

SHANDON TIMES

Neighborhood News

SHANDONNEIGHBORHOOD.COM

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Shandon Times

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Letter from SNC President Charles Appleby



As I write my last letter as President, I want to thank the incredible neighborhood council, all of you as neighbors, and our wonderful merchants. It is because of you that this past year was such a success and this coming year will be even better! Below is a short recap of our events, issues important to you that were addressed, and how you were kept in the know during 2015.

Great Events

In the spring, the **Easter Egg Hunt**, which started in 2010, continued to thrive and will be bolstered next year with local neighborhood merchant, Eggs Up Grill, serving as the primary coordinator. The agreement with Eggs Up Grill (and Strictly Running, see Turkey Trot below) ensure the events remain neighborhood events with council involvement, but place primary coordination duties with those who have expertise in hosting events. The council is excited about these arrangements as it believes they will continue to improve the experience for all neighbors and sponsors involved. In August, **National Night Out** was a big success with neighbors, police, and firefighters all coming out to enjoy hot dogs and ice cream together. This November was the 35th Annual **Turkey Trot**, and marked the first year in a four year agreement with local neighborhood merchant Strictly Running. The event generated one of the highest turnouts ever with almost 400 runners and walkers from age 5 to 85. Finally, in December, the neighborhood hosted the annual **Homes for the Holidays Tour**, featuring some of Shandon's finest homes, old and new.

Addressed Issues Important to You

In addition to wonderful events, the council also addressed issues important to you this year. First, **council finances** were always distributed during council meetings but, as a result of a request to place them online to ensure access at all times, they are now on the neighborhood website. Second, the council addressed, and provided input to the City, on **special exception and zoning requests**, including the new Urban Cookhouse, opening on Devine Street, for which the council organized a Q&A session for all neighbors with the owner Will Gillespie. Also, the new owners of the old Masonic Lodge are working to schedule a Q&A for neighbors in which a member of city staff will explain the zoning options so everyone understands what is possible to help the property no longer sit vacant, but also ensure it does not become a commercial business. Third, the council continued to address **safety and traffic issues**, including those brought by neighbors on Burney Street as well as Blossom Street. To help expedite these issues, the council formed a Transportation Committee to take the lead on communication with the city. While this Committee is working hard, the issues have not been addressed as timely as desired, due to the city needing to focus all of its attention on issues caused by the historic flood. The Committee is continuing to communicate with the city about these issues to ensure they are not forgotten. If you want to know the status of the current transportation issues, or have new ones you want the council to discuss, email Martha Johnson at mejohanson@sc.rr.com.

Kept you in the know

Lastly, the council worked hard to keep you in the know throughout the year. Two new aspects of communication were the **Neighborhood Essentials publication**, which included pertinent contact information and a calendar of events for the year, and the **website**, which started in 2011, continuing to expand with the addition of the "Races and Festivals Around Shandon" page as well as posting of the council financial reports. We are hoping to have a website tutorial soon so we can learn how to continue to improve the website.

Get Involved

We are looking for new Council Members to replace those whose second term ends this March. Serving on the Council is a great opportunity to be more involved with the neighborhood and we would love for you to be one of our next council members. If you are interested, please send an email as soon as possible to Charles.L.Appleby@gmail.com; shandonnews@gmail.com; or Rchlvail@sc.rr.com. Our Annual Meeting, during which new council members and executive officers are elected, is March 14 at Heyward Street United Methodist Church.

Thank you again for allowing me the opportunity to serve as your neighborhood council president and to all of the incredible council members, elected officials, neighbors and merchants who made this past year such a success. Here's to another great year in Shandon!

Sincerely,

Charles Appleby

Charles.L.Appleby@gmail.com (803-609-2680)



SHANDON SHAPE-UP

Keeping our Fitness Resolutions in 2016

It's that time of year again...

to start fresh, focus on new goals and tell ourselves that we are going to make changes. Right? The beginning of the year is exciting and a great time for a fresh start for our mind and body. We are energized and think this year will be different from the last. Those 15 pounds are going to finally go away and completing that half marathon in the Spring is at the top of my list.

