

# The Homepage

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## Hazelwood Becomes New Home to Youth Industrial Arts Workshop

By Alyse Richmond

The Industrial Arts Workshop, or IAW, is a community-based metalworks program geared towards high school students. They're finally in the homestretch of raising funds for renovations to a new studio in Hazelwood. Last month, IAW held a reception, preview and auction of the large-scale metal sculpture entitled, "Little Buck"—originally displayed in Braddock. The auction also included pieces such as prints, clay sculptures and jewelry donated by local artists. All proceeds benefitted revamping the warehouse-style property on Herbert Way.

The event began at 6 p.m., kicking off a social hour with beer, wine and light fare catered by Community Kitchen. After about an hour of guests mingling and getting a feel for the space, Tim Kaulen, founder and executive director of the Industrial Arts Workshop, gave his remarks, stressing, "It's not just for my kids or your kids, but it's for the kids we



"Little Buck" sculpture lit up for attendees to admire during IAW auction. Photo Credit: Alyse Richmond

don't know, the kids down the street that don't really have a platform like this to share their ideas and express their needs." The highlight of the evening was the auctioning off of "Little Buck" as well as artwork by Rick Bach, JoAnna Commandaros, Tim Kaulen, Jan Loney, Keny Marshall, Laura McLaughlin, Tom Sarver, and James Shipman.

As detailed on their website, "The Mobile Sculpture Workshop—a pilot program of the IAW—has brought together local youth (grades 9-12) to learn safe welding and metal fabrication techniques to produce public art. The kids get first-hand experience with the artistic process from concept design to installation, team building, and community engagement." They emphasize the importance of art as part of a complete education: "Arts have been shown to improve academic performance. Students experiencing

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## More Than an Obituary: Rev. June Jefferies Writes Her *Legacy*

By Alfred DiRosa

June Jefferies is more aware of time's movement than ever but wishes she could make it stand still. Taking pictures has been the closest she could get, but she wants to leave more than mere images when her time is up. Pictures can only tell so much of her story and fail to capture how her deep faith and devotion to her family has shaped and guided her.

She wants future family members to know her in all her wise and wonderful totality, so she has put into words all of the things that her pictures could not say or teach. The result is *Legacy: More Than an Obituary*, an autobiography to inspire and impart wisdom to her family now and in the future, while encouraging others to do the same.

What started as a gift to her family eventually took on more long-term significance, because it is not just her grandchildren, or even her great-grandchildren, that she hopes to reach: "The Bible speaks about a thousand generations being blessed to them that loved the Lord and kept his commandments, so you bet I want to cash in on that thousand-generation blessing!" June is hopeful that her devotion to God will bring grace to her descendants, but not without her own style and voice in the



Rev. June Jefferies is a lifelong Hazelwoodian, Pastor of New Life Baptist church in Apollo, PA, and now an emerging writer

form of a soft-cover book informing it. When asked why she wanted to share her story with future readers in mind, she points to God:

"The book is me sharing some intentional and deliberate things that I feel God told me to tell them, like 'I want you to tell your grandchildren they're extraordinary...So any future self-esteem issues they may struggle with, the Lord has tasked me with speaking to their time if those things would ever come against them.'"

Since June is banking on God's one-thousand generation blessing, she wants the book to be more to her current family and future descendants than a series of stories and pictures. She wants the values and lessons of her life in faith and service to be felt by readers today but hopes for it to reach them on a deeper level so that they pass it on to their own children, knowingly or not.

"They may never know who I am and may never be able to recall my name or anything about me, but their lives can be intentionally impacted because I want to be obedient to God in this season, right now, so that my great grandchildren's children's generation also becomes my audience."

*Continued on Page Eight*



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## Editor

Alyse Richmond

## Layout

Alfred DiRosa

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The Homepage encourages all residents of Greenfield, Greater Hazelwood, Glen Hazel, Hays, New Homestead, and Lincoln Place along with those who have an interest in those communities to express their opinions on local, regional, state, and national issues.

The Homepage reserves the right to decide what content is appropriate for publication and my 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 Democratic Club.

