Little Free Pantries & Libraries Come to Hazelwood!

On June 2nd, The Mission Continues’ Hazelwood Platoon (a local veteran’s organization that works alongside local residents on community revitalization efforts in Hazelwood) partnered with Propel Hazelwood, the Hazelwood Initiative, Girl Scout Troop #52908, Fishes and Loaves Cooperative Ministries, St. Paul’s Lutheran Church, the United Hazelwood Design Team and Reading Is Fundamental Pittsburgh to build and install 3 Little Free Pantries and 2 Little Free Libraries in the community.

This large collaboration of organizations came together at Propel Hazelwood on June 2nd for an all-day service project, where they worked together to build and paint the pantries and libraries, as well as prep the sites for installation.

This event was organized by the veterans of the Hazelwood Platoon, in coordination with 15-year-old Life Scout, Christian Polk. Christian took on a lead role for this service event - in partial fulfillment of his Eagle Scout project - by designing the boxes, fundraising for the building materials, and leading a group of volunteers in building the boxes at the service event.

The Little Free Libraries are an exciting opportunity for the children within the Hazelwood community to have easily accessible reading material, inspire a love of reading, build community, and spark creativity by fostering neighborhood book exchanges. The libraries will be installed at two different sites -

- **Propel Hazelwood** – 5401 Glenwood Ave. (sponsored by Propel Hazelwood)
- **Former YMCA Building** – 4713 Chatsworth Ave. (sponsored by the local Girl Scout Troop #52908)

These libraries were also made possible by a generous donation of 100 brand new books from Reading Is Fundamental Pittsburgh.

The purpose of the Little Free Pantries is to meet the needs of the community by supplying non-perishable food items, hygiene items, and household goods. The Little Free Pantries are available to anyone in need. The Little Free Pantries can be found at the following locations:

- **St. Paul’s Lutheran Church** – 5319 Second Ave. (sponsored by the staff at St. Paul’s and a Neighborhood Investment Fund from Hazelwood Initiative)
- **Propel Hazelwood** – 5401 Glenwood Ave. (sponsored by Propel Hazelwood and Fishes and Loaves Cooperative)
- **Former YMCA Building** – 4713 Chatsworth Ave. (sponsored by Hazelwood Initiative and Fishes and Loaves Cooperative)

The Little Free Pantries at St. Paul’s and Propel Hazelwood, and the Little Free Library at Propel Hazelwood, are expected to be installed and ready to use during the week of June 25th. The Little Free Pantry and Little Free Library at the former YMCA building will not be installed until the building renovations are completed and a tenant has moved into the building, which is expected to take place before the end of 2018.

In addition to the fundraising that Christian did for the project build, he has committed himself to raise funds for the sustainability of the pantries and libraries, so that they may remain stocked throughout the year. Anyone interested in making a monetary donation to this cause can visit the GoFundMe page at the following site – https://www.gofundme.com/FreeLittlePantriesinHazelwood

In addition, if you are interested in donating non-perishable items for the pantries, or any new/used books for the libraries, we ask that you contact the site staff (listed below).

Donations for the Propel Hazelwood Little Free Pantry or Free Little Library, please contact Shala Darwin, Coordinator of the Hazelwood Wellness Center at 412-325-0492 ext. 2003 or shala@propelschools.org.

Donations for the St. Paul’s Lutheran Church Free Little Pantry, please contact Joe Hepner at 412-628-6499.

* For safety reasons, we ask that pantry donations be given to these site supervisors, so that they can check expiration dates and package integrity before items are sorted and stocked.

The staff at Propel Hazelwood are very grateful for the community partnerships that have been formed through this initiative, and we look forward to continuing to collaborate with the Hazelwood community, as we work together to meet the needs of our entire community.
KaBOOM and New Elizabeth St. Parklet: Two Stops on Upcoming PlayTrail Project for Hazelwood

By Anne Pamphile

Sarah Siplak works for Trying Together, a non-profit advocating for resources and opportunities for childhood development, and she’s also the Director of the Playful Pittsburgh Collaborative. Sarah met with us while hosting a ‘pop-up event’ at the KaBOOM playground on Lytle Street to discuss the state of the playground, the new parklet being constructed in an old adjacent parking lot, and how they both fit into an exciting new project that stretches opportunities for play across Hazelwood.

What does the parklet bring that the park doesn’t? In other words, what kind of community benefit would arise from the parklet?

The concept for the Elizabeth Street Beautification or the Elizabeth Street Parklet was based on community feedback that we got from young people in Hazelwood. They were mentioning that after the playground was built, it felt like there wasn’t a space for teens to hang out. The teenagers felt as though their space was being invaded by the younger kids in the community. And so the original concept for it was partially designed by students from the Student Conservation Association doing a project in Hazelwood, who worked with a design firm and had a bunch of chalk drawings and gave feedback on what they wanted in that space. And then the larger project came about through community conversations about finding blighted, vacant lots in Hazelwood where people would like to see something a little bit more beautiful to look at. And so this spot was chosen and it has been an ongoing project for a couple of years now and we’re finally now starting to see it come to fruition and we’re super excited.

We know a little bit about the action that Hazelwood Initiative and your organization are taking to change things up a little bit because of the issues that have arisen. So how does the action taken for the parklet affect and complement this playground?

The idea is that when you put a playground or community space in you want to draw in families and people to accentuate a safe space for community conversation and for community activity to happen. So when you look around right now you know that was over there just a blighted vacant parking lot and there were a lot car parking over there and so the idea is that the both of these locations are part of the larger Hazelwood play trail. So there’s constantly a line of sight when you get to a particular point on the play trail you want to have a direct line of sight. So when you come down the steps off the Elizabeth Street Bridge, the crosswalk that brings you across Glossier will then continue through the parklet, potentially in some sort of public art format, and the crosswalk will again continue and meet up with the path. So this path will eventually move slightly to the left to meet wherever that crosswalk ends up and so the idea by putting space in is we’ve now created a much larger, greener, pleasant space to look at.

Taking into consideration the heroin needles found and the known drug use in this area, how is the issue of safety being addressed?

To my knowledge we have somebody who cleans the playground every day. And I would say on average he has found one needle maybe a couple times a month. One needle is unfortunate, let alone multiple. I think that the installation of the camera is definitely going to help alleviate some of those issues. Hiding places where inappropriate behavior can easily take place were also considered when the green space was created, and are not included in this green space. It’s called Low Fescue which means it’s “No Mow,” where everything is low to the ground and it’s pretty self maintaining. Community buy in is also a great way to address safety concerns because members of the community can be more aware of their surroundings and let the authorities know if they notice something happening. Hazelwood is a lovely, lovely community. The negative things that have happened here with needles being found and fights happening unfortunately that kind of things happens in any public spaces, community buy in and getting people to understand that it takes neighbors sitting out on their porches and keeping an eye on things and reporting behavior that is negative and negatively affecting the space is what is going to discourage people from doing those things. Also, when there are vacant houses like those adjacent to the playground, the long term goal is that we discern which houses belong to residents and those that don’t be secured.

So what role does the Public Safety Committee play with safety around the playground. And what are your hopes for this committee?

