

SPRING HILL * CITYVIEW TIMES

COMMUNITY NEWSLETTER

Vol. 5 No. 44

March-April 2006

Spring is when you feel like whistling even with a shoe full of slush ... Doug Larson

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: Donna Allison
Vice President: Dianne Burns
Secretary: Diane Schmitt
Treasurer: Ben Soltesz

Directors

Stephen Brady

Newsletter Articles

Please submit articles for the May/June edition by April 15th to:

Diane Schmitt
1214 Yetta Ave.
Pittsburgh, PA 15212-3757
412-231-7948
schmittdl@stargate.net

Mail Delivery

For a yearly subscription, send \$6.00 to the *Spring Hill/Cityview Times* at the above address.

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

FROM THE DESK OF THE PRESIDENT...

Tis the season for champions, and the Spring Hill Civic League is no different. The many volunteers that make our events, gardens, and clean ups possible throughout the year are valuable assets to the community. This year the SHCL Board of Directors will renew their relationship with past, present, and new volunteers at a **Volunteer Orientation on Saturday, March 25th from 11AM to 12:30 PM at Brady's Memorial Home.**

Everyone is invited to participate whether you know how you wish to volunteer or you want to hear about options for volunteering. One item that we will be discussing is **membership dues collection**. Light refreshments will be served, and volunteer information for the calendar year 2006 will be available. Please join us as we plan for an exciting and rewarding year of working together in the community.

Many times there is a specific need for special volunteers. For the past few years, Joyce Welsh has been the garden steward, working closely with the Western PA Conservancy to coordinate the garden planting and upkeep on Homer Street across from the old fire station and memorial plantings on Rhine Street. Joyce has been extremely invaluable during this period, and the Spring Hill Civic League thanks Joyce for her wonderful contribution to the community. We know it will be difficult to fill Joyce's garden shoes, but this is one of those special needs. The SHCL would support a garden club if several persons come forward for this opportunity to work with the Western PA Conservancy and

gardens in Spring Hill. Gardeners, we need you!

I look forward to seeing you at the **Volunteer Orientation Meeting** and volunteering with you this year.

Thank you for all you do for the Spring Hill community...

Donna Allison,
President
412-231-8626
shclpres@comcast.net

UPCOMING EVENTS FOR 2006

General Meetings are scheduled at the Spring Hill Elementary School auditorium at 7 PM on the following dates:
Monday, March 6
Monday, May 1
Monday, September 11
Monday, October 2
Monday, November 6

Volunteer Orientation Meeting: Saturday, March 25; Brady's Memorial Home from 11 AM - 12:30 PM. Refreshments will be served! **Please Come!!**

Flowergarden Planting & Litter Pick-up: Saturday, May 6th; Homer St. Firehouse at 9 AM, lunch will be served that day.

Memorial Day Commemoration: Monday, May 29th, Brady's Memorial Home, 12 Noon.

Halloween Parade: Saturday, October 14th, Rockledge St Lot. Parade lines up at Brady's Memorial Home at 11:30 AM.

Christmas Tree Lighting: Sunday, December 3rd, 7 PM, Rockledge St lot

...A SPECIAL THANK YOU TO ALLEGHENY GENERAL HOSPITAL FOR PRINTING OUR NEWSLETTER...

THE BEST RIDE ON SPRING HILL



The beginning of the best and longest sled ride on Spring Hill took place at the top of Rockledge and Romanoff streets where every fearless, daredevil kid gathered with their sleds for the thrill of their lives. The only way to accomplish this death-defying feat was to get a running start by belly flopping onto the sled and hanging on for dear life, hoping to make the upcoming curves and turns ahead with what seemed like breakneck speed. As exhilaration and momentum picked up, the biting wind and stinging snow gave us rosy cheeks, not to mention runny noses. No goggles, ski masks, helmets, or safety restraints of any kind were even thought about or invented at that time (in the mid to late 40's). Most amazingly is that there were no accidents or injuries!

The first achievement was to make the sharp, right-hand turn at the Spring Hill School, then down past the old spring. The second goal, after passing the spring, was the next sharp, left-hand turn at the fire station, then on to the biggest and best hill of all--Homer Street!

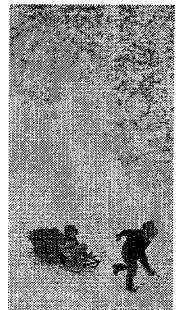
The final challenge was trying to stop at the bottom of Homer Street and Spring Garden Avenue. Fortunately, people living at the bottom of Homer Street would sprinkle ashes from their furnaces, which helped us stop while creating sparks from the runners of the sleds. The ashes were put there mainly for the few cars that were brave enough to conquer Homer Street.

The trek back up Homer and to the beginning of Rockledge street took at least one-half hour or more. The most runs we could do, after complete exhaustion, were two or three. It was well worth it!

This past summer while visiting my brother back in Pittsburgh (who now resides on Homer Street) I thought how extremely steep and dangerous that hill is and how fearless we all were back then.

