



# FOREST HILLS TREE CITY TIMES

*A newsletter for the community of Forest Hills*



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## Link-Age-to-Age— "It takes a village..." to help seniors **by Carolyn Reuter**

**T**hough neighbors helping neighbors is nothing new—beginning in July, 2012, a service debuting in Forest Hills is.

Called Link-Age-to-Age, this service will connect older Forest Hills residents with resources that may help them age comfortably in their own homes. Soon more than just care options will be just a phone call away.

Link-Age-to-Age is the local version of the "village" programs that are springing up in cities across the nation. It will link senior residents in the borough to reputable home repair services so important to maintaining safe and secure environments as well as to-care resources.

It began with the realization that Forest Hills is very much like those "village" communities which are organizing to better meet the needs of the older populaces. Margaret Reed recognized the similar demographics here in the borough; the sense of community, graying of its residents (22 percent are 65 and older) and strong family ties. Then she took a step toward establishing a program here in Forest Hills.

Reed, a longtime Sharon Drive resident, discussed the idea last summer with friends Vivian Broz, of Burlington Road, Dorothy Buchanan, of Filmore Road, and Carolyn Reuter, of Edgewood Road. After learning of a "village" model operating in Mt. Lebanon, they consulted with organizers there in October and came away from that meeting knowing that Forest Hills already is ahead of the curve—its senior center and Flivver transportation services form a solid foundation to build on.

The journey of discovery continued after the women recruited representatives from borough council, civic organizations and churches to work with them. Last November 10, this committee began assessing adult needs and available services. Quickly they identified the biggest problem as lack of communication. They learned that most needs are already being addressed through Eastern Area Adult Services, Meals on Wheels, the Forest Hills Ministerium and other health and welfare providers. The borough is also doing its part by maintaining a list of folks who may be called to shovel snow or rake leaves.

By this past February, after several brainstorming sessions and lots of groundwork, members decided how Link-Age might supplement what is already in place. They zeroed in on simple tasks that frustrate seniors at home, things like changing ceiling light bulbs, repairing leaky faucets or replacing broken cabinet or door hardware.

Providing such help presented a conundrum of sorts: how to offer suggestions without actually endorsing a workman. After consulting an attorney, organizers decided that posting business cards in a public place—in this case, at the Forest Hills Senior Center—would enable those requesting assistance to pick and choose, then negotiate the fees for service.

Link-Age-to-Age will maintain a presence at the senior center, with staff and volunteers there answering telephone inquiries and directing callers to appropriate

*Continued on page 2*

## Link-Age-to-Age

Continued from page 1

resources. Also available will be a bulletin board designated for Link-Age connections and materials about care providers.

Link-Age also will encourage all neighbors in the borough to get connected, regardless of age. Exchanging emergency contact information with those living close by could save time and even lives in the event of falls or unexpected health issues.

An official kick-off of Link-Age-to-Age is planned for Community Day on July 4 at the Forest Hills Park. After that, residents may call 412-824-5610 to connect to resources available to help them at home.

Others involved with creating Link-Age-to-Age include Flivver maintenance coordinator Pat Brennan; Forest Hills Rotary Club member and Juniper Village representative Bonnie Caripolti; Late Bloomers Garden Club member Barbara Cavanaugh; Eastern Area Adult Services Director Linda Doman; Boy Scout Troop 90 leader Tim Fisher; Forest Hills Lions Club member Michelle Lee; and Borough Councilman Bill Tomasic.

Anyone representing a group that is not yet involved, but would like to be is urged to call one of the organizers.

*Ms. Reuter is president of the Garden Club of Forest Hills*

## Forest Hills—deep in green tradition

by Steve Karas, Vice President, Forest Hills Borough Council

Forest Hills has had a long tradition of being “green.” Recent efforts by borough council, volunteers and our administration have allowed us to be even greener and save our residents money. We have become an example for other communities seeking to be eco-friendly economically. The old thought was that to be environmentally-friendly was not synonymous with cost savings. The new reality is that the more environmentally-conscious we are as a community, the more money saved. It truly is a “win-win” situation.

Recycling more and sending less to the landfill allows us to save money in dumping fees as we throw away less—and receive more in state grants as we recycle more. Weekly recycling will allow this to happen. Over the past four years, our recycling efforts have steadily improved and we hope weekly recycling increases that number even more. We can achieve that goal if everyone does their part. Our planned composting area will allow for a needed supply of free nutrition for borough trees and plants and keep organic waste out of the landfill. As part of our tree maintenance program, wood chips are used in borough parks and paths and are made available free to residents for home use.

Borough council, with the help of Borough Manager Steve Morus, obtained a grant to have our greenhouse gases and energy use assessed. Because of our initiative, we received grants for lighting and water conservation, saving the borough even more money. Future programs may continue to develop. We have also completed our own in-house assessment of lighting, water use, and insulation. Paying less and using less energy was and still is the borough’s goal.

Future projects that are being studied include: skylights in the Volunteer Fire Department at the request of Fire Chief Jim Theilacker, solar panels on the roof of the borough building, a “green roof” for the magistrate’s office and evaluation for green-building recognition. The Borough’s Strategic Plan (championed by Council President Frank Porco, Jr.) includes in its goals furthering these ideas, pedestrian safety, green-space maintenance and a well-thought-out direction for the sustainable future of Forest Hills. Green ideas save money, and we encourage residents to bring new ideas to borough council so we can continue the tradition that was started by those that served before us.

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Arranged for weekly recycling to allow for increased recycling of: paper, plastics, glass, metal, aluminum and paperboard (such as cereal boxes, etc.). More recycling leads to less in the landfill, less in fees and more grants.	Recycle all of the appropriate items. The more we recycle, the better. Old phone books can go in the recycling bins.
Paper Retrievers obtained to benefit the Forest Hills Volunteer Fire Department. Corrugated recycling is available at the borough building.	Save your paper and recycle it at the municipal building or pool parking lot containers. Recycle your corrugated cardboard at the municipal building. Please flatten your box to allow for more room.
Recycling available at all borough properties – i.e., rental facilities and borough parks.	Take a minute to recycle in the appropriate container and don't place garbage in the recycling bins.
Obtained a free greenhouse gas inventory from a county grant which allowed the borough to retro-fit select properties to save money and use less energy.	See where you can save money by accessing the tools on websites such as: <a href="http://www.squidoo.com/Carbon-Footprint-2">www.squidoo.com/Carbon-Footprint-2</a>
Purchases energy with other municipalities to achieve the best rates.	If you take advantage of energy choice, consider a local green energy provider, such as Tri-Eagle Energy, that offers 100% wind energy at a lower rate than many conventional products.
Obtained retro-fitting of faucets, showers and commodes to use less water and save money.	Can easily install low-flow showerheads and sink nozzles to use less water. Call a local Forest Hills plumber to see how easy it can be. Over-achievers can install rain-barrels for free water and lessen the impact on our sewage system.
Utilizing the space behind the Westinghouse Lodge for a composting site. This allows the borough to apply for needed grants from the state and takes organic waste out of the refuse system.	Consider a composting pile at your home. They are easy, eliminate the chore of bagging yard waste, help you save water and become excellent nutrition for gardens and plants.
Long tradition of being honored as a Tree City USA and recently recognized in Designing Home Lifestyle Magazine for its green space and parks.	Plant a tree. Enjoy and help keep our parks and green spaces clean.
Borough employees collect: glasses, printer cartridges, old cell phones and old flags at the municipal building and recycle them for cash.	Take advantage of a new affordable feature which recycles old electronics, computers, chemicals, paint, light bulbs, batteries and other hazardous waste by calling Waste Management at 800-449-7587. They will provide you with simple, safe and free instructions, and will come to your home to pick up the items.

