

The Homepage

Serving the communities of

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



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First Black Woman Presbyterian Preacher Receives Honor from Community and City

By JaQuay Edward Carter

In the history of Greater Hazelwood, the Rev. Louwanda Harris was well known as a dedicated and devout Christian clergywoman who provided more than three decades of spiritual nurturing and social work to the city of Pittsburgh, especially within the communities of Glenwood, Glen Hazel, and Hazelwood—where she once proclaimed “God is doing a new thing” in the early 1990s. She was a courageous civil rights leader and respected role model who preached against drugs while saving countless souls.

Louwanda Snodey-Graham first came to the Greater Hazelwood area in 1964 by way of Warner Street on the North Side. She settled with her husband, Charles Graham, and their four children, Cameron, Cheryl, Cynthia, and Christopher at 663 Rivermont Drive in the Glen Hazel Heights projects. Her life’s work began in 1966, when she founded and directed



the Glen-House Mission, which was a recreational center and youth religious organization in Glen Hazel. She attended Oliver High School at night to obtain her general equivalency degree by 1967. It was around this time when she first entered the exclusively white congregation at the Hazelwood Presbyterian Church, seeking to become its first black member. As a congregation with some of its members belonging to the order of the Ku Klux



The Rev. Louwanda Harris leads growing congregation at Hazelwood Presbyterian

Keeping faith

Klan, she was denied. They may have all said, “no,” to her request but she knew that it only takes one “yes” from God. She never gave up or gave in.

It was in 1970 when she accepted her call into the ministry. She was guided back to the segregated Hazelwood Presbyterian Church, following God’s will. The church would not allow her membership, but instead they reluctantly allowed her to use a basement mop closet as the hub of her organization, which was fur-

ther up Johnston Avenue in the projects. The congregation considered that housing project and its residents, who were primarily black, the bane of its existence. Mrs. Graham said, “The church eventually had to give up its pastor and began to use seminary students in the pulpit. I was the only person here year after year.” She went on to say, “I really began to pity people because they didn’t understand that this was the church of God, where all people had a right.”

She earned an associate degree from the Community College of Allegheny in 1974. She continued to study the word of God, working as Assistant Director for the Pittsburgh Presbytery missions. In August of 1977, she married Philip Harris. On June 22, 1978, the Rev. Louwanda Harris became the first African American woman lay preacher in the history of the 95,000-member Pittsburgh Presbytery when she was commissioned in

Continued on Page Seven

Hazelwood Green: Lytle Street and Two New Streets Open to Public

Change in Development Plans for Gladstone School Annex

Center of Life No Longer Pursuing Plans for Annex; Hazelwood Initiative Remains Committed to Community-Serving Uses

By Sonya Tilghman

HI Executive Director

In November of 2016, Hazelwood Initiative (HI) purchased the Gladstone School property from the Board of Education (BOE). Through the community planning process for the campus, it was decided that the main building would be renovated into affordable housing and the Annex would become the future home of Center of Life.

Unfortunately, immediately after our purchase, another party who had wanted to buy the campus sued the BOE and HI. He claimed the BOE did not follow proper procedure when it awarded the property to HI and asked that the process be re-done. While he did not claim any wrongdoing by HI or other community partner organizations, HI became part of the legal proceedings because HI owned the property when the claim was filed. The lawsuit did not hamper our efforts to plan for the development of the school

buildings, but it did delay our efforts to move forward with fundraising and renovations until it was finally resolved in March of 2019, nearly 2 1/2 years later. Freed from the lawsuit, we have been moving forward with development plans for the site. We have applied to the state for funding to develop the Gladstone Residences and will learn if we are awarded funding this spring. However, the unexpected delay caused by the lawsuit during that time has made it impossible to maintain the previously planned development schedule for the site. As a result, Center of Life recently informed HI that it is no longer interested in pursuing ownership of the Gladstone Annex as a new home for its consolidated and expanded programming. Instead, it will seek other options to accommodate its growing space needs.

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On January 30, 2020, Hazelwood Green hosted the opening of Lytle Street, Beehive Street, and Eliza Street for public use. Visit hazelwoodgreen.com to learn more about the new roads.



Photos by
Bridget Fertal



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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.

Gladstone - Continued from Front Page

HI will soon begin planning efforts to determine how best to move forward with the Annex in a way that upholds the community goals identified in the Greater Hazelwood Neighborhood Plan and, more specifically, during the original Gladstone planning process which emphasized a desire for community-serving uses. Over the next several months, we will raise funds to determine the best mix

of uses and the most feasible funding sources to stabilize and renovate the building for those uses.

Center of Life can answer questions you may have about their plans for the future. Please feel free to address any other questions you may have about Gladstone to HI at info@hazelwoodinitiative.org or 412.421.7234.

AHOP Spotlight



Six Homes Ready for Renovation

Hazelwood Initiative is excited to announce news that renovations will begin this spring on the following 6 houses:

- 70 Cust
- 5032 Lytle
- 325 Johnston
- 5317 Gertrude
- 316 Flowers
- 239 Mansion

Hazelwood Initiative's Affordable Home Ownership Program (AHOP) guides qualified, potential homeowners through the often-challenging journey of stabilizing or improving credit scores, selecting a home to meet a family's needs, and securing manageable loans based on the family's income. Though it can be a lengthy process, homeownership is a wealth-building tool that is worth the journey.

Hazelwood Initiative's primary housing goal is "development without displacement." To achieve this goal, Hazelwood Initiative developed the Affordable Home Ownership Program. 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. Thus far, each home Hazelwood Initiative has completed has resulted in mortgage payments of less than \$500 per month.

