



The Homepage

Serving the communities of

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



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Organization
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November 2019

Café 61Z Open & Brewing Fresh Ideas

By Alyse Richmond

Café 61Z owners, Gary Kaboly, Kate Knorr and Keith Kaboly, couldn't be happier to finally be part of Hazelwood. After 3 years of planning and construction, they're officially open and excited about the potential of their new business. The café, located on the corner of Second Avenue and Tipton Street, has a wide array of beverages, pastries and smoothies. From classic cappuccinos to herbal tea to delicious muffins and biscotti, there's something for everyone looking to get that first morning jolt or afternoon pick-me-up.

Gary—who also owns the Squirrel Hill staple, Café 61C, as well as Café 61B in Regent Square—is striving to generate a sense of community between the coffee shop and Hazelwood's social, political and cultural organizations, in addition to passersby and other local businesses. He hopes to “become one of Hazelwood's regular ‘hangouts,’ serving as a community hub for residents and commuters alike.”



Keith Kaboly (Owner) and Mia (Barista, resident)

Photo: Bridget Fertal

Eventually, he'd like to utilize the café as a venue—perhaps even start a series of monthly events such as an open mic night for neighborhood musicians, poets and other artists. Down the road, there may be a call for local art to go up on the café walls. Those interested should check in with The Homepage over the next few months for more information about submitting artwork.

61Z's newest employee, Mia, is a former

community organizer and was the café's first customer. She's been a resident of Hazelwood for over 30 years and makes everyone who walks through the door feel warm and welcome. She also pulls a mean shot of espresso! Owner and manager, Keith, is pleased to already have a steady flow of repeat customers but hopes that the café becomes more than just a stop along the way for those commuting into the city. Keith states, “There's so

much of ‘this’ going on...” he gestures as though he's using a cellphone, “Maybe I'm old fashioned, but I'd love it if people came in, enjoyed a cup of coffee and actually had conversations with one another.”

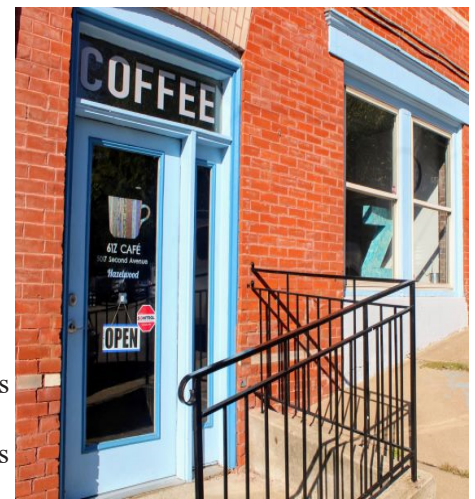


Photo: Bridget Fertal

Café 61Z - 5017 Second Ave
Open Mon - Sat (6 AM - 6 PM)
Closed Sundays

More pictures on Page Eighteen

C&D's Kitchen Has Grand Opening

By Mary Bartol

C&D's has officially re-opened! Cletus and the great baker, Denise, want to thank God for all their blessings. Three churches played music during the opening which made for a great event. Hot dogs and hamburgers were served from noon to 4:30 p.m., and everyone received door prizes. Many Hazelwood residents know Cletus from when he coached. He also had two other restaurants, one on the Hill where, at the end of the night, he'd prepare leftover food for the homeless.

C's menu has a full variety of items and an excellent breakfast, and prices are very reasonable. C&D's is open at 6 AM and they run a \$4 “Senior Special” until 6 PM, except on Wednesdays when Cletus travels to bible study and closes around 5:30. The new location is fantastic and everyone should stop in for a bite to see what they're all about.



Cletus Helton & his brother await morning rush



Hungry Hazelwoodians wait on lunch

Photos: Bridget Fertal

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Teen Drop-In Center Has Grand Opening in Hazelwood

By Gerri Tipton

It was a beautiful, warm, sunny fall day when the Teen Drop-in Center had its grand opening. When I pulled up in front of the center, I was greeted with friendly smiles and warm welcomes from the employees. One employee was still setting up, while other employees were interacting with some of the teenagers in the community and playing card games. There were other games set up such as pumpkin painting, sex education games like Jeopardy, corn hole, and music for everyone to dance and vibe out to. It's a place where young teenagers can come and not only feel welcomed but be able to express themselves.

I had the pleasure of talking with some of the staff members and some of the kids. A young woman named Mary-Wren had some of the kids participate in an activity where you were given a blank head, front and back. On the front, you're supposed to decorate and write down characterist-

teristics about yourself—or what you believe others see in you—and on the back side of the head, you write down characteristics that you think describe you best. The purpose of the activity is to express yourself and really find out what you feel about yourself as a person.

The Teen Drop-In Center is a part of Planned Parenthood of Western Pennsylvania's work with the Heinz Foundation's Making a Greater Hazelwood initiative. It's geared towards middle and high school teenagers, but in the future will expand hours for adults to also receive services. Christine Gordon, Vice President for Education of Planned Parenthood, says that they have been working in Hazelwood for the last two years to complete this program.

“We've been looking for space that would allow us to have the teen drop-in center, office space for the education department, and a place

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The Homepage

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Greenfield · Hazelwood · Lincoln Place · Hays · New Homestead

The Homepage is published by The Hazelwood Initiative, Inc., and is made possible by generous support by Councilman Corey O'Connor and State Representative Harry Readshaw along with advertising from local organizations and businesses.

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@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.

Western Pennsylvania Homeownership to Get \$3.3 Million Boost

Press Release: NeighborhoodLIFT® Program is part of a \$1 billion commitment by the Wells Fargo Foundation to address housing affordability.

Wells Fargo Company, NeighborWorks® America, and its network member NeighborWorks Western Pennsylvania today announced the NeighborhoodLIFT program will expand to Allegheny County this fall. With a \$3.3 million philanthropic commitment by the Wells Fargo Foundation, the NeighborhoodLIFT program will create about 175 homeowners by offering \$15,000 down payment assistance grants that require completion of HUD-certified homebuyer education.

