



SPRING HILL * CITYVIEW TIMES

COMMUNITY NEWSLETTER



Vol. 6 No. 48

September-October 2006

Spring Hill Civic League Mission Statement

With the continuing goal of community strength and enrichment, and encouraging the participation of all community residents and 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 September/October edition by October 15th to:
Joan Russell
2115 Rockledge Street
Pittsburgh, PA 15212-3533
412-322-9945
joanrussell@aol.com

Mail Delivery

For a yearly subscription, send \$6.00 to:
Spring Hill/Cityview Times at
c/o 1214 Yetta Avenue
Pittsburgh, PA 15212-3757

FROM THE DESK OF THE PRESIDENT...

Mayor Bob O'Connor's "Let's Redd Up Pittsburgh" Program has been in Spring Hill. I've recently seen and talked to Kevin Quigley and his Redd Up crew on Itin Street "redding up". It's great to see city workers in our neighborhood clearing vacant lots, side streets, and all things overgrown. Thank you for removing abandoned vehicles, boarding up vacant properties, and attending to problem properties.

Kevin Quigley and Mayor O'Connor's office are available through the following contacts to send along your comments:

Redd Up
Mayor Bob O'Connor's Office
Room 512
City County Building
414 Grant Street
Pittsburgh, PA 15219

412-255-CITY (2489)

reddupgh@city.pittsburgh.pa.us

Thank you to Mr. Quigley and the Redd Up crew for being present in Spring Hill. We'll be sure to keep in contact and keep you updated on more properties that need attention.

And to Mayor Bob O'Connor and his family, you are in the thoughts and prayers of the Spring Hill community and the Spring Hill Civic League.

Donna Allison

Can You Serve?

The Spring Hill Civic League will be holding board elections on the evening of November 6th. We are looking for people who have a heart for the community. If you are interested in serving your neighbors and have talents that we can use, please contact Donna Allison at 412-231-8626 or shclpres@comcast.net to submit your name for consideration. Offices to be elected that evening are Vice-President, Secretary, and three General Director seats. We welcome your involvement!

UPCOMING EVENTS FOR 2006

General Meetings are scheduled at the Spring Hill Elementary School auditorium at 7:00 PM on the following dates:

Monday, September 11th
Monday, October 2nd
Monday, November 6th

Halloween Parade: Saturday, October 14th, 11:30 – 1:00 PM, Rockledge Street lot

Christmas Tree Lighting: Sunday, December 3rd, 7:00 PM, Rockledge Street lot

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

HALLOWEEN PARADE

The Spring Hill Civic League will hold its' annual Halloween Parade for children, ages 1-12, on Saturday, October 14th 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 and 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 on the last page of the newsletter, and return it 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 and snack donors for this year's Halloween treat bags. If you can help in this way, call Diane Schmitt at 412-231-7948 or e-mail at schmittdl@stargate.net.

BOY SCOUTS

**Join the Fun!
Join Cub Scouting!**

The Greater Pittsburgh Council Boy Scouts of America - Cub Scouting wants you! Now is the time to join the fun and excitement of America's foremost youth program for boys - Cub Scouting. A sign-up night will be held in your community during the months of September and October. Fliers with additional details will be distributed at school. Our program is designed for boys ages 7 to 10. Cub Scouting combines outdoor activities, sports, academics, and more, in a fun and exciting program that helps families teach ideals such as honesty, good citizenship, and respect. The Boy Scouts of America is composed of more than 1.27 million volunteers working together for the sole purpose of helping its more than 3 million youths succeed in life. For more information contact Naudain Radcliff, District Executive at 412-471-2927.



DEVIL'S NIGHT PATROL

Devil's Night, October 30th, will fall on a Monday 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 7:30 PM to 12:00 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 and 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.

GIRL SCOUTS

**Camping! Crafts!
Friendship!**

A new year of Girl Scouting is starting and we invite any girl between the ages of 5-17 to join a local troop or be a Juliette, an individual Girl Scout. If you are interested in your daughter or granddaughter joining the Girl Scouts, contact Jenn Galbraith at 412-594-2226 or by email at jgalbraith@gstrillium.org. Financial assistance is available. We are also looking for adults who want to work with Girl Scout troops!

