

Team-Times

Newsletter

Bi-monthly Employee Newsletter of the Richland County Recreation Commission -- March-April 2013



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MISSION STATEMENT

Dedicated to enriching lives and connecting communities through diverse recreational opportunities.



Local celebs hit the court for an All-Star game

When you walked into the gym you could feel the excitement and anticipation of the big game. As the crowd began to grow the Recreation Rebounders warmed up on the court. They were about to play the biggest game of their lives.

Many of us know how it feels to play for a trophy or compete for the state championship but this game was more important than a trophy, it was an opportunity for RCRC to show how much we care about the quality of recreation that we provide. On Sunday March 10, the Richland County Recreation Foundation welcomed the Harlem Ambassadors, an internally-acclaimed team that travels around the country to help raise money for charities.



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Burns Harris, Athletic Director of Westwood High School, receives honorary autographed Harlem Ambassadors basketball.

The Recreation Rebounders, our team of local celebrities really brought their A-game. They had a double digit lead going into the second half. Ultimately, it didn't matter who won or lost but "how they played the game". The Harlem Ambassadors put on a great show. Full of comedy routines and even got the kids in the crowd involved.

We'd like to thank the RCRC staff who attended, as well as the Advisory Committee that helped put the event together. We'd especially like to thank our employees that put their game face on and battled the Ambassadors for a great cause; James Darby, Jermaine Washington, David Wine and Commissioner Todd Latiff.



The Harlem Ambassadors brought style to the court when all the kids danced to Gangnam Style at half time.



Harlem Ambassador, Lady Majic, fashions her belt after pulling WWE moves during the basketball game on one of her rival opponents, Jamel Bradley.



Lady Majic, takes down Richland County Sheriff's Deputy Jamel Bradley after the game was changed from basketball to football.



Harlem Ambassadors and the referees pose with kids.



RICHLAND COUNTY RECREATION FOUNDATION

Paving the Way to a Healthier Future

Donate today and pave the way! Leave your mark on RCRC by purchasing a personalized brick, to showcase your support of RCRC, honor a loved one or leave a message for the community. Your brick will be placed in the Foundation's Commemorative Courtyard at the new RCRC Administrative Building on Parklane Road.



4x8 Commemorative Brick for \$100

For more information or questions, call Andrea Fripp at 865-0138 or purchase your brick at www.bricksrus.com/order/rcrf

Cooking with Chef Marion

Dashia Tisdale, Program Coordinator, Ballentine Community Center

The ability to produce an appetizing and edible meal is a skill many take for granted, especially here in the south. Famous for hospitality and home cooked meals, it's hard to imagine someone being less than competent in the kitchen.

Let me just say, it's clear that "those" people have never eaten at my house. It's usually bad when you're not allowed to use "the good pots" in your own home, as I exclaim to my mother "Who pays that much for a pan, Mother? Does Wolfgang come with it and cook at your house?"



Lucky for me AND my family, I get the chance to work with a professional.

The Ballentine Community Center has hosted cooking sessions with retired chef, Marion Folk, for many years.

We've enjoyed holiday appetizers, easy and delicious weekday meals and learned how to feed a family of four for just \$10. Assisted by his wife, Judy, Chef Marion has held a class each month for the past six months. He's an excellent teacher, he takes his time explaining each recipe step by step.

In April, he showed us simple Italian meals that anyone can make! The menu featured steamed mussels with garlic and onion over linguini, baked zucchini, handmade potato gnocchi and fresh spicy giardiniera.



Each class is only \$20 and includes all supplies. Participants are not only treated to a delicious meal but can win door prizes and take home free recipes.

Chef Marion and his wife are very active at our community center. They both attend our Arthritis Exercise class and are active members of our Ballentine Senior Group. They regularly support holiday events at the center and always sign up for the semiannual yard sales.

Chef Marion served our country in the United States Navy and when he moved back to Ballentine he continued his career with the Lexington/Richland 5 School District. While he didn't become a chef until later in life, he had always enjoyed cooking for family gatherings and has an arsenal of secret family recipes. We are very lucky to have him here and grateful for his participation and so many of our BCC activities.