The NeighborhoodLIFT program for Allegheny County follows Wells Fargo's announcement in June of an evolution in the company's philanthropic strategy, which includes a \$1 billion commitment over the next six years to address the U.S. housing affordability crisis. Supported by a \$500 million combined investment, Wells Fargo has conducted 76 program launches in the U.S. since 2012 that have created more than 22,400 homeowners.

Grants available for reservation starting Nov. 4

The Wells Fargo Allegheny NeighborhoodLIFT program will begin offering \$15,000 down payment assistance grants on Monday, November 4, to eligible homebuyers. To learn more about the eligibility requirements, visit www.neighborworkswpa.org/lift or visit a local Wells Fargo Home Lending office. Participating homebuyers can obtain mortgage financing from any participating lender, and NeighborWorks Western Pennsylvania will determine eligibility and administer the down payment assistance grants.



“The NeighborhoodLIFT program is a terrific example of our commitment to Allegheny County and our efforts to bring housing affordability solutions to communities across the U.S.,” said Nicholas Bruno, Wells Fargo Private Client Group market manager. “The program will help hardworking, local families and individuals get on the path to achieve successful and sustainable homeownership.”

To be eligible, annual incomes must not exceed 80% of the local area median income in Allegheny County, which is \$68,700 for an individual family of four. In addition, there are special parameters for veterans and service members, teachers, law enforcement officers, firefighters and emergency medical technicians, who may earn up to 100% of the area median income in Allegheny County, which is \$79,900 for an individual up to a family of four, and receive \$17,500 down payment assistance grants.

“This innovative collaboration is critical to creating more affordable and sustainable housing opportunities in Allegheny County,” said Joan Straussman Brandon, senior vice president, Northeast region, NeighborWorks America. “The required homebuyer education classes provided by certified professionals better prepare NeighborhoodLIFT homebuyers to achieve their goal of sustainable homeownership.”

Homebuyers must be approved for financing with an eligible lender and be in a contract to purchase a home in Allegheny County. To reserve the full grant amount, participants buying a primary residence with the NeighborhoodLIFT program must commit to live in the home for five years. “The NeighborhoodLIFT program will provide homebuyer education and down payment assistance to help families achieve the dream of homeownership,” said Colin Kelley, executive director of NeighborWorks Western Pennsylvania. “We are pleased to team with Wells Fargo and NeighborWorks America to make this opportunity available for so many deserving families.”

Western Pennsylvania Homeownership to Get \$3.3 Million Boost

Dear Ms. Middleman/Dear Mr. Zappala,

We are writing to make you aware of an issue affecting our communities of Four Mile Run (The Run) and Panther Hollow, which border each end of the Junction Hollow portion of Pittsburgh's Schenley Park. All are in danger of being erased by corrupt development practices of city government and its private partners.

In 2015, Mayor Peduto's office and the Urban Redevelopment Authority (URA) announced a plan to build a publicly financed, privately controlled roadway through both neighborhoods and Schenley Park. This plan, then called the Oakland Transit Connector, is now known as the Mon-Oakland Connector or the Mon-Oakland Mobility Project. We were never consulted about the plan before it was announced—a violation of Pennsylvania's Sunshine Act.

We learned of the Mon-Oakland Connector from an article in the Pittsburgh Post-Gazette that reported, "The URA this month approved a \$3 million application for a state grant to help pay for the first phase of the project..." The grant application, filed with the Pennsylvania Department of Community and Economic Development (Single Application ID: 201507311048; Web Application ID: 8068967), contained numerous falsehoods as detailed in a letter from a concerned Panther Hollow resident. A section of the grant application states:

The act of knowingly making a false statement or overvaluing a security to obtain a grant and/or loan from the Commonwealth of Pennsylvania may be subject to criminal prosecution.

After residents filed Right-to-Know (RTK) requests with the URA, the URA turned over their grant application but with several missing pages. Our neighbor had already received the full grant application from Harrisburg. Details about material redacted from the grant application can be found at www.opnnews.org/2016/03/ura-files-suspect-development-grant-without-consulting-residents.

For more than four years now city officials, consultants, and private partners have misled and outright lied to residents, the public, and the press regarding the Mon-Oakland Connector. Through additional RTK requests, we have obtained proof of their deceit.

We want to know where you stand on this issue. The District Attorney of Allegheny County has a duty to investigate corruption on the part of public officials. If you win the office in our upcoming election, will you investigate the PA Sunshine Act violation, the fraudulent grant application that was unlawfully redacted in response to a RTK request, and other evidence of corruption?

We look forward to your prompt response. It will determine whether we and our supporters cast our votes for you on November 5th.

Sincerely,

Junction Coalition
junctioncoalition@gmail.com
junctioncoalition.org

THE RUN ACTION TEAM MEETING

November 11

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.

Houses of Worship

Church of the Good Shepherd

124 Johnston Avenue
Pittsburgh, 15207
412-421-8497

hazelwoodgoodshepherd@gmail.com
www.hazelwoodgoodshepherd.org

Mary S. Brown-Ames United Methodist Church

3424 Beechwood Blvd.
Pittsburgh, 15217
412-421-4431

info@brightredfence.org
www.brightredfence.org

St. Paul's Lutheran Church

5319 Second Avenue
Pittsburgh, 15207
412-521-0844

www.stpaulshazelwood.org

First Hungarian Reformed Church of Pittsburgh

221 Johnston Avenue
Pittsburgh, 15207
412-421-0279

Praise Temple Deliverance Church

5400 Glenwood Avenue
Pittsburgh, 15207
412-422-1637

St. Rosalia's Catholic Church

411 Greenfield Avenue
Pittsburgh, 15207
412-421-5766

strosaliaparish@gmail.com
www.strosaliaparish.org

Holy Angels Parish

408 Baldwin Road
Pittsburgh, 15207
412-461-6906

www.holyangelshays.org

Squirrel Hill Christian Church

290 Bigelow Street
Pittsburgh, 15207
412-521-2447

www.squirrelhillcc.wixsite.com

St. Stephen Catholic Church

5115 Second Avenue
Pittsburgh, 15207
412-421-9210

saintstephen@verizon.net
www.ststephen-hazelwood.org

Keystone Church of Hazelwood

161 Hazelwood Avenue
Pittsburgh, 15027
412-521-3468

St. John the Evangelist Baptist

4537 Chatsworth Avenue
Pittsburgh, 15207
412-521-0994

info@stjohnpgh.org
www.stjohnpgh.org

Warriors of Holiness in Power

(W.H.I.P. Ministries)
1174 Mifflin Road
Pittsburgh, 15207
412-461-5572

whipwarriors@gmail.com
www.whipministries.org

Morningstar Baptist Church

5524 Second Avenue
Pittsburgh, 15207
412-421-6269

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, November 12
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

