

## COVID-19 Pandemic: How to Manage Your Stress and Anxiety

By Gerri Tipton

The past few weeks have been a very rough and rapid change for everyone all over the world. We were introduced to the deadly coronavirus back in December of 2019 (which is where its name CO-VID 19 came from, corona virus disease), but it wasn't until recently that the outbreak of the virus started to spread rapidly.

The virus began in China and it slowly made its way to the United States, and other countries like Italy, through human contact. An initially small number of cases has drastically changed to over 528,269 people worldwide who have the virus and 23,944 deaths to date. New York is at the top of list of having the most cases of the coronavirus of over 30,000 people, while here in Pennsylvania we reached a little over 1,600 cases with Allegheny County hitting 88. I hate to say it, but the numbers are only going to get bigger.

So just like every other person in the United States, you run out to the grocery stores and load up on every single thing



you can think of. The shelves are bare, and you can't find any toilet paper or hand sanitizer anywhere. It got to the point where grocery stores like Walmart and Giant Eagle put a purchase limit on these products because people were going nuts over not being able to buy any.

Well, let me be the first to tell

you to relax. I know it's easier said than done but you are going to be fine. There is no need to buy 3 12-packs of toilet paper or paper towels and every single Clorox or Lysol wipes container. Now that these stores have it under control, hopefully, we will be able to find some more of them in stock. If you were one of these types of people

that loaded up on everything in the store because you thought the world was going to be on lockdown, you probably have anxiety. I do too, and let me just say, I can help you manage your stress and anxiety through this rough time.

Whether we like to or not, we still have to go to the store. Grocery stores, gas stations and hospitals are considered essential jobs, so they do have to stay open. Like I said earlier, these grocery stores now know what everyone is hitting them with, so if you don't get a chance to buy toilet paper, it's fine. There will be more soon, trust me!

When you go to the store, try to set up a time when you think everyone else isn't going to be there. Now, with everything going on with the virus, it seems like people are catching on that going earlier in the morning is better than the early afternoon and evening to avoid crowds and to get first in line

*Continued on Page Twelve*

## Local Scout Troop Turns 100 and is Looking for History

By Raymond Hyland, BSA Troop 4

Boy Scout Troop 4, located at Homestead Park United Methodist Church in Munhall, is celebrating its 100th anniversary and is looking for all scouting alumni from the area. Troop 4 was first conceived and organized in 1918 but was not officially chartered with the Boy Scouts of America until March of 1920. In the early years, the scouts would meet at Homestead Park Vol. Fire Company #1 in Munhall until they got their permanent home at Homestead Park United Methodist Church.

During the last 100 years, Troop 4 has been a leader in the scouting community. Under the current direction of Scoutmaster Brian Stramaski and Committee Chairman Ray Hyland, Troop 4 is one of the oldest, continually operating Boy Scout Troops in Pennsylvania and joins a short list of scout troops in America that are over 100 years old. When it

was originally chartered it was known as Troop 4 of Mifflin Township and Troop 74 of Pennsylvania, which means it was the fourth Troop chartered in Mifflin Township, which now makes up the West Mifflin and Steel Valley Area.

In the early 1930's, Troops 1, 2, and 3 came upon hard times and unfortunately closed their doors, but Troop 4, providing one of the premier scout experiences of its time, was thriving. In 1935 Troop 4 had grown to over 170 scouts and was one of the largest Troops in Western Pennsylvania. By the 1960's, the Steel Valley/West Mifflin/Lincoln Place area had over 45 Boy Scout Troops and Cub Scout Packs. Sadly, today there are only 3 Boy Scout Troops and 3 Cub Scout Packs left in this area. Troop 4 has remained a scouting leader and stands ready for another 100 years.

In 1950, Troop 4 and Homestead Park United Methodist Church decided to expand their scouting family

so that younger boys (grades 1 - 5) could enjoy scouting, and Cub Scout Pack 4 was officially chartered. So, in conjunction with Boy Scout Troop 4, Cub Scout Pack 4 is celebrating its 70th anniversary. Pack 4, under the leadership of Cubmaster Charles Sirna and Committee Chairman David Graffis, is also one of the oldest Cub Scout Packs still in operation in Western Pennsylvania. With a combined 170 years of scouting, you can see the Troop 4/Pack 4 Family is rich in scouting heritage.

In 1920, Troop 4 covered a small area and most of its members came from the booming town of Munhall. Although we have been based in Munhall for the past 100 years, Troop 4 and Pack 4 now serve the communities of Munhall, Homestead, West Homestead, New Homestead, Lincoln Place, Hays, Whitaker, North West Mifflin, Duquesne, and Dravosburg. Because we are one of the area's premier scouting groups, we currently



have scouts from all over the North and South Hills.

With a combined total of 170 years of scouting, we are proud of our past. Unfortunately, time has not been gracious to our scouting heritage and therefore we are turning to the communities that we serve for help. Over the last 100 years, so many young adults have grown up and been trained to be the leaders of tomorrow under the guidance of adult

*Continued on Page Five*



# 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

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Hazelwood Initiative, Inc.  
4901 Second Avenue  
Pittsburgh, PA 15207  
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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.

## 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](http://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.



## BUY YOUR HAZELWOOD HOME THROUGH A.H.O.P.



Hazelwood Initiative's primary housing goal is "development without displacement". To achieve this goal, H.I. developed the Affordable Home Ownership Program (AHOP). The program consists of identifying vacant, seriously blighted, single-family houses in the community, purchasing the houses at modest prices, renovating them, and selling them to low-income families at affordable prices. Typical mortgages for these homes are less than \$500 a month, less than most families pay for rent.