Renovations on the aforementioned properties are expected to take 6 to 8 months and will include fully updated exteriors and interiors with new mechanics, beautiful kitchens and baths, brand new appliances, hardwood

floors and plush carpeting. If you are considering selling your home in the Hazelwood area, please contact Hazelwood Initiative's Real Estate Department first, as they may be interested in purchasing your home for the Affordable Home Ownership Program.

If you or anyone you know is interested in learning more about the Affordable Home Ownership Program, please contact Senior Real Estate Director, Dave Brewton, at 412-421-7234.



You're Invited to Holy Cross Lutheran Chapel

DEATH IS DEFEATED. Jesus has won!

DEATH IS INEVITABLE. We work to put it off by exercising and watching what we eat. We hope and pray for the health of our family and friends. We seek to avoid injury. We long for safety and security. Yet death is coming. It's not if, but when.

DEATH IS OUR ENEMY. Every effort to defeat death has failed. Though technology and education have provided many blessings to sustain and improve life, no advancement or understanding has been able to eliminate death. Death is stronger than we are.

DEATH IS THE RESULT OF SIN. We are all born sinful, and we all sin. We do what we want and ignore what God desires. When we live according to our desires and disregard God's will, we sin. The punishment is death—eternal death.

JESUS DIED IN YOUR PLACE. He paid the debt you owe for your sin. He faced the punishment that you deserve. Jesus suffered and died on the cross in your place. Your sins have been paid for, completely.

JESUS IS STRONGER THAN DEATH. Jesus died and rose from the dead. He lives and reigns for all eternity, and He freely shares His resurrection with all who trust in Him.

JESUS LIVES! He is the firstborn from the dead. That means that all who trust in Jesus will rise bodily on the Last Day, just as Jesus rose from the dead that first Easter morning. Now that's a promise you live and die with!

Come and encounter the risen Christ! Come and receive the forgiveness of sins and the gift of eternal life! God freely gives eternal life to all who believe in Jesus and trust in Him as their Savior. This is the Good News of Easter, and every day!

Please join us for worship. Come with any questions you may have.

Service Times:

- Divine Service every Sunday at 9:30 AM with Bible study to follow.
- Lenten Vespers every Wednesday at 7:00 PM from February 26 through April 8.
- Stations of the Cross every Friday at noon.

“Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead” (1 Peter 1:3).

Rev. Dr. Douglas H. Spittel, Pastor
FIRST TRINITY EVANGELICAL
LUTHERAN CHURCH
HOLY CROSS LUTHERAN CHAPEL
Rev. Dr. Matthew C. Harrison, President
THE LUTHERAN CHURCH—
MISSOURI SYNOD

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!

Houses of Worship

Church of the Good Shepherd

124 Johnston Avenue
Pittsburgh, 15207
412-421-8497

hazelwoodgoodshepherd@gmail.com
www.hazelwoodgoodshepherd.org

First Hungarian Reformed Church of Pittsburgh

221 Johnston Avenue
Pittsburgh, 15207
412-421-0279

Holy Angels Parish

408 Baldwin Road
Pittsburgh, 15207
412-461-6906
www.holyangelschays.org

Keystone Church of Hazelwood

161 Hazelwood Avenue
Pittsburgh, 15027
412-521-3468

Morningstar Baptist Church

5524 Second Avenue
Pittsburgh, 15207
412-421-6269

Mary S. Brown-Ames United Methodist Church

3424 Beechwood Blvd.
Pittsburgh, 15217
412-421-4431
info@brightredfence.org
www.brightredfence.org

Praise Temple Deliverance Church

5400 Glenwood Avenue
Pittsburgh, 15207
412-422-1637

Squirrel Hill Christian Church

290 Bigelow Street
Pittsburgh, 15207
412-521-2447
www.squirrelhillcc.wixsite.com

St. John the Evangelist Baptist

4537 Chatsworth Avenue
Pittsburgh, 15207
412-521-0994
info@stjohnpgh.org
www.stjohnpgh.org

Holy Cross Evangelical Lutheran Chapel

5319 Second Avenue
Pittsburgh, 15207
412-521-0844
www.holycrosspgh.info

St. Rosalia's Catholic Church

411 Greenfield Avenue
Pittsburgh, 15207
412-421-5766
strosaliaparish@gmail.com
www.strosaliaparish.org

St. Stephen Catholic Church

5115 Second Avenue
Pittsburgh, 15207
412-421-9210
saintstephen@verizon.net
www.ststephen-hazelwood.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

Preserving the Soul of Pittsburgh

By Ray Gerard

Increasingly, concerned groups are pointing out that Pittsburgh's development policies are having hugely negative effects on the very neighborhoods they're supposedly developing. People are being priced out of their homes, evicted from their apartments, and made to feel unwelcome in their own neighborhoods. Project after project is aimed toward the wealthiest shoppers and residents. The dividends of all this development have lined the pockets of developers and companies, with very little trickling down to neighborhood residents and increasing the economic and racial disparities of our city. We may have come to a crossroads where these policies are threatening not just the areas that are under development, but the character of the city itself, and everything that has earned us recognition as America's most livable city—a city for everyone, not just the wealthy.

We've all seen what careless development has done to the neighborhoods of the lower Hill District and East Liberty. These plans were made with little input from the neighborhoods or understanding of the long-term impact they would have on their working-class residents. Now a partnership of private entities, with the cooperation of city government, has been caught conspiring to privatize and radically change two more of the city's historic neighborhoods without the input of residents: Panther Hollow and The Run.

