



Office of Councilman Patrick Dowd — June 2011

News and Updates

Farmers Market to Open In Lawrenceville

It is with great pleasure that City Council District 7, through their partnership with Lawrenceville United and Goodwill, announces the creation of a new Farmers Market beginning June 25, 2011. It will occur Saturdays from 9:30am-1pm. You'll be able to purchase fresh produce and products such as honey, meats, cheeses and handmade goods. It will be located in the Goodwill parking lot near 52nd and Berlin Streets.

Should you have further questions or would like to volunteer to be part of this great development, please contact Jennifer at Jennifer.thoma@city.pittsburgh.pa.us or 412.255.2140.

Noise Task Force Established

Council members Patrick Dowd and Bruce Kraus, co-chairs of the City Council Noise Task Force, announced the creation of a Noise Line to collect citizen input about noise issues from all around the City of Pittsburgh. The Noise Task Force will use the input to help shape new municipal noise legislation. Citizens are urged to phone, text or write to us about any issues of noise pollution that they experience. The noise line and task force website are:

Website:	http://noisetaskforce.pittsburghpa.gov
Email:	mailto:noisetaskforce@gmail.com
Phone and text messages:	(412) 223-7620
Postal delivery	c/o Councilman Patrick Dowd 510 City County Building 414 Grant Street Pittsburgh, PA 15219

The Noise Line will be open now through the following six weeks. Please note the Noise Line is not a substitute for 311 or 911. Noise issues that require immediate attention should be reported to 311 or 911.

Local Senior Games

Summer Dates: June 1-10, 2011
Location: Various Locations
Info: 412-422-6405

Head out to the court, the course or the park for some enjoyable competition! If you're 60 years or older—and a resident of Allegheny County—take part in the Senior Games, sponsored by Citiparks Senior *Interests*, at various locations throughout the area.

Compete this summer in archery, bocce, bowling, darts, 5K run, golf (nine holes), horseshoes, kooshball, pool (8-ball), shuffleboard, track & field (frisbee toss, 1/2 mile walk and softball throw) and Wii bowling. Then celebrate by attending the 2011 Senior Games awards banquet. Please call the number above for more information.

Upcoming Events and Meetings

COUNCIL TO GO

Join **Councilman Patrick Dowd at Council to Go**, his mobile district office, to voice your concerns, ideas, and questions about local government and services.

Lawrenceville — Friday, June 17, 7:30am - 9am — Perk Me Up, 4407 Butler Street

Morningside— Thursday, June 23, 7:00pm – 8:00pm -- Meet at Greenwood and Chislett for a community walk-about

COMMUNITY EVENTS

Saturday, June 4, 9am-3pm – [Morningside Yard Sale](#)

Sunday, June 5 – [Highland Park Yard Sale](#) (9am) and [Bryant Street Festival](#) (12noon-5pm) in Highland Park

Fridays, June 10-August 26, 2011, 7:30-10pm – [Free Movies in Arsenal Park @ Dusk](#)

Thursday, June 16 – Citiparks will open its outdoor [swimming pools](#) for the 2011 summer season. Individuals can purchase pool tags starting **June 1.**

Saturday, June 25, 9am-12noon – [Representative Dom Costa's Shredding Event](#) – Sunnyside School Parking Lot, 4801 Stanton Avenue

If you know of any free community-oriented events in your District 7 neighborhood that we should publicize through our monthly newsletter and [District 7 website](#), please email Jennifer.thoma@city.pittsburgh.pa.us by the 1st of each month.

Did You Know?

Peak tick season is nearly here—are you ready?



Don't you love the spring? The tulips are blooming, the trees are leafing, and the young ticks are... feeding. OK, that part isn't so great, particularly since cases of tick-borne Lyme disease continue to rise. But you can take steps to minimize your risk.

More than a dozen illnesses are transmitted by ticks in the United States, and Lyme disease is the most common. The infection is carried by blacklegged ticks, which live in wooded, brushy areas. If an infected tick attaches to your skin to feed, the bacteria that cause Lyme disease can get into your body and make you ill.

Most cases of Lyme disease happen in the late spring and summer when young ticks are active and people are spending more time outdoors. Cases have been steadily rising in the United States, tripling from 10,000 reported cases in 1992 to around 30,000 in 2009. The disease is most common in the Northeast, Mid-Atlantic, and North Central states, which account for nearly 95 percent of reported cases.

The good news is that you can take steps to reduce your risk of being bitten by an infected tick. The Centers for Disease Control and Prevention (CDC) offers these tips:

- If you can, avoid areas with ticks, particularly during peak tick season (late spring to early fall). These include wooded and brushy areas with high grasses and leaf litter.
- If spending time in a tick-infested area, wear long sleeves, long pants, and long socks. Also, consider wearing light-colored clothing, which can make ticks easier to see and remove. Tucking your pants into your boots or socks, and your shirt into your pants, can keep ticks on the outside of your clothing.
- Apply an insect repellent with DEET to your clothes or exposed skin. You can also use an insecticide called permethrin on your clothes, but this shouldn't be sprayed on skin.
- After being outdoors, check for ticks, especially in skin folds such as in the armpits, in the groin, and behind the ears. Be sure to check both yourself and your children. Young ticks are tiny—about the size of a poppy seed—so they can be difficult to spot.
- Make sure that ticks are not brought home on clothes. It's a good idea to wash clothes in hot water and dry them on high heat for at least an hour.
- Use tick medicines or collars on cats and dogs. Check pets frequently for ticks.
- Create a tick-safe zone if you live in an area with ticks. Remove leaf litter and brush around your home and at the edges of your lawn. Put wood chips or gravel between lawns and wooded areas, and keep your lawn mowed. Place playground equipment, decks, and patios away from the yard edge and trees. You might also apply a pesticide to your yard. One application at the end of May or beginning of June can reduce tick populations by 68 percent to 100 percent.

A tick usually has to stay attached to your skin for at least 24 hours before there's much risk of it making you ill. The most common symptom is a rash spreading out from the bite, usually after one to two weeks. The rash may look like a bull's eye, and it can become very large (about the size of a dinner plate). But not everyone gets a rash. You may also have flu-like symptoms, such as fatigue, chills, fever, headaches, and muscle and joint aches.

Although most people recover from Lyme disease, the infection can cause serious health problems, such as severe joint pain and long-term nerve damage. However, your chances of these problems are low if you're treated early with antibiotics.

Bottom line, as cases of Lyme disease continue to rise, it's important to take precautions to avoid ticks. And if you develop a rash or flu-like symptoms after being in an area with ticks, be sure to see your doctor.

—Sophie Ramsey, BMJ Group

ConsumerReportsHealth.org has partnered with The BMJ Group to monitor the latest medical research and assess the evidence to help you decide which news you should use.

To unsubscribe from Council District 7 updates, please notify Jennifer Thoma at jennifer.thoma@city.pittsburgh.pa.us and you or your organization will be removed from our contact list.

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[District 7 Schedule of Events Google Calendar](#) | [2010 Annual Report](#) [pdf]