

The Homepage

Serving the communities of
Greater Hazelwood • Greenfield • 31st Ward • New Homestead • The Run



4901 Second Avenue
Pittsburgh, PA 15207

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Organization
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September 2019

New Elizabeth Street Park Mural Brings *Time Travelers* to Hazelwood

City of Pittsburgh Press Release

The Public Art and Civic Design Division, in collaboration with Trying Together and the Playful Pittsburgh Collaborative, are pleased to present *Time Travelers*, a new public art project in the recently renovated Elizabeth Street Park in the Hazelwood neighborhood of Pittsburgh. This vibrant mural by artists Edith Abeyta and Sandy Kessler Kaminski explores the Hazelwood community's connection with time, place, and the continuous journey of being part of a neighborhood.

On January 14th, 2019, the Public Art and Civic Design Division and the Office of Management and Budget released a Request for Proposals to solicit artists, artist collectives, and designers for a mural on the Elizabeth Street embankment facing the park. Applicants were asked to propose concepts that encouraged



Photo: Katie Hores

education, playfulness, and interaction. A City Committee evaluated the projects under a scoring system that took into consideration the overall concept of the project with regard to creativity, innovation, aesthetics, and material

presence; the applicant's qualifications, experience, and references; their connection to the neighborhood; and the cost proposal. The highest score went to Abeyta and Kaminski, who were awarded the commission.

Abeyta and Kaminski's vibrant design references a game board and depicts the historical and contemporary journey of Hazelwood and its residents. Community members were asked to contribute significant events and key concepts from the history of the neighborhood to be incorporated into the design, which traces the community's story from the days of the First Nations through the present day.

Located on the corner of Roma Way and Gloster Street, adjacent to a Ka-BOOM! community-built playground, the Elizabeth Street Park was revitalized thanks to a grant from The Heinz Endowments. The location of the park was selected to help bridge the division created by the train tracks that split Hazelwood.

Continued on Page Eight

Neighbors of Historic Woods House Excited by Renovations to Future Scottish Pub

By Katie Hores

As an exceptionally unique part of Hazelwood, the John Woods House has been around for centuries, continuing to gain much attention. The Woods House has been an essential part of Hazelwood, as it is one of the oldest houses in Pittsburgh. Located at 4604 Monongahela Street, The Woods House was built in 1792 and continues to be an important part of the community.

The URA began accepting proposals to redevelop the house three years ago. In December 2018, after Krish Pandaya went through the URA's community process, he gained approval to buy the building. Over the past few months, contractors have been working on renovating the house for opening. During the process of revamping the Woods House, a steering committee of Hazelwood residents was created to involve the community more.

Gwen Dunn and Juanita Godfrey are two residents on this committee. They both expressed that their time working with the developer has been a great experience. Dunn states, "Personally, my experience has been a great one because being right here across the alley from the Woods House, I'm able



to see the work in progress. I'm able to watch as they proceed with getting this building together. I can see the development. I can see that progress. I think it's going to be an added benefit to the community." To the residents, the house means a lot, and involving the community plays a considerable role. As Dunn says, "we're looking at the prospect of community residents being hired there, participating in any events that belong there and the overall use of

the Woods House to be offered for community events."

Godfrey adds that the house will be beneficial as it will give Hazelwood residents employment opportunities. The owners have been very helpful with involving and working with people in the neighborhood. "I liked the way the investors cooperated with us, and agreed with us on the concerns that we had. They agreed to have specific hours to work with us to take our con-

cerns seriously and put them into writing," Godfrey states of her experience.

One concern that Dunn spoke on was the hours of the pub affecting church service hours at St. John the Evangelist Baptist Church. During meetings, it was brought up for discussion and the owners made sure that the hours do not coincide with hours of service. Hazelwood Initiative's Board of Directors have been working closely with the steering committee to address the concerns of the community and work on ways for the developers to fix those concerns.

As renovations continue, anticipation for the opening of the Woods House remains. Godfrey excitedly exclaims, "I think that when the finished product is done, it'll be very nice. I think it's going to be a nice place. I think it's going to have a nice view of the city and help to showcase Hazelwood a little." The Woods House will undeniably be a wonderful way to highlight the beauty of the community. Don't forget to stop by once it's completed!

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

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Layout

Alfred DiRosa

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Hazelwood Initiative, Inc.
4901 Second Avenue
Pittsburgh, PA 15207
(412)421-7234
adirosa@hazlewoodinitiative.org

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



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.

Prayer Walk Comes to Hazelwood

By Gerri Tipton

When you think of a prayer walk, you think of a local community coming together to give praise to God and pray with one another. That is exactly what comes to mind by local Hazelwood resident June Jeffries, a pastor at New Life Church in Apollo, PA. "I believe God answers prayer and prayer works, and that is our directive, to pray," says Jeffries.

The prayer walk was an idea brought up when Jeffries had the opportunity to speak to the Hazelwood revival that happens every year at the gazebo located on the corner of Johnston and Second Avenue, run by the Marsden Block Club. This revival brings together a number of pastors in the city of Pittsburgh to Hazelwood for praise and worship.

"Every year we have this outdoor revival and it really is a blessing to me because I know when people in the committee honor the anointing that is in your life and invites you to preach, they still see something in you," Jeffries quoted. Even though she was unprepared for her speech, Jeffries thought there wouldn't be a better idea than to bring everyone to prayer.

"The Lord said, tell them to pray. It's time for us to pray; not just to say we're praying for you or we need to pray about it, but to be intentional and deliberate and pray."