If any old friends remember these exciting days and would like to share any contributions that I may have missed, please feel free to add to the wonderful memories that I will never forget. These are memories that the present generation will never even begin to imagine and unfortunately, it is sad to think of what they have missed.

*Submitted by: Mary (Hey!) Hart
(formerly of Harbor Street)
MaryTHart@msn.com*



Never cut in front of a truck. At 55mph, fully loaded trucks take the length of a football field to stop. Be sure that you're at least four car lengths in front of the truck when you pass.

WELCOME NEW NEIGHBORS

We're almost-empty nesters glad to be back in the city. Don Friedman & Rhoda Sommer moved into 920 Haslage Ave. on May 11th. Our son is a junior at Temple University & our daughter is a freshman at Pitt. She'll be moving out this spring to her own apartment. You may see us walking Oreo, our small black mutt who everyone thinks is a puppy, but he's really 14 years old!

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 at schmittdl@stargate.net. We look forward to hearing from you!

GET WELL WISHES

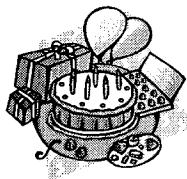
To Claire Weiss, Dorothy Feitl, Dorothy Sigmund, Bethany Shanahan, Dick O'Toole, and Diane Schmitt, all recuperating after recent illnesses or hospitalizations.

Our prayers are with you for a speedy recovery!



Happy Birthday!

Happy Birthday to these March babies... Rose Leitsch on March 1st and Kenny Lippert of Leister St. and Terry Gerst of Homer St. on March 31st



And to April babies...

Dianne Burns of Noster St. on April 3rd and Bill Gerst of Homer St. on April 27th

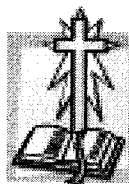


A Related Happy Birthday

To Anthony Dulski of Harbor St. who turned 1 on January 21st!

OUR DEEPEST SYMPATHY...

To the Weber family of Vista St. on the early January passing of husband, father, and grandfather, Ron Weber...to the family and friends of Ruth Rutkowski, a former Spring Hill neighbor, on her late December passing...to Kim Flemming of Bader St. on the passing of her father, Thomas, in early January... to the family and friends of Ruth Meyer of St. Ambrose Manor on her recent passing...and to the Leonard family of Admiral St. on the passing of husband, father, and grandfather, Ernest Leonard, in mid-February...



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

IT'S A BOY!!

Congratulations to great-grandma Evelyn College of Rhine St. on the birth of her great-grandson, Logan Hennan. Logan was born to Evelyn's granddaughter, Courtney, on January 1st 2006, weighing in at 6 lbs 4 ozs. Logan is at home with mom & dad in Etna, but enjoys coming over to visit great-granny!



Spring Hill Senior Citizens

The Spring Hill Senior Citizens holds its meeting every third Wednesday of the month except for January. The group meets at Merz Hall at St. Ambrose School on Haslage Ave. Meetings begin at noon.

We welcome you to join us at the March 15th meeting for food, fellowship, and Bingo!

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!

CHILDREN'S MUSEUM EVENTS

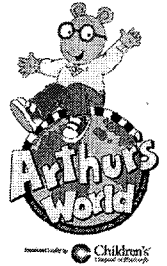
MARCH/APRIL 2006

Arthur's® World Through May 7, 2006

Pay a visit to *Arthur's® World*, the exhibit based on the PBS children's television series and popular Marc Brown books. Arthur® is a friendly eight-year-old who tackles the challenges of being a kid with his little sister D.W.® and their friends and family. Arthur's love of learning shows kids how being smart and reading books is cool.

See a performance of the play, *Arthur Builds a Tree House*, every Saturday at 12:30 PM, and meet Arthur in person every Sunday at 1:30 pm.

Arthur's® World © 2006 was produced by Boston Children's Museum in collaboration with author Marc Brown Studios and WGBH Boston. Arthur is produced by WGBH Boston and Cookie Jar Entertainment Inc. All underlying materials, including all artwork, border, designs, and settings from Arthur books, and the use of Arthur characters are used with permission of Marc Brown.



Free Days for Kids 8+

Saturday, March 11 and Saturday, April 22

All children 8 years and older get in free, accompanied by a parent. Don't miss these special activities:

- Comedy and improv with Tim Hartman at 1:00 PM and 3:00 PM.
- Get an airbrush tattoo from 2:00 – 4:00 PM.
- Saturday Light Brigade radio Variety Hour (March 11th only) at 1:30 PM.
- Museum class raffles

National Nutrition Month

Wednesday, March 15; Saturday, March 18; Tuesday, March 21; Saturday, March 25, 11:30 AM – 1:30 PM
Join nutritionist Judith Dodd and University of Pittsburgh Nutrition students to learn healthy habits through games and activities. Sponsored by University of Pittsburgh and Adagio Health. Museum admission required.

