



The Homepage

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

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December 2021

Cosmic and eternal: Second Avenue hosts brilliant display

Free grocery delivery would get "actual food" to people in Hazelwood

By Grace Edwards



An image from Mikael Owunna's Infinite Essence series, which recasts the Black body as cosmic and eternal. Mr. Owunna's work will be part of the Illumin-Ave art and light installment at 5039 Second Avenue. Photo by Mikael Owunna.

Community groups working to build a full-service grocery store on the 4800 block of Second Avenue cleared several hurdles in November. Pittsburgh's Urban Redevelopment Authority [URA] agreed to give Greater Hazelwood Coalition Against Racial and Ethnic Disparities [GH-CARED] temporary control of the site. The Heinz Endowments pledged funding for a feasibility study on the proposed 40,000 square foot commercial building to house the co-op grocery store and other businesses. And Hazelwood Initiative [HI] voted to give them site control of a building it owns on the 4800 block for the feasibility study.

Javon Marshman of Hazelwood welcomed the news. He buys snack items in the neighborhood but said

See GROCERY on Page 4

Art installation will run through December and January

By Dana Wall

Imagine walking down Second Avenue in the darkest part of the year and seeing light and art installations giving new life to familiar storefronts and buildings. This is what residents and visitors will see in December and January as part of Illumin-Ave, a series of five light and art installations organized by Hazelwood Local with technical and artistic direction from marketing firm Clear Story.

Illumin-Ave will light up neighborhood landmarks including the Carnegie Library Hazelwood, Floriated Interpretations and Elizabeth Pharmacy, as well as the corners of Second Avenue and Tipton Street, and Second and Flowers avenues.

See ART on Page 6

A new city ordinance will do more to protect babies and children from lead

By Juliet Martinez

A proposed city ordinance should protect children from lead poisoning. Council members Corey O'Connor, Erika Strassburger, Deb Gross and Bobby Wilson co-sponsored the bill.

"Lead poisoning disproportionately affects Black and brown children in the City of Pittsburgh," Wilson said. "These are our children, our neighbors and our future leaders. The Pittsburgh Lead Safety Law is designed to equitably help the most vulnerable people in our community."

The Allegheny County Health Department [ACHD] mandates lead testing for all babies and toddlers. Pittsburgh Water and Sewer has replaced more than half the city's lead water lines. But the ACHD says more than 500 local children have

high lead levels in their blood right now.

Lead water pipes can contribute to lead poisoning, but the main sources are dust, lead paint and soil. The federal government banned lead paint in homes in 1978. But 85% of Pittsburgh homes were built before then. The new city ordinance would attack these sources a few different ways.

> Routine testing of rental homes built before 1978. If there is lead in a rental property, the owner would have to remove it. The ordinance would also protect renters from retaliation if they request testing.

> City-owned properties would need to install filters to remove lead from water.

> Contractors working in older properties would have to have a lead-

See LEAD on Page 5

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The Homepage

Serving the communities of

Greenfield · Hazelwood · Lincoln Place · Hays · New Homestead

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

The Homepage is delivered monthly for free to residents of Hazelwood, Glen Hazel, Greenfield, Hays, New Homestead, and Lincoln Place. All readers, and those who have an interest in these communities, are encouraged to use this paper as a platform to promote resources, events, services, and community initiatives to further connect and strengthen their neighborhoods.

Send letters and story ideas to:
editor@hazelwoodinitiative.org

The Homepage reserves the right to decide what content is appropriate for publication and may edit submissions for length or form. The opinions expressed, whether by paid advertising or editorial content, do not necessarily reflect the views of this newspaper, the Hazelwood Initiative, Inc., the Greenfield Community Association, nor the 31st Ward Community Action Group.

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PUBLISHER'S PAGE

HI celebrates two new homeowners through the Affordable Housing Program

Everyone in the Hazelwood Initiative [HI] office cheered for the new homeowners. In one day, two neighborhood residents bought homes through the Affordable Homeownership Program.

The Affordable Homeownership Program [AHP] helps people buy a home. HI buys blighted single-family houses in the community at modest prices. HI then renovates and sells them to low-income home buyers at affordable prices. The mortgages for AHP homes have been between \$400 and \$700.

In October, buyers closed on the fourth and fifth AHP homes of 2021. Four more houses are under construction with buyers lined up. HI is now planning for five new construction AHP homes expected to be ready in 2023.

One of the hardest things for low-income people who want to buy a home is improving their credit score. This can take a year or more. For that reason, when residents sign up to be part of the AHP, they are referred to credit counseling.

People who start the credit counseling process now could be walking into a brand new AHP home in 2023. To learn more, please go to <https://www.hazelwoodinitiative.org/ahop>. You may also contact Dave Brewton, HI Senior Director of Real Estate, at 412-421-7234 ext. 407 or on his cell at 412-295-4787.



Valerie Thomas, left, and Michael Sullivan, below, bought their homes and got their keys from HI executive director, Sonya Tilghman, after closing in late October. Photos by Jenn Kim



Find out more about the Affordable Homeownership Program at <https://www.hazelwoodinitiative.org/ahop>.

Become a Hazelwood Initiative member and make your voice heard!

Hazelwood Initiative proudly serves all residents of Hazelwood and Glen Hazel. While anyone can attend HI meetings, only members can elect or serve on the Board of Directors. Members also receive our weekly newsletter, keeping you informed about upcoming meetings, community events and job opportunities. Membership is free; having a voice in your community is priceless.

Visit <https://tinyurl.com/HazelwoodInitiativeMembership> or complete and return the following:

Title (circle one) Mr. Miss Mrs. Ms. Mx. Dr.
 Name (first, last) _____
 Street number _____
 Apartment _____
 City _____
 State _____ Zip _____
 Email _____@_____
 Phone _____ Mobile Landline (circle one) _____
 Age _____
 Renter Homeowner (circle one)
 Race _____
 Racial makeup of household _____

Return to:

Hazelwood Initiative
 4901 Second Ave.
 Pittsburgh, PA 15207

COMMUNITY RESOURCES

Food and clothing

Holy Cross Evangelical-Lutheran Chapel of Hazelwood

Food and clothing distribution: Saturday, September 4th, 10 a.m.-1 p.m., and Saturday, September 18th, 10 a.m.-1 p.m.

Community dinners: Sunday, September 5th, 4:00-6:00 p.m. and Sunday, September 19th 4:00 p.m.-6:00 p.m.)

Phone: (412) 521-0844

Address: Holy Cross Evangelical-Lutheran Chapel, 5319 Second Avenue, Pittsburgh, PA, 15207

Hazelwood YMCA Food Pantry

Food box distribution: First Saturday of every month

Phone: (412) 421-2708

Address: 134 E. Elizabeth St, Pittsburgh, PA, 15207

Fishes and Loaves

Meals on Wheels: Monday through Friday home meal delivery, free to anyone who needs food in Hazelwood, The Run, Greenfield and Glen Hazel

Congregate lunch: Eat in or take home lunch, Monday through Friday 11:30 a.m. to 1:00 p.m.

Emergency food boxes: Pick up at Spartan Center 9:00 a.m.to 2:00 p.m. Monday through Friday, or home delivery within 15 miles of the office.

Call to arrange food box pickup on the weekend.

Grocery buying assistance is available.

Address: 131 E. Elizabeth St, Pittsburgh, PA, 15207

Phone number (412) 499-4313

Ask for Dylan Knapp-Scott

COVID-19 testing and vaccination

COVID-19 vaccinations

Rite-Aid

Monday through Friday, 10 a.m. to 7 p.m.

4934 Second Ave, Pittsburgh, PA, 15207

Phone: (412) 421-6948

Book an appointment if possible at <https://www.riteaid.com/locations/pa/pittsburgh/4934-second-avenue.html>

Pfizer, Moderna and Johnson & Johnson available

COVID-19 testing and vaccination

Hazelwood Family Health Center

4918 2nd Avenue, Pittsburgh, PA 15207

Phone: (641) 715-3900 Extension: 301402

Call for appointment

Call now for your booster shot if you have a weakened immune system due to cancer, solid organ transplant, steroid treatment or **other cause.**

Pfizer, Moderna and Johnson & Johnson available

Housing and utilities

Action Housing: Emergency Rental Assistance Program

Visit: <https://Covidrentrelief.alleghenycounty.us>

Call: (412) 248-0021

Email: rentalassistance@actionhousing.org

PWSA relief application:

Apply at <https://www.pgh2o.com/residential-commercial-customers/customer-assistance-programs>

Call: Dollar Energy Fund at (866) 762-2348

Free housing legal services for renters and homeowners

Tenant Services

- Mediation: Third party trained mediators facilitate a resolution between landlord and tenant issues.

- Limited Legal Consultation: Attorneys provide limited and brief legal advice related to tenant issues and provide information on options, rights and responsibilities.

- Full Legal Representation: Attorneys provide representation through court proceedings to help prevent evictions and stabilize housing.

Homeowner Services

- Tangled Title: Legal assistance to help transfer the home's record title to the current occupant.

- Foreclosure Prevention: Assistance to help prevent foreclosure by helping to explore options such as repayment plans, forbearance and deferrals, mortgage modifications, refinancing and/or bankruptcy.

For a Legal Assistance Program referral call: 412-534-6600

Non-English speakers please call: 412-530-5244

Hotlines, alerts, and general information

Allegheny County Health Dept.