It wasn't too long after the revival that the idea was brought up about having a prayer circle. According to Jeffries, a lot of people gravitated towards the idea and were ready to get on board with creating the project. Pastors from different churches challenged their congregations to come out and become more intentional with prayer in the community, on the streets, and being seen in the community prayer. That is when the plan for the prayer walk started to take place.

A meeting was set up at the Carnegie Library in Hazelwood where people from different churches came together to organize the first prayer project for Propel Hazelwood. "We were able to go around the building and declare the word of the Lord that

our children would not be in a toxic and hostile environment, that the faculty and staff be relaxed and remember what they were trained and prepared to do," Jeffries said.

After the prayer walk at Proper Hazelwood became successful, Jeffries and the other pastors involved decided that the next step would be to take the prayer walk all throughout the Hazelwood community. "We want to invite the community from all walks of life to come out and be a part of this body that says we want the change to come from Heaven to Earth, then from Earth to Heaven," says Jeffries. The change from the community comes from the mindset to change. The prayer walk was created so that everyone would come together to not only make peace with the community, but peace within themselves.

"There is enough faith in this community to turn it upside down," said Jeffries. "Hazelwood was always one of those family communities." And because Hazelwood is known as a family neighborhood, the prayer walk would help the community as a whole by reminding everyone to come together as a family. "We need to change not only our literal atmosphere, but we need to change our spiritual atmosphere, and prayer changes the atmosphere," said Jeffries.

The prayer walk is set to take place on Saturday, October 5th from 2:30-4:30 p.m. at four different locations, including the Kaboom Playground (Lytle St), the business district (Second Ave), Morningstar Memorial Park in Glenwood, and the Glen Hazel gazebo, located across from the high rise towers on Second Ave. There will be a meeting for the prayer walk on Thursday, September 26th at the Hazelwood Library from 6:30-7:30 p.m., where all are invited to attend. Jeffries asserts, "The prayer walk is about changing the community from the spiritual perspective so that we are stronger together."



Greater Hazelwood Prayer Walk

Join the Greater Hazelwood Prayer Initiative as we walk our community with prayer.

Saturday October 5, 2019 2-4:45pm

There will be 4 prayer locations. 30 minutes at each location

Meet us at all/any location

1. Hazelwood Business District (start at Library)
2. Kaboom Park at Elizabeth Street Bridge
3. Glen-Hazel Gazebo (across from High Rise) Johnston
4. Morning Star Memorial park

Rain Date October 12, 2019 same times

All are welcome to join us as we pray for protection and provision and purpose over our community and all that live and work or attend schools here.

Contact: jjeffries339@aol.com OR juan-ita52@comcast.net



Community Houses of Worship

St. Stephen Parish

5115 Second Avenue
412-421-9210

Church of the Good Shepherd Episcopal

2nd & Johnston Avenues
Rev. Huett Fleming 412-421-8497

Keystone Church of Hazelwood

161 Hazelwood Avenue
Rev. Tim Smith 412-521-3468

First Hungarian Reformed Church of Pittsburgh

221 Johnston Avenue
Rev. Ilona Komjathy 412-421-0279

St. Paul's Lutheran Church

5319 Second Avenue
Rev. Susan Schwartz 412-521-0844

Hazelwood Christian Church

118 Glen Caladh St. 412-421-9908

Morningstar Baptist Church

5524 Second Avenue
Rev. Malachi Smith 412-421-6269

St. John The Evangelist Baptist

4537 Chatsworth Avenue
412-521-0994

Greater Pittsburgh Fountain of Life

247 Johnston Avenue
Bishop Gerald Loyd 412-422-8794

St. John Chrysostom Byzantine Rite Church

506 Saline Street 412-421-0243

St. Rosalia's Catholic Church

411 Greenfield Avenue
Rev. Joseph Reschick 412-421-5766

Squirrel Hill Christian Church

290 Bigelow Street 412-521-2447

Holy Angels Parish

408 Baldwin Road
Rev. Robert J. Ahlin 412-461-6906

Warriors of Holiness in Power (W.H.I.P. Ministries)

1174 Mifflin Road
412-461-5572
Pastor James and
Apostle Denise Samuel
www.whipministries.com

Praise Temple Deliverance Church

5400 Glenwood Avenue
Pastor Dennis Curri 412-422-1637

Mary S. Brown - Ames United Methodist Church

3424 Beechwood Blvd.
412-421-4331

What's Up?

Community Notices for Greenfield, Hays, Hazelwood, New Homestead and Lincoln Place

Greenfield Presbyterian Church

Is on the move!

Call 412-223-7863 or email
greenfieldpc@gmail.com for
our schedule.

Hazelwood Christian Church

Committed to God's Word in Christ,
and God's Word in Scripture

118 Glen Caladh Street
412-421-9908

Service Schedule

Sunday School - 9:00 AM
Worship - 10:00 AM

Wednesday Night Bible Study - 7:00 PM

Visit our Website:

www.hccpittsburgh.com

St. John the Evangelist Baptist Church

4537 Chatsworth Avenue

"Just For Today" Nar-Anon Meeting

For family and friends whose loved ones suffer from Drug Addiction. Wednesdays at 6:30 PM, First Hungarian Reformed Church, Calvin Hall. Contact Cindy 412-421-7076.



