

# The Homepage

Serving the communities of  
Greenfield • Hazelwood • Lincoln Place • Hays • New Homestead



4901 Second Avenue  
Pittsburgh, PA 15207

Non-profit  
Organization  
U. S. Postage  
**PAID**  
Pittsburgh, PA  
Permit No. 5333

Volume 7, No. 7

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

July 2019

## C & D's Moving Up and Over to Bigger Space on Second Ave.

By Mary Bridget Bartol



From wings, pizza, deserts, and hoagies, C&D's has been a hit in Hazelwood for over a year. Best of luck at 4901 Second Ave!

goes at 10:00am to open C&D's, cooks till closing, which is 5:00pm. But, if someone comes, he cooks till 6:00pm unless it's Bible study night—he is out at 5:15pm, cleans up immaculately, and

is off to Beulah Baptist Bible Study in Beltzhoover.

The date for the grand opening has not been set at this printing. Plans are to thank God for Denise and Cletus's

blessings, their family and their passions becoming a reality “with God all things are possible,” so it will be very inspiring with the church and choir they want to have at the opening. There will also be a new delicious menu. Possibly, there may be live music—Jazz such as Roger Humphrey, RH Factor Etta Cox and, yes, even a chance of Tim Stevens who's been a singer 45 years and works with NAACP.

Please support Hazelwood business owners, as there are not many! Rena Hassel's Elevations at 4944 Second Ave is almost a mall with a Banquet Gold Room, BYOB shows once a month, and a terrific store for Hazelwood in the back. They now carry Brazilian leather shoes for men, women and children at a third of the price. Ballet and tap shoes are also available. Check it out!

Good Luck to Denise and Cletus, and may their dreams come true. Take pride in Hazelwood. Recycle, reuse and please don't litter.

Mr. and Mrs. Cletus Paul Helton will be moving their sit down restaurant, along with their great variety of dishes, from slices of pizza to full course dinners with homemade pies from Denise, the head chef. She has many years in the food industry from Mercy Hospital to 10 years at the Allegheny County Jail. This is going to be a fantastic restaurant. Cletus and Denise have been living in Hazelwood for 27 years since 1992. They have 11 children and 22 grandchildren who all love dinner at Gramma's and Mom's C&D's! Cletus prepares all the food and his brother, Terry Helton, will cook with him at their new restaurant next to the old Laundromat below the office of Hazelwood Initiative at 4901 Second Ave.

Cletus is a man of faith, not just in word but also in deed. One of his acts at his Baptist church is to unload the food bank truck at 7:00am at Beulah Baptist Church in Beltzhoover, then he

## Greater Hazelwood Neighborhood Plan: Shared Vision to Community Action

By HI Staff

*The result of years of community work, the Greater Hazelwood Neighborhood Plan is on a path to city approval. Here's how you can still help set the vision and help turn it into reality!*

Since early 2017, Hazelwood residents, working through the Greater Hazelwood Community Collaborative (GHCC), have been hard at work with the Department of City Planning to develop a comprehensive neighborhood plan to empower residents to set the course of Hazelwood's future. Widely attended community meetings resulted in a draft document that boldly declares what the neighborhood said it wanted its future to look like. The clearest example of this is a “Northstar” statement that your neighbors crafted to envision a bright future for Hazelwood-ians past, present and future:

*“Greater Hazelwood [will be] a diverse and welcoming community for people of all incomes and backgrounds. Our future is driven by the leadership of community*

*residents, resulting in a community with thriving families and households; affordable, high-quality residential options; family-sustaining career opportunities; successful businesses and business owners; and a fully-integrated Hazelwood Green.*

*Our community fosters opportunities to build generational wealth and community health to ensure current and future generations benefit from the neighborhood's growth and prosperity. We build strong partnerships with stakeholders throughout the region, while protecting and celebrating the unique landscape, history, culture and spirit of Greater Hazelwood.”*

What an exciting vision! The more than 20 neighborhood groups that are a part of the GHCC have given their support to this vision. And there are two more opportunities for you to voice your opinion:

**Public Comment Period:** First, the plan's latest version has more than 150 specific action steps suggesting things the City and residents could work to-

gether to achieve, from housing to land use to traffic to business development to arts and culture to health and environment and more. The plan will be available for review and public comment from July 19 to August 12. Hazelwood Initiative will make the plan available on our website so that you can tell the city which action items you agree with and which ones you don't. The GHCC

will work with the Department of City Planning to hold several community meetings in July and August to give every neighbor, business, church, and community group one more chance to speak into the vision and the plan.

**City Planning Commission Approval:** The Planning Commission will review the document this coming

*Continued on Page 14...*



Jerry Paytas of 4th Economy invites feedback from Hazelwood residents.



# The Homepage

Serving the communities of  
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 Emeritus**

Greg Matecko

**Editor**

Alyse Richmond

**Design/Layout**

Katie Steines

© Copyright 2019 all rights reserved.

**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



•TOGETHER WE CAN MAKE A DIFFERENCE•  
HAZELWOOD INITIATIVE INC.

## 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.



### Calling All Gamers! The Pittsburgh Knights are Seeking Volunteers!

Needed for Upcoming Events:

- Pool Captains
- Commentators
- Stream Runners
- Stage Hands

The Knights are one of the fastest growing e-sports organizations currently in operation. Born and bred in Hazelwood, the Knights launched operations right from 2nd Avenue in 2017. Since then, they have announced a partnership with the Pitts-

burgh Steelers and have been recognized as the official e-sports team of Pittsburgh. They are focused on positively impacting the local community and working to make the city an e-sports hub.

Their team includes some of the top Super Smash Bros.™, PLAYERUNKNOWN'S BATTLEGROUNDS®, SMITE®, Fortnite®, GWENT®, PALADINS®, and Madden NFL® players in the world. Their goal is to create quality engagement with the local community, the online community, and the e-sports community at large. Please go to <https://www.knights.gg> for more information and the latest news on the Pittsburgh Knights.