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# COMMUNITY NEWS

Use your Smartphone to click on the code below to access the borough's website.



As you travel along Ardmore Boulevard this summer take a moment to notice the color along the medians. The **Late Bloomers Garden Club** takes great pride in the results of some very hard work to beautify the community. Since its creation in 1999, the Late Bloomers have worked to stay true to their original objective—to stimulate the knowledge and love of gardening in the community as well as their personal gardens, to aid in environmental protection, to encourage civic plantings and to participate in community action.

For the last 13 years, the Late Bloomers have been committed to doing their part to make Forest Hills a beautiful place to live. The membership 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](http://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 2012 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](mailto: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.

Where can you find delicious, newly-harvested produce; local, farm-raised beef; fresh-from-the-oven bread and desserts

that will make you swoon? The local **Forest Hills Farmer's Market**, that's where. The market will be opening for the season on Friday, June 1—just in time for weekend picnics and barbeques.

Plan to stop at the market every Friday from 4 to 7 p.m. for an enjoyable, open-air shopping experience. In addition to grocery staples, you can pick up Middle Eastern delicacies, jams and jellies, pasta, pierogies and much, much more.

The market is also a great place to meet your neighbors and catch up on the latest news and all things Forest Hills. Take a moment to stop by the Late Bloomers Garden Club table to chat with members about gardening or offer your thoughts on the market.

The Forest Hills Farmer's Market—operated by the Late Bloomers Garden Club—is located in the parking lot of the Forest Hills Presbyterian Church (look for the signs on Ardmore Boulevard).

For more information, visit [www.latebloomersgardenclub.com](http://www.latebloomersgardenclub.com) or [www.foresthillsfarmersmarket.com](http://www.foresthillsfarmersmarket.com). After your visit, they're convinced you'll want to "like them" on Facebook.

**Hope Lutheran Church** of Forest Hills continues to host a Taize Prayer Service on the first Friday of each month at 7 p.m. Although there will be no Taize in July and August, the monthly service resumes on Friday, September 7. Taize is a spiritual prayer service featuring beautiful music and times of meditation that vary from traditional Sunday morning worship. It is a time to step back and reconnect spiritually and to offer prayers for others, either out loud or silently.

Hope is located at 353 Ridge Avenue at the intersection of Braddock Road and all are invited to Sunday morning worship at

9:30 a.m. Occasionally during the summer, the members of Hope have the opportunity to worship outdoors. Call the church office for more information about these outdoor services. The Rev. Susan C. Schwartz is pastor. For more information, contact Hope at 412-242-4476 or [Hopeforesthills@aol.com](mailto:Hopeforesthills@aol.com) or visit their website at [www.HopeForestHills.com](http://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. 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 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.

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.



**The American Cancer Society**  
**Relay For Life** of Pittsburgh East Race will be held July 14-15, at Penn Hills High School Stadium 10 a.m. to 10 a.m.

### What is Relay for Life?

Relay for Life is the signature event of the American Cancer Society, and is an overnight, non-competitive community event where teams of 10-15 people take turns walking or running around a track. Teams camp out and enjoy themselves in a carnival-like atmosphere complete with entertainment, food, games and fun! Relay for Life unites members of the community who are committed to the fight against cancer. It includes the following communities: Penn Hills, Monroeville, Plum, Forest Hills, Edgewood, Swissvale, Pitcairn, Turtle Creek, East Pittsburgh, Chalfant, Wilkinsburg, Churchill, Braddock Hills, North Braddock, Wilkins and Braddock.

### Ways to Support the Relay:

- **Sponsor the event.** Donate for a program ad ranging from \$25—\$100, a track sign for \$100, or your company logo on the back of the entire event t-shirts for \$1,000.
- **Volunteer at the event.** Help assemble the luminaire bags by putting sand and a candle in each of them and then line them around the track. Help set up the survivor dinner by decorating and assembling the room.
- **Form a team.** Individuals of all ages and backgrounds are invited to form walking/running teams. Registration is \$100 per team. This fee is credited to your team. Teams can consist of one person or as many people as you want.
- **Invite a survivor.** The Survivor Celebration of Life dinner will take place at 6 p.m. during the relay on July 14, with the survivor lap to follow the dinner. Survivors do not have to be part of a team or pay any fee for the Survivor Celebration.
- **"Light the Way" to a cure.** A gift from the heart donation per candle allows a luminaire candle to be displayed at the relay, around 9 p.m. on July 14. Luminaire can be lit in memory of an individual who lost their struggle with cancer or in honor of those who are winning their battle.
- **Attend the event and join the fight against cancer.** The relay is open to the public from 10 a.m. to 11 p.m. on Saturday, July 14. Come enjoy food, games, and entertainment. Some entertainment they have scheduled so far includes the following:  
 Exotic Parrot Show, Pittsburgh Metro Chapter of the Barbershop Harmony Society, Celtic Music, Rox Performance Academy Band, The Pic-Up Kids Band, a rock climbing wall, classic car show and

an inflatable slide. They plan to have a children's lap around 4 p.m. on Saturday, July 14, and they would like to invite all local children to take part in the lap.

To form a team, volunteer, be a sponsor, register as a survivor or donate for a luminaire, please contact Jennifer Jones at 412-919-1054 or at [jenn.jones@cancer.org](mailto:jenn.jones@cancer.org)

Visit the website for the Relay for Life of Pittsburgh East: [www.relayforlife.org/pagtheast](http://www.relayforlife.org/pagtheast).

**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 FHPC. It is open to all boys ages 6-11.

For more information contact Beth Brucker at [bruckerfamily@verizon.net](mailto:bruckerfamily@verizon.net). For more information, visit the scout website: [www.foresthillspack90.us](http://www.foresthillspack90.us).

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## Environmental Award for Forest Hills Borough

The borough recently received an award from the Allegheny County Health Department's Air Quality Program as a winner for the 2011 Enviro-Star Award.

