

# Columbia *On the Move* September 2014

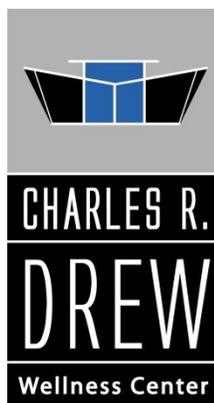


Pictured: Yoga class at Drew Wellness Center. September is National Yoga Month. Read more in this issue of *Columbia On the Move*.

Columbia *On the Move* is a monthly newsletter focusing on health, wellness, parks, recreation and leisure services from the City of Columbia.



We Are Columbia  
Parks & Recreation



Visit us on the web at  
[www.columbiasc.net](http://www.columbiasc.net).

*In Recognition of National Childhood Obesity Awareness Month, join us for*

# Let's Move! Columbia GameDay

**featuring**

**Flag football with former players from USC, Clemson, VA Tech & Allen University**

**Saturday, September 20, 2014**

**10 a.m. to 2 p.m.**

**Drew Park Green Space**  
(Adjacent to Drew Wellness Center)  
2101 Walker Solomon Way  
Columbia, SC 29204

**Field Games** ✓  
(Hopscotch, jump ropes, dodgeball & more!)

**Celebrity Flag Football** ✓

**Relay Races** ✓

**Healthy Snacks** ✓

**Scavenger Hunt** ✓

**Live Entertainment** ✓

**Exhibitors** ✓

**FREE EVENT** ✓

For more information, contact Wanda Austin at 803-255-8161 or [weaustin@columbiasc.net](mailto:weaustin@columbiasc.net), or visit [www.columbiasc.net](http://www.columbiasc.net).

**GameDay Emcee Curtis Wilson**  
**Big DM Radio Host**



In recognition of National Childhood Obesity Awareness Month, join the City of Columbia for Let's Move! Columbia GameDay on Saturday, September 20 in the green space next to Drew Wellness Center.

Let's Move! Columbia GameDay is a free event filled with fun activities for the entire family. GameDay will feature a celebrity flag football game with former players from USC, Clemson University, VA Tech and Allen University. There also will be relay races, field games such as hopscotch, dodgeball, musical chairs and jump ropes, a scavenger hunt, live entertainment, exhibitors, healthy snacks and more!

This year's GameDay emcee is Curtis Wilson, radio host at The Big DM.

Since childhood obesity is an epidemic in our local community, Let's Move! Columbia GameDay is the perfect event for youth and their family to have fun, and learn about the importance of physical activity and healthy eating.

For more information, contact Wanda Austin at 803-255-8161 or [weaustin@columbiasc.net](mailto:weaustin@columbiasc.net).

# PARKS AND RECREATION

## *Youth Winter Basketball Registration*



 We Are Columbia

City of Columbia Parks & Recreation  
1111 Parkside Drive  
Columbia, SC 29203  
803-545-3100  
[ColumbiaSC.net](http://ColumbiaSC.net)

# YOUTH WINTER BASKETBALL

**Register Today!**  
**Boys & Girls!**

**Every  
Child  
Plays!**

## Registration: September 6 - October 26, 2014

League Begins: Monday, November 10  
Ages 9-17

Register your child at any Community Center or at  
Parks Administration, 1111 Parkside Drive

\$25 fee per participant  
Scholarships are available

For more information, please call the City of Columbia Parks & Recreation Department at 803-545-3100.

To download a registration form, visit Parks & Recreation's [Athletics page online](#) and click the "Youth Sports" link. Registration forms are also available at any community center or at Parks Administration at 1111 Parkside Drive, Columbia, SC 29203.

For more information, please call Parks & Recreation at 803-545-3100.



# 2014-15 After-School Program

The City of Columbia Parks and Recreation is accepting registrations for youth ages 6-12 for the 2014-15 After-School Program.

