



SPRING HILL * CITYVIEW TIMES

COMMUNITY NEWSLETTER



September - October 2005

Vol. 5 No. 43

"Autumn is a second spring when every leaf is a flower" Albert Camus

SPRING HILL CIVIC LEAGUE MISSION STATEMENT

With the continuing goal of community strength & enrichment, and encouraging the participation of all community residents & business leaders, the Spring Hill Civic League accepts as its defining mission the responsibility to serve its neighborhood by assisting in the achievement of its many common goals

Board of Directors

President: Diane Schmitt
Vice President: Joe Seskey
Secretary: Vacant
Treasurer: Mary Herman

Directors

Donna Allison Stephen Brady
Dianne Burns Megan Soltesz

Newsletter Articles

Please submit articles for the November/December edition by October 15th to:

Diane Schmitt
1214 Yetta Ave.
Pittsburgh, PA 15212
412-231-7948
schmittdl@stargate.net

You can access the newsletter online by going to www.shcl.org

Mail Delivery

At this time, we are not accepting subscriptions. Please watch future editions for updates.

FROM THE DESK OF THE PRESIDENT...

"To everything there is a season, a time for everything under heaven"
Ecc 3:1

Many fine neighbors have served the Spring Hill/Cityview community throughout the years that the Spring Hill Civic League has been in existence. One of those, Jean Vogel, chose to serve as our newsletter editor over the past several years.

Jean and her husband Ed raised their family on Itin St., remaining there after their children were grown and after they had retired from their jobs at Heinz. Ed joined the Civic League Board of Directors in 1996 and Jean became the blockworker for Itin St. Shortly thereafter, Ed and Jean volunteered to publish our community newsletter.

Under their able supervision, the newsletter evolved from a 2-page typewritten flier published 4 times a year (if we were lucky), to a bi-monthly, professional publication with nearly 100 paid subscriptions throughout the United States. Even after Ed's death in 2003, Jean continued to edit the newsletter faithfully, both to honor her husband's memory and to serve her community. Jean quietly slipped away on Sunday, July 24th, passing into eternity as she lived.

Continued on page 2

COMING EVENTS FOR 2005

General Meetings are scheduled at the Spring Hill Elementary School auditorium at 7 PM on the following dates:
Monday, September 12
Monday, October 3
Monday, November 7 (Election mtg.)

The Fall Flowergarden Clean up is scheduled for Saturday, October 1 from 9 - 12 noon at the Homer St. firehouse. Lunch will be provided.

The Halloween Parade is scheduled for Saturday, October 15. Please see last page for details.

The Christmas Tree Lighting is scheduled for Sunday, December 4th. The Santa Truck will drive throughout the community between 5:30 & 7PM, ending at the Rockledge St. lot where the ceremony will take place. Refreshments & visits with Santa will follow.



...DESK OF THE PRESIDENT (con't)

She was one of the "good guys"; people who become involved to make a difference in the community, and she will be sorely missed.

Today's Spring Hill/Cityview Times is a living testament to the love of a one neighbor who volunteered her time and talent to provide a service to her neighbors, even with failing health and broken heart.

Thank you, Jean, on behalf of all of the neighbors of Spring Hill/Cityview. May you be always be counted among those who care for other people, even those you did not know...

In Service to God & the Community-
Diane Schmitt,
President

WILL YOU SERVE!

The Spring Hill Civic League will be holding board elections on the evening of November 7th. **There are offices and general seats that need to be filled.**

If you are interested in serving your neighbors and have skills that you are willing to use, please contact Diane Schmitt at 412/231-7948 or schmittdl@stargate.net. Offices to be elected that evening are President, Vice President, Treasurer, Secretary, and 2 General Director seats.



LIFE IN THE 1500S (where odd sayings come from)

The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be. Here are some facts about the 1500s:

Most people got married in June because they took their yearly bath in May and still smelled pretty good by June. However, they were starting to smell, so brides carried a bouquet of flowers to hide the body odor. Hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women, and finally the children, last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the bath water".

Houses had thatched roofs, thick straw-piled high, with no wood underneath. It was the only place for animals to get warm so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and off the roof. Hence the saying "It's raining cats and dogs".