Veteran's Day Breakfast: Saturday, November 9th

A free pancake & sausage breakfast served at 9:00 AM
All veterans, spouses & caregivers welcome

Reservations are requested by November 5th

Call 412-462-6148 for reservations

Sponsored by Lincoln Place Presbyterian Church
& Green's Funeral Home

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

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



Located inside

Beulah Baptist Church
201 Chalfont St., Beltzhoover

On the

1st and 3rd 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.

717 – 802 - 1222

www.bountifulblessingsinc.org

Bountiful Blessings is a 501c3 charity

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412-421-2000
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2 person.....	\$30,400

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- Elderly Preference
- Active Residents Association
- Public Transportation
- Private Balconies or Patios
- Small Pets Welcome!

Bill Kulina
Property Manager

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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

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Bed bug removal



COUNCILMAN

**Corey
O'Connor**

Invites you to share your concerns
about your neighborhood.

Call 412-255-8965

Visit the website: <http://www.pittsburghpa.gov/district5>

The Green Way

"Our" Earth

By Jim McCue

Mystics and quantum scientists agree that there is no real separation between parts of the Universe. We humans see others as individuals. In fact, we're all part of some harmoniously functioning whole. Though it feels like we're separate, that separateness is an illusion. Time and space are illusions, in a sense, though useful.

We are, in many ways, a fallen race. I'm in with those who believe humans have been on Earth for millions of years. And I'm also of the opinion that there have been times in our distant past in which we were even more technologically advanced than we are now.

This is not the first time human fear, greed, violence, competition, and hatred have resulted in catastrophic collapse. I keep balance in this time of great change by remembering the first sentence in Charles Dickens' book *A Tale of Two Cities*: "It was the best of times; it was the worst of times..."

On one hand, we have absolutely terrifying catastrophes (species loss, parts of the planet going under water, starvation on a scale unprecedented in modern times, wars over resources, forests burning, greenhouse gases exploding in quantity, and an increasing number and severity of earth quakes). And though the Earth is dramatically increasing in average temperature, there are times and places that experience unusual cold, e.g. extreme amounts of snowfall such as "Snowmageddon" that happened in the Eastern United States a few years ago.

On the other hand, new technologies are coming into use at such a rate that, to older people, seem absolutely miraculous. I remember as a child in the 1950's that clothes driers were mechanical wringers that you had to manually turn with a handle. Then they became electric and you didn't have to do the work of turning the handle—you just fed the clothes into the wringer (and made sure you didn't get your fingers caught in it). I remember our family's first

electric refrigerator (we lived on Mirror Street in Greenfield). The previous fridges used either running water in an icehouse built over a creek or an ice box in the kitchen which had ice brought from Lake Erie, for example, which kept things cold. What's going on now would have stunned Dick Tracy and the Jetsons both. We have instantaneous communication all over the Earth.

It keeps me interested and enjoying life to know that we can handle the massive problems coming over us. One reason I am convinced it's not hopeless is the fact that myself and many others are coming to realize that huge technological advances in our society have been held up by the status quo. Nikola Tesla had an electric car a hundred years ago. What he called "radiant energy" and what he and others called "etheric energy" were referring to what scientists now are calling "zero-point energy." Sun, wind, tide, geothermal, and hydro are by no means the only sources of energy now recognized to be possible.

Pittsburgh became "Steel City" via great suffering and pollution (purification by fire) from iron created steel, a molecularly more orderly and thus stronger material. Western Pennsylvania was where the first oil was extracted and used on a mass scale. We were part of the beginning of the nuclear age, with all its useful possibilities, violent uses and damaging pollution.

We, having become one of the most polluted cities on the planet, then developed an advanced pollution treatment industry able to help other parts of the Earth. While the first responders to the Chernobyl disaster were using duct-taped department store toy trucks to try to remotely view what was going on at the center, which had lethal amounts of radioactivity and so couldn't be approached. We had people at Carnegie Mellon walking robots in Schenley Park. We have something to give to the world.

I continue to believe we can establish a paradise



Jim McCue (St. Jim the Composter)

Composter & Biotech Researcher
(412)880-7237

Follow Jim online at:

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

on this planet. We are in the Great Purification. Our childish fighting amongst ourselves will stop via transformation and/or death. My mother, raising seven boys, would respond to our fighting with "Fight nice, now." We need to get back to learning from our differences rather than letting them be occasions for conflict. If we don't get along, we will not survive. That means we have to transform the military-industrial complex. Sometimes us kids, while fighting, would break a toy or get hurt, and my mom would say, "Good for ya, serves ya right." It's our choice. As contradictory as it may seem to all you fellow workaholics out there, the key to solving problems is to enjoy thinking about them, enjoy working on them, enjoy crying about them—whatever. Just don't become afraid.



