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Retirement a Well-Deserved Break for Caring C.O.P.

Polish Hill and Lawrenceville residents gathered on June 28 to honor Officer Brian Anderson, who announced his plans for retirement earlier this year.

The party, which was given by the Lawrenceville Block Watch Network, the Polish Hill Block Watch and the PHCA, was attended by nearly 100 people.

Officer Anderson served as Polish Hill’s and part of Lawrenceville’s C.O.P. (Community Oriented Police) officer in 2000 and 2001. But to many residents, he was much more than a “beat cop,” he was a friend.

Residents looked forward to seeing him on his appointed rounds through the neighborhood...not only because he provided a visible sense of protection, but because we knew he truly cared.

(Continued on page 2)

All We Need is a Little Faith, Hope and Charity

Thanks to the efforts of a small group of Polish Hill residents, the neighborhood’s vacant lots took on a cleaner, greener look this summer.

They’re the PHCA Beautification Committee, and they call themselves “Faith, Hope and Charity.” Their monthly endeavors resulted in the planting of the
C.O.P. Retirement

Through his interaction with the neighborhood children, regular visits to the senior high rises and countless volunteer hours, Officer Anderson redefined the role of the C.O.P. He was instrumental in forming active Block Watches in several neighborhoods, including Polish Hill, and he was an “adopted” member of both the Polish Hill and Lawrenceville communities.

Thank you, Brian, for protecting us, for caring

Faith, Hope and Charity

(Continued from page 1)

Western PA Conservancy lots at 30th and Brereton Street, and the cleaning of the planted vacant lots at Brereton and Herron Avenue, Dobson at Downing Street, Herron at Dobson Street and 3500 Melwood Avenue.

Volunteers who participated in the cleanups were treated to snacks at the PHCA office.

Our heartfelt thanks to all of you who volunteered your time and talent for this project. You’ve made a beautiful

Do you have a passion for gardening and a few free hours in the evening that you would like to donate to the committee’s on-going beautification efforts? If so, please contact Josie Ramsey at the PHCA office. We can always use an extra set of hands.
The 2004 United Way Campaign kicked off on September 14. This year, when your employer asks you to donate to the United Way, say “YES!”, and designate your gift to the PHCA through Contributor Choice. If you so choose, your contribution will be deducted from your paycheck each week.

How do I know the money I contribute gets to the agencies?

United Way is held accountable for the money it raises by the Board of Directors. Money is allocated based on agency and community needs, making sure designated funds are distributed according to contributors’ wishes.

I have heard you have implemented a 12% fee on designated gifts to support operating costs. Why was this fee instituted?

Effective September 1, 2003, the Board of Directors of United Way of Allegheny County (UWAC) has approved a charge on donations to the United Way Impact Fund and to donor-designated health and human service agencies at a rate reflecting the operating expenses of UWAC, currently 12%. This fee will be used to support UWACs operating costs. Previously the cost of operating UWAC had been supported primarily through unrestricted donations to the United Way Impact Fund. Gifts designated to specific agencies had been charged a small $6 fee per designation, which covered only the cost of processing that gift, not UWACs fund raising and administration expenses. In 1995, designated gifts made up one-third of the UWAC campaign.

Today, designations comprise approximately half of all dollars raised, creating an imbalance in donor support of UWACs operating costs.

Cartridge Recycling Program

Don’t just throw your empty toner and inkjet cartridges away...donate them to the PHCA!

The PHCA has partnered with ATM Laser Products & Services, Inc. to earn money by recycling used fax, printer and copier cartridges. This program lasts year-round, so ask your employer to help by saving their empty cartridges, too. Call the PHCA office at (412) 681-1950 to arrange drop off or pick up.

Recycling cartridges not only helps to save our landfills, it makes “cents.”
Our country has one of the world's largest and dependable telecommunications systems, however, unusual conditions can strain them.

The following information will help you stand how to use these systems during a crisis or disaster.

This article focuses on the Emergency Alert System, and it is part two of a series that was continued from the Winter 2003-2004 issue of the Polish Hill Voice.