The larger problem of drug use and drug selling that’s happening around here is for the police to figure out. There have been instances of people living in vacant homes and that activity happening in them. So I would never recommend that any community member try to take it up on their own if they’re not with law enforcement to deal with that. My hope would be that the Public Safety Committee turns into a space where people can come and address those concerns that they feel need to be addressed by the committee, by the police, by the city, by the borough. What I envision, potentially, is an in person 311, where people who have the background knowledge to say “this is what should happen” can tell you what steps you need to take in order to address whatever those safety concerns would be.

Is there anything else that you’d like to say that you’re either excited about or anything that we didn’t ask you about that you wanted to cover about the parklet or about the playground or the play trail?

Yeah! The exciting thing is that the Greater Hazelwood Play Trail is a much larger scope project and the idea is that the Hazelwood version of a play trail is going to be the pilot program for something that can be replicated in other communities and around Pittsburgh and so you know with Hazelwood having its 150th anniversary celebration coming up at the end of this month, my hope...
St. Stephen Parish
5115 Second Avenue
Pittsburgh, PA 15207
412-421-9210
email: saintstephen@verizon.net
http://www.ststephen-hazelwood.org/
Fr. Vincent Stegman, CSSp
Deacon Thomas Berna

Parish Office Hours
9:00 AM to 2:00 PM
Monday thru Thursday
Phone: (412) 421-9210

Religious Education Office
Phone: (412) 421-4748
Sunday ONLY - preK-8
St. Stephen Pastoral Center/Spartan Center
134 E. Elizabeth Street
rose.velgich@ststephen-hazelwood.org

Weekday Masses
7:30 AM - Monday, Tuesday, Thursday,
and Friday
Noon - Wednesday
8:00 AM & 4:00 PM – Saturday

Sunday Masses
8:00 AM and 11:00 AM

Confession
3:45 PM Saturday (before 4 PM Mass)

Youth Ministry
St. Stephen & St. Rosalia - 7-12 grade
St. Stephen Pastoral Center
134 E. Elizabeth Street
Youth Ministry Ministers: Janet Berna @
janet784@gmail.com
Cindy Kelly @ ekellyp@gmail.com
Pete Taormina @ ptaormina@live.com
Terri Taormina @ faithformation
@saintrosalia.org

Interested in becoming a youth minister?
contact us or come to a meeting!

The Church of the Good Shepherd
Second & Johnston Avenues
Principal Service
Sundays 10:00 AM
Children’s Sunday School
10:00 AM
Healing Service-Monthly
Bible Study-Weekly
A church of the Anglican Communion

What’s Up?
Community Notices for Greenfield, Hazelwood, New Homestead and Lincoln Place

Greenfield Presbyterian Church
Is on the move!
Call 412-223-7863 or email
greenfieldpc@gmail.com for
our schedule.

Hazelwood Christian Church
Committed to God’s Word in Christ,
and God’s Word in Scripture
118 Glen Caladh Street
412-421-9908

New Light Congregation
A Conservative Jewish Congregation
5898 Wilkins Ave.
Pittsburgh, PA 15217
412-421-1017

Hazelwood YMCA
Food Pantry
Located at St. Stephen’s School
134 E. Elizabeth St. • 412-421-5648
You must bring a Photo ID every pick up!

Mansmann Foundation and
Hazelwood Initiative’s
Peer-To-Peer Mentoring
Pod for Small Business
Owners
3rd Monday of every month at 5:30-7:30
PM at the PAYCE office (located beneath
the Hazelwood Carnegie Library - please
use the Library entrance)

You must bring a Photo ID every pick up!

Mary S. Brown–Ames
United Methodist Church
3424 Beechwood Boulevard
Jeffrey Lukacs, Pastor
“The church with the bright red fence”
Sunday Service 10:30 AM
Bible Study every Thursday: 7:30 PM
www.brightredfence.org

St. John The Evangelist Baptist Church
4537 Chatsworth Avenue
“Just For Today”
Nar-Anon Meeting

For family and friends whose loved ones
suffer from Drug Addiction. Wednesdays at
8:00 PM - 9:30 PM

St. John Chrysostom Byzantine Rite Church
118 Glen Caladh Street
412-421-9908

Squirrel Hill Christian Church
290 Bigelow Street
412-521-2447

Houses of Worship
United Methodist Church
Mary S. Brown – Ames
Church
Praise Temple Deliverance
Church
Warriors of Holiness in Power
(W.H.I.P . Ministries)
Keystone Church of Hazelwood
First Hungarian Reformed Church of Pittsburgh
St. Paul’s Lutheran Church
St. Stephen Parish
5115 Second Avenue
412-421-9210
Church of the Good Shepherd
Episcopal
Morningstar Baptist Church
Houses of Worship

St. John Chrysostom Byzantine
Rite Church
506 Saline Street
412-422-1637

Squirrel Hill Christian Church
411 Greenfield Avenue
412-421-5766

Holy Angels Parish
408 Baldwin Road
Rev. Robert J. Ahlin 412-421-0243

St. Rosalia’s Catholic Church
411 Greenfield Avenue
Rev. Joseph Reschick 412-421-5766

Greater Pittsburgh Fountain of Life
247 Johnston Avenue
Bishop Gerald Loyd 412-422-8794

St. John Chrysostom Byzantine
Rite Church
506 Saline Street
412-421-0243

St. John the Evangelist Baptist
Church
4537 Chatsworth Avenue
412-521-0994

St. Rosalia’s Catholic Church
411 Greenfield Avenue
Rev. Joseph Reschick 412-421-5766

Squirrel Hill Christian Church
290 Bigelow Street
412-521-2447

Holy Angels Parish
408 Baldwin Road
Rev. Robert J. Ahlin 412-461-8906

Warriors of Holiness in Power (W.H.I.P . Ministries)
1174 Mifflin Road
412-461-5972
Pastor James and
Apostle Denise Samuel
www.whipministries.com

Praise Temple Deliverance
Church
5400 Glenwood Avenue
Pastor Dennis Curri 412-422-1637

Mary S. Brown – Ames
United Methodist Church
3424 Beechwood Blvd.
412-421-4331

WEEKLY SCHEDULE
EPICS Classes ….. Sunday, 9:00 AM-10:00 AM
Sunday Service …………. Sunday, 10:30 AM
Noonday Prayer Meeting … Wednesday, 12:00-1:00 PM
Celebrate Recovery ……….. Friday, 7:00 PM

For New Believers and those
who want a tune-up:
Next Step Discipleship
www.nextsteppgh.com

Let Us Know What’s Up!
Send us your news and announce-
ments, and get the word out to the community. Info should be in to us
by the 10th of the month prior to the
publication date.

