

The Homepage

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



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Working Together: Cooperative “Co-Working Space” Opens in Hazelwood

By Dylan Rooke

Community Organizer, COG Hazelwood

It's been a long and slow journey but we're finally ready to realize a dream. In early 2018 we formed a working group around what we called the Cooperative Opportunity Guild of Hazelwood (COG), with the support of the Sprout Fund's grant for Economic Opportunity, to explore what this could be. Out of some conversations in our Small Business Network Committee through the Hazelwood Initiative and support from the Mansmann Foundation's peer-to-peer mentoring group, we discovered a desire for such a space where we could pursue the following:

Shared resources – in a shared office and/or work space where the burden of cost could be as low as possible, creating an easy entry point for resident freelancers, entrepreneurs and small business owners to build their vision.

Expanded network & market opportunity – by sharing resources, we'd naturally grow into sharing our impact with those around us through the relationships we have locally and beyond, adding our experience and expertise to each other's needs in an intentional mutuality.

Collaboration and cooperation – by prioritizing each other over the competitive status



Dylan Rooke hard at work in Hazelwood's COG

quo which seeks to dominate “market share”, we would seek to grow the local economy where we can all have access to opportunity with—not despite—each other's success.

It is also for these reasons we are excited that our humble working group has grown into a reality along with a formal partnership with Work Hard Pittsburgh, based in the Allentown neighborhood. A lot of what they were already building is what we were looking to grow in our neighborhood and connect with all over our city and region. Work Hard's mission was right in line with what we hoped to build, so it only made sense to work with them and not reinvent the wheel.

“Work Hard Pittsburgh is a cooperatively owned and operated business incubator that combines media and technology services with training, sales support, and access to capital. We provide entrepreneurs with a path to start, scale, and sustain their business ventures.

We adhere to the standard cooperative values of self-help, self-re-

sponsibility, democracy, equality, equity, and solidarity. We are mindful of our position within the community and our responsibility to promote sustainable development, and we work with others to create a just and equitable society.”

We are stronger when we are working together.

COG Hazelwood: Grand Opening Party

Feb. 19th 6-8pm

Spartan Community Center of Hazelwood,
Room #36 (3rd floor)

134 E Elizabeth St. Pittsburgh, PA 15207

Light refreshments provided. Stop in and see the space. Learn more about COG Hazelwood, the benefits to “coworking” and the new partnership with Work Hard Pittsburgh. See the work and local businesses already supported through their network and learn how we can build opportunities for those within ours and neighboring communities. Come support the growth of cooperative economic development in Hazelwood, where we work together for a better neighborhood and city.

For more info, please email: coopguildpgh@gmail.com or call (412) 407-3444

Pathways 2 Pardons Offers Free Assistance to Hazelwood

By Alyse Richmond

On the evening of Thursday, January 9, Hazelwood's Center of Life hosted a 3-hour informational meeting featuring the Pathways 2 Pardons program that has been circulating throughout Pittsburgh. Community Kitchen, known for hiring those recently released from the prison system, catered the event. State Representatives Jake Wheatley and Summer Lee (pictured right), along with ambassadors from the Urban League and Allegheny County Department of Court Records, each spoke about the pardon process and were available throughout the event to offer their services.

According to the official news release on the PA House Democrats website, Pathways 2 Pardons exists to “provide education and tips to people in the community who may be seeking a pardon.” Furthermore, this program aids “anyone convicted of a summary, misdemeanor or felony crime in Pennsylvania” and research shows that “communities of color are most affected by incarceration and most put at a disadvantage by their crim-



Photo: Alyse Richmond

inal histories when seeking future employment.”

Representative Wheatley stated, “Far too many of our citizens are impacted by past convictions that prevent them from getting the jobs and homes that they want, that prevents them from living the quality of life they want—even after they've paid their debt to society. We need to help these individuals break down the barriers and stop being held back by their prior records, so that they too can have the opportunity to succeed.”

In the wake of cannabis reform, some charges for possession of marijuana or a DWI related to medical marijuana use are now being expedited into pardons, often eliminating fees and therefore cost barriers for low-income offenders. Local attorney Patrick Nightingale, a proponent of said reform for the failed war on drugs, offered his advice

on the matter, adding that people of color are six to eight times more likely to be convicted for possession or use of a controlled substance.

Following the impressive array of speakers, attendees were encouraged to gather informational materials and had the opportunity to engage with each representative as a means to prepare for and/or begin the pardon process. Step-by-step guides and hard copy pardon applications were provided by the Pennsylvania Board of Pardons, detailing the requirements as well as clearly demonstrating the differences between pardons, expungements, PA's Clean Slate Law and the like.

For more information, please contact the PA Board of Pardons at (717) 787-2596 or visit www.bop.pa.gov to download a free application to begin the pardon process.

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The Homepage encourages all residents of Hazelwood, Greenfield, Glen Hazel, Glenwood, Hays, New Homestead, and Lincoln Place, along with those who have an interest in these communities, to use this paper as a platform to promote resources, events, services, and community initiatives to further connect and strengthen their neighborhoods.

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 advertisement or editorial content, do not necessarily reflect the views of this newspaper, the Hazelwood Initiative, Inc., the Greenfield Community Association, nor the 31st Ward Community Action Group.