Bringing new life to all walks of life

1120 Greenfield Avenue
Pittsburgh, PA 15217
(412) 421-7101 Office

Pastor Mark K. Richardson
E-mail: newlifechurchofgod@verizon.net
Web: www.nlcogpgh.com

WEEKLY SCHEDULE

EPICS Classes Sunday, 9:00 AM-10:00 AM
Sunday Service Sunday, 10:30 AM
Noonday
Prayer Meeting Wednesday, 12:00-1:00 PM
Celebrate Recovery Friday, 7:00 PM

For New Believers and those
who want a tune-up:



Next Step Discipleship

"Giving Direction To New Believers"

www.nextstepdiscipleship.org

Text: NEXT To: 96362

Mary S. Brown-Ames United Methodist Church

3424 Beechwood Boulevard
Jeffrey Lukacs, Pastor

"The church with the bright red fence"

Sunday Service 10:30 AM

Bible Study every Thursday: 7:30 PM

www.brightredfence.org

New Light Congregation

A Conservative Jewish Congregation

5915 Beacon St,
Pittsburgh, PA 15207
412-421-1017

Friday Evening - 7:30 PM

Followed by Oneg Shabbat

Saturday Morning - 9:45 AM

Followed by Kiddish

Sunday Minyan - 9:15 AM - Held after

Sukkot through the Sunday of April

Hazelwood YMCA Food Pantry

Located at St. Stephen's School
134 E. Elizabeth St. • 412-421-5648

You must bring a Photo ID every pick up!

Mansmann Foundation and Hazelwood Initiative's Peer-To-Peer Mentoring Pod for Small Business Owners

3rd Monday of every month at 5:30-7:30 PM at the PAYCE office (located beneath the Hazelwood Carnegie Library - please use the Library entrance)

Please contact us for details at:

smallbusiness@mansmannfoundation.org

Call 412-733-6192 or visit our website:

www.mansmannfoundation.org

Interest-Free Loans for Large Expenses

Hebrew Free Loan, a nonprofit based in Greenfield that offers 0% interest loans up to \$10,000 on a nonsectarian basis.

Loans are for large expenses including home repair, car purchase or repair, tuition, small business, medical or dental expenses, credit card consolidation, and fertility/adoption. Find more information at hflapgh.org or by calling 412-422-8868.

Let Us Know What's Up!

The Homepage

5344 Second Ave.,
Pittsburgh, PA 15207

Email:

adirosa@hazelwoodinitiative.org

St. Stephen Parish

5115 Second Avenue
Pittsburgh, PA 15207
412-421-9210

email: saintstephen@verizon.net
<http://www.ststephen-hazelwood.org/>

Fr. Daniel L. Walsh, C.S.Sp
Deacon Thomas Berna

Parish Office Hours

9:00 AM to 2:00 PM

Monday thru Thursday

Phone: (412) 421-9210

Religious Education Office

Phone: (412) 421-4748

Sunday ONLY - preK-8)

St. Stephen Pastoral Center/Spartan Center

134 E. Elizabeth Street

rose.velgich@ststephen-hazelwood.org

Weekend Mass Times

Sunday 9:30 AM

Confessions: Sunday 8:45 AM

or by appointment

Daily Mass Times

Monday and Wednesday 10:00 AM

Pastoral Staff

Administrator:

Rev. Kris D. Stubna, S.T.L.

Parochial Vicar:

Rev. Adam Potter, S.T.L.

Parochial Vicar:

Rev. Daniel Walsh, C.S.Sp.

Deacon:

Deacon Thomas J. Berna, Ph.D.

Rose Velgich, Religious

Education Coordinator

Advocates for Persons with Disabilities

John Tague and Carla Menosky

Denise Motta, Parish Secretary



The Church of the Good Shepherd

Second & Johnston Avenues

Principal Service
Sundays 10:00 AM

Children's Sunday School
10:00 AM

Healing Service-Monthly
Bible Study-Weekly

A church of the
Anglican Communion

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, September 10
7:00 PM - 8:00 PM

Lincoln Presbyterian Church
1202 Muldowney Ave
Pittsburgh, PA 15207

*Monthly meetings every 2nd Tuesday at 7 PM in the Social Hall of LP Presbyterian Church. Enter on Cooley Way.

Farmer's Market
Tuesday, September 24
4:00 PM - 6:30 PM

Lincoln Presbyterian Church
1202 Muldowney Ave
Pittsburgh, PA 15207

Fresh, locally farmed fruits & vegetables, vendors, and food trucks!

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

31st Ward's Trash to Treasure Flea Market

"Something for everybody!"

October 12, 2019 (9am-2pm)

Lincoln Place Presbyterian Church (1202 Muldowney Ave, 15207)

Refreshments, Bake Sale,

50/50 Raffle, & Gift Basket Auction

\$20 to reserve a table at the Flea Market

To RSVP, donate, or ask questions

call 412-462-6148

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



Pittsburgh Honey
Abeille Beauté

The 31st Ward's
Farmer's Market
August 27, 2019

Don't miss the
last one
of the year:
September 24
4:00 - 6:30 PM



Dee's Delights

Vendors, food
trucks, local
produce, indoor
restrooms, and
outdoor seating!

Presented by
31st Ward CAG



Pip's & Lola's Everything Homemade



Mon-Oak Mobility Project: Open Letter to DOMI from Residents of the Run

Dear Ms. Ricks,

At the June 20 public meeting about the 4 Mile Run Stormwater Improvement Project and Mon-Oakland Mobility Project, residents had many open or unanswered questions. We are posting those questions on our website (junctioncoalition.org), compiled from several neighbors in The Run, in this open letter. You also received a copy of these questions at the meeting.