The proposed private roadway project—The Mon-Oakland Connector (MOC) or Mon-Oakland Mobility Plan (formerly the Oakland Transit Connector)—is an attempt to link the Oakland-based universities with the as-yet-to-be-built Hazelwood Green (formerly Almono) development, where CMU and Pitt plan to house an unspecified amount of new students on untaxable property. Questions repeatedly asked by neighborhood residents to both city and university representatives inquiring what exactly is being planned for and ultimately built on the 178 acres have gone unanswered. What has been asserted, though, is that the proposed roadway is essential to “service” the Hazelwood development.

If the project is so important that two more of Pittsburgh's working-class neighborhoods are under threat to be sacrificed, residents have every right to know what the plans entail, and to have a voice in them. So, why the secrecy? Documents acquired through numerous

Right-To-Know requests provide some answers and can be found at junction-coalition.org.

This public/private partnership seems to have gone to considerable trouble to avoid public notice, conducting meetings behind closed doors, applying for millions of public grant and capital budget money without resident approval and, in some ways, bypassing city council. Furthermore, information from city sources reveals a long-term vision of implementing a private transit system throughout the city, a pattern of “revitalization” seen in other cities such

as San Francisco and Seattle, where private entities partner with government officials to transfer community-owned property and assets to private interests.

Additionally, pushing a privately-run shuttle service built with public money while Pittsburgh and surrounding areas watch their publicly owned transit system's funds slashed and many working-class areas underserved, seems especially unscrupulous. An expanding private shuttle system would mean the elimination of even more family-supporting jobs, as the drivers would be replaced by those hired by private compa-

nies with low pay and no benefits. Then there is the goal of using driverless vehicles for this shuttle service, ultimately eliminating jobs altogether.

The neighborhoods squarely in the sights of these development plans have a long history, as well as a long history of being ignored. For example, The Run was settled by Carpatho-Rusyn immigrants who worked in the immediately surrounding steel mills and factories. The area has suffered catastrophic flooding since its founding. For instance, cars have been recorded floating down the main street as well as under-

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FREE TO THE PEOPLE



water, and storm water geysers shoot up from underground sewers, resulting in major damage to a large section of the neighborhood. Some residents' basements fill with enough storm and wastewater to overflow into their first floor living areas. There are residents who must pay out-of-pocket for new furnaces, hot water tanks, washers and dryers etc., because they cannot acquire flood insurance. Residents have repeatedly been told by City officials for years that there was no money for flood prevention work, or to fix crumbling streets that went unpaved for decades. After a devastating flood in 2016, money to fix The Run's chronic flooding was secured, but with the caveat that the MOC be attached and built on top of the 4MR Watershed Plan. According to multiple independent experts, adding a roadway, along with the permanent degradation of a part of Schenley Park and two Pittsburgh communities, will most likely harm flood control. City officials have most recently backpedaled their original assurances of flood relief to state that, ultimately, the flooding would be reduced but not eliminated.

Pittsburgh is a city of immigrants and a city of neighborhoods, but history shows the trend is to neglect less affluent neighborhoods for many years, then force enormous multi-million-dollar makeovers, paid for by the public, in the name of "economic development and job creation." These development plans tend to benefit major corporations, land developers, real estate titans and non-taxable private entities rather than the residents. Repeated requests for MOC proponents to produce a list of these alleged "jobs" has been met

with blank stares and deafening silence. The unregulated over-development and corporate welfare handouts we've seen over time is destroying the very qualities that have earned us the name of "most livable city." The privatization of public property, sabotage of public transit, and ongoing replacement of good paying jobs with part-time minimum wage positions continues to create a growing underclass with no voice in our government—while bulldozing over the cultural heritage and history of each "redeveloped" neighborhood, pushing out long-time resident working-class families, and ushering in city-wide gentrification. Pittsburgh is in danger of losing not only its working-class character, affordable housing and historic neighborhoods; it's veering dangerously close to losing its soul.

Readers/supporters are urged to call and write our City officials and demand a stop to MOC development activities and that they give full accounting of their plans. More information on this urgent issue can be found at: junction-coalition.org and opnnews.org

- Mayor William Peduto:
412-255-2626
- Dept. of Mobility & Infrastructure:
412-255-8850
- District 5 Councilman Corey O'Connor:
412-255-8965
- District 3 Councilman Bruce Krause:
412-255-2130
- The Urban Redevelopment Authority:
412-255-6663

*A previous version of this article was originally published at opnnews.org



THE RUN ACTION TEAM MEETING

March 9th
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.

2nd Annual
fish
FRY

Community Kitchen Pgh

Community Kitchen Pittsburgh is hosting their annual Fish Fry event every Friday during Lent from 11am to 7pm.

412-499-3041 • www.ckpgh.org

f CommunityKitchenPittsburgh **ig** ck.pgh



The Non-Traditional Option
Lenten Fish Dinner
Fish and More...

St John Chrysostom Church
506 Saline Street Pgh, Pa 15207 (In the Run)

Fridays During Lent
12 noon until 6:00pm
February 28, March 6,13,29,27, April 3
Check our menu at: www.sjcbcc.com

31ST WARD WIRE

Lincoln Place • Gates Manor
Hays • New Homestead



Our Mission:

The 31st 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 31st Ward and surrounding areas.

31st 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

31st 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, March 10th 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 Website: 31stwardcag.org Find us on Facebook!



31st Ward Flag Fund

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

Please make checks payable to the **31st 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

Sunrise Service

Followed by a Free Continental Breakfast



7:00AM Easter Morning (April 12th)

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

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

Rev. Harris - *Continued from Front Page*

Tarentum. She furthered her education by obtaining a bachelor's degree from the University of Pittsburgh in 1980. In 1981, she received the "Hazelwood YMCA Outstanding Citizens" award.