Email your letters to:
adirosa@hazelwoodinitiative.org



Our Mission Statement

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

AHOP Spotlight

Building Wealth Through Affordable Home Ownership

Hazelwood Initiative's primary housing goal is "development without displacement". To achieve this goal, Hazelwood Initiative developed the Affordable Home Ownership Program. The program consists of identifying vacant, seriously blighted, single-family houses in the community, purchasing the houses at modest prices, renovating them, and selling them to low-income families at affordable prices. Thus far, every house Hazelwood Initiative has completed has resulted in mortgage payments of less than \$500 per month.

Over the past five years under our Affordable Home Ownership Program, Hazelwood Initiative has made a significant impact on the community by providing opportunities for home ownership. Hazelwood Initiative's Executive Director, Sonya Tilghman and Senior Director of Real Estate, Dave Brewton, collectively, have more than 45 years' experience in community development. They understand the importance of building wealth through home ownership. Hazelwood Initiative's Affordable Home Ownership Program guides qualified, potential homeowners through the often-challenging journey of stabilizing or improving credit scores, selecting a home to meet a family's needs, and securing manageable loans based on the family's income.

Success Stories

Hazelwood Initiative's Affordable Home Ownership Program continues to thrive and is happy to announce two new homeowners. Kaitlyn Howard and Ashkea Helton, both long-term residents and first-time homebuyers, will be moving into their homes this month. Both candidates, who have been long-term renters, attended credit counseling and first-time homebuyer education classes. Throughout their 6-month journeys, both successfully refined their credit scores and worked diligently to save money for their down payments. This process was instrumental in securing low-interest loans to purchase their affordable homes on Gertrude Street and Glenwood Avenue, respectively. Real Estate Project Manager, Nancy Reis, worked closely

with both women to find an ideal home and personalize it for their needs. Ashkea is delighted to have the home for her family of 5. When asked about her experience with the Affordable Home Ownership Program, Ashkea stated, "It was definitely a good program. It was easy. The program helped out a whole lot. They broke it down step by step and it was a little bit easier then."

If you are considering selling your home in the Hazelwood area, please contact Hazelwood Initiative's Real Estate Department first, as they may be interested in purchasing your home for the Affordable Home Ownership Program. If you, or anyone you know, is interested in learning more about the Affordable Home Ownership Program, please contact Dave Brewton or Nancy Reis at 412-421-7234.



61Z Reading Series

REV. JUNE JEFFRIES

TELL YOUR STORY

Rev. June Jeffries, a lifelong Hazelwoodian, is celebrating the release of her first book, *Legacy: More Than An Obituary*, with a reading and book signing at 61Z Café in Hazelwood!

SATURDAY,
FEB. 29, 2020
1 TO 2:30 PM
61Z CAFE
5017 2ND AVE

Legacy is both a memoir and collection of wisdom and wit from June's life of faith and service. June will be reading select passages from her book, and will also share her journey into writing and how to leave a written legacy of your own.

FREE CDL/ School Bus Training Classes



Are you ready for a life changing, fulfilling career?
Do you have a 15207 zip code?
Do you have a driver's license and a clean driving record?

Come to our FREE Orientation
sponsored by the Council of Three Rivers American Indian Center
in conjunction with The Greater Hazelwood Family Center

Orientation Details:

What: Free CDL/ School Bus Training Classes
Where: Greater Hazelwood Family Center - 5006 2nd Ave
What to Bring: Driver's License
When: Contact June Saunders @ 412.292.7725 for upcoming classes

Training Details:

Length of class: 14 hours in the classroom, 6 hours behind the wheel
Required Physical: No cost to you! We pay for this required physical.
CDL learner's permit: Free! We pay for your permit.

Test Details:

Where: We bring you to the test site.
Test Fee: Free! We pay for your test fee.
What to bring: Social Security Card, Birth Certificate

Job Placement:

We work with bus companies to help you get jobs!



Houses of Worship

Church of the Good Shepherd

124 Johnston Avenue
Pittsburgh, 15207
412-421-8497
hazelwoodgoodshepherd@gmail.com
www.hazelwoodgoodshepherd.org

Mary S. Brown-Ames United Methodist Church

3424 Beechwood Blvd.
Pittsburgh, 15217
412-421-4431
info@brightredfence.org
www.brightredfence.org

Holy Cross Evangelical Lutheran Chapel

5319 Second Avenue
Pittsburgh, 15207
412-521-0844
www.holycrosspgh.info

First Hungarian Reformed Church of Pittsburgh

221 Johnston Avenue
Pittsburgh, 15207
412-421-0279

Praise Temple Deliverance Church

5400 Glenwood Avenue
Pittsburgh, 15207
412-422-1637

St. Rosalia's Catholic Church

411 Greenfield Avenue
Pittsburgh, 15207
412-421-5766
strosaliaparish@gmail.com
www.strosaliaparish.org

Holy Angels Parish

408 Baldwin Road
Pittsburgh, 15207
412-461-6906
www.holyangelschays.org

Squirrel Hill Christian Church

290 Bigelow Street
Pittsburgh, 15207
412-521-2447
www.squirrelhillcc.wixsite.com

St. Stephen Catholic Church

5115 Second Avenue
Pittsburgh, 15207
412-421-9210
saintstephen@verizon.net
www.ststephen-hazelwood.org

Keystone Church of Hazelwood

161 Hazelwood Avenue
Pittsburgh, 15027
412-521-3468

St. John the Evangelist Baptist

4537 Chatsworth Avenue
Pittsburgh, 15207
412-521-0994
info@stjohnpgh.org
www.stjohnpgh.org

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

1174 Mifflin Road
Pittsburgh, 15207
412-461-5572
whipwarriors@gmail.com
www.whipministries.org

Morningstar Baptist Church

5524 Second Avenue
Pittsburgh, 15207
412-421-6269

Right-to-Know Request Documents Provide Answers but Raise More Questions

By Junction Coalition

Since 2018, residents of Four Mile Run (The Run) have filed several Right-to-Know (RTK) requests with the City of Pittsburgh regarding the proposed Mon-Oakland Connector (MOC) project. City government eventually gave residents documents that were inadequate in fulfilling the RTK requests. The missing information includes up-to-date engineering documents and large portions of City departments' correspondence with all private partners in the project. In the city's response to the requests, they stated that they are not required to share any information but would do so selectively. Furthermore, they added, "We are prohibited from forwarding records that reflect the attorney-client privilege or the attorney-work product privilege."