The Homepage
5342 Second Ave.,
Pittsburgh, PA 15207
NEW Email:
adirosa@hazelwoodinitiative.org

E-mail: smallbusiness@mansmannfoundation.org

134 E. Elizabeth Street
GreenfieldPC@gmail.com for
our schedule.

A Conservative Jewish Congregation
5898 Wilkins Ave.
Pittsburgh, PA 15217
412-421-1017

Friday Evening - 7:30 PM
Followed by Oeneg Shabbat
Saturday Morning – 9:45 AM
Followed by Kiddish
Sunday Minyan – 9:15 AM - Held after
Sukkot through the Sunday of April

Houses of Worship
United Methodist Church
Mary S. Brown – Ames
Church
Praise Temple Deliverance
Church
Warriors of Holiness in Power
(W.H.I.P. Ministries)
Keystone Church of Hazelwood
First Hungarian Reformed Church of Pittsburgh
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Warriors of Holiness in Power (W.H.I.P. Ministries)
1174 Mifflin Road
412-461-5972
Pastor James and
Apostle Denise Samuel
www.whipministries.com

Praise Temple Deliverance
Church
5400 Glenwood Avenue
Pastor Dennis Curri 412-422-1637

Mary S. Brown — Ames
United Methodist Church
3424 Beechwood Blvd.
412-421-4331

NEW Email:
adirosa@hazelwoodinitiative.org

THE HOMEPAGE
Page Three
July 2018
Lincoln Place Church of the Nazarene & Manifest Ministries

**SUNDAYS**
- Sunday School: 9:30 AM (all ages)
- Morning Worship: 10:40 AM
- Children's Church: 10:40 AM
- Evening Service: 6:30 PM

**TUESDAYS**
- Weekday Bible Study: 3:30 PM

**WEDNESDAYS**
- Intercessory Prayer: 10:30 AM
- Individual Discipleship Studies: 6 PM
- Naz Kidz: 7:00 PM
- Intercessory Prayer: 7:00 AM

**THURSDAYS**
- Prayer Walks: 12:30 PM
- Monthly Fire Nights
- Prayer Walks: 6:30 PM
- Intercessory Prayer at the Church: 7:00 PM

**SATURDAYS**
- Prayer Walks: 8:30 AM

**MONTHLY FIRE NIGHTS**
- Friday Prayer Walks: 6:30 PM
- Intercessory Prayer at the Church: 7:00 PM

**WOMEN’S MINISTRY**
- First Thursdays: 7:00 PM

**MEN’S MINISTRY**
- First Fridays: 7:00 PM

- Monthly Food Pantry: 3rd Saturday, 8:30 AM. Distribution is at Lincoln Place Presbyterian Church. Call LPNaz at 412-462-2524 for eligibility guidelines and to sign up.
- Need a ride to church? call Darrel at 412-461-6742.

**Holy Angels Parish**

**REGULAR WEEKLY MASS SCHEDULE**
- Monday – Saturday: 9:00 AM
- Saturday Vigil: 4:30 PM & 6:00 PM
- Sunday: 7:00 AM, 9:00 AM, 11:00 AM, 5:30 PM

**Holy Day (Weekday) Mass Schedule:**
- Vigil Mass: 4:30 PM, 6:00 PM
- Holy Day: 6:30 AM, 9:00 AM, 12:00 Noon, 7:00 PM

**Holy Angels Parish** is a Roman Catholic church that began in 1903 in the town of Hays, PA and is a family community among the many parishes that make up the Church of Pittsburgh. Our purpose is to assist each member in spiritual growth, to enable all members to support the parish family and to reach out to the larger community of the Church and the World.

**Lincoln Place Presbyterian Church**

**SUNDAY**
- Services begin at 9:30 AM
- Sunday School for all ages at 9:00 AM

**WEEKLY EVENTS INCLUDE:**
- **MONDAYS:**
  - NA’s 6:30 PM

- **TUESDAYS:**
  - Senior Lunch is served from 12:00-1:00 PM followed by games, Wii, and fellowship until 2:00 PM. Often speakers present helpful info for senior citizens.
  - Free Lending Library is open for book borrowing. Donation of used books are welcome.

- **WEDNESDAYS:**
  - Girl Scout Troop #52358 meets the 1st & 3rd Wednesdays of each month. For more info call: 412-877-7734.
  - Choir Practice 7:00-8:00 PM

- **FRIDAYS:**
  - Family Movie Night first Fridays of each month. Please call of time and more info. 412-461-3377
  - All are always welcome.
THE HOMEPAGE

Cinema in the Parks
McBride Park

Our friends at City of Pittsburgh’s Office of Special Events are bringing the silver screen to our park! Catch great movies under the stars at these free, family-friendly Dollar Bank Cinema in the Park events.

<table>
<thead>
<tr>
<th>June 11</th>
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<tr>
<td>Wonder</td>
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Note: Movies begin at dusk. Events may be cancelled due to inclement weather. Call 412-255-2493 or visit http://pittsburghpa.gov/events/cinema/mcbride.html for more info.

31st Ward CAG.org

The Green Way
By Jim McCue

We put little rose-of-sharon plants in the ground at what is now called Everybody’s Garden; those wee plants have become great big bushes. That’s cause and effect. The little almond-shaped seeds inside peach pits sprout baby peach trees that may get huge.

Some people feed money into lottery tickets; they almost always end up with less money. That’s cause and effect.

Purslane, strawberry, rose, asparagus, fig, pine, apple, peach, mulberry, peppermint, apple mint, tea mint, oregano, ever-bearing raspberry, black raspberry, milkweed, horseradish, comfrey, lambs quarters, thistle, clover, grape, cleavers, bulrush, zucchini, stinging nettle, iris, daylily, sunflower, sunchoke, fern yarrow, black currant, astilbe, aster, borage, and horseradish are in the garden because we put them there. All causes and effects.

The weather we’re experiencing now is (in part) the result of decisions we made fifty and more years ago. Causes and effects. Decisions each of us make now make the future either better or worse.

Two of the main causes of the catastrophic environmental effects (including climate change, but also the increased geological activity we’re seeing now): A. the fear-based belief that there’s not enough necessities to go around. There’s plenty if we share.

B. the belief that there’s nothing that can be done. Nothing could be further from the truth. We are living in a human-created partial hell; it doesn’t have to be this way. Just as fast as these catastrophes are coming, so also are the ways to help things get better. In my research, I find new inventions, discoveries, and ideas almost daily.

Those who are pessimistic, who say we are helpless, are destroying the Earth via spreading hopelessness. They don’t believe there are solutions, so they’re not looking for them. If you think it’s no use, you’ll not act. Cause and effect.

It is a contradiction (but one which is true) that when we stop worrying about our own selves and care about the Earth as a whole, we will all be in much better shape. When the world will be as one, we will have Heaven on Earth. Cause and effect.
Multi-instrumentalist’s ‘Revv-olution’ Making Noise in Lincoln Place

By Anne Pamphile

We caught up with Matt Simak of Lincoln Place for a conversation about his journey as an artist and his current music projects.

Who do you consider to be your biggest musical influence?

Chris Cornell. Chris Cornell has been an influence to me for a long time. I feel like his music has been a soundtrack to my life because he does acoustic, he does heavy rock, he does a lot of stuff himself. But I am also into stuff like Led Zeppelin, and Stone Temple Pilots. And I like the blues, I like rock, but I like a straightforward rock and roll because on the radio now, it doesn’t really exist the same. But I actually wrote a song for Chris Cornell as a tribute to him on my album. It says a lot to me because he was one person and he’s done it all alone a lot of times.

It’s quite impressive that you play a variety of instruments. Tell us a little bit about that.