National Day of Puppetry

Saturday, April 1, 2006

Calling all lords and lassies! Come dressed as princesses, knights, and fairies to enjoy these events:

- Make dragon or fairy marionette puppets, knight or princess spoon puppets or fantastical shadow puppets from 11:00 am - 4:00 PM.
- March in a Puppet Parade led by the music of the Slippery Rock Trombone Ensemble at Noon & 3:00 PM.
- Celebrate 20 years of We're Holden Puppets as they perform "The Sword" at 1:30 PM and 2:30 PM

National Poetry Month

- Saturday, April 8; Saturday April 15

Join a member of Chatham College's Masters in Creative Writing program for a poetry writing workshop at 1:00 PM & 3:00 PM.

- Monday, April 10; Wednesday, April 12; Thursday, April 13

Join members of BLAST, the Carnegie Library's Outreach program, for fun poetry activities at 11:30 am & 3:30 PM.

Earth Day, April 22

- "Be a Green Sleuth" Scavenger Hunt. Learn how the Museum reduces, reuses, and recycles through an informational scavenger hunt. Receive a booklet at the Museum lobby, solve the clues, and return it. One lucky Green Sleuth will be awarded a prize at the end of the week!
Dates: Monday, April 17 – Friday, April 21
- Construct with Cardboard. Use your imagination and build with recycled cardboard materials
Dates: Monday, April 17-Wednesday, April 19; Friday, April 21, from 1:00-3:00 PM.
- Join members of Roundabout, Shady Lane School's recycling program, for a creative recycling project.
Date: Thursday, April 20, from 12:30 PM - 3:00 PM.
- Join artist Joann Kielar to create a puppet out of recycled materials
Date: April 21, from 2:00 PM - 3:00 PM.

The New Hazlett Theater On Allegheny Square

The New Hazlett Theater on Allegheny Square has named its first executive director, Sara Radelet, North Side native and former assistant director of the Mattress Factory.

The 400-seat theater is slated to open September 15 as a venue for Prime Stage Theater children's plays, Attack Theatre, The Andy Warhol Museum, Children's Museum of Pittsburgh, and other arts groups.

The Hazlett Theater was the home of the Pittsburgh Public Theater until 1999; it has been closed since 2002 except for occasional performances by local arts groups. The Warhol and the Children's Museum began raising about \$1 million three years ago to renovate and reopen the intimate, North Side theater. The governor's office pledged \$1 million toward the renovation, and the Heinz Endowments contributed a \$500,000 grant.

Get In Shape For Bathing Suit Season!

The Ladies Exercise Group at the Firehouse Gym meets Tuesdays and Thursdays from 9:00-10:00 and exercises to videotapes. It's **free** - it's **fun** - so why not come? Call Lynn (412) 321-2817 for more information.



Healthy Home Resources
A complete resource for household environmental health

Home Resources' AT HOME program
(*Asthma Trigger HOME Evaluation*) is seeking new participants!

Does your child have breathing problems?

Is your child 6-12 years old?

Do you live in the city of Pittsburgh?

Then you may qualify for our program!

Healthy Home Resources – in conjunction with the American Respiratory Alliance, Allegheny General Hospital, and the University of Pittsburgh Graduate School of Public Health – has created the AT HOME program in an effort to directly and positively influence the health of asthmatic children in our community.

The AT HOME program includes a set of in-home environmental interventions designed to lower the presence of asthma triggers in the home. An asthma trigger is something that can make asthma symptoms worse or cause an asthma attack. Known triggers include allergies, infections, exercise, stress, and sometimes food. Allergen triggers often found in the home include dust mites, cockroaches, feathered and furry animals, rodents, molds, and pollen. Environmental irritants that can cause an asthma attack include household dust and second hand smoke. In the AT HOME program, you will receive:

- An in-home assessment of environmental triggers
- An assessment of your child's allergies
- Education on how to maintain your home asthma trigger free
- Reduction of environmental triggers in your home
- Cleaning supplies, including a HEPA air purifier and HEPA vacuum, to help you keep your home free of asthma triggers

If you are interested in this program, call now as spaces are filling!

Call Meredith Benedict, Education and Communications Coordinator, at 412.431.4449 extension 229, or email her at meredithb@healthyhomerresources.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, especially over the winter months.

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



GREAT EXPECTATIONS ALL AROUND FOR DICKENS' CLASSIC

What do a crazy convict, a half-mad bride, a teasing girl, an orphan boy – fifteen students and three teachers from South Fayette High School and Sharon High School have in common? *Great Expectations*! Beginning March 4, 2006, Prime Stage Theatre presents the Dickens' classic, *Great Expectations*.

Even before rehearsals began, the middle and high students were creating a nationally funded model for educators, education directors, and directors to "Connect Kids to the Classics". They met to discuss *Great Expectations* with Prime Stage founder/artistic director, Wayne Brinda, and guest director, Richard Keitel, professor of theatre at Point Park University Conservatory. Held at Duquesne University, the students read the novel along with the script adaptation. The students and teachers attended rehearsals; discussed where the novel confused them; and made suggestions for the production, the study guides, and even lobby ambiance. They will attend both a public performance and a school performance to watch students react in order to test the model.