However, a section of the PA office of Open Records Right-to-Know Law states: Section 708 places the burden of proof on the public body to demonstrate that a record is exempt. Section 708(a) states: "The burden of proving that a record of a Commonwealth agency or local agency is exempt from public access shall be on the Commonwealth agency or local agency receiving a request by a preponderance of the evidence." Preponderance of the evidence has been defined as "such proof as leads the fact-finder ... to find that the existence of a contested fact is more probable than its nonexistence."

The City's position begs the question: Who is the attorney and who is the client in this case? This is the very same claim that City government made while conducting its infamous secret Amazon deal. The details of that plan, now available after Amazon turned down the bid, reveal the reasons for the secrecy. Pittsburgh promised the world's richest man the most generous corporate welfare giveaways of land and taxpayer money of any city in the U.S. Those promises included the MOC.

At the suggestion of the City of Pittsburgh, residents also filed RTK requests with the Pittsburgh Water and Sewer Authority (PWSA), the agency tasked with constructing the Four Mile Run Watershed Plan. The scope of this crucial and technically challenging project was to include fixing The Run's worsening chronic flooding, but the City is forcing the merger of the MOC with PWSA's plan. PWSA failed to respond to a resident appeal and the Office of

Open Records in Harrisburg ordered PWSA to hand over all documents requested. Those documents contained crucial information including:

- Department of Mobility and Infrastructure (DOMI) Director Karina Ricks stating that the MOC is not a sufficient transportation solution and that other routes would have to be added. (The same alternative routes that residents proposed instead of the present route that would permanently degrade two communities and Schenley Park).

- A March 2019 engineering document that shows the permanent loss of approximately 7 acres of tree canopy if the MOC is constructed.

- Don Smith of Regional Industrial Development Corporation (RIDC) saying, "Let's get an imperfect connector road there now and a more perfect long-term solution implemented later."

- A Heinz Endowments representative saying, "the connector road

to Oakland is incredibly important. Developers have indicated their interest in the Almono site is contingent on the road being constructed." (In other words, the roadway is a sign-on condition for potential HG developers/tenants, rather than a necessity that serves the affected communities.)

- Regarding the watershed project's aim to fix The Run's annual severe flooding problems, Alex Sciulli of

FREE TO

Experience a vibrant community space dedicated to connecting with our neighborhoods. A space that is unique, interesting, and as unexpected as you are. As books are so much more than words on a page; your Library is so much more than books on shelves.

carnegielibrary.org

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FREE TO THE PEOPLE

PWSA states that, “more cost-effective options may be to change the floodplain and purchase the affected properties.” (City officials have repeatedly stated they have no plans to attempt to acquire resident properties.)

- Mayor Chief of Staff Dan Gilman referring to the project as a clusterf***.

There is more evidence of non-transparency and duplicity by City government regarding the MOC project. Throughout the process, residents have demanded they be informed of what DOMI was planning and when they would be filing grant proposals or other requests for funding. DOMI has refused to do so. They applied for a 1-million-dollar grant for the MOC through the Southwestern PA Commission in 2018 while DOMI was holding a series of public meetings about the project. The money was approved, but DOMI failed to notify residents beforehand and afterward. Only dogged research and policing of the project by opponents flushed out the information.

Residents more recently received another document: a 2018 request from DOMI to the City Budget office for funding. That document is mostly blank, but DOMI was nonetheless given 9 million dollars of taxpayer money. One section of the document DOMI did fill out was the section reading:

Please identify the source of external funding and how the project adheres to the funding source’s rules and regulations. “Demonstrated support of the public” was a question within that section. DOMI’s response: Depends on which community!

What else are city officials hiding and why? Why are they so determined to bulldoze through two vibrant neighborhoods and Schenley Park when they admit their proposed shuttle road is not a transportation solution and does not serve the affected communities? University expansion through a slow-motion land grab could be the answer.

Opponents of the MOC recognize this issue as much bigger than any individual neighborhood. Our growing coalition of residents, park protectors, neighborhood organizations and other concerned citizens is committed to protecting Pittsburgh’s communities from erasure. Visit junctioncoalition.org to learn more and contact us at junctioncoalition@gmail.com



412-421-7234

Hazelwood Initiative’s Monthly Meetings

(Open to all!)

Every 2nd Tuesday of the month
6-8 PM

Hazelwood Healthy Active Living Center
5344 Second Ave
Pittsburgh, PA 15207

We’re Hazelwood’s non-profit community development corporation. Our meetings keep residents informed and involved in their community’s development. Join us!

THE RUN ACTION TEAM MEETING

February 10
7PM
ST. JOHN CHRYSOSTOM CHURCH HALL
(506 SALINE ST)

Meetings are regularly held on the second Monday of each month. All Run residents are cordially invited to attend.

