

March 2012

Highland Park

Community Council Newsletter

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Happy
Easter!

A Letter from the President

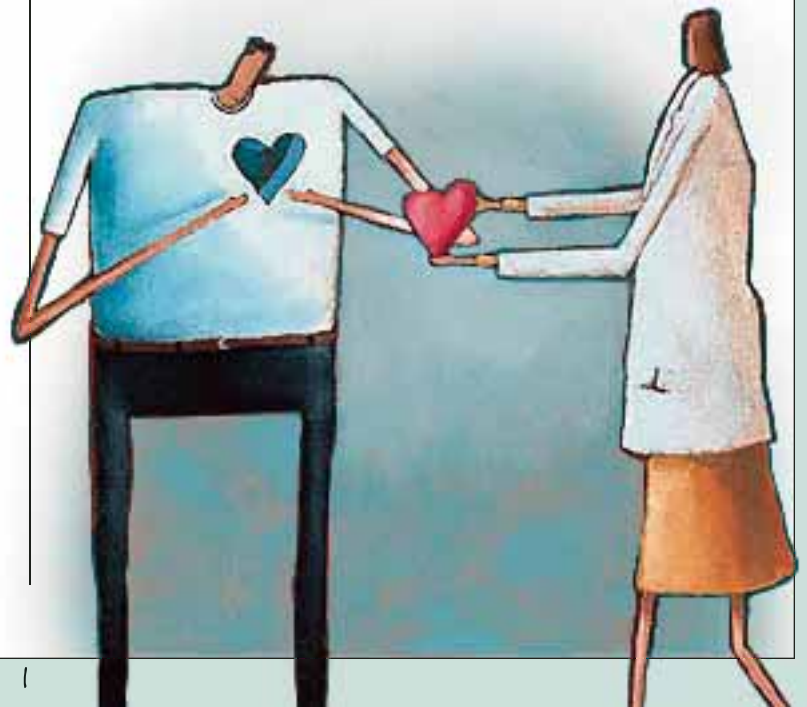
I work at a laboratory that has more than 2500 people on-site on a typical workday. It's almost a small town. About 30 or 40 of us are Emergency First Responders or Emergency Medical Technicians, and part of what we do is deal with those rare occasions when somebody gets sick or injured at work. Our job, at that point, is to get the patient to our on-site Medical Department or, in more serious cases, to call out the local ambulance company to come and take the patient to a hospital.

For whatever reason, the decision was made some time ago (and I think it was a good idea) to get some training on what we would do in a mass casualty incident - one of those rare, horrific events that causes multiple people to become patients, like tornadoes, building collapses, multiple-vehicle accidents, etc. Last week, we actually took the training, offered over two days by a local ambulance company.

A Mass Casualty Incident (MCI) is generally defined as any incident that taxes or overwhelms the resources of the folks trying to respond to it. The response team has to be larger than 2 EMT's in a single ambulance; there are likely to be multiple aspects of the response (medical, police, fire, cleanup, etc.); and organization and communication are key, because without them you have chaos. MCI training also assumes, as a starting point, that you may have way more patients/victims than initial responders to the scene, and so the focus of the medical responders is to do the greatest amount of good for the greatest number of people. What that means in practical terms is that the medical responders focus first on people for whom medical intervention is most likely to make the difference between life and death. Patients who are likely to die even if you treat them, and those who are likely to live even if you ignore them, don't get much attention at first.

One of the first steps in the medical response is triage, which sorts the patients into four categories. Green patients can walk; yellow patients can't walk, but are unlikely to die soon. Red patients need urgent care; black patients are already dead, or likely will be soon despite any effort you can make. Triage takes about 30 seconds per patient - you assess their breathing/airway, pulse, mental status, and any obvious injuries; you decide which color they are, place a colored tag on their wrist, and move on. The point of triage is to prioritize the patients for the next step in the process, which is providing treatment while waiting for enough ambulances to arrive and take them to the hospital. At the triage stage, you aren't doing any actual treatment; you don't have the time or the resources to do so. How well the patient is breathing is an important factor; if the patient has an unobstructed airway but isn't breathing and has no pulse, you tag them black instead of doing CPR or rescue breathing (as you normally would in a non-MCI situation).