24/7 hotline:

888-856-2774

Phone Alerts:

www.alleghenycounty.us/alerts

General Information & Assistance:

Call 2-1-1

OR text your zip code to 898-211

OR visit PA211sw.org

Center of Life

Covid-19 Online Resource Guide

centeroflifeonline.net/covid

Hazelwood Initiative Community

Updates

facebook.com/hazelwoodinitiative

Praise Temple Community

Hotline

* Answering M-F,

10am-2pm

412-422-1983

Resolve Crisis Services

(888) 796-8226

Mental health crisis support

Churches and houses of worship

First Hungarian Reformed Church of Pittsburgh

221 Johnston Avenue Pittsburgh, 15207

412-421-0279

Fountain of Life Church

247 Johnston Ave Pittsburgh, 15207

412-422-8794

www.fountainofflifepgh.co

Holy Angels Church

408 Baldwin Road Pittsburgh, 15207

412-461-6906, <https://www.facebook.com/holyangelshays/>

Holy Cross Evangelical Lutheran Chapel

5319 Second Avenue Pittsburgh, 15207

412-521-0844

www.holycrosspgh.info

Keystone Church of Hazelwood

161 Hazelwood Avenue Pittsburgh, 15207, 412-521-3468

<https://www.centerofflife.net/>

Mary S. Brown-Ames United Methodist Church

Meeting at: 515 West 8th Avenue Homestead, PA 15120, 412-421-4431

info@brightredfence.org

www.brightredfence.org

Praise Temple Deliverance Church

Pastor Lutual M. Love, Sr.

5400 Glenwood Avenue Pittsburgh, 15207, 412-277-0113

Saint John Chrysostom Byzantine Catholic Church

506 Saline Street Pittsburgh, 15207

pastor@sjbcc.com

<https://sjbcc.com/>

Saint John the Evangelist Baptist

4537 Chatsworth Avenue Pittsburgh, 15207, 412-626-3232

info@stjohnpgh.org

www.stjohnpgh.org

Saint Rosalia Catholic Church

411 Greenfield Avenue Pittsburgh, 15207 412-421-5766

info@saintpaulcathedral.org

www.ghocatholics.org

Saint Stephen Catholic Church

5115 Second Avenue Pittsburgh, 15207 (412) 621-4951

info@saintpaulcathedral.org

www.ghocatholics.org

Squirrel Hill Christian Church

290 Bigelow Street Pittsburgh, 15207

412-521-2447

Steel City Church

290 Bigelow Street Pittsburgh, 15207

(412) 342-8387

info@thesteelcitychurch.com

www.thesteelcitychurch.com

Warriors of Holiness in Power

(A Full Gospel church)

1174 Mifflin Road Pittsburgh, 15207

412-461-5572

whipwarriors@gmail.com

www.whipministries.org

Contact Hazelwood Initiative for help with rental assistance applications

Contact Tiffany Taulton, Director of Community Initiatives, at Hazelwood Initiative for help applying for the Emergency Rental Assistance Program [ERAP].

Mobile phone: 412-392-7427

ttaulton@hazelwoodinitiative.org

Medical Devices Lending Library - Beth Shalom

Walkers, wheelchairs and canes available for short- or long-term loan to residents of Greenfield, Hazelwood, Squirrel Hill and Homestead. Local delivery available.

To request an item, contact Rabbi Mark Asher Goodman at mgoodman@bethshalompgh.org or 412-421-2288

See bethshalompgh.org/medicaldevices/ for more information.

Emergency broadband assistance

The Emergency Broadband Benefit will provide a discount of up to \$50 per month towards broadband service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price.

Apply online: <https://getemergencybroadband.org/>

For help applying or more information, call (833) 511-0311 between 9:00 a.m. and 9:00 p.m.

“Just For Today” Nar-Anon Family Group Meeting



Meeting First and Third Wednesdays at 6:30 PM
First Hungarian Church - Calvin Hall

217 Johnston Avenue

Any questions contact Cindy 412-421-7076

If you have a loved one, family member or friend that suffers from the disease of addiction, these meetings are for you.

Grocery

- Continued from Front Page

it's harder to find "actual food, like stuff for dinner." Mr. Marshman said he usually hires a car to take him to the Squirrel Hill Giant Eagle for about two weeks' worth of groceries at a time.

Geography matters when it comes to grocery shopping. Dianne Shenk, owner of Dylamato's Market, said she and other Hazelwood stores offer one big advantage: location. "We're competitive because people don't have to travel."

Even with a convenient location, Ms. Shenk added, free home delivery is critical for many Hazelwood residents. Dylamato's offered the service during the height of COVID-19, and she saw the need for it personally. "I was delivering to people who are blind, in wheelchairs, communication impaired. People need home delivery and can't afford a delivery fee."

Coming soon to a neighborhood near you: Delivery pilot program

Saundra Cole McKamey, co-founder of People of Origin Rightfully Loved and Wanted [POORLAW], the parent organization of GH-CARED, said she saw it, too, when POORLAW and other community groups delivered thousands of meals each month during the pandemic.

Praise Temple Deliverance Church, in collaboration with POORLAW and GH-CARED, is preparing to launch a grocery pickup/delivery service. They are working with Oasis Grocery Direct on a six-week pilot program.

"This gives us a chance to learn about food patterns and spending in our community," said Pastor Lutual Love, who leads Praise Temple Deliverance Church and is a founding member of GH-CARED. They plan to offer delivery services when the grocery store opens.

For now, they are seeking 30-50 families to sign up for the pilot program. Participants would be able to place orders two or three times a week by phone or online. Their orders would be filled by local distributors and shipped to Praise Temple Church at 5400 Glenwood Avenue. GH-CARED will contact participating families when their orders arrive. The families can then pick up their orders at the church or have them delivered at no charge.

Transforming a food desert

Vince Toley, a resident of the



Hazelwood Healthy Active Living Center, said if he could shop on the 4800 block he wouldn't have to go elsewhere for groceries. "The whole building would love that."

"Rite Aid doesn't have vegetables," Mr. Toley said. "You might find a box of cereal—at astronomical prices." As a result, he buses to the Greenfield Giant Eagle for most of his shopping.

"This is not new—people have been saying the same things over and over but not being listened to," Ms. Cole McKamey said. "We are addressing the food desert situation in the community."

Ms. Shenk said she foresees "either neutral or positive" effects on her business if another grocer opens in Hazelwood. She said when La Gourmandine first opened, Mildred Williams, the baker who supplies Dylamato's, wondered how it would affect her sales.

"She got busier," Ms. Shenk recalled. "Her pastries are different, and more people came to Hazelwood looking for pastries. The same thing will happen if more people come to Hazelwood looking for [other] food."

Residents of surrounding neighborhoods expressed support for a neighborhood grocer as well. Melanie Moore of The Run mainly shops at Aldi on the South Side, but travels elsewhere for items like deli meat and rotisserie chicken. She likes Mercato's in Oakland for homemade foods, but added that they close early. Ms. Moore said her family would happily buy groceries at the 4800-block location. "My dad is all about convenience—whatever is closest."

Join the grocery store pilot program. If you are interested in signing up for the program, contact Pastor Love at lutuallove@gmail.com or 412-277-0113.

Redeveloping the S&R Market site Highlights of the Nov. 9 community meeting

By Juliet Martinez

Apartments, a gym and a gas station. These ideas for redeveloping the former S&R Market site came up at the November 9 Hazelwood Initiative [HI] community meeting. The site is now a parking lot across from Rite Aid on Second Avenue.

HI owns the site. It has engaged an architecture firm and formed a steering committee of residents. Architect Kate Tunney presented the site and asked for suggestions.

Meeting participants discussed the need for both a grocery store and a laundromat. HI executive director Sonya Tilghman said HI supports efforts to build a co-op grocery store on the 4800 block of Second Avenue (see page 1). Residents said the commercial spaces should be active throughout the day and evening. For example, a gym could also host physical therapists, as well as space for a yoga or dance studio.

To offer ideas for the former S&R Market site, email Ms. Tunney (katet@rdcollab.com).

Duquesne University Bridges to Health program

The Bridges to Health program sends community health workers to residents' homes. They help with asthma, diabetes, stopping smoking, high blood pressure and diseases of the heart and lungs. They problem-solve so people can get to appointments and take their medications. They also have food and utility assistance resources. Contact Health & Wellness Coordinator Marla Breitbarth at breitbarthm@duq.edu or 412-423-6170 for information.

Literacy Pittsburgh construction trades program

TradeUP offers paid training, free GED classes, paid GED test fees and a construction trades pre-ap-

Photo contest winner!

Congratulations to Todd Sherman for his winning photo, "Sky reflected in the fountain at Hazelwood Green." Send your best photos of your neighborhood to The Homepage! Winners will have their photo and name in the paper. Please include your name and the location of the photo.

Email digital photos to:

editor@hazelwoodinitiative.org.

Mail prints to:

Hazelwood Initiative, Inc.

Attn: The Homepage

4901 Second Avenue, 2nd Floor
Pittsburgh, PA 15207

Submission of photographs grants The Homepage permission to print the photographs.

prenticeship class. Participants must be 18 years or older and eligible to work in the USA. They need a social security card and valid Pennsylvania driver's license. They must be willing to submit a background check and drug screening. Contact Daniel Lampmann at dlampmann@literacypittsburgh.org or 412-350-9920 for information.

New school board representative Tracey Reed

Outgoing 5th district school board representative, Terry Kennedy, introduced her successor, Tracey Reed. "I'm thrilled to have Tracey succeed me," Ms. Kennedy said. Ms. Reed said she looks forward to serving the community. She said she will attend future meetings.

Greenway updates

HI director of community initiatives, Tiffany Taulton, said in November Landforce, Tree Pittsburgh and volunteers planted 173 trees. Big thanks to all the volunteers! She said the Greenway trail is much nicer, with less trash and Japanese honeysuckle. The fast-growing trees will shade out the knotweed, but the goats will still probably need to come back next summer. The new plantings will guide people to the left where the new trail is. Picnic tables and benches are coming soon. See page 11.

Proposed brewery on Irvine Avenue

Hazel Grove Brewing, a craft brewery, may be opening at 4605 Irvine Avenue. The plan is to brew craft beers onsite, serve food in a family atmosphere and close by 10 p.m. most nights. The owners want to hire neighborhood workers and partner with community groups like Community Kitchen Pittsburgh. Contact barb@nibusbrewing.com for more information.

HEALTH

Six exercise tips to ease holiday stress

By Mindy McHale

Holiday tasks, obligations and fatigue can fill this season with extra stress. Don't let a disruption to your exercise routine add to it! Reframe how you use exercise so it creates patience, strength and joy during this time of year. Here are six tips to help you do just that:

1. Remind yourself why exercise is good. Exercise helps you build and maintain a strong and mobile body, a sharp mind and self-confidence throughout your lifetime. It's an act of true, adult love and care for yourself.