The borough's commitment to pollution prevention and sustainable business practices, set us apart as an example for all others to follow. The letter that accompanied the award was from James Thompson, Program Chief for the Allegheny County Health Department's Air Quality Program, and stated that it recognizes the initiative the borough has taken to reduce energy consumption and waste; and the commitment to the environment.

The award is displayed in the borough office.

# Municipal News

## Crime alert sent out to residents—March 2012

Two burglaries occurred between the hours of 9 a.m. to 1 p.m.—one in the 100 block of Elmore Road and one in the 600 block of Cascade Road. Forcible entry gained through the back door.

The new SwiftReach Program was able to call every household in the borough in less than 10 minutes. Do your family members let you know if a Crime Alert was left on your answering machine? Do family members know about the new CrimeAlert and Borough Emergency Alert System? Please take the time to discuss this with family members, especially children.

If you observe any suspicious person(s) in your area, please contact police immediately by dialing 911.

If you do not receive these messages and want to be included in the Borough Wide Emergency Alert System, please send your name, address and phone number to:

**NCRC c/o Forest Hills Borough Building,  
2071 Ardmore Boulevard, Pittsburgh, PA 15221**

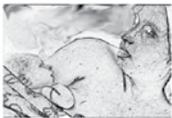
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## Children's fingerprinting at NCRC Community Day booth

On Wednesday, July 4, during Community Day, stop by the NCRC's Crime Alert Booth to have your children fingerprinted by a Forest Hills Police Officer from Noon to 2 p.m. Parents will receive their children's fingerprints to keep for family records.



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## National Night Out—Continuing a tradition

On Tuesday, August 7 from 7 to 10 p.m., the Neighborhood Crime Resistance Committee (NCRC) encourages residents to participate in National Night Out, an event that has taken place in the borough for 26 years. NCRC is asking neighbors to turn on their porch lights, sit out on your front porches watching out for your neighborhood, and even have a block party. On that evening, members of the police department, the fire department and ambulance service will be patrolling the streets to show their support for National Night Out. It is more important than ever to send a message to criminals that Forest Hills is actively involved in a neighborhood crime resistance program.

*The application to participate in the block party is found on page 13.*

## POLICE DEPARTMENT NEWS

### Then and Now by Police Chief Chuck Williams

The Forest Hills Police Department was established in 1922 shortly after the Forest Hills Borough's incorporation in 1919. In those days communication was a little difficult. Without the benefit of a police radio system the officers would be at or near the police station to receive calls by phone.

Through the years, with the rapid evolution of new technology, we patrol the streets with laptop computers, video systems and use Tasers to assist us in subduing uncooperative suspects. Even the levels of training and education have evolved making police work more of a profession than a job.

Today's police department is also assisted by the Neighborhood Crime Watch Committee who funds our phone notification system (SwiftReach) through grants received from State Senator Jay Costa. The system provides information to our residents of crimes that have occurred and what to look out for. Residents then can assist the police with additional eyes and ears in the community helping to proactively notify the police and stop potential crimes.

The Forest Hills Police Department stands ready 24/7, 365 days a year to provide the needed services to our community.

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# Clip-n-save

## 2012 FOREST HILLS BOROUGH REAL ESTATE TAX STATEMENTS

2012 borough real estate  
tax bills were  
mailed April 1.  
Due at discount by May 31  
or due at face by July 31.

## TAX TIME

The 2012 Forest Hills Borough Real Estate Tax Bills were mailed to property owners in March. The last day to pay borough real estate taxes at the face amount is July 31. Beginning August 1, any unpaid 2012 borough real estate tax bills will be due at the penalty amount as indicated on the bill.

The 2012 Woodland Hills School District Real Estate Tax Bills are scheduled to be mailed to property owners around July 1. This bill will be due at the discount amount by August 31, or can be paid in full at the face amount by October 31. For information regarding the optional school tax installment plan, detailed instructions will be included with the school tax bill. If you mail your real estate tax payment or place your payment in the borough drop box, please be sure to include a self-addressed, stamped envelope if you would like a receipt returned to you.

If you are expecting a school real estate tax bill and do not receive your bill in July, please notify Janet Sullivan, Tax Collector, at 412-351-7348. Also, if you have refinanced or paid off your mortgage, please call the tax collector as soon as possible with the updated information.

## THE BOROUGH BULLETIN BOARD

### Compost Pick-up

The Borough's Public Works Department will help residents obtain compost at the Route 22 site in Churchill Borough on Saturdays, June 9 and June 16 from 8 a.m. to 1 p.m. Residents must bring their own containers, and show a valid driver's license. Delivery is available for \$30 per small dump-truck load, and material is \$10 per high-lift scoop. The site is located at the intersection of Route 22 and Rodi Road/Nottingham drive. Entry is permitted only from the west-bound lane.

### Yard Waste

The borough is currently working to implement a yard waste recycling program. This waste would include chipped brush and leaf waste (separate from the usual fall leaf collection program) but not grass clippings. Further information on the program will be posted on the borough's web-site and a future issue of the Tree City Times.

### Street parking permits—update

Thanks to all who participated in the borough's survey on overnight parking. The results were overwhelmingly opposed to permitting overnight parking in the borough. Borough council determined that no change would be made to the current regulations.

Police Chief Williams says in order to receive special permission for overnight parking you would need to call 911 and provide your name, address, phone number and vehicle type/registration information. Generally, the police permit call-ins four times a month, but for longer term events like resurfaced driveways, residents would only need to call in once.

### Computer and electronics Collection Day— divert e-waste from your local landfill!

**When:** Saturday, June 23—9 a.m. to 1 p.m.

**Where:** Forest Hills/Westinghouse Lodge Parking Lot  
(Barclay Avenue between Greensburg Pike and Perry Street)

Bring your unwanted computers, monitors, printers, fax machines, cell phones, digital cameras, chargers, adapters, microwaves, stereo systems, VCRs and any other hard-to-recycle electronic waste.

Goodwill of Southwestern Pennsylvania is the non-profit of choice for safe, easy and free recycling of computers and electronics. All data hard-drives are data destroyed to Department of Defense standards. By donating your unwanted computers, you are helping Goodwill provide employment to those who refurbish and salvage them. Goodwill also offers expert services to help people overcome physical, mental, educational, social and economic barriers that stand between them and having a meaningful job.

### Trash Collection—Holiday Schedule:

Wednesday, July 4—trash collection will be delayed one day during this week.