Homemade Giardiniera

1/4 cup table salt
1 cup tiny cauliflower florets
2 garlic cloves minced
2 cups canola oil
1/2 tsp. freshly ground black pepper

1 cup small diced carrots
4 colored bell peppers diced
1 stalk celery diced small
1 tbsp. dried oregano

Combine 2 cups water and the salt in glass bowl. Mix until salt is dissolved. Add the carrots, cauliflower, peppers, garlic and celery to water.

Cover and refrigerate overnight. Drain and rinse vegetables, place in clean bowl, mix together the oil, oregano and pepper. Add vegetables and mix to combine. Allow to marinate overnight. After 2 days in the bowl, can place in airtight mason jars and keep in refrigerator for 2 to 3 weeks.

NOTE: If you like hot, substitute 2 of the bell peppers for hot peppers.



Heat Related Emergency Tips

Chris Santino, Safety Manager

It's beginning to feel like Spring the Midlands and if you've lived here for some time, you know what's right around the corner....Summer. This usually means fun on the lake, or at the pool, football and grilling out but it also means some serious hot temperatures.

It's no secret that Columbia can have record setting high temperatures. For example, last summer we had a total of nine days, in June and July when the temperature reached 100 degrees and higher.

Heat related emergencies are progressive conditions caused by overexposure to heat along with dehydration. If recognized in the early stages, heat related emergencies can usually be reversed. If not, they can progress quickly and cause heat stroke, a life threatening condition.

There are 3 types of heat related emergencies:

Heat Cramps are painful muscle spasms that usually occur in the legs and abdomen. Heat cramps are less severe than other related emergencies but they can be the first signs of trouble.

If someone is suffering from heat cramps you should:

- Rest in a cool place
- Give cool water to drink, but not too quickly
- Lightly stretch the muscle and gently massage the area. The person should not take salt tablets or salt water, they can make the situation worse. When the cramps stop, the person can usually start activity again if there are no other signs or signals of illness.
- Watch the person carefully for further signals of heat related emergencies.

Another phase of heat emergency is Heat Exhaustion. This can be an early indicator that the body's cooling system is becoming overwhelmed.

Sign of heat exhaustion include:

- Cool, moist, pale, ashen or flushed skin
- Headache, nausea, dizziness

- Weakness, exhaustion
- Heavy sweating

A Heat Stroke is brought on when the body's systems are overwhelmed and can stop functioning altogether.

A Heat stroke is the least common but most severe heat emergency and can become a life threatening condition.



Sign of heat stroke include:

- Red, hot, dry (or moist) skin
- Changes in the level of consciousness
- Vomiting
- Very small pupils
- Extremely high body temperature

There are some important steps to care for someone who may be suffering from a heat related emergency. Taking these steps or recognizing them in yourself could reduce chances of further injury.

- Move the person to a cool place
- Loosen tight clothing
- Remove perspiration soaked clothing
- Apply cool, wet towels to the skin
- Fan the person or spray with water
- The person should not resume normal activities the same day
- If the person is conscious, give small amounts of cool water to drink. If the person refuses water, vomits or starts to lose consciousness this is a signal that the condition is getting worse
- Send someone to call 911
- Place the person on their side
- Continue to cool the person by using ice or cold packs on their wrists, ankles, groin, neck and in the armpits (cooling large blood

vessels areas). Use barriers like towels or clothing between the ice packs and the person to protect the skin.

- Continue to check signs of life (movement and breathing)

Sun Exposure

Excessive sun exposure can cause serious injury to the body's largest organ, your skin. There are simple ways to protect yourself from sun exposure and reduce your risk for heat related illnesses.

Peak hours for damaging sun rays are between 11:00 a.m. and 4:00 p.m.

Most of the time local meteorologists will include a daily UV Index in their weather segments, be sure to monitor that each day. If you still want to do outdoor activities be sure to find a good shaded area or use portable shade structures like beach umbrellas or tents.