Emergency Alert System (EAS)

In the event of an emergency, many people stay tuned to local radio and/or television stations to receive updates on what is happening and what to do.

The Emergency Alert System (EAS) is a nationwide broadcast system for national or large-scale disasters that provides not only the President, but national, state, and local authorities with the ability to give emergency information to the general public via broadcast, cable, and wireless cable systems.

All broadcast stations and cable systems are required to broadcast emergency alerts and messages for national security emergencies initiated by the President. Broadcast stations and cable systems are not required to broadcast EAS alerts and messages initiated by state and local authorities, but the FCC encourages broadcast licensees and cable operators to transmit emergency alerts as a public service. Information about local natural disasters is often broadcast via EAS.

Accessibility of Emergency Information: Because broadcast stations and cable systems are not required to broadcast EAS alerts and messages initiated by state and local authorities, the FCC has separate requirements to meet the needs of persons with disabilities in cases of local emergencies. The FCC requires that any information that is intended to “further the protection of life, health, safety, or property…” be accessible to persons with disabilities. These rules apply to all local broadcasters, cable operators, and satellite television service providers. All EAS broadcasts are accessible by audio and visual means, or simple visual means, including closed-captioning, open-captioning, crawls or scrolls.

Other Emergency Organizations:

The Federal Emergency Management Agency (FEMA) responds to national disasters and helps state and local governments and individuals prepare for emergencies.

The Department of Homeland Security prevents terrorist attacks within the United States, reduces America’s vulnerability to terrorism and minimizes the damage and handling recovery operations if attacks do occur.

The Homeland Security Advisory System provides a way to distribute information regarding the risk of terrorist attacks in the form of a set of graduated "Threat Conditions" that increase as the risk of the threat increases. State Civil Defense alerts the public of any changes to the threat level through the news media. In case of level red, the state sounds the emergency alert siren.

At each threat condition, federal departments and agencies implement a corresponding set of "Protective Measures" to further reduce vulnerability or increase response capability during a period of heightened alert.

Threat Conditions:
Support Our Troops

We continue to Support Our Troops display depicting the autographs of local servicemen at the front doors of the PHCA office.

In this issue of the Polish Hill Voice, we like to honor the bravery of Polish Hill hero — James Doloughty.

The following was taken from an article that appeared in the Pittsburgh Post-Gazette on March 1, 2004 called “Heroes Saluted: Tales of bravery and a missing Silver Star for a Hall of Valor induction.” Read the entire article online at http://www.post-gazette.com/pg/04061/279278.stm.

James and Barbara Doloughty were high school sweethearts who married in 1968. That same year, James was drafted. Their daughter, Noreen, was born while he attended noncommissioned officer candidate school. He returned to Polish Hill for two weeks in December for Noreen’s baptism before he was deployed to Vietnam. A photo taken at the baptism is the only photo Barbara has of the three of them together.

Eight months later, in combat after he killed three enemy soldiers and carried a comrade to safety, the Army later said that he showed “complete disregard for his own safety,” even after he sustained three shots in the abdomen. In a letter from James’ company’s first sergeant, it was noted that he had been awarded the Silver Star for his heroism at the recommendation of the fellow soldier he had rescued.

But during her quest to learn more about her father, Noreen discovered that the memory reflect the award.

On March 6, 2004, Barbara and Noreen attended an induction ceremony for James’ induction into the Hall of Valor at Soldiers & Sailors national Military Museum & Memorial 35 years after his death. They expect to receive the medal later this year.

James was among 31 veterans who were inducting one Medal of Honor winner, two recipients of the Distinguished Service Cross, and 11 others who received the Distinguished Flying Cross. The Hall of Valor recognizes Southwestern Pennsylvania residents who have received the most prestigious awards for bravery in combat. During the past 40 years, more than 300 men and women have been inducted.

