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CHERRY HILL – STONECREST – FAIRVIEW

MISSOURIAN Neighborhood News

Helping you get to know your community

June 9, 2010

PILATES STUDIO OPENS IN CHERRY HILL

By **MEGAN STROUP**

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***Pilates for Every Body* owner Jennifer Drewing stands with selections from the workout clothing line *Zobha*, available for purchase at her *Cherry Hill* location.**

MEGAN STROUP/Missourian

Jennifer Drewing is finally seeing her vision become a reality.

After 12 years of providing fitness services to clients, Drewing is moving her business, [Pilates for Every Body](#), to Cherry Hill, where it will share Suite 105 at 4200 Merchant St. with [Cherry Hill Massage](#).

"My vision was to have a wellness center with entities that complement each other," Drewing said. Her cooperation with Cherry Hill Massage owner Andrea Morse is the beginning of this dream.

Drewing said she and Morse were paired up by a real estate agent in Cherry Hill, Mike Grellner, who had been working independently with each of the women. Drewing was looking for a new location that would allow her to expand and offer more variety in her Pilates classes, and Morse was looking for a bigger space around the same time.

"We could not fulfill our clients in a small space," Morse said. "I was actually turning away clients."

Before relocating to Cherry Hill, Pilates for Every Body operated off Chapel Hill Road, about two miles from the new location.

"I like this area and wanted to stay on this side of town," Drewing said.

The new building in Cherry Hill offers two separate classrooms, as opposed to the one classroom in Drewing's previous studio. Pilates for Every Body will now offer [chair](#) classes in addition to the [reformer and mat classes](#) offered at the old location. Drewing said she also plans to incorporate mini-trampolines in the chair classes, in order to provide

JUNE EVENTS

Saturday, June 12:

SummerFest & Art Show, 10 a.m. to 5 p.m. The event includes an art show and sale, prizes, live music, food, drinks and children's games including a dunk tank and face painting.

Residents are invited to meet at the Cherry Hill Market and Cafe at 10 a.m. to join the parade. All children who participate will receive a hand stamp for free games all day.

Sunday, June 13:

An interfaith community worship service will be at 2 p.m. in Peace Park, as part of the Mid-Missouri Pridefest.

Thursday, June 17:

Grand opening and ribbon-cutting of the newly-joined [Cherry Hill Massage](#) and Pilates for Every Body, located on Merchant Street. The open house will include food, drinks, tours, prizes and Pilates classes.

Sunday, June 27:

Annual neighborhood barbecue. Check back soon for more details.

CONTACT US

cardiovascular exercise to her clients as well.

The Cherry Hill studio also includes a workout clothing retail line. Drawing will be selling clothes made by [Zobha](#), which offers workout clothes for every body type. The line, like Drawing's classes, offer options for every body, instead of only focusing on smaller sizes.

Drawing said she started including retail in her business right before her move to Cherry Hill, and the first round of Zobha clothing sold out.

Before opening her own studio, Drawing worked out of her home, offering personal training services and one reformer. She began her first business, Functional Fitness, in 1998, but changed the name to Pilates for Every Body in 2000 when she decided to transition from personal training to purely Pilates.

Drawing's interest in Pilates began after she suffered a spinal injury in 1998. She said she experienced back problems as a gymnast at a young age, and the injuries resurfaced in her early 20s when she took up gymnastics again to prepare for fitness competitions. Doctors told her she would need to have surgery, but she turned to Pilates instead.

"Now that I do Pilates, I can do just about anything I want to," Drawing said.

Drawing offerED the first class at her new location on Monday, June 7. The joint business between Pilates for Every Body and Cherry Hill Massage will hold a grand opening event from 5 to 7 p.m. June 17.

CHERRY HILL MASSAGE
GROWS WITH CHERRY HILL
NEIGHBORHOOD

Reach the Missourian's neighborhood reporters in the newsroom: 882-5720

You can also send story tips and your own stories and photos via e-mail to neighborhoods@columbiamissourian.com.

