



Gladstone Residences Project groundbreaking celebrates Hazelwood's history and future



Partners, funders, dignitaries and community members joined in the groundbreaking for Gladstone Residences on November 21. Photo by Heather Mull

By Juliet Martinez

A beloved neighborhood landmark, once vibrant with students learning and growing, will come alive again. The Gladstone Residences project partners, Hazelwood Initiative and The Community Builders, celebrated its groundbreaking on November 21.

Community members, elected officials, funders and project partners gathered in the basketball court at 327 Hazelwood Avenue for a ceremony that was seven years in the making.

"This right here is a big deal," said Castor Lee Binion, executive director of the Housing Authority of the City of Pittsburgh. "The community has been working on this for a long time. As a person who works in affordable housing, when the community gets involved, it makes a difference because everybody's buying in."

The school's renovation, preservation and adaptive reuse is in direct response to the expressed priorities

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Hazelwood families organize to get kids to school safely

By Ziggy Edwards

The 2022-2023 school year has brought transportation and safety challenges to Hazelwood students. Their families, along with community organizations, are stepping in to fill the gaps created by canceled bus routes and unsafe streets.

Filling in for a school bus

In late October, Pittsburgh Public Schools informed the families of about 40 students who are bused from Hazelwood to Pittsburgh Mifflin Pre K-8 that the route was canceled until further notice. The district blamed the national bus driver shortage for cancellation.

Amber Adkins, whose child rides the bus, told Channel 11/WPXI in

an October 31 interview that service had become unreliable over the previous month.

The school district offered mileage reimbursement and bus tickets for Pittsburgh Regional Transit. But these didn't help caregivers without their own vehicle or children too young to ride public transit alone.

Community organizations POORLAW and Praise Temple Deliverance Church teamed up with affected families and volunteers to organize carpools for Mifflin students.

"The most important part of Hazelwood is our children," said POORLAW co-founder and CEO Sandra Cole McKamey during a November 7 phone call. She said the lack of transportation was "causing additional financial hardship and

Barb Warwick rides activism to Dist. 5 seat on Pittsburgh city council

By Ann Belser

Politicians and pundits talk about marquee races and those that are down ballot. There were no races farther down the November 8 ballot than the election to fill the final year of former councilman Corey O'Connor's term in Pittsburgh City Council District 5.

In a four-person race, the winner of that one-year term was Barb Warwick of Greenfield.

Warwick's supporters crowded into the bar at Big Jim's in the section of Greenfield known as The Run

on Tuesday, November 8, to watch the returns with their candidate.

Just before 10 p.m., after last call on a night the bar is normally closed, Warwick thanked her supporters who were chanting, "Here we go Barb, here we go."

"This is so improbable, but it's so possible," she said. "This whole thing started with a neighborhood campaign to stop a little shuttle road running through a park and it grew into a coalition."

That shuttle road was the Mon-Oakland Connector, a road that

See COUNCIL on Page 5



At her victory party, Barb Warwick, center, talks to her new colleagues, Deb Gross, left, and Theresa Kail Smith. Photo by Ann Belser

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The Homepage

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

The Homepage is published by Hazelwood Initiative, Inc., a community-based nonprofit, and is made possible through a grant from the City of Pittsburgh and advertising revenue from local businesses and organizations.

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

Sonya Tilghman, Executive Director (she/her)
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The Homepage is delivered monthly for free to residents of Hazelwood, Glen Hazel, Greenfield, Hays, New Homestead, and Lincoln Place. All readers, and others who have an interest in these communities, are encouraged to use this newspaper as a platform to promote resources, events, services and initiatives to further connect and strengthen their neighborhoods.

Submissions

Email letters, essays, photos and story ideas to editor@hazelwoodinitiative.org. The deadline for submissions is 5 p.m. on the second Friday of each month for the following month's issue. See page 4 for complete submission guidelines.

The Homepage reserves the right to decide what content is appropriate for publication and may edit submissions for length, grammar, punctuation or clarity.

The opinions expressed, whether by community contributors or sponsors, do not necessarily reflect the views of this newspaper or Hazelwood Initiative, Inc.

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PUBLISHER'S PAGE

2022 year in review: A year of banding together for the good of all



Tiffany Taulton (left) with Director of the Office of Economic Impact and Diversity at the U.S. Department of Energy Shalanda Baker. Photo courtesy of Tiffany Taulton

By Tiffany Taulton, Hazelwood Initiative Director of Outreach and Sustainability

This year brought both heartache and hope to Greater Hazelwood. Even as inflation, layoffs and the losses of loved ones affected so many neighbors, this community stayed strong by banding together and helping each other. Hazelwood Initiative was honored to stand with residents throughout the year's trials, and we are incredibly grateful for the support you gave us as well.

Thank you all for making your voices heard at community meetings, for calling neighbors to spread the word about events and resources, for sharing your thoughtful advice, for visiting us and giving both kind words and donations. Thank you also for planting and adopting trees, and for joining us in celebrating what makes this community special all year, from Earth Day and National Night Out to Safe Halloween and Light Up Night.

This year, Hazelwood Initiative staff worked tirelessly to show up for you, our community.

From January to June, we helped Greater Hazelwood residents obtain nearly \$1 million in rent and utility assistance through the Emergency Rental Assistance Program. In August, through our Neighborhood Investment Fund COVID19 grant, we distributed \$50,000 to help residents pay their rent, mortgage, utilities, and property taxes. From April to November, with partner organizations and community members, we planted 226 trees in the greenway and the neighborhood. These trees reduce air pollution that can cause asthma attacks and they protect us from heat-related sickness. They also protect residents' homes from floods and landslides. And they help lower energy bills by keeping the neighborhood shaded in the summer and blocking cold gusts of winter wind.

This year we also advanced several long-standing goals towards the goal of development without displacement.

In March, we bought 63 homes throughout the neighborhood to preserve them as affordable rental units and keep investors from turning them into luxury apartments. In July, we closed on the financing for the renovation of Gladstone School after five years of legal battles and pandemic labor and supply chain shortages. In November, we celebrated the groundbreaking on Gladstone Residences. This mixed-income development will bring 51 new housing units to the neighborhood, including 43 priced for low- and moderate-income households. Finally, we raised funds for seven free solar arrays for community members who otherwise would not have been able to afford them. These installations will lower their utility bills, making their homes more affordable.

As 2022 ends, we look forward to continuing to serve this community. It is a very special place where people band together to help each other through the good times and bad. It is a privilege to be part of building a better future together in 2023 and beyond.

GREATER HAZELWOOD

VIRTUAL COMMUNITY MEETING

Meetings every
2nd Tuesday of
the month!

**Tuesday
Dec. 13
6pm - 8pm**

Register in advance for this meeting:
<https://bit.ly/2SwPr9k>

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

Drawing for
\$25 gift cards
at the end of
the meeting!

Become a Hazelwood Initiative member!

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

Membership is free!

Title (circle one) Mr. Miss Mrs. Ms. Mx. Dr.

Name (first and last) _____

Address _____

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

HOUSING AND UTILITIES

AFFORDABLE RENTAL HOUSING

If you are looking for a rental unit and have a Section-8 voucher, fill out the renter interest form at <https://www.hazelwoodinitiative.org/harpp>.

AFFORDABLE HOMEOWNERSHIP

If you are a low- or moderate-income family looking to buy a newly renovated or newly constructed home with a monthly mortgage payment of \$500-\$800, fill out the interest form at <https://www.hazelwoodinitiative.org/ahop>.

URA HOUSING SERVICES

Help in a housing crisis: Up to \$3,000 for renters, up to \$6,000 for homeowners
Down payment assistance: \$5,000-7,5000 0% loans
Accessibility home improvements: Up to \$10,000 for homeowners, up to \$5,000 per unit for landlords
Deferred second mortgage: 0% mortgage that you pay back when you sell your house
Fix up your façade: Up to \$8,000 in matching grant funds for façade improvement.
Free housing legal help: Tenant Services: Mediation, limited legal consultation, full legal representation

Homeowner Services: Tangled title, foreclosure prevention
English: (412) 225-6600, option 1
Other languages: (412) 530-5244

HELP FOR HOMEOWNERS

The Pennsylvania Homeowner’s Assistance Fund helps keep homeowners from falling behind or losing their home through foreclosure.
Learn more and apply for aid at <https://pahaf.org/>, or call (888) 987-2423.

CATAPULT

Emergency resources and support
Peer counseling
Financial education
Asset building
Homebuying assistance
Homeownership support
Visit catapultpittsburgh.org/programs, call (412) 623-9596 or email info@catapultpittsburgh.org.

WAVE HOUSING PROGRAMS

Mortgage tax relief
Pre-homeownership counseling
Eviction prevention
Foreclosure prevention
Credit and debt counseling
Call (412) 573-9217.

NEIGHBORWORKS W. PA

Down-payment assistance: Standard fixed-rate second mortgage to eligible first-time homeowners.
Visit www.neighborworkswpa.org/homebuyerhelp, call (412) 281-9773 or email lending@neighborworkspa.org.

PWSA BILL ASSISTANCE

Apply at <https://www.pgh2o.com/>. Call (412) 255-2457 or email cares@pgh2o.com.

HEATING BILL ASSISTANCE

The 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 to be repaid. Low-income renters or homeowners do not need to be on public assistance or have unpaid heating bills to qualify. Create an account and apply at <http://www.compass.state.pa.us/>. Apply at www.compass.state.pa.us. Learn more at <https://www.dhs.pa.gov/Services/Assistance/Pages/LIHEAP>.

AFFORDABLE INTERNET

This U.S. government program helps low-income households pay for broadband service and internet-connected devices.
Apply at <https://ACPBenefit.org>
Call (877) 384-2575 M-F 9 a.m.-9 p.m.
Email ACPSupport@usac.org.

WATER AND SEWER OUTAGES

Find out where current and planned water and sewer outages will happen.
<https://www.pgh2o.com/projects-maintenance/service-outages>
PWSA can notify renters about service outages in your area. Call customer service at (412) 255-2423 (press 5) to update your contact information to receive notifications. Or fill out the web form at: <https://tinyurl.com/update-contact-info-pwsa>

MEDIATION FOR RENTERS AND LANDLORDS

If a dispute with your landlord is putting your housing at risk, you need help with a housing conflict, or communication with your landlord or tenant has broken down, contact Just Mediation for free mediation services that work with your schedule.
Email: info@justmediationpgh.org
Call: (412) 228-0730
Web: www.justmediationpgh.org

WEATHER-PROOF YOUR HOME

Action Housing and Duquesne Light have partnered to help low- and

fixed-income households weatherize their homes. This program runs all year. Call Action Housing at (412) 281-2102 (ext. 2101). Note: Renters must get their landlord’s permission before making changes in their home.