After explaining the triage process, our instructor showed us a bunch of slides with pictures of various patients, along with a few details, and asked us to determine which color each patient should be. Most of them were obvious; some were not. The one I remember most vividly was a picture of a baby who wasn't breathing on its own, but a bystander (stranger? father?) was doing rescue breathing for the baby. The instructor had made it clear that you don't make the emotional decision of



modifying the plan for children or infants - you're trying to do the greatest good for the most people - and that the medical responders don't spend their efforts on rescue breathing during triage. Most of us thought that the baby would be tagged black. "No," said the instructor. "It's true that we, as medical responders, would not do rescue breathing during triage. But it's totally fine for a bystander to do so - I'd probably give this guy a medal. With this bystander's help, the baby is breathing and would be tagged red. I'd steer this guy and the baby towards the treatment area."

It then occurred to me to ask what would happen next. The instructor, who had taken the Medical Command role in a number of MCI's, had already declared that this baby didn't merit using medical responder resources. What would happen once the baby reached the treatment area? Would the baby get priority for resources, treatment and ambulance transport? "It depends," the instructor answered. "If the treatment area has fifty green patients and two red patients, the baby would probably get some attention. If there are thirty other red patients there, though, probably not. It's also possible that the baby is actually already dead and that this man's rescue breathing isn't doing any good."

Please understand that I am not criticizing the instructor or the rules of engagement during an MCI - I understand that when death is on the line and resources are short, tough choices have to be made. The instructor stated early on in the class that you generally can't save everyone in an MCI, but that fact alone won't haunt you if you can honestly say to yourself afterwards that you made the best decisions you could with the resources you had, and that you did the most good for the most people.

There were many lessons I absorbed over the two days of training, but what struck me about this example was that the bystander's actions could have made a critical difference - getting the baby from a state where it would be left for dead to a place where there's a chance it might get to survive. The key here is that the bystander stepped in at a time and place where his contribution was really important, because nobody else was doing it.

In this case, the contribution may have saved a life. Most of the choices you and I make on a day-to-day basis won't be so dire or dramatic, but a similar principle applies. Look around you, at your block, your area, our neighborhood. What are the contributions that need to be made, but nobody's making them? Where is there an area that your time, talent or treasure can make a difference? Is it mentoring a child? Visiting a shut-in neighbor? Providing a spot that's safe or beautiful? Cleaning up a vacant lot? Whatever it is, I encourage you to find a worthwhile contribution and to make it. Thanks.

Eric D. Randall, HPCC President

P.S. This article wouldn't quite be complete without an additional acknowledgment. Truth be told, another aspect of MCI's that applies to life in general, and that I am personally wrestling with, is that you can't do everything you want to do, and that there are some things that you can't fix no matter how badly you may wish to. The social justice films my small group is watching together have exposed me to more misery than I could fix in a lifetime. On top of that, over the last few weeks I've had friends who lost a baby late in pregnancy, and others whose marriage is on the verge of collapse after at least 25 years together. I see myself as someone who blesses and helps and fixes; when I can't really do anything to make things better, I feel lost. I was sharing some of my feelings at church earlier this week, and afterwards got a few moments of encouragement and a great hug from none other than Marsha Dugan Kolbe. Marsha, some of you may know, was instrumental in leading the drive to build the Super Playground here in Highland Park back in 1991. She and her cohort Roseanne Levine undertook a heroic effort to mobilize our neighborhood to do something really great - and they made a difference along the way. After more than 30 years of living in Highland Park, Marsha just recently sold her house, though she felt sad to be leaving and she makes a point of continuing to keep up with the newsletter. Thanks to you, Marsha, for making a difference in our neighborhood. Well done!



HPCC February Meeting Minutes

by Bob Staresinic

Eric Randall, HPCC President, called the meeting to order at 7:17 pm with a quorum present. Nancy Arnold reported on the tree planting coming up in the fall. Trees will be planted along King Avenue and the streets that intersect with King.

There will be series of maintenance days for the trees that were planted in previous years along Stanton, Negley, Highland and Winterton.

The stop sign on Negley at Bryant Street, that was removed after a few days, is still needed. With the increase in traffic from the new businesses on Bryant Street, vehicle and pedestrian safety have become more of an issue there. Since the issue with the sign was due to blockage by a tree, there is a possibility that the tree may be removed. The City's Dept of Public Works is evaluating different solutions. A motion was made and duly seconded for Nancy to draft a letter to the City, on behalf of the HPCC Board, to find a solution to placing a stop sign at the intersection of Negley Ave and Bryant Street that does not negatively impact the trees near that intersection. The motion passed with 8 Yes, 0 No and 0 Abstaining.