If you have a family member or friend in the Armed Forces whose name or picture you would like to add to the Support Our Troops project, please send it to the PHCA office.
Stay Safe This Holiday Season!
An Urgent Message from the FBI

For Immediate Release:
ID Theft/Credit Card Protections

Washington, D.C., FBI National Press Office
November 17, 2004...The Federal Bureau of Investigation wants everyone shopping this holiday season to enjoy purchasing gifts for loved ones and friends without the fear of becoming a victim of credit card fraud, credit card ID theft and financial information fraud. There are plenty of protections you may easily take to protect yourself from the unscrupulous criminal element looking to steal your money.

You can protect yourself by not providing any credit card or financial information to any person or company you are not familiar with. Be sure you are communicating with a reputable company when making credit card purchases in person and ensure that clerks are not using your credit card in an unorthodox manner.

When making purchases on the Internet, the Cyber Division has some very important tips:
♦ Try to obtain a physical address rather than merely a post office box or phone number.
♦ Send e-mail to verify e-mail address of a company and be wary if they use free e-mail services.
♦ Check with the Better Business Bureau from the seller's area.
♦ Inquire about returns and warranties.
♦ Maintain records of all online transactions.
♦ DO NOT give out your social security or driver's license number to the seller or anyone else.
♦ If it's too good to be true, it probably is.

The FBI works closely with other federal, state and local law enforcement agencies in protecting you. Should you become a victim of credit card/financial/Internet scam, contact the FBI or your nearest police agency to report. Providing as many details as possible gives investigators that much more information to work with while investigating the crime.

PHCA Joins USAonwatch and National Neighborhood Watch

As a member of USAonwatch, the PHCA is working to make Polish Hill a safer place to live. USAonwatch/National Neighborhood Watch is an anti-crime program that was founded by and is administered through the National Sheriffs’ Association, a non-profit organization dedicated to raising the level of professionalism among those in the criminal justice field.

One of the oldest and best known crime prevention concepts in history, National Neighborhood Watch was created to unite law enforcement agencies, private organizations, and individual citizens in a massive effort to reduce residential crime. It is a simple program of neighbors looking after neighbors in a time when civic awareness, commitment and vigilance is needed most.

To learn more, please visit www.usaonwatch.org.

Neighborhood Crime and Safety

In an ongoing effort to promote neighborhood safety in Polish Hill, the PHCA has hosted several guest speakers at recent Membership Meetings, including: Zone 2 Sergeant Lori McCartney, Crime Prevention Officer Cynthia Harper and three detectives from the Gang Task Force who gave a very informative presentation on gangs, drugs and graffiti.

Armed with information, Polish Hill residents have been vigilant. Crime statistics for Polish Hill from 8-16-04 to 10-14-04 were:

Theft from auto — 2
Robberies of person — 1
Burglaries of residence — 2 (arrests)
Terroristic Threats — 1
Criminal Mischief — 11
Maryann Mori had a love of cooking and a dream. In 1980, she opened Maryann’s Restaurant on Liberty Avenue in the heart of Bloomfield. Maryann knew this was a huge undertaking, but her determination and energetic personality took over. Her home style cooking and family atmosphere soon became a favorite to the area locals.

Patrons liked her cooking so much that they requested she do catering for various events for them. Maryann’s love for cooking made this a challenge she could not resist.

Word of mouth being the best advertisement, Maryann’s catering business took off.

In 1999, she sold her restaurant to her son Rocky, who had worked with her over the years. Rocky’s Restaurant still has the same home style cooking and family atmosphere established by his mother.

Maryann still does some of the cooking at the restaurant, and she has taught Rocky well. The tradition goes on.

Maryann has catered many events in Polish Hill and our residents frequent the restaurant daily. For a good

A special section of the Polish Hill Voice that spotlights businesses in our neighboring communities

Maryann’s Catering

4759 Liberty Ave.
Pittsburgh, PA 15224
412/621-7224
412/682-4538

Shake, Rattle and Stroll!

Congratulations to Carl and Pam Craver who gave birth to a healthy baby girl on July 5. Carl was the Vice President of the PHCA in 2000, but many Polish Hill residents also know him as the rockin’ lead singer of the local band Spank.

