



# SHANDON TIMES

*Neighborhood News*

SHANDONNEIGHBORHOOD.COM

## SHANDON NEIGHBORHOOD COUNCIL

**Charles Appleby, President**  
3503 Duncan Street / 609-2680  
Charles.L.Appleby@gmail.com

**Polly Thompson, Secretary**  
2509 Monroe Street / 920-2091  
pollyth1@aol.com

**Rachel Vail, Treasurer**  
2519 Duncan Street / 319-7087  
rchlvail@sc.rr.com

**Ron Burns, M.D., Past President**  
2524 Heyward Street / 422-6578  
shandonnews@gmail.com

**Daniel Coble**  
3901 Yale Avenue / 261-4147  
cobledm@gmail.com

**George Crouch**  
2315 Wilmot Avenue / 753-4247  
gcrouch1@gmail.com

**Lois Elijah**  
2612 Burney Drive / 771-7897  
elijah0814@gmail.com

**Sally Foster**  
Wheat Street / 661-6793  
Fostersf4@gmail.com

**Mary Greene**  
120 Woodrow Street / 771-7347  
greenegrassroots@aol.com

**Derek Gruner**  
2428 Wilmot Avenue / 237-1338  
derekgruner@gmail.com

**Kelly Scott Hynes, M.D., Ph.D.**  
Monroe Street / 446-6439  
khynes13@msn.com

**Martha Johnson**  
2830 Duncan Street / 252-2223  
mejohanson@sc.rr.com

**Mary Roe**  
3431 Wheat Street / 413-5356  
mroe@palmettoconservation.org

**Andy Shlon**  
3450 Blossom Street / 629-6577  
andyshlon@yahoo.com

**Deborah Thomas**  
223 S. Holly Street / 315-2844  
dthomas32@sc.rr.com

## Shandon Times

**Dr. Ron Burns, Editor**  
shandonnews@gmail.com

## Letter from SNC President Charles Appleby



Who lives in the best neighborhood in Columbia? That's right, you do. This year, Shandon again won "Best Neighborhood" in the Free Times *Best of Columbia* awards. The description of our neighborhood provided by the writers at the Free Times was spot on, reading, "With its excellent schools, shaded sidewalks, historic brick bungalows and easy access to Five Points, downtown, Forest Acres and the Vista, you simply can't beat it — though many have tried." The only thing I would have added is the incredible individuals, couples, and families who, to me, truly make our neighborhood the best in the world.

Those, like yourself, truly make our neighborhood the best in the world because in good times and bad, we are there for each other as friends and neighbors. This was especially illustrated during the recent rains and horrible flooding. I want to thank you for your efforts thus far, and continuing forward, as the response provided by everyone to help our neighbors, the city and those throughout the state demonstrates the type of character that makes Shandon such an incredible place. On behalf of myself and all of the neighborhood council, please know our thoughts and prayers are with everyone who was and continues to be impacted by this situation.

Since so many different businesses, churches and non-profits have done an amazing job organizing different volunteer groups to help with the flooding situation, the neighborhood council does not plan on having a separate organized group. We do, however, encourage you to assist with one of the other groups and if there is anything any of us on the council can do for you, please let us know.

Speaking of great neighbors, I want to thank Andy Shlon, our council members and everyone for their hard work in making this year's National Night Out a huge success. I also want to thank Mary Lane Sloan and her team for arranging the family fun movie nights throughout the summer and fall.

While movie nights are coming to a close we still have a lot to get excited about with our 34th annual Shandon Turkey Trot on Saturday, November 21. This marks the first of a multi-year partnership with Strictly Running and, based on what I've heard, it is going to be an incredible event you definitely don't want to miss. Find out more by visiting the website, [www.shandonneighborhood.com](http://www.shandonneighborhood.com), and clicking on the "Turkey Trot" link on the bottom left.

