

## A Gift to Hazelwood: In Memory of Meals on Wheels Cook Jim Moore

By Bridget Fertal

James “Jim” or “Jimmy” Moore, long-time Hazelwood resident and Meals on Wheels cook, loved to make homemade soup for the elderly in Hazelwood every winter. “Even though he wasn’t trained in the culinary arts, he knew what people liked and did his best to make sure people got meals they would make for themselves if they could,” Kris DiPietro, Fishes & Loaves Cooperative Ministries (FLCM) board member, said. Until May 8, 2020, when he passed away at the age of seventy-three, Moore dedicated his time to helping people, and the main way he did so was through food.

Moore began working as the cook for the Hazelwood Meals on Wheels in 2001. He prepared homemade meals for seniors every weekday until the summer of 2019, when his health became too poor for him to continue. “He wanted to stay active despite his limitations, and when he couldn’t work as the cook anymore, he volunteered as a driver,” Kris said. As a



Moore was a lover of Pittsburgh sports. “He was always going to Pirates’ games with guys from the neighborhood,” Walsh recalled.

Meals on Wheels driver, Moore used his own vehicle to help another volunteer deliver meals to homes of those who are elderly or have a disability throughout Hazelwood.

Moore worked alongside Kris from 2002 to 2015 when she did the administrative work for Meals on Wheels. Kris gave several instances of Moore doing

all he could to ensure that the program offered the best food possible to those in need regardless of a tight budget. “He had a friend in the meat department at Shop ‘n Save who would let Jim know if there was a surplus and they would sell it to him for very cheap,” Kris said. “One time, they had a bunch of hot dogs and Jim said, ‘well you know,

you can’t have hot dogs without buns,’ and they gave him the buns at a discount too. That’s the kind of guy he was.”

In addition to his community, Moore was dedicated to his family and spent several years living with his mother at the end of her life. “I knew Jimmy was always there to help her,” Susan Varadi, Moore’s sister, said. “I would come over 3 or 4 days a week to help. Jimmy and I worked in her garden together.” Moore had just graduated from Central Catholic High School when his family moved to Hazelwood in 1964. He spent most of the rest of his life living in the neighborhood, and he worked at Isaly’s on Second Avenue as a young man. For about ten years, in the seventies and eighties, he worked for J&L Steel Company. “There were almost thirteen years between us, so I was 3 or 4 years old when we came to Hazelwood,” Varadi said.

Despite their distance in age, Varadi said that she and her only brother were

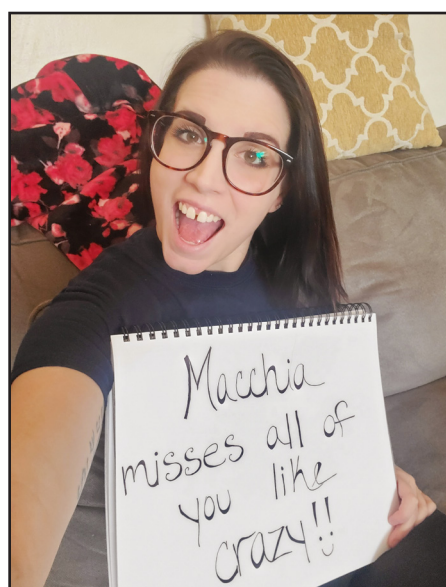
*Continued on Page Four*

## Propel Hazelwood Supports Learning and Wellbeing During Closure

By Rachel Sonnet

Propel Hazelwood staff has worked diligently to provide educational support to its scholars. In this challenging time of being apart, Propel is depending on technology and relationships to bring staff, scholars and families closer. Propel is committed to supporting the social and emotional wellbeing of its scholars, families, staff and community. Just days into the closure of school buildings across Pennsylvania, Propel Hazelwood’s Support Staff called more than 90 families to check up on scholars’ health, financial wellbeing, and access to food and supplies. If families were experiencing hardship, staff connected them to the appropriate resources.

Concurrently, Propel launched its virtual education platform that initially gave scholars access to daily enrich-



Ms. Macchia - School Counselor

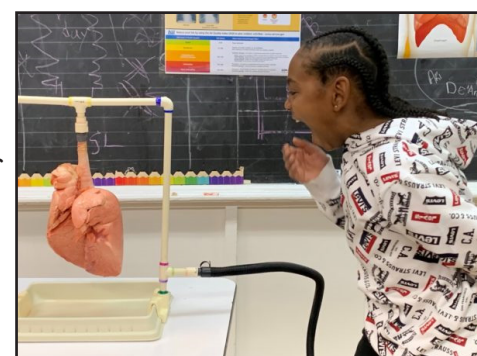
ment assignments according to their grade level. Packets were also mailed home and distributed to scholars and families at Propel’s Grab and Go meal sites. Meanwhile, the communications and technology teams for Propel Char-

*Continued on Page Five*

## What’s Grounded Strategies Been Up to in Hazelwood?

By Ashley Seiler

Since embarking on my journey at Grounded in September of 2019, I have been having some fun and making a difference in several communities. By and large, one of my favorites is Hazelwood. As a Greenfield native, I grew up just around the corner playing and learning about life in Hazelwood with friends and family. My engagements as a Grounded staff member have ranged from formal building projects to networking events and (many) teaching sessions. In one of my more memorable sessions, I engaged children about smog, pollution, and its effects on the body through a very “hands-on” exercise with a pig’s lung (pictured right). Thank you to our



partners at Group Against Smog and Pollution (G.A.S.P.) for providing our materials and curriculum!

Children ages 3-15, and adults alike, have experienced these sessions. Center of Life/Fusion’s afterschool program has been a heavy point of engagement. Grades Pre-K through first learned about seed types, fruits, and vegetables, sorting and color recognition through seed exploration and ornament making. Grades 2-5 were able to

*Continued on Page Nine*



# The Homepage

Serving the communities of  
Greenfield · Hazelwood · Lincoln Place · Hays · New Homestead

The Homepage is published by the Hazelwood Initiative, Inc., a community based non-profit, and is made possible thanks to advertising revenue from local business and organizations.

## Editor

Alyse Richmond

## Layout

Alfred DiRosa

© Copyright 2020 all rights reserved.  
Hazelwood Initiative, Inc.  
4901 Second Avenue  
Pittsburgh, PA 15207  
(412) 421-7234  
adirosa@hazelwoodinitiative.org

The Homepage encourages all residents of Hazelwood, Greenfield, Glen Hazel, Glenwood, Hays, New Homestead, and Lincoln Place, along with those who have an interest in these communities, to use this paper as a platform to promote resources, events, services, and community initiatives to further connect and strengthen their neighborhoods.

The Homepage reserves the right to decide what content is appropriate for publication and may edit submissions for length or form. The opinions expressed, whether by paid advertisement or editorial content, do not necessarily reflect the views of this newspaper, the Hazelwood Initiative, Inc., the Greenfield Community Association, nor the 31st Ward Community Action Group.

Email your letters to:  
adirosa@hazelwoodinitiative.org



## Our Mission Statement

The mission of the Hazelwood Initiative, as a community based development corporation, is to build a stronger Hazelwood through inclusive community development.

# Hazelwood Initiative Donates Laptops to Residents



Tiffany Taulton, Dir. of Community Initiatives & Alfred DiRosa, Operations Manager

By Gerri Tipton

During this time of lockdown, a lot of people have been trying different things to keep busy, whether it's finding a new activity, hobby, in-home exercising, or a little extra cleaning around the house. But Hazelwood Initiative (HI) decided it would be a great idea to give laptops to those residents in need to become more remotely active during the quarantine. The idea first came about before the quarantine, wherein the Greater Hazelwood Community Collaborative had meetings to create a joint response to the pandemic and determine community needs.

"The first priority was to address the food insecurity, and the second was to make sure our youth's educational needs were met," said Tiffany Taulton, who is the Director of Community Initiatives for HI. So, the Initiative has been delivering meals and educational packets to families in need. "However, as the crisis extended, we knew that our community's lack of internet access and computers would have to be addressed if we were to prevent loss of educational and economic opportunities." How did Hazelwood Initiative know which families were in need of laptops? They called families and distributed flyers with information about Comcast's Internet Essentials program, which would provide them free internet access during the lockdown and let them know about other helpful resources.

Hazelwood Initiative spent some time trying to figure out a way to get the laptops to the kids. After having multiple conversations with the school board officials and their staff, they found out that the school was also responsible for making sure that all students would be equipped to learn. At the same time, they had learned about the Neighborhood Al-

lies giveaway program. "While these computers could be given to kids in dire need, they would not be equipped with the same programs or security and service protections as the computers given out by the schools." Hazelwood Initiative then made the decision to apply for the laptops to be given away to adults.

HI requested 50 laptops for residents. However, once they found out that the schools were requesting laptops from the same organization, there were additional requirements to prioritize need, such as collecting the names of the adults the laptops were intended to go to. "I worked with the Hazelwood Outreach Team to reach out to adults that had indicated in previous surveys that they were in need of computers and would welcome being contacted by another group for assistance with the issue in the future."