WELCOME NEW NEIGHBORS

To Mark Knaiger of Goehring Street

If you would like to welcome a neighbor on your street, submit the announcement to joanrussell@aol.com.

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

GET WELL WISHES

Get Well Wishes to Dennis Schmitt of Yetta Avenue and Frank Falvo of Goehring Street as they recuperate from recent illnesses.

Our prayers are with you for a speedy recovery!

WEDDING ANNIVERSARIES

Happy Anniversary to Jack and Bernet Schanbacher on September 22nd; to Bernie and Dolly Lennartz on September 27th; and to Larry and Kelly Waibel of Yetta Avenue, on their 5th wedding anniversary on October 5th.



HAPPY BIRTHDAY

September/October Birthdays

Happy Birthday to Melanie Freiss, Ann Schad, and Dorothy Dauer who celebrate September birthdays; and to Irene Schaubacher on her 80th birthday September 16th.

Happy Birthday to Wilma Lersch, Cookie Beatty, Joan Russell, Anne Hollberg, Jim Clokey, Grant Bolar, Liz Freiss, Joe Seskey, and Alex and Charlotte Soltesz who celebrate October birthdays; and to Bernard Lennartz on his 75th birthday on October 1st.



Belated August Birthdays

To Mia King on her 18th birthday and first day of college on August 23rd. Also, happy 14th birthday to Kiara King on August 26th. The Kings are residents of Itin Street.

UNITED WAY GIVING

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



WELCOME NEW BABIES

Mark and Rhonda Sachon welcome with love, their son, Kai Marcus Sachon born on June 10, 2006. Kai joins mom and dad at home on Haslage Avenue.

Congratulations to the Gerst family on the birth of Gabrielle Marie Sole on July 6th. She is the first child of Nicole (Gerst) Sole and husband, Mark, of the North Hills. Gabrielle is granddaughter to Bill and Terrie Gerst and great-granddaughter to Helen and the late Ray Gerst, all of Homer Street.

OUR DEEPEST SYMPATHY...

To Doug and Sue Lippert of Harbor Street on the early July passing of Doug's sister, Ella Mae Sipko, of Ross Township; to the family and friends of Billy Kauffman on his sudden passing in mid-July; to the family and friends of Martha Krafzig of Diana Street on her early August passing; and to the family of Grace Wilson, who passed in late August. Grace was a kind and quiet neighbor on Haslage Avenue for many years and will be missed dearly by family and friends.

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



PROTECT YOUR PROPERTY

Vandalism and theft are problems that property owners encounter whether they live in the city or not. Spring Hill/Cityview neighbors have had their share of these over the past years. Many neighbors report the crime, but feel powerless to prevent it from being repeated. Be proactive in deterring these crimes. There are several inexpensive ways to protect your property from theft or vandalism.

Installing motion sensor lights is an excellent way of illuminating property without having an outdoor light on constantly. The light is activated when something crosses its path. People frequently use these to light up yards, walkways, driveways, and on-street parking areas. Prices usually begin at around \$15.00, depending on the store. K-Mart, Wal Mart, or any home building supplies center stock these. The cost of electricity only runs pennies per month and the psychological impact of a light suddenly coming on is well worth the price. Keeping screen doors locked during warm weather and at night presents another obstacle to would-be thieves. Dogs remain an extremely effective way of discouraging thieves and vandals, but owners have the responsibility of properly caring for and containing their pet.

The club is popular with vehicle owners and is effective in thwarting auto thieves. Prices range from \$25.00 and up. Another device, stocked by

K-Mart and other discount department stores, is an auto alarm that can be installed by the vehicle's owner. These are priced at \$50.00 and up and work the same as a factory installed alarm. Gasoline lock caps for gas tanks run under \$20.00 and are effective in preventing fuel theft. Keep items left in your vehicle out of sight. A thief is more likely to pass by a car with nothing visible in the interior. When purchasing a newer vehicle, consider a factory installed alarm system. Besides deterring the theft or tampering of a vehicle, this feature can give you a discount on car insurance.

Discouraging crime is everyone's responsibility. Make it as inconvenient as possible for thieves and vandals and when you see suspicious activity, call 911.

PA RESOURCES COUNCIL ONE DAY RECYCLING EVENT

On Saturday, September 16th, Construction Junction will accept large appliances, computers, tires, and latex paint. Call Ginette at 412-488-7490 for more details including the fee structure.