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

The floor was dirt. Only the wealthy had something other than dirt. Hence the saying "dirt poor". The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on floor to help keep their footing. As the winter wore on, they added more thresh until when you opened the door it would all start slipping outside. A piece of wood was placed in the entranceway. Hence, the term "thresh hold (threshold)".

(Getting quite an education, aren't you?)

In those old days, people cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes stew had food in it that had been there for quite a while. Hence the rhyme, "Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old".

Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could "bring home the bacon." They would cut off a little to share with guests and would all sit around and "chew the fat".

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

WELCOME NEW NEIGHBORS !

Welcome to the following new neighbors: Nick Yetsko of Admiral St.... James and Brenda Sue Thornton of Damas St.... Michelle Harrison of Haslage Ave.... David and Shannon Smith of Noster St.... Benjamin Kaiser and Amy Bender of Rhine St.... Michael Schrecengost of Romanhoff St.... Dennis Bourbeau and Catherine MacLeod of Shreve St.... Nancy Eder of Yetta Ave.

If you would like to welcome a neighbor on your street, submit the announcement to Diane Schmitt using the contact information found on the front page of the newsletter.

New neighbors, if you would like to be informed of meetings and other community information via e-mail, please contact Diane Schmitt, President at schmittdl@stargate.net. We look forward to hearing from you!

GET WELL WISHES

To Bob Lorenz of Diana St.... to Clarence Gerst, formerly of Overbeck St.... to Joe Seskey of Overbeck and to Betty Dumrauf of Diana St. as they recuperate from surgeries... to Kay Crawford of Rockledge after her hospitalization... to Audrey Vitovich of Rockledge as she recuperates...



We send our prayers and "get well" wishes to you!

HAPPY BIRTHDAY !

To Ann Schad and Dorothy Dauer who celebrate September birthdays!



To Lillian McFadden, Wilma Lersch, Cookie Beatty, Anne Hollberg, Jim Clokey, and to Alex & Charlotte Soltesz who are all October babies!

OUR DEEPEST SYMPATHY...

To the Snyder & Harris families on the passing of **Lou "Buddy" Snyder** in July... To the friends and family of **Virginia "Jean" Vogel**, our newsletter editor, in late July... to the family and friends of **Ann Pattonrick** of Damas St. who recently passed... To Ann Schad and family on the passing of her sister, **Mary (Sister Miriam Joseph) Dolmovich**, a former Spring Hill neighbor, in late July. Sister Miriam was part of the Sisters of Divine Providence and spent her life teaching, then administering business and finances for the Providence community. She served at the Vatican in the late 1960's and at the Bethlehem University on the West Bank in the 1970's. She also participated in the start-up of La Roche College in the North Hills.

Our thoughts and prayers are with you during this time of mourning...



HAPPY 25th ANNIVERSARY !

Bill & Terry Gerst celebrated their 25th wedding anniversary on the 4th of July, beginning with a mass at St. Boniface Church on the 3rd of July, then flying to Las Vegas to remarry at the Elvis Chapel on the 4th of July. Blessings to you both!



GUESS WHO'S 90?

Family, neighbors, and friends gathered with Gertrude Karolyi at Merz Hall on June 12th to celebrate her 90th birthday. Gert, who was born on June 3, 1915, is a life-long Spring Hill resident. Joining in the celebration was her brother, Bill Deutsch of West Deer and sister, Evelyn (Deutsch) Kutschbach of Bellevue. Nephew, Tony Duetsch of Virginia and niece, Virginia Burkett of Homer City, PA organized the gathering. Gert is one of 6 children of Frank and Anna Deutsch who moved to Spring Hill in 1921. Siblings, Frank, Norbert (Nobbie), and Lillian are now deceased, but their children, grandchildren, & great grandchildren attended to honor Gert on this momentous occasion.

Gert, we join in wishing you a blessed birthday, and may you have many more!



LIFE IN THE 1500S (con't)

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or "upper crust".

Lead cups were used to drink ale or whisky. The combination would sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of holding a "wake".

England is old and small and the local folks started running out of places to bury people. So they would dig up coffins and would take the bones to a "bone-house" and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive. So they would tie a string on the wrist of the corpse, lead it through the coffin, up through the ground, and tie it to a bell. Someone would have to sit out in the graveyard all night (the "graveyard shift") to listen for the bell; thus, someone could be "saved by the bell" or was considered a "dead ringer".