Email your letters to:  
adirosa@hazlewoodinitiative.org



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

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Lisa Kunst-Vavro as The Witch of Hazelwood



Photos by Ashley Jordan





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[www.squirrelhillcc.wixsite.com](http://www.squirrelhillcc.wixsite.com)

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

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## Our Mission:

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

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



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

**Lincoln Place Church of the Nazarene**  
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Pittsburgh, PA 15207  
412-462-2524  
www.ipnaz.org

**Lincoln Place Presbyterian Church**  
1202 Muldowney Avenue  
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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, December 10 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 Sunslow 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)

## American Legion Post 650 Becomes Newest in PA; Makes Donation to Heros Supporting Heroes



John Lee (left), President of Heroes Supporting Heroes, receives donation from Matthew Kanczes, JR (right), ALP 650's Post Commander

American Legion Post 650 is open to any veterans interested in joining! Wasting no time to get involved, they recently made a donation to support the Operation Smile Military Family Carnival on **December 14th**.

Contact Caitlin Stenier (ALP 650's Adjutant) for more information: [cait121@yahoo.com](mailto:cait121@yahoo.com)

## 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 - 9:30 AM  
Sunday School (all ages) - 9:00 AM  
Tuesdays - Senior  
Wednesdays - Girl Scout Troop #52358  
(1st and 3rd Wed) / 412-877-7734

## 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

# 31st Ward CAG Celebrates Lincoln Place Veterans with Breakfast



Lincoln Place Presbyterian Church played host to 31st Ward's annual Veterans Breakfast on November 9th



Councilman Corey O'Connor and Rep. Summer Lee chat with veterans before breakfast

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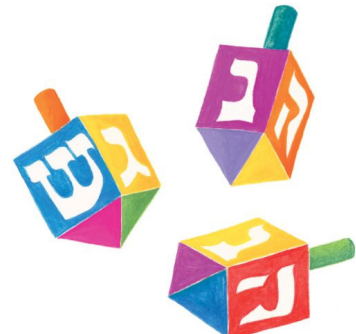
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December 9  
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## The Green Way Transformation

By Jim McCue

One benefit of the Earth crisis we're in is that it's forcing us all to re-think things. I continue to both warn and promise. Many parts of the planet are already too hot to live in. We, in our region, are presently being blessed with cold weather (hopefully not too cold). No one knows what's going to happen, but we, as a species, do have the capacity to affect the future. If you hold the opinion that you're not able to do anything about the many problems, your passiveness is part of those problems.

The international transport system is, in some ways, falling apart. Where there's been an earthquake or subsidence or war or flood, for instance, trains and trolleys are not going to be functioning. Again, this can be responded to as a good thing. After, say, a tornado, you're not likely to step out your door (assuming you still have one) and say, "Geez, that grass is getting high, better get out the lawn mower." No, you're more likely to say, "Oh, God!" or "F...!" "Where are we gonna get gas and water, and what are we gonna do without electricity?" Unless, of course, you saw these problems coming and have some kind of alternative energy, and maybe something like bio-filtration to filter your water without electricity.

The fact that technological progress is mushrooming just as quickly as the ecosystem collapse allows for engaging problems without feeling helpless. There are both inventions that have been suppressed for the sake of the status quo, and new ideas and inventions coming every day. Big problems call for big and drastic solutions.

The pain of awakening to the fact that we need to make hard changes can be offset by seeing that, working together, we can make

our lives better than they have been. Returning to naturally grown food means better tasting, fresher, healthier, and cheaper food. No one knows how well our transportation system will survive these increasingly rapid and intense Earth changes. Transporting food thousands of miles that can be grown in your own back yard is ridiculous, as are so many other things we do at the moment.

I call again for a quick re-doing of our waste management system. Most people have never had their hands in good soil. At least 20% of our municipal waste is biomass and can be returned to the soil from which it came or used for some other purpose rather than end up in a landfill. And, again, contrary to our upbringing (faulty education), most microbes (bacteria, fungi, and even viruses) are either not harmful or actually beneficial to humans. The use of all manures, including human, properly processed, is absolutely necessary to healthy soil and a healthy microbial situation in a community.

The composting toilet was invented in London to combat cholera back in the days when there was no sewer system. Nurturing both quantity and diversity (variety) of life in an area suppresses, but does not eliminate, disease. At the microbial level, the same as with larger life forms, predator/prey relationships diminish disease and head toward ecosystem stability. Victor Hugo was quoted as writing that the fertility of the French soil was passing through the sewer system into the ocean. He saw even back then that, though flushing organic matter away from the cities worked as a band-aid to lower disease, in the long run it was weakening the nutritional status of the people. Urine also has valuable nitrogen, protein, phosphorus, and potassium, and is safe to add to compost as long as those from



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whom it comes do not have any disease.