2. Maintain your current workout routine as best as you can. If you are only now considering regular exercise, **DON'T DELAY STARTING YOUR ROUTINE.** Any amount of exercise produces amazing benefits, including tackling your to-do list with energy, satisfaction and enjoyment.

3. Remember that this is a holiday season and not a permanent schedule change. Extra calories and missed workouts during this time will **NOT** derail your long-term health goals and progress.

4. Resist the urge to overtrain as a way to make up for missed workouts and extra calories you consume. Don't double-up on workouts or train too intensely. Don't train while exhausted or hungover. Don't deprive your body of time to repair after training. You are risking injury, sleep- and hormonal-disruption, and physical- and mental burn-out. Any one or all these things can be reverse your workout habits and progress.

5. Enjoy your workout "disruptions!" You may have to skip workouts to celebrate with family and friends or shop for something special. Holiday cookies and other traditional foods may come around only this time of year. Savor these connections and these special foods. Try not to allow stress and guilt overtake the joy of each moment.

6. If you can't make the gym or workout class, here are some other ways to stay active:

- > Take a 20-30 minute WALK.
- > Check out my Instagram or blog for some home-based workouts. Modifications always included! Instagram: @strongernowstudio. Blog: www.strongernowstudio.com.
- > SLEEP! Getting enough qual-

ity sleep is key for resetting and strengthening your body and mind. Napping counts!

> Volunteer to carry those decoration boxes up and down the stairs. (Is this the worst holiday task? Yep.)
B O N U S: The holidays can bring about feelings of sadness, loneliness and disappointment for some people. Check in on anyone you suspect is struggling. Ask them to join you for a walk, a yoga class or a visit.

Mindy McHale is a certified personal trainer and owner of Stronger-Now, a women's wellness studio in Greenfield.

Get help keeping your house warm

Action Housing and Duquesne Light have partnered to help people weatherize their homes.

Who is eligible? Low- and fixed-income households

How do I apply? Call Action Housing at 412-281-2102 (ext.2101).

Note: Renters must get their landlord's permission before making changes.

Lead

- Continued from Front Page

Lead poisoning fast facts

What you don't know about lead can hurt your kids. [Learn the basics here.](#)

Sources of lead

Dust, lead paint and soil are the biggest sources of lead exposure.



Systems lead harms

Lead disrupts the nervous, cardiovascular, and hormonal systems of the body.



Abilities lead harms

Lead affects intelligence, focus and impulse control.



Children affected

More than 500 children in Allegheny County have lead exposure.



Find out more

Go to <https://tinyurl.com/ACHD-lead-resources> for more information.



Protect kids by vaccinating them against COVID

By Juliet Martinez

Kara Volk's son Harland turned 12 in September. For his birthday, he got an electric scooter and a vaccine against COVID-19. At the end of October, the Pfizer shot was cleared for use in children ages five to 11. Now, Harland's younger friends can be vaccinated if their parents make it happen.

"Everything about this virus is unpredictable"

Polls suggest some parents are hesitant to have their children vaccinated. But doctors are urging them to get their kids vaccinated. There is no way to know how sick a child who catches COVID-19 will be.

About a third of kids who have been hospitalized because of COVID-19 had no other health problems. Black, Hispanic and Native American children were three times more likely to be severely sick than white children.

"Everything about this virus is unpredictable." Dr. David Kimberlin, an infectious disease pediatrician spoke with NPR. "And we need to do everything we can to protect ourselves and to protect our children."

Ms. Volk said when the vaccine became available for 12-year-olds,



Image by Ray Gerard.

she told Harland he was getting the shot on his birthday. Her nine-year-old got his first Pfizer shot, a third as much as his brother had, on Veteran's Day. In clinical trials, 2,268 children got that dose. More than 90% of them had no symptoms of COVID-19, if they caught it.

Meanwhile, unvaccinated teens with COVID-19 are 10 times more likely to become seriously ill. Experts say every one of those cases is preventable.

Still, some parents worry about side effects from the vaccine. The common ones include pain where they got the shot, feeling tired, headaches and muscle aches. None of these lasts more than a few days.

These were not an issue for Harland. "He didn't have any," Ms. Volk said. "It was almost anticlimactic how easy it was."

safe plan. This means they control dust or keep it to contaminate living areas, air ducts, or other spaces or homes.

> Demolition permits would have to include a lead safety plan to prevent the release of lead dust.

Why is lead dangerous?

Talor Musil is from Women for a Healthy Environment. She spoke about the ordinance to a press conference at the City-County Building. She said lead exposure harms children in ways that last a lifetime. It can damage a

child's intelligence, focus and impulse control.

"Right now, children are serving as lead detectors in their home environments," Ms. Musil said.

Lead is a slow poison that affects almost every organ in the body, including the brain and nervous system. Children in early developmental stages are most at risk from lead exposure. Their growing bodies soak up lead. The damage to their nervous systems can alter the course of their lives.

Once a child has lead poisoning, there is no known treatment to remove it. Nothing can reverse or cure the ways that lead changes a child's behavior or intelligence. Babies, toddlers and children exposed to lead may not grow as well as they would have.

In addition to affecting a child's ability to learn, lead can cause hearing and speech problems and anemia. It can also cause high blood pressure, delayed puberty and diseases of the heart and kidneys.

HEALTH

Healthy in the Holidays

Dear Friends,

It feels like the “holidays” begin with Halloween candy and continue with food and drink overindulgence, ending with hopeful resolutions in the New Year. Throughout my 40-year pharmacy practice I have been dedicated to holistic health and being a resource on your journey to a healthier life. How can Murray Avenue Apothecary help you?

Healthy Digestion

Healthy digestion starts with healthy food: whole grains, Omega-3 fatty acids, grass fed meat, and green leafy vegetables. Another key is healthy gastrointestinal flora. Your gut is full, or should be full, of friendly bacteria called probiotics. These beneficial bacteria make up the microbiome which helps digest our food, create Vitamin K and B Vitamins and even affect our moods. Without replenishing good bacteria, which processed foods, alcohol, and antibiotic prescriptions kill off, we are prone to digestive issues which can lead to chronic systemic inflammation and autoimmune disease.

Almost everyone can benefit from probiotics. They are number one in

my personal top five supplement regimen. We recommend the 30 Billion Count Probiotics, Chewable Probiotics combined with Digestive Enzymes, Betaine HCl enzymes, and Astaxanthin which may all help improve GERD or Heartburn. combined with Digestive Enzymes, and Betaine HCl enzymes, and Astaxanthin. These may help relieve GERD or heartburn.

Healthy Hormones

Hormones affect everything from energy levels to mood. Poor diet, stress and age can contribute to hormonal imbalance. I have over 20 years of experience in Hormone Consultations and Gentle Hormone Restoration Therapy.

We carry easy-to-use, in-home, test kits for testing your hormone levels and we compound human identical hormones in our state-of-the-art compounding lab. Learn more about hormones and fill out our initial consult form at www.MAApgh.com.

Healthy Skin

Healthy skin is an important part of overall well-being. Sugar, alcohol, sleep deprivation, and the harsh

Pittsburgh winters can beat up our skin. LabNaturals Skin Care is a full line of skin care products from cleansers to moisturizers, including our antiaging powerhouses - the Vitamin C 20% Skin Serum and Dreamy Night Cream.

Healthy Pets

Please be careful of your pets this holiday season! Chocolate can be toxic to their systems. Pets are part of the family and they need just as much care and attention as we do! MAA works with veterinarians to compound pet medication into easier dosage forms. We can turn pesky pills into liquids or flavored treats. Topical prescription and OTC compounds, animal vitamins and other pet-specific supplements are part of MAA's wide selection for your furry friend. We even carry CBD Hemp Oil for Pets.

At MAA, we believe in the holistic health triad: Patient, Physician, and Pharmacist working together to achieve the health and wellbeing of our clients. When you are unsure of the answer to the question, “Will this make my life healthier?” we hope you remember your neighborhood compounding pharmacy boutique, Murray Avenue Apothecary, as a place to receive honest expert advice and any guidance you may require on your journey to a healthier you.

We are here for you! Happy Holidays!

Susan

Susan Merenstein,
Pharmacist and Owner
Murray Avenue Apothecary
4227 Murray Avenue
Pittsburgh, PA 15217
412-421-4996
www.MAApgh.com
www.LabNaturals.com

Art

- Continued from Front Page



Alisha Wormsley's Afro-futurist work, “There Are Black People in the Future,” will be part of the Illumin-Ave art and light installation at 4901 Second Avenue in December. Photo by Jon Rubin

The artists

The project will feature original works from Alisha Wormsley, Ian Brill, Mikael Owunna, and Clear Story. Each piece will be illuminated and will highlight the buildings to create a re-interpretation of both the art and the spaces themselves.

The locations

The locations were chosen for their relationship with the streetscape for optimal viewing, compelling architectural features, and their place in the Hazelwood community. Lighting installations from Clear Story will create an entrance to the project and connect the three artists' installations between Flowers Avenue and Elizabeth Street.

With this project, the team intends

to animate the everyday streetscape, and create a pleasant and engaging experience for the Hazelwood community day and night.

The events

The installations will be in place for Light Up Night on Monday, December 6th from 6:00-8:00 pm. A launch event on Friday, December 10th, will give community members the chance to hear directly from the artists about their works.

Hazelwood Local thanks the Hazelwood community and the owners of all the properties who enthusiastically helped deliver this project, including Hazelwood Initiative.

To RSVP for the December 10th event, visit www.hazelwoodlocal.eventbrite.com.