"We asked how we can bring the story to life for *them*," said Brinda. One student responded: "I've never been to London. I'd like to go to the London in this book." Another student recommended that the production: "Help me understand and enjoy the story as soon as I walk into the theatre". A teacher suggested; "There are connections to Pittsburgh and our community. We would love to see them." Keitel introduced the curiosity of two original endings. "As the students help us, we help them enjoy the novel", said Brinda. "We both agree that the group has expanded our vision of presenting a classic."

Charles Dickens is one of the greatest English novelists of the Victorian period. His works sharply criticized social conditions, injustice, and hypocrisy. *Great Expectations*, written in 1860, is no exception, and the family classic is relevant for today's audience as well. The narrator and protagonist, Pip, guides audiences through the curiosities, questions, and circumstances of his life and eventually to the realization that loyalty and integrity are more important than social status or wealth. Joel Ripka plays the older Pip with Kendra McLaughlin as Miss Havisham and Kori Mallon as Estella, the object of Pip's affection. This production is sure to entertain the entire family.

Prime Stage Theatre is committed to entertaining, enriching, and educating adolescents and families in the discovery of live theatre by producing adaptations of literature, new plays, and other works, which celebrate the achievements of young people and adults.

Weekend performance dates for *Great Expectations* are March 4, 5, 10, 11, 12, 17, 18, and 19, 2006. Friday and Saturday performances are 8 p.m.; Sunday performances are at 2:30 p.m. Tickets \$15/Adults; \$13/Seniors; and \$8/Youth are available through ProArts at 412.394.3353 or at www.proarts.org or www.primestage.com. Prime Stage Theatre is located at 937 Liberty Avenue in the heart of the Pittsburgh Cultural District. Student matinees of *Great Expectations* will be held at the Charity-Randall Theatre on April 5-7, 2006 at 10 a.m. For tickets call 412.841.7353.

Prime Stage teaches theatrical etiquette and encourages students, families, and educators to become subscribers to the arts. A member of The American Alliance for Theatre and Education, Prime Stage networks with national and international theatres for young audiences.

POSITIVE STEPS TO REDUCE YOUR RISK OF HEART DISEASE



**Heart
Foundation**

Your heart needs care for life. A healthy heart is about enjoying a healthy lifestyle and making this a part of your everyday life. It is also about taking positive steps to reduce risk factors. Everyone can do something to help prevent heart disease, including people who already have heart disease or who have had a heart event. The good news is that if you lead a healthy lifestyle, as outlined below, you can reduce your risk of developing heart disease. The best ways to reduce the risk of developing heart disease and to help prevent it getting worse if it already exists is to reduce or remove the risk factors over which we have some control. To do this, have ongoing heart disease risk assessments with your doctor and lead a healthy lifestyle as outlined below. Being male, increasing age, and having a family history of early death from heart disease are also risk factors for developing heart disease, but are much more difficult to control or change!

1. Be Smokefree

Smoking reduces the amount of oxygen in your blood and damages the artery walls. Stopping smoking is the single most important thing you can do to reduce your risk of coronary heart disease. For more information on quitting smoking, call the *Learning to Live Without Smoking* program at (412) 320-2399

2. Enjoy Healthy Eating

Cholesterol and fat contribute to the deposits that build up in the artery walls and cause disease. You can help lower your blood cholesterol level and limit further artery clogging by reducing the amount of saturated fat you eat. Saturated fat is found in fatty meats, full cream dairy products, butter, two vegetable oils (coconut and palm oils), most fried take-out foods, and commercially baked products. Replace saturated fats with moderate amounts of monounsaturated and polyunsaturated fats such as canola, olive, sunflower, and soybean oils.

3. Be physically active

The body is designed to move, and regular, moderate physical activity is good for the heart. Being active is also a great way to have fun. Physical activity can also help control other risk factors such as high blood pressure and being overweight. The Heart Foundation recommends that people include 30 minutes or more of moderate intensity, physical activity (such as brisk walking) on most, if not all days of the week, for health benefits. This amount of activity can be accumulated in shorter bouts, e.g. three 10-minute walks.

4. Control blood pressure

High blood pressure can strain your heart and speed up the process of coronary heart disease. Have regular blood pressure checks. If your blood pressure is high, reduce salt intake, limit alcohol to two drinks or less daily, and follow your doctor's advice. Long-term medication may be required to manage high blood pressure.

5. Maintain a healthy weight

Being overweight and carrying too much weight around the waist are risk factors for coronary heart disease and diabetes. Healthy eating and being physically active assists in weight loss. Your doctor can advise you on your waist measurement goal.

For more information on preventing heart disease, please call the Heart Foundation's national telephone information line at 1-800-437-2423.

Church Bulletin Bloopers!

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

At the evening service tonight, the sermon topic will be "What Is Hell?" Come early and listen to our choir practice.



**Report from Councilman
Luke Ravenstahl**

COMMUNITY AFFAIRS

Graffiti is more than an inconvenience and eyesore to business and homeowners. It also gives the impression that a neighborhood is unsafe and unsanitary. Because graffiti continues to be a problem in city neighborhoods, the Graffiti Task Force (GTF) was formed last year by City Council to deal with graffiti that exists and how to prevent future vandalism from occurring.