Esther Bush from the Urban League of Greater Pittsburgh spoke about diversity in the city, county and western Pennsylvania. The Urban League is a 94-year old organization providing direct social service, advocacy, employment and family support, and running the charter school on Negley Avenue.



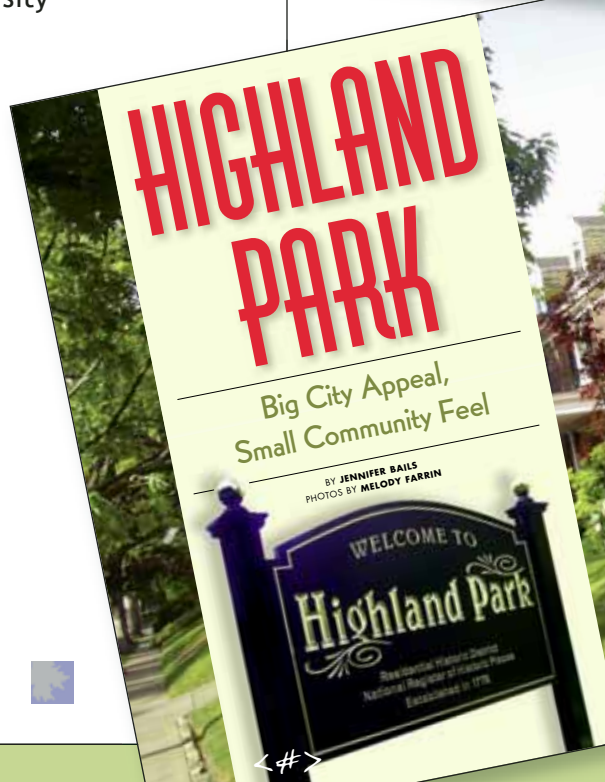
Highland Park In The News

In case you have not heard, the latest issue of *Shady Ave* has a wonderful article on Highland Park. From our beautiful park to our flourishing businesses to our outstanding architecture and residents, our community shines in the latest issue. If you don't have a copy, you can find a modified version of the article on our website at www.highlandparkpa.com.

Bestcollegesonline.com also ranked our very own **Tazza D'Oro** as one of the **Top 25** College Coffee Shops in the Country - No. 9 to be exact! It was their CMU location of course, but their roots run deep in Highland Park.

- 1 Metropolis Coffee Co., Loyola University
- 2 Recess Coffee, Syracuse University
- 3 Caffé Medici, University of Texas
- 4 Ozo Coffee, University of Colorado
- 5 Mighty Good Coffee Café, University of Michigan
- 6 Luck Bros' Coffee House, Ohio State University
- 7 Trabant Coffee & Chai, University of Washington
- 8 Bordertown Coffee, University of Minnesota
- 9 **Tazza D'Oro, Carnegie Mellon University**


Italian for "cup of gold," Tazza delivers with amazing cappuccinos and espressos like the "bicycle love" blend. It also has some solid loose-leaf teas and excellent panini later in the day. Lucky for students, it's on the Carnegie Mellon dining plan.





The Bucs are playing ball in Bradenton, and sooner or later this mild winter will loosen her gentle grip on us here in Highland Park, with spring right around the corner, and as we move on in the Church Calendar in the rich season of Lent.

During Lent and in anticipation of Bishop Kenneth Price's visit to St. Andrew's on April 15, we will be holding a four session Inquirers Class for adults who would like to spend some time together discussing Christian faith, the Anglican tradition, the Episcopal Church, and Life at St. Andrew's. These sessions are appropriate for those who may desire to be confirmed or received into the Episcopal Church – or who simply may wish to join in the conversation. Wednesday evenings at 7 p.m., March 7, 14, 21, and 28. Call the Church Office for more information – or simply join us upstairs in the Old Rectory Conference Room.



On Sunday, March 18 – the Sunday of the St. Patrick's Day Weekend! – the St. Andrew's Church School sponsors our annual Parish Soup Luncheon, beginning at 12:15 p.m. All are welcome – and if you'd like to contribute a tureen of your own soup or a loaf of homemade bread, please call the Church Office to let us know what to expect.

Choral Evensong on the Fourth Sunday afternoon in Lent, March 18, at 4:30 p.m., will be sung by St. Andrew's Schola Cantorum, and our guest preacher will be the Rev. Tim Hushion, new Priest in Residence at Trinity Episcopal Cathedral, downtown, and Church Developer in the Warrendale/Cranberry area of the North Hills.