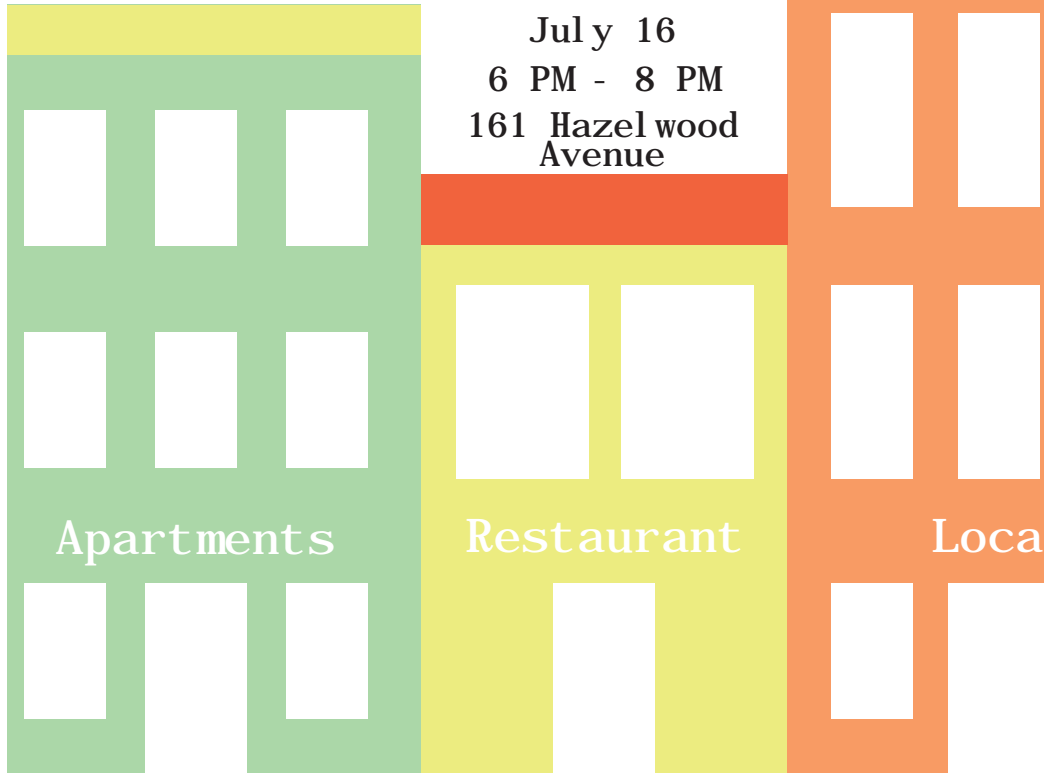
Join Hazelwood Initiative and 4th Economy for

# visualizing DEVELOPMENT scenarios

July 16

6 PM - 8 PM

161 Hazelwood  
Avenue



The neighborhood plan is in the works! During this process, we've had a planning session to map out the 4800-4900 block, which Hazelwood residents participated in. On June 8 we held a meeting to get input on future housing scenarios and the kinds of businesses people want to see on 2nd avenue.

On July 16th we are taking the next step to visualize future development in Hazelwood and what it means for residents.



# 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](http://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](mailto: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](mailto: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



## 31st Ward Churches

### Holy Angels

#### Catholic Church

408 Baldwin Road  
Pittsburgh, PA 15207  
412-461-6906  
[www.holyangelschays.org](http://www.holyangelschays.org)  
Rev. Robert Ahlin, Pastor

### Lincoln Place Church of the Nazarene & Manifest Ministries

5604 Interboro Avenue  
Pittsburgh, PA 15207  
412-462-2524  
[www.lpnaz.org](http://www.lpnaz.org)  
Rev. W. Joseph Stump,  
Senior Pastor

### Lincoln Place Presbyterian Church

1202 Muldowney Avenue  
Pittsburgh, PA 15207  
412-461-3377

### Mt. Rise Baptist Church

80 Ingot Street  
Pittsburgh, PA 15120  
(New Homestead)  
Pastor Stephen Doniel

### Maoz Tzur - Rock of Ages Messianic Jewish

### Congregation At Lincoln Place Church of the Nazarene

5604 Interboro Avenue  
Pittsburgh, PA 15207  
412-694-5144  
Abraham Sandler

### St. John The Baptist Cathedral

210 Greentree Road  
Munhall, PA 15120  
412-461-0944  
Rev. Dennis Bogda, Rector

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

1174 Mifflin Road  
Pittsburgh, PA 15207  
412-461-5572  
Pastor James and  
Apostle Denise Samuel  
[www.whipministries.com](http://www.whipministries.com)

### Western Pennsylvania International Community Church At Lincoln Place Church of the Nazarene

5604 Interboro Avenue  
Pittsburgh, PA 15207  
412-482-7111  
Joel Chrispo Dumba

## Lincoln Place Church of the Nazarene & Manifest Ministries

**SUNDAYS**  
Sunday School ..... 9:30 AM (all ages)  
Children's Church ..... 10:30 AM  
Morning Worship ..... 10:30 AM  
Evening Service ..... 6:30 PM

**MONDAYS**  
Prayer Walk in Homestead ... 12:30 PM  
Prayer Walk Downtown ..... 6:30 PM

**TUESDAYS**  
Bible Study ..... 10:30 AM  
English as Second Language  
Classes ..... 6:00 PM

**WEDNESDAYS**  
Intercessory Prayer ..... 10:30 AM  
Discipleship Bible Studies ..... 6:00 PM

Naz Kidz Quizzing ..... 7:00 PM  
Fire Night of Intercessory  
Prayer ..... 7:00 PM

**THURSDAYS**  
Syrian Women's Arabic Bible  
Studies ..... 9:30 AM  
English as Second Language  
Classes ..... 6:00 PM  
Women's Ministries  
(1st Thursday) ..... 6:30 PM

**FRIDAYS**  
Prayer Walk at Magee Women's  
Hospital ..... 7:30 AM  
Men's Ministries (4th Friday) .. 7:00 PM  
Community Prayer Walk ..... 6:00 PM  
Prayer Walk at Mifflin School . 6:30 PM

Fire Night of Intercessory  
Prayer ..... 7:00 PM

**SATURDAYS**  
Feeding the Homeless  
Ministry (3rd Saturday) ..... 7:00 AM  
Prayer Walk at Planned  
Parenthood ..... 8:30 AM

Monthly Food Pantry: 3rd Saturday at  
8:30 AM. Distribution is at Lincoln Place  
Presbyterian Church. Call LPNaz at 412-  
462-2524 for eligibility guidelines and to  
sign up.

Need a ride to church? Call Darrel at  
412-461-6742.

## Holy Angels Parish

### REGULAR WEEKLY MASS SCHEDULE

Monday – Saturday: 9:00 AM  
Saturday Vigil: 4:30 PM & 6:00 PM  
Sunday: 7:00 AM, 9:00 AM  
11:00 AM, 5:30 PM

### Holy Day (Weekday) Mass Schedule:

Vigil Mass: 4:30 PM, 6:00 PM  
Holy Day: 6:30 AM, 9:00 AM,  
12:00 Noon, 7:00 PM

Holy Angels Parish is a Roman Catholic church that began in 1903 in the town of Hays, PA and is a family community among the many parishes that make up the Church of Pittsburgh. Our purpose is to assist each member in spiritual growth, to enable all members to support the parish family and to reach out to the larger community of the Church and the World.

## Lincoln Place Presbyterian Church

### SUNDAY

Services begin at 9:30 AM  
Sunday School for all ages at 9:00 AM

### WEEKLY EVENTS INCLUDE:

**MONDAYS:**  
NA'S 6:30 PM

**TUESDAYS:**

Senior Lunch is served from 12:00-1:00 PM followed by games, Wii, and fellowship until 2:00 PM. Often speakers present helpful info for senior citizens.

Free Lending Library is open for book borrowing. Donation of used books are welcome.

### WEDNESDAYS:

Girl Scout Troop #52358 meets the 1st & 3rd Wednesdays of each month. For more info call: 412-877-7734.

### THURSDAYS:

Choir Practice 7:00-8:00 PM

### FRIDAYS:

Family Movie Night first Fridays of each month. Please call of time and more info. 412-461-3377

All are always welcome.

## 31st Ward Flag Fund



Your donation will help our volunteers to install and maintain the 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 Sunflow Street, Munhall, PA 15120. Include a return mailing address if you would like a receipt for your donation.

