

# The Homepage

Serving the communities of

Greater Hazelwood • Greenfield • 31st Ward • New Homestead • The Run



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## Hazelwood Introduces New Librarian

By Gerri Tipton



As a kid, I would always remember my mom taking me and my brother to the library on the weekends. We would be so excited walking down to the library when we lived on Hazelwood Ave. At the time, the library was on Monongahela Street, so it was in close walking distance to us. Walking into the older style brick building brought so much joy to us as kids. I felt like an actual adult when I was able to sign up for my own library card to check out movies and books. I remember the librarian who worked there for years (I forgot her name), but she was extremely nice and pleasant. As years went by and as I got older growing up in Hazelwood, the library had relocated to two different locations (most recently to Second Ave.), that same librarian I knew as a child, still remem-

bered me and always greeted me with a smile and an amazing personality. It made my days going to the library and was such a wonderful and memorable experience.

Now, Hazelwood has a new mem-

ber in its library family. Her name is Taylor Lee. She is the library services manager for Hazelwood's Carnegie Library of Pittsburgh. Lee's educational background includes her undergraduate degree in English literature and a graduate degree in library and information sciences. She also serves as the director of the Wilkinsburg Public Library. Even with such experience in her field of study, she never really had dreams of becoming a librarian. "When I was little, I wanted to be a marine biologist and work at Sea World. I eventually lost interest and figured I could pair my desire to help people and my love of books together to be a librarian."

Lee was drawn to the Hazelwood library because of the long legacy it has had in the neighborhood. "I really appreciated the love Hazelwood residents hold for the library. And it's

also much closer to home, so that's hard to pass up." Unfortunately, due to the COVID-19 pandemic, many businesses like the Hazelwood library have closed. But that has not stopped Lee to make sure that people are up to date with providing resources to members of the community virtually through email, newsletters, social media content, phone lines and other chat services.

"I'm really proud of the way CLP dove in headfirst providing virtual programming and online resources for our users. Most of the e-resources we've always had, but we've really made it a point to push more online content to share with everyone, from book and art clubs to reviews and blog posts." Although nothing is set in stone as far as future events for

*Continued on Page Four*

## Hazelwood Initiative Purchases First 22 Units of "Permanently Affordable Rental Housing"

By Dave Brewton HI, Senior Director of Real Estate

You can't walk past too many front porches in Hazelwood without hearing someone talk about getting a postcard from an out-of-town flipper offering to buy their home. The conversation turns to speculation about what the future of Hazelwood's housing will be. Will it get snatched up? Will prices go up? Will the people who live here be able to stay? Hazelwood Initiative (HI) understands the concern and has decided to do something about it.

Last fall, HI announced to the community that it had come to an agreement with Dave Cunningham, Hazelwood's largest landlord, to purchase 63 units of rental housing over a three-year period to preserve and improve them as permanently affordable rental housing.

On March 31, 2020, the first big step was taken on this journey when



the first 22 units were sold from Mr. Cunningham to an LLC solely owned by HI: HARPP, LLC. HARPP stands for Hazelwood Affordable Rental Preservation Project. This was the single largest investment HI has ever made in its community, as an expression of its commitment to "Development Without Displacement," one of the highest priorities in the recently approved Greater Hazelwood Neighborhood Plan.

According to HI Board President, Jourdan Hicks, "The Board knows that residents and our membership fear displacing residents who need quality, in-

*Continued on Page Two*

## New Report Shows Public Transit is More Effective Than Mon-Oak Shuttle Roadway

Press Release - Pittsburghers for Public Transit

On Friday, April 10th, Pittsburghers for Public Transit (PPT) and data analysts at Tech4Society released a new report entitled The People's Audit of the Mon-Oakland Connector to evaluate the city's proposed Mon-Oakland Connector shuttle roadway against resident proposals for expanded public transit services. The report demonstrates that minor Port Authority transit improvements would outperform even the best-case scenario for the Mon-Oakland shuttle roadway and would better connect institutions and residents within the corridor.

The crisis of COVID-19 has illustrated why communities like Hazelwood need transportation access to food and hospitals. At a time of diminishing public resources, it has also become more apparent that the city needs to responsibly guide investments to effectively meet shared



transportation needs. Bonnie Fan, a researcher with Tech4Society, said, "We wanted to answer questions the public has raised regarding the cost to build and operate the project, ridership capacity and projected need, and anticipated travel time between key destinations like hospitals and the universities. In all categories, the Mon-Oakland Connector fails in comparison to public transit improvements."

There is no question that better public transit is needed in this corridor to ensure the viability of communities and the residents that live with-

*Continued on Page Five*

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Greenfield · Hazelwood · Lincoln Place · Hays · New Homestead

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## Editor

Alyse Richmond

## Layout

Alfred DiRosa

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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.

*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

**Planned Parenthood**  
Care. No matter what.  
Planned Parenthood of Western Pennsylvania

CARE NO MATTER WHERE

## HI: "Permanently Affordable Rental Housing"

- Continued from Front Page

expensive, and safe housing in our community. We purchased these units to make sure—for ourselves—affordable units are available here now. Especially with what Hazelwood Green's business economy is projected to become, and its relationship to our housing market. It's a huge undertaking and serious responsibility. We know. But we feel it's worth every challenge to make sure any low-wealth person can stay in, or move to, Hazelwood."

So now that we have purchased the first 22 units, the hard work is just beginning. Hazelwood Initiative is working right now on many fronts:

- Raising funds for the remaining 41 units to be purchased
- Reaching out to existing residents to assess how they are holding up under the COVID-19 "shelter at home" order from the governor
- Filling out countless forms and reports to be accountable to our funders, and to make sure we are doing our best to take good care of the houses and the families who live in them.
- Putting together a responsive property management system for the first 22 units
- Planning and renovating the five units that are currently vacant so we can make them available to low-income Hazelwood residents on Section 8
- Making the most repairs on the units with the greatest need

For the families who live in these houses, very little has changed. Their rent is the same and Dave Cunningham continues to manage the apartments for Hazelwood Initiative. He will continue to do so until all 63 units have changed hands (in about two years). But one big thing has changed: The people who live in these units do not have to worry about some out-of-town flipper coming in and raising their rents. This is a first giant step toward making that dream come true for more and more low-income Hazelwood renters.



Photo: Keith Robinson

# 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

## 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.

## Hotlines, Alerts, & General Information

**Allegheny County Health Dept.**  
**24/7 hotline:**  
888-856-2774

**Center of Life**  
**Covid-19 Online Resource Guide**  
centeroflifeonline.net/covid

**Phone Alerts:**  
www.alleghenycounty.us/alerts

**Hazelwood Initiative Community Updates**  
facebook.com/hazelwoodinitiative

**General Information & Assistance:**  
Call 2-1-1  
OR text your zip code to 898-211  
OR visit PA211sw.org

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

## Houses of Worship

**Church of the Good Shepherd**  
124 Johnston Avenue  
Pittsburgh, 15207  
412-421-8497  
hazelwoodgoodshepherd@gmail.com  
www.hazelwoodgoodshepherd.org

**Mary S. Brown-Ames United Methodist Church**  
3424 Beechwood Blvd.  
Pittsburgh, 15217  
412-421-4431  
info@brightredfence.org  
www.brightredfence.org

**Holy Cross Evangelical Lutheran Chapel**  
5319 Second Avenue  
Pittsburgh, 15207  
412-521-0844  
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  
www.strosaliaparish.org

**Holy Angels Parish**  
408 Baldwin Road  
Pittsburgh, 15207  
412-461-6906  
www.holyangelschays.org

**Squirrel Hill Christian Church**  
290 Bigelow Street  
Pittsburgh, 15207  
412-521-2447  
www.squirrelhillcc.wixsite.com

**St. Stephen Catholic Church**  
5115 Second Avenue  
Pittsburgh, 15207  
412-421-9210  
saintstephen@verizon.net  
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  
www.stjohnpgh.org

**Warriors of Holiness in Power**  
(W.H.I.P. Ministries)  
1174 Mifflin Road  
Pittsburgh, 15207  
412-461-5572  
whipwarriors@gmail.com  
www.whipministries.org

**Morningstar Baptist Church**  
5524 Second Avenue  
Pittsburgh, 15207  
412-421-6269

# Hazelwood's New Librarian

- Continued from Front Page

when the library opens back up, the library is open to welcoming everyone back when things go back to normal. "We hope to continue all the services for youth that have been provided for many years. There will also be more programming and outreach to our adult users when the time is right."

