

Team-Times Newsletter

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

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MISSION STATEMENT

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



Freedom Friday Fun!

Felicia Venable, Special Events Coordinator

Freedom Friday created wonderful smiles and fond memories for many years to come. The children enjoyed a positive event to end of the school year and celebrated with DJ Ken, bounce houses, arts and crafts, face painting, balloon art and ice cream from Marble Slab. The Aquatics Department also provided an additional treat for the children; free admission to our new St. Andrews pool.

I really enjoyed myself; I ate ice cream (twice), raced my supervisor (Zee Brown) on the Bungee Run (video proof of the win), participated in Zumba,



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of Art Buzz, Pickles Da Clown, Yancy owner of Power Grip Gaming, Metro Concessions, Sheriff Leon Lott of the Richland County Sheriff's Department, and St. Andrews Park staff.



enjoyed watching several teenagers in the Power Grip Video Gaming truck, created a bug jar, and cooled off with a snow cone. If you can't tell by now, I had FUN!



It was great to see not only the smiles on the children's faces, but the adults as well.

I would like to extend a very appreciative "Thank you" to Fran & Bruce Barber, owners of Air Fun Rental in Lexington for providing Bounce Houses, Brad of



Marble Slab Creamery in Harbinson for the wonderful ice cream, Jackie with Clemson Extension, Jane and Marvin of Sonoco Recycling, Natasha



Stressed? Body Aches? Tension built up in your shoulders or back? Need relief from a hard day's work?

Well the Wellness Committee wants you to come on out for Massage Monday at the Adult Activity Center on Parklane Road on Monday June 24, 2013 for a FREE Stress Relieving Massage!!! Massages will be provided complementary by Momentum-Body & Hair!!! Massages will be from the hours of 10:00 am-12:00 pm. Rooms A & C!! Stop on in! Please pass the word. If you are interested, please call Monique Jones at 741-7272 ext.119 so we can get an idea of how many people to expect!!



Hurricane Awareness - Are You Prepared? (Part 1 of 2)

Chris Santino, Safety Manager

Did you know National Hurricane Preparedness Week is May 26 – June 1. History teaches that a lack of hurricane awareness and preparation are common threads among all major hurricane disasters. By knowing your vulnerability and what actions you should take, you can reduce the effects of a hurricane disaster.

Hurricane hazards come in many forms, including storm surge, heavy rainfall, inland flooding, high winds, tornadoes, and rip currents. The National Weather Service is responsible for protecting life and property through issuance of timely watches & warnings, but it is essential that you and your family be ready before a storm approaches. Furthermore, mariners should be aware of special safety precautions when confronted with a hurricane. The first and most important thing anyone should do when facing a hurricane threat is to use common sense.

A better understanding of tropical cyclones and hurricane hazards will help to make a more informed decision on your risk and what actions to take. The major hazards associated with hurricanes are:

- storm surge and storm tide
- heavy rainfall and inland flooding
- high winds
- rip currents
- tornadoes

Storm Surge & Storm Tide

Storm surge and large waves produced by hurricanes pose the greatest threat to life and property along the coast.

Storm Surge is an abnormal rise of water generated by a storm's winds. Storm surge can reach heights well over 20 feet and can span hundreds of miles of coastline.

Storm Tide is the water level rise during a storm due to the combination of storm surge and the astronomical tide. The destructive power of storm surge and large battering waves can result in loss of life, buildings destroyed, beach and dune erosion and road and bridge damage along the coast. Storm surge can travel several miles inland. In estuaries and bayous, salt water intrusion endangers public health and the environment.

Heavy Rainfall & Inland Flooding

Tropical cyclones often produce

widespread, torrential rains in excess of 6 inches, which may result in deadly and destructive floods. In fact, flooding is the major threat from tropical cyclones for people living inland. Flash flooding, defined as a rapid rise in water levels, can occur quickly due to intense rainfall. Longer term flooding on rivers and streams can persist for several days after the storm. When approaching water on a roadway, always remember, **Turn Around Don't Drown.**

Rainfall amounts are not directly related to the strength of tropical cyclones but rather to the speed and size of the storm, as well as the geography of the area. Slower moving and larger storms produce more rainfall. In addition, mountainous terrain enhances rainfall from a tropical cyclone.

High Winds

Tropical storm-force winds are strong enough to be dangerous to those caught in them. For this reason, emergency managers plan on having their evacuations complete and their personnel sheltered before the onset of tropical storm-force winds, not hurricane-force winds.