"A farmer's work is never done" is an old saying. A survey once found that farming was the second most stressful occupation. You have to pay attention to the weather, the behavior of your animals and plants, get delivery of mulch and compost, make compost, et cetera.

Anyone wishing to help with Everybody's Garden please call me. Right now there is garlic that can be planted any time the ground is not frozen. Also, we will need to build and rebuild beds, scale up the composting and mulching, install a rain barrel to catch run-off from the tool shed, clean up trash, gather, rake and distribute leaves to the walkways between the beds, and build an enclosed larger composter (bioreactor) capable of building up enough heat to safely process larger amounts of waste faster.

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## Arts and Culture

### Pittsburgh Classic Players Hosts “Romeo & Juliet” Play in Hazelwood

By Gerri Tipton

William Shakespeare’s “Romeo and Juliet” is one of his most classic, and oldest, plays. Most everyone you know had to read the 16th century play in their high school career, and if you were like my high school teacher, we also had to watch the 1996 movie starring Claire Danes and Leonardo DiCaprio. For those of you who don’t know the story, “Romeo and Juliet” is about two young lovers who come from feuding families. Romeo, from the Montague family, and Juliet from the Capulet family. Throughout the play, you learn that the two families have ongoing battles with one another, but that doesn’t stop Romeo and Juliet from being together.

Fast forward: Juliet fakes her death by taking a potion that will put her in a “coma like” sleep between 24-48 hours. When she awakens, she’ll surprise Romeo and the two can live happily ever after. Well, because Romeo didn’t get the message in time about Juliet faking her death, the death becomes too much for him to handle, so he poisons himself. When Juliet awakens, she learns of Romeo’s death and she stabs herself with his dagger so that she can join him, which makes both families reconcile. A sad love story, to say the least.

This play has been performed countless times

throughout the country. The Pittsburgh Classic Players, a collection of actors and artists focusing on classic plays, brought the traditional play to Hazelwood’s Spartan Center. Harper York, artistic director for the Pittsburgh Classic Players, directed Romeo and Juliet, along with the writing and stage design. York, Katie Crandall and Brett Sullivan are the founding members of the Pittsburgh Classic Players. All three went to graduate school at Mary Baldwin University and moved to Pittsburgh to start a theater company.

“The Pittsburgh Classic Players came to Hazelwood to perform and bring art, plays and culture to underserved communities,” said York. Her colleague, Brett Sullivan, who is a Hazelwood resident, talked about how Hazelwood was an area that did not have a lot of culture, and that bringing the play to Hazelwood was close and convenient. So far, the Pittsburgh Classic Players have put on two productions this year. They even had a Hazelwood night where they gave away free tickets to residents to come and see the show.

“It really is about bringing this to the community. It’s all for Pittsburgh, but the reason you choose a community to do something like this in is because you want to have a good presence for art and culture,” said York.

Having a play in Hazelwood has been extremely convenient for residents. Some approached York after the play and said they hadn’t seen live theater in close to 30 years. “Seeing the audience afterwards and hearing that this touched them impacts the community, and it’s incredible,” said York.

Seeing the Pittsburgh Classic Players perform at the Hazelwood Spartan Center was such an honorable experience. The actors are so talented, and I was able to sit front and center to grasp the whole experience. What I liked most about the play is that they engaged with the audience while performing; looking at you, sitting next to you, or even talking to you as if you were a part of the script. This made the experience real and personable.

“I want you to enjoy a night of theater,” said York. “I want you to laugh, I want you to cry. We are here to tell stories that are moving and relatable. I think that if we can make you do that with all of our plays, then we have succeeded.”

Indeed they did!

### More Than an Obituary - *Continued from Front Page*

Naturally, June’s three adult children have been eager to read what their mother has written. More specifically, they are eager to read what their mother has written about them. “So far, I think all of them have dug right into it and asked, ‘where am I in this story or that picture?’ They’re all in there, and I actually had to consider how many times each of them appeared because I knew they would count and compare, but that’s how kids are.” Despite Legacy being available in print and as an eBook online, June has been humble about its release. Meanwhile, her kids have done their part telling their friends to get a copy out of curiosity of what stories they’ll read about them, but also out of respect for June’s lived and professed commitment to God and family.

