

FOREST HILLS TREE CITY TIMES

A newsletter for the community of Forest Hills



EDITOR'S NOTE: *The original tribute to Mayor Marty O'Malley, who passed away on February 23, was to include all he did and meant to the Borough of Forest Hills; not only as the mayor, but also as a long-time resident, an impassioned political activist, a devoted husband and loving father. But when I attended the church service for Mayor O'Malley, his daughter, Kate, gave a eulogy on her father that was much more fitting.*

In Loving Memory of Mayor Marty B. O'Malley AUGUST 21, 1941 – FEBRUARY 23, 2015 "Thank You for Coming"

By Kate O'Malley

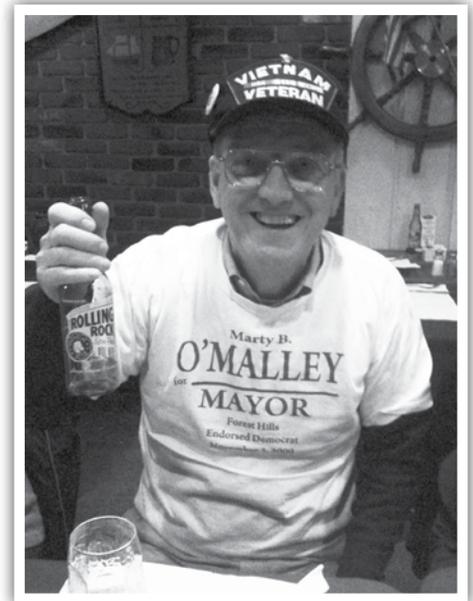
Good morning and thank you for being here. On behalf of my family, we are grateful to have you present to pay tribute to my father.

To each of you he was something different: Dad, grandpa, uncle, brother, neighbor, fellow Veteran, activist, friend, volunteer, "Button Man", confidant, colleague, classmate... and, perhaps his most favorite title, Mayor.

When dad was in a room, you knew it—whether it was his boisterous greetings, infectious laughter, aerobic handshakes, exuberance for the topic at hand, or simply the undeniable spectacle that he was—buttons, pamphlets, petitions, protest signs, chocolate stuck to his pants—all capped off by his signature Vietnam Veteran hat—Marty's presence was known. Let's be honest, you couldn't ignore him even if you tried—I *know* some of you tried at one point or another.

When it came to his family, dad was a bit of a bragger. He always jumped at the opportunity to tell you the latest and greatest from the O'Malley clan. My guess is that he would probably talk about us without you even having to ask. He beamed with pride at the sight or mention of his seven grandchildren—Bob, Coley, Gus, Josie, Annie, Siobhan and Neal Raj Jr.—and he jumped at the opportunity to spend time with them. All four of us kids—once scattered across the country—are now just a short drive from our childhood home in Forest Hills. He loved his children dearly and welcomed each addition to our growing family with open arms. Neal, Brian and Allison: he adored each of you and often mentioned how lucky we were to have you and your families in our lives. With Maureen, Brennan and Jack at your sides, you blessed him with his happiest moments and memories that we will cherish forever as a family.

Speaking of happy moments... I think everyone would agree that choosing our darling mother, JoAnn, as his bride was the best decision he ever made. They were a perfect blend. Dad's spirit, dedication and infectious personality were matched by mom's grace, loyalty and warmth. My parents built our family on a foundation of faith, family and friendship. The lessons we've learned by their examples are endless. We were so lucky to have such wonderful parents, even though we feel our time with them was cut short.



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Remembering Mayor O'Malley *Continued from page 1*

The support we have from our extended family is hard to put into words. I can't imagine a life without the Staley's, Hoctor's, Murphy's (both groups), Carey's and Wadhwa's. My father loved you all so much. Dad was always the first to respond with an emphatic "YES! I will be there!" (whether it was an invitation to a family gathering or adventure). If he put it in his pocket calendar, he would be there. If you were the host, dad probably didn't bring you a gift. He chose the less traditional route—bringing his own Tupperware—and would happily hand it over at the end of a meal so you could prepare leftovers for him to take home. Dad never left a party without a doggie bag. I can guarantee none of that food went to waste.

And then there's what I like to call the "Family of Choice"—dad's friends. I could go on for days. The list is endless. Lifelong friends and classmates from Greenfield, Central Catholic, St. Vincent and St. Maurice; former colleagues; neighbors from Sharon Drive and the entire Forest Hills Community; volunteers from committees and organizations; politicians he supported, demonstrations he joined. It's hard to imagine that one person could be friends—really good friends—with so many people. But, he wasn't lying. You're all proof. This quote from one of the many written tributes to dad this week summed it up perfectly: "You are going to hear a lot of people claim to have been friends with Marty. Believe them. Believe them all. Marty always had a smile on his face and room in his heart for one more." Well said, Maria.

There are many things about the last few days that have been overwhelming. Having to record and recall all of things my dad dedicated his life to has proven to be difficult. I just can't keep up. He was the ultimate public servant. He gave of his time freely, invested in people daily and loved every minute of it. He served his country, community and family as a part of the following.

The Forest Hills Civic Association, as a Flivver Driver, parent volunteer for the Forest Hills Swim Team, volunteered annually for the Race for the Cure and First Night; he previously volunteered for Big Brothers & Big Sisters (Trayvon); when Heinz Field opened, he worked there for several seasons as a seasonal employee; he was a member and former board member at The Thomas Merton Center; he supported Friends of the Riverfront—picking up trash on the jail trail while riding bikes with his best friend Art Fleming; Forest Hills Council member; he was involved with the local Democratic Committee, Veterans for Peace and countless democratic political events. These are the things I could recall this week. If I included the list of demonstrations and protests he participated in, we could be here all day.

Dad was always prepared for a protest or a party. He took tremendous care of himself. He went to the gym every day, ate well, rarely drank alcohol and quit smoking in his 20's.

He read the newspaper cover to cover and scoured the Internet every day. If my siblings and I had a dollar for every newspaper clipping, magazine article, miscellaneous email and "reddit" discussion he shared with us, we would probably be richer than Oprah. I'm not joking; he sent an insane amount of emails. I miss them already.

We all feel a tremendous loss this week. Things won't be the same without his smile, spirit, sense of humor and sparkle in his eyes. There is a giant Marty O'Malley shaped hole in our hearts. Fortunately, he led by example. Now we have the perfect opportunity to step up and follow dad's lead. Where we once stood along-side him, now we will stand in his honor.

Dad left this world as the exact person we all know and love. So many people have

shared their hilarious and heartwarming “the last time I saw Marty” stories this week. It seems appropriate to share mine.

The last time I was with him was Thursday, February 12, at the St. Patrick’s Day Parade kickoff party at the Harp & Fiddle. My brother Jack can attest—it was a typical night at the Harp—the room was bursting with love, laughter and music from Guaranteed Irish—and dad was bringing his “A game” that night.