Also, coming up are City Council Elections on November 3. It is very important to vote in the election to ensure your voice is heard as these individuals will make decisions which directly impact our neighborhood and our city as a whole. We encourage you to support whichever candidates you feel will do the best job, while at the same time asking that you act respectfully to fellow neighbors who may support other candidates.

I am proud to say your neighborhood council is doing everything it can to lead by example when there are differing views. Many times the city zoning board asks the council to provide input on variance requests and other matters which impact the neighborhood. Members of the neighborhood council do not always agree on the position to take, but do their research, intelligently debate the issues, remain flexible throughout the process to see if compromises can be reached, then vote in the way they think is best for the neighborhood as a whole. Most importantly, the entire time, including after the decision is made, they remain cordial and respectful of each other, regardless of whether or not their position won. You should be very proud of them. I know I sure I am.

Lastly, please make sure to continue checking out the "Calendar" link located at the top of the neighborhood website. On this page you will find events in the neighborhood as well as ones sponsored by one of the three business districts immediately surrounding the neighborhood (i.e. Devine Street Association; Five Points Association; and Rosewood Merchants Association).

This fall and winter are looking to be a lot of fun and if you have any suggestions for the neighborhood council, or questions about how you and your family can get more involved, please let me know. I love the Shandon Neighborhood and am honored to serve you.

Sincerely,

*Charles Appleby*

[Charles.L.Appleby@gmail.com](mailto:Charles.L.Appleby@gmail.com); 803-609-2680 (Cell)

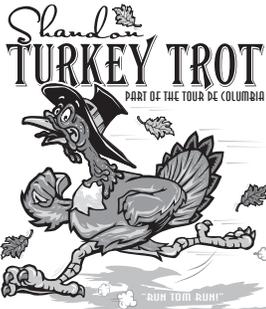


**Congratulations to our  
Yard of the Month winners  
for the month of September!**

**510 AMHERST  
2827 WILMOT**

*Lots of beautiful yards out there;  
who will be next month's winner?*

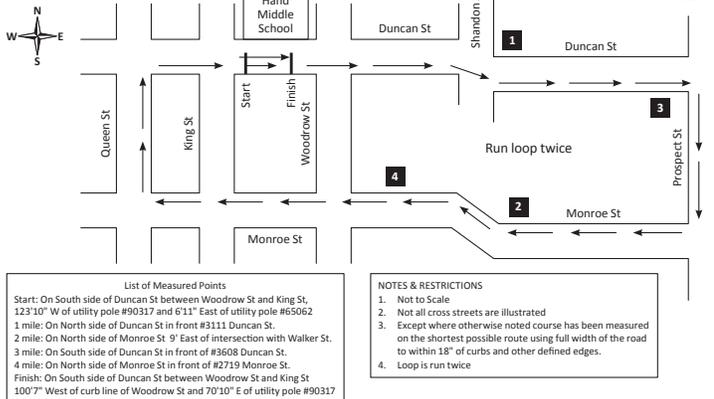
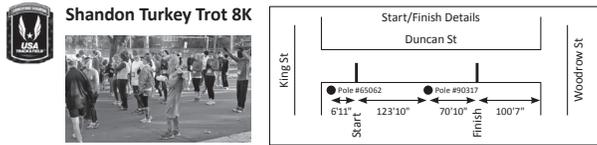
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**34TH ANNUAL**  
**8K RUN & 4K WALK**  
 2 PERSON 8K RELAY & KIDS FUN "TRACK" RUN  
 NOVEMBER 21, 2015

Are you ready for the **34th annual Shandon Turkey Trot, Nov. 21?** You know it's not just the same old 4K/8K. We are adding a two person 8K relay and a Youth Fun Run around the track at Hand Middle School. And that's not all, this year we're doing it **BACKWARDS!** **!SDRAWKCB!** Instead of the traditional east to west start of past years we will be setting out from Duncan heading east across Woodrow toward Maple making a clockwise run. This year's route will still cover the USATF certified run of past years. Please note: **Registration starts at 6:30am with races at 7:30am (800m Kids Fun Run) and at 7:45am (8K Run, Relay, and 4K Walk/Run)**

As in past years you can obtain all sign-up information and do the whole deed on the **Strictly Running** website **STRICTLYRUNNING.COM**. Just click "**Register Online**" below the classic "Run Tom Run" Shandon Turkey Trot logo. Register by Nov. 7 and save \$\$.