And that's the truth... Now, whoever said that history was boring???

THE UNIVERSITY OF PITTSBURGH INSTITUTE ON AGING 24-HOUR REFERRALS

Through a 24-hour referral phone line and website, the University of Pittsburgh Institute on Aging offers a wealth of information on topics and services of interest to seniors and caregivers. We can help to:

- find a doctor
 - access to physician to physician psychiatric consults
 - identify health care and support services as well as educational programs
 - access government and community-based services
 - understand Medicare and other insurance options
 - identify research studies in which you may want to participate
- UPIA can also facilitate physician-to-physician psychiatric consults, 24 hours a day, seven days a week. This is just a small sample of the information that is available. To access these resources, visit UPIA's website at www.aging.upmc.com, or call toll-free 1-866-430-UPIA (8742) to speak with a referral specialist.

WESTERN PA HUMANE SOCIETY FUND-RAISER

Would you be interested in helping the WPHS raise money to support the animals in our shelter with our gift wrapping fund-raiser at the Mall in Robinson? This initiative begins November 25th and will continue daily through December 24th. We would need at least 3 people per shift (morning, afternoon, and evening). The holidays are a festive, wonderful time of year, and this a great opportunity to meet new people, enjoy the holiday season, and help the **many homeless animals** who will be spending the holidays in the shelter. If you can help with this worthwhile project, contact:

Beverly Matthews
Director of Volunteer and Foster Services
Western PA Humane Society
1101 Western Avenue
Pittsburgh, PA 15233
412/321-4625
beverly.matthews@wpahumane.org
www.wpahumane.org



VOICE OF THE ANCIENTS “Public School Future”



Tomorrow’s public education must change to meet the needs of our children and grandchildren in their marketplace, and the keys lie in adding, changing, and compressing present curricula as we know it. Children are pressured today for some college education and even vocational skills to bring to the workplace. At the same time, education beyond the senior year in high school is financially impossible for many families. Let’s take advantage of the 12 years by moving the first two years of college credits into the high school for the student who displays interest.

The first two years of college are easily definable through developing skills in writing, reading, and computer. These skills are applied to learn in three areas: humanities and fine arts, social sciences, and hard sciences to include laboratory skills. Ability to read and expand vocabulary and know one’s library begins in first grade; foreign language may be introduced any time and the earlier the better. The same with the language of mathematics with beginning algebra very early because grade-schoolers have neither inhibitions nor pre-conceived fears, just live interest that oftentimes is not challenged. The appreciation of art, music, and theater is basic to fine learning. The love of history and the related fields of sociology and geography, and some basic psychology could be called simply “how people live together and how people think and learn”. Field trips are meaningful when one is learning botany, study of plants and trees and flowers, or zoology about animal life. Imagine the interest when the lower grades study environment, rocks, and minerals, mountains and pastures; the earth itself is elementary geology. Chemistry and physics may be more junior high and again, the laboratory grows natural and integral for all, including the telescope and the heavens for astronomy.

By the time a youngster reaches senior high, he/she will be very ready for beginning college level courses and credits applicable anywhere in the country for his last two years of college and the subsequent degree. Our sons and daughters also will be prepared for many kinds of jobs that call for these skills, including computer excellence because the computer is introduced by second grade.

The student who desires vocational training should be introduced early also in the same fashion and with full internship opportunity, which means early exposure to the work place. Many work experiences may be assigned for short periods of time so there is never the opportunity for exploitation: “You mind the store, Kid,” which only enhances profit (no labor costs). When minors are exploited, a jail term should result on the offender.

The kicker is the cost as presented by professional educationists. The system for payment needs to be worked out in a practical, no-holds-barred pattern presented in multiple ways for discussion and timely application and like right now. Idea: Negotiate a multination pact among gas guzzling countries to agree to contribute twenty-five or even fifty cents on every gallon of gasoline sold wherever for improved education with agreed upon price we all will pay for crude. Example, gasoline cannot be sold for more than \$1.50 a gallon plus the education tax. No crude moves over and above these standards, for once we would be setting prices instead of being dictated to, and the standard of living for future generations at least in the free world would be bright.

