

Fall 2013



# SHANDON TIMES

## Neighborhood News

SHANDONNEIGHBORHOOD.COM

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## Letter from SNC President Caroline Clarkson



President Caroline pictured with County Councilman Seth Rose at the start of the 2012 Shandon Turkey Trot

Dear Shandon Neighbors,

My husband and I enjoy both exercising and eating. What a treat it is to be able to live in Shandon and easily combine these two activities. We recently came up with a list of over 30 restaurants to which we have walked this year for breakfast, lunch or dinner. From Devine Street, to Five Points, to Rosewood Drive, food lovers can enjoy everything from a freshly baked scone, to a lunchtime deli sandwich, to a delicious meal at one of several fine dining eateries.

As you are walking and driving these days, please be aware of the road construction under way on many of the Shandon streets. Shady Grove Construction has been hired by the City to install new water mains at several intersections in Shandon. This work will not only help with water pressure in the area, it is also part of the City's plan to help ease flooding in the neighborhood.

With summer shifting into fall, the sights and sounds in the neighborhood are shifting too. As the leaves start to change color, I always look forward to seeing the pumpkins covering the lawn at Wesley Memorial UMC. Seeing the runners and walkers line up for the Shandon Turkey Trot is always a favorite sight for me as well. This year's event, organized by the Shandon Neighborhood Council, will be held on Saturday, November 23rd at 8:00 a.m. I don't know which I enjoy more, cheering on runners and walkers as they make their way around the neighborhood, or actually being one of the participants racing down the roads on a brisk November morning.

In December, the Shandon Neighborhood Council will again team up with the Hollywood-Rose Hill Council for the Homes for the Holiday Tour to be held on Sunday, December 8. Touring other homes not only gives me holiday decorating ideas, it gives me a greater appreciation for the eclectic styles of homes we have in the area. From the traditional Shandon bungalow to large stately homes, from duplexes converted to single family homes to funky artist studios, we are lucky to have them all. To kick off the holiday season, the two neighborhoods are starting a new tradition, a joint Neighborhood Tree Lighting to be held on Thursday, December 5. The tree will be in the garden at the corner of Heyward and Harden streets. Come join neighbors and friends for this fun new event. Times will be posted on the [Shandon Facebook page](#) and [Shandonneighborhood.com](#).

The next Shandon Neighborhood Council meeting will be held on Monday, November 11, at 6:15 at Sims Park. Please join us to find out more about everything Shandon.

See you in the neighborhood,

Caroline



The 32nd Annual Shandon Turkey Trot is just around the corner! The race will be Saturday, November 23, at 8:00 a.m. at Hand Middle School, located on the corner of Woodrow and Duncan streets. Turkey Trot participants may either take part in an 8K road race or a 4K fun run/walk. This very special Shandon tradition needs your support, whether as a runner, walker, or volunteer. Register online at [www.strictlyrunning.com](http://www.strictlyrunning.com). To volunteer, please contact Ashley Gwin at [ashleygwin@gmail.com](mailto:ashleygwin@gmail.com). To sponsor or for more information, please contact Charles Appleby at 609-2680 or [cappleby728@gmail.com](mailto:cappleby728@gmail.com).

## Movie Night in Emily Douglas Park: Oct. 25

Movie will be announced close to date.

Movie begins at 8:00 p.m. and soft drinks and popcorn will be provided. Please bring a can or two of food for Harvest Hope. Hope to see you there and as always, thanks to Mary Lane Sloan for sponsoring this great event!



Congratulations to  
Yard of the Month Winners!

- JUNE - 2940 Wheat  
JULY - 3317 Wilmot and 2700 Wheat  
AUGUST - 3115 Duncan

# Events of Interest

## 35<sup>TH</sup> ANNUAL VETERANS DAY PARADE

will be held on Monday, November 11th on Sumter Street beginning at 11 a.m.



## Ice at Boyd Plaza

November 28th – January 20th



## 1<sup>ST</sup> ANNUAL

*Shandon Hollywood-Rose Hill*

## TREE LIGHTING

This year Shandon and Hollywood-Rose Hill will join together to host a Christmas tree lighting in the triangle at the corner of Heyward and Harden streets!! The City of Columbia is planting the tree for us and providing electricity (we will have energy efficient LED lights!) so big thanks to the City. The tree lighting will be held on Thursday, December 5th at 6 pm, and Hand Middle School will be providing music and leading us in the singing of Christmas carols! We will also have cookies and hot chocolate so please come out and join us for this 1st Annual Tree Lighting!!