After about 200 phone calls, Taulton was able to help 21 community members get refurbished laptops that would allow them to look for jobs, work from home, or take classes online. "For some, this was the first laptop they have ever owned. It was wonderful to be able to help so many people overcome a persistent barrier." The pandemic has revealed how deeply the digital divide is, its effects on people and their everyday lives and the basic ability to survive, from not being able to keep in touch with their doctors or attend virtual community meetings, to applying for assistance, to taking advantage of work-at-home customer service jobs and helping kids with their homework. This program through Hazelwood Initiative has been a great resource for those in need. Although the program has not ended, it is hopeful in the future that everyone will soon have access to the tools they need to survive.

*"It's been very helpful. I'm able to get on there and look for jobs." - Robin*

*"I love my computer. My grandson helped me set it up and it's working great!" - Buddy*

*"It's working out very well at this time, with me working from home. It came right on time. I'm appreciative. Thank you! - Dora*

# COVID-19: Greater Hazelwood Food Distribution

Center of Life	Delivering prepared meals Monday – Friday from 11am – 1pm 412-521-3468
Community Delivery Hotline	Grocery delivery 412-568-3579
Fishes and Loaves	Prepared meals available for pick-up Monday - Friday from 11:30am – 1pm Meals-on-Wheels also available for meal deliveries 131 E Elizabeth – St. Stephens Pastoral Center 412-499-4313
POORLAW	For Glen Hazel residents - poorlaw@gmail.com 412-670-8421 or 412-478-8299
Praise Temple Deliverance Church	For Glenwood residents 5400 Glenwood Ave 412-277-0113

## Hotlines, Alerts, & General Information

### Allegheny County Health Dept.

24/7 hotline:  
888-856-2774

### Phone Alerts:

[www.alleghenycounty.us/alerts](http://www.alleghenycounty.us/alerts)

### General Information & Assistance:

Call 2-1-1  
OR text your zip code to 898-211  
OR visit [PA211sw.org](http://PA211sw.org)

### Center of Life

Covid-19 Online Resource Guide  
[centeroflifeonline.net/covid](http://centeroflifeonline.net/covid)

### Hazelwood Initiative Community Updates

[facebook.com/hazelwoodinitiative](https://facebook.com/hazelwoodinitiative)

### Praise Temple Community Hotline

\*Answering M-F, 10am-2pm  
Messages returned next day  
412-422-1983

## YMCA OFFERING FREE TAX ASSISTANCE IN HAZELWOOD

Don't stress about your taxes this year!  
You may be able to get free tax assistance  
from Pittsburgh YMCA volunteers.

Meetings will be held at St. Stephen's  
Pastoral Center on the following days,  
beginning Feb. 13, **by appointment only:**

**Thursdays:** 9 a.m. to 1 p.m.

**Fridays:** 9 a.m. to 1 p.m.

**Saturdays:** 10 a.m. to 4 p.m.

Please call 211 to sign up.

Thank you to the YMCA for offering this  
helpful program!

## "Just For Today" Nar-Anon Family Group Meeting



Wednesdays at 6:30 PM  
First Hungarian Reformed Church – Calvin Hall  
221 Johnston Avenue  
Contact Cindy at 412 421 7076

If you have a loved one, family member or friend that suffers  
from the disease of addiction, these meetings are for you.

## Houses of Worship

### Church of the Good Shepherd

124 Johnston Avenue  
Pittsburgh, 15207  
412-421-8497  
[hazelwoodgoodshepherd@gmail.com](mailto:hazelwoodgoodshepherd@gmail.com)  
[www.hazelwoodgoodshepherd.org](http://www.hazelwoodgoodshepherd.org)

### Mary S. Brown-Ames United Methodist Church

3424 Beechwood Blvd.  
Pittsburgh, 15217  
412-421-4431  
[info@brightredfence.org](mailto:info@brightredfence.org)  
[www.brightredfence.org](http://www.brightredfence.org)

### Holy Cross Evangelical Lutheran Chapel

5319 Second Avenue  
Pittsburgh, 15207  
412-521-0844  
[www.holycrosspgh.info](http://www.holycrosspgh.info)

### First Hungarian Reformed Church of Pittsburgh

221 Johnston Avenue  
Pittsburgh, 15207  
412-421-0279

### Praise Temple Deliverance Church

5400 Glenwood Avenue  
Pittsburgh, 15207  
412-277-0113

### St. Rosalia's Catholic Church

411 Greenfield Avenue  
Pittsburgh, 15207  
412-421-5766  
[strosaliaparish@gmail.com](mailto:strosaliaparish@gmail.com)  
[www.strosaliaparish.org](http://www.strosaliaparish.org)

### Holy Angels Parish

408 Baldwin Road  
Pittsburgh, 15207  
412-461-6906  
[www.holyangelschays.org](http://www.holyangelschays.org)

### Squirrel Hill Christian Church

290 Bigelow Street  
Pittsburgh, 15207  
412-521-2447  
[www.squirrelhillcc.wixsite.com](http://www.squirrelhillcc.wixsite.com)

### St. Stephen Catholic Church

5115 Second Avenue  
Pittsburgh, 15207  
412-421-9210  
[saintstephen@verizon.net](mailto:saintstephen@verizon.net)  
[www.ststephen-hazelwood.org](http://www.ststephen-hazelwood.org)

### Keystone Church of Hazelwood

161 Hazelwood Avenue  
Pittsburgh, 15027  
412-521-3468

### St. John the Evangelist Baptist

4537 Chatsworth Avenue  
Pittsburgh, 15207  
412-521-0994  
[info@stjohnpgh.org](mailto:info@stjohnpgh.org)  
[www.stjohnpgh.org](http://www.stjohnpgh.org)

### Warriors of Holiness in Power

(W.H.I.P. Ministries)  
1174 Mifflin Road  
Pittsburgh, 15207  
412-461-5572  
[whipwarriors@gmail.com](mailto:whipwarriors@gmail.com)  
[www.whipministries.org](http://www.whipministries.org)

### Morningstar Baptist Church

5524 Second Avenue  
Pittsburgh, 15207  
412-421-6269



## Jim Moore - Continued from Front Page

very close. "I have 2 sisters, one who passed away from brain cancer several years ago," she said. "My mother came here as a war bride from England, so we didn't have much extended family. But she had the 4 of us." Moore would go shopping in the Strip District every Sunday to buy produce for both his mother and the Meals on Wheels consumers.

"He made sure there was a piece of fresh fruit in every lunch bag," Kris said. When he cooked for the community, Moore had a motto: to never make food for anyone that he wouldn't give to his own mother. "His biggest purpose in life was being there for people and serving those who needed help," his sister explained. Moore made a lasting impression on many of his neighbors and friends. Lois Tevis volunteered for Meals on Wheels with Moore for twenty years. Even after she stopped, they stayed in touch. "I still look for him to drive by my house in his car with the one silver door," she said. "It's hard for me to believe he's gone."

Tevis mentioned the laughter that Moore brought to the kitchen volunteers. Moore's sister described

him as having a quick wit and a dry sense of humor. "He always had a one liner ready," Varadi said. "When he first introduced me to Dcn. Tom, he said 'this is Tom, the happiest person on earth.' They both had a chuckle about it."

Dcn. Tom Berna, deacon at St. Stephen's Church and Operations Manager for FLCM, began working with Moore when the Hazelwood Meals on Wheels became a part of FLCM in 2015. Berna believes that Meals on Wheels was Moore's way of giving back to the community that he loved. Both Berna and Varadi described Moore as a spiritual individual. "When I think about Jimmy, one thing that comes to mind is he always tipped his hat when he drove past the church," Berna said. Varadi reflected on the importance of St. Stephen's Church to her and her family. "My husband and I were married there, my parents were buried there, my children were baptized there," Varadi said.

In addition to his work with Meals on Wheels, Moore was an advocate for Narcotics Anonymous (NA) and both underwent and facilitated meetings for the program. "Jimmy



July, 2019: "Moore developed friendships with the volunteers, and he made sure there were always enough people to help out," Kris said.

helped a lot of people on his journey [through NA]," Varadi said. "I actually received a call from his good buddy that was checking in on our family who said so many of their friends, including out of state friends through their NA recovery "fellowship," that are saddened by Jimmy's passing and added what an impact he had within their community."

Kris said that Meals on Wheels was a "way for him to work through the challenges in his life" as well as a way to help others who needed support. "He took all of his work very seriously," DiPietro said. Fr. Dan Walsh, pastor at St. Stephen's Church and FLCM board chair, remarked that Moore had a heart of gold. "Jim's long service to Meals

on Wheels was his living recovery and his gift to Hazelwood," Walsh said.

Varadi said she was overwhelmed by the number of individuals who responded to the news of Moore's passing. "After one of his friends found out, they posted about him on Facebook and over one hundred people commented about how he helped them through a hard time," she said. "He had a heart that always wanted to give." Varadi plans to have a memorial Mass for Moore once large groups are allowed to assemble again.

Moore's obituary is available at [www.kanaifuneralhome.com/obituary/JamesJim-Moore](http://www.kanaifuneralhome.com/obituary/JamesJim-Moore)

Hope to see  
you when this  
is all over.

Until then,  
be safe.



