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CA Monthly
MAR2010
A PUBLICATION OF COLUMBIA ASSOCIATION

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3 Nutrition: Q&A with Doc Wilson, Ph.D.
4 Be a part of your community events

web extras

Visit **CAmonthly.org** for these additional features:

- Nutrition Q&A: Heart Healthy Foods
- Teen Tuesdays
- Columbia's First Home Tour
- Expanded village events calendar
- Events at CA

THIS MONTH ON

Columbia Matters

Find out how you can register for Get Active Howard County

Learn important information about osteoporosis

Drop by the Howard County Drug Free office with Teen Correspondents Kourtney and Gary to learn about the programs and events the organization sponsors to keep teens drug free; and much more.

COLUMBIA MATTERS AIRS:

Mon, 11am, 4pm, 7pm
Sat, 8:30pm
Comcast channel 96
Verizon channel 41

Tue & Thu, 10am, 2pm, 6pm
Comcast channel 98

Mon, 10:30am, Tue, 7:30am
Wed, 8am, 7pm , Thu, 7:30am
Fri, 8am, 7pm, Sat, 10am
Sun, 11pm
Comcast channel 99
Verizon channel 44

Watch Columbia Matters online anytime at ***ColumbiaMatters.org.***

The Life and Legacy of Former CA President Maggie Brown

Donate to the **Maggie Brown Endowment Fund.** Details below.

On Thursday, January 28, former CA President Maggie Brown passed away peacefully with her family by her side. The Columbia Association (CA) and our community have lost an extraordinary woman who not only played a tremendous part in Columbia's unique history, but also helped shape our community's bright future. She possesses a lifetime of remarkable and noteworthy achievements – from overcoming racism and diversity in her hometown to becoming the first female, African American leader at CA.

Maggie Janine Earle was born on December 12, 1939 in Sun, West Virginia. Growing up, she spent much of her time reading and teaching herself about life outside of her small, segregated town. After graduating from Stratton High School in Beckley, WV, Maggie attended Bluefield State College, where she graduated magna cum laude with a Bachelor of Science degree in Chemistry and a minor in math.

Eventually, Maggie moved to Washington, D.C. and on August 24, 1962, Maggie married Nesbitt Brown. They moved to the Village of Harper's Choice in Columbia in 1970, where they raised three children: Kevin, Angela and Michael.

Maggie's journey at CA was a remarkable one. In 1982, Maggie became sales manager of CA's Membership Service Center. Though she briefly left CA, she returned to the organization in 1993 as the Division Director of Community Services. Because of her dedication, hard work and commitment to the Columbia community, she received the honor of becoming CA's first female, African American president on July 14, 2001.

Among the short list of her many contributions to CA, Maggie began the strategic planning process, overseeing major renovations at CA's fitness facilities and she helped CA retain a AA bond rating. Under her leadership, Columbia was twice voted one of the best places to live in the country by *Money* magazine.

In addition to her numerous volunteer efforts and committee positions, Maggie was named as one of the "25 Who Made a Difference" recipients by Columbia magazine and as one of the "10 Outstanding Howard County Business Women." She was a member of the Howard County Women's Hall of Fame and received an honorary Doctor of Human Letters from Hood College for her great accomplishment, commitment to values and service to the community. Finally, in 2008, Maggie was honored with the Exemplar Award from the Howard County Chamber of Commerce for her extraordinary service and commitment to the business community.

From wife and mother to executive and volunteer, Maggie's hard work, unyielding commitment and, above all, cheerful disposition is everlasting – and will be felt for generations to come.

The Brown Family welcomes donations to the Maggie Brown Endowment Fund at the Columbia Foundation as memorial tributes. Contributions may be sent to the Columbia Foundation, 10227 Wincopin Circle, Columbia, MD 21044. Checks should be made payable to the Columbia Foundation; please designate the Maggie Brown Endowment Fund on the memo line.

Join 5,000 new fitness enthusiasts working out in **Get Active Howard County**, a 10-week program to improve your health.

get active Howard County!

Columbia Association is now in its sixth year of sponsoring the *Get Active Howard County* challenge, a 10-week, community-wide effort to encourage healthy lifestyle habits. Registration begins March 1, and the program will run March 29-June 6. A kick-off event will be held on Saturday, March 27, from 12-4pm at Supreme Sports Club and will include free roller skating, a free Zumba class, information on health issues, demonstrations of exercise activities and equipment, light snacks and activities for children.