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GARDEN AND SUSTAINABILITY

Winter and the life of the garden

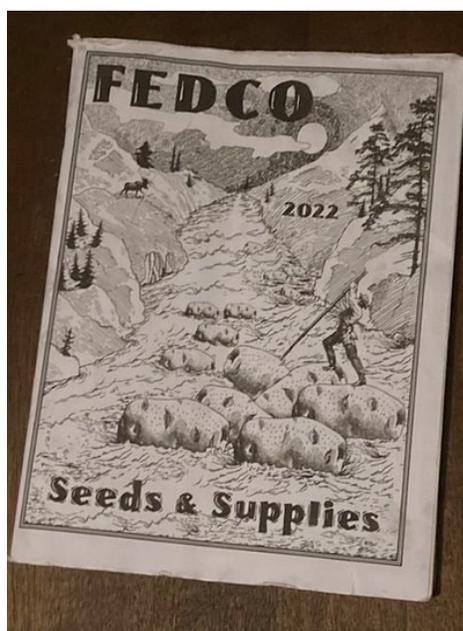
By Matt Peters,
Community Garden Manager

Winter is a time of rest for the gardener, but not for the garden. Under the blanket of snow and mulch the soil is teeming with life.

Microbes and fungi adapted to the cold temperatures restore nutrients lost by exposure of the soil to wind and sun during the growing season, or harvested and eaten by the gardener and the groundhogs. Perennial plants may look dead during these winter months, but beneath the surface of the soil their deep roots are alive and well, ready to burst forth in the spring with new growth. Trees continue growing both above and below ground through the winter months. The dark bands that we count to determine the age of a felled tree show how they continue to store carbon, even though their leaves have returned to the soil after delighting us with their colorful autumn display.

Winter might mean a break from the summer garden chores of weeding and tending plants, but the important task of planning for next year helps while away the time through these long cold nights, and there is little time to waste!

Our neighborhood Urban Ag Team hosts a group seed order each year from Fedco, a cooperative seed company based in Maine. Popular seed varieties sell out fast. By ordering early, we can get ours in time to start tomatoes and peppers on a warm windowsill even while the



Get a discount on your seed order by joining the Urban Ag Team's order from Fedco, as seen here, or at <https://www.fedcoseeds.com/seeds/>.

snow may still be flying outside. The deadline for participation is January 8, 2022.

Fedco offers a user-friendly and generous discount for group orders; the more people who join, the bigger the discount for everyone! You can read their discount policy and peruse their online catalogue at https://www.fedcoseeds.com/seeds/ordering_seeds.htm.

Contact Matt Peters, Community Garden Manager, for details on how to take advantage of the group order discounts. Sign up for your very own garden bed! Growing space is available at convenient locations around Hazelwood.

See <https://www.hazelwoodinitiative.org/urban-ag-team> or contact Matt at gardens@hazelwoodinitiative.org.

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Allegheny Fence.....	(412) 421-6005
Automotive Medic.....	(412) 422-2886
Brad Rosen Landscaping.....	(412) 421-4330
C&D's Kitchen.....	(412) 224-2658
Carpets & Things.....	(412) 401-8049
Christian Cleaning Services.....	(412) 781-5989
Colwell Automotive.....	(412) 422-2658
Community Kitchen Pittsburgh.....	(412) 246-4736
Dylamato's Market.....	(412) 521-1351
Easy Does it Lawn Care.....	(412) 708-3586
Elevationz: MoNae's Hair Studio , Killa Kutz , New 2 You & The Diamond Room.....	(412) 235-7033
Elizabeth Pharmacy.....	(412) 421-0114
Elmer Herman Funeral Home.....	(412) 521-2768
Floriated Interpretations.....	(412) 607-7886
General Contractor - Mike Lignini.....	(412) 600-1969
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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
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MDT Home Remodeling & Repair.....	(412) 467-9577
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John D. O'Connor & Son Funeral Home.....	(412) 521-8116
Jozsa Corner Hungarian Restaurant.....	(412) 422-1886
K & M Clean Fix LLC (Handyman Services).....	(937) 369-8364
K & T Cleaning.....	(412) 337-7903
Key Bank	(412) 422-7420
Kruszka's Auto.....	(412) 521-8911
La Gourmandine.....	(412) 291-8146
Lytle Cafe.....	(412) 421-4881
Odell Minniefield Construction and Services.....	(412) 421-6662
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The Pittsburgh Stop.....	(412) 969-7488
Reed's Sweet Treats.....	(412) 449-9338
Renee' Roma Personal Training.....	(412) 443-6957
Rite Aid.....	(412) 421-6948
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Webster Electric.....	(412)-290-1112

Want your business listed for FREE?

Call 412-421-7234 or email skanar@hazelwoodinitiative.org

Gifts for kids!

Bring your child or children to pick out a gift on Saturday, December 18th, from 1:00 to 3:00 p.m. at Fountain of Life Church, 247 Johnston Ave, Pittsburgh, PA 15207. Call Kim Carter at 412-853-8034 for more information.

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 CAG Corner

Join the 31st Ward Community Action Group 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.

Meeting location: Lincoln Presbyterian Church,
1202 Muldowney Ave, Pittsburgh, PA 15207

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

Contact us:

Email: executiveboard@31WardCag.org

Website: 31stwardcag.org

Find us on Facebook!

31st Ward Flag Fund

Your donation will help our volunteers to install and mantian American flags that line the streets of the 31st Ward. Please make checks payable tp 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



Thank you veterans! Lincoln Place pancake breakfast

The Lincoln Place community thanked its military veterans with the annual Veteran's Pancake Breakfast on November 13 at Lincoln Place Presbyterian Church. Reverend Jim Davison gave the blessing and Girl Scout troop 52469 served pancakes and sausage to the tables of the veterans, their spouses and caregivers.

Korean Conflict veteran Larry Popovich attended from Bethel Park. He recalled his service, saying, "We went in, we signed the paper and took the oath. And nobody – but nobody – guaranteed us we were coming out, not even in a body bag." In recognition of those who never made it home, the program included a commemoration of the 100th anniversary of the Tomb of the Unknown Soldier. The tomb contains remains of unidentified American soldiers who died in the World War I and later wars.



Veterans, their spouses and caregivers received the thanks of their community along with a delicious breakfast on November 13 at Lincoln Place Presbyterian Church. Photo by Ryan Herbinko

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

Army

Richard & Cindy Ford
Bill & Janet Mortimer
Jim Tackes
Wesley Kolan
Paul & Joan Kohlmeyer
Rege & Diane Ketter
Thomas Hajduk
George Ribarchak
Connie Jamison
Larry Popovich

Navy

Joe & Char McArdle
Bill & Hazel Fowler
Lloyd Browning & family
Ernest & Myrna Harkless
Brian Mertz
David Harris & Gerry
Jim & Andrea Carn-probst
Jim Lebeda

Air force

John & Mary Sudnak
Larry & Donna Ruffing
Frank Ruffing
Victor Klein

Marines

Chuck & Debbie Miller
Chuck & Ann Swearinger
Edward Mramor & Patty Kranack

Upcoming events:

Dec 4:
Annual Santa Trolley Ride

Dec 11: Holiday Parade

Please see the 31st Ward Community Action Group's Facebook page for more details.



Volunteer Diane served up a heap of fluffy pancakes for veterans to enjoy, above. Councilman Corey O'Connor chatted with veterans, upper right. All branches of the armed services were represented, right. State Senator Jay Costa listened to veterans' stories and concerns, below. Members of Girl Scout troop 52469 and Brownie troop 36695 sweetly served the veterans, their families and caregivers, bottom of page. Photos by Ryan Herbinko



 **HAZELWOOD INITIATIVE**
growing together

Thank you to all our sponsors who made Hazelwood's 22nd annual Safe Halloween a Spooky Success!

Allegheny Fence Company	La Gourmandine Bakery
Atrias, Pleasant Hills	Lytle Café
Big Jim's	Longhorn Steakhouse, Waterfront
Chick-fil-A, Waterfront	Lowes Home Improvement, Waterfront
Community Kitchen	Friends of Corey O'Connor
Concrete Rose Construction	O'Connor Funeral Home
Costco, Waterfront	Olive Garden Restaurant, Pleasant Hills
Council of Three Rivers Native American Center	Pittsburgh Fire Fighters Local 1
Doyle for Congress	Red Robin Gourmet Burgers, Waterfront
Elizabeth Pharmacy	Rialtos Pizza
Elmer Herman Funeral Home	Rock Bottom, Waterfront
FCSLA	Rothan Awning
State Representative Dan Frankel	Squirrel Hill Urban Coalition
Halbleibs Auto Body	University of Pittsburgh
District Judge Jim Handley	Yankee Candle, Ross Park
Dr. Edward Horan, DMD	Yankee Candle, Waterfront
Italian Village Pizza	

Thanks to the generosity of our sponsors who made it possible for us to pack 250 treat bags and raffle a gift basket worth \$700! Please continue to support our sponsors and we will see you in 2022!

FAMILIAR FACES



Families in costume came out for the 22nd annual Safe Halloween, left. No matter how scary the costume, mom loves the kid inside, upper left. After spending months organizing the 22nd annual Safe Halloween event with his wife, Judy, Jim McLaughlin just wanted to dress up as a cowboy, have fun and give away a whole lot of candy, upper right. Hazelwood Initiative staffer Sarah Kanar showed her balloon twisting skills at Safe Halloween, giving this scary skeleton kid a scary skeleton pal, right. Photos by Juliet Martinez.



Minecraft mobs and beloved characters from childhood lined up for candy and fun right in the neighborhood, above. Left: Families of all kinds, including those with unicorns, firefighters and butterflies, showed up to have fun and get a big sealed bag of candy for each child.

FAMILIAR FACES



Above: Landforce planted a whopping 150 trees in the Greenway on November 1 in the area the Allegheny Goatscape goats cleared over the summer.

Photo by Matt Peters



In November, community members gathered at the Hazelwood Initiative office to help shape the design of modular duplexes that City of Bridges Community Land Trust will build on Chatsworth Avenue, upper photo above. Participants cut swatches of different colors, patterns and textures from nature, and placed them on the design drawings to suggest , lower photo above. Construction of the duplexes may begin as early as April, 2022, and will be completed eight to twelve months after that. Each unit will sell for \$120-135,000.

To find out if you are eligible to purchase one of the homes, go to <https://cityofbridgesclt.org/apply/>. Photos by Juliet Martinez.