Close to half of adults make New Year's Resolutions with good intentions but many do not keep them until February. Wanting to make resolutions is a good thing even if you don't follow through with them. It ultimately means that you have hope and belief in your ability to make change. Let's discuss ways that we can make these fitness resolutions stick and let 2016 be the best year ever.

✚ Determine if you are ready to make the changes in your life. Make sure you are both

physically and mentally ready to start an exercise program. The first step is to check in with your doctor to make sure you are in good health to start exercising. Speak to him/her about your goals. You are more likely to succeed if you have confidence in your ability. A great way to do this is start with an exercise that you are good at and enjoy. Bring out the old high school tennis racket or if you miss your softball days find a local team to join. You will be able to continue exercising if you have a desire to do it.

✚ Create a plan of action. When will you exercise? Consider your job, family and other activities that could become barriers to the times. Pick three days/times each week that are comfortable for you to maintain. What will you do? Think of something that you are interested in and have access to doing. Walking is an exercise that requires no equipment. Also consider other activities such as cycling, swimming, running, strength training, yoga, dancing, golf, tennis and team sports (bowling, basketball, softball).

How much time can you exercise? If needed, start with as little as 10 minutes and work your way up to 30 minutes or more.

✚ Talk to your friends and see if anyone else has made the same resolutions as you. Your journey will be smoother with a partner as your support system. Check your calendars and make "exercise dates" each week. Having that appointment scheduled makes it less likely to skip your workout.

✚ Be practical. One of the biggest problems I see with clients in the New Year is wanting too much too soon. It's a lifestyle change and it takes time to adopt and see results. For example, it's not feasible or healthy to take a large amount of weight off in the first month of your journey. It becomes unsafe and unhealthy for your body and your mind. Be patient and have fun. The results will be rewarding and you will feel outstanding with your accomplishments.

Here is to a happy and healthy 2016,

Brooks Wheeler
www.bestselffitnesscolumbia.com



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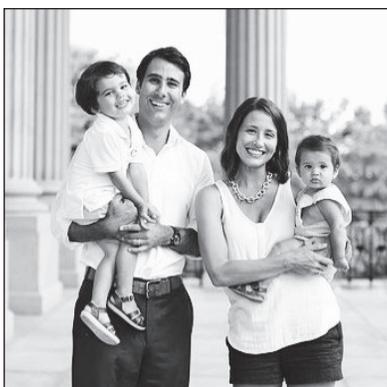
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If I can ever be of assistance, please do not hesitate to contact me:

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Paid for by James Smith for the House



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



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Fall 2015

SHANDON TIMES
 Neighborhood

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Behind the Scenes

THE 2015

Shandon & Hollywood-Rose Hill Christmas Tour of Homes a Success!



Over 200 tour guests enjoyed seven homes, a church and Rosewood Elementary School. Many turned to social media to complement the excellent quality of this year's homes and decorations. The challenges for the organizing committee, however, were many.

As readers will recall, the Tour Committee chose 2015 to test a change from Sunday to Saturday, hoping that the change might prove more convenient for both visitors and hosts, ie, no rush after Sunday morning and earlier hours to avoid the curtain of darkness. The decision was based on expert recommendation. That surely makes good logic, right?

Unintended consequences followed. With an effect similar to the exit of Steve Spurrier, several of the home "recruits" previously lined up for the tour became de-committed due to conflicts with Saturday seasonal obligations. As the final deadline approached, through much anguish and a great deal of effort, the members of the committee managed to find a new (and excellent!) slate of homes for the Tour. Whew! Tragedy averted! But, oh, no... just as the sighs of relief spread, only days before the Tour, word came that the scheduled location to exchange tickets for tour booklets had cancelled. You see, it was the Saturday of the SAT test at Dreher High School and test security demanded that there be no other activities at the school, even in the parking lot where booklets were to be distributed. Thanks to quick wits and the generosity of the Heyward Street United Methodist Church, the booklets were distributed on the day of the tour in the church's parking area... All went well.

If you would like to be part of next year's Tour of Homes please contact Mary Greene (Greenegrassroots@aol.com) or email the editor (Shandonnews@gmail.com).