Send a donation via Venmo to

@Pgh31stWardCAG, [www.venmo.com/Pgh31stWardCAG](http://www.venmo.com/Pgh31stWardCAG)

Many thanks to Jim and Alice Takacs for their donation in honor of U.S. Army Rangers and VFW Post 5321 in honor of All Veterans

31st Ward Residents! Join us every 2nd Tuesday of the month at 7pm for a Community Action Group Meeting.

Come see what's going on in our Ward and see how you can become involved to help our communities thrive. We meet at the Lincoln Place Presbyterian Church Social Hall at 1202 Muldowney Ave, Pittsburgh 15207 (Rear Entrance).

Questions? Email us at

ExecutiveBoard@31stWardCAG.org or visit  
<https://www.pittsburghparks.org/listening-tour>

Find us on

**31st Ward Community Action Group**  
(Pittsburgh, PA) or visit our website at  
[31stWardCAG.org](http://31stWardCAG.org) to learn more.



### 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, businesses and senior citizens of the 31st Ward and surrounding areas.

### Elected Officials

City Council - Corey O'Connor  
County Council - Paul Klein  
District Magistrate - James Hanley  
State Representative - Paul Costa  
State Senator - Jay Costa  
US Congressman - Mike Doyle



### Meet Us

**Executive Board**  
President - Ryan Herbinko  
Vice President - Patrick Stack  
Secretary - Shera Stack  
Treasurer - Eugene Bokor  
  
Diane Ketter - Community Clean-Up  
Chair and Board Member  
Carol Sigafoos - Farmer's Market Chair  
and Board Member  
Kathy Cunningham - Board Member  
Jackie Pribila - Resident Baked Goods  
Expert and Board Member  
Mark Schneider - Board Member  
Rita Schneider - Santa Trolley Chair  
Nancy DeGregorio - Community  
Events Liaison  
Judy Stump - Public Safety Council



### 31st Ward

**Neighborhood Information**  
The 31st Ward is located in the southeastern corner of the City of Pittsburgh. It is comprised of four neighborhoods: Lincoln Place, Hays, New Homestead and Gates Manor. Against the backdrop of Pittsburgh's Historic Steel Valley, the 31st Ward's unique characteristics give a distinct suburban feel to urban living. The area is home to a multitude of greenspaces and parks as well as a growing business district.



# The Green Way

By Jim McCue

## Bioremediation

We all have to deal with pollutants. But Nature and time will heal all wounds. Nurturing a good variety and quantity of life forms can much decrease the time needed.

A good example is what's happened at Everybody's Garden, with its history of being near a lead smelter and the J&L mill that sat in the area we now call Hazelwood Green. A lot of the pollutants have been biodegraded via application of wood chips, cardboard, leaves, kitchen scraps, grass clippings, and manure to have surprisingly low amounts of available pollutants. Much of the synthetic organic toxins have been biodegraded, and most of the minerals have been chelated to forms which are either plant nutrients or separated by the community of life, primarily at the microbial level, so that they are not harmful. This confirms James Lovelock's Gaia Hypothesis, which says that the Earth as a whole acts as a self-regulating organism, a being, to re-balance and regenerate the ecosystem. There IS something, call it what you will—God, The Great Spirit, Allah, whatever—which has everything under control in a coherent, harmonious plan. That plan includes extinctions, possibly of humans, and needs not be regarded as all bad. Some of the birds, animals and plants now existing descended from those that went extinct with the dinosaurs. The essence of our best features will be a part of the new ecosystem coming.

This time of great catastrophes is

also a time of huge improvements in our technological capacities. The stresses we are all encountering serve to bring us together as one civilization to allow Earth's regeneration. It's not just the tomb. It's also the womb. A new age is dawning. We make the future better by not giving up, working together. These weather changes are part of a whole, harmonious plan. Here are some things we can do to make things better:

**Solar radiation management:** Barges, manned or robotic, may throw water from cold parts of the ocean in the air to form snow which shades the sun, lessening the greenhouse effect.

The life in the oceans can re-diversify water ecosystems via the addition of nanoparticles of iron to feed the single-celled plants called plankton which feed larger life forms like fish. The dust that falls everywhere, including on the surface of the oceans, has all the nutrients necessary for life. Iron is the one mineral which is heavier, so most of it falls to the bottom of the ocean before being consumed by the algae plankton. But nanoparticles of iron are quite light and so remain on the surface long enough to be consumed by the algae. This is a very inexpensive way to repopulate our waters with the whole community of life.

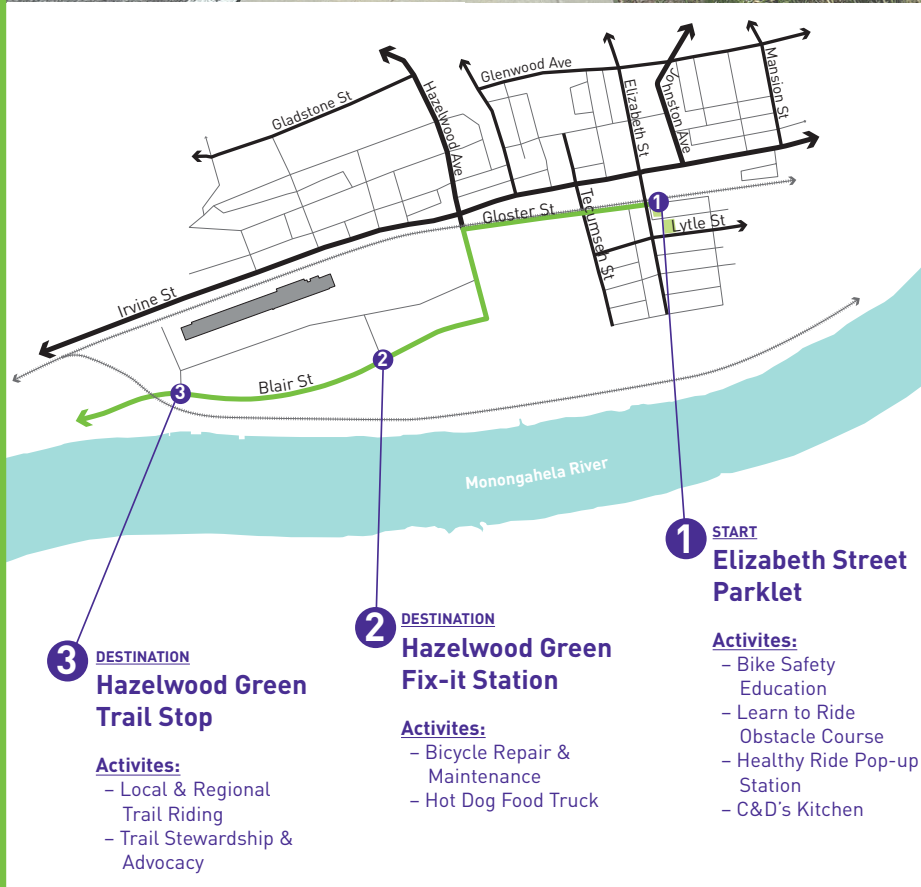
One of the reasons many scientists now concur that our species is in peril can be looked into on the internet by typing in "methane burp theory." When that comet hit the Earth, it caused a huge amount of earthquakes, hurricanes, volcanoes, and methane to be released into the atmosphere. There is a massive amount of methane frozen under the cold parts of the ocean now warming which has been frozen. It's now being released in thousands

*Continued on Page 12...*

**Jim McCue (St. Jim the Composter)**  
Composter & Biotech Researcher  
(412)880-7237

Follow Jim online at:

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



### A SPECIAL THANK YOU TO:

- Biketek
- Pro Bike + Run
- Friends of the Riverfront
- Healthy Ride
- BikePGH

Hosted by Hazelwood Initiative in partnership with Hazelwood Green.