Tiffany Taulton, Hazelwood Initiative Director of Community Initiatives, and volunteer Martha Bell, dug holes for young hazel and witch hazel trees planted in the Hazelwood Greenway on November 6, second from the top. Volunteers from the community joined Tree Pittsburgh and Hazelwood Initiative staff to plant 20 trees, third from top. Kelsey Munsick of Tree Pittsburgh and Matt Peters, Hazelwood Initiative Community Gardens Manager, paused for a moment during a morning of digging and planting, right.

Photos by Ray Gerard.



SCHOOL UPDATES

Redefining school through dynamic partnerships

By Propel Hazelwood

Propel Hazelwood scholars were busy their first trimester learning through enrichment activities in and out of the classroom.

Through a partnership with Grounded Pittsburgh, all scholars began a year-long, grant-funded project with a virtual visit from the National Aviary. Through this project, scholars will learn about birds and their habitat through classroom lessons and after-school events. The grant project will help repopulate a species of swallow called the purple martin. The year will culminate in a project-based learning experience where scholars will design and help build a bird sanctuary and sensory garden.

All scholars in kindergarten through sixth grade will get books

for their home libraries through a partnership with Reading is FUNdamental. Ms. Murphi Cook visits regularly to read a story, lead an activity and give scholars a book to take home. Kindergartners hear a story every other week and receive a new book once a month. Other grades receive a visit and a new book once a trimester.

Propel science educators and the Community School team hosted their first-ever Fall Into Science Festival on October 21. Families and community members were welcomed into the school for a night of spooky science fun. Attendees built candy corn towers and created a skeleton hand x-ray. Mr. Schmidt, the eighth-grade science teacher, held demonstrations with real live snakes that enthralled adults and children.



Kindergartners participate in a welcome activity with Reading Is FUNdamental [RIF]. Photo courtesy of Propel Hazelwood.

At the hackathon table, participants created Google logos and competed for prizes that included drones and earpods, courtesy of Propel Schools Computer Science Coordinator E. Reis.

This is open enrollment season for families who are interested in having their children attend Propel Schools beginning in the 2022-23 school year. To learn more, please visit our website: propelschools.org.

TRVS students enjoy outdoor play and cleaning up litter in the neighborhood

By Maggie Bogdanich

The fall weather is beautiful in Hazelwood. Three Rivers Village School [TRVS] students are feeling inspired being among so many trees whose leaves are brilliant reds, oranges, and yellows. They've been sweeping up leaves and creating piles to play with outside, in the parking lot of the Spartan Center. Kids here can choose to spend lots of time outdoors during the school day. One group of five students decided recently to spend a full day outside, only coming in to use the bathroom and to help clean up at the end of the day.

Once we've moved over to 4713 Chatsworth Avenue, kids will spend plenty of time outdoors year-round. The lawn, the garden and the playground will be freely available for the majority of the school day. We are very grateful for that.

As always, individual students choose to spend lots of time playing, talking or focusing on projects of their own creation. These include painting, writing, reading, building Roblox games, sewing and wood-working.

Student-directed groups meet every week. The Art Co-op and Building Committee are busy managing things around school and preparing for the new space. The Building an Anti-Racist Culture Committee

meets each week to learn about and discuss the history and impact of racial oppression in the US, and explore ways we can contribute to a just future. ASL class is adding students and now meets twice per week.

Students have been out collecting litter around Hazelwood. They hope to make this a recurring event. If you see little groups of kids in orange vests during the school day, they are most likely TRVS students picking up trash along the roadways and sidewalks in the neighborhood. Allegheny Cleanways generously loaned us cleanup kits that include a five-gallon bucket, grabbers, gloves, hand sanitizer, and high-viz vests. Send us an email at office@threeiversvillageschool.org if there is a particular street in need of litter pick up.



Three Rivers Village School students picking up trash around the neighborhood. Photo courtesy of Three Rivers Village School

NOTICE OF NONDISCRIMINATORY POLICY AS TO STUDENTS

Three Rivers Village School admits students of any race, color, national and ethnic origin to all the rights, programs and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color national or ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.

BLUEBERRY BUSH GIVEAWAY

The Izaak Walton League of Allegheny County has recognized Hazelwood as an environmental justice community. The organization has offered our neighborhood free blueberry bushes as part of its initiative, The Pittsburgh Blueberry Project.

Blueberries are:

- > Nutrient rich and good for your brain, heart, skin, and muscle
- > Fresh produce you can grow in your yard
- > Good for native moths, butterflies and birds

Blueberry bushes are low-maintenance, don't grow very tall and need little pruning. To receive blueberry bushes in the spring, sign up here:

<https://tinyurl.com/HZbluetrees> (web address is case sensitive)

Email Matt Peters, Community Garden Manager for additional information: gardens@hazelwoodinitiative.org

Learn more about planting blueberries:

<https://tinyurl.com/planting-blueberries>

GREATER HAZELWOOD

Meetings every 2nd Tuesday of the month!

VIRTUAL COMMUNITY MEETING



TOPICS & SPEAKERS

- **S&R Market Lot Redevelopment Updates** - Kate Tunney, Rothschild Doyno Collaborative
- **Hazelwood Local Year in Review** - Dana Wall, Street Plans
- **Hazelwood Initiative Board Election Results** - Dianne Shenk, HI Governance Committee
- **Hazelwood Initiative Updates** - Sonya Tilghman, Dave Brewton, Tiffany Taulton
- **Community Announcements**



Register in advance for this meeting:

<https://bit.ly/2SwPr9k>

CALL IN TO LISTEN: (646) 558-8656
Meeting ID: 853 9182 9343 Passcode: 796212

Hazelwood Initiative wants to hear from YOU

The mission of Hazelwood Initiative [HI] is to "Building a stronger Hazelwood through inclusive community development." How are we doing? Let us know what you think about our efforts to preserve affordable residential and commercial space in the neighborhood. How can we improve our outreach, engagement, and sustainability?

Complete this survey online at <https://tinyurl.com/hi-impact-survey> or fill out, clip and return to:

Hazelwood Initiative, Inc.
4901 Second Ave
Second floor
Pittsburgh, PA 15207

Have you bought or rented a home from HI? YES NO
 Have you received housing assistance from HI? YES NO
 Did HI help connect you to food or employment? YES NO
 What do you like about what HI is doing? _____

How do you think HI could improve? _____

What do you like about The Homepage? What do you want to see more of? _____

Tell us about yourself and your household.

Name _____

Address _____

How old are you? _____

What is your gender? _____

What is your race? _____

What neighborhood do you live in? _____

Thank you for your input. Please attach additional pages if necessary.

Find out about water and sewer outages

Pittsburgh Water and Sewer Authority [PWSA] has improved its service outages page. The page shows where current and planned outages will happen. The map is easy to use and interactive:

<https://www.pgh2o.com/projects-maintenance/service-outages>
If you rent, PWSA can still notify you about service outages in your area. Call customer service at 412-255-2423 (press 5) to update your contact information. You can also fill out the web form at:

<https://tinyurl.com/update-contact-info-pwsa>

Some service outages affect more than one block and street in an area. When this happens, click on the green triangle on the map, then click the link in the window that pops up. This will show you more information, including a full list of affected blocks and streets.

DEC. 6

2021



6PM - 8PM



Starts at 5125 Second Ave,
ends at Corner of Second Ave & Flowers

- HORSE & BUGGY • MARCHING BAND
- FACE PAINTING • ART INSTALLATIONS
- CRAFTS • FOOD • DJ • BALLOONS
- SUPERHERO & PRINCESS PHOTO OP
- KRUNK HIP HOP BAND • CARNIVAL GAMES
- CHRISTMAS TREE RAFFLE • JAZZ BAND

Questions? Call 412-421-7234

SPONSORS



HOUSING

The Greenfield Real Estate Market—Now And In 2022

By Julie & Ted Block

Greenfield has always been one of our favorite Pittsburgh neighborhoods! Home to many of our friends and family members, we've always appreciated Greenfield for its quiet streets, lovely houses, and proximity to Downtown and other attractions.

Not surprisingly, Greenfield has become a popular destination for homebuyers. But with the current state of the real estate market, what's next for Greenfield? And how will property values and home sales be impacted in 2022?

Understanding Greenfield

In the past decade, Greenfield property values have doubled, while listings have plummeted. According to the MLS, the median Greenfield home in 2010 sold for roughly \$100,000. Today, the median Greenfield home is selling for \$229,000.

Much of this is due to demand. As

more people moved into the neighborhood (and Pittsburgh), demand for Greenfield housing increased, sending property values up.

At the same time, inventory decreased. Although active listings peaked at nearly 60 in mid-2015, they plummeted to around 10 in early 2019.

Today, Greenfield remains a stable neighborhood with moderate growth. Seasonally, homes listed in winter tend to slightly favor buyers, while the market favors sellers most in the spring.

Predictions for 2022

We expect to see seasonal demand again in early spring and summer, and we predict another year of moderate growth in Greenfield home values in 2022.

We're also still seeing plenty of economic development in nearby neighborhoods like Hazelwood and Oakland. And although working from home is still popular among office workers, that economic activity should continue to stimulate demand for Greenfield homes.

We expect relatively stable housing prices in Greenfield for the first few months of 2022. Many apartment

leases are tied to the school calendar, which helps drive demand for first-time buyers purchasing their first home in May or June. Prices may rise in these months again next year, so if you're thinking of selling, you may make 3-5% more on your house by listing between March and May.

To learn more, contact us! You can reach us at theblocks@blockintheburgh.com.

Julie and Ted are realtors with Compass Realty. Visit blocksintheburgh.com for more.

Get help with your heating bill

Low-income home energy assistance program (LIHEAP) pays your utility company from \$500 to \$1,500 to keep your heat on in the winter. This money does NOT need repaid.

Who is eligible? Renters or homeowners who meet the income guidelines. You do not need to be on public assistance or have unpaid heating bills to qualify.

Household Size	Income Limit
1	\$19,320
2	\$26,130
3	\$32,940
4	\$39,750
5	\$46,560
6	\$53,370
7	\$60,180

How do I apply?

> Create an account and apply at <http://www.compass.state.pa.us/>

> Download an application at <https://tinyurl.com/liheap-2021-2022-application> and return it to the county public assistance office.

Where can I learn more?