**61Z Café**  
5017 Second Avenue

## FISHES & LOAVES congregate LUNCH

At St. Stephen's Pastoral Center  
131 E Elizabeth St. Pittsburgh, PA 15207

now open  
for take out  
meals!

**MONDAY THROUGH FRIDAY**  
**11:30 AM TO 1 PM**

Free and open to the public



# Propel Hazelwood - Continued from Front Page

ter Schools organized a massive technology distribution. Families in need received a Chromebook based on the number of Propel scholars in their household. In addition, Propel distributed internet hotspots for scholars and provided support to secure free and reduced internet service. Propel distributed more than 150 devices to Hazelwood scholars and more than 2,000 devices across all schools.

Propel addressed families' food insecurities by collaborating with the Greater Pittsburgh Community Food Bank to set up Grab and Go food distribution sites at Propel Hazelwood, Andrew Street, Brad-dock Hills, McKeesport, and the Northside, all of which are open from 11 a.m. - 1 p.m. on Mondays and Thursdays. Scholars receive three breakfasts and three lunches at these sites. Propel has distributed more than 2,500 meals to date. Ms. Sara Foster, Hazelwood's food service coordinator, says she is excited to see our scholars come and pick up the food.

Following the announcement that the Pennsylvania Department of Education would extend the mandated school closures, Propel educators transitioned to virtual classrooms, giving scholars one to one learning opportunities. Propel staff made the transition with speed and grace,

Principal Tina Mayer capably led the staff through new techniques and initiatives. "The Leadership Team is extremely proud of our Propel Hazelwood staff. Educators have adapted creatively to a whole new way of reaching and connecting with scholars and families," says Assistant Principal Meryl Johnson.

Attendance is taken weekly with consideration of scholars facing hardships at home. Propel understands the struggles many of our families face and changed its grading system to reflect that. At the end of the academic year, a grade of either a "Pass" or "Incomplete" will be given based on our existing grade scale. An average of the three trimesters that are 70% or higher will earn a "Pass," and grades below 70% will get an "Incomplete."

Propel continues to engage with scholars and parents in innovative ways, including through virtual afterschool programming. Propel Hazelwood Afterschool has offered an expansive virtual learning program including cooking classes with Community Kitchen Pittsburgh, "Decision Making" and "Values" courses for social and emotional learning with Adagio Health, and science activities such as "How to Make a Robot



Grab-and-go meals for scholars

Hand" with the YWCA. 4th and 5th-grade scholars have also had the opportunity to participate in a fun and engaging daily internet radio club with Saturday Light Brigade. Field trips continue as scholars have made virtual visits to the San Diego Zoo and participated in scavenger hunts throughout the city.

Family and community efforts continue through the Community Wellness team. The team has developed new family engagement methods, from virtual coffee hours to school trivia night, to virtual hip hop aerobics. Propel is keeping families engaged and excited about school. Moving forward in these uncertain times, Propel Hazelwood

families can rest assured that the staff will do everything they can to provide an innovative and responsive education experience. Despite the mandated closure of our school buildings, Propel remains a place where our educators redefine school and our scholars defy expectations.



Ms. Tony- 5th and 6th Grade Special Ed Teacher



Ms. Muldowney - 2nd Grade Teacher: "You are special. You are awesome. You are missed."



# 31<sup>ST</sup> WARD WIRE

Lincoln Place • Gates Manor  
Hays • New Homestead



## Our Mission:

The 31<sup>st</sup> Ward Community Action Group was established to bring the residents of our community together, advocate for the neighborhoods' needs, and to support the youth, veterans, and senior citizens of the 31<sup>st</sup> Ward and surrounding areas.

## 31<sup>st</sup> Ward Churches



**Holy Angels Parish**  
408 Baldwin Road  
Pittsburgh, PA 15207  
412-461-6906  
[www.holyangelsghays.org](http://www.holyangelsghays.org)

**Lincoln Place Church of the Nazarene**  
5604 Interboro Avenue  
Pittsburgh, PA 15207  
412-462-2524  
[www.ipnaz.org](http://www.ipnaz.org)

**Lincoln Place Presbyterian Church**  
1202 Muldowney Avenue  
Pittsburgh, PA 15207  
412-461-3377

**Mt. Rise Baptist Church**  
80 Ingot Street  
Pittsburgh, PA 15120  
412-462-8333

**Maoz Tzur - Rock of Ages Messianic Jewish Congregation at Lincoln Place Church of the Nazarene**  
5604 Interboro Avenue  
Pittsburgh, PA 15207  
412-609-1117

**St. John the Baptist Byzantine Cathedral**  
210 Greentree Road  
Munhall, PA 15120  
412-461-0944

**Warriors of Holiness in Power (W.H.I.P. Ministries)**  
1174 Mifflin Road  
Pittsburgh, PA 15207  
412-461-5571

## 31<sup>st</sup> Ward CAG Corner

Join us for community planning and events, discussion of current concerns and goals, as well as updates from Zone 4 Police, the Office of Councilman O'Connor, and the Mayor's Office

Lincoln Presbyterian Church,  
1202 Muldowney Ave, Pittsburgh, PA 15207

\*Monthly meetings every 2nd Tuesday at 7 PM  
Social Hall of LP Presbyterian Church.  
Enter on Cooley Way

### Contact us:

Email: [executiveboard@31WardCag.org](mailto:executiveboard@31WardCag.org) Website: [31stwardcag.org](http://31stwardcag.org) Find us on Facebook!



## 31<sup>st</sup> Ward Flag Fund

Your donation will help our volunteers to install and maintain American flags that line the streets of the 31<sup>st</sup> Ward.

Please make checks payable to the **31<sup>st</sup> Ward Community Action Group** and mail to 944 Sunglow St, Munhall, PA 15120. Include a return mailing address if you would like a receipt of your donation.

Send a donation via Venmo to @Pgh31stWardCAG  
[www.venmo.com/Pgh31stWardCAG](http://www.venmo.com/Pgh31stWardCAG)

## Support Community Life in Lincoln Place - Donate to Help Replace Our Roof

Lincoln Place Presbyterian is more than just a church. It is the center of many different community activities and uses. It plays host to:

- Neighborhood and Holiday meals & gatherings
- Senior functions
- Youth activities
- Political engagements & voting
- The meeting place of the 31<sup>st</sup> Ward Community Action Group



Since the health crisis interrupted our usual fundraising events, we are reaching out to our neighbors for any amount they are comfortable donating during this difficult time.

Donations can be mailed to:  
1202 Muldowney Ave  
Pittsburgh, PA 15207

## Holy Angels Parish

Tuesday - 8:00 AM  
Thursday - 8:00 AM  
Friday - 8:00 AM  
Saturday - 8:00 AM  
Saturday Vigil - 6:00 AM  
Sunday - 9:30 AM  
Confession: Saturdays after 8am 'til 9am

## Lincoln Place Presbyterian Church

Sunday Worship Service - 9:30 AM  
Monday - NAs 7:00 PM  
Tuesday - Senior Lunch & more 12:00-2:00 PM  
For more info call: 412-461-3377

## Lincoln Place Church of the Nazarene

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

Monthly food pantry - 3rd Saturday (8:30 AM)  
at Lincoln Place Presbyterian

Need a ride to church?  
Call Darrel at 412-461-6742



# Lincoln Place Presbyterian Holds Fundraiser with Meals for Pick-up

On the afternoon of May 12, volunteers from Lincoln Place Presbyterian Church treated their neighbors to a meatloaf dinner with homemade cookies to-go in the church's parking lot. With their traditional fundraising holiday events for St. Patrick's Day and Cinco de Mayo no longer an option during the lockdown, a quick hand-off to the driver and a friendly chat at a safe distance became the best option if any fundraiser would happen.

In all, the group filled 58 orders, and also made sure to honor veterans ahead of Memorial Day with peppermints and a toy soldier as a reminder of those who have served (bottom right). With the event deemed a success by volunteers and participants alike, the hope is to hold similar grab-and-go events in the months ahead, when the 31st Ward Farmer's Market has typically been held.

Thanks to the volunteers that made this possible and for the residents who participated!



Dianne Ketter, volunteer with the 31st Ward CAG, sports a snazzy mask while chatting with a driver awaiting their meatloaf supper



Judie Slater, Lincoln Place Presbyterian Minister, hands meal to hungry resident



**TAKE A SOLDIER TO REMEMBER A SOLDIER**  
Keep this soldier where you will see it every day as reminder to be grateful that there is always someone fighting for you.  
R.E.D. Fridays - we wear red on Fridays to Remember Everyone Deployed

## Coordinated Care Helping Seniors Stay Healthy at Home

The UPMC Living-at-Home Program is a geriatric care management program.

- Comprehensive in-home assessment
- Free to eligible seniors 70 or older who live in one of 23 surrounding Pittsburgh neighborhoods

For more information, call **412-723-6200** or visit **UPMC.com/livingathome**.

### UPMC LIVING-AT-HOME PROGRAM

Affiliated with the University of Pittsburgh School of Medicine, UPMC Presbyterian Shadyside is ranked among America's Best Hospitals by U.S. News & World Report.