Question #8 references a document from the URA, which you asserted in the meeting does not exist. The document was acquired through a Right to Know request submitted on December 5, 2018. It clearly shows that the URA's vision for the stormwater project provides that "major transportation options under discussion" should take precedence. This contradicts repeated public statements from you and other officials, and raises serious concerns for us because of our neighborhood's flooding problem.

Residents have been pleading for many years with city officials to address the stormwater and sewage flooding their streets and homes, which can be seen in these photos.

Multiple experts in the fields of infrastructure and stormwater management have told us that forcing a roadway into the stormwater plan is likely to harm flood control. As PWSA Chief of Program Management Alex Sciulli stated in your joint presentation at the June 20 meeting, development—which replaces green space with hard surfaces such as asphalt that don't absorb rainwater—is a major cause of the flooding we've experienced.



If you read the April 22, 2019 *Post-Gazette* article "City officials, residents, disagree on transportation service from Hazelwood to Oakland," you'll see that unnamed city officials admit there was no funding or plan for flood control until after residents learned of the proposed roadway in the August 2015 *P-G* article "Pittsburgh seeking money for transit link between Oakland, Hazelwood development," and strongly objected.

As you have had our questions below since June 20, we expect and would appreciate full and complete responses to each one. Again, please also find our questions posted on our website: junctioncoalition.org

Sincerely,

Residents of The Run & Supporters
junctioncoalition@gmail.com



Sweat Lodge Earth

We are part of the living Earth, Gaia, going through historic change. This time of transition to a new age has been described in Hopi prophecy as The Great Purification. With the greenhouse effect, Earth is sweating. We have been cutting down the forests for thousands of years. The deserts that exist now are almost entirely human-made. The Fertile Crescent now has vast areas of desert.

When a person has a fever, that heat and sweat serve to purify the body of bacteria and viruses. Similarly, Earth at rising temps is serving to rid it of species no longer needed for this new age we're going into. Many animals and plants are going extinct now. Many people are dying, too. Some scientists are predicting human extinction, but I don't think that's going to happen. And, even if it's true, that's no excuse to stop working for a better future for life in general.

Given the likelihood of continuing rising temperatures, some urban farmers are valuing the shade given by nearby plants. What may look like an overgrown and messy garden may actually be a permaculture site, a thoughtful attempt to allow Nature more decision-making leeway to decide what plants to grow where.

Big changes are coming to Everybody's Garden. We will be making it much neater. Volunteer help is always welcome. We have a new composter now to replace the improvised ones I've been using, and I'm campaigning for support to build a much larger enclosed compost bioreactor, which would safely process organic material faster and without any laborious turning. We've envisioned a picket fence, grape arbor, new bench and picnic table, and walkway made of paving stones, and an area under the shade of the trees to sit.

Convinced as I am that the Universe is being run by some Intelligence with a plan, I am not engulfed in discouragement at all the disasters, conflicts, and suffering on the planet. With the right attitude we can work together to make things better, a Heaven on Earth, even. The catastrophes are coupled with greater communication and cooperation possible, along with new ideas and inventions.



Photo: Katie Hores



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

GET READY FOR THE THIRD ANNUAL PITTSBURGH GARBAGE OLYMPICS

SATURDAY
SEPTEMBER 21ST 9AM-11AM

HAZELWOOD MEETING PLACE:

St. Paul's Lutheran Church
5319 Second Ave
Pittsburgh, PA 15207

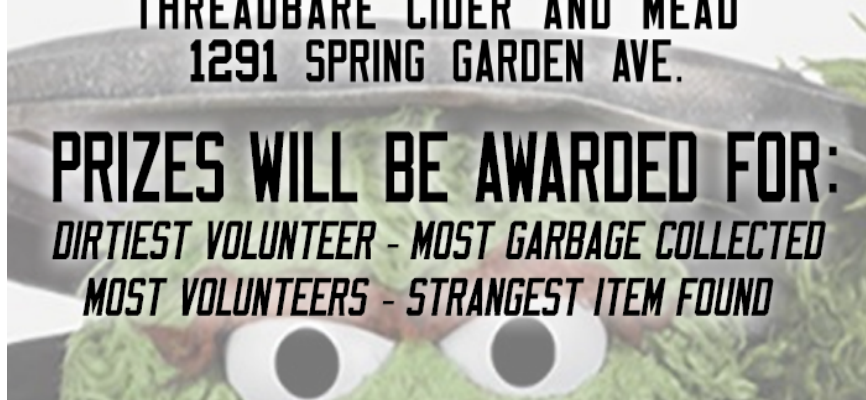
AT 9AM

FOR MORE INFO CONTACT: Hazelwood Initiative
412-421-7234

CLOSING CEREMONY AT 12:00PM
THREADBARE CIDER AND MEAD
1291 SPRING GARDEN AVE.

PRIZES WILL BE AWARDED FOR:

DIRTIEST VOLUNTEER - MOST GARBAGE COLLECTED
MOST VOLUNTEERS - STRANGEST ITEM FOUND



THE RUN ACTION TEAM MEETING

September 9

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.

Free Veggies at the Glen Hazel Community Garden!

This garden is available to residents of the Glen for growing their own food! Contact the Urban Ag Team at the Hazelwood Initiative office to find out more: 412-421-7234.



