

FOREST HILLS TREE CITY TIMES

A newsletter for the community of Forest Hills

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Forest Hills Council thanks the CDC

by Vice President/Councilman Steve Karas

Several years ago, the business district of Forest Hills had slipped in decline and was in danger of being declared a blighted area. In 2000, active Forest Hills residents formed the Community Development Corporation (CDC) as a non-profit organization. The main goal of the CDC was to revitalize the Forest Hills business area and obtain grants from government and other agencies. The CDC elected officers, held monthly meetings, interacted with local businesses, council and borough administration. One of their first accomplishments was to work with PennDOT to establish a sidewalk on Ardmore and functional parking areas outside the businesses. Next, funding and incentives were made available to businesses to improve the facades of their buildings. At this time, two buildings were razed—the old Rayco Building and the abandoned bowling alley; in their place were built modern senior housing and First Commonwealth Bank. Sensing a need for a local gathering spot, the CDC worked with council to offer a liquor referendum, which the voters passed, and continued to work to attract a quality restaurant to the former Kliment Building. Roman Bistro opened in June offering a new local gathering spot.

The members of the CDC are: Kay Powderly, Ross Nese (who readily offers his business expertise), Frank Sabino, Karen Horanic, Mike Kelley and the late Rich Branzel. Senator Jay Costa and his office were also instrumental in navigating the extensive PennDOT regulations and the specifics of the various grant requirements. Because Ardmore Boulevard is a state road, PennDOT had a say in modifying everything from the sidewalk to the decorative arches. Former members who have assisted with the work include: Ken Gormley, Rick Glasser, Rick Harris, Ken Wolfe, Sally Bogie, Jeff Flohr, Eugene Lodivico, Alice Donnelly and Gail Evans Potter. Members of the CDC, Senator Costa, Congressman Mike Doyle, Action Housing and various Allegheny County officials attended the ribbon-cutting ceremony to celebrate the accomplishment.

Over the course of twelve years, these volunteers have worked to revitalize and establish the area of Ardmore Boulevard as a centerpiece of our community. They have gathered extensive funding and grants that would have otherwise gone elsewhere. A partial list of their accomplishments include: narrowing Ardmore Boulevard for safety, establishing sidewalks, improving the business facades, tree plantings, median plantings, new buildings and businesses, decorative lighting and street signs and the locally constructed Forest Hills Arches which clearly define the area.

While it is hard to measure the overall impact of their work, our community has benefitted from their dedication. When you drive under the arches remember what was there before, and what is there now. The change is obvious. Please join council in thanking all members of the CDC for their efforts.

I would also like to thank Ken Gormley, Kay Powderly and Steve Morus for assisting in the content of this article.



Pictured left to right: Congressman Mike Doyle, Ross Nese/CDC, Senator Jay Costa, Kay Powderly and Forest Hills Council President Frank Porco, Jr.

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"It takes a village..."

Link-age-to-age program—starting to grow

Borough residents who need help with home maintenance and repair projects may turn to a new service, Link-Age-to-Age, to find local men and women to do the work.

Service organizers, all volunteers, discovered that many older adults in Forest Hills have trouble getting people to fix problems in their homes so they can remain there as they age. Even younger residents can use such help occasionally.

Introduced in July, Link-Age-to-Age can connect a homeowner to someone who can fix that leaky faucet, check the furnace, replace a door knob, paint a room, install a ceiling fan or do the many small repairs that will make his or her home safer and more comfortable.

Residents can pick the right person at the right price for the job from a list compiled by Link-Age-to-Age volunteers and posted at the Forest Hills Senior Center on Avenue D. They also may inquire at the center about other types of services and future programs such as seminars on elder law and financial planning. To get connected to Link-Age-to-Age, call 412-824-5610.

(Right) Barbara Cavanaugh of Burlington Road, explains Link-Age-to-Age to Jim Busa, of Atlantic Avenue. Busa is a former member of the Borough Tree and Shrub Committee and Cavanaugh is a current member as well as one of the Link-Age organizers.



(Left) Barbara Cavanaugh of Burlington Road, talks with Kay Powderly of Cascade Road, about the new Link-Age-to-Age service.

(Right) Dorothy Buchanan, of Filmore Road, and Forest Hills Mayor Marty O'Malley discuss the services now available to borough residents through Link-Age-to-Age.



Neighborly idea

Motivated by events in their own lives, organizers of a new service called Link-Age-to-Age were challenged to find ways to help Forest Hills residents feel safe and secure at home.

One of them, Dorothy Buchanan, of Filmore Road, explained: "Several months ago an elderly lady was found at 7 a.m. lying on the sidewalk in front of her house just four doors from mine. Thank goodness a woman walking her dog spotted her and called 911. That incident caused me to pause and think about how little I know about my neighbors. Who should be called in an emergency?"

"So I went to my neighbors and explained that I would like to have information on emergency contacts for them. As a result, my neighbors and I have a list of everyone that lives in each household, with telephone numbers and emergency numbers for each of them.

"What a coincidence that this happened at the time when I was meeting with several other residents of Forest Hills to discuss implementing the "village" concept—organizing a community to help the elderly stay in their own homes."

As a result of her experiences, a neighbor-to-neighbor component was added to Link-Age-to-Age, which kicked off in July in the borough.

To participate, a resident obtains four yellow neighbor-to-neighbor postcards from Link-Age-to-Age and jots down emergency information for himself/herself and two neighbors, who do the same. Then the three neighbors keep one card each to post on their refrigerators. The fourth card is to be sent to the Forest Hills Police Department to aid officers when answering medical or safety calls.

Neighbor-to-Neighbor cards are available at the Forest Hills Senior Center on Avenue D. While there, check out Link-Age-to-Age's Resource Board. To learn more about the program, call 412-824-5610.

Neighbors helping neighbors—still working

With the winter weather approaching, heavy snowfall puts the elderly and those with health conditions physically unable to handle the daunting task of keeping the snow off sidewalks and paths, thus leaving many stranded in their homes. To ease the situation, the borough asked volunteers or others to allow us to place their name on a list so that those in need of help know who they might call. The list is posted at the borough office. It is up to those in need of help to make arrangements with a volunteer or paid snow removal service on that list. The borough only compiled the list as a service and takes no responsibility beyond that, including making arrangements for help, for the quality of work done, etc. Others who may be interested in helping will be added to the list if they contact the borough office at 412-351-7330. Those who think they may need this type of service should review the list in advance of winter weather. Let's all try to be a good neighbor and help when help is needed.



Most of us know that the Borough of Forest Hills has had a tree planting, maintenance and protection of all trees on public-owned land and right of ways since about 1940. The last 26 years we have been a Tree City U.S.A.

The borough has made a large capital investment in public trees. Also given consideration is the value of trees such as shade, aesthetic beauty, noise abatement, quality of the atmosphere, property values and other considerations that promote the health, safety and welfare of our citizens.

Borough Council has established and amended Chapter 25 (formerly Borough Ordinance 925) to protect trees on borough property. In effect, no individual or business can prune, remove or otherwise disturb a tree without a permit.

Most maintenance of borough trees is handled by the borough through a professional tree sub-contractor. Cost of this work is included in the annual borough budget. Tree work is scheduled in consideration of need, workload and budget.

If you have a concern about a borough-owned tree, simply call the Borough Arborist at 412-351-7330 x205, and discuss the problem. The arborist will inspect the concern, establish the degree of need and then pass his recommendations to the Tree and Shrub Committee. The committee will discuss the concern and will approve or table a schedule for treatment. Emergencies will be handled as soon as possible while convenience work will be scheduled for a later date.