## Shandon Real Estate Stats June–August



Provided by Mary Lane Sloan

	AVERAGE LIST PRICE	AVERAGE SQFT	AVERAGE PRICE/SQFT
Active (31)	\$310,416	2235	\$138.89
Pending (8)	\$300,150	2309	\$130.02
Closed (25)	\$229,457	1804	\$127.16



### Mary Lane Sloan

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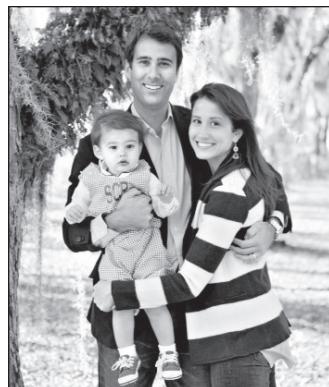
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Email - [MLSloan@PrudentialMidlands.com](mailto:MLSloan@PrudentialMidlands.com)



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## Best Wishes for a Happy and Safe Holiday Season

From Representative James E. Smith, Jr.

I am grateful for the opportunity to serve in the South Carolina House of Representatives. I will continue to work hard each day to merit your trust.

@RepJamesSmith • [James@JamesSmith.com](mailto:James@JamesSmith.com)  
[www.JamesSmith.com](http://www.JamesSmith.com)

## SHANDON SHAPE-UP

### What is a healthy lifestyle?

As we enter the holiday season, this is a good time to reflect on our well-being. We all tend to overextend ourselves during this hectic time of year. Let's take a look at how to incorporate healthy habits into a healthy lifestyle.

A healthy lifestyle consists of positive choices for your mind, body and spirit. Nutrition, exercise, and sleep are the foundation of good health. Appropriate attention to each area will provide you with more energy, stress relief and reduced risk of disease. Leading a healthy lifestyle will make you more fit and help you feel good. The components of a healthy lifestyle consist of: exercise, water intake, fruit and vegetable consumption and sleep.



**Exercise** is movement of your body that strengthens your heart and improves blood flow to all parts of your body. Walking and counting your steps is one of the easiest methods to stay encouraged to move throughout the day. Aim for 10,000 steps each day. This is equivalent to five miles and keeps your body moving all day. Walking is a low impact exercise that increases muscle strength and strong bones. An inexpensive pedometer can help you track your steps. Other types of exercise to include in your day are running, swimming, biking, dancing, yoga, strength training, tennis and the list goes on. The keys to continuing exercise are to do what you enjoy doing, enlist a friend, journal and vary your activities from day to day.

 **Water** makes up 60% of our body. Every system in your body needs water to function. Water aids your body in digestion, circulation, transporting nutrients and ridding the body of toxins. Water hydrates your skin and also energizes your muscles. Remember to drink water before, during and after exercise. Water also aids in weight loss and keeps your skin looking good.

 **Eating your fruits and veggies** can help give you a balanced diet that is rich in vitamins and nutrients. Fruits and vegetables can increase your energy level, control weight, and prevent many diseases. Aim for at least five servings a day. Challenge yourself to try a new fruit or vegetable each week—you will be surprised at what you might find!

 **Sleep** is essential to good health. Adequate sleep boosts your heart and mind and controls your weight. Sleep improves your memory and allows you to be more creative. Sleep allows you to make good, healthy choices. Aim for seven to eight hours of sleep each night.

Try to be consistent in the time you go to bed and wake each day. Only 60% of Americans get enough sleep. Preparing for sleep can help you get the best out of your rest. Turn off phones, computers and televisions an hour before bedtime.

I ask you to challenge yourself to adopt these healthy lifestyle habits. If you have already incorporated them into your life then congratulations on leading a healthy lifestyle! Seek out a friend or family member to see if they are up for the challenge.

In good health,

Brooks Wheeler | [www.best-self-fitness.com](http://www.best-self-fitness.com)

## Coolest Thanksgiving Facts, Traditions and History



 It was not until 1941 that Congress declared Thanksgiving as a national holiday. It was declared to be the fourth Thursday in November.

 The first known thanksgiving feast or festival in North America was celebrated by Francisco Vásquez de Coronado and the people he called "Tejas" (members of the Hasinai group of Caddo-speaking Native Americans).

 Here's one of those funny Thanksgiving facts: Turkeys have heart attacks. When the Air Force was conducting test runs and breaking the sound barrier, fields of turkeys would drop dead.

 Fossil evidence shows that turkeys roamed the Americas 10 million years ago.

 91% of Americans eat turkey on Thanksgiving Day.

 Thomas Jefferson thought the concept of Thanksgiving was "the most ridiculous idea I've ever heard."



# Get Cooking with charleston cooks!

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## STEAK AND SMOKED CHEDDAR CHEESE STUFFED MUSHROOMS

- 14 large button mushrooms
- 5 tablespoons butter, divided
- Canola oil
- 1 ribeye or sirloin steak
- 2 teaspoons steak seasoning, such as Tiverton Farms
- 2 peeled shallots, minced
- 2 peeled cloves garlic, grated
- ½ cup smoked cheddar cheese, grated