Jerome's Heating - A/C and Hauling Service

Community-based service on your furnace or air-conditioner. Dump truck available for hauling as well. Call 412-726-0009 or 412-322-0602 for an estimate.

BACKYARD COMPOSTING

Get a free compost bin (\$65 value) when you attend a class for a nominal fee. For more information or to register, call the Pennsylvania Resources Council (PRC) at 412-431-4449 ext. 325.

HAZARDOUS WASTE COLLECTION

The Southwestern Pennsylvania Household Hazardous Waste Task Force sponsors special collection events in Allegheny County and throughout the region throughout the year. Residents may take hazardous materials such as automotive fluids, batteries, chemistry sets, cleaners, mercury thermometers, paint products, pesticides and garden products, photo chemicals, pool chemicals, and more to these events. For schedules and more information call 412-488-7452 or check the website at www.swpahhw.org.

ABANDONED VEHICLES

An abandoned vehicle is any vehicle that has an expired registration sticker, expired or no license plate, and/or is damaged or deteriorated to the point where it is inappropriate for driving. These vehicles are not only an eyesore in the community, but take parking from other residents. To turn in abandoned vehicles, call Luke Ravenstahl's office at 412-255-2135.



Report from Councilman Luke Ravenstahl

As we all know, the Mayor's Redd Up Pittsburgh crew has been working diligently throughout the city in an effort to clean up Pittsburgh. Most recently, the Redd Up crew has cleared many of the North Side's city-owned lots to help keep our neighborhoods clean. The Redd Up crew has been cutting back overgrown weeds and removing trash and abandoned vehicles from numerous sites throughout District 1. I am very pleased with the results and the effect it has had on the community. Thank you to all of the community activists who continue to do your part to help keep the community beautiful. Together we can make a difference. If you know of a city-owned lot that is need of maintenance, please feel free to call the Redd Up hotline at 412-255-city (2489).

Nuisance activity and crime continue to be challenges that all of our neighborhoods face on the North Side. My office regularly receives calls regarding unwelcome activity in our communities. I am doing everything in my power to combat these ongoing issues in my district. My staff and I constantly interact with the police regarding these very serious issues. Although progress may seem slow at times, I assure you that I do not take these matters lightly, and neither do the police. Residents can anonymously report drug activity in their neighborhood by completing a U-CAN (United Citizens Against Narcotics) form and returning it to the address listed on the form. Please fill out the form as thoroughly as possible and describe the activity in great detail. Details such as time of day, location and description of vehicles/offenders will enable the police to proceed in a timely manner. You can obtain this form by calling Zone 1 Police Station at 412-323-7201 or contacting my office.

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: Minimum Wage Increase Passed, Signed into Law

I strongly supported the minimum wage increase that Gov. Ed Rendell signed into law recently. The increase is the first for minimum-wage earners in Pennsylvania in nine years.

The wage had gone unchanged along with the federal minimum of \$5.15 per hour. Democrats had pressed for an immediate increase in the Pennsylvania minimum reaching \$7.15 by January, followed by automatic cost-of-living increases. After a long legislative battle, the House passed a bill in April of this year, and a compromise was reached with the Senate.

The new minimum wage rates are as follows:

- \$6.25 an hour beginning Jan. 1, 2007
- \$7.15 an hour beginning July 1, 2007

Part of the compromise was an amendment providing for a lower training wage for young people equal to 85 percent of the new minimums. The new law also allows employers with ten or fewer employees to have more time to reach the minimum wage target of \$7.15.

For employers with ten or fewer employees, the new minimum wage rates will be:

- \$5.65 an hour beginning Jan. 1, 2007
- \$6.65 an hour beginning July 1, 2007
- \$7.15 an hour beginning July 1, 2008

I will continue to support an automatic cost-of-living increase to help minimum-wage workers keep up with inflation, but this new law is a major step forward for more than 400,000 working people in Pennsylvania.

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

POP STAR: MATTHEW GREBNER

By: Abby Mendelson

Apparently, the fellow who said that every artist has a limited palate never met Matthew Grebner. Given his blinding array of colors, styles, materials, and designs, Grebner's ceramics seem so devoid of signature that it's virtually impossible to characterize his work. "I don't think there's any limit to what I can design and develop," he shrugs.