Support Your Local businesses

Abriola's Auto Parts.....	(412) 421-8100
Allegheny Fence.....	(412) 421-6005
Automotive Medic.....	(412) 422-2886
Brad Rosen Landscaping.....	(412) 421-4330
C&D's Kitchen.....	(412) 224-2658
Carpets & Things.....	(412) 401-8049
Christian Cleaning Services.....	(412) 781-5989
Colwell Automotive.....	(412) 422-2658
Corcoran Floors.....	(412) 422-5817
Dylamato's Market.....	(412) 521-1351
Easy Does it Lawn Care.....	(412) 708-3586
Elevationz: MoNae's Hair Studio , Killa Kutz , New 2 You & The Diamond Room.....	(412) 235-7033
Elizabeth Pharmacy.....	(412) 421-0114
Elmer Herman Funeral Home.....	(412) 521-2768
Floriated Interpretations.....	(412) 607-7886
Fred's Automatic Transmission.....	(412) 521-8810
Rod Gaston Landscaping.....	(412) 689-7982
Graphics 22 Signs, Inc.....	(412) 422-1125
Gray's Tidy Up Services.....	(412) 819-5597
Halbleib's Auto Body.....	(412) 422-4665
Hazelwood Family Health Center.....	(412) 422-9420
Inspirational Wear.....	(412) 218-4782
Italian Village Pizza.....	(412) 521-1900
MDT Home Remodeling & Repair.....	(412) 467-9577
Jimmy Cohen Plumbing, Heating and Mechanical.....	(412) 421-2208
John D. O'Connor & Son Funeral Home.....	(412) 521-8116
Jozsa Corner Hungarian Resturant.....	(412) 422-1886
K & T Cleaning.....	(412) 337-7903
Key Bank	(412) 422-7420
Kruszka's Auto.....	(412) 521-8911
La Gourmandine.....	(412) 291-8146
Lytle Cafe.....	(412) 421-4881
Odell Minniefeld Construction and Services.....	(412) 421-6662
Phyl's Cleaning and Décor.....	(412) 708-3586
The Pittsburgh Stop.....	(412) 969-7488
Reed's Sweet Treats.....	(412) 449-9338
Renee' Roma Personal Training.....	(412) 443-6957
Rite Aid.....	(412) 421-6948
Smuts Brothers Debris Removal.....	(412) 512-7739
We Care Chiropratic.....	(412)-521-8890
Webster Electric.....	(412)-290-1112

C&D's Kitchen - Continued from Front Page

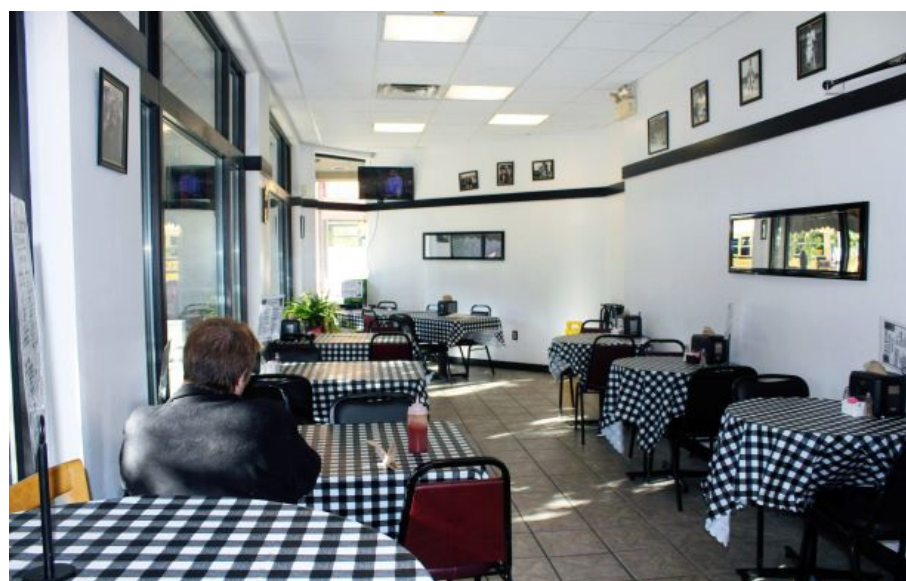


Cletus Helton, owner of C&D's Kitchen shared some thoughts on their move to 4901 Second Ave:

I love the accessibility to the street. It's just a beautiful location. I love the being in a new building, and the new look and overall is just a way better facility. It's beautiful and it, you know, it makes the presentation of your place look better because the place look so well.

Now that we have the full line breakfast, it brings a whole other clientele, which is beautiful. The working man, they get to stop by and early in the morning on their way to work and they grab coffee, they grab a breakfast sandwich, they grab breakfast to go. It is really is, what I think, is going to make the business thrive.

Moving into the new place has been absolutely fabulous. I have to take my hat off to Hazelwood initiative for allowing me this opportunity. I mean, it's a great opportunity. It gives me a chance for our business to grow. And I think because of the new location, because of niceness of the building, the greatness of the landlord, that it's gonna make the business that much better, but none of this would be possible without the grace of God.



Photos: Bridget Fertal

Arts and Culture

Playstops Debut at Dylamato's and Hazelwood Community Garden



Steps at 4713 Chatsworth leading up to Hazelwood Community Garden Photo by: Bridget Fertal



Artist Edith Abeyta and local artist install gateway Photo by: Bridget Fertal



Dylan Rooke, Hazelwood Artist, painting step-by-step Photo by: Bridget Fertal



Photo by: Bridget Fertal



Residents celebrate unveiling of interactive recipe book, magnetic fruits and veggies at Dylamato's

Stylish, Whimsical Animals Stick to Walls for Weeks, Disappear



These were seen by some on Second Ave in October, but most have been taken down. Nice of them to visit!

50% off Mr. Clark's Music Lessons

- Guitar/Bass/Voice/Theory/Songwriting/Electronic Instruments
- Premium music lessons to **become advanced in minimal time!**
- 3 spots available at **50% off!**
- First lesson **free!**
- Pittsburgh, Pennsylvania (lessons in Greenfield)
- Willing to travel to you at standard rate (discount unavailable for this)
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White & Gold Gala Held At Elevationz

By Mary Bartol

The White and Gold Gala held on September 28th in the beautiful Diamond Room was the most elegant affair I have ever been to. There were two tents outside with tables underneath decorated with white and gold tropical plants and candlelight. This Hazelwood Gala was the best—truly a night in heaven!