Parker’s Pest Control

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Call anytime leave a message
and we’ll follow up
412-363-1559
Pest control Bed bug removal



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Any Specialty Pizza \$2 OFF <small>With coupon. Not valid with other offers. Expires 2/29/20.</small>	Two Pounds of Wings \$15.99 <small>With coupon. Not valid with other offers. Expires 2/29/20.</small>	Large Pizza with One Topping, Breadsticks, and a Whole Hoagie \$25.99 <small>With coupon. Not valid with other offers. Expires 2/29/20.</small>



**623 Greenfield Ave
Pittsburgh, PA 15207**

Mon-Thurs
10:30am-11pm

Fri-Sat
10:30am-Midnight

Sun
11am-11pm

EAT IN • TAKE-OUT • DELIVERY • ICE COLD BEER

31ST WARD WIRE

Lincoln Place • Gates Manor

Hays • New Homestead



Our Mission:

The 31st Ward Community Action Group was established to bring the residents of our community together, advocate for the neighborhoods' needs, and to support the youth, veterans, and senior citizens of the 31st Ward and surrounding areas.

31st Ward Churches



Holy Angels Parish
408 Baldwin Road
Pittsburgh, PA 15207
412-461-6906
www.holyangelshays.org

Lincoln Place Church of the Nazarene
5604 Interboro Avenue
Pittsburgh, PA 15207
412-462-2524
www.ipnaz.org

Lincoln Place Presbyterian Church
1202 Muldowney Avenue
Pittsburgh, PA 15207
412-461-3377

Mt. Rise Baptist Church
80 Ingot Street
Pittsburgh, PA 15120
412-462-8333

Maoz Tzur - Rock of Ages Messianic Jewish Congregation at Lincoln Place Church of the Nazarene
5604 Interboro Avenue
Pittsburgh, PA 15207
412-609-1117

St. John the Baptist Byzantine Cathedral
210 Greentree Road
Munhall, PA 15120
412-461-0944

Warriors of Holiness in Power (W.H.I.P. Ministries)
1174 Mifflin Road
Pittsburgh, PA 15207
412-461-5571

31st Ward CAG Corner

Join us for community planning and events, discussion of current concerns and goals, as well as updates from Zone 4 Police, the Office of Councilman O'Connor, and the Mayor's Office

Next Meeting: Tuesday, February 11th 7:00 PM - 8:00 PM

Lincoln Presbyterian Church,
1202 Muldowney Ave, Pittsburgh, PA 15207

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

Contact us:

Email: executiveboard@31WardCag.org

Website: 31stwardcag.org

Find us on Facebook!



31st Ward Flag Fund

Your donation will help our volunteers to install and maintain American flags that line the streets of the 31st Ward.

Please make checks payable to the **31st Ward Community Action Group** and mail to 944 Sunglow St, Munhall, PA 15120. Include a return mailing address if you would like a receipt of your donation.

Send a donation via Venmo to @Pgh31stWardCAG
www.venmo.com/Pgh31stWardCAG

LINCOLN PLACE SOFTBALL ASSOCIATION



Girls Slow Pitch Softball Sign-ups

2020 Spring Season

8U, 12U, 15U, & 18U

We are looking for girls, Ages 5 – 18



\$50 PER GIRL & \$30 FOR EACH ADDITIONAL SIBLING - through 1/31/20

After 2/1/2020 - \$60 PER GIRL & \$40 FOR EACH ADDITIONAL SIBLING

Lincoln Place Presbyterian Church

1202 Muldowney Ave.

Pittsburgh, PA 15207

February 8, 2020 1pm – 3pm

February 18, 2020 6pm – 8pm

March 11, 2020 6pm – 8pm

March 21, 2020 1pm- 3pm

For more information please email us at lpsoftball@gmail.com

412-414-1083

www.leaguelineup.com/lppanthers



Lincoln Place Softball

Holy Angels Parish

Tuesday - 8:00 AM

Thursday- 8:00 AM

Friday - 8:00 AM

Saturday- 8:00AM

Saturday Vigil- 6:00 AM

Sunday - 9:30 AM

Confession: Saturdays after 8am 'til 9am

Lincoln Place Presbyterian Church

Sunday - 9:30 AM

Sunday School (all ages) - 9:00 AM

Tuesdays - Senior

Wednesdays - Girl Scout Troop #52358

(1st and 3rd Wed) / 412-877-7734

Lincoln Place Church of the Nazarene

Sunday School (all ages) - 9:30 AM

Children's Church - 10:30 AM

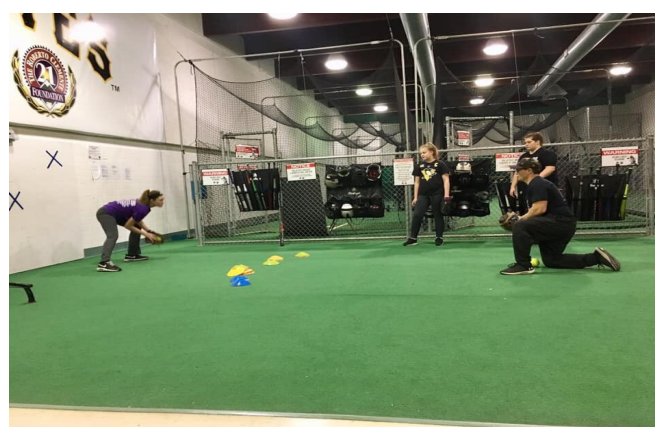
Morning Worship - 10:30 AM

Evening Service - 6:30 PM

Monthly food pantry - 3rd Saturday (8:30 AM)
at Lincoln Place Presbyterian

Need a ride to church?