ALLEGHENY LINK

Contact Allegheny Link for person-centered resource navigation to promote independence, dignity and quality of life, as well as fair, equal and streamlined access to homeless services.
Allegheny Link has resources for those who are disabled, elderly, unhoused, at risk of homelessness, pregnant or with a child under age 6. Call (866) 730-2368 between 7 a.m. and 8 p.m., deaf and hard-of-hearing email alleghenylink@alleghenycounty.us or visit One Smithfield St., 15222 between 8 a.m. and 4 p.m. weekdays.

FOOD AND CLOTHING

FISHES AND LOAVES

COOPERATIVE MINISTRIES

131 E. Elizabeth St., 15207
Meals on Wheels: Monday-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-Friday 11:30 a.m.-1 p.m.
Emergency food boxes: Pick up at Spartan Center from 9 a.m. to 2 p.m. Monday-Friday or home delivery within a 15-mile radius. Call to arrange weekend service.

Grocery-buying assistance

Phone: (412) 499-4313

HAZELWOOD YMCA FOOD PANTRY

134 E. Elizabeth St., 15207
Food box distribution on first Saturday of every month
Phone: (412) 421-2708

HOLY CROSS EVANGELICAL-LUTHERAN CHAPEL OF HAZELWOOD

5319 Second Ave., 15207
Food and clothing distribution: Every other Saturday, 10 a.m.-1 p.m.
Community dinners: First and third Sundays, 4-6 p.m.
(412) 521-0844

LINCOLN PLACE

PRESBYTERIAN CHURCH

1202 Muldowney Ave., 15207
Food pantry on the third Saturday of each month from 8:30-9:30 a.m.
Sunday worship at 10 a.m.
(412) 461-3377

ST. PAUL CATHEDRAL PARISH FOOD PANTRY

Food distribution in the Saint Rosalia rectory building every Tuesday from 2-3 p.m. (412) 621-4951
411 Greenfield Ave., 15207

HEALTH, MEDICAL AND COVID-19 RESOURCES

COVID-19 VACCINATIONS AND TESTING

Rite-Aid
4934 Second Ave., 15207
Phone: (412) 421-6948
Monday - Friday, 10 a.m. to 7 p.m.
Book an appointment online if possible at <https://www.riteaid.com/locations/pa/pittsburgh/4934-second-avenue.html>.
Hazelwood Family Health Center
4918 Second Ave., 15207
Phone: (641) 715-3900
Extension: 301402
Call for an appointment.

THE CHILDREN’S INSTITUTE

Rehabilitation and educational services for children with a range of needs. Behavioral therapy, physical therapy and occupational therapy are available. Autism services include applied behavior analysis and social skills groups. The approved and licensed private academic day school serves autistic children and children with multiple disabilities ages 5-21. Transition services for children ages 14-21 help prepare them for independent living.
1405 Shady Ave., 15217
For more information, call (412) 420-2400 or visit <https://amazingkids.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.
Contact Rabbi Mark Asher Goodman at mgoodman@bethshalompgh.org or (412) 421-2288.
See www.bethshalompgh.org/medicaldevices/ for more information.

FAMILY AND SOCIAL-EMOTIONAL SUPPORT

RESOLVE CRISIS SERVICES

(888) 796-8226
24-hour mental health crisis support

COMMUNITY RESOURCES

AUTISM URBAN CONNECTIONS
Parents and caregivers for children with autism and related disorders can meet in a safe space. Meetings are online every second Thursday of the month. Register at tinyurl.com/SupportGroupRegistration.
Join Circles of Care, a six-week program teaching parents and caregivers skills and techniques to improve your family’s quality of life. Complete the course to be certified as a volunteer family engagement peer support. Contact info@aucofpg.org for more information.

GREATER HAZELWOOD FAMILY CENTER
Home visits, assessments, services, family goal-setting and support for parents and families.
Contact Danielle Gill: dgill@cotraic.org
5006 Second Ave., 15207
Phone: (412) 904-2005
<https://www.cotraic.org/greater-hazelwood-family-center>

CHURCHES

THE CHURCH AT MON RIVER
3929 Coleman St., 15207
connect@monriver.com
www.atmonriver.com

FIRST HUNGARIAN REFORMED CHURCH OF PITTSBURGH
221 Johnston Ave., 15207
(412) 421-0279

FOUNTAIN OF LIFE CHURCH
247 Johnston Ave., 15207
(412) 422-8794
www.fountainofflifepgh.com

HOLY ANGELS CHURCH
408 Baldwin Road, 15207
(412) 461-6906
<https://www.facebook.com/holyangelshays/>

HOLY CROSS EVANGELICAL LUTHERAN CHAPEL
5319 Second Ave., 15207
(412) 521-0844
www.holycrosspg.org

KEYSTONE CHURCH OF HAZELWOOD
161 Hazelwood Ave., 15207
(412) 521-3468
<https://www.centeroflife.net/>

LINCOLN PLACE CHURCH OF THE NAZARENE
5604 Interboro Ave., 15207
(412) 462-2524
nazlp@aol.com

LINCOLN PLACE PRESBYTERIAN CHURCH
1202 Muldowney Ave., 15207
Sunday worship at 10 a.m.
412-461-3377

MARY S. BROWN-AMES UNITED METHODIST CHURCH
Temporarily meeting at
515 West 8th Ave., Homestead, 15120
(412) 421-4431
www.brightredfence.org

MORNINGSTAR BAPTIST CHURCH
5524 Second Ave., 15207
(412) 421-6269

PRAISE TEMPLE DELIVERANCE CHURCH
Pastor Lutual M. Love, Sr.
5400 Glenwood Ave., 15207
(412) 277-0113

ST. JOHN CHRYSTOSTOM BYZ-ANTINE CATHOLIC CHURCH
506 Saline St., 15207
Pastor@sjbcc.com
<https://sjbcc.com>
(412) 421-0243

SQUIRREL HILL CHRISTIAN CHURCH
290 Bigelow St., 15207
(412) 521-2447

ST. JOHN THE EVANGELIST BAPTIST
4537 Chatsworth Ave., 15207
(412) 626-3232
info@stjohnpg.org
www.stjohnpg.org

ST. ROSALIA CATHOLIC CHURCH
411 Greenfield Ave., 15207
(412) 421-5766
info@saintpaulcathedral.org
www.ghocatholics.org

ST. STEPHEN CATHOLIC CHURCH
5115 Second Ave., 15207
(412) 621-4951
info@saintpaulcathedral.org
www.ghocatholics.org

STEEL CITY CHURCH
290 Bigelow St., 15207
(412) 342-8387
info@thesteelcitychurch.com
www.thesteelcitychurch.com

WARRIORS OF HOLINESS IN POWER (W.H.I.P. Ministries)
1174 Mifflin Road, 15207
(412) 461-5572
whipwarriors@gmail.com
www.whipministries.org

HOTLINES AND INFORMATION

ALLEGHENY COUNTY HEALTH DEPT.
24/7 hotline: (888) 856-2774
Text alerts: www.alleghenycounty.us/alerts. General info and help: Call 2-1-1 OR text your ZIP code to 898-211
HAZELWOOD INITIATIVE COMMUNITY UPDATES
facebook.com/hazelwoodinitiative

PRAISE TEMPLE COMMUNITY HOTLINE
Answering M-F, 10 a.m.-2 p.m.
(412) 422-1983

CENTER OF LIFE
COVID-19 Online Resource Guide
Centeroflifeonline.net/covid

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HOMEPAGE SUBMISSION GUIDELINES

Community members, nonprofit organizations, business owners and anyone who wishes to submit writing to The Homepage, please be aware that:

- The deadline for submissions is the second Friday of each month for publication the following month.
 - Letters to the editor (up to 300 words), opinion pieces and personal essays (300-600 words) are all welcome. For reported articles, pitches are due by the first Friday of the month.
 - Please send us your school updates and event announcements from nonprofit organizations and other neighborhood-based groups.
 - The Homepage reserves the right to decide what will appear in print.
 - Submissions may be edited for length, grammar, punctuation and clarity.
 - Submissions received after the deadline may be declined or held for a future issue at the discretion of the editor.
 - Please direct your questions, suggestions and story ideas to Juliet Martinez, managing editor. Email: jmartinez@hazelwoodinitiative.org
- Phone: (412) 421-7234 x406

ADVERTISE IN THE HOMEPAGE

- The Homepage offers affordable advertising rates to promote small businesses and the health of our neighborhood economy.
- Contracts must be submitted by the first Friday of each month for publication the following month. Art must be submitted by the second Friday of the month.
- Ads received after the deadline may be declined or held for a future issue at the discretion of the editor.
- Contact Sarah Kanar (skanar@hazelwoodinitiative.org) for more information.

Gladstone

- Continued from Front Page

of the community. Evan Miller, acting director of housing lending at the Urban Redevelopment Authority highlighted the central role the community played in driving this project forward.

“The Greater Hazelwood Neighborhood Plan, which was created by residents, businesses, places of worship and other stakeholders throughout the community, calls for interventions to preserve historic assets in the neighborhood,” Mr. Miller said. “It calls for proactive measures to prevent displacement by providing deed-restricted affordable housing to households of all ages and sizes, and to anchor the Hazelwood Avenue corridor, recognizing its importance as a major artery in the neighborhood.”

Generations of connections

Gladstone school was dedicated in 1915 and closed in 2001. It has been vacant since then. In 2015, community members began a series of meetings to determine the former school's future. In 2016, Hazelwood Initiative purchased the property from the Board of Education.

Sonya Tilghman was hired as executive director of Hazelwood Initiative in 2016 as the community negotiated the purchase of the school. Her tenure has given her an acute appreciation for its importance to the neighborhood.

“For 80-plus years, these buildings served as a community school at every level,” Ms. Tilghman said, noting it started as an elementary school, was changed to a junior high, became a senior high school and finally a middle school. “Anyone who has lived here for any amount of time has some connection to the building.”

Kristina DiPietro is a lifelong Hazelwood resident and longtime community advocate who pushed for the school to be preserved and

repurposed. She choked up when talking about the project. She said she was only one of many people who worked to bring it about.

“It was emotional for me to be here because the community really created this,” she said. “People here in the community have had families who have gone to this school and have deep, deep roots. To be able to look at it now and for it to be housing and provide affordable housing for families is really the continuation. It’s wonderful to see that.”

Rev. Michael Murray, who attended Gladstone from sixth to twelfth grade, and whose children also attended the school, was an assistant basketball coach and fought to keep the school open. He said this project is like the seed of a new kind of flourishing in the neighborhood.

“It’s going to be part of the re-developing and revitalizing that’s going to go into this community,” Rev. Murray said, adding that it is an honor to be part of the process of bringing the school back to life.