Some may still think of libraries or librarians as Lee describes as, "quiet old ladies reading books all day," but there is a lot more to it than that. In a library like Hazelwood's, it is a place where people can come together to connect, find resources, and have a community space for gathering and learning. Just like how I remembered as a kid, the library was a place, and still is a place where people who are lovers of books, computers, research, drawing, studying, or just a place of relaxation, can come together to enjoy themselves. Libraries, to me, are the foundation of a community. "I hope to really get involved in the Hazelwood community in the future and find as many ways as possible for the library to continue to thrive as a hub of the community."

## 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



**Dylamato's: Now Offering FREE Delivery  
(Only within Greater Hazelwood)**

## 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



Hope to see  
you when this  
is all over.

Until then,  
be safe.



61Z Café

5017 Second Avenue

# PPT: Public Transit More Effective Than MOC

- Continued from Front Page

in them. Hazelwood is a food desert, so residents must travel to other communities to buy groceries. Healthcare access is limited, as Hazelwood residents have no direct public transit routes to the hospitals in Oakland on the weekend. Finally, as Hazelwood Green builds out, there needs to be robust mass transit in place to prevent environmental degradation and the congestion of single-occupancy vehicle commuting. These are all important transportation needs that require a comprehensive solution.

The report shows that investment in the resident-generated transportation plan to add weekend service on the 93 bus and extend the 75 to Hazelwood would accomplish all of these goals. Moreover, building the 2nd Ave Bus Rapid Transit (BRT) corridor and consolidating the Oakland institutional shuttles would provide enormous benefits to the institutions and residents of the corridor. Hazelwood resident and transit rider Deanna Turner says, "Even during this pandemic, I am still taking the bus every day to work in Oakland, to buy groceries in Squirrel Hill or Homestead, and to

get my son to doctor's appointments at the Children's Hospital. Because we don't have weekend service on the 93, I have to choose between arriving at work an hour early or late and take 2 buses. Having the 75 to take us directly to Southside grocery stores and Oakland would be a huge benefit for me and my neighbors."

PPT hopes that this report will encourage the city's Department of Mobility and Infrastructure (DOMI) and stakeholder institutions to invest in long term, equitable public infrastructure and transit operating service rather than costly, short term, and ineffectual solutions. The city's anticipated \$23 million capital dollars for the Mon-Oakland Connector could instead be an important down payment on the 2nd Ave Rapid Transit corridor, and address gaps in the neighborhoods' bicycle and pedestrian networks. In addition, for a fraction of the anticipated \$16 million 5-year operating expense, the foundations and institutional investors involved with Hazelwood Green could instead seed expanded Port Authority transit service.

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

## Finding Enough Space in Your Home

By Julie Block

Before the coronavirus hit, our family of six was so close to being ready to move into a home that fits us comfortably! But with unforeseen construction issues and COVID-19, everything has been pushed back. At this point, we're not really sure when we'll get to move in! This new home has been a long time coming. We've wanted an extra bedroom for more than two years now, but we chose to stay in our cozy three-bedroom house for as long as possible so we could move into the right property at the right time. Whether a family wants to upsize or downsize, we know as well as anyone that moving right now isn't always the best option, especially with the coronavirus throwing everything into disarray. For some people, waiting another year or two will help build equity and save for the best opportunity.

With that in mind, we thought it'd be helpful to review some strategies for making the most of where you are—until you can get where you want to go.

### Making the Most of Where You Are

1. Figure out what to do with that

third bedroom. Homes in Greenfield are notorious for that tiny third bedroom that seems just a little too small for anything you'd really like to use it for. But with a little innovation, the third bedroom can become a valuable asset. Some ideas:

- Elevate a bed and use the space underneath for extra storage. This can become your guest room/storage room.
- Get organized and use the room as an art studio/workshop as you make repairs around the home.
- Turn it into a cozy reading nook and playroom.

2. Install a patio. A DIY paver patio lets you expand your living space into the great outdoors, and you may be able to set one up in a weekend or two. As the weather warms, spend more time outside under a shady umbrella!

3. Use the basement. Many of Pittsburgh's basements are dark and damp, but they don't have to be! Set up a dehumidifier, paint a corner of the room and lay down some bright, colorful rugs for the kids to play on. Giving

the kids more room downstairs may give you a little more space upstairs, where it's most valuable.

4. Get to donating! With the recent wave of unemployment, some families have been harder hit than others. Go through your closets and walk around your living spaces to see what you don't need or use anymore. Collect it all together and take it down to your local thrift store or donation center. We love that Vietnam Veterans of America picks up donations right from your front porch, and Construction Junction or Habitat for Humanity are great options for larger household items.

5. Clear out the basement. If you need some extra storage space, consider investing in an outdoor shed. You'll be amazed at how much space you save—and all the new opportunities you have indoors. You can build out new space to fold and organize laundry, set up a makeshift office, or even set aside a desk for puzzles and games.

With a little imagination, you can turn your current home into a comfortable living space until you find

the right opportunity to move out. In some cases, you may even find that your current home is good enough for a few more years!

*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)*



# 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.holyangelshays.org

**Lincoln Place Church of the Nazarene**  
5604 Interboro Avenue  
Pittsburgh, PA 15207  
412-462-2524  
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)

## CORONAVIRUS (COVID-19) WHEN TO SEEK CARE

Please follow the guidelines below when considering whether or not to seek medical care if you're experiencing symptoms similar to symptoms associated with COVID-19.



### STAY HOME

If you are worried, but well, **please stay home.**

Going to a hospital or doctor's office when well adds a higher number of people and can overwhelm medical staff.



### CALL FOR ADVICE

If you are **sick** and think you have been **exposed** to COVID-19 **call** your health care provider or 1-877-PA-HEALTH to discuss your exposure.



### SEEK CARE

If you are **sick** and feel you have an **emergency**, **call** your health care provider or seek medical care.

Please **call** your provider's office or hospital **before you go**, especially if you're symptomatic.