<https://www.dhs.pa.gov/Services/Assistance/Pages/LIHEAP.aspx>



Don't let Pittsburgh PASS you by!



What is the RAD Pass?

The RAD Pass provides Allegheny County residents ages 18 and up with access to free or discounted passes to cultural attractions in our region with a library card from any Allegheny County library.



How does it work?

Log in with your library card number and PIN, browse for passes by date or venue, and make your reservation. Then print or download your pass to your mobile device shortly before your visit and bring it with you to the venue.

It's that easy!



RAD works here. This project received a RADical ImPact Grant from the Allegheny Regional Asset District (RAD). Support for RAD Pass is provided by the Allegheny Regional Asset District.

If you have a Library card then you already have a RAD Pass!

Need a library card? **Apply for one today.**






RADPass.org

TRANSPORTATION

Four ways Pittsburgh's mayor must improve public transit

By Laura Chu Wiens and Emily Howe of Pittsburghers for Public Transit

Editor's note: This opinion piece was first published in early November. Since then, Ed Gainey was elected as Pittsburgh's next mayor. The points this piece raises continue to be worth considering, for readers and our elected leaders.

Pittsburgh depends on public transit.

Recent Census numbers tell us that more than 50,000 Pittsburghers — more than 17% of our city's population — use public transit to commute to work every day. Add students, the unemployed and other noncommuters, and the number of transit riders is much higher. In fact, 23% of Pittsburghers do not have access to a private vehicle.

In a city that suffers from huge income, health and other racial disparities, public transit is critical to improving mobility, housing affordability, economic prosperity, air quality and quality of life.

So, as the Nov. 2 election approaches, we must ask ourselves, what can the mayor do to improve public transit?

1. Support public transit over venture-backed private mobility companies.

In "All Transportation is Local," the TransitCenter, a foundation that advocates for improved public transit across the county, explains how "(Local government) controls how the street is used and how new development connects with transportation systems." The same is true in Pittsburgh.

Year after year, we've seen the outgoing mayor bend over backward to hand over our streets and sidewalks to private mobility companies. These include self-driving car companies; \$23 million to fund the Mon-Oakland Connector shuttle road for Almono LP; private sidewalk delivery robot companies; and private electric scooter companies.

The truth is that scooters, ride-hailing and other micro-mobility schemes primarily benefit upper-income, able-bodied white men. They also cannibalize public transit riders and critical transit agency funding.

It's time for our city to prioritize people over corporations by investing public resources into public transit and infrastructure.

2. Commit to connected, comfortable, accessible, affordable and safe pedestrian and bike connections to transit.

All transit riders begin and end their trips as pedestrians or cyclists. We need pedestrian and bike connections for transit to be accessible.

The City of Pittsburgh can use its capital budget to improve transit facilities and maintenance. This includes transit-accessible and dignified features like covered bus shelters with benches; connected sidewalks and accessible curb cuts; safer pedestrian intersections with signals and traffic calming; bus bump-outs; more protected bike lanes; nonslip crosswalks; street lighting; public restrooms and water fountains located near transit; and more Healthy Ride stations co-located with transit, bike sheds and bike parking.

3. Make transit faster and more effective.

Buses carrying 40-60 passengers should get priority on our streets over gas-guzzling, congestion-causing single-occupancy vehicles. To do so, the mayor can implement policies like expanded bus rapid transit lanes; traffic signal priority for buses; peak-only bus lanes that could be used in tight spaces like Carson Street and Butler Street; and far-side stops. These innovations would help keep buses from idling at traffic lights and increase their speed and safety.

4. Pass legislation and zoning that supports transit use.

Zoning is one of the most powerful tools at the mayor's disposal, but candidates often overlook it when thinking about improving transit. Transit riders are being displaced out of the City of Pittsburgh every day. Without funding and policies to ensure that our city has affordable housing located near quality transit lines, riders will have even less access to basic needs. Almost all cities invest money in transit operations by funding transit directly and purchasing transit passes for their employees. The City of Pittsburgh can do the same while also incentivizing or mandating that other large employers and corporate landlords purchase bulk bus passes for employees and renters.

Whether through the budget, staffing and direction of City departments, working with City Council,

or using the bully pulpit to advocate for public transit riders and workers, Pittsburgh's next mayor must support faster, more affordable, dignified and connected public transit throughout our region.

Laura Chu Wiens is executive director of Pittsburghers for Public

Transit; Emily Howe is a PPT member & volunteer researcher.

Originally published at <https://triblive.com/opinion/emily-howe-and-laura-chu-wiens-four-ways-pittsburghs-mayor-must-improve-public-transit/>



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

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

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Winter walking: Please clear your sidewalk

By Bob Regan

Now in my eighties, I still enjoy a daily walk throughout the Greenfield and Hazelwood neighborhoods. I find walking to be both relaxing and invigorating as well as enjoyable. Enjoyable, that is, until winter storms cover the sidewalks with snow.

Unfortunately, despite a city ordinance many homeowners and businesses do not clear their sidewalks. Walkers are then forced to enter the

roadways where drivers are not always understanding. Please help your neighbors by clearing your sidewalk after a snowfall.

If you are a senior or have a disability and unable to shovel snow, the city has a wonderful program called Snow Angels. Through this program volunteers will come to clear your sidewalk and front walk. You can call 311 or 412-255-2621 to request help or to volunteer to help a neighbor.

COMMUNITY VOICES

Community Kitchen wins Neighborhood Builders award



Chefs Rocco and Toni preparing food with Community Kitchen students.

Photo by Heather Mull

**By Bailyn Brink,
Employment and Community
Engagement Manager**

Community Kitchen Pittsburgh is incredibly proud to announce that we have been named as a recipient of this year's Bank of America Neighborhood Builders award!

Here at Community Kitchen Pittsburgh, we work to create career paths and break down barriers to entry into the job market for our students and employees. We provide wrap-around resources for career development, hunger relief, culinary education, and on-the-job training to anyone from communities in Pittsburgh which face employment barriers such as previous incarcerations, disability, systemic racism, and wealth disparity.

"Despite disruptions from the pandemic, it's important we continue to support community members who may face challenges after exiting incarceration with job opportunities and a pathway for career development," Samantha Swartz, our operations director at Community Kitchen Pittsburgh states. "This grant will enable Community Kitchen Pittsburgh to create more opportunities for members of the community to enter the workforce through our on-site training, apprenticeships and supportive services."

Over the course of two years CKP will receive \$200,000 in funding from Bank of America, access to capital, and comprehensive training for our executive director and an emerging leader, Jen Flanagan. Our nonprofit will also join a network of

peer organizations across the country that have benefited from the philanthropic generosity of Bank of America.

Since 2004, through both this and their Neighborhood Champions program, Bank of America has invested more than \$285 million in 92 communities across the U.S., worked with more than 1,400 nonprofits, and provided an opportunity to more than 2,800 nonprofit leaders to improve their leadership skills. These programs seek to invest in and help grow nonprofit organizations in counties across the United States that work in workforce development and education, community development, and provision of basic needs. Even after 17 years, Neighborhood Builders remains one of the nation's largest philanthropic investments in nonprofit leadership development.

Learn more here: https://about.bankofamerica.com/assets/pdf/neighborhood_builders_&_champions_2020.pdf

<https://newsroom.bankofamerica.com/content/newsroom/press-releases/2021/10/bank-of-america-announces-support-of-local-organizations-through.html>

Light Up Night Christmas tree giveaway needs trees
Light up the holidays for a neighbor! Donate an artificial Christmas tree and decorations to the Light Up Night Christmas tree giveaway.
Drop off decorations to the Carnegie Public Library, Hazelwood branch, at 5006 Second Avenue Pittsburgh PA 15207. Contact Joe Hepner for more information: 412-910-5452

Jesus Is Peace

By Vicar Benjamin Janssen

"And he shall be their peace" (Micah 5:5). Peace. Many speak of peace at Christmas, dreaming of idyllic times and a serene existence. Love and compassion, hope and joy flow from our lips during this time of gift giving and visiting. Conflict and hatred seem out of place. Singing together fits the occasion. Yet the season wanes and the reality of life waxes. We make resolutions in the new year to conform our lives in some way to the hope and love of Christmas.

We look forward to Christmas and then mourn its passing; this season provides a rest from our daily stress. The dream of a better life gives us strength to face our perpetual battle with imperfection and fear of death.

Micah wrote the verse above 700 years before Jesus was born. At the time, God's people faced invasion by a foreign army. God reminded His people they had turned away from His will and His love. They had neglected to worship Him and love their neighbor. Their strife was the result of foreign invasion, but also their own sin.

Today, we face struggles from evil and hatred, and the reality of our sin when we act against God's will. We ruin relationships; we fail to love others; we leave people hurt from their interactions with us. These tragedies result from our imperfect lives and remind us we are broken. Our world presses in on us, causing anxiety and fear.

Micah's ancient promise is the same today. Peace is found in the Savior. His name is Jesus, and He is God's own Son. His death and resurrection paid for all sin and earned eternal life for all who believe. He forgives the sins of all believers. His love gives peace. Christmas is the time of peace and joy because of Jesus. This is the Good News of the Gospel and the true meaning of Christmas.

I invite you to Holy Cross in Hazelwood this Advent and Christmas to hear the truth about Jesus Christ. You will also hear the truth about humanity and this world in which we live. When you hear and believe in Jesus, you will have peace.

In Jesus' name,
Vicar Benjamin Janssen
Holy Cross Evangelical-Lutheran Chapel

We have only one Earth.

By Jim McCue

Life on Earth is going through major change. For thousands of years, we have accidentally created deserts and (more recently) earthquakes by our mining, weapon explosions and fracking. Plato referred to northern Africa, now vast deserts, as "the breadbasket of Rome." The whole area was lush with fig, pomegranate, and coconut trees.

We are at both the end of an age and the beginning. It's not just the tomb; it's also the womb. Just as at the time of Christ, there are both terrible and wonderful things happening. Miracles now are coming in the form of incredible technologies unimaginable a few generations ago.