Revitalization and Hazelwood Green

The community revitalization Rev. Murray mentioned has been connected to development on Hazelwood Green. The former site of LTV Coke Works is now home to robotics and bioscience hubs, a co-working space and plaza for public and private events. Approximately 3,500 residential units are planned for the 178-acre site along with more than 4 million square feet of commercial space in coming years.

State Rep. Aerion Abney mentioned attending a recent groundbreaking there, where he stressed the importance of development on both sides of the tracks that separate the former brown field from Hazelwood proper. He echoed this theme for Gladstone.

“We need to make sure that as this project develops, as people have op-

portunities and access to jobs and economic development, that we make sure there’s a connection between here and the riverfront for the betterment of the whole community,” Rep. Abney said.

51 units, 43 affordable

When they are complete, the Residences will feature four studios, 39 one-bedroom and eight two-bedroom apartments. Of those, 43 units will be affordable to households at or below 60% of the area median income. Six of the units will be fully ADA accessible.

Gladstone residents will have access to a top-floor lounge with skyline view, historic auditorium and community room, a health and wellness room and outdoor patio space. The building will have an elevator and be public-transit accessible.

“We’re bringing forth 51 units of mixed-income housing that are going to restore to a functional use a

Council

- Continued from Front Page

had been planned by former Mayor Bill Peduto’s administration and was strongly opposed by residents of Panther Hollow and The Run, where Warwick lives with her husband, four young children, two cats and three guinea pigs.

Warwick spent evenings at community meetings and marched with neighbors to oppose the planned road that would be built with public money for a private shuttle from Carnegie Mellon University to Hazelwood Green. (Because of the opposition, that route was expanded into Hazelwood and billed as providing transportation for Hazelwood residents to jobs in Oakland).

It was also paired with a stormwater project intended to address the severe and frequent flooding in The Run. That project is still not under construction because when PWSA submitted the stormwater plans, the road was part of it. Karina Ricks, the former director of Pittsburgh’s Department of Mobility & Infrastructure, insisted the Mon-Oakland Connector was a “mobility trail” and not a road.

The co-permitted road and stormwater projects must now be disentangled. A new stormwater design must be submitted and approved by the Pennsylvania Department of Environmental Protection before PWSA can enlarge the storm drain system in Junction Hollow to empty into the Monongahela River instead of overflowing the sewer system.

Pittsburgh City Council Theresa Kail-Smith came to the party and gave Warwick a lapel pin to show

great building with unique architecture,” said Juan Powell, Community Builders Mid-Atlantic regional vice president of development. “This will give the residents of this community long-term affordable housing.”

Winds of change

Gusts of cold wind knocked over tripod-mounted signs that flanked the speakers at the groundbreaking; a few people spontaneously stepped up to hold them in place.

Andy Masich from the Pennsylvania Historic and Museum Commission swept a hand toward the people holding the signs up.

“I do feel the winds of change are blowing over Hazelwood. And I know it takes a lot of hands to kind of keep a lid on things, keep them moving in the right direction and keep them from toppling over. But I know there are people here with the passion and dedication to make this project work.”

she is a member of City Council as soon as the votes are certified.

As the cheers died down Tuesday night, Warwick’s 10-year-old daughter, Coco, looked up from her coloring and asked, “You won?”

When told that even without all of the votes counted it was a pretty sure thing that her mother had won, Coco replied, “I knew it! I knew it!”

The District 5 council seat — which includes parts of Squirrel Hill South, Greenfield, Regent Square, Swisshelm Park, Hazelwood, Glen Hazel, Hays, New Homestead and Lincoln Place — has been held by an O’Connor (Bob and then his son Corey), or the elder O’Connor’s chief of staff, Doug Shields, since 1991.

Corey O’Connor was appointed Allegheny County Controller this summer, replacing Chelsa Wagner, who won a seat on the Allegheny County Court of Common Pleas.

In the final vote count, Warwick won with 74% of the vote, or 11,579 votes cast. Her closest competitor was Eugene Bokor of Greenfield who garnered 2,998 votes or 19%.

Another special election will be held to replace State Rep. Summer Lee of Swissvale, who won both her bid to become the first Black woman to serve in Congress from Pennsylvania and her re-election to the state legislature in a district that includes Point Breeze, Point Breeze North and parts of Homewood.

Ann Belser is the publisher of East End Print. This article was reported in collaboration with The Homepage. It has been edited lightly.



(From left) Carl and Kris DiPietro with Reverend Michael Murray at the groundbreaking for Gladstone Residences. Photo by Heather Mull

ELECTION NEWS

Council District 5 rundown, turnout and candidate statements

By Juliet Martinez

Allegheny County voters came out in force for the 2022 midterm elections. In District 5, four candidates vied for the chance to fill the city council seat Corey O'Connor vacated in July.

Candidate vote totals

Barb Warwick: 11,72 (74.29%)

- On Election Day: 7072
- Absentee: 4650

Eugene Bokor: 3,045 (19.30%)

- On Election Day: 2572
- Absentee: 473

Matt Mahoney: 816 (5.17%)

- On Election Day: 565
- Absentee: 251

Robert McCune: 130 (0.82%)

- On Election Day: 86
- Absentee: 44

Write-in: 66 (0.42%)

- On Election Day: 41
- Absentee: 25

Top precincts for turnout

Countywide, 60% of registered voters turned out. In District 5, 60.28% of registered voters cast ballots for a city council candidate.

In the 14th Ward, District 27 had the highest turnout at 77.88%. In the 15th Ward, District 6 had the highest turnout at 72.29%. In the 31st Ward, District 2 had the highest turnout with 70.76%.

Source for election data: Allegheny County Board of Elections

Third-party candidate Robert McCune on Barb Warwick's election to city council

I'm not a sore loser. I'm going to call Ms. Barb and give her my sincerest congratulations and see if there's anything I can do to assist



Photo by Juliet Martinez

I may have lost, but I'm not defeated.

her. But my agenda is going to remain the same. I've always been doing things for this neighborhood and I'm going to continue.

As far as the political aspect, I feel things needed to be worked on in both parties.

I may have lost, but I'm not defeated. This is not the whole picture, this is just the canvas. Right now we're just cleaning the canvas.

Independent candidate Matt Mahoney on Barb Warwick's election to city council

I wish Barb all the best, both as a neighbor and as our community's next representative on City Council. Barb showed great initiative in her campaign and kept a fast pace throughout the race. The results speak for themselves, and I look for-



Photo courtesy of Matt Mahoney

I've re-affirmed my passion for community service, and ... I'm now certain that we work better together.

ward to working with her office on key issues soon. I'm deeply grateful for and overjoyed by the number of neighbors that voted for me! I want to sincerely thank all of my supporters. I entered this special election very late, and I feel my no-budget, month-long campaign was a great

success! Moving forward, I'm going to continue following my passion for community service by listening to more neighbors, continuing my community survey, and strengthening partnerships.

If I've learned anything from this experience, it's that I've re-affirmed my passion for community service, and that I'm now certain that we work better together.

Voter snapshot

Kelsey Salerno



Kelsey Salerno after voting at Holy Angels Church in Hays. Photo by Juliet Martinez

What are the issues that affected your voting choices?

"I started my political work with Planned Parenthood, so obviously like, reproductive justice. I was also an organizer for clean energy and transitioning us out of dirty fuel, so the environment. I love Summer Lee, too; she's great, so I supported her. I think it will be great to see a Black woman in Congress."

Poll workers at Elevationz in Hazelwood said they had a steady stream of voters on the morning of November 8. Photo by Juliet Martinez





GREENFIELD HOLIDAY PARADE

FRIDAY
DECEMBER 2
7:00PM

GREENFIELD AVE.
PITTSBURGH, PA

Cheer on local bands, businesses, and organizations
Enjoy fireworks from Zambelli at Magee field!

Visit <http://gcapgh.org/> for the route and more info

Presented by: The Greenfield Community Association

ELECTION NEWS

Voter snapshot

Prestine Bush



Prestine Bush with daughter Kaelyn (above) after voting at Elevationz in Hazelwood. Photo by Juliet Martinez

What are the issues that affected your voting choices?

“Women’s rights. I feel that a woman has a right to her own choice, regardless of whether we agree with them or not.

"Another one... is the gun violence that’s completely like just playing everywhere and it’s really affecting communities within Pittsburgh.”

COMMUNITY RECOGNITION

Greenfield Community Association Person of the Year: Allegheny County Controller, Corey O’Connor

By Michael Bartley

It was a sold out, packed house for the 36th Annual Greenfield Community Awards Dinner held on November 12, 2022.

Some 26 giving neighbors were honored for their volunteerism and overall community help to numerous organizations. The event was planned and executed under the leadership of Jim Gregg and Green-

field Organized Against Drugs, the Greenfield Community Association, and numerous others.

The Greenfield Person of the Year was County Controller Corey O’Connor, who served Greenfield and surrounding neighborhoods as its City Council representative for six years until becoming Allegheny County Controller in July.

Mr. O'Connor said in a phone call after the event that he was humbled by the recognition from a place that means a lot to him.

“I live here, I grew up here. It is a very special place for me,” he said, adding, “I still represent the district, just at a different level.”

Michael Bartley, chairman of the 15th Ward Democratic committee, was master of ceremonies and handed out awards in the areas of Youth Recognition, Business, Greenfield Baseball, Greenfield Hall of Fame and several other categories.

More than 260 people attended. The annual awardees will be celebrated yet again at this year’s Greenfield Holiday Parade, Friday December 2 beginning at 7 p.m. on Greenfield Avenue.



From left: awards organizer Jim Gregg , Person of the Year Corey O'Connor, new District 5 city council member Barb Warwick, state senator Jay Costa and emcee Michael Bartley. Photo courtesy of Michael Bartley

La Gourmandine

BAKERY AND PASTRY SHOP

VISIT US IN HAZELWOOD

5013 SECOND AVENUE



ELECTED OFFICIALS

Proud to put people first in Pittsburgh and beyond

By State Rep. Aerion A. Abney,
representing Pennsylvania's 19th
legislative district



Photo courtesy of
Rep. Abney

Hello, Hazelwood residents! I'm eager to share about some of the important work I've been doing in Harrisburg and here at home.

Nearly two weeks prior to Election Day, I led a roundtable with my House Democratic colleague Donna Bullock of Philadelphia, chair of the Legislative Black Caucus, and acting Secretary of the Commonwealth Leigh M. Chapman at the Capitol. We wanted to educate people about their rights as voters, and things to be aware of at the polls on November 8. I'm proud of the work I've done on behalf of All Voting is Local before I became state representative, and I will continue to advocate for voting rights.

Allegheny County has been awarded a \$2 million state grant from the PA Department of Community and

Economic Development. The funds will allow homeowners to make home renovations and improvements. These funds can address leaky roofs, compromised foundations and more, ensuring the safety and well-being of many households.

