



# 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 Ron Burns



Hello, neighbors! I am Ron Burns and my wife, Kris, and I moved into Shandon just a few years ago as she was involved in starting a new business. When we got here we were uncertain what to expect; we had never experienced living "in town." Having been attracted to the beautiful appearance of the area with its large trees and sidewalks, we settled into one of the more modest bungalows. Neighbors emerged who welcomed us, from students to retired persons, creating a feeling that this is a special place to call home.

With that as background I feel privileged and energized to begin serving as the new president of the Shandon Neighborhood Council. We are an advisory council that works to assist the residents of our neighborhood with a variety of tasks and concerns.

In this past year we have addressed concerns about speeding in our neighborhood and crime, including car break-ins and home invasions. To that point, a regular aspect of our meetings is a report from the city police. There is always an opportunity for dialogue between those attending and uniformed officers. Also, elected officials from the city and county often attend and can be available to discuss current issues of interest to our residents. In the recent past the Council has helped with the establishment of guidelines for residential construction in Shandon in order to protect and maintain the attractive character of our neighborhood, especially the avoidance of demolition followed by oversized and/or out of character new construction. The Council also sponsors many events designed to enhance community: they include the annual Tour of Homes, the Easter Egg Hunt, the Neighborhood National Night Out Ice Cream Social and the Shandon Turkey Trot Race.

In the picture above, I am the one in the middle between our outgoing president Caroline Clarkson and our next president-elect Charles Appleby. If you have not yet had the opportunity, come join us at one of our bi-monthly meetings; the next one is Monday May 12, 6:15 pm, at Sims Park. Hope to meet you there!

## SHANDON NEIGHBORHOOD Yard OF THE Month

### 5TH ANNUAL Shandon Neighborhood Easter Egg Hunt

The Fifth Annual Shandon Easter Egg hunt is scheduled for Saturday, April 19th, at 9 am, at Emily Douglas Park for children ages 10 and under. Eggs will be hidden all over the park, and there will be two "golden" eggs hidden with special prizes for the lucky finders. The Easter Bunny will also make an appearance!

There is a \$3 suggested donation per child. Anyone interested in volunteering or donating refreshments should contact Shannon Bobertz at shannonfurr@mindspring.com.

We look forward to seeing a lot of our neighborhood children at this great, fun event!!

It's that time again!!! The Shandon "Yard of the Month" program will kick off its 3rd year in April 2014. The purpose of the program is to recognize Shandon neighbors who demonstrate above-average efforts in maintaining their property, thereby contributing to the overall appearance of the community at large. The program is administered entirely by neighborhood volunteers, and all signs and prizes will be supplied by Mary Lane Sloan, with The ART of Real Estate and Gardener's Outpost.

A YOM winner will be selected each month from May through October and there will be two holiday winners for the month of December. All award winners receive an official "Shandon Neighborhood Yard of the Month" lawn sign, to be placed on their property for the duration of their award month, an official Yard of the Month certificate, recognition on the Shandon Neighborhood Facebook page and an invitation to the annual Yard of the Month Garden Party.

The Shandon Neighborhood Council congratulates all "Yard of the Month" award selections and encourages all neighbors to join the efforts of these homeowners in keeping their yards and homes beautiful. For any further information, please feel free to contact Mary Lane Sloan at MaryLane@TheARTteam.net

# SHANDON SHAPE-UP

NOTHING CHANGES IF  
NOTHING CHANGES

 Change is necessary. The definition of change is “to make or become different.” You can’t keep doing the same things over and over and expect different results. This holds true with your exercise routine. If you have been training the same way for months or even years it is inevitable that you and your muscles will become bored.

 It’s time for us to get out of our comfort zone. I am guilty when it comes to running. I like to run the same routes and run the same pace. I have to challenge myself with my quicker running buddies once in a while. It’s tough but it is so rewarding. I feel so accomplished and know that I am a stronger person after each run.

