

Team-Times Newsletter

Bi-monthly Employee Newsletter of the Richland County Recreation Commission -- December 2012



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MISSION STATEMENT

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



Rocking the Vote

Debra Jacobs, Center Manager, James E. Clyburn Technology Center

The elections of 2012 have been in full swing for almost two years and with the upcoming registration deadlines, the Technology Center teamed up with the League of Women Voters of South Carolina to put on a voter registration drive on September 28. The Technology Center was a great facility to host the drive because of the location and the accessibility to computers. The League of Women Voters of SC is a non-partisan political organization that encourages informed participation in government. We had lots of walk-ins that saw signage for the event. We continued to offer registration until the deadline and offered to fax in registration forms for free. We dedicated several of our computers for those that wanted to check their registration information, change their address or to find information about candidates.



Continued on page 2

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Representatives from the League of Women Voters were very complementary of the set-up (copy services, etc.) that we provided to ease the registration process and said that we “were organized and had all of the information available to the patrons” making it one of the best sites to hold a drive.

Big Goals and Big Hearts!

Erica Smalls, Human Resources Manager

With the tight economy, RCRC employees came together to exceed our fundraising goal from last year for the United Way. In 2011, RCRC was recognized for our donation of \$5,100. The goal for 2012 was to raise \$5,300.

We exceeded that amount by over \$100, collecting a total of \$5,406.

A big THANKS goes out to everyone who contributed during these tough times. Dollars are short and debts are long, but we came together to support those in need.

Much gratitude is given to your consideration and thoughtfulness.



These funds are used right here, in our community through various organizations.

Thanks again to all those who contributed and to those who desired but were not able to.

Hoops for a Cause

Shaunta Cleveland, Park Manager, Bluff Road Park

Chances are that you know someone or have a family member that has been affected by or who has been diagnosed with some form of breast cancer.

On October 20, Bluff Road Park hosted its first Hoop for Life Basketball in honor of Breast Cancer Awareness month. Breast Cancer is the most common cancer among women and we wanted to help those who are battling this terrible disease.

We reached out to the surrounding communities with the goal of educating men and women, bringing communities together and raising money for the Palmetto Health Foundation.

Two extremely talented women’s teams came together in competition with expectations of taking home the game winning trophy and bragging rights of being the first team to ever win the Hoop for Life game trophy. The talent pool of these two teams consisted of women who have played semi-professional basketball overseas and schools such as: University of

South Carolina, Hampton University, Benedict College, and Duke University.

The winning team, sponsored by the Richland County Recreation Foundation, fought to win the game with a final score of 50-49.

The crowd was entertained by a DJ, and a spectacular half-time performance of Michael Jackson’s “Thriller” by the Shaw Modeling Agency.

Through sponsorships and donations, we raised over \$500 for the Palmetto Health Foundation Walk for Life.



Everyone who came to watch the game enjoyed themselves and all of the players enjoyed playing as well. They enjoyed it so much that the winning team has already begun to prepare for next year’s game!

Spring has Sprung!

Zenethia Brown,
Director of Community Relations



Spring has Sprung at Ballentine Community Center! It's not even Christmas yet but some gardeners have



already started to plan their springs bulbs. On Saturday, November 10, RCRC teamed up for another great workshop with Palmetto Pride and the Clemson Extension Service to give home gardeners a head start on their spring planting.

Jackie Kopak Jordan of the Clemson Extension facilitated the workshop and provided lots of educational materials for attendees. The workshop was well attended with well over 30 community participants.

Thanks to a grant provided by Palmetto Pride, each participant was able to select and plant a pot of 24 spring blooming bulbs. We provided bulbs of different varieties, including tulips, crocus, lilies, and hyacinth. They also received a tray of pansies to plant over the bulbs to provide flowering cover for the bulbs throughout the winter. Some people even won decorative cabbage plants and gardening manuals as part of the event's raffle. Everyone had a wonderful time and asked a lot of great questions. This is the final gardening workshop for 2012. However, we hope to continue our partnership with both Clemson Extension and Palmetto Pride so that we can continue to offer these fun and informative workshops to our community patrons in 2013.

Breast Cancer Walk & Celebration of Life

John Howell, Assistant Manager, Caughman Road Park

Breast cancer is the most prevalent cancer among women and affects approximately one million women worldwide. On Saturday, October 13, Caughman Road Park held the 3rd annual Breast Cancer Walk and Celebration of Life event. Over fifty residents from the Lower Richland community walked the track at Caughman Road Park not only to raise awareness for breast cancer, but also to celebrate life.