Some residents may not desire to wait for work to be completed. In this case, the resident can have the work done at their own expense by a professional arborist. It is necessary for the resident to obtain a permit from the Borough Arborist and the Tree and Shrub Committee before any work can be completed.

Privately-owned trees are not controlled by Borough Ordinance unless such trees may present a disease or hazard problem to public property.

Tree and Shrub Committee Meetings—August 8, September 12, October 10 and November 14. No meeting in December.



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COMMUNITY NEWS

Use your Smartphone to click on the code below to access the borough's web-site.



Another planting season has concluded and **The Late Bloomers Garden Club** will put their gardening tools away for the fall-winter months. During those months, the club stays active in their monthly meetings reviewing what worked and didn't work on the median plantings and thinking about the upcoming 11th year of the Farmers' Market and how to improve the borough's experience.

The Late Bloomers Garden Club, founded in 1999, has challenged its membership to create designs for the median plantings that appeal to all travelers on "the Ardmore." Over the years, the plants that work in the hot summer sun and heat of car exhausts have beautified the borough. Passing motorists giving the 'thumbs up' is truly appreciated by the club.

In the years of its existence, The Late Bloomers have been committed to doing their part to make Forest Hills a beautiful

place to live. You can be assured that the cold/snowy months will be put to good use in planning for next year. The club is always looking for new members who share their love of their 'hometown' and gardening. You can read more about The Late Bloomers at www.latebloomersgardenclub.com. You can also see photographs of their past median plot designs on Facebook. Don't forget to "like them" when you visit the site.

If you decide that 2013 is the year to involve yourself in a local organization, please consider joining The Late Bloomers Garden Club. You can email them at latebloomersgardenclub@gmail.com for the location of the next meeting. Their meetings are held the second Thursday of each month at one of the members' homes.

Another fruitful season for the **Forest Hill's Farmers' Market** is coming to a close, but you still have until October 26 to shop and enjoy.

Fall produce will be in abundance. Stop by for your gourds and pumpkins—great for cooking and decorating. And you can still stock up on scrumptious homemade pastries, breads and salsas. Pick up some sweets for your sweetie, and to make it a truly romantic evening, bring along a bottle of wine, an exciting new offering at the market. Also new this year was the healthy

cooking demonstrations using fresh ingredients from the vendors. Locally-raised beef, pierogies, middle-eastern delicacies and pasta will continue to be available.

The market, operated by **The Late Bloomers Garden Club**, is open Fridays from 4 to 7 p.m. at the Presbyterian Church Parking Lot. If you're coming from the direction of the Parkway East, just make a right at Ardmore Boulevard and Braddock, then the next right onto Cascade to ac-

cess the parking lot. Don't forget to stop by the club's information table at the market entrance to say hi and offer suggestions and comments on the market.

The Late Bloomers would like to thank the community for making their market the place to see and be seen on Friday evenings! Your support, along with their wonderful vendors, ensures the market remains one of the favorites in the area.

For more information visit: <http://www.latebloomersgardenclub.com/> or <http://www.foresthillsfarmersmarket.com/>, and when you're on Facebook, go to "Forest Hills PA Farmers Market" and "like them." They'll be posting photos and information about the market throughout the winter. You never know what surprises they'll have in mind for next season.

The **Forest Hills Rotary** is pleased to announce that, this year, the Rotary Exchange Student attending the Woodland Hills High School will be from Russia, a first for them.

Anna Torokhova is 15 years old and will possibly be a junior. Anna is a bright student and plays sports and the guitar. She is from Yakutsk, which is the capital city of the Sakha Republic in Russia, located about 450 kilometers south of the Arctic Circle, and has a population of 269,486. It is the coldest large city on earth.

Rotary exchange students come from all over the world and ten students will be in the Pittsburgh area this year. Each student is hosted by three families for three months each and will live in the homes as members of the family. Rotarians are host families, but at least half of the hosts are non-Rotarian families.

The students have strict rules and go on outings with the other nine students in the area. A rotary club is their sponsor and provides a monthly stipend. Past students in the Woodland Hills School District have come from Brazil, Germany, Spain, Taiwan, France and Venezuela. United States students between the age of 15 and 18 are eligible to go under this program to study for one year in a foreign country.



The Late Bloomers Garden Club—The girls of summer are keeping Ardmore Boulevard looking colorful with their beautiful flower beds as well as their vibrant safety vests!

Forest Hills Presbyterian Church is an active congregation reaching out to the community in Christ. They are located at 1840 Ardmore Boulevard, and host many groups who use their building, such as Cub Scouts, Boy Scouts, AA and Alanon. Check out their web-site for their mission, special services, upcoming activities and Sunday sermons—foresthillspc@gmail.com

They invite you to join them for any or all of the following:

Worship on Sundays at 10:30 a.m.

Sunday school (all ages) Sundays at 9:15 a.m. (September to May)

Small group study and fellowship on Wednesdays at 7 p.m.

Choir for adults and kids (September to May)

Feeding the Homeless on the second Saturday of the month

Reverend Ben Black would like to meet you. Contact the church at 412-241-1647

The Taize Prayer Service, offered at 7 p.m. on the first Friday of the month at **Hope Lutheran Church of Forest Hills** is spiritual, musical, meditative and for Christians of all faith traditions. Light refreshments and casual conversation follows each service. Upcoming dates for first Friday Taize at Hope are September 7, October 5, November 2 and December 7.

This October, Hope will once again celebrate the Blessing of the Pets in remembrance of St. Francis of Assisi's love for all creatures. Join them on Sunday, October 7, at 4:30 p.m. for the Pet Blessing.

The church will host the Community Thanksgiving Eve Service on Wednesday, November 21 at 7:30 p.m. Hope will be joined by leadership from Forest Hills Presbyterian Church and St. Maurice Catholic Churches and joint choirs to celebrate this Service of Thanksgiving.

Hope Lutheran Church of Forest Hills will hold mid-week services on Wednesdays in Advent—December 5, 12 and 19. A light meal will be served at 6 p.m. followed by the beautiful Holden Evening Prayer

Vesper's Service at 7 p.m. A candlelight service will be held on Christmas Eve, Monday, December 24, at 9 p.m.

Visitors are always welcome at Hope's weekly worship service at 9:30 a.m. on Sundays. The Rev. Susan C. Schwartz is pastor of Hope, which is located at 353 Ridge Avenue at the corner of Ridge and Braddock Roads in Forest Hills. Contact Hope at 412-242-4476 or Hopeforesthills@aol.com. For more information about Hope Lutheran Church, check out their web-site: www.HopeForestHills.com

The Forest Hills Community Service operates a free bus service within the Borough of Forest Hills for senior citizens and persons with a handicap. **The Flivver** service was started in 1974 through contributions from individual citizens, various local charities and the borough itself. The Flivver continues to be free because of donations made by the citizens, the riders and the volunteer drivers.

The bus is a 10-passenger vehicle—but does not have handicapped lifts—and takes eligible senior citizens (those 55 and older) and handicapped persons to the Forest Hills Senior Center, doctor's offices, hairdressers, banks, drug stores, grocery stores, etc. On Sundays, the Flivver takes people to church service.

The Flivver operates Mondays through Fridays from 9:30 a.m. to 3:30 p.m. and on Sunday mornings. Riders can call the Flivver at 412-519-3955 to be picked up usually within 15 minutes of their call. This is a great and well-needed service for the community.