It depends, I mean, I play bass, guitar, I play drums, I do vocals, I play the mandolin, I play harmonica. If it comes up that I want to write an album, I want new things, like when I wrote this album, I want it to be completely different than my live music. I like writing music because I spent that time on guitar which, unlike drums, was not one of my strong points. I tried to get lessons and it didn’t work out and I kept going back and forth. Finally, I decided that it did not matter, at some point I’m going to figure it all out and I’m going to keep doing it. And I did and I’m still figuring it out. I’m willing to try anything that will work, so I wanted to put the banjo actually into it. I think the banjo would have been a hard one. But drums are definitely the best.

Would you say learning the guitar, for example, would be the one of the challenges you faced as a multi-instrumentalist?

When I learned to play guitar, everything seemed to be repetitive. I put my fingers down to practice the patterns that they usually make chords out of. I don’t look at the chords but if I could go back I would have liked to learn more. Whatever I hear, whatever I feel becomes something. I play around until I find a sound that I like and then I try my best to build on that. I’ll make a few three or four riffs that sound really cool, then I’ll record them on a video. I’ve thrown a lot of songs away just through trial and error, but right now I’m actually starting already on new music.

I’m not a mastering engineer and I’ve had feedback from people that have helped me improve in many ways.

Since we’re talking about challenges, what are some of the challenges you face as an aspiring artist?

As someone that does it all: promoting, writing, promoting. It’s a very hard thing to do because I don’t play out. I can’t play out because I have to do all the instruments. I’ve spent a lot of time doing everything old school. I actually have printed signs on the side of my car and a decal on the back of my car. The people that own the mechanic shop that I work at even have a big poster in the window. I went around Munhall, where a couple of people put my poster up and I have it up in Guitar Center and I try to put my music on the “X”. They had my commercial up for a month, so I had that promotion. Why did I give up on it? It just came back and I started writing “Start A Revv-olution.” My wife didn’t expect things to happen as fast as they did. I just want to do it. I really do.

And you said you’re a mechanic by day and you also have a family. So how do you balance those obligations with your music?

I’m a mechanic by day and I do my music at night. I try to do it all. My daughter really likes music and she sings all the time. I encourage her to try learning the guitar just as a means for her to try it. She’s

Continued on Page 2
As we draw closer to summer, green is overtaking everything.

With April came showers – and a liberal amount of snow – but May has arrived in all its glory. And green is here to stay.

What does the color green signify? It is both calming yet brimming with life. It holds a dual symbolism. Across time and cultures it has come to stand for many things: Purity, vitality, harmony, rebirth and truth among them. In keeping with the birth of the new season, it comes as no surprise that the official Birthstone of May is none other than the brilliantly green Emerald.

Exclusive to this single color, the Emerald is recognized as an enchanting stone worldwide. Ancient Egypt valued it for its healing powers, the Romans for its relief in times of stress, and even its name lies in ancient Greek roots for the word green. It was also said to gift its wearers with eloquence in speech, and to unveil truth in lovers’ hearts. According to the bible it is even one of the stones gifted to King Solomon by God, and with it the power over all of creation.

Today it is one of only four internationally recognized gems, and its value is so prized that fine Emeralds are more precious than even diamonds of the same weight. Even more interesting, this holds true despite these stones often being riddled with inclusions. As in the best of us, blemishes and shortcomings are unavoidable. In Emeralds, these so-called imperfections could be anything from small fractures, to crystals formed alongside the Emerald, to gasses trapped inside the stone. Moreover, they often tell a tale of the stone’s history, with signature inclusions denoting the region from which the stone was mined. But they don’t detract from its potential for value. Although traditionally treated with oil to reduce the risk of fracture or breakage, even its inclusions cannot take away from the Emerald’s vibrant color and saturation, in which its true value lies. The Emerald City of the Wizard of Oz was named so for a reason – hardly any stone can compare to its richness, literally and figuratively.

So what do Emeralds mean to you? Perhaps you have a Cancer in your family, for which the Emerald is the sign’s signature gemstone. Perhaps you have an appreciation for fine gemstones, or the emerald’s significance in ancient history, or the diversity in which it is rooted. And perhaps it is nothing more than a brilliant green to add to your wardrobe, complementing your skin tone or your hair or eyes. Deep in sentimental value or just simply beautiful in appearance, the popularity of this stone has stood the test of time and will never go out of style.

To us, the significance behind the stone lies in something deeper, something more personal. Green is not only the focal color of our business; it is a part of our name and a part of the community in which we reside. And trust and tranquility are a signature characteristic of the meaning behind the Emerald. Here at Greenfield Jewelers, we are a family: A family built on trust, mutual respect, and a commitment to working together for the benefit of everyone involved. We value all of our work equally, whether it comes at a higher price or is merely a simple repair. We consider our customers to be our family, and endeavor to treat them as such. And our reviews? They speak for themselves. Our customers know who we are and what we stand for. The message of the Emerald is, like ours, one of trust, harmony, and good will.

We stand by our products and our services, and our customers do too. Taking care to provide for any jewelry needs, repairs, or even fulfilling your heart’s desire is what we are here to do: yesterday, today, and tomorrow. We invite you to make that a part of your life today.
Elmer L. Herman Funeral Home

- Established 1862
- 5204 Second Avenue, Hazelwood

Dignified funerals, burials, green burials and cremation with care.

(412) 521-2768
John N. Bauer, Funeral Director
(412) 475-4381

We honor other funeral homes arrangements.

Bernacki Family Practice And Wellness Center, RPLLC
521 Greenfield Avenue
412-422-6500
Bernard J. Bernacki, DO, MPH

We are a Family Medicine Practice with a staff trained to provide Primary Care in acute episodes (i.e. sick visits), prevention and chronic disease management. We invite all to partner with us to improve and maintain their health.

Make Us Your “Medical Home”
www.bernackifamilydocs.com

Attention:
Community Space Now Available
At
Burgwin Spray Park

Indoor space available for:
Meetings
Seminars
Celebrations
And more!

Space also available for:
Youth activities & games
Posting news and information

Contact The Hazelwood Youth Mentorship and Athletics Association (THYM-AA) for questions on use and availability:
412-853-0426

FEATURED SPONSORS

AUTISM URBAN CONNECTIONS SUPPORT GROUP PRESENTS...
3RD ANNUAL FUN DAY

SUNDAY | 12:30- 4:30pm
AUG 12
BURGWIN PARK
Located at the corner of Johnston Ave and Marathon St,
Pgh, PA 15207
PLAYGROUND- SPRAY PARK
BRING SWIMSUTS

FOR VENDOR OR SPONSORSHIP INFO
412-853-0115 OR AVACP@PAHOO.COM

AND OTHER FAMILY FRIENDLY ACTIVITIES

* RAFFLES
* VENDORS
* MUSIC
* FACE PAINTING
* BALLOON ART
* COMMUNITY RESOURCES
* BACKPACK WITH SCHOOL SUPPLIES GIVEAWAY
One Year TRVS Scholarship for Hazelwood Residents

Three Rivers Village School is an innovative, independent school located at 134 E Elizabeth Street, serving youth ages 5-18.