## THE RUN ACTION TEAM MEETING

MONDAY, JULY 8  
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.



# What's Good, Hazelwood?

We're excited to see everything else that will go on this summer! To keep up to date, follow Hazelwood Initiative on social media:

Facebook @The Hazelwood Initiative  
Instagram @hazelwoodinitiative

Have a community event that HI couldn't make it to, but want it to be featured? Send an email to [adirosa@hazelwoodinitiative.org](mailto:adirosa@hazelwoodinitiative.org) with a small description and some photos!



Saturday, May 25 marked the 1st Annual "Run/Walk around the Run". 25 Four Mile Run Residents and Greenfield neighbors took part.



Morris, co-owner of SH&S Construction, helping to grill at Hazelwood Initiative's pop-up cookout on the Summer Marketplace.



Volunteers helping Hazelwood Initiative to tune up 40 donated bikes prior to the bike raffle on June 30th. The parts were donated by Biketek on Forbes Avenue in Squirrel Hill.

Come to Hazelwood Initiative's next general body meeting for

# TACO NIGHT!

at the Latino Family Center

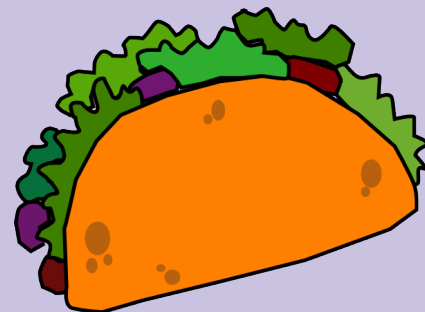
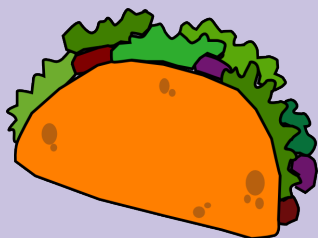
Tuesday, July 9th

6 PM - 8 PM

5450 Second Ave - 2nd Floor

(Cribs for Kids building)

Regular meetings are held every 2nd Tuesday of the month.







Neighbors congregated at the playground on Lytle St. for a cookout while kids play yard games brought by Trying Together.



A bicycle fix-it station is installed and free to use on the Hazelwood Trail! Come to Bike Hazelwood on July 13th to learn how to use it.

# 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
- Dylamoto'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
- 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 Trees.....(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



AUTISM URBAN CONNECTIONS PRESENTS...



4<sup>TH</sup> ANNUAL

# AUTISM AWARENESS

F U N D A Y

SUNDAY AUGUST 11<sup>TH</sup> 2019

BURGWIN PARK 12:30-4:30PM

LOCATED AT THE CORNER OF JOHNSTON AVE. & MANSION ST

RAFFLES • VENDORS • BALLOON ART • FACEPAINTING • COMMUNITY RESOURCES  
MUSIC • BACKPACK GIVEAWAY • PLAYGROUND • SPRAY PARK  
SILENT AUCTIONS FROM THE PITTSBURGH STEELERS AND MORE

PLATINUM PUZZLE PIECE SPONSOR



HEART OF GOLD SPONSOR



BRONZE BABY SPONSOR



FOR VENDOR AND SPONSOR INFORMATION CONTACT 412-853-0115 OR EMAIL AUCOPFGH@YAHOO.COM

# Glen Hazel Reunion 2019

It's Time to Kick-Start the 2019

Glen Hazel Reunion Campaign

It's gonna be **BIGGER THAN EVER BEFORE** with much much more!



Pre Registration only

**\$10**

per person

or

**\$15**

at the door

**Jacob Woll Pavillion**  
**Renzie Park**  
**McKeesport**

(about 10 mins. from Kennywood Park)

**Sat. Aug. 31, 2019**

**12 Noon til 7 PM**

(directions will be provided)

Newly Designed  
Glen Hazel Reunion 2019  
T-Shirts pre-order details in your letter

We'll Have: Food, DJ & Live Music, 50/50 Raffle, Photo Booth, Shower Singing, Card Games, Outdoor Games, and much more!



**REGISTER RIGHT AWAY**

Send us your address and/or email to:

[glen.hazel.reunion@gmail.com](mailto:glen.hazel.reunion@gmail.com) or call 412-888-8230

We will send your letter/registration form along with details Complete ASAP by returning with your **\$10** per person pre-registration fee

OVER 22 YEARS OF QUALITY PRODUCTS, CRAFTSMANSHIP, AND SERVICE!



PA Registration # PA001074

**BUILDERS**



Bathrooms  
Versa-Lok Walls  
Kitchens  
Decks  
Carpeting  
Insulation  
Siding  
Windows  
Roofing  
Cement Work  
Gutters  
Soffit & Fascia

**(412)481-3837**

Free in-home Consultation. No Obligation - 100% Fully Insured.  
100% Financing Available. No money down. Payments can start as low as \$77 a month!





# S.A.V.E.

SOLID ADVICE FOR YOUR VALUABLE EARNINGS

WABREL K. DESIGNS  
(TEXT 800.396.7898)



WED AUG 28TH | 530PM-730PM | HAZELWOOD FAMILY SUPPORT CENTER  
5006 SECOND AVENUE, (DOWNSTAIRS), PITTSBURGH, PA. 15207

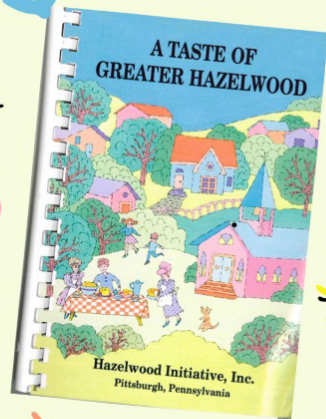
QUESTIONS: INFO@CIRCLESPPGH.ORG OR 412-623-9596 OR POORLAW@GMAIL.COM

## WHAT'S COOKIN', HAZELWOOD?

OPEN CALL FOR RECIPE SUBMISSIONS FOR A REBOOT OF OUR

### 2001 NEIGHBORHOOD COOKBOOK!

everyone's got something special in the kitchen — care to share?



everyone who submits a recipe will get a cookbook at a discounted rate!

send your culinary masterpieces to [adirosa@hazelwoodinitiative.org](mailto:adirosa@hazelwoodinitiative.org) or mail to Hazelwood Initiative at 4901 Second Ave by **June 30<sup>th</sup>, 2019**

centeroflife  
hazelwood · pittsburgh

## LIVE ON SECOND — SUMMER CONCERTS —



Live On Second is a free summer concert series hosted by Center of Life, featuring family-friendly music from their COL Jazz Camp and hip-hop focused Star Camp as well as visits from local organizations. Kids from elementary to high school showcase their skills through musical instruments, singing, beatmaking, rapping, and drumming on buckets. You don't want to miss it!