I'm 69. As a child, I remember non-electric washers, dryers and fridges. My dad was proud of the fact that when the Allegheny County Sanitary Authority was first built, fish came back to the river. Nikola Tesla, whom Albert Einstein called the smartest man on Earth, predicted cell phones a hundred years ago. Dick Tracy and the Jetsons would have been stunned.

Recognizing there is no Planet B, we all are getting on the same page, getting off our addiction to fossil fuels. The solutions are here; we need to implement them.

For example, bioremediation using mixed bacteria and fungi can break down synthetic chemicals. Oyster mushrooms grown on rafts were used to biodegrade oil slicks.

Every plant is precious. Plant food, flowers and herbs instead of lawns. Stop mowing lawns. Grow plants indoors; you'll have more oxygen and cleaner air.

None of us know what is going to happen, but we can be sure things are not going to remain the same. Change is not the problem, the fear of it is. Many are agreed that it's code red now. "Experts" said at one time that global warming wasn't going to happen for a thousand years, if at all. Now it's becoming clear we don't have till 2050. We don't have till 2030. Abrupt climate change is happening NOW!

We have only one Earth. There is no Planet B. We must act now.

COMMUNITY VOICES

PWSA made false claims in response to questions on stormwater project

By Junction Coalition

On Oct. 19, the Pittsburgh Water and Sewer Authority (PWSA) held a Zoom meeting to update the public on its Four Mile Run Stormwater Project.

The project, announced in 2017 as a way to address severe flooding in the Four Mile Run neighborhood (The Run), has come under fire from skeptics who say it is designed around the controversial Mon-Oakland Connector (MOC). The MOC, announced in 2015, calls for building a road for university shuttles on the same land as the stormwater project. During the Q&A period after their presentation, PWSA officials made several false statements related to the MOC.

[Read the full article with more details and links to source material: <https://www.junctioncoalition.org/2021/11/12/pwsa-fields-questions-on-stormwater-project-delays/>.]

Shuttle road more integral to design than previously shared

PWSA senior group manager Tony Igwe asserted that removing the MOC from the watershed plan would require PWSA to “redesign the project,” causing long delays and costing millions of dollars in changes.

“PWSA has always said the stormwater project will still move forward whether the trail is there or not,” Mr. Igwe explained.

“But what we never said was how

much additional cost and time would be required if the trail isn't there.”

PWSA officials, including former stormwater project manager and current PWSA Board Chair Alex Sciulli, repeatedly assured residents at previous public meetings that the stormwater project takes precedence and that removing the MOC would not cause a significant delay because they are “two separate projects.”

New mayor, MOC opposition portrayed as obstacles

Slide 21 of PWSA's presentation reads, in part: “If the new City Administration changes or removes the Mon-Oakland trail design, permitting will need to start over causing significant delay.”

Outgoing mayor Bill Peduto introduced the MOC plan to advance university and foundation goals. Mayor-elect Ed Gainey, by contrast, has clearly stated on his campaign website,

“Ed will stop the buildout of Mon-Oakland connector and prevent the construction of other privatized or quasi-privatized mass transit systems designed to support luxury development at the expense of existing residential communities.”

Community members at the meeting reminded PWSA of this, but Mr. Igwe said, “Until someone puts something in writing formally that says it's from the office of the people who can make the decision, that's where we have to assume the project is going until it's absolutely clear that it will not.”

Budget numbers keep fluctuating

PWSA will spend \$42.65 million on the stormwater project, according to their latest presentation. Their June 2020 presentation revealed that only about \$14 million is going directly to flood relief in The Run. Asked why, PWSA acting senior manager of public affairs Rebecca Zito responded in an email on Aug. 24, 2020,

“The remaining funding can go towards future projects in the upper portions of the watershed, *provide opportunities to collaborate with the universities and other community organizations* on future stormwater projects, or revisit some of the original green infrastructure projects planned for Panther Hollow Stream and Phipps Run.” (Emphasis added)

Subsequent presentations have added items not previously considered part of the “core” project. It is unclear whether the money in question has been diverted to these new items.

Pennsylvania Department of Environmental Protection concerns downplayed

PWSA received a technical deficiency letter from the Pennsylvania Department of Environmental Protection (PA DEP) dated May 27, 2021, in response to their permit application filed for the project in August 2020.

PWSA officials mischaracterized this letter, stating that the deficiencies identified were unrelated to the MOC. Of 35 items listed in the

8-page letter, 13 specifically mention the MOC.

On Oct. 29, PA DEP sent PWSA a second technical deficiency letter. They identified remaining “significant technical deficiencies” and requested a meeting with PWSA to explain them. Comment 17 reads in part, “If there are additional components and/or sections of the overall DOMI Trail/Mon-Oakland Mobility Project, please note that a Comprehensive Environmental Assessment may be requested.”

After the Oct. 19 meeting and before receiving word of the second letter, residents asked PA DEP to delay their decision to approve or reject the dual permit until at least February 2022.

Farewell, 61Z and C&D Kitchen!

Hazelwood Initiative bids a fond and grateful farewell to 61Z and C&D Kitchen. Both locations are available for new tenants. HI offers affordable retail commercial rentals with responsive property management. Call Dave Brewton, HI Senior Director of Real Estate, at 412-421-7234 ext. 407 or on his cell at 412-295-4787 for more information.

The Community Voices section of the Homepage showcases readers' diverse perspectives and experiences. The opinions expressed here are the author's alone and do not reflect the views or policies of The Homepage or its publisher, Hazelwood Initiative, Inc.

This holiday season, Subaru shares the love, making donations to Hazelwood-Greenfield Meals on Wheels and national parent organization

By April Clisura

This holiday season, Hazelwood-Greenfield Meals on Wheels [H-GMOW] will participate in the Subaru “Share the Love” event for the 14th year. This means customers who buy or lease a Subaru at a dealership between November 18th and January 3rd may select one of four national charities to receive \$250 directly from Subaru. One of those charities is Meals on Wheels America (MOWA), which gives a share of the funding to member agencies, including H-GMOW. Funds H-GMOW received in 2019

helped provide seniors with nutritious meals and social support.

H-GMOW, a program of Fishes & Loaves Cooperative Ministries, receives professional support, peer connections, and national advocacy efforts from Meals on Wheels America (MOWA). MOWA works on behalf of member agencies all across the USA, with a mission to “empower local community programs to improve the health and quality of life of the seniors they serve so that no one is left isolated or hungry.”

In the spirit “sharing the love,” H-GMOW staff and volunteers are collecting non-perishable food

items to use in emergency food boxes. Bring your donations to the Fishes & Loaves Cooperative Ministries table at Hazelwood holiday events and along the Greenfield Holiday Parade route.

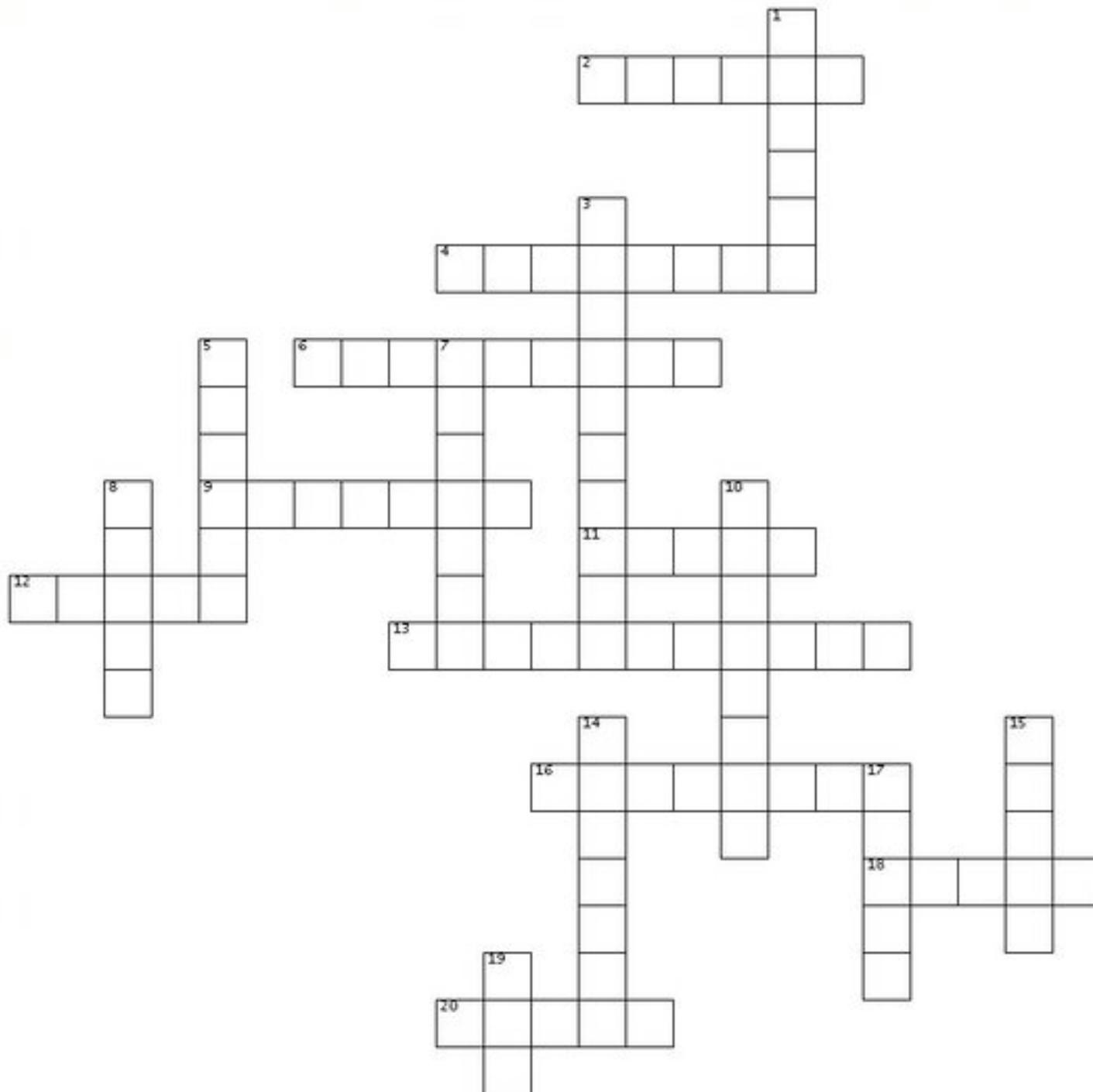
Before the pandemic, H-GMOW volunteers delivered meals Monday through Friday to the doors of up to 70 seniors and others who have trouble getting and cooking food. During the pandemic, demand increased, and the program received a national Covid-19 Response Fund grant from MOWA. This supplemented emergency grants the organization received from local foun-

dations in Pittsburgh, as well as a groundswell of donations from local individuals. MOWA reports that, across the country, meal-delivery programs served an additional 20 million meals to more than 1 million new clients through its emergency grants. Subaru of America was a major contributor to the MOWA Covid-19 Response Fund.