Participants wore pink ribbons, hats, or bought pink and white Lower Richland community Breast Cancer Walk t-shirts. The money raised from the t-shirt sales was donated to a local organization for research to find a cure. Several of our participants were cancer survivors and shared their stories of hope. Others honored loved ones and friends by walking in the event. A moment of silence was held in honor of those who had lost their battle.

Thanks to the Richland County Recreation Foundation for providing support and refreshments. We were also able to provide crucial information regarding overall health, early detection and prevention from Palmetto Healthy Start.



We were thrilled to have walkers and runners participate and we hope to continue to grow the event. We also hope that through information and stories of survival that more lives will be saved through early detection and future research and treatments.

The Cleanup Finale

Tavares Hanks, Graphic Designer/Webmaster

On a chilly and crisp Friday morning, our Green Team and several other RCRC employees headed out on a mission. As part of our year long initiative, we completed our final Great American Clean-up on Friday, November 30.

Led by Melissa Holman, we journeyed a quarter mile up both sides of Decker Boulevard, starting from Rush's, up to Food Lion and then back to Rush's.

From paper, plastic and cardboard boxes, our crew of 17 managed to pick up 3 pounds of trash along the road.



After the hard work we accomplished, we were rewarded with a meal from Chick Fil-A. The RCRC Green Team would like to thank everyone involved for making this day a success.

We want to thank Dashia Tisdale, Sandra Authurton, Tavares Hanks, Kenya Bryant, James Darby, Bob Hickman,

Erica Smalls, Connie Reaves, Lisa Smarr, Elizabeth Poole, Monique Jones, Tiffani Brown, Shaunta Cleveland, LaTash Adams, USC intern Matt Parker, and long term AAC Bingo participant Mrs. Mary Jo Price for the supporting help and the staff at Chick-Fil-A for their support and dedication for this event.



Bag it up!: America Recycles Day

A huge Thank you to all of our patrons that participated in America Recycles Day on November 15! Even though the day was rainy and cold, we collected 180 lbs. of magazines, which were recycled at Sonoco and 12 lbs. of plastic bags, all donated to the Harvest Hope Food Bank. We'd also like to congratulate our drawing winners!

They guessed how many bottle tops were in the jars at their park! **Rene Fletcher** (Caughman Road Park), **Dawn Darby** (Trenholm Park), **Whitney Tisdale** (Denny Terrace Community Center), **Eric Wiggins** (St. Andrews Park), and **Jearline James** (Adult Activity Center).

They each received gift cards from local businesses. Thanks to Woodley's Garden Center, Rosewood Market, Urban Nirvana and the Cycle Center! The RCRC Green Team would also like to thank the staff for their support and assistance at each drop off site. With your involvement, we are making recycling work in our community.



Holiday Safety Tips

Chris Santino, Safety Manager

Christmas and the holidays are an exciting and busy time, but with all the joys of the holiday season come potential safety hazards that can cause injury or even death. Help prevent injuries or becoming a victim during the holidays by following these safety thoughts.

Wal-Mart, Target and other stores are buzzing with holiday shopping activity. Columbia, Columbiana, Richland and Sandhill Malls are filled with shoppers trying to find those perfect gifts. But among the busy shoppers, there may be someone else lurking who isn't there with holiday cheer in mind.

Unfortunately, with every busy shopping season, there are also dishonest people, lurking, watching and waiting for just the right opportunity to commit a crime. This can be everything from purse-snatching to package snatching to identity theft or worse. If you're going to be shopping this Christmas, there are some safety measures you should keep in mind.

Carry only necessities with you
Bring only the cash, travelers check or credit card you intend to use for purchases, a form of ID, your cell phone and keys. If you need additional items, consider storing them in your jeans or coat pockets, rather than carrying a purse or bag. If you absolutely must have that touch-up kit or extra items, keep them in a bag in the trunk of your car and only carry them into a store when you know you'll be using the restroom facilities. If you still insist on carrying a purse, consider strapping it over your neck or shoulder, under your coat, making it harder for a criminal to access.

One payment method

If possible, carry only one credit card to make purchases. If you carry more than one, there will be more to keep track of, and you may not necessarily notice right away if one is missing. Also, by using credit, you have some recourse if the card is lost or stolen, whereas, if you lose cash, you're simply out the money.