- Always use sunscreen that has 15 or higher SPF and also protects against UVA and UVB rays.
- Wear a wide brimmed hat to shade the head, face, scalp, ears and neck
 - Wear sunglasses to protect eyes, excessive exposure can cause cataracts
- Take frequent water breaks and remain hydrated. Drink plenty of water even if you do not feel thirsty

Once signs of a heat related emergency being to appear it is crucial to assess the situation and administer the proper care. Exposure to extreme heat and humidity can make a person very ill but there are simple things you can do to reduce your risk.

If you see any signals of sudden illness and the person has been exposed to extremes of the heat, suspect a heat related illness and act immediately.

Our line of work puts us at risk and you can do your part to remain safe and prepared to handle a heat related emergency. Pay attention to your body's signals, heat related emergency's can be avoided by taking precautions.

Easter Egg Hunt

Sigmund Tucker, Caughman Road Park Manager

On Saturday, March 30, Caughman Road Park hosted a free Easter egg hunt and carnival for local children. Everyone enjoyed the carnival-style games and collected treats at each activity station.



Thank you to all who came out to enjoy the sunny day, I think it's safe to say we all had a great time!

The children enjoyed the exhibit of live bunnies and rabbits of all breeds.



Each year we depend on volunteers to assist with the games and activities and without you, we would not be able to host the event. Thanks to you and many other sponsors, we collected over 500 lbs of candy. Thank you for sharing your time, energy, resources and enthusiasm with the children in the Lower Richland Community, and thank you for your contribution towards making this year's Easter Egg Hunt festivities a success.



Thanks to our local businesses/ organizations for your generous contributions. We appreciate your continued support!!



Reaching out to Teens Awareness Program

Chris Strother, Park Manager, Denny Terrace Gymnasium

The staff at the Denny Terrace Gym is committed to reaching out to our younger generations. With so many temptations out there for teens, we want them to know that they have support and opportunities to have bright futures. We partnered with the South Carolina National Guard Youth Challenge Academy for our program in March.



The SC National Guard Youth Challenge Academy's mission is intervene in the lives of at-risk youth and produce program graduates with the values, skills, education and self-discipline necessary to succeed as adults.



Their recruiter, Ronnie Toye visited with our teenagers and talked to them about the program. Young men and women can get assistance with getting their GED's and learning other important life skills.

Even though the SC Youth Challenge Academy may have stringent military structure, it provides an important opportunity to teens that need a second chance. If your park is looking to have programs tailored to teens, the SC Youth Challenge Academy is a great resource. They would be more

than happy to assist any park with a program. Our staff would like to thank our volunteers that helped make this program happen. The kids and parents had a great time and are excited about upcoming programs, just for them.

We hope this program can expand to help teens in our communities. For more information about the South Carolina National Guard Youth Challenge Academy, visit their website:

www.ngycp.org.

5 Reasons to Have a Plant at Your Desk

Article courtesy: [Earth911](http://Earth911.com/news/2013/03/18/5-reasons-to-have-a-plant-at-your-desk/) by Mary Mazzoni (earth911.com/news/2013/03/18/5-reasons-to-have-a-plant-at-your-desk/)

We all know that adding a few well-positioned plants brings a welcoming feel to your work space. But aesthetics aren't the only reason to incorporate a touch of green into your office setup. From improving indoor air quality to increasing productivity, here are five reasons to have a plant at your desk.

1. Improve indoor air quality

In addition to bringing a friendly touch to your work space, growing live plants in the office can help clean the air and even improve your health, according to a NASA study.

In 1973, NASA scientists identified 107 volatile organic compounds (VOCs) in the air inside the Skylab space station. Occupants often suffered from burning eyes and respiratory difficulties, later learned to be two of the most common symptoms of Sick Building Syndrome.

Meanwhile, B.C. "Bill" Wolverton, an environmental scientist working with the U.S. military, discovered that swamp plants actually eliminated Agent Orange from water samples. Expanding on this idea, Wolverton tested out the use of houseplants as a means of improving indoor air quality and discovered growing plants indoors helps eliminate VOCs from the air.