Youth registered for the program will have the opportunity to take part in sports, games, arts & crafts, field trips and appearances from special guests on a weekly basis.



The program runs from 2 to 6 p.m. Monday through Friday during the school calendar year. (The program follows the Richland School District 1 school calendar).

Children must be between ages 6-12 as of July 19, 2014, to participate.

The cost for the program is \$30 per week, per child. Snacks will be provided. Special activities may include an additional fee.

## Locations

### Edisto Park

1914 Wiley Street  
803- 255-8103

### Heathwood Park

800 Abelia Road  
803-733-8446

### Melrose Park

1500 Fairview Road  
803-733-8493

### Emily Douglas Park

**(Teen Program grades 6-8)**  
2500 Wheat Street  
803-733-8531

### Sims Park

3500 Duncan Street  
803-733-8451

### Woodland Park

6500 Olde Knight Parkway  
803-776-1096

### Hampton Park

117 Brandon Avenue  
803-776-9082

For more information, please call Parks & Recreation at 803-545-3100 or visit the [department's page online](#).

# *Park of the Month: Earlewood Park*

## **Earlewood Park**

1111 Parkside Drive  
803-545-3100

Earlewood Park—located just north of downtown Columbia near the train trestle crossing North Main Street—is home to the City of Columbia Parks & Recreation Department, and a community center that's perfect for business gatherings and social events.



The 3,520-square-foot community center includes a banquet hall, meeting room space and a kitchenette furnished with stainless steel appliances.

The park features a variety of amenities that the entire family can enjoy. Features include a playground area, an amphitheater, an 18-hole disc golf course, walking trails, baseball and kickball fields, a basketball court and tennis courts.

Picnic shelters and other seating are located throughout the park.

NOMA Bark Park, a 2-acre off-leash dog park, is also housed at Earlewood Park. To become a member, please visit [www.nomabarkpark.org](http://www.nomabarkpark.org).



To reserve the community center and amphitheater, please call 803-545-3100.

For more information about our parks, please visit the [Parks & Recreation's page online](#).

# *Garden of the Month: Hyatt Park Community Garden*

## **Hyatt Park Community Garden**

941 Jackson Avenue Columbia, SC 29203  
Columbia, SC 29201

Hyatt Community Garden — one of 22 garden sites in the City of Columbia — features 14 raised beds for members to use to plant fresh vegetables and plants. Hyatt Park is also home to an educational garden.



Citizens have planted a variety of vegetables and plants including asparagus, tomatoes and peppers throughout the year. Services provided in the gardens include the initial preparation of the garden area, water source, maintained paths, workshops, and the advice of a master gardener (if requested).

The mission of the Community Garden Program, which began in 2011, is to enhance the quality of life for Columbia citizens through accessibility to affordable, healthy food choices, along with educational programs on gardening, farm-to-table relationships, nutrition, and good stewardship of the City's natural resources. The program also includes a greenhouse and orchard.

As part of First Lady Michelle Obama's "Let's Move!" initiative — a comprehensive initiative dedicated to solving the problem of obesity within a generation — the City has developed a plan to establish community gardens to increase its citizens' access to healthy food.



For more information about the community gardening program and how to lease a plot, please contact Jacqueline Williams at 803-545-3957 or [jjwilliams@columbiasc.net](mailto:jjwilliams@columbiasc.net).



# 2014 Summer Highlights

The City of Columbia Parks and Recreation Department offered a variety of programs for the community to enjoy throughout the summer. The City's youth had the opportunity to participate in summer camps, the Mayor's Back-to-School Drills & Skills Clinics, a Back-to-School Bash and more.