The Flivver is always looking for new drivers. You can be trained in a matter of hours. There are so many people in the borough who are grateful for the freedom the Flivver provides. Those who are interested in volunteering three hours a day, twice a month, can call Don Newcomer at 412-708-0511.

Boy Scout Troop 90 meets Tuesdays at 7:30 p.m. at the Forest Hill Presbyterian

Church (FHPC). It is open to all boys ages 11-18. Cub Scout Pack 90 meets Thursdays at 7 pm at FHCP. It is open to all boys ages 6-11. For more information contact Beth Brucker at bruckerfamily@verizon.net. For more information, visit the scout web-site: www.foresthillspack90.us.

For over 50 years, the **Forest Hills Lions Club** has served the communities less fortunate. They supply glasses to the needy, and collect your used glasses for distribution to third-world countries. The collection boxes are found in Bob's Barber Shop in Chalfant, Churchill Vision Center, Beulah Church, Cost Building-Optical Shop (second floor), Jodi-B's Restaurant, Lanigan Funeral Homes, Peter Paul's Hair Salon, Forest Hills Senior Center and Toby's Pub in Chalfant.

Their fund-raisers include White Cane Days, Sight Seal Mailing and Holiday Nut Sale. Over the years, the club has provided seeing-eye dogs; a Braille writer and an eye implant operation for a child. They help to support Beacon Lodge, a summer camp for the blind. They also constructed a War Memorial and assisted some needy war veterans. Men and women interested in becoming a member should call 412-829-7888.

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Recycling 101

It's the law

Act 101 ("Municipal Waste Planning, Recycling and Waste Reduction Act") mandates recycling in Pennsylvania's larger municipalities. Every community with a population of more than 5,000 is required to provide curbside recycling for its residents.

The borough's code of ordinances—Chapter 20 outlines all of the legal requirements for recycling at residences, apartment buildings, businesses, schools and institutions. A complete copy may be obtained at the borough office or check the borough web-site at www.foresthillspa.org/fhpa-codes.html.

... And it's a good thing

Forest Hills residents recognize the value of recycling and we have a very high participation rate for our residential program. As a result, we are doing our part to save space in landfills while conserving resources that are used to create new materials and products.

In addition, the Pa. Department of Environmental Protection gives annual recycling performance grants to municipalities by giving them rebates based upon tons of materials collected. This money goes back into the general operating budget and is used for the benefit of the community.

What is the cost of recycling?

Each household pays an annual fee that includes both garbage collection and curbside recycling, payable to the borough. This pro-rated charge is based on a low-bid contract awarded to the contracted hauler. Rear-yard collection for garbage and recyclables is an additional fee payable directly to the contracted hauler. See the borough's fee resolution at www.foresthillspa.org/fhpa-codes.html and search for the term "trash" to find the current fee.

A green recycling container has been provided to each household by the borough at no charge. Additional containers may be purchased for a fee. For more

information, contact the borough office at 412-351-7330 x0.

What can I recycle in Forest Hills?

Forest Hills accepts the following items for curbside recycling:

- Cans (tin, aluminum & bi-metal)
- Glass bottles and jars (clear & colored)
- Plastics (#1 PET, #2 HDPE, #3, #4, #5)
- Paperboard (cereal boxes, etc.)
- Newsprint & phone books

All of the mentioned items may be co-mingled in your recycling container. In addition: *Black and white newsprint* may be tied up with string or put into brown paper bags and left at curbside.

Household Hazardous Waste

Waste Management has a home pick up program. "At your door special collection" provides year round collection. Call 800-449-7587 to make an appointment.

Recycling dos and don'ts:

- **DO** rinse out all cans, jars and plastic containers, especially those containing food. Take off all lids and caps and throw them in the garbage. You don't have to remove labels.
- **DON'T** recycle bags, cups, Styrofoam trays or clear acrylic containers that are easily bent or broken.
- **DON'T** recycle any container that held chemicals, motor oil or insecticides.
- **DON'T** put recyclables in plastic or paper bags. Keep them loose in the recycling containers for pick-up.

When can I put out the recycling?

Uncovered recycling containers must be placed at the curb no sooner than 6 p.m. the day before your scheduled pick up. Emptied cans must be removed no later than 6 p.m. on the day of pick up.

When is my recycling is collected?

Recycling is picked up every week, on your regular garbage day.

In some cases, refuse/recycling collection is delayed by one day following a holiday or a heavy snowfall. In these cases, it is not necessary to call the borough of-

ice to file a report... please be patient! If you are concerned that your home or street has been overlooked, please call 412-351-7330 x0 or check the borough web-site at www.foresthillspa.org/fhpa-garbage.html for the hauler's phone number if the office is closed.

How about the other stuff?

- There are dumpsters in the parking lot of Construction Junction (www.constructionjunction.org) in Point Breeze (N. Lexington and Meade) where you may take phone books, corrugated cardboard (flatten boxes), junk mail, office paper, catalogs, magazines and plastics not accepted by the borough.
- Used building materials in good condition for resale may be taken to Construction Junction. Call 412-243-5025 or www.constructionjunction.org.
- Cell phones, printer cartridges, MP3 Players, & GPS devices, are accepted for recycling at the borough office. Also, most wireless providers take old phones (not just their brand) and donate them to charity.
 - ▀ Verizon's *HopeLine* donates used cell phones to assist victims of domestic violence. Nearest drop-off location is Circuit City in Monroeville as of the date this is posted. Contact Verizon for additional information or to check locations (www22.verizon.com)
 - ▀ Radio Shack's *Call2Recycle* donates a portion of proceeds from the re-sale of cell phones to the National Center for Missing & Exploited Children. Visit their web-site for information: www.radioshack.com/home/index.jsp.
 - ▀ Printer cartridges (not Epson, Canon or Brother) can be redeemed at Office Depot (www.officedepot.com/) for a free ream of paper or \$2.50 off next cartridge purchase.
- Dumpsters for collection of newsprint, mail, catalogs and magazines are located at the magistrate's building across from the borough building parking lot and

at several local schools and churches. A dumpster for collection of corrugated material is also located at the magistrate's building.

- Used building materials in good condition for resale may be taken to Construction Junction. Call 412-243-5025 or www.constructionjunction.org. You may also contact Habitat for Humanity.

A complete listing of recycling resource—for motor oil, computers, tires, bicycles and numerous other items—may be obtained at the borough office and at the Allegheny County Health Dept. web-site.

Commercial recycling

Commercial, municipal and institutional establishments within Forest Hills are required to recycle aluminum, high-grade office paper and corrugated paper in addition to the other materials accepted by the borough for its residential recycling program.

Each establishment, or the company that collects their recycling, must submit an annual commercial recycling report to the borough manager by February 15 of each year. Failure to do so may result in a fine of up to \$600.

More details about the Forest Hills commercial recycling program can be found in the brochure "Businesses: Why Recycle?" which is available at the borough office.

Leaf collection

Forest Hills is required by Act 101 to separate leaf waste from other garbage, so don't put your leaves in trash bags. You are encouraged to compost or mulch your leaves. If you wish to dispose of the leaves, place them in a pile behind the curb line. They should not be placed on the street.

In late fall, leaves are collected by a vacuum truck and taken to a composting site that is operated jointly by Forest Hills and Churchill boroughs. Watch for signs posted in your neighborhood to indicate estimated pick-up dates, usually from late October through the first snowfall in early December.

Compost for residents

Residents may pick up composted leaf mulch in the spring at cost (a small fee to cover some of the overtime expenses) on two Saturdays in June (dates are announced in the Tree City Times): One visit per household per day. Bring containers and a shovel to load your own compost.