## UPCOMING HOUSES IN THE PROGRAM

### 316 Flowers:

- 4-5 Bedrooms
- 1 Bath
- Frame
- 1,840 SqFt

### 70 Cust:

- 3 Bedrooms
- 2 Baths
- Frame
- 1,476 SqFt

### 5317 Gertrude:

- 4 Bedrooms
- 1 Bath
- Brick
- 1,602 SqFt

### 325 Johnston:

- 4 Bedrooms
- 1 Bath
- Brick
- 1,523 SqFt

### 239 Mansion:

- 2 Bedrooms
- 1 Bath
- Frame
- 1,172 SqFt



## FOR INQUIRIES & TO DISCUSS PROGRAM REQUIREMENTS, PLEASE CONTACT

Dave Brewton, Senior Director of Real Estate  
(412) 421-7234  
DBrewton@hazelwoodinitiative.org



**Hazelwood Initiative • (412) 421-7234**  
**4901 Second Avenue Fl.2 Pittsburgh, PA 15207**

# COVID-19: Greater Hazelwood Food Distribution

Center of Life	Delivering prepared meals Monday – Friday from 11am – 1pm 412-521-3468
Community Kitchen Pittsburgh	Prepared meals available for pick-up from 4-7pm 107 Flowers Ave 412-313-6013
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!

## Port Authority Changes Operations & Schedule

- All riders must board through back door entrance
  - Riders will simply show their ConnectCard or other fare to the operator as they board through the rear doors; cash fares will not be collected due to this restriction.
  - Light rail riders will continue to pay at onboard and offboard fareboxes
  - 57 - Every 40 minutes inbound, every 45 minutes outbound
  - 56 - Every 30 minutes inbound, every 45 minutes outbound
  - 93 - Unchanged
- See all the changes at [www.portauthority.org/coronavirus](http://www.portauthority.org/coronavirus)

## “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

<p><b>Church of the Good Shepherd</b> 124 Johnston Avenue Pittsburgh, 15207 412-421-8497 hazelwoodgoodshepherd@gmail.com www.hazelwoodgoodshepherd.org</p>	<p><b>Mary S. Brown-Ames United Methodist Church</b> 3424 Beechwood Blvd. Pittsburgh, 15217 412-421-4431 info@brightredfence.org www.brightredfence.org</p>	<p><b>Holy Cross Evangelical Lutheran Chapel</b> 5319 Second Avenue Pittsburgh, 15207 412-521-0844 www.holycrosspgh.info</p>
<p><b>First Hungarian Reformed Church of Pittsburgh</b> 221 Johnston Avenue Pittsburgh, 15207 412-421-0279</p>	<p><b>Praise Temple Deliverance Church</b> 5400 Glenwood Avenue Pittsburgh, 15207 412-277-0113</p>	<p><b>St. Rosalia’s Catholic Church</b> 411 Greenfield Avenue Pittsburgh, 15207 412-421-5766 strosaliaparish@gmail.com www.strosaliaparish.org</p>
<p><b>Holy Angels Parish</b> 408 Baldwin Road Pittsburgh, 15207 412-461-6906 www.holyangelschays.org</p>	<p><b>Squirrel Hill Christian Church</b> 290 Bigelow Street Pittsburgh, 15207 412-521-2447 www.squirrelhillcc.wixsite.com</p>	<p><b>St. Stephen Catholic Church</b> 5115 Second Avenue Pittsburgh, 15207 412-421-9210 saintstephen@verizon.net www.ststephen-hazelwood.org</p>
<p><b>Keystone Church of Hazelwood</b> 161 Hazelwood Avenue Pittsburgh, 15027 412-521-3468</p>	<p><b>St. John the Evangelist Baptist</b> 4537 Chatsworth Avenue Pittsburgh, 15207 412-521-0994 info@stjohnpgh.org www.stjohnpgh.org</p>	<p><b>Warriors of Holiness in Power (W.H.I.P. Ministries)</b> 1174 Mifflin Road Pittsburgh, 15207 412-461-5572 whipwarriors@gmail.com www.whipministries.org</p>



# Poor People's Campaign Coming to Pittsburgh

By Briann Moye, One PA

In 1968, Rev. Dr. Martin Luther King Jr. and many others called for a “revolution of values” in America. They invited people who had been divided to stand together against the “triplets of evil”—militarism, racism, and economic injustice—to insist that people need not die from poverty in the richest nation to ever exist. They sought to build a broad fusion movement that could unite poor and impacted communities across the country. Their name was a direct cry from the underside of history: The Poor People's Campaign.

Today, the Poor People's Campaign: A National Call for Moral Revival has picked up this unfinished work and is embarking on a 25-state We Must Do M.O.R.E. Tour (Mobilizing, Organizing, Registering, and Educating), which will lead toward an unprecedented Mass Poor People's Assembly and Moral March on Washington in June.

On April 25, 2020, the M.O.R.E. Tour, with Reverends Dr. Liz Theoharis & Bishop William Barber II, will join the PA Poor People's Campaign in Butler to highlight the ecological devastation hurting our brothers and sisters in rural communities, as well as in Pittsburgh for a community meal, march and mass meeting. We'll confront and shine a light on the injustices harming our urban neighbors, from gentrification, displacement, food insecurity and widespread poverty, to systemic racism, militarism, the war economy, and the distorted moral narrative of white supremacist religious nationalism. As we work to build a massive poor people's movement, it's essential that we fight for what we hold in common and not let our race, gender, sexuality, religion, or geography divide us!

The fights for racial and economic equality are as inseparable today as they were half a century ago. We face a crisis in America: more than two in five Americans are poor or low-income, while millions of children and adults continue to live without access to health care, housing, clean water, or good jobs. At the same time, the issues of poverty and racism have been forced to the margins of the moral narrative and debate in our society. The distorted moral narrative that dominates the discussion has a limited focus on personal morality, overshadowing and supplanting a commitment to public morality rooted in a critique

of systemic greed, racism, and injustice.

