

"It All Began Here!" - Wilde Lake e-News August 18, 2023

Green Up! Wilde Lake Tree Giveaway

WL Tree Giveaway Application 2023



Wilde Lake Tree Giveaway Application 2023: This program is open to property owners in the Village of Wilde Lake. Please complete the following application to be eligible for free trees from the Howard County Office of Community Sustainability. The application deadline is August 20, 2023. Trees will be assigned on a first come, first served basis. We hope you will consider any of the trees in this year's inventory. They are all wonderful native trees with high wildlife value. Trees will arrive in Wilde Lake Village on Thursday, September 14, 2023 for pickup later that day between 5 p.m. - 7 p.m. at the Barn in Wilde Lake Park. Volunteers are available to help you load the tree into your car.

Bernice Kish Gallery at Slayton House
Upcoming Exhibit: Modern Art Meets Cubism - Errol McKinson
August 30, 2023 - October 20, 2023



Modern Art Meets Cubism

Solo Show: August 30, 2023 – October 20, 2023
Reception: Sunday, September 10, 3:00 – 5:00 pm
Gallery Talk: Wednesday, September 13, 10:00 – 11:00 am

Bernice Kish Gallery at Slayton House
10400 Cross Fox Lane
Columbia, MD 21044



Errol McKinson
mckinsongallery.com



LET'S TALK MAKING A MOVE.



MEET WITH THE EXPERTS AND LET THEM HELP YOU SEE THE PATHWAY
TO YOUR NEXT HOME THAT BETTER SUITS YOUR NEEDS!

**WEDNESDAY, SEPTEMBER 6TH
5:00PM - 7:00PM**

@ SLAYTON HOUSE | COLUMBIA

10400 Cross Fox Lane, Columbia, MD 21044

PRIZES + REFRESHMENT WILL BE PROVIDED.

Free blood pressure screening for the first 50 guests

**Join us for an informative evening
learning from the experts who can
help you best prepare to make
your next move!**

LEARN FROM

- Real Estate expert Cleaveland Smith, will help you navigate the changing market.
- Downsizing and Move Management experts to help you get organized for your big move.
- Senior Living expert Victoria Hathaway to help guide you through this process.
- Learn about programs that can help you sell our home for top dollar.

RESERVE YOUR SPOT TODAY!

eventbrite.com/e/making-a-move-in-real-estate-tickets-700365852117?aff=oddtcreator



CLEAVELAND SMITH, REALTOR®

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VICTORIA HATHAWAY

Director of Silver Group, CSA, CSHP, SRES, REALTOR®

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Silhouette Cabaret Series

Young Artist Night

September 9th
8:00pm

[Click Here For More Information](#)

Cabaret Night - September 9, 2023 Auditions are Now Open

Silhouette Stages is hosting a Young Artist's Cabaret Night at 8:00 p.m. on Saturday, September 9, 2023 for performing artists ages 8 - 18. This event will take place at Slayton House. All acts are encouraged to audition including but not limited to solo and group musicians in vocal, dance and other performance arts! Applicants must submit a video audition no later than September 1, 2023 for consideration.

[Click to Purchase
Tickets to this event](#)

Upcoming Wilde Lake Events



Wilde Lake Fall Festival: September 23, 11AM-3PM

Rainbow Theater-Drew Blue Shoes Magic and Comedy:
October 12, 10am-10:45am

Wilde Lake Halloween Pumpkin Decorating and Treats:
October 28, 3pm-4:30pm

Rainbow Theater-Rocket Reba: November 16,
10am-10:30am

Breakfast with Santa: December 2, 9am-12pm

Rainbow Theater:- Mr.Jon and Friends Sing and Dance
Along: December 7, 10:30AM-11:30AM

Save these Dates - Rainbow Theater Returns to Slayton House

Buy your tickets via Eventbrite at the links below:

- October 12, 2023 – [**Drew Blue Shoes Magic and Comedy**](#)
- November 16, 2023 – [**Rocket Reba Action Packed Science**](#)
- December 7, 2023 – [**Mr. Jon and Friends Sing and Dance Along**](#)

The Wilde Lake Community Association proudly presents

Rainbow Theater

Lively entertainment for young audiences

October 12

Drew Blue
Shoes
Magic and
Comedy



Drew Blue Shoes & Rocket
Reba: Doors open at 9:50am
shows begin promptly at 10am

Mr. Jon and Friends Sing and
Dance Along: Doors open at
10AM and show begins
promptly at 10:30AM

November 16

Rocket Reba
Action Packed
Science



December 7

Mr. Jon and Friends
Sing and Dance Along!



