

SHANDON TIMES

Neighborhood News

SHANDONNEIGHBORHOOD.COM

SHANDON NEIGHBORHOOD COUNCIL

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Shandon Times

Julie Ruff, Editor
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Letter from SNC President Caroline Clarkson



Dear Shandon Neighbors,

Spring is here, and Shandon is a great place to be! As the temperature is starting to rise, neighbors can be seen from Harden to Kilbourne and Rosewood to

Devine improving the neighborhood and as the Neighborhood Council bylaws state, "promoting the social welfare of Shandon."

While passing Emily Douglas Park this morning, I thought of the many wonderful times I have had there this year and look forward to many more in the future. Saturday morning, March 30 at 9:00, the Easter Bunny will be on hand to help neighborhood children hunt for eggs. Last April, my husband and I were drawn in by the sounds of jazz coming from the amphitheater, and walked

down to enjoy performances by Richland One middle and high school students, as well as their band directors and visiting guest artists. I'll be in the amphitheater again this year on Saturday, April 27 from 2:00 to 7:00 pm to enjoy this free Jazz Festival. The Friday night movies have been a big success at the park as well. Many thanks to Mary Lane Sloan for providing this fun, family friendly entertainment for our young neighbors, as well as those young at heart. On any given day, the dog park located within Emily Douglas Park is bustling with activity as dogs of all shapes and sizes enjoy the opportunity to run, bark and play off their leashes with their four legged friends.

The next meeting of the Shandon Neighborhood Council will take place on Monday, May 13 at 6:15 pm at the Emily Douglas Park Clubhouse. Please come to the meeting to find out more about our amazing neighborhood.

See you in the neighborhood,
Caroline

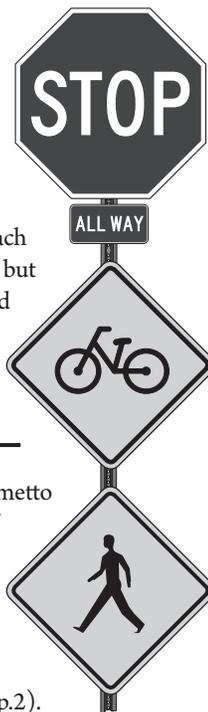
TRAFFIC SAFETY

Traffic safety concerns in Shandon have been debated at Neighborhood Council meetings for months. Experts and law enforcement have provided input, and monitoring has revealed the uncomfortable truth that the offenders who speed, who run stop signs, who coast through intersections many times are Shandon residents themselves! Knowing this, perhaps we can harness the tremendous pride our neighborhood is known for in mounting a campaign of conscience to help keep each other, our children and our pets safe. Changes may be implemented, and they may help, but we can't rely on continual outside policing for enforcement. Our best hope for sustained change is our own efforts. Block by block, street by street, we can make conscious efforts to do the right thing and make Shandon a safer place to live, walk, play and ride.

HANDLEBAR HAPPY HOUR

The City of Columbia's Bicycle and Pedestrian Advisory Committee (BPAC) and Palmetto Conservation Foundation (PCF) have organized Handlebar Happy Hours, a series of family friendly gatherings meant to foster open, relaxed discussion about topics the bicycling and pedestrian community faces on a local and statewide level.

Publick House Restaurant will host the next of these events on Wednesday, April 10 from 6-8pm. Publick House, located at 2307 Devine Street, will offer free food and beverages for any participants who arrive on bicycle or foot, while supplies last (cont. p.2).



HANDLEBAR HAPPY HOUR, CONT.

The speaker for the April happy hour will be Councilwoman Tameika Isaac Devine. Starting at 6pm, participants will have a chance to arrive at their own pace and mingle before the discussion begins at 7pm.

The goal of Handlebar Happy Hour is to relax and have some fun, but these gatherings are also intended to strengthen the cycling community. As those cyclists living and working in Columbia become better acquainted, organizers of this event hope to tap into the collective energy and talents of the cycling community to help continue to make Columbia a more bicycle and pedestrian friendly city.