## Are Trees Smart?

By Jeff Karwoski

Are trees smart? That is the question that people are trying to figure out now. I know the answer. I have known it for years, and many other people who work in my capacity with them will tell you the same: Trees are super smart. There has been significant research that shows some fascinating results. So fascinating that the real question we should be asking is not if trees are smart, but how smart are they?

How do we measure intelligence? Typically, we associate intelligence with having a brain. The bigger the brain, the more intelligence an organism is supposed to have. Along those lines, we like to consider ourselves the most intelligent species on the planet, not to be bested intellectually by any beast, and certainly not by plants. If having a big brain was the main criteria for a measure of intelligence, we would shortly come out on top. But what if there was another way to measure intelligence? What if intelligence was measured not by

the size of an organism's brain—or if it even has a brain—but by its store of genetic information and ability to use those genetic guidelines to its advantage in life, and in the life of its species? In this scenario, it would be trees that take the title for most intelligent organisms on the planet. What I think it comes down to is age. The longer a species has been around, the more genetic information it is able to accumulate. As the years tick by, organisms acquire genetic knowledge from their predecessors that they accumulate and maintain. I view this collection of knowledge as learning and storing learned information. That sounds pretty intelligent to me.

Some trees have been storing information for a long time. To put it in perspective, homo sapiens—or modern humans—have been around for approximately 200,000 years. That's a long time. Homo sapiens have managed to accumulate substantial



A Ginkgo tree shows off its green summer foliage. Photo credit: Blew\_s/Shutterstock

genetic knowledge, or genetic intelligence, during that time. Good job humans, way to go. Now, let's take the Ginkgo tree. The Ginkgo tree, which can be found throughout the streets and landscapes of our neighborhoods, has been acquiring genetic material for 65 million years. This species has remained evolutionari-

ly unchanged since the time of the dinosaurs. What does that mean? It means that the organism has become so extravagantly wealthy in genetic intelligence that it no longer needs to evolve. The organism has reached a point of superiority as a species, so there is no advantage for it to change or modify any of its survival mechanisms in any way. One might say it is a perfect organism, or at least one of a number of brilliantly adapted ancient organisms that have reached a state of genetic perfection. This ancient group not only includes tree species but animal species such as Great White sharks, which roamed ancient seas in the same manner they do today.

Even your garden variety maple and oak trees were around in ancient times. Maybe not as long as a Ginkgo or a Dawn Redwood—another ancient tree species—but long enough to gain some serious genetic knowledge. Trees have learned to live through life effortlessly. They reproduce effortlessly, migrate ef-

*Continued on Page Nine*

## The Green Way Waking Up

Awakening to painful realities is essential to dealing with them. Not wanting bad things to happen doesn't mean they won't happen. We have to STOP them from happening. Many diseases have been caused by humans, some purposely. Waking up isn't always painful. Once you realize that scientific advances that can greatly benefit life on Earth have been suppressed by moneyed interests, you can get into gear to help move the world into a much better place.

Ticks didn't originally cause Lyme disease. Doing farm work in West Virginia, we would get tick bites and forget about them. It was gross but didn't make you sick. You just pulled them off. Bitten: The Secret History of Lyme Disease and Biological Weapons was published in 2019 by a journalist who contracted Lyme disease and then researched it. Kris Newby found that ticks had been weaponized at the military facility on Plum Island and then escaped to Lyme, Connecticut around 1980 and have been spreading from there since.

By focusing on the bright side of things, we can together bring in the better world which, I think, we all know in our hearts is possible. Take carbon dioxide, for instance. It is a pollutant only because there's too much of it. We can lower atmospheric levels of CO2 by

using it to grow algae and other larger plants. Greenhouses have added CO2 by either burning propane or via CO2 tanks to increase the speed of growth of their products. Algae grown in fermentation processes can be used as food or to make hydrogen for fuel cells.

The meat industry is often the cause of accidental disease evolution and transmission. We don't need meat at all for a healthy diet. Many plants have protein. Greens such as lambs' quarters (a spinach alternative) are 40% protein (more than in meat) and are extremely easy to grow, in fact come up by themselves as, "weeds." Corporations involved with big ag are trying to extinct "weeds" such as lambs' quarters and amaranth and many others which have been eaten for thousands of years.

I would like to recommend a very important film, which is available free online, that I first saw during the Occupy Wall Street movement. It's called Thrive: What on Earth Will it Take? It both exposes how progress with new energy technologies has been hindered—viciously—by the fossil fuel industry.

Much good is happening at Everybody's Garden. Come see!



Jim McCue (St. Jim the Composter)  
Composter & Biotech Researcher  
(412) 880-7237

Follow Jim online at:

- [bioeverything.blogspot.com](http://bioeverything.blogspot.com)
- [facebook.com/alllifelover](https://www.facebook.com/alllifelover)
- [hazelwoodharvestinc.blogspot.com](http://hazelwoodharvestinc.blogspot.com)
- [hazelwoodurbangardens.blogspot.com](http://hazelwoodurbangardens.blogspot.com)

References:

[www.thrivemovement.com](http://www.thrivemovement.com)

[www.goodreads.com/book/show/42117387-bitten](http://www.goodreads.com/book/show/42117387-bitten)



# Trees - Continued from Page Eight

fortlessly, grow effortlessly and even give their lives with the greatest of ease. Trees have learned to live through every type of environmental disaster nature could throw at them, including major extinction events that saw the fall of vast numbers of animal species that were not equipped to weather the storm. As much as you hear about animals going extinct to human activity, there are species of trees disappearing as well. Every day, people around the world harvest as many trees as they are able, and we are losing the canopy fast. Many of these extinctions will go unnoticed and unreported, which is sad to think about.

Maybe if we thought about trees as intelligent organisms, we would respect them more and stop mowing them down as if they were no more important than grass. Maybe if we were able to look at how thousands of tree species work in unison to create an atmosphere—literally and figuratively—where life abounds for themselves, all of their relatives, and so generously for the more re-



Dawn Redwood in Beaver, PA Photo credit: Jeff Karwoski

cently evolved organisms, we would see that this never could have been accomplished by unintelligent organisms. Trees are smart. They built this place we live in and, as a matter of scientific fact, we cannot live without them.

# Grounded Strategies - Continued from Front Page

inflate a pair of pig lungs through the G.A.S.P. health kit. They also made “booger slime” which mimics the mucus build-up when a person has asthma. Older kids made “bottle lungs” which demonstrate how the lungs and diaphragm must work together to keep our beautiful bodies breathing. The students of Jada House learned about lung function in connection to asthma (pictured top right) a; our session coincided with a code orange air day, which really put things into perspective for one student in particular who had an asthma attack that very day.

I have learned a lot about love and community health in these past few months. Grounded and Hazelwood have been able to enjoy 3 community volunteer days to help the neighborhood beautify and uplift. I can't say that I was shocked at the amazing turnouts to these events. On January 18th, Grounded, The Crossroads Foundation, and neighborhood volunteers came together through a day of service organized by The Mission Continues (pictured bottom right).

We spent the day painting, learning the proper use of power tools, making toiletry travel bags for youth, building new desks, and creating a new classroom for the youngest kiddos at Center of Life's afterschool programming and summer campsite, The Spartan Center. Two days later, on Martin Luther King Jr.'s Day of Service, volunteers from the Crossroads Foundation joined me in serving community members at a luncheon which included a beautiful meal, bingo, contests, and a photobooth. Hazelwood won my heart during MLK Weekend 2020. My goal is to engage as many young people as possible, reaching across many organizations partnering and pairing like-minded people to Hazelwood. What a fulfilling few months this has been for me.

*This piece was provided by the author and originally posted on:*  
<https://groundedpgh.org/youth-engagement-at-grounded/>

**HAZELWOOD TOWERS**  
 111 Tecumseh Street | Pittsburgh, PA 15207  
 412-421-2000  
 TDD: 1.800.456.5984 • Fax: 412.421.8158

MAXIMUM ALLOWABLE INCOME	
1 person.....	\$26,600
2 person.....	\$30,400

- Rent Based on Percentage of Adjusted Gross Income
- Rent Includes Utilities (Except Phone and Cable)
- Individual Thermostats - Heat and A/C
- Professional On-Site Management
- TV-Monitored Intercom Access System
- 24-Hour Maintenance
- Convenient On-Site Laundry Facilities
- Resident Permit Parking
- Elderly Preference
- Active Residents Association
- Public Transportation
- Private Balconies or Patios
- Small Pets Welcome!

**Bill Kulina**  
Property Manager

Landscaped Grounds  
Since 1983







**Have a Safe and Healthy Spring!**

Place an order online at  
[lagourmandine.com](http://lagourmandine.com)

Thank you for your support!  
Visit us at 5013 Second Avenue



*La Gourmandine*  
BAKERY AND PASTRY SHOP

# Elizabeth Pharmacy

Fresh fruits - Vegetables

Monday - Friday 9 am to 5pm  
Saturdays 9 am to noon  
Closed on Sundays

5041 Second ave  
412-421-0014  
[www.elizabethpharmacyinc.com](http://www.elizabethpharmacyinc.com)

Food  
Medicine  
Clothes  
Toys  
Games  
EBT  
Check cashing



## Dylamato's Market

Your Neighborhood Grocery

Hours: Mon-Fri: 11-7, Wed: 11-8, Sat 9-5      Phone 412-521-1351

5414 Second Ave. — Free Curbside Parking!

Made to order Deli Sandwiches

Check out our grocery items: Produce, Meats, Dairy, Pastries Bulk Nuts, Snacks  
Honey, - Organic Grains — Locally sourced whenever Possible!

