



# Morningside News

A publication of MACC  
Morningside Area Community Council

November-December 2012



1



2

1: This year's Morningside Mile Winners  
2: Overall winner David Galati receiving his medal from MACC President Grant Ervin.

The second annual **Morningside Mile Honoring Those Who Serve** was another great day for Morningside. Once again, we had a great turn out in spite of some threatening weather, which fortunately held off during the race. Our community came together that Saturday morning, September 8, 2012 to recognize and show appreciation for everyone who lays it on the line for service to our nation and in our communities. Thank you to all the runners and volunteers who showed up and helped raise approximately \$4,300 for The Wounded Warrior Project and \$1,800 for MACC in the name of our honoree, Army Sgt Damian Duggan, a Morningside native who recently returned from a deployment in Afghanistan. This year's winners were David Galati, 34, with a time of 5:02 for the men, and Wendy King, 37, with a time of 6:12.

It was great seeing so many smiling faces at the finish line from those who set a new personal record to those who just enjoyed a pleasant stroll through the neighborhood talking and catching up with friends. Full results can be found at <http://www.smileymiles.com/2012/RES12%20MORNINGSIDE%20MILE.HTM>.

We are very proud to have supported The Wounded Warrior Project, which does so much good in their efforts to aid injured veterans and help them achieve a full life and realize their potential. You can find more information about this great charitable organization at <http://www.woundedwarriorproject.org/>.

Thank you to everyone who helped make this race successful - the planning team, the Morningside VFW, the race day volunteers, the runners and walkers, the sponsors, and the whole community for supporting this event. We look forward to seeing everyone next year! [See more photos on the MACC website! <http://morningside-pa.org/run/2012-morningside-mile-photo-gallery>]

## Merry Morningside 2012!

*Do you think Morningside could be the next Hartwood Acres?*  
Enter your home in the holiday decorating contest.

*Do you and the kids enjoy singing and drinking hot cocoa?*  
Come caroling or simply sing along when our amateur choir knocks on your door.

*Do you wish you could have a Christmas tree but your cat won't stop chewing on the branches and wires?*

Enjoy the fresh pine scent and fun of decorating while you help us decorate the neighborhood tree. **READ MORE ON PAGE 3!**



## Also inside:

Page 2:  
Heth's & Natoli Field Improvements

Page 3:  
Merry Morningside Festivities

Page 5:  
Falloween & Pop-up Market

Page 7:  
Herbal Medicine



## FROM THE MACC President Field Improvement Project



Natoli Field



Heth's Field

Improving the quality and appearance of Heths and Natoli Fields is a hot topic these days. Over the summer MACC retained the services of design and planning firm Pashek and Associates through a grant from the Community Design Center of Pittsburgh. The project, resulting from a dialogue between local government officials, residents and youth athletic teams, was rooted as a way to identify and improve the quality and safety of the playing surfaces, encourage cooperation between organizations and modernize the facilities at the two fields. The purpose of the resulting plan is to identify community priorities and provide the community and local government guidance for cultivating and making renovation and investment decisions in the future.

Over the course of the last few months, Pashek and Associates and MACC volunteers have held more than ten meetings with representatives from youth athletic teams, groups of neighbors, city officials, and the Highland Park Community Council. MACC has hosted discussions at monthly MACC meetings, coordinated surveys and conducted numerous individual interviews. For the most part, the planning process has enjoyed neighborly cooperation and spirited input. At the core, folks want to participate and know that their input matters and is considered in the plan's development. What we've learned so far is that there is agreement that the fields are wonderful, well used assets; and that they need the community's and our city's attention and resources. We also learned that because of the popularity and proximity of the parks, their value and impact stretches beyond Morningside into portions of Highland Park and beyond.

As part of the planning input process, the professional design team at Pashek and Associates has made some initial recommendations. Their recommendations are the result of community input, specifically the challenges faced by youth athletic programs and the concerns of park users, and their analysis of the existing use and configuration of the fields. Many of the recommendations challenge the way we as Morningsiders and Highland Parkers look at the two fields.