Paying for purchases

Never lay your cash, credit card or wallet on the counter when you're checking out. Have your payment method ready and promptly hand it to the cashier, making sure you get it back and put it directly back into your wallet or pocket when you're finished. Shopping on-line is very secure, so long as you're careful. Begin by shopping only with web-site or e-merchants who offer secure transactions. Some web-sites are "certified secure" and display a certified icon either on their homepage or at checkout. What it means is that the web-site offers SSL (Secure Sockets Layer) security. Some web-sites offering SSL security simply post the words "Secure Transaction" or "We Offer Secure Socket Layers (SSL) technology, often shown with a padlock icon. If your e-merchant doesn't offer SSL security, you should probably shop elsewhere.

Wear sensible shoes and dress down

Not only can all day shopping sprees wreak havoc on the feet that are clad in high heels, but they can make a dangerous situation worse if you were approached by a stranger and needed

to flee. Consider dressing discretely and leave expensive jewelry, gold and diamonds at home. Shopping with a group of family or friends is safer than shopping alone, power in numbers.

Know where you parked.

The safest time to shop is during daylight hours, however, if you have to shop in the evening be certain to park in well lit areas. The last thing you want when you leave a store or mall is to wander around aimlessly, looking for your car. When you park, make a mental note, such as "the row by the R in Target" or "the row across from the second set of doors." Look for a landmark that will help you find your way back. If you're afraid you won't remember, make a note on your cell phone and save it to your to-do list or as a saved text message.

Never, ever get into a car with a stranger who promises to help you look for your vehicle. If you are truly lost, go back into the store and ask for help.

Hide packages

If you intend to visit more than one store, always store packages in your trunk. Any items left inside your vehicle are an easy smash-and-grab target for thieves. Always lock your vehicle doors after entering or exiting the vehicle. Never over burden yourself with carrying too many packages (a safe rule is to have your keys in one hand and two or three bags in the other). Keep the most valuable items closest to your person. If there is additional shopping that requires you to go back into the mall or retail store you just came out from, consider moving your vehicle to another parking spot location.

Don't linger in parking lots

When you do exit a store, walk with your head high, confidently heading directly to where you parked your vehicle. Deposit your bags into the trunk, check the backseat and floor, then get into your car, locking the door, immediately.

The parking lot is not the place to fix your make up or linger for any reason. Drive away promptly and watch for any signs of being followed. If you think you are being followed, drive to well lit public place like a fire department or police station.

Make a scene

If you are approached by a stranger who is making you feel uncomfortable, be firm, while also alerting others to your situation. Yell, "I don't know you. Leave me alone!" and run back toward the store where you can call for police or security. If you feel a serious threat, never try to hold onto purchases. Drop your belongings and flee. Things can be replaced. Your life can not. Before you set out, make a mental note of what you need to do to stay safe and have a plan in place to get help if the need should arise.

Christmas trees

When purchasing a live pre-cut tree, make sure the tree is still alive and healthy. A fresh tree is green; the needles are hard to pull from the branches. If the needles come off easily, it is probably not in great condition and isn't a safe tree to bring home. Make a fresh cut on the bottom of the trunk. This ensures that the tree takes in fresh water so that it doesn't dry out and become a fire hazard. Always keep water in the tree stand well above the fresh cut bottom of the trunk. Understand Christmas trees dry out with heat, so place your tree away from heat sources like the fireplace or air vents, the cooler the Christmas tree stays, the better. Dispose of your tree in a timely manner following Christmas. Lastly, if purchasing an artificial tree, look for the label "Fire Resistant."



Christmas lights

Whether you create a winter wonderland inside or out, remember lights can cause major hazards in your home. Unplug lights and decorations when you are not at home and turn off lights when you go to bed. Check each set of lights for frayed wires, broken bulbs and loose connections. Never run electrical cords under carpet or rugs, in traffic areas or where there is a chance for water. Before using lights outdoors, check labels to be certain they have been certified for outdoor use. To hold lights in place, string them through hooks or insulated staples, never use nails or tacks.

Check all tree lights, even if you've just purchased them.. Check all cords and plugs prior to using them for the year, for wear and tear. Never overload an electrical receptacle with extension cords or adapters. If you need to plug a lot of things into a single receptacle use a power strip.