Soccer Camp at Heathwood Park



2014 Back-to-School Bash at Finlay Park



The First Tee Columbia Golf Campers at Fast Forward



5th Annual Mayor's Back-to-School Drills & Skills Clinics



Summer campers at Heathwood Park



Katheryn M. Bellfield Booker Washington Heights Cultural Arts Center Teen Camp

# COLUMBIA ART CENTER

## *Brenda Oliver Wins 2014 Palmetto Pillar Award*

Brenda Oliver, cultural arts specialist with the City of Columbia Art Center, won the 2014 Palmetto Pillar of Public Service & the Arts award from the Columbia Chamber and IT Council.

Oliver was honored at an awards banquet and reception on August 21 for developing Creative Journey, an all-volunteer arts outreach program that provides monthly art programs to veterans, military members and military family members.



Creative Journey, which began in the fall of 2012 with the Wounded Warrior Transition Unit at Ft. Jackson, is a collaborative effort between the City of Columbia Parks and Recreation Department, the U.S. Army, local artists, nonprofit organizations and businesses.

Oliver started the program with Suzy Shealy, a local artist and Gold Star Mother who also experienced her own journey with Post Traumatic Stress Disorder. Although she is honored to have received the award, she believes program's heart and soul comes from Shealy, volunteers and community support.

"The program will be part of Suzy Shealy's legacy," Oliver said. "The volunteers and donations, that's what is the life and blood of the program."

"We're all very proud of Brenda and the impact that Creative Journey has had on our military community, and those that have volunteered," said Jeff Caton, director of the City of Columbia Parks & Recreation Department. "The recognitions that have been received at the local, state and national level represent the recognition of Brenda's efforts and the quality of the Creative Journey program."

The Palmetto Pillar Awards program, which started in 1998, recognizes the area's top leaders in technology innovation.

For more information about the Creative Journey program and how to volunteer, please contact Brenda Oliver at 803-545-3093.

# *Creative Journey Host Wounded Warriors*

The City of Columbia Art Center's Creative Journey program hosted a painting event for veterans participating in the Wounded Warrior Project in Fayetteville, North Carolina, and their families at Earlewood Park on August 26. The event was an opportunity for veterans to create pieces of art through painting and to fellowship with each other. The Midlands Chapter of the Blue Star Mothers catered the event. Creative Journey is an art resource program for military members in the Wounded Warrior Transition Unit.



# Basket Weaving Workshop

Art Center  
City of Columbia Parks and Recreation

## Basket Weaving Workshop

Instruction by Bonnie Geiger



- Prior Experience not necessary
- Tools and materials supplied
- Pre-registration is required
- Come for fun and fellowship with others

**Saturday September 27, 2014**

**9:30 a.m. – 5:00 p.m.**  
**(30 minute lunch break)**

**Edisto Discovery Park**  
**1914 Wiley Drive**

Class limited to a minimum 5 students and a maximum of 10. If the minimum is not reached by the deadline of September 13, class will be cancelled.

All students must have the registration fee and completed application turned in by September 13. Spots will not be held without the registration fee. No cancellations after September 13.

**Registration fee of \$65**

Includes all supplies and tools to make Egg Basket.

**Make checks and money orders payable to Bonnie Geiger.**

Mail to:  
Art Center  
Attention: Brenda Oliver  
1928 Calhoun Street  
Columbia SC 29201

City of Columbia

Art Center  
1928 Calhoun Street  
Columbia, SC 29201  
545-3093  
bloliven@columbiasc.net



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Registration Information: September 2014 Basket Weaving Class

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

# Drawing & Painting Workshop for Children



## Drawing and Painting Workshop for Children



Children ages 5 to 17 can participate in a one day workshop to learn to draw and paint or to build on their skills they are developing. Each student will be in an age appropriate class with age appropriate activities. All classes will be held at Edisto Park, 1914 Wiley Street. In this 3-hour workshop, students will be able to explore and learn more about this form of art. The registration fee of \$35 will provide all of the supplies and materials necessary for this class. A minimum of 3 students and maximum of 12 will be accepted.