# Curbside recycling and trash collection in Forest Hills—Frequently asked questions

## What can I recycle?

Forest Hills has instituted single stream recycling. The following items may be co-mingled in the recycling container (use the container obtained from the borough only; do not place in bags):

- Cans (tin, aluminum and bi-metal)
- Glass bottles and jars (clear and colored)
- Plastics #1 to #5
- Paperboard (cereal boxes, etc.)
- Newsprint (tied with string or put into paper bags—please on top of or next to your recycling bin)
- Corrugated cardboard (collected at the borough building as long as demand is high)

## Recycling do's and don'ts

**DO** rinse out all cans, jars and plastic containers—take off lids and caps and throw them away. You do not have to remove the labels.

**DON'T** recycle bags (many grocery stores have collection bins for these), cups, foil or Styrofoam.

**DON'T** put recyclables in plastic bags. Keep them loose.

*A complete listing of recycling resources for motor oils, computers, tires and numerous other items is available in the borough office or on the Allegheny County Website—Recycling Resource Directory.*

## Where can I get an additional or replacement recycling bin?

Recycling containers are available for purchase at the borough building for \$15 (fee subject to change).

## What is the cost of garbage collection?

Each household pays the borough a quarterly fee for curbside refuse collection and co-mingled recycling (contact the office for the current fee which may change from year to year). For an additional fee, rear-yard collection may be arranged directly with Waste Management Customer Service at 800-458-4090.

Special collection of hazardous waste, construction materials, or dead animals exceeding 10 pounds may also be arranged with Waste Management. Senior citizens who qualify for the Allegheny County Act 77 Tax Relief Program may pay a reduced refuse fee.

## What can I put in the garbage?

All household refuse and bulky items except tires, car parts, construction materials, dirt, rocks and household hazardous waste (motor oil, dangerous chemicals, insecticides and paint). The contents of latex paint cans must be completely dry. Branches no longer than 48" in length, 2" in diameter, and not exceeding 35 pounds must be tied (bundled). Refrigerators (doors removed) and air conditioners must have the Freon removed by a licensed technician and tagged before being placed on the curb.

## How should garbage be stored and when is garbage picked up?

All garbage should be stored in containers of 20 to 35 gallon capacity with tight fitting lids and handles of adequate strength for lifting and not to exceed 60 pounds. Recycling should be collected in designated containers no larger than 20 gallons. These containers should be placed at the curb for collection no earlier than 6 p.m. the day preceding and no later than 6 a.m. the day of trash collection for pick up. The empty containers must be removed from the curb by 6 p.m. the same day. Recycling is collected every other week, and should be placed on the curb near the refuse containers.

## Where do I put the garbage and recycling for collection?

Weekly garbage collection for most homes is on the front street. If your alley is paved, garbage may be collected there. Please refer to the borough website—[www.foresthillspa.org](http://www.foresthillspa.org)—and select "information for residents" then "garbage and

*Continued on page 10*

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# Curb-side recycling and trash collection

Continued from page 9

recycling schedules,” or call the borough office if you have questions regarding your trash pick-up day or recycling schedule.

### What holidays affect garbage pickup?

When they fall on a weekday only, garbage/recycling collection is delayed by one day following New Year’s Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day and Christmas Day.

### What if my garbage is not picked up?

Heavy snowfall may delay collection. Please be patient. If you are concerned that your home or street has been overlooked, please call the borough or Waste Management (after hours).

### How does the borough handle leaf collection?

Forest Hills is required by PA Act 101 to separate leaf waste from other garbage. 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, not in the street. These leaves will be collected by the borough’s public works department and composted. Look for leaf collection signs posted in our neighborhood. Do not put your leaves in plastic bags. If you wish to bag them, use bio-degradable bags—large brown paper bags.

### How does the borough handle yard waste collection?

Forest Hills collects yard waste in the spring and early summer as outlined in our wood chipping program (see policy for details or contact the public works foreman at 412-351-7330 x207). Briefly, the borough will provide the following service to residents at no additional costs as specified in the wood chipping program guidelines:

1. Approved items must be placed at the curb.
2. Lumber, building materials, landscaping timbers, etc. are not accepted.
3. The chipper can accept brush, branches and trees up to ten (10) inches in diameter.
4. Public Works Employees have the final say as to whether an item or the quantity is acceptable for removal.
5. Materials will not be picked up from any apartment complex, business or institution.

Please see the complete policy for all guidelines and requirements on the borough’s website - [www.foresthillspa.org](http://www.foresthillspa.org).



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### Compost for residential use

Residents may pick up leaf mulch at the composting site operated in conjunction with Churchill Borough on Route 22. It is usually available the first two Saturdays of June; however, look for more information in the summer issues of the Tree City Times—there is a small fee.

### What other information on recycling and waste is helpful to know?

#### Recycling alternatives

ABITIBI Paper Retriever® is available in the District Magister's Parking Lot (next to the Fire Department) and the Pool Lodge Parking Lot for collecting all of your newspapers, magazines, office and school papers, shopping catalogs and mail. Proceeds from this collection box benefits the Forest Hills Borough Volunteer Fire Department.

There is a collection box available at the borough office for used cell phones, empty laser cartridges and inkjet printer cartridges.

**Rechargeable batteries**—Recycle rechargeable batteries at the borough office. Nickel Cadmium (Ni-Cd), Nickel Metal Hydride (ni-MH), Lithium Ion (Li-ion) and Small Sealed Lead (Pb) \*weighing less than two pounds.

**Household hazardous waste**—Look for notices at the borough building or on the community calendar for special hazardous waste collection days.

**Construction Junction**—accepts donations of excess construction materials, cabinets, doors, windows, countertops, etc. They are located at: 214 N. Lexington Avenue and their phone number is: 412-243-5025. Drop off appliances containing

Freon and E-Waste (computer-related equipment) for a fee. Bicycles may be donated for reconditioning and reuse/resale. Rain-barrels and composting bins are also available for sale.

### Other helpful information:

**Rain-barrels**—Collect storm-water from your downspouts and use it to water your gardens. This may reduce your water and sewage bills while helping to control storm-water runoff and sewage overflows while replenishing ground-water. See the borough's website (environmental issues area) for more information and directions on making your own rain-barrel, or call the borough office.

Composting—like other recycling efforts, composting decrease the amount of solid waste sent to the landfill (reducing costs) and yields valuable soil amendment or may be used as mulch reducing the amount of water needed to keep plants healthy.

*This information is subject to change and intended only as a summary of the regulations regarding refuse and recycling. For more information, call the borough office at 412-351-7330, or see Chapter 20 in the Borough Code of Ordinances which is available at: [www.foresthillspa.org](http://www.foresthillspa.org); clicking on the "Information for Residents" tab then "Codes, Ordinances and Forms." You will see "Chapter 20, Solid Waste and Recycling," near the bottom of the page. The Code of Ordinances is also available for viewing at the borough building.*



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# It's that time of year again ...

## Community Day



We will be celebrating the 66<sup>th</sup> Annual Forest Hills Community Day on Wednesday, July 4 (rain or shine). Community Day will feature games and races, food, sporting contests, a petting zoo, entertainment, bingo for all ages and so much more.

