

# REGENT SQUARE

## CIVIC ASSOCIATION NEWSLETTER

January 2007, Volume 34 Number 8

### RSCA September

#### Meeting Minutes

RSCA Board Meeting Recap

Monday, 10 September 2007, 7PM

- ✓ Slate of 2008-2010 Board Nominees
- ✓ DCED grant
- ✓ Presentation by City of Pgh Mayor's Office
- ✓ Swissvale Zoning variances
- ✓ Updating/Reprinting business directory

### Join us in October

- ✓ Update on 2008-2010 Board Elections
- ✓ Annual Open-House/Membership Mtg.
- ✓ Upcoming Halloween Party
- ✓ Adding a *Supporting Member* category
- ✓ Underwriting Newsletter issues
- ✓ Banners for business district

ALL THIS AND MORE AT THE RSCA BOARD MEETING, MONDAY, OCTOBER 1, 2007, 7PM AT THE WILKINS SCHOOL COMMUNITY CENTER, 7604 CHARLESTON AVE.

### Vote in RSCA 2007 Board Election

Ballot..... Page 5  
Nominees..... Page 6

WWW.REGENTSQUARE-RSCA.ORG

The voice of the Regent Square Civic Association (RSCA), a not-for-profit 501(c)4 volunteer-led community organization, serving Regent Square's diverse residential and business community.

## 25<sup>th</sup> Annual Run Around the Square

### Runners and Fans Turnout Despite Heat

The 25th anniversary of the Run Around The Square took place on Saturday, August 25th. Over 1,100 runners were registered for the romp through the streets and trails of Regent Square and Frick Park for a morning of fun, sweat, laughter, competition, and community spirit.

#### 1.5K Fun Run/Walk

The 1.5 Fun Run/Walk, started by Swissvale Mayor Danine Swartzweller, sent 364 runners, walkers, strollers, and 45 dogs, all donned with their Run Around The Square t-shirts and dog scarves, through Regent Square.

#### Fun Run winners:


Name	Sex	Age	Time
George Kelly	Male	12	8:58
Charlotee Lampenfeld	Female	13	9:42
Regent Square Firsts			
Sean Beckford	Male	11	10:14
Laura Wister	Female	10	12:44:

The 1.5 Fun Run/Walk had some special visitors, a group including some of our favorites: Rodger Day on Tuba, Nelson Harrison on Trobetta and Joe Defazio on Electric Keyboard. Eat n' Park Smiley cookies were available for all Fun Run finishers. This year's Del Monte Pet Dog Division provided treats for all our lovely pets. We wish to thank the Pivarota

Family for the generous use of electricity and water for the Fun Run finish line. We would like to recognize all the volunteers who have contributed over the last 25 years. Check out the race at [www.regent-square.org](http://www.regent-square.org) or [www.regentsquare.com](http://www.regentsquare.com) to see all the fun activities.

#### 5K Race

The 5K race, started by Pittsburgh Mayor Luke Ravenstahl, had over 1,000 runners. Rita's Italian Ice, Lara bars and Smart Water were available for the 5K finishers. D'z Dogz and Panera Bagels were also enjoyed. As usual, the runners were greeted by the motivational sounds of steel drums, guitars, trumpets, saxophones, violins, tubas and even bagpipes to spur them on. The sounds of the Regent Square residents cheering walkers and runners were heard as Mike the Balloon Guy donned many of the runners in

 (Continued on page 3.)

## Annual Halloween Party

### Dress-Up Fun for Kids on Saturday, October 27th

The annual Regent Square Civic Association's Children's Halloween Party will be held on Saturday, October 27th from 2 to 4PM at the Wilkins School Community Center at the corner of Milton and Charleston. The party is designed for children 12 and under, although older children may also participate and are welcome. There will be refreshments and treats available. Photos will also be taken of the children in their costumes for you to take home. The children can enjoy games, crafts, and just an afternoon of good old-fashioned fun for all.

The Regent Square Civic Association is actively looking for volunteers to help organize and staff the event. Please contact Maureen States at Neighborhood Realty Services, 412-241-4700 ext 11 or send an e-mail to [maureenstates@neighborhoodrealtyservices.net](mailto:maureenstates@neighborhoodrealtyservices.net). Thank you for helping to make this event a success by volunteering your time. ■

(Race Results: continued from page 1.)

festive balloon hats. This year the Mystery Award went to Dario Donatelli.