The brutal manner in which crude has been throttled and arbitrarily raised in price by our Eastern sources speaks loudly and directly about how the countries involved see the Iraq war as an interference with Arabic desire to maintain independence from what they view as free world interference. Doubling and tripling the price of crude is a direct attempt to attack our economies, which they see as our underbelly, our exposed weakness, And at the same time countries like Saudi Arabia strengthen themselves financially. We must seek other sources for crude or create a new source for automotive power. California’s governor is already leading his state into the first use of hydrogen power for automobiles and is replacing gas stations with hydro-stations. Hybrid automobiles, which rely upon equal battery power to raise gasoline mileage, grow in numbers worldwide as a half step prior to the full step into hydrogen.

Perhaps education could tie itself and its future to this change.

**By Al Schmittlein
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Aside from being the first president of the Spring Hill Civic League, Al Schmittlein has spent a lifetime as a professor and writer, twice as a columnist (The Professor’s Corner - Butler Eagle and Doc On Golf - The Keystone Golfer). He holds the Gold Key from Columbia for contributions to collegiate journalism and has served as a military correspondent with the US Navy and Marines.



FIREHOUSE ARTISTS' GALLERY

Fall Opening Reception

The Firehouse Studio will host the Firehouse Artists' Gallery Fall Opening Reception and Party on Saturday, September 24th at 6 PM. Browse among the works of Northside artists at this evening event. The Firehouse Studio is located at 1416 Arch Street, in the historic Mexican War Streets neighborhood of Pittsburgh. Call Matthew Grebner at 412-231-8598 for more information, or visit the Firehouse Studio website at www.firehousetudios.org

HOLY WISDOM FOODBANK

The foodbank at Holy Wisdom (St. Ambrose School) is held every third Tuesday of the month, from 10AM to 12Noon. This vital ministry serves many in our community who are having hard times. The foodbank is not government-funded and depends upon donations and volunteers within Holy Wisdom parish and our community.

To register for the foodbank or to volunteer, call 231-1116.

THANK YOU FOR YOUR SERVICE...

Several neighbors worked as Civic League volunteers and sold ride tickets during the 4-day Holy Wisdom Festival in August. A big Thank You to Donna Allison, Katie Bourquin-Self, Dianne Burns, Lisa Freiss, Liz Freiss, and Diane Schmitt.

REPORT FROM COUNCILMAN LUKE RAVENSTAHL

Map Pittsburgh—Spring Hill/Cityview

I am happy to report that the Map Pittsburgh process has been completed in Spring Hill/Cityview. Map Pittsburgh is an initiative of the Department of City Planning in conjunction with residents of each neighborhood. The goal of the project is to assess the zoning of each neighborhood, making sure it is accurate and appropriate. Map Pittsburgh was established because of a zoning ordinance passed by City Council in 1999, calling for a review of each neighborhood's zoning maps.

Map Pittsburgh seeks to spur quality development in the existing building stock, maintain and strengthen city neighborhoods, and ensure opportunities for participation by affected parties.

The process for Map Pittsburgh is as follows:

1. Neighborhood Meeting #1: Introduction to Map Pittsburgh; Information sharing
2. Gather land use information
3. Enter data into computerized land use database
4. Prepare analytical map and preliminary recommendations for rezoning
5. Neighborhood Meeting #2: Reviewing Preliminary Recommendations
6. Prepare final mapping recommendations
7. Neighborhood Meeting #3: Review Final Recommendations
8. Hearing at Planning Commission
9. Hearing at City Council

Spring Hill/Cityview and several other Pittsburgh neighborhoods have already completed the process with the help of the residents and community groups.

If you have any questions or comments about the Map Pittsburgh project, feel free to contact the Department of City planning by phone: (412) 255-2223. If you have any other questions, comments, or concerns regarding any city-related matter, please call my office at 412-255-2135.

ICE

Paramedics will turn to a victim's cell phone for clues to that person's identity. You can make their job much easier with a simple idea that they are trying to get everyone to adopt: ICE.

