sigaty will serve as the program's moderator. ■



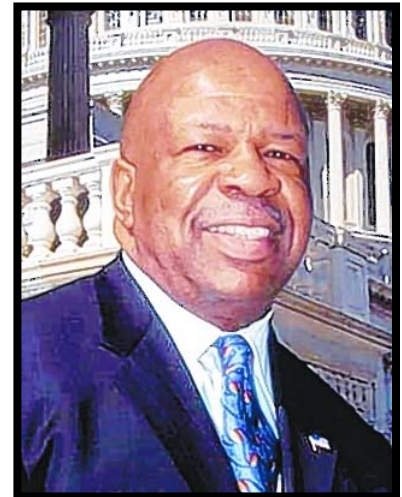
Dr. C. Vernon Gray



County Councilman Calvin Ball



Del. Frank Turner



U.S. Rep. Elijah Cummings

TAKE NOTE

this month on **Columbia Matters**

See footage from the **Martin Luther King Jr. Day celebration** at **Howard Community College**, **tour Supreme Sports Club**, learn about **healthy eating habits and heart health** and **visit the African Art Museum of Maryland** with the **KidsKorner** hosts.

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.

CAMPS REGISTRATION NOW OPEN

Sports, nature, arts and crafts, overnights, volunteering and more. There is a camp for everyone, grades K-12. Download a brochure and registration form online at www.ColumbiaCamps.org.

Take the NEW watershed survey

CA is interested in learning your interest in, use of and knowledge about the local watershed as part of the Columbia Watershed Management Plan. Take the survey and learn more about the watershed at www.ColumbiaWatershed.org/survey.

Create memories with a time capsule

Visit KidsKorner online this month to learn how you can make a time capsule! This fun craft can be buried in the back yard or tucked away in a box to be opened in five, 10 or more years. www.CAmonthly.org/KidsKorner offers recipes, book reviews, an events calendar and monthly contests.

CA offers scholarships for those who volunteer

High school seniors are invited to apply for CA's Spirit of Columbia scholarship, awarded annually to students who have shown dedication to community service. Up to six \$2,500 scholarships will be awarded. Download an application at www.CAmonthly.org. Deadline to apply: March 2. Information: 410-715-3175.

webextras

Log on to www.CAmonthly.org for these additional features and more, updated every month:

- **KidsKorner contest: Write about your favorite African-American role model**
- **Health Minute Q&A: Heart health tips from a cardiologist**
- **Fitness Q&A: Preventing and reducing hypertension**
- **Expanded village events calendar**

fitnessFILE

Nutrition Q & A with Cara Zaller

Top foods for a healthy heart

Heart disease is one of the leading causes of death in the United States, and that risk increases as you age. Fortunately, there are many things that you can do to reduce your chances of getting heart disease, such as exercising regularly, maintaining a healthy weight and abstaining from smoking.



Q What foods can keep my heart strong?

A Focus on incorporating these foods into your diet on a regular basis, and your heart will continue to be both stronger and healthier.

- 1. BERRIES:** Blueberries contain anthocyanins, which are one of the most powerful disease fighting antioxidants. Other berries, such as blackberries, raspberries and strawberries, are full of natural anti-inflammatories, which can also help reduce your risk of heart disease and cancer.
- 2. SALMON:** The American Heart Association recommends eating salmon (or other omega-3 rich fish) twice a week. This can reduce your risk of having a heart attack by up to one-third! Salmon can also help reduce blood pressure and prevent blood clotting. Choose wild salmon over farm-raised salmon, which often contains harmful insecticides, pesticides and heavy metals.
- 3. OATMEAL:** A warm bowl of oatmeal on a cold morning is not just the perfect way to start your day, but it is also a great way to nourish your body with whole grains, which contain vitamins, minerals and cholesterol-lowering fiber. Choose coarse or steel-cut oats (over instant oatmeal varieties), as they contain more beta-glucans, a soluble fiber that is great for your heart.
- 4. OLIVE OIL.** Out of all of the cooking oils, olive oil contains the largest proportion (77 percent) of mono-saturated fats, which lower LDL cholesterol (the bad cholesterol) and reduce your risk of developing heart disease.

Read more about spinach, nuts and legumes online in an extended version of this article!

Always check with your physician before starting any exercise regimen or change in diet.

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.

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

bulletin

board

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 **Feb 26** **7:30pm**
External Relations **Feb 5** **7pm**
Performance Oversight . **Feb 10** **7:30pm**
Planning & Strategy **Feb 12** **7pm**
Board Operations **Feb 17** **7pm**

OAKLAND NIGHTS MUSIC SERIES

FRIDAY, FEB. 13, from 8-9:30pm at Historic Oakland in Town Center. Featuring Laura Dause. Live music and refreshments. Free. Information: 410-730-4801.

Arm Yourself with Knowledge

TUESDAY, FEB. 17, from 10am-11am at Historic Oakland in Town Center. Presentation by Howard County Police Department and Office of Consumer Affairs. Topic: Telemarketing fraud. Information: 410-730-4744 or 410-730-3987.

CAMP EXPO

SUNDAY, FEB. 8, from 2:30-5pm at Kahler Hall in Harper's Choice. Learn about a variety of regional and local camp offerings. Information: 410-730-0770.

Parenting Workshop

MONDAY, FEB. 9, from 6:45-8:45pm at Amherst House in Kings Contrivance. Presented by Nancy Sheain. Part two of three-part series. Topic: "Creating Kid Success Mentality." Learn to re-frame disappointing events into truly meaningful opportunities to foster growth and learn strategies for success. One workshop: \$14/residents, \$16/non-residents, plus \$5 materials fee. Three workshops: \$38/residents, \$43/non-residents, plus \$5 materials fee per workshop. Information: 410-381-9600.

Perennial Pals

THURSDAY, FEB. 12, from 7:30-9pm at Amherst House in Kings Contrivance.

Join master gardener Drenda Collins as she shares her personal experience establishing a perennial garden in her yard. Topics: Analysis, plant selection, when to plan, what to look for, shopping tips, how to plant and how to maintain your perennials. Registration required. Information/registration: 410-381-9600.

Magic Lessons with Turner, Dean of Magic

THURSDAY, FEB. 19, at 7pm at Kahler Hall in Harper's Choice. Magic 102. Part two of three-part series. Cost: \$10/person. Information/registration: 410-730-0770.

Out of Bins Sale

SATURDAY, FEB. 21, from 11am-4pm at Slayton House in Wilde Lake. Purchase original art at a reasonable price of \$5-\$200. Information: 410-730-3987.

BATTLE OF THE DANCE

SATURDAY, FEB. 28, from 2-5pm at The Barn in Oakland Mills. Free. For all ages. Individuals and groups can compete for prizes. Performers must bring their own CDs. No explicit lyrics. Registration required for performers. Information/registration: 410-715-5523.

CONTACT US

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