



SHANDON TIMES

Summer 2014

Neighborhood News

SHANDONNEIGHBORHOOD.COM

SHANDON NEIGHBORHOOD COUNCIL

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Shandon Times

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Letter from SNC President Ron Burns



Nice Work! Have you had a chance to admire the new signs announcing entry into the Shandon Neighborhood? These attractive signs are perched atop the poles above the existing street signs at the major points of entry into our neighborhood. We owe thanks to Daniel Coble who worked over many months to refine the design, select a local manufacturer and coordinate with the city for approval and installation. And a special “Thank you” to several generous donors who have

stepped forward to help fund the project, including County Council member Seth Rose, City Council member Moe Baddourah and Shandon Neighborhood Council member Kelly Hynes of 20!20 Vision. Of course, we already know who we are and where we live but these signs should enhance name recognition for this special place we call home and for which we are justly proud.

Next: Coming up next month is the Ice Cream Social sponsored by the neighborhood council during the National Night Out event. It will be at Sims Park (Duncan St at Bonham Rd) on Tuesday August 5 from 6:00 to 8:00 pm. It’s a free and very family friendly event with a large playground, active waterpad, Baskin Robbins ice cream, hot dogs and cold drinks. This year Andy Schlon has arranged for special demonstrations by both the fire department and the police department. Please come and join us for this neighborhood celebration.

Our next Shandon Neighborhood Council meeting will be at Emily Douglas Park on Monday July 14 at 6:15 pm. We hope to have an introductory visit from the new CPD police Chief “Skip” Holbrook and will have an opportunity to ask questions of our local police representatives regarding any activity within our area. We plan discussions regarding a basketball goal at Sims Park as well as a new proposal to put a tennis court at Sims. The meeting will include new developments in Council activities such as the Palmetto Trail project, the Fall Turkey Trot Run and the December Tour of Homes. As always the “business” portion of the meeting will include updates from our treasurer noting all donations and expenditures since our last (May) meeting.

Remember: This is your neighborhood so please come share your ideas with the rest of us. Thanks!

Ron Burns

The first Belinda Gergel Neighborhood Leadership Award was presented by the Shandon Neighborhood Council to Dr. Nancy K. Freeman for her outstanding service and contributions to Shandon on March 10, 2014. Dr. Freeman is a retired Associate Professor of Early Childhood Education at USC. Nancy lent her early childhood expertise to the neighborhood in selecting safe, durable, and fun playground equipment for Emily Douglas Park. She also spearheaded the effort to have a dog park in Shandon and can be seen with her dog Sally at the park almost daily. Nancy, her husband John, and their dog Sally live on Wilmot Avenue.



Shandon Neighborhood signs are now up around the neighborhood.

If you would like to purchase one, please email Daniel Coble at cobledm@gmail.com. They are sold individually for \$50 or you can have it hung on your preferred street corner in Shandon for \$75 (sign plus bracket). We have a limited supply, thanks!

SHANDON NEIGHBORHOOD Yard OF THE Month

Congratulations to Yard of the Month Winners!

APRIL – 207 King and 2721 Wheat

MAY – 2421 Monroe

JUNE – 3612 Coleman

SUMMER FUN

MOVIE NIGHT
In the Park

Movie Night in Emily Douglas Park Returns!

Movie Nights are the third Friday of each month through October. Gates open at 7:30 and the movie begins at 8:00. Please bring a can or two for Harvest Hope Food Bank!

Popcorn and water will be provided by our sponsor, Mary Lane Sloan with The Art of Real Estate! Big thanks for bringing movie nights to Shandon for the past several years!

July 18 - Enchanted
August 15 - Willy Wonka
September 19 - Mary Poppins
October 17 - Hocus Pocus

Summer Concert Series at Finlay Park

Saturday Nights in June, July & August

Concert—7pm to 10pm
Karaoke Idol—6pm

Every other week beginning June 14th



ROSEWOOD ARTS FESTIVAL **SAVE THE DATE!**

Artists, Art Patrons and Cheeseburger Lovers! "Save the Date" for the 4th Annual 2014 Rosewood Arts Festival on **SATURDAY, SEPTEMBER 20**, from 10-6 on the grounds of **ROCKAWAYS!**

The Rosewood Arts Festival is free to the public, and only \$30 per booth for artists. Artists, check out the Rosewood Arts Festival Facebook page for details on the Call for Artists. There will be a \$300 prize for the Best Cheeseburger & Cheese Fries Artwork, plus other artist prizes and giveaways to attendees. Plus, live music all day from two stages—groups such as the South Carolina Philharmonic Orchestra Musicians, Tom Hall & the Plowboys, the Columbia Marionette Theatre and the Dreher Choral Group. And more artwork than you can shake a cheese fry at, with face painting, children's crafts, etc. The Rosewood Arts Festival is co-hosted by the Trenholm Artists Guild and Rockaways. See you there on Saturday, September 20!!



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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SHANDON SHAPE-UP



Why do we need a strong core?

Everyone is talking about strengthening your core. I know I do with my clients. But why is it so important? Well, our core muscles help us do just about every movement our bodies make. These muscles also play a major role in supporting our spine. A strong core is important for balance, stability and flexibility. Most of us have a good idea that our core consists of our abdominal muscles. The core muscles also include the back, legs and chest.

We try to keep every aspect of our lives in balance. We spend a good amount of time balancing our work and family to balancing our checkbooks. Keeping our physical balance is just as important. Balance is key in keeping control of our body's movements. Better body balance makes it easier to move and helps prevent injury. You need to use your balance so you don't lose it.