# Homes for the Holidays IS MOVING TO SATURDAY, DECEMBER 5TH !!

This year the annual Shandon/Hollywood-Rose Hill **Homes for the Holidays Tour** is **MOVING to SATURDAY, December 5th** from 12:00 Noon to 5:00 p.m! We will have lined up seven great homes for the tour for you to enjoy, as well as the Heyward Street United Methodist Church. The Homes will be beautifully decorated for the Holidays, and several homes will feature tastings by local restaurants! The Church will highlight their work with the Family Promise program, working with area churches and families who need assistance transitioning from homelessness.

Ticket outlets will be posted soon on the Shandon website, [www.shandonneighborhood.com](http://www.shandonneighborhood.com) and also October 15th - December 5th they will be available to purchase on-line through the neighborhood website as well for \$20. If you buy your tickets in advance this year, either at our outlets or on-line, you will be able to exchange those advance purchased tickets for your tour booklet at a drive-up line at Dreher High School the day of the tour, and not have to park and come inside.

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. Please join us to kick off the Holiday season with your friends and neighbors and support our schools and neighborhood projects.

If anyone 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 20th. Advertising rates are \$165 for a full page and \$105 for a half page. 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 Mary Greene or Ron Burns (e-mails on front of newsletter).



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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  
[www.JamesSmith.com](http://www.JamesSmith.com)

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. I'd like to wish everyone a happy holiday season!

Most sincerely,  
**Seth Rose**

Smith Printing thanks the SNC, Shandon Times Editor Dr. Ron Burns and Neighborhood Residents for the opportunity to print your neighborhood newsletter!

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New for 2015!



# Shandon Neighborhood Council Home Security and Safety SPOTLIGHT

While it's difficult to protect your home from professional thieves, most home burglaries are done by amateurs. These thieves are more easily thwarted if you employ some of these simple security precautions:

- Plan to "burglarize" yourself. You'll discover any weaknesses in your security system that may have previously escaped your notice.
- Lock up your home, even if you go out only for a short time. Many burglars just walk in through an unlocked door or window.
- Change all the locks and tumblers when you move into a new house.
- For the most effective alarm system, conceal all wiring. A professional burglar looks for places where he or she can disconnect the security system.
- Your house should appear occupied at all times. Use timers to switch lights and radios on and off when you're not at home.
- If you have a faulty alarm that frequently goes off, get it fixed immediately and tell your neighbors that it's been repaired. Many people ignore an alarm that goes off periodically.
- A springlatch lock is easy prey for burglars who are "loiding" experts. Loiding is the method of slipping a plastic credit card against the latch tongue to depress it and unlock the door. A deadbolt defies any such attack. It is only vulnerable when there is enough space between the door and its frame to allow an intruder to use power tools or a hacksaw.

Check out this video for some simple DIY reinforcements for your front or back door.

<https://www.youtube.com/watch?v=5VdfW4eBfGA>

## ★★★ NATIONAL NIGHT OUT ★★★

It was a dark and stormy night ... no, actually, an earlier rain had cooled things down making the evening downright pleasant – at least for August in SC! A goodly collection of Shandon neighbors came to enjoy free Baskin Robbins Ice Cream and grilled hot dogs from Ole Timey Meat Market nestled in buns from Andy's Deli. Some of our youngest residents cooled themselves in the splash pad water spray while others enjoyed the newly equipped playground. Many took the opportunity to mix and mingle with our local police and firemen attending. The City Police canine unit introduced the capabilities of their four-footed "officers". And nearby there was a bright red rescue truck from Fire Station Number 9 which had taken a leisurely cruise from its Devine Street location to be on display, to the delight of an enthusiastic group of young onlookers. At 8 pm as darkness neared, cleanup of Sims Park was assisted by a number of wonderful volunteers, both official and non-official.

