



SHANDON TIMES

Winter 2015

Neighborhood News

SHANDONNEIGHBORHOOD.COM

SHANDON NEIGHBORHOOD COUNCIL

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Shandon Times

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Letter from SNC President Ron Burns



You know, stuff can seem to happen much faster than I imagine. I recall thinking when I started this year as president of Shandon Neighborhood Council that having to write a "Good-bye" letter was a long, long way off. Now suddenly it is here.

I wish to thank you Shandon for the privilege of having served as your Council president during this past year. It has been a gratifying experience and a personal pleasure to work on behalf of the Shandon Neighborhood. Why would that be? Because, and I hope you will agree with me, we live in a thriving neighborhood that has become one of the most attractive, "walkable" and exciting places our city has to offer. It starts with us; when you step out your front door you will see that we the residents have made this place a community by being out there, walking it, running it and chatting with our neighbors.

Shandon Neighborhood Council works to enhance that community further by sponsoring social events and raising funds to be used by our schools and community. Within these past few weeks we have had the 33rd annual running of the Turkey Trot and have enjoyed the Homes for the Holidays Tour. Both are signature events reflecting the sense of continuity, and pride in and character of our neighborhood. As I am writing this, families are gathered for the Winter Concert at Hand Middle School. Their choral and band members led the singing and provided the musical entertainment just days ago for the Tree Lighting Celebration held jointly with the Hollywood-Rose Hill Neighborhood Association at the little park at Heyward and Harden streets (Does anybody else think that little park needs a name? Any ideas?)

Here are some of the issues that Council has dealt with at our regular meetings. (Your meetings, every other month; please come.) We have discussed safety in the dog park at Emily Douglas and continue to remain in contact with the City Parks and Recreation Department about this. Parks and Rec has also looked with us at the possibility of tennis courts at Sims Park. Expect to hear more from them at our next meeting (January 12 at Sims Park). We have addressed with the City Council the issues related to the "text amendment" of the C-3 zoning definition as it affects us in Shandon. Although the measure was passed, City officials stated that none of the C-3 zoned properties next to Shandon are currently "at risk" for the development of large private dormitories. We will remain vigilant. We are also monitoring proposed improvements helping our children who are trying to cross Rosewood to get to school in the mornings. As always safety remains on our radar, whether it is cars speeding or failing to respect stop signs or theft. The Neighborhood Council will continue to interface with police and city planners to work for the safety of all.

In the future I would like to see further coordination between neighborhood groups. While each neighborhood has its own unique character, we share many common interests. If we work together our voices will be amplified.

We look forward to seeing Charles Appleby become our next SNC president in March.

Thank you Shandon!

Ron Burns

Homes for the Holidays Tour * 2014

We had a great tour on Sunday, December 7th! Special thanks to our homeowners who graciously opened their homes to help benefit the two neighborhoods and our 4 area schools. They were Chappell and Marty Wilson, Sally Sommerall, Alisa and Pete Liggett, Robin Dial, Caroline and Andrew Clarkson, Grace and Dick Rockafellow, Marilyn Edelhoach and John Dawson and also thanks to New Testament Baptist Church on Duncan Street. Also, we are very grateful for our advertisers and donors, too many to mention, but without them, we could not have this great Tour! We are very appreciative of our docents and restaurants, and special thanks to our fabulous artist, Steven Whetstone for the beautiful cover art and for our new logo! He is the best! Many many thanks to our two co-sponsors, The Honorable James Smith and Mary Lane Sloan, and most of all to the Tour committee, who work hard all year to make this happen! If you would like your home featured next year, please contact Julie Ruff, jlruff@sc.rr.com!



SHANDON SHAPE-UP

The Importance of Stretching



Stretching is a natural activity that we sometimes do whether we know it or not. Stretching involves elongating a specific muscle group to its fullest length. It is a sad fact that it is one of the most important parts of an exercise routine and it is often overlooked. There are many benefits to stretching. Proper stretching is one of the most important ways to improve your health. Stretching first thing in the morning increases circulation by increasing our blood flow to the muscles. This can help recovery from muscle and joint injuries.

Your flexibility will get better with stretching. A person's flexibility is the ability of your joints to move through a full range of motions. This allows for more movement that will help your body with better posture, less muscle soreness and reduced risk of injury. Your balance and coordination will improve as you continue your stretching exercises. This will help eliminate the risk of falling.

Most of us have heard that stretching should occur before and after exercise. Try adding an extra five minutes to the beginning and end of your workout. Warm up with a walk before stretching cold muscles to avoid injury. Check with your doctor if you are unsure how to stretch properly or have had previous injury. Hold a stretch for 10 to 30 seconds without bouncing. Overstretching can cause tears in your muscles.