ICE stands for In Case of Emergency. If you add an entry in the contacts list in your cell phone under ICE, with the name and phone number of the person that the emergency services should call on your behalf, you can save them a lot of time and have your loved ones contacted quickly. It only takes a few moments of your time to do. Paramedics know what ICE means and they look for it immediately.

ICE your cell phone NOW!



FAMILY CAREGIVERS A GROWING POPULATION
Sky Vue Terrace provides short-term care to help

It is becoming more the rule, not the exception, that senior citizens with long term care needs receive assistance from their children and relatives instead of from home health or nursing homes. In fact, of the four out of five seniors who require some type of long-term care, only *one* gets the care in a nursing home. The other 75% are receiving care from a "family caregiver". It is estimated that there are more than 18-25 million adults – or 10% of the U.S. population fulfilling this demanding job today. Responsibilities include keeping loved ones fed, clean, and safe; dispensing medications; and transporting them to appointments while juggling full-time careers and families.

According to Michele L. Todd, Admission Director at Sky Vue Terrace, there are many reasons why children and spouses choose to take on this tremendous responsibility. "Many want to spend time with their loved one while others feel a sense of guilt for turning the care of their spouse or parent over to home health or nursing home," says Todd. "However, these caregivers often face burn-out from the all-consuming care requirements and don't know where to turn for help. That's where we can help." Sky Vue Terrace offers short term respite stays that allow caregivers the opportunity to go on vacation or a business trip and have peace of mind that their loved one is being taken care of by caring professionals.

At Sky Vue Terrace, respite residents can take advantage of the same activities and services as our other guests, such as nutritious meals, transportation, housekeeping, laundry services, and social activities. Most importantly, the family caregivers know they are in a safe setting with nurses and staff on call 24 hours a day. "Whether for a few days or up to a month, you can take advantage of the respite program at Sky Vue Terrace," says Todd.

Contact Michele L. Todd, Admission Director for more information. Sky Vue Terrace Nursing and Rehabilitation Center is located at 2170 Rhine Street, Pittsburgh, PA 15212, and can be reached by telephone at 412-323-0420.

Sky Vue is owned by Toledo-based HCR ManorCare, an integrated health care provider with broad capabilities in long term care, assisted living, specialty, subacute, rehabilitation, and home health services.

It was the end of the day when I parked my police van in front of the station. As I gathered my equipment, my K-9 partner, Jake, was barking, and I saw a little boy staring in at me. "Is that a dog you got back there?" he asked. "It sure is", I replied. Puzzled, the boy looked at me and then towards the back of the van. Finally, he said, "What'd he do?"

USE IT OR LOSE IT!

According to the American Heart Association, older adults and people with disabilities can gain significant health benefits with a moderate amount of physical activity, preferably daily. Some things to consider:

- Physical activity need not be strenuous to be beneficial. Physical activity can be longer sessions of moderately intense activities such as walking & swimming, or shorter sessions of more vigorous exercises.
- Lower intensity activities such as walking for pleasure, gardening, yard work, and housework can have some health benefits.
- Muscle strengthening activities are also important - they reduce the risk of falling, and improve the ability to perform daily task. The loss of strength and stamina attributed to aging is due in part to reduced physical activity.
- The older one becomes, the more regular exercise is needed – to prevent bone loss (reducing risk of fractures) and risk of diseases associated with aging.

Mexican War Streets Society
36th Annual House & Garden Tour
Sunday, September 11, 2005
from 11:00AM - 5:00PM

As the oldest and most established neighborhood tour in the City of Pittsburgh, the 2005 MWSS House & Garden Tour will again feature many beautifully restored homes, private gardens, and a bustling midway hosted by vendors specializing in home renovation and restoration, as well as refreshments and entertainment.

House & Garden Tour ticket prices:
 \$18.00 advance
 \$20 day of tour
 \$15.00 group rate (minimum of 10 tickets)

Tickets can be purchased online at www.mexicanwarstreets.org or via mail by enclosing your check payable to Mexican War Streets Society. Include your name, address, city, state, zip, daytime phone, and number of tickets needed, along with a stamped, self-addressed envelope to:
 MWSS
 PO Box 6588
 Pittsburgh, PA 15212
 or call 412-323-9030 for more information.