In the coming year, our ranks will increase as we broaden our efforts and stretch the banner of the Poor People's Campaign: A National Call for Moral Revival even wider. We rise together because:

1. We rise to demand that the 140 million poor and low-wealth people in our nation from every race, creed, color, sexuality and place are no longer ignored, dismissed or pushed to the margins of our political and social agenda.

2. We rise not as left or right, Democrat or Republican, but as a moral fusion movement to build power, build moral activism, build voter participation, and we won't be silent anymore!

3. We rise to change the moral narrative and demand that the interlocking injustices of systemic racism, poverty, ecological devastation, the war economy/militarism and the distorted moral narrative of religious nationalism all be ended.

4. We rise to challenge the lie of scarcity in the midst of abundance.

5. We rise to lift the voices and faces of poor and low-wealth Americans

and their moral allies with a new vision of love, justice, and truth for America that says poverty can be abolished and change can come.

If you believe it's time to rise, join us! To join the campaign, please visit: [poorpeoplescampaign.org](http://poorpeoplescampaign.org)

Any questions? Contact: [pennsylvania@poorpeoplescampaign.org](mailto:pennsylvania@poorpeoplescampaign.org) or Briann Moye at [moyebriann@gmail.com](mailto:moyebriann@gmail.com) Like us on our Facebook pages: 'Poor People's Campaign: A National Call for a Moral Revival' and 'PA Poor People's Campaign'

## COVID-19 INFORMATION FOR RETURNING TRAVELERS

# SELF-MONITOR AND PRACTICE SOCIAL DISTANCING

- 1. Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing.**
- 2. Stay home and avoid contact with others. Do not go to work or school for this 14-day period.**
- 3. Do not take public transportation, taxis, or ride-shares.**
- 4. Avoid crowded places (such as shopping centers and movie theaters) and limit activities in public.**
- 5. Keep your distance from others (about 6 feet or 2 meters).**
- 6. If you need support services during this self-monitoring and social distancing period, call 1-877-PA-HEALTH (1-877-724-3258).**

You can return to your regular routine when 14 days have passed since your departure date, provided you remain well and have not been diagnosed with COVID-19. For example, if you left a country with a Level 3 Travel Health Notice on March 1, you can return to work starting on March 15. Employers should not require a doctor's note to return to work.

## TAKE EVERYDAY PRECAUTIONS



WASH YOUR HANDS



DON'T TOUCH FACE



AVOID SICK PEOPLE

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



Created 03/05/2020



# BSA Troop 4 Turns 100 - *Continued from Front Page*

leaders from Troop 4 and Pack 4. Although almost ten thousand scouts have passed through our doors, we have very little to show for it. Recently, we found our original charter from 1920 and some paperwork confirming our strong history but, when you're 100 years old, sometimes memories fade. We currently are calling on all past scouts, leaders, and parents of scouts of Troop 4 or Pack 4 to help us piece our memories back together. We are looking for old photos, event programs, newspaper clippings, and memorabilia. We also want the great scouting stories locked away in your mind. We would like to preserve these for the next generation of scouts to come over the next 100 years.

Although we are focusing on Troop 4 and Pack 4, we are looking at putting together a scouting collection from the entire Mifflin Township area. We are looking for any and all scouting history from Troops and Packs in the area that may have faded away. We not only want to preserve our history; we want to honor the memories of all scouting troops and packs in this area over the past 100 years. As we stated earlier, there were over 45 Scouting groups in this area, and now there are 3. A lot of history has been lost and we want to make sure it is not forgotten. So, we are asking you to dig into those boxes in the attic or basement, go through those photo albums and scrap books. If you know your neighbor was in scouting, please show them this article. If you were in scouting, we ask you to please sit down and recall your youth by writing down your scouting memories. We would like to know your scout troop number, where your scout troop was located, when it met, who was in charge at the time, and your most memorable experiences. In September, we are planning on holding a grand ceremony to mark the 100th anniversary of scouting in this area and we would love to share your history with the community.

One piece of history that has been placed in Troop 4's care is a stained-glass window. Recently, this window was discovered in a room (that has not been used for many years) in the basement of Homestead Park United Methodist Church. This window was professionally dated back to the 1920's and is believed to have come out of the original Homestead Park United Methodist Church in Munhall that stood on the property where the Methouse (Parkview Towers) stands today. In the center of this stained-glass window is the Boy Scouts of America Logo. A stained-glass pro-

fessional said that the window itself, being from the 1920's, is amazing to have, but for it to have a Scouting logo in the center is unheard of and is a very rare piece of scouting history. This window is believed to have been in the room where the altar boys would prepare for mass. How fitting for the church to have a stained-glass window made, seeing how most of if not all the altar boys were scouts with the church. Although this is a great find, the window itself is not in great shape, currently it's in several pieces and will need approximately \$5,000 in repairs in order to return it to its original glory.

The scouts of Troop 4 are committed to raising the funds needed to get this piece of history back on display and are currently planning several car washes and hoagie sales to try to raise the needed funds. The Boy Scouts of America itself is only 110 years old this year and for Troop 4 to have been around for 100 of them is amazing. Scouting has always been a pillar of this community. There are so many Eagle Scout projects from local scouts scattered throughout Allegheny County. The scouts have taken on countless projects, from building pavilions, nature areas, pew book holders, and trails, to restoring classrooms, buildings and veterans' memorials, to new flag poles and retired flag collection boxes, and don't forget helping local churches and communities.