It is also beneficial to stretch throughout the day. Taking a break from your desk after sitting for hours can help your body and mind. We all could use a little more stretching, so try to find the time and reap the benefits.

In good health,

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



PERSONAL SAFETY

The Columbia Police Department cares about your safety. Personal Safety is everyone's responsibility. Below are a few tips that may help:

- ◆ Don't take chances with your safety. Obey your instincts and react fast.
- ◆ Be prepared for anything. Be curious of everyone.
- ◆ Know if you are sending out "easy target signals." Be sure your body language shows a sense of confidence and purpose.
- ◆ Always have an escape plan.
- ◆ Travel in a group when possible.
- ◆ Don't take shortcuts, especially at night.
- ◆ Be aware of your surroundings.
- ◆ If you are being followed, go to a public place, not straight home.
- ◆ Never make personal information available to anyone.
- ◆ Never carry large amounts of cash or wear excessive jewelry.
- ◆ Use good judgment in your car and parking lots. When approaching your car, look inside before opening the door.
- ◆ Tell someone where you are going, when you are leaving, and the approximate time of return.
- ◆ Keep your distance from would-be-criminals.
- ◆ Be a good witness.

In case of emergencies call 911. You can also call the Columbia Police Department at (803) 545-3500 or CrimeStoppers at 1-888-CRIME-SC to report ALL suspicious activity.

For additional crime prevention tips, visit our website at www.columbiapd.net



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

James Smith
Duty. Service. Leadership

THANK YOU FOR YOUR SUPPORT

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

Post Office Box 50333 • Columbia, SC 29250
James@JamesSmith.com • 803-933-9800

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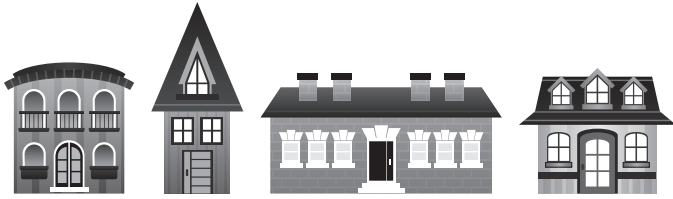


Fall 2014

SHANDON TIMES
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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Midlands Real Estate Recap

With the peak selling season behind us, current numbers show a normal seasonal slow-down in most market segments and neighborhoods. Metrics to watch include prices, inventory, and demand indicators. For the 12-month period spanning December 2013 through November 2014, pending sales in the CMLS region were up 7.3 percent overall. The price range with the largest gain in sales was the \$100,001 to \$150,000 range, where they increased by 11.7 percent.

The overall Median Sales Price went up 2.9 percent to \$147,700. The property type with the largest price gain was the single family homes segment, where prices increased 2.1 percent to \$150,093. The price range that tended to sell the quickest was the \$100,000 and below range at 95 days; the price range that tended to sell the slowest was the \$300,001 and above price range at 160 days.

Market-wide, inventory levels were down 2.0 percent. The property type that gained the most inventory was the 4 bedrooms or more segment, where it increased 0.2 percent. That amounts to 7.2 months supply for single family homes and 7.9 months supply for condos.


The Shandon neighborhood had a total of 88 single family properties sell from January 1, 2014 through November 30, 2014 with the average sales price of \$282,000 at 108 days on the market.

for any further information on these or other market stats, please feel free to contact Mary Lane Sloan with The ART of Real Estate marylane@TheARTteam.net



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Welcome - Shandon Neighborhood - Columbia, SC
<http://www.shandonneighborhood.com/>

Shandon Neighborhood
WELCOME NEWS & EVENTS ABOUT SHANDON CALENDAR CONTACT

Visit shandonneighborhood.com or find us on Facebook for the latest on neighborhood news & events!

NEXT COUNCIL MEETING:
Meetings are at 6:15pm, the second Monday of every two months, at Emily Douglas or Sims Park. Check the Calendar for the location of the next meeting.

Welcome to Shandon
Welcome to the Shandon Neighborhood website. Shandon is one of the largest in-town neighborhoods in Columbia, South Carolina. Shandon is located near the business and shopping districts of Five Points. Devine

Get Cooking with charleston cooks!

maverick kitchen store

CURRIED BUTTERNUT SQUASH SOUP WITH CUMIN CREAM

Serves 6-8

This chilly weather calls for soup! We recommend a food processor for this creation: the Bamix hand-held food processor or a Vitamix are excellent options to give this soup an absolutely silky texture. This is a healthy, flavorful dish perfect for the holidays! The curry is a nice undertone for the squash, providing a warming touch on a chilly day.