Perhaps his confidence, coupled with a chameleonic ability to match the art to the application, explains Grebner's meteoric rise as tilemeister to the stars. With a diverse client group that spans world-class Chef Emeril and architectural legend Cesar Pelli, and locations ranging from Beijing to the Bronx Zoo to Buena Vista Street, it's little wonder that, from New York City bistros to the Las Vegas high-life, Connecticut casinos to Denver diners, everybody seems to be specifying his ceramics.

The miracle is that they all emerge from a retrofitted West North Avenue Oldsmobile showroom. Aply assisted by designer/colorist Shari Lynn Bennett, Grebner's Magnificent Manufacturing works in just about anything that can be fired – porcelain, terra cotta, glass, stoneware, name it! These days, his annual 20-odd high-end applications include such gems as:

A gleaming entry for Rumi, an elegant South Miami hotspot;

An earthy wall for Pigalle, a Parisian café in New York;

Color splashes for Emeril's Tchoup Chop, Universal Orlando;

A 30-foot mural of shimmering ceramics, The Flats at Southside Works.

It all happened by accident. Now 43, Grebner had three careers before he was 31, including software development and civil engineering. A soft-spoken man with startling gray-blue eyes, he was born in Pittsburgh, but spent his formative years in suburban Philadelphia. Some 12 years ago, needing both a place to crash and a place to land, he came home, to a long-held **Spring Hill family manse**. With nothing but time on his hands, he enrolled in a ceramics course. The rest is history.

"I started making stuff," he says. "When I looked at what other people were selling, I said, 'I can do this.' Now, I'll do anything anyone asks for. My only limit is imagination."

With that Rubicon crossed, he had to decide on place. "I thought about everywhere I knew," Grebner says, "Chicago, New York, Philadelphia, Boston, New Orleans. I chose Pittsburgh. This is an extremely healthy place to start a business. There are opportunities for someone new. People are eager to help. You want to be where people want you to succeed – because they want you to stay here."

As such, he likes the current trend toward "smaller, more innovative things", he says. "There's a place here for anyone with an idea. Anyone who wants to do anything here can do it. You can create the world you want around you."

Like a recent 1880s home restoration, slate roof replaced by tile. It looks nice enough – remember, it was designed by a cat who can't blow a wrong note – but "when it catches the light," the artist himself smiles, "it really gleams. It's," he searches for a word, "magical".

Award-winning writer Abby Mendelson is the author of numerous books, including *The Pittsburgh Steelers Official History* and *Pittsburgh: A Place in Time*, a collection of neighborhood profiles available from The Local History Company

Reprinted from www.popcitymedia.com



J. FRANCIS COMPANY, A GATEWAY BUSINESS TO THE SPRING HILL COMMUNITY

J. Francis Company is located near the Homer and Spring Garden intersection, a gateway to the Spring Hill neighborhood. John McCloskey, owner and president, recently gave me the 'tour' of a completely surprising and impressive space.

I soon realized that deep in the heart of the neighborhood was an award-winning general contracting business. Named to Pittsburgh Business Times' "Pittsburgh 100" 2005 Fastest Growing Companies, number 16 of 100, Mr. McCloskey will again be recognized for the same at the 2006 Pittsburgh Business Times Awards Dinner on August 24th. The National Association of the Remodeling Industry (NARI) named J. Francis Company 2005 "Contractor of the Year" and Remodeling Magazine named J. Francis Company a Class of 2005 "Big 50" Contractor. And the story gets more interesting.

In the winter of 2000, J. Francis Company moved from a warehouse on the South Side to a 100 year-old building on High Street. The Old Honesty Soap Factory was originally housed in this 22,000 square foot building located off Spring Garden Avenue. Later the home of Gas Appliance Services, Inc., Mr. McCloskey knew that this was the best location for his general contracting business. Located along a residential and business corridor in an urban neighborhood, it offers easy access to downtown Pittsburgh and surrounding communities, including access to major road entries.

During renovation, the goal was to preserve the history of the building and its former occupants. An adaptive reuse design was implemented by installing interior sheet metal walls in a running bond pattern, installing Lexan thermo-plastic view panels that transmit light and sound, and use of original sliding warehouse doors, all of which enhanced the original structure of the building. The walls are the original exposed brick and the interior ceiling is exposed in its aged condition. The flooring throughout the office space is the original maple and oak hardwood floors, beautifully refurbished. Historically accurate windows were researched, fabricated, and installed to enhance natural interior lighting.