When we left, dad offered to walk me to my car. We didn’t have to go very far. I was delighted to show him my “Marty O’Malley parking spot” that night. (Somehow dad *always* managed to get a great parking spot.) He was stunned that I had a better spot than him and even gave me a signature “atta-girl!” with a smile and a handshake to congratulate me. That night, for whatever reason, he followed me home. He waited patiently as I stopped for gas (he thought I was trying to “lose him” by veering off course as he followed me) and even drove alongside me on my street as I walked from my car to my apartment door. I blew him a kiss and waved goodnight as he drove away. At the time following me home seemed a bit excessive. I’m 31 years old but have never grown out of being “the baby of the family.” Now that he’s gone, I will cherish that memory forever.

One of dad’s signature lines was always “Thank you for coming!” No matter where you encountered him, whether on purpose or by happenstance, he always greeted people with it and it always made people laugh.

There was a party in Heaven for dad this week. There’s no doubt in my mind that he was greeted by mom at the gate, arms wide open, welcoming him home with a giant smile on her face ... simply saying “Thank you for coming.”

Introducing the Newly-elected Mayor—Frank Porco, Jr.



Pictured left to right: Judge Michael Caufield swears in the new Mayor of Forest Hills, Frank Porco Jr, while Mayor Porco’s children, son Francesco, 8, and daughter Sofia, 11, looks on.

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A Residential Approach to Storm-water Management— It Starts with a Single Drop of Water

We can all do a better job of managing the storm-water that falls on our homes, yards, driveways and parking lots. This runoff is one of the biggest remaining threats to water quality in the United States. Not only does it contribute to overloaded sewers, it also picks up pollutants as it travels over land, giving those pollutants a ride to the nearest stream or sewer. The pollutants that enter streams directly affect the quality of those streams, and the pollutants that enter the sewer system may upset the water treatment processes, decreasing the level of treatment.

There are many things you can do to reduce polluted runoff, such as:

- Plant a rain garden
- Install a rain-barrel
- Disconnect downspouts
- Install pervious paving
- Install green roofs
- Re-use storm-water

Rain gardens

Rain gardens, quite simply are gardens that soak up rain from your roof, driveway, sidewalk or yard. They are slightly different from your typical flower garden. Rain gardens are planted in a low area of the soil, using wild flowers and deep-rooted native vegetation which helps the ground soak up more water. They are typically placed about 10 feet from a home to capture runoff water from downspouts and impervious areas. This runoff can then gradually soak into the ground. According to the EPA, rain gardens can absorb 30 percent more water than a conventional, well-manicured lawn.

By directing the water into the ground, we are protecting our rivers and streams from pollution, while cleaning storm-water at the same time. Rain gardens provide the following benefits:

- Reduce the amount of water that runs off your yard and into the sewer system.
- Decrease the risk of sewer overflows and basement backups.
- Prevent storm-water from picking up pollution as it washes across yards, driveways and parking lots on the way to the nearest river or stream.

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- Cleanse and purify storm-water through plants, roots and soils as it soaks into the ground.
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- Add beauty to your yard and neighborhood while providing valuable wildlife habitat.

Common questions related to rain gardens include: Why do I need to build a rain garden? Doesn't rain just soak into the ground naturally?

The answers are simple, in urbanized areas, it has been common practice for developers to strip pervious soils, compact the remaining soils, construct a building, and cover the remaining property with a thin layer (often two inches or less) of imported topsoil. This practice creates surface conditions with very poor infiltration characteristics and results in significant amounts of runoff from roofs, paved areas, lawns and even landscaped areas. Runoff from lawn and landscape areas can be virtually eliminated by providing a one-foot-thick layer of absorbent soil over the site, and landscaping it as desired. This practice even works under very wet conditions and when the underlying soils are not very pervious.

The seven principles of rain gardens and water-efficient landscaping are:

- Proper planning and design
- Soil analysis and improvement
- Plant selection—Select native plants and grasses that are drought and pest-resistant. Native plants require less water, fertilizer and pesticides than non-native counterparts.
- Efficient irrigation—Don't overwater your lawn. Water during the cool times of the day, and don't let water runoff into the storm drain.
- Use of mulches
- Appropriate maintenance

Information provided by: the Allegheny County Sanitary Authority -www.epa.gov/npdes/pubs/waterefficiency.pdf

It's the Time of Year—Keeping our Parks Clean

It's that time of year when we enjoy outdoor activities at the borough's parks and swimming pool, but let us remember to keep those areas clean by throwing trash and recyclables in the appropriate cylinders that are placed throughout all the borough's facilities. Be aware of your surroundings and keep them pristine and enjoyable for everyone!



Computer and Electronics Collection Day

Saturday, June 13 from 9 a.m. to 1 p.m. – at the Forest Hills/Westinghouse Lodge Parking Lot

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. They will no longer accept TV's.

They will also collect clothing and household goods, such as: baby items, dishes, baking dishes, pots and pans, curtains and rods, bedding, silverware, toys and decorative items. They will NOT collect furniture

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.

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COMMUNITY NEWS

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



The **Late Bloomers Garden Club** sure hope you enjoyed the bright display of colors in the Ardmore Boulevard flower beds this spring.

They are celebrating 13 years of bringing the Forest Hills Farmers Market to you. Starting June 5, and taking place every Friday through October 23, you can find the vendors set up and ready to go between 4 and 7p.m. at the Forest Hills Presbyterian Church parking lot just off of Ardmore Boulevard. Stop by for the freshest produce in town. Come meet them at the market and let them know how they're doing.

The group kicked off the year with a speaker from Pittsburgh Parks Conservancy who addressed many of the issues we have had with the Forest Hills plantings. They were given invaluable insight to implement in their future projects. They are looking forward to a Western PA Nature Conservancy speaker attending one of their meetings in the near future. They're sure they will get some excellent new ideas from the 'pros' to employ in the Ardmore Boulevard beds this summer.

The Co-President Patty DeMarco has movie-making in her blood. She was instrumental in the producing of a recent film entitled, "The Power of One Voice—A 50-year Perspective on the Life of Rachel Carson." Screenings have taken place at Chatham University as well as the National Aviary. If you are interested in finding out more about the film, go to www.powerofonevoicefilm.com.

Looking forward, the summer excursion is in the works with a behind-the-scenes tour of Phipps Conservatory on the agenda, and would love for you to join them. They are always seeking residents who enjoy gardening, learning, and offering up some time to give color and beauty to Ardmore Boulevard.

If you have a desire to make a difference in this Tree City USA borough, come join the next meeting held on the second Thursday of every month at 7 p.m., at a member's home. E-mail them at: latebloomersgardenclub@gmail.com or call Rebecca at 412-427-8662, or Patty at 412-708-9277 for the location of the next meeting. They look forward to seeing you there.