Improving your balance and stability is easy to do and does not require special equipment. It will make it easier to do most physical activities and help you reach your fitness goals. Simple balance exercises are standing on one foot, side and back leg raises, and walking heel to toe. Here are couple more plank exercises that will assist you in strengthening your core and balance.

Plank: Start in push up position, then lower your forearms to the ground so that both elbows and fist are flat to the ground. Your palms should be directly underneath your shoulders. Curl your toes and engage your abs by tilting your pelvis and pulling your belly button towards your spine. Keep your neck and spine neutral while flexing your abs and glutes. Your body should make a straight line from your heels to the back of your head.

Plank Walk Outs: From standing position, inhale reaching overhead, exhale folding forward to walk hands out on the ground to plank position, hold plank for inhale, as you exhale walk hands back towards feet to roll up, inhale reaching overhead and repeat. Bend the knees as much as you need to maintain square hips. Your hamstrings will loosen as you move through the repetitions.

In good health,

Brooks Wheeler | www.best-self-fitness.com

SUMMER SPECIAL!
20% OFF
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20!20
VISION



Kelly Scott Hynes, M.D., Ph.D.
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Spring 2014

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Neighborhood News
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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!

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Get Cooking with
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CRISPY SHRIMP CAKES WITH BASIL YOGURT SAUCE

Serves 8

SHRIMP CAKES

- Canola oil
 - ½ pound shrimp, peeled and de-veined
 - 2 teaspoons blackening seasoning
 - 1 cup mayonnaise
 - ½ red, yellow, or orange bell pepper: ribs and seeds removed; diced
 - 4 green onions, thinly sliced
 - 1 teaspoon dry mustard
 - 1 teaspoon lime juice
 - 1 cup Panko bread crumbs
 - ¼ teaspoon kosher salt
 - Dash of hot sauce, like Sriracha
 - Basil Yogurt Sauce (recipe follows)
1. Heat a medium sauté pan over medium heat. Add enough canola oil to lightly coat the bottom of the pan.
 2. When the oil is hot, add the shrimp in one even layer to the pan. Sprinkle the shrimp with the blackening seasoning. Cook undisturbed until shrimp are pink halfway up the sides, about three minutes. Flip and finish cooking on second side.
 3. Remove cooked shrimp from the pan and roughly chop. Set shrimp and pan aside.
 4. In a medium mixing bowl, place mayonnaise, bell pepper, green onions, dry mustard, lime juice, and panko and stir to combine.
 5. Add chopped shrimp to the bowl and stir again.
 6. Using a portion scoop, scoop out shrimp mixture into balls, and then flatten with the back of a spoon to form into cakes.
 7. Heat the same medium sauté pan over medium heat. Add additional canola oil if needed to lightly coat the bottom of the pan.
 8. When the oil is hot, add a few cakes to the pan, leaving about an inch of space between each.
 9. Cook each cake until golden brown on one side, about two to three minutes.
 10. Using a fish spatula, flip once and brown on second side. Remove the cakes and place on a paper towel-lined plate. Sprinkle cakes with kosher salt.
 11. Serve cakes with basil yogurt sauce.

BASIL YOGURT SAUCE

- ½ cup plain yogurt
 - 3 tablespoons fresh basil, chiffonade
 - 1 tablespoon fresh parsley leaves, chopped
 - 2 cloves garlic, pressed or peeled, and finely grated
 - ½ lime, zested and juiced
1. Place all ingredients in a bowl and whisk to combine. Season sauce with kosher salt and freshly ground black pepper.

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702 Crosshill Road | 803.509.8111 | charlestoncooks.com





Shandon Neighborhood Council

Julie Ruff, Editor
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Columbia, SC 29205

Green tip

SAVE IN THE "SPIN CYCLE"

Washing machines use 22 percent of household water and 13 percent of home energy use. Up your eco-quotient by washing in cold water and running only full loads, which reduces electricity, demand, emissions and the use of fossil fuels!

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



SUMMER DOG TIPS

Remember that if the pavement is hot on your feet, it is hot on their feet!

Fireworks terrify most pets. Please keep them inside during these times so your pet won't "make a break for it" and get lost!

NEVER EVER leave your pet in your car when it is warm or hot outside, even with the windows cracked. Temps rise very quickly, and they can die within minutes!

If you can, please put a bowl of nice cold water out for the pets being walked by their humans and remember to put fresh water in the bowl daily!



Shandon Real Estate Stats April-June 1

Provided by Mary Lane Sloan

| | AVERAGE LIST PRICE | AVERAGE SQFT | AVERAGE PRICE/SQFT |
|-----------------------|--------------------|--------------|--------------------|
| Active (20) | \$371,410 | 2412 | \$153.99 |
| Active Contingent (3) | \$265,666 | 1782 | \$149.06 |
| Active Inspection (3) | \$355,966 | 2394 | \$148.69 |
| Pending (10) | \$310,260 | 2415 | \$128.47 |
| Closed (23) | \$318,060 | 2196 | \$144.87 |



CAMP EDISTO PARK

Where: 1914 Wiley Street, Columbia, SC
When: Every THURSDAY in July
Time: 10:30am-2:30pm
Ages: 4k-12
What: Lunch, Games, Crafts, Music, Stories & More!
How do I register? Just show up any Thursday in July for a day of positive and uplifting fun!!

Free!

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