Call Darrel at 412-461-6742



Lincoln Place Slow Pitch Girls Softball Revitalizes Community Pride

By Bill Veverka

As you know, this is the day and age of girls' fast pitch competitive softball. It seems that over the years we see fewer and fewer slow pitch leagues. Some girls may not have the skills required to play competitive fast pitch, and some simply don't want to. Our society tends to forget about those girls and, at times, only assists in discouraging them from playing a game they may have once loved. When that happens, they sadly miss out on the chance to gain valuable life lessons and skills they will need to help them along later in life.

Most communities are losing players to fast pitch travel teams and we are losing our sense of community pride because of it. We are looking to change that in the Lincoln Place community, which includes the neighborhoods of the 31st Ward and surrounding areas. The girls will be taught that we are not owed anything in this life, and that everything must be earned through hard work and dedication. They'll understand we are not going to just walk on the field and go through the motions of being there, because those who want to be successful or maintain a level of success will have to set realistic goals, and challenge themselves and their teammates to reach those goals. They will never take the easy way out and will put in hard work and a team effort that, in turn, teaches them how to be successful on and off the field.

I started coaching about nine years ago. Two days before my first practice I was a bit nervous. I didn't want to be just another coach. I wanted to be differ-

ent and make a big impact in these kids' lives, and I've been coaching ever since. I was lucky enough to coach for two different organizations over those years, as well as playing in a men's softball league, myself. Additionally, I have coached men's teams, adult women's teams and adult co-ed teams. I take pride in the fact that the majority of the girls starting this new adventure with the Lincoln Place Softball Association have been my players for many years and have followed me to each new opportunity through various organizations.

I am a believer in introducing the sport of slow pitch softball to girls when they are young and helping them grow and develop into strong athletes. I believe that, even though slow pitch softball is played primarily between the months of April and August, there is no "off-season." I've developed an off-season practice and conditioning program that pays off for each player individually, as well as the whole team. I've seen this pay off for those who have never played the sport before, and by the start of the season they have the basic skills needed, and are ahead of the game, so to speak. I've also watched it pay off for some of our veteran players. Their timing and strength gets better and better, to the point where girls that may have hit a single or a double last season start hitting homeruns and dropping them over the fence. The extra work helps them excel on the field and also instills a sense of pride and accomplishment that gives them the confidence they need to do better in their lives off

the field.

Over the last two years, several of our girls played in two leagues in both seasons and have been in four championship games during that time. In 2018, they were part of a team that won the 15 and under City League Mayor's Cup Championship that was played at PNC Park. Those girls were the runners-up in the Championship game in 2019. Most of the girls on our current 18 and under team helped win the City League Mayor's Cup Championship in 2019.

When I started coaching all those years ago, I came up with something called the "chain" idea. I went out the next day and bought a yellow plastic chain. I got the label maker and put each player's uniform number on each link, along with the coaches' initials. I tell my teams that there is not one link that is stronger, smarter or better than the rest. If you cut the chain in half, you can tell the chain is weak. For it to be strong and successful, all the links have to work together. This is us. In order for the team to be successful, we all have to work hard together. I pick a player each game who is responsible for the chain, and it goes up on the fence in our dugout so when they walk onto the field, they know they are not going out there alone. I give all my players individual links. This way, they can put it on their bag or wherever they want, as a reminder that they are a part of something special and that they are supported. To this day, it brings a smile to my face when I see one of those links hooked to a softball bag, a book bag, a purse or even a set of car keys, of a player that I've had the pleasure of coaching.

This is such a fun time for us in Lincoln Place. It is a great honor to bring back a softball program to the area, and to have our girls play for our community. I am happy that we have a board made up of hard-working parents and coaches that I've been fortunate enough to collaborate with. Together we are determined to make this successful and make our community proud.

We would like to have 4 teams: 8 and under, 12 and under, 15 and under, and 18 and under. We are looking for girls ages 5 - 18. No experience is required. Our spring season games will officially kick off mid to late April, but off-season practice and conditioning is going on now, once a week. We will be posting our sign-up information on various Facebook pages as well as at local businesses. In addition, we'll be handing out flyers to local schools and churches in the area to get the word out.

Find us via Facebook by searching "Lincoln Place Softball" or by visiting our official website: www.leagueline.com/lppanthers



New Reforestation Nonprofit Takes an Interest in Hazelwood



Hi, I'm Jeff Karwoski, or as most people call me, "The Tree Guy." Taking care of trees is my job. As an arborist, I have certain responsibilities, specifically maintaining the health and safety of trees. Being an arborist is a job I take seriously. It's what I've always done and what I love to do. I also help trees find their inner beauty through thoughtful pruning work. People always like to see good looking trees and

so do I. It's one of the best features a city can have. In addition to taking care of trees, I like to help people understand more about them. The average person usually knows a few things, and they always seem happy to learn something new and interesting. Trees are so important, and I take great pride in caring for them, which is why I'm

starting a new nonprofit dedicated to this cause. It's called Reforest Our Future. The vision I have for this is to share what I know with people and help them "green up" their cities and yards. I want everybody to be able to enjoy a shady spot to chill out when it's hot, as well as have great trees to look at all year long. Reforest Our Future may have a role to play in your community. There are a few "Green Spaces" around town that we can fix up if you're interested. I know I am, but I can't do it alone. So, let's spend some time together beautifying Hazelwood. The trees will be happy, and you will be too when you see what we can accomplish together.