Research also suggests that plants play a psychological role in welfare, and that people actually recover from illness faster in the presence of plants, the study said. Check out these 15 houseplants that improve indoor air quality from Clean Air Gardening, and boost workplace wellness the eco way.

2. Reduce stress

In her dissertation at Surrey University in the U.K., master's environmental psychology student Helen Russell set out to find scientific proof for notions already widely perceived – namely that plants in the office can reduce stress.

In the study, Russell asked participants to take a difficult test in a room filled with plants, and compared their skin conductivity, heart rate and blood pressure with people who completed the same test without plants.



Of the three types of measurements made, skin conductivity showed the greatest difference between the group exposed to office plants and those who took the test plant-free. Overall, Russell's findings showed that plants eased stress for participants by at least this metric, and that participants recovered from stress more quickly in a plant-heavy environment.

3. Increase productivity

Tending for that potted plant not only helps you chill out during a hectic work day, but can also increase focus and productivity – allowing you to accomplish more with less stress.

In a study published in the "*Journal of Environmental Horticulture*," researchers from Washington State University reported that live interior plants helped workers complete tasks with more focus and efficiency.

The study asked workers to complete a simple task on a computer in a room with plants and compared their performance with workers who completed the same task in the same room without plants.

Findings showed that productivity increased by 12 percent in the presence of plants. Additionally,

people tested in the room with plants reported feeling about 10 percent more attentive after the task than those tested without plants.

4. Make rooms more comfortable

The recommended humidity range for human health and comfort is between 30 and 60 percent, but many offices fall short of these figures, especially in the summer and winter months. Low interior humidity can lead to increased fatigue, respiratory discomfort and an overall drop in workplace well-being, but the same Washington State University study that touted the benefits of plants for productivity suggests a touch of green can help fix this problem as well.

Findings show that when plants were added to a room, the relative humidity rose significantly, but not excessively. In one case, relative humidity without plants averaged 25 percent, and with plants it averaged 30 percent – bringing the room into the ideal comfort range.

5. Keep the environment on your mind

Keeping a plant at your desk has loads of health and wellness benefits. But don't forget about the intangible ways a workplace plant can boost your green lifestyle.

In addition to improving your office environment, tending a house plant every day at work reminds you of how important it is to care for the Earth and why eco-friendly living means so much to you.

Each time you water your plant, let your mind wander to what you love about the environment, and channel these warm-fuzzy feelings to add a few eco-conscious habits to your workplace routine, such as reaching for reusable products over disposables, reducing paper use and conserving energy.

Are You Social?

Leigh Cheatham, Director of Communications

The Pew Internet and American Life Project and the Pew Research Center recently released results of a study of Americans and social media networks and use of these networks in everyday life. These numbers will knock your socks off.

As of December 2012, 67% of internet users use social media networks.

Do you pin, tweet or post? According to these numbers, almost everyone that is online does at least one of these things, maybe more.

- 15% use Pinterest
- 13% use Instagram
- 6% use Tumblr
- 67% use Facebook
- 16% use Twitter
- 20% use LinkedIn

So what are these social media sites and what are they there for? Here's a rundown of each one.

Pinterest is the newest social network. Basically, you join and follow others based on categories that you might be interested in. There is a wide variety of categories from food and recipes,

arts, crafts and DIY projects to fashion and accessories and art work.



Instagram launched in 2010 and exploded almost overnight. There are 90 million active Instagram users. The application is a photo sharing network that's also compatible with other networks. Just snap a photo with your smart phone and you can apply digital filters to the photograph. It's a fun way to be creative with your photos of friends and family.

Tumblr is a blog-format sharing site, where you can share articles, text, photos or articles that you find interesting. It's just another way to share you thoughts with others.

Nine years ago, a little known social site known as Facebook was spreading

like wildfire around college and university campuses. It eventually exploded into the general public and almost ten years later it could reach 1 billion users in 2013.