Christmas toy safety

Select toys to suit the appropriate age, abilities, skills and interest level of the intended child. Toys too advanced may pose safety hazards for younger children. Before allowing your child to play with a toy that he has received as a gift, read the instructions carefully. To prevent both burns and electrical shocks, don't give young children (under age 10) a toy that must be plugged into an electrical outlet, instead, buy toys that are battery operated.

Children under the age of three can choke on small parts from toys or games. Government regulations specify that toys for children under age three cannot have parts less than 1 ¼ inches in diameter and 2 ¼ inches

long. Remove strings and ribbons from toys before giving them to young children. Watch for pull toys with strings that are more than 12 inches in length, they could be a strangulation hazard for babies.

Prevent theft & break ins

Santa comes down the chimney, not through the door or windows. Keep those locked and your blinds drawn when you aren't home or at night. There is an increase in property break-ins around this time so always stay vigilant about people coming and going from your street or neighborhood. Keep an eye out for suspicious vehicles.

When you have a baby or young child

As you prepare around the house, you need to realize that there may be several hazards for your baby. This is especially true if you have an older baby who is crawling or walking. Keep holiday plants away from children and pets. Mistletoe, holly berries, and christmas cactus are poisonous, if swallowed. Include helmets and other protective gear when giving bicycles, roller skates or skateboards. Candles can be really pretty at Christmas, but they can also be really dangerous. Keep them to a minimum or just don't light them. If you love Christmas candles, think about using electric candles or light bulbs instead for the glow. A baby can grab a candle and get burned badly. If you do burn a candle for Christmas, make certain it is completely out of reach of your baby and there is no way that it can fall over by pulling on a table cloth or dolly. Don't ever leave your baby unattended with a Christmas tree. Keep all your cords and breakable ornaments out of reach of baby. Make sure to place the breakable or glass ornaments higher than the child's reach. Make sure your Christmas tree is anchored so that your baby can't flip it over. Don't place wrapped presents under the tree until closer to the big day. Babies or toddlers can pull off the bows or paper and put it in their mouths.

WUZZLE PUZZLES

A wuzzle is a saying/phrase that is made up of a display of words, in an interesting way. The object is to try to figure out the well-known saying, person, place, or thing that each wuzzle is meant to represent.

Answers on page 10.

<p>1 did i no</p>	<p>1 your blessing 2. your blessing 3. your blessing</p>	<p>house PRAIRIE</p>	<p>confusion confusion confusion confusion confusion confusion confusion confusion confusion confusion confusion confusion confusion confusion confusion confusion confusion confusion</p>
<p>5 cut rest</p>	<p>MESS + MESS + MESS</p>	<p>HE'S GETTING MY SKIN</p>	<p>WHIRL</p>
<p>9 i</p>	<p>.25.25 .25.25</p>	<p>AIR vanished AIR</p>	<p>TI ME JOB</p>
<p>13 HO HO +HO</p>	<p>2 LATE LATE</p>	<p>PLYIN</p>	<p>reading</p>
<p>17 I fell I fell I fell I fell I fell</p>	<p>18 DOOOUT</p>	<p>19 Prison prison prison prison prison.</p>	<p>20 1</p>

RCRC Offer Healthy Lifestyle Programs

Julian Shabazz, Recreation Program Coordinator

This fall several parks offered educational programs designed to raise awareness of healthy living to community residents. The month of August is typically recognized as National Immunization Awareness Month. During the month of August national programs work to show the need for improved immunization programs. Educational programs also help to highlight the need for immunizations for certain groups of people.



Meadowlake Park hosted a **“Fall In for Immunization Month”** program on August 21. This event was perfect for older adults. Dr. Gil Potter talked about the importance of medical screenings for influenza, tetanus, shingles and West Nile virus. Other sponsors of the program were DHEC and Caris Healthcare.



Healthy Lung Month is a health observance created by the American Lung Association that works to increase awareness about lung health and promoting importance of having healthy lungs. St. Andrews Park held the **“Wise and Well”** program on October 30.

The event featured demonstrations by presenters Twanda Hayes of Body Beautiful; personal fitness trainer, Loraine Dunbar and certified professional health coach, Dr. Michele Reid, a professional fitness competitor and fitness cover model.

Polo Road Park held a **Zumbathon for Pancreatic Cancer** on November 9. November is National Pancreatic Cancer Awareness Month and was founded by the Pancreatic Cancer Action Network in 1999, to advance research, support patients and create hope for those affected by pancreatic cancer. The event attracted a huge turnout and featured ten Zumba instructors. Proceeds from the program were donated by Polo Road Park to the Pancreatic Cancer Action Network.