If you think planting trees is important and you want to get involved, I would love to meet with you and talk about it. There's a movement across the world right now teeming with people planting trees. It's an exciting time to experience getting closer to nature (and giving back feels good too). For those of you who would like to participate in tree planting events with your friends and families, please contact me at reforestourfuture@gmail.com or via our Facebook page by searching Reforest Our Future to discuss times and dates. I look forward to meeting you.

Sincerely,

The Tree Guy

The Green Way Action

By Jim McCue

We need to stop feeling helpless. Everything we do has an effect. Everything is connected by cause and effect. You never know what may be gained by positive action. This common attitude of fatalistic passivity that blames others or "the system" or the government or the Democrats or the Republicans or one's lack of money or health or low position on the totem pole—this assumption of one's powerlessness—is a limiting belief. We can slow, even reverse, the catastrophic course we're on. Stop mowing lawns. Stop cutting down trees, except where absolutely necessary. Stop believing we're going to be able to keep on burning things for energy; we don't need to. The transition is going to be radical no matter what we do. Stop traveling except when necessary, and when you travel, car-pool, use public transit, choose trains over air travel, eat locally grown, naturally grown food. Stop wasting your waste; organic waste can be composted, made into biochar, returned to the Earth, or otherwise made use of. It's much more efficient in the long run (and the big picture) to share rather than to amass wealth or property or possessions. Stop eating junk food and cut way back on the amount of meat (especially industrial meat) you eat. Industrial large-scale production can be good, but not making garbage such as junk mail, which is almost always thrown away unread, is vital. Thousands of

acres of forest are destroyed to make this junk mail. Fermentation processes can use CO2 to grow algae for either food or non-combustion energy such as hydrogen via fuel cells. A fuel cell factory was being considered for Hazelwood before this new technology was put down by the second Bush administration. We can have clean manufacturing. Many of those on the left are emphasizing problems while neglecting solutions. An example is in the field of bioremediation. As early as the 1970's, scientists were finding microbes and microbe mixes capable of hastening the biodegradation of hydrocarbons and synthetic organic toxins, and (via chelation) making metals less toxic or bio-available (and sometimes changing them to mineral nutrients for the plants and animals in and on the soil). There is now a whole industry based on bioprospection microbes that have survived and mutated to be able to use pollutants as nutrients. The area most polluted from the J&L mill on the land now called Hazelwood Green underwent what is called, "natural attenuation." That is, the local microbes learned to consume pollutants so well that they were actually slowly composting, making the area 8 degrees Fahrenheit warmer in the process. 30 test wells on the whole former mill site yielded the conclusion that the pollutant levels flowing into the Mon River were within government guidelines.



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(412) 880-7237

- Follow Jim online at:
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Good news re: Everybody's Garden: Grounded Strategies (groundedpgh.org) will be having young people of various ages help while learning. We hope to either build or buy or get donated picnic tables, benches, a grape arbor, and signage to point out which plants are growing, how to tend them, and how to use them. A community garden in the Hill District had this kind of very attractive signage around their garden. Rather than look at each of our limitations as bad, we can rather see that each has a unique gift. As I age, I'm learning to see my physical limitations as a bit of a graduation from farmworker to gardening and farming teacher. I am calling for positive action to be funded. Money properly spent can do wonders. Earth-wide, we're seeing the effects of an ungoverned money system.

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- Gladstone to Greenway Corridor
- South-West Riverside (below the tracks)



SAVE THE DATES

Design Discussion Thursday, February 13 6:30 p.m. Center of Life	Presentations & Open House Thursday, April 23 6:30 p.m. Location to be determined
--	---

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Remembering Ray “Skippy” Cronin

February 4 is the second Angel Anniversary of Ray “Skippy” Cronin. Skippy was the true essence of Greenfield. In his 58 years of life he helped anyone that needed it, from his community of neighbors and friends to Hammer Field for Greenfield Baseball season. In his youth, Skip had a passion for diving. He received numerous medals and awards for it, though the Magee pool diving boards were never quite high enough for him.

Skip and I met at the end of 1976 riding motorcycles at Moraine Camp lands and instantly knew it was love, and that this love would last 41 years. Together we got through everything life threw at us. We raised 3 kids and grandkids in Greenfield. Ray’s Tree Removal service was one of his biggest passions and he loved doing this work. Skippy loved and lived for his family. I miss him more every second of every day, as do his daughters Nicole and Steph, and grandkids Eric, Hayden, Lance and Bella. There wasn’t anything he wouldn’t do for us. So, on this day, please share a story, speak his name, take a moment to remember and smile, laugh, and keep his memory alive. He so deserves this.

Skippy, you are in my heart and soul forever and always. You had a light so bright it will forever shine and guide me and our daughters and grandkids. I love you, Skippy.

Love,
Beth



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Next deadline – March 6th



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The winning design will be featured on all race materials.

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GREENFIELD GLIDE KICKOFF PARTY

**Greenfield Glide will be having a Kickoff party at
Hough's Taproom (563 Greenfield)**
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Thursday, February 27
at 7 pm.



Enjoy food and drinks, meet members of the GCA board, and be there when the new logo is unveiled!

Anyone who registers for the race at the party will get a discounted rate.

Anyone who wants to submit an idea for the Glide's new logo should send a high quality image to info@gcapgh.org by
February 15

Arts and Culture

Black History Month: Why It’s Important in Everyday History

By Gerri Tipton

Welcome to February 2020! We celebrate another year of Black History month in this now new decade, and black history just keeps expanding over time. When I was younger, I never really understood the importance of Black History month. As I have gotten older, I learned more about my African American culture and the prominent figures that made Black History month possible.