Get Active Howard County culminates with *Healthy Howard Day*, an event organized by the local nonprofit We Promote Health (WePromoteHealth.org). CA will once again be an in-kind donor for the third annual *Healthy Howard Day* on Sunday, June 6, from 10am-3pm at Centennial Lake. This year's free event will feature onstage demonstrations, vendor booths, food samples and activities for children.

Get Active Howard County is a partnership of Columbia Association, Howard County Health Department, Howard County General Hospital, Howard County Recreation & Parks, Howard County Department of Citizen Services, Howard County Nutrition and Physical Activity Coalition, Howard County Library, the American Diabetes Association and American Cancer Society.

Individuals, teams, families, businesses, neighborhoods and villages are encouraged to track their progress on the *Get Active Howard County* web site. A calendar of events is also available online. Learn more and register for free at GetActiveHowardCounty.org or call 410-715-5523.

get active HOWARD COUNTY

Take advantage of Columbia Association Resources for Fitness

- **Columbia Athletic Club with Indoor Tennis**
- Columbia Gym
- **Supreme Sports Club with Skate Arena**
- Columbia Ice Rink
- **Columbia SportsPark/ SkatePark**
- Fairway Hills Golf Club
- **Hobbit's Glen Golf Club**
- Columbia Swim Center with SplashDown
- **23 Outdoor Pools**
- Columbia Horse Center
- **Outdoor Tennis and Basketball Courts**
- 93.5 Miles of Pathways
- **When IF Not Now**
  WINN Program for Mature Adults
- Fit Beginnings Physician Referral Program

Learn More @ ColumbiaAssociation.org. Click on Get Fit.

Save the Date Saturday, May 8

CA's 10th Annual BikeAbout and Inaugural Walk&Wag

BikeAbout is a self-paced ride highlighting CA's extensive path system and the area's significant sites. The new walking component — Walk&Wag is a self-guided walk/tour that can be done with or without your dog. Both events will culminate in a lakefront celebration featuring fitness classes, informational booths, a bike safety rodeo, music and more. For information and to register go to ColumbiaArchives.org or call **410-715-3103**.

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.

A fast and super **healthy breakfast**

Nutrition: Q&A with Doc Wilson, Ph.D.

ABOUT DOC
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.

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: I'm not a big breakfast person, but I keep hearing that breakfast is "the most important meal of the day." What do you recommend for a healthy breakfast? – Lily, River Hill

A: There are many possibilities for a healthy breakfast. Personally, I like to have a breakfast that is based on true whole grains. I also like to get a fair amount of fruit, nuts and milk in this meal. In addition, I usually have a half or a whole grapefruit. *Log on to **CAmonthly.org** for my Three-Grain Mix recipe.*

I typically have a huge breakfast: To about 1.5 cups (3 servings) of the three-grain mix, I add walnuts or pine nuts, raisins, dried cranberries, frozen blueberries and soy milk.

Alternatives: Use frozen or chopped up fresh fruit in place of dried fruit. Also, you could try different grains, particularly if you are allergic to glutens, which are in wheat, rye and barley. Consider grains like kamut, buckwheat groats, oat groats, spelt, teff, barley and triticale. You could also use the "honorary grain" rice, but choose black rice, mahogany rice, wild rice, etc. over white or brown rice.

Use the above concepts to fashion a super healthy breakfast that is not only quite tasty, but also can help in weight loss and weight control when combined with overall great nutrition, sufficient deep sleep every night, stress reduction (if necessary), great cardio conditioning and great strength conditioning!

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.

2010 Census:

On behalf of the Howard County Government, CA encourages all Howard County residents to fill out the 2010 U.S. Census form when it arrives in the mail in mid-March. The 2010 Census form is one of the shortest in history, asks 10 questions and takes about 10 minutes to fill-out. **Completed forms must be returned by mail directly to the Census Bureau by April 1.**

CA's Watershed Initiative:

Columbia Residents are invited to attend CA's Watershed Advisory Committee (WAC) meetings to share their comments regarding natural resources and stormwater impacts in the Columbia Watershed. Meetings are held on the first Tuesday of every month, at 7pm at CA Headquarters. To learn more about CA's Watershed Initiative, visit **ColumbiaWatershed.org.**

Dog Day Afternoon:

Sat, Apr 17 • 11am-2pm Hopewell Park. Columbia residents and their four-legged friends are invited to an afternoon of games, treats and entertaining activities. Area pet vendors will be on hand to supply information on keeping your pets healthy and happy. Information: 410-715-3104.