*'Tis So Sweet Bakery:*  
Plus:  
Fresh Salad & Fruit Salad  
Plus Lunch Options:  
All's:  
Chicken Salad, Egg Salad, Tuna Salad, Potato Salad, Tuna Salad, & Hot Sausage




# NEED A DUMPSTER?

## SMUTS BROTHERS

DEBRIS REMOVAL AND  
CONTAINER SERVICE




# 412-512-7739

Serving Pittsburgh and surrounding communities for  
15 years!

*We've Got Your Back*

We are currently offering FREE condoms, emergency contraception and at home pregnancy tests through a no contact grab and go program!

Call 412.254.8733 for more information or to pick up your FREE bag at our Hazelwood Location Monday-Friday 12-5pm



CARE NO MATTER WHERE



To Our Loyal Customers,



It's been a tough few weeks for Elevationz as well as the rest of the world as we navigate to a new normal amid the Coronavirus pandemic. We miss everyone and can not wait to see everyone again. From a personal standpoint, we are practicing social distancing and staying inside, cancelling events and avoiding crowded places.

Unfortunately, we are unable to work from home and look forward to opening Elevationz in the near future.

Sincerely,

Rena (MoNae) Halsel

# Support Your Local businesses

- Abriola's Auto Parts.....(412) 421-8100
- Allegheny Fence.....(412) 421-6005
- Automotive Medic.....(412) 422-2886
- Brad Rosen Landscaping.....(412) 421-4330
- C&D's Kitchen.....(412) 224-2658
- Carpets & Things.....(412) 401-8049
- Christian Cleaning Services.....(412) 781-5989
- Colwell Automotive.....(412) 422-2658
- Community Kitchen Pittsburgh.....(412) 246-4736
- Dylamoto's Market.....(412) 521-1351
- Easy Does it Lawn Care.....(412) 708-3586
- Elevationz: MoNae's Hair Studio , Killa Kutz , New 2 You & The Diamond Room.....(412) 235-7033
- Elizabeth Pharmacy.....(412) 421-0114
- Elmer Herman Funeral Home.....(412) 521-2768
- Floriated Interpretations.....(412) 607-7886
- General Contractor - Mike Lignini.....(412) 600-1969
- Graphics 22 Signs, Inc.....(412) 422-1125
- Gray's Tidy Up Services.....(412) 819-5597
- 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
- MDT Home Remodeling & Repair.....(412) 467-9577
- Jimmy Cohen Plumbing, Heating and Mechanical.....(412) 421-2208
- John D. O'Connor & Son Funeral Home.....(412) 521-8116
- Jozsa Corner Hungarian Resturant.....(412) 422-1886
- K & T Cleaning.....(412) 337-7903
- Key Bank .....(412) 422-7420
- Kruszka's Auto.....(412) 521-8911
- La Gourmandine.....(412) 291-8146
- Lytle Cafe.....(412) 421-4881
- Odell Minniefield Construction and Services.....(412) 421-6662
- Phyl's Cleaning and De'cor.....(412) 708-3586
- The Pittsburgh Stop.....(412) 969-7488
- Reed's Sweet Treats.....(412) 449-9338
- Renee' Roma Personal Training.....(412) 443-6957
- Rite Aid.....(412) 421-6948
- Smuts Brothers Debris Removal.....(412) 512-7739
- We Care Chiropractic.....(412)-521-8890
- Webster Electric.....(412)-290-1112

FEEL THE  
*love*  
We love what we do,  
what we sell, and  
who we serve.

4233 MURRAY AVE., PITTSBURGH PA 15217  
WWW.GREENFIELDJEWELERS.COM  
(412) 904-3589



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>



2020

• GREATER  
• HAZELWOOD  
PROUD!



ACB



# Our Favorite Streets to Walk in Pittsburgh's East End

By Julie Block

Like most of the world, we have spent the last few months finding new ways to appreciate time as a family while protecting personal and public health. One of the best additions to our routine has been more frequent walks. We quickly learned how crowded parks can get on a sunny day, so we have collected a list of our favorite spots to catch some fresh air, great views, and still leave space between us and our neighbors.

## If you're looking for cool architecture...

Our favorite path is in Squirrel Hill South along Beechwood Boulevard and Anita Street. These two streets are great for spotting mid-century gems and modern-day castles. The mix of homes here are eclectic and beautiful, and Frick Park is right next door, so we finish our tour of the homes by spending some fun time with the kids!

## If you're looking for great views (and a good workout)...

Visit Bigelow Street in Greenfield! What most people don't realize is that the top of Bigelow is actually higher than Mount Washington! The sun sets over the skyline as you're walking down the hill, so this is our absolute favorite after-dinner walk. Once we've finished up on

Bigelow Street, we like to enjoy some ice cream along Greenfield Avenue.

## If you're looking for fun, interesting businesses...

You can't beat Second Avenue in Hazelwood! The busiest section of Hazelwood features plenty of small shops to pop into on a sunny Saturday once businesses are up and running again. Try Italian Village Pizza for a quick slice, stop by 61Z Cafe for a to-go cup of java, or find your favorite pastry at La Gourmandine! In between the shops, take in the views across the Monongahela River.

## If you're looking for nature...

Beechwood Boulevard was initially designed by the city to connect Pittsburgh's major city parks, and has great access to Frick, Schenley, and Mellon Park. Another favorite route is the wider path along Pocusset Street at the end of the Greenfield Bridge. We find it tends to get less foot traffic than the rest of Schenley Park, making it easier to follow social distancing guidelines. At the top of Pocusset, you can choose to keep going up the trail into Schenley, or you can walk through the neighborhood to the Murray Avenue shops and support local businesses while you stop for a treat.

## If you're looking to keep the kids entertained...

When we venture out, our kids love bringing some sidewalk chalk to decorate sidewalks or hand-painted stones to brighten gardens. Not only does it keep

them entertained, it is a great reminder to us that even the smallest gestures can go a long way in building community and brightening someone's day.

COVID-19 may have changed a lot of our plans for this summer, but we don't necessarily need to leave town for a fun day. There's plenty to love and explore right here in Pittsburgh!

*Julie and Ted Block are RE/MAX Select real estate agents serving Greenfield, Hazelwood, and the surrounding neighborhoods. You can contact them by emailing [theblocks@blocksintheburgh.com](mailto:theblocks@blocksintheburgh.com) or by calling 412.926.7976. To learn more, visit their website: [blocksintheburgh.com](http://blocksintheburgh.com)*



## Optical Outlet is Now Part of **LAPPEN EYE CARE** Pittsburgh

Second Location • Now Accepting New Patients  
Dr. Jonathan Lappen, Optometrist

### Now Provides:

- Comprehensive Medical Eye Care (Glaucoma/Cataracts/Macular Degeneration/Diabetic Retinopathy Management)
- Same Day Eye Emergency Services
- Total Family Vision Care Including Exams for Eyeglasses and Contact Lenses
- Most Vision and Medical Insurance Accepted:

NVA  
DAVIS

VBA  
EYEMED

VSP  
UPMC-VISION

Call for your appointment today

(412) 421-9274 • [www.lappeneyecare.com](http://www.lappeneyecare.com)  
4048 Beechwood Blvd • Pittsburgh, PA 15217



## **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](http://www.bernackifamilydocs.com)



# Run Residents to PWSA Board: Create Model for Stormwater Plan Without MOC

By Junction Coalition

On March 27, 2020, the Board of the Pittsburgh Water and Sewer Authority (PWSA) convened its monthly board meeting via telephone conference line. The board received comments from several residents of The Run, the neighborhood most directly affected by the PWSA’s 4-Mile Run Stormwater Improvement Plan. They asked the Board to create a model for the project that excludes the controversial Mon-Oakland Connector (MOC) road through Schenley Park.

PWSA Chief of Program Management Alex Sculli has stated on the record that no such models currently exist. MOC opponents have long contended that the MOC—a development project designed to lure corporations to Hazelwood Green—should not take precedence over the stormwater project, which addresses severe flooding in The Run as well as an EPA mandate to separate stormwater from sewage.

Despite its importance to public safety, the stormwater project is not expected to fix the flooding but only lessen it. Right-to-Know documents show Pittsburgh mayor Bill Peduto’s chief of staff Dan Gilman admonishing the PWSA to “improve the messaging on this issue” to adjust residents’ expectations. The vast

majority of runoff that floods The Run comes from Greenfield—not Schenley Park, where funding for the stormwater project has been directed. Yet the project was originally pitched to residents as a way to address the flooding issue. The “messaging” changed in early 2019—well into the engineering process. The core project in Schenley Park has long been considered “technically challenging” even without incorporating a new road.