The task force consists of 14 city officials and neighborhood leaders. Throughout the past year, information was collected regarding the causes and effects of graffiti in the city. They also studied how other cities have been managing graffiti, and the group is now prepared to offer suggestions as to how Pittsburgh can best fight the vandalism.

On Tuesday, December 13, 2005, the GTF presented its findings to City Council during a Post Agenda meeting. Some suggestions included stiffer punishments for repeat offenders, increased public education, and stricter enforcement of current vandalism laws. In working with the Graffiti Task Force, City Council and the Mayor's office hopes to continue to win the battle against graffiti artists so that the City of Pittsburgh can project itself to be a more attractive place to visit and live.

If you have any questions, comments, or concerns regarding any city-related matter, please feel free to call my office at 412-255-2135.

**State Representative Don Walko Reports from
Harrisburg:**

Governor's budget would benefit public education, public libraries

I have an added role in crafting the state budget each year because I serve on the House Appropriations Committee, a sought-after assignment. As of this writing, we have begun holding several weeks of hearings to review the budget in detail, as we do in February and March every year.

On Feb. 9, Gov. Ed Rendell addressed the General Assembly to outline his proposed 2006-07 budget. For the third year in a row, he proposed a budget that includes no new taxes. In fact, the governor's budget proposal includes targeted business tax cuts to help grow our economy.

Some of the biggest gains in the proposed budget would go to public education and public libraries, which suffered significant funding cuts when the 2002 recession squeezed state finances. The governor's budget includes:

- A 5 percent increase – well ahead of the rate of inflation – for the state's basic funding for public schools. This would be the largest increase in 15 years.
- A 4 percent increase in state funding for special education.
- Increasing the Accountability Block Grant to schools from \$200 million to \$250 million and allowing at least 1,215 more children to benefit from pre-kindergarten, expanding full-day kindergarten by 2,500 children, and providing new learning opportunities for hundreds of thousands of additional children.
- Expanding Head Start funding from \$30 million to \$45 million in order to serve an additional 1,540 children.
- A 4.9 percent increase in available financial-aid grants to Pennsylvania college students.
- A 5 percent increase for community colleges.

In addition, under the governor's budget proposal, public libraries would receive an increase of \$14.1 million, bringing their state funding to an all-time high of \$75.5 million. Public libraries are a valuable community resource that helps children and adults to obtain the knowledge and tools to succeed.

I applaud the governor's leadership and efforts to restore funding and provide a record level of assistance for libraries. As your representative, I will continue to make education a top priority.

If you have questions about the above or any other state-related matter, please call my North Side office at (412) 321-5523

Storing lemon juice is a breeze by squeezing & straining the juice of fresh lemons, freezing in an ice cube tray, then storing "lemon" cubes in a zip-lock bag for future use!



INSANELY EASY VEGETARIAN CHILI

Prep Time: 25 Minutes
Cook Time: 30 Minutes
Yields: 8 servings

Ingredients:

1 Tbs vegetable oil
1 cup chopped onions
3/4 cup chopped carrots
3 cloves garlic, minced
1 cup chopped green bell pepper
1 cup chopped red bell pepper
3/4 cup chopped celery
1 Tbs chili powder
1&1/2 cups chopped fresh mushrooms
1 (28-ounce) can whole peeled tomatoes with liquid, chopped
1 (19 ounce) can kidney beans with liquid
1 (11 ounce) can whole kernel corn, undrained
1 Tbs ground cumin
1 1/2 tsp dried oregano
1 1/2 tsp dried basil

Heat oil in a large saucepan over medium heat. Sauté onions, carrots, and garlic until tender. Stir in green pepper, red pepper, celery, and chili powder. Cook until vegetables are tender, about 6 minutes.

Stir in mushrooms & cook 4 minutes. Stir in tomatoes, kidney beans, and corn. Season with cumin, oregano, and basil. Bring to a boil, then reduce heat to medium. **Cover** & simmer for 20 minutes, stirring occasionally.

Reprinted from Allrecipes.com.

Simple Southern-Style "Unfried" Chicken

Prep Time: 15 min
Total Time: 1 hr 30 min
Makes: 6 servings

Ingredients:

1 broiler-fryer chicken (about 3-1/4 lb.), cut up
1/2 cup reduced fat Ranch Dressing
1 pouch SHAKE 'N BAKE Extra Crispy Seasoned Coating Mix

REMOVE skin from all chicken pieces except wings. Place chicken in resealable plastic bag. Pour dressing over chicken in bag. Seal bag, turning to coat all chicken pieces well. Refrigerate at least 30 min. to marinate.

PREHEAT oven to 400°F. Place contents of seasoning pouch on plate. Remove chicken from bag 1 piece at a time. Discard bag. Dip chicken in coating, turning to coat lightly. Arrange on baking sheet. Sprinkle any remaining coating from plate over chicken.