Spirit of Columbia Scholarship:

Deadline extended until March 26. For details, visit **CAmonthly.org.**

kidskorner contest

Visit **CAmonthly.org** and click on KidsKorner for this month's fun features! Contest: March 20 is the first day of spring! Do you go on hikes? Plant flowers? Ride a bike? Draw a picture of your favorite spring pastime. You could win four passes to Columbia SportsPark and one free mini-golf admission!

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Visit **CAmonthly.org** for event details and a listing of many more free events!

Be A Part Of It!

CA Board Operations

Monday, March 1, at 6pm at CA Headquarters. For updated dates and times, please visit ColumbiaAssociation.org.

Salvation Army Donations

Collecting donations for Salvation Army *Easter Baskets*. Drop off donations at Owen Brown Community Center, March 1-27. *Information: 410-381-0202.*

Free Gardening Seminar – Vegetable Gardening

Thursday, March 4, from 7-8:30pm at Amherst House. Free Gardening Seminar presented by Master Gardeners from the Howard County Cooperative Extension Service. *Information: 410-381-9600.*

Ladies Night Out

Friday, March 5, from 7:30-10pm at the Hawthorn Center. Bring your girlfriends to view the movie *Julie and Julia* while enjoying wine, cheese and some of Julia's recipes. Cost is $10 per person. Reservations required. *Information: 410-730-7327.*

One Day: A Celebration of Diversity

Saturday, March 6, from 1-4pm in Claret Hall. Join residents in celebrating the cultural differences that make us special. This ***free*** event will include performances, displays, ethnic food and crafts. *Information: 410-531-1749.*

CA Board of Directors

Thursday, March 11, at 7:30pm at CA Headquarters. For updated dates and times, please visit ColumbiaAssociation.org.

The History and Culture of Tattoos

Thursday, March 11, at 4:30pm at Kahler Hall. Speaker: Bill Stevenson from the Baltimore Tattoo Museum. *Information: 410-730-0770.*

Lively Arts for Little Ones presents "DinoRock"

Friday, March 12, at 10am at The Other Barn in Oakland Mills. Tickets $4.75 for ages 2 and up, in advance or at the door. *Information: 410-730-4610.*

Oakland Nights Music Series

Friday, March 12, from 7:30-9pm at Historic Oakland Manor. Featuring "Carolyn Parsa & Damon Foreman." Free admission; free snacks. *Information: 410-730-4744.*

Afternoon Tea

Sunday, March 14, from 3:30-5pm at Historic Oakland Manor. $20.00 per person, all inclusive. Reservations required. *Information: 410-730-4801.*

Family Night Bingo

Friday, March 19, from 7:30-9pm at the Hawthorn Center. Disposable Bingo cards are 5/$1. Snacks are free. *Information: 410-730-7327.*

Rainbow Theatre at Slayton House – "Spring Fling"

Friday, March 19 at 10am, at Slayton House Theatre. Tickets: $5 in advance and $6 at the door; exact cash or check only, no credit cards, no reservations and no refunds. *Information: 410-730-3987.*

CA Board of Directors

Thursday, March 25, at 7:30pm at CA Headquarters. For updated dates and times, please visit ColumbiaAssociation.org.

Marvelous Movies Film Series presents "The Quiet Man"

Friday, March 26, at 7:30pm at Slayton House Theatre. Cost: $7.00/person; $6/seniors and students. *Information: 410-730-3987.*

Guided Nature Walk in Harper's Choice

Saturday, March 27, at 10am at the Harper's Choice Village Center. *Information: 410-730-0770.*

Town Center Book Swap/Sale

Saturday, March 27, from 10am-1pm at Historic Oakland Manor. Browse, buy and swap books! *Information: 410-73-4744.*

Columbia Cleans Day

Saturday, March 27, from 10am-1pm. Clean up locations at all 10 villages. Information: Contact your village association or call 410-312-6330.

Spring Fever

Saturday, March 27, from 1-3pm at Owen Brown Community Center. Puppet Show. Make a wind sock. Snacks. Family event. Registration required. *Information: 410-381-0202.*

Searching for Spring Egg Hunt

Saturday, April 10, from 10-11:30am at Columbia SportsPark. FREE! Get your tickets at your village community center beginning March 8. Columbia residents only. *Co-Sponsored by the Villages of Columbia.*

Have a question or comment?

E-mail **CAmonthly@ColumbiaAssociation.com** or call 410-715-3102.