



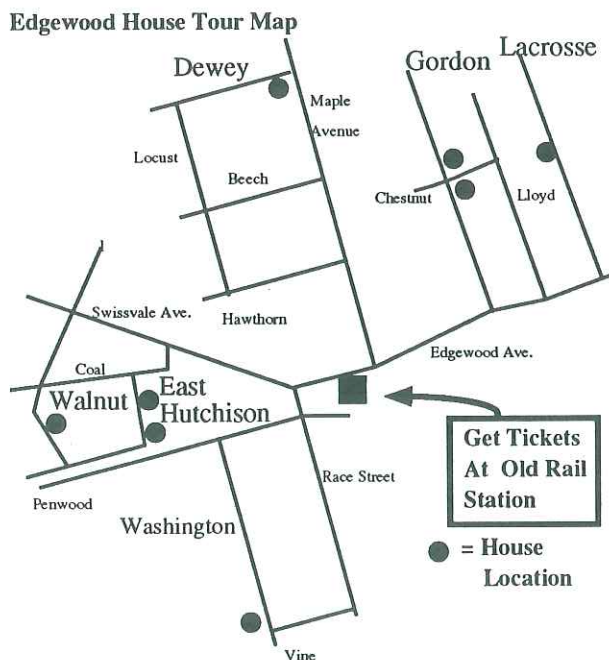
Regent Square Civic Association Newsletter

May 1994, Volume 14, Number 2

Edgewood House Tour - May 22nd - Sunday - Popular Tour Through Local Homes

The popular Edgewood House Tour will be held this year on Sunday the 22nd of May from 1-5 PM. Tickets are available for a donation of \$8 from members of the Edgewood Historical Society *or* at the Edgewood Railroad Station on the day of the tour.

An outline of the locations of the houses is illustrated below:



During the tour you may linger a bit at 335 Locust Street to enjoy the Jones' residence garden and refresh yourself with some lemonade.

The houses which may be toured include:

- **831 East Hutchison** - a typical Pittsburgh Provincial house restored from an abandoned property;
- **832 East Hutchison** - a Pittsburgh Victorian with stained glass windows and original woodwork;

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Week Of The Child - A Week Of Learning, Fun, And Community At The Regent Square School

A group of about 15 parents and 10 school staff organized a "Week Of The Young Child" at the Regent Square School. The program was to help children develop a positive values about themselves and their interactions with the community. Local businesses and government participated in the events.

The week offered a series of daily activities which enabled the children in grades K through 2 to learn and enjoy. Daily activities were:

- Monday - Buffo the clown started the week with special entertainment for the youngsters.
- Tuesday - Giant Eagle donated brown bags which the children decorated for spring. These were later distributed by the store (They were very popular and all gone within a few hours!) The Bakery On The Square is displaying the children's spring butterfly artwork in their window.

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Traffic Changes - Tremendous Help To Business District

Sue Warner and Chris Kefalos of the Edgewood Town Council held special sessions to obtain citizen input regarding the traffic changes which Edgewood had enacted on South Braddock Avenue. Local merchants from the Avenue attended the meeting. Merchants along the corridor from Lamanti's Pizza to near the Regent Square Theater all voiced the common concern that their business had been significantly disturbed by the elimination of many parking spaces along South Braddock and Hutchison.

Based on this input the Edgewood Town Council restored the parking spaces and re-lined Hutchison to its former arrangement.

The local businesses have been very pleased about this change as it now offers more parking for patrons. Some businesses, such as the corner convenience store, had experienced a 15-20% drop in traffic because of the parking restrictions. The recent
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Edgewood House Tour - (continued from first page)

- **804 Walnut** - a genuine Sears&Roebuck house delivered by rail in 1924 and erected piece-by-numbered-piece;
- **160 Washington** - a Dutch Colonial with a distinctive roof line and brick facade;
- **109 Dewey** - an unusual architectural variety and a "Painted Lady";
- **134 Gordon** - an interesting combination of various individual architectural designs;
- **150 Gordon** - a plantation like house with a massive front and impressive interior;
- **159 LaCrosse** - high ceilings, 19th century woodwork and an engraved stone step, one of Edgewood's finest homes.

Because of the delicate items on display in the individual homes children and pets are not permitted on the tour.

If you have any questions about the popular tour, please call Nevin Rodes at 243-3922 or Doris Jones at 241-5418.