Our mystery runners voted for the best water stop. Our water stop sponsors this year were First Commonwealth Bank, Hamovitz-Allstate Insurance, United Studios of Self Defense, Howard Hanna, and Club One. The winner was First Commonwealth Bank, Hamovitz-Allstate Insurance, and United Studios of Self Defense. Thank you for participating and helping our wonderful runners. All the effort, spirit and enthusiasm put forth by the water stop sponsors certainly inspired the runners and added spirit to the run and the local business community. Our online registration was up this year at [www.active.com](http://www.active.com).

**5K winners:**

Name	Sex	Age	Time
<b>Overall Winners</b>			
Larry Van Dyke	Male	27	17:42
Ronna Puskar	Female	38	21:55
<b>Master Division</b>			
Emmett Santillo	Male	45	19:25
Nancy Belz	Female	47	24:13
<b>Regent Square Winners</b>			
Christopher Powell	Male	26	20:14
Karin Byers	Female	41	22:13

All results can be found at [www.runhigh.com](http://www.runhigh.com) who has reported that all but two "Champion Chips" were returned!

**Dedication**

This year's race was dedicated to the hard work of all volunteers especially those who are on the race committee. After Michele stepped down last

year and Chris moved due to exciting work outside of Pittsburgh, 17 brave souls took on different functions and worked hard to make this year's race happen. A group of wonderful people was formed who divided and conquered duties little-by-little and month-by-month to make the 25th year happen. We hope to see everyone again next year. We would like to thank the following: Amy Griska, Elizabeth Danko, Kirk Warner, Barbara Daly-Danko, Pat DiRieno, Kip Kilpak, Virginia Linn, Mike Pascal, Cari Marty, Donna Bour, Barb Peterson, Steve Revlic, Joann and Tim Goodall, Sylvia Madden, Brendan and Jackie Laffey, Neal Harrison. Special thanks to Kathy Griffin's husband, Brian, who helped her every step of the way. If you would like to be involved with the next race, call Kathryn Griffin at 412-243-5359 or e-mail her at [runaroundthesquare@yahoo.com](mailto:runaroundthesquare@yahoo.com). We need help with the following committees for next year: Sponsorship, Race Set Up, Volunteer, and Race Week. It will not be long before planning starts for next year's race. We have taken time to divide duties and time so that no one person is taking on too much. We would love new or old Regent Square residents to step up and take on small tasks and work around time constraints and families. Most of our work is done via email.

**Sponsors**

The Race Committee would like to thank all of the very generous Major Ironman Sponsors: Dunning's Grill, Giant Eagle at Edgewood Towne Centre, Citiparks, Del (Race Results: continued on page 3.)

**Contributions:** This edition was edited and completed by Alana Rykala Delaney. Thanks go to community members who contributed articles or information for the newsletter. This month, they include:

- Maureen States – Halloween Party
- Ann Kelton – Tree Article
- Carole Stanier – Cofest & File Lovers
- Mary Louise Travers – WSCC items
- Kathryn Griffin – Race Final Details
- Judy Werner – WSCC Holiday
- Lori A. Kashellack – Business Spotlight
- Kim McKay – Winterizing Homes

The RSCA welcomes the submission of articles and calendar events to this Newsletter. Deadline for submission is the first Monday of each month for the next month's issue. Submission does not guarantee publication. The RSCA reserves the right to decline any submission or to edit it for style, length and/or content. For detailed submission guidelines, visit [www.regentsquare-RSCA.org](http://www.regentsquare-RSCA.org), or email [newsletter@regentsquare-RSCA.org](mailto:newsletter@regentsquare-RSCA.org) or call 371-2010 for a copy.