To be considered, interested applicants must:

- Attend at least one Info Session: March 11th 2-4, May 9th 6-8, June 6th 6-8, or July 11th 6-8
- Go through the admissions process by July 31st

** Three Rivers Village School is committed to creating a workable financial plan for the family of every child who wants to attend. Applicants who do not receive the scholarship may benefit from our need based sliding scale tuition assistance program and/or our Hazelwood neighborhood discount. **

Please contact the school with any questions!

admissions@threeriversvillageschool.org, 412-408-3388 (or visit our website for more information: threeriversvillageschool.org)

TRVS admits students without regard to race, religion, citizenship, gender identity, disability, sexual orientation, or national and ethnic origin. TRVS is primarily tuition funded and is committed to creating a workable financial plan for the family of every child who wants to attend.

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JADA House International Inc.

An Evolution of Changing Lives

Adult Night
Monday, 6p-8pm

Teen Night
Thursday, 6-8pm

JADA House Jr’s
Saturday, 5-6pm

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Introduction to Yourself

Are you doing all you can in your job search? If you need assistance, join us and meet your new Workforce Professional Rachelle Terry, of PA CareerLink® of Allegheny County and increase your chances to secure gainful employment. Rachelle is in direct contact with hiring employers in the area and others throughout the greater Pittsburgh market. Learn more about:

- Job Gateway Registration
- Resume Development
- Career Counseling
- Veteran Services
- Services for Individuals with Disabilities

When: Wednesday & Thursday's
10:00am to 4:30pm
Break 12pm to 1pm

We also offer:
FREE Career Workshop & Classes
TRAINING GRANT OPPORTUNITIES
JOB FAIR & OUTREACH CAMPAIGN OPPORTUNITIES
Walk In’s Welcome – Counseling on first come basis

Equal Opportunity Employer/Program. Auxiliary aids and services are available upon request. Requesting accommodations in advance helps to ensure reasonable accommodations are available at the time service is provided. Phone 866-317-5027; TTY 877-889-5021;
You’re invited to the 3rd annual Autism Awareness Fun Day!

- Enjoy the day with friends and family with fun activities!
- Gain knowledge about Autism and related disabilities
- Schools
- Community resources
- Face painting
- Raffles
- Balloon making
- Music
- Free food

Where: Spray Park at Burgwin Field at the corner of Johnston and Mansion, Pittsburgh, PA 15207

When: Sunday, August 4, 2018

Time: 12:30 pm to 4:30 pm

Donations:
**We are also looking for donations of any amount!**
This can be done through:
- Online: autismofpa.org
- Mailed to:
  35 Wilson Street
  Suite 100
  Pittsburgh, PA 15223

COUNCILMAN Corey O’Connor invites you to share your concerns about your neighborhood.
Call 412-255-8965
Visit the website: http://www.pittsburghpa.gov/district5

Visit the website: http://www.pittsburghpa.gov/district5

Center of Life Hazelwood • Pittsburgh

Participation in one or more afterschool programs requires a $20 registration fee paid once per year. To find out more, visit our website at centeroflife.net/programs or contact us at contact@centeroflife.net or (412) 521-3468. You can also come visit us at 161 Hazelwood Ave.

Registration Now Open for Affordable Afterschool Kids Programs!

- Fusion Afterschool Tutoring and Enrichment (K-12)
- Crossover Recreational and Academic Enrichment (K-4) or Basketball League (5+)
- Col Jazz Vocal and Instrumental Jazz Instruction for Various Skill Levels (K-12)
- The Krunk Movement Hip-Hop Production Company with Audition Required (9-12)
Tuesday, August 7th
4-6 PM @ Burgwin Spray Park
Corner of Johnston Ave. and Mansion St.

FOOD • MUSIC • BINGO
FLAG FOOTBALL
FACE PAINTING
AND MORE
...all FREE!

Contact: Alfred DiRosa, Hazelwood Initiative- 412-421-7234 / adirosa@hazelwoodinitiative.org

NATIONAL NIGHT OUT
HAZELWOOD

Grocery Distribution

St. Stephens Church
Parking lot off 134 E Elizabeth St
412-421-9210

May 5  10am-12pm
June 2  10am-12pm
July 7  10am-12pm
Photo ID required
Sponsored by Greater Pittsburgh Food Bank

St. John the Evangelist Baptist Church
4537 Chatsworth Ave. 412-521-9812

April 18  8:30-10am
May 16  8:30-10am
June 20  8:30-10am
July 18  8:30-10am
Photo ID required
Sponsored by Greater Pittsburgh Food Bank

St. Paul Evangelical Lutheran Church
5319 Second Ave. 412-521-0844
No ID required
Sponsored by Church and 412 Rescue

Healthy Active Living Center
5344 Second Ave. 412-422-6549
Every 1st Tuesday of the month
Food box distribution for Seniors

Dylamato’s Market
5414 Second Ave. 412-521-1351
M-F 11-7, Saturday 9-5
Earn FREE fruits and vegetables!

Free Meals

Hazelwood Healthy Active Living Center
The Carborn, 5344 Second Ave
Free lunch for Seniors, M-F 1130am

Hazelwood – Greenfield Meals on Wheels
412-426-9034
A hot meal and brown bag lunch delivered to YOU!

YMCA / Fishes and Loaves Cooperative Ministries
St. Stephen Church Pastoral Center  131 E Elizabeth St
Free lunch, Monday – Friday 11:30-1pm

Note: If you are aware of any other local food assistance programs, let us know and we’ll gladly include it! 412-421-7234 / adirosa@hazelwoodinitiative.org
The Opioid Epidemic… One Pharmacist Is Making a Difference

Dear Friends,
The Opioid Epidemic is everywhere and even though it is no longer dominating the TV news cycle doesn’t mean it has gone away. It is affecting our friends, families, and our neighbors every single day.

Let’s revisit this important topic and enhance our commitment to take part in the solution to this national health emergency.

In over 37 years of pharmacy practice I have witnessed many people afflicted with chronic pain and neuropathic pain who have turned to and have been prescribed dangerous and addictive opioids.

While not everyone who takes a prescription opioid will wind up an addict, the risk is all too real. The health risks associated with these drugs are great, and addiction and overdoses are a daily occurrence.

It is particularly important for you to avoid opioids when trying to address long-term and chronic pain, as your body will create a tolerance to the drug. Over time you’ll require greater and greater doses at more frequent intervals to achieve the same pain relief; this is how the addiction process begins. This is the recipe for the disaster that is the Opioid Epidemic and could have lethal consequences for you or a loved one. Please don’t risk it!

Please continue reading to find out about CBD – the “green” light in the darkness of opioid addiction – because by replacing addictive, toxic, and dangerous opioid use with natural, non-toxic CBD oil we can attempt to make a major difference in the Opioid Epidemic, both here in western Pennsylvania and across the nation.

“In 2012, paramedics responded to about 900 calls for overdoses in the city [of Pittsburgh]; in 2016, it was 2,300... During 2016, 613 people died from overdoses in Allegheny County, compared with 424 in 2015…” and only 290 in 2012. (1)

Nationwide the numbers are even more startling. According to the Department of Health and Human Services, on an average day in the U.S. more than 650,000 opioid prescriptions are dispensed (2) and 78 people die from an opioid-related overdose. This includes overdoses involving prescription opioids and illicit opioids such as heroin. (3)

The economic impact is estimated in the billions with 55 billion dollars spent on health and social costs related to prescription opioid abuse every year (5) and 20 billion dollars in emergency department and inpatient care for opioid poisonings. (6) These numbers are growing every day.