BAKE 40 to 45 min. or until tender and no longer pink in center (180°F)

For a spicier version, add hot sauce (to taste) to dressing before marinating chicken.



Low Fat Zesty Shrimp & Pasta

Prep Time: 10 min
Total Time: 25 min

Makes: 6 servings

Ingredients:

1 lb. cleaned large shrimp
1 cup fat free Italian Dressing, divided
2 cups sliced fresh mushrooms
1 cup sliced peppers-sweet or hot, according to taste
1 small onion, thinly sliced
1 can (14 oz.) artichoke hearts, drained, cut into halves
1 Tbs. chopped fresh parsley
1/2 lb. (8-oz.) pasta, any variety, cooked as directed on package
1/4 cup grated Parmesan Cheese

COOK and stir shrimp in 1/2 cup of the salad dressing in large skillet on medium-high heat 2 minutes.

ADD mushrooms, pepper, onion, artichokes, and parsley. Continue cooking until shrimp turn pink and vegetables are tender, stirring frequently.

TOSS with hot cooked pasta and remaining 1/2-cup salad dressing. Sprinkle with cheese.

Great Substitute
Prepare as directed, substituting scallops for the shrimp.

Great Substitute
Substitute 3 cups hot cooked rice for the cooked pasta.

Reprinted from kraft.com



LENT & EASTER SCHEDULE FOR ST. MICHAEL'S & ALL ANGELS LUTHERAN CHURCH

The Reverend Joshua Reinsburrow, Pastor



Ash Wednesday Imposition of Ashes- Wednesday, March 1st

4:45 Liturgy- Spring Hill Chapel on the corner of Rhine & Walz
7 PM Liturgy- Spring Garden Ave. Church

Stations of the Cross are held at 6 PM every Friday during Lent at the Spring Garden Ave. Church

Pirogies will be sold after stations \$5.00 per dz., \$3.00 half dz.

Maunder Thursday- Thursday, April 13th

8PM Washing of the Feet Liturgy- Spring Garden Ave. Church
9:30 PM - 10:30 PM Eucharist Watch- Spring Garden Ave. Church

Good Friday- Friday, April 14th

1 PM - 2 PM The Passion and Stations of the Cross- Spring Hill Chapel on the corner of Rhine & Walz
2 PM - 3 PM The Passion and Stations of the Cross- Spring Garden Ave. Church
8 PM Solemn Liturgy- Spring Garden Ave. Church

Holy Saturday- Saturday, April 15th

8 PM Solemn Vigil of Easter- Spring Garden Ave. Church

Easter Sunday- Sunday, April 16th

9 AM Liturgy Service- Spring Hill Chapel
11 AM Liturgy- Spring Garden Ave. Church



**HE IS
RISEN!
HE IS
RISEN
INDEED!**

WEEKLY CHURCH SERVICES

7 PM Wednesday- Spring Garden Ave. Church
7 PM Saturday- Spring Garden Ave. Church
9 AM Sunday- Spring Hill Chapel
11 AM Sunday- Spring Garden Ave. Church

Lenten ministries are held on Wednesdays during Lent beginning on the Wednesday after Ash Wednesday for 5 weeks

HOW SHALL I LIVE KNOWING THAT I WILL DIE? This five-part study is held at 6PM in the Fuhr Center. Acknowledging that many people are reluctant to talk about death, we will look at it from a biblical perspective.

March 8- DO WE HAVE A DENIAL OF DEATH?

March 15- IS DEATH PART OF LIVING?

March 22- HOW DO DEATH AND RESURRECTION GO TOGETHER?

March 29- HOW, WHEN, AND WHERE WE DIE HAS CHANGED!

April 5- SO, HOW SHALL WE LIVE?

Our discussion will include the reflection on what we mean when we say we entrust our lives to God's never-failing love and how we may gift ourselves and families when we enact advanced directives. Worship will follow at 7PM in the church.

FIRST HOLY COMMUNION CLASS



We are starting to enroll children who are in the second grade (or of that age) for **First Holy Communion Class**. The first class will be March 4th at 1PM. Pastor Joshua Reinsburrow would like parents to come to the first meeting to decide the best day and time to hold regular classes. Please contact the parish office 412-231-2183.

SUPPORT OUR TROOPS!



ESB Bank and the Yellow Ribbon Girls are collecting the following items for our

troops serving in Iraq:

- Baby Wipes
- Q-Tips
- Deodorant
- Band-Aids- all sizes
- Soap
- Shampoo
- Travel Toilet Paper
- Toothbrushes
- Toothpaste
- Disposable Razors
- Dental Floss
- Mouthwash
- SPF-30 Sunscreen
- Chapstick
- Foot Powder
- Playing Cards
- Disposable Cameras
- Packs of Gum
- Batteries
- Instant Coffee
- Instant Oatmeal
- Granola Bars



Items can be delivered to any ESB Bank office.

Thank You for your support!!!

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.