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)521-4330
- C&D's Kitchen.....(412)224-2658
- Carpets & Things.....(412)401-8049
- Christian Cleaning Services..... (412)781-5989
- Colwell Automotive.....(412)422-0632
- Corcoran Floors.....(412)422-5817
- Dylamato's Market..... (412)521-1351
- Easy Does It Lawn Care.....(412)708-3586
- 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
- Jimmy Cohen Plumbing, Heating,
and Mechanical..... (412)421-2208
- John D. O'Connor & Son
Funeral Home..... (412)521-8116
- Jozsa Corner Hungarian Restaurant....(412)422-1886
- K & T Cleaning.....(412)337-7903
- Key Bank.....(412)422-7420
- Kruszka's Auto.....(412)521-8911
- Lytle Café..... (412)421-4881
- Mo'Naes Hair Studio..... (412)421-6662
- Odell Minniefield Construction
and Services..... (412)421-2185
- Phyl's Cleaning and Décor..... (412)708-3586
- The Pittsburgh Stop.....(412)969-7488
- Reed's Sweet Treats..... (412)449-9338
- Reneé Roma Personal Training..... (412)443-6957
- Rite Aid.....(412)421-6948
- Smuts Brothers Debris Removal.....(412)512-7739
- We Care Chiropractic.....(412)521-8890
- Webster Electric..... (412)290-1112

Arts and Culture

Time Travelers - Continued from Front Page

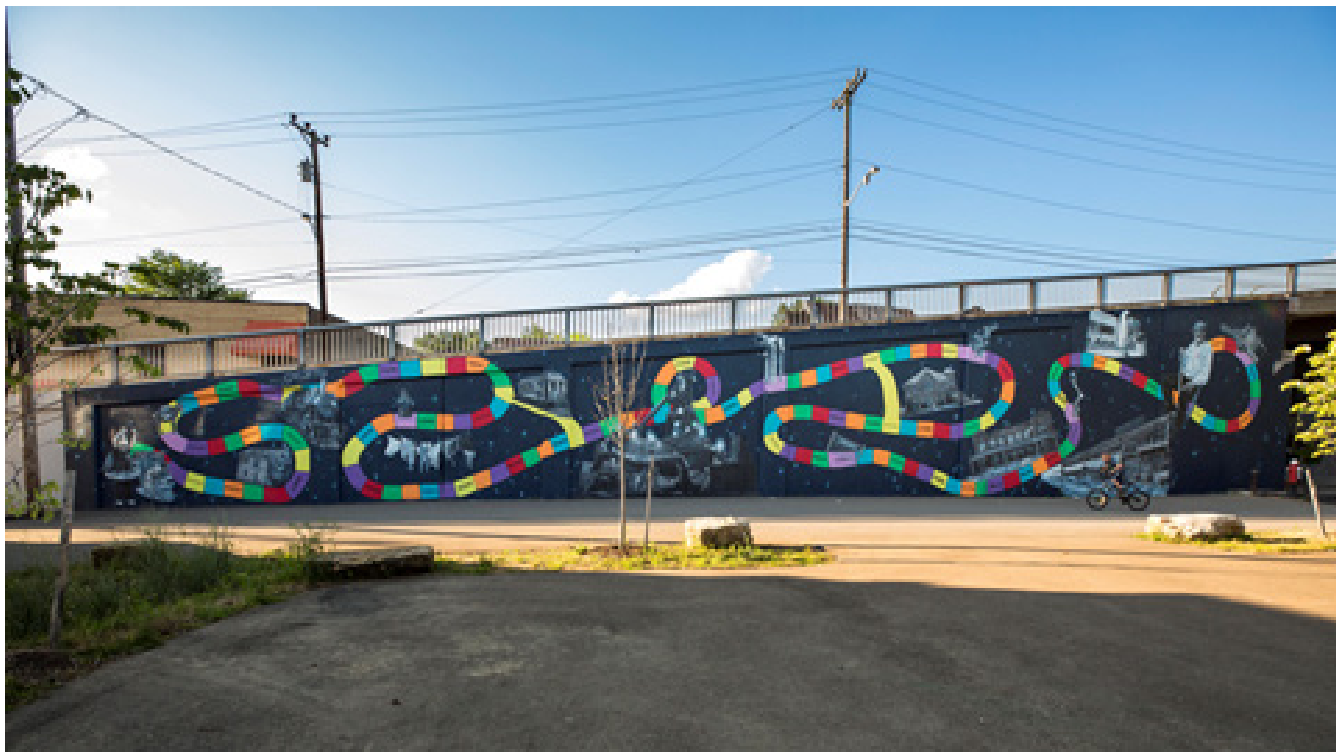
The Playful Pittsburgh Collaborative and Trying Together worked in partnership with the City of Pittsburgh's Department of Public Works, Department of Mobility and Infrastructure, and the office of Councilman Corey O'Connor.

The Playful Pittsburgh Collaborative and Trying Together will be celebrated the official opening of the Elizabeth Street Park in Hazelwood on Wednesday, August 28. The festivities included a mural unveiling and ribbon cutting ceremony, featuring music from the Center of Life's KRUNK program, food, games, and Hazelwood-relevant information tables.

For questions about the public art project, contact:

Tony Cavalline
Public Art and Civic Design Division
Department of City Planning, City of Pittsburgh
(p) 412.255.8996
(e) anthony.cavalline@pittsburghpa.gov

For questions about Playful Pittsburgh, contact:
Sarah Siplak
Director, Playful Pittsburgh Collaborative
(p) 412.421.3889 x 115
(e) sarahs@tryingtogether.org



Above photo courtesy of City of Pittsburgh

Below photos by Katie Hores



Annual 4th River Music Fest on a Hill in Hazelwood

By Alyse Richmond

From Friday, August 16th – Sunday, August 18th, OWL Hollow, once again, hosted the 4th River Music Festival; a weekend of independent music, art, poetry, food, workshops and zines. OWL (One World Love) Hollow is a performance and event venue, as well as a healing arts space nestled on Nansen Street along Hazelwood's Greenway. It is home to members of Pittsburgh's 4th River Music Collective and the OWL Natural Native Reserve, which strives to reconnect people with nature.