**What:** Drawing and Painting Workshop  
**When:** Saturday October 4, 2014  
**Where:** Edisto Discovery Park  
1914 Wiley Street  
Columbia, SC  
**Time:** 9 a.m.-12 p.m.: Ages 5-10  
1 p.m.-4 p.m.: Ages 11-17  
**Minimum:** 3 students  
**Maximum:** 12 students  
**Registration due:** September 26, 2014  
**Registration fee:** \$35



We Are Columbia

Parks & Recreation

Columbia Art Center  
1928 Calhoun Street  
Columbia, SC 29201  
803-545-3093  
bloliver@columbiasc.net  
[ColumbiaSC.net](http://ColumbiaSC.net)

### Registration Information — Children's Drawing Workshop

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Fee Enclosed: \_\_\_\_\_

Please make check or money order payable to the City of Columbia. Mail registration form and payment to Columbia Art Center, 1928 Calhoun Street, Columbia, SC 29201.

# Low-Calorie Cracked Candy Mosaic Art Workshop

## Low-Calorie Cracked Candy Mosaic Art Workshop Workshop Taught by Sharon Funderburk



This two-day workshop will focus on making a 12" x 12" mosaic piece which will be chosen from patterns supplied in class. The registration fee of \$90 will include all supplies and materials necessary for class.

**Session 1:** Saturday, October 4, 2014; 10 a.m.–3 p.m.

**Session 2:** Saturday, October 11, 2014; 10 a.m.–3 p.m.

### Materials Provided

12" x 12" piece of wood  
Stained Glass, Glue, Glass Crackers,  
Glass Cutters, Oil, Grout, Sealer Sponges,  
Buckets, Gloves, Band-Aids

### **Suggested Items to Bring: Safety Glasses**

**Session 1:** Go over the background of mosaic and the forms. Review safety practices and tools, and how they are used. Instructions in glass cutting, cracking and placement of glass.

**Session 2:** Instructions on grouting and cleaning the final piece. Discussion on how to seal the mosaic after it has cured.

Both sessions will be taught at the Columbia Art Center, 1928 Calhoun Street.

**Preregister by September 20, 2014.**

**Minimum of 4 students and maximum of 10 students allowed.**



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**Parks & Recreation**

Columbia Art Center  
1928 Calhoun Street  
Columbia, SC 29201  
803-545-3093  
bloliver@columbiasc.net  
[ColumbiaSC.net](http://ColumbiaSC.net)

### Registration Information — Low Calorie Cracked Candy Mosaic Art

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

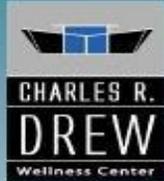
E-Mail: \_\_\_\_\_

Fee Enclosed: \_\_\_\_\_

Please make check or money order payable to the City of Columbia. Mail registration form and payment to Columbia Art Center, 1928 Calhoun Street, Columbia, SC 29201.

# DREW WELLNESS CENTER

## *Back-to-School Membership Special*



### Charles R. Drew Wellness Center

2101 Walker Solomon Way Columbia, SC 29204

803-545-3200

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

### Back-to-School Membership Special

For a limited time, the Charles R. Drew Wellness Center is offering a ***Back-to-School Special*** on new or renewing **ANNUAL MEMBERSHIPS**. The offer ends September 30.

| Annual Membership              | Regular Rate<br>(Resident/Non-Resident) | Back-to-School Special<br>(Ends Sept. 30) |
|--------------------------------|---|---|
| <b>ADULT (18-49)</b>           | <del>\$264/\$304</del>                  | \$210                                     |
| <b>SENIOR (50+)</b>            | <del>\$198/\$228</del>                  | \$160                                     |
| <b>FAMILY (Up to 4 people)</b> | <del>\$396/\$456</del>                  | \$325                                     |

**Membership Includes:** Access to Beautiful Indoor Pool; 6-Goal Basketball Court; Unlimited Group Exercise Classes: Yoga, Zumba, Pump & Sculpt, BLT (Butt, Legs & Thighs), Chair Aerobics, Aqua Zumba, Spinning and Water Aerobics; Indoor Walking/Jogging Track; Personal Training Available (separate fee); Free Fitness Consultation; Weight Room and Cardio Area.