Special thanks to the efforts of City Councilman Moe Baddourah, Mr. Mike and Gladys from Columbia City Parks, perennial chief cook Jesse Burke, grillmaster John Myrick (Love Chevrolet), and among others: Helen Foley, Mary Greene, Martha Johnson, Lois Elijah, Deborah Thomas, George Crouch, Derek Gruner, Rachel Vail, Kelly Hynes, Ron Burns, and... organizing the whole show... Andy Shlon!

If you did not have the opportunity to join us this year please put 6-8pm on Tuesday Aug. 9 on your calendar for 2016; hope to see you there!



2930 Devine Street, Columbia, SC 29205  
(803) 661-9174

Open 6AM – 2PM Every Day!

We are celebrating our one year anniversary here on Devine Street! We want to thank you, our customers, for your patronage and support! We will continue to provide the highest level of customer service possible for many years to come!

Thank you Shandon!

## A spicy game day appetizer from your friends at Eggs Up Grill

My staff and I hope that you are as excited for this year's football season as we are! We are looking forward to providing you another great year of service throughout another exciting year of Gamecock and Tiger football!

Since we are kicking off another tailgating season here in Columbia, we wanted to highlight an awesome game day recipe that is sure to please your friends and family that will also be fairly easy to prepare in advance and transport to the game! But be warned, this app is *spicy*! I always tell my friends to enjoy them with caution at a moderate pace!

## ~ SPICY SAUSAGE STUFFED JALAPEÑOS ~

- 2 dozen medium-large sized fresh Jalapeños
- 1 ½ tablespoons of minced garlic
- ¼ cup of sour cream
- 1 pound of spicy/hot ground sausage (a milder sausage can be substituted to tone down the heat)
- 1 ½ tablespoons of olive oil
- 1 pound of regular cream cheese
- Pepper
- 2 separate cups of shredded Monterey Jack cheese
- Paprika
- \*\*One pair of food-safe rubber or latex gloves\*\* VERY IMPORTANT!

To begin, bring a saucepan to medium heat and cook the sausage until browned. While the sausage is cooking, you can begin to prep your jalapeños.

\*\*This is where your gloves are *very important*! The seeds and juice inside of the fresh jalapeños produce the majority of their heat, so we want to get them out! Be very careful when cutting the peppers and removing the seeds; using the gloves will prevent your hands from retaining any of the juice after you are done.

\*\*Also use caution during this process and make sure not to touch anything but the peppers and tools you are using; touching your face with the juice on your fingers can be painful!!!

I find that the easiest way to remove the insides is by doing it all at once! Begin by cutting all of your jalapeños in half and placing them in a bowl. Once you have all your halves, use a spoon to carefully scrape the seeds directly into a trash can or a separate bowl for tossing later. This is the most labor intensive step of the recipe, but it will pay off in the end! Again, be very careful with the juice, and make sure to scrape away from yourself to keep it away from you!

When your sausage is fully cooked and brown, empty it from the pan into a bowl or dish lined with paper towels to remove the extra fat produced during cooking; allow it to cool for a few minutes, and when the fat is dried up place the sausage into a new mixing bowl. When you bring your sausage off of the stove to cool, remove your cream cheese from the fridge.

Now to make your stuffing: Combine the cream cheese, one cup of your shredded cheese, sour cream, garlic, oil, and pepper until you have a nice even mixture. I do not tend to add any salt to this mixture, as the sausage tends to bring plenty of saltiness to the bowl as it is.