Barefoot fest-goers traipsed the property on the slope of Nansen above concrete stairs with traditional Pittsburgh-turquoise handrails. From stages made of pallets, rugs and tarps, spoken word filtered through the trees as an irresistible border collie puppy wooed everyone around it. Music began at 11 a.m. Metal, punk, folk, and psychedelic songs played throughout the afternoon and into the night, interweaving with poetry and dancing. Over 30 different artists from Pittsburgh to New Orleans to Washington state shared their music. There were even a few open mic spots for those feeling impulsive.

People perused tables of art, music and handmade wares, while some participated in workshops—this year's topics ranged from Meditative Mandala Making and The Art of Tarot to self-defense and a plant ID walk. Bottled water and fare such as pasta, fresh vegetables and potato salad comprised most of the house offerings and were delicious and refreshing. The Collective always does their best to provide food for everyone but bringing a potluck item to share is much appreciated. Attendees are also encouraged to chip in by picking up trash, washing dishes and so forth, though it's certainly not frowned upon if you're just there to relax and have a good time.

Performers of note included Boston-based bluegrass soul-punk group, Troll 2, and Pittsburgh native folk band, The Hills and the Rivers. Both bands held the audience in states of awe one moment and had them wildly singing and dancing the next. Fiddles, washboards, horns, and lyrics of protest echoed through the streets while a sea of people kept a beat, jumped and laughed. The damp summer air, swaying strands of string lights, and

palpable happiness of the crowd is an unforgettable shared experience, no matter your taste in music.

OWL Hollow and the 4th River Music Collective want to inspire attendance by locals and out-of-towners alike. All are welcome and free to simply be themselves, so long as they're kind to each other. Fest tickets are \$25 per person for 3-day entry and camping for the duration, or \$10 per person for 1-day entry only. All proceeds go to touring bands and operation expenses. The Collective often provides volunteer opportunities at the event in lieu of payment for those who can't afford the entrance fee. The event is BYOB with a designated area in to the back for drinking, a.k.a. "Booze Jail."

The rest of the space is alcohol-free. Dogs are welcome and overnight camping is permitted on and around the OWL Hollow property. OWL Hollow is not easily accessible to the disabled, so if you plan to attend next year and require accommodations (or if you have additional questions), feel free to message the 4th River Music Collective ahead of time via Facebook at [facebook.com/4thrivermusiccollective](https://www.facebook.com/4thrivermusiccollective). This is a truly unique indie festival to keep an eye on in years to come. Also, save the date of Saturday, November 2 for the Collective's fall festival full of food, music, magic and circus acts!



Photos: Alyse Richmond

Health & Lifestyle

The Importance of Self-Care

By Gerri Tipton

Have you ever heard someone say, "It's okay to be selfish"? What do you think they mean when they make that comment? Well, let's first look at what the definition of selfish is. According to Webster's dictionary, it is "lacking consideration for others." But would that definition mean the same thing if it came to putting yourself first, taking care of yourself, learning how to say no, or thinking about your mental health and sanity? This is exactly what comes to mind when someone says to me, "It's okay to be selfish."

Most of us work a typical 8-hour workday shift, whether it's 6-2, 8-4, 9-5, 12-8, etc. Then you have some people like me who work multiple jobs and have no time for themselves. You wake up early in the morning, get ready for work, then from that job go to another job for about 4 more hours, come home (maybe eat), clean, shower, pack your lunch—basically prepare for the next day. You see this repeating pattern 5 to 6 days a week. Then comes Sunday, your only day off, and you are still running around doing stuff. Suddenly, your alarm for 5:30am is going off to wake you up on Monday morning, and

you're back to your daily routine. Boring.

Notice how I didn't mention free time, such as hanging out with friends, doing something for yourself, or catching up on that TV series you've been dying to watch (or even catching up on sleep)? No, because you don't have time for that, right? You have to work! My mother would always tell me not to be in a rush to become an adult when I was kid. I never understood what she meant by that. Now I know.

So how can you take care of yourself while still being a busy adult? There are plenty of ways, it's just that you have to find what is right for you. Most people, like myself, always claim we don't have the time to do anything because of our hectic schedules, and that can very well be true, but it's all about making the time for ourselves, which is something we don't do enough of. Here are some techniques I'd like to share with you that I recently started doing for self-care and perseverance.

I work 6 days a week. My work schedule is typically from 6:30-3 for one job, and 3:30-7:30 for the other job. I come home and get ready for the next workday. My goal is to try to get to bed by 9:30 at night, so that I can at

least get 8 hours of sleep. I have to put myself on a strict schedule so that I can be prepared for the next day. Before I go to bed, I put my phone on "do not disturb" and either catch up on TV or read a book for about an hour. This will help ease your mind instead of constantly looking at your phone, scrolling through social media, or whatever else. As a millennial, I know how it is to be on your phone all the time, but sometimes you need a break from that for just a few hours.