## Events for October

**Oct 9 - Tue | 6:30PM**

### Pgh. Public Schools Update

*Presentation by Superintendent Mark Roosevelt.  
Co-hosted with Greater Park Place Neighborhood Association.*

**Location:** Waverly Church S. Braddock & Forbes Ave

**Info:** Marisa Osorio at [lacoqui@mac.com](mailto:lacoqui@mac.com) or 412-241-6952

**Oct 13 - Sat | 9AM-3PM**

### Rummage Sale/Bake Sale

**Location:** Mifflin Avenue United Methodist Church 905 Mifflin Avenue

**Info:** 412-731-2511 or [www.mifflinave.org](http://www.mifflinave.org)

**Oct 16 - Tue | 5:30-6:30PM**

### RSCA Business Networking Group Meeting

*Regular monthly meeting for all storefront and home-based businesses and nonprofits in Regent Square.*

**Location:** Litzinger Career Consulting 7625 W. Hutchinson St.

**Info:** Cathy Brennan, 412-242-7785, [cathy@acappellamktg.com](mailto:cathy@acappellamktg.com)

**Oct 27 - Sat | 12 Noon**

### RSCA Tree Planting

*Join in the ongoing project to plant trees along Braddock Avenue. Meet at the Typhoon parking lot at Noon.*

**Location:** Wilkins School Community Center 7604 Charleston Ave

**Info:** Ann Kelton, 412-244-5722, [akelton@verizon.net](mailto:akelton@verizon.net)

**Oct 27 - Sat | 2-4PM**

### RSCA Halloween Party

*See front page for details.*

**November 05 - | 9AM-12PM**

### Food Drive

*Non-perishable food donations collected for the Wilkinsburg Community Ministries Food Pantry. Drop off items at church.*

**Location:** Mifflin Avenue United Methodist Church | 905 Mifflin Avenue

**Info:** 412-731-2511 or [www.mifflinave.org](http://www.mifflinave.org)

(Race Results: continued from page 2.)

Monte Pet Products, Elite Runners & Walkers, Pittsburgh Health and Healing, Randi Hamovitz-Allstate, Steve Nakamura of USSD, Neighborhood Realty Services, Allegheny General Hospital, Highmark Blue Cross Blue Shield, Eyes on Regent Square, Green Mango/Noodle Hut, Comcast, Gymkhana, First Commonwealth Bank, Law offices of Kathleen D. Schneider, The Map Room, Kefalos and Associates Real Estate, Consumer Produce, Wilkesburg-Penn Joint Water Authority, Panera, Clipp's, McBroom's and D's Six Pax & Dogz, The Think Tank Group, and Snyder. There were many more sponsors that were listed on the race packets. The race could not happen without these very generous sponsors. Please show your appreciation by using their services or products.

#### Proceeds

The proceeds from the race go to the Regent Square Civic Association, Wilkins Community Center and the Frick Environmental Center (FEC). New plans are in the making for a new center, and the race will contribute \$1.00 per runner to the center. Anyone wishing to make a donation may do so by writing a check to: Treasurer, City of

Pittsburgh-FEC Restoration Fund. Both the RSCA and the FEC provide programs and activities, especially for kids in the summer that enhance Regent Square and surrounding neighborhoods.

#### Thank you's

A very special note of thanks goes to Dunning's Grill for being such a runner-friendly, neighborhood restaurant. They were very generous in many ways to the success of the race. Also, the Run receives technical and logistical support from the Citiparks, and thanks the Citiparks' Special Events Department for the years of support they have given to the event. Special thanks goes to Phil Costanzo of the Frick Environmental Center who is the liaison between the Citiparks services and the race. We also want to thank the Dick Wolford from Public Works and the Frick Park Maintenance Crew. Fern Hollow and the trails required many hours of care due to the storms this year and were a great showcase for Frick Park because of your efforts.

I am proud to announce that we have no race packets left this year, however if you won an award and would like to get it, you may email

[runaroundthesquare@yahoo.com](mailto:runaroundthesquare@yahoo.com). Extra t-shirts may be purchased this year at a reduced price of \$7.00. "Run Around the Square" glasses may be purchased for \$5.00. Please contact us by e-mailing [runaroundthesquare@yahoo.com](mailto:runaroundthesquare@yahoo.com).

Go to [www.regentsquare.com](http://www.regentsquare.com) to see if you are in the photo gallery that Fred Leff created for the race. Check [www.regent-square.com](http://www.regent-square.com) or the Civic Association web site [www.regent-square.org](http://www.regent-square.org) for photos and thanks.