Users share photos, blogs, career information, birth and wedding announcements to everything in between on the popular site.

Similar to Facebook, Twitter is hot right now because it's instant. If you can fit your thoughts into 140 characters or less, you can "tweet". From internationally known celebrities to just your local elected official, it seems like everyone can be "followed." Who has the most followers? Here's the top four:

- 1. Justin Bieber**
- 2. Lady Gaga**
- 3. Katy Perry**
- 4. President Obama**

LinkedIn creates connections with other professionals in your line of work. You can join discussion groups, share career information or locate available jobs. It's a great way to connect without having to share your personal Facebook page.



Wednesday, April 24

11:30 am-12:30 pm

Meadowlake Park

600 Beckman Road

Water will be provided.

Employees Only

11:30 am-12:00 pm: We'll walk the track at the park.

12:00-12:30 pm: Free Salad Bar for walkers

Please RSVP by Friday, April 19 to Monique, 754-7275 ext 212



April

- 12 Spring Fling, 8:00 pm-12:00 am, Adult Activity Center
- 13 Spring Fling, 11:00 am-2:00 pm, Trenholm Park
- 15 Commission Board Meeting, 6:00 pm, AAC
- 19 Payday
- 19 Great American Cleanup, 9:00-11:00 am, Blythewood Park
- 22 Earth Day
- 22 Alcohol & Drug Prevention Workshop, 7:00-8:30 pm, Forest Lake Park
- 24 Wednesday Wellness Walk, 11:30 am-12:30 pm, Meadowlake Park
- 24 Arbor Day
- 27 Lower Richland Sweet Potato Festival, 11:00 am-6:00 pm, Hopkins Adult Activity Center

May

- 3 Payday
- 3 Zumba Glow Fundraiser, 6:30-8:00 pm, Blythewood Park
- 10 Confederate Memorial Day (All RCRC facilities closed)
- 20 Commission Board Meeting, 6:00 pm, AAC
- 17 Payday
- 25 Skills on Wheels Exhibition Basketball Game, 11:00 am, Crane Creek Gymnasium
- 27 Memorial Day (All RCRC facilities closed)

2013 SUMMER OF ADVENTURES Day Camps

Registration Fee
\$25⁰⁰ week
 \$20/day; \$80/week

REGISTRATION BEGINS APRIL 15!
 AGES 5-13 (K5-8TH GRADE)

JUNE 10-AUGUST 16 (10-WEEK PROGRAM)
 MONDAY-FRIDAY: 7:30 AM-6:00 PM

DAY CAMP SITES:

- Blythewood Park • Caughman Road Park • Forest Lake Park • North Springs Park • Polo Road Park

Playground & Summer Afternoon Camps

Early Bird Fee
\$15⁰⁰ week
 Playground Camp: Free
 Summer Afternoon: \$45/week*

JUNE 10 AUGUST 2
 (8-WEEK PROGRAM)

HOURS:
 Monday-Friday
 Early Bird: 7:30-9:00 am
 Playground: 9:00 am-12:00 pm
 Summer Afternoon: 12:00 pm-6:00 pm
 For more information, call 754-6720 ext. 206 or contact the park site listed.

FREE PLAYGROUND SITES:

- Crossroads Community Center
- Eastover Park
- Friarsgate Park
- Gadsden Community Center
- Hopkins Park
- Killian Park
- Meadowlake Park
- St. Andrews Park

SUMMER AFTERNOON SITES:*

- Friarsgate Park
 - Killian Park
 - Meadowlake Park
 - St. Andrews Park
- *\$45/week; \$25.00 registration fee**

f Join us on Facebook:
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www.twitter.com/RichlandRec

Special Thanks to our Team Times Contributing Authors:

- Editor/Layout: Leigh Cheatham; Tavares Hanks
- Dashia Tisdale | Program Coordinator, Ballentine Community Center
- Chris Santino | Safety Manager
- Sigmund Tucker | Park Manager, Caughman Road Park
- Chris Strother | Park Manager, Denny Terrace Gym