The Late Bloomers hope you are finding that all of your favorite vendors have returned for the **Farmer's Market** 13th Season. They are incorporating so much more this year. They've joined PASA which is the PA Association for Sustainable Agriculture. If you've ever seen the signs that say, "Buy Fresh Buy Local," PASA is the organization which created that movement. The market has always supported local farmers and local businesses, but they are now being recognized as official. Several of market's vendors belong to this group. If you'd like more information about this great organization please visit their web-site: www.buylocalpa.org.

They've also partnered with a program called Harvest for Hungry. It's easy to participate, and you'll be helping feed local people who cannot otherwise provide fresh food for themselves and their families. They will be handing out a sheet as they walk around the market showing how

easy it is to help if you wish to participate, or you can stop by the Late Bloomers table for a chance to help someone less fortunate. They will be doing this once a month.

They're continuing to work on improving their Facebook page. The newest feature, if you haven't seen it yet, is a weekly profile of one of their vendors. "Like" them and you can read about each of their fascinating merchants and get a little history behind the magic.

The market runs June 5 through October 23 each Friday from 4 to 7 p.m. in the parking lot of the Forest Hills Presbyterian Church on Ardmore Boulevard. Here's to a fantastic season and thank you so much for joining them.

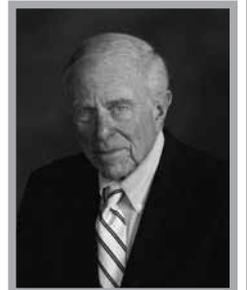
Hope Lutheran Church of Forest Hills continues to host a Taize Prayer Service on the first Friday of each month at 7 p.m. (with the exception of July and August). The monthly service resumes on Friday, September 4. Taize is a spiritual prayer service featuring beautiful music and times of meditation 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 wor-

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ship at 10:30 a.m. Occasionally during the summer, the members of Hope have the opportunity to worship outdoors. The Rev. Susan C. Schwartz is pastor. Contact Hope at 412-242-4476, Hopeforesthills@aol.com or visit their web-site at: www.HopeForestHills.com.

Reverend Ben Black of **Forest Hills Presbyterian Church** invites you to join them through the week for Sunday school at 9:15 a.m., Sunday Worship at 10:15 a.m., Wednesday Life Group at 7 p.m.

On the second Saturday of the month, they meet at the church at 5 a.m. to car pool downtown Pittsburgh to feed the homeless. All who are interested are welcome to join them.

Stop at The Farmer's Market held in the church's parking lot on Fridays from 4 to 7 p.m. starting June 5. There will be a flower show on Friday June 26.

Also stop by their food booth at the Annual Community Day on Saturday, July 4.

For more information contact them at: 412-241-1647, send an e-mail: foresthillspc@gmail.com, or visit their web-site: wwwfhpcpa.org.

For over 50 years, the **Forest Hills Lions Club** has served 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 at the borough building, in the Churchill Vision Center, Beulah Church, Cost Building (optical shop--second floor), Jodi-B's Restaurant, Lanigan Funeral Homes, 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 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 Hills Presbyterian Church (FHPC) and is open to all boys ages 11-18. For more information, please contact the Scoutmaster (sctmaster90@gmail.com) or visit the troop web-site (www.bsa-troop90.org). Cub Scout Pack 90 meets Thursdays at 7 p.m. at FHPC and is open to all boys ages 6-11. For more information, please contact the Cubmaster (cubmaster90@gmail.com), or visit the pack web-site (www.foresthillspack90.us).

And here's what's happening around the communities of Forest Hills:

The Churchill Area Environmental Council (CAEC) has a new advisory for the spring of 2015. Titled "Sewage Overload Solutions (S.O.S.) - Part II: Now It's ALCOSAN's Turn."

This flier emphasizes the increasing cost of sewage conveyance and treatment. It outlines ALCOSAN's plans for compliance with the EPA Consent Agreement now that the municipalities have carried out their roles and met their goals for the past decade. ALCOSAN plans to spend over two billion dollars expanding its capacity to mitigate the sewage overloads that occur during wet weather sending untreated water directly into our rivers. Rates for sewage service have been rising by eleven percent per year and this will continue for at least two more years. If you have wondered about these increases this flier will explain it and suggest ways in which we can all help reduce the amount of water that flows from our property into ALCOSAN's lines.

Pick up a free copy from your municipal office any time after May 1, or download it from the CAEC web-site at: www.churchillborough.com Select "Around Town" and then "Churchill Area Environmental Council."

www.wilkinsborough.com/deptparksrecreation.htm

(Wilkins Township Office, 412-824-6650)

www.edgewood.pgh.pa.us/edgewood-recreation.htm

(Edgewood Recreation Director, 412-242-4824)

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Rotary News



The Rotary Club of Forest Hills Is Currently Seeking New Members

Would you like to make a difference in your local schools? Would you like to make your community a better place to live? Would you like to create lasting relationships with other business professionals in the area? Would you like to help eradicate Polio, provide safe drinking water and improve the lives of those less fortunate? If so, then you should join the Forest Hills Rotary Club.

The Forest Hills Rotary Club is a multi-racial, non-political, non-faith based group that works to improve the world locally, nationally and internationally. Since 1947, the Rotary Club of Forest Hills has: hosted foreign exchange students in four area high schools; promoted the benefits of education by providing funds for scholarship programs; supported Rotary's ideals on a high school level through Interact Clubs; and distributed dictionaries to students at local public, propel and parochial schools.

Their fundraising efforts allow them to donate money to families at a time of crisis, help the less fortunate at the holidays, and assist local service organizations such as: the Greater Pittsburgh Community Food Bank; the Forest Hills Flivver Van Service; the Forest Hills Fire Department; the Forest Hills Police Department, and many other local community projects.

Internationally, the Rotary Club of Forest Hills has funded projects that bring clean, bacteria-free water to thousands of children and adults in Honduras, Rwanda, Nigeria and Cambodia. And, thanks to the club, Rotary International, and many other Rotary Clubs around the world, Polio has practically become an illness of the past.

For more information about how you can make a difference, join them for breakfast, or contact Bonnie at: 412-244-9901. The Rotary Club of Forest Hills meets Wednesday mornings at 7 a.m. at Jodi B's Restaurant in the Forest Hills Plaza.