And further, as owner of the corner property at Homer Street and Spring Garden Avenue, J. Francis Company had the building demolished in July of 2006. Removal of the building completed a demolition project of four buildings, all acquired and demolished by J. Francis Company at this location. Prior to demolition, vandalism was a problem for the company and their employees' vehicles parked behind the buildings and on High Street. If not already, these properties may have soon been considered nuisance properties. The cost to rehabilitate the buildings that were torn down would have been prohibitive and an undertaking not to the benefit of J. Francis Company at the time. The potential for problems existed as long as those buildings remained.

Back to business – What does J. Francis Company do? ...A full range of renovation and remodeling general contracting services for commercial and institutional buildings and residential homes. You can view examples of various projects on the J. Francis Company website, www.j-francis-company.com. The projects are impressive to say the least – from private homes to office spaces to campus housing.

You might be interested to inquire about additions, bathrooms, or basement remodeling, including drywall and plasterwork, electrical, and finished carpentry for your home. For sales and marketing, Jean (John's sister) Krak's email address is jean@j-francis-company.com, and John McCloskey's email address is john@j-francis-company.com.

John McCloskey and his business, J. Francis Company is an asset to our neighborhood. Please remember local businesses when you or your family and friends are in need of products or services.

By: Donna Allison



**TWO NEW EXHIBITIONS
OPENING AT THE
MATTRESS FACTORY**

The Mattress Factory is pleased to announce the opening of two new exhibitions. Opening festivities for The Tom Museum and Factory Installed will begin on Saturday, September 9th, with a members' preview, and continue on Sunday, September 10th with a celebration open to the public featuring hands-on art projects, guided tours, and more.

The Tom Museum, located at 410 Sampsonia Way on Pittsburgh's North Side, is a living museum of puppets, sculptures, paintings, and art experiments created by artist Tom Sarver. Tom blends everyday activities and pastimes such as cooking, fishing, and gardening, as well as day-to-day observations like the weather and current events, with the arts of puppetry, painting, and sculpture. Visitors passing through the museum may get to take part in a puppet show, appear on a talk show, enjoy breakfast with the artist, or critique his tomato plants. Audience interaction and feedback are encouraged.

A new **Factory Installed** exhibition at 500 Sampsonia Way will feature five artists who have come to Pittsburgh from across the country and have lived at the museum while they created four new installations. This exhibition featuring Nick Cave, Dan Steinhilber, Deborah Aschheim, and Jesse Bercowetz and Matt Bua will be on view through January 28, 2007.

Members Preview

September 9, 2006
8:00 AM - 10:00 PM
Music by the Hope-Harveys and DJ Omar-Abdul
Free (members only)

Public Opening

September 10, 2006
1:00 – 5:00 PM
Free with regular museum admission
ARTLab hands-on art activity from 1:00 to 4:00 PM
Factory Installed Artist Talk by Jesse Bercowetz and Matt Bua in their exhibition at 2:00 PM followed by guided tours at 3:00
Free gift to the first 50 visitors of The Tom Museum

The Mattress Factory is a museum of contemporary art that presents art you can get into, room-sized environments created by in-residence artists. Located on Pittsburgh's North Side since 1977, the Mattress Factory is hailed as the best facility for installation art in the United States. Kids under 6 are always free, and Thursdays are half-off to adults. For more information about the Mattress Factory, please contact the museum at 412-231-3169 or visit www.mattress.org

**NEWS FROM ST. MICHAEL
& ALL ANGEL'S
LUTHERAN CHURCH**

Telephone: 412-231-2183

Christian Education Classes

Tuesday evening Christian Education will begin on October 3rd at 6:30 PM at the Fuhr Center, beside the church on Spring Garden Ave. This is an

opportunity for all ages! Come and join us, we can all learn together!

Fall Church Schedule

The fall schedule will resume on September 10th. Our services will be held:

- Saturday 4:00 PM at the church on Spring Garden Ave.
- Sunday 9:00 AM at the chapel on Spring Hill (corner of Rhine and Walz Streets)
- Sunday 11:00 AM at the church on Spring Garden Ave.