Besides the famous and powerful, obituaries are often the only times that the lives of common people are summarized and widely shared. In beating the writers to the punch, June not only hopes Legacy shows that everyday folks have meaningful and inspiring life stories worth telling, but that they can also use their own voice and creativity in telling it. June says, “I’m not any kind of amazing, or wonderfully educated person, so this book shows that you can do something impactful. You can be an artist, photographer, teacher, or reporter, because we

all have been gifted with things that we don’t always see in ourselves.” Indeed, anyone who receives a personal copy of the book from June will also be given a pen in order to write their own legacy. “We don’t want to live in limitations, and writing this book took me out of my comfort zone, which now has opened the door and unlocked that box for other people not to be hindered, to feel free and trust the process. With that, you don’t have to see the results and don’t need to follow it. Just do your part and then let God do the rest.”

Part of June’s process for the book was also to make it part of a mission project to assist the fight against AIDs in Africa, which she visits in the book. Just as June is looking a thousand generations ahead, she is also looking back at the deep roots of the larger human family birthed from the Motherland, and felt it was fitting to have the book create a small benefit there. “The Holy Spirit tasked me with returning to Africa, but with some contribution towards the AIDS epidemic this time. Since my book is about family, and AIDS has been devastating the stability of families in Africa, I plan on using the book to raise funds and make donations towards a missionary project to help in that struggle.”

When June first pitched Legacy to her writing tutor, she was not surprised by her support, but

was struck by her encouragement to expand her audience outside of her family. “She kept saying to me, ‘you’re really doing something powerful, and it will make other people think about their own story and perhaps move them to tell their own.’” This is June’s first book and she is excited to see where her writing takes her, but she also wants others to discover the joy of self-expression and storytelling.

June says, “I love the freedom. I love that it’s your story and nobody can tell you how to do it. I’m at that liberating place, but it’s not a selfish place. It’s a place of empowerment to everybody who would think in any way, shape or form. I think people can write poetry. I think you can just open a tablet and write a letter. I think you can type it on your computer. I think you can video it on your phones. I think you can use all of this modern technology to hold time in space and allow it to be something that speaks maybe forever. And that’s a wonderful thing.”





## School Community Council (SCC)

### Meeting Dates:

September 25, 2019  
 October 23, 2019 • November 13, 2019  
 December 11, 2019 • January 22, 2020  
 February 26, 2020 • March 25, 2020  
 April 15, 2020 • May 27, 2020

### Time:

5:30-6:30 p.m.

### Location:

Propel Hazelwood

The School and Community Council (SCC) is a collaborative group of parents and community members.

It is open to all families, and we encourage your participation.

The "SCC" functions as a support system within the school by creating and facilitating opportunities that promote educational activities and help to build positive relationships in the school community. In addition, the council intends to be a viable support system for parents.

Propel Hazelwood is a Title I School  
 5401 Glenwood Avenue • Pittsburgh, PA 15207 • Phone: 412-325-0492 • Fax: 412-325-0494 • www.propelschools.org

## Attention need-based families

By volunteering your time, you can receive non-food items such as toilet paper, cleaners, bath soaps, shampoo, paper towels, toothpaste and other items for your household.

Join us at



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**Beulah Baptist Church**  
 201 Chalfont St., Beltzhoover

On the

**1<sup>st</sup> and 3<sup>rd</sup> Monday of the month from 4PM – 6PM**

No appointment necessary.

- Bring a valid driver's license or photo i.d. showing your current address
- Baby items are available for families with children up to 36 months old. Parent or guardian must present a photo copy of the child's birth certificate.

**Bountiful Blessings**® - Serves families of all denominations and beliefs. The Bountiful Blessings program is not affiliated with Beulah Baptist Church, the school district, its staff or administration. The school district neither encourages nor discourages participation in the activities described herein. Copies of this flyer have not been prepared or paid for by the school district.

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Bountiful Blessings is a 501c3 charity

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## Industrial Arts Workshop - Continued from Front Page

a rich arts education have higher GPAs and standardized test scores and lower drop-out rates. The workshop anticipates serving as a permanent resource, helping to address the needs for access, professional arts exposure, and technical training programs.”