We now ask: will you take the time to help us? If you have something you would like to donate or loan to the troop for the anniversary celebration, if you have a story to tell us, or you want to show us old photos or articles, we would love to hear from you. Also, if you have a boy or girl in kindergarten through twelfth grade who may be interested in scouting, we would love the opportunity to talk to you about how to become a part of the next 100 years of scouting history. Please contact us at PGHScouting@gmail.com or 412-224-7302, or visit us on the web [www.Troop4Munhall.Scoutlander.com](http://www.Troop4Munhall.Scoutlander.com)

THANK YOU FOR SUPPORTING SCOUTING FOR THE PAST 100 YEARS and we hope to see you in September when we come together to celebrate 100 years of scouting.



Stained glass featuring BSA Logo dated to 1920's from Homestead Park United Methodist Church in Munhall

## Are You Registered to Vote?

### Deadline Alert!

04/13/2020 is the last day to register before the 04/28/2020 election.

If you are not a U.S. citizen and a resident of Pennsylvania at least 30 days before the next election, you CANNOT register to vote.

If you have any questions, please call 1.877.VOTESPA (1.877.868.3772).



Your registration is not complete until processed and accepted by your county voter registration office.

To vote in the next election, you must complete your application by 04/13/2020.

You can submit your application:

- By doing it online: [votespa.com](http://votespa.com)
- Delivered to your county voter registration office.
- By mail to your county voter registration office, received by 04/13/2020.
- If you are on active duty in the military, or you are a hospitalized or bedridden veteran, you can register at any time. See [www.fvap.gov](http://www.fvap.gov) for more information.

If you have one, please have your PA driver's license or PennDOT ID available to reference as you complete the application.

## THE RUN ACTION TEAM MEETING

April 14  
7PM

ST. JOHN CHRYSOSTOM CHURCH HALL  
(506 SALINE ST)

Meetings are regularly held on the second Monday of each month. All Run residents are cordially invited to attend.



# 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

**Next Meeting:** Tuesday, April 14th 7:00 PM - 8:00 PM

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)

## Sunrise Service

Followed by a Free Continental Breakfast



7:00AM Easter Morning (April 12<sup>th</sup>)

McBride Park

1785 McBride St, Pittsburgh, PA 15207

All Are Welcome!

Join us after for breakfast at

Lincoln Place Presbyterian Church

1202 Muldowney Ave

Please call for reservation and more info:

412-412-3377 or 412-462-6148

Lincoln Place Presbyterian Church | 1202 Muldowney Ave

*\*This event may change due to COVID-19*

*Call for details*

## 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



# Celebration of Women

May 9, 2020

11:30am - 1:30pm

Lincoln Place Presbyterian Church  
1202 Muldowney Ave.

Join Us for Fellowship and a Light Lunch

Donation \$10.00

All Are Welcome!

For More Info and to Make Reservations

Call 412-462-6148

# VETERANS OF FOREIGN WARS

CATHERINE ECKERT POST 5321

LINCOLN PLACE  
PITTSBURGH, PA



**MEMORIAL DAY PARADE  
MAY 25<sup>TH</sup>, 2020  
COMMENCING AT 10:00AM**

**THE PARADE ROUTE WILL BEGIN AT THE INTERSECTION OF PLAPORT AND INTERBORO AVENUES AND CLOSE WITH A SOLEMN MEMORIAL SERVICE HELD ON THE MIFFLIN SCHOOL LAWN.**

**GROUPS WANTING TO PARTICIPATE PLEASE CALL POST QUARTERMASTER, JIM TAKACS, BY WEDNESDAY, MAY 19, 2020. TELEPHONE 412-464-1917. PLEASE CALL AFTER 4:00PM. WE INVITE AND ENCOURAGE ALL VETERANS TO COME AND PARTICIPATE IN THE PARADE IN HONOR OF ALL OUR FALLEN COMRADES.**

## Part 1 Crimes through 03/09/2020

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	2	3
Shooting (Non Fatal)	0	0
Shots Fired	14	12
Burglary	4	3
Theft	3	2
Theft from Vehicle	2	0
Vehicle Theft	1	0
Arson	0	0

### Greenfield (including The Run)

Crime Type	Last 28 Days	Previous 28 Days
Rape	0	0
Robbery	1	1
Aggravated Assault	1	0
Shooting (Non Fatal)	0	0
Shots Fired	1	0
Burglary	0	2
Theft	4	3
Theft from Vehicle	1	1
Vehicle Theft	0	2
Arson	0	0

### Lincoln Place / Hays / New Homestead

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





# Hazelwood to Plant Trees in Community Spaces

By Jeff Karwoski



Hi Everyone,

Tree Guy here with some news and tips about what to expect in the coming months. For starters, the Hazelwood Initiative has completed an application for trees to be planted through the Tree Vitalize Pittsburgh program. Our tree team—or shall I say, Team Trees—has identified two planting sites in Hazelwood to install the newly proposed trees. The YMCA building as well as the Lytle Land playground and activities site were deemed excellent places for new trees

to be established. These sites have been evaluated by a collaborative group comprised of members of the Hazelwood Initiative, Urban Ag Team, Grounded Strategies, the Western PA Conservancy, and members of Reforest Our Future.

There's plenty of room for trees to grow in the proposed spaces because they're not hampered by concrete or utility lines overhead and, most importantly, they are part of the community's green space where people will be able to enjoy the trees and visit with them as they grow. When I say grow, I'm not only talking about the trees, I'm talking about you and me. We grow up with trees, day by day and year by year. As we grow, the trees are growing right alongside us. Is that a coincidence? I don't think so. I think people and trees are meant for each other. It's nice to watch a little tree make it and grow into maturity. It's nice to come home to an old friend standing patiently outside of our house, and it's nice to go around town and see different trees doing different things at different times of the year. We don't think about it, but we are interacting with trees all the time. They are always stimulating our senses whether it be through the oxygen they provide, enticing fragrances, flowering visuals or shady retreats, the trees around us are an undeniable factor in our daily lives.