Strong civil rights leaders like Dr. Martin Luther King, Rosa Parks, Malcom X, Harriet Tubman and plenty more all have been learned about in early age. We also learn about the African American inventors who created iconic things like peanut butter (George Washington Carver), the traffic light (Garrett Morgan), and my personal favorite growing up, the super soaker (Lonnie Johnson).

When I was in my last year of middle school, it was time for the 8th graders to pick their classes for high school. The school counselor would come get a few students at a time to sign up for classes at their designated school. When it was time to choose a history class, it was between African American history and civics. I’m not sure why at the time I didn’t pick the African American history class as my first choice, but when I went back and told my mom about it, she said, “why don’t you want to learn about your history?” After thinking about it, I felt bad and kept questioning myself: Why I didn’t choose the course as my first pick? I guess because I figured it was a part of history, I felt like it shouldn’t have been separated, and that I was going to learn about it in my civics class. Nonetheless, the next day I spoke

to the school counselor and told her that I wanted to change from civics to African American history.

The first day of class was a day to remember. Of course, the whole class was made up of black students, and we were all ready to learn about African American history. The class was pretty easy. Our teacher would give us an assignment from our textbook after we were done reading a particular subject and have a quiz every now and then. At the end of the year, we had to choose an influential African American to write a paper and do a presentation about. I focused on strong black women and chose Harriet Tubman and Rosa Parks. I talked about how fearless these women were, and how they risked their lives to stand up for what is right and fought against society and didn’t care about what other people thought of them. They created a voice for African American women to stick up for themselves and to not take any mess from anyone. These women are so iconic and later on in life movies were made about them. Actress Angela Basset played Rosa Parks in 2002 in “The Rosa Parks Story” and Cynthia Erivo played Harriet Tubman in the movie “Harriet” last year, for which she earned an academy award nomination for best actress.

Ever since then, I have tried to school myself on learning more about Black History through movies, books, music, art, and research. I remember telling my friend one time that I was embarrassed as an African American woman, how I don’t really know too much about my own history. Black history is a part of American history altogether. It is important because African Americans and Black

History have made such a huge mark in American history as a whole.

Did you know that the slaves built the White House? You can thank Michelle Obama for that information when she spoke at the Democratic National Convention back in 2016. She quoted, “I wake up every morning in a house that was built by slaves.” Actor and film director Tyler Perry gave a motivational speech at the 2019 BET Awards when he accepted the Icon Award. He talked about how he chose the poorest black neighborhood in Atlanta to build his company so that he can motivate black kids, stressing that if a black man can do it, so can they. He also explained that he built his million-dollar production company on a land that was once a confederate army base that wanted to keep African Americans enslaved. He quoted, “Now that land is owned by a Negro.” This explains how motivational and inspiring Black History has been in the past and how it’s making its way through the present.



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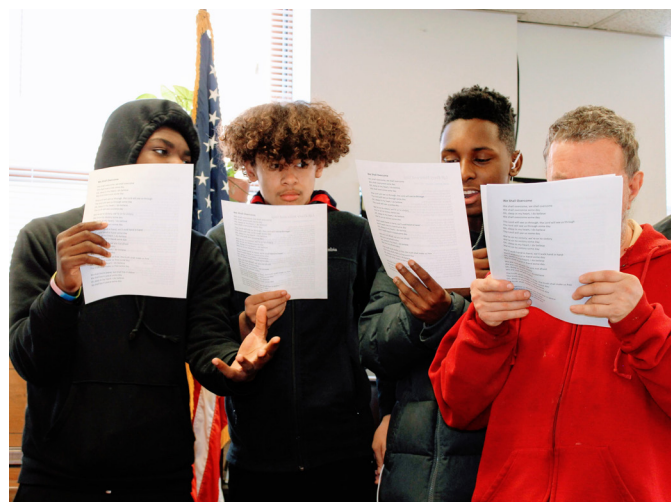
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Hazelwood Celebrates MLK Day with Three Days of Events



Photos by Bridget Fertal



School Community Council (SCC)

Meeting Dates:

February 26, 2020 • March 25, 2020
April 15, 2020 • May 27, 2020

Time:

5:30-6:30 p.m.

Location:

Propel Hazelwood

The School and Community Council (SCC) is a collaborative group of parents and community members.

It is open to all families, and we encourage your participation.

The "SCC" functions as a support system within the school by creating and facilitating opportunities that promote educational activities and help to build positive relationships in the school community. In addition, the council intends to be a viable support system for parents.

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2/19, 6:15-7:15 p.m.	PEACE, LOVE & YOGA

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Photo: Bridget Fertal



Rev. Tim Smith and Senator Jay Costa

Photo: Bridget Fertal



Teens gather for talks on deseculation and social justice

Photo: Tiffany Taulton



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Photos by Bridget Fertal

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Hazelwood Initiative



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Health & Wellness

Valentine's Day Blues: How Singles Can Be Happy on Valentine's Day

By Gerri Tipton

What is it about Valentine's Day that makes single people so upset? Is it because we don't have a significant other to shower and spoil with gifts? Is it because it reminds us of how lonely we are, in hopes of having someone to show off on social media? I will admit, I used to be one of those people. I never really had a boyfriend around on Valentine's Day, and it would get to me (not just because of Valentine's Day, but in general). You go on social media and see everyone posting their extravagant gifts and dinner plans they have with their partner. Then you sit and wonder, why can't this be me?