Bob Wolfe gave a program at a recent meeting of the Forest Hills Rotary in which he remembered growing up in Forest Hills. Some of his remembrances were:

- I remember the street cars going down the middle of Ardmore Boulevard
- I remember growing up on Bevington Road with neighbors including the Truessels, the Van Sickles, and the Clines.
- I remember walking or riding my bike all over Edgewood Acres, any part of Forest Hills, and Swissvale.
- I remember riding my bike down Ardmore Boulevard (not on the sidewalk) to Ted's Variety Store for candy, soft drinks and baseball cards. I also rode my bike to the pool and to little league.
- I also remember Dennis Restaurant and Ardmore Pharmacy (now Fazio's).
- I remember going to school at Hawthorne Elementary, Forest Hills Junior High, and Churchill High School. I always rode my bike or walked, as there were no buses.
- I remember getting a used Ford Crown Victoria from John Haldeman at Forest Hills Ford (now Taco Bell) and buying gas at Ed Katchmar's Gulf Station on Ardmore Boulevard at Bryn Mawr, and having the attendant put the purchase on my family's bill (no credit cards).
- I remember Forest Hills as being a great place to grow up as a kid.

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Rotary Spelling Bee Winners

On Friday, March 27 the Forest Hills Rotary sponsored a Spelling Bee Contest for the students at East Hills Catholic School. Over 28 students from the third-grade class competed for prizes totaling more than \$175, and the right to represent the Rotary at their District Conference Spelling Bee Competition in June at Seven Springs Resort. This year's first-place winner was Caitlyn Cooley. The second and third place winners were Alannah Enfield and Gianna Rocco-DiNinno. The event was "M.C.'d" by local resident and WTAE-TV personality, Mike Clark. Along with learning some valuable spelling skills, the students also received dictionaries compliments of the Forest Hills Rotary.



Pictured (left to right) with Mike Clark are:

1st place winner: Caitlyn Cooley

2nd place winner: Alannah Enfield

3rd place winner: Gianna Rocco-DiNinno is with the Forest Hills Rotary Club's Spelling Bee organizer, Guy Russo

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Call for Nominees—Citizen of the Year Award Recipients

Last year, borough council approved a policy to recognize a resident who has done great things here in the borough. The Citizen of the Year Award Recipient who fits the criteria to receive this award is as follows:

- Meaningful and /or long-term contribution to the borough and surrounding community
- Sustainable contribution
- Promotion of improved quality of life
- Fulfilling a need or providing a program that would be unmet without their involvement

So if you know of anyone who fits these criteria to become the borough's next Citizen of the Year, please submit the information on a piece of paper and mail or bring into the borough office. If you would rather e-mail the information, please send to: admin@foresthills.com.

The winner(s) will be advertised in a future issue of the Tree City Times, and a list will also be posted at the borough office. Nominees will attend an Operations Committee Meeting for the final vote elected by members of council. The winner(s) will receive their award(s) from the mayor and/or council president at the November or December Business Meetings.

National Night Out

On Tuesday, August 4 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 27 years. NCRC is asking neighbors to turn on their porch lights, sit out on your front porches watching out for the neighborhood, and even have a block party. On that evening, members of the borough's 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 Mayor's Block Party Contest—Some friendly, neighborhood competition

The tradition continues with newly-elected Mayor Frank Porco, Jr., who will be riding through the community to pick this year's block-party winners. As always in the past, the goal is to be bigger and better with even more neighborhood participation—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 the borough building, 2071 Ardmore Boulevard, Pittsburgh, PA 15221, Attention: Mayor's Contest.

Mayor Porco welcomes and encourages residents to send him an e-mail at: frank_porco@hotmail.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 25

Name of Group: _____
 Location: _____
 Phone Number: _____
 Primary Contact Person: _____
 Any Special Requests: _____

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Municipal News

Woodland Hills EMS has a new director and his name is Frank Mastandrea. The community-based ambulance service for Braddock Hills, Chalfant, Churchill, Forest Hills and Wilkins Township, has been hit hard in recent years by a combination of factors: high deductible plans engendered by the Affordable Care Act, lowered insurance payments overall, and patients that simply fail to pay their invoices for services received. At a recent meeting with community leaders on February 18, the pressures felt by the ambulance company were outlined by Operations Manager Keith Morse and Board President Paul Palko.

They are asking for the community to help them maintain operations as well as creative ways to enlist better financial support for this important area asset. With annual operating expenses of over one million dollars, it is expensive to run an ambulance service. Employee payroll, insurances, equipment and the ambulances themselves cost a great deal to buy and maintain. The Board of Directors at WHEMS has instituted cost-cutting measures, but without increased revenues, the service is threatened.

One of the problems with high deductible plans is that in the beginning of every year, the insurance companies pay little or nothing for a service billing, leaving the patient themselves responsible for a bill that can be \$1,000 or more. Coupled with that, the actual amount the insurance companies pay is seldom equal to the amount billed—the remainder must be billed to the patient.

Subscribing to WHEMS during their annual drive can alleviate a lot of that bill, but not all of it. Unfortunately, over half of eligible citizens and families do not even subscribe to the service. Many do not pay their bill when it is received. The service is always willing to work out a payment plan, or help those who are truly needy, but WHEMS must still pay its bills. Insurance companies sometimes send the billed amount in a check made out to the patient, who then use the money for themselves instead of paying WHEMS. These and other factors, lie at the heart of the financial stressors now felt at the non-profit organization.

What can you do to help this valuable community asset? First of all, subscribe to the service annually. This provides a much needed source of basic revenue to WHEMS, and helps you by reducing your financial responsibility if WHEMS has to help you. Secondly, if you need their services, please understand that they need that billing revenue to sustain operations. WHEMS has cut its budget as much as it can without sacrificing patient quality of care. If you can't pay the bill all at once, please make payments. Understand that those high deductible plans may cause early year bills to be large, so budget for that, remembering the lower overall insurance premiums you pay for those plans.

Finally, if you are able, make an additional donation to WHEMS. Look for upcoming fundraisers in local community periodicals and support these efforts to sustain WHEMS in our communities.

Help them help you. For many years WHEMS has been a great asset supporting the quality of life in our communities. With your continued support, they will always be there for you 24 hours a day, every day."

Link-Age-to-Age joined AARP in the spring to offer "Options for Senior Care." Presenters at the free community program on March 9 were Linda Doman, executive director of Eastern Area Adult Services; Sue Janosko, director of operations for Liken Home Health; Bonnie Caripolti, director of community relations for Juniper Village of Forest Hills; and Cindy Manning, director of admissions and marketing for LGAR Health and Rehabilitation Center. Forest Hills Borough Councilman Bill Tomasic was moderator. About 50 people participated in the discussion.

In addition, Link volunteers have delivered Welcome Kits to dozens of new homeowners, continued providing Neighbor-to-Neighbor cards (shown below) for sharing emergency contact information, and posted referrals for reliable home repair services at the Forest Hills Senior Center on Avenue D.

To learn more about the community service organization, call the senior center at 412-824-5610, or talk with a Link-Age-to-Age volunteer in your neighborhood or at Community Day on July 4.



Display on your refrigerator door, share a card with your neighbor and mail or bring in the card to the borough office so the police can store this information. Sharing this information with your neighbors will enable them to help you in case of an emergency.