To prevent you or someone you love from becoming addicted to prescription painkillers, becoming another potential victim of an opioid overdose, you must get educated today!

Let’s take a closer look at the nationwide Opioid Epidemic, opioid abuse, and offer a groundbreaking healthy alternative to help manage pain.

What is an Opioid?

Opioids are a class of drugs that include the illicit drug heroin as well as the legally prescribed pain relievers oxycodone, hydrocodone, codeine, morphine, fentanyl, and others. Opioids are chemically related and interact with opioid receptors on nerve cells in the brain and nervous system to produce pleasurable effects and relieve pain. (4)

The American Society of Addiction Medicine defines addiction as “a primary, chronic and relapsing brain disease characterized by an individual pathologically pursuing reward and/or relief by substance use and other behaviors.” It is important to remember that opioid addictions are physical. With every use the brain craves more stimulation of the opioid (Mu) receptors and the body becomes physically dependent on that stimulation to continue functioning properly. If a heavy user stops suddenly the withdrawal symptoms can be life threatening.

This physical addiction means that the opioid user needs these drugs and when their prescriptions run out or become too expensive, they may turn to cheaper, more accessible, street drugs like heroin.

“There’s very little difference between oxycodone, morphine and heroin,” says Dr. Deeni Bassam, board-certified anesthesiologist, pain specialist and medical director of the Virginia-based Spine Care Center. “It’s just that one comes in a prescription bottle and another one comes in a plastic bag.” (7)

Heroin is often cheaper and easier to obtain than opioids and so has become a popular alternative. Chemically, Heroin and OxyContin are very similar and provide a similar kind of high. OxyContin is as dangerous and equally as addictive as pure heroin. More often than not though, drug dealers cut heroin with other drugs and the results can be deadly.

One of the most popular drugs to spike heroin with is Fentanyl, a drug originally developed as an elephant tranquilizer. Cut into heroin, it was meant to deliver a stronger and more extended high, but as Dr. Karen Hacker, the director of the Allegheny Health Department said, “Fentanyl is like a whole new ballgame. People are dying the first time they try it.” (8)

Most heroin sold on the streets now contains some Fentanyl and some stamp bags now contain mostly Fentanyl, which can be 100 times stronger than heroin and 10,000 to 100,000 times stronger than morphine. (8,9)

Drug overdose is the leading cause of accidental death in the U.S., with 52,404 lethal drug overdoses in 2015. Opioid addiction is driving this epidemic of overdoses, with 20,101 deaths related to prescription pain relievers, and 12,990 overdose deaths related to heroin in 2015. (10) It is estimated that in 2015, 2 million Americans had a substance use disorder involving prescription pain relievers and 591,000 had a substance use disorder involving heroin. (11)

Dr. Robert Califf, who at the time was commissioner of the U.S. Food and Drug Administration (FDA), said, “The public-health crisis of opioid misuse, addiction and overdose is one of the most challenging issues [the FDA] has faced during my time as commissioner. Solving this issue is critical to our future. It’s time to put more resources into the development of non-opioid, non-addictive medications to help people who are in serious, debilitating pain.” (12)

At Murray Avenue Apothecary, we are always looking for holistic and natural approaches to pain management. In light of the Opioid Epidemic we redoubled our efforts to find safe and effective solutions for our clients. Almost two years ago during a phone call with my physician-friend she told me she could not take Dilaudid for post-op neck surgery pain. She said she had found a non-opioid solution and I was intrigued.

The solution? CBD Hemp Oil!

This led me, and my staff, into exhaustive research about medical marijuana, state drug laws, and CBD manufacturers.

What is CBD? How does it work? And most importantly, how can we provide it to the people who need it most?

There are many different varieties of the cannabis plant. Hemp, sometimes called industrial hemp, refers to the non-psychoactive (less than 0.3% THC) varieties of Cannabis sativa L. Both hemp and marijuana come from the same cannabis species but are genetically distinct and are further distinguished by use, chemical makeup, and cultivation methods.

CBD or Cannabidiol (Canna-Bi-Diol) is a naturally occurring compound in the hemp plant and is one of a class of molecules called cannabinoids. Tetrahydrocannabinol (THC) is the cannabinoid that produces the euphoric and psychotropic effects of Marijuana. Typically, hemp has very little THC naturally. CBD is non-psychoactive and does not cause intoxication. CBD contains ZERO THC.

Our bodies, and those of almost all animals, have an endocannabinoid system with hundreds of CB receptors. It is the greatest system you’ve never heard about. These CB receptors are located...
So many pain medica-
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We’d like to invite you to come and join us on Thursday evenings for a fellowship meal, lively Bible study and prayer. We have an intimate communion service on the last Thursday of the month.

All are welcome.

Thursday evenings | 7:00 to 9:00 p.m.
845 Johnston Ave., Pittsburgh, PA 15207
412-897-3926
www.hazelwoodhope.org

Support Your Local Hazelwood Businesses

Abriola’s Auto Parts ................................. 412-421-8100
Allegheny Fence .................................. 412-421-6005
Automotive Medic .................................. 412-422-2886
Brad Rosen Landscaping ......................... 412-521-4330
C&D’s Kitchen ........................................ 412-224-2658
Carpets & Things ..................................... 412-401-8049
Central Auto Body .................................. 412-421-5460
Colwell Automotive .................................. 412-422-0632
Corcoran Floors ...................................... 412-422-5817
Dylamato’s Market .................................... 412-521-1351
Elizabeth Pharmacy ................................... 412-421-0114
Elmer Herman Funeral Home ...................... 412-521-2768
Floridated Interpretations ......................... 412-607-7886
Forward Lithography .................................. 412-521-8832
Fred’s Automatic Transmission .................... 412-521-8810
Rod Gaston Landscaping ............................ 412-689-7982
Graphics 22 Signs, Inc. ............................... 412-422-1125
Halbleib’s Auto Body ................................. 412-422-4665
Hazelwood Family Health Center .................. 412-422-9420
Inspirational Wear .................................... 412-218-4782
Italian Village Pizza .................................. 412-521-1900
Jimmy Cohen Plumbing, Heating & Mechanical . 412-421-2208
John D. O’Connor & Son .......................... 412-521-8116
Funeral Home ...............................
Josowitz Roofing ....................................... 412-461-5698
Jozsa Corner Hungarian Restaurant ............ 412-422-1886
Key Bank ............................................. 412-422-7420
Kruszka’s Auto .......................................... 412-521-8911
Lytle Cafe .................................................. 412-421-4881
Mo’Naes Hair Studio ................................... 412-421-6662
Odell Minniefield Construction And Services .... 412-421-2185
The Pittsburgh Stop .................................. 412-969-7488
Rite Aid ......................................................... 412-421-6948
Sal’s Deli ..................................................... 412-521-3398
S&R Mart .................................................... 412-521-3278
Smuts Brothers Debris Removal .................. 412-512-7739
Super Suds Laundry ..................................... 412-521-8890
We Care Chiropractic ................................. 412-521-8890
Webster Electric ......................................... 412-290-1112

Senator Jay Costa, Jr.
Offices to serve you in the 43rd District:
Forest Hills: 1501 Ardmore Blvd. (412/241-6690)
Carrick: 2306 Brownsville Rd. (412/884-8308)
Homestead: 314 E. 8th Ave. (412/462-4204)
A LOT IS HAPPENING IN HAZELWOOD!