Community Day has been financially self-sustaining for all its 66 years. The committee depends on the raffle proceeds and the business sponsorships to provide the necessary funding to make Community Day a relaxing, joyful community celebration.

Please be generous when buying raffle tickets for some great prizes such as a flat-screen television, box seats for a Pirate game, Steeler tickets and a whole list of other great prizes.

The committee would like to thank all of the patrons, businesses and individuals who have supported Community Day and continue to do so. They couldn't do it without you.

Programs and tickets will be mailed to every residence. If anyone wants to volunteer an hour or two on Community Day, call 412-824-8800.

Hope to see you on the 4th of July at the Forest Hills Main Park.

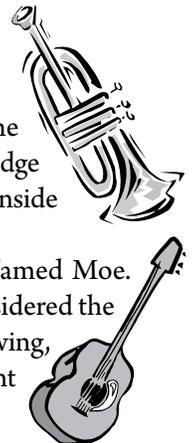
Committee Members: Linda Mallick, Pat Lanigan and George Schmidtetter



## 2012 Forest Hills Concert

Once again, bring out your lawn chairs and come and enjoy some great music under the stars at the Forest Hills/Westinghouse Lodge on Friday, August 17 from 7 to 9 p.m. Refreshments will be available inside the lodge, and tickets for a 50/50 Raffle will be sold.

The band performing will be Jimmy Sapienza's Five Guys Named Moe. Come dance and relax to this award winning Pittsburgh band. Considered the best "jazzmen in the 'burgh," enjoy performances that include jazz, swing, oldies, classic rock—you name it, they play it. So come along for a night filled with the best music in town.



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# The Mayor's Block Party Contest—Some friendly, neighborhood competition

The tradition continues on Tuesday, August 7—6:30 to 10 p.m. with Mayor Marty O'Malley riding through the community to pick this year's block-party winners. So turn on your lights and join in on a night filled with good food and lots of fun. The judging will begin at 6:30 p.m. and the winner will be selected by the mayor around 9:30 p.m.

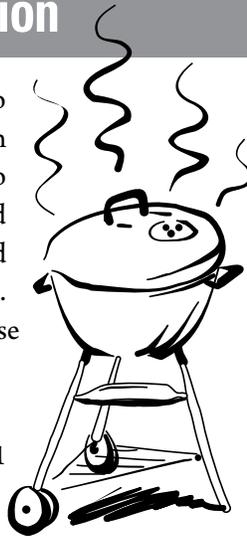
If you would like to participate in the festivities, please fill in the registration form and either bring or mail it to:

**Forest Hills Borough**  
**2071 Ardmore Boulevard • Pittsburgh, PA 15221**  
**Attention: Mayor's Contest.**

Mayor O'Malley welcomes and encourages residents to send him an e-mail at, [martybomalley@yahoo.com](mailto:martybomalley@yahoo.com) with ideas, comments or suggestions on National Night Out or any other issue you would like to discuss.

**National Night Out—Mayor's Block Party Contest Registration Form**

**Deadline: Friday, July 27**



Name of Group: \_\_\_\_\_

Location: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Primary Contact Person: \_\_\_\_\_

Any Special Requests: \_\_\_\_\_

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As you can imagine, expenses continue to increase in order to maintain our community pool. In order to support this priceless and irreplaceable asset, and maintain it for borough residents' use only, the Forest Hills Recreation Board is reaching out to **YOU**—our friends and neighbors. Please consider making a donation to the Forest Hills Pool Fund.

If you are currently a member, we thank you for your support. We hope we can count on you as a partner and supporter of the Forest Hills Pool.

Sincerely,

The Forest Hills Recreation Board

---

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# BUSINESS SPOTLIGHT



## Home Instead Senior Care

**H**ome Instead Senior Care finds a warm welcome in Forest Hills. Reed Kovalan, owner of the Home Instead Senior Care franchise, is happy that his company's move to Forest Hills has been so warmly received. They provide assistance to senior citizens in their own homes. "We provide services that improve our clients' quality of life. We help with meal preparation and medication reminders. We encourage our clients to eat healthy meals and engage them socially. In addition, we assist clients with personal care activities including help with dressing, bathing, ambulation and getting to their doctor appointments consistently," says Kovalan. They are an international franchise organization with over 750 franchises across North America and franchises located 19 countries across the globe. "A great portion of our clients also suffer from the heartache of cognitive decline." Unfortunately, Alzheimer's disease and other related dementia diseases can have a catastrophic effect not only on the person afflicted with the disease, but also their spouse and other loved ones," Kovalan continued. "We have a unique education program for our CAREGivers that provide the in-home care. The CAREGivers have a support system that is headed by an RN and is administered by nurses and a physical therapist." Home Instead Senior Care is also designing some classes that will be offered to the community in the fall, on how to cope while living with Alzheimer's disease.

They are always looking for compassionate CAREGivers. If you are interested in changing someone's life for the better, give Home Instead Senior Care a call at 412-646-1257. They are now located at 21 Yost Blvd, Suite 400.

If you would like to visit the office, feel free to stop in Mondays through Fridays between 8:30 a.m. to 5 p.m. If you have specific questions on how their services can be effective for someone in your life, contact Mr. Kovalan at reed.kovalan@homeinstead.com.

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## Juniper Village—Keeping seniors and caregivers informed

Juniper Village at Forest Hills will host its second Gourmet Pancake Breakfast on Saturday, July 28 to benefit Bryn Mawr Farms Organization and the Gateway Project Welcome Wall on Sherwood Road. Breakfast will be served from 9 to 10 a.m. and features pancakes with fruit toppings, scrambled eggs and ham, pastries and fresh fruit salad prepared by Chef Ken Miller and his staff. RSVP by July 21 to 412-244-9901 and get \$2 off walk-in ticket prices of \$8 for adults and \$5 for children 6-12. There's free admission for children under five years old.

Here are some other activities at Juniper Village taking place this summer:

### **Community yard sale**

**Saturday, June 2—8 a.m. to noon**

Whether you are looking to sell or buy...you won't want to miss Juniper Village's First Annual Community Yard Sale. Browse through tables of gently-used and unwanted treasures. For more information or to reserve a free table to sell your goods, contact Juniper Village at Forest Hills at 412-244-9901.

### **Seniors for safe driving courses**

**July 24 & 25, 9 a.m. to 12:30 p.m.**

Are you a safe driver? Improve your abilities and lower your insurance premiums by attending a Seniors for Safe Driving course. This two-day seminar is designed for drivers over the age of 55 who want to improve their driver's safety and receive a five percent discount on their automobile insurance premium for three years after taking the course. For more information or to RSVP to attend, contact Seniors for Safe Driving at 1-800-559-4880. The classes are just \$16 per person and space is limited so call today.