Tickets Required:
\$10.00 per person
(aged 2 and over)

www.WildeLake.org

Events@WildeLake.org

410-730-3987



Covenant Corner



Do You Know About Tell HoCo?

Are you familiar with Tell HoCo, the country's app to report non-emergency issues in Wilde Lake and beyond?

Tell HoCo permits residents and others to report issues including potholes, graffiti, tree damage, stray animals, and more from any smartphone, tablet, or desktop computer. Simply put in the address of the issue, select the applicable request category from the over 30 categories available, and add as much detail as you can. You can choose to submit anonymously or to

follow along as the county processes your request. Of course, WLCA always welcomes resident concerns - but Tell HoCo can be a first step if you notice something when Slayton House is closed. We thank you for being the eyes and ears of our village!

Find Tell HoCo on the county website at <https://www.howardcountymd.gov/tell-hoco>.

You can Find covenant information, forms, resale packets and more at <https://wildelake.org/covenants>.

Other Village News



**Upcoming Harper's Choice CARES
Environmentally Friendly Tour
Saturday, August 19, 2023, 10 a.m. - noon**

**[Click here for pdf of Harper's Choice
CARES Landscaping Tour 2023](#)**

August Health & Wellness

Does Sugar Help Me Gain Weight? Debunking Common Myths

In this era of health-consciousness and weight management, it's no surprise that many of us are looking for answers about what contributes to weight gain. One controversial topic that tends to stir confusion is the role of sugar in weight gain. Some claim that sugar is a major culprit, while others argue that it's simply a matter of calories in versus calories out. So, let's dive deeper into this debate and explore whether sugar truly helps us gain weight.

Myth #1: Sugar alone causes weight gain: One of the most common misconceptions is that sugar alone is responsible for weight gain. While it's true that consuming excessive amounts of sugar can contribute to weight gain, it's not solely responsible. Weight gain is a complex process influenced by various factors, including genetics, overall calorie intake, and lifestyle choices.

Calorie Balance: At its core, weight gain occurs when we consume more calories than our bodies burn. Regardless of whether the calories come from sugar, fat, or protein, an excess will lead to weight gain. However, the issue with sugar lies in its high caloric density and its potential to cause overconsumption.

High Sugar Diet: A diet high in added sugars can lead to weight gain indirectly. Sugary foods are often calorie-dense yet low in essential nutrients, which makes it easier to consume excessive calories without feeling satiated. Consuming foods high in added sugars regularly may also lead to insulin resistance, which can further contribute to weight gain and other health complications.

Metabolism and Sugar: The idea that sugar boosts metabolism and facilitates weight gain is largely a misconception. While sugar might provide a quick energy boost, it lacks the necessary nutrients to sustain long-term satiety. Consequently, relying on sugar for energy can lead to subsequent cravings and overeating, ultimately contributing to weight gain.

Moderation and Balance: It's important to emphasize that moderate sugar consumption is unlikely to cause significant weight gain. Our bodies need carbohydrates, including sugars, for energy. However, the key lies in consuming sugar in moderation and balancing our overall diet with nutrient-dense foods such as fruits, vegetables, whole grains, and lean proteins.

Conclusion: While it's tempting to point fingers at sugar as the sole cause of weight gain, the reality is far more complex. Weight gain is influenced by various factors, and sugar is just one piece of the puzzle. Maintaining a healthy weight involves a balanced diet, portion control, and an active lifestyle. By understanding the role of sugar and making mindful choices, we can enjoy occasional treats without jeopardizing our weight management goals. Remember, it's all about moderation, balance, and overall calorie intake. So, let's bust the myth that sugar is solely responsible for weight gain and focus on adopting a holistic approach to our health.

Upcoming Meetings



*Wilde Lake Village Board Meeting (Hybrid): Monday, September 11, 2023 at 6:30 p.m.

*Wilde Lake RAC (Virtual): Tuesday, August 22, 2023. Contact Lexi Milani, covenants@wildelake.org for meeting link.

*CA Board of Directors: Thursday, August 28, 2023 [Click here for more information.](#)

Columbia Association



CA is starting its FY 2025 budget process and wants your feedback! You're invited to take part in the first of multiple opportunities to provide your input. The survey only takes a few minutes! Take the online survey [HERE](#). Visit ColumbiaAssociation.org/budget for details on the budget process. Thank you in advance for your engagement.