The Hazelwood Initiative (HI) holds regular monthly meetings to keep you involved and informed.

ALL ARE WELCOME! LIGHT REFRESHMENTS ARE SERVED

General Meeting – Every 2nd Tuesday @ 6:30pm
• This is a general meeting to give updates on new and on-going projects, and provides a space for stakeholders to voice their concerns and connect with others.
• These are sometimes interest-based forums featuring guest speakers and group discussions.

Planning Committee Meeting – Every 3rd Thursday @ 6:00pm
• Focused on the process of creating and implementing a community plan.
• Also concerned with issues affecting real estate and commercial development.

PLEASE NOTE: These meetings are important, but their locations and times are subject to change.

Email adrosa@hazelwoodinitiative.org, call our office, OR visit our site to stay connected.

Website: hazelwoodinitiative.org
Phone: 412-421-7234
Office: 5125 Second Ave, Pittsburgh PA 15207
Mail: 5344 Second Ave, Pittsburgh PA 15207

BOB’S PROPERTY MANAGEMENT, LLC
Property Management Services throughout the Pittsburgh Area!
Rental, Home or Commercial Real Estate Property
NO JOB TOO BIG OR SMALL • WE DO IT ALL!
Contracting services available for the following:
Renovations • Decking • Home Improvements • Concrete
Snow Removal • Painting • Tree Removal • All Trades and more!
Bob Rosato 412.337.9916
Greater Hazelwood Neighborhood Plan: 3rd Meeting

Open House: July 26, 2018 4:00-8:00 PM

Come see how your community is turning its hopes for the future into a plan for the next 10 years!

Food will be provided; Transportation available

Contact:
Patti Gerhauser – Hazelwood Initiative pgerhauser@hazelwoodinitiative.org
Alex Philips – Dept. of City Planning Alexander.philips@pittsburghpa.gov

Spartan Community Center 134 E Elizabeth St.

Shape the future of your community
Come Join The Fun! Sign Up For Cub Scouting!

What: Cub Scout Pack #109
Who: Children in K – 5th grades
When: Mondays at 6:30pm (every other week)
Where: Outside as much as possible!

Lions = Kindergarten  Tigers = 1st grade  Wolves = 2nd grade  Bears = 3rd grade  Weblos = 4th & 5th grade

Den Meetings every other Monday at St Stephens Parish House in Hazelwood or at a local park from 6:30 – 8pm. Parents/grown-ups are encouraged to stay and participate with their son for the entire meeting. Lions and Tigers are required to have an adult helper at every meeting. Boys from all schools are welcome. This is an interdenominational troop. Everyone is welcome.

Field Trips are held on days that work with the destination. Siblings usually welcome.

UNIFORMS: A full uniform costs about $50 (shirt, patches, etc) from the scout shop. It is good for all their years as a cub scout (unless they outgrow it or want a tan shirt as a webelo in 4th grade). A

For more information, email: rsenkowicz@gmail.com

July 8 (1pm) – Schenley Plaza – Kids Day
July 9 – Schenley Oval – Bubbles
July 23 – Burgwin Spray Park –

August 6 – Magee Pool – Water Fun
August 17-19 – Racoon Creek – Camping & Swimming
August 20 – Bud Harris Bike Track – Biking & BBQ

Play Trail Project - Continued From Page 2

that for sure that Play Collaborative will be part of that celebration. But hopefully we’ll have a little bit more to show in this space over here and that whatever day we have the ribbon cutting for the Elizabeth Street green space will be also be a community day of marking the play trail. The idea behind the play trail is to connect spots in Hazelwood that aren’t necessarily spaces that have to be built. So in this instance, yes, we facilitated the building of a playground. So, Dylamato Market on Second Avenue should be a stop on the play trail. So how we can make the grocery shopping experience more interactive for parents and their kids? Signage, talking about fruits and colors and shapes. A laundromat could become a space. Our mission is to amplify the conversation around the importance of play at all ages and stages of life, especially at places people are already spending their time. How can we make a bus stop a less boring place to sit and wait for a bus? Can there be a swing and wait for a bus? Can there be a swing

Right so this whole idea of community buy in, talk a little more about that? Is it deeper than neighbors providing feedback about issues?

Yeah, the idea behind a play space is really that it should be community building. It should bring people together in playful ways, in conversational ways. There are a lot of distinct neighborhoods and people tend to live in their bubble. They live in a community, they grow up in that community. There’s a lot of pride in that community and they don’t necessarily go out and discover what else is out there. So the hope would be that by creating beautiful spaces all throughout the city, it encourages people to come out of their bubble and meet people from other communities and interact with one another. Studies have shown that playful interaction really encourages social bonding between people and so a play space, playground, a green space where events can happen are the types of things that bring people together and get them into a space where they can have conversations and talk about and play together in ways that we wouldn’t necessarily do just passing each other on the street.

Muury Avenue Pharmacy - Continued From Page 19

“Within 24 hours I received complete relief from shingles related PHN (postherpetic neuralgia) and I have been mostly pain free since June 2017. An added benefit is that I also get amazing sleep now.

Read more of our CBD Testimonials at www.LabNaturalsPCR.com

References:
2) IMS Health National Prescription Audit
3) CDC National Vital Statistics System
14) Fernandez-Ruiz et al., 2016; Ferre et al., 2010; Tebano et al., 2012 - (www.ncbi.nlm.nih.gov/pmc/articles/PMC3418341)
15) Fattore et al., 2005; Vigano et al., 2005; Robledob et al., 2008; Trigo et al., 2010 - (www.ncbi.nlm.nih.gov/pmc/articles/PMC3418341)
20) *In accordance with the FTC guidelines concerning the use of endorsements and testimonials in advertising, please be aware of the following: Testimonials appearing on this website are received in various forms via a variety of submission methods. The testimonials reflect the real life experiences of individuals who used our products and/or services.
PA Women Work: Offering Free New Choices Program in Hazelwood!

A one-stop shop career program where you’ll:
- Learn job search, interview, and goal-setting skills
- Create an updated resume that will stand out
- Refresh your office software and computer skills
- Find out more about conflict resolution and time/money management

In addition to group classes, participants receive individual counseling, career coaching and job search assistance tailored to each person’s particular need.

All classes are free!

Please call Sandra to RSVP: 412-566-9342

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#1: Rebuilding Together Pittsburgh: Free Home Repair Program

Rebuilding Together Pittsburgh (RTP) will provide qualified contractors and volunteers to perform repairs on your home at no charge so that you can live in a safe and healthy home.

To be eligible, residents must be:
- The homeowner of record for an Allegheny County property in which they have resided for three or more years
- Current on property taxes, or on a qualified repayment plan
- Living in a household with total income less than 200% of the Federal Poverty Guidelines

OR
- At least 60 years of age, a military veteran, or a person with a documented disability

Call RTP's office to have an application mailed to you (412-247-2700), pick one up at Hazelwood Initiative’s office.