With spring just around the corner, we can look forward to some spectacular floral displays that are used by trees to attract pollinators. Although many trees will be flowering at this time of year, one I would like to mention is a native tree called the Redbud (pictured left). Now, whoever named

this tree didn't quite have their colors right. Perhaps a more appropriate name would have been the lavender bud or fuchsia bud but that doesn't have the same ring to it. Redbud trees can be found throughout the forests of Western Pennsylvania and throughout our cities and towns as well. It is prized as an ornamental variety for its unique characteristics and we can see them growing where they were planted in lawns and gardens. This tree also has no problem producing lots of seeds and planting itself along highways, yards and lots where it grows as a "volunteer."

Redbuds are invisible during most of the year, being small understory trees like dogwoods. It's the springtime when they come to life heralding the new season with bright flowers lining their stems and branches. This type of flowering is different from most of our native trees that flower at the tips of the branches. Redbuds are unique, flowering along the branches and trunks, behaving more like the flowering trees from the tropics. They're easy to recognize as one of the first trees to flower in the spring with their fuchsia colored flowers that provide nectar to butterflies, hummingbirds and honeybees in need of early spring sustenance.

In 2016 the city of Pittsburgh participated in the Redbud Project by planting 1,500 of these little beauties around town. These 1,500 will go on to produce thousands more over time, both greening and beautifying the city. Redbud season is here. Enjoy it while it lasts. I encourage you to look around and see if you can discover the natural beauty of these trees for yourself. For more information on having trees planted in your neighborhood, contact Tiffany Taulton at [ttaulton@hazelwoodinitiative.org](mailto:ttaulton@hazelwoodinitiative.org)

## The Green Way Sugar

By Jim McCue

Various types of sugar—fructose, sucrose (table sugar), glucose, galactose, lactose, maltose, dextrose—are synthesized by nature in a variety of plants—grasses such as the corn and cane plants, beets, fruits, milk, avocados, potatoes, broccoli, cauliflower. Nuts also contain sugar. It's in honey made by bees, and the human body makes it also, e.g. via the breakdown of potato starch, protein or fat.

In my opinion, added sugars such as high fructose corn syrup (which has toxic mercury contaminating it) do much damage to health and are not worth the temporary pleasure of sweet taste. As you wean yourself from added sugars, you'll notice all your naturally sweet foods will taste better. Mothers know to allow dessert only at the end of a meal, as it will kill taste for anything else.

We humans are an adventurous bunch, all the time tinkering with stuff and disturbing the status quo. I remember when televisions were still black and white, and the antennas were called "rabbit ears." In those days, you had to adjust the picture so it wouldn't roll. I'd go behind and play with it to get a better picture and sound and my mother would say, "Why can't you leave well enough alone?" because my messing around had

interrupted us all watching the program.

Can we at least agree we on Earth are in a crisis? Our tendency to blame each other reminds me of the old comedy routine in which Laurel says to Hardy, "Well, here's another nice mess you've gotten me into" but the Chinese word for "crisis" includes both "emergency" and "opportunity." We are emerging into a new age, both the death of the old and the birth of the new. Let's rise above our differences and work together for the whole.

Some refer to added sugar as an addictive substance. The School of Hard Knocks has taught me addiction is no joke. At this time of great change, we each will be better off working to minimize our addictions to: fossil fuels, sugar, cocaine, caffeine, tobacco, alcohol, opiates such as heroin, long-distance travel and transport of foods and other goods, processed food, lawn mowers, leaf blowers, clothes dryers. Cooperation is much more efficient than competition (in the long run and big picture).

*"Sugar" was initially published via bioeverything.blogspot.com/2020/03/sugar.html on March 6, 2020.*



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# The Hazelwood Garden Center Spring Newsletter:

## Spring is a Time for Growing

By Elaine Price

It's times like these when our kids need us all the more to come up with ideas of things to do. There is only so much television and computer games can offer for the energy they have to burn. So why not get them started with garden activities? Let's start with a few potatoes in jars.



Here are a few of the fastest growing vegetables to get your garden jumpstarted. Bulb vegetables: onion, chive, spring onion and garlic. Root vegetables: most root vegetables prefer cooler weather. Some root vegetables like radishes grow fast, others take 100+ days to mature.

Give them a reason to go outside by creating a garden in a small area of the yard. While they are waiting for the seeds to sprout, they can pass the time painting stones to label their garden. Recycling things can make for great ideas in and outside the house. While the paints are out, let's get a few of those cans and make a few flowerpots to go in the garden area. Whether tacked to the fence or statically placed, it will give the garden some dimension. Create a bird feeder by recycling containers. It's getting them outside in the fresh air whatever the weather. It is proven that exercise stimulates brain activity and learning—education doesn't just have to be for the classroom. Children can learn about a whole raft of different topics, many of which are relevant to study subjects and the curriculum—the environment and the weather patterns, encouraging rare species of plants and insects, how things grow, supporting endangered flora, fauna, logic and math, art and color.

Activities in the garden encourage teamwork and will often bring to the forefront children who are overshadowed in the classroom and may struggle with the conventional learning environ-

ment. With all the fresh food from their garden, they may find themselves inspired to move into the kitchen with Mom or Dad to prepare a meal. Let's keep offering our children different ways to grow in the world around them.