FOR MORE INFORMATION AND UPDATES, VISIT:  
**HEALTH.PA.GOV**



## 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

**Covid-19 Carrier** → **Contagion Probability %70**

**Covid-19 Carrier** → **Contagion Probability %5**

**Covid-19 Carrier** → **Contagion Probability %1.5**

**WEAR IT**

# 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

### WHAT TYPE OF MASK DO I NEED?

HOMEMADE MASK OR PAPER MASK	SURGICAL MASK	N95 RESPIRATOR
<b>WHO SHOULD WEAR:</b> General public	<b>WHO SHOULD WEAR:</b> Health care workers and patients in health care settings	<b>WHO SHOULD WEAR:</b> Health care workers
<b>WHEN TO WEAR:</b> When a person can't perform social distancing; scarves and bandanas can be used if necessary.	<b>WHEN TO WEAR:</b> During single or multiple patient interactions or routine health procedures; recommended when N95s aren't available.	<b>WHEN TO WEAR:</b> Caring for patients with COVID-19 and performing procedures that put them most at risk of virus exposure.
<b>USE LIMITATIONS:</b> Cloth masks should be washed after each use; don't wear damp or when wet from spit or mucus.	<b>USE LIMITATIONS:</b> Ideally should be discarded after each patient encounter. Extended use is preferable to reuse.	<b>USE LIMITATIONS:</b> Ideally should be discarded after each patient encounter. Extended use is preferable to reuse.

### What Does Stay-At-Home Mean for OUTDOOR RECREATION?

- You Can Go Outdoors**  
You can go outdoors to engage in outdoor activity, such as walking, hiking, or running if you maintain social distancing.
- You Can Recreate Locally**  
You can recreate in your neighborhood or a local park or trail that is nearest to your home. Look for locations within 15 minutes of your home.
- Avoid Crowded Areas**  
Avoid crowded trails or parks. Find other nearby locations or go during less popular hours.
- Don't Travel Far for Recreation**  
You should not travel outside of your community to other outdoor locations across the state, such as state parks, forests, private camps, leased campsites, etc.
- Protect Others While Outdoors**  
Be considerate. Wear a mask to protect others as recommended if you are in an area with other people.

## Looking at Trees

By Jeff Karwoski

When was the last time you looked at a tree? Not saw a tree—we see trees every day. What I mean is, when was the last time you really took the time to focus on the particular features of a particular tree? As an arborist, I get paid to look at trees. Sweet gig, right?

When I look at trees, there's a lot of different things I'm looking for, but before I start looking closer, I want to know how the tree makes me feel. I do this by looking at the tree for a few seconds to see how it strikes me. Without raising any opinions, I look at the tree and allow it to elicit any response from me that it can. This first impression sets the tone and establishes a baseline for critiquing or analyzing what I was called to see. You can get a first impression in five seconds. Look for a tree that catches your eye for one second. Look at it for four more seconds after that and you will have your first impression or, more important, an emotional response we all have when we look at things we like.

In my position, I don't always get to choose the trees that I look at. I am shown the trees my customers would like me to look at. Sometimes I'm

called to look at problem trees or dying ones and my first impression is, "that looks like crap." Other times, people show me some really amazing plants. By the way, trees are plants. You knew that, right? This is what I would like you to focus on: finding amazing plants to look at. It seems like a difficult thing to do, like something out of National Geographic, but it's easy once you know where to look. I'll give you a hint: they're everywhere!

Often times we find amazing trees just outside our own homes—some old tree alongside the house or one out back that we've grown particularly fond of. One of the most common words my customers use to describe their trees is love. "We love that tree," they tell me. "We don't want anything to happen to it." I'm always touched by this emotional expression being offered by a total stranger and I never tire of people telling me they love trees.

Once you've found a tree to look at and you have your first impression, it's time to look a little deeper. Trees have many features so it's impossible to look at them all at once. When I'm looking at a tree I like, I don't start



Photo: Jeff Karwoski

or finish at any particular place like the top or bottom. Instead, I look at whatever catches my eye, which is usually their structure. I like to see how the limbs and trunk stretch out or curve around and what shapes they make. When the leaves are gone in the winter it is a great time to look at the structure of trees. In the summer, leaves can cover up the structure and tend to highlight the perimeter of the canopy. This is the time to look at the shape of the canopy. Tree shapes come in the follow-

ing categories: round, vase shape, pyramidal, columnar and a shape called open or natural, which means a non-symmetrical canopy shape or just plain wild looking.

Different types of people like different shapes. For many, it's the most symmetrical look that draws their attention and, more often than not, people focus on maintaining trees in their landscapes in a symmetrical fashion. I like symmetrical, I think we all do. Whether it's perfectly round or shoots straight up, there is something striking about trees that have great symmetry and we love to see that when we look at them.

When you are looking at trees it's easy to get caught up in one particular feature. If an oak tree has a great big stem (trunk) on it, it can be hard to look at anything else. It is my job to try and see the big picture when it comes to people's trees. After looking at one feature for a while, I remind myself there is always more to look at. Since it's not your job to look at trees, you can look at anything you like about them for as long as you want. If you have an extra

*Continued on Page Nine*

## The Green Way Health and Freedom

Ecologists have known for decades that there would be an increasing likelihood of emerging infectious diseases due to the simplification of the Earth's ecosystem, and it's happening now. Just as predator-prey relationships in a diverse ecosystem serve to keep balance—e.g. rabbits and wolves—this is also so at the microscopic level, where a complex microbial community serves to suppress, though not eliminate, disease.

Did we really expect to get away with destroying nature for short-term small-context goals? Mother Earth is chastening us, forcing us to stop and think about what we have been doing. We're being spanked. From pet rocks to leaf blowers to pesticides to nuclear power plants (which Einstein called "A hell of a way to boil water") to lawn mowers, high fructose corn syrup, white bread (which has pretty much all the good taken out of it, leaving only starch) to added sugar to artificial insemination to drugs to kill pain rather than finding out what's causing it, to soft drinks that wreck your health to prosecuting wars rather than making peace with our enemies to becoming addicted to drink, drugs, caffeine, a new car

every year, fossil fuels, long-distance transportation such as vacations to distant places to shipping garlic from China rather than growing our own to being fear-mongered into thinking we need deodorants to cover our own natural body smells to polluting our air and water to be spread all over the Earth and think we were going to get away with it?

Eat less meat. There is plenty of protein in greens such as lambs quarters, kale, spinach, collards, etc. Nutritional yeast has a delicious cheesy taste and is high in protein and vitamin B. Sprouted grains made into bread or eaten raw or in soups add vitamin E and other nutrients.

Our soil has become so degraded that most people alive at this moment in history don't even know what good soil looks, feels, and smells like. We need to stop putting biodegradables such as cardboard, paper, and food scraps into our municipal solid waste stream. We humans are conscious animals in a conscious universe. We need to rejoin the other animals in allowing our manure and urine to be returned to feed the soil. Only by reuniting with the rest of nature will we become grounded enough to survive this time of great change.



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# Trees - Continued from Page Eight

10 seconds to look at patterns in the branches, then go ahead. Groups of limbs combine to make interesting geometrical patterns. One of these patterns is called a whirl. It occurs when a number of branches emerge at the same height on the trunk forming a circular pattern. This can be seen notably in white pines with whirls developing every couple of feet. Another one is the pagoda dogwood, a native of Pennsylvania. Extra points go to those of you who find this tree, as it tends to hide in the understory of the forest and the borders where the forest meets a meadow. They are quite beautiful and can be found tucked away in the landscape as well. Native plant nurseries like Sylvania Natives in Pittsburgh grow them in small quantities if anyone is interested.



Photo: Jeff Karwoski

If you have 10 more seconds after that, you can look at how your tree moves in the wind. Wind prompts different responses from different trees. It can create a ripple through the leaves or a gentle sway of the crown. When the wind blows across the leaves of a quaking aspen, all the leaves shake audibly in unison. The slightest breeze can send an aspen quaking when all the other trees re-

main still as can be. If there's no wind, you can take time to observe a large organism in perfect stillness. Seeing trees in stillness seems to convey the patience and longevity these plants have developed through their evolution. When you look at trees in their stillness you can imagine the stillness is an illusion, knowing the tree is growing right before your eyes.