The Rev. Louwanda Harris eventually became Pastor of the Hazelwood Presbyterian Church in 1984, the same church in which she was rejected in the 1960s. She wrote in her new bible when she began her pastorate, "Today I pray and write this down as my covenant between you and me. I have heard your call; therefore, I came to work in the vineyard of Hazelwood Presbyterian Church to mentor and follow where the Holy Spirit will guide me as a servant who relies on you. Grant me health, love and wisdom. The others will not see you but know that I see your work in Hazelwood. I know how you yearn to see your glory in the clouds and see you raise up the people in the whole Church of Jesus Christ."

From a one-time low of just 7 members, she nurtured the Hazelwood Presbyterian Church to a 25-year high of 119 members—all of them active, most of them young. In one year alone, 47 new members joined. She completed her education and a Master of Divinity degree from Pittsburgh Theological Seminary in 1987, being ordained as

"minister of word and sacrament."

The Hazelwood Presbyterian Church congregation continued to grow and change lives well into the 1990s. She preached the word of God for over 35 years before she officially retired from the Presbytery on September 13, 2001—continuing her work in other facets of the ministry. On September 30, 2007, she received the prestigious "Henry Highland Garnet Society Award." She also won the "Women of Valor Award" in 2014 and received recognition from the Glen Hazel Citizens Council in 2015.

Last year, on the Birthday of the Rev. Dr. Martin Luther King, the Rev. Louwanda Harris passed away peacefully at the age of 83. The family of the late Rev. Louwanda Snodey-Graham-Harris and the Greater Hazelwood Historical Society are proud to announce that it has now been resolved by Mayor Bill Peduto that February 7, 2020 (on what would have been her 85th Birthday) and each year to follow will be celebrated as "Rev. L.S.G. Harris Day" in our most livable city of Pittsburgh, Pennsylvania.

Thank you to the Snodey-Graham-Harris family, Gloria Forouzan, and Mayor Peduto for helping me to bestow this honor to one of my heroes.




The Rev. Louwanda S. Harris of Hazelwood, center, mixes singing with her preaching against drugs.

Oh, happy day! On February 22, 2020 there was an event honoring "The Rich Tradition of African Americans in the Presbyterian Church," where the Rev. Harris was celebrated along with pioneering Presbyterian preacher, Dr. Rev. Leroy Patrick, pastor of Bethesda Presbyterian Church for thirty-five years. Rev. Patrick was instrumental in abolishing the segregated rules for Pittsburgh swimming pools. The event also honored Henry Highland Garnet, who established the first black Presbyterian church in Pittsburgh, Grace Memorial Church in the Hill District. In 2003 the City of Pittsburgh and the State of

Pennsylvania proclaimed Sunday, February 16th as Henry Highland Garnet day.





OPEN HOUSE

WITH REP. JAKE WHEATLEY AND THE PEOPLE'S OFFICE STAFF

SATURDAY, MARCH 28

12 P.M. – 2 P.M.

HAZELWOOD CARNEGIE LIBRARY

5006 Second Avenue, Pittsburgh, PA 15207

Join Rep. Wheatley and his district office team for a meet and greet to discuss legislative priorities, and neighborhood and local community concerns, followed by a question-and-answer period.

District office staff will be available to discuss a variety of constituent services, including (but not limited to) PennDOT, Property Tax/ Rent Rebate and REAL ID assistance. They can also help you with any state government-related problems you may have.

For questions, please call 412.471.7760.

Email: jwheatley@pahouse.net
 Website: www.pahouse.com/wheatley
 @RepWheatley /RepWheatley


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
- 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 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.

PSU Students Collaborating With Hazelwood Residents for Sustainable Neighborhood Design Solutions

By Lisa Vavro



Penn State University landscape architecture students are collaborating with the Hazelwood community once again in The Pittsburgh Studio. The Pittsburgh Studio and the Penn State Center Pittsburgh first worked together in 2008 and in 2013 in Hazelwood. Every year since 2008, studios have been taking place in Pittsburgh's post-industrial neighborhoods. The goal is to respond to community-based needs for sustainable environmental design. Stu-

dents and local partners engage in a 4-month semester of reciprocal learning and collaborative design of sites and spatial systems at the neighborhood scale.

The Pittsburgh studio is focusing on three project clusters within Hazelwood – green spaces and connectivity in Hazelwood Green; Gladstone School through the Greenway including historical sites; and the southwest area Below the Tracks. A design discussion was held with community members on

Thursday, February 13th at Center of Life. The Final Presentations with an Open House will be held at Mill 19 Advanced Robotics in Manufacturing (ARM) conference area on Thursday April 23rd from 6pm-8pm.

In the meantime, students want to interface with more residents, especially below the tracks. Please contact Lisa Vavro at the Penn State Center Pittsburgh at lvavro@psu.edu or 412-263-1753 to engage with the students. Thank you.

The Green Way

Life on Earth

By Jim McCue

Just as a bad psychedelic trip can be good by waking a person to how addiction is damaging his or her body, the suffering caused by climate change, war, hunger, waste from nuclear power plants, and disease at this moment in history can serve to awaken us to the need for drastic change. A new age is being born, and we can make it better. Combustion inevitably makes carbon dioxide, regardless of whether it's from animals such as we humans or from the burning of anything—coal, oil, natural gas, wood, paper, plastic, or whatever. We can treat CO₂ as a resource to grow plants such as algae, which, through fermentation processes, can make fuel for fuel cells for non-polluting electric vehicles—cars, trucks, trains. Electric cars were being manufactured 100 years ago. Had not the status quo been so fearful of this new disruptive technology, we would have had a much cleaner, healthier world today (and with much less suffering).