### **Seniors for safe driving refresher course**

**July 25, 1:30 p.m.**

This four-hour seminar is designed for seniors who have successfully completed a senior education course in the past and want to continue to receive

their five percent insurance premium discounts. For more information or to RSVP to attend contact Seniors for Safe Driving at 1-800-559-4880. Seats are limited so call today.

### **Juniper Village at Forest Hills celebrates National Assisted Living Week**

**September 9-15**

Friends, families and members of the community are invited to visit Juniper Village anytime from 10 a.m. to 2 p.m. Monday, September 10 through Saturday, September 15 during their open house. Free community educational events, entertainment and gifts will be available throughout the week. For more information or a calendar of events, contact Juniper Village at 412-244-9901.

### **Veteran's aid and attendance presentation**

**September 20, 6:30 p.m.**

Professionals from Veteran's Financial will be on hand to share information about the Veteran's Aid and Attendance Benefit Program. Learn how you and/or your surviving spouse can receive monthly benefits from the Federal Government to help pay for your long-term care needs. This benefit can provide a significant monthly income of \$1,000 to \$2,000 dollars a month to those who meet the eligibility requirements and may enable you or your loved one to afford the monthly care you need. For more information or to RSVP this free community educational event, contact Juniper Village at Forest Hills at 412-244-9901.

### **Juniper Village at Forest Hills monthly dementia caregiver support group meetings**

Meetings are held the second Wednesday of every month at 1:30 p.m. at Juniper Village at Forest Hills, 107 Fall Run Road in Forest Hills. Everyone is welcome to attend these free community educational events, however RSVP's are required. Free Adult Day Care services are available.

The following are the topics to be discussed for the next quarter:

### **Meeting Topic—Dietary needs**

**June 13, 1:30 p.m.**

This month they will discuss how dietary needs and eating patterns for Dementia patients and the changes to expect with the illnesses' progression. 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.

### **CAREGIVER SUPPORT GROUP MEETINGS**

#### **Meeting Topic—**

#### **Organizations and resources available**

**July 11, 1:30 p.m.**

We all know help is out there, but sometimes you just need to know where to look. This month they will discuss the many local and national organizations available to help Alzheimer's and Dementia patients and their families. Discover all of the wonderful resources they have available right here in our local Pittsburgh area.

#### **Meeting Topic—**

#### **Aspiration pneumonia**

**August 8, 1:30 p.m.**

Aspiration Pneumonia is the number one reason for death in Alzheimer's patients. Learn what causes Aspiration Pneumonia, ways to manage it and how you can prevent it from affecting your loved one.

#### **Meeting Topic—**

#### **The benefits of socialization**

**September 12, 1:30 p.m.**

Patients with memory loss often shy away from socializing however there are many benefits for maintaining relationships. Join them as they share information about the benefits of socialization and discuss ways in which you can help keep your loved one active and engaged throughout all phases of their memory loss.



## School happenings

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

**Christ Lutheran's Vacation Bible School** will take place the week of June 18 through June 22 from 9 a.m. to noon. The theme will be *The Amazing Desert Journey*. Children ages 3 through 8th grade are welcome to attend, and may register by calling the church.

Christ Lutheran's first day of school for the 2012-2013 school year is planned for Thursday, August 23. If you have not registered yet, please do so at your first opportunity. Once again Christ Lutheran will have a booth at the Forest Hills Community Day Event on Wednesday, July 4. They will be giving out "Living Water." Christ Lutheran's Summer Program is in full swing, with "wet days," field trips and many arts and crafts. They are gearing up for another super year of academics, new technology, service projects and the arts. Schedule a visit and see for yourself all the great things going on at the school. There is financial aid available. They offer before and after-school care and a loving, caring atmosphere where children learn that they each are God's creation, with special gifts, talents and abilities. They also offer a full breakfast and lunch program, computer classes, art, music and accelerated reading programs. The class sizes are small enough to accommodate individual learn-

ing abilities. Their new technology allows for creative student interaction. For more information, please call 412-271-7173.

**Trinity Christian School** is now accepting applications for Kindergarten through grade 12 for the 2012/2013 school year, which begins on August 22. Trinity Christian School is located at 299 Ridge Avenue in Forest Hills. For more information or to schedule an appointment to visit, call 412-242-8886.

Trinity Christian School also extends an invitation to the public to attend the school's golf tournament on Friday, June 8, at Glengarry Golf Links in Latrobe. Golfers of all abilities will be able to enjoy the challenging course by participating in "scramble" teams. The outing will also feature great food, raffles and prizes. Proceeds from the event will benefit the school. For more information about the golf tournament, call 412-242-8886.

Trinity Christian School has been providing an outstanding Christian education to students in the greater Pittsburgh area for more than 50 years. The school follows a classical approach to learning, combining knowledge, reasoning and communication across the spectrum of subjects. In addition to strong academics, Trinity Christian School offers extracurricular activities such as drama, band, choir and sports. Visit the Trinity Christian School web-site at [www.trinitychristian.net](http://www.trinitychristian.net) to learn more about the school and its mission, faculty, curriculum and programs.

### **Woodland Hills High School students receive Eagle Scout awards**

On Saturday, March 3, three Woodland Hills High School Students were promoted to the highest rank available in the Boy Scouts of America. Troop 90 of Forest Hills held an Eagle Court of Honor to recognize Colin Blaney, Colin Letson and Nathan Huang as their 142nd, 143rd and 144th Eagle Scouts (respectively) on the National Rolls.

Each candidate was responsible for the planning, funding and overseeing of a Leadership Service Project. The "Eagle Project" must demonstrate leadership of others and provide service to a worthy institution other than the Boy Scouts. This may be a religious institution, school, or community. The project should be valuable to the community and a challenge to the scout. The project may not be routine labor (like cutting grass at the church or picking up trash along the road). It may not benefit the BSA or any scout property or any business or individual. Fundraising is only permitted to obtain money to pay for the materials needed for the project.

Blaney, a senior, "gave back" to the high school marching band, by sanding, rust-proofing, sealing and re-painting (with the new Wolverine logo) one of the band's equipment trailers.

Letson, also a senior at Woodland Hills High School, gave back to the Forest Hills Community, through improvements to the Forest Hills Park on Ardmore Boulevard. These improvements included refurbishing the park's horseshoe pits and re-lining the basketball courts. (Notably, the original horseshoe pits had been the Eagle Project of Woodland Hills' teacher Matthew Rodrigues.)

Huang, a junior, also gave back to Forest Hills, revitalizing the bus shelters on Ardmore Boulevard. This involved the daunting tasks of both roof repair and painting of the bus shelters along the busy thoroughfare.

What a great accomplishment for the scouts—keep up the good work!