Come join us for St. Michael's Day, September 30th at the church on Spring Garden Ave. Liturgy will begin at 4:00 PM with a spaghetti dinner following.

Hope to see you there!!

**Prospective New Member
Orientation Sessions**

A series of two sessions with Pastor Josh, for those considering joining the life and ministry of St. Michael's, will be held on Sundays, September 17th and 24th, beginning at 2:00 PM. The sessions will provide an overview of basic church teachings and information on the life and ministry of the congregation. If you are interested, please inform the church office or speak with the pastor.

**After School Program to
Begin This Fall**

Please watch the newsletter for further information about an upcoming after-school program at St. Michael's. It is expected to be up and running by mid October.



2006 MEXICAN WAR STREETS SOCIETY

37th Annual House and Garden Tour

**Sunday
September 10, 2006
from 11:00 AM until 5:00 PM**

As the oldest and most established neighborhood tour in the city of Pittsburgh, the 2006 MWSS House and 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 and Garden Tour ticket prices:

\$18.00 advance

\$20.00 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 phone 412-323-9030 for more information.

Interested in Volunteering at "His Place"?

We are holding a volunteers meeting 10:00 AM on Saturday, September 9th.

If you want to volunteer, E-mail Debe@hisplacecc.org or call 412-716-1355 for details. If you can't make the meeting, we'll send you the information (but you'll miss out on the free food)!

PRIME STAGE THEATRE RETURNS TO THE HAZLETT

This fall, Prime Stage Theatre returns to the New Hazlett Theater on the North Side to celebrate its 10th Anniversary season of "bringing literature to life" for families, students, and educators. Prime Stage produces quality, entertaining theatre that is designed to lift the spirits as it stimulates the imaginations of theatre-goers from middle school age through adult.

It is the perfect venue for families looking for entertainment and enrichment. Wayne Brinda, Ed.D., founder and artistic director of Prime Stage, has put together a season worthy of the theatre company's excellent reputation. "We are presenting some very rich material in the plays we have selected for our anniversary season," said Brinda. "The stories are quite relevant to the times in which we live."

The season opener will be *The Crucible*, a dynamic, timely story of courage and integrity. Innocent people in a small community are being accused of crimes they didn't commit. Protagonist, John Proctor, takes a stand against superstition, accusations, and fears. The play is as pertinent now as it ever was. Performances of

The Crucible will be weekends beginning October 28 through November 5, 2006; Friday and Saturday at 8:00 PM; Sunday at 2:30 PM.

Following in February will be *To Kill A Mockingbird*, the story of Scout and Jem, children being raised in the Depression-era South. They discover the power of truth as their father, lawyer Atticus Finch, compassionately defends a black man against a rape charge and his children against prejudice in this Pulitzer Prize story. This is very much a play for our times. Actor Mary Badham, who portrays Scout, will be with Prime Stage for a special event yet to be announced. Weekend performances will be February 24 through March 4, 2007.

The season also features two plays to commemorate the Shoah, *The Diary of Anne Frank* and special performances of *Jack and Rochelle: A Holocaust Love Story*. Sixty-five years ago, a 13-year old girl, her family, and four others climbed narrow stairs to a secret annex in her father's Amsterdam office. Those small rooms became their entire world for two years as they secretly hid from the Nazis. The Diary of Anne Frank will be presented weekends beginning April 28 through May 6, 2007.

All performances will be presented at the New Hazlett Theater in Allegheny Square. Tickets for public performances are available through ProArts at www.proartstickets.org. For more information about Prime Stage and the exciting season ahead, visit www.primestage.com.



CHILDREN'S MUSEUM EVENTS

Children Just Like Me - Through September 10, 2006

Take a trip around the world to meet a child just like you. Based on the award-winning book of the same title, this exhibit showcases the unique diversity of the world's children while exploring the common bonds they share. Explore vignettes of children at home on six different continents and hands-on activities exploring their food, languages, games, music, pets, and clothing.

Fact or Friction? - Through September 10, 2006

Fool your eyes, investigate your senses, and challenge your perceptions with this collection of 16 interactive, fun-based science exhibits. You can float a beach ball on a column of air, roll square wheels across a bumpy surface, transform your face into a flat map, and create giant cloud rings using a mist generator. *Fact or Friction?* is a collaboration between the Children's Museum and the world famous Exploratorium in San Francisco.