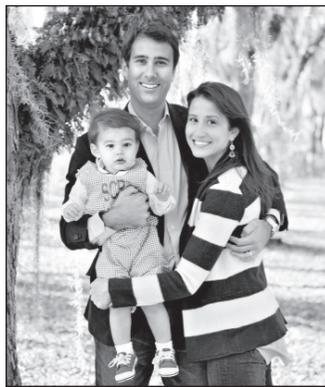
Annual Red Truck Event

The weekend of May 18-19, 9 am to 5 pm, the Red Truck will be parked at the corner of Heyward and Holly (2901 Heyward) to receive donations of pet food and supplies for the Columbia Animal Shelter and monetary donations for The Animal Mission to benefit their free spay/neuter voucher program. This is a great time to socialize with your neighbors and their pets and to make new friends! There's always a spare lawn chair, a bottle of cold water, and sometimes a donut for anyone who can join us for a while to chat! The standing wish list for the shelter includes laundry detergent, bleach, hand soap and sanitizer, Windex, dishwashing liquid, paper towels, blankets, towels, hoses (75 or 100 ft.), dry dog/puppy, cat/kitten food, canned dog and cat food, litter, treats, toys and leashes. Checks can be made out to The Animal Mission.

We look forward to "filling the red truck" again! Rain or shine, we hope to see you there!



Movie night will return in May and run through October. Movies are always on the last Friday of the month and begin at 8 pm. Please check the Shandon website closer to May for a list of movies. Drinks and popcorn will be provided and it is requested that you bring a can or two of food for Harvest Hope. As always, thanks so much to Mary Lane Sloan for her continued sponsorship of this great family event!



Dear Shandon:
It is an honor to be your voice on County Council. Please visit SethRose.com for updates or call me on my cell phone 803.361.2360 with any questions.
Most sincerely,
Seth Rose



Mary Lane Sloan
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Sims Park Events Calendar

Sims Park, 3500 Duncan Street, 733-8451

Flag Football

April 2013
Every Thursday of the Month
4:30pm - 5:30pm
Ages 6-12



Come out and join us for a play day full of fun!

Foosball Tournament

April 22-26, 2013
4:00pm - 5:00pm
Ages 12-15



Looking for that winning team!!

Mother's Day Card Making

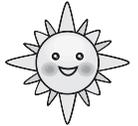
May 10, 2013
4:30pm - 5:30pm
Ages 6-12



We have everything you need to make that special card for free!

Summer Camp Begins

June 3, 2013
7:30am - 6:00pm
Ages 6-12
\$45 per child, each week



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SHANDON SHAPE-UP

Man's Best Friend is Your Best Exercise Partner

Who can say no to a wagging tail and wet nose kisses? He will never say he is too tired or has too much to do. Your four-legged friend is the most loyal exercise partner you will ever find.

Rain or shine your pooch is ready to hit the pavement. People with pets have many health benefits. Dogs keep us moving, which helps control our weight, lower our blood pressure and cholesterol, prevent strokes and boost our immune system.

The University of Missouri did a study of overweight, sedentary people. Participants walked with a dog on a regular graduated schedule for a year. By the end of the year, participants were walking 20 minutes a day, five days per week. The average participant lost 14 pounds. The walkers were able to bond with the animals and improve their balance and flexibility.

Boosting your mood and socializing are also other benefits of having a pet. Our neighborhood recently added a dog park at Emily Douglas Park. This is a great addition to our neighborhood. You and your pet can reap the benefits of making new friends. Just be sure your dog is properly socialized and up to date on shots.

Pace yourself and your pet if you are new to an exercise routine. Most dogs run faster than humans, and typically the bigger the dog, the faster and longer they can exercise. Always remember to hydrate and wear visible clothing so cars and other walkers will see you. I hope you take advantage of this beautiful time of year in Shandon and enjoy the outdoors.

Brooks Wheeler, Certified Fitness Trainer
www.best-self-fitness.com



Homes for the Holidays * 2013

Do you have an interesting home or condo? One that is beautiful? One that is unusual? One with a great history? Would you like to show it off? The Home Tour Committee is looking for homes for this year's Tour. Please contact Julie Ruff at jluff@sc.rr.com or Mary Greene at greenegrassroots@aol.com if you do, or if you know someone who does!