**THURSDAYS, JULY 11 & JULY 18, 2019**

**6:00 – 7:30 P.M. • CARNEGIE LIBRARY – HAZELWOOD (5006 SECOND AVENUE)**

**FINAL CONCERT: THURSDAY, JULY 25, 2019**

**6:00 – 8:00 P.M. • FORMER GLADSTONE SCHOOL (327 HAZELWOOD AVENUE)**

[www.centeroflife.net](http://www.centeroflife.net) @centeroflifepgh

## HIP-HOP AEROBICS

A cardiovascular workout that blends dance moves with strengthening exercises, adding fun to fitness!

**TUESDAYS  
6:30 - 7:30 PM  
Propel Hazelwood**

**HAPPENING NOW - AUGUST 27**

**SIGN UP NOW!**

For additional information and to sign up, contact Jaime Butler at (412) 325-0492 or [jaimebutler@propelschools.org](mailto:jaimebutler@propelschools.org)

**PROPEL HAZELWOOD**  
Community Wellness Center  
5401 Glenwood Avenue  
Pittsburgh, PA 15207



# Health & Lifestyle



Asthma Clinic staff shares information with Propel student as part of their after school program.

## Hazelwood Asthma Clinic: Providing Free Asthma Care in the Community

By Page Williams

Asthma is a chronic lung disease that causes inflammation in the airways making it difficult for people to breathe. Due to a number of factors, including poor air quality, the Asthma and Allergy Foundation of America ranks Pittsburgh the 54th most challenging city to live with asthma. Despite challenges, asthma can be effectively managed with appropriate medication and education. In 2014, our team developed school and community-based asthma clinics to bring preventative asthma care and education to children where they live and go to school.

We have found that families participating in the community-based asthma clinics have increased accessibility to doctors' visits, making it easier to keep appointments, improved knowledge of

asthma and medications as well as improved asthma control. One caregiver said, "I haven't even had to think about taking him to the ER this year."

The clinic is directed by Dr. Jennifer Elliott, PharmD, Associate Professor of Pharmacy Practice at Duquesne University, in partnership with Pediatricians from Primary Care Health Services in Hazelwood. At each visit, breathing tests are conducted, children and caregivers report their asthma symptoms and concerns, and medications are reviewed with a pharmacist. The asthma clinic treats all children with an asthma diagnosis. Clinics take place on a monthly basis at Propel Hazelwood and with the Center of Life at the Spartan Center.

For more information contact, Nicole Sossong by phone (412) 396-5007 or by email pleskovicn@duq.edu.

### Senator Jay Costa, Jr.

*Offices to serve you in the 43rd District:*

**Forest Hills:** 1501 Ardmore Blvd. (412/241-6690)

**Carrick:** 2306 Brownsville Rd. (412/884-8308)

**Homestead:** 314 E. 8th Ave. (412/462-4204)



## 2019 CITY OF PITTSBURGH GRASS CUTTING PROGRAM

This program is specifically designed to help senior citizens, those with a disability, or military veterans who have no other means, financially or otherwise, of getting their grass cut in order to stay in their home and avoid fines from the City of Pittsburgh. This service is provided approximately every two weeks, weather permitting, from May through October.

- Must be 62 years or older, have a disability, or be a military veteran
- Must be a homeowner within the City of Pittsburgh
- Grass will be cut every two weeks
- First come first serve
- Can sign up people who cannot do it for themselves

**Call 311 to sign up or visit [pittsburghpa.gov/citycuts](http://pittsburghpa.gov/citycuts)**

Visit your local Carnegie Library branch to pick up a paper application.





# Zinc and a Healthy Liver

By Susan Merenstein



Dear Friends,

Over the past few decades, the incidence of nonalcoholic fatty liver disease, or NAFLD (excess fatty liver deposits in people who don't typically drink to excess), has soared in the United States, going from a little-known condition to a virtual epidemic. In fact, some experts estimate that up to 40 percent of Americans are currently living with some degree of NAFLD. Recent research indicates that an essential mineral, zinc, could offer valuable ammunition against NAFLD—and against its dangerous complications.

In about 25 percent of cases, NAFLD progresses to nonalcoholic steatohepatitis, or NASH—a much more serious form of the disease that can lead to cirrhosis, liver failure and liver cancer. Fortunately, a new Japanese study involving patients with liver disease shows that supplementation with zinc can improve liver function while reducing the risk of cancer. Today, we'll show you how it works.

## Study Finds Zinc Supplementation Cuts Risk of Deadly Liver Cancer:

The controlled clinical study, conducted at Osaka-Rosai Hospital and published in 2018 in *Nutrients*, involved 267 participants with chronic liver disease, including hepatitis B and C, alcohol-related cirrhosis of the liver and NASH. 196 of the participants received twice-daily doses of 150 mg of Polaprezinc, each containing 33.3 mg of zinc. The other 71 patients received no zinc supplementation, although all patients received other standard treatments, including amino acid supplementation. After 36 months, the team found that the zinc group had lower levels of inflammatory markers, along with improved liver function. Meanwhile, participants who didn't receive any supplementary zinc experienced deterioration in liver function. Re-

searchers also reported that the zinc group had a lower risk of developing hepatocellular carcinoma, the most common type of liver cancer in adults.

Higher zinc concentrations are linked with more pronounced improvements, according to said researchers, and the degree of improvement was closely associated with levels of zinc in the blood. After 36 months of supplementation, those with zinc concentrations of at least 70 micrograms per deciliter had lower rates of negative events, including liver cancer, liver failure and death. Significantly, these events did not occur (that's zero times) in patients with zinc levels of 90 micrograms per deciliter or higher. The research not only highlighted the value of zinc supplementation for liver disease but shed light on the cellular mechanisms behind these benefits. For example, the researchers observed that having insufficient zinc in the body may cause an activation of hepatic stellate cells, which promotes lipid peroxidation. The result: increased fatty accumulation in the liver.

In contrast, having optimal levels of zinc seems to inhibit peroxidation, thereby helping to prevent deposits of fat and consequent liver damage. Note: NAFLD exists when fat constitutes more than 5 percent of the liver. For NASH, the threshold is 10 percent. The researchers concluded that zinc supplementation improved liver pathology and reduced liver cancer, and did so safely.

*Continued on Page 18...*

# WE ARE YOUR NEIGHBORHOOD PHARMACY!

Stop by Murray Avenue Apothecary and check out our supplements, compounding lab, and CBD!

4227 Murray Avenue Pittsburgh, PA 15217

## ZINC PICOLINATE

BEST ABSORBED FORM OF ZINC!



## ZINC LOZENGES

PERFECT FOR "ALLERGY" THROAT, COLDS, AND SUPPLEMENTATION



Monday - Thursday 10-6 & Friday 10-5  
Call Today 412-421-4996

MAApgh.com | LabNaturals.com | PittsburghsPetPharmacy.com

# EARN FREE FRUITS AND VEGETABLES AT DYLAMATO'S MARKET

Step 1: Use your **ACCESS** card at Dylamato's Market and spend at least \$2.

Step 2: For every \$2 you spend, you'll get a \$1 Food Buck to use for fresh produce.



Dylamato's Market is located at 5414 Second Avenue in Hazelwood.  
Hours of operation: Monday-Friday 11am-7pm (8pm Wednesday), Saturday 9am-5pm  
412-521-1351



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.