JEROME'S HEATING - A/C AND HAULING SERVICE
 Community-based technician to service your furnace or air-conditioning. Dump truck available for hauling as well.
 Call 412-726-0009 or 412-322-0602 for estimate.

RICHARD S. CALIGUIRI CITY OF PITTSBURGH GREAT RACE

The Great Race truly lives up to its name. On Sunday, September 25, 2005 it will all come together as individual runners and walkers, corporate teams, wheelchair athletes, entertainers, and hometown fans take to the city streets for the 27th annual Richard S. Caligiuri City of Pittsburgh Great Race.

Rated among the Top Twenty Multi-Race Events by USA Track & Field's publication On The Roads, The Great Race attracts nearly 10,000 athletes annually. These athletes come from 35 states and 30 different countries. While these runners receive a great deal of attention, the hometown athletes who compete each year make this event special. Approximately 89% of the participants live in the Pittsburgh area, making the race one of the region's finest traditions.

The Richard S. Caligiuri City of Pittsburgh Great Race consists of many various competitions: 10K Run, 5K Run, 5K Walk, Team Competition, Heavyweight Competition, Wheelchair, Junior Great Race, and Costume Competition.

In 2005, athletes can expect to find animation on the streets as marching bands, local musical talents, and other entertainers dot the course to the finish line. Once the competitors reach Point State Park, they are invited to join their friends and families for the Post Race Party, including the presentation of awards. The Great Race is also part of the Power Three 10K Series. This series combines three road races in West Virginia, Ohio and Pennsylvania.

The Great Race enjoys an outstanding tradition of excellence. Be a part of this remarkable event and winning tradition! For more information, please call The Great Race Hotline at (412) 255-2493 or browse www.rungreatrace.com.

Support the runners and walkers as a Great Race volunteer. Volunteers are needed beginning Tuesday, September 6 through Race Day. All volunteers will receive a free T-shirt. For more information, please call 412-255-2676.



EASY FALL RECIPES

Tangy Green Beans

(good for potluck gatherings)

- 4 cans french-cut green beans, well drained
- 8 slices bacon, cooked & diced
- 1 med. onion, chopped & cooked in bacon fat
- 1 cup brown sugar
- 1/2 cup ketchup

Mix beans, brown sugar, & ketchup. Add bacon and cooked onion to bean mixture. Place in 2-qt casserole. Bake uncovered at 350 degrees for 1/2 hour.

Makes 16 1/2 cup servings

Tasty Ranch Pretzels

- 1 lb. large hard pretzels
- 1 pouch Good Seasons dry ranch dressing mix
- 1/2 cup vegetable oil

Break up pretzels and bake on cookie sheet in 250-degree oven for 20 minutes. While baking, mix ranch dressing & oil in large bowl. Add pretzel pieces and mix well to coat.

Spoon pieces back onto cookie sheet and bake 20 additional minutes in a 250-degree oven. Can sprinkle with dill weed if desired. Store in ziplock bag when done.

Baked Beef & Cabbage Casserole

(a delicious & quick variation of stuffed cabbage)

- 1 lb. lean ground beef
- 1 medium onion, chopped
- 1 tbs. cooking oil
- 1/2 cup uncooked rice
- 1 tsp. salt
- 1/8 tsp. pepper
- 1 small head cabbage, shredded
- 2 cans tomato soup*
- 2 cans water *
- 1 beef bullion cube

** may substitute 2 cups tomato juice and 2 cups water*

Coarsely shred cabbage to the amount of 5-6 cups. Spread 1/2 of the cabbage in a buttered 9x13 casserole or roasting pan.

Heat oil in frying pan, add beef, onion, rice, salt, and pepper. Cook, stirring every few minutes to prevent browning, about 10 minutes or until beef is cooked.

Spoon beef mixture over top of the cabbage, then top with remaining cabbage.

Heat tomato soup, water, & beef bullion to boiling. Pour over cabbage.

Cover and bake in 350-degree oven for 1 hour or until cabbage is tender.

Serves 4

Submitted by **Gert Karolyi**

Apple Cinnamon Dump Cake

(an easy favorite)

- 1 box Spice or Yellow cake mix
- 1 can apple or peach pie filling
- 3 eggs
- 1 tsp. cinnamon
- 3 tbs. sugar

Preheat oven to 350 degrees.