In a snapshot, Pashek and Associates' recommendations include improvement of the playground facilities at both fields, providing additional parking at both locations, adding safety lighting and connecting to the Heth's Run Restoration project to name a few

of the suggestions. In addition, one of the key recommendations is to convert Natoli Field, a diamond shaped field, to the home for baseball and softball activities; and use Heth's Field, a rectangular shaped field, for youth football and soccer. Currently, Natoli Field is used for youth football, soccer and baseball and Heths' Field is used for softball. The professional reasoning for this recommendation made by Pashek and Associates is that by separating the uses of "rectangular" and "diamond" sports to fields that share the best configuration for their respective activity will allow for higher quality and safer field surfaces for the kids and improve maintenance and upkeep. The parking, playground and numerous other enhancement recommendations are the result of surveys, on-site inspections and the need to meet basic safety standards for public park facilities.

On October 17th, MACC hosted a public meeting where residents and neighbors learned of the input that has helped shaped the plan to date as well as the recommendations being made by Pashek and Associates based on that input. Residents were able to provide suggestions and recommendations to enhance the plan at that meeting. MACC also discussed the plan at the November 7th MACC meeting and has provided a survey along with copies of the renderings at [www.morningside-pa.org](http://www.morningside-pa.org). Please provide your comments and suggestions.

The completed field improvement plan will provide guidance, recommendations and suggested improvements and timeframes for completion. The plan provides a framework for change. And, to be clear, not all change is possible or even advisable; the plan helps us understand what is possible without forcing change. Implementation of a plan will require cooperation and a community effort. Some action items will be easy to identify and accomplish; others will require financial resources and may necessitate further community conversation. However, the point of going through the exercise is to encourage cooperation between all users of the field, take into consideration the context or location of the parks and what surrounds them and improve these well-loved places.

If you have any questions, comments or suggestions we welcome your input.

*Grant Ervin*  
MACC President



# Merry Morningside 2012!



1: Last year's Merry Morningside Holiday Decorating Contest winner

2: Carolers warm up with Santa and hot cocoa, 2011.

This year, Morningside will be overflowing with holiday cheer and there will be something for everyone, so please join us! Read on for more details, and we can't wait to see you in December!

*Would you like to volunteer to help with Merry Morningside?* Contact Garrett Cooper at [garrett.l.cooper@gmail.com](mailto:garrett.l.cooper@gmail.com) or 412-692-1984.

## Merry Morningside Events

### Caroling - Sunday, December 9 at 5:00pm

Meet outside of 6808 Greenwood Street

Song sheets will be provided, but bring your own flashlight and festive scarf or hat! Caroling will last until it gets too cold or 6:00pm, whichever comes first.

### Holiday Party - Sunday, December 9 at 6:00pm

**Christmas cookies, tree trimming, and more!**

State Rep. Dom Costa's office, 6808 Greenwood Street, Suite 2  
Guests are encouraged to bring a non-perishable food item to donate. All donations will be sent to the St. Raphael's Food Bank. Attendees may vote for their favorite entry in the home decorating competition from 6:00pm - 6:30pm; winners will be announced at 7:00pm. Light holiday refreshments will be provided courtesy of Rep. Dom Costa.

### Holiday Decorating Competition

Morningside could be the next Hartwood Acres!

**Wednesday, December 5th - Deadline to enter** via paper entry or online at [www.morningside-pa.org/merry](http://www.morningside-pa.org/merry). Mail paper entries to MACC, P.O. Box 90185, Pittsburgh, PA 15224.

**Friday, December 7th at 7:00pm** - Final decorations must be hung! Judges will tour homes and pictures will be taken for the people's vote.

**Sunday, December 9th at 7:00pm** - Winners will be announced at the holiday party, but decorators need not be present to win.

### HOLIDAY DECORATING CONTEST RULES:

- There is no cost to enter the competition.
- Cash prizes for 1st, 2nd, and 3rd place will be awarded. 1st prize will also receive a special Merry Morningside trophy to display through the New Year!
- Lights are not required, but are highly encouraged; judging will be done after dark.
- Places will be awarded based on a combination of official contest judge votes and a "people's vote" (think Dancing with the Stars).
- We have new guest judges this year, and only those Morningsiders who come to the party can vote.
- Only residential properties/units in Morningside may enter. This includes apartments above businesses, but not storefronts.

#### ENTRY FORM:

Merry Morningside Holiday Home Decorating Competition  
Must be received by mail or online by Wed., Dec. 5.