Almost there! If you are preparing your peppers for the next day, you can wait to put them in the oven until then. If not, go ahead and preheat your oven to 325°F and prepare a cookie sheet with a light coat of cooking spray or oil. Begin stuffing your pepper halves with just enough stuffing to create a nice rounded football shape on top, and place them tight together on the pan so that they will not roll over when placed in the oven. When all of your peppers are on the sheet, use the remaining cup of shredded cheese and sprinkle it evenly over all of your peppers. Place the sheet in the oven to bake for about 15-20 minutes until the cheese begins to bubble and brown lightly on top. Carefully remove the pan and allow to cool. Sprinkle paprika lightly over the peppers and serve with ranch or any of your favorite dipping sauces and enjoy! Don't eat them too fast though, their heat can be deceiving!



## Shandon Neighborhood Council

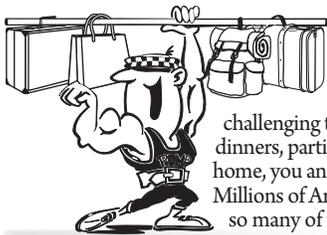
Dr. Ron Burns, Editor  
2524 Heyward Street  
Columbia, SC 29205



# Homes for the Holidays IS MOVING TO SATURDAY, DECEMBER 5TH !!

*Details Inside*

**Upcoming Events & Meetings of the Shandon Neighborhood Council:** Meetings are held the second Monday of every other month and begin at 6:15 pm. **November 9** at Sims Park • **January 11** at Emily Douglas Park • **March 14** (Annual Meeting) at Heyward Street United Methodist Church • **Shandon Turkey Trot: November 21** • **Homes for the Holidays Tour: December 5**



## KEEP ACTIVE WHILE TRAVELING THIS HOLIDAY SEASON

The holidays are among the busiest and most challenging times to be healthy. Our schedules are altered due to dinners, parties, children's programs and travel. While away from home, you and your family can still practice your healthy lifestyle. Millions of Americans will travel during year-end holidays. With so many of us on the road or in the air, let's take a look at what we can do to let ourselves exercise while traveling. You might even try something new and like it!

## S+ANDON S+APE-UP

While booking your accommodations, check to see if there is a hotel gym or pool. Ask what equipment is available and the hours of operation. There also could be yoga or aerobic classes offered during your stay. Some hotels and resorts offer personal trainers on site. If you are staying where there is not a gym, ask the front desk for a local fitness facility. Many gyms will offer one day passes. You may also inquire about local parks and safe walking routes.

Depending on where you travel some tourist spots may double as a workout. You may want to try hiking, bicycling and skiing. A pedometer is a great addition to show how far you have walked during your journey through the great outdoors or while shopping. Think outside your normal scope and you may be surprised at the new activities that you enjoy.

When you are visiting family and friends at their home, open your mind to try their exercise routines. Or bring your own equipment with you. I have several pieces of workout gear that I have found easy to pack. First, make sure you have proper clothing and always pack comfortable shoes. Resistance bands are lightweight and fit easily into your suitcase. They provide you a great strength training or rehabilitation program. Jump ropes bring out the child in all of us. This is a fun tool that will let you and your children fit in a cardio workout. Light dumbbells add to a more intense walk or jog. A local park will provide you with an inexpensive option for a gym. Cross the monkey bars, take your basketball to the court, pushup on the picnic tables. Get creative and have a blast!

No matter what your travel schedule or where you end up over the holidays—there is no excuse not to move! Make time for you and your fitness. There are ways to make exercise fit into your busy schedule. Exercise will help you remain healthy during these busy weeks. Enjoy your loved ones and help them adopt a healthy lifestyle this season.

In good health, *Brooks Wheeler* | [www.best-self-fitness.com](http://www.best-self-fitness.com)

**David J. Watkins II, CPA**

3103 Devine Street  
Columbia, SC 29205  
david@davidjwatkins.com

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