The music by DJ Freeze was fantastic and we all danced the night away. Owner, Rena Halsel, is so amazing and especially gifted when it comes to creative talent. In all four stores she hustles, stays strong and works all the time. Ms. Rena and her sister-in-law made excellent food. Everyone had seconds.

I really can't say enough about how beautiful, fantastic and fun this gala was! There were so many gorgeous ladies in stunning white dresses and gentlemen looking very handsome in suits, white shirts and gold ties. The Diamond Room is an incredible banquet room and could be used for baby showers, parties, reunions and more. Please contact Rena for information about renting out this space for your next event!



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“Little Buck” Sculpture Auction to Support Youth-Based Arts in Hazelwood

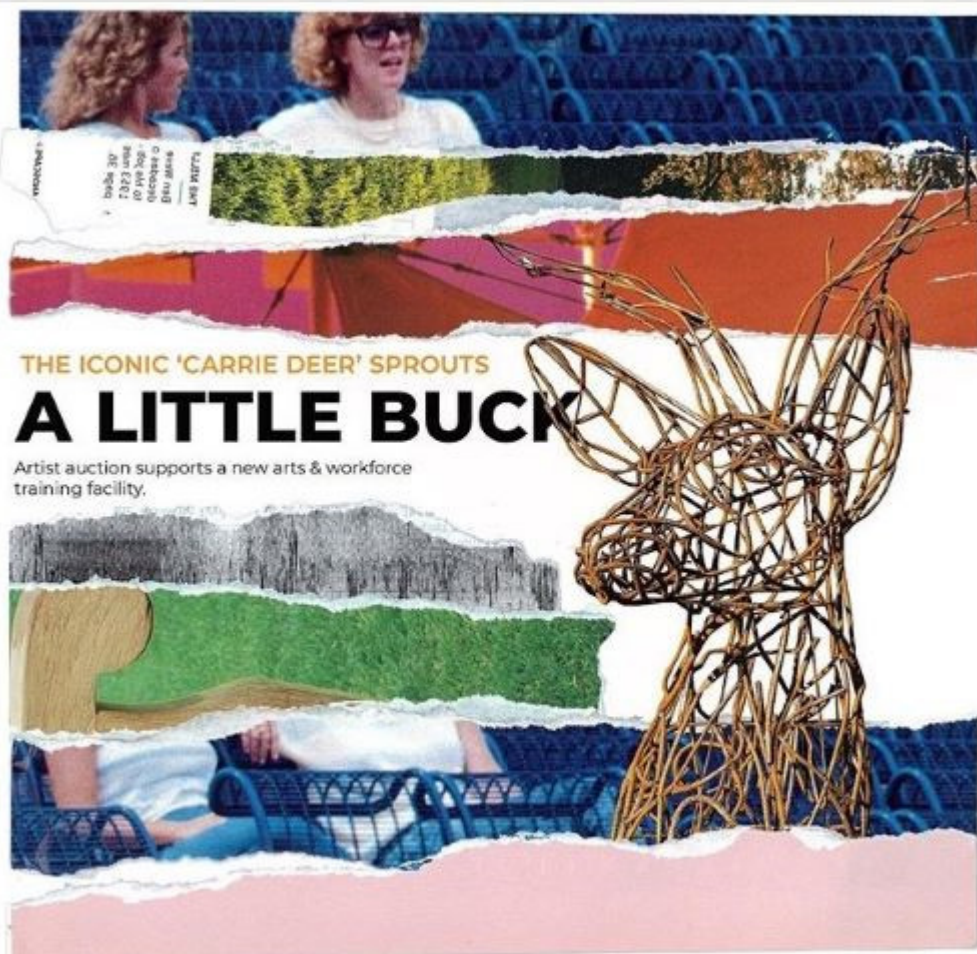
By Tin Kaulen

The Industrial Arts Workshop invites you to celebrate and support our latest and perhaps largest endeavor: the creation of a youth-based arts and workforce development center.

The workshop, located in the Pittsburgh neighborhood of Hazelwood will provide area youth with opportunities to foster and build practical, hands-on skills using an arts practice grounded in community service and engagement. Youth, ages 14-18, are mentored by professional artists, teachers, and metalworkers in basic techniques of welding and metal fabrication, basic design and engineering through collaborative service-learning projects for local communities.

To further support this undertaking The Industrial Arts Workshop hosted a team of Pittsburgh-based artists to collaboratively create and donate a unique sculpture modeled after the iconic Carrie Deer, the monumental 50-foot-tall original artwork at the former blast furnace site in Braddock, which has become a regional icon for renegade public art and a catalyst for revitalization.

The new piece, called “Little Buck” will be on display during an 11/9 fundraiser at the new IAW Hazelwood facility. The “Little Buck” sculpture will be auctioned beginning 11/1 through 12/1, with all proceeds going directly to the development of the Hazelwood-based Industrial Arts Workshop: <https://www.bidspotter.com/en-us/auction-catalogues/timed/m-davis-group/catalogue-id-bscm-10238>



Health & Wellness

Mental Health and Why it Should Not Be Ignored

By Gerri Tipton

Last month, the “Joker” movie starring Joaquin Phoenix premiered in movie theatres all over the country. Although some people had their speculations of having a new joker casted since Heath Ledger’s incredible performance as the clown in “The Dark Knight,” Phoenix’s character as the Joker has given him praise worldwide.

If you need some background information on the Joker, he’s a character from DC comics in which he and Batman have a lot of beef going on. I grew up watching these movies, and from the movies you see that he and Batman go head to head with each other as the Joker tries to take over Gotham City. However, this movie focuses on how the Joker became the Joker, his background, and the life he came from.

Without giving too much information on the movie (just in case you want to see it for yourself), Arthur Fleck (the Joker) is a party clown and aspiring standup comedian. He struggles with mental health issues such as depression, anxiety, and a condition where it causes him to laugh uncontrollably at times out loud. Fleck also lives and takes care of his mother Penny, who we later find out suffers from mental health issues as well. He gets medication and therapy for his diagnoses. During a therapy session, the social worker tells him that the government has cut funding for health services and that he will no longer be able to receive medication or therapy. Distraught and surprised, Fleck does not know how he will continue to receive the proper treatment.