Treat yourself to a "me day." You work so hard, you deserve it. Your "me day" can include anything you want. You can take yourself out to lunch, the movies, take a walk, go shopping, get that massage you've always wanted, but treat yourself to something. This can also be substituted as a lazy day. Cut everything off for that day just to focus on you.

Meditation and inspirational shows or podcasts are my go-to now. Every morning I wake up and take a deep breath, thanking God for waking me every morning. Then, once I get to work, I listen to Bishop T.D. Jakes sermon and other podcasts to lift my spirits. When you have this type of motivation, your mind is at ease. You are calm and

your body will start to relax, and you'll feel so much better about yourself, and pumped to start your week.

One other thing I suggest is traveling. Now I know this takes up a lot of time and money, and I'm not saying you have to go out of the country (only if you want to). But treat yourself to a weekend-long vacation, even if it's just a couple hours away. I saw a post online citing studies that say traveling makes us happier than any material wealth. Recently, I started loving to travel more and more, and make it my duty to go somewhere every year. Spending time in another city or country will give you that mental break you need to escape from reality for that period. Your money will come back, but your time won't.

Get yourself in physical shape! The reason most of us are so tired all the time is because we don't take care of our bodies enough. Most gym memberships now are cheaper than they were before, but if you don't have the time or the money to go, work out in the comfort of your own home. There are plenty of exercise videos you can do for free, for at least a half hour a day. This will boost your physical energy and make you feel good mentally.

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(412)521-9812
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St. Paul Evangelical Lutheran Church

5319 Second Avenue
(412)521-0844
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1st Tuesdays, food boxes for seniors

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One last thing I want to point out is learning how to say no. You don't have to do every little thing just because your friends are doing it, or because you may be missing out. There are times where you just won't feel like doing anything, and that is ok. I'm not saying to not make time for your friends every now and then, because you do need that time to unwind and spend time with friends and family.

But if there is a time where your friends want to go out for a movie or dinner, and you're too tired or don't want to, then don't. This is time that you need for yourself for your self-care process and, unfortunately, some people may not understand that. Besides, there is always next time! There are plenty of other ways you can manage self-care, but it's all about what works for you.

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Acetyl-Glutathione Benefits Demand Your Attention!



Speaking of synergy, adding CoQ10 (or Ubiquinol if over 40 years of age), which benefits cellular energy production, is an excellent idea. It is particularly useful for individuals with heart issues or those who want to help prevent heart disease. CoQ10 benefits range nearly as wide as the benefits of Acetyl-Glutathione. When taken together, they can not only dramatically improve your health and wellbeing, but increase stamina, cognitive function and make you feel years younger.

Dear Friends,

Acetyl-Glutathione is becoming a hugely popular supplement since its very recent discovery. This supplement allows people to effectively increase Glutathione levels without costly IV treatments, making this master antioxidant available through a pill or capsule. Glutathione pills have been around for quite a while; however, they have never been the most effective way to increase cellular Glutathione levels. This is because Glutathione is quickly destroyed during the digestive process, leaving only a fraction of intact Glutathione for absorption.

It comes as a surprise to most people that our Glutathione levels are actually lowest when we fall ill. They also drop significantly year after year as we age. This makes it very important to supplement Acetyl-Glutathione and NAC daily once you enter adulthood. It may seem early, but Glutathione levels begin to drop after age 20.

In the past, the most effective way to increase Glutathione levels—without spending an arm and a leg—was to supplement the precursors that allow our bodies to produce Glutathione naturally. Reduced Glutathione is acted upon by peptidases almost immediately in the blood and tissues, and thus loses its ability to enter cells and act intracellularly. This happens in a very short period of time and IV glutathione, while having a remarkable impact on metabolism, is short lived. Years ago, it was much harder and much more expensive to supplement Glutathione levels but, with the medical breakthrough of Acetyl-Glutathione, it' become much easier, cheaper and readily available to everyone.

As mentioned earlier, Glutathione has a very hard time being absorbed by our bodies, breaking down before it has a chance to permeate our stomach wall. Essentially, you are throwing money down the toilet because those Glutathione pills you bought have less than a 5% absorption rate. This has been remedied with the discovery of Acetyl-Glutathione. In layman's terms, they simply wrapped the Glutathione molecule in a shield. This shield not only protects the Glutathione molecule from harm when inside the digestive tract, it also ushers the master antioxidant directly through the stomach lining and into our bloodstream to be distributed to every cell in our body in a very timely fashion compared to traditional methods.

One popular supplement can be used to increase endogenous Glutathione production and efficiency, the precursor N-Acetyl Cysteine. N-Acetyl Cysteine or NAC plays an integral role in promoting Glutathione production within the cell, as well as recycling oxidized Glutathione in order to rid the body of toxins and maintain high levels of Glutathione at all times. While supplementing precursors such as N-Acetyl Cysteine is an effective way to improve Glutathione levels, it is not nearly as direct or as quick as supplementing Acetyl-Glutathione directly. When supplementing in tandem, NAC and Acetyl-Glutathione hold extreme health benefits that may outweigh any individual benefits of these super nutrients.

Acetyl-glutathione is made by adding an acetyl group at any one of the three possible positions of the tripeptide. This molecule is then transported to all other tissues. When a molecule is acetylated it easily dissolves in the cell membrane. Acetyl-Glutathione is easily assimilated into the membrane inside of the cell and then is allowed to perform its powerful antioxidant and metabolic regulatory effects without prior decomposition by peptidases.