Another state grant allocated \$34 million to local projects throughout the county, made possible by the state's Redevelopment Assistance Capital Program. I'm excited to announce that Hazelwood received \$3.5 million. Of those, \$3 million went to preparatory projects, including soil remediation and installation of in-ground utilities at Hazelwood Green. The former steel mill site will contain housing units, space for multiple businesses and reconnect everyone to the riverfront once again. The Hazelwood Equity One-Stop Resource Center received \$500,000 to buy and renovate the former Church of the Good Shepherd, and an adjoining two-story hall that will be converted into a community center and multi-tenant office space.

I wish all of you a Merry Christmas, a happy holiday season and look forward to seeing and talking with you in the new year!

\$2 million allocated for Allegheny County home rehab program

By State Senator Jay Costa,
representing Pennsylvania's 43rd
senatorial district

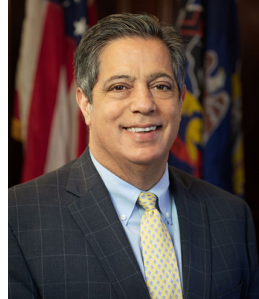


Photo courtesy of
Sen. Costa

On November 2, at the Goodwill of Southwestern PA, State Senators Lindsey Williams and Jay Costa, and Rep. Sara Innamorato announced the allocation of

\$2 million to ACTION Housing to be delivered to low-income homeowners in Allegheny County. The grant was awarded by the Pennsylvania Department of Community and Economic Development.

Eligible households can receive funding by applying via ACTION Housing to make infrastructure repairs, accessibility accommodations, or weatherize aging homes. Allegheny County has an aging housing stock, with half of the homes in Pittsburgh being constructed before 1940. This pilot program, soon to be followed by the statewide Whole Home Repairs program, is accessible to families at 80% of AMI.

chance to stay in homes that they love and the communities that they helped to build," Sen. Lindsey Williams said. "It will stop properties from becoming abandoned and blighted, which keeps our communities safer. I'm incredibly proud to have worked with my colleagues to secure funding for the program and can't wait to see the results."

"This grant will allot crucial dollars to households in the communities I'm proud to represent," Rep. Sara Innamorato said. "My neighbors will be able to implement structural safeguards and related improvements to their homes, thus ensuring the safety and well-being of their families."

"With our aging housing stock, public health, well-being, and economic stability are affected every day by leaking roofs, crumbling

*This funding will help
make sure people stay
warm in the winters, dry in
the rainstorms, and safe in
... homes they own and love.*

Sen. Costa

Safe homes, stable communities

"Everyone deserves a safe home they can afford, and I'm so proud of the work Lindsey Williams has done to fight for working families to stay in their homes," Sen. Jay Costa said. "Senator Williams has been on the front lines of fighting for our families, and this funding will help make sure people stay warm in the winters, dry in the rainstorms, and safe in the homes they own and love."

"The Allegheny County Rehabilitation Program will do so much more than fix a roof or repair a foundation. It will offer residents a

foundations, and dangerously inaccessible homes," Sharpsburg Mayor Brittany Reno said. "This program will help our neighbors make critical repairs to their homes and improve the quality of life here for all of us."

Kyle Webster of ACTION Housing announced that families can apply for home repair funding at ACTIONHousing.org or by phone at (412) 639-9416. Webster also encouraged contractors interested in and available to do housing repairs to contact ACTION Housing by calling (412) 281-2102 x 2016.



**DYLAMATO'S
MARKET**
your neighborhood grocery



5414 SECOND AVE IN GLENWOOD
FREE CURBSIDE PARKING

HOURS: TUESDAY - SATURDAY, 10 A.M. - 5 P.M.

- LOCAL MEAT AND EGGS
- FRESH PRODUCE
- TURNER DAIRY
- LOCAL HONEY
- ORGANIC GRAINS
- VEGETARIAN EATS
- MADE TO ORDER DELI SANDWICHES
- MEE MEE'S FRESH PASTRIES
- FRESH SALADS/CUT FRUIT
- DELI MEATS & CHEESES

PHONE: 412-521-1351

SEASON'S

Greetings

STATE SENATOR JAY COSTA

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E-MAIL: costa@pasenate.com

www.SenatorCosta.com

Paid for with Pennsylvania Taxpayer Dollars

ELECTED OFFICIALS

Dignity for Incarcerated Women bill passes PA House

By State Rep. Summer Lee, representing Pennsylvania's 34th legislative district



Photo courtesy of Rep. Lee

After years of work by advocates, the House unanimously passed House Bill 1419, legislation providing "Dignity for Incarcerated Women." This bill will accomplish several objectives, notably, requiring trauma-informed care training for corrections staff across the Commonwealth. "Trauma-informed care" is an organizational structure and treatment framework that involves recognizing, understanding, and responding to the effects of trauma.

H.B. 1419 took language from a bill that I introduced in 2019 in collaboration with Madusa Carter, president and founder of Mary's Daughter for the Formerly Incarcerated (MDFI) and the Dignity Act Now Collective, an MDFI project. In addition to requiring trauma-informed training for correctional staff, H.B. 1419 will restrict the use of shackles or restraints for pregnant or postpartum incarcerated individuals and detainees and require the no-cost supply of feminine hygiene products to incarcerated individuals and detainees who are menstruating in a correctional institution.

This bill would not have existed without Madusa's labor and leadership, and that of other advocates. It was born from the struggle and pain they witnessed or experienced firsthand. As we celebrate the passage of "Dignity for Incarcerated Women" and "Trauma-Informed Care," we should reflect on the injustices

that compelled us to improve the laws of our Commonwealth.

Low-Income Home Energy Assistance Program (LIHEAP)

As temperatures begin to drop, you may see the cost of your heating bill start to rise. To assist households with their heating bills, the Department of Human Services (DHS) offers the Low-Income Home Energy Assistance Program (LIHEAP) from November through April. This seasonal payment ranges from \$500 to \$1,500 and would be paid to your utility provider.

If you need help applying for the program, my staff is ready to assist applicants by appointment.

Learn more about LIHEAP by visiting the DHS website at: <https://www.dhs.pa.gov/Services/Assistance/Pages/LIHEAP.aspx>.

Apply soon for the Property Tax Rent Rebate program

The application period for the Pennsylvania Department of Revenue's Property Tax Rent Rebate program is ending soon! The deadline for individuals to submit applications is December 31, 2022. Individuals age 65 and older; widows and widowers age 50 and older; and persons with disabilities age 18 and older may qualify. For anyone who needs assistance applying for the program, my staff is ready to assist applicants by appointment.

Learn more about the Property Tax Rent Rebate program by visiting the Department of Revenue website at: <https://www.revenue.pa.gov/IncentivesCreditsPrograms/PropertyTaxRentRebateProgram/Pages/default.aspx>

Bipartisan bill expands health insurance pre-authorizations

By State Rep. Nick Pisciotano, representing Pennsylvania's 38th legislative district



Photo courtesy of Rep. Pisciotano

Hello friends and neighbors, I'm State Representative Nick Pisciotano, proudly representing the 38th Legislative District in Allegheny County. Our district office has relocated to 3563 Mountain View Dr. in West Mifflin and will be our only office location moving forward. Stop by and say hello at our new space!

We're always ready to assist members of our community with any state-related matter. Please don't hesitate to reach out by phone at 412-466-1940, email RepPisciotano@pahouse.net, or come see us at our new office in West Mifflin.

Fighting to fund allegheny county public schools

In early November, I was thrilled to announce a \$1 million state grant to the Baldwin-Whitehall School District!

Superintendent Randal Lutz hopes the funds will help integrate courses such as 3-D printing, robotics, and hydroponics, and overall support career preparation programs at their middle school.

A strong public education system

Every investment in our local first responders is also a direct investment in the safety and well-being of our community members.

lies at the foundation of a thriving community, which is why I fight for every extra dollar to help local schools. Allegheny County public schools received an approximate \$54.7 million increase in funding this year and I will continue fighting for more education funding as a state legislator.

A new law to expand health insurance pre-authorization

In Harrisburg, I had the recent pleasure of voting for a bipartisan bill that will help families and doctors by expanding health insurance pre-authorization for patients. This is a huge win for consumers, as it

will allow more protection when disputing pay claims.

Here are some of the highlights of the bill, which has been signed into law by the governor:

- Allowing doctors to bill insurance companies for "closely related procedures" – if a patient is getting care for an already covered issue and the doctor identifies a condition that could lead to future complications, the doctor can address the condition immediately without getting a second authorization.
- Making sure patients get an easy-to-understand explanation when denied payment for a procedure, including outlining the patient's rights and options.
- Giving patients who are denied payment the ability to appeal the denial to the Pennsylvania Insurance Department instead of just the insurance company itself.
- Requiring all denials to be reported to the department.
- Ending no-exceptions medication policies that require patients to "try and fail" an ineffective prescription before getting the medication that works.
- Ensuring patients going to out-of-insurance-network providers are reimbursed as quickly as a doctor's office would be reimbursed to cut down on out-of-pocket expenses.

Supporting our local Emergency services

Every investment in our local first responders is also a direct investment in the safety and well-being of our community members.

In recent weeks, I was proud to announce state grant awards to support area emergency services, including \$62,000 for a new police SUV in Glassport and \$2 million to build a new borough building in Pleasant Hills, which will house a state-of-the-art facility for our local law enforcement.

You can read more about these awards on my website at RepNickPisciotano.com.

Stay well,
Nick Pisciotano

SPIRITS & SNOW

Free cocktail making class

Saturday, December 10 | 6:30-9:00pm

The Woods House

RSVP required: www.hazelwoodlocal.eventbrite.com

HAZELWOOD LOCAL

FAMILIAR FACES



Photo by Jacquelyn Cynkar



The 23rd Annual Safe Halloween was a smash hit, attracting monsters, superheroes, an astronaut, some cuddly cuties and even a bag of chips. Volunteers packed hundreds of candy bags the week before. Others showed up to serve hot cocoa, pizza and popcorn. Jim McLaughlin, who has organized this event for 23 years, rode in on a dinosaur. Photos above, to the left and below by Ireoluwa Alarape



The Hazelwood Cobras Trunk or Treat at Burgwin Park was a roaring success, with trucks and cars decked out for maximum spookiness. It was frightfully fun for everyone who showed up. Photos in the center and right columns by Juliet Martinez



FAMILIAR FACES



The 3rd Annual Fall Mini-Fest brought the neighborhood together for more unforgettable autumnal fun. Photos above, to the right and left by Tim Murray.

Hazelwood Initiative, the Hazelwood Cobras and Tree Pittsburgh got up early on a beautiful November morning to plant trees at Burgwin Park. Photos below by Tiffany Taulton



SCHOOLS

Busing

- Continued from Front Page

wood, and there are other ways to deal with it, such as hiring bus monitors from the community.