In an interview with Tim Kaulen, he enthusiastically discussed the IAW’s past, present and plans for the future. “For the last 5 years we’ve been teaching youth—high school kids, mostly—how to weld and make sculpture, and do it in a way that promotes community service. The work we produce is ultimately given back to a neighborhood group.” Kaulen continues, “Although it’s probably a year before we’re actually building and making things and teaching, it’s the end goal to have a facility to create year-round after school programs for high school kids. There will be some adult programming as well, but the real excitement is engaging with youth and allowing them to represent their ideas and work with their hands to interpret a broader voice through art.”



Funky clay sculptures line the auction table of electric artwork.  
Photo Credit: Alyse Richmond

Kaulen, who led the production of the giant metal dandelion that “grew” in front of the Gladstone School (right), gushes over the success of its construction, “It’s always a really great moment to recognize a young person’s accomplishment—not just their own learning and development but when they can see that somebody else values their work and their ideas, then it really does come full circle.” He hopes to generate similar projects down the road and get even more Hazelwood residents involved in beautifying the neighborhood while supporting our local youth.

“I’m really hopeful that by having a destination here we’ll be able to meet new kids and become a resource for them.”

As for the physical location of the workshop, there’s still work to be done (and additional funds needed) before the studio can be fully operational. Kaulen hopes they’ll be able to branch out beyond just welding and metalwork and envisions artists from all forms of media coming together and teaching classes of their own. “We will have another fundraising event in the spring. I’d like it to be more open house-based, have some daylight hours and maybe live workshop demonstrations.” Check back with The Homepage for event details.

The IAW raised an additional \$4,500 following the auction, bringing them another step closer to realizing their vision of teaching art education and job training in Hazelwood. However, they need to raise the remaining \$26,313 by December 31st in order to unlock the \$100,000 matching grant from the Heinz Endowment. Interested parties can make donations to the Industrial Arts Workshop via [www.iawpgh.org](http://www.iawpgh.org).

The Industrial Arts Workshop is located at:  
5434 Herbert Way  
Pittsburgh, PA 15207

For more information about the Mobile Sculpture Workshop and becoming involved with the Hazelwood studio, visit [www.mobilesculpture.org](http://www.mobilesculpture.org)



A Crowd of auction attendees enjoy drinks and hors d’oeuvres provided by Community Kitchens Pittsburgh. Photo Credit: Alyse Richmond



Guests peruse and bid on work donated by local artists. Photo Credit: Alyse Richmond

*Hazelwood HOPE*



We’d like to invite you to come and join us on Thursday evenings for a fellowship meal, lively Bible study and prayer. We have an intimate communion service on the last Thursday of the month.  
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[www.hazelwoodhope.org](http://www.hazelwoodhope.org)

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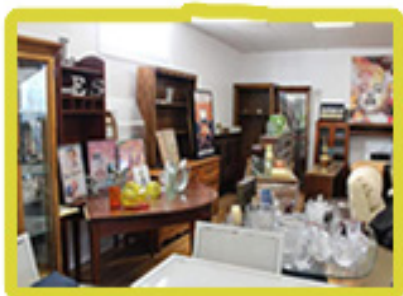
To be eligible, you must:

- Schedule a visit and Admissions Interview at TRVS
- Apply for financial aid via FACTS (link found on website)
- Live in the Hazelwood neighborhood

Our tuition grants cover three years of tuition to the Three Rivers Village School. Visit our website, [www.threeriversschool.org](http://www.threeriversschool.org). Contact [Maggie@threeriversvillageschool.org](mailto:Maggie@threeriversvillageschool.org) for more information.

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

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# Health & Wellness

## Learning to Grow and Move On

By Gerri Tipton

As you get older, you really start to evaluate things: your goals, where you want to be in your life, your finances, but most importantly your relationships and your friendships. When you start to go down a path in life where you're getting yourself together, you come to realize that not everyone is on the same level as you, mentally. Now what do I mean by that? Let me further explain.

Everyone who knows me knows I am a super busy person. Working three jobs can be very stressful and tiring, along with other work on the side. Most of my days are consumed with work to the point where I come home and go straight to bed. There are days I don't feel like talking to anyone, and 90% of the time my phone is on 'do not disturb.' Sometimes, you don't have time for things because of all the crazy hectic things going on in your life, and you may not have time to return that phone call to

your friend, though you've been meaning to the last couple of days. Honestly, that is okay.

Do not beat yourself up or feel bad for moving on. When it comes to transition in life, you have to move fast and accordingly, and that means focusing more on yourself and leaving some things, and people, behind. Now I'm not saying to neglect your friends and family, but sometimes you need that distance from people to focus on you.