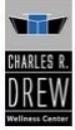
For more information, please contact Drew Wellness Center at 803-545-3200.



We Are Columbia

[www.columbiasc.net](http://www.columbiasc.net)

# National Yoga Month



## Charles R. Drew Wellness Center

2101 Walker Solomon Way Columbia, SC 29204

803-545-3200

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

### September is National Yoga Month

If you've been waiting to try yoga, now is the time!

Join one of our **FREE** yoga classes in September. If you're a member, bring a friend to enjoy the benefits of yoga.

Free yoga class dates include:

September 10 at 12:15-1PM

September 11 at 5:30-6:30PM

September 12 at 12:15-1:00PM

The benefits of yoga include:

- Increased flexibility and balance
- Increased strength from head to toe
- Muscular tension relief throughout the whole body
- Decrease in the affects of stress on the body

For more information, please call 803-545-3200.



We Are Columbia

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## Drew Wellness Center September Yoga Class Schedule

Wednesdays, 12:15-1 p.m.

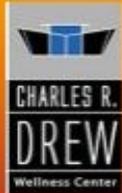
Thursdays, 5:30-6:30 p.m.

Fridays, 12:15-1 p.m.

\*\*\*Schedule Subject to Change \*\*\*

(Note: Only the sessions scheduled on September 10-12 in the flyer above are free. Regular sessions are free for members, \$5 for non-members.)

# *Turbo Kick Instructor Training*



Charles R. Drew Wellness Center

2101 Walker Solomon Way Columbia, SC 29204

803-545-3200

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



## INSTRUCTOR TRAINING

Saturday, October 11, 2014

Charles R. Drew Wellness Center

2101 Walker Solomon Way

9 AM-5 PM

Cost: \$189

Learn to teach this cardio kickboxing and body sculpting-based choreographed routine to hot music mixes. You'll learn the skills to get your classes lean and toned, and have a blast while doing it!

Fitness background not necessary!  
(0.7 ACE CEU's & 7.75 AFAA CEC's)

Register early to ensure your spot for the training.  
To register, visit [www.turbokick.com](http://www.turbokick.com).

For more information, please contact Britney Sanders at  
803-545-3200 or [BCSanders@ColumbiaSC.net](mailto:BCSanders@ColumbiaSC.net).



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[www.columbiasc.net](http://www.columbiasc.net)

# Thursday Evening Yoga



## Charles R. Drew Wellness Center

2101 Walker Solomon Way Columbia, SC 29204  
803-545-3200

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

Check out YOGA at an ALL NEW TIME



Thursdays  
5:30-6:30 p.m.



Free for members, \$5 for non-members

Wind down after work at our new evening yoga classes! Yoga uses slow movements and stretching to help increase flexibility and balance.

Yoga also helps relieve stress and increase strength, literally, from head to toe. A regular yoga practice can relieve muscular tension throughout the whole body.

For more information, please call 803-545-3200.



We Are Columbia

[www.columbiasc.net](http://www.columbiasc.net)

# LET'S MOVE! COLUMBIA

## *Let's Move! Columbia Cooking Show*

Councilwoman Tameika Isaac Devine along with six children from the Columbia area participated in a taping for the Let's Move! Columbia Cooking Show at the Cooking Lab at EdVenture Children's Museum in August.

The purpose of the cooking show is provide viewers with examples of how to prepare nutritious meals that the entire family can enjoy. The show also provides tips on how the community can make small changes to their meals that are beneficial for maintaining a healthy lifestyle.

In this episode, Chef Kenny Smith, nutrition coordinator at EdVenture, teaches six children how to prepare four healthy and delicious meals: a strawberry banana smoothie, broccoli bites, a fruit and walnut salad, and a pizza.