RIVERVIEW PARK PROJECT DAY



On March 25th, the Riverview Park Alliance will sponsor an all-neighborhood project day in Riverview Park with the goal of performing trail maintenance work. 11 miles of trail runs through the park and is used by hikers, dog walkers, bikers, horse riders, and cross-country runners. Most who use the trails live in North Side neighborhoods. The park maintenance people do a good job maintaining the trails, but the Riverview Park Alliance, along with the Pittsburgh Parks Conservancy and other volunteers, perform many hours helping with the trail improvement work.

Would you give some of your time on March 25th for a day of fellowship and accomplishment? Volunteers will meet at the Activities Building at 9AM that morning. Lunch will be served, and each person attending will receive an official Riverview Park hat. Tools will be provided. Please bring work gloves and dress for the weather.

Because Riverview Park Alliance needs to plan for food & equipment, please RSVP by March 18th if you plan on helping with this project. Call 412-321-3626 or e-mail at rpainc@juno.com to RSVP.

SIXTH ANNUAL CIVIL WAR SEMINAR
LINCOLN: THE EARLY YEARS



Join other civil war enthusiasts on Saturday, April 8, 2006 from 8:30 a.m. to 4:00 p.m. for a day of Civil War-era memorabilia exhibitions and informative presentations as The Greater Pittsburgh Civil War Round Table and The Allegheny City Society sponsors the Sixth Annual Civil War Seminar.

Featuring nationally known speakers James Getty, Steven Lee Carson, Gary Augustine, and Keynote Speaker Harold Holzer, the seminar will treat you to a day brimming with interesting facts on our 16th President and the time in which he lived.

The seminar will be held at the Holiday Inn-McKnight Road, and the \$55 fee includes a hot buffet lunch. Late registrations (after March 20th) will be \$60.

For more information or to register, call 412-364-6132 or e-mail: jlc9828@yahoo.com.

www.grpghcwrt.org
www.alleghenycity.org

Save the Earth! It's the only planet with chocolate!

WHO WAS ST. PATRICK?

St. Patrick, the patron saint of Ireland, is one of Christianity's most widely known figures. But for all his celebrity, his life remains somewhat of a mystery. Many of the stories traditionally associated with St. Patrick including the famous account of his banishing all the snakes from Ireland are false, the products of hundreds of years of exaggerated storytelling.



Taken Prisoner by Irish Raiders

It is known that St. Patrick was born in Britain to wealthy parents near the end of the fourth century. He is believed to have died on March 17, around 460 A.D. Although his father was a Christian deacon, it has been suggested that he probably took on the role because of tax incentives and there is no evidence that Patrick came from a particularly religious family. At the age of sixteen, Patrick was taken prisoner by a group of Irish raiders who were attacking his family's estate. They transported him to Ireland where he spent six years in captivity (There is some dispute over where this captivity took place. Although many believe he was taken to live in Mount Slemish in County Antrim, it is more likely that he was held in County Mayo near Killala). During this time, he worked as a shepherd, outdoors and away from people. Lonely and afraid, he turned to his religion for solace, becoming a devout Christian (It is also believed that Patrick first began to dream of converting the Irish people to Christianity during his captivity).

Guided by Visions

After more than six years as a prisoner, Patrick escaped. According to his writing, a voice—which he believed to be God's—spoke to him in a dream, telling him it was time to leave Ireland. To do so, Patrick walked nearly 200 miles from County Mayo, where it is believed he was held, to the Irish coast. After escaping to Britain, Patrick reported that he experienced a second revelation—an angel in a dream telling him to return to Ireland as a missionary. Soon after, Patrick began religious training, a course of study that lasted more than fifteen years. After his ordination as a priest, he was sent to Ireland with a dual mission—to minister to Christians already living in Ireland and to begin to convert the Irish (Interestingly, this mission contradicts the widely held notion that Patrick introduced Christianity to Ireland.)

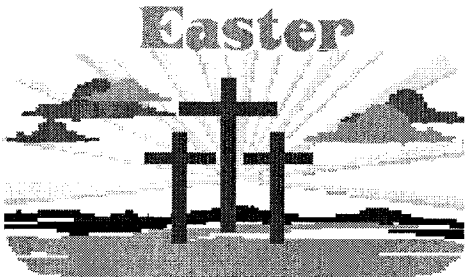
Bonfires and Crosses

Familiar with the Irish language and culture, Patrick chose to incorporate traditional ritual into his lessons of Christianity instead of attempting to eradicate native Irish beliefs. For instance, he used bonfires to celebrate Easter since the Irish were used to honoring their gods with fire. He also superimposed a sun, a powerful Irish symbol, onto the Christian cross to create what is now called a Celtic cross, so that veneration of the symbol would seem more natural to the Irish. Although there were a small number of Christians on the island when Patrick arrived, most Irish practiced a nature-based pagan religion. The Irish culture centered around a rich tradition of oral legend and myth. When this is considered, it is no surprise that the story of Patrick's life became exaggerated over the centuries—spinning exciting tales to remember history has always been a part of the Irish way of life.