Since 1982, people have been coming from all over for this race because of its distinctiveness. This is in so small measure due to the spirit of the community that makes it so! Thanks to all the sponsors, volunteers and residents that made the 25th anniversary of the Run Around the Square and Regent Square itself, something out of the ordinary! ■

## Tree News

### Updates on Our Tall Friends

The next phase of RSCA's continuing project to plant trees along Braddock Avenue will take place on Saturday, October 27th. If you would like to help in this effort to beautify our neighborhood, please meet at the Typhoon parking lot at noon. Bring shovels and work gloves if you have them. Four 10-foot-tall "Liberty" American Elm trees are available to good homes in the Square. These majestic shade trees may eventually reach 100 feet, so they are not suitable for planting under wires or in a confined space. We will plant the Elms at the selected locations on October 27th. We also have a small number of Kousa Dogwood and Redbud seedlings available to any Regent

Square residents. Planting help is available for these trees, too.

If you would like to volunteer for the tree-planting event, apply for an Elm, or get a seedling, please contact Ann at [akelton@verizon.net](mailto:akelton@verizon.net) or 412-244-5722. ■

## WSCC's Holiday Gift Shop

### Community Spirit for All

Planning the 2007 Holiday Gift Shop at the Wilkins School Community Center (WSCC) is very exciting. There are new crafts and ideas floating around. The WSCC wants to include everyone who wishes to be involved. Please make yourself known so they can har-

ness your ideas into one fun and successful event. Would you like to sell your crafts? Run/help the food department? Demonstrate a craft? Be a salesperson? Handle the signs? Decorate? Check in crafts? What can YOU do to help?

The Holiday Gift Shop will run from November 30 (Opening night 7-9PM) to December 15 this year. The WSCC has pushed the dates toward the holidays to enhance your holiday spirit. There will be no confusion as to times as it will be open everyday from 10AM-9PM. For more information visit [www.wscppgh.org](http://www.wscppgh.org) or contact Judy at 412-241-8126 or [heyjudewern@aol.com](mailto:heyjudewern@aol.com). ■

## Film Lovers Unite

### *A Call for Volunteers*

Pittsburgh Filmmakers and the RSCA's Three Rivers Film Festival Committee are looking for volunteers to assist with the festival, running November 2-15, 2007. The festival is held at three locations . . . our own local Regent Square Theatre, Harris Theatre downtown and the Melwood Screening Room in Oakland. Volunteers are vital to the success of the festival, doing everything from selling t-shirts to distributing programs, in exchange for free festival admission. If interested in becoming a festival volunteer, please contact Carole Stanier (Regent Square Theatre volunteers only) at [cstanier@verizon.net](mailto:cstanier@verizon.net), [ann@pghfilmmakers.org](mailto:ann@pghfilmmakers.org) (all theatre volunteers) or visit the Pittsburgh Filmmakers website for sign-up and additional information at [www.pghfilmmakers.org](http://www.pghfilmmakers.org) by clicking on festival information. ■

## Prepare your Home for Winter

### *Insulate! Insulate! Insulate!*

As the season begins to change, it is time to think about insulating your home. The biggest heat losses occur through windows, doors, and the roof. These can be corrected by installing thermopane windows with low E, high performance glass, insulated doors, new roofing, and by insulating the attic to achieve proper R-value. A high efficiency furnace can pay for itself in four to five years. These products will not only save you money, they will make you and your home more comfortable. For the handy person, the do-it-yourselfer, there are various way to insulate including:

- wrapping the hot water tank in insulation,
- insulating around electrical outlets,
- weatherstripping around doors and windows,
- installing plastic over windows or storm windows and storm doors.



It is also wise to check gutters and downspouts in the fall. Gutter guards and rain barrels are now *green* items that will save your home from potential water and mold damage.

This information will help you get started on the road to a better insulated home.