Recipes from the cooking show will be featured each month in Columbia *On the Move*.

To watch the Let's Move! Columbia Cooking Show, please visit the [City of Columbia's Youtube page online](#).

To learn more about EdVenture's cooking and nutrition lab, please visit [EdVenture online](#).



**LET'S  
MOVE!**  
Columbia

# HEALTHY LIVING

## *National Childhood Obesity Awareness Month*

One in 3 children in the United States is overweight or obese. In South Carolina, more than 21 percent of the state's youth between ages 10 and 17 are considered obese.

Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease.



The good news is that childhood obesity can be prevented. In honor of National Childhood Obesity Awareness Month, the City of Columbia encourages your family to make healthy changes together.

- Get active outside: Walk around the neighborhood, go on a bike ride, or play basketball at the park.
- Limit screen time: Keep screen time (time spent on the computer, watching TV, or playing videos games) to 2 hours or less a day.
- Make healthy meals: Buy and serve more vegetables, fruits, and whole-grain foods.

Taking small steps as a family can help your child stay at a healthy weight.

- Families can participate in local events that promote physical fitness and healthy eating such as Let's Move! Columbia GameDay. GameDay, which will be held September 20 at Drew Wellness Center, is a free family-friendly event that encourages youth and their families to live healthy lifestyles.



- Enjoy the outdoors at one of Columbia's parks. The City's parks features open spaces, playgrounds, walking trails, ball fields and more.
- Join a gym as a family. Drew Wellness Center is offering a Back-to-School membership special during the month of September for adults, seniors and families.
- Learn how to start a garden to get access to fresh vegetables. The City of Columbia offers a city-wide Community Garden program for those interested in producing their own nutritious foods.

For more information about National Childhood Obesity Awareness Month, visit [www.coam-month.org](http://www.coam-month.org).

# SMART SERVINGS

## *This Month's Featured Recipe: Broccoli Bites*



### Ingredients

- 20 oz. Fresh steamed broccoli
- 2 cups Grated cheddar & mozzarella cheese
- 4 Eggs
- 1 cup Seasoned Italian breadcrumbs
- 1 leaf Chopped fresh Basil
- 1 tbsp. Minced Garlic

### Preparation

1. Mix all the ingredients together in a large bowl.
2. With your hands, form small patties and lay on a parchment lined baking sheet.
3. Bake at 375°F for 25 minutes, turning the patties after the first 15 minutes.
4. Let cool and enjoy!

### Nutrition Facts

Serving size: 3 fritters

|                       |       |
|-----------------------|-------|
| <b>Calories:</b>      | 180   |
| <b>Total Fat:</b>     | 13.7g |
| <b>Carbohydrates:</b> | 6.4g  |
| <b>Sugars:</b>        | 1g    |
| <b>Sodium:</b>        | 269mg |
| <b>Fiber:</b>         | 3.2g  |
| <b>Protein:</b>       | 10.6g |



*Recipe provided by Chef Kenny Smith, nutrition coordinator at EdVenture Children's Museum.*

# *Let's Move! Columbia Partners*

Bicycle Pedestrian Advisory Committee

City Roots

Eau Claire Promise Zone

Palmetto Health

North Columbia Business Association

Richland County First Steps

Richland County School District One

Richland County Community Development  
Department

Corporation for Economic Opportunity

Eat Smart, Move More Richland County

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join the City Email Network and have news  
delivered straight to your inbox.**

**To join, please send an email to [pio@columbiasc.net](mailto:pio@columbiasc.net).**



# City Media

[www.ColumbiaSC.net](http://www.ColumbiaSC.net)



TWC Ch.2 City Talk

**We Are Columbia**

**Public Relations, Marketing and Media Department**  
**[pio@columbiasc.net](mailto:pio@columbiasc.net) P: 803-545-3020 F: 803-343-8719**