Rosewood Elementary Celebrates 90 Years



Presently serving over 400 students, Rosewood Elementary retains its original charm with beautiful wooden floors and a neighborhood atmosphere. The school hosted an open house in conjunction with the Christmas Tour of Homes. Staff, students and supporters had assembled an entertaining journey through the years from 1925 to the present. Under the leadership of Principal Elizabeth Williams (pictured above), teams decorated individual Christmas trees for each of the nine decades since the school's founding. Each was adorned with period news stories and examples of technology or culture characteristic of the time. Many included historic pictures of the school, students or events. It was a superb tribute to this neighborhood school's place in our history and a demonstration of the creativity of her faculty and students.



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

Open 6AM - 2PM Every Day!

Everyone at Eggs Up Grill would like to wish you all a very Happy New Year! 2015 has been wonderful to us, and we hope it has been wonderful for you! Here is to wishing you all the best in 2016!

Now, here is an easy and delicious dinner recipe sure to please your entire family:

~ BACON WRAPPED ~ PORK TENDERLOIN

This is a great recipe that I have grown up eating with my family and have continued to prepare for myself and friends ever since. Not only is it easy to prepare and does not take very long to cook, but a pork tenderloin is affordable and can easily feed the whole family as your main course.

What you will need:

- A Whole (1½ - 2 lb) pork tenderloin (I suggest buying one that is fresh and unseasoned to avoid any extra preservatives and additives that usually are included in a package that is pre-marinated)
- 1 lb package of uncooked bacon (thicker cuts of bacon suggested)
- 1 tsp ground black pepper
- 1 tsp salt
- 1 tsp onion powder
- 1 tsp garlic powder
- ½ tsp chili powder
- ½ tsp oregano
- 2+ tsp extra virgin olive oil

Firstly, you will want to prepare by ensuring your tenderloin is fully thawed; if you purchase it frozen or freeze it after grocery shopping, set it in the fridge the night before to allow it to be fully thawed.

Begin by preheating your oven to 350°F. While your oven is preheating, combine all of your dry seasonings in a small bowl and mix together well. Remove the tenderloin from the package and give it a quick rinse under cold water, then place it on some paper towels to dry. When dry, prepare it for the seasoning by coating it in your olive oil with one hand; when fully coated, use the other clean hand to evenly sprinkle the mixture over the meat and rub it into the meat with your dirty hand.

Once the tenderloin is evenly seasoned, begin wrapping the uncooked bacon tightly around one end and working your way across; when you come to the end of one piece it helps to tuck it tightly under itself to hold, and overlap with the next piece as you continue. Once your tenderloin is fully wrapped in delicious bacon, if you have any loose ends you may need to use some toothpicks to keep them tightly attached to the loin—now you are ready to cook!

Place your tenderloin in a baking dish and place in the preheated oven for 45 minutes - 1 hour. Cooking time can be decreased by cooking at 400°F; however I always aim to cook this recipe a little bit slower and lower. Just remember that you will want your internal temperature to reach 160°F - - - Many tenderloins come prepackaged with a little plastic indicator that will pop out automatically when 160°F is reached, but if you have a meat thermometer, try to remove it at 155°F; once removed wrap the pan in tin foil and allow it to rest for about 10-15 minutes—meat will always continue to cook for a bit while resting, so by doing this your internal temperature will easily reach the required 160°F, and be juicy and perfect!

When ready, slice the tenderloin into medallions and serve! Be wary however, anyone around may attempt to pick at the loose bacon pieces in your pan before the dish reaches the table!



Shandon Neighborhood Council

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

Upcoming Events & Meetings of the Shandon Neighborhood Council: Meetings are held the second Monday of every other month and begin at 6:15 pm. **March 14** (Annual Meeting) at Heyward Street United Methodist Church • **May 9** at Sims Park • **July 11** at Emily Douglas Park **August 2 - National Night Out** at Sims Park • **September 12** at Sims Park • **November 14** at Emily Douglas Park • **November 19 - Turkey Trot** **December 4/5 - Christmas Tour of Homes**

City Council Members Sworn In

Congratulations to our returning District III City Councilman Moe Baddourah and welcome to two new members: Councilman At-Large Howard Duvall, Jr. and District II Councilman Edward McDowell, Jr.

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**Congratulations to our TWO
Yard of the Month 'Winners for the Holidays!**

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*Yard of the Month 2016 will start up in May. Lots of beautiful
yards out there; who will be the next winner?*

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