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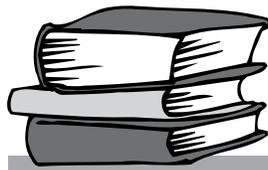
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# C. C. Mellor Memorial Library

**There is plenty of activity during the summer at the Forest Hills Branch of the C.C. Mellor Library. Starting in June and continuing through early August, children's summer reading adds another day of weekly programming to their schedule. It's never too late to sign up. Call the library for times and registration.**

In addition to tracking all the books that you read, young readers can participate in *QUESTS!* With *QUESTS* you get to choose your own experiences. It's all about exploring what interests you. Most of all, it's for fun. Come into the library to join and get a needed game pass with a secret code so you can begin your on-line games and events.

### 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 through the summer. On the third Wednesday of each month, school-age children can join us 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.

### Programs for Adults

The PALS book club meets in the library on the fourth Tuesday of every month at 1 p.m. The dates and books for this summer are:

July 24- *Hotel on the Corner of Bitter and Sweet* by Jamie Ford

August 28- *Coffee Trader* by David Liss

September 25- *Mudbound* by Hillary Jordan

As always, the library is willing to deliver books to those unable to get to the library due to illness or disability. Call the library to request books, books on tape or CD, videos and DVDs. The library will deliver them to your home when they come in. This is a free service provided by the C.C. Mellor Library.

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## 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 homepage; 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, July 4 and Monday September 3.

## Volunteering

The library could always use volunteers to join their great team. Thanks always to Ron, Hank, Eileen, Gwen, Paul, Norm, Ester and Connie. If you are interested in becoming a volunteer, call the library to find out when you are needed.

## LIBRARY LOCATION AND HOURS

### C. C. MELLOR MEMORIAL LIBRARY: 412-731-0909

Monday-Thursday 10 a.m. to 8 p.m.

Friday 10 a.m. to 5 p.m. • Saturday 9 a.m. to 4 p.m.

### FOREST HILLS BRANCH: 412-824-3567

Monday, Friday, Saturday 10 a.m. to 2 p.m.

Tuesday, Wednesday 4 to 8 p.m.

Visit their website at, [www.ccmellorlibrary.org](http://www.ccmellorlibrary.org)

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**Summer and fall recreation programs**

**Yoga**

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**The summer session is currently underway and will end on July 23**

**Fall Session—12 weeks**

**Dates:** Mondays, July 30 to October 22  
 (no class on September 3)

**Time:** 6 to 8 p.m.

**Location:** Pool Lodge

**Fee:** \$40

**Deadline for pre-registration: July 23**  
 (After this date, the fee will be \$45)

**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.

**Fall Session—12 weeks**

**Dates:** Wednesdays, September 5 to November 21

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

**Location:** Pool Lodge

**Fee:** \$40

**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!**

**Summer Session—8 weeks**

**Dates:** Thursdays, June 23 to August 11

**Time:** 9:30 to 10:30 a.m.

**Class is limited to 10 dogs**

**Location:** Pool Lodge Parking Lot

**Fee:** \$30

**Fall Session—12 weeks**

**Dates:** Thursdays, September 6 to November 29  
 (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



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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.

**There's still time to join!**

**Summer Session—12 weeks**

*Dates: Tuesdays, June 12 to August 21*

*(no class on July 3)*

*Time: 6 to 10 p.m.*

*Location: Forest Hills Senior Center  
(Avenue D)*

*Fee: \$55*

**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: August 27*

*Fee: \$55*

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Name of Participant	Name of Class / Session	Fee
1. _____	_____	_____
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**FALL REGISTRATION FORM**

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Name of Participant	Name of Class / Session	Fee
1. _____	_____	_____
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Send registration form with your check or money order made payable to:

**Forest Hills Borough**  
**2071 Ardmore Blvd.**  
**Pittsburgh, PA 15221**

**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.



## There's still time to register for the 2012 Forest Hills Summer Basketball Instructional Clinic and League

The Forest Hills Borough is once again calling for all boys and girls, ages 7 to 15, who are interested in receiving instruction in fundamental basketball skills which will include developmental drills and games. Don't miss out on this fun-filled sport by joining the basketball league this summer at the Forest Hills Park on Ardmore Boulevard.

Registration is \$40 for residents; \$50 for non-residents. The fee will go towards purchasing uniforms, equipment and hiring of referees. Please fill out registration form, send in with a check or money order and mail by June 13. The fun begins mid-summer. For more information, call 412-351-7330 x220.

Please make check or money order payable to the Forest Hills Borough, and mail to the Recreation Department, Forest Hills Borough; 2071 Ardmore Boulevard, Pittsburgh PA 15221.

Player's Name \_\_\_\_\_

Address \_\_\_\_\_

Player's age \_\_\_\_\_

Phone numbers (home and cell)

Home \_\_\_\_\_

Cell \_\_\_\_\_

E-mail address \_\_\_\_\_

Parent's name \_\_\_\_\_

Resident fee (\$40)

Non-resident fee (\$50)

(Check which payment is enclosed)

**Due date to send registration - June 13**



## Meet Coach Joe DeGregorio

Since last summer, Coach DeGregorio, a Forest Hills Resident, took up volunteering for the Forest Hills Basketball League and has done an outstanding job in such a short time.

Being a former assistant coach at the University of Pittsburgh, Coach DeGregorio is by no means a novice when it comes to the sport of basketball; his experience spans decades of working in and around it. His career started at the University of Connecticut with a Bachelor's and Master's Degree, majoring in physical education.

His coaching experience is a who's-who of schools that include: Coventry High School in Connecticut; East Stroudsburg State College in Pennsylvania; Assistant Athletic Director and Assistant Basketball Coach at Niagara University in New York, Head Basketball Coach at Clarion State College in Clarion, Pennsylvania and Assistant Coach at the University of Pittsburgh for Roy Chipman.

In addition, DeGregorio has also been a member of the National Association of Basketball Coaches, and the Western Pennsylvania Coaches Association.

Coach DeGregorio has a plethora of experience when it comes to the game of "b-ball" and the Recreation Department here at Forest Hills is thrilled he now wants to take the time to teach the local kids the art of the game. So sign-up and let's have another great year of basketball here in Forest Hills.