Columbia Association Lakefront Movie Night - Friday August 18, 2023

**F9: The Fast Saga (PG-13)
8:30 p.m.**

[Click here for Lakefront Schedule](#)



Columbia Association Lakefront Concert - Saturday, August 19, 2023

Magical Mystery Girls at 7:30 p.m.

[Get to know the band and preview their work here.](#)

Columbia Association Lakefront Concert - Sunday, August 20, 2023



Columbia Concert Band at 6:30 p.m.

[Get to know the band and preview their work here.](#)



[Last day for Faulkner Ridge Pool is Monday, September 4, 2023](#)

[Faulkner Ridge Pool Schedule](#)

Howard County Happenings

**TRY IT OUT
★ COMEDY ★**
Eat! Drink! Laugh!

**SPECIAL
5TH ANNIVERSARY
CELEBRATION**

**TUESDAY
SEPTEMBER 5**

**DOORS OPEN
5:30 P.M.**

**SHOWTIME
6:30 P.M.**

**HOSTED BY
SANDY BERNSTEIN**

**STARRING FOUR
HEADLINERS**

**ROBERT
MAC**

**BLAIRE
POSTMAN**

**YASMIN
ELHADY**

**TOMMY
TAYLOR JR.**

**BUSBOYS
AND
POETS**
est. 2005

**6251 Mango Tree Road
Columbia, MD 21044**

TICKETS ARE \$35

FOR TICKETS VISIT TryItOutComedy.com



Get Updates from Your Howard County Government Elected Officials

The Village of Wilde Lake is located in Council District 4 and is represented by Deb Jung.

[Click here](#) to sign up for the District 4 newsletter.

[Click here](#) to sign up for The Ball Bulletin from County Executive Calvin Ball.

Wilde Lake School News

Howard County Public Schools in Wilde Lake



Are you interested in what's happening at the public schools located in the Village of Wilde Lake? Check out the school and PTA websites listed below for important information about Wilde Lake school news, events, and services.

Bryant Woods Elementary School: [Click here](#) for the school website and [click here](#) for the BWES PTA website.

Running Brook Elementary School: [Click here](#) for the school website and [click here](#) for the RBES PTA website.

Wilde Lake Middle School: [Click here](#) for the school website and [click here](#) for the WLMS PTSA website.

Wilde Lake High School: [Click here](#) for the school website, [click here](#) or the WLHS PTSA website and [click here](#) for the WLHS Boosters website.



Wilde Lake Staff is Here to Help!

Wilde Lake Community Association staff is available to assist residents Monday through Friday from 9:00 a.m. to 4:30 p.m. via email and phone or in person by appointment.

Executive Director/Village Manager: Sharon Cooper Kerr, scooperkerr@wildelake.org;

Facility Rentals: Kate Kolarik, rentals@wildelake.org;

Special Events Manager: Jasmin Diaz, events@wildelake.org;

Covenant Advisor: Lexi Milani, covenants@wildelake.org; (exterior alterations, compliance letters & property maintenance issues):

Program Administrative Assistant: Dale Wasmus, office@wildelake.org



Wilde Lake Welcome Bags!

Are you a new Wilde Lake resident? Wilde Lake Community Association would like to welcome you to the community with a special new resident welcome bag. It includes helpful information from Howard County and Columbia Association plus a few WLCA goodies. Do you have a new neighbor? Our welcome bags are a wonderful way for you to welcome them to the neighborhood. Please contact Dale Wasmus at office@wildelake.org or 410-730-3987, extension 11 to make arrangements to pick up a welcome bag.

Wilde Lake Village Board 2023-2024

The next meeting of the 2023-2024 Wilde Lake Village Board will be held on Monday, September 11, 2023 at 6:30 p.m. The meeting will be conducted as a hybrid meeting.

Agendas are found on our [website](#).

BOARD OF DIRECTORS

Kevin McAliley, Chair
klmcaliley-wlvb@wildelake.org

Tina Horn, Vice Chair
tina.horn-wlvb@wildelake.org

Kondi Walters-Smith
kwsmith-wlvb@wildelake.org

Chuck Yarbrough
cylarbrough-wlvb@wildelake.org

Brandon Cogdell
brandon.cogdell-wlvb@wildelake.org

Columbia Council Rep
Bill Santos
columbiacompass@outlook.com

Executive Director/Village Manager
Sharon Cooper-Kerr
410-730-3987
scooperkerr@wildelake.org

Wilde Lake Community Assn | 10400 Cross Fox Lane, Slayton House, Columbia, MD 21044
wlca@wildelake.org

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