To become a delivery volunteer for H-GMOWA, contact AmeriCorps volunteer Dylan at 412-499-4313 or email flemvista@gmail.com.

AUDIENCE PARTICIPATION

Crossword Puzzle



ACROSS

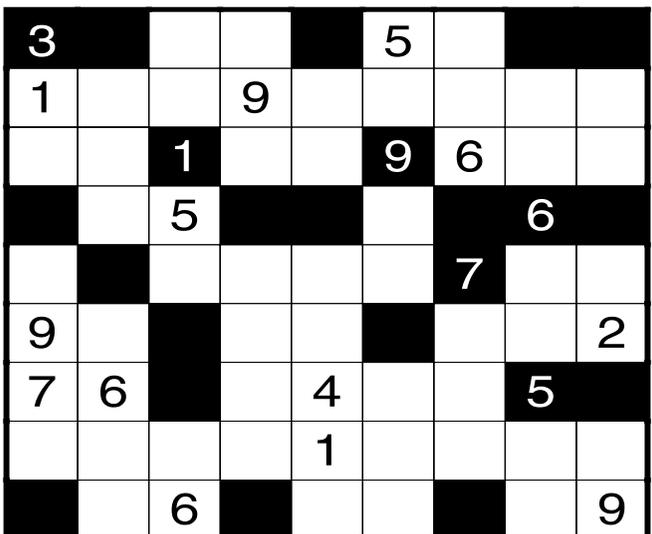
- 2. A sweet, creamy holiday treat you can learn how to make on page 19.
- 4. Harlan got his COVID-19 vaccine on this day. (page 5)
- 6. A bush that produces a yummy fruit (page 4)
- 9. Community _____ Pittsburgh won an award. (page 15)
- 11. Hazelwood Initiative, Landforce and volunteers planted 120 in November. (page 11)
- 12. A main source of lead exposure (page 5)
- 13. Do you have some you would like to donate so a neighbor can have a nice Christmas tree? (page 19)
- 16. Lincoln Place thanked these individuals at the annual pancake breakfast. (page 8)
- 18. We have only one of these, writes Jim McCue. (page 15)
- 20. Two neighborhood residents bought these in October (page 2)

DOWN

- 1. Safe Halloween organizer Jim McLaughlin's costume (page 10)
- 3. Junction Coalition reports on a meeting dealing with a PWSA project for this. (page 16)
- 5. What do you think should be done with the old S&R _____ site? (page 4)
- 7. Mikael Owunna's photo exhibit "Infinite _____" (page 1)
- 8. How the Blocks describe Greenfield streets (page 14)
- 10. When they bring your groceries to you (page 1)
- 14. Around 23% of Pittsburghers do not own or have access to one of these. (page 17)
- 15. If you take good ones, send them to The Homepage. (page 7)
- 17. Contact Matt Peters to get a discount on these with a group order. (page 7)
- 19. For tips on finding one, check out the article on Public Source. (page 7)

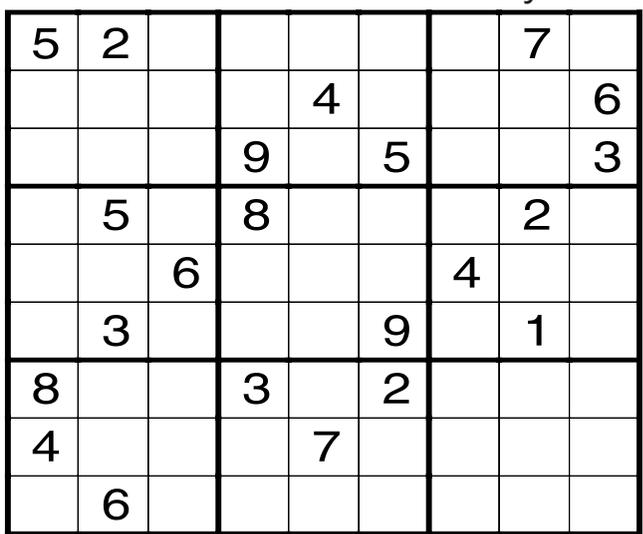
STR8TS

Medium

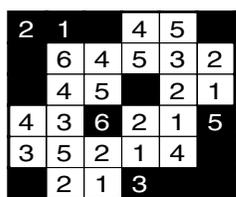


SUDOKU

Very Hard



How to beat Str8ts –
Like Sudoku, no single number 1 to 9 can repeat in any row or column. But... rows and columns are divided by black squares into **compartments**. Each compartment must form a **straight** - a set of numbers with **no gaps** but it can be in any order, eg [7,6,9,8]. Clues in black cells remove that number as an option in that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed.



To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely.

For many strategies, hints and tips, visit www.sudokuwiki.org for Sudoku and www.str8ts.com for Str8ts.

If you like Str8ts and other puzzles, check out our books, iPhone/iPad Apps and much more on our store.

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Read more online at: <https://tinyurl.com/pgh-job-search-tips>

AUDIENCE PARTICIPATION

Six-word stories: Back by popular demand

The concept of distilling a story or poem down to a mere six words has existed for several decades, with the first well-known example being attributed to Ernest Hemingway in the 1920's (though there is no official record of him writing any six-word stories).

Here are prompts for next month's issue! Please submit your six-word poems and stories to editor@hazelwoodinitiative.org by December 15. Write a six-word story or poem about:

- Favorite holiday smells
- A memory that is both sweet and painful
- A child in your life

Six-word stories based on last month's prompts:

MaryAnn Majcher:
A favorite place for leaf peeping

Just before dark, in Schenley Park

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Puzzle Solutions

- ACROSS:
- 2. EGGNOG
 - 4. BIRTHDAY
 - 6. BLUEBERRY
 - 9. KITCHEN
 - 11. TREES
 - 12. PAINT
 - 13. DECORATIONS
 - 16. VETERANS
 - 18. EARTH
 - 20. HOMES

Sudoku Solution

5	2	9	6	8	3	1	7	4
3	1	8	2	4	7	5	9	6
6	4	7	9	1	5	2	8	3
1	5	4	8	3	6	7	2	9
9	8	6	7	2	1	4	3	5
7	3	2	4	5	9	6	1	8
8	7	5	3	6	2	9	4	1
4	9	1	5	7	8	3	6	2
2	6	3	1	9	4	8	5	7

- DOWN:
- 1. COWBOY
 - 3. STORMWATER
 - 5. MARKET
 - 7. ESSENCE
 - 8. QUIET
 - 10. DELIVERY
 - 14. VEHICLE
 - 15. PHOTO
 - 17. SEEDS
 - 19. JOB

Str8ts Solution

3	9	8	5	4	6	3	6	1	2	8	9	7	4	5	3	6
1	2	8	9	7	4	5	3	6	1	2	8	9	7	4	5	3
2	3	1	7	8	9	6	4	5	3	6	1	2	8	9	7	4
8	4	5	4	5	3	6	7	2	1	2	1	2	1	2	1	2
9	8	6	9	8	7	5	6	8	9	7	4	5	3	6	1	2
7	6	5	7	4	1	3	2	9	8	7	6	5	4	1	3	2
6	5	7	4	1	3	2	9	8	7	6	5	4	1	3	2	9
8	9	8	7	6	5	4	3	2	1	2	1	2	1	2	1	2
9	8	7	6	5	4	3	2	1	2	1	2	1	2	1	2	1

CULINARY CORNER

Chef Toni's Spiced Holiday Egnog

By Juliet Martinez

Eggnog! The creamy sweetness and fragrant nutmeg aroma take me right back to childhood Christmases at my grandma's house. My grandmother was a retired caterer and baker who was known for her delicious food and intricately decorated wedding cakes. Her eggnog was rich with cream and fresh eggs, and just the right amount of sweetness.

This year, I'm going to try something new. Chef Toni Simpson, from Community Kitchen Pittsburgh, has graciously shared her festive spiced eggnog recipe with us. This recipe has us boiling milk with aromatics, then slowly adding in the egg and sugar mixture. Before you begin, you may want to prepare a shallow bowl of ice wide enough to place your saucepan in. Give this recipe a try and let me know what you think!

Spiced Holiday Egnog
by Chef Toni Simpson

Ingredients Makes 1 qt
3 cups milk
1 strip orange zest
2 strips lemon zest
1 vanilla bean
4 egg yolks
1 ½ cups sugar plus 2 tablespoons, separated

- 2 egg whites
- 2/3 cups white rum (optional)
- 2 to 3 tbsp bourbon (optional)
- Freshly grated nutmeg
- Cinnamon stick
- Whole cloves
- ¼ cup heavy cream

Instructions

- In a medium saucepan, combine the milk with the spices, zests, and vanilla. Bring to a boil.
- In a small bowl, beat the yolks and sugar.
- Slowly add the yolks and sugar to the hot milk while whisking continuously.
- Return the saucepan to medium heat. Stir continuously to thicken.
- Once the mixture is thick enough to coat the back of a spoon, remove it from heat and place the saucepan in a large bowl full of ice to cool.
- Strain the mixture into a bowl.
- In a medium bowl, whip the egg whites and 2 tablespoons of sugar until frothy. Stir into the cooled milk mixture.
- Add the heavy cream, and the rum and bourbon, if using. Stir to combine.
- Serve over ice with a sprinkle of grated nutmeg.

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