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REAL ESTATE TAX DATES TO REMEMBER:

Borough real estate tax bills are 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

TAX TIME

The 2015 Forest Hills Borough Real Estate Tax Bills were mailed to property owners in February. The last day to pay borough real estate taxes at the face amount is June 30. Beginning July 1, any unpaid 2015 borough real estate tax bills will be due at the penalty amount as indicated on the bill.

The 2015 Woodland Hills School District Real Estate Tax Bills are scheduled to be mailed July 1. Detailed information regarding due dates and the optional school tax installment plan will be included with the tax bill.

If you mail your real estate tax payment or place your payment in the borough drop box, please 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.

POLICE DEPARTMENT NEWS

Proper Protocol for Resident Drivers when Stopped

by Pat Aiello and Police Chief Chuck Williams

For your personal safety and that of the police officer making the traffic stop, please observe the following:

- **Do not slam on your brakes**—Remain calm, use turn signal, gradually reduce your speed and pull off to the right of the road as safely as possible.
If you are being stopped in an area other than Forest Hills and/or it is an unmarked police car, for your own safety, slow down, signal that you will be pulling over and drive slowly to either a well-lit area where you can be observed by the public or go to the nearest police station.
- **Do not open your car door**—This move could be seen as an aggressive move by the officer. If you have passengers, tell them not to open their doors for the same reason. If you are talking on your cell phone, hang up immediately.
- **Turn on your dome light if it is twilight or night-time**—This helps the officer assess the situation and to ensure their safety.
- **Lower your window a few inches**—This ensures your safety.
- **Turn off your car's engine and place your hands high up on your steering wheel**—So the officer is able to observe your movements also ensuring his and your safety. If you have passengers, ask them to limit movement and keep their hands visible.
- **Do not reach for your glove compartment, under your seat or any movement that would appear suspicious**—When the officer asks for your identification and owner's card, tell the officer where it is and that you are going to retrieve it.
At this point, the officer wants to have a conversation with you as to why you are being stopped. Please answer the officer courteously. Police officers put their lives on the line every day to protect the citizens of Forest Hills and other communities and deserve respect when performing their duties.
- **The police officer does not know who is in the car being stopped and must consider personal safety at all times**—Following the above-mentioned do's and don'ts will make the situation less stressful for the officer and also for you.
- **Parents**—Discuss this protocol with the young drivers in your family and show them how to use the dome light switch.

Keep an eye on your speedometer while driving during nice weather

Nice weather means more cars cruising through the borough, children out playing, and folks walking or running for exercise. Most drivers only watch their speedometer during inclement weather for safety reasons, or when a police car just happens to be driving behind them. Nice weather can provide distractions. It is important to be aware of and maintain the speed limit while driving, as well as traffic signs. Parents, please discuss this article with the young drivers in your family. Have a great and safe summer.

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CODE ENFORCEMENT IN FORCE

GRASS, WEEDS AND OTHER VEGETATION TO BE CUT OR REMOVED

No person, firm or corporation, owning or occupying any property within the Borough of Forest Hills, shall permit any grass or weeds of any vegetation whatsoever, not edible or planted for some useful or ornamental purpose, to grow or remain upon such premises so as to exceed a height of six (6) inches, or throw off any unpleasant or noxious odor, or to conceal any filthy deposit or to create or produce pollen. Any grass, weeds or other vegetation growing upon any premises in the borough in violation of any of the provisions of this Section is hereby declared to be a nuisance and detrimental to the health, safety, cleanliness and comfort of the inhabitants of the borough.

The Borough reminds everyone that residents are responsible for repairing the existing sidewalks in front of or around the perimeter of their property. The Borough's Code Enforcement Officer Don Branzel is conducting a survey of sidewalks throughout the borough to ensure compliance and encourage correction of damaged or unsafe sidewalk areas.

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 13 and June 20 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.

IMPORTANT DATES TO REMEMBER

The refuse/recycling bills are due March 5, June 5, September 5 and December 5. The sewage bills are due March 20, June 20, September 20 and December 20. The fire fee was due on March 2.

Forest Hills Community Day

The 69th Annual Forest Hills Community Day, sponsored by the Civic Association, will be held on the traditional date of Fourth of July; this year that date is Saturday, July 4. Races, games, entertainment, good food and neighborly camaraderie will be aplenty on that day.

A packet of information will be delivered to all residents in early June. Included in the packet will be raffle tickets. We encourage all residents to purchase those tickets according to whatever their budget will allow. The proceeds of the raffle are an important part of the funding for Community Day; along with winning some great prizes.

Another key part of the funding is the sponsorship/partnership donations from the businesses in Forest Hills and outside of the borough, and a letter will be sent to all businesses in Forest Hills asking for those sponsorships/partnerships. If you own a business outside of Forest Hills and would like to be a sponsor, please call Pat Lanigan at 412-824-8800 or Linda Mallick at 412-720-2537. We hope to see everyone on the Fourth of July at Forest Hills Park, located on the corner of Ardmore Boulevard and Braddock Road.

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Henry's Hope Foundation will once again buy helmets and give them away at Community Day. The foundation was set up in honor of Henry Woodhall, who tragically died while riding his skateboard without a helmet, so his family set up this foundation to raise awareness of helmet safety when riding bicycles and skateboards.



Forest Hills Nursery School offers three classes: Mondays, Wednesdays, Fridays; Tuesdays - Thursdays, five days a week from 9 to 11:30 a.m. On Wednesdays/Thursdays, the children may bring a lunch and stay until 1 p.m. There are fifteen children per class with one state certified pre-school teacher and at least one other adult. Forest Hills Nursery School is a private, state-licensed pre-school established in 1964 by the Junior Women's Club of Forest Hills. For more information, contact Sally Sabino, 412-351-5054, or Betsy Wolf, 412-241-9414, or 724-744-1061.

Watch **Christ Lutheran** PTO's Facebook page for upcoming family events and activities: Facebook.com/ChristLutheranPTO.

Trinity Christian School—Located at 299 Ridge Avenue in Forest Hills, Trinity Christian School provides a rigorous academic education with a Biblical worldview to students from Kindergarten through Grade 12. The school is now accepting enrollment applications for the 2015 – 2016 academic year, which begins on August 26.

Trinity also extends an invitation to the public to attend its annual golf tournament, which will be held on the afternoon of Friday, June 12, at Glengarry Golf Links in

Latrobe. This fun-filled golf outing features friendly competition for players at all skill levels, prizes, and a delicious lunch and dinner buffet. Proceeds from the event will benefit the school. For more information, go to the school web-site: www.Trinity-Christian.net.

Trinity follows a classical approach to learning, combining knowledge, reasoning, and communication across the spectrum of subjects. In addition to strong academics, Trinity offers extracurricular activities including drama, band, choir, and WPIAL sports. Visit the school's web-site at: www.TrinityChristian.net to learn more about its faculty, curriculum, and programs. For more information or to schedule a tour, call 412-242-8886.