Address of Home to Be Entered:

\_\_\_\_\_

Contact Name: \_\_\_\_\_

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

Email: \_\_\_\_\_

 **FROM THE OFFICE OF  
MAYOR LUKE RAVENSTAHL**

Dear Neighbors,

Colder weather is coming, but there's still time to prepare your family and home for the winter months. By weatherizing your home, you can protect it – both inside and out – from nature's elements, like rain and rodents, and save money by reducing energy use and allowing your home to run more efficiently. We realize that winter can be difficult for many residents, and I encourage you to learn about the City's helpful resources and programs.

The average house has cracks and gaps, allowing cold air to sneak in through these spaces. Closing these gaps will help keep your home at a comfortable temperature while preventing things like water seepage and insect and rodent problems. Simple solutions for weatherizing your home include adding insulation around air ducts, caulking around windows and adding weather stripping around doorways. A few simple tweaks can help prevent problems and protect your family. For more information, visit [pittsburghpa.gov/green](http://pittsburghpa.gov/green).

The City provides many resources to help residents save money and protect their home. The Pittsburgh Green House is a training and education facility that provides information about do-it-yourself projects, energy and water saving, and retrofit financing. The Sustainable Home Improvement Partnership offers weatherization assistance as well as health and safety upgrades, handicap accessibility upgrades, and plumbing, electrical and utility improvements to those who qualify. Everyone should be warm this winter. If you need assistance with repairs or utility costs, please contact my servePGH office at 412-255-4765 or [servepgh@pittsburghpa.gov](mailto:servepgh@pittsburghpa.gov), or visit [pittsburghpa.gov/servepgh](http://pittsburghpa.gov/servepgh).

Snow Angels is a program that helps minimize the hardships of snow removal by pairing volunteers with elderly or disabled to assist with snow removal. Volunteers are provided a shovel, deicing salt and a safety vest, and recipients are matched by location. Pittsburgh is a city well known for its neighbors helping neighbors. To request a Snow Angel in your neighborhood or to become a Snow Angel, visit [pittsburghpa.gov/servepgh/snowangels](http://pittsburghpa.gov/servepgh/snowangels).

As the City of Pittsburgh prepares for winter, I encourage all residents to prepare as well. Remember that weatherization provides a long-lasting solution to reducing energy bills, and that the City and our dedicated residents are ready to help neighbors in need. Together, we can ensure that this winter is a pleasant and enjoyable season for all.

 **FROM THE OFFICE OF  
COUNCILMAN PATRICK DOWD**

Dear Friends and Neighbors,

With the onset of fall comes changing leaves, back to school for the kids, and crisp autumn evenings. This changing of the seasons has been the backdrop for busy times throughout District 7. From the \$4,000 raised by the Morningside Mile to assist wounded veterans and their families to the October Spruce-Up of the Lawrenceville branch of the Carnegie Library made possible by the Our Library,

Our Future voter initiative, residents and stakeholders have been continuing the work that makes District 7 a great places to live.

"Busy" has also been the word on Grant Street, where I successfully sponsored legislation that will lay the foundation for the preservation of historic City of Pittsburgh records through the creation of the Commission on City Archives. This commission will oversee the preservation of historically valuable documents and records for future generations.

This September I introduced four pieces of mineral extraction zoning legislation that, if passed, will protect City residents in the event of natural gas drilling in the City of Pittsburgh. This legislation will allow for regulated and zoned protection in the case of a judicial repeal of the City's current drilling ban.

Remember that my staff and I will be available to hear your questions, concerns, and comments at my upcoming Council to Go meetings to be held at the Polish Hill Civic Association office at 3060 Brereton Street on Wednesday, November 14th from 7:00pm-8:00pm, and Highland Park at Tazza D'Oro at 1125 N. Highland Avenue on Thursday, November 29th from 7:00pm-8:00pm.

Be sure to like us on Facebook at Pittsburgh City Council District 7, follow us on Twitter at @PghDistrict7, and visit our website [www.pittsburghpa.gov/district7/](http://www.pittsburghpa.gov/district7/) to keep up to date on developments and announcements from throughout District 7. You may also contact my office for help with any city issues by calling 412-255-2140 or by emailing [district7@pittsburghpa.gov](mailto:district7@pittsburghpa.gov).

As always, my office and I wish you and all of our friends and neighbors in District 7 a happy fall season.

