

REGENT SQUARE

CIVIC ASSOCIATION
NEWSLETTER

January 2005, Volume 25 Number 1

Join us next month at

The RSCA Board Meeting, 7:00 PM
Monday, 3-Jan-2005 at the Wilkins
School Community Center located at
the corner of Milton and Charleston
Avenues.

The voice of the Regent Square Civic Association (RSCA),
serving Regent Square's diverse residential and business community.

Open House Starts Off Holidays

Annual RSCA Gathering

Old friends and new friends joined for a couple of hours of holiday cheer and goodwill during the RSCA's annual Open House on Monday, 8-Dec-2004 at the Wilkins School Community Center. 2004 RSCA President Arch Pelley thanked the many committee chairs, newsletter distributors, and volunteers, and he introduced the newly elected RSCA Board members. These individuals make Regent Square a special place to be!

Also in attendance were several members of local government agencies and community organizations, including Pittsburgh City Councilman Doug Shields, Congressman Mike Doyle's representative Shannon O'Malley, members of the WSCC Board, representatives from the Sprout Fund bird mural project, and the artist herself, Kristin Williams. A pleasant surprise was Michele Megarry who stopped in with a donation from the Run Around the Square, thereby helping to balance RSCA's 2004 budget.

Ann Gaul, coordinator of the sale of the Bird Mural Poster, unveiled the newly printed and artist-signed posters, now on sale (contact communications@regent-square.org). Those who joined or renewed their RSCA membership for 2005 during the Open House were eligible to win a raffle of the poster. Melissa McDonough was the happy winner.

(Continued on page 2.)

2005 RSCA Membership Year Begins

It's a New Year and a New Start for the Regent Square Civic Association (RSCA)

With four newly elected Board members, their fresh energy, and their new ideas for our neighborhood, we are bound to accomplish much in the coming year. We now ask **you**, residents and business-owners, to support their efforts by renewing your membership for 2005 or becoming a new RSCA Member.

All membership dues are used to strengthen the Regent Square community and support a multitude of initiatives involving children and adults, our business community and our local non-profits — and, of course, this newsletter. These are all initiatives that make our community an even better place to live, work and play.

As a RSCA Member, you will receive discounts at the Neighborhood Yard Sale, the Bird Mural Poster and the Regent Square T-shirt, to name a few. You will also receive e-mail notices about important neighborhood events and be able to vote and run for the RSCA Board. More importantly, you will have the satisfaction of being an active, involved part of the neighborhood!

Business Members will receive free publicity in an issue of the RSCA Newsletter; a description of your business and a hotlink to your e-mail or website on the RSCA website (www.regent-square.org), a detailed listing in the RSCA Welcome Booklet business directory, and a "RSCA Business Member" window decal, encouraging the community to take advantage of your services.

It's as winning proposition! Complete the 2005 Membership Form in this newsletter and send in your dues to: Membership, RSCA, 7604 Charleston St., Pittsburgh, PA 15218. Then sit back and feel good about being a part of this great neighborhood and this hard-working organization! ■

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Open House

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The only disappointment was the last minute cancellation of Rick Sebak's presentation on his new WQED video "It's the Neighborhoods..." Due to a family emergency he was unable to attend, but he promises to reschedule in the very near future.

After the brief presentations, attendees enjoyed the various snacks and refreshments donated by RSCA Board members. And, judging by the lively conversation that ensued and how long everyone stayed, a great time was had by all. ■

WSCC Available

Renovations Create More Available Space for Community Activities

Wilkins School Community Center now offers four more classrooms that can be rented for community events and family functions. Throughout 2004, WSCC hosted many parties to celebrate birthdays, retirement, graduations and anniversaries. It also functioned as a center for many community events. For example, many parents and children paraded in costume to WSCC as the venue for fun at the RSCA Halloween party.

Planning family events? Consider WSCC for your special occasion. Space is also available for meetings and conferences. Rentals are available by the hour, by the day, or for long-term lease.

The Winter Program begins January 10, 2005. Find details at www.wscppgh.org. Sign-up for email notification of classes, volunteer opportunities and events such as the book sale, flea market, herb sale, holiday gift shop and concerts.