I can look at trees and tell you many things about them: what kind they are,

their approximate age, some events that have transpired throughout their lives, their overall health and some insight to their structural integrity. I have developed the ability to determine these things by taking the time to look at thousands of trees for people over the years. Mostly what I tell them is that their trees look good, which usually brings a sigh of relief. After that, I discuss ways to make them healthier, stronger and even more attractive with some creative pruning work.

The more you look at trees the more you learn to appreciate them, and the more you appreciate them the closer to nature you will become. I feel like it's an important time for people to reconnect with nature and looking at trees is a great way to start. I view them as works of art—stunning, beautiful designs crafted by nature and the living world around us. Spring, summer, winter or fall, looking at trees can be a reprise from hectic schedules or our daily struggles. When you are focused on the beauty of a tree, time slows down, the world fades away and for a few moments, nothing else matters.

*Tree...  
he watching you. You  
look at tree, he listen to  
you.*

*He got no finger, he can't  
speak, But that leaf...  
he pumping,  
growing, growing in the  
night.*

*While you sleeping you  
dream  
something. Tree and grass  
same thing*

- Bill Neidjie

## Community Gardening Available in Greater Hazelwood

### Sign Up for a Garden Bed at the Hazelwood Community Garden!



The Hazelwood Urban Ag team just installed brand new beds and are eager to have residents sign up for their own bed to grow their own food!

Located at 4713 Chatsworth St (former Hazelwood YMCA)

Sign up by emailing Matt Peters:  
[gardens@hazelwoodinitiative.org](mailto:gardens@hazelwoodinitiative.org)

### Glen Hazel Residents,

Your community garden is waiting for you across from Roselle Ct. on Johnston Ave.!



Email Matt to learn more:  
[gardens@hazelwoodinitiative.org](mailto:gardens@hazelwoodinitiative.org)

# Rare Hare: “Social Distancing Bunny” & Biker Buddy Deliver Easter Fun to Hazelwood



Art Excursions Unlimited (AEU) could not let Easter pass without bringing some much needed joy to the families locked-down in Hazelwood. Families in the community were told to keep tabs on prints of Easter Eggs hanging in many of the storefronts on Second Ave. Word quickly spread that reporting the correct number would bring a visit from the Easter Bunny.

With the regular rabbit unavailable and the times being what they are, AEU and a few Hazelwood residents worked on an alternate and debuted their “Social Distancing Bunny.” Outfitted with a cape, biker chaffeur, and pointed sign to keep the recommended 6 feet of space, the Social Distancing Bunny safely delivered prizes to Hazelwood’s top egg spotters on the Saturday before Easter.



**ARTS EXCURSIONS UNLIMITED**

The costume was made by AEU Studios and was worn by a Hazelwood resident. Thanks to the Hazelwood resident who took these photos!



## Part 1 Crimes 03/24/2020 through 04/20/2020

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	1	0
Aggravated Assault	1	0
Shooting (Non Fatal)	0	0
Shots Fired	9	8
Burglary	0	2
Theft	0	3
Theft from Vehicle	3	2
Vehicle Theft	1	0
Arson	0	0

### Greenfield (including The Run)

Crime Type	Last 28 Days	Previous 28 Days
Rape	0	0
Robbery	0	0
Aggravated Assault	0	0
Shooting (Non Fatal)	0	0
Shots Fired	2	2
Burglary	0	0
Theft	1	2
Theft from Vehicle	1	1
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	1	0
Aggravated Assault	1	2
Shooting (Non Fatal)	0	0
Shots Fired	0	3
Burglary	1	2
Theft	0	1
Theft from Vehicle	0	0
Vehicle Theft	0	0
Arson	0	0



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Association (THYM-AA) for questions on use and availability:  
412-853-0426

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- 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
- Corcoran Floors.....(412) 422-5817
- Dylamato's Market.....(412) 521-1351
- Easy Does it Lawn Care.....(412) 708-3586
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The Diamond Room.....(412) 235-7033
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- Fred's Automatic Transmission.....(412) 521-8810
- 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
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- Italian Village Pizza.....(412) 521-1900
- MDT Home Remodeling & Repair.....(412) 467-9577
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# Paperboy

## A Mini-Memoir of the 50s by Walt Peterson

It was the best of times: 1.5 cents for dailies and 5 cents for the Sunday Pittsburgh Press. I ran the Arlington Projects steps (five foursquare and redbrick buildings) after school, on Sunday and twice Saturday with the evening bulldog. Had my Levi jacket and crew cut, a major-league talent for flipping dailies up and over the banister for the third-floor customers. Big, red-haired Roger retired at fourteen. I got the route, a paper sack and the paperboy gene. My dad said, "That sack will give you big shoulders." Maybe he was right.

Saturday, Boss Ben Barkley came smilin' to split the loot and take extras not sold. Two customers to remember. Mr. McCarthy—little guy, old, walked slow, talked loud not mean. They said he was gassed in WWI. Mr. Washington from Cordell Place, "the Colored Section." He walked with a cane, always tipped when I gave him a tear-off stub: Paid for the week of August 27, 1957. Then we traded cat fishin' tales; me about the Mon near Beck's Run.

I learned business talk to adults,

earned bonuses (a bat and softball) from the Press & how not to be late for the bulldog Saturday edition. ("This is gonna' hurt me more than you," quote my old man.)

At thirteen headin' for high school, got a bad case of the "too cools." Passed the route on to Tommy of the next gen. Ditched the Levi jacket. Kept the buzz cut. Time for high school, girls, basketball, setting up bowling pins for \$, how to write this.

It has been a long time since someone flipped a daily at my door in Squirrel Hill. Last kid had a yarmulke like a bald spot perched on the back of his head. We talked about him goin' to college. I know those old guys, Mr. Washington & Mr. McCarthy, Arlington customers would have BSed with him, too.

## National Newspaper Carrier Day

The first newspaper carrier was Blarney Flaherty. In 1833 he answered an ad in the Sun in New York City for "dependable men." Benjamin Day, the publisher, was so impressed with the ten-year old, he hired Blarney despite his age. National Newspaper Day is celebrated on September 4, and the Newspaper Carrier Hall of Fame, established in 1960, is located in New York with such notables as Warren Buffet, Martin Luther King, Jr., and John Wayne, among its inductees. Hope they get to me soon.



Getty Images

*Walt Peterson is a writer and teacher from Pittsburgh and is a rostered artist for the Pennsylvania Council on the Arts. "Paperboy" was first published in The Pittsburgh Post-Gazette, September 19, 2018 in a slightly longer form. "Paperboy" is the preface to a collection of poems published in newspapers called, well, "Paperboy."*

# I Once Ate a Bag of Chips While Someone Broke Up With Me

## A Short Story by Chelsea Leber

It wasn't one of the proudest moments of my life, but I'd be lying if said I didn't think of it from time to time and smile. He invited me to dinner, and I showed up an hour late, intoxicated on a Tuesday. This was an unforgivable offense to him. Fridays and Saturdays were when you had fun. The only fun allowed on weekdays was sensible fun, which did not include being rum drunk at a semi-upscale restaurant in flip flops while loudly recreating the Bewitched theme song. I assured him we would have a nice evening, but the look on his face suggested otherwise.

"How drunk are you?"

"If my skin was see-through, you could shake me like a snow globe and see all the rum and food in me just floating around like little snowflakes."

"We're leaving."

"We're leaving?"

We left.