## Dylamato's Market: Your Neighborhood Grocery

Hours: Mon-Fri: 11-7, Wed: 11-8, Sat: 9-5 Phone: 412-521-1351  
5414 Second Ave in Glenwood - Free Curbside Parking!

Introducing **Phil and Bill's Ice Cream** - Locally made in Greenfield!

### Plus Lunch Options:

Made to Order Deli Sandwiches - Corned Beef, Ham or Turkey on a Mancini Roll!

<b>AP's:</b> Chicken Salad	<b>Mee Mee's Tis So Sweet:</b> 3-cheese Mac-n-Cheese	Strawberry Pretzel Salad
Egg Salad		Fresh Cookies
Tuna Salad		Flavored Pound Cakes
Potato Salad		Brownies and Blondies!
Hot and Mild Sausages		

We have a little of a lot of grocery items: Produce, Meats, Dairy, Pastries, Bulk Nuts, Potluck Pantry, Organic Grains - **Locally sourced** whenever possible!



# Bioremediation - *Continued from Page 3*

of smaller “burps,” called “pingos,” which are putting massive amounts of methane into the atmosphere. There is an amount of methane in these frozen hydrates much greater than the amount we humans have emitted. Regardless of whether we stop burning and so stop putting co2 into the atmosphere, this other greenhouse gas is our destiny unless we put our best technological solutions into effect to change this trajectory. Believe it or not, there is serious talk now about re-freezing the Arctic to restore the sun being reflected away from the Earth.

I continue with the opinion that we can make a heaven on Earth, provided we all get on the same page. Robotic aerial planting of trees; re-wilding of formerly forested areas; and a new respect for all life such as insects and snakes and rabbits and rats and woodchucks (“groundhogs”), possums, rac-

coons, wolves, coyotes, fungi (mushrooms), skunks, pigeons (mourning doves), mice, and “weeds”—all these may help.

Even damage from radiation—of great concern now that earthquakes and weather changes are crippling nuclear power facilities and nuclear storage areas—can be remediated with the help of, for instance, a certain species of oyster mushroom inoculated with pine chips at Chernobyl or Fukushima.

A great part of the problem we face is that so many are absolutely convinced by their expectations and consequent actions based on their beliefs, making things worse. Those who are sure, for instance, that we’re going extinct and nothing can be done about it, have stopped trying and gone passive. They are part of the problem, as are others who don’t know how drastic the changes coming are and so don’t do anything.



**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>

Hazelwood's  
**Community Revival**

Sponsored by the MMBA



July 12th, 2019  
6:30 pm  
412.580.3802  
Second and Johnston Ave

**Free food, preaching, praise, and worship**

Pastor June Jeffries  
Pastor Timothy Smith Sr.  
Pastor Shelton Colbert

**Come get your blessing!**

**Elizabeth Pharmacy**  
Fresh Fruits - Vegetables



Monday – Friday: 9am to 5pm  
Saturdays: 9am to noon & Closed on Sundays  
5041 Second Ave  
412-421-0014  
[www.elizabethpharmacyinc.com](http://www.elizabethpharmacyinc.com)





Celebrating our Grand Re-Opening!  
Come see our **increased** selection!

**\$5 off a purchase of \$25 or more.**

**Elizabeth Pharmacy**  
Valid on any purchase excluding lottery and tobacco products.  
Expires 7/31/19

**Check cashing - Food - Medications - Clothes - Items - Toys - Games - EBT**



# Hazelwood's FREE Food Guide

## Groceries

### YMCA/Spartan Center

134 E. Elizabeth Street  
 (412) 421-9210  
 First Saturdays. 10 AM - 12 PM

### St. John the Evangelist Baptist Church

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

### St. Paul Evangelical Lutheran Church

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

### Healthy Active Living Center

5344 Second Avenue  
 (412) 422-6549  
 1st Tuesdays, food boxes for seniors

### Hazelwood Library

5006 Second Avenue  
 (412)421-2517  
 Snacks, Monday - Friday, 3:45PM

## Meals

### Community Kitchen Pittsburgh

107 Flowers Avenue  
 (412)246-4736  
 Thursdays, noon (\$5 donation encouraged)

### YMCA/Spartan Center

134 E. Elizabeth Street  
 (412) 421-9210  
 Monday - Friday, 12PM - 1PM

### Propel Hazelwood

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

### Hazelwood Library

5006 Second Avenue  
 (412)421-2517  
 Tues, Wed, Thurs, 1PM



A proud partner of the American Job Center network  
**Presents**  
 New "Pop-Up" Location at:

**Carnegie Library of Hazelwood**  
 5006 Second Avenue, Pittsburgh, PA 15207

## Introduce Yourself



Are you doing all you can in your job search? If you need assistance, join us and meet your new Workforce Professional Rachelle Terry, of PA CareerLink® of Allegheny County and increase your chances to secure gainful employment. Rachelle is in direct contact with hiring employers in the area and others throughout the greater Pittsburgh market. Learn more about:

- Job Gateway Registration
- Resume Development
- Career Counseling
- Veteran Services
- Services for Individuals with Disabilities

**When: Wednesday & Thursday's**  
**10:00am to 4:30pm**  
 Break 12pm to 1pm

**We also offer:**  
**FREE Career Workshop & Classes**  
**TRAINING GRANT OPPORTUNITIES**  
**JOB FAIR & OUTREACH CAMPAIGN OPPORTUNITIES**  
 Walk In's Welcome - Counseling on first come basis

Equal Opportunity Employer/Program. Auxiliary aides and services are available upon request. Requesting accommodations in advance helps to ensure reasonable accommodations are available at the time service is provided. Phone 866-317-5627; TTY 877-889-5621;

# CALLOUT FOR PHOTOS!



We're looking for photos of Hazelwood Initiative's functions from 1999 - Present.



HI's 20th Anniversary is in September, and we want to use these photos in our decorations and program materials to show our growth over the years.



Email [adirosa@hazelwoodinitiative.org](mailto:adirosa@hazelwoodinitiative.org) or call 412-421-7234  
 All photos will be scanned and promptly returned.



# Development

## Greater Hazelwood Neighborhood Plan

*Continued from Page 1*

September and October, and you can attend those meetings to make your viewpoints known.

So, once the plan is approved, then what happens? How can Hazelwood make sure that this doesn't become just one more plan that gets approved and sits on the shelf and gathers dust?

The Greater Hazelwood Community Collaborative and Hazelwood Initiative have already begun holding community meetings and studying Hazelwood's housing and business district in order to turn the Neighborhood Plan's vision into reality in these two areas.

**Housing Action Plan:** When we look at housing in Hazelwood, the plan envisions rising property values driven by new investment in Hazelwood Green. The plan projects improved housing and as many as 3,200 new households on Hazelwood Green, dramatically reversing 60+ years of population decline. But the plan insists that this development must not come at the expense of current residents. We want enough affordable housing in Hazelwood to ensure that as we grow, Hazelwood will experience development without displacement.