New Hazlett Theater Grand Opening - Friday, September 15 - Sunday, September 17, 2006

Welcome this wonderful local theater back by joining in the weekend of festivities, including:

- **Grand Opening Party** on Friday, September 15th 7:00 PM – Midnight
Featuring an interactive audio work by Bricolage, “dragapella” performers The Kinsey Sicks, refreshments, and more. *This event is for adults only.* For tickets, please call 412-320-4610.
- **Big Family Dance Party** on Saturday, September 16th, 3:00 PM
Featuring a performance by Dan Zanes & Friends. Dan Zanes, former lead singer for The Del Fuegos, and his band perform exuberant, handmade music for kids and families. For tickets, please call 412-320-4610.
- **Open House** on Sunday, September 17th, 11:00 AM – 5:00 PM
Enjoy fun activities with Pittsburgh's own Prime Stage Theatre, Attack Theatre, and Children's Museum; tour the New Hazlett Theater and meet Executive Director Sara Radelet. **This is a free event.**

For more information on the New Hazlett Theater, please call 412-320-4610.

Enchanted Museum: Exploring The Science of Art - September 23, 2006 – January 7, 2007

Get a unique, behind-the-scenes look at how artists use basic science to create amazing works of art. In the Painting Gallery, Sculpture Garden, and larger-than-life-sized Rainbow Maze, you can mix colors to paint beautiful landscapes; feel what it's like to carve into marble, granite, and sandstone; walk inside a pin-hole camera, place yourself into an ancient Egyptian wall painting, and more. *Enchanted Museum is created by Berkshire Museum and presented by GlaxoSmithKline Consumer Healthcare with support from the Hillman Endowment for Exhibits and Programs.*

LUNCH AND LEARN - GET HEALTHY!

FREE monthly seminars are held at the **China Bistro**, 4779 William Flynn Highway (RT 8), Allison Park, PA 15101, from 11:30 AM to 1:00 PM. These are great classes presented by professionals, and they are FREE for everyone. Lunch is optional at a discounted rate. Bring a friend and Get Healthy!

Dangerous Image: Are Your Cosmetics Killing You? - September 13th – 11:30 AM to 1:00 PM

Presentation by Karen Hurd Enterprises. Based on information from the FDA, dermatological surgery, and other medical journals.

Easy Control - Weight Management for Life - October 18th - 11:30 AM to 1:00 PM

Speaker: Linda Berkheiser, RN. Don't DIET – Manage your health and your weight.

Protecting our Children, Helping them Thrive - November 15th - 11:30 AM to 1:00 PM

Do you know what your cleaners are doing to your children? ADD, Asthma, Allergies. Are there better ways to protect our children?

Women's Health, Staying Healthy Through the Holidays - December 13th – 11:30 AM to 1:00 PM

Want a stress free holiday?? YES, you can do it!

For more information or to make a reservation contact Dianne Burns at 412-231-7718.

**2006 Richard S. Caliguiri
City of Pittsburgh
Great Race**

The Great Race truly lives up to its name. On Sunday, September 24, 2006, 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 28th annual Richard S. Caliguiri City of Pittsburgh Great Race.

Rated among the Top Twenty Multi-Race Events by USA Track and 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, it is the hometown athletes who compete each year that make this event so special. Approximately 91% of the participants live in the Pittsburgh area, making the race one of the region's finest traditions.

The Richard S. Caliguiri 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 2006, athletes can expect to find animation on the streets as marching bands 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 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 5th through Race Day. All volunteers will receive a free T-shirt. For more information, please call 412-255-2493.

**2006 Highmark Blue Cross
Blue Shield Great Race
Expo**

The Highmark Blue Cross Blue Shield Great Race Expo will be held on Friday, September 22nd, from 11:00 AM to 8:00 PM and Saturday, September 23rd, from 9:00 AM to 5:00 PM. The Expo promises to offer something for everyone. It will take place at the Circuit Center (formerly I.B.E.W. Local No.5 Conference Center) in the South Side Works.