Albert Einstein said imagination is more important than knowledge. It's clear a much better world is possible. Imagination is the first step to creating a better world. Let's go! Everybody's Garden is undergoing a major upgrade. We will have at least one new picnic table, new benches, a rain barrel to capture water for the garden from the roof of our tool shed, a grape arbor, new beds such as the "travelers garden" beds bordering the sidewalk, a new wooden fence (possibly made from forklift pallets), and many new types of flowering herbs and vegetables.

One of the easiest ways to decrease the amount of carbon dioxide in the atmosphere is to just stop doing the dumb things we have come to think we need. A couple examples: leaf blowers, lawn mowers, clothes driers. There is no sensible reason for clothes dryers, which use natural gas. We used to hang our clothes on the clothesline. I hang my clothes in the apartment. Why waste money and put CO₂ in the atmosphere when you don't need to? One tree is estimated to respire 200 gallons of water a day, so it can actually protect rather than damage structures. Leaves are not litter; they provide valuable carbon and trace minerals wherever they fall. 20 or more percent of our municipal waste stream is biomass and can be returned to enrich the soil or processed into biochar (which permanently improves soil). Fuel cells can use any biomass, including sewage sludge, to make clean electricity while emitting oxygen and water as byproducts.

Drones, artificial intelligence, and robotics can replant wounded forests. Solar-powered barges can re-inoculate oceans, lakes, and streams with species of plants, animals, and microbes which have become locally extinct. Woodsy areas such as our greenways can be planted with nut and fruit trees and herbs. Streams can be filtered by nearby water-loving plants such as bulrushes, weeping willow trees, irises (flags), calamus (sweet flag) mints, and watercress plants.

Coming up in Greenfield six decades ago, I had no idea what a wildlife return we in the Pittsburgh area were going to experience. Though we have



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the worst air pollution in the country right now, we have plants and animals here that I had only seen pictures of as a child. Now we have bald eagles, groundhogs (more correctly called woodchucks), toads, skunks, coyotes, deer, turkeys, hawks, possums, new fish in our streams, snakes and so forth. I remember seeing a rare little garter snake, chipmunks, squirrels, ants, honeybees, butterflies, moths, and bumblebees, but that was about all back then. The cities have become islands of diversity now, with formerly rural areas becoming so industrialized that much wildlife doesn't have a chance. Insects and many other families of life are in steep decline. We need to be grateful for our fellow creatures and protect them. We can't live without them. Einstein predicted that if we lose the honeybees, humans themselves will go extinct within four years. I say we get some appreciation.

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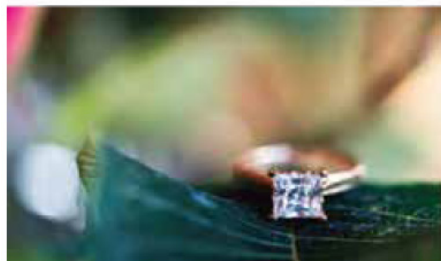
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Greenfield Community Association

Upcoming Events: Spring 2019

Park Improvement Ideas Meeting, Tues., March 26, 6:30-8:30 PM, Magee Recreation Center. Let the Pittsburgh Parks Conservancy know what improvements you'd like to see in Greenfield's parks. For more information and to reserve your seat, visit <https://www.showtix.com/event/parks-listening-tour-greenfield>

Meet the GCA Happy Hour, Thurs., April 4, 7-9 PM, J. Cough's Tavern, 4213 Murray Avenue. Meet the GCA Board, learn about ideas and plans for the coming year, and share your ideas and questions for making Greenfield an even better place to live.

Spring Cleaning Litter Collection, Sat., April 13. Spring is here, let's make sure our streets look their best! Grab a bag and some gloves and help clean up the litter that has accumulated all winter. Check out the GCA website and facebook page in the weeks leading up to the event for more details on where and when to meet up.

Garden Plantings: Saturday, May 11--Pumphouse Garden, and Saturday, May 18--Ronald Street Garden. Help plant flowers and tend perennials at our neighborhood's gateways to help visitors feel welcomed and know what a great neighborhood we live in.

37th Annual Greenfield Glide 5k Race and Fun Run, Sunday, June 2, 2019, 8:30 AM race start, Schenley Park Overlook. Join hundreds of runners from around the region in one of the region's best 5k races. The scenic course through Schenley Park makes challenging hills fun to run. Raffle, prizes, and cookout following the race. Register at www.greenfieldglide.com.

Monthly Meetings

Public Safety Committee 2nd Wednesday of each month, 7-9 PM, Magee Recreation Center, lower level

Development and Transportation Committee, 1st Monday of each month, 7-9 PM, Magee Recreation Center, lower level

Public Space Committee, 1st Tuesday of each month, 7-9 PM, 2nd floor of old St. Rosalia School building

For more information, visit our website - www.gcaphg.org.
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Going (and Saving) Green in Greenfield and Hazelwood

By Julie Block

When Ted and I bought our first home in Greenfield back in 2010, we were so excited to be Pittsburgh homeowners. In one day, we packed all of our belongings into a tiny white house on the 4000 block of Coleman Street. It was a quintessential starter home with blue carpet, wallpaper, and a couple crooked floors, but it felt like home.

As young newlyweds with our first daughter on the way, we stretched every dollar in the improvements that we made. Some improvements were rewarding, such as refinishing a built-in cabinet, painting over the dark paneling, and planting a vegetable garden. Others were less welcome surprises, like water coming into the basement (in the area we just finished!) or finding out the only insulation in the house was coal dust that had been there for decades.

In our constant efforts to become responsible homeowners, we searched for solutions that would be as positive for the earth as they would be for our house. Years later, we have toured hundreds of homes as realtors and help our clients solve the same common problems we ran into as new homeowners ourselves. Time and time again we see the Pittsburgh hills and high precipitation lead to wet basement problems, and old houses are seldom well insulated.