On the morning of Saturday, June 8, more than 30 Hazelwood residents gathered at Center of Life to imagine different scenarios for growth and how they would impact existing residents. The main point of this exercise is to help the neighborhood begin to calculate how many units of permanently affordable housing Hazelwood will need to preserve, and building order to ensure that no one now living here has to leave because they can no longer afford to. Our consultants from "Fourth Economy" will combine this community knowledge with extensive studies of Hazelwood's existing housing and known plans for new housing. The result will be a plan to identify how many units are needed, what organizations will create them, and how they will be funded. Hazelwood Initiative is confident that it can play a lead role in creating these affordable units over the next five to ten years. HI and the GHCC will be vigorously advocating with the owners of Hazelwood Green to ensure that whatever housing is developed on that site will include a mix of affordable housing with market rate units.

**Second Avenue Action Plan:** The neighborhood plan envisions Second Avenue from Hazelwood Avenue to Johnston Avenue as a walkable, vibrant, urban main street, with continu-



A view down Second Avenue where the S&R Market was torn down in early June. The large street-front parking lot is planned to become a street-front building.

ous diverse shops lining both sides of the street, with offices and housing in the upper floors. Because the owners of Hazelwood Green are committed to minimal retail on the site, Second Avenue will become the focal point for retail and restaurants to attract residents and workers from existing Hazelwood, Hazelwood Green. It will also attract residents from other nearby neighborhoods to come and spend money on Hazelwood-owned businesses.

**To begin to turn that vision into action, Hazelwood Initiative has been acting on many fronts:**

**Community Ownership:** HI has purchased six key buildings and one vacant lot along Second Avenue to hold them and redevelop in accordance with the community's vision: You have probably already noticed three community-owned businesses known as ELEVATIONZ are now in the former site of Oasis. A long-awaited coffee shop (The 61Z) will open by September at the Corner of Tipton and Second. HI's offices have moved to the former library on the second floor of Sophia Plaza. And C&D's Kitchen will soon be moving into the first floor (Former Beer Store) with a greatly enlarged seating area! C&D's will also be re-opening the Laundromat for neighborhood residents! Finally, you probably saw that the old S&R Market was demolished by Hazelwood's own Minniefield Con-



Hazelwood residents workshoping with 4th Economy at the Community Input Meeting on June 8th.

## LOCAL BUSINESSES:

**RECEIVE A  
FREE AD IN  
THE HOMEPAGE  
EVERY YEAR!**

Become a member of  
Hazelwood Initiative  
for just \$12/year.

Email:  
adirosa@hazelwoodinitiative.org  
Call:  
(412) 421-7234



struction during the first week of June. So now, everyone is asking: “What is going to go in its place?”

**Community Preferences and Market Realities:** HI has formed a business district steering committee composed of neighborhood business owners to help guide a series of community meetings to understand what residents want and what the current and future economic market of Hazelwood can sustain. The first meeting was held at Center of Life on the afternoon of Saturday, June 8, where more than 30 neighborhood residents and businesses envisioned the types of businesses that we want more of, and the ones we didn’t want. And there was lively discussion about how many households Hazelwood would need to support the different kinds of businesses that we envision. The next meeting will be held on July 15. If you want to be included, contact Dave Brewton at HI at (412) 421-7234 or [dbrewton@hazelwoodinitiative.org](mailto:dbrewton@hazelwoodinitiative.org).

**So Long, S&R Market. What Happens Next?**

In just over one day, Hazelwood’s own Minniefield Construction brought down the former S&R Market building which had been vacant for about a year. The site is owned by Hazelwood Initiative, which wants to redevelop it as part of the community’s emerg-

ing vision for a walkable urban main street. This is based on a Community Preference exercise conducted in February 2018, where residents expressed that Hazelwood’s commercial corridor should be an urban main street first—the first floors need to be active,

vibrant, walkable; A need for social spaces along the corridor and attractive diverse businesses; Back lot parking addressed a preference for parking lot types—opposed to side lot, front and detached parking type. This would mean a much larger building, right at

the curb, with several businesses on the first floor and housing or office space above. If you would like to be involved in charting the course for this long-term vision, call/email Dave Brewton at HI at (412)-421-7234 or [dbrewton@hazelwoodinitiative.org](mailto:dbrewton@hazelwoodinitiative.org).



Residents map out their vision for the future of Second Avenue as a walkable urban main street during the neighborhood planning process.

# Affordable Housing in Hazelwood

## Homeownership Incubator



HI’s Homeownership Incubator at 5243 Gertrude Street allows for residents to rent a 3 bedroom apartment for up to 18 months. While a portion of their rent gets put aside into a down-payment fund, residents will also work with a credit counselor to increase their chances of successfully buying a home once the term is over. We’ll assist in the home buying process afterwards, and monthly payments will be less than the apartment’s rent.

## Low-Income Homeownership



### Qualifying

Households earning 80% or less of the area’s median income are eligible to apply. Must be able to afford mortgage payments, have good (or repairable) credit, and have enough savings for down payment and closing costs.

### Assistance

1. Free (required) credit counseling
2. Referrals to supportive local banks who can provide fair mortgage rates and closing costs assistance programs.
3. Referrals to 0% interest second mortgages that can reduce your monthly payments up to \$300 a month.

Contact Dave Brewton at Hazelwood Initiative through phone at (412)421-7234 or email [dbrewton@hazelwoodinitiative.org](mailto:dbrewton@hazelwoodinitiative.org).



# Greenfield Grapevine

## Greenfield Residents!

Tell us about your neighborhood. Send event and business advertisements to [adirosa@hazelwoodinitiative.org](mailto:adirosa@hazelwoodinitiative.org) to be featured on the Greenfield Grapevine!

::

FEEL THE  
*Love*  
We love what we do,  
what we sell, and  
who we serve.

4233 MURRAY AVE., PITTSBURGH PA 15217  
WWW.GREENFIELDJEWELERS.COM  
(412) 904-3589




*Greenfield*  
JEWELERS  
Since 1918



## Optical Outlet is Now Part of **LAPPEN EYE CARE** Pittsburgh

Second Location • Now Accepting New Patients  
Dr. Jonathan Lappen, Optometrist

### Now Provides:

- Comprehensive Medical Eye Care (Glaucoma/Cataracts/Macular Degeneration/Diabetic Retinopathy Management)
- Same Day Eye Emergency Services
- Total Family Vision Care Including Exams for Eyeglasses and Contact Lenses
- Most Vision and Medical Insurance Accepted:

NVA	VBA	VSP
DAVIS	EYEMED	UPMC-VISION



## **Bernacki Family Practice And Wellness Center, RPLLC**

**521 Greenfield Avenue  
412-422-6500**

Bernard J. Bernacki, DO, MPH

We are a Family Medicine Practice with a staff trained to provide Primary Care in acute episodes (i.e. sick visits), prevention and chronic disease management. We invite all to partner with us to improve and maintain their health.

***Make Us Your "Medical Home"***

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



# HAZELWOOD TOWERS

111 Tecumseh Street | Pittsburgh, PA 15207

**412-421-2000**

TDD: 1.800.456.5984 • Fax: 412.421.8158

**MAXIMUM ALLOWABLE INCOME**

1 person.....\$26,600  
2 person.....\$30,400

- Rent Based on Percentage of Adjusted Gross Income
- Rent Includes Utilities (Except Phone and Cable)
- Individual Thermostats - Heat and A/C
- Professional On-Site Management
- TV-Monitored Intercom Access System
- 24-Hour Maintenance
- Convenient On-Site Laundry Facilities
- Resident Permit Parking
- Elderly Preference
- Active Residents Association
- Public Transportation
- Private Balconies or Patios
- Small Pets Welcome!