#2: Hazelwood Initiative: Discount Home Repair Program

If you do not qualify for Rebuilding Together Pittsburgh’s program, we still may be able to help. Hazelwood Initiative wants to assist Hazelwood homeowners to invest in their homes to encourage improved property values and visible neighborhood pride.

We want to do this in partnership with the homeowner occupants who want to improve the state of their housing.

Using RTP as a general contractor, homeowners can receive up to $6,000 (or $7,500 for a roof) in repairs and improvements, while only being asked to pay 1/4 of the total cost once that work is complete. In addition, participants may then qualify for up to $6,000 in free interior repairs.

Questions? Email adirosa@hazelwoodinitiative.org or call our office (412-421-7234)

Or visit us online at www.hazelwoodinitiative.org to apply online
like my number one fan, she’s like “Daddy’s my rockstar and I’m like “You’re my little rockstar” and we’ll do it together. So I get the time with my kids to do what I love and I have that time but I work during the day. So when the weekend comes up, I go out with the family for most of the day. Come home, head in at night and my wife’s like “We’re all going out. You’re going to get in the studio to make a song.” I appreciate her encouragement. It means a lot. I can do most of my work at night but I think “Is it not too loud when I’m playing drums?”

When did you realize, though, that music was your passion? I remember you were talking about your childhood and how music was your escape almost?

A lot of kids go to school and school is very stressful. I got made fun of. It is very hard. Growing up in North Braddock and trying to go to Woodland Hills with kids being how they are, the first album I ever listened to was Joe Satriani. I sat in front of the speaker and it just blew me away and I just kept listening to it. I played his songs in my head to keep myself motivated in school. People were like “Why are you smiling?” I would just tell them that I’m just in a good mood. I’m good.

When I would take a test, teachers would look at me like “Why are you smiling?” I’m like “I’m good. I’m taking a test.” It brought the best out of me. I didn’t know one hundred percent that I was going to do something with my life. And, actually, I believe it was last year, for the first time ever, I got to see Joe Satriani over at the library and I got a signed picture and he signed the back of one of my guitars. I told him “You do not know how much this means to me. You’re my original inspiration just to start music.” Then from that, I just listened to Led Zeppelin and all kinds of different music like that. But you also have to have somebody that is actually going to help you. Somebody needs to take you by the hand and say “You’re good and you keep working at it.” If you don’t have that it is very hard to keep your morale up. I always say “I will support you”. I don’t care. You put a song out tomorrow and its not mastered to quality just like mine and you want support. I’ll spend that dollar on a digital download and if that download helps you buy a new guitar, then I’ve done my part. It’s the little stuff that helps people out. That’s what I want.

We took a listen to “Start a Revv-olution.” And there’s the sound of the motorcycle revving in the beginning. So how exactly do motorcycles play into your music?

This album more than anything, I love motorcycles so the motorcycle you hear in the album is actually my motorcycle. I sat there and I wrote it for a while and then I put a new set of pipes and I put it on video and I’m like “How am I going to get this sound all the way from down there into my studio?” So I actually put the microphone in front of that just like recording guitar and I adjusted it I kept doing it and doing it and I’m like “Oh my God. It’s shaking the room. This is how a song should start.” I used it on Start A Revv-olution, when I’m doing the slides on the guitar, it sounds like the bike taking off. It happened twice and every time I hear it I’m like “Yeah if you’re on a bike, and if you heard this, you’d really want to take off. That’s another reason why I write about motorcycles because it gives me that same kind of joy that music brings me. I feel free, I feel relaxed, I’m not worried about anything here on my motorcycle when I’m shifting one through five. Music is just calming, its just relaxing. I’m there. I’m there and I want to be able to get on my bike and take a drive and turn up and make you want to just keep driving. That’s what the album was really about. I just want to turn up like I hear an old song and I want to go driving I want that to want me to drive and just relax and have a good time and sing with the radio.

Do you have any final thoughts or any advice you would give to any and coming musicians who create and write their own music?

Honestly, I just don’t think people should ever stop. You have to believe in yourself first. If somebody else believes in you, it makes it ten times better. Don’t give up, don’t give up. Don’t stop for anything, no matter what anybody says. If they say they hate your music, just take that as “I need to improve and I could make something better and next time it’s going to be greater.” I made my first dollar on my first album. I didn’t even care about the second album. I knew I did it all myself. I’m like “I have a 25 dollar check, this is my royalty. You know if it’s the only royalty I ever get and people just like my music I don’t care”. I like my music and there are people out there that do. Cause I’ve had 26,000 people view my site. I’ve had all these people cause I’m on Reverb Nation too. They reviewed it, they listened to it and I’ve had 20,000 people listen to it on there. They like it there so it’s like if the right person hears it, maybe I make it some day or maybe it’s the next album or the next song I don’t know but I’m having fun doing it. It’s relaxing. It gets exciting sometimes. I get so excited about having a new song. I’m working on one right now and I listen to it everyday. I got a minute and 40 seconds in my car. So I have to pick the lyrics so it plays through the car and I drive to work for about five minutes and I listen to it twice and I sing words with it and try to think of the next parts of the song. So I kind of get pumped up for work sometimes.

And the last question actually, you kind of already answered it but are there any projects that are coming out soon that you’re just excited to share with us?

Oh yeah. This song is definitely different that I’m working on right now. Its different and I guess it’s different because I’m more excited this time cause I really worked hard for the album to do it myself and now I’m going back and I’m going “How can I write it better? How can the drums sound more professional?” It says this, it says that. I do it. I talk to the people at Guitar Center. I set it all up. I played the drums like this. If I would have just did this at the beginning of my album, it would have sounded awesome. So now it sounds really cool, guitar sounds better. The drums sound better. Just having that clearer and more mastered sound is exciting. Plus it’s a new song. I’m really looking forward to releasing this new song.

**Crohn’s Disease**

“Had the typical start to Crohn’s flare-up. Joint pain- gut pain- lots of inflammation. After about three or four oral small doses of LabNaturals PCR, all symptoms have disappeared. I would highly recommend this product for people who need help with auto immune inflammation.”

- B.M. Optician

**GI Health**

“I felt I was out of hope. Then I came to the Pharmacy, My GI doctor wanted me to go on an immune suppression drug. I wasn’t ready to do that. Gradually over the first few weeks my symptoms – which resembled irritable bowel, began to get less and less, and more normal stools have occurred.”

“About 5-7 days after the first does the painful cramping and evacuation of stool improved. I felt better. I had less pain and cramping than I had experienced on and off all day.”

**Pain**

“For 25 years I’ve taken gabapentin for headaches related to brain surgery and then additionally for shingles related pain since 2007. I immediately stopped gabapentin once I started LabNaturals PCR oil and I have not gone back. A. K., gabapentin only dulled postoperative neuralgia pain. LabNaturals PCR oil has practically eliminated it.”

- A.G.
LOOKING FOR VOLUNTEERS!

Do you have 2 hours once a week to volunteer your time to help a homebound neighbor in the greater Hazelwood and Greenfield communities?

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