Hurricane winds, 74 mph or more, can destroy buildings and mobile homes. Debris, such as signs, roofing material, siding and small items left outside become flying missiles during hurricanes. Winds can stay above hurricane strength well inland.

Atlantic and Eastern Pacific hurricanes are classified into five categories (1 lowest-5 highest) according to the Saffir (*Simpson Hurricane Wind Scale*), which estimates potential property damage according to the hurricane's sustained wind speed.

Rip Currents

The strong winds of a tropical cyclone can cause dangerous waves that pose a significant hazard to mariners and coastal residents and visitors. When the waves break along the coast, they can produce deadly rip currents - even at large distances from the storm.

Rip currents are channeled currents of water flowing away from shore, usually extending past the line of breaking waves, that can pull even the strongest swimmers away from shore.

In 2008, despite the fact that Hurricane

Bertha was more than a 1,000 miles offshore, the storm resulted in rip currents that killed three people along the New Jersey coast and required 1,500 lifeguard rescues in Ocean City, Maryland, over a 1 week period.

In 2009, all six deaths in the United States directly attributable to tropical cyclones occurred as the result of drowning from large waves or strong rip currents.

Tornadoes

Hurricanes & tropical storms also produce tornadoes. These tornadoes most often occur in thunderstorms embedded in rain bands well away from the center of the hurricane; however, they can also occur near the eyewall. Usually, tornadoes produced by tropical cyclones are relatively weak and short-lived, but they still pose a significant threat.

Hurricane Preparedness: Watches & Warnings

Understanding the difference between National Weather Service watches and warnings is critical to being prepared for any dangerous weather hazard, including hurricanes.

A watch lets you know that weather conditions are favorable for a hazard to occur. It literally means "be on guard!" During a weather watch, gather awareness of the specific threat and prepare for action - monitor the weather to find out if severe weather conditions have deteriorated and discuss your protective action plans with your family.

A warning requires immediate action. This means a weather hazard is imminent - it is either occurring (a tornado has been spotted, for example) - or it is about to occur at any moment. During a weather warning, it is important to take action: grab the emergency kit you have prepared in advance and head to safety immediately. Both watches and warnings are important, but warnings are more urgent.

Hurricane / Tropical Storm Alerts

• Tropical Storm Watch: An announcement that tropical-storm conditions are possible within the specified area.

• Hurricane Watch: An announcement that hurricane conditions are possible within the specified area.

Now That's Cookin'!



What would summer be without barbecues, picnics, and spur-of-the-moment meals eaten outdoors? Take the "heat" out of summer cooking with these simple ideas:

Use less energy. Take advantage of the summer's garden-fresh produce to whip up salads and other side dishes that require little or no cooking energy.

Consider an electric grill. If you barbecue frequently at home, consider replacing your charcoal grill with an electric one. Electric grills generate far fewer air pollutants than burning charcoal, or even propane gas.

Choose meals that don't need to be reheated to be enjoyed as leftovers.

Get a burner feature. When buying an outdoor grill, choose one that also has a burner feature. You'll be able to cook as well as grill outside, helping to keep your kitchen cool and minimize indoor air conditioning needs.

Choose green materials. When hosting friends at your house, use reusable or biodegradable cups and encourage recycling of cans and bottles.

Encourage guests to bike or carpool to your event.

Fill up pitchers of water and other beverages instead of buying individual portions.

Buy organic and locally grown vegetables and meat as often as possible.

Tips if using a charcoal grill:

Apply the minimum amount of

lighter fluid (which contributes to air pollution) to ignite the charcoal.

Use lump brands of charcoal made from invasive trees species or harvested from sustainably managed forests over briquettes, as these may contain coal dust or other additives as binders.

Use a chimney starter to eliminate use of lighter fluid altogether. These metal cylinders are filled with charcoal and lit on fire using the aid of scrap paper at the bottom. Once the entire column of charcoal is lit, dump the charcoal onto your grill for a more eco-friendly barbeque.

PUT AWAY YOUR KETTLE; SEARCH OUT THE SUN!

Fill a clean, clear glass jar with fresh water and tea bags (at least three bags per half-gallon of water). Cover the jar and place it in full sunlight. Tend to your chores, read a book, take a nap - pay the jar no attention! In a matter of hours, you'll have energy-free "sun tea" to pour over ice and quench your thirst.