East Catholic School has taken pro-active steps to stop and prevent bullying by adopting the Olweus Bullying Prevention Program. This program is not a curriculum that students participate in for only a few weeks. Rather, it is a coordinated effort by all adults in the school to supervise and intervene when any bullying happens. As part of the program, students participate in twice-a-month class meetings to learn about the effects of bullying, what they can do about it, and how they can work with adults at school to put a stop to it even as bystanders.

Implementing the Olweus Bullying Prevention Program is a long-term commitment to making East Catholic a safer, more positive place. On Tuesday May 26, Allegheny County Deputy Sheriff Jason Tarap will visit East Catholic and present an "anti-bullying" program that will em-

phasize always treating others the way you want to be treated. It will offer smart strategies for how to protect oneself, and provide tips for dealing with bullies by understanding how their words and actions can affect others.

The End of East Catholic School Year 2014-2015

It's hard to believe that the close of the school year is almost here. For teachers, it perhaps is comparable to running a marathon. Just when one thinks the last ounce of energy and motivation has been exhausted, we manage to summon a burst of creativity that gives us a boost to power on to the last day.

Each school year is similar in routine and procedure, but evolves into a unique experience. Each classroom is an extended family and community that lives, plays, works and co-exists together for nine months. The end of the school year places a hold on established relationships with our students.

Soon summer will be here to enjoy long leisurely days reading books on the couch, hanging out by the pool, taking outings to the library, park or local petting zoo, and mediating skirmishes between children... But it's the end of school.

It is now beginning to feel like spring has finally arrived. Before we realize it, June 8 will be here. Here are some of the ways East Catholic School will make the end of this school year memorable for everyone:

- June 2 - Eighth-grade Graduation at 7 p.m. in St. Maurice Church

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- June 3 - Field Day for all students - On this day, students can run and participate in organized games with their classmates and teachers.
- June 8 - Last day of School
- Kennywood Picnic

Did you know that?

East Catholic builds moral character and promotes social responsibility based on the Gospel and teachings of the Church.

East Catholic delivers excellent academic performance test scoring above the national average in all categories.

East Catholic is committed to providing an outstanding academic education with solid study skills.

East Catholic is accredited by the Middle States Association of Elementary Schools.

East Catholic has a pre-school at the St. John Fisher site.

East Catholic offers full day kindergarten and an extended day program for working parents.

East Catholic has a band, robotics-club, fine arts club, American Girl Book Club, Magic Tree House Book Club, forensic club and a student council. The students participate in the following activities: a Shakespeare play, a variety show, a Christmas Pageant, and Living Stations. The school also provides class field trips, a father-daughter dance, dances (grades 6-8), Junior Achievement activities for all classes, school assemblies, a Scholastic Book Fair, field day, yearbook, and a buddy program that enables older students to assist younger ones. A monthly story time for pre-schoolers is held in the library. The students also participate in a Geography Bee, the Diocesan Honors Band, Pennsylvania Junior Academy of Science, Pittsburgh Regional Science Fair, Diocesan Spelling Bee, Zaner-Bloser Handwriting Contest, Allegheny County Adoption Poster Contest and the Americanism Essay Contest sponsored by the Elks.

East Catholic children participate in year-round service projects such as visits to nursing homes, cards to the homebound and the veterans, book collections for the needy, food drive for the Little Sisters of the Poor and the Parish Food bank, Project Linus (which provides blankets for children in hospitals and who have experienced other traumas), and the Sisters of Mercy Sandwich Program by collecting peanut

butter and jelly to feed the homeless in Pittsburgh.

East Catholic encourages competitive basketball, cross-country running, football, soccer, volleyball, cheerleading, and intramural teams.

East Catholic athletic performance rounds out the growth and development of our children. With trophies and awards received this year in soccer, cross-country and basketball.

East Catholic students are committed to excellence seen not only in the classroom but on the courts and fields.

East Catholic is the school of tomorrow where knowledge meets faith and where timeless values and learning begins. Join the East Catholic School Team and have your child be a part of the great tradition of East Catholic Education that lasts a lifetime. For more information or to register, call the East Catholic School Office at 412-351-5403. Financial aid is available.

Alumni Cabaret

The **Woodland Hills Foundation** is proud to present its Tenth Annual Alumni Cabaret, which will take place on Saturday, June 6 at the Pittsburgh Mennonite Church, 2018 S. Braddock Ave., Pittsburgh, PA 15218. Come listen to Woodland Hills Alumni as they serenade attendees with favorite songs and Kelly Award-winning musical numbers. Tickets can be purchased ahead of time at www.showclix.com. More information on this year's event can also be found at www.woodlandhillsfoundation.org.

2015 Chocolate & Diamonds Affair Recap

Thank you to everyone who attended the Sixth Annual Chocolate & Diamonds Affair, which was held on Saturday, February 14th at Edgewood Country Club. The Chocolate & Diamonds Affair is held annually to raise funds for student scholarships and faculty/staff Mini-Grants. This year's event, emceed by 2004 Woodland Hills Alumnus Mike Smith, was filled with all the chocolate you can imagine, a spectacular Silent Auction, and decadent chocolate cupcakes provided by Manney Cakes for dessert. One of the highlights of the evening was the Friend of the Foundation Award, which was presented to Mrs. Ali Nespoli, Executive Assistant to the Superintendent.

Congratulations go to Edgewood resi-

dent Mia Good. She was the lucky winner of this year's diamond necklace, which was donated by William Penn Jewelers and Watchmakers.

Mini-Grants

Mini-Grants are modest cash awards which are given by the Woodland Hills Foundation every year to help educators make positive differences in their classrooms, their schools, the Woodland Hills School District, and most importantly, the learning experiences of their students. During the 2014-15 school year, nine Mini-Grants were awarded. Congratulations go to this year's winners:

Engineering Physics Electronic Education Initiative

Andrew Heffner – High School

Lunch & Learn Series: HBCUs – Educating Tomorrow's Leaders

Ebony Taylor – Junior High

Hands on Science

Rochelle Seigfield - Edgewood

Chickens Aren't the Only Ones

Lauren Walter & Robin Frederick - Edgewood

Supporting Communication in the Classroom

Julie Tucker - Fairless

Mentoring with Garden Club

Valerie Alchier - Fairless

The Breakfast Club

Ashley Fosnaught - Fairless

Reading in Art

Beth Wagner - Fairless/Dickson

Make Your Mark

Jolene O'Leary - Academy

Since 2002, WHF has funded 147 Mini-Grants totaling over \$75,000.

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June 15-August 7

For pre-schoolers, school children (k-5) and their caregivers. Read or listen to books—and earn prizes all summer long.

Visit the library for a paper reading log or participate on-line.