Through preservation efforts, the community center has retained its historic character and many neighbors share memories of their elementary school days. Wilkins School closed in 1978 and reopened in 1979 as a 501(c)(3) not-for-profit organization, the Wilkins School Community Center. Swissvale Borough leases the building to WSCC; however, an all-volunteer Board of Directors maintains the building, offers programs and classes, and sponsors community activities. Our membership group, Friends of WSCC, receives reduced class fees, a newsletter and invitations to special events. WSCC provides you with an opportunity to get to know your neighbors as well as a great place for special occasions, meetings and events. Call 412 244-8458 to use and support your neighborhood gem, WSCC. ■

Joint February/March Newsletter

In an effort to take care of our newsletter deliverers in those cold winter months, and to be fiscally responsible, the Regent Square Newsletter will publish a joint February /March 2005 issue. Watch for it at the end of February! ■

Contributions: This edition was edited by Ann Gaul with help from Carrie Webber. Thanks goes to contributing writers from the community or those who provided information for the newsletter. This includes:

- Open House – Alina Keebler
- RSCA Membership – Alina Keebler
- WSCC Available – Deb DeFazio
- Eating Awareness – Tory Butterworth
- Housing – Fred Leff
- Tutoring – Pam Lieberman

Articles may be submitted for publication via post or email. Please visit the web site www.regent-square.org and see "Newsletter Submission Guidelines" under the "Newsletter" menu item for complete submission guidelines, or contact the Newsletter Committee to receive a hard-copy or e-mail of the guidelines. Please see the last page for complete contact information regarding the Newsletter editor, email or post office address.

Events Calendar

8-Jan-2005 9AM–12PM

Food Donations

Mifflin Avenue United Methodist Church -
905 Mifflin Avenue, corner of Mifflin and
Whitney

Non-perishable food donations collected for Wilkinsburg Food Pantry. Collection on second Saturday of January (due to holiday). Drop off items at church.

Info: 412-731-2511 or www.mifflinave.org

3-Jan-2005 7PM

RSCA Community Meeting

Wilkins School Community Center, between
South Braddock and Milton at Charleston

Regular meeting.

Info: To request an agenda item. Call 412-243-0702 or president@regent-square.org

10-Jan-2005 7PM

WSCC Winter Program Begins

Wilkins School Community Center, between
South Braddock and Milton at Charleston

Info: www.wscppgh.org

5-Feb-2005 9AM–12PM

Food Donations

Mifflin Avenue United Methodist Church -
905 Mifflin Avenue, corner of Mifflin and
Whitney

Non-perishable food donations collected for Wilkinsburg Food Pantry. Collection on first Saturday of every month. Drop off items at church.

Info: 412-731-2511 or www.mifflinave.org

Newly Elected RSCA Board Members

The results of the 2004 RSCA elections are in. Congratulations to John Broyles (Pgh), Glenn Greer (Swsvl), Kelly O'Brien (Swsvl), and Arch Pelley (Pgh). These individuals were elected by the RSCA membership to a three-year term starting in January 2005.

Congratulations to all! ■

Eating Awareness

“Undiet” Group Forming in Regent Square

How many of us have tried diets and failed? Tory Butterworth, Ph.D., Regent Square resident and business owner, is offering an alternative approach to address overeating. While diets start with a set of rules about what and how much to eat, the eating awareness approach helps people sense what they want and need. Satisfaction becomes a key element in feeling full and being able to move on from the dinner table. The fundamental skills taught in this group can be used in conjunction with diets, or by themselves as practices for healthy eating.

Eating Awareness methods start with slowing down the eating process so participants can fully sense how their eating affects them. Tory comments, “Our society is so fast-paced, it’s often hard to slow down. Yet I enjoy my food so much more if I take the time to really taste it.” Eating awareness exercises also explore the emotional connection individuals have with certain foods. Many people have at least one food that makes them feel out of control. Participants will be lead through a series of exercises to explore their current eating patterns and help them develop new, more satisfying ones.

The eating awareness program draws on a number of sources, including yoga, gestalt therapy, and body awareness techniques. Regent Square, where Tory has her private practice in career coaching and body-centered psychotherapy, is a great place for eating awareness practice. “There are all sorts of tempting foods sold in just this one block. It’s nice to have the confidence I can pick and choose, to not deny myself the good food or go crazy on any one thing.”

Tory has been practicing this approach for the last six months. She reports that a new ice cream store kept tempting her, until she decided to look directly into the eye of the beast. “I ordered the biggest portion, and spent over half an hour eating it, savoring every bite. I haven’t been tempted since. I was satisfied and didn’t need any more.”

Starting in January, the Eating Awareness group will meet Friday evenings from 7PM to 9PM at 7625 W. Hutchinson Avenue. Cost will be \$10 per person per night. If you are interested in attending, please call Tory Butterworth at 412-242-8176. ■

Home Prices Continue to Rise!

Larger Homes Sit for a While

The few three bedrooms homes continue to sell quickly, but the larger and more expensive homes have not. High utility bills and taxes seem to be the culprit. Since the assessments have gone up, no properties have been harder hit than the larger more expensive ones. Buyers need to be aware when purchasing these properties! A five to seven bedroom home may not have had an assessment change for a long time. Let’s take an example:

Jim Davis owns a six-bed three-bath home on Trevanion Avenue in Swissvale Borough. His family has been in the home for over 35 years and the county assessment is now \$194,300. He puts the home on the market and he prices it in line with some of the other larger homes \$295,900. The home is in impeccable condition and sells in a week for the price of \$290,000. The buyers have gone beyond what they’d targeted for their maximum payment and will try to tighten their belts to have this lovely home, but it will be close. Based on the \$194,300 current assessment, Jim pays taxes of \$6,371.10. Recently it’s been found that the Board of Assessment has been bringing the assessments close, if not right to, the new sale price. If this property is reassessed to the new purchase price, the taxes would be \$9,509.10, more than a 33% increase. The buyers have not only a new home, but a new problem! I recently met a couple in Edgewood that experienced this same situation. A broker represents buyers and sellers, and it is his/her job to keep both abreast of the ever changing variables. but not all agents have been doing so.