He doesn’t have many friends—a loner—and learns that he will never be accepted into society, and how society abandons people who are disenfranchised. His clown character perceives that he hides behind a mask as a fearless person, someone who is bold and confident but can also be his own worst enemy. The history of his abuse causes him to become a criminal.

It makes you realize and really think closely about mental health in the community. If you think about it, resources for mental health services are there, but are limited to those who really need it due to lack of funding. Let’s be honest, seeking therapy and taking medication is very expensive on a weekly basis, even if you can afford it. What if you are someone like Arthur Fleck, heavily dependent on these resources and then they are cut away from you so suddenly? Just like him, you’d feel alone, with no one to turn or talk to, and it gives you no choice but to make the wrong decisions and, sometimes, forces you to suffer in silence.

I honestly felt kind of bad for Arthur Fleck. He is just like most of us—someone working and trying to take care of himself and his family. He was constantly bullied and picked on, was getting the help he needed, and then it just stops out of nowhere. It kind of makes you feel hopeless, like if society can’t help or accept me, who will?

Now I’m not a licensed therapist or psychologist, so me giving a diagnosis on something such as mental health is out of my league, but I do know that when someone is suffering it can be hard for them to reach out and get help for many reasons. Finances is one of them, but there’s also the fear that you’ll be looked at funny or feel judged. Sitting there talking to a stranger about your problems can be a bit uncomfortable for most, but it can also be one of the best things you can do to start focusing on your mental health. You want to do something before it’s too late.

So, what should you do just in case you enter a situation like Arthur’s? Well, let’s also remember that the movie was set back in 1981, so from then until now so many more resources have been created. If you have trouble talking to someone, I would say first start by writing everything down. Get yourself a \$1 notebook and just start writing about your thoughts, feelings, emotions, whatever it is. Writing is one of the most therapeutic ways of expressing yourself. After you write, find someone you can trust and share those thoughts with them. Join support groups (there are plenty online, some through social media) and find little things to do to make you happy. If you know a friend or family member who is suffering, make sure you share with them the different ways they can get help. You and your mental health matter.



Teen Drop-In Center- *Continued from Front Page*

that offers regular testing for sexually transmitted infections,” said Gordon.

This idea came from conversations Gordon and other members had with community residents about what they wanted and needed in Hazelwood. “We know that there are many health disparities among Hazelwood residents, including STI rates nearly three times higher than the rates of teens in Allegheny County overall, and teen birth rates in Hazelwood and Glen Hazel are over 200% higher than in Allegheny County overall.”

Their mobile STI testing program Care No Matter Where, has brought free STI testing to Hazelwood at a variety of locations and events.” Residents have identified the need for a safe, inclusive space for young people to spend time “without discrimination or barriers.”



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Magnesium Deficiency - An epidemic affecting 80% of the US



stress levels and a host of other things that reflect on the quality of life. In my experience, most doctors have not been using the appropriate test for magnesium – their serum blood tests do not show cellular levels of Magnesium-only 1% is in the bloodstream. Magnesium deficiencies have snowballed over the years.

Symptoms of Magnesium Deficiency

The first symptoms of deficiency can be subtle – as most magnesium is stored in the tissues, leg cramps, foot pain, or muscle ‘twitches’ can be the first sign. Other early signs of deficiency include loss of appetite, nausea, vomiting, fatigue, and weakness. As magnesium deficiency worsens, numbness, tingling, seizures, personality changes, abnormal heart rhythms, and coronary spasms can occur.

A full outline of magnesium deficiency was beautifully presented in a recent article by Dr. Sidney Baker. “Magnesium deficiency can affect virtually every organ system of the body. With regard to skeletal muscle, one may experience twitches, cramps, muscle tension, muscle soreness, including back aches, neck pain, tension headaches and jaw joint (or TMJ) dysfunction. Also, one may experience chest tightness or a peculiar sensation that he can’t take a deep breath. Sometimes a person may sigh a lot.”

“Symptoms involving impaired contraction of smooth muscles include constipation; urinary spasms; menstrual cramps; difficulty swallowing or a lump in the throat-especially provoked by eating sugar; photophobia, especially difficulty adjusting to oncoming bright headlights in the absence of eye disease; and loud noise sensitivity from stapedius muscle tension in the ear.”

“Other symptoms and signs of magnesium deficiency and discuss laboratory testing for this common condition. Continuing with the symptoms of magnesium deficiency, the central nervous system is markedly affected. Symptoms include insomnia, anxiety, hyperactivity and restlessness with constant movement, panic attacks, agoraphobia, and premenstrual irritability. Magnesium deficiency symptoms involving the peripheral nervous system include numbness, tingling, and other abnormal sensations, such as zips, zaps and vibratory sensations.”

“Symptoms or signs of the cardiovascular system include palpitations, heart arrhythmias, and angina due to spasms of the coronary arteries, high blood pressure and mitral valve prolapse. Be aware that not all of the symptoms need to be present to presume magnesium deficiency; but, many of them often occur together. For example, people with mitral valve prolapse frequently have palpitations, anxiety, panic attacks and premenstrual symptoms. e palpitations, anxiety, panic attacks and premenstrual symptoms.

Magnesium deficiency is often misdiagnosed because it does not show up in blood tests – only 1% of the body’s magnesium is stored in the blood.

Most doctors and laboratories don’t even include magnesium status in routine blood tests. Thus, most doctors don’t know when their patients are deficient in magnesium, even though studies show that the majority of Americans are deficient in magnesium.

Consider Dr. Norman Shealy’s statements, “Every known illness is associated with a magnesium deficiency” and that, “magnesium is the most critical mineral required for electrical stability of every cell in the body. A magnesium deficiency may be responsible for more diseases than any other nutrient.” The truth he states exposes a gaping hole in modern medicine that explains a good deal about iatrogenic death and disease. Because magnesium deficiency is largely overlooked, millions of Americans suffer needlessly or are having their symptoms treated with expensive drugs when they could be cured with magnesium supplementation.