Questyinz Club

June 15 – August 7

For children (k-5) and families.

An added summer experience for kids (k-5) who want to have fun exploring new fields, answering trivia questions and searching for adventure in a computer game created especially for the library.

Pick up a game pass with a secret code at the library.

Unmask Club

June 15 – August 7

For teens. Read at least one book a week and enter drawings for prizes.

Visit the library for entry forms or register on-line.

Escape the Ordinary Elements

June 29 – August 1

For adults. Read at least one book a week and enter drawings for prizes.

Register at the library in Edgewood or Forest Hills for prizes.

Check Out the Summer Programs

Sign up for the on-line version on Kids

Check It Out. Go to: www.ccmellorlibrary to sign up.

For Younger Children

Children birth through fifth grade can sign up for summer reading, a program and a snack, and make a craft on Monday, June 15 at 6:30 p.m. in the Edgewood Community House Ballroom. Check web-site for program details. Registration by June 13 is required.

Story Hours

- Forest Hill Library—Story Hour, Mondays - 10:30 a.m.

- Edgewood Library—Story Hour, Tuesdays - 10:30 a.m.

- Edgewood Library—Story Hour, Wednesdays - 10:30 a.m.

- Edgewood Library—Growing Readers, Thursdays - 10:30 a.m.

- Wilkins Township—Growing Readers, Thursdays - 10:30 a.m. Check web-site for location.

- Churchill Borough Building—Story Hours, Fridays - 10:30 a.m.

- Edgewood Library—Baby Lap Sit, Fridays - 11:30 a.m.

For Families

Kids Can Be Heroes Too - Every Saturday - June 20 to August 1 - between 10 a.m. and 2 p.m., you can drop into either the Forest Hills or Edgewood Library to complete a different activity each week.

Cupcake Wars - They supply the cupcakes...you supply the creativity. Held at the Edgewood Library on Wednesday, July 15 at 6:30 p.m. Registration is required.

Summer Reading Carnival - Held at Koenig Field in Edgewood at 6:30 p.m. on Monday August 3. No registration is necessary.

For School-Age Children

Way Cool Wednesdays - From June 17 to August 5 - 1:30 p.m. Come for games, crafts and activities with a different theme each week at the Edgewood Library. This program is geared towards school-age children. Please register on-line.

Wild Wednesdays - On June 17, July 5 and August 5 - 4:30 p.m. There are stories, games, crafts and a treat geared towards school-age children. Please register on-line for this Forest Hills Library Program.

Design It - Every Thursday from June 18 to August 6 - 1:30 p.m. Each week children ages 8-12 will tackle a different project. Please register on-line.

For Teens

Ice Cream Social - Let's kick off the summer with ice cream as we discuss the

latest books for teens and plan our summer activities. Join them on Tuesday June 16 at 6:30 p.m. in the Edgewood Library's Boardroom. Register on-line.

For Adults

Join one of their discussion groups. They provide the books. Check out:

Drop Dead Book Club - meets the first Wednesday of the month at 7 p.m. in the Edgewood Library Board Room, to discuss:

Wednesday, June 3 - *Blackhouse* by Peter May. July and August - no meetings.

Wednesday, September 2 - *Borderlands* by Brian McGilloway

4th Tuesday Book Club meets at the Forest Hills Library at 1 p.m. and will be discussing:

- Tuesday, June 23 - *Chinese Cooking for Diamond Thieves* by Dane Lowry

- Tuesday, July 28 - *Me Before You* by Jojo Moyes

- Tuesday, August 25 - *Little Bee* by Chris Cleve

Knitting and Crocheting Club meets on the third Wednesday of the month (June 17, July 15 and August 19 at 6:30 p.m. in the Edgewood Board Room. The group shares project ideas, gives informal instruction and tips, and has great discussions. They are also working on items to donate to local non-profits. Bring your unfinished projects and join the group.

Wise Walk meets every Tuesday and Thursday at 8 a.m. in Frick Park's Lancaster Avenue parking lot for an hour-long walk through the park. Participants walk at their own pace while enjoying lively conversation and the setting of the park. New participants receive a t-shirt and pedometer. The program is sponsored by the Allegheny County Library Association and UPMC.

Upcoming Closings - The library will be closed on Saturday, July 4 and Monday September 7.

It's time to register for the 2015 Forest Hills Basketball Program

The Forest Hills Borough is once again calling all boys and girls, ages 7 to sixteen, who are interested in joining the basketball league this summer, so don't miss out on this fun-filled sport.

Registration is \$35 for residents; \$45 for non-residents. The fee will go towards purchasing t-shirts and equipment, and each registered player will receive their own basketball. Please fill out the registration form shown below and send in with your check or money order by June 12. The program will be Tuesdays and Thursdays, 6 to 8 p.m. starting at the beginning of July and running to the beginning of August at the Forest Hills Park located on the corner of Ardmore Boulevard and Braddock Road. Specific dates will be determined only if the borough receives enough registered players, so it's important that you register by the due date. Parents will be notified when the program will start. For more information on the program, call Cindy Simm, Recreation Director, at: 412-351-7330 x220.

Please make check or money order payable to the Borough of Forest Hills, and mail to the Forest Hills Borough, Cindy Simm, Recreation Director, 2071 Ardmore Boulevard, Pittsburgh, PA 15221.

Player's Name _____ Player's age _____

Address _____

Home phones (Home / Cell) _____

E-mail address _____

Parent(s) names _____

Please check one: Resident fee (\$35) Non-resident fee (\$45)

Due date to send registration in by: June 12.

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The First Annual Ed Bunyan Memorial Community Day Biathlon—Tribute to a Cornerstone of the Forest Hills Community by Nick Ricci

On January 17, the Forest Hills Community experienced a heart-wrenching loss with the sudden death of long-time resident, Ed Bunyan. With a passion for fitness and community involvement, Ed became admired by many—as a friend and neighbor to many Forest Hills residents. In his free time, Ed was known to run the streets of Forest Hills while training as an avid marathon runner, a frequent patron and lap swimmer at the community pool, member of the Woodland Hills Aquatic Team Masters Swim Group, Forest Hills Swim Team parent volunteer, and a yearly participant of the annual Community Day Biathlon. But, swimming and running were more than hobbies to Ed; they were a passion through which he became a significant cornerstone of the community.

This year on Saturday, July 4, the biathlon will kick off the start of Community Day at 8 a.m. However, this year participants will also be paying tribute to Ed, as this year's race will be dedicated to his memory and be a memorial to him for years to come. This year will mark the First Annual Ed Bunyan Memorial Forest Hills Community Day Biathlon.