Blend together cake mix, pie filling, and eggs in large bowl. Beat at medium speed for 2 minutes.

Combine sugar and cinnamon in small bowl.

Spread 1/2 batter in a 9x13-greased pan; sprinkle with 1/2 of the cinnamon-sugar mixture. Add remaining batter and sprinkle with remaining cinnamon-sugar mixture.

Bake 30 - 35 minutes or until a toothpick inserted in the center comes out clean.

Taken from the **Undercover Club Newsletter**

A very curious little girl was attending a wedding for the first time. As the bride & groom stood before the altar, she asked why the bride was wearing white.

"Because white is the color of happiness, and this is the happiest day of her life", the mom replied. Leaning over, the girl asked, "Then why is the groom wearing black?"

Life is uncertain; eat dessert first!



Devil's Night Patrol

Devil's Night, October 30th, will fall on a Sunday this year. For the last several years, Spring Hill/ Cityview neighbors have formed a "Devil's Night Patrol" to discourage vandalism in the community. The patrol will be on duty between the hours of 7:30PM to 12 Midnight this year. The patrol consists of **all residents of Spring Hill/Cityview**. The key to the effectiveness of the patrol is visibility, so be visible that evening by walking with a friend, walking your dog, or simply spending time chatting outdoors with neighbors. Another component of preventing vandalism is to keep property lit up. Vandals are less prone to damage property when an area is brightly lit. The last component of the Patrol is parental involvement. **Parents, you really NEED TO KNOW where your teens are that night.** Don't wait for the police to call & inform you that your teen is in custody for vandalizing your neighbors' properties. By working together, we can prevent the vandalism that so many of our neighboring communities experience.

THANK YOU!

The Spring Hill Civic League has been a United Way Contributor's Choice for several years. **Your** generosity has helped to fund community activities & defrays routine overhead expenses. **A grateful Thank You** to all who support the community through the United Way. The Civic League Contributor's Choice code number is 207.

CHILDREN'S MUSEUM OF PITTSBURGH

Fall Child Development Series

Join us for these free, informal sessions for parents and caregivers led by local experts in child development. Sessions are held in the Nursery, so your children can play nearby. All programs are included with Museum admission:

Block Play: Building a Child's Mind

Thursday, September 22, 11:00 AM - 12:30 PM

Playing with blocks helps children develop intellectually, physically, socially and creatively. Explore why blocks are a good investment for the infant, toddler, and preschool years. Presented by Museum Child Development Specialist Yvonne Atkinson.

Your Child's Haunted Habitat

Thursday, October 20, 11:00 AM to 12:30 PM

What's the really spooky pesticide story? (Those Halloween spiders and bats are your *friends*, so just imagine how creepy the real dangers must be.) Learn how to plot your family's escape. Presented by Vivianne Shafer, Education and Museum Director at the Rachel Carson Homestead Association.

Nursery Rhymes and Folk Tales

Thursday, October 27, 11:00 AM 12:30 PM

CHARLES SCHULTZ PHILOSOPHY

The following is the philosophy of Charles Schultz, the creator of the "Peanuts" comic strip. You don't have to actually answer the questions, just read straight through, and you'll get the point:

1. Name the five wealthiest people in the world.
2. Name the last five Heisman trophy winners.
3. Name the last five winners of the Miss America.
4. Name ten people who have won the Nobel or Pulitzer Prize.
5. Name the last half dozen Academy Award winner for best actor and actress.
6. Name the last decade's worth of World Series winners.

How did you do? The point is, none of us remember the headlines of yesterday. These are no second-rate achievers. They are the best in their fields, but the applause dies, awards tarnish, achievements are forgotten, accolades and certificates are buried with their owners.

Here's another quiz; see how you do on this one:

1. List a few teachers who aided your journey through school.
2. Name three friends who have helped you through a difficult time.
3. Name five people who have taught you something worthwhile.
4. Think of a few people that made you feel appreciated and special.
5. Think of five people with whom you enjoy spending time.

The people who make a difference in your life are not the ones with the most credentials, the most money, or the most awards. They are the ones that care.