1. Preheat oven to 425 degrees. Line a sheet pan with parchment or a silpat.
2. Remove mushroom stems and reserve. Wipe the mushroom caps with a damp paper towel to clean.
3. Arrange hollow side up on the sheet pan. Season to taste with salt and pepper. Melt 2 tablespoons of butter and brush the mushrooms with it. Set aside.
4. Finely chop the mushroom stems.
5. Heat a cast iron pan over high heat. When the pan is hot, add enough oil to lightly coat the bottom of the pan when tilted.
6. When the oil is hot, add the steak and sear until brown on both sides, flipping only once. Remove from the grill and season with the steak seasoning on both sides. Allow the steak to rest for 1–2 minutes. Once rested, finely dice the steak discarding any extra fat.
7. Reduce the pan's heat to medium heat. Add 3 tablespoons of butter, chopped stems, and shallots. Cook until the mushroom stems have browned, about 3–5 minutes.
8. Add the garlic and cook until fragrant, about 30 seconds.
9. Place the mixture in a mixing bowl with the steak. Allow to cool.
10. Once cool, add the cheese and stir to combine. Season to taste with salt and pepper.
11. Fill each mushroom with the steak-cheese mixture. Bake in the upper third of the oven until caps are tender and stuffing has browned lightly on top, about 15 minutes.

## ALMOND COOKIES

- 2 cups slivered blanched almonds
- 1 cup sugar
- 2 egg whites
- 2 teaspoons vanilla
- ½ teaspoon ground cinnamon
- 1 teaspoon grated lemon rind

1. Preheat oven to 325 degrees.
2. Process the almonds with the sugar in a food processor until finely ground.
3. Add the egg whites, vanilla extract, cinnamon and lemon rind, and process until well incorporated.
4. Drop dough by spoonfuls onto a Silpat lined baking sheet.
5. Bake for about 10 minutes, or until lightly browned.

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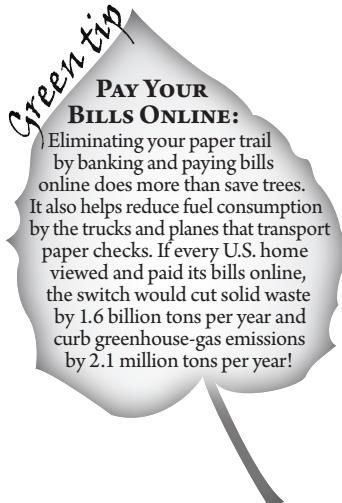
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### PAY YOUR BILLS ONLINE:

Eliminating your paper trail by banking and paying bills online does more than save trees. It also helps reduce fuel consumption by the trucks and planes that transport paper checks. If every U.S. home viewed and paid its bills online, the switch would cut solid waste by 1.6 billion tons per year and curb greenhouse-gas emissions by 2.1 million tons per year!

**2013-14 Meetings of the Shandon Neighborhood Council:** Meetings are held the second Monday of every other month and begin at 6:15 pm. **November 11, 2013** at Sims Park • **January 13** at Emily Douglas Park • **March 10** (Location TBA) **May 12** at Sims Park • **July 14** at Emily Douglas Park • **September 8** at Sims Park • **November 10** at Emily Douglas Park



## Homes for the Holidays • 2013

The annual Shandon/Hollywood-Rose Hill Homes for the Holidays Tour is scheduled for Sunday, December 8th! We will have some great homes to tour and enjoy, as well as the Unitarian Church on Heyward Street. And Sims Alley will again have their doors decorated! The tour hours are 2 pm – 6 pm, and some homes will have a taste of local restaurants to try. This year there will also be three food trucks located at Hand Middle School, where you will pick up your tour booklets after you purchase your tickets. So if you want lunch or a snack, take advantage of what they will be selling! Another new addition is NightCaps Bar on Devine, selling a special Holiday Tour drink! Currently, we have 7 homes confirmed: Rick Burch at 200 Ravenel, Bubba Cromer at 2814 Blossom, Michael and Jordan Mancini at 1721 Maplewood, Stan and Connie Lacy at 416 Princess, Frank and Lane Quinn at 2233 Wheat, Kim Carson at 2926 Blossom, and Melanie and Glen Matthews at 2404 Monroe. In addition, artist Mike Williams will have his studio open on Devine Street.

Proceeds benefit our four local area schools: Dreher High, Hand Middle, Rosewood Elementary and A.C. Moore Elementary; as well as Shandon and Hollywood-Rose Hill neighborhood projects. Tickets will be available beginning October 18th at Edwin Watts Golf, Brittons, Gibson's, Just the Thing, Revente, Good for the Sole and Piggly Wiggly on Devine and Forest Drive for \$15, or at Hand Middle School the day of the Tour for \$20. From October 1 through December 7, tickets may also be purchased online at <http://homes-for-the-holidays-tour-of-homes.ticketleap.com/homes-for-the-holidays-2013/>.

If your business is interested in advertising in the Tour booklet, please contact Julie Ruff at [jlruff@sc.rr.com](mailto:jlruff@sc.rr.com) or 256-9639 no later than October 30th. Advertising rates are \$165 for a full page, \$105 for a half page and \$75 for a third. If you are interested in being a docent at one of the tour homes please contact Heather Oana at [hoana@bellsouth.net](mailto:hoana@bellsouth.net). For more information contact Julie Ruff, Mary Greene or Caroline Clarkson (e-mails on front of newsletter).

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