Week Of The Child - (continued from first page)

- **Wednesday** - Officer Friendly from the Pittsburgh Police visited and talked with the children about being safe, dealing with strangers, etc. At lunch Foodland donated cereal used to make 'Fruit Loop' edible necklaces.
- **Thursday** - Cooperative games were held between older and younger grades to help children understand older/younger differences.
- **Friday** - Children learned to feel good about themselves and 'say no' to drugs. The final week's activity was to color the entire school yard with chalk. This created a wonderful mosaic of art by the end of the day;

The children enjoyed a great week which taught them some important values of community, cooperation and sharing. A special thanks goes to all of the wonderful parents and school staff who worked so hard to make the event a success! A thanks also goes to the local businesses who donated materials and time to help the children learn!

Editor's Definition - Picnic - An outdoor eating event where you enjoy with gusto food that you wouldn't touch at home.

New Pastor & Upcoming Events - Waverly Church Celebrates 100 Years Of Service

Finding Waverly Presbyterian church is easy. It's the church on three corners:

- The first corner is outside - the church is at the busy intersection of Forbes and South Braddock near the playground in Frick Park;
- The second corner is inside - it is on the corner of a new ministry - Reverend Dunfee has moved on to a ministry in King Of Prussia. While the selection process for a new minister progresses the Reverend Carol D. Roth serves as interim pastor.
- The third corner is both inside and out - the church is at the beginning of its second century in the community. In 1894 it began at the corner of Peebles and Waverly; thirty-six years later it moved to its present site.

Events planned over the next several months include:

- **Heritage Sunday** - September 18th, with a bag-piper, scones and a worship service from 100 years ago;
- **Holocaust Museum Visit** - October 8th, a day-trip to the memorial in Washington D.C. with lectures, films, and discussions;
- **Holiday Festival** - "A Currier and Ives Christmas" November 11th and 12th. The Annual Patron's Night features sumptuous goodies and an action of art, vacations, collectibles, and more;
- **Woman's Retreat** - in winter - a time for women to consider what it means to be female, free, faithful and included;

Waverly continues to offer a nursery school, a week-day Afterschool program for elementary students, Sunday School for all ages, an annual Operas House (with villains, damsels and Dudley Do-Right heroes), a movie group and a warm welcoming community.

Worship is held September through June in the sanctuary where there are exquisite windows ranked among the finest in the city. There are frequently appearances by the Waverly Wuppets, who keep children enthralled by their light hearted, profound puppet-play messages. In July and August, worship moves to the informal lounge with guest musicians providing special music. If you play the guitar - please come and join in!

Visitors are most welcome at any corner of Waverly. If you'd like more information, please call 242-0643.

Back Talk - Avoid Pain And Strain Say Local Experts

Now that winter seems to finally have left us thoughts are turning to more active pursuits. You may be thinking of cleaning up that yard, painting, moving some furniture, spring cleaning - in general more activity for your body. But that often translates directly into stress for muscles or joints which have not been regularly used. To avoid strain or serious injury, take some time to follow these simple rules:

- **Always Stretch** - your muscles power your joints, but if they're not used they are like a cold rubber band - very tight and difficult to move. Stretching increases the blood flow, 'powers up' the muscles, and gets them ready to properly do their job.
- **Keep It Close** - keep heavy objects close to your body when lifting. The farther out that you extend your arms, the more strain the load places on your body.
- **Bend with your knees** - the many delicate interlocking joints of your back were **not** designed for power lifting. Your knees provide a much safer way of lifting a heavy object. If you can't lift it yourself - don't bend - get help!
- **Use A Lift Belt** - a lift belt helps provide firm support for your back. A lift belt helps keep muscles firm and focused in the right direction - avoiding strain that can cause damage or movement in the wrong direction.
- **Take Frequent Breaks** - a tired muscle can't effectively do work and may get damaged under stress. Frequent breaks allow your muscles recovery time to get up to full working capacity.

Your muscles can also get tired from long periods in any one position. If you're on a long drive, take a 5-10 minute break every 2 hours or so to help prevent muscle fatigue that could lead to other symptoms (i.e. back pain, etc.)

Your age, history and current condition all come into play when considering how your body will react to strain. If you have any severe symptoms, i.e. pain, etc., seek immediate professional help. Or if a symptom persists for more than 24-36 hours you probably need professional attention.

However if you are experiencing some mild symptoms of strain - **RICE** it.

RICE stands for:

Rest - allow the area to rest;

Ice - apply ice or cold to restrict blood flow;

Compress - use pressure to help reduce swelling;

Elevate - if possible, elevate the area to reduce swelling.

This technique is used to help reduce the swelling that is typically associated with strain. The rest, ice, compressions and elevation are all ways to reduce fluid levels in the affected area - hence decreasing pain. Some mild analgesic such as aspirin may also be of benefit.

Remember that your muscles are moving a finely tuned machine - your body. To do this well they all must be in balance. A tired muscle not only effects your capacity to do work, but may cause other muscles to strain more or contribute to a joint malfunctioning. Take the time to be careful and avoid the common causes of serious injury.