**Packet Pick-Up/Late
Registration**

Registered runners and late registrants can pick up their packets and race numbers between the following hours:

Friday, September 22nd
11:00 AM - 8:00 PM
Saturday, September 23rd
9:00 AM - 5:00 PM

All participants are responsible for picking up their individual packet. Packets and race numbers not picked up by 5:00 PM on Saturday will be available from 6:30 AM

to 7:30 AM on Race Day at the 5K Start Line in Oakland, and from 7:00 AM to 8:30 AM at Frick Nature Center near the 10K Start Line.

**PINEAPPLE
RIGHT-SIDE-UP CAKE**

Cake:

2 eggs
1&½ C sugar
1 tsp. vanilla extract
1 20 oz can crushed pineapple, divided
2&¼ C all-purpose flour
1&½ tsp. baking soda
½ tsp. salt
½ C finely chopped walnuts

Glaze:

⅓ C evaporated milk
¾ C confectioner's sugar
½ C butter or margarine

Preheat oven to 350 degrees. Beat eggs with an electric mixer (medium speed). Gradually add sugar and vanilla. Continue beating mixture until it is lemon-colored. Change speed to low and alternately add half of the pineapple (not drained) and the dry ingredients. Spread batter on a lightly greased 15x10x3/4-inch jellyroll pan. Sprinkle walnuts over the top. Bake for 18 to 20 minutes or until top is golden brown. Pour remaining pineapple (slightly drained) over cake.

To prepare glaze, boil all ingredients 3 to 4 minutes until white and bubbly. Pour glaze over top while cake is still warm. Refrigerate a few hours before serving. Serves 10 to 12.

*Reprinted from Hometown
Recipes*



SKYVUE TERRACE NURSING AND REHABILITATION CENTER CELEBRATES NATIONAL REHABILITATION AWARENESS WEEK

September 17-23, 2006 is the National Rehabilitation Awareness Celebration, and SkyVue Terrace Nursing and Rehabilitation Center is celebrating the event throughout the week by saluting all the dedicated rehabilitation professionals at the Center. Sponsored by the National Rehabilitation Awareness Foundation, this year's celebration slogan is "Rehab: Building Better Tomorrows."

That sentiment is reaffirmed by Jennifer Baron, NHA, administrator at SkyVue Terrace Nursing and Rehabilitation Center. "Staff members strive every day to improve the quality of life for our residents. Rehabilitation is essential to developing the right care plan for each individual resident".

A team of therapists may work to help a patient recover or regain strength, mobility, coordination, or stamina. Physical therapists, physical therapy assistants, occupational therapists, occupational therapy assistants, speech therapists, registered dietitians, and social workers coordinate programs that are unique to the needs of each and every patient. According to Keri Gibbs, MOT, OTR/L, Director of Rehabilitation, there are six highly skilled therapists with years of extensive training and experience. The rehab staff is associated with the ICM School

of Business Certified Occupational Therapy Assistance (COTA) program and CCAC-Boyce Campus COTA program, both providing professional training for therapists.

SkyVue Terrace Nursing and Rehabilitation Center provides a clinical setting for COTA students. The skilled rehab staff at SkyVue also has advanced training in the "Accelerated Care Plus" program for treatments in advanced therapy modalities including diathermy, electrical stimulation, paraffin wax, and ultrasound. The rehab staff specialize in treatment for wounds, contracture management, falls prevention, and swallowing disorders. Additionally, they provide services for incontinence management, pain control, and bariatric rehabilitation.

SkyVue Terrace Nursing and Rehabilitation Center is a Proven Leader in Patient Outcomes. Greater than 98% of the residents have been discharged back to independent living in the community.

SkyVue Terrace Nursing and Rehabilitation Center at 2170 Rhine Street, Pittsburgh, PA 15212 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. For additional information call 412-323-0420.

Local Contact:
Michele Todd
Director of Admissions
SkyVue Terrace Nursing and
Rehabilitation Center
412-323-0420

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 or swimming, or shorter sessions of more vigorous exercises.
- Lower intensity activities such as walking for pleasure, gardening, yard work, and house work can have some health benefits.
- Muscle strengthening activities are also important - they reduce the risk of falling and improve the ability to perform daily tasks. The loss of strength and stamina attributed to aging is due in part to reduced physical activity.
- The older one becomes, the more regularly exercise is needed – to prevent bone loss (reducing risk of fractures) and risk of diseases associated with aging.