It seems likely the \$41 million stormwater project could be more effective if it weren’t required to accommodate the MOC. Multiple experts have told residents of affected neighborhoods that the MOC could hinder flood control. Recently, Pittsburghers for Public Transit worked with analysts to complete a cost-benefit study of expanded public transit versus MOC shuttles in affected neighborhoods—but some costs of the MOC fall outside the scope of that study, including harm to the stormwater project’s effectiveness and to Schenley Park itself. These costs must be examined at least as carefully as the costs of inefficient shuttle service.

There is a clear public need for the PWSA’s stormwater project, and a clear lack of need for the MOC. The MOC benefits developers, not residents, and exemplifies the “non-essential

construction” Governor Wolf has halted during the COVID-19 crisis. It is more prudent than ever to develop alternative plans. Join your neighbors from The Run in urging the PWSA to commission, execute, and release a comprehensive model of what their stormwater plan could achieve if severed from the MOC.

Contact the PWSA:  
412-255-2423  
[www.pgh2o.com/report-an-issue](http://www.pgh2o.com/report-an-issue)



## Part 1 Crimes 04/22/2020 through 05/20/2020

Ofc. Matthew Schlick – Zone 4

[Matthew.Schlick@pittsburghpa.gov](mailto:Matthew.Schlick@pittsburghpa.gov)

Hazelwood / Glen Hazel		
Crime Type	Last 28 Days	Previous 28 Days
Homicide	0	0
Rape	0	0
Robbery	0	1
Aggravated Assault	1	1
Shooting (Non Fatal)	0	0
Shots Fired	5	9
Burglary	3	0
Theft	1	0
Theft from Vehicle	1	3
Vehicle Theft	0	1
Arson	0	0

Greenfield (including The Run)		
Crime Type	Last 28 Days	Previous 28 Days
Rape	0	0
Robbery	0	1
Aggravated Assault	0	0
Shooting (Non Fatal)	0	0
Shots Fired	2	2
Burglary	1	1
Theft	1	1
Theft from Vehicle	0	2
Vehicle Theft	0	0
Arson	0	0

Lincoln Place / Hays / New Homestead		
Crime Type	Last 28 Days	Previous 28 Days
Homicide	0	0
Rape	0	0
Robbery	0	1
Aggravated Assault	0	1
Shooting (Non Fatal)	0	0
Shots Fired	0	0
Burglary	1	1
Theft	2	1
Theft from Vehicle	1	0
Vehicle Theft	1	0
Arson	0	0





## Local Writers

### Poems by Christine Wolfe

#### At a Certain Age

I'm warning you  
 don't go walking on the Sou'side  
 in the middle of a hot August Saturday.  
 Music blares out from the Tiki Lounge  
     (a huge wooden god's mouth the entrance)  
     hums out of other joints.  
 You'll forget your grey curls  
 forget your 60+ years –  
     you lived through the 60's  
     which became the 70's...

You start to cakewalk down the sidewalk.  
 Student types, 18 – 30 somethings, all around you  
 sniggering at each other. Or you'll moonwalk  
 twirl and tap your heels. They look through you,  
 talk to each other, *And she says I'm your worst woe  
 or your two worst woes.* (What?) They wriggle  
 along in black-and-white dresses that fit like snake skin  
 on their curvy hips or they prance in hip high skirts  
 What are you two mumbling about back there, says one girl  
 to the couple behind her.

#### Climbing to the Top of the 10th Street Bridge

*after Warren Woessner*

Crossing late is best  
 if one wants to climb the bridge  
 crossing late  
 clambering up the steel framework  
 climbing yellow. Hang on  
 once atop the bridge –

Arms out, balance  
 now walk, the *high* way  
 walk, strut, parade above the river  
 between the Southside and the Arm-  
 strong Tunnels  
 you are a note on high  
 singing as you balance,  
 balance...

Half-way across  
 gaze down  
 flowing brown-blue river  
 bold Monongahela  
 and you above it all.

c. wolfe

You're invisible. Turn down 16th street, head held high.  
 By the time you meander past Muriel Street  
 it grows quiet.  
 Franklin Court. Brick row homes neat / matching  
 you could live here in some fantasy  
 it's far enough from the flow, flow, flow of their heat  
     and chatter. Far enough from the revving motorcy-  
 cles  
 in impromptu parades. The leather-jacketed riders wave to  
 everyone on sidewalks.

Keep walking to Merriman Court  
     Secluded oval street turns back on itself island  
 in the middle  
 sweet little series of frame houses  
 for you and your bearded sweetie  
 or you & your woman sig. other if that's your flavor.  
     You could hang out here  
     feel as if you were on vacation  
 for a least a fortnight.

c. wolfe

### Reader Call: The Six Word Challenge

The concept of distilling a story or poem down to a mere six words has existed for several decades, with the first well-known example being attributed to Ernest Hemingway in the 1920's (though there is no official record of him writing any six-word stories). For years, Eric Boyd wrote one or more six-word pieces a day, often by request. People wrote to him with long, complicated prompts or real-life experiences which they wanted to see condensed into six words. Often these were philosophical or deeply personal, sometimes they were downright absurd. Readers of The Homepage are continually invited to reach out, participate and request such works as well!

Please email [editor@hazelwoodinitiative.org](mailto:editor@hazelwoodinitiative.org) with your prompts, challenges, or real-world scenarios to be turned into a six-word story/poem. Check out the latest prompt submissions and the poems created by local writer, Eric Boyd, below!

**Prompt: Write a 6-word poem that describes what my plants would say if they could talk while I'm watering them.**

What little we require, we receive.

**Prompt: Write a 6-word poem about riding a bike through Pittsburgh.**

Such solace rarely occurs within normalcy.

**Prompt: Write a 6-word poem about stealing a stranger's parking chair.**

Empty thrones are recognized by nobody.

*Christine Aikens Wolfe's full-length book of poetry, Garlanding Green (Dos Madres Press) came out in August 2018. Her poetry appears in Chapter & Verse, (Pittsburgh City Paper), Loyalhanna Review, Nerve Cowboy, Poetry Magazine and Sonnetto Poesia.*

*Eric Boyd runs The Homestead Writer's Group, a monthly community workshop sponsored by Chatham University. His work has appeared in Joyland, Guernica, and The Offing. He is working on a novel.*



# Local Hazelwood Resident Creates Giveaway for Community Members

By Gerri Tipton

As the Covid-19 pandemic continues, some of us have endured hardships whether it's losing a job, filing for unemployment, finding out a family member has been sick due to the virus, not being able to find supplies, etc. But one Hazelwood member has made it easier for all of us in the community, when it comes to having the right essentials, by having the Abundance Bag Giveaway.

Beata Beatus Company is an organization created by local Hazelwood resident Erika Johnson. Their mission is to create a framework and cultivate spaces for growth and development amongst youth in the community, educationally, socially, and emotionally. The company began with its founder wanting to encourage people through words on T-shirts that represent a scripture. "This was reflective of our tagline 'wear it-live it'; however, we had the intention to produce not only T-shirts but more impactful and sustainable programs and content for those in our community, inspiring others to 'live it' or live out our lives full of prosperity and health," said Johnson.

The company has been steadily evolving with programs and events over the past two years, since first creating the T-shirts in 2016. Outside of the giveaways, the program has been hosting peer support programs via Zoom on Friday evenings. The Abundance Bag Giveaway is a part of the Beata Beatus Company, where they have

their signature tote bag with "My no baggage, no damaged goods, abundance bag" written on it. "Like all our merchandise, its purpose is to encourage, so the intent is for others to read it and feel a sense of prosperity."

So, what will the bag be filled with? It will have a \$50 gift card, a food voucher to Dylamato's food market, an encouraging card, and essentials such as hand sanitizer, a journal, immune system-building teas and raw honey, toiletries, and different products from small businesses in the city. Two bags will be given away twice a month, totaling four bags per month. "We wanted to be a blessing to someone through our giving, while highlighting small businesses as well. It's often that these small acts can really make an impact and open doors for a greater impact to be made."

The message of the Abundance Bag Giveaway is simply hope and encouragement. "We hope to encourage people to be a little kinder, gentler with others—including themselves—during this time, and to instill hope to remain strong while looking forward to a different but better future after all of this. And, lastly, to urge

people to take care of the mental, spiritual and physical aspects of their bodies."

Here's how people can enter to win the abundance bag:

1. Share Beata Beatus's content post via Facebook or Instagram.
2. "Like" and follow our Facebook @Beatabeatusco and IG @beatabeatus\_ social media pages.
3. Direct message us an encouraging word that you're standing on this month. It can be one or many!

One bag will be prioritized to a Hazelwood youth between the ages of 16-30 every month. Remember, they can be nominated. Follow the three directions to enter and DM us their name and age along with your encouraging word.

Facebook: [facebook.com/beatabeatusco](https://facebook.com/beatabeatusco)

Instagram: [instagram.com/beatabeatus](https://instagram.com/beatabeatus)

Website: [www.beatabeatus.com](http://www.beatabeatus.com)

Donation email: [ebeatus7@gmail.com](mailto:ebeatus7@gmail.com)







# Celebrate in The Homepage

Did you or someone you know graduate, advance to the next grade, have a birthday, anniversary, or learn a new skill? Did you miss a chance to celebrate properly because of the health crisis?