Floriated Interpretation is located at 4737 Second Ave (412-607-7886)



## Develop Your Green Thumb This Spring

By Julie Block

In our first Spring as homeowners, I ambitiously planned out many vegetables, perennials, and flowers to adorn our new yard. My grandmother and mom both have beautiful gardens, and I was sure the Green Thumb would come naturally to me. I was quickly humbled as I found our garden full of weeds and overgrown shrubbery, and I squirmed at every worm I uncovered! Despite our lukewarm success with gardening that first year, we did notice something wonderful blooming—the more time we spent working on our yard, the better we got to know our neighbors. Although almost a decade later we are still novice gardeners compared to my mom and grandmother, we are advocates for how wonderful gardens can be for homeowners and communities. If you've never planted one before, there are many reasons to consider it:

- A beautiful row of flowers can raise your home's curb appeal.
- Planting fruits and vegetables can lead to a healthy, inexpensive food supply in the summer.
- You get to spend more time in nature after months of staying indoors to avoid the cold.
- Gardening gives you a sense of accomplishment.



Julie's sister's beautiful perennial garden in Greenfield last Summer:

Growing a garden, like any other skill, will take time to master. Our biggest tip is to start small and celebrate your success. Whether it's beautiful flowers, juicy tomatoes, or a blossoming friendship with your neighbors, we hope whatever time you invest in your garden yields great rewards.

### How to Make Your Garden Flourish

Here are a few guidelines to help your garden grow:

1. **Be careful with how you water your plants.** Experts recommend watering toward the base of the plant because too much water on the leaves can make the plant susceptible to disease. To avoid the problem, consider installing a drip irrigation system. You should also be mindful of when you water your garden. When the sun is high and the day is hot, the water is more likely to evaporate before your plants can soak it up.

Water early in the day to let the water seep down to the roots.

2. **Consider how much sunlight your plants will need.** Greenfield and Hazelwood create many challenges for novice gardeners. Between the small yards, shady trees, and big hills, most gardeners have to contend with a good deal of shade. If you're planting vegetables, your garden should receive at least six hours of sunlight every day. If you decide to plant taller crops, like tomatoes or corn, place them on the north or west side of the garden so they don't cast shadows over the rest of your plants.

3. **Mind your soil.** Ideally, your soil should contain lots of organic material like composted leaves and aged bark. You can also decide to use old scraps like spoiled salad and used coffee grounds in your composting but take note: Composting properly can take months. If you didn't start your composting efforts in the fall, it's likely too late to compost at home in time to plant this season. Instead, consider doing a little research and running to the store to buy some compost or fertilizer. If you decide to use fertilizer, be careful. Too much can be a bad thing for your output. Before adding fertilizer to your garden, have your soil tested so you understand the nutrient



## 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)

levels that are already present. A good soil test will tell you the pH level, the amount of basic nutrients, and the level of heavy metals.

4. **Leave enough space.** If plants are too close together, they'll compete for sunlight, water, and nutrients. Check the appropriate spacing for each plant before putting them in the ground. Afterward, keep an eye on your plants as they grow. Remove overcrowded or damaged plants, as these can contribute to the spread of disease in your garden.

#### Where to Find Local Assistance

Ted and I love visiting Floriated Interpretation, the Hazelwood garden center. They specialize in native perennials and rare and unique plants. Even better, the Floriated Interpretation team offers one-on-one consultations so that you can start your garden on the right foot. For more details, stop by Floriated Interpretation at 4737 Second Avenue, Pittsburgh, PA 15207 or call 412.607.7886.

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



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# COVID-19: Managing Stress & Anxiety

- Continued from Front Page

with the toiletries. If you do go to the store early in the morning, try and get everything you can so that you won't have to go back out in a couple weeks—or, you can try and go one day in the beginning of the week (like a Monday or Tuesday), get a little bit of stuff then, if you need more, go back out. I notice that when you have high expectations of going to the store and expecting everything to be there and it's not, it causes an even higher level of stress and anxiety.

Secondly, don't watch the news so much. Again, I know it's hard not to watch the news because you want to be up to date with everything, but worrying yourself about getting the latest update on the coronavirus by trying to catch the 5 o'clock news is only going to worsen your anxiety. I'm not saying don't watch the news but cut it down from 4 times a day to one.

Now is the time to get into your favorite hobby. If you are like me, then you may be working from home, and only going outside once a week for groceries. After your work shift you may find yourself a bit bored, so write down some things you've been

meaning to do that you haven't had a chance to. Since gyms and rec centers are closed, a lot of places like Planet Fitness are doing virtual workouts online. Of course, you can also find workouts on TV and YouTube. I told myself that I wanted to give myself at least 30 minutes a day to workout. It will make you feel not only better physically, but mentally. And we can go out for walks! Catch up on that Netflix show you've been wanting to watch or start that book you wanted to read. You can even get started on spring cleaning. It may not seem like a lot, but the opportunities are endless.

This is also a good time to connect with friends. A lot of people are doing virtual happy hours, meetings, classes, and there are even some local DJ's in the area having their own version of club happiness for people to tune in online and to look forward to on a Friday or Saturday night. You would be amazed at how creative people are. Last but not least, protect yourself. Stick to the importance of what we should be doing daily like washing your hands and disinfecting and practicing social distancing. Remember

that we all are suffering and going through this together but, hopefully, it will all be over soon.

## Consulting and Job Training for Residents of Hazelwood

By Gerri Tipton

Have you ever wondered how to get your start in life, or thought about certain things you wanted to do but just don't know how you should get there? Well, a local Hazelwood company created by a resident may have all your answers.

Dr. Danielle Davis (pictured right) is the president and CEO of her company, Davis Consulting Solutions, LLC. She has been living in Hazelwood for 10 years now, and started operating her company part-time in 2011, and went full-time in 2016. "DCS provides services that support strategic execution of community economic development and talent management," said Davis. This includes coaching, training, consulting and organization development.

Dr. Davis has a program called Community to Work (C2W) that of



Photo: Gregory Tot

fers relevant services to residents, and partners DCS with employers like UPMC. "We are helping them diversify staffing with a primary focus on recipients of TANF (Temporary Assistance for Needy Families) and under-resourced individuals." Dr. Davis started this company because she wanted to provide people with the necessary skills, training, and re-

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sources to not only help clients succeed, but to thrive. She likes to go by her company's motto, "Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime," for inspiration and motivation that she gives to her clients.