Get Cooking with charleston cooks! maverick kitchen store

ORANGE HERB SALMON OVER BRAISED CARROTS

- 1 orange, zested and juiced
 - 3 sprigs oregano, leaves removed and minced
 - 4 salmon fillets skin on
 - Extra virgin olive oil
 - 4 carrots, julienne
 - 2 cloves garlic, thinly sliced or grated
 - 2 tablespoons unsalted butter
1. Preheat oven to broil.
 2. In a mixing bowl, combine the orange zest, 1/2 of the minced oregano, and 1 1/2 tablespoons of oil. Pat the salmon dry and place on an aluminum foil lined sheet pan. Season with salt and pepper.
 3. Top each fillet with some of the orange zest mixture. Place under the broiler until the orange zest mixture browns, about 3-5 minutes.
 4. Reduce the oven's heat to 350 degrees. Bake the fish until cooked through to the desired internal temperature (see chart below). Remove from the oven and keep warm while making the carrots.
 5. Heat a sauté pan over medium heat. When the pan is hot, add enough oil to the bottom of the pan to lightly coat the pan when tilted. Add the carrots, garlic, and remaining minced oregano. Stir to coat with the oil. Season with salt and freshly cracked black pepper.
 6. Cook until the carrots start to brown on the bottom. Add the orange juice and simmer until liquid is reduced by half. Remove the pan from the heat. Add the butter and stir until melted. Season to taste with salt, pepper, and more orange juice.
 7. To serve, divide the carrots among serving plates and top with a piece of salmon.

Salmon, Tuna, Swordfish, and Marlin

Cooking Temperatures:

- Medium Rare - 120 degrees
- Medium - 125 degrees
- Medium Well - 135 degrees
- Well Done - 140 degrees

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Wesley Memorial United Methodist Church
2501 Heyward St. 771-4540

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Experience Church in a Whole New Way
Mind - Body - Spirit

9:00 AM Fitness, Run & Walk Breakfast	10:00 AM Contemporary Worship
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Come as you are! REALLY

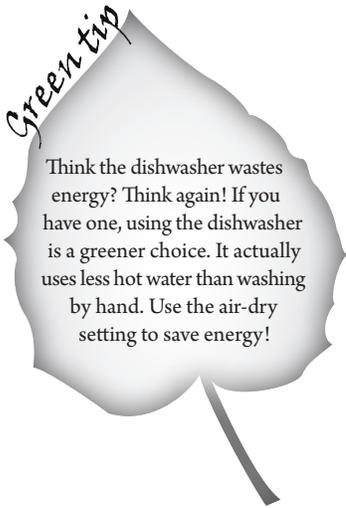
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Think the dishwasher wastes energy? Think again! If you have one, using the dishwasher is a greener choice. It actually uses less hot water than washing by hand. Use the air-dry setting to save energy!

2013 Meetings of the Shandon Neighborhood Council: Meetings are held the second Monday of every other month and begin at 6:15 pm. **May 13** at Emily Douglas Park • **July 8** at Sims Park • **September 9** at Emily Douglas Park **November 11** at Sims Park

INTERESTING FACTS ABOUT MEMORIAL DAY

1. Memorial Day was originally called Decoration Day.
2. Decoration Day was suggested by General John A. Logan, leader of a civil war veterans' association. The first Decoration Day was held on May 30th, 1868. The reason for this choice was that no battle had taken place on this day.
3. Today's participants would have recognized some of the common celebrations of Memorial Day. On the first ever Decoration Day, there were speeches and soldiers' graves were decorated.
4. By 1890, each northern state was marking Decoration Day as an official state holiday; celebrations took place on different days in the southern states.
5. The origins of Memorial Day go back to the Civil War, when more lives were lost than in any other war in US history.
6. Waterloo, New York, which held its first celebrations of the day in 1866, was named the birthplace of Memorial Day by the federal government.
7. Decoration Day evolved into Memorial Day and was gradually extended to include all American military personnel who had died in different wars.
8. Memorial Day was celebrated on May 30th for almost a century. The date changed to the last Monday in May following the passing of the Uniform Monday Holiday Act in 1968.
9. The day became a federal holiday in 1971.
10. Some of the biggest Memorial Day parades are in Washington, D.C., Chicago and New York.
11. Poppy wearing originates with John McCrae's "In Flanders Fields" poem.
12. An additional observance on Memorial Day is the moment of remembrance, a minute of silence at 3pm local time on Memorial Day. This became law in 2000.



SHOP LOCAL!!

If each employed person in the Columbia area spent \$100 each month in a retail business, it would generate more than \$32 million in revenue! For every \$100 spent in locally owned independent stores, \$68 returns to the community through taxes, payroll, marketing and other expenditures. If you spend that in a national chain located in our community, at least \$43 stays in the local area. Spend it in another city or online and nothing comes home. This is how YOU can help our Columbia economy. Think before you SHOP!