**PROPEL**  
HAZELWOOD<sup>SM</sup>  
Community Wellness

**COMMUNITY COOKING CLASS**  
in collaboration with the Community Kitchen

**Dates:**  
Wednesdays • July 17 - August 28  
**Time:**  
6:30 - 8:00 PM  
**Location:**  
Propel Hazelwood

**REGISTER**

Email Jaime Butler at [jaimebutler@propelschools.org](mailto:jaimebutler@propelschools.org)  
or call 412-325-0792 *Registration Required!*



Propel Hazelwood CommunityWellness  
5401 Glenwood Avenue • Pittsburgh, PA 15207 • Phone: 412-325-0492 Ext. 2003 • [www.propelschools.org](http://www.propelschools.org)



## PA Women Work:

### Offering Free New Choices Program in Hazelwood!



A one-stop shop career program where you'll:

- Learn job search, interview, and goal-setting skills
- Create an updated resume that will stand out
- Refresh your office software and computer skills
- Find out more about conflict resolution and time/money management

In addition to group classes, participants receive individual counseling, career coaching and job search assistance tailored to each person's particular need.



PENNSYLVANIA

**Women Work**  
Empowering Women with Infinite Possibilities



All classes are free!

Please call Sandra to RSVP:  
412-566-9342



# Zinc - Continued from Page 11

## Zinc Levels Fall as Liver Disease Progresses:

Zinc, an essential trace element, carries out a range of important functions such as promoting normal digestion, maintaining the health of skin and hair and supporting wound healing.

A powerful immune system booster, zinc also fights disease, particularly respiratory infections with its anti-inflammatory, antiviral and antioxidant properties. While severe zinc deficiency is rare, a milder type of shortage known as marginal zinc deficiency, or dietary zinc deficiency, is actually widespread. In fact, according to a study in Science Reports, an estimated 1.1 billion people worldwide are at risk of zinc deficiency because of inadequate dietary intake.

Symptoms of zinc deficiency include fatigue, susceptibility to infection, poor concentration, skin disorders, impaired sense of taste and difficulty in healing wounds. In addition to its other responsibilities, zinc plays a pivotal role in maintenance of liver function. Unfortunately, chronic liver disease depletes zinc levels in a variety of ways. It can affect appetite and dietary intake of zinc while impairing proper absorption of nutrients and increasing urinary excretion. Unsurprisingly, research has found that serum concentrations of zinc decline steadily as liver disease pro-

gresses. Clearly, the current national prevalence of fatty liver disease showcases the need for sufficient intake of zinc.

### How Much Zinc Do I Need a Day?

The USDA advises 11 mg of zinc a day for men and 8 mg for women, with a tolerable upper limit of 40 mg a day. Increase your dietary zinc intake with healthy amounts of grass-fed beef, organic chicken, wild-caught salmon and cage-free eggs. If you observe a vegan or vegetarian diet, not to worry, organic chickpeas, cashews and pumpkin and sunflower seeds are good sources of zinc as well. However, if you have a zinc shortfall (which can be detected with a simple blood test) your doctor may recommend supplementation. Zinc is included in most multivitamin and mineral formulations.

Note: Check with your practitioner or pharmacist before supplementing with zinc, and follow dosage guidelines. Excessive intake of zinc can cause side effects and interfere with the absorption of copper and other essential minerals. Experts say that the growing national rates of obesity and Type 2 Diabetes set the stage for chronic liver disease, which can result from an excess not of alcohol but of calories. Eating an organic, non-GMO diet low in refined sugars and processed foods can help address this modern day epidemic,

as can natural supplements advised by your integrative doctor, such as Liver Gallbladder Detox, Acetyl Glutathione, N-acetyl Cysteine, and Alpha Lipoic Acid.

While these can all be helpful, it is the humble mineral zinc that will likely prove to be an indispensable ally in combating NAFLD and NASH.

*Susan*

Susan Merenstein, RPh/Owner  
Murray Avenue Apothecary  
4227 Murray Avenue  
Pittsburgh, Pa. 15217  
412-421-4996  
www.maapgh.com  
www.labnaturals.com  
www.pittsburghspetpharmacy.com

References:  
Lifeextension.com  
NIH.gov  
NaturalHealth365.com

# SATURDAY SIDEWALK SALE!

Come browse our selection of gently used wares and antiques!

- Furniture
- Appliances
- Toys
- Books
- Tools
- and more!

Neighbors are welcome to come and sell their wares on-site



**When: 1<sup>st</sup> Saturday of every month**  
**10am - 5, 6pm**

**Where: 4800 Second Ave, front of Jozsa Corner**

Tables and chairs provided to vendors upon request. Call 412-422-1886 to sign up!

4812 2nd Ave      11 AM - 8 PM




Open daily at the Summer Marketplace!


- Chicken
- Ribs
- Hot Dogs
- Hamburgers
- Sides
- Desserts
- Laena's Lemonade

## Attention:

### Community Space Now Available At Burgwin Spray Park



Indoor space available for:



**Meetings**


**Seminars**

**Celebrations**

**And more!**

Space also available for:

- Youth activities & games
- Posting news and information



Contact The Hazelwood Youth Mentorship and Athletics Association (THYM-AA) for questions on use and availability:  
**412-853-0426**



# Hazelwood HOPE



We'd like to invite you to come and join us on Thursday evenings for a fellowship meal, lively Bible study and prayer. We have an intimate communion service on the last Thursday of the month. All are welcome.

Thursday evenings | 7:00 to 9:00 p.m.  
 845 Johnston Ave., Pittsburgh, PA 15207  
 412-897-3926  
[www.hazelwoodhope.org](http://www.hazelwoodhope.org)

# Community PKitchen Pgh



**Like to Cook?  
 Need a Job?**

**Free,  
 12-week  
 Culinary  
 Workforce  
 Training**



Council of Three Rivers American Indian Center  
 Early Childhood Education Programs  
 412-488-2750



## TUITION FREE HEAD START & PRESCHOOL!

For Children 3-5 Years Old

**TRANSPORTATION PROVIDED**  
 (Subject to Availability)

Meals, Snacks & Field Trips Provided at No Charge

Brookline, Dorseyville, Knoxville,  
 Hazelwood and Overbrook

SPECIAL SERVICES ARE AVAILABLE  
 FOR CHILDREN WITH DISABILITIES

For more information  
 please call 412-488-2750.

Enrollment is open to all  
 families and children regardless  
 of race, color, national origin,  
 sex, age or disability.



Learn knife skills, cooking techniques, food safety, life skills, and more.

**Classes start  
 every 4 weeks!**

**Start your future  
 today!**

**(412) 206-2935**

**enrollment@ckpgh.org**

**www.ckpgh.org**





Pittsburgh Classic Players present

# A Streetcar Named

# Desire

by Tennessee Williams  
directed by Shannon Knapp



July 19 - 28 @ 7:30pm  
[www.pghclassics.com](http://www.pghclassics.com)

Spartan Community Center of Hazelwood  
134 E. Elizabeth Street 15207