Few people are aware of the enormous role magnesium plays in our bodies. Magnesium is by far the most important mineral in the body. After oxygen, water, and basic food, magnesium may be the most important element needed by our bodies; vitally important, yet hardly known. It is more important than calcium, potassium or sodium and regulates all three of them. Millions suffer daily from magnesium deficiency without even knowing it.

I remember a person asking, “Why am I dehydrated and thirsty when I drink so much water?” Thirst can mean not only lack of water but it can also mean that one is not getting enough nutrients and electrolytes. Magnesium, Potassium, Bicarbonate, Chloride and Sodium are some principle examples and that is one of the reasons magnesium chloride is so useful.

Magnesium Deficiency

Quality of life is greatly affected by magnesium deficiency on one level or another. Even if it’s for the enthusiastic sport person whose athletic performance is down, magnesium deficiency will disturb sleep and background

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Those with magnesium deficiency often seem to be “uptight.” Other general symptoms include a salt craving, both carbohydrate craving and carbohydrate intolerance, especially of chocolate, and breast tenderness.”

Magnesium is needed by every cell in the body including those of the brain. It is one of the most important minerals when considering supplementation because of its vital role in hundreds of enzyme systems and functions related to reactions in cell metabolism, as well as being essential for the synthesis of proteins, for the utilization of fats and carbohydrates. Magnesium is needed not only for the production of specific detoxification enzymes but is also important for energy production related to cell detoxification. A magnesium deficiency can affect virtually every system of the body.

Like water we need magnesium every day. There is an eternal need for magnesium as well as water and when magnesium is present in water life and health are enhanced.

One of the principle reason doctors write millions of prescriptions for tranquilizers each year is the nervousness, irritability, and jitters largely brought on by inadequate diets lacking magnesium. Persons only slightly deficient in magnesium become irritable, highly-strung, and sensitive to noise, hyper-excitable, apprehensive and beligerent. If the deficiency is more severe or prolonged, they may develop twitching, tremors, irregular pulse, insomnia, muscle weakness, jerkiness and leg and foot cramps.

If magnesium is severely deficient, the brain is particularly affected. Clouded thinking, confusion, disorientation, marked depression and even the terrifying hallucinations of delirium tremens are largely brought on by a lack of this nutrient and remedied when magnesium is given. Because large amounts of calcium are lost in the urine when magnesium is under supplied, the lack of this nutrient indirectly becomes responsible for much rampant tooth decay, poor bone development, osteoporosis and slow healing of broken bones and fractures. With vitamin B6 (pyridoxine), magnesium helps to reduce and dissolve calcium phosphate kidney stones.

Magnesium deficiency may be a common factor associated with insulin resistance. Symptoms of Multiple Sclerosis that are also symptoms of magnesium deficiency include muscle spasms, weakness, twitching, muscle atrophy, an inability to control the bladder, nystagmus (rapid eye movements), hearing loss, and osteoporosis. People with MS have

higher rates of epilepsy than controls. Epilepsy has also been linked to magnesium deficiencies

Another good list of early warning symptoms suggestive of magnesium insufficiency:

- **Physical and mental fatigue**
- **Persistent under-eye twitch**
- **Tension in the upper back, shoulders and neck**
- **Headaches**
- **Pre-menstrual fluid retention and/or breast tenderness**

Another good list of early warning symptoms suggestive of magnesium insufficiency:

- **Low energy**
- **Fatigue**
- **Weakness**
- **Confusion**
- **Nervousness**
- **Anxiousness**
- **Irritability**
- **Seizures (and tantrums)**
- **Poor digestion**
- **PMS and hormonal imbalances**
- **Inability to sleep**
- **Muscle tension, spasm and cramps**
- **Calcification of organs**
- **Weakening of the bones**
- **Abnormal heart rhythm**

But wait a minute, aren't those the same symptoms for diabetes? Many people have diabetes for about 5 years before they show strong symptoms. By that time, some people already have eye, kidney, gum or nerve damage caused by the deteriorating condition of their cells due to insulin resistance and magnesium deficiency. Dump some mercury and arsenic on the mixture of etiologies and pronto we have the disease condition we call diabetes.

Magnesium deficiency is synonymous with diabetes and is at the root of many if not all cardiovascular problems.

Magnesium deficiency is a predictor of diabetes and heart disease both; diabetics both need more magnesium and lose more magnesium than most people. In two new studies, in both men and women, those who consumed the most magnesium in their diet were least likely to develop type 2 diabetes, according to a report in the January 2006 issue of the journal Diabetes Care. Until now, very few large studies have directly examined the long-term effects of dietary magnesium on diabetes.

Dr. Simin Liu of the Harvard Medical School and School of Public Health in Boston says, “Our studies provided some direct evidence that greater intake of dietary magnesium may have a long-term protective effect on lowering risk,” said Liu, who was involved in both studies.

The thirst of diabetes is part of the body's response to excessive urination. The excessive urination is the body's attempt to get rid of the extra glucose in the blood. This excessive urination causes the increased thirst. But we have to look at what is causing this level of disharmony. We have to probe deeper into layers of cause. The body needs to dump glucose because of increasing insulin resistance and that resistance is being fueled directly by magnesium deficiency, which makes toxic insults more damaging to the tissues at the same time.

When diabetics get too high blood sugars, the body creates “ketones” as a by-product of breaking down fats. These ketones cause blood acidity which causes “acidosis” of the blood, leading to Diabetic Ketoacidosis (DKA). This is a very dangerous condition that can lead to coma and death. It is also called “diabetic acidosis”, “ketosis”, “ketoacidosis” or “diabetic coma”. DKA is a common way for new Type 1 diabetics to be diagnosed. If they fail to seek medical advice on symptoms like urination, which is driving thirst they can die of DKA.

Oral magnesium supplements reduce erythrocyte dehydration. In general, optimal balances of electrolytes are necessary to maintain the best possible hydration. Diabetic thirst is initiated specifically by magnesium deficiency with relative calcium excess in the cells. Even water, our most basic nutrient starts having a hard time getting into the cells with more going out through the kidneys.