*The above article was written by Kim McKay of the Mabro Company, a Regent Square full service home improvement company offering environmentally friendly, green construction. For more information visit [www.mabroco.com](http://www.mabroco.com) or call 412-441-9988.*

*Note: For other energy-saving tips visit <http://energystar.gov> and Pittsburgh's own [www.ccicenter.org](http://www.ccicenter.org). ■*

## Business Spotlight:

### Massage Therapy for Healthy Mind & Body

#### *Deep Tissue & Trigger Point Therapy*

Regent Square residents will be amazed to know that there are about 110 business in the Square. Even more amazing is the fact that 31 of those are home-based businesses. New among these 31 is *Massage Therapy for Healthy Mind & Body*, the brainchild of Lori A. Kashlack, a resident of Savannah Avenue. She noticed a quick growing need surfacing in Regent Square for home personal training and massage therapy. As a result, Lori Kashlack has placed her focus on helping individuals and business owners in the Square and from neighboring areas incorporate a fitness program into their hectic lifestyles.

Lori tells us it is possible to create a "gym" environment in your own home

with a few basic essentials that offer the same maximum results you would achieve in a fully-equipped gym. Not only is Lori a personal trainer but a veteran deep tissue massage therapist who has worked closely with one of Edgewood's top notch chiropractors, Dr. Amy Andrews. Lori prides herself in her understanding of the anatomy and movement of the muscles, helping her find problems easily. She explains that she is constantly educating herself to new and proven techniques to aide in the healing of the body.

Being a resident of the Regent square area for over eight years, Lori has fallen in love with its warm sense of community and networking opportunities. She tells us that many of her cli-

ents faithfully adhere to their home-based workout programs, changing their habits and ultimately, their lives. These results motivate and encourage Lori to reach out and help others reap the very same rewards – gifts of health and wellness. Lori is sure that she will help you change your life through a comprehensive exercise program, basic nutritional guidelines, moral support and most importantly, intense motivation. Lori never lets her clients "give up." For more information about Lori's approach to health and wellness, contact Lori at [triggerpointlk@verizon.net](mailto:triggerpointlk@verizon.net) or at 412-969-3584. ■

# RSCA Board of Directors: 2008-2010 Term Election

The Board of Directors of the Regent Square Civic Association (RSCA) consists of 12 elected members. RSCA Bylaws permit one-third of the Directors to be elected each year for a three-year term.

Provided that votes are cast by a least 10% of the Members, the five individuals receiving the most votes will be elected to the Board for a three-year term beginning January 1, 2008. To make sure that this election is valid, your participation is needed.

Only members of the Regent Square community who are 18 years old and over and have paid their 2007 RSCA Membership Dues as of October 1, 2007, may vote in this election. *(You may duplicate this form for multiple voters.)*

Please note that you have **three opportunities to vote**. Complete this ballot and:

- Mail it in by **Mon., November 26, 2007** to: RSCA Elections, 7604 Charleston Ave, Pittsburgh, PA 15218; or
- E-mail your vote to [president@regentsquare-RSCA.org](mailto:president@regentsquare-RSCA.org) (PDF available at [www.regentsquare-RSCA.org](http://www.regentsquare-RSCA.org)); or
- Turn in your ballot at the Monday, November 5, 2007, RSCA Board Meeting at 7PM.

*The RSCA will accept unsigned ballots submitted in person, but please note that your name must be checked off against the 2007 Membership Roster for your ballot to be accepted. Ballots received after November 26, 2007 cannot be counted.*

---

## 2008 – 2010 TERM – BALLOT - ELECTION OF RSCA DIRECTORS

I, \_\_\_\_\_, being a member in good standing of the Regent Square Civic Association  
(print first and last name)  
hereby vote for the following named persons to serve as Directors for a three-year period from January 1, 2008, to December 31, 2010. I am signaling my selection by checking up to four (4) of the following candidates.

- |  |                                      |  |
|--|--------------------------------------|--|
| <input type="checkbox"/> Liz Caplan      | <input type="checkbox"/> Andrew Lang | <input type="checkbox"/> Frank Ruffing   |
| <input type="checkbox"/> Kathryn Griffin | <input type="checkbox"/> Daryl Rapp  | <input type="checkbox"/> Matt Suffoletto |
|  |                                      | <input type="checkbox"/> Write in: _____ |

RSCA Member's Signature \_\_\_\_\_

---

**Save the Date – Monday, December 3, 2007, 7 P.M.**

## RSCA's Annual Open House

Come and meet this year's Board Nominees and say good-bye to our outgoing Board Members.