If you bring an open truck, borough employees will load the compost using heavy machinery. You will need a driver's license as proof of Forest Hills residency.

Directions to pick-up site: Exit Parkway East at Monroeville Business Route 22. Site is just past first light (Nottingham) on the left side of Route 22. You will have to turn around on 22 and head back west in order to access site.

Delivery is also available via private hauler. Make arrangements by calling the borough office. If you have any questions, call Public Works at 412-351-7330 x207

Wood Chipping Program

The seasonal wood chipping program is provided at no cost as a service to our residents. Materials will not be picked up from any apartment complex, business or institution.

To schedule the chipper, just call (412) 351-7330, x207 and speak to the public works foreman. When leaving a message, please be sure to include your name, address, and phone number so that the office can get back to you. Please be sure to call before placing the items to be chipped at the curb, and we will schedule you in as quickly as possible.

Wood chips will be collected by appointment only according to the following schedule (weather permitting and except during emergencies and holidays):

APRIL: First & Second Wednesday

MAY: First & Second Wednesday

JUNE: First & Second Wednesday

JULY: Second & Third Wednesday

There will be a limited number of pickups per week. The crew will spend a maximum of 20 minutes at each property with an appointment. The remainder of

the pile will be completed the following Wednesday.

Place the items at the curb in a neat, orderly fashion with the larger end facing the street (no alleys). All limbs and brush should be facing the same direction. The chipper can accept brush, branches, and trees up to eight inches in diameter. No root systems or tree parts that have dirt on them will be removed. Piles of brush that are intertwined will not be chipped. We do not accept any type of lumber, building materials or landscaping timbers. The Public Works Employees will have the final say as to whether or not an item or the quantity is acceptable for removal.

Wood chips, if available, are free to all borough residents and can be picked up by appointment only from Monday through Friday between the hours of 8 a.m. and 2 p.m. during the months of May through August. You will be informed of the exact location of pickup when making an appointment.

Yard Waste

Yard waste is defined by the borough as: Leaves, cuttings, trimmings and clippings from trees, bushes and other plants, garden residues, and chipped shrubbery, but does not include grass clippings.

The borough allows residents to deposit yard waste at a location behind the public works garage. The borough crew will collect the material and deposit it into a dumpster for recycling. If you have questions, call Public Works at 412-351-7330 x207

(Information included here may be changed without notice. Contact the borough office for updated information on the borough's program. Also, visit our web-site at www.foresthillspa.org/fhpa-garbage.html for further information.)



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Municipal News

The following is the borough's ordinance for the Fire Protection Fee put in place on October 19, 2011.

The borough implemented a fire services fee in 2011 to provide funding for certain fire services and equipment and to allow the department to reduce the amount of fund raising activities necessary to maintain a sound department. The fee is typically due before the end of February each year as specified on the bill.

Commercial entities should note that the fee is charged per business and not per property. The fire fee is established in the borough's fee resolution as follows (rates subject to change by order of council):

Fire Protection Services Fee. As established under Ordinance number 1015, an annual fee for providing for fire protection services is hereby established and shall be charged to each owner of residential, multi-family and commercial property within the Borough. Payment shall be made by check or money order payable to Forest Hills Borough before the specified due date in accordance with the following schedule:

- A. Residential Fee (homeowners only)..... \$45
- B. Multi-family/Apartment Fee (per apartment unit)..... \$22.50
- C. Commercial Fee (per business)..... \$90
- D. See ordinance for penalty and interest charged for late payment or failure to make payment.
- E. Owners of commercial property containing one or more business shall be billed the Commercial Fee **for each business** on a per business basis not a per property basis.
- F. Owners of mixed-use properties that contain at least one business and one apartment will be billed the Multi-Family/Apartment Fee for each apartment and the Commercial Fee for each business.

To provide further detail, the following represents key excerpts from the borough's Code of Ordinances (specifically Ord. 1015) approved by borough council on Oct. 19, 2011.

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Part 6—Fire Protection Services Fee

§7-601. Fire Protection Services Fee Established; Use of Generated Revenue

1. A fee for providing fire protection services is hereby established and shall be charged to each owner of residential, multi-family and commercial property within the Borough. For purposes of this Part, each unit in a multi-family dwelling which contains a cooking stove or shares a common kitchen facility shall be considered a multi-family unit and shall be charged the fire prevention services fee.
2. The fire protection services fee shall be set from time to time by Resolution of Borough Council.
3. All revenues generated from the fire protection services fee shall be appropriated as follows: (1) payment of any capital expenditures by Borough Council related to the Forest Hills Borough Volunteer Fire Department, including the purchase or lease of fire fighting vehicles and equipment or the repair, maintenance or construction of the existing Forest Hills Borough Volunteer Fire Department building and its grounds located at 2071 Ardmore Boulevard; and (2) an annual payment to the Forest Hills Borough Volunteer Fire Department in an amount to be determined each year by Borough Council. Fifty percent (50%) of said annual payment shall be made to the Forest Hills Borough Volunteer Fire Department on or before March 1st of each calendar year and the remaining fifty percent (50%) of the annual payment shall be made to the Forest Hills Volunteer Fire Department on or before July 1st of each calendar year.
4. The Forest Hills Borough Volunteer Fire Department shall only use the funds generated by the annual payment of the fire protection services fee if it is in furtherance of the emergency and non-emergency activities of the Forest Hills Borough Volunteer Fire Department listed in this part (see ordinance for details):

§7-602. Responsibilities of Forest Hills Borough Volunteer Fire Department.

1. On or before January 30th of each calendar year commencing on January 30,

2013, the Forest Hills Borough Volunteer Fire Department shall submit a report to Borough Council which details the manner in which the fire protection services fee funds were disbursed in the prior calendar year. The report shall, at a minimum, contain the following information:

- A. The beginning balance;
- B. The fire prevention services fee contribution amount;
- C. The carryover balance;
- D. A list of all expenditures including a description of each purchased item and the purpose for which it was purchased referencing the list contained in § 7-601.4 of this Part;
- E. All supporting documentation for each expenditure, including, but not limited to all receipts, invoices, and other records of expenditures; and
- F. The ending balance including any carryover.

2. The Borough shall have the right to conduct a financial audit of any accounts of the Forest Hills Borough Volunteer Fire Department which, at any time in the prior calendar year, contained any funds generated from the fire protection services fee. The Forest Hills Borough Volunteer Fire Department shall permit the financial audit to begin within seven (7) days of its receipt of a written request by the Borough.

§7-603. Collection Procedure; Penalty for Delinquent Accounts.

1. Commencing December 1, 2011, the fire protection services fee shall be billed and collected on an annual basis within 60 days of billing by the Borough or its designated agent.
2. In the event the fire protection services fee remains unpaid for a period of 60 days from the date of the billing, the fire prevention services fee shall be declared delinquent and a penalty of \$10 dollars shall be added. For each period of 30 days thereafter in which the fire prevention services fee remains unpaid, there shall be an additional penalty of \$10 dollars up to a maximum of \$100.00 dollars plus costs of collection.

3. Accounts not collected by the end of each calendar year shall be made the subject of suits in assumpsit or filed as municipal liens by the Borough Solicitor.

§7-604. Penalty.

1. Any person, firm, corporation or volunteer fire department that violates a provision of this Part, or who fails to comply therewith, or with any of the requirements thereof, shall be, upon conviction thereof, sentenced to pay [fines and penalties specified in this part—see full ordinance for details]

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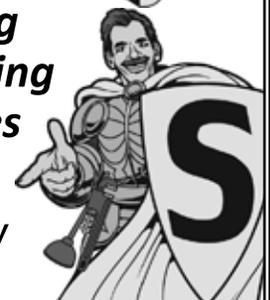
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SECTION 307—RUBBISH AND GARBAGE

307.1 Accumulation of rubbish or garbage. All exterior property and premises, and the interior of every structure, shall be free from any accumulation of rubbish or garbage.