Autism and Magnesium Deficiency

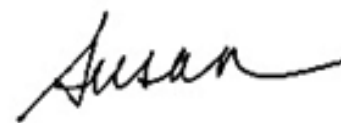
When dealing with autism spectrum and other neurological disorders in children it is important to know the signs of low magnesium: restless, can't keep still, body rocking, grinding teeth, hiccups, noise sensitive, poor attention span, poor concentration, irritable, aggressive, ready to explode, easily stressed. When it comes to children today, we need to assume a large magnesium deficiency for several reasons.

1) The foods they are eating are stripped of magnesium because foods in general, as we shall see below are declining in mineral content in an alarming way.

2) The foods many children eat are highly processed junk foods that do not provide real nutrition to the body.

3) Because most children on the spectrum are not absorbing the minerals they need even when present in the gut. Magnesium absorption is dependent on intestinal health, which is compromised totally in leaky gut syndromes and other intestinal problems that the majority of autism syndrome disorders.

4) Because the oral supplements doctors rely on are not easily absorbed, because they are not in the right form and because magnesium in general is not administered easily orally.



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Mansmann Foundation Small Business Owner Group Thrives in Hazelwood

By Hannah Clark

Hazelwood has been fertile ground for gatherings of small business owners, including Dianne Shenk and her assembly of agriculturally savvy locals. In 2012, the group began unearthing the challenges that food service and other small businesses faced in Hazelwood, such as the lack of appropriate spaces for brick and mortar stores. This issue was familiar to Shenk, who in 2014 rented a vacant lot from the Urban Redevelopment Authority where she parked her hay wagon Farm Stand before opening Dylamato's Market at 5414 Second Ave. in 2016.

Shenk's original gathering of entrepreneurs eventually split in two, with one group focusing on agriculture and the other on small business. The latter caught the attention of Joe Calihan and Barb Moore, the founder and President, respectively, of the then newly established Mansmann Foundation, a nonprofit organization that helps entrepreneurs build strong businesses through peer support. Moore cultivated the group's focus on business-related topics by finding guest speakers and planning agendas for subsequent meetings.

In 2015, Moore formally established the group as Mansmann's very first "pod," a forum of entrepreneurs that nurtures trust and authenticity between members, enabling small business owners to share their challenges and work collaboratively to find solutions. Every pod meets in their respective neighborhood once a month, is moderated by a facilitator, and explores different topics pertaining to business such as financial fitness, hiring employees, and effective marketing.

Early members of the Hazelwood Pod, including Three Rivers Village School, Floriated Interpretations, Boone Ink, Dylan Rooke Cultural Worker, and J's Bible T's, keep the group grounded and prosperous. Shenk comments, "The pod gives me a space to evaluate what I'm doing, set some concrete goals going forward, and listen to other small business owners think their way through similar issues and situations."

"I would use the words 'brave pioneers'...they're making the things that aren't there," says current Hazelwood Pod facilitator Terry Do-

loughy, principal of BOSS consulting.

Doloughy is among a diverse group of experienced small business owners who moderate fourteen additional pods that thrive around Pittsburgh, covering neighborhoods from Charleroi to New Kensington.

If you are interested in joining a group of other small business owners working together, contact Catherine Jones at cjones@mansmannfoundation.org or 412-225-1354.

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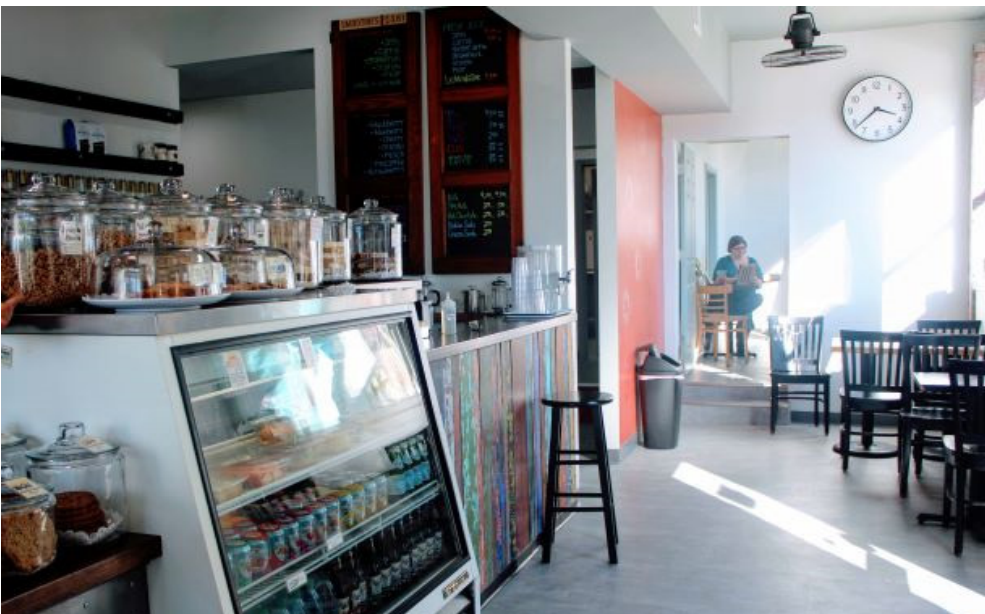
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Café 61Z - Continued from Front Page

All photos by Bridget Fertal



Greater Hazelwood Prayer Initiative Continues with Walk, Hotline

By Mary Bartol

Everyone who attended Hazelwood's most recent prayer walk was very kind. There were tents with chairs and three intelligent pastors with relevant sermons. There will possibly be one more walk before the end of the year, depending on weather.

However, The Greater Hazelwood Prayer Initiative is working to establish a Prayer Line in order to "keep folks connected and their prayers shared with fellow residents during the isolated winter months."

A meeting will be held for this initiative on Thursday, November 14th from 6:30 -7:30 p.m. at the library. Regular Prayer Walks will return in early Spring, so please keep an eye out for this information in the coming months.



Pittsburgh Fish & Chicken Lands on Second Ave



Photos: Bridget Fertal

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