 Those most successful with their exercise realize the importance of busting out of the routine and beating boredom. If you are bored, the likelihood of you continuing your activity is decreased. Start by tracking your goals and journaling your achievements. Record how you feel after adding to your current routine. Remember to make small changes and you will be more likely to continue on your path to success.

 Add variety to your exercise routine and break through the exercise plateau. Mix it up by adding an activity that you are currently not involved in. Tack on an extra ten minutes to your walk or add some speed drills to your run. Download some new music to keep you moving along. Faster tempo music can motivate you and make you increase your exercise pace and move longer. One of my recent goals was to start incorporating yoga into my routine. It is great for my stretching and flexibility and definitely gets me out of my comfort zone! Other ideas are to add free weights, circuit training, biking, martial arts or swimming.

 Challenge yourself with the change. Your mind and body will relish in the benefits.

In good health,

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

<b>ALCOHOL</b> COMA DEATH INTOXICATION	<b>AVOCADO</b> CONTAINS PERSIN: VOMITING DIARRHEA	<b>RAISINS CURRANTS</b> KIDNEY FAILURE
<b>COOKED BONES</b> STOMACH LACERATIONS	<b>WALNUTS MACADAMIAS</b> NERVOUS SYSTEM AND MUSCLE DAMAGE	<b>ONIONS GARLIC</b> TOO MUCH: BLOOD CELL DAMAGE ANEMIA
<b>DAIRY</b> TOO MUCH: DIARRHEA	<i>the world's</i> MOST <b>DANGEROUS FOODS</b> FOR DOGS	<b>GRAPES</b> KIDNEY FAILURE
<b>MUSHROOMS</b> SOME VARIETIES: SHOCK DEATH	<b>FATTY FOODS</b> TOO MUCH: PANCREATITIS	
<b>CAFFEINE</b> VOMITING DIARRHEA TOXIC TO HEART & NERVOUS SYSTEM	<b>XYLITOL</b> (GUM, CANDY ETC.) LIVER FAILURE HYPOGLYCEMIA DEATH	<b>CHOCOLATE</b> TOXIC TO HEART & NERVOUS SYSTEM DEATH
<b>MEDICATIONS</b> (TYLENOL, ADVIL ETC.) KIDNEY FAILURE GI ULCERS	If you think your dog ate something dangerous, CALL YOUR VET or: ASPCA POISON CONTROL HOTLINE (888) 426-4435 NATIONAL PET POISON HELPLINE (800) 213-6680	
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*Dear Shandon:*  
*It is an honor to be your voice on County Council. Please visit [SethRose.com](http://SethRose.com) for updates or call me on my cell phone 803.361.2360 with any questions.*  
*Most sincerely,*  
**Seth Rose**



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## Affordable Care Act Info

When the Patient Protection and Affordable Care Act (ACA) passed in March 2010, the world of health insurance began to change. Richland Library is partnering with several community organizations to raise awareness in Richland County around what the ACA is and how it will affect our community. We plan to do this in a variety of ways, to include: monthly forums at various locations, hosting certified Navigators and Certified Application Counselors at various branches to provide in-person assistance, maintaining a webpage with up-to-date information, and organizing a Speaker's Bureau of knowledgeable individuals who can present the Affordable Care Act to various organizations. For more information please visit [richlandlibrary.com/ACA](http://richlandlibrary.com/ACA) or contact Lee Patterson at [lpatterson@richlandlibrary.com](mailto:lpatterson@richlandlibrary.com) or 803-231-6383.



## VOLUNTEERS NEEDED

The Lourie Center offers its 5 Points Wheels, a door-to-door senior transportation program, 3-4 days per week at no cost to seniors or the disabled living within the downtown Columbia area. It is an extremely valuable service to the community, and they rely on our volunteer drivers to keep the program operational. **There are currently two immediate volunteer opportunities at the center for shuttle drivers for a regular shift on Mondays or Thursdays, 9 am - 1 pm.** They have a 15 passenger bus, and the driver will transport local seniors to local medical appointments and personal errands. If you can help, contact Stephanie at 779-1971, ext. 12.