Ms. Cole McKamey noted Hazelwood has no public non-charter school within walking distance because of the school district's decisions about what schools to keep open and which ones to close.

"It was a beautiful thing to see people recognizing the problem and wanting to be part of the solution."

James Cole

"It seems so disrespectful to me," Ms. Cole McKamey said. "They closed our community school [Burgwin Elementary] to make all those kids go to Mifflin and get their enrollment numbers up."

Burgwin shuttered in 2006. Pittsburgh Public Schools sold the building in 2014 to reopen as a Propel charter. Although students at Propel Hazelwood can walk to classes, they face their own safety concerns.



Amber Adkins speaks to WPXI/Channel 11 reporter Nicole Ford for a story aired on October 31. Screenshot from wpxi.com.

Navigating busy intersections

For years, residents along Johnston Avenue have been requesting traffic-calming measures such as speed humps and crossing guards during the school year. After her grandson, Jamel Austin, was hit and killed by a car in Glen Hazel in July, Desheiba Wilder made it her mission to keep his friends safe, taking on the crossing guard role herself, with a network of around 10 volunteer crossing guards that has formed around her.

Mr. Cole is one of those volunteers. He said people have reached out with offers of help, including some from other neighborhoods.

"It was a beautiful thing to see people recognizing the problem and wanting to be part of the solution," he said.

Ms. Cole McKamey reported improved lighting for night visibility in the area where Jamel was hit. She thanked Christina Spearman of MMS Group, the management company for Glen Hazel RAD's nearby apartment building, for quickly arranging repairs to its lights.

Mayor Gainey promises safety improvements

On October 20, Mayor Ed Gainey announced neighborhood safety commitments stemming from the October 5 community meeting in Glen Hazel. These include eliminating the requirement for city-employed crossing guards to have a driver's license. The mayor's press release mentioned that two lights on Rivermont Drive were fixed. Mayor Gainey also promised the following:

- Speed humps on Johnston Avenue, Mansion Street, and Glenwood Avenue.
- Signing and pavement marking improvements including newly painted crosswalks and curb-painted bump-outs on

Johnston Avenue, Mansion Street and Glenwood Avenue. Marking improvements to Johnston Avenue have been completed.

- Installation of a flashing school zone sign at Propel School.

No date was given for uncompleted items on the list. During the October 5 meeting, municipal traffic engineer Mike Maloch said of the speed humps, "Weather is turning so we are not going to have any more time to install this project. When weather breaks in 2023, it will be implemented quickly."

Ziggy Edwards is a writer and editor in The Run, and a regular contributor to The Homepage.

Fall fun, chores and small-scale democracy in action



Students at Three Rivers Village School making full use of the fall leaves on a mild day. Photo by Maggie Bogdanich

By Laura Gyre

At Three Rivers Village School, each student and staff member has a daily chore assignment. Mine is to sweep the front steps, which was both a challenge and a lot of fun this month as our big tree turned various shades of gold and dropped a surprising number of leaves.

What does it take to make a fair election happen? ... For example, how do you make an election process fair for kids who need help reading?

Fall is definitely in full swing, and one thing that always means at TRVS is a lot of Halloween fun. Spooky decorations started turning up at school, along with increasing amounts of candy. We finished the month of October with one of our biggest parties yet and heard lots of stories about fun trick-or-treating adventures.

Fall fun and elections

Things have calmed down a bit since then, but there's still plenty going on at school this month. Lots of students have been enjoying the unexpectedly warm weather at the playground, the community garden, and on walking field trips around the neighborhood. Nerf guns have also been popular with many students, leading to lots of community conversations about how to keep that situation safe and fun for everyone.

Like many other people this month, we've also had elections

on our minds. There are a number of elected positions here, including school meeting chair, announcements meeting chair, and chore clerk. Elections are student-run (like many of our activities), so it's been interesting to watch this process unfold from planning to execution. What does it take to make a fair election happen? Some of our questions are similar to those asked in the larger world, while others are more specific to our student body. For example, how do you make an election process fair for kids who need help reading?

The last big fall project

Students have one more fall project in mind, which is to build a gaga ball pit (a walled playspace for a type of dodgeball). Since this will probably be easier to build and more fun to play in before it gets cold, figuring this out might be a major focus in the coming month. Meanwhile, we're almost ready to start looking toward winter. We have lots more holiday plans in progress, and I'm thinking that I might need a snow shovel to finish my chore by this time next month.

Laura Gyre is a staff member at Three Rivers Village School.

All schools in The Homepage circulation area are welcome to share essays, news, event announcements, and admissions and calendar information with the community each month. If you would like to submit a school update, email jmartinez@hazelwoodinitiative.org. See page 4 for submission guidelines.

31ST WARD NEWS

Lincoln Place Veteran's Pancake Breakfast honors those who served

Nov. 12 event drew armed services veterans, caregivers, officials and a special troop of servers.



Sen. Jay Costa, newly-elected council member Barb Warwick attended with county controller Corey O'Connor and Rep. Nick Pisciotto. Members of Girl Scout troop 52469 served the veterans and their families. Photos by Juliet Martinez



ENERGY

Energy costs will be high this winter; help yourself and your neighbors prepare and save

By Matt Mahoney

Energy prices are always changing, but this year is different. In May, the Pennsylvania Public Utility Commission (PUC), the state agency that regulates utility services, alerted customers of “sharp increases in energy costs” with price increases ranging between 6% and 45%.

Per the PUC, the price increases are due to “higher wholesale prices for electricity, fueled in large part by shifts in supply and demand for natural gas,” which is the fuel that generates a lot of our electricity. In August, the PUC issued yet another price increase alert, urging struggling households to call utilities now to discuss their options.

As winter approaches, now is the time to take steps to reduce energy costs. There’s a lot we can do to prepare, and maybe even some we can do to help our neighbors prepare, too.

A good first step: insulating windows and leaky doorways to keep the heat in and the cold out. Also, consider caulking gaps near windows and gaps where ceilings and walls meet to reduce air drafts. Another way to save is using spray foam or foam board in the basement to close gaps between the basement and first floor. Sometimes it doesn’t need to be pretty, it just needs to do the job right.

For the past few years, I’ve been slowly making changes to my house to reduce energy costs. I started with an energy audit for my early 1900’s house and I learned a lot about my home and saved money on my electricity bill at the same time. Duquesne Light’s Watt Choices is currently offering re-

bates for their Residential Comprehensive Audit program for energy audits and other energy efficiency opportunities. Call to schedule an appointment at 1-866-787-5237 or email DLC.REEP@clearesult.com. (Please note that the Residential Comprehensive Audit program serves residential customers in single-family home dwellings.)

This winter, keep all of our neighbors in mind when the temperature drops and energy bills rise. Consider helping out by insulating a few of their windows or reducing any air drafts that might be making costs higher than they need to be. We might not know exactly how cold the weather will be this winter, but we do know energy costs are going to be high, so let’s make sure we’re looking out for one another on those cold winter nights.

31ST WARD EVENTS

AT
LINCOLN PLACE
PRESBYTERIAN

1202 Muldowney Avenue,
Pittsburgh 15207

Call 412-461-3377
or 412-462-6148
for information

Annual Santa's Trolley Ride

Saturday, December 3rd



2nd Annual Holiday Parade

Saturday, December 10th



Senior Lunch

Come enjoy lunch with friends at noon on the first and third Tuesdays of every month.



Find further information on the 31st Ward Community Action Group Facebook page.

Take steps now to reduce energy costs.

Prevent heat loss by winterizing your home

- 1 Insulate windows and leaky doors to keep the heat in and the cold out.
- 2 Use spray foam or foam board to close gaps between the basement and first floor.
- 3 Caulk gaps near windows and where ceilings and walls meet to reduce drafts.

Graphic by Juliet Martinez

GARDEN AND SUSTAINABILITY

Plan next year's garden now and order seeds at a discount

By Matt Peters

Winter might be a time of rest for the garden, but not the gardener! The Urban Ag Team is gearing up for the annual group seed order from Fedco, a cooperative seed company based in Maine. Fedco offers a user-friendly group ordering process that allows everyone participating to get discounts based on the sum total of the group's purchase.

Whether you want a packet or two, or you're stocking up for a market venture, Fedco has a wide selection of heirloom and open-pollinated varieties to choose from. Their catalog is online but I recommend you order the paper copy from their website, <https://www.fedcoseeds.com/connect>. It has additional information and even bits of poetry.

The first week of the new year might seem too early to be thinking about gardens, but popular varieties sell out and they won't be delivered until near the end of February, just as the first crocus are starting to emerge. You can review the Fedco group order policies online at <https://www.fedcoseeds.com/seeds/groups.htm>.

How to join the group seed order

To buy discounted seeds through our group order, print out a copy of the Fedco order form and write down what you want, filling in the blanks on the form as if you were going to order on your own. Bring that form, along with your payment, to Matt Peters at Dylamato's Market or the Hazelwood Initiative office at 4901 Second Avenue in Hazelwood (by appointment) BEFORE Saturday, January 7.

We won't know the discount until all the orders are added together, but we usually reach the 15% bracket when lots of folks participate. Seeds will be delivered in late February, which is not too early for starting indoor flats of early tomatoes or long-season crops like eggplants. Discounts will be returned and all accounts settled when our seeds arrive.

Stay tuned for details about a seed-starting workshop at our local library in March. Follow the Facebook group, Hazelwood Sustainability Forum. **Garden beds available, ask about larger spaces!** Contact Matt Peters at gardens@hazelwoodinitiative.org.

Homegrown garden program helps you grow your own food

By Juliet Martinez



Jasmine Pope of Homegrown Pittsburgh at Everybody's Garden in November. Photo by Juliet Martinez

ainers to plant in. The Homegrown staff bring plants and help plant the garden as well. Gardeners get a trowel, gardening gloves and a watering can along with a Homegrown gardener handbook.

After a month or so, Ms. Pope visits the garden to see how it is growing and what kind of help the gardener might need. The gardeners get to enroll in a virtual gardening course and attend in-person events like culinary classes.

Homegrown built eight gardens in Hazelwood last summer and Ms. Pope led two workshops at the Carnegie Library Hazelwood branch. Teaching the gardeners the ins and outs of growing food is a big part of her job.

"We really try to bring it all in. We talk to them about spacing and things like that. How do you know when things are too close? We do square-foot gardening method, so we talk to them about that," she said.

Ms. Pope said her favorite part of the program is seeing people get excited about gardening, share their food and deepen their connections with others.

"They get to eat [what they grew] and be proud of themselves," she said. "But also, the community they belong to being able to take part in that."

Originally launched in Homewood, Homegrown is almost 10 years old and has now expanded into Hazelwood and Glen Hazel.