307.2 Disposal of rubbish. Every occupant of a structure shall dispose of all rubbish in a clean and sanitary manner by placing such rubbish in approved containers.

307.2.1 Rubbish storage facilities. The owner of every occupied premises shall supply approved covered containers for rubbish, and the owner of the premises shall be responsible for the removal of rubbish.

307.2.2 Refrigerators. Refrigerators and similar equipment not in operation shall not be discarded, abandoned or stored on premises without first removing the doors.

307.3.2 Containers. The operator of any establishment producing garbage shall provide, and at all times cause to be utilized, approved leak-proof containers provided with close-fitting covers for the storage of such materials until removed from the premises for disposal.

Rubbish may be placed at curb-side no earlier than 6 p.m., prevailing time, on the day prior to the designated collection day, and must be removed from curb-side to the usual storage place no later than 6 p.m., prevailing time, on the day of collection.

Leaf collection and yard waste

The Public Works Department will start their annual leaf collection sometime at the beginning of October and finish up mid-December (weather permitting).

The Public Works Crew asks that you do not place any other debris (sticks, grass clippings, dead flowers, etc.) in with the leaves because they tend to clog the machine and will take extra time to clean the equipment.

Computer and electronics Collection Day

Goodwill E-Waste Recycling Event took place on June 23 and collected 10,150 pounds of materials—that's two full truckloads—great job! The next event will take place on Saturday, June 22, 2013 from 9 a.m. to 1 p.m. at the Forest Hills/Westinghouse Lodge Parking Lot, and will be advertised in the spring 2013 issue of the Tree City Times.

Trash Collection—Holiday Schedule:

Monday, September 3—trash collection will be delayed one day during this week.



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POLICE DEPARTMENT NEWS

Beware of scam techniques by Police Chief Chuck Williams

Over the past year the Forest Hills Police Department has receive numerous reports of individuals calling by phone, e-mailing or texting in an attempt to gather personal information from unsuspecting residents. They try in many different ways to extract bank, credit card, social security numbers and other pertinent data they can later use to open accounts or take out fraudulent loans using that person's identification or information.

Another way is through the foreign lottery scam where somehow you have won money abroad and now need to send money to receive your prize. (If it sounds to good to be true, it probably is.)

They may also try the stranded relative who needs money sent through Western Union to help them get back home.

Before you act on anything like this, always consider it may just be someone out there looking to take advantage of you. Many of these scammers are from outside the United States and know they are unreachable by law enforcement.

Never give personal information over the phone through e-mail or text. Legitimate organizations like your bank, credit card issuers or the Social Security Administration will never ask for personal information by these means.

Always be suspicious when dealing with those who want your information, it requires hours of time and effort to straighten out just a moment of indiscretion involving your personal information.

TAX TIME

All unpaid 2012 Forest Hills Borough Real Estate Taxes are now due at the penalty amount as indicated on the tax bill, and can be paid to the tax collector until December 14.

All unpaid 2012 Woodland Hills School District Real Estate Taxes are now due at the face amount by October 31. However, if you have chosen to pay your school taxes in three equal installment payments, and have paid the first installment by the August 31 due date, then the second installment will be due by November 30.

For questions regarding real estate taxes, please call Janet Sullivan, Tax Collector, at 412-351-7348.

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REAL ESTATE TAX DATES TO REMEMBER

Borough real estate tax bills are to be mailed March 1. Due at discount by April 30 or due at face by June 30.

School real estate tax bills are mailed July 1. Due at discount by August 31 or due at face by October 31.

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Children are the future whether they are ready or not, and getting them ready is the task at hand for programs like **Pace School**.

The school's annual Race for Pace 5K Run and Walk, to be held Saturday, October 13, promises to be the most successful yet in its 12th year with over 80 door prizes. Other things to look forward to include: more prizes and awards, cash prize to the top three male and female finishers, awards for top male and female Masters (40yr+), and awards for top male and female finishers in 14 categories.

Runners aren't the only people with a chance to have fun, with Paws for Pace you can participate in a one mile dog walk and even win prizes in categories such as largest, smallest, longest tail and biggest ears.

Don't forget, the best prize of the day isn't winning any of the specified categories; it's knowing that you participated in helping the children of Pace School with emotional challenges or autism.

The wonderful staff here at Pace School is lucky because of the positive impact they have on a day-to-day basis with the children.

"Each day we are challenged to find the key to learning and growing for students who are challenged in complex ways," says Karen Lamoureux, CEO of Pace School.

"With creativity and persistence, the Pace Teams help the students meet those challenges and break through them to find success," added Lamoureux.

Honorary co-chairs for the Race for Pace will be WTAE co-anchors Mike Clark and Kelly Frey. Clark has obtained prestigious awards for his work as a news anchor, including two Emmy Awards for "Best Newscast". Frey is a graduate of the University of Pittsburgh and has been with Channel 4 since 2000.

Major Sponsors for the 12th Annual Race for Pace include PNC, Clayton Kendall, Ao Martin & Co., First Niagara Bank and Knepper Press.

Registration fees for the 2012 Race for Pace or Paws for Pace are \$20 per person (\$15 for youth) until October 5. After October 5, registration will be \$25 per adult and \$20 per youth. On-line and downloadable registrations are available under the Race for Pace link at www.paceschool.org. If you would like to learn more about the Pace School Programs visit their web-site, www.paceschool.org.

Christ Lutheran School begins its first day on Thursday, August 23. Their theme for this year comes from 1 John 3:1: "How great is the love the Father has lavished on us, that we should be called children of God! And that is what we are!" Their mission this year will be to focus on children helping children all around the world. Last year with God's help through chapel offerings, they were able to purchase a fishing boat for a family in a third-world country, and then send animals to other families to help feed them. They purchased a pig, a cow, a llama, a trio of rabbits, nine sheep, a flock of chicks, bees (for pollination, as well as for honey), worms (to help compost the soil and make it good for growing plants), a rice duck (which helps control the insects that would eat the rice plants and also helps with fertilization), and they also purchased over 500 lbs. of food for the soup kitchen at Concordia Lutheran Church in McKeesport. To God be the glory! Their work day (where parents and volunteers help to get the school ready) is on August 17 from 8 a.m. to 8 p.m. and Parent Orientation is August 20 from 4 to 7 p.m. Their 60th Annual Golf Outing is on September 15, and their Celebrate Kids Auction (which helps to pay for their special teachers) is on October 20 at Grandview Golf Course. For information on any of these events, please call the church office at, 412-271-7173. You are always welcome

to join them for worship on Sundays at 8:15 or 11 a.m. Sunday school and Bible Study are available in between services. May God continue His good work in you!

Trinity Christian School began the 2012-2013 school year on Wednesday, August 22 and is currently accepting applications for kindergarten through grade 12. Located at 299 Ridge Avenue in Forest Hills, Trinity has been providing an outstanding Christian education to students in the greater Pittsburgh area for more than 50 years. Upcoming events during the fall semester include the following:

- The school drama production will be presented on Thursday, December 6 through Saturday, December 8. All shows will begin at 7 p.m.
- The Elementary Christmas program will be held on Friday, December 14 at 7 p.m. in the school auditorium. It will be an enjoyable evening of songs celebrating the true meaning of Christmas. Before and after the program, the annual Christmas Shoppe will be open in the school library, with quality gifts, handcrafted items, and baked goods available for purchase. Proceeds benefit the school.
- The school band and choir concert will be held in the school auditorium on Thursday, December 20 at 7 p.m.