The family lives in Maplewood, Missouri where Carl is an Assistant Professor of Philosophy at Washington University in St. Louis.

We miss you all and send you our best

Anna Sophie Craver was born at 2:30 a.m. on July 5, 2004. She weighed 6 pounds, 12 ounces as was 19 inches long.
PHCA Mourns the Loss of Long-time Resident and Active Member

On August 24, Polish Hill said goodbye to Mary Meyers (Myszkowska) who died at the age of 96. A teacher at the Immaculate Heart of Mary School, Mary was one of the community’s most respected members, and one of the PHCA’s most active participants.

Communicating during EMERGENCIES

(Continued from page 4)

Severe Condition (Red) - Severe risk of terrorist attacks.

High Condition (Orange) - High risk of terrorist attacks.

Elevated Condition (Yellow) - Significant risk of terrorist attacks.

Guarded Condition (Blue) - General risk of terrorist attacks.

Low Condition (Green) - Low risk of terrorist attacks.


Polish Hill’s 8th Annual Light Up Night

Thursday
December 9, 2004

6:30 p.m.

Carolng by the Immaculate Heart of Mary Church Choir, tree blessing and lighting
The PHCA website is a wealth of information about Polish Hill and agency activities.

Need to renew your membership for 2005? Just go to the Membership page, print the membership form and send it in with your dues.

Need to know when the next meeting will be held? Just go to the Important Information page.

And coming soon, our website will have a whole new look. Mullen, a local award-winning web design.

Check us out at http://phca.pghfree.net

Do you need help paying your heating bills?

The Low-Income Home Energy Assistance Program (LIHEAP) helps low-income families pay their heating bills.

How does LIHEAP work? LIHEAP offers both cash and crisis grants. Cash grant payments are sent directly to your utility company or fuel provider, and it will be credited on your bill. Crisis grants help families who have an emergency and are in danger of being without heat.

Who is eligible? Homeowners and renters who are on low or fixed incomes and whose yearly income BEFORE taxes is at or less than:

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Max. Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$12,569</td>
</tr>
<tr>
<td>2</td>
<td>$16,862</td>
</tr>
<tr>
<td>3</td>
<td>$21,155</td>
</tr>
<tr>
<td>4</td>
<td>$25,448</td>
</tr>
<tr>
<td>5</td>
<td>$29,741</td>
</tr>
<tr>
<td>6</td>
<td>$34,034</td>
</tr>
</tbody>
</table>

Applications are available at the PHCA office, the Allegheny County Assistance Office or online at www.compass.state.pa.us (for cash grants only). Applications are being accepted now through March 24, 2005.

If you would like help completing your LIHEAP application, please call the PHCA office...

Free Notary Service

...with your paid PHCA Membership dues. Membership DOES have it’s advantages!
**REPRESENTATIVE WALKO**

**Prescription Drug Reimportation Program**

*Representative Don Walko, 20th Legislative District*

**The National Blockade.** With all the talk about free trade, global economy, and world-wide markets you would think the Bush administration would be happy to promote access to the world markets for people who need prescription medications. That has not been the case. Instead the administration has dwelled on unfounded fears for security and protected the price gouging tactics of the pharmaceutical industry.

**The Illinois Lead.** I want Pennsylvania to follow the lead of Illinois and become the second state in the nation to help consumers get a better deal on their medications by giving them access to lower cost prescription drugs in Canada, the United Kingdom and Ireland. Illinois conducted investigations into the safety and savings of both the European and Canadian pharmaceutical systems. It was determined that citizens of Illinois could obtain safe and effective prescription medication at lower overall cost by purchasing them from European or Canadian pharmacies.

Like Illinois, Pennsylvania should contract with a Pharmacy Benefits Manager (PBM) to establish a clearinghouse of state-inspected and approved pharmacies and wholesalers in Canada, Ireland and the United Kingdom. Them Pennsylvania should contract with and inspect foreign pharmacies.

**Time For Action.** I am exploring the details of the Illinois program, and I intend to share those mechanics with the Governor and the General Assembly. I will urge them to proceed with a similar program.