Let us help! The Homepage will run a free photo in our next issue and help share the celebration with your neighbors.

No accomplishment is too great or small!

Along with a photo, please include the subject's name, their reason to celebrate, and the name of the school/program if they're graduating.

Deadline: Friday, June 19



Please email your submissions to:  
adirosa@hazelwoodinitiative.org

## Carmella Foster

14 years old



Congrats Grad!

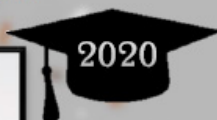
Congrats Grad!

Congrats Grad!



She is graduating from 8th grade at Propel Hazelwood and will attend Propel Andrew Street where she plans on playing volleyball and basketball for the Lady Panthers.

## Lyndon Shelton



Lyndon will be graduating Cum Laude with a Bachelor of Science Degree in Computer Science: Majoring in Languages & Systems with a minor in Mathematics from Indiana University of Pennsylvania.

## Heather Keenan

H  
A  
P  
P  
Y

B  
I  
R  
T  
H  
D  
A  
Y





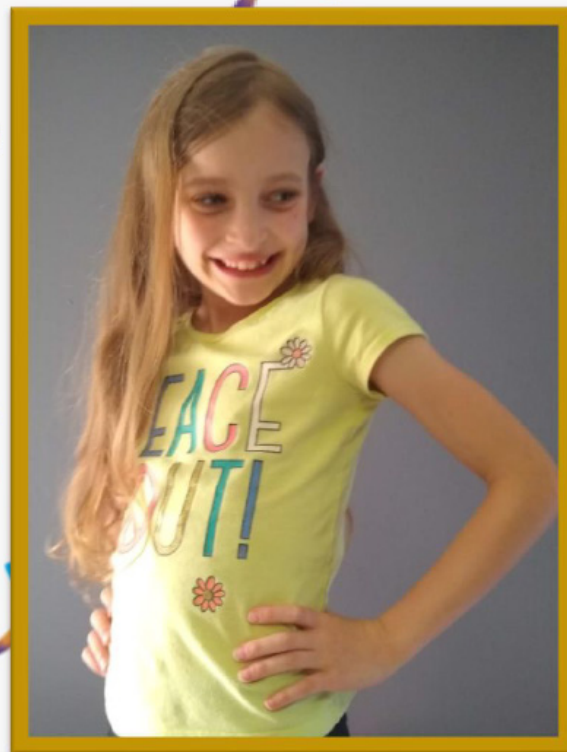
# In Celebration of a Life Loved



**Aaron L. Dennis**  
12/26/1975-05/30/2017  
Son of Andrea Coleman-Betts

# Toby Senning

10



10

10

10

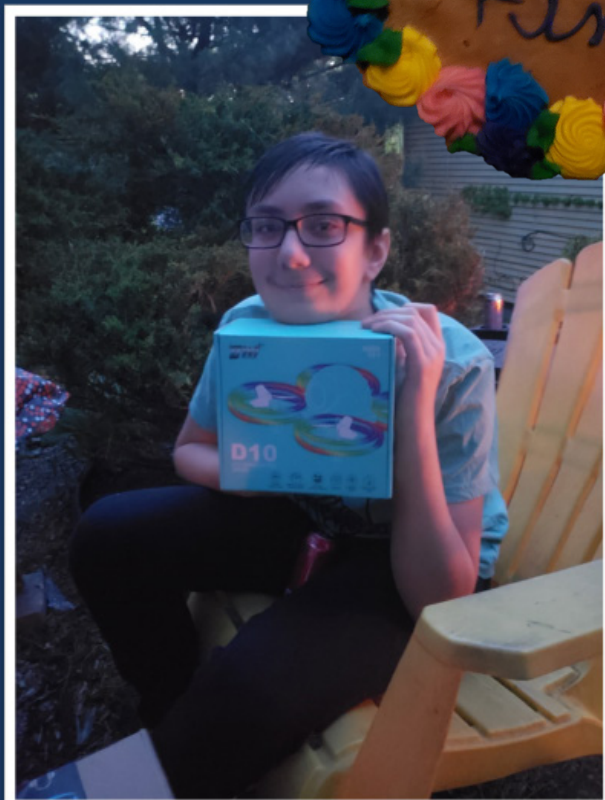
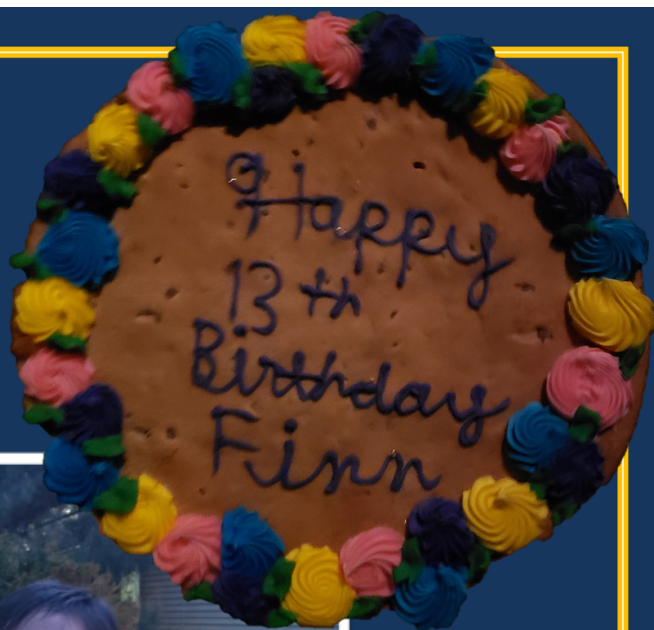
10

Happy Birthday from your family and friends!

May 29

10

# 13!



# Finn Powers

Senior Year!



Senior Year!



Way to go!

Keep going!

# Madelyne Rush

Serra Catholic High School

12th grade





## Cannabidiol (CBD) and Anxiety



Dear Friends,

In today's stressful COVID-19 world, our routines and jobs and lives have been changed unexpectedly and this brings tremendous stress and anxiety to our daily living. Coping by eating well, exercising and meditating are all helpful but may not be enough to help us during these terrible times. Many of our clients are using CBD as a supplement to manage their mental and emotional health. One of our clients wrote,

*"The (LabNaturals) CBD products sold at MAA calms me down before stressful days at work and other anxious moments. It helps me take a step back and breathe. Thank you to Susan and the wonderful staff at MAA for your compassion and expertise! I highly recommend this and other products from MAA for a better and healthier future."*

- H.M.

Another client suffering from anxiety wrote,

*"I started taking CBD roughly 2 months ago...I've noticed no side effects, my daily nervousness/anxiety is gone, and I have more confidence. I also haven't had an anxiety attack or panic attack since I've started. I was admittedly skeptical, but it's been everything I've wanted. For once, I feel like the version of normal I've always wanted."*

- T.D.

In recent years, CBD (or Cannabidiol) has become a very popular dietary supplement. Not only is it being reported on in the media but among our clients at Murray Avenue Apothecary it has become an indispensable part of their health. The research into Cannabidiol and other cannabinoids is still in its infancy. As more research is done, we will gain more insights into exactly how these natural substances affect the body and improve our natural balance.

What is the mechanism of action of CBD in the brain? Cannabidiol exerts its effects through numerous chemical pathways. Unlike tetrahydrocannabinol, CBD is not believed to actually bind with the CB1 and CB2

cannabinoid receptors in the brain (although it does affect them), but acts through different receptors. CBD modulates the binding of protein-coupled neurons and affects numerous neuropathways in the brain. Some of the major effects of CBD include:

CBD has an affinity for the serotonin 1A receptor. This affinity to serotonin accounts for many of its medicinal properties. By modulating serotonin release, CBD also affects the release of hormones such as oxytocin (which affects prosocial behaviors) and cortisol (which is released during the perception of stress). This allows CBD to influence issues with mood, sociability, and even thinking. By affecting serotonin perception by neurons in the brain, CBD can be used to treat many issues including pain, depression, nausea from chemotherapy, and severe psychiatric disorders such as schizophrenia.

CBD appears to also affect the neurotransmitter anandamide (sometimes referred to as AEA [N-arachidonylethanolamine]). CBD appears to inhibit the breakdown and reuptake of AEA and this has led to the belief that it can be useful in the treatment of depression, anxiety, and even schizophrenia through this mechanism as well as through the modulation of serotonin. CBD's effects on AEA may also contribute to its ability to control seizures.

CBD reduces blood flow in areas of the brain associated with anxiety disorders. Thus, CBD can be used to reduce issues with anxiety and even issues with severe anxiety such as panic attacks or the anxiety associated with individuals who are diagnosed with PTSD.

CBD lowers the degree of excessive neuronal stimulation (excitotoxicity), which reduces seizures in individuals with epilepsy.

CBD appears to reduce the oxidation stress which may be at least partially responsible for the brain damage that occurs in individuals with Alzheimer's and even Parkinson's disease. CBD appears to minimize oxidative stress by working through both the CB1 and CB2 receptors. While not fully demonstrated to be preventative or curative, CBD appears to at least be helpful in treating individuals in the early stages of Alzheimer's and Parkinson's disease.