For more details about any of these events, contact the school as 412-242-8886.

Trinity Christian School follows a classical approach to learning, combining knowledge, reasoning, and communication across the spectrum of subjects. Trinity also offers extra-curricular activities such as drama, band, choir, and sports. For more information or to schedule an appointment to visit, call the school at 412-242-8886. You can also visit the web-site at www.trinitychristian.net to learn more about the



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school and its mission, faculty, curriculum, and programs.

The new "East Catholic" opens

On Monday August 27—a special day for getting acquainted with new classmates and teachers, enjoying unblemished notebooks, new backpacks and pencils, all the while showcasing new, fresh crisp red and navy plaid uniforms. Remembering that "great beginnings last a lifetime" will be a priority at the newly established "East Catholic School" located at 2001 Ardmore Blvd. in Forest Hills. When the opening bell rings on August 27, more than 350 students will enter the classrooms of "East Catholic" making it one of the largest grade schools in the Diocese of Pittsburgh.

East Catholic is a consortium of the parishes of Good Shepherd, Madonna Del Castello, St. Colman, St. John Fisher, St. Maurice and Word of God. It was established for the benefit of the families in the area formerly served by Good Shepherd, Word of God and St. Maurice to create a vibrant school community, which will continue to provide excellent Catholic school education in grades Kindergarten through 8th grade. The resources and space available will enable them to expand upon an already outstanding faith-based, academically excellent program for all the students.

The Opening School Mass will be held on Friday, August 31 at 9 a.m. The pastors from the consortium parishes will be asked to con-celebrate the Mass.

East Catholic is the school where knowledge meets faith and where timeless values and learning prevails. For more information about East Catholic, call 412-351-5403.

Forest Hills Nursery School, located in the Forest Hills Presbyterian Church, 1840 Ardmore Blvd, offers three classes: Mondays, Wednesdays, Fridays; Tuesdays-Thursdays; and five days a week. The classes begin on September 5, and conclude on May 24, 2013. Classes are from 9 to 11:30 a.m. On Wednesdays and Thursdays, children may bring a lunch and stay until 1 p.m. There are sixteen children per class, with one certified Pre-kindergarten teacher and at least one other adult. For more information, contact: Sally Sabino, 412-351-5054; or Betsy Wolf, 412-241-9414 or 724-744-1061.



The Forest Hills Presbyterian Church and Forest Hills Nursery School held a Car Cruise on May 5, to raise money to feed the homeless, and to support two battered women's shelters. It was a huge success with the help of nearly one hundred Car cruisers.

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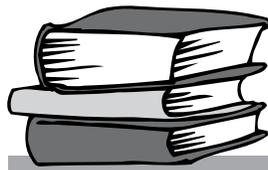


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C. C. Mellor Memorial Library

As summer winds down there is plenty of activity at the Forest Hills Branch of C.C. Mellor Library as they return to typical programming.

Programs for Children

Story hour is held every Monday at 10:30 a.m. with stories, finger plays and a craft. Pre-school and early-age children are welcome to come. There is no registration required and story hour is free.

Wednesday evening's programs will continue on the third Wednesday of each month. School age children can join in for stories, crafts, and games. This is a great opportunity for children who cannot attend daytime programs. Programs run from 5 to 6 p.m. and you can sign up in advance at the library or call 412-824-3567. Registration is required by the Monday previous to the scheduled date.

Book Clubs

The PALS Book Club meets at 1 p.m. on the fourth Tuesday in the Forest Hills Library to discuss contemporary fiction and non-fiction. Upcoming discussions will include Hillary Jordan's *Mudbound* on September 25, David McCullough's *Greater Journey: Americans in Paris* on October 23, Elna Baker's *New York Regional Singles Halloween Dance* on November 27 and Bob Tarte's *Enslaved Ducks* on December 18.

Exercise Program for 50+

Looking for a way to increase your activity? Do you have joint pain or arthritis? Get moving with gentle exercises designed to increase strength and flexibility. Learn ways to get healthy through the 10 Keys to Healthy Aging Program which is offered in conjunction with the exercises.

This ten-week free exercise program begins Monday, September 10 at 10 a.m. Classes will be held on Mondays and Wednesdays in the Ballroom of the Edgewood Community House. The classes are open to all. There is an Arthritis Foundation voluntary research study component to the program which is open to individuals 50 and over. All classes are led by a trained and certified instructor. To register, contact the library at 412-731-0909. The program is made possible by the Arthritis Foundation and the University of Pittsburgh Center for Aging and Population Health.

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Computer Classes

Free one hour, one session computer classes are offered for anyone wanting to get started on computers. The classes are held at the library in Edgewood. Please call 412-731-0909 to register for any of the following:

Basic Internet - 1 p.m. on Tuesday, September 18, Tuesday, October 16 and Tuesday, November 13

Basic email - 11 a.m. Wednesday, September 26 and Wednesday, November 14

Resume help - 11 a.m. Wednesday, October 24

On-line electronic databases are available to C.C. Mellor Library patrons. In the *Testing and Education Reference Center* there are features available for high school students which contain information and support materials necessary to make informed and confident choices about college. The Family College Guide Center has test preparation materials, financial aid information and related materials. Students can take practice tests for such exams as PSAT, ACT, SAT and SAT subject test. Students can also take the DSST and CLEP practice tests.

To access *Testing and Education Reference Center* go to C.C. Mellor web page and click on *Teen Testing and Educational Tools* on the left hand side of the home page; enter your library ID when prompted; click on the drop down menu for College Prep Tools.

Upcoming Closings

The library will be closed on Wednesday November 28, December 24, 25 and 31.

The library is open on Election Day, Tuesday, November 6 for extended hours. Come look at the collection after you cast your vote.

ELECTION 2012

The library has voter registration forms. You can pick up a form at the circulation desk, or you can register on-line at sites such as www.projectvote.org or www.long-distancevoter.org.

Important dates to remember:

Paper voter registration form must be received by 5 p.m. on October 9. Absentee ballot application must be received by 5 p.m. on October 30. Form can be downloaded at Allegheny County Division of Elections site. Voted absentee ballot must be received by 5 p.m. on November 2. All forms are to be sent to: Allegheny County Division of Elections, 542 Forbes Ave Suite 604, Pittsburgh PA 15219-2953. For more information call, 412-350-4500, or visit their web-site, www.alleghenycounty.us/elect/registration.aspx

Volunteering

The library could always use volunteers to join our great team. Thank you as always to Ron, Hank, Eileen, Gwen, Paul, Norm, Ester and Connie. If you are interested in becoming a volunteer, call the library at 412-824-3567.

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Community Day Wrap-Up

Photos courtesy of Anita Raible



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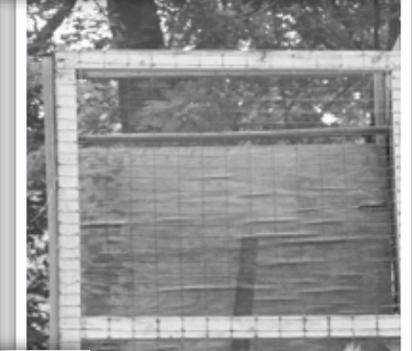
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Forest Hills Hay-Ride 2011

Photos courtesy of Jane Freund



See back page for information on this year's hay-ride.