The car ride was much like a funeral procession, and when he pulled into the gas station, I

was convinced he was just going to tell me to get out and then drive off. Instead he told me to go inside and get some coffee while he filled up his tank. I returned with 4 bags of jalapeño kettle cooked chips and curled up in his backseat, waiting. I knew it was coming. You always know when it's coming. It's like stepping outside and sensing a storm just by how the air feels.

He got into the car but didn't start it. Every few seconds he'd make eye contact with me in the rear-view mirror and sigh. I remember him speaking for a very long time. Ages. There were no breaks or pauses, no real places for comments. It's not like I had any to offer up so I was fine with how this conversation was progressing. All I know is he had his life too figured out and too scheduled and I had a strange distrust for anyone who had their shit together.

"Are you really going to just sit there and eat chips while I break up with you?"

I don't remember what I said exactly. Some-

thing along the lines of, these aren't just chips... They are kettle cooked chips. His voice picked up and he began the hysterics and I remember thinking only of how thankful I was for choosing such a crunchy snack. I began shaking my own hand to congratulate myself for such a smart purchase but forgot my one hand was still in the bag of chips. The chips spilled everywhere. The car started.

I never saw him again after that. I don't see why I would. Life and fun to him was like meal prepping. He'd portion it out and could only have as much as he decided was appropriate each day. Our paths felt as though they were on two completely separate spheres within the universe, but I was okay with that because I am nobody's sensible Tuesday evening. I am my own.

*Chelsea Leber is a sometimes writer living in Pittsburgh. Follow her on Twitter and Instagram (@chelsaya).*

## 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.

Now, readers of The Homepage are welcome to reach out 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 some previous examples of requests people have made and think of your own for our next issue!

q: "Can you do a six-word poem about not realizing you love someone until they leave?"

a: We desire flowers most during winter.

q: "Can you write about finally getting your alcoholic father out of your life, then noticing the same patterns in your younger sister?"

a: Fear for fruit from rotted trees.

q: "I threw everything I've ever used to self-harm into a river and now I wanna live for the first time in my life—got six words for that?"

a: Rebirth never requires us to die.

q: "Prompt: watching parents deal with Alzheimer's?"

a: Memories can be forgotten, not undone.

q: "Could you do a 6 word for a young Syrian refugee?"

a: ف لزنملا وه لكبلق ، نيمدعما نيح يف - tr: While destitute, your heart is home.

q: "Write a six-word poem about a cupboard that, when opened, would make every human within a 0.3 mile radius turn into indigo pterodactyls."

a: From horrific cabinets, a prehistoric ambit.

*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.*



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# Mother Creates Unity Poster and Online Positivity Program After Son's Bullying Experience

By Gerri Tipton

Racism is still faced in this country every single day, especially by those who are minorities. It is a shame that in the new decade racism hits harder and harder, and harsher to people whose skin color differs from another one. Well, one brave mother wanted to create a voice and an impact on bullying and racism, specifically in schools. She wanted to create a poster that would show that bringing people of different races and ethnicities together is stronger than the hate that is constantly showed around the world.

"Since I was in 5th grade, I wanted to become an artist, but everyone told me that was a hobby," said Ebethal Badawi. "My passion for art sparked again when my friend gave me a sketch book as a birthday gift, where I later learned about a specialty known as art therapy." She used her hobby as therapy and a form of expression to create the poster when she found out about her son being bullied at school. "My son had a situation in his school when he was in 5th grade. Later, I came across a video of a teen being bullied at school. That, and other personal experiences, inspired me to design this poster labeled 'Pittsburgh Builds Bridges.'"

The inspiration for the poster also came from Pittsburgh being known as the city of bridges where, in general, the bridges are metaphorical symbols for "human connection." Badawi envisioned some of the bridges in Pittsburgh, and that is how the poster came to life. "On top of the bridge there are multiple hands with different skin tones and colors that appear to raise different symbols of different beliefs, faiths, and religions. The hands symbolize human reach and welcoming." She created the poster to inspire people to unify, and to push people away from not accepting individuals who are different from each other in hopes to stop bullying.

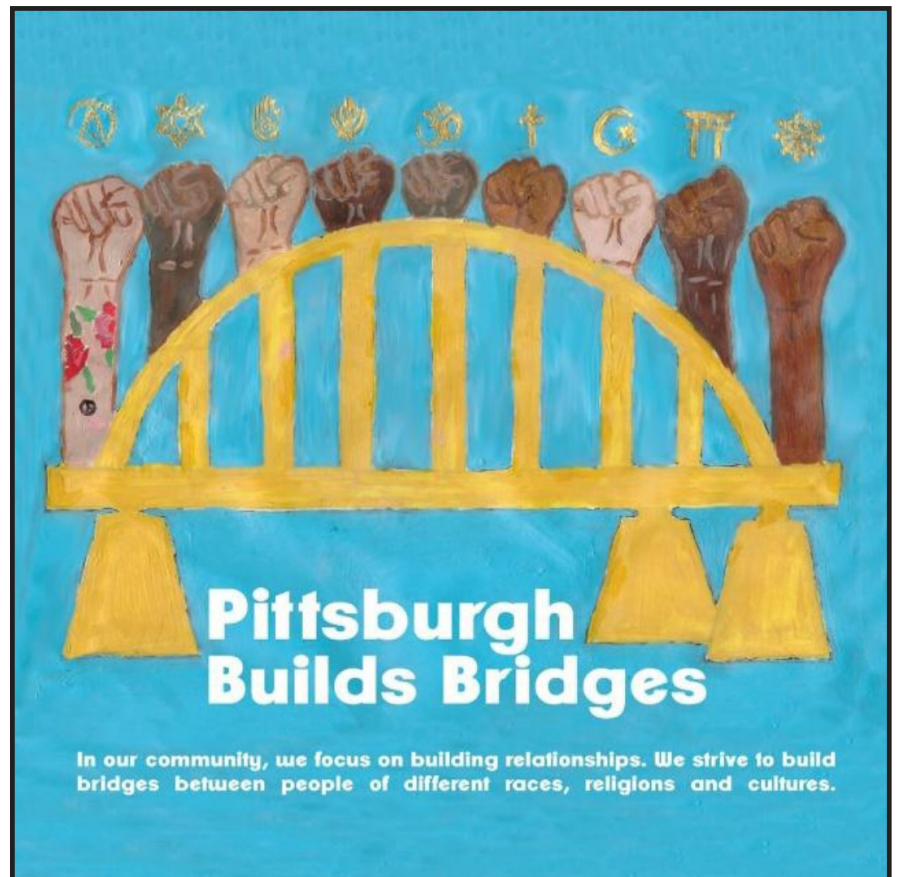
Badawi has received a lot of positive feedback from the poster she has created. For example, a friend of hers told her that her child had once experienced a panic attack at school and when he saw the poster, he was at ease. "When the panic attack was about to hit, he looked up and saw the poster hanging in the school cafeteria. He then drew the bridge and somehow felt a sense of comfort and his anxiety faded away. He told his mother that the poster made him feel like he belongs."

Since creating the poster, Bada-


wi has seen a lot of changes in her community. "A lot of kids started to draw it and many teachers told me when they see the poster in the hallway, they point at it and they say, 'this is me.'" Badawi would like to find a big wall to paint the poster as a mural. She has even reached out to multiple businesses where she can promote her poster in their buildings. "I have already painted two murals for businesses, one at the Keystone Café downtown and the other one at Arsenal Middle School."

