

## Film Lovers Unite

### *A Call for Volunteers*

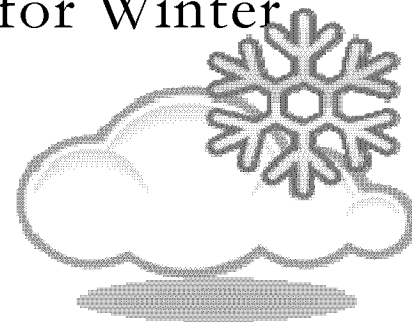
Pittsburgh Filmmakers and the RSCA's Three Rivers Film Festival Committee are looking for volunteers to assist with the festival, running November 2-15, 2007. The festival is held at three locations . . . our own local Regent Square Theatre, Harris Theatre downtown and the Melwood Screening Room in Oakland. 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. ■