Looking ahead to early April, the traditional Great Three Hours of Good Friday, April 6, will begin with Stations of the Cross at noon, the Liturgy for Good Friday at 1 p.m., and at 2 p.m. a Service of Music offered by St. Andrew's Parish Choir. At 3 p.m. the Great Bell of St. Andrew's



AROUND ST. ANDREW'S

By Bruce Robison, Rector

Church will be tolled 33 times, to acknowledge the traditional number of years in our Lord's earthly life.

On the morning of Holy Saturday, April 7, the children and families of the congregation and neighborhood are invited to gather in Brooks Hall at 10 a.m. for a fun time of coloring Easter Eggs.



Easter morning festival services on Sunday, April 8, are at 9 a.m. and 11 a.m. All are most welcome and warmly invited. A champagne reception will follow each service, and a fun Easter Egg Hunt in the Churchyard will follow the later service, at about 12:15 p.m.

St. Andrew's, in the 5800 block of Hampton Street, has been at the heart of this neighborhood of Highland Park for over a century now. If you have a pastoral concern we can help with – a baby to be baptized, a marriage to celebrate, a sick or shut-in family member or neighbor who would appreciate a visit and a blessing, a family to comfort at the time of the death of a loved one – or if you simply would like to borrow a table or find some space for a family gathering too large for your living room, please feel free to give our Church Office a call at 412 661-1245, or check us on the web at www.standrewspgh.org.

We're always glad to hear from you.



Invasive Plants in Your Neighborhood

By Nancy Arnold

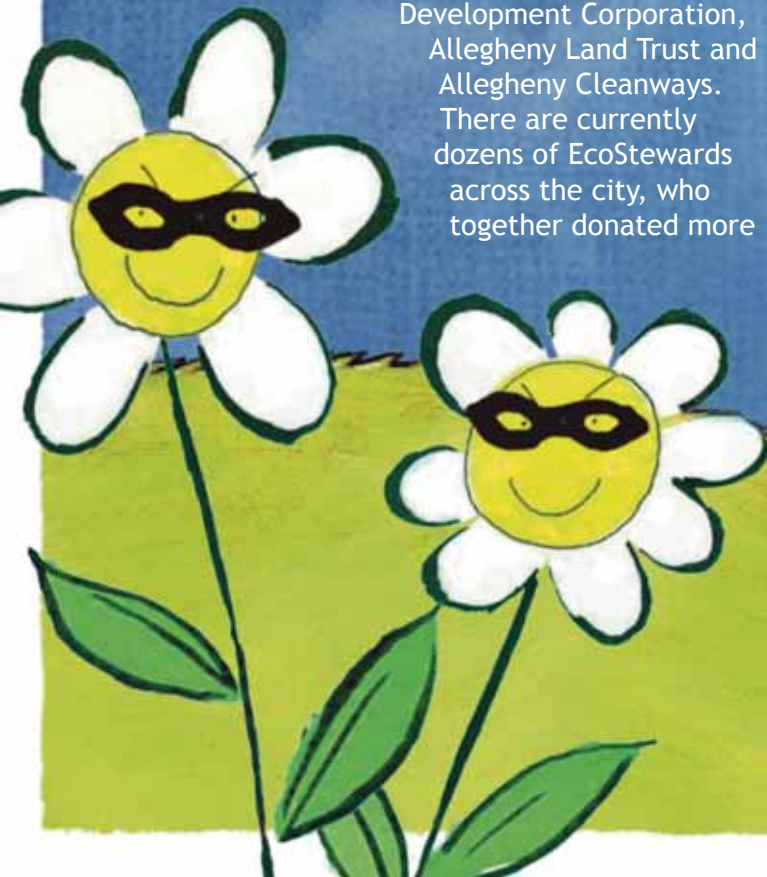
Highland Park hosts an abundance of invasive plants. Invasive plants are either native or introduced and outcompete and displace other desirable species. A species may become invasive if it faces less pressure from disease or predation, has a particularly aggressive reproduction strategy, or thrives in areas where human disturbance has occurred. Invasive plants can quickly take over an area, edging out the non-invasive plants that provide critical habitat, biodiversity and beauty in our parks.