Residents can sign up to join the program at <https://www.phipps.conservatory.org/classes-and-programs/for-communities/homegrown/apply>.

Has anyone told you that if you do not have a grocery store nearby, you should just grow your own food? It isn't always that simple. Gardening requires clean soil, tools and – most importantly – knowledge about how to transform seeds, soil and water turn into food.

The Homegrown program of Phipps Conservatory helps all of that happen.

Jasmine Pope is the Community Outreach Coordinator for Homegrown. We spoke at Everybody's Garden on Elizabeth and Lytle streets in November after she had helped plant garlic.

Ms. Pope said the two-year program offers free raised backyard garden beds complete with compost and fresh soil. People who have smaller yards or patios can get con-

Greater Hazelwood residents can join Homegrown and raise their own food next spring and summer at <https://www.phipps.conservatory.org/classes-and-programs/for-communities/homegrown/apply>.

FREE Garden Space Available!

Grow food for yourself, your family and friends!

The Hazelwood Urban Ag Team serves to facilitate free access to land for growing food. We have options to suit many needs and alternatives, from a single garden bed to help with getting vacant lots from the City.

Sign up at:
<https://bit.ly/3R8rMZe>

Want to order seeds?

- Review the Fedco group order policies online at <https://www.fedcoseeds.com/seeds/groups.htm>
- Print out a copy of the Fedco order form and write down what you want, filling in the blanks on the form as if you were going to order on your own
- Bring that form, along with your payment, to Matt Peters at Dylamato's Market or the Hazelwood Initiative office (by appointment) BEFORE Saturday, January 7th.

Contact Matt Peters for more information,
gardens@hazelwoodinitiative.org
hazelwoodinitiative.org

HAZELWOOD INITIATIVE AFFORDABLE RENTAL HOUSING



Hazelwood Initiative is putting the final touches on **three newly renovated two-bedroom rental units** reserved for families whose income – *for these units only* – falls between \$3,800-\$5,700 monthly.*

For more information, fill out the inquiry form at <https://www.hazelwoodinitiative.org/harpp> or contact Dave Brewton at dbrewton@hazelwoodinitiative.org 412-421-7234 ext. 407.

**Lower income limits apply to all other units and section 8 voucher holders are encouraged to apply.*

INFRASTRUCTURE

PWSA cuts Panther Hollow dam from 4MR Stormwater Project

Green infrastructure elements abandoned in favor of simpler permitting and engineering

By Junction Coalition

The Four Mile Run Stormwater Project will proceed without green infrastructure in Schenley Park that was intended to reduce runoff from the Oakland end of the watershed. PWSA officials at a recent meeting said the scope of the project will now be confined to The Run.

On November 14, about 30 people gathered at the Local 95 Union Hall in The Run, along with 63 virtual attendees on Zoom, to hear long-anticipated updates on the project.

The green infrastructure element of the plan involved building a dam at Panther Hollow Lake and daylighting a stream in Schenley Park. PWSA is dropping it from the project because of persistent permitting issues, technical disagreements concerning the dam, and difficult negotiations with CSX, which owns property affected by the work. Senior group manager of stormwater Tony Igwe laid out the challenges and explained that resolving them would cause further delays.

The decision was to kind of cut bait at that point... and look at the lower stormwater portion, which is the core of the project.

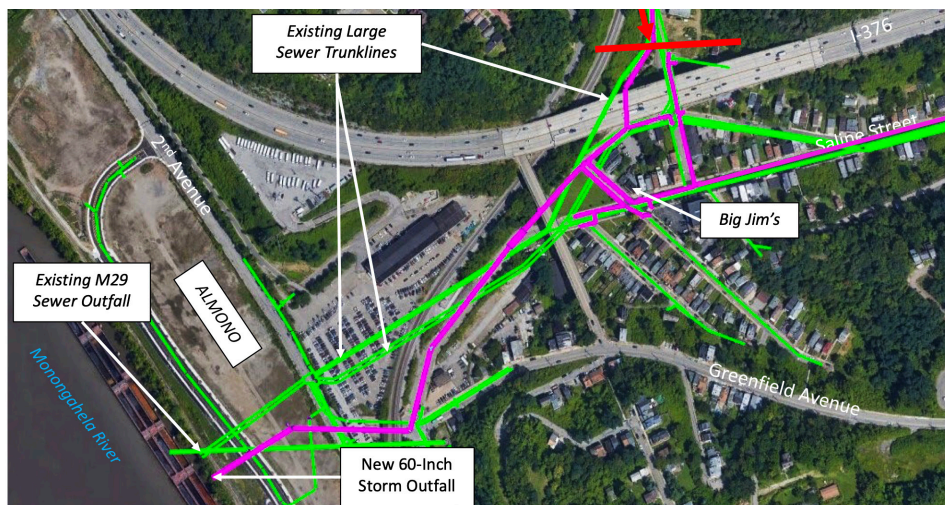
Tony Igwe

“So the decision was to kind of cut bait at that point... and look at the lower stormwater portion, which is the core of the project,” Mr. Igwe said, referring to the Four Mile Run.

The project, first announced in 2017, was billed as a solution to severe flooding in The Run but floundered because of difficulties with permitting and murky ties to the controversial Mon-Oakland Connector (MOC) shuttle road. PWSA’s last public meeting concerning the Four Mile Run Stormwater Project took place in October 2021, before Mayor Ed Gainey announced a halt to the MOC’s route through Schenley Park.

Kate Meckler, PWSA’s deputy director of engineering and construction, explained another reason for the change. In the past year, PWSA started implementing the Water Reliability Plan, which it calls “a series of once-in-a-generation projects that will modernize our water distribution system.”

Ms. Meckler said relocating 4,200 linear feet of 50-inch water main in the park during a critical phase of



The revised Four Mile Run stormwater plan includes installation of a 60-inch storm outfall (purple line). The red line at the top of the image shows where the work will end. Screenshot from November 14 meeting slides

the Water Reliability Plan could disrupt people’s water service and that coordination proved too complex.

When work does begin, it will be complicated. Mallory Griffin, who works with construction firm JMT, answered questions about what to expect while work is happening in The Run.

“The design will not allow us to close [Saline Street],” she said. “There will be one-way traffic maintained at all times, traffic flaggers, ambulances will be able to get in and out. There will be a very deep trench next to the road. So it’s going to be a lot of police, a lot of work... We’re estimating several months to get that pipeline in.”

Possible help for flood damage

Laura Vincent said she has been waiting for solutions throughout her nearly 20 years living in The Run. “But honestly, not very much has happened,” she said. In the meantime, Ms. Vincent did extensive work on both of her properties to protect them from flooding.

“It has cost me thousands of dollars,” she said. “What about my neighbors who haven’t done what I’ve done? Do you know what it means to have [raw sewage] eight feet high in your basement?”

Mr. Igwe replied that the long delays were part of the reason PWSA decided to move ahead without the work in Schenley Park. “The core of the project is to try to remedy some of those situations,” he said.

Run resident Barb Warwick, newly elected as Pittsburgh’s District 5 city council representative, asked PWSA to work with her to explore the possibility of setting up a fund to help people repair flood damage as months pass without construction on the stormwater project.

“It could make a huge difference

for a resident,” Ms. Warwick said. “And it isn’t that much when you’re looking at the grand scheme of things.”

PWSA has spent \$7 million on the project. The future budget is not finalized, but they expect to retain the \$42 million they had last year.

A new voice emerges on water issues

The other big news of the night came with the debut of a local organization: the Mon Water Project.

Founder Anne Quinn, an environmental scientist and Greenfield resident with a background in water management, said the group is focused on conserving, restoring and advocating for the Monongahela tributaries in Greenfield, Four Mile Run and Greater Hazelwood, which Ms. Quinn christened “the Monongahela peninsula.”

Ms. Quinn said these neighborhoods have equally important issues with water. She wants the Mon Water Project to join forces with existing community organizations throughout the area.

Erin Tobin, an outreach coordinator with the Pittsburgh Parks Conservancy, said her organization is looking forward to transitioning its 4MR Watershed Task Force to be under the Mon Water Project, although it will remain involved with stormwater improvement in Schenley Park. View the meeting slides and recording at <https://www.pgh2o.com/projects-maintenance/search-all-projects/four-mile-run-stormwater-project>.

Read more at www.junctioncoalition.com.

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HEALTH

Anti-abortion group poses as a pregnancy options resource

By Juliet Martinez

In early November, a mobile unit the size of an RV with “Image Clear Ultrasound” printed on its side parked near Second Avenue and Glen Caladh Street in Hazelwood. The words, “Free Pregnancy Testing and Prenatal Ultrasound,” and “Immediate Results, Walk-ins Welcome” seemed to make the purpose of the unit clear.

Although the mobile unit appeared to be a medical clinic or provider of medical services, it is run by an anti-abortion group called Choices Pregnancy Services and does not offer medical care or advice.

According to the American College of Obstetricians and Gynecologists (ACOG), this is what is called a crisis pregnancy center.

The ACOG website says, “Crisis pregnancy centers are organizations that look like abortion clinics, but do not offer abortion care. Their goal is to prevent people from getting abortion care.” Crisis pregnancy centers offer free pregnancy tests and ultrasounds but are run by people without medical training; they spread misinformation about abortion and birth control.

Misleading statements

Both the Image Clear Ultrasound website and its parent organization’s site contain misleading statements about pregnancy and abortion.

The groups’ websites list risks of induced surgical and medical abortion without placing those risks in context. Induced abortions are extremely safe, according to ACOG, which says the risk of dying in childbirth is 14 times higher than the risk of death from an induced abortion. The safest time to abort a pregnancy is in the first 12 weeks, but the statement says serious complications are rare at any stage.

The websites also include statements about medication abortion being reversible. There is no FDA-approved or medically accepted way to reverse a medication abortion.

“Crisis Pregnancy Centers are not medical facilities but intentionally mirror the wording and branding of one,” Sara Dixon, public relations manager for Planned Parenthood of Western Pennsylvania, wrote in response to my email. “This is a deceptive practice to get people in the door and it confuses patients looking for health care.”

Courtney Cloud manages Planned Parenthood’s call center. She

emailed that a mobile ultrasound van often parks near the Planned Parenthood clinic in Downtown. She has heard from call center conversations how the crisis pregnancy centers, or CPCs, work. The centers’ main goal is to convince people to continue their pregnancy, she wrote.

Manipulative tactics

“Patients have told me stories of going to a CPC thinking they were going to get an abortion and being told they were past the state legal limit to get an abortion,” Ms. Cloud wrote. “Patients also shared stories about CPCs telling them they were further along than they actually were during their ultrasound. I’ve also heard instances of CPCs having patients book multiple appointments weeks apart so their time to obtain abortion care is limited.”