Visit www.earthshare.org for more helpful tips.

Skills on Wheels

Andrew Scott, Manager, Adaptive Recreation

On a clear, sunny Saturday morning, there was a basketball game held between two of our outstanding service organization to the community; Richland County Sheriff's Dept. and Columbia Fire Dept. In fact they were playing an organized game of

basketball. But here is the twist, they were competing in wheelchairs. The Adaptive Recreation Dept. featured "Skills on Wheels", an exhibition game of wheelchair basketball with these two agencies scrapping on the court.



The event was designed to bring awareness to this great team sport and to generate funds for equipment and training for our youth/ young adults who live in wheelchairs. Several other Special Needs Organizations were able to join us and display their organization's information: SC Spinal Cord Injury Association and ABLE Independent

Living For All. Mr. Craig Harston a professional race car driver displayed his adaptive race car that is used on the professional race car circuit.

All the participants were great. However, we can only announce one team winner of the game. We are so proud to announce Richland County Sheriff's Dept is this year's Skills on Wheels Champion. We certainly want to express our sincere appreciation to Chief Jenkins who joined in the battle with his fellow firefighter on the court. He stated during the event, "I'll get with Sheriff Lott on this one later". Many of the players expressed an interest in making this an annual event.

TECH TIPS

From Tavares!

3 Summer Computer Tips

1. Summer Computer Travel

Holiday travelers should be on alert when arriving home from long weekends, such as the Fourth of July, a popular time for computer viruses to spread.

Most computer users have a tendency to turn off their computers when away on trips, which means you're not getting newly-released anti-virus patches or anti-spyware updates; the two most common areas that cause computers problems. We recommend you update anti-virus and anti-spyware scans before opening e-mail or going online after an extended absence.

According to Best Buy and Staples, there has been an increase in calls and computer repairs for virus related problems immediately following long weekends. Avoid the problems altogether by updating your security software before using your computer.

2. Should You Leave Your Computer Running?

One question we hear frequently is, "Should I leave my desktop computer on or turn it off?" There are 2 schools of thought...

Turning it on and off numerous times during the day subjects the microcircuits to flexing and fatigue due to change in temperatures. Over time this could lead to a break in the circuitry and result in system failure.

Leaving the computer on all the time puts excess wear on the mechanical components (the hard drive spindle motor and cooling fans).

Best compromise. First user in the morning turns it on; last user turns it off.



We leave our desktops on all the time allowing for scheduled utility tasks to run during overnight hours. We also restart the systems (to flush the RAM and reset the operating system) on a regular basis and routinely remove the case covers to clean out any dust that may have accumulated, especially around the fans and screens.

3. Stop Popups!

Never click inside the window of a popup. Instead, close it by clicking on the X in the upper right corner. Many people are fooled into installing spyware applications by popups that promise to clean their system. If you receive a message saying it can help, assume it's spyware and don't click!

June



- 6 Summer Kool Jazz in the Park, 7:00-10:00 pm, AAC
- 7 Freedom Friday, 5:00-8:00 pm, St. Andrews Park
- 12 Quarterly Staff Meeting, 10:00 am, AAC
- 14 Payday
- 16 Father's Day
- 17 Commission Board Meeting, 6:00 pm, AAC
- 19 Outstanding Seniors Appreciation Breakfast, 10:00 am-12:00 pm, AAC
- 26 RCRC's Inaugural Rainbow Tea, 10:00 am-12:00 pm, AAC
- 26 Showtime Carousel, Columbia Children's Theatre's performance of The Comedia Rapunzel, 10:00 am-12:00 pm, Denny Terrace Community Center
- 27 National HIV/AIDS Testing Day, 5:00-8:00 pm, Hopkins Park
- 28 Payday

July

- 1 Garners Ferrys AAC & Technology Center Grand opening, 10:00 am
- 4 Independence Day (All RCRC facilities closed)
- 11 Summer Kool Jazz in the Park, 7:00-10:00 pm, AAC
- 12 Payday
- 13 Diamond Divas Showdown Girls Softball Tournament, North Springs Park
- 15 Commission Board Meeting, 6:00 pm, AAC
- 19 Great American Cleanup, 9:00-11:00 am, Forest Acres Community
- 26 Payday
- 27 Community Fitness Festival, 9:00 am-2:00 pm, St. Andrews Park

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