Taken from Jim Hurray's Goodmail

<http://members.libcom.com/jhurray/HTML/goodmail.htm>



STATE REPRESENTATIVE DON WALKO REPORTS

Proposal would provide PACE/PACENET benefits to thousands more seniors

For more than two decades, Pennsylvania's PACE and PACENET programs have helped thousands of older Pennsylvanians purchase the vital prescription medications they need. I am supporting legislation that would allow 500,000 more senior citizens to be eligible for PACE and PACENET by expanding the programs to cover seniors ages 60 to 64. Currently, only citizens 65 and older who meet certain income limits are eligible for coverage.

This new proposal would allow anyone 60 and older to enroll in PACE or PACENET as long as they meet those same income limits. The income limit for PACE is \$14,500 for single seniors and \$17,700 for married couples, while the income limit for PACENET is \$23,500 for single seniors and \$31,500 for married couples. PACE has no deductible, and the PACENET deductible is \$40 per month.

Another interesting part of this new legislation would eliminate a "marriage penalty" that affects couples where one spouse is 65 or older and the other is under 65. Current law counts both incomes in calculating eligibility but provides benefits only to the spouse who qualifies for the benefits.

You may remember that back in 2003, my Democratic colleagues and I led the effort to expand eligibility for PACE and PACENET by increasing the income limits – a move that made it possible for 100,000 more Pennsylvanians to enroll. This new proposal is a reasonable way to provide prescription coverage to thousands more.

I encourage anyone who meets the eligibility requirements to sign up for PACE or PACENET, even if you already have prescription drug coverage. The only other coverage that could eliminate you from qualifying for PACE/PACENET are prescription benefits through Medical Assistance (Medicaid/Access) or the Retired Employees Health Program administered by the PEBTF. There is absolutely no cost to you to apply for benefits.

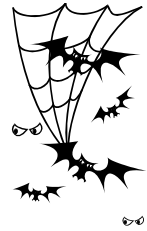
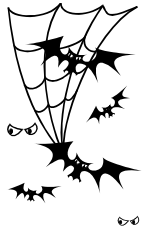
My district office staff has PACE/PACENET applications available for you; they can even help you fill it out and file the paperwork for you. Give my staff a call at 412-321-5523. If you prefer, you can complete the application online by visiting the Pennsylvania Department of Aging Web site at www.aging.state.pa.us.

HELP US SPREAD YOUR NEWS!

To the neighbors of the community...

We are interested in announcing the names of new neighbors who have moved into the community in the past year. Also weddings, anniversaries, birthdays, special achievements, recipes, garden hints, household hints, church announcements, birth announcement, obituaries, etc.

Don't be shy; all are welcome!



HALLOWEEN PARADE

The Spring Hill Civic League will hold its annual Halloween Parade for children, ages 1-12, on Saturday, October 15 at 11:30 AM. The parade will assemble at Brady's Memorial Home and proceed to the Rockledge Street Lot where costumes will be judged & prizes awarded on the following categories: Prettiest, Cutest, Funniest, Scariest, and Most Original. Treat bags will be distributed after the judging takes place. Children must be registered and accompanied by a parent in order to participate. Please fill out the registration form below and return to your blockworker by **October 1st**. **NO REGISTRATION FORMS WILL BE ACCEPTED ON THE DAY OF THE EVENT.** A \$5.00 donation is requested to help defray the cost of this event. Thank you for your support.

LOOKING FOR TREATS...

Do you work for a company that donates to non-profit groups? The civic league is seeking candy & snack donors for this year's Halloween treat bags. If you can help in this way, call Diane Schmitt at 231-7948 or e-mail at schmittdl@stargate.net.



HALLOWEEN PARADE REGISTRATION

AGES 1 TO 12

PARADE STARTS AT 11:30 AM

(YOU MUST BE REGISTERED AND BE ACCOMPANIED BY A PARENT TO RECEIVE A TREAT BAG)

(PLEASE MAKE SURE TO PICK UP TREAT BAG THE DAY OF THE EVENT)



PARENT OR GUARDIAN NAME _____

ADDRESS _____

PHONE _____

TOTAL NUMBER OF CHILDREN _____

CHILDREN NAMES _____

AGES _____