The goal for the poster is to eventually have it shown worldwide for everyone to see. "I aspire to spread the sense of unity and respect everywhere in the world because we need it. I am currently working on different designs to paint it worldwide to bring peace and love." Along with trying to put the posters in more schools to paint it as a mural, Badawi has also established and launched an online program called "Sunday Smiles." Due to the COVID-19 pandemic, she created this free interactive program with some friends who specialize in personal transformations, to bring people together in this time of uncertainty.

"In Sunday Smiles, we have mediation sessions and music where we can all sing along with each other, and have art sessions to explore our thoughts, as well as many other creative, fun, easy ways to promote positivity." The Sunday Smiles program takes place on Sundays at 11am. You can learn more about the program by sending an email to [Sunday.smiles@hotmail.com](mailto:Sunday.smiles@hotmail.com).



Design: Ebethal Badawi



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# Frankel to Introduce Systemic Testing, Tracing Bill for Pennsylvania

*Legislation will urge reinvestment in health care capabilities to address COVID-19 threat*

Press Release - April 22, 2020

As Pennsylvania’s efforts to slow the spread of the coronavirus begin to show dividends, state Rep. Dan Frankel, D-Allegheny, is proposing legislation to reinvest in the state’s health care capabilities, specifically to allow for wide-spread coronavirus testing and case investigations similar to efforts in other states and nations.

“In order to relax our social distancing measures, we must efficiently and effectively isolate and treat people with the virus,” Frankel said. “This requires a robust system of testing, case investigation and contact tracing. We cannot let our defenses down and negate our hard work and sacrifice for the last month. We must protect ourselves from a second wave of infection.

“Other states and nations are moving rapidly to enhance their capabilities in these areas. Massachusetts, for example, recently hired 1,000 contact tracers to help contain the virus. In recent years, Pennsylvania has unfortunately taken the opposite tack, by cutting funding for

public health programs. Pennsylvanians want to leave their homes and rebuild their vibrant communities, but we cannot do that if it’s still unsafe to go to work, or into businesses. It’s time to invest now so that we can ensure a strong foundation to rebuilding.”

Frankel added that it is hard to estimate how many contact tracers would be needed, as it depends on the population, the number of infected individuals, and the characteristics of the population. His bill would provide the state Department of Health with the flexibility it needs to hire tracers and ramp up efforts to protect communities across the state.



### How to Access Emergency Food Assistance During COVID-19 Mitigation

**How to Access Emergency Food Assistance During COVID-19 Mitigation**  
Given the statewide mitigation efforts in Pennsylvania to prevent spread and exposure to COVID-19, the PA Department of Agriculture’s Bureau of Food Assistance

offers the following guidance regarding how to access emergency food assistance if you are experiencing food insecurity for any reason related to COVID-19.

**Who is eligible to get food from a food bank or food pantry?**  
If you are out of work without pay, you are eligible to receive food sourced from the state and federal government from a food bank or food pantry in Pennsylvania. This includes service workers who are unable to get shifts or hourly wage employees of non-essential businesses that have voluntarily closed due to COVID-19 mitigation. You will be asked to verbally complete a Self-Declaration of Need form, as signatures have been temporarily waived due to COVID-19. (Forms are also available in Spanish and Russian.) You will be asked to provide your household size and weekly income level as of the day you apply.

**Will food banks be open?**  
Food banks are open and delivering food to many agencies, including pantries, shelters, and soup kitchens. Please call or visit the website of your regional food bank to be directed to agencies in your community. Many food banks are also doing special drive-through distributions.

For more information, please call Greater Pittsburgh Community Food Bank: (412) 460-3663

**Where can I find a food bank or food pantry near me?**  
Contact the following member food banks, Feeding Pennsylvania (<https://www.feedingpa.org/>) and Hunger-Free Pennsylvania (<https://www.hungerfreepa.org/>) to find out about food assistance services being offered in your county.

**How do I get food from a food bank if I can't leave my house because I am under isolation or quarantine?**  
If you or a family member is under isolation or quarantine, contact your local food bank to see if they have options to deliver food. If you are concerned about potential exposure, there are steps you and food banks can take to limit risk. The PA Department of Agriculture sent guidance to all food banks encouraging them to follow best practices to limit risk of exposure.

**What do I do if my local food pantry is closed?**  
You can go to another food pantry in your area, using the links above. We recommend checking with your local food bank to ensure other local food pantries are open.

**How will students access meals while schools are closed?**  
The Pennsylvania Department of Education offers information on accessing meals on its website.

For information as it relates to agriculture during COVID-19 mitigation in Pennsylvania visit [agriculture.pa.gov/COVID](http://agriculture.pa.gov/COVID). For the most accurate, timely information related to Health in Pennsylvania, visit [on.pa.gov/coronavirus](http://on.pa.gov/coronavirus).



## IT'S OKAY TO ASK FOR HELP

If you or someone you know is experiencing a **mental health crisis**, contact the crisis text line by **texting PA to 741-741**.





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# Lawmakers to Introduce Legislation to Address Maternal/Infant Health Crisis in PA

*Coronavirus crisis underscores need for maternal, infant supports*

Press Release - April 23, 2020

Even before the arrival of the coronavirus, Pennsylvania's mothers and newborns were suffering through a quiet public health crisis, with infant mortality rates above the national average, an issue that can only have been exacerbated by the ongoing COVID-19 crisis.

Recently two state lawmakers, Reps. Sara Innamorato, D-Allegheny, and Bridget Kosierowski, D-Lackawanna, moved to introduce legislation that would provide critical support for newborns and mothers alike. Innamorato's proposed legislation would direct the Department of Health to create a statewide program that would deliver a "baby box" to all families of newborns. Families wishing to receive a "baby box" would first complete an educational module that includes newborn safe sleep best practices.

"Bringing home an infant is an incredible challenge even in the best of times," Innamorato said. "I'm proud to introduce a bill to

provide a 'baby box' of much-needed supplies and additional supportive services for new parents suddenly navigating this entirely on their own."

Innamorato's legislation would complement Kosierowski's bill, H.B. 2335, which would leverage federal dollars to expand Pennsylvania's existing maternal home visitation program by at least 20 percent each year until it becomes a universal program connecting professionals like nurses and social workers with new parents. Doing so, Kosierowski noted, would save money in the long run with better health outcomes, improved child development and academic success, and parents who are better prepared to handle the toughest job in the world.

"Motherhood is already challenging for those who know where their next meal is coming from, have secure housing, are financially stable, and have the support of family and friends," Kosierowski said. "But

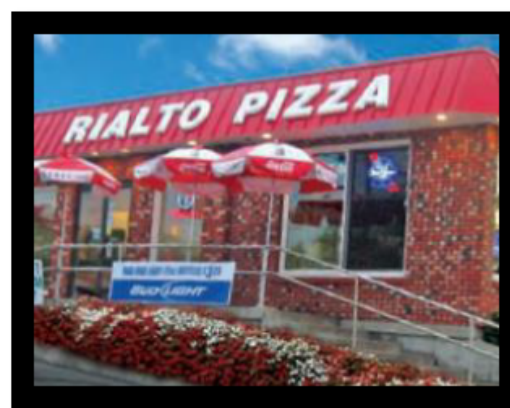
what about the mothers who don't, where do they turn? Especially during a national pandemic! This bill will help our kids and save money in the long run by providing better health outcomes and improved child development."



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### Homeowner Assistance Program



The Center for Housing Opportunities' Homeowner Assistance Program (HAP) provides financial assistance up to \$30,000 to homeowners at or below 50% AMI for rehabilitating and improving residential owner-occupied properties within the City of Pittsburgh.