CBD binds to the TRPV1 receptors that are located in both the central nervous system (the brain and spinal cord) and the peripheral nervous system (outside the brain and spinal cord). These receptors are also known as the vanilloid and capsaicin receptors. They play an important role in maintaining homeostasis, perception of pain, and inflammation in their tissues. By binding to these receptors, CBD appears to have the potential to treat inflammation, pain, and even anxiety and depression.

These are just a few of the potential thera-

peutic effects that CBD may have through its actions in the body. There are numerous other potential benefits to the use of CBD that affect numerous other neural pathways and specific receptor sites.

Notes about Drug Interactions with CBD:

More than half of U.S. adults regularly take prescription medications and at least 75% take at least one over-the-counter supplement. 60-80% of all pharmaceuticals are broken down in the body by the Cytochrome P450-non-specific enzyme family. Both THC and CBD can inhibit OR amplify the CYP450 enzyme reactions.

Interactions are more common when both (CBD and prescription drugs) are taken orally and processed through the liver.

Unlike oil filled capsules, LabNaturals CBD capsules contain water soluble CBD (Cannabidiol) and may be taken on an empty stomach to enhance absorption. Ingested cannabinoids will have higher peak liver concentration than inhaled cannabinoids. By taking CBD and THC together, as many medical marijuana products suggest, people may find that the effects of the THC are tempered by the CBD but may be prolonged slightly because of the CYP450 interaction.

\*References from [cbdhealthandwellness.net](http://cbdhealthandwellness.net)

To your health,

Susan Merenstein, RPh/Owner  
Murray Avenue Apothecary/LabNaturals  
[www.MAApph.com](http://www.MAApph.com)  
[www.LabNaturals.com](http://www.LabNaturals.com)  
(412) 421-4996



## WHAT TYPE OF MASK DO I NEED?

### HOMEMADE MASK OR PAPER MASK



**WHO SHOULD WEAR:**  
General public

**WHEN TO WEAR:**  
When a person can't perform social distancing; scarves and bandanas can be used if necessary.

**USE LIMITATIONS:**  
Cloth masks should be washed after each use; don't wear damp or when wet from spit or mucus.

### SURGICAL MASK



**WHO SHOULD WEAR:**  
Health care workers and patients in health care settings

**WHEN TO WEAR:**  
During single or multiple patient interactions or routine health procedures; recommended when N95s aren't available.

**USE LIMITATIONS:**  
Ideally should be discarded after each patient encounter. Extended use is preferable to reuse.

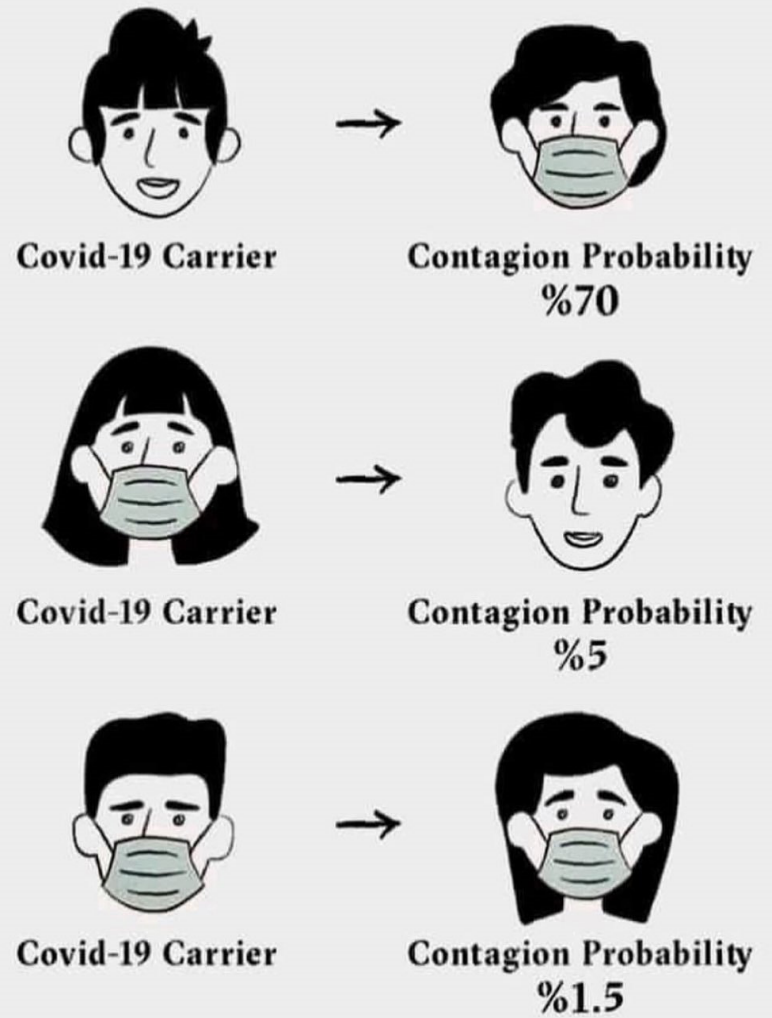
### N95 RESPIRATOR



**WHO SHOULD WEAR:**  
Health care workers

**WHEN TO WEAR:**  
Caring for patients with COVID-19 and performing procedures that put them most at risk of virus exposure.

**USE LIMITATIONS:**  
Ideally should be discarded after each patient encounter. Extended use is preferable to reuse.



# WEAR IT



# LabNaturals CBD

## Products for People and Pets

- Pharmacist Expertise
- 3rd Party Tested from a Pharmacy You Can Trust!



**“I started taking CBD roughly 2 months ago..I’ve noticed no side effects, my daily nervousness/anxiety is gone, and I have more confidence. I also haven’t had an anxiety attack or panic attack since I’ve started..I feel like the version of normal I’ve always wanted.”**

- T.D.

**Available in-store and online!**  
4227 Murray Avenue • Pittsburgh, PA 15217  
LabNaturalsCBD.com | MAApgh.com



## Free delivery for your community during COVID-19

Are you high risk? **Request help.**  
Healthy? **Volunteer to deliver.**

### What is Helping Hands?

Helping Hands is a nonprofit organization dedicated to serving those most vulnerable to COVID-19: senior citizens, the immunocompromised, and people with pre-existing medical conditions which put them at additional risk.

Our community of volunteers deliver groceries, medicine, and other necessary supplies to empower everyone to stay healthy and be as responsible as they can be.

### How it Works

**Request help:** Do you need something brought to you or a loved one's home? Sign up on our website and let us know more about what you need. We'll send you a text message on your mobile phone that connects you to a local volunteer who will run your errand for you.

**Volunteer to help:** Are you healthy and ready to help your neighbors? Create a profile on our website. You'll then be able to see things people need delivered and can select the neighbors you'd like to help.



Sign up at  
[www.helpinghands.community](http://www.helpinghands.community)







In partnership with  
Hazelwood Initiative

# HAZELWOOD RESIDENTS

June 18

2020

We are here for you!

6:00pm

## Virtual Homeownership Workshop

TO REGISTER, EMAIL  
[BDUCK@CIRCLESPGH.ORG](mailto:BDUCK@CIRCLESPGH.ORG)



### Greater Hazelwood Prayer Initiative



Greetings in Jesus' Name,

We would like to invite your church members to join us on the Greater Hazelwood monthly prayer line. This conference call prayer line is open to ALL! Mark your calendar and join us on June 16, 2020 at 7:00pm. (3<sup>rd</sup> Tuesday monthly)

**The new number to call in 425-436-6395, 257175#.**

This is a toll-free call.

Prayer for family, friends, the country, sick and shut in, youth, jobs, addictions, military, churches, community business, seniors, COVID-19, first responders, and all other requests...

Spread the word and join your community in prayer. A family that prays together stays together.

Please announce and post on your church bulletin board.

Any questions contact [jjeffries339@aol.com](mailto:jjeffries339@aol.com) or [juan-ita52@comcast.net](mailto:juan-ita52@comcast.net)

## Spaghetti Dinner Delivery:

### A Fundraiser for Arts Excursions Unlimited

Help support free art activities and excursions for  
Hazelwoodians of all ages!

Place an order before June 5th for homemade spaghetti, salad,  
and garlic bread delivered to your door on June 6th.



Adults: \$5.50

Kids: \$3



Order by June 5<sup>th</sup>

Call Joe Hepner to place an order: 412-628-6499



**PROTECTING  
BLACK PITTSBURGH  
FROM  
COVID-19!!!**

**FREE  
MASKS**  
**FOR FRONT LINE WORKERS**

1Hood Media is providing KN95 masks for  
our essential workers protecting us from the  
Covid-19 pandemic.

First Responders | Grocery Workers | Hospital Workers  
Pharmacy Workers | Public Sanitation Workers  
Senior Living Facility Workers | Social Service Workers

**IF YOU ARE AN ESSENTIAL WORKER  
IN NEED OF A PROTECTIVE MASK  
TEXT MASKS TO 77948**

TEXT STAYSAFE TO 77948 FOR COVID ALERTS  
AND INFO ABOUT RESOURCES/SERVICES