One of our greatest assets in the removal of invasive plants is a dedicated group of volunteers called the Urban EcoStewards. These are individuals who take on long term stewardship of a quarter-acre of green space, agreeing to independently visit their site throughout the year to perform restoration activities. The program is a collaboration between the Pittsburgh Parks Conservancy, Nine Mile Run Watershed Association, the Frick Environmental Center, Mount Washington Community Development Corporation, Allegheny Land Trust and Allegheny Cleanways. There are currently dozens of EcoStewards across the city, who together donated more

than 800 hours of service in 2011 to improve the health and beauty of Pittsburgh's green spaces.

These organizations arm EcoStewards with the necessary skills to tend their site by offering a variety of trainings throughout the year which are free and open to the public. Trainings cover topics including invasive species identification and control, planting techniques, wildflower and tree identification, erosion control, and crew leader training. To learn more about the Urban EcoSteward program, or to become involved visit www.pittsburghparks.org/ues or call 412-682-7275.

Two of Highland Park's biggest troublemaker plants are Mile-a-Minute and Garlic Mustard. If you see them around, pull them out. If they have seed pods, throw them in the trash to prevent more seeds germinating. *The following pictures to help you identify these plants are taken from the Invasive Plants of Pittsburgh handbook which is provided to Urban EcoStewards.*



Mile-a-Minute



Garlic Mustard

WINZ

A Letter From Mayor Luke Ravenstahl

Dear Neighbors,

With last month being Black History Month and March being named Women's History Month, now is the time to remember and celebrate the brave men and women who have historically fought against societal adversity to become inspiring success stories. While there is still work to be done, it's encouraging to see how far we have come as a city to embrace and encourage diversity.

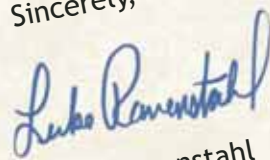
When I became Mayor, a top priority of mine was to increase diversity among City employees. In 2007, I launched the successful DiverseCity 365 program - a proactive approach to promoting the cultural core values that nurture diversity, eliminate barriers, increase awareness, provide opportunity and ensure inclusion as a deliberate part of daily operations. Since the start of the program, the City has experienced unprecedented results. City of Pittsburgh job applications have increased by more than 500%, achieving the highest amount of applications ever in the City's history. This increase in applicants resulted in minority applicants increasing by 60%, female hires increasing by 40%, and minority hires increasing by 50% (more than any other period in history).

DiverseCity 365 has achieved community engagement and recruitment success thanks to a number of efforts, including: partnering with more than 500 community organizations, making the application process user-friendly, providing preparation resources and guidance, offering community assistance centers, eliminating fees and other obstacles to employment, providing opportunity to meet key City leaders, and by traveling to our neighborhoods to describe the dynamics of City employment.

Since its launch, the DiverseCity 365 program's tangible and intangible results have disrupted traditional and historical trends of inequity and exclusion. The program is not just about increasing applicants and the statistics of hires, it's also about impact - the change in perception, community and culture. I'm proud of this program's successes to date, and look forward to continuing to see results. I encourage other employers to adopt programs similar to DiverseCity 365 so that we as a city can continue to promote diversity and inclusion.

If you were unable to visit the City's exhibit "A City of Rhythm: A Tribute to African America Music in Pittsburgh" last month, I encourage you to visit the numerous events taking place this month throughout the City that celebrate the inspiring women that make up Pittsburgh's rich history.

Sincerely,



Luke Ravenstahl
Mayor, City of Pittsburgh

March Madness tonight!

2012 BASKETBALL CHAMPIONSHIP
MARCH 15
CONSUL ENERGY CENTER



Save on Tolls with

E-ZPass[®]

By State Rep.
Joseph Preston Jr.

Pennsylvania Turnpike tolls went up January 1, affecting cash-paying travelers only. Those drivers utilizing the state's **E-ZPass** program maintained last year's toll rates. Before you travel the turnpike, consider signing up for **E-ZPass**, not only for convenience, but to save at the tollbooth.

Today, more than 1 million customers have enrolled in the Pennsylvania Turnpike's **E-ZPass** program, and most Pennsylvania Turnpike travelers (about 63 percent statewide) prefer to pay electronically.

Customers can set up an **E-ZPass** account in minutes. Use a credit or debit card to establish an account. The automatic charge is \$35 plus a \$6 annual membership fee. When your account goes below \$10, it will automatically replenish using the card associated with your account.

There are several ways to sign up for **E-ZPass**. Most people join online at www.paturndpike.com or call 1-877-PENN-PASS (1-877-736-6727). **E-ZPass** tags can also be purchased at **E-ZPass** vending machines called "Tag Tellers," available at select turnpike service plazas.