But you are not alone. Just like there are thousands of couples who are celebrating Valentine's Day, there are thousands of single people who are not celebrating Valentine's Day. So instead of sitting around looking sad and feeling sorry for yourself over why you're celebrating another Valentine's Day alone, see it as a day for self-care and love for yourself and the people around you.

Valentine's Day can be a bit overrated at times. Every year on February 14th, you spend a bunch of money on gifts and go out to expensive restaurants just so you can have something to post and share on social media. Are you doing this for your loved one or for validation from other people? It reminds me of a competition against your followers of whose gifts and celebrations were the best of the best. I'm not saying

that this isn't what you shouldn't do for your significant other but do it for the right reasons and not for show.

Every year, my dad would buy us gifts for Valentine's Day. He kept this tradition going for years. It was his way of reminding us that we don't need someone like a partner in our lives to make us feel good on this day. Friends and family can share this day amongst each other to share love. So, I kept up the tradition with celebrating Valentine's Day with a few close friends. We made a pact to hang out with each other whether it was going to eat, see a movie, or hanging out at someone's house to make dinner. We'd also exchange small gifts like candy, a teddy bear, or a cheesy little card. But it was to show one another that no matter what we would always have each other.

This won't be my first Valentine's Day that I am single and alone. To be honest, I've gotten used to it. It doesn't bother me as much as it did when I was younger. I know that my time will come when me and my future partner will be able to celebrate this special day together. But honestly, it's just another day, so don't be upset about it. A friend of mine asked me what I was doing for Valentine's Day, and of course I said nothing. He suggested that we hang out, get some food and catch up. Just like me, my friend is also single and would rather spend time with a friend who's in the same situation. It's okay to be alone, so don't let Valentine's Day validate your

worth and have you sitting there thinking about why you're single.

What I also suggest is giving yourself a mental break from social media on Valentine's Day. I say this because you'll be tempted to scroll through your timeline to look at everyone's Valentine's Day festivities. Although you just may generally be happy for people, it can still make your mind wander, which will later turn into bitterness and envy. So, just for those 24 hours (or more) leave social media alone. '

This day isn't meant just to show love to other people, but also love for yourself. Make this day a "me day" where you're going to take yourself out to eat at that new restaurant, treat yourself to that massage you've been wanting to get, buy yourself that outfit you been seeing at the store, or take yourself on a mini weekend road trip. Make it a day where you are celebrating the love of yourself.



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18 Signs That You Need a Liver Detox



Nonalcoholic fatty liver disease (NAFLD) – deposits of fat in the liver that can’t be attributed to excessive drinking currently affects well over 100 million Americans. This is why a liver detox is a must for most people. Many natural health experts, including Sara Gottfried, MD, a Harvard-educated functional medicine doctor, stress the importance of liver detox as an indispensable weapon against liver disease.

Is your liver sending out the “SOS” signals that indicate an urgent need for liver detox? Today, we’ll focus our attention on the symptoms linked to liver dysfunction and two nutrients vital for protecting your liver health. Fatty liver disease can affect your health by

interfering with the detoxifying function of the liver, impairing the metabolism of nutrients, inhibiting oxygen uptake and weakening the immune system. But what is behind this worldwide epidemic? Experts say that NAFLD is primarily caused by the excessive consumption of calories, particularly from high-carbohydrate, high-sugar and processed foods. But, while obesity is one of the “engines” driving the high incidence of NAFLD, it is not the only culprit. Exposure to a wide array of environmental toxins can also threaten liver health.

On a daily basis, we are exposed to a truly overwhelming barrage of toxins including pesticides, herbicides, preservatives, cleaning chemicals, air pollution, VOCs (volatile organic compounds), cigarette smoke, heavy metals and electromagnetic radiation from laptops and smart phones. In addition, medications, both prescribed and over the counter, and alcohol can contribute to the toxin burden on the liver. Plus, certain medical conditions such as metabolic syndrome, gallbladder removal (cholecystectomy), high blood pressure, elevated cholesterol and type 2 diabetes can increase the odds of developing liver disease.

Did you know that the microbiome or the gut environment is related to NAFLD?

There is a case of an 18-year-old with NAFLD and Pre-Diabetes. Fatty Liver is typically found in alcoholics, but NAFLD is related to the dysfunction and destruction of our bacteria in our guts. A workup was done on this patient and it was found that a key protective gut bacteria, *Acromancia Mucinophilia*, was almost non-existent. Fatty Liver is being driven by the destruction of the microbiome. When we destroy the protective mucous lining of the gut, some bad bacteria get into circulation and into the liver, causing systemic inflammation which in turn causes fatty liver.

According to a recent paper, Non-Alcoholic Fatty Liver is actually from alcohol produced by gut bacteria, which ferments the high starch carbohydrates and poisons the liver. There is even a syndrome called “auto brewery syndrome” where a patient not drinking alcohol will have elevated alcohol levels in the blood. It can attribute to yeast elevating alcohol fermentation by-products but also from sugar and starch.

18 signs that a liver detox is needed:

- Pain or discomfort under the right side of your rib cage
- Difficulty digesting fatty foods
- Abdominal bloating
- Skin issues such as dark liver spots or rashes
- Dark circles under the eyes
- Itchiness of the skin
- Dry skin
- Weight gain not due to overeating
- Frustrating inability to lose excess body weight, despite calorie restriction
- Excess abdominal fat
- Powerful cravings for sugar, alcohol or coffee
- Yellowish or whitish coating of the tongue or bad