



By and for the
West End Neighborhood

WEST END ASSOCIATION BOARD MEETING

June 8, 1982

The West End Association Board met on Tuesday, June 8, at the home of Chris and Mary Beth Chapman. Eleven members were present.

We discussed many items of interest to the neighborhood:

- * Christmas House Tour - Set for the second weekend in December. We are looking at areas where all of the houses (5-6) would be close by to aid in travel, etc. Contact Grace Humphries if you want to volunteer in this important project. Several possibilities are also being discussed for use of the proceeds.
- * Arts in the Park - This program is set to begin very soon and continue during the summer. Door-to-door announcements will be out on this exciting summer fun.
- * Membership - Membership continues to grow, but we also need to hear from anyone not getting a newsletter or other announcements. Also, renew your dues if you have not done so for 1982. Contact Chris Chapman or Cort Meador.
- * Street Signs - The West End emblem proposed for street signs in the neighborhood have been approved by the city. We now need to get prices and decide on fund raising for this project.
- * Zoning - Our concerns shared with Alderman Woods several months ago seem to be picking up steam. The Board of Alderman have asked the city to study the Inspections Department. There is some possibility of a Citizen's Council being formed to assist in this effort.
- * Neighborhood Watch - Good response has been received to our thoughts on this program. A meeting will be set up later this summer for the general membership. Watch for announcements.
- * Newsletter - We need more articles, stories, poetry, etc. for the newsletter. This is the members' forum so let us hear from you! This includes everyone - including young people out of school. Contact Bill Gibson or Chris Chapman.

NEXT MEETING: July 13, at 8:00 p.m. at Grace Humphries, 1124 Fourth Street. Members are welcome to attend.

FIT OR FAT IN THE WEST END

Do you wince when you see your neighbor running around Hanes Park? Do you drive your car to the park in dread of the huff and puff back home? Do you still say, "I would join the YMCA and swim or dance, but the dressing rooms are too awful," and "I would join The YWCA, but it's too expensive"? Do you know that you should work being physically fit, but manage to continue to put it off?

Some West End suggestions:

- 1) Accept the fact that there is no effortless way - you must sweat and strain; but know that there are fun and challenging ways. Grace Court Park did not rise from the red clay in a day.
- 2) Walk fast to the Rainbow. Don't buy M&M's. Do buy a book.
- 3) Get up early or come home from work and do the YWCA Exercise Trail. You will lessen your appetite for breakfast or dinner.
- 4) While admiring your neighbor's roses, pull in your belly. You must use voluntary muscle control to really lick your abdominal protuberance.
- 5) Walk downtown and buy a spiffy set of athletic clothes or shoes. Then you have to do something to show them off.
- 6) Limit high calorie, high fat, nutritionally empty snacks. Join Greenspring Food Coop for good food and helpful support.
- 7) A group program may be easier to stick with, either a YWCA or YMCA fitness class or a group of friends who get together regularly. Have everybody bring a piece of music and lead exercises to it, bring jump-ropes, lead a follow-the-leader jog, stretch, work arms, hip and leg movements, march, skip, go up and down stairs, cycle. Remember to warm up and cool down.
- 8) Know that when you are physically fit you have more energy, look better, are less prone to degenerative disease, and feel better about yourself. Maybe we could start running Before/After photos in The West Ender!
- 9) Know that you can store fat but can't store fitness. Do it often.
- 10) And enjoy. This advice comes from a former high school physical education failure who now is addicted for life, and looks forward to daily doses of high heart rates and low fat counts.

- MARY BLACKWELL-CHAPMAN

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"MAN-ON-THE-STREET"
INTERVIEWS AT THE RAINBOW
DURING THE MONSOON

- QUESTIONS: 1) What do you like the most about the West End?
2) What do you want for the West End that it doesn't have now?

GREG

LIKE: The neighborhood is turning into a walking neighborhood. I like the people on the street.

WANT: Trees on Fifth Street.

JOE

LIKE: Convenient; I'm able to walk to work, the YMCA, restaurants.

WANT: Sunny weather.

BILL

LIKE: There are all sorts of people living here - rich and poor, old and young. The place is real.

WANT: A bakery.

MICHAEL

LIKE: The architecture of the houses is wonderful. It's pretty around here without being forced. The inevitable dumpy house still fits in.

WANT: A green-grocer.

JOAN

LIKE: There are so many places to play: The YMCA, YWCA, Hanes Park, Grace Court Park. You can play tennis on some of the best courts in the state just by walking a few blocks.

WANT: I would like to see some of the derelict houses fixed up to be productive again. They are sad sitting there empty.

FRAN

LIKE: Oh, wow. There's signs of life here. Look at the people around here. Show me another neighborhood where people gather and talk like this. It's great. I wouldn't live anywhere else.

WANT: I like it already; I'd like it to spread.

- INTERVIEWS BY CHRIS CHAPMAN

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"Once upon a time a little fish went away from the pond.
He went to the ocean and he liked the ocean."

- JACOB CHAPMAN

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