As we slip into the spring months and expect to see heavier rainfall in Greenfield and the rest of Pittsburgh, we wanted to share some of the strategies we've learned with our fellow Greenfield homeowners.

For a greener footprint in Greenfield, here are a few tactics you can use:

Install Rain Barrels

One tool you can use to reduce your footprint is rain barrels. Positioned at the bottom of your downspout, rain barrels catch the water that comes off your roof and prevents it from tearing up your yard. All of that fresh rainwater can be great for washing the car or watering your garden but take note: The water may contain traces of asphalt, leaves, bugs, and even bird droppings from your roof. If you use the water in a garden with plants you plan to eat, use drip irrigation and wash the plants thoroughly before you serve them. Rain barrels should also be installed carefully. Because they can weigh hundreds of pounds when filled to the brim, the barrels should be placed on flat surfaces and adhered to the wall of your home to prevent tipping. Be sure to regularly check the lid for cracks so that animals and mosquitoes don't get in!

Use a Dry Creek

Dry creeks are beautiful additions to your landscaping that will improve the drainage in your yard, especially in areas that are prone to flooding or erosion. We appreciate that they are often easier to install than an underground French drain, and ambitious homeowners may be able to tackle this improvement themselves. To make them more inviting, plant some shrubs along the border, and place steppingstones throughout the creek. Just make sure you do some research and plan your dry creek well—you don't want to accidentally direct the unwanted water towards your foundation or your neighbor's house!

Waterproof Your Basement

Pittsburgh homes are notorious for getting water in the basement, and water quickly leads to mold and numerous other complications. We recommend starting

to tackle the problem outside. Clearing your gutters ensures you won't have a waterfall pounding into the ground along your foundation. Check your downspouts to ensure they are directed away from your house. An ounce of prevention will make sure your foundation is well protected. If you're still getting water, look into having a specialist seal off your basement from the side to make your walls watertight. Installing French drains is a more expensive option, but they pull water away from the home so that your basement is less susceptible to flooding.

Try Grass-cycling

Want a bright green yard? Stop cleaning up after yourself. Grass-cycling is when you leave your grass clippings on the lawn after you finish mowing. Your grass clippings are mostly water and they contain more than half of the nutrients your yard needs, so they serve as a natural fertilizer. The next time you step outside to mow, take the bagger off your lawnmower so the cut grass can cover the yard. If you have a self-mulching lawn mower, you can do this on a regular basis. If you don't, collect excess grass clippings in a corner of your yard and compost them or use them as mulch for your vegetable garden.

Install Solar Panels

Solar panels continue to grow more affordable on an annual basis, but it may be a few more years before we see them all over Greenfield and Hazelwood. With enough sunlight, solar panels can save

you more than \$100 a month on your electric bills, depending on where your home is located and how much electricity you currently use. And while you're thinking about your electric bill, consider switching your lightbulbs over to LED bulbs. They're still a little more expensive than traditional lightbulbs, but they generally pay for themselves within a year or two.

Thinking Ahead

Homebuyers in Pittsburgh are well-informed and appreciate efforts sellers make to green up their homes, so you may even increase your property value while giving back to the planet. If we all chip in, we can make Pittsburgh a little greener—together.

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 or by calling 412.926.7976. To learn more, visit their website: blocksintheburgh.com



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Arts and Culture

Center of Life Brings Art As Healing Classes to Hazelwood

By Gerri Tipton

Art is one of the most common forms of expression we share to show our creativity. Drawing, painting, sketching, crafting, and other methods of art are activities where people can bring their creative ideas to life and explain their meaning behind it. Art is calming, relaxing, and very therapeutic, which is why the Center of Life in Hazelwood decided to bring together their Art as Healing classes for members of the community to become involved in.

Kiyomi Knox (right), the outreach coordinator for the Center of Life since August, brought up the idea of offering these classes. "The classes are a way to connect people through their trauma and to try and help them through some of the processes of healing through art," said Knox. The Art as Healing workshops were created through a program called "A Window Between Worlds" based out of Venice Beach, California. Knox has been a certified leader through this program since 2016. She wants people to be themselves and not become too intimidated when it comes to art.

"Sometimes art can be really intimidating where people say, 'I can't draw this or paint that.' It's not about creating this perfect piece of art; it's about finding that journey and process within yourself." The classes first came about



when Knox partnered with Edith Abeyta, who runs a program called Art Excursions Unlimited based in Hazelwood, where she discussed the workshops she hosts. "I talked to her and said I do these workshops and I think you'll be interested in partnering with me, so we talked about hosting them at the library because of the easy and free access open to the community."

While sitting down with Knox, she discussed with me an activity she was going to do with the class involving intentionally touch stones or worry

stones. The purpose of the activity is to keep your hands busy if you are going through a stressful situation while having a message of hope written on the stone for the person to focus on. The supplies include a small circular stone (you can find these at Walmart, JoAnn's, or any other craft store), clear glue, a pen, and colored circular paper to fit on top of the stone. "Think of an intention or goal you want to set for yourself, or something you need right now." Knox pulled out a stone for me to create and on the piece of paper I wrote "self-care."

As far as hopes for the future, Knox would like to host the classes at least one Saturday a month. "I had met with the library in talks of growing their adult programming. There is a lot for kids, and we have the senior center here, but there seems to be a gap for young adults." While the topic of mental health is still considered a bit taboo, the Art as Healing classes would be a good way for people to come together who are dealing with some type of anxiety, depression, or trauma so that they would not feel alone.

"There aren't a lot of resources for people in the community, so we want to use this as an outlet." Knox also explains how art gives people a way to face things they may not realize they are still focused on. "The thing about art is that it physically puts it in front of us, all of these thoughts and feelings that maybe we have shoved away and thought we weren't feeling anymore. It kind of forces us to look at all those things."