"My choice to start this company was [influenced by] many of my previous [clients who] were unaware of the resources available to them. A lot of programs and individuals tell you what to do but not teach you how to do it, so that it becomes a part of your natural behavior." As for why it is important to have DCS in Hazelwood: To make sure that the people have what they need to succeed.

"Our customized services enable the greater Hazelwood community to achieve and sustain the organization goals and that of the individual residents. We are a unique resource for them in that DCS is a for-profit organization focused on government and diversity initiatives around workforce entrepreneurship." DCS was able to offer both part-time and full-time positions to three people. The positions included a workforce management coordinator, workforce outreach specialist and an executive assistant. Her business has contracts with ten small

diverse businesses that are minority and/or women owned.

When it comes to a success story that really stood out to her, Dr. Davis explained how back in September 2019 she helped a single mother of six gain employment with UPMC through advocacy, resume assistance, coaching and making direct referrals. "She started in a temporary role and this year accepted a permanent full-time position with them. When asked about her experience with us she wrote, 'God allowed this wonderful program and people to help me restore financial stability, which allowed us to have a home and a reliable, safe vehicle right before the holidays. This meant the world to my family and I.'"

What can be challenging for Dr. Davis is responding to the needs of community members and remaining flexible in offerings, but that doesn't overshadow her hard work in helping clients and what she loves most about her job. "I love the fact that I can choose opportunities that line up with my personal mission to serve others and help them focus on their strengths."

DCS grew extremely well over the last couple of years. Dr. Davis has a vision for her company's fu-

ture growth, and that is to increase the revenue cycle, create jobs and to continue assisting others with getting contracts with employment. DCS also hosts a different variety of community engagement opportunities in Hazelwood. "We offer this as a service to clients throughout Southwestern PA where residents have access to our coaching, prescreening events and job readiness training."



If you want more information on DCS or are interested in doing services, you can call them by phone at 412-407-2499 or email them at: [info@davisconsultsolutions.com](mailto:info@davisconsultsolutions.com), or go on the company's website: [www.davisconsultsolutions.com/get-touch](http://www.davisconsultsolutions.com/get-touch)



## "Greenfield"

By Rich Kleppick

I'd like to jog your memories, with some thoughts of years gone by.

Of childhood memories I still have, and think of with a sigh.

The St. Rosalia football teams were teams of great renown,

I was always proud to say, I'm glad they're from our town.

The Montclair Ramblers were also tough as everybody knew,

And when they'd play ball at Magee, I'd go and watch them too.

Then there were the Fort Black guys, their team was hard to beat,

I was proud they knew me when I met them on the street.

Do you remember Logan's School way up Lydia Street?

And Grote's Field (The Green Patch) where the football teams did meet?

There also was a brick yard from Hammer's Field not far,

And how about the Fort (Bigelow Heights) where you learned to drive your car?

Remember Duffy's Mansion? That surely was a fire.

The neighbors all helped so much, this was their finest hour.

Do you remember the Glory Barn, with its bingos and its dancing?

I bet there's quite a few still here that went there for romancing.

Do you remember the A & P and also Drydens store?

They weren't supermarkets, but who could ask for anything more?

We can't forget Midge Laughlins, his meat was hard to beat.

He also had free delivery, this made shopping very neat.

I remember McMillins Drug store, and Gratton's Feed store too,

Cobb's, Grehans, Wanetek's and Meyer's stores, do you?

Schultz's Highland Dairy and Mascara's Shoe Repair,

Noren's, Nick's (now Sheffo's) John still will cut your hair.

Ward's, Fava's, and Shipley's, also the old Park Show,

Nenoff's, Budd's and Chuck's Drug store were also there you know.

Another Barber Harry, and shoe repairman Pete,

And the old Hub Cleaners were also hard to beat.

We also had a 5 & 10 and Guardino's Shoe Repair.

And Dudrick Scanlan beer truck you'd see most anywhere.

And how about Rudolph's Market and Tozzi's Cleaning Store,

We can't forget Sue's Dairy, we had store galore.

Tom Byrne's store I near forgot at the bottom of Kaercher Street,

He used to sell you groceries, and also had good meat.

The St. Rosalia Lyceum was a place I'll not forget.

We used to go there bowling, and sometimes we'd even bet.

And who could forget Father Coughlin as he sat and watched you bowl.

If you went over the foul line, over again he'd make you roll.

At Mary Byrne's and Bodnars, I'm sure you'll all recall,

Or Kraynak's and Saul Cohen's you always had a ball.

My brother Scrappy had a store, he didn't sell much to you,

But now the Pennsy Lottery is selling the same thing too.

I hope I've jogged your memories of some pleasant days gone by,

Of some memories you may have and think of with a sigh.

There was Cochran's beer distributors and Flannery's Funeral Home,

Cains also had a store, now this definitely ends my poem.

Let me say in closing, this is my place of birth,

And I think Dear Old Greenfield is the greatest place on earth.

*\*Thanks to the Greenfield resident that sent this to us after finding it stashed away with some old papers. The date and author were not known to the resident.*







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## CBD For Animals



Dear Friends,

As a Holistic Clinical Pharmacist, I am always looking for holistic and natural approaches to health for people and pets. CBD, or Cannabidiol, is the perfect natural cannabinoid supplement to compliment good lifestyle choices and the desire for quality of life.

CBD hemp oils have become more common, and as mainstream products are being marketed to pet owners, you may ask, "Should I give my Pet CBD oil?" My answer is a definite "Yes! ...but" because not all products are created equally and there are some things consumers should be aware of before purchasing a CBD product.