In addition to the name being changed to pay tribute to this community role model, there will also be other changes to adapt to a new era for the event. The nature of the event will not change; the biathlon will begin at the Forest Hills Pool with the swimming portion, followed by the running portion, ending at the Forest Hills Park. In previous years, those who registered to participate were divided into five categories based on the age of the participant, as well as a two-person team group. This year, those age groups will be condensed into three age groups of 20 & Under (The Firecracker Age Group), 21–39 (The Patriot Age Group), 40 & Older (The Yankee Age Group), and the Team Group (The Stars and Stripes Group). The Team Group was a new addition in previous years and has become very popular, with one team member beginning the swimming portion and the second team member completing the running portion. In previous years, each age group would swim a different number of laps reflective of participant age. This year all of the groups will swim a standard distance of 200 meters (only eight laps across the pool). The running portion of the race will remain unchanged along the traditional 2-1/2 mile course.

Upon the completion of the race the top two male and female finishers from each age group will receive awards in addition to the top three team finishers. A pre-registration period will start beginning Saturday, June 20. Registration forms for the event will be available at the Forest Hills Pool along with more details and information about the event. For more information on this event and other community and recreation news like The Forest Hills Recreation Board on Facebook. Help promote more community information and events by sharing our page with your friends.



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Summer & Fall Recreation Programs

Ballroom Dancing

In this class you will learn a mix of Foxtrot, Rumba, Salsa, Swing, Cha-Cha, and the Hustle. As far as footwear, some sort of shoe that is comfortable for you; something you would typically wear to an evening event. If you want to invest in dance shoes, the instructor can help you with that investment after a class. The instructor has been a professional ballroom teacher for 12 years and specializes in helping make non-dancers into dancers. Teaching has been a passion and joy in her life. Dancing is a great way to connect with people and to enjoy life a little bit more. There are many places to go out socially dancing, so why sit at home when you can be out dancing every weekend! So please join us in this fun journey of learning how to become the dancer you've always wanted to be!

Summer Session—6 weeks

Location: Forest Hills/Westinghouse Lodge

When: Thursdays, September 10 to October 15

Times: 6 to 7 p.m.

Fee: \$40 (per person)

Please send in registration by: September 3

Zumba

This Zumba class will be a Latin-inspired dance/aerobics class, and no experience is necessary. Over the eight-week course, you will move to fun rhythms that will help melt away the pounds and stress of everyday life. Wear comfortable fitness clothes and shoes. Wear tennis shoes that are easy to maneuver in. The instructor has been involved in Latin dancing for many years and is excited to bring a Zumba class to the community.

Summer Session – 6 weeks

Location: Forest Hills/Westinghouse Lodge

When: Mondays—June 1, 8, 15, 22; July 13 and 20

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

Fee: \$40

Please send in registration by: September 3

Fall Session – 6 weeks

Location: Forest Hills/Westinghouse Lodge

When: Mondays—September 14 to October 19

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

Fee: \$40

Please send in registration by: September 3

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.

Summer Session – 12 weeks

Dates: Mondays, June 15 to August 31

Time: 6 to 8 p.m.

Location: Pool Lodge

Fee: \$40

Fall Session – 12 weeks

Dates: Mondays, September 14 to November 30

Time: 6 to 8 p.m.

Location: Pool Lodge

Fee: \$40

Scrap-booking

Looking for quiet time to do the hobby you love? Join us on Tuesday evenings. Work independently or bring a group. Traditional and digital scrap-bookers and other hobbyists are welcome.

New to scrap-booking? Come learn how to organize photographs with the intuitive program by Creative Memories Consultant Fran Vislay.

This class is open to those who want to work independently on their hobby of choice as well as scrap-bookers from beginners to advanced. Get started now. Learn how to get organized; create simple beautiful albums using simple techniques and quick tools. Learn tips on simple card making, specialty pages, traditional photograph organizing and cropping techniques.

Vislay will help you to start a memory album with those photos that may have been sitting in a closet or an attic and need some well deserved attention.

Each class includes: fun, fellowship, beverages and snacks. Scrap-bookers have free use of cropping tools and idea books.

Workshop supplies and variety of album sets are available for purchase.

For more information, or if you have any questions about the class, call Fran at: 412-824-7197.

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

Summer Session - 10 weeks

Dates: Tuesdays, June 9 to August 11

Time: 6:30 to 10:30 p.m.

Location: Forest Hills Senior Center (Avenue D)

Fee: \$55

Fall Session - 10 weeks

Dates: Tuesdays, September 8 to November 17

Time: 6:30 to 10:30 p.m.

Location: Forest Hills Senior Center (Avenue D)

Fee: \$55

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.

Summer Session – 8 weeks

Dates: Saturdays, June 20 to August 22

(no classes on July 4 and 25)

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 10 to November 19

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

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. The borough does not accept cash transactions.

SUMMER REGISTRATION FORM

Name _____ Phone _____

Address _____

Name of Participant	Name of Class / Session	Fee
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____

FALL REGISTRATION FORM

Name _____ Phone _____

Address _____

Name of Participant	Name of Class / Session	Fee
1. _____	_____	_____
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Forest Hills Community Service
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Editor/Ad Manager: Cindy Simm—Call 412-351-7330 x220 or send an e-mail, csimm901@aol.com, to submit news, story ideas or for advertising information.

Graphic Designer: Jennifer Lahmers Published in Pittsburgh, Pennsylvania

For Your Information



The Garden Club of Forest Hills has been so anxious to get their garden gloves and tools out to commence working on the Lily Bed, Grass Bed, the Butterfly Garden, the Native Garden and the Hillside Garden. After the crazy winter and spring weather, members cannot wait to show off their talents and have the gardens explode with new plantings and flowers throughout the local community. Chalk up another fantastic year with their major fundraisers as the community was happy to support their Plant Sale, Plant Auction and “HOLY MOLY” Cloths. Stop by their table to say hello to club members at Community Day on Saturday, July 4. Purchase tickets to win some fabulous raffle prizes and don’t forget to take a stroll

of all their gardens in Forest Hills Park. Club members are ready to dazzle you with the club’s exciting line-up of programs. In July there will be a special event mixing 4th of July Floral Design with a “Take Me Out To The Ballgame” themed lunch. In August, their program will deal with “Growing A Rain Garden.” As September rolls in, club members can’t wait for their annual “Picnic in the Park” covered dish lunch. Club members enjoy having guests (men and women) at their meetings, inspiring them to take what they learned and design in their own gardens at home. Meetings are at 10 a.m., the first Thursday of the month (March through December), and usually at Hope Lutheran Church, 353 Ridge Avenue. For more information, please contact the Publicity/Marketing Chairperson Amy Shugerman Glasser at: 412-271-1697 or send her an e-mail: asg59@juno.com. Please like them on Facebook <https://www.facebook.com/TheGardenClubOfForestHills>, and check out their 2015 Programs/Fundraisers listed on the Forest Hills web-site: <http://foresthillspa.org>.

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The Garden Club of Forest Hills Standard Flower Show

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