The Art as Healing class is also a safe zone for people so that they can feel protected at all costs. "What is nice is that we are in a community space and it's like a safe space that people can operate without being judged."

Look for the next class on March 28 (2-4 PM) at the Hazelwood Library. For more information about these classes, visit the Center of Life's Facebook page.



Art Excursions Unlimited Participants Reflect On Trip to NYC

By **Tiffany Taulton**

HI Director of Community Initiatives

According to its website, Art Excursions Unlimited “is built around the idea that experiences with arts and culture help us to be better citizens of our own neighborhood and the world at large.” From the testimony I heard of participants in the group’s latest excursion to New York City this past December, this statement was very true. Attendees at their presentation at the Hazelwood Carnegie Library on February 8th ranged in age from toddlers in strollers up through great grandmothers. All expressed a deep love for the group’s founder, artist Edith Abeyta, and trip coordinator, Joe Hepner, as well as gratitude for the opportunity to get to know their neighbors through the monthly trips they led.

After months of planning, on the weekend of December 21st through December 23rd, the group took a bus trip to New York City. There they went to all the famous sites: Ellis Island and the Statue of Liberty, the Guggenheim Museum, the Museum of Modern Art (MoMa), the Holiday Market at Bryant Park, Times Square, Central Park, Rockefeller Center, and the 9/11 Memorial. They got to experience the crowded New York subway system, ate from food trucks, made their own art during a workshop in a museum, and walked more miles in two days than they usually walked in a week. And while the

trip was the fulfillment of a dream for many members, it became the start of new dreams for all as they thought about what they saw in New York that they’d like to see in Hazelwood, what they’d like to do (or not do) in NYC if they ever had the chance to go again, and where they’d like to go next.

It was the first time that many of the participants had ever traveled so far, or traveled together as a family, and they were grateful for the generous grant that allowed them to do so. However, now that they know the benefits, they are eager to travel again and hope that more Hazelwood residents will have the opportunity in the future.

Here are some of their reflection on the trip:

If it wasn’t for these trips, we may not know each other. We may see each other on the street in passing and say ‘hi.’ Since we started going on these trips and doing things with Miss Edith and Joey, we are more like a family, from the little kids knowing the senior citizens and the senior citizens treating the little ones like family. ~ Sarah Love

Taking the ferry ride over to the Statue of Liberty, reading how it was built and how long it took, then to Ellis Island where you walked in the same footsteps that our ancestors walked— both of my great grandparents



Photos by Heather Mull



School Community Council (SCC)

Meeting Dates:

March 25, 2020

April 15, 2020

May 27, 2020

Time:

5:30-6:30 p.m.

Location:

Propel Hazelwood

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Art Excursions - NYC

- Continued from Page Thirteen

came through Ellis Island (I would like to go back and spend more time there). ~ Al Ferguson

My experience at the world-famous Guggenheim and the Ellis Island museum, the painting at the Guggenheim, the art class, and the history learned. Now I find myself interested in the arts. ~ Aaron Spell

As a little girl, I always wanted to visit the Statue of Liberty. On this trip, I had a chance to do that. This was the happiest day of my life. ~ Jaquin Owens

Being a junior in high school, I'm starting to look at colleges and my top choices are in New York. This trip was a great eye-opener to the amazing city I might have the opportunity to attend college in. ~ Erin Park

This trip with the Arts Excursions was very special to me because it was our first family vacation ever! ~ Crystal Nelson

At the Guggenheim museum we painted a place that made us feel relaxed and comfortable. I enjoyed using the paint brushes and dabbers. I loved everyone's special place. Mine was a park with lots of trees. We went upstairs and walked down looking at all the art in that place. I liked the statues we made of construction paper... I liked the idea of natural light. I feel like that was something I could bring back to Pittsburgh. We should build more buildings with natural light. We should build more museums like this everywhere. ~ Jaylon Cuff



New Gallery at Center of Life Hits Intersection of Environmental and Social Justice

The exhibit highlights environmental injustices, its consequences, and human impact in Hazelwood and neighboring communities from the perspective of youth artists.

The gallery, titled *Building our Futures, Keeping our Spaces*, opened January 29th with an opening hosted in partnership with Center of Life, New Voices Pittsburgh, Art Excursions Unlimited, and Women for a Healthy Environment.

The exhibit will stay open at 161 Hazelwood Ave until May 9th. Call 412-521-3468 to schedule a visit.

Hazelwood Holds Its First Black History Film Festival

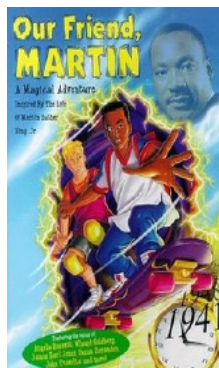
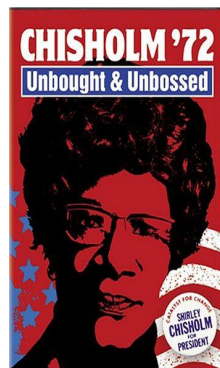


By Tiffany Taulton
HI Director of Community Initiatives

The first-ever Greater Hazelwood Black History Film Festival focused on the fight for voting rights and featured 7 films shown at 6 different neighborhood locations hosted by community partners. The featured movies were selected to be of interest to a wide range of audiences. These included a mix of children's animations like "Grace for President" and "Our Friend Martin," as well as more serious films such as the documentary "Chisholm '72: Unbought & Unbossed" which told the story of Shirley Chisholm—the first African American woman to run for president of the United States—and the historical dramas, "Harriet" and "Selma." The last event featured the Netflix special "Kevin Hart's Guide to Black History," and audience members