Some of the larger homes had to reduce their prices before they sold and were on the market considerably longer than prior years, but they sold — and for great prices comparatively speaking to our past history. Buyers want to come to this area more than ever.

Visit www.regentsquare.com for other articles on Real Estate matters. ■

Tutoring Benefits

One-on-One Often Helps

Winter is a perfect time to buckle down and study up on anything that interests or challenges you. The best part is that you don’t have to go at it alone. Whether you are a child or an adult, a tutor can help you excel in your most and least favorite subjects. It can help you hone your study skills and help you to help yourself overcome obstacles, improving your grades and confidence levels.

“In the tutoring situation, the teacher and student can work within the student’s individual learning style, strengths, and weaknesses,” says neighborhood tutor Suzanne Evans. “The tutor is able to help the student overcome her or his weaknesses, or if not overcome, to work around them. In the one-on-one relationship, the tutor supports and encourages the student, as well as teaching learning techniques to enable the student to reach the point where the concept or skill sinks in.”

If you do decide that you or your child may benefit from specialized education, the next step is finding a tutoring service that will meet your needs. Here are some things to keep in mind as you search. A good tutor:

- has a positive outlook and an open mind,
- is enthusiastic,
- is perceptive and takes initiative, and
- is patient and reliable.

Be a 2005 RSCA Member — Join or Renew Today!

Individual and Business Memberships Ensure Continuation of Community-Oriented Activities and Initiatives

Become a new RSCA member or renew your RSCA Membership for 2005 so that you can take advantage of members-only perks and vote in next year's election, please complete the form below and send it with your check (payable to the RSCA) to: Regent Square Civic Association, Attn: Membership, 7604 Charleston Ave., Pittsburgh, PA 15218-1265

Individual(s) at \$10 each (18 years & older)

Name _____

Name _____

Name _____

Address, Municipality, Zip: _____

Evening Phone: _____

Contact information is not shared with other organizations.

Regent Square Business at \$20 each

Business Name _____

Businessperson _____

Alternate Rep. _____

Website _____

E-mail Address: _____

Yearly membership year runs Jan. 1st-Dec. 31st. Membership dues are not tax-deductible as a charitable contribution. For further information, call the RSCA Membership Chair at 412-371-2010 or e-mail membership@regent-square.org.

Regent Square Classifieds

A Once-a-Quarter Listing of Residents' Skills and Services

Introducing the "Regent Square Classifieds" — a once-a-quarter section in the Regent Square Newsletter that will list services available from Regent Square residents, along with contact information.

Regent Square residents, list yourself and your skill or service in the Regent Square newsletter for \$10 a quarter. (Due to space limitations, printing costs, and demand, individuals outside of Regent Square may be listed for \$20 a quarter.) For more information, send an email to newsletter@regent-square.org or call 412-371-2010.

The Regent Square Newsletter reserves the right to accept or reject any Classifieds request. Returned checks will be charged a \$25 fee. ■

AUTO BODY REPAIR

Robert J. Bosh
412-731-5441
mdbosh@aol.com

BABYSITTING

Mrs. Juanita Light
412-371-1060

BUSINESS AND HOME ORGANIZATION

Tina Casale
412-351-7720

LANCASTER TRIP

*Dinners, Shows, Transportation, Accommodation:
"Beauty and Beast" and "Ruth"
2 Days/1 Night (June 2005)*
Anna Clark
412-242-6436

PHOTOGRAPHER

Melody Farrin
www.melodyfarrin.com
412-243-3785
melody@melodyfarrin.com

PRIVATE DUTY NURSING

Mary Anne Beighley CNA
412-403-2699

TUTOR (CHILD AND ADULT)

Reading Writing Math, ESL, SAT/GED prep
Suzanne Evans
412-244-0442
sse5727@aol.com

TUTOR

Mary Ann Greer
412-243-5734
magreer@verizon.net

Please note: The RSCA/Regent Square Newsletter cannot and does not recommend or promote these individuals or their skill/service and cannot be held responsible for services rendered. It is up to the user to determine qualifications and applicability for the job requested.



To contact the RSCA Newsletter:

Newsletter Committee
Regent Square Civic Association
7604 Charleston Ave., Pittsburgh, PA 15218-1265
412-371-2010 e-mail: newsletter@regent-square.org
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