 **FROM THE OFFICE OF  
REPRESENTATIVE DOM COSTA**

Dear Friends and Neighbors,

As the cold weather is arriving, I want to remind you that applications for the Low Income Home Energy Assistance are now being accepted. LIHEAP helps low-income families with heating expenses through cash grants, sent directly to the utility company, to help with the cost of heating bills. For an application, help filling out the form, or more information, please contact my office.

My office will be will be hosting a PHEAA Workshop for parents of 11th and 12th grade students, or anyone interested in going back to school, at 6:30 p.m. Thursday January 10, 2013 at Fugh Hall 27 Crescent Ave Etna PA 15223. A student aid expert from PHEAA will be available to answer questions to give a better understanding of the student aid process. Information will also be provided on how to best begin planning to fund higher education. You must call my office at 412-361-2040 to register for this workshop.

As always, if you need assistance with any state related issue; Penndot, unemployment, welfare, property tax/rent rebates, income tax forms, free notary service, etc., please do not hesitate to stop by or call my office.

I look forward to seeing everyone at the Merry Morningside celebration at my office on December 9th and would like to wish everyone a safe and happy holiday season!



# **Falloween & The Pop-Up Market**

Despite the cool, crisp and sometimes drizzly weather on Saturday, October 20th, MACC's 4th annual Falloween Festival was a great success. With the biggest turn out to date, over one hundred people enjoyed the Saturday afternoon outside with their fellow neighbors, friends and family. Children were decked out in their Halloween costumes and full of energy as always - dancing and limbo-ing like only kids can.

This year, the festivities not only included live music by Ben Shannon and the Beagle Brothers, and a Brazilian drum and dance demonstration by Oneness Holistic and Cultural Center, but also a Pop-up Market. Talia Piazza, who hopes to open up a bakery, received a micro-grant from Awesome Pittsburgh to organize a Pop-up Co-op in Morningside. The Pop-up Co-op is a revitalization strategy which will benefit a neighborhood, its residents and local entrepreneurs. Because of some financial constraints, this first event evolved into more of a Pop-up Market, with Baked Pgh and Espresso Simpatico sharing an empty storefront to operate the market for the day.

In addition to the Pop-up Market vendors, Bigelow Breads CSA offered freshly-baked breads and Garfield Farms and Lenny's offered fresh produce. Other vendors included Northwood Reality, local Pampered Chef representative Jen Vanella, and Union Project pottery. Finally, we were able to sample some food from Morningside's newest, soon-to-be opened restaurant, The Bulldog Pub & Grill. Many thanks to all of the volunteers, vendors, musicians, local businesses and organizers who made the event so successful.



1. Morningside celebrates Falloween at the intersection of Greenwood Ave. & Chislett Street

2. Pop-up Market vendors Baked Pgh and Espresso Simpatico provided sweet treats and warm beverages

## **WHAT IS A POP-UP CO-OP?**

Those looking to open a small business are often challenged by the start-up costs, particularly the cost of retail or production space. Many find it difficult to succeed while working to keep the bills paid. So entrepreneurs would benefit from a less-risky way to get their project off the ground. On the other side of the equation, many neighborhoods have commercial districts with vacant storefronts; they may have great potential to support a business with an untapped customer base, but a hard time matching product availability with customer demand.

Thus, a Pop-up Co-op can benefit entrepreneurs and neighborhoods by reducing the risk for both entities. The original intent of the Morningside Pop-up Co-op is to repurpose an empty storefront into a locally run and organized co-op and incubator for small retail businesses. The Pop-up Market was just the first part of an effort to attract retailer attention to Morningside's commercial corridor and provide development assistance to small businesses.

## CALENDAR OF EVENTS

### MACC MEETINGS

MACC meetings are held the first Wednesday of every month at 7:00 pm at the Morningside VFW Hall at 1820 Morningside Avenue. All members and non-members are encouraged and welcomed to attend. Share your voice.