**HAP provides deferred 0% interest loans that may be used for the following:**

- To bring homes into compliance with City of Pittsburgh codes
- To undertake energy efficiency improvements
- To undertake eligible general property improvements

**Who can apply for HAP?**

- Borrowers who do not exceed 50% Area Median Income (AMI)  
*\*Please refer to the income limits chart*
- Borrowers who own and reside at the property that is to be improved
- Borrowers who do not have any outstanding City, School, and County real estate taxes, or that are on a payment plan for at least six months
- Borrowers who have a current homeowner insurance policy for the property

**What types of loans and repayment options are available through HAP?**

- Homeowners may apply for up to \$30,000 in financial assistance. Funds will be in the form of a 0% interest, 30-year deferred loan
- If the borrower vacates the property prior to the 30 year loan term, the unpaid balance of the loan will be due in full

**HAP Income Limits**

Household Size	Maximum Income
1	\$29,050
2	\$33,200
3	\$37,350
4	\$41,500
5	\$44,850
6	\$48,150



### Homeowner Assistance Program Plus

HAP Plus provides financial assistance up to \$30,000 to homeowners between 51% AMI - 80% AMI for rehabilitating and improving residential owner-occupied properties within the City of Pittsburgh.

**HAP+ provides 0% interest loans that may be used for the following:**

- To bring homes into compliance with City codes
- To undertake energy efficiency improvements
- To undertake eligible general property improvements

**Who can apply for HAP Plus?**

- Borrowers who do not exceed 80% Area Median Income (AMI)  
*\*Please refer to the income limits chart*
- Borrowers who own and reside at the property that is to be improved
- Borrowers who do not have any outstanding City, School, and County real estate taxes, or that are on a payment plan for at least three months
- Borrowers who have a current homeowner insurance policy for the property

**HAP Plus Income Limits**

Household Size	Maximum Income
1	\$46,500
2	\$53,150
3	\$59,800
4	\$66,400
5	\$71,750
6	\$77,050

**What types of loans and repayment options are available through HAP Plus?**

- Homeowners may apply for up to \$30,000 in financial assistance
- Funds will be in the form of a 0% interest loan. Depending on the cost of the project, the borrower will be subject to a deferred and amortizing loan
- If the borrower sells the home prior to the end of the loan term, the loan will become due



**For more information, please contact:**

Doren Hilmer, Program Assistant  
Phone: 412.255.6574  
Email: hof@ura.org

Urban Redevelopment Authority of Pittsburgh  
412 Blvd. of the Allies, Suite 901  
Pittsburgh, PA 15219  
412.255.6574



## URA Housing Stabilization During COVID-19



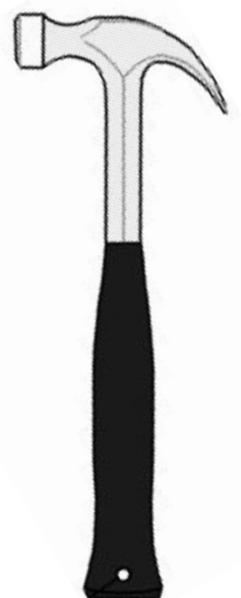
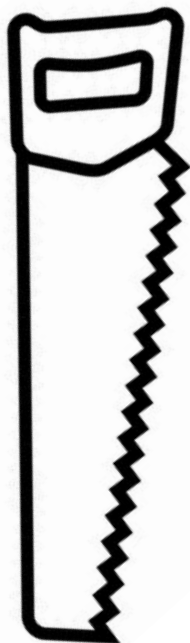
Beginning Monday, March 23, the URA will be offering a **Housing Stabilization Program**, in partnership with Urban League of Greater Pittsburgh, that will assist households who are struggling with rent payments due to COVID-19-related losses in work and wages. City of Pittsburgh residents can call the Urban League at 412.227.4164.

The **United Way** operates a free helpline called **2-1-1** for housing and other emergencies. Dial 2-1-1, text your zip code to 898-211, or visit pa211sw.org for assistance.

The **PA Housing Alliance** is keeping an updated list of housing resources that includes mortgage loss mitigation and financial bridge loans, among other information.

**Comcast** is adjusting its Internet Essentials Program to meet the needs of low-income residents while dealing with the crisis.

**Duquesne Light** is waiving customers' late fees until at least May 1.



# Maintaining a Healthy Immune System



Scientists and medical experts agree that the key to optimal health and vitality is a healthy immune system. Mother Nature's singular goal is survival of the species. To the extent that we contribute (staying fit, handling stress, eating right), we are rewarded with a competent immune system. For every transgression (obesity, a sedentary lifestyle, poor diet, unmanaged stress, cigarette smoking) our immune system is penalized. The immune system's health is closely related to stress, frequency of exercise, and nutritional status. Poor intake of vital nutrients is associated with a depressed immune response and an increased rate of disease.

## Feed Yourself

Reducing, or better cutting, your intake of sugar is the single most important dietary change you can make to support immune status! Stay away from sugar, white flour products, prepared foods, dressings, candies, caffeinated beverages and fast food. Focus on organic ingredients from the rainbow; eat a diet of citrus fruits, peppers, dark leafy greens, onions, garlic, ginger, etc. The list of delicious immune-boosting botanical ingredients goes on and on. Drink 6-8 glasses of filtered water and consume 5-9 servings of fruits and veggies daily.

## Sleep

Another important aspect of a healthy lifestyle is getting adequate rest, ideally 7-8 hours a night. In addition, regular physical exercise benefits the immune system and reduces risk of respiratory infections.

## Warming Up Your Immunity with Exercise

Scientists have long observed that people who exercise regularly live longer. This is because cardiovascular fitness leads to better circulation. Exercise also makes the bones stronger and maintains greater oxygen delivery. But why do exercisers experience less illness? Because every time we are strenuously active, we give ourselves a "fever." It is this temporary but significant elevation in core body temperature that creates a more active immune system.

## Training and Maintaining Your Immune System

Just Say "No" to OTC drugs and remedies. Avoid the hundreds of over-the-counter drugs that do nothing but suppress the symptoms of illness. Believe it or not, nature has equipped us with a number of extraordinary immune weapons, most notably the ability to generate a tremendous amount of heat, known as a fever. The inherent intelligence involved in this phenomenon is extraordinary because you don't get a fever every time you get a cold. Fever is a weapon that is pulled out only when necessary. It was developed millions of years ago to kill bacteria and viruses. Instead of suppressing this immune defense with a pill, try allowing it to run its course. You will be stronger for it because every time you have a fever, your immune system learns an important lesson—a lesson recorded by anti-bodies and memory cells that cannot be learned otherwise.

## Stress and the Immune Response

Stress is a highly modifiable risk factor that impairs immune function, so stress management and modulating the stress response with breathing exercises, meditation, yoga, tai chi, hobbies, and cultivating a rich social life will all help the immune system.

## How to Build a Dynamic Immune System with Supplementation

No matter how well you take care of yourself,

you are bound to get sick sometimes. There are things we can all do to make sure those times are fewer and less extreme. Taking immunity supplements is one way to keep our immune system functioning properly. Here are a few that I recommend:

**Vitamin C:** Vitamin C (ascorbic acid) is a key component of the immune system and antioxidant defense (Kagan VE et al 1991; Kagan VE et al 1992; Peters E et al 1993). It prevents the production of free radicals and reduces DNA damage in immune cells. Moreover, vitamin C downregulates the production of pro-inflammatory cytokines and participates in recycling vitamin E (Schwager J et al 1998). Vitamin C aids in wound healing.

