

"It All Began Here!" - Wilde Lake e-News February 1, 2019

Winter Weather Reminder: Clear Your Sidewalk

Property owners abutting a sidewalk are responsible for removing snow within 48 hours after the snow has fallen. Howard County only remove snow adjacent to County buildings. Columbia Association clears CA pathways and sidewalks abutting CA Open Space.

If you notice a sidewalk in your neighborhood hasn't been cleared, consider talking to your neighbors to remind them of the county regulation and/or find out whether they need assistance. As a last resort, to file a complaint, contact the Howard County Police Department at 410/313-2200

Note: In the event of inclement weather conditions, please check our website and facebook for notifications of changes to the Slayton House operating schedule. We do not follow the Howard County schools closing policy.

District 4 Community Note:

[Click here](#) to read Howard County Councilperson Deb Jung's e-newsletter & to sign up for her weekly emails.

Rainbow Theatre
Sponsored by Wilde Lake Community Association

Presents: School's Out!
Science Spectacular with Rocket Reba!
February 5 10 AM



At Slayton House
\$5.00 per person

Tickets available at the door (cash only)
To order in advance visit brownpapertickets.com
Keyword: Rainbow Theatre
For more information call 410/730-3987
Visit www.wildelake.org

February is Heart Health Month -Ideas to Keep a Healthy Heart

Information from the Wilde Lake Health and Wellness Committee

Heart disease is the leading cause of death in the United States. One in four people dies of it each year. But there's a lot you can do to live a heart healthy life—and connecting with others can make your efforts even more successful. Here's How to Start:

- **Move more:** Get at least 2½ hours of physical activity each week—that's just 30 minutes a day, 5 days a week. In addition, do muscle strengthening exercises at least 2 days a week. Can't carve out a lot of time in your day? Don't chuck your goal, chunk it! Try 5, 10, or 15 minutes a few times a day.
- **How to Connect:** Get creative. Invite a colleague to join you for regular walks or an exercise class and put it on your calendars—then text or carpool to make sure you both show up. Grab your kids and do jumping jacks, shoot some hoops, or dance after you get home. For other low-cost activities you can do together, check your local parks and recreation department, religious institution, or community center for classes and activities.
- **Aim for a healthy weight:** Being overweight is hard on your heart. It increases your risk of having heart disease, a stroke, high blood cholesterol, high blood pressure, and diabetes. Choosing heart healthy foods and getting regular exercise will help you achieve and maintain a healthy weigh

For more information on this topic: [Click here](#)

Mark Your Calendars!

- **February 2:** Art Exhibition by Taurean Washington, "Yeezus Taught Me", 1-3:30pm at Slayton House
- **February 4:** WLVB meeting, 6:30pm ([Click here for agenda](#))
- **February 5:** Rainbow Theatre presents "School's Out! Science Spectacular with Rocket Reba", 10am
- **February 9:** Show Closing Party for Katherine Farrell, Mary Jo Messenger & Lynda Mitic, 3-5pm
- **February 11:** Columbia Archives: Early Black-Owned Business Discussion at Slayton House, 7-8:30pm
- **February 12 & 24:** RAC meeting, 7:30pm ([Click here for agenda](#))
- **February 16:** Silhouette Stages'



Rising Stars— Session I

July 15—July 26

Grades 1-8



Rising Stars Session II

July 29—August 9

Grades 1-8



For more information call 410-730-3987

Email camp@wildelake.org

Visit www.CampoftheArts.com

Cabaret Night [Click here](#) for tickets

- **February 17:** Art Reception for Artists' Gallery Member Show, 3-5pm
- **February 18:** Slayton House Closed in observance of Presidents' Day
- **February 20:** Nomination period opens for Wilde Lake Village Board and Columbia Council Rep