To enroll, a registrant must provide a driver's license, license plate number and a major credit card.

When you enroll, you receive an **E-ZPass** transponder that you can mount on the windshield inside your vehicle. This tag sends a unique signal to an overhead reader in the toll lanes. The reader logs where your vehicle entered and exited the turnpike system and deducts the appropriate fares from your pre-paid account. Transponders can be moved between vehicles.

The Pennsylvania Turnpike-issued **E-ZPass** transponder works at all other toll facilities that display the purple-and-white **E-ZPass** logo. In all, there are currently 24 **E-ZPass** agencies in 14 states, mostly in the northeastern United States.

E-ZPass motorists can also use five designated express lanes across the turnpike that allow customers to cruise through certain toll plazas at 55 mph rather than slowing to 5 mph to use **E-ZPass**.

Please contact my office, 208 N. Highland Ave., 412-361-3692, for more information on this or any state-related issue.

State Rep. Joseph Preston Jr. serves the 24th Legislative District which comprises Aspinwall, Wilkinsburg and portions of Pittsburgh.



E-ZPass

SAVE THE DATE for Union Project's 2nd Annual Spring Open House

On Saturday April 7th, from (12:00-3:00pm) Union Project will be opening its doors to showcase the many ways people from our neighborhood gather on a daily basis to connect, create, and celebrate in the space during their 2nd Annual Spring Open House. The day will include a student-curated Ceramics Showcase, demonstrations by community teachers, Monster finger puppet-making in our ceramics studio, an inter-active monster fashion show, and will culminate in a family-friendly community dance party from 6:30-9:00pm! Contact info@UnionProject.org to learn more about the day and see how you can be involved.



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Lynn Banker-Burns (412) 361-8863

Al Mann (412) 661-5947

Nancy Levine-Arnold

Teri Rucker (412) 482-2533

Nancy Schultz

Glenn Schultz

Laura Smith

Sarah Trbovic

HPCC Committees

Beautification -

Nancy Levine-Arnold

Children's Events -

Teri Rucker (412) 482-2533

Education - Dave Atkinson

House Tour - OPEN

Finance - Dell Ziegler (412) 363-0742

Membership - Kelly Meade (412) 362-0331

membership@highlandparkpa.com

Newsletter - Monica Watt (412) 361-7902

editor@highlandparkpa.com

Nominating - Bob Staresinic (412) 441-8972

Public Safety -

Lynn Banker-Burns (412) 361-8863

public-safety@highlandparkpa.com

Reservoir of Jazz -

Ethan Winograd (412) 352-2767

Super Playground -

Monica Watt (412) 361-7902 &

Vernon Simmons (412) 661-1366

Yard Sale - Paul Miller (412) 365-0675

Welcoming - Bob Staresinic (412) 441-8972

Zoning - Dell Ziegler (412) 363-0742



Council to Go

Join Councilman Patrick Dowd at Council to Go, his mobile district office, to voice your concerns, ideas, and questions about local government and services. Thursday, March 29, 7pm-8pm at Enrico's Tazza D'oro, 1125 N. Highland Avenue, Pittsburgh, PA 15206.

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St. Andrew's Episcopal Church

*The Rev. Dr. Bruce Monroe Robison, Rector
The Ven. Archdeacon Jean D. Chess, Deacon
Peter J. Luley, Organist & Choirmaster*

At St. Andrew's

Sunday Morning Services

9 a.m.

In the Chapel

11 a.m.

Choral Service in the Anglican Tradition

Nursery Care: 8:45 a.m. – 12:15 p.m.

Church School, Youth, and Adult Programs,

Sunday Mornings, 9:45 – 10:45 a.m.

Wednesday Morning Service

Holy Communion 10:30 a.m.

Rector's Bible Study 11:15 a.m. – Noon

Choral Evensong

First Thursday of the Month, 8 p.m.

Third Sunday of the Month, 4:30 p.m.

*Check our Website for Special and Holiday
Services and Activities*

You Are Welcome Here

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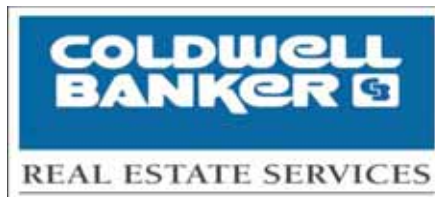


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