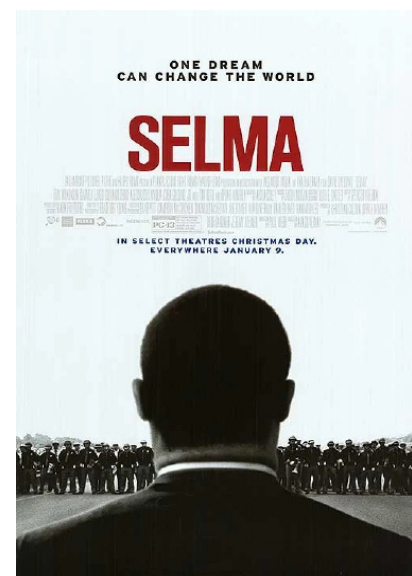
were given an opportunity to register to vote or update their voter information at the end of the evening.

Many audience members expressed that they had not seen the movies before—or in the case of many of the school children—had not had the chance to see the entirety of said movies. It was a wonderful opportunity to build community pride as people remembered family members who had been a part of the struggle for voting rights, and to build interest in voting in the many elections that will take place this year. How a community votes can greatly impact what kind of investment it receives and the number of dollars that go into it. We hope Hazelwoodians are



fully represented in the upcoming census and the elections so that we receive all the government support that is due to our community!

Many thanks to our community partners for their participation in the Film Festival, including: the Hazelwood Carnegie Library, Elevationz, Propel Hazelwood, the Hazelwood Healthy Active Living Center, and Center of Life. We also thank the People's Office of Representative Jake Wheatley for his financial support of the festival.





centeroflife

Photos by Baylie McGrady



centeroflife



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My Conversation with a Dating and Life Coach

By Gerri Tipton

Dating in my generation can be complicated. We have so many different types of dating mechanisms like dating apps and speed dating, but how do you figure out what you really want when it comes to finding an ideal partner? I had the pleasure of sitting down with Barbara Klein, a dating and life coach for her own business called The Best You: Dating and Life Coaching.

As I sat down with her, we discussed not only her business and the services she provides, but what you should look for in an ideal partner. "I love what I do. People have always gravitated towards me to ask for advice and tell me their problems, and it felt so natural to do it. It fed my soul as far as helping people," said Klein. Klein has been a professional in the dating and life coaching business for a little over a year but her life experience and success in her current relationship motivated her to become a dating coach.

"I said to my friends that when I meet a good guy, I would love to teach women how to do this, and I've been through such a journey in my life that I felt like if I can do it others can do it, and I'd be happy to guide them through the process." Klein helps people who are hurting and struggling in life and

in love. She assists with online dating, profile building and counseling through communication and the meeting process. She also runs three meetup groups locally: Self-Improvement Singles, Surviving and Thriving Divorce, and Widows and Widowers Unite for uplifting support.

"Groups help people understand things about themselves." Each group focuses on what people are looking for, as far as support from within the group. The singles group focuses on meeting a great partner. The widowers group focuses on what clients are supposed to learn from this experience. In the divorce group, people are suffering from a lot of pain, anger and hurt, and Klein helps them see how they can overcome it.

One of the biggest challenges Klein faces as a dating coach is making people understand that they are worth the work, and to work with her in a truly engaging way. "I think it's important to say, 'don't ever settle.' I try to encourage people to look at something in a different way so that you can change your mindset, because when you're in a positive mindset you'll have a positive experience."

I got the chance to talk to her about different situations that commonly oc-

cur in relationships such as "ghosting," lack of communication skills, and how young women fail when it comes to relationships. One of the things she mentioned is not having an actual agenda. "Things that I coach people on are understanding self-awareness and loving yourself. Until you really love yourself, you're not going to be the best candidate for any relationship." We can simply have a vision of what we believe a relationship should look like and what we are seeking in another person, and they might not have the same idea.

"Us women not only want people who can relate to us, but who have the same goals in life. We all have gifts and need to know that our gifts are valuable, and we are worthy." As far as why lack of communication happens a lot in a relationship, it can simply stem from what was learned or seen as a child. "Unless parents truly create an environment of communication in the household, there is no communication. When we talk about why people aren't good communicators, it's because of what they witnessed as a child."

Women should also make a list of all the qualities and attributes they are looking for in a partner. "Whatever you are seeking, whatever you desire in a quality partner, that is what you need to focus on, and to be able to manifest that, and that is what I teach people."

Klein hosts meetup groups where people can participate in person, as well as virtual counseling. "I'm here to serve the community and help the community in any way I can." You can find information through her personal Facebook page, the group page for her business, The Best You: Dating and Life Coaching, and her website: www.barbaraklein.com.



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Cannabidiol (CBD) and Your Brain



Dear Friends,

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

What is the mechanism of action of CBD in the brain? Cannabidiol exerts its effects through numerous chemical pathways. Unlike tetrahydrocannabinol, CBD is not believed to actually bind with the CB1 and CB2 cannabinoid receptors in the brain (although it does affect them), but acts through different receptors. CBD modulates the binding of protein-coupled neurons and affects numerous neuropathways in the brain. Some of the major effects of CBD include:

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

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

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

nosed with PTSD.

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

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

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

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



Notes about Drug Interactions with CBD:

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

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Unlike oil filled capsules, LabNaturals CBD capsules contain water soluble CBD (Cannabidiol) and may be taken on an empty stomach to enhance absorption. Ingested cannabinoids will have higher peak liver concentration than inhaled cannabinoids. By taking CBD and THC together, as many

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Many of our clients are using CBD as a supplement to manage their mental and emotional health. One our clients wrote,

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

- H.M.

*References from cbdhealthandwellness.net

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