Meet your neighbors and make new friends.

Special presentation by the Nine Mile Run Watershed Association: *the State of the Watershed*.

More information to follow in the November Newsletter, on the RSCA website and via the RSCA Email Blasts

# RSCA Board Nominee: Board of Directors 2008-2010 Term Election

## *Profiles of this Year's Nominees*

### **Liz Caplan**

*Lancaster Ave., Swissvale*

Liz has been an active resident in Regent Square for over 15 years. She is currently fulfilling a one-year appointment to the RSCA board. This past year has allowed Liz to understand the goals of the RSCA Board and learn more about the needs of the community. Recently, Shady Avenue published an article that Liz wrote about Regent Square. As a realtor, Liz has years of marketing experience getting her listings sold and she enjoys supporting community activities that improve our environment and the value of our homes, focusing on urban environments, and most recently downtown living and new construction. Liz supports groups such as Pittsburgh Downtown Partnership, Sustainable Pittsburgh and Nine Mile Run. Liz would like to continue to put her skills to work as a board member for the Regent Square Civic Association. ■

### **Kathryn Griffin**

*Milton Ave., Pittsburgh*

Kathryn has enjoyed living in Regent Square for five years. Kathryn is a part time adjunct professor and a dedicated mom of two. She and her children enjoy the friendliness and accessibility of the neighborhood. Kathryn and her husband, Brian, worked very hard leading the Run Around the Square committee this year. Kathryn believes that the Race is a significant event for Regent Square and she remains committed to the success of the event. ■

### **Andrew Lang**

*East End Ave., Edgewood*

Andrew has been an Edgewood resident for five years, two of which have been in Regent Square. He is employed as an Engineer for Westinghouse Electric Company. Regent Square has quickly become home to Andrew and his wife Melissa, as they have enjoyed participating in community activities and developing great friendships over the past two years. In this time, Andrew has seen Regent Square grow and become more vibrant. He would now like the opportunity to participate in helping the community continue on this path. ■

### **Darrell Rapp**

*Milton Ave., Swissvale*

Darrell and his wife, Toby, moved to Regent Square in May of 2005. In June of 2006, they welcomed their daughter, Rebekah. Darrell has become involved in the community through his interest in environmental activities. With the support of the Nine Mile Run Watershed Association, Darrell led the effort in Swissvale to conduct an inventory of street trees and was instrumental in the creation of the Swissvale Shade Tree Advisory Committee. This followed his participation in the Edgewood street tree inventory and other Regent Square tree activities. To learn more about the Regent Square, he began to attend the meetings of the RSCA about two years ago and wishes to get more involved in his adopted community by becoming part of the RSCA board. ■

### **Frank Ruffing**

*East End Ave., Edgewood*

Frank is a four year resident of Regent Square. He lives with his family and finds the Square to be the ideal place to raise his daughter. Frank wishes to preserve the characteristics that make Regent Square a unique place to live. He's particularly interested in making sure that we maintain the beautiful canopy of trees lining the residential streets for future generations to enjoy. ■

### **Matthew Suffoletto**

*East End Ave., Edgewood*

Matthew is a physician completing his training in cardiology at UPMC. He moved to Pittsburgh 10 years ago to attend medical school, and has gladly put down roots. He was attracted to the amenities and charm of the East End neighborhoods, and moved to Regent Square in 2003, where he now lives with his wife and baby. As a physician and parent, he would like to facilitate improving traffic safety in our neighborhood. Additionally, Matthew has been excited about the recent changes in the Regent Square business district and would like to be involved in continuing improvements. He thinks Regent Square is a spectacular neighborhood and looks forward to an opportunity to give back to this unique community. ■



To contact the RSCA:

Regent Square Civic Association  
7604 Charleston Ave., Pittsburgh, PA 15218-1265  
412-371-2010 Email: [info@regentsquare-RSCA.org](mailto:info@regentsquare-RSCA.org)

Logo and newsletter Copyright 2007  
Regent Square Civic Association. All rights reserved.

**Ballots Due by:  
November 26, 2007**