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By ELISA ESSNER

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[Cherry Hill Massage](#) is one of three local businesses joining forces to create an informal wellness facility in the Village's Town Center.

The massage clinic currently operates in the Keystone Building, but will soon move to its third Cherry Hill location, 2400 Merchant St., Suite 105. Owner Andrea Morse and her two therapists, Jennifer Butterwick and Nicole Shelton, will share that space with the instructors at [Pilates for Every Body](#) and physical therapist [Amy Cafer](#).

Morse, who opened her clinic in 2006, said she hopes there will be a lot of integration between the three businesses.

"We're hoping we're able to cross-market and really make it a unique little group and, hopefully, a kind of wellness area," she said.

Growing the business

Morse gave birth to her first son, Oliver, just over a year ago. She said when she learned she was pregnant, she began looking for creative ways to grow and manage her business.

"I wanted to be able to stay home with my son while building my business," she said.

Morse knew she would need help if she wanted to maintain her clientele and be a full-time mom, and in October 2008, she hired Butterwick and Shelton.

Morse does not currently see any clients, though she intends to maintain her massage therapy license.

"I will never let that lapse," she said. "If I ever need to fill in, if there's a last-minute thing or someone was sick, I need to be able to provide that."

The move to Merchant Street will give Cherry Hill Massage a second treatment room and a larger consultation area.

"I just keep moving around the square," Morse said, adding that she hopes this move will be the last.

The space, which has previously been occupied by various restaurants, is being renovated by developer Roy Finley.

"(Finley) is working very hard at welcoming us to a peaceful and beautiful refinished space," Morse said.

Therapeutic massage

Morse and her therapists engage in just that: therapy. They're committed to a healing touch.

Morse emphasized the "huge difference" between massage for relaxation and therapeutic massage.

She described relaxation massage as a superficial treatment found at higher-end spas.

"It's just kind of a feel-good," she said. "It's great, there's nothing wrong with it, but that's not what our goal is."

At Cherry Hill Massage, much more time is dedicated to client intake. Therapists spend at least 30 minutes with each patient to learn about lifestyle, past injuries, medical histories and anything else that might be contributing to the particular pain that the individual lives with.

"With therapeutic (massage), there's gonna be something that needs fixed, something that needs worked on," Morse said.

Cherry Hill Massage is a largely referral-based business. Most clients come in after considering other treatment options with their doctors, chiropractors and physical therapists. Morse emphasized that a massage is not a one-time fix; she compared the treatment process to regular tune-ups of a car.

"People will continue with massage all their lives. It definitely requires maintenance. We can alleviate a lot of body pains or migraines on site," she said.

"But those are going to keep coming back with life. Whatever's causing it, whether it's your stress, whether it's sitting at a desk. It's just maintenance for your body. You can't just go once and think, 'I'll never have to have a massage again.'"

'Wow, I could do this.'

Morse said her decision to become a massage therapist was a "no-brainer."

After a minor car accident, her chiropractor prescribed massage therapy for whiplash, aches and pains.

"It wasn't something I had ever experienced before. It was fantastic," Morse said. "I thought, 'Wow, I could do this.'"

Morse, who had been studying psychology at MU, enrolled at the [Massage Therapy Institute in Missouri](#) in 2005.

"It was a liberating year," Morse said. "One of our first classes was kind of a self-awareness class. The teacher played Grateful Dead and we danced to it for an hour.

"And I was like, 'This is a class? This is so cool!' I didn't attend any classes like that at Mizzou. It was just so awesome. It was really about getting self-awareness and getting to know about yourself and your body and the mind, body and spirit as a whole."

Morse said she thinks a lack of education and a lack of awareness has led many people to the flawed assumption that "you just hurt, and this is how it's going to have to be."

But, she said, the alternative health industry has made great strides in promoting the importance of personal responsibility for healthy living.

"I think people are becoming aware of health and vitality," Morse said. "I think that people are understanding, we really can feel good. We can feel great."