Next meetings: **December 5, January 2**

### MERRY MORNINGSIDE CONTEST & PARTY

*Decorating Contest Entry Deadline:* Wednesday, December 5, 2012

*Decorating Deadline:* Friday, December 7, 2012

*Caroling:* Sunday, December 9 beginning 5:00 pm

*Party:* Sunday, December 9 from 6:00 pm

See pages 3 for details

*All events are sponsored by MACC*

*Dates and times of events are subject to change.*

*In order to continue to keep Morningside a thriving community, we are always looking for volunteers. Members & non-members are encouraged to provide their specialties. From website development to litter clean-up, block captains to gardeners, your time and knowledge is needed. Contact the MACC if you would like to learn about volunteer opportunities. All ages welcomed. Community service hours available.*

## MACC Officers & Committee Chairs

**Grant Ervin, President**

412-445-1564

grant\_ervin@hotmail.com

**John Santore, Vice President**

412-292-5356

john@santore.com

**Chris Sandvig, Secretary**

412-728-3339

chris.sandvig@comcast.net

**Nan Pischke, Treasurer**

412-661-2692 (evenings)

fpischke@verizon.net

**Dom Costa, Ex Officio President**

**OPEN POSITION:**

*Beautification & Greening*

**Matt Diersen, Housing**

macchousing@yahoo.com

**Yasmin Ariff-Sayed, MACC Membership**

412-441-0215

yasmeenariffsayed@yahoo.com

**Stacey DeRenzo, Public Safety**

412-377-5448

MsideMom@aol.com

**Jenny McCarthy, MACC Events**

jennyjomac@gmail.com

## 2012 MACC ELECTIONS

Elections will be held at the December 5th meeting. The open positions are for Vice President and Treasurer, and the term is 2 years. To be eligible to vote, you must be a paid member of MACC 90 days prior to the election. Nominations can be made up until the actual vote. Anyone wanting to submit a nomination ahead of time is welcome to contact John Santore (see MACC Officers, above.)

## SPECIAL THANKS!

MACC would like to thank Vice President John Santore, Treasurer Nan Pischke, and Beautification & Greening Chair Amy Ervin for their faithful service to MACC and the Morningside community.

The Vice President and Treasurer positions are elected positions which MACC would like to fill at the December 5th elections.

If anyone is interested in taking over the Beautification & Greening Chair position, please contact Amy at 412-330-7667. Beautification includes tree plantings and maintenance, litter pick ups, park beautification, neighborhood needs and other small duties.

**The next content deadline is Dec. 14, 2012**  
Contact [michelle.belan@gmail.com](mailto:michelle.belan@gmail.com)

## DID YOU KNOW...

Sweeney Tire has a "Tire Shop on Wheels" that brings the tires and service to you! They can spin, mount and balance new tires right out of the back of the truck - wherever you park your car! Call 412-874-4062 for service or information.

**10% discount for Morningside Residents!**



## Morningside Social Network - Connecting on the Web

Nextdoor Morningside, a private social network just for residents of Morningside, had 149 households as of press time. Neighbors can use Nextdoor to find a babysitter, get the word out about a break-in, organize a yard sale or ask for help finding a lost pet. You can choose how much information about yourself that you share, so choose the right level of privacy to suit you.

Use this link to to join: <https://morningsidepa.nextdoor.com/invite/34a57743fccde91d1f8f> - you must be a resident of Morningside to join.





# Herbal Medicine: Our Sacred Relationship with Plants

By Ola Obasi, M.Sc., CNS



Humans have been connected to plants for as long our collective memory can recall. The intimate relationship between people and plants is profoundly unique. Around the world, modern and indigenous societies still use plants as a form of food and medicine. In the West, medical herbalists offer plants as optional remedies to assist individuals with disease and other chronic health imbalances that plague our societies today. Disease can show up in all of us as a result of imbalance within our emotional, physical, and mental realms. This creates stress and the growth of it contributes to illness and discontentment. So how can plants in the form of food and herbal medicine guide us to wellness?

Plants consist of sacred medicine, sacred because they are composed of phenomenally potent and naturally created constituents. All plants contain numerous constituents that are important to pharmaceutical science as well as herbal science, such as alkaloids, glycosides and antioxidants. These constituents found in each leaf, bark, seed, root or flower

work synergistically once ingested in the body to provide healing. The relationship between body, mind and plant becomes sacred as the plant directs and the body finds wellness. Awareness of this healing process builds vitality and ease; therefore contentment.