The good news is pets can benefit from CBD in much the same way humans do. Our furry friends, as well as most animals, have an Endocannabinoid System (ECS) that is responsible for maintaining homeostasis or balance within the body, including regulation of the communication between cells, the body's immune response, and autonomic functions like appetite, sleep, and metabolism. Basically, the ECS helps the body maintain itself. Cannabinoid supplements interact with this system, meaning that your pet will potentially derive benefits from CBD in similar ways to their human "parents" do. CBD's benefits come from its ability to affect the body's naturally occurring regulatory processes by interacting with the Endocannabinoid System. This chemical communication system includes CB1 receptors, mostly found in the brain, and CB2 receptors found all over the body, including in the gut and immune cells.

Because of this similarity between this system in humans and other animals, many owners have started taking advantage of the availability of CBD products in hopes of treating their pet's arthritis, anxiety, fear of people, fear of loud noises, traveling stress, seizure disorders, GI disorders, chronic pain, inflammation, and even cancer. Animals, however, can be very sensitive to cannabinoids.

One of the leading experts, and writer of Medical Marijuana and Your Pet, Dr. Robert Silver, DVM, MS, CVA, writes "Studies on dogs, conducted in the 1970's, helped us to understand the working of the endocannabinoid system," and "it was determined that

dogs, as compared to all of the other species studied, have the greatest number of endocannabinoid receptors in their cerebellum and brain stem, which govern coordination and other basic necessary functions like breathing and heart rate. Due to this high density of endocannabinoid receptors in its brain, dogs are extremely sensitive to THC." This extreme sensitivity limits the ability to use traditional medicinal marijuana in our pets, which would quickly turn them into furry THC-zombies. This also means consumers must be very careful that the CBD products they buy DO NOT contain THC. Legally, products can be marketed as "THC-Free" so long as they contain less than 0.3% THC, which still may be far too high for our THC-sensitive furry friends.

Dogs can easily overdose on THC and have a severe negative reaction called Static Ataxia, which includes symptoms such as glazed eyes, excessive drooling, loss of bowel and bladder control, rapid breathing, falling over, and an inability to get up again. CBD has become the cannabinoid of choice for many clients because it is non-toxic and well tolerated in animals, but the dangers of THC are less widely known. Now, you may ask, "How do I choose a CBD Hemp Oil product for my pet?" First and foremost, you must buy the product from a reputable source. A reputable source is one that does third party lab testing on their finished products and can produce a Certificate of Analysis to prove that the products actually contain what is on the product labels. Since 2015, the FDA has sent warning letters to CBD manufacturers who claim there is more CBD in the bottle than there actually is. In one study, up to 75% of CBD products were found to be mislabeled and misbranded.

Our LabNaturals CBD products have proven ZERO THC per third-party testing, which makes them an excellent choice, especially for dogs who are naturally more sensitive to THC's psychotropic effects. We have Certificates of Analysis available upon request for each of our products. Our oils are free from contaminants like mold, mildew, and microbes, and are grown without chemicals or pesticides, and are free of heavy metals, protecting your pet's health and safety over the long-term use of these products.

Second, make sure to purchase CBD oil from a business with professional expertise in health, wellness, and supplementation. It is also important to have someone check your animal's medications for potential interactions. Our pharmacists are well versed in both CBD and pet medications. LabNaturals CBD products contain full spectrum hemp oil creating an entourage effect where the cannabinoids work together for greater potential benefits. They are also de-

rived from the whole medicinal industrial hemp plant grown, processed, and produced in accordance with the 2018 FARM BILL, Section 297A.

Third, we use a "Low and Slow" "micro-serving" process of building up the serving size in our clients which applies to both humans and animals. This allows us to find the right serving size for the client's needs. We also consider the pet's size, species, and weight starting at a serving of 0.25-0.5mg of CBD/kg/day and this serving may be increased on a weekly basis until desired benefits are achieved.

At Murray Avenue Apothecary, we are pharmacists for humans and our furry family members, and we have done our research into the exciting new world of CBD and cannabinoid supplementation. If you have questions, we will always do our best to answer them as completely as possible. We ensure the purity, consistency, and safety of all our products and compounds because that is exactly what you and your pets deserve.

Visit our website to learn more! [LabNaturalsCBD.com](http://LabNaturalsCBD.com)

Susan Merenstein, RPh/Owner  
Murray Avenue Apothecary/  
LabNaturals  
[www.MAAppgh.com](http://www.MAAppgh.com)  
[www.LabNaturals.com](http://www.LabNaturals.com)  
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Products for People and Pets

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"CBD has helped my dog Darby immensely. She used to hobble up the stairs slowly because of arthritis and this is no longer an issue...CBD from LabNaturals CBD is the reason."

- C.N.

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## 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 [pn.pa.gov/coronavirus](http://pn.pa.gov/coronavirus).

## The Paid Sick Days Act will go into effect on March 15, 2020.



The ordinance, sponsored by Pittsburgh City Councilor Corey O'Connor (D-Squirrel Hill), gives all employees paid sick time benefits. The amount of accrued hours and caps are dependent on the size of the employer, and are as follows:

### Employers with less than 15 employees:

-Must allow their employees to accrue 1 hour of Paid Sick Time for every 35 hours worked within the boundaries of the City.

-For this class of employers, the benefit will be unpaid sick time for the first year.

-No more than 24 hours of Paid Sick Time in a calendar year unless the Employer designates a higher amount.

### Employers with 15 or more employees:

-Must allow their employees to accrue 1 hour of Paid Sick Time for every 35 hours worked within the boundaries of the City.

-No more than 40 hours of Paid Sick Time in a calendar year unless the Employer designates a higher amount.

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### Mon-Thurs

**10:30am-11pm**

### Fri-Sat

**10:30am-Midnight**

### Sun

**11am-11pm**

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