



The Advocate

Congaree National Park

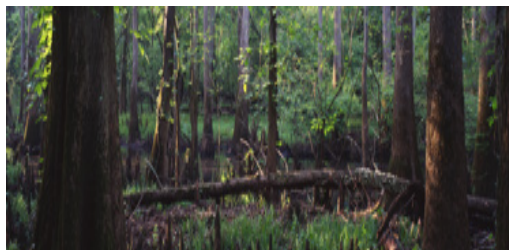
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Congaree National Park is the largest remnant old-growth floodplain forest remaining on the continent! Experience national and state champion trees, towering to record size amidst astonishing biodiversity. Walk, paddle or just relax within this dynamic floodplain ecosystem. Beauty and tranquility reign supreme in the midst of this national treasure. The park provides a sanctuary for plants and animals, a research site for scientists, and a place for you to walk and relax in a tranquil wilderness setting amidst giant hardwoods and towering pines.

Activities at Congaree National Park include hiking, primitive camping, bird watching, pic-

nicking, canoeing & kayaking, ranger guided interpretive walks and canoe tours, nature study, and environmental education programs.



The park offers guided canoe tours on Cedar Creek every Saturday and Sunday. Canoes are provided for tour participants only. Individual canoeing at Congaree is a BYOC (bring your own canoe) experience. Canoes and kayaks can be rented from outfitters in Co-

lumbia. Reservations are needed for guided canoe tours.

The Harry Hampton Visitor Center is open from 8:30 AM-5 PM daily and during daylight savings until 7 PM on Fridays and Saturdays. Visitors are welcome to park in the after hours parking lot to walk the trails before or after hours. All entrance and tours are free to the public.

Congaree National Park is located about 20 miles from downtown Columbia in the Hopkins/Gadsden Community. For directions please visit www.nps.gov/cosw/

Purple Martin Cruise



Purple Martins Landing

The Purple Martin Cruise is a phenomenon you have to see to believe. This 2 1/2 hour cruise takes you out to historic Bomb Island, where hundreds of thousands of birds (Purple Martins) circle and roost on the largest Purple Martin sanctuary in North America. Dur-

ing this cruise you will hear narration about the Purple Martins and about the historic significance of how this island was used for bombing practice by Jimmy Doolittle prior to his raid on Tokyo during WWII. Light refreshments will be served.

The Cruise departs from Lake Murray Marina (transportation NOT provided). Cruises run through August 31, 2009, Sundays from 7:30-10 PM and Mondays 7-9:30 PM. Admission is \$29 please call 803-749-8594 for more information.

Architectural Tour



Main Street Architecture

Columbia’s Main Street boasts architectural styles spanning three centuries that speak to the tastes, interests, and aspirations of persons living and working in South Carolina’s second state capital. The architectural evolution of this central commercial corridor reads like an epic novel. War, politics, and the ebb and flow of public and private money have all left their mark on each block. While fire reduced the entirety of Main Street from

Gervais to Upper Street (Elmwood Avenue) to ashes in 1865, waning and waxing interests in the corridors future also have erased many architecturally significant structures. Fortunately, adaptive re-use of historic structures has begun to promote new businesses, re-established residences, and inform in-fill construction resulting in successful revitalization of one of Columbia’s most important thoroughfares.

The Historic Columbia Foundation provides the National Advocacy Center (NAC) with brochures for a self-guided architectural tour. This tour highlights landmarks lost and landmarks preserved within four centuries of national and international building trends. Please ask the NAC concierge or visit www.historiccolumbia.org for more information.

Brew at the Zoo



Brew at the Zoo will be rain or shine Saturday, August 7, 2010, from 7:00 PM-9:30 PM at Riverbanks Zoo and Gardens. All guests must present valid picture IDs. Designated Driver tickets will be available at the gate on the day of the event to individuals ages 21 and up for \$15 (includes unlimited soft drinks). Checker Yellow Cab

also will be standing by for all participants from 7:00 PM-10:00 PM, and Riverbanks will pay the first \$10 of fare destined for private residences or hotels within Richland or Lexington counties.

Tickets are \$40 to general public and \$50 day of event (limited tickets) and can be purchased online at www.riverbanks.org.



Sally Salamander



Sally Salamander is a new interactive walking tour of downtown Columbia featuring numbered, bronze statues of South Carolina’s state amphibian, the spotted salamander. The tour is presented by the Leadership Columbia class of 2009, thanks to many generous sponsors.

There is a self-guided brochure that leads visitors to ten spots through the downtown area, full of history and architecture. Look for the bronze salamander on each of the buildings along the way!

Brochures can be found in the Library at the NAC. For more

information visit www.columbiasalamander.com or ask the NAC Concierge.

Trustus Theatre Presents...