Medical herbalists are clinically trained on a graduate level from an accredited herbal medicine school. Often they are required to study nutrition to support their healing work. Understanding pharmacology and biomedicine, medical herbalists are qualified to work with conventional physicians to develop health protocols for clients. Good practitioners develop sacred relationships with plants as they use them clinically, grow and teach about them. In practice, various forms of herbs are recommended to clients such as tinctures, teas, extracts, powders, miels, capsules, essential oils and even visualization to ensure optimum wellness custom-made formulations are created for each unique condition of a client. This unique formulation in itself can be viewed as a sacred relationship with plants.

If you are interested in an herbal medicine, nutrition and/or a wellness consultation you may contact Ola at 412-685-4016, [www.olasherbshop.com](http://www.olasherbshop.com) or via email [olasherbshop@gmail.com](mailto:olasherbshop@gmail.com). Ola's Herb Shop is located at Oneness Holistic and Cultural Center on 1808 Chislett St. Pittsburgh, PA 15206 right here in Morningside and is open by appointment. Happy holidays everybody!



## DID YOU KNOW...

Jancey Street Trees, located at 1802 Jancey (at the old Morningside School) has been serving Morningside for over 50 years! As always, they will be offering fresh Fraser and Douglas Firs. Stop by for the best prices around. Delivery available.



## MORNINGSIDE RESIDENT GRADUATES FROM YOUTH CIVIC LEADERSHIP ACADEMY

Last month marked the end of Mayor Ravenstahl's 2012 Youth Civic Leadership Academy (YCLA). Over the course of six weeks, students from various neighborhoods in Pittsburgh were able to learn a great deal about how the City of Pittsburgh operates and is governed. Mayor Ravenstahl created YCLA to inspire community and civic leadership among Pittsburgh's youth.

Morningside resident Sina D'Amico, a sophomore at Oakland Catholic High School completed the program. "Participating in the Youth Civic Leadership Academy has taught me the amount of work and effort that is put into making the City's departments function smoothly and effectively."

Congratulations, Sina!



## SENIOR CENTER NEWS

Join us at the Morningside Senior Center! The center provides a hot meal and a place for adults 60 years and over to meet new people and have new experiences with no registration fee! Don't forget about all of our other regular activities like crafts, shopping trips, restaurant trips plus enjoy our pool table and computers with internet that are always available. We also have Bingo every Friday at 1pm and Rhythmic Movement exercise class T-W-TH at 10:30am.

### Friday, December 14th from 1-6pm \$12 -Christmas Party

Join us for our Christmas Party, featuring a fully catered meal, horse races, door prizes and much more! - Please call to hold your space!

For more information, please call 412-665-4342 Monday-Friday 8-4pm Ask for Jaime or Martha.

The next content deadline is Dec. 14, 2012  
Contact [michelle.belan@gmail.com](mailto:michelle.belan@gmail.com)

Morningside Area Community Council  
PO Box 90185  
Pittsburgh, PA 15224-0185

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### BECOME A MEMBER OF THE MACC

Become a member of the MACC by contacting Yasmeen Ariff-Sayed at 412-441-0215. Membership includes quarterly newsletter, membership card, and the right to vote on issues regarding the community and much more! \$5.00 per member (over 18 years old) for annual membership. Your support is greatly appreciated. Membership fees help support local events, clean-up costs, and the needs of the community.

#### MACC MEMBERSHIP FORM

\$5 Per Person \_\_\_\_\_ (Total)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

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

Email: \_\_\_\_\_

Please make checks payable to MACC

Mail check and application to Membership Chair:  
Yasmeen Ariff-Sayed  
1424 Morningside Ave.  
Pittsburgh, PA 15206

Thank you for your support of the MACC!

#### SPECIAL THANKS TO OUR SPONSORS

##### PLATINUM SPONSOR

Morningside Dental Inc. - 1809 Jancey St.  
State Rep. Dom Costa - 6808 Greenwood Ave.

##### GOLD SPONSOR

Hairstyles by Lisa - 1741 Chislett St.  
Morningside VFW - 1820 Morningside Ave.

##### SILVER SPONSOR

Tim's Barber Shop - 1802 Chislett St.  
Eddie's Pizza Haus - 1744 Chislett St.

##### BRONZE SPONSOR

Sweeney's Tire Service - 1000 Main St. (Sharpsburg)  
Shear Sensations - 1801 Chislett St.

##### COPPER SPONSOR

City Controller Michael Lamb