

The Oakland Community Gets Fit!

On Friday, June 29th, the entire Oakland community embraced health and wellness through **Fitness Friday!** In conjunction with the Oakland Transportation Management Association's Walk-Challenge Wrap-Up, OBID hosted a series of fitness-related

events in the business district. Special thanks to: **Pittsburgh Food Bank, Red Bull, The Great Race, University of Pittsburgh Police, and of course the participating businesses** who helped make this event a success!



Please join us next month on
Friday, July 27th for
Oakland Friday's Fresh Food Friday,
a celebration of the Oakland Farmers' Market
and buying fresh and local!



Single Lane Traffic Begins on Forbes Avenue on July 9

PennDOT District 11 is advising motorists that additional lane restrictions will occur on Forbes Avenue beginning on Monday night, July 9, 2007 in Oakland.

Two right lanes are expected to close resulting in a single lane of traffic on Forbes Avenue from the Parkway East (I-376) off-ramp to the intersection of McDevitt Place. Traffic on Forbes Avenue will be required to stop at the merge point with traffic from the Parkway East off-ramp (traffic from Parkway East will be free-flowing). The restrictions will begin at 7 p.m. on Monday and continue around the clock through mid August 2007. Motorists should be prepared for changing traffic patterns and possible delays.

The lane closure is necessary as contractor crews construct new drainage facilities on Forbes Avenue and Ophelia Street. The work is part of the \$29 million project to replace the Route 885 Boulevard of the Allies Bridge that includes the demolition

and reconstruction of the mainline bridge over Forbes Avenue, the replacement of north and south ramps with new roadway ramps and the elimination of the contra-flow traffic lane on Forbes Avenue. Construction is expected to take two years to complete.

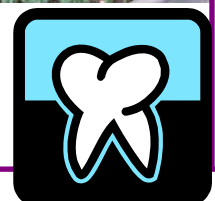
A single left lane closure on Forbes Avenue from Moultrie Street to the Parkway East off-ramp and a left inbound (northbound) lane closure on Route 885 in the area of the existing Boulevard of the Allies Bridge will continue as well. Motorists should note the existing Boulevard of the Allies Bridge is not scheduled to close for replacement until 2008.

The existing structure was built in 1928. The bridge has a weight posting of nine tons/17 tons combination and is rated as a structurally deficient bridge.

For more info and virtual images of the project, visit www.otma-pgh.org/project_sr885/default.aspx.

BIZ-Bits

- The OBID would like to extend congratulations to the **Offices of Drs. Miller, Werrin, and Gruendel, 3506 Fifth Avenue!** They were selected by a vote of peers to appear on the inaugural list of topDentists™. Look out for the listing on www.usatopdentists.com and also in the August issue of Pittsburgh Magazine. TopDentists is based on an exhaustive peer-review survey in which hundreds of dentists and specialists throughout Pittsburgh cast thousands of "votes" on the abilities of other dentists and specialists, and because listings cannot be purchased, inclusion in topDentist is considered a singular honor.



2007 Oakland Farmers' Market!

The **2007 Oakland Farmers' Market** kick-off and Red Oak Café's smoothies are great additions to our Oakland Market!

Market-goers were immersed with information on eating healthy, maintaining a normal blood pressure and on some of our own local health oriented businesses! **Hieber's Pharmacy, National City, Three Rivers Fitness, and Medical Center Opticians**

all came out and spoke to market-goers about their respective businesses.

OBID would like to welcome our newest vendors to the market! Gosia's Pierogies



All of these activities went hand-in-hand with OBID's Fitness Friday, the second of seven monthly themed events in the central Oakland business district.

The Farmers' Market will run every Friday from June 29th until November 16th on Sennott Street between

Atwood Street and Meyran Avenue. Vendors will be available from 3:30 p.m. until 6:30 p.m. and **free parking** is available between those times in the adjacent UPMC lot.



Entrepreneur Series

On Wednesday, June 20th, Oakland business owners gathered at the Wyndham Garden Hotel for "From Seed to Storefront: Capturing the Health and Wellness Market."

The seminar was the third of OBID's 2007 Entrepreneur's Education Series.

Thank you to our guest speakers: Casey Dill from Whole Foods Market and David Eson

from the Pennsylvania Association for Sustainable Agriculture.

Speakers talked to business owners about capturing the multi-billion dollar health and wellness market and the benefits of buying locally produced products.

Please join us next month:

"Crime Prevention thru Environmental and Building Design"

Wednesday July 11, 2007 at 2pm

Wyndham Garden Hotel, 3454 Forbes Avenue

Officer Ron Bennett, *University of Pittsburgh Police*

Peter Margittai AIA, *Peter Margittai Architect*

Tara Merenda, *Community Design Center of Pittsburgh*

How can the design of your storefront make your business and your neighborhood more safe and secure? Professionals from the fields of design and law enforcement will present ideas around how to create an inviting storefront that will attract customers while deterring theft and crime.



BID-Bits

- OBID on cable TV!**
 OBID is proud to announce that beginning Monday June 25th, seven Oakland businesses began advertising their goods on Cable Television through OBID's advertising campaign marketing Oakland and our Only in Oakland website. Three separate commercials will air each week for 13 weeks with over 180 commercials in total! Look out for our Oakland commercials on the following Comcast Cable channels: *HGTV, Headline News, MSNBC, History Channel, Travel Channel, ESPN 2, AMC, and Comedy Central.*



- Oakland Businesses visit **www.onlyinoakland.org** for an up-to-date business directory and for all information about Oakland events! If you would like to add something to our website, please contact Melanie Spigelmeyer by calling 412-683-6243, or e-mail mel@oaklandbid.org.