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8985 (06/09)



Youssef Abdelwahab

2012 Forest Hills Tennis Program by Tennis Coach Youssef Abdelwahab

Tennis simply couldn't get any better! From its beginning in May up to this point, the Forest Hills Tennis Program has been a wonderful experience that continues to discover nuances that revive and sustain the long-standing program laid down by former Tennis Coach Mark Paull.

When news of Mark's retirement hit the community, many were shocked and uncertain about the program's unknown future without the renowned Coach Mark Paull. The first day of practice at the shade and mist-less Woodland Hills High School courts, my assistant Adam Neidig and I were not too sure of what kind of turnout to expect. Even though during this time many kids were still in school, we started out with a small amount of players. Whether one or a hundred, we were eager to deliver a fun and effective skill-based lesson to whoever walked on the court. With this positive attitude and enthusiasm, the Forest Hills Tennis Program not only grew but also exceeded its previous roster capacity from 50 to now over 70 players.

The roster for the junior clinics (ages 4-10) has grown tremendously. Every week more young ones ask their parents if they can join. They catch the tennis fever either by watching us practice from behind the fence at the pool or through word-of-mouth from their peers. I started out with just one clinic player and now there are up to 13. "Clinicers" join the tennis team as soon as they feel comfortable; as a result, the clinics have played a big role in the expansion of our program as well.

Inheriting a group of kids previously exposed and accustomed to Mark Paull's instruction; I was keen to maintain and restore their strong foundational core instilled to them by their former coach. However, I was even more keen to spruce up their instructional base by introducing new drills, warm-ups, and games (medicine balls), and by refining their athleticism through commonly over-looked physical exercises that improve agility, strength, and endurance (agility ladders, medicine balls, and yes, push-ups!). The program has taken a big leap with just these additions alone.

New things are being done every day to enhance the program. I think of ideas and then try my hardest to find ways to make them come to life. Being passionate and enthusiastic about the sport itself, the community and the kids I coach, and running a full program by myself for the first time, provides me with the motivation to continually make the program get better and better.

The mist apparatus I set up under the canopy covering the bleachers was one of the ideas I obsessed about early in the season. Although a simple installment, this small innovative invention cools-off and revitalizes players and spectators at practices and matches, amazes clinic players, and now a device that distinguishes our home courts from all other country clubs!

A total of \$160 was raised at this year's Community Day thanks to volunteers both players and parents. The table tennis tournament idea helped muster up around \$50 that will help fund more projects for the program (landscape beautification). Not only did this tournament help raise funds, it greatly promoted the tennis program. The majority of its participants were community members outside the tennis program. In fact, the champion of the 12-under tournament had so much fun that he was sold on joining the tennis program and becoming a Tree City Tennis Player.

The winners of the table tennis tournament can actually be found on our Forest Hills Tennis Facebook Page. I made our Facebook Group Page long before the first practice of the season in order to reconnect with players I coached years ago, and to muster up a reasonable-sized team. Since its creation, it has been extremely beneficial on many levels. Anyone can keep themselves posted on the latest just by visiting our

page. It gives you direct access to all-important news and announcements (practices, matches, tournament times etc.) as well as around 150 fun photos taken from the beginning of the season. It is basically our version of an electronic scrapbook.

The brand new ball tubes work like magic. The most dreaded part of practice (picking up balls) has transformed into the most fun part because the kids love to use the "ballzookas" (a device that allows kids to see their progress collecting balls in a long tube and shoots the balls in a hopper). Adam and I have benefited plenty from this newly-introduced instrument.

A new "tennis/baseball" game was added to the calendar this year. We played tennis/baseball at the Woodland Hills High School Track. It was a team bonding activity and a fun way to bring the team together outside practices and matches. We also practiced kickball to prepare ourselves for the game against our rivals (the swim team). This idea just added another anticipated fun tradition that both the swim and tennis teams can look forward to every year.

Another new tournament added to our calendar not existing in previous years is a tournament organized by Pro José that will be held at the Frick Park clay courts. This will be the first time Forest Hills Tennis Players have ever competed in this tournament and actually played on the clay courts. This is yet another exciting new feat.

While these innovations are taking place, our players are setting new records, achieving great milestones, and maintaining an undefeated status at travel league matches. This season, Jordan Potter made history on June 14 at an away match against the YMCA by being the first player in Forest Hills tennis history to break Dean Daluka's record in career wins (302) made in 2001. It was both an honor and a blast to experience this epic moment of achievement during my first year as head coach.

Additional achievements of players:

Jordan Potter and Marley Shovlin won third place at West Penn Mixed Doubles Tournament

Alphonso Warren and Clair Bachtel competed in the West Penn Mixed Doubles Tournament of the first time. Alphonso Warren won "most effort" award: so both varsity and junior varsity won in a way at this tournament on a very hot and humid Friday, July 6.

Anthony Clark joined the Elite 250 career win club this season at a home match against the YMCA. Owen Fink runner-up of 12-under singles tournament, and Nelson Zhukas runner-up of 18-under singles tournament.

Lastly, although I have been very busy perfecting aspects of the program that affect us now, there are also very big ideas out there that once in effect, will profoundly impact the future of the tennis program. After various discussions and research, there are plans underway involving a project working with large sports companies to obtain funds for brand new tennis courts. Check out future issues of the *Tree City Times* on how we're working to get this huge undertaking accomplished.



Forest Hills Tennis Team

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Fall and Winter recreation programs

Dog Obedience

This class is open to dogs of all ages and tailored to cover all stages of training. Arlene Halloran, certified dog trainer and breeder, will give a basic introduction to obedience commands, teach basic disciplines such as house breaking and chewing, and show you how to develop an enjoyable relationship with your new puppy. Class size is limited to 10 dogs; if necessary, a second class will be added.

There's still time to join

Fall Session - 12 weeks

Dates: *Thursdays, September 13 to December 6 (no class on November 22)*
Time: 7 to 8 p.m.

Class is limited to 10 dogs; if there are more than 10 dogs registered, instructor will add another class.

Location: Pool Lodge

Fee: \$40

There will be no winter class - next class will be spring 2013

Guts and Butts - Feel the burn!

Bust those guts and butts doing a 60-minute workout with Instructor Miriam Messick who will lead you in a program of squats, leg lifts and overall toning of the lower body and core.

There's still time to join

Fall Session - 12 weeks

Dates: *Wednesdays, September 5 to November 21*

Times: 6:30 to 7:30 p.m.

Location: Pool Lodge

Fee: \$40

There will be no winter class—next class will be spring 2013

Yoga

As a certified yoga instructor for over 20 years, Theresa Trojanowski will spend 90 minutes helping you relax and unify your mind, body and spirit while improving your health, and easing away stress using breathing exercises, special postures and meditation.

Winter Session - 12 weeks

Dates: *Mondays, October 29 to January 14*

Time: 6 to 8 p.m.

Location: Pool Lodge

Fee: \$40

Deadline for pre-registration:

October 15

After this date, the fee will be \$45

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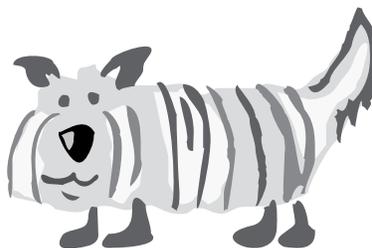
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some well-deserved attention. Each class includes: free idea sheets and attendance gifts, free use of cropping tools and ideas books. Workshop supplies and variety scrap-booking sets are available for purchase. For more information or if you have any questions about the class, call Fran at 412-824-7197.