She added that she has seen huge changes in Columbia since moving here just over 10 years ago; she pointed to the popularity of the [local farmers market](#) as an example of people choosing good health.

"I think Columbia is a great area for this to thrive and succeed," Morse said, adding that she was drawn to the Village because of its development potential.

"This is just gonna blow up down here," she said, indicating the construction on Scott Boulevard and Chapel Hill Road. "It's a great spot for my business, for any business, really."

Community involvement

The therapists at Cherry Hill Massage participate in [various events](#) throughout the community where they try to promote the benefits of therapeutic massage.

Butterwick and Shelton provide chair massages at downtown events like [Artrageous Fridays](#) and the Catacombs Art Market at [Artlandish Gallery](#). Morse and her staff also partner frequently with Make Scents, a downtown fragrance shop. Cherry Hill Massage can also be hired for on-site chair massage at local businesses and special events.

Morse said she is also committed to supporting charities like the [United Way](#).

"My husband, Erik, has been involved with the United Way for quite a few years now, and we support all the work they do for our community," Morse said.

Cherry Hill Massage provides chair massages and gift certificates for United Way events and raises money for their efforts through percent-of-proceeds fundraisers.

"We really like to help out the community and be involved," Morse said. "We want to be the massage therapy business that shows that we love what we do and we want everybody to know about it."

RAPPers KEEP THE PEACE

AT RUSSELL BOULEVARD

ELEMENTARY

By MEGAN STROUP
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On June 1, Russell Boulevard Elementary staff trained 38 students to be RAPPers.

These RAPPers didn't learn to spit rhymes, beat box or produce albums. Instead, the children were trained to be conflict mediators for their peers in the upcoming year.

The RAPP program — Russell Answers Problems Peacefully — started at Russell Boulevard in 1991. Bonnie Conley, a co-coordinator of RAPP, said the idea came from another school district's conflict mediation program.

"The program started with just sit-down mediations," Conley said in an e-mail. "We wanted the students to be more actively involved on a weekly basis and set up a recess schedule where they are out with younger classes being proactive (teaching games) and watching for problems they can talk out 'on the spot.' "

Conley said the school has also participated in larger awareness activities and community service projects through RAPP, such as making a quilt for peace one year.

Lisa Fortner, Russell Boulevard Elementary counselor and co-

coordinator of RAPP, said students may apply to be a RAPPER beginning in third grade for the next school year. The application asks students about their reasons for applying, their experience solving problems between friends and the importance of keeping secrets in mediations. Teachers are then asked to provide feedback on the student applicants.

"We always like to have a diverse group, not just the 'straight A' students but a menagerie of students that represent Russell," Conley said. "The skills that are built are beneficial to all."

Fortner said the majority of students who apply do so because they want to help kids.

That's one reason fourth-grader Aidan Patterson applied to the program.

"I think it's fun, because it helps kids get to know and act the right way," Aidan said. "If kids act the right way, it makes a better school."

Aidan said he plans to continue with the program next year.

Gretchen Cone, a fifth-grade RAPPER, said she applied because she likes working with younger kids and she had some experience in mediation.

"A lot of times when me and my brother are fighting, I fix it," Gretchen said. "So I thought I would be good at this."

Gretchen said she did one mediation this year with her RAPP partner. They listened to the students' problem and allowed both to share their side of the story.

"In the end, we help them figure out what they want to do to fix it," Gretchen said. "I think we resolved it. We gave them a solution, and they didn't come back, so I think it was fixed."

Aidan said he has never had to mediate an argument as a RAPPER, but he does help the younger students at recess.

“Some kids don’t have anything to do, so we help them find a friend to play with,” Aidan explained. He said two to three RAPPers are on duty at one recess, and they have a book of games and tub of supplies to keep the students entertained.

Aidan’s favorite game is the bean-bag toss, which he remembers playing with the RAPPers when he was younger.

Gretchen said the RAPPers learn games to teach the children at mandatory monthly RAPP meetings after school.