Reprinted from history.com

Once there was a little boy that lived in the country. They had to use an outhouse, and the little boy hated it because it was hot in the summer and cold in the winter and stank all the time. The outhouse was sitting on the bank of a creek and the boy determined that one day he would push that outhouse into the creek. One day after a spring rain, the creek was swollen so the little boy decided today was the day to push the outhouse into the creek. So he got a large stick and started pushing. Finally, the outhouse toppled into the creek and floated away. That night his dad told him they were going to the woodshed after supper. Knowing that meant a spanking, the little boy asked why. The dad replied, "Someone pushed the outhouse into the creek today. It was you, wasn't it son?" The boy answered yes. Then he thought a moment and said, "Dad, I read in school today that George Washington chopped down a cherry tree and didn't get into trouble because he told the truth." The dad replied, "Well, son, George Washington's father wasn't in the cherry tree."

RESURRECTION? PROVE IT TO ME



"Raised from the dead? Sure. Right. And I have a bridge I'd like to sell you."

That's how Thomas might have responded if he had lived in the 1990s. "Unless I see the nail marks in his hands and put my finger where the nails were and put my hand into his side, I will not believe it." He'd seen dead people before. And Jesus was dead. He sounds like sophisticated rationalists of the Twentieth Century. "It isn't plausible", they would contend. "It didn't happen."

But what if it did happen?

Thomas was convinced when Jesus appeared to him, reached out his hands to Thomas, and said, "Put your finger here". Thomas dropped to his knees. "My Lord and my God!", he proclaimed.

It was self-hypnosis, you counter. The disciples wanted to believe that their Lord was not dead, so they just invented it out of whole cloth.

Really? Let's look at some of the evidence.

1. First, Jesus' body was missing. If the Jews could have found it, they could have stilled the preaching of Jesus' resurrection that filled Jerusalem. But they could not.

2. Next, the body wasn't stolen. The Romans had no motive. The Jews had no motive. Ah-ha, you say, the disciples stole it. There is the matter of the Roman guard and the disciples' initial disbelief when the women brought them the news early that Easter morning. This brings me to my third point.

3. If the disciples had stolen the body, you wouldn't expect them to risk their lives. People don't die for what they know is not true. But the disciples put their lives on the line, and nearly all were eventually martyred for their faith. They certainly believed it.

4. Followers of Jesus in the city of Jerusalem grew from a few dozen to thousands upon thousands soon after Jesus' resurrection. They believed it was true.

5. Even contemporary documents refer to the event. Thallus the Samaritan, Suetonius, Tacitus, and Pliny contain references to Jesus. Jewish historian, Josephus, writes about Jesus' crucifixion and resurrection. They knew something had happened.

Jesus' resurrection from the dead is actually more plausible than any other explanation. That's why we Christians make such a big deal about Easter. That's why we celebrate. Jesus' resurrection means that death is not the end. That though my body may lie moldering in the ground, Jesus, whom the Father raised from the dead, gives me eternal life. Ultimately, we Christians believe that our bodies, too, will be raised from the dead.

And since Jesus is not dead, people can encounter him today. You can know him through a personal relationship. I could point to lots of people who can testify what Jesus has done in their lives to bring them from the brink of disaster to peace and meaning and joy. He changes people for good. If you're not sure, can't really say you've met this risen Jesus, this Easter Sunday why don't you slip into church to seek him. And perhaps in the midst of our celebration, you'll find him for yourself.

He's alive, you know. That's what Easter is all about!

By Dr. Ralph F. Wilson

Reprinted from www.joyfulheart.com

More Church Bulletin Bloopers!

Potluck supper Sunday at 5:00 PM - prayer and medication to follow.

The pastor would appreciate it if the ladies of the congregation would lend him their electric girdles for the pancake breakfast next Sunday.



SPRING HILL CIVIC LEAGUE MEMBERSHIP DRIVE

The annual Spring Hill Civic League Membership Drive is underway. Your membership helps to fund the activities that benefit families in the community throughout the year. If you are interested in renewing your membership or joining the league, please fill out the form below and mail it in along with your dues to:

**Spring Hill Civic League
c/o 1214 Yetta Ave.
Pittsburgh, Pa. 15212**

Checks should be made payable to the Spring Hill Civic League.

Be advised that the annual dues for the Spring Hill Civic League is two dollars (\$2.00) per adult in the household. Residents of Spring Hill/Cityview, 18 years or older, are eligible for membership. Your membership card will be sent to you through the mail.

Thank you in advance for your continued support of the community. Call 231-8626 or e-mail shclpres@comcast.net with any questions.

Sincerely,
Donna Allison,
President



SPRING HILL CIVIC LEAGUE MEMBERSHIP APPLICATION

NAME _____ DATE _____

ADDRESS _____

PHONE _____ E-MAIL _____
(PLEASE NOTE IF UNLISTED)

CHILDREN (PLEASE LIST NAMES & AGES)

ANY INFORMATION SUBMITTED IS CONFIDENTIAL & WILL NOT BE USED OR SOLD FOR THIRD PARTY INTERESTS. CHILDREN'S INFORMATION IS USED SOLELY TO HELP PLAN COMMUNITY EVENTS (CANDY, PRIZES, ETC.)