My plan will not completely solve our American healthcare challenges, but it will help to provide more Pennsylvanians with access to safe and affordable prescription drugs. That makes the effort worthwhile.

**Substantial Savings to Realize.** Illinois decided to explore dealing with Ireland and the United Kingdom since drug companies are limiting the supply of drugs to Canada. The following chart provides a comparison of prices for 12 prescription medications:

<table>
<thead>
<tr>
<th>DRUG</th>
<th>USED FOR</th>
<th>US</th>
<th>IRELAND</th>
<th>UK</th>
<th>CANADA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aciphex</td>
<td>Heartburn</td>
<td>$422</td>
<td>$164</td>
<td>$178</td>
<td>$172</td>
</tr>
<tr>
<td>Plavix</td>
<td>Blood Thinner</td>
<td>$397</td>
<td>$250</td>
<td>$257</td>
<td>$213</td>
</tr>
<tr>
<td>Lipitor</td>
<td>Cholesterol</td>
<td>$214</td>
<td>$144</td>
<td>$158</td>
<td>$162</td>
</tr>
<tr>
<td>Celebrex</td>
<td>Pain/Arthritis</td>
<td>$271</td>
<td>$178</td>
<td>$188</td>
<td>$149</td>
</tr>
<tr>
<td>Actos</td>
<td>Diabetes</td>
<td>$542</td>
<td>NA</td>
<td>$286</td>
<td>$377</td>
</tr>
<tr>
<td>Zocor</td>
<td>Cholesterol</td>
<td>$423</td>
<td>$243</td>
<td>$263</td>
<td>$231</td>
</tr>
<tr>
<td>Norvasc</td>
<td>Blood Pressure</td>
<td>$166</td>
<td>$132</td>
<td>$134</td>
<td>$145</td>
</tr>
<tr>
<td>Protonix</td>
<td>Heartburn</td>
<td>$381</td>
<td>$228</td>
<td>$206</td>
<td>$202</td>
</tr>
<tr>
<td>Vioxx</td>
<td>Pain/Arthritis</td>
<td>$322</td>
<td>$205</td>
<td>$221</td>
<td>$138</td>
</tr>
<tr>
<td>Neurontin</td>
<td>Seizure/Pain</td>
<td>$275</td>
<td>$182</td>
<td>$238</td>
<td>$202</td>
</tr>
<tr>
<td>Celexa</td>
<td>Depression</td>
<td>$281</td>
<td>$169</td>
<td>$160</td>
<td>$138</td>
</tr>
<tr>
<td>Asacol</td>
<td>Colitis</td>
<td>$127</td>
<td>$58</td>
<td>$86</td>
<td>$63</td>
</tr>
</tbody>
</table>

*3 month supply*

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If you have questions about the above or any other state-related matter, please call one of my district offices:

**Northside Office:**
3880 Perrysville Avenue (Observatory Hill)

**Lawrenceville Office:**
204 37th Street
Pittsburgh, PA 15201
Join us in celebrating 35 years of service to the Polish Hill community at the Annual Membership Meeting on December 7.

Special guests will include PHCA founders who pioneered the creation and preservation of the organization more than three decades ago.

All are encouraged to attend. Please bring a covered dish... cake will be provided.

PHCA’s 35th Anniversary
Tuesday, December 7, 2004
6:30 p.m.

PHCA office

Please return completed form with dues to:

Membership Chair, PHCA, 3060 Brereton Street, Pittsburgh, PA 15219

Polish Hill Civic Association of Pittsburgh

2005 Membership Application

NAME:

________________________________________________________________________

(Street Address)                (City)                        (State)  (ZIP)

_____ REGULAR MEMBER?   Or   _____ SUBSCRIPTION MEMBER?

(Polish Hill residents only)   (Non-residents; entitled to newsletter only)

For office use only:
PHCA Membership Meetings are held on the first Tuesday of every other month at 6:30 p.m. in the PHCA

**NEW WINTER SCHEDULE:**

**December 7**
(Annual Meeting, Board Elections and covered dish Anniversary Party)

**Feb 1**