Of course, some people are not going to understand, especially those people who are used to talking to you every day on the phone. It's fine if they don't, but they will one day. It's hard for people to see things through your eyes when the focus isn't on them all the time.

They are so used to you being their 'go to' person. How do you curve a friend or family member in the process? You can politely say, "I'm sorry, but I'm going to be unavailable for some time as I'm in the transition process of getting

myself together. Even though I'll still be here for you in spirit and when you need me, but at the same time, please respect my privacy and distance."

You're going to move faster than others and they can either come with you during the process or get left behind. Do not feel bad for following your dreams or getting your life together. It is okay to be a bit selfish (if you still have it, reference my self-care article in September's paper). When it comes to focusing on you and getting you together, there is no limit. Like I mentioned earlier, some people won't understand it, and that is okay. They will or they won't, they care, or they don't. But keep in mind those aren't the people you want to have in your circle, because all they care about is themselves.

Through your life of transition, you are going to meet new people, make new friends, and unfortunately lose some old ones.

I'm sorry to say, but life happens. Not everyone is going to agree with the things you're doing

or move the way that you move. As you enter the new year next month, think about what you want to do in your transition of life and how you are going to get there. Talk to your close friends and family and let them know ahead of time about the changes in your life that you are planning to go through. Nothing is to be taken personally but, to be very clear, be open and honest. Transition is a wonderful thing.



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# Legislators Sound Alarm on Attacks Against Reproductive Rights

*Note attacks take time, resources from efforts to improve lives of women, families in PA*

**PRESS RELEASE:** After repeated legislative efforts from House and Senate conservatives to restrict and obstruct the reproductive rights of Pennsylvanians, Democratic members of the Women’s Health Caucus and other lawmakers called on Republican leaders Wednesday to instead devote their time and energy toward legislation that would positively impact the lives of women and families in Pennsylvania.

“Instead of trying to legislate ways to remove choice from and even endanger the health of women, I choose to seek out opportunities to actually support women,” said Rep. Mary Jo Daley, D-Montgomery and chair of the Women’s Health Caucus. “Women’s health is incredibly important to me, which is why I’ve introduced legislation on topics I believe will improve the lives of women, their families and their communities.”

The lawmakers noted that instead of improving healthcare access, raising the minimum wage, creating reasonable family leave policies for working parents, or taking action on equal pay, conservatives in the House and Senate have pushed invasive and at times unconstitutional legislation to restrict women’s and families’ access to health care.

“These constant attacks on abortion rights are taking the place of legislation that could improve the lives of women, whose welfare is inextricably linked to the welfare of Pennsylvania’s children,” said Rep. Dan Frankel, D-Allegheny, and Democratic chairman of the House Health Committee. “I reject the idea that these bills are about children or babies. We have a great deal of information about making this state healthier and safer for children, and we can’t get so much as a debate on those issues.”

While Gov. Tom Wolf has committed to vetoing any legislation that would limit a family’s choices, the lawmakers who gathered on Wednesday reaffirmed their commitment to fight to protect women’s rights and access to reproductive health care.

“We could be solving so many other issues that impact mothers and their overall health like implicit bias during care and access to alternative services, but instead we’re making it more difficult for women to control their healthcare decisions,” said Cephias, vice-chair of the Women’s Health Caucus. “If the goal is to alleviate grief and suffering, then women need the freedom to work with their doctors to find personalized solutions, and we need to focus on solutions that help to save lives.”



Members of the Women’s Health Caucus and other lawmakers called on Republican leaders to instead devote their time and energy toward legislation that would positively impact the lives of women and families in Pennsylvania.

**CONTACT:** Nick Malawskey  
 House Democratic Communications Office  
 Phone: 717-787-7895  
 Email: nmalawskey@pahouse.net

**ATTENTION:** Seniors who currently use their Medicare ID card to ride public transportation for free **must** obtain a Senior ConnectCard by **December 31, 2019**.

The Senior Citizen ConnectCard allows seniors to ride Port Authority and other public transit vehicles for free across the Commonwealth of Pennsylvania



If you apply at the Downtown Service Center, you will receive your Senior Citizen ConnectCard immediately. If you apply at another location, your Senior Citizen ConnectCard will be mailed to that location where you can pick it up after receiving a letter in the mail.