Acetyl-Glutathione helps every aspect of your body, health and cellular function. It is present in each and every cell in your body, and every cell in every living organism on the planet. It plays the kingpin role when it comes to detoxifying our cells and maintaining healthy cellular production and function. Think A.I.D.—ANTIOXIDANT, IMMUNE BOOSTER, DETOXIFIER!

Some of the more popular Acetyl-Glutathione benefits are those to do with liver disease, kidney health and cognitive health and function. Acetyl-Glutathione has such a profound effect on these three areas because of its antioxidant role, literally going through each cell, latching

onto harmful toxins, free radicals and chemicals, flushing them out of our system before they have a chance to accumulate and manifest into potentially life-threatening health conditions. Our liver and kidneys are often overloaded with toxins from our modern environment, lifestyle and dietary choices, bombarding the organs responsible for cleansing our bodies. An overworked liver causes inflammation and eventually cirrhosis and liver failure, all the while it is pouring the excess toxins back into our bloodstream to be distributed across our bodies, accumulating in our brain, tissues, heart and eventually leading to more severe and varied conditions beyond liver disease.

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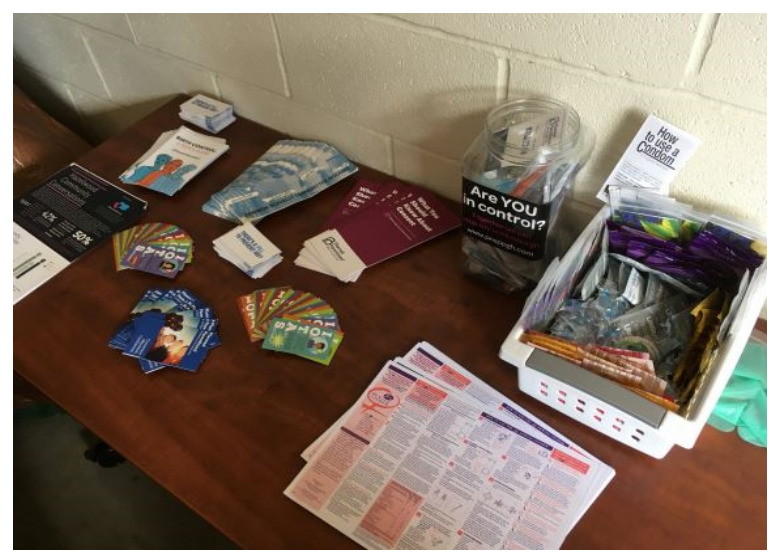
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Hazelwood's "Care No Matter Where" Youth Clinic to Move & Expand

By Alyse Richmond

It's another blazing hot Tuesday evening in Hazelwood. Outside the open garage doors of the soon-to-be Care No Matter Where youth clinic (5125 Second Avenue), a young man is grilling hotdogs, greeting attendees and passersby. "Welcome" is written along the sidewalk in multi-colored chalk. "Sex Ed" cornhole and "Sexual Health Jeopardy" are set up on the patio. In the background is the rhythmic strumming of an acoustic guitar and the laughter of local kids making music with friends and newcomers alike. Attendees were welcome to free food and sodas, in addition to free condoms and sex ed literature.

Care No Matter Where (CNMW) currently operates out of the Hazelwood Family Health Center at 4918 Second Avenue, every Friday from 2 - 4pm. They offer free STD testing including HIV, Hepatitis C, Chlamydia and Gonorrhea. They also provide free condoms and dental dams and hold free youth sex education workshops. The new clinic will continue with these ser-

vices and expand their hours to Mondays, Tuesdays and Thursdays from 3 - 6 p.m.

According to recent statistics, Hazelwood and Glen Hazel teens ages 15-19 had three times the number of cases of both gonorrhea and chlamydia reported in Allegheny County as a whole. Also, Hazelwood and Glen Hazel women ages 15-19 had birth rates 200% higher than the overall rate in Allegheny County. Our neighborhood deserves to have extended access to this type of clinic and education center. Christine Gordon, Head of Education for Care No Matter Where, hopes to "create an environment in which teens feel safe and comfortable coming to the clinic with their questions or concerns about relationships and/or sexual health."

In addition to educating young people, CNMW helps fight AIDS by providing HIV testing free of charge. A clinic like this is a vital service that every community should be able to take advantage of. Planned Parenthood describes Care No Matter Where as "a new initiative of Planned Parenthood of Western PA (PPWP) that is working to bring pre-

vention to you, wherever you are. As a partner in both AIDS Free Pittsburgh and the national Planned Parenthood's HIV Prevention Initiative, we are proud to focus our services on HIV prevention as we seek to stop the epidemic, reduce stigma, and link people with HIV to the care they need."

This year, CNMW was able to expand access to PrEP (Pre-Exposure Prophylaxis), a medication that works to prevent HIV. They brought awareness about PrEP to populations that rarely have access to preventive health care services, and Planned Parenthood's staff helped ensure that those interested in the medication had information on how to access a low-cost option.

As for an official launch and opening of the new and expanded clinic, Christine Gordon states, "We're shooting for sometime in September." So, keep your eyes peeled and feel free to stop by any time their doors are open.

New location: 5125 Second Avenue (former Hazelwood Initiative office next to the gazebo)

New hours: Monday, Tuesday and Thursday from 3-6pm

IOTAS (It's Okay to Ask Someone) is an anonymous call/text line for sexual health and relationship questions: 412-424-6827



Photos: Alyse Richmond

Back to School: Propel Hazelwood Welcomes Students & Parents with Open House

Photos by Bridget Fertal





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This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number 2017-70025-26696, and the Hillman Family Foundation.



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