Beginners' classes for adults and kids are from 6:30 to 7:30 p.m.; workshop is from 6 to 10 p.m.

There's still time to join

Fall Session – 12 weeks

Dates: Tuesdays, September 11 to

November 27

Time: 6 to 10 p.m.

Location: Forest Hills Senior Center

(Avenue D)

Last day to register: September 7

Fee: \$55

After this date, the fee registration is \$60

There will be no winter class, but will resume in spring 2013.

Send registration form with your check or money order made payable to:

Forest Hills Borough

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Attention: Recreation Department

If registering for more than one class, please submit separate checks or money orders for each registration. Please also identify the class name on your payment.

FALL REGISTRATION FORM

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Name of Participant	Name of Class / Session	Fee
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2. _____	_____	_____
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WINTER REGISTRATION FORM

Name _____ Phone _____

Address _____

Name of Participant	Name of Class / Session	Fee
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Juniper Village—FREE Fall Community Events

September 10-14—National Assisted Living Week Open House

In honor of National Assisted Living Week Juniper Village at Forest Hills will be hosting an Open House all week long. Members of the community, families and friends are invited to stop by anytime from 10 a.m. until 2 p.m. to attend a free class, tour the community or just say hello. All visitors will receive a free dessert to take home, compliments of their friends at Juniper Village.

September 11, 6:30 p.m.—Aging Gracefully

Join them as Dr. Joanne Andorio from Gateway Hospice presents information on the new concept of "Aging in Place" and discusses how you can age gracefully through the years. This community educational presentation is free and open to the public, however RSVP's are encouraged.

September 12, 1:30 p.m.—Caregiver Support Group Meeting

Gain support and education with their monthly caregiver support group meetings. This month, they will discuss the benefits of socialization and ways to increase social activities for loved ones with memory loss. Juniper Village's monthly support group meetings are approved by the Greater Pennsylvania Chapter of the Alzheimer's Association and are affiliated with the National Alzheimer's Association. Everyone is welcome. RSVP's encouraged.

September 13, noon—Bring a Friend to Lunch Day

New and old friends are invited to attend Juniper Village's Bring a Friend to Lunch Day. Enjoy a delicious homemade lunch while local Frank Sinatra, Dean Martin and

Bobby Darrin impersonator, Nick Fiasco, performs. Admission is free for all of their friends, however RSVP's are required.

September 20, 6:30 p.m.—Veteran's Aid & Attendance Presentation

Are you a veteran or the surviving spouse of a veteran? Did you know that through the Veteran's Aid & Attendance program you could receive anywhere from \$1,074 to \$1,700 a month to help with your personal care home expenses? Debra Maz from the Veteran's Financial Group will be on hand to explain how the Veteran's Aid & Attendance program works, who is eligible, and how you can receive Veteran's benefits to help with your long-term medical care needs. Space is limited and RSVP's are required.

For more information about any of the free community events or to RSVP to attend, contact Juniper Village at 412-244-9901. Juniper Village is located at 107 Fall Run Road in Forest Hills, just off of Ardmore Boulevard.

Celebration of Trees 2012

Juniper Village at Forest Hills is currently seeking participants for their 2012 Celebration of Trees Holiday display. Local businesses, organizations and individuals are invited to decorate a Christmas Tree in a theme related to their business or organization. Then throughout the month of December members of the community can tour the display and vote for their favorite. Last year over 26 different businesses participated. For more information on how you or your organization can participate in the Celebration of Trees Holiday Display, contact Bonnie at Juniper Village at Forest Hills at 412-244-9901.

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Bill McChesney x204
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 Public Works Foreman: *Jim Theilacker x207*
 Recreation Director: *Cindy M. Simm x220*
 Assistant Recreation Director: *Lynn Cassidy x206*

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 Vice President/Borough Property Chair:
Steve Karas x245
 President Pro-Tem / Public Safety Chair:
William Tomasic x242
 Public Works Chair: *Mike Belmonte x244*
 Finance Chair: *Markus Erbeltinger x246*
 Operations & Policy Chair: *Devon Wood x243*
 Planning & Zoning Chair: *William Burleigh x247*

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 Third Wednesday of each month, October 17, November 21, December 19

Committee Meetings:

Meet in council chambers, borough building, 2nd floor

Borough Property, Public Works, Public Safety, Operations & Policy: October 2, November 1, December 4
Finance, Planning & Zoning, Committee of the Whole: October 4, November 8, December 6
Shade Tree & Shrub Committee: October 10, November 14, No meeting in December
Planning Commission: October 31, November 28, December 26
Recreation Board Meetings: October 1, No meetings in November and December

**Meeting dates are subject to change.
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For Your Information

Garden Club of Forest Hills

As we say good-bye to summer, the Garden Club of Forest Hills' members continue working in their own yards and in the Hillside, Butterfly and Native Plant Gardens in the park and the lily and grass beds along Ardmore Boulevard.

They're looking ahead to fall programs and activities that include:

- "Edible Landscapes," with Nancy Knauss, coordinator of the Penn State Master Gardeners program, on October 4;
- "Herb Luncheon," with members Carol Stevenson and Amy Shugerman-Glasser offering advice and recipes, on November 1
- The annual "Holiday Luncheon," with music and more; closing out the year on December 6.

Club members then will take a break, spending much of January and February per-using seed catalogs and planning for another growing season. Meetings will resume in March.

As always, interested gardeners are welcome at club meetings and programs on the first Thursday of the month, usually at Hope Lutheran Church. Call to order is at 10 a.m. For more information about the club, call club president, Carolyn Reuter at 412-243-8384.



With a Disney theme, the members of the Forest Hills Synchronized Swim Team held their annual show on August 5. Congratulations to all the participants on a fabulous show.

Forest Hills AARP

The fall season of meetings for the Forest Hills AARP #2556 will begin with the regular schedule on Monday, September 10 as members and friends gather at the Forest Hills Pool Lodge at noon. Coffee and cookies will be served by Marge Yagodzinski and her committee. President Frank Carretta will call the meeting to order at 12:30 p.m. The usual business will be considered and the Tour Committee will present news of available tours, Program Chair, Doris Hoffman has arranged for the borough manager, Steve Morus, to give an overview of borough affairs at that time.

As the season continues, during the meeting of October 8, the group will be entertained by Hank Eduardo and his accordion. At the November 12 meeting comedian, Charlie Apple will be featured. More definite plans will be announced for the December luncheon when singer Patty Hahn will provide the entertainment.

The Forest Hills AARP #2556 meets on the second Monday of the months, January, February, March, April and May. The June meeting is generally a picnic. Meetings resume in September, October and November, culminating in the Installation of Officers/ Christmas luncheon in December. Tour opportunities are offered for members and friends by the members of the Tour Committee. Visitors are always welcome. For more information call Frank and Mary Carretta at 412-823-0577 or Mary Smith at 412-273-1943.

Forest Hills Hay-Ride 2012

On Saturday, October 20 at 6 p.m., the borough will once again host the annual hay-ride, sponsored by the Forest Hills Police Department, the Forest Hills Volunteer Fire Department and the Forest Hills Public Works Department, and held at the Forest Hills/Westinghouse Lodge on Barclay Avenue..

Free refreshments will be served in the lodge, so come and enjoy a fun-filled evening under the autumn stars, and meet and thank the men and women who protect and serve our community.

Congratulations to this year's Forest Hills Swim Team on their big win at this year's championships—congratulations go out to Head Coach Graham Bodner and Assistant Coaches Nick Ricci and Shea Shovlin—go Stingrays!