Seniors can apply for a Senior Citizen ConnectCard at the following locations:

Port Authority's Downtown Service Center	623 Smithfield Street, Pittsburgh, PA 15222	412-442-2000
Rep. Dan Frankel	2345 Murray Avenue, Suite 205, Pittsburgh, PA 15217	412-422-1774
Rep. Jake Wheatley Jr.	2015-2017 Centre Avenue, Pittsburgh, PA 15219	412-471-7760
Sen. Jay Costa	1501 Ardmore Boulevard, Suite 403, Pittsburgh, PA 15221	412-241-6690
Rep. Summer Lee	501 Braddock Avenue, Suite 105, Braddock, PA 15104	412-273-3400

*Seniors are encouraged to call their legislator for hours as they may vary.*



## Maintaining A Healthy Immune System



temperature that creates a more active immune system.

### Training and Maintaining Your Immune System

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

### Stress and the Immune Response

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

### How to Build a Dynamic Immune System with Supplementation

No matter how well you take care of yourself, you’re bound to get sick sometimes. There are things we can all do to make sure those times are fewer and less extreme. Taking immunity supplements is one way to keep our immune system functioning properly. Here are a few supplements that I recommend:

Vitamin C (ascorbic acid) is a key component of the immune system and antioxidant defense. It prevents the production of free radicals and reduces DNA damage in immune cells. Moreover, vitamin C downregulates the production of pro-inflammatory cytokines and participates in recycling vitamin E. Vitamin C aids in wound healing.

MegaDefense is a premium, all-natural, immune-support solution. Pairing the power of the world’s safest immune-modulating mushroom formula with the first proven heavy metal and toxins remover, MegaDefense is the most robust daily immune-support product on the market today. It supports Natural Killer (NK)

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

### Feed Yourself

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

### Sleep

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

### Warming Up Your Immunity with Exercise

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



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Vitamin D is a fat-soluble vitamin pro-hormone that the body produces when the skin is exposed to UV light (specifically UVB) from the sun. In Pittsburgh, we do not have many sun-filled days, and Vitamin D deficiency is very common. Vitamin D performs many diverse roles in the body. It's an immune system modulator that promotes healthy T-Cell and macrophage responses.

Probiotics: Probiotic bacteria plays an essential role in the regulation of host immune response. Genomic and proteomic studies have identified several genes

and compounds derived from probiotics which regulate functions of host immune cells and intestinal epithelial cells. Murray Avenue Apothecary carries Probiotic 30BU, a powerful blend of 8 friendly bacteria strains and 30 billion colony forming units which can help support a positive balance of micro flora in the intestines. Supplementing with probiotics may help to restore and maintain friendly bacteria colonies that were depleted by stress, antibiotics and gastrointestinal disturbances.

Another favorite immune support agent for all ages is elderberry extract. Elderberry is a nutritious food, but it also contains immune-supportive compounds. One study showed that a standardized extract of elderberry (also containing vitamin C and other herbs in low quantities) could shorten the duration of the flu by about 3 days. Another preliminary study found that a lozenge of elderberry extract reduced flu symptoms when taken within 24 hours of symptom onset. Murray Avenue Apothecary sells Elderberry Lozenges with Zinc and Elderberry Organic Syrup.

Stop in the Apothecary to strengthen your immune system today!

To Your Immune Health,

*Susan*

Susan Merenstein,  
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134 E. Elizabeth Street  
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 First Saturdays, 10AM - 12PM

#### St. John the Evangelist Baptist Church

4537 Chatsworth Avenue  
 (412) 521-9812  
 3rd Wednesdays, 8AM - 10AM

#### St. Paul Evangelical Lutheran Church

5319 Second Avenue  
 (412) 521-0844  
 1st and 3rd Saturdays  
 10AM - 12PM

#### Healthy Active Living Center

5344 Second Avenue  
 (412) 422-6549  
 1st Tuesdays, food boxes  
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### Meals

#### Community Kitchen Pittsburgh

107 Flowers Avenue  
 (412) 246-4736  
 Thursdays, noon  
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#### Propel Hazelwood

5401 Glenwood Avenue  
 (412) 325-0492  
 Breakfast, Monday - Friday, 8AM - 9AM  
 Lunch, Monday - Friday, 11AM - 1PM

#### Hazelwood, Glen Hazel & Greenfield Meals on Wheels

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#### Fishes and Loaves Cooperative Ministries

131 E. Elizabeth Street, St. Stephen's Pastoral Center  
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