**MegaDefense:** MegaDefense is a premium, all-natural, immune-support solution. Pairing the power of the world's safest immune-modulating mushroom formula with the first proven heavy metal and toxins remover, MegaDefense is the most robust daily immune-support product on the market today. MegaDefense supports Natural Killer (NK) cell activity, protects against free radical damage, helps balance the body's pH, helps protect cells, and promotes overall health and well-being.

**Glutathione:** Glutathione is the body's essential health AID (Antioxidant, Immune Booster and

## HOW TO GET TESTED FOR COVID-19

### PENNSYLVANIA RESIDENT



#### I HAVE MILD SYMPTOMS:

Please stay home. If you feel worse, contact your health care provider.



#### I HAVE SEVERE SYMPTOMS:

If you have a fever over 100°, shortness of breath and cough, CALL your health care provider.

If you do not have a health care provider, CALL your local health department or 1-877-PA-HEALTH.

If you still need help, CALL your local emergency department.

### HEALTH CARE PROVIDER



#### I FEEL A PATIENT SHOULD BE TESTED:

Order a test without consulting with the Department of Health through a commercial lab.



#### I WANT TO CONSULT WITH DOH TO SEE IF A TEST IS NEEDED:

Call 1-877-PA-HEALTH.



#### I CONSULTED BUT DOH DOESN'T RECOMMEND A TEST:

If you feel that a patient should be tested, order a test through a commercial lab.

### THE STATE PUBLIC HEALTH LABORATORY IS PRIORITIZING THE FOLLOWING PEOPLE FOR TESTING:

1. People who are severely sick for unknown reasons
2. People in congregate care settings
3. People in contact with known cases of COVID-19
4. Symptomatic healthcare workers and first responders

INFORMATION + UPDATES:  
**HEALTH.PA.GOV**



# Healthy Immune System - Continued from Page Eighteen

Detoxifier.) In fact, your life depends on glutathione. Without it, your cells would disintegrate from unrestrained oxidation, your body would have little resistance to bacteria, viruses and cancer, and your liver would shrivel up from the eventual accumulation of toxins. It is produced naturally in our cells. It functions both as an antioxidant and an antitoxin and is a major defense system against illness and aging. Our glutathione level actually indicates our state of health and can predict longevity. Murray Avenue Apothecary is the only pharmacy to compound products with Acetylated Glutathione and topical Palmitated Glutathione. Note: L-Reduced Glutathione does not get absorbed from the gut.

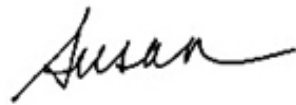
**Vitamin D:** Vitamin D is a fat-soluble vitamin prohormone that the body produces when the skin is exposed to UV light (specifically UVB) from the sun. In Pittsburgh, we do not have many sun-filled days, and vitamin D deficiency is very common. Vitamin D performs many diverse roles in the body. It is an immune system modulator that promotes healthy T-Cell and macrophage responses. We recommend 45 iu's per pound of body weight of vitamin D and blood testing of 25 (OH) D to levels between 60-80 ng/dl.

**Probiotics:** Probiotic bacteria play an essential role in the regulation of host immune response. Genomic and proteomic studies have identified several genes and compounds derived from probiotics which regulate functions of host immune cells and intestinal epithelial cells. Probiotics are essential. Those bacteria (100 trillion cells) are the biggest producers of secretory IgA and IgG—two crucial immunoglobulins produced by the gut—80% of the immune system is in the gut. Murray Avenue Apothecary carries Probiotic 30BU, a powerful blend of 8 friendly bacteria strains and 30 billion colony forming units (CFU's) which can help support a positive balance of micro flora in the intestines. Supplementing with probiotics may help to restore and maintain friendly bacteria colonies that were depleted by stress, antibiotics and gastrointestinal disturbances. Probiotic 30 Billion CFU'S is stomach acid resistant to ensure that the maximum number of friendly bacteria reach the intestinal tract to exert their greatest benefits.


**Elderberry:** Another favorite immune support agent for all ages is

elderberry extract. Its delicious taste and strong safety profile make it a natural fit for pregnancy and childhood. Elderberry is a nutritious food, but it also contains immune-supportive compounds. One study showed that a standardized extract of elderberry (also containing other herbs in low quantities and vitamin C) could shorten the duration of the flu by about 3 days. Another preliminary study found that a lozenge of elderberry extracts reduced flu symptoms when taken within 24 hours of symptom onset. Murray Avenue Apothecary sells elderberry lozenges with zinc and elderberry organic syrup.

Shop online at [www.maapgh.com](http://www.maapgh.com) and strengthen your immune system today!



Susan Merenstein, RPh/Owner  
Murray Avenue Apothecary/  
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## 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)





## CÓMO HACERSE LA PRUEBA DE COVID-19

**RESIDENTES DE PENNSILVANIA**



**TENGO SÍNTOMAS LEVES:**  
Por favor, quédese en casa. Si se siente peor, comuníquese con su proveedor de atención médica.




**TENGO SÍNTOMAS SEVEROS:**  
Si tiene fiebre de más de 100 grados, dificultad respiratoria y tos, LLAME a su proveedor de atención médica.


Si no tiene un proveedor de atención médica, LLAME a su departamento de salud local o al 1-877-PA-HEALTH.

Si aún necesita ayuda, LLAME a su departamento de emergencia local.


**PROVEEDORES DE SERVICIOS DE SALUD**



**SIENTO QUE UN PACIENTE DEBE HACERSE LA PRUEBA:**  
Solicite una prueba sin consultar con el Departamento de Salud (DOH) a través de un laboratorio comercial.



**QUIERO CONSULTAR CON DOH PARA VER SI SE NECESITA UNA PRUEBA:**  
Llame al 1-877-PA-HEALTH.




**CONSULTÉ PERO DOH NO RECOMIENDA UNA PRUEBA:**  
Si cree que un paciente debe hacerse una prueba, solicite una prueba a través de un laboratorio comercial.

**EL LABORATORIO ESTATAL DE SALUD PÚBLICA ESTÁ PRIORIZANDO LAS SIGUIENTES PERSONAS PARA LAS PRUEBAS:**

1. Personas que están gravemente enfermas por razones desconocidas
3. Personas en contacto con casos conocidos de COVID-19
2. Personas en entornos de atención colectiva
4. Proveedores de atención médica

INFORMACIÓN Y ACTUALIZACIONES:  
**HEALTH.PA.GOV**



# GUIDANCE ON HOME ISOLATION OR QUARANTINE AND RETURNING TO WORK AFTER COVID-19 EXPOSURE\*

**I HAVE COVID-19 AND DON'T WORK IN HEALTH CARE**

Stay home for at least 7 days after testing AND you are fever free for 72 hours

I may return to work

**I HAVE COVID-19 AND I WORK AS A HEALTH CARE PROVIDER**

Stay home for at least 7 days after testing AND you are fever free for 72 hours with respiratory improvement

I may return to work, but I MUST:

Wear a facemask at all times

Avoid transplant and hematology patients for 14 days

Adhere to infection control guidance

Self monitor for worsening symptoms

**SOMEONE IN MY HOUSEHOLD HAS COVID-19**

Quarantine at home

Do I get sick?

Yes

Follow the "I have COVID-19" box

No

I must quarantine for 14 days AFTER person in household is released from isolation

I may return to work

**SOMEONE I WORK WITH, AND CAME INTO CLOSE CONTACT WITH (WITHIN 6 FEET FOR SEVERAL MINUTES), HAS COVID-19**

Quarantine at home for 14 days

Do I get sick?

Yes

Follow the "I have COVID-19" box

No

I may return to work

\*After following the DOH quarantine guidelines, check with your employer before returning to work.