While on duty at recess, the RAPPers wear T-shirts with a picture of the school mascot, a raven, and the phrase, “We’re ‘raven’ about peace!”

Including the 38 newly trained students and returning RAPPers such as Aidan, Fortner estimates there will be close to 50 RAPPers next year. This is a big jump for the program, which Fortner said usually has about 20 students.

This is Conley’s last year coordinating the program. As a districtwide resource special education teacher, she was housed at Russell but will move to a new location next year. Fortner said some of the Russell teachers will step in to help out the program in Conley’s absence.

MEET YOUR NEIGHBOR: **THE REV. DICK BLOUNT**

By MEGAN STROUP
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Rev. Dick Blount sits at his desk in his home office. He keeps a stack of Open Door Ministry brochures nearby.

MEGAN STROUP/Missourian

"Do you know that people hate you?"

The Rev. Dick Blount was surprised by this question a few weeks ago. A young man who Blount had been counseling asked him this after Googling the retired minister on the Internet.

A Google search of Dick Blount brings up several local articles, including one about a [protest](#) of Blount led by the Westboro Baptist Church. Unfavorable reactions to Blount's social activism are usually consequences of his public support for the LGBT community, which he has shown by [supporting](#) the domestic partner registry for same-sex couples Columbia passed last year and [opposing](#) the passage of California's Proposition 8, which banned same-sex marriages in the state.

Blount says he does not hate people who have shown opposition to his ideas, nor does he want to argue with them.

"I want to have a dialogue with them," Blount said. "I want to get to know them better. I feel sorry for them. I see my work as a ministry of love, and it's threatening to them."

Blount's work includes the formation of the [Open Door](#)

Ministry organization at the Missouri United Methodist Church on Ninth Street, which aims to diminish prejudice against homosexuals in Columbia.

Blount acknowledges that his view of homosexuality differs from the United Methodist Church.

"The church says today you can't do many things as a homosexual," Blount explained. "I totally disagree with all that. There should be no restrictions at all based on sexuality."

In 1972, the United Methodist Church General Conference wrote a new set of social principles: "The practice of homosexuality is incompatible with Christian teaching. Therefore self-avowed practicing homosexuals are not to be certified as candidates, ordained as ministers, or appointed to serve in The United Methodist Church."

These principles are revised at each General Conference, which takes place every four years. Blount said since 1972, the margin of voting concerning this portion of the principles has decreased significantly. He believes the church will change its stance on homosexuality during the next General Conference in 2012.

"I think we're moving in the direction God wants us to," Blount said. "I'm not downtrodden about people who hate me for what I'm doing. I'm glad they notice I'm doing something. I rejoice."

Blount first became involved in social justice issues while serving as the executive director of the metropolitan planning committee for the greater Kansas City area from 1969 to 1973. In this position, he worked with churches in the region for four years doing creative ministries. In addition to addressing issues of the LGBT community, Blount said they also focused on issues such as race and the war in Vietnam.

"I love the church, and I believe in the church," Blount said. "But I wanted to take the church's teaching of love into the

streets where Jesus' friends live."

Blount has reached out to other Columbia groups interested in working with the LGBT community and hopes to form some type of unified council soon.

"We have over 20 different groups working directly with LGBT in Columbia, but we don't know each other really," Blount said. "If other groups are interested, I'd like to sell the idea that we ought to have a council on unity that meets often enough that we know who each other are. We will keep our unique identity, but we ought to know each other."

To advance this cooperation, Blount has been working with the Rev. Heather Morgan from [Columbia Hope Episcopal Church](#) to plan an upcoming interfaith community worship service.

"It was all Heather," Blount emphasized about the original idea for the service. "I was just one of the first ones to endorse it as a wonderful idea."

Morgan and Blount first met last August at a screening of the film "For the Bible Tells Me So" at Columbia Hope. The movie was screened as part of the church's [Oasis](#) group, which offers support and resources to the LGBT community.

The interfaith community worship service will be at 2 p.m. on Sunday, June 13 in Peace Park, as part of the Mid-Missouri Pridefest.

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