In contrast, Ms. Cloud outlined the Planned Parenthood philosophy in these terms: “Our goal is to help patients make the decision that is best for them regarding their pregnancy, whether that is to end the pregnancy, continue the pregnancy and parent or continue the pregnancy and start the adoption process. We offer resources for all options and approach



The Image Clear Ultrasound mobile crisis pregnancy center. Photo by @choicespregnancyservices on Instagram

our patients with empathy and without judgment.”

The Planned Parenthood clinic in Downtown provides ultrasounds to confirm the age of the pregnancy and its placement. Surgical abortion services are available up to 18 weeks of pregnancy, and medical abortions are available up to 11 weeks.

I asked Image Clear Ultrasound and Choices Pregnancy Services for comment multiple times and was told a manager would get back to me. I did not hear from them by the time the Homepage went to print. When I called Choices Pregnancy Services, the call was forwarded to Heartbeat International, an anti-abortion advocacy group.

ACOG says if you have questions about pregnancy and abortion, you should talk to a gynecologist.

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AUDIENCE PARTICIPATION

Six-word stories and poems

Each month, Homepage readers submit clever and creative six-word stories and poems. Some imaginative readers also submit prompts for the following month. We invite you to try your hand at this game of literary brevity. There are no wrong answers, just wrong word counts! Here we go...

Winter solstice

Longest nights December
Less daylight remember
Adam Rohe

New bike
I very much like
MaryAnn Majcher

Still all these years, Tiny Tears
Miss Bea

Enjoying a winter evening

angel of light
sun stands still
Jeannine

Falling snow
Streetlights glow
Snowballs thrown
Adam Rohe

Soon to be gone,
Winter Phenomenon
Julie Hornak

Sipping eggnog by a burning log
Janice O'Toole

Shortest day
Longest night
Winter's might
MaryAnn Majcher

do not think
about gas bill
Jeannine

The shortest day is not okay!
Miss Bea

Let's lay low,
Hot Toddies flow!
Julie Hornak

A cherished holiday gift

Star Wars!
Millennium Falcon!
Enough said.
Adam Rohe

Drinking red wine
With soulmate divine
MaryAnn Macher

Scarf, leopard and tan, from Dolly-anne
Janice O'Toole

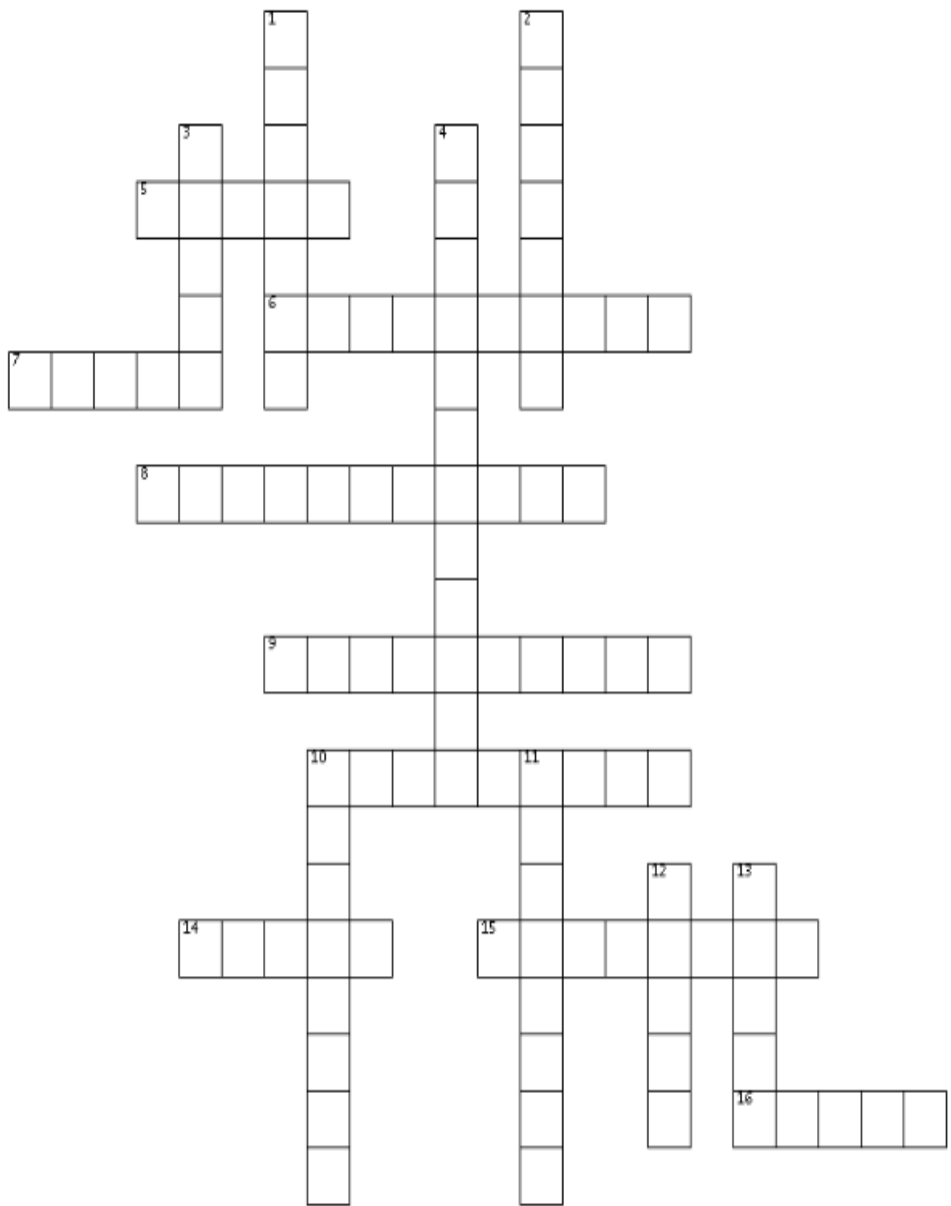
Hot chocolate just right. Peaceful night
Miss Bea

Prompts for January:

- Favorite New Year’s Eve celebration
- Least favorite New Year’s Eve resolution
- Favorite childhood ice-skating spot

Please submit your six-word poems, stories, poems and prompts by December 9 to editor@hazelwoodinitiative.org.

Crossword



ACROSS

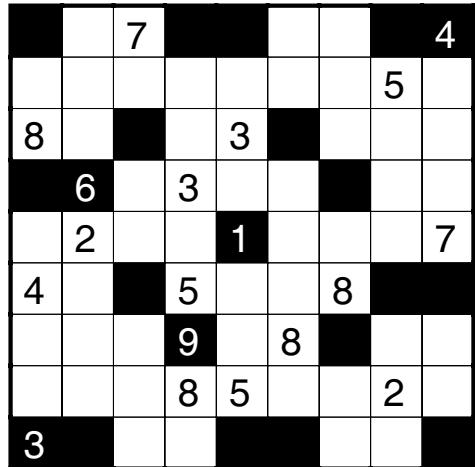
5. Cars and trucks were decked out for Halloween at the Burgwin Park ____ or Treat event.
6. The mobile crisis pregnancy center offers this kind of test.
7. Insulating windows, doors and gaps where warm air escapes can keep your energy bills lower.
8. The new city council member for District 5 comes from this neighborhood.
9. The last thing you would expect to find inside a house in Troy Hill (hint: if you're a sailor, you will avoid it).
10. This historic school was dedicated on May 7, 1915.
14. Sen. Jay Costa announced \$2 million for an Allegheny County home ____ and repair program.
15. The Hazelwood Equity One-Stop Resource Center received a grant to restore the Church of the Good _____.
16. This word means "before" and you might have to get this kind of authorization before insurance will cover a medical procedure.

DOWN

1. This was about 60% in Allegheny County for the midterm election.
2. Hazelwood families organized this to get their kids to school when bus service was canceled.
3. Thanks to Hazelwood Initiative and the Hazelwood Cobras, there are more of these making shade and keeping kids cool at Burgwin Park next summer.
4. Rep. Summer Lee supported the passage of a bill to help women who are this.
10. Students at Three Rivers Village School are working on building a pit where this game can be played.
11. Pain that stems from looking down at a screen for multiple hours at a time.
12. Including the 2022 Fall Mini-Fest, this event has happened this many times.
13. Plan your garden now and order your seeds from Fedco so you can get a ____ discount.

SEE PUZZLE SOLUTIONS ON PAGE 18.

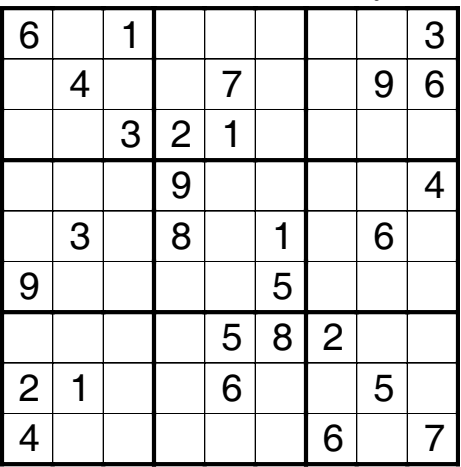
Medium



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.

2	1	4	5
6	4	5	3
4	5	2	1
4	3	6	2
3	5	2	1
2	1	3	

Very Hard



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

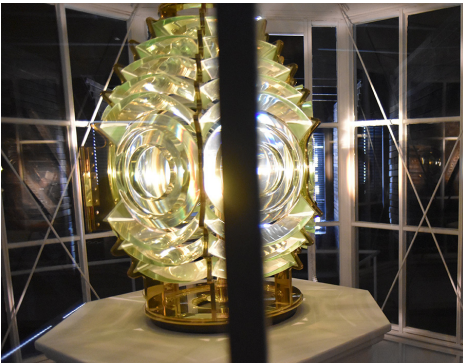
For many strategies, hints and tips, visit www.sudokuwiki.org for Sudoku and www.str8ts.com for Str8ts.

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

ARTS

Explore a hidden lighthouse in this Troy Hill art installation

By Sean P. Ray



The fourth order Fresnel lens in the lighthouse beacon actually works.
Photo by Lauren Stauffer

Sailors in the Pittsburgh area can breathe easy, as a newly installed lighthouse in Troy Hill will help to ensure no ships crash upon rocks during a foggy day.

Of course, it may be a few million years before ships sail the waters of a sunken Pittsburgh.

The idea of building something several millennia before it will be used is one of the central themes of a new art installation called “Darkhouse Lighthouse,” located at 1913 Tours St. in Troy Hill.

As the name implies, the exhibit features a full-sized lighthouse, with a working, rotating light beacon on top and a well-furnished room for future lighthouse keepers to stay in.