Alex Wright and Kenny Hunter of Meadowlake Park, Quincy Adams and Kenny White of St. Andrews Park, and Ben Busbee and Lefunzo Wright of Polo Road Park all demonstrated a commitment to enriching lives and connecting communities through diverse recreational opportunities. The entire staff at each park are to be commended for offering these free informative programs to the community.

Forest Lake Park Food Drive

Chantelle Lorick, Assistant Park Manager, Forest Lake Park



Forest Lake Park hosted a food drive to benefit the Harvest Hope Food Bank throughout the month of October. Harvest Hope is a regional food distribution organization that collects, stores, and distributes food and related items that assist families and children throughout 20 counties in the state of South Carolina.

In line with RCRC’s mission of enriching lives and connecting communities, Forest Lake Park collected non-perishable items such as canned vegetables, canned meats, dry goods, peanut butter, and beans. Along with food donations, the drive also collected toiletries, diapers and household items such as detergent, and plastic bags.

Forest Lake Park is proud to have partnered with Harvest Hope Food Bank in addressing the issue of hunger relief in Richland County by helping to provide quality food with dignity, compassion and education.

Breakfast with Santa

Felicia Venable, Special Events Coordinator

We had another great year for Breakfast with Santa! Every year we've made it even better than the last and this year's was another huge hit!



Families enjoyed a fun Saturday morning with arts and crafts, face painting, balloon art, breakfast and a picture with Santa and a production of "The Christmas Doll" by Columbia Children's Theatre.



On Saturday, December 1, even with the huge parade going on downtown, we had 200 people come that day to take pictures with Santa, make crafts, play games and have a great breakfast, provided by our friends at Chickfila on Forest Drive and delectable fruit from Edible Arrangements.

Thank you to all for a job well done.



Spooky Day with RCRC!



Celebrating Halloween, a few of our Administrative staff dressed for the occasion:

Curt Wilson, Keira Sessions, Sandra James, Marta Aldinger, Comilla Sampson, David Stringer, Erica Smalls, Debbie Williams, Kasey Wilson, Monique Jones and Brandolyn Blanding



Pounds for Ca\$h

Pounds for Cash is a 12-week, employee sponsored, fitness/weight loss challenge. Each participant who wishes to enter pays \$20 into the jackpot. At the end of 12 weeks the employee that has lost the highest percentage of weight wins the CASH! There will be one female and one male winner!

There will be three weigh-ins during the challenge. The initial weigh-in will be on January 7th, the mid-point on February 15th, and the final weigh-in will be **April 1st at 8:30 am** at the Denny Terrace Community Center. We will offer healthy tips and information throughout the challenge to keep you motivated towards your weight loss goal!

*When beginning any type of weight-loss program, you should first consult your physician.

Sign up for the employee sponsored Pounds for Cash 12 week Weight Loss Challenge before January 2, 2013 to be entered into the cash pot! Any questions about the challenge or if you need a registration form, please contact Monique Jones at monique@rcrc.state.sc.us or call at 754-7275, ext 212.

December

- 17 Commission Board Meeting, 6:00 pm, AAC
- 19 Crane Creek Gym Grand Opening, 10:00 am
- 24-26 Christmas Holidays (RCRC closed)
- 28 Payday

January 2013

- 1 New Year's Day (RCRC closed)
- 13-14 7th Annual Chili Challenge Tennis Tournament, RCTC
- 14 Payday
- 19 32nd Annual Snowman Run 8K Road Race & Youth Fun Run, 11:30 am-3:30 pm, CRP
- 21 Martin Luther King Jr. Birthday (RCRC closed)
- 21 Commission Board Meeting, 6:00 pm, AAC
- 26 32nd Annual Snowman Run Youth Fun Run, 12:30 pm, CRP
- 28 Payday

WUZZLE PUZZLES ANSWERS

- 1) little did I know
- 2) count your blessings
- 3) little house on the prairie
- 4) mass confusion
- 5) cut above the rest
- 6) total mess
- 7) he's getting under my skin
- 8) tilt a whirl
- 9) black eye
- 10) close quarters
- 11) vanished into thin air
- 12) part-time job
- 13) tally ho
- 14) too little, too late
- 15) apply within
- 16) reading between the lines
- 17) Eiffel Tower
- 18) do without
- 19) prison sentence
- 20) hole in one

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