Contributed by: *Regent Square Chiropractic* - Dr. Janice Slater and Laurel J. Mackenzie. You may reach them at 371-9311.

Traffic Changes - (continued from first page)

reinstatement of the spaces are a welcome relief for all of the businesses near that busy corner.

However the changes in Hutchison from a three lane to a two lane road have resulted in some hazardous encounters for drivers who are not accustomed to the new traffic patterns. A finishing touch of directional arrows on the street would help alert the occasional driver to the new traffic flow and greatly increase safety.

With the long traffic experiment finally drawn to a close, the businesses and local patrons greatly appreciate the recent action of Edgewood in restoring parking back to the South Braddock and Hutchison intersection.

Invasion Planned - The French Are Coming To Regent Square

The Edgewood/Regent Square area has been chosen by the International Education Forum (IEF), an award winning non-profit cultural exchange organization, to host foreign exchange students this summer. Twenty-five French students (aged 13-21) will be arriving August 1 for a cultural "immersion" program. Weekly excursions, activities, and a welcoming and farewell party will be held for the students.

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Invasion Planned - (continued from prior page)

A key to the success of this program is local involvement by families who would like to open their home to a foreign visitor. Host families are needed by late May or early June.

A meeting will be held at the Wilkins Community Center on May 19th at 7:30 PM for persons would be interested in participating in the program. If you're interested in being a part of this exciting opportunity to enrich a student's life, foster multi-cultural understanding and perhaps make a life-long friend in France, plan to attend!

If you're not able to attend or need more information about the program, you may contact Gail Gregory at 371-2554.

And don't be surprised if you hear someone say "Bonjour" on the street this summer and ask for directions to "La Boulangerie" (Bakery). C'est la vie dans Regent Square. (That's life in Regent Square!)

Winter Clothes - Think About Them One More Time Says Local Business!

While many of us would like to forget about those warm woolen sweaters or fur coats now that spring has arrived, it may be worth your while to give them one more thought.

There is nothing that destructive moths enjoy more than a dirty garment in a warm, dark undisturbed place. It offers the ideal place for moths to lunch while they do hundreds of dollars of damage to a valuable sweater or fur.

Pesticides which formally helped keep moths under control are now more severely restricted because of the hazards that they pose to people. This means that unless you take special care, your valuable winter apparel is now even more likely to be at risk.

To help safeguard winter items, they should be thoroughly cleaned and repaired before storage. Cedar storage closets may deter pests but alone can not really offer absolutely foolproof protection. Another common protection agent - moth crystals - really may not provide foolproof protection. In order to really effectively kill moths the crystals must be almost pungent enough to sting your eyes.

Ideally garments should be stored in light place, covered loosely to protect against dust but allowing a good air flow.

Most closets and home storage spaces really are not appropriate for storing very valuable items such as furs, etc. In addition fur items should be professionally glazed to retain their resiliency and extend their life. It's not uncommon for a well cared for fur to provide over 25 years of service.

So take a few minutes and prepare your garments for a moth-free summer or arrange to have them sent away for their summer vacation.

Contributed by: *Jerome Wolk Furs* - You may reach them at 241-4801.

Market Moves- Long Term View Key To Successful Financial Planning

There have been many headlines in recent weeks about market gyrations.

The question is: What should you do about the volatility in the stock market?

The answer is: Frequently you really should do nothing at all.

If you have clear financial goals and objectives, you shouldn't have to make a change in your portfolio every time the Dow moves. If your strategy is carefully planned, thought out, and monitored, you shouldn't change every time the stock market does.

For example, if you chose to make investments for a retirement which will be 20 years down the road you may have invested in a fund which will grow over time. A lower than average performance of the fund today may represent an opportunity to acquire more shares of the fund at a lower value. Those additional shares could mean more money for you when you finally are ready to redeem the fund for your retirement.

Investors usually incur a loss if they stop investing early or sell during market declines. The success of systematic investing depends on investing over the long-term, regardless of daily price fluctuations.

Volatility is a fact of life in almost any investment, especially those designed for long term appreciation. If you and your financial planner believe that your investment is a good one for the long term, the short term market swings should not be a big concern.

Contributed by: *Luella M. Mattes, Certified Financial Planner* - You may reach her at 243-1443.

Newsletter - Input/Output - The Regent Square Civic Association Newsletter is edited by Jon Danzak. Special thanks to Ed Wells & Barbara Danko for editorial assistance and Joe George, Jr. for logistics support! If you have a comment or would like to see something included in the newsletter, please call Jon at 241-2345 or write to him at 629 South Braddock Avenue, Pittsburgh PA 15221. Comments are always welcome.