- 2 leeks, trimmed and cut into half-moons
- 3 cups butternut squash, peeled and cubed
- 1 sweet potato, peeled and grated
- 4 tablespoons unsalted butter, divided
- 1 tablespoon curry powder
- 3 cups chicken stock
- ¾ cup heavy cream, divided
- ¾ cup crème fraiche or sour cream
- ¾ teaspoon ground cumin
- Lemon juice, to taste

1. Heat a Dutch oven over medium heat and add 3 tablespoons of butter; allow the butter to melt and lightly froth.
2. Add the leeks and cook until slightly tender, about 3-4 minutes.
3. Add the squash and sweet potato and allow the squash to soften slightly, about 5 minutes.
4. Sprinkle the spices into the pan, stirring to ensure all of the veggies are coated; cook until the spices become fragrant, about 2 minutes.
5. Add the chicken stock and simmer the vegetables for about 15-20 minutes, making sure a fork can easily pass through the squash.
6. Using an immersion blender, puree the soup until smooth and finish with ¼ cup heavy cream. Season to taste with salt, pepper, and lemon juice.
7. In a small bowl, whisk together the remaining heavy cream, crème fraiche, and cumin until well mixed. Finish each bowl of soup with a dollop of cream.

Visit *Charleston Cooks!* for classes, tools and cooking magic!
702 Crosshill Road | 803.509.8111 | charlestoncooks.com





Shandon Neighborhood Council

Julie Ruff, Editor
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Green tip

CLEAN SPILLS PROPERLY

Use an absorbent material, such as cat litter, to soak up spills. If not removed properly, spills such as motor oil and antifreeze will be washed into rivers and streams via storm drains.

2015 Meetings of the Shandon Neighborhood Council: Meetings are held the second Monday of every other month and begin at 6:15 pm. **January 12** at Sims Park • **March 9** (Annual Meeting) at Wesley Memorial UMC • **May 11** at Emily Douglas Park • **July 13** at Sims Park • **September 14** at Emily Douglas Park • **November 9, 2015** at Sims Park



HONORING DR. MARTIN LUTHER KING, JR.

On Monday, Feb. 19th, we will celebrate Dr. MLK's birthday. Here are some of his very wise words!

★ Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.

★ Human progress is neither automatic nor inevitable... Every step toward the goal of justice requires sacrifice, suffering, and struggle; the tireless exertions and passionate concern of dedicated individuals.

★ Love is the only force capable of transforming an enemy into friend.

★ Faith is taking the first step even when you don't see the whole staircase.

★ I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality... I believe that unarmed truth and unconditional love will have the final word.

★ I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character.

★ We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love. There is some good in the worst of us and some evil in the best of us. When we discover this, we are less prone to hate our enemies.

★ We must accept finite disappointment, but never lose infinite hope.

★ Injustice anywhere is a threat to justice everywhere.

★ Law and order exist for the purpose of establishing justice and when they fail in this purpose they become the dangerously structured dams that block the flow of social progress.

★ We must learn to live together as brothers or perish together as fools.

★ The ultimate tragedy is not the oppression and cruelty by the bad people but the silence over that by the good people.

★ In the End, we will remember not the words of our enemies, but the silence of our friends.

★ Change does not roll in on the wheels of inevitability, but comes through continuous struggle. And so we must straighten our backs and work for our freedom. A man can't ride you unless your back is bent.

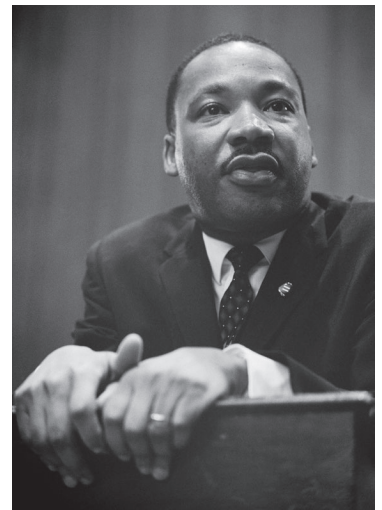
★ Freedom is never voluntarily given by the oppressor; it must be demanded by the oppressed.

★ I have decided to stick with love. Hate is too great a burden to bear.

★ The limitation of riots, moral questions aside, is that they cannot win and their participants know it. Hence, rioting is not revolutionary but reactionary because it invites defeat. It involves an emotional catharsis, but it must be followed by a sense of futility.

★ Our lives begin to end the day we become silent about things that matter.

★ Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness.



★ A genuine leader is not a searcher for consensus but a molder of consensus.

★ Man must evolve for all human conflict a method which rejects revenge, aggression and retaliation. The foundation of such a method is love.

★ Nonviolence is a powerful and just weapon which cuts without wounding and ennobles the man who wields it. It is a sword that heals.