But spotting the lighthouse is not easy. The lighthouse was built within a dilapidated row house that was damaged by a fire many years ago. From the outside, the only visible parts of the lighthouse are a weather vane located on the roof and a cone-shaped marker in the backyard.

The installation is the brainchild of married artists Lenka Clayton and Phillip Andrew Lewis, and is the

third entry in a series of permanent art works commissioned by Troy Hill Art Houses. The series began in 2013 with the opening of a work titled “La Hütte Royal.” A fourth and final house is planned tentatively for spring of 2024.

Ms. Clayton and Mr. Lewis have other artistic features in Pittsburgh, including an art gallery that is always closed called “Galley Closed,” and “Historic Sight,” an eight-foot-tall bronze plaque detailing a building’s history from 600 million years ago, extending into the future.

Mr. Lewis explained that a major aspect of “Darkhouse Lighthouse” is different perceptions of time. While building a lighthouse 382 miles away from the nearest ocean may seem absurd, Ms. Clayton said the area where the lighthouse stands was an ocean 600 million years ago and may become so again millions of years from now.

“The lighthouse is here in anticipation of the ocean coming back,” Mr. Lewis said.

While visitors can climb up the lighthouse and look out its windows, most of what they see is the interior of the house around it.

The four rooms visitors can look into from the lighthouse’s second floor contain weather conditions: One filled with fog; another with a breeze blowing through it. These vary further depending on the time of day, with external light enhancing the lighting experience.

“It’s designed to be able to be viewed multiple times,” Ms. Clayton said.

The artists filled the interior with archaic tools and devices, like a

typewriter, which enhances differing perceptions of time.

“There’s a feeling of recent history, humanity’s relationship to the sea, and the ancient history when the ocean was here and the future when it comes back,” said Ms. Clayton.

The rotating beacon on top, a fourth order Fresnel lens, actually works. If it weren’t surrounded by an attic, the beacon could be seen for miles in clear weather, the artists said. For now, however, the beams pass over wooden walls.

Touring “Darkhouse Lighthouse” is a one-way trip, as visitors can-

not return to previous rooms once they’ve moved on. As such, they are encouraged to spend as much time as they want in each part.

Admission to “Darkhouse Lighthouse” is free, but reservations need to be made ahead of time. Visits can be scheduled by going to troyhillart-houses.com/darkhouselighthouse.

Sean P. Ray is the managing editor of the Northside Chronicle. This article has been reprinted through a partnership with the Pittsburgh Community Newspaper Network. It has been trimmed for length and edited lightly for style.

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Council of Three Rivers Indian Center
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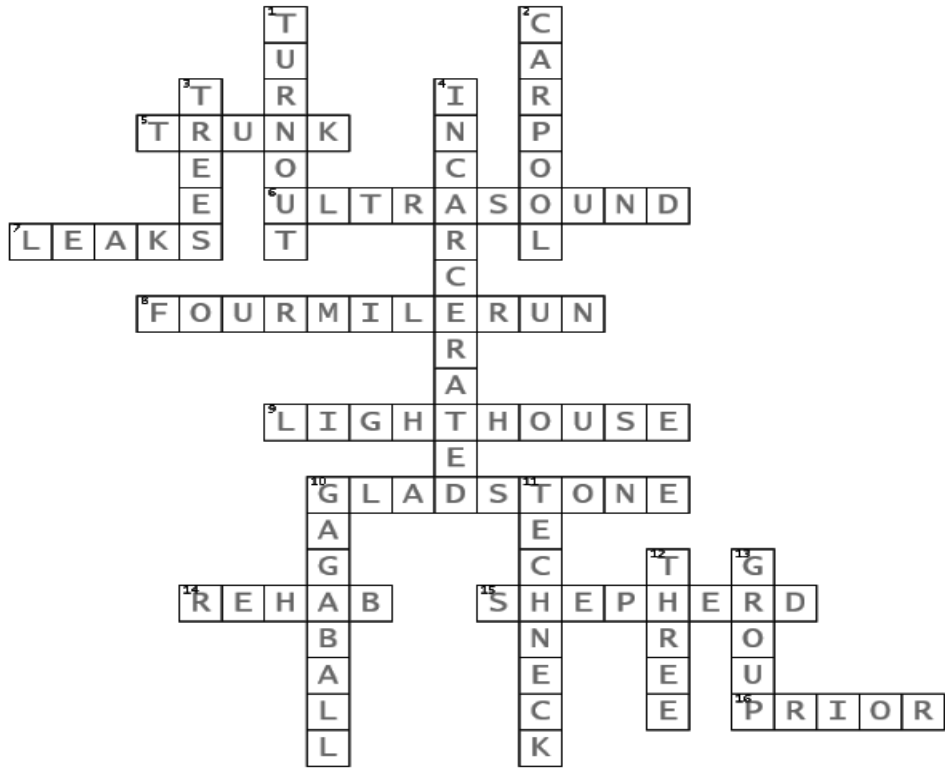
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Yankee Candle, Ross Park
Halbleib's Auto Body
Yankee Candle, Waterfront
District Judge Jim Hanley

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Many thanks to the generosity of our sponsors who made it possible for us to pack 250 treat bags & raffle a gift basket worth \$1,000! Please continue to support our sponsors & we will see you in 2023!



PUZZLE SOLUTIONS



Str8ts Solution

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

Sudoku Solution

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

COMMUNITY VOICES

Thoughts on assumptions and the need to grow our food



Jim McCue. Screenshot from 2017 video about Everybody's Gardens.

<https://tinyurl.com/everybodys-garden-video>

By Jim McCue

We all have assumptions. No one has a hold on the whole truth. We each have our own unique version of what is, formed by our past. The brain is a reducing valve, limiting our perceptions mostly to what is necessary for our survival and well-being.

With the United Nations' warning that food shortages will create a "Hell on Earth," it is vital that we return our biodegradable waste to the soil rather than put it out for the trash to be taken to a landfill where its rotting emits greenhouse gases into the atmosphere.

Everybody's Garden, at the corner of West Elizabeth and Lytle streets, is in disrepair, but leaves are being dropped off to improve the soil. AmeriCorps volunteers, working with Hazelwood Initiative, are laying mulch in between the raised beds and will be planting pawpaw trees. I am grateful for having been able to work in this community garden and urban farming site since 2009 when we started it after a three-story apartment building was torn down.

The solutions are here; we just need to implement them. Millions of Americans are growing at least a little of their food nowadays.

You save money by not spending it on things like cigarettes, which cause shortness of breath and other problems. Tobacco, sugar, stimulants like caffeine, and alcohol can be terribly addicting if they are not taken in moderation.

I can still talk and write, so you are welcome to please call or email me.

Jim McCue is a composter and sustainable biotech advocate. Reach him at 412-880-7237, email him at appropriatebiotech@yahoo.com and read more of his work at <http://bioeverything.blogspot.com>.

Family makes this the most wonderful time of the year

By David Wenndt

"It's the most wonderful time of the year." This classic ditty released by Andy Williams in 1963 is still a perennial hit heard all over the USA at this time of the year. Though the song was almost 60 years old, it actually reached its peak popularity in 2020, reaching number five on the Billboard Top 100 chart. This song continues to have popularity in our culture because it is a wonderful time for many people. People look forward to the holidays, the gifts and the decor. It is, for many people, the only time that snow and winter are acceptable. For many people, the wonder of the time is wrapped up in nostalgia; we see children have such joy and glee. We're reminded of our own childhoods and the unadulterated bliss that accompanied those wonderful times.

But this time is about far more than just nostalgia and decor, more than the weather and the gifts. It's about family. Much of the joyous nostalgia of the season is linked to happy times with family and friends; times we remember fondly, but are now long gone, often with loved ones who are also long gone. Family is still at the heart of the holiday season. Even for those who don't have great relationships with their families, they take this time of year to bond with friends and make lasting memories.

We at Holy Cross Lutheran Chapel pray that you have a happy and blessed holiday season, and invite you to come spend time with our family. Join us for a community dinner on December 4 at 4 p.m. Our Christmas toy giveaway is on December 16, and cookies and cocoa will follow our Christmas Eve service on December 24 starting at 7 p.m. We would love to see you all! God bless your December, and have a Happy New Year!

David L. Wenndt is the vicar at Holy Cross Lutheran Chapel in Hazelwood.

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.

Break the cycle of "tech neck"

By Dr. Hailey Steinhauser

I'm sure many of you have heard of "Tech Neck," or as some people call it, "Nerd Neck," or the more classic name, "Forward Head Posture." It goes by many names, but the definition is the same. Tech Neck is when you have a posture where your head is forward in front of the rest of your spine rather than aligned with your spine.

With proper posture, if you dangled a string from the bottom of your ears, it would line up with your shoulder. If the string dangled in front of your shoulder, that means you have Forward Head Posture.

Many people have this. It's common if you have to look down at a

Tech Neck is when you have a posture where your head is forward in front of the rest of your spine rather than aligned with your spine.

table for school or your job, or if you frequently use a phone or tablet. Even athletes commonly have it. Sometimes people think it's hereditary; their parents had it and now they have it too. But more often than not, it comes from repetitive stress, poor posture, or even old injuries.

You might be asking, why should I care? The weight of your head is normally around 9-12 pounds, and that weight is supported by your spine. With Tech Neck, that weight can increase exponentially, even up to 50-60 pounds because your head is no longer being supported properly. This causes pain and even worse than that, dysfunction in your joints and muscles that can lead to even more injury.

On top of that, with Tech Neck, you're stuck in a position called flexion. This drives the "fight or flight" part of your nervous system, causing more stress in your body. This flexion also causes your shoulders to lean forward, causing less room in your chest to properly breathe. You now can only breathe in shallow, quick breaths as opposed to deep, slow breaths that fuel your body with oxygen.

What can you do about it? Don't worry, you can fix Tech Neck, which will help to reverse all of the negative effects it has been having on your body! But it's not just a matter of remembering to hold your head back. That is a frustrating and losing game. To have success, you must

retrain your posture system, which fortunately is easier than it sounds.

The best way to do that is to start a chiropractic posture program. At my office, posture programs include chiropractic adjustments, brain-based exercises, and guidance for how to change posture habits at home. Chiropractic adjustments help to activate the parts of your brain that will automatically retrain your posture system. Based on an individualized exam, I will show you how to do specific, simple, brain-based exercises that will speed up your progress. As for changing habits at home, everyone's work and life are different, so I listen and give ergonomic advice specific to your lifestyle.

This month, I have something special for you. During the month of December, come in for a FREE Posture Check to see if you would benefit from a chiropractic posture program to decrease your tech neck.

I look forward to meeting and working with you!

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SATURDAY 11AM-5PM

Bring this coupon for 10% off!

5017 2ND AVENUE, HAZELWOOD

We contribute to the community
one cup at a time by serving
Single-origin African coffee,
from ethical sources.

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