Trustus proudly presents “The Paradise Key”, winner of the Trustus Playwrights’ Festival! It is August, 1951. In the sweaty back room of a U. S. Army safe house, hidden deep in the Florida Keys, a young American Counter-Intelligence agent named David has interviews a special subject—a German medical doctor named Halb. The doctor was rumored to have found a vaccine for Polio, years before his American counterparts. David wants to

acquire the vaccine to save the lives of countless children. However, as the Faustian bargain unfolds, we learn the vaccine is the result of the doctor’s work in Nazi concentration camps with experiments on human prisoners. Over the course of one night, David must find this formula hidden within Halb’s head, or risk disaster. Join us for the exciting world premiere of “The Paradise Key” by Trustus Alumni Dean Poyner!

Trustus presents “The Paradise Key” August 6-14, 2010. Tickets range from \$17-\$22.50 and can be purchased by calling 803-254-9732. For more information please visit www.trustus.org.



City Yoga

City Yoga is Columbia’s premier yoga studio. Their mission is to help people improve their health and quality of life through the integration of body, mind and spirit...while providing a supportive community to enhance this growth.

City Yoga’s beautiful Five Points studio offers Anusura

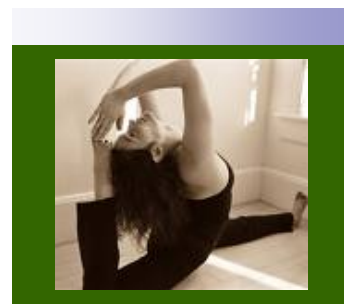
and Anusura-inspired classes, taught in progressive levels by a team of highly skilled instructors. Their teachers have trained primarily in Anusara Yoga with John Friend and other Senior Anusara teachers. City Yoga’s classes accommodate all levels of students, including advanced yogis, beginners, seniors, teens and chil-

dren, as well as those with injuries and chronic misalignments.

Drop-ins and new students are welcomed at any point into classes!

Drop-in classes are \$15 each.

For schedule information, visit online at www.cityyogasc.com



James Gregory

James Gregory, “The Funniest Man in America,” returns to the Township Auditorium. James is heard weekly on syndicated radio shows such as Rick and Bubba, John Boy and Billy and Tom. Combined, these shows are broadcast to people in over 220 cities nationwide. As a result, he now

has a grass-roots following that numbers in the millions. Special guest for the evening is Steve Mingolla. Tickets are on sale NOW!

James Gregory comes to the Township Auditorium located at 1703 Taylor Street on Saturday, August 28, 2010 at 7:30

PM. Tickets are \$29.50 and can be purchased by calling the Township Box Office at 803-576-2350, or Ticketmaster at 1-800-745-3000, or online at www.ticketmaster.com. For more information please visit www.thetownship.org.



James Gregory



2010 FOOTBALL SCHEDULE

| | |
|--------------|---------------|
| September 2 | Southern Miss |
| September 11 | Georgia |
| September 18 | Furman |
| September 25 | @ Auburn |
| October 9 | Alabama |
| October 16 | @ Kentucky |
| October 23 | @ Vanderbilt |
| October 30 | Tennessee |
| November 6 | Arkansas |
| November 13 | @ Florida |
| November 20 | Troy |
| November 27 | @ Clemson |

NAC Recipe

Scallops with Citrus and Quinoa

- 3/4 cup quinoa, rinsed well
- Kosher salt
- 3 oranges
- 4 tangerines
- 2 tablespoons sugar
- 1 tablespoon apple cider vinegar
- 1 teaspoon coriander seeds, crushed
- 2 tablespoons cold unsalted butter, cut into pieces
- 1 1/4 pounds sea scallops, tough foot muscles removed

- Freshly ground pepper
- 1 teaspoon extra-virgin olive oil
- 1 tablespoon chopped fresh parsley or chives

Directions

Combine the quinoa, 2 cups water and 1/2 teaspoon salt in a saucepan and bring to a boil over high heat. Reduce the heat to low and simmer, uncovered, until the water is absorbed, 12 to 14 minutes.

Meanwhile, grate 1 teaspoon orange zest, then juice all 3 oranges and the tangerines into a bowl. Sprinkle the sugar in a skillet and cook over medium-high heat until dark amber about 5 minutes. Remove from the heat and whisk in the vine-

gar, citrus juices and zest, and the coriander. Return to medium heat and boil until thick, about 8 minutes. Remove from the heat and whisk in butter; keep warm.

Season the scallops on one side with salt and pepper. Heat the oil in a large cast-iron skillet over medium heat. Add the scallops seasoned-side down and sear until golden, 4 to 5 minutes. Flip and cook until golden on the other side, 2 to 3 minutes.

Fluff the quinoa with a fork and divide among plates. Top with scallops, drizzle with the citrus sauce and sprinkle with the parsley.

Recipe courtesy of Food Network Magazine