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(Dial 412-351-7330 and then extension)  
 Borough Manager: *Steve Morus dial 0*  
 ALCOSAN, refuse and late fees: *Siobhan Nicklow x202*  
 Financial Officer/Treasurer: *Wendy Archer x201*  
 Receptionist/Secretary: *Rachel Dryer x200*  
 Arborist: *Ted Gilbert x205*  
 Building Inspector and Zoning Officer:  
*Bill McChesney x204*  
 Code Enforcement Officer: *Don Branzel x211*  
 Public Works Foreman: *Jim Theilacker x207*  
 Recreation Director: *Cindy M. Simm x220*  
 Assistant Recreation Director: *Lynn Cassidy x206*

### ELECTED OFFICIALS

Mayor: *Marty O'Malley x240 or 412-351-7349*  
 Tax Collector: *Janet Sullivan x203 or 412-351-7348*

### BOROUGH COUNCIL

(Dial 412-351-7330 and then extension)  
 President: *Frank Porco x241*  
 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*

### EMERGENCY SERVICES

**For emergencies and non-emergencies: Call 911, or if 911 fails call: 412-351-4141**  
 Chief of Police: *Chuck Williams*  
 Fire Chief: *Jim Theilacker, 412-351-7330 x401*  
 Woodland Hills EMS and Non-Emergency  
 Ambulance Services: *Adam Knight*  
 412-351-9111 Fax: 412-351-5475  
 For a listing of all police officers and their voicemail, call 412-351-7330, then press 9.

### PROFESSIONAL SERVICES

Auditor: *Case/Sabatini*  
 Engineer: *David Gilliland, Glenn Engineering & Associates*  
 Solicitor: *Blaine Lucas, Babst, Calland, Clements & Zomnir, P.C.*

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### SCOTT COFFEY, ESQUIRE

*Attorney at Law*  
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 FAX: (412) 273-9110  
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### Borough Council Meetings:

**7 p.m. in council chambers, borough building, 2<sup>nd</sup> floor**  
 Third Wednesday of each month, July 18 • August 15 • September 19

### Committee Meetings:

**Meet in council chambers, borough building, 2<sup>nd</sup> floor**

*Borough Property, Public Works, Public Safety, Operations & Policy:* July 3 • August 2 • September 4  
*Finance, Planning & Zoning, Committee of the Whole:* July 5 • August 9 • September 6  
*Shade Tree & Shrub Committee:* July 11 • August 8 • September 12  
*Planning Commission:* July 25 • August 29 • September 26  
*Recreation Board Meetings:* July 2 • August 6 • September 10

*\*Meeting dates are subject to change.  
 Call the borough office for more information.*

Office Hours by Appointment (412) 271-4401



**ROSS J. GRANA, D.M.D.**

7451 Washington Avenue • Pittsburgh, PA 15218

### FOREST HILLS CHIROPRACTIC CENTER

**DR. MICHAEL P. PALAMONE**  
 (THE LASER DOC)

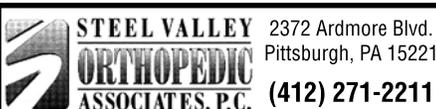
2140 ARDMORE BLVD. • PITTSBURGH, PA 15221  
 Phone: (412) 271-8002 Fax: (412) 271-2307

### ARNOLD FAMILY PRACTICE, P.C.

**Laura S. Arnold, M.D. Inna V. Lamm, M.D.**  
 2400 ARDMORE BOULEVARD • SUITE 301  
 FOREST HILLS 15221  
**PHONE: (412) 351-6090 FAX: (412) 351-6960**

### FOREST HILLS TRANSFER & STORAGE, INC.

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 Email: Roger@foresthilstransfer.com



2372 Ardmore Blvd.  
 Pittsburgh, PA 15221  
**(412) 271-2211**  
 Dr. David Stapor, MD Dr. Jeffrey Matheny, MD  
 Dr. Edward Poon, MD Dr. Mark Lesh, MD

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**Editor: Cindy M. Simm**—Call 412-351-7330 x220 or send an e-mail, csimm901@aol.com, to submit news and story ideas

**Advertising Manager: George Schmitt**—Call 412-241-5093 for advertising information.

**Graphic Designer: Jennifer Lahmers** Published in Pittsburgh, Pennsylvania

## For Your Information

### Garden Club of Forest Hills

Members of the **Garden Club of Forest Hills** are busy sprucing up the Hillside and Butterfly Gardens at Forest Hills Park, as well as the beds along Ardmore Boulevard. Visitors to the park may check out their work, relax on the benches, stroll through the paths and see what's blooming throughout the summer.

For motorists, the daffodils planted in borough parks and along Ardmore and Braddock Road have been a sight to behold. And now those on Ardmore at Yost are giving way to colorful daylilies. Just watch them bloom!

Club members also have been weeding the beds and planting flowers at Hope Lutheran Church and at the entrance to the swimming pool.

Anyone with an interest in gardening is welcome at meetings and programs on the first Thursday of most months at Hope Lutheran Church, 353 Ridge Ave., beginning a 10 a.m.

#### **Upcoming programs and activities include:**

- "Perennials in Your Garden, with Penn State Extension Agent Tom Ford on June 7;
- Booth on Community Day, July 4 in Forest Hills Park;
- "Hemerocallis Daylilies," with Mary Pope, Daylily Society member and accredited flower show judge on July 5;
- Day trip to Sand Hill Berry Farm, Mt. Pleasant, PA, with lunch and tour on August 2;
- Picnic in the Park, with Cyndi Fink demonstrating "Making a Hyper-tufa Trough" on September 6.

Special thanks go out to friends and neighbors who supported the club's May auction and annual plant sale, and in turn scholarships and other organizations striving to make the region greener. For more information, contact President Carolyn Reuter at 412-243-8384.

### Forest Hills AARP

The **Forest Hills AARP Chapter #2556** meets at noon at the Forest Hills Pool Lodge on the second Monday of each month, September, October and November. The December meeting is a special luncheon featuring the installation of officers for the coming year as well as a holiday celebration. From January through May, meetings continue at the pool lodge. In June, there will be a picnic for which plans will be announced soon.

The meetings feature light refreshments at noon, served by Marge Yagodzinski and her committee. President Frank Carretta calls the meeting to order at 12:30 p.m. Reports from the officers are heard and the Tours Committee announces possible opportunities for travel and entertainment. Each month Program Chair Doris Hoffman arranges for entertaining and educational programs of interest to the members. Friends are always welcome at the meetings, or may subscribe for any of the tours. On May 23, Nina Stahlberg (412-242-5360) will host a tour to PNC Park. On July 11, Louise Hinkleman (412-473-8841) plans a visit to West Virginia to see the play *Anything Goes*. A trip to Chautauqua for a cruise aboard the yacht, "Summer Wind" on beautiful Lake Chautauqua is planned by Bill Bruckman (412-731-9100) for Wednesday, September 19. It's good to sign up early for these opportunities. For more information call Mary Smith at 412-473-1943, or Frank or Mary Carretta at 412-823-0577.

**CORRECTION FROM THE EDITOR:** In the spring 2012 issue of the newsletter, an article about celebrating 40 years at the Forest Hills Pool would take place this year. But this year, its actually 44 years that the pool has been open so the borough will plan something special on the 45th Anniversary—look for more information in future issues.

*Editor's Note: I would like to thank Carolyn Reuter, Councilman Steve Karas and Chief Chuck Williams for their contribution to the newsletter.*