## helpful city numbers:

Administration - 545-3075	Sims Park - 733-8451
Missy Gentry, ACM - 545-3037	Permits - 545-3420
Allison Baker, ACM - 545-3030	Police Department - 545-3500
Animal Services - 776-7387	Police South Region (Shandon) 737-5881
Business License - 545-3345	Police Chief's Office - 545-3510
City Clerk - 545-3045	Property Maintenance - 545-3432
Code Enforcement - 545-3498	Public Works - 545-3780
Environmental Control - 545-3430	Solid Waste - 545-3800
Fire Department - 545-3700	Street Division - 545-3790
Shandon Fire Station - 733-8363	Traffic Engineering - 545-3850
Forestry and Beautification 545-3860	Utilities & Engineering 545-3400
Housing Inspectors - 545-3208	Water Customer Service 545-3300
Mayor's Office - 545-3075 or 3073	Water Customer Service Administrator - 545-3306
Municipal Court - 545-3150	Zoning - 545-3333
Municipal Court Administration 545-3041	Dispatch Non-Emergency Line 252-2911
Parks & Recreation - 545-3100	
Emily Douglas Park - 733-8531	

## Get Cooking with charleston cooks!

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## GRAPEFRUIT, CELERY, AND FENNEL SALAD WITH WARM BACON VINAIGRETTE

Serves 4-6

### SALAD

- 2 grapefruits
- 1 fennel bulb, shaved or thinly sliced
- 1 red onion, peeled and thinly sliced
- 2 stalks celery, thinly sliced on a bias
- 2 heads endive, cut into 1 inch half-moons
- 1 cup cherry tomatoes, halved
- Warm Bacon Vinaigrette (recipe follows)

1. Cut the peels off the grapefruits and cut out segments.
2. Toss together the grapefruits, fennel, red onion, celery, and endive in a large bowl. Toss with a little of the vinaigrette.
3. Divide the mixture among salad plates and garnish with a few cherry tomato halves. Drizzle with additional vinaigrette.

### WARM BACON VINAIGRETTE

- 2 slices bacon, diced
  - 1 small shallot, peeled and diced
  - 1 clove garlic, pressed or peeled and grated
  - 1 sprig fresh thyme, leaves removed and chopped
  - ½ teaspoon lemon juice
  - 3 tablespoons sherry vinegar
1. Place the bacon in a dry medium sauté over medium-low heat. Do not stir until browning can be seen in the bottom of the pan, about 10 minutes. Flip bacon to finish browning. Remove from the heat.
  2. Meanwhile, whisk all other ingredients together in a small bowl.
  3. When bacon is brown, pour the shallot mixture into the bacon slowly, whisking continuously.
  4. Season with kosher salt and freshly ground black pepper.

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*Smith Printing thanks the SNC, Shandon Times Editor Julie Ruff and Neighborhood Residents for the opportunity to print your neighborhood newsletter!*



**2014 Meetings of the Shandon Neighborhood Council:** Meetings are held the second Monday of every other month and begin at 6:15 pm. **May 12** at Sims Park • **July 14** at Emily Douglas Park • **September 8** at Sims Park • **November 10** at Emily Douglas Park



Good neighbors and pet lovers of Shandon, it's time to start collecting those much needed items for the annual "Fill The Red Truck" event to benefit the Columbia city animal shelter, and The Animal Mission, which funds the free spay/neuter program and adoption for countless animals in the Midlands.

The weekend of May 17 & 18th, 9 am to 5 pm, the Red Truck will be parked at the corner of Heyward and Holly to receive

donations of pet food and supplies for the animal shelter, and monetary donations for the Animal Mission, which will also make spay and neuter vouchers available. More than just a pet food drive, the event has become a social gathering for neighbors and their pets to meet and make 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 little while.

The standing wish list of items 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, pet treats, toys and leashes. Checks can be made out to The Animal Mission.

We look forward to another great spring weekend of meeting old and new neighbors walking, running, and driving by to make our shared goal of "filling the red truck" happen again.

\*\*In the event of rain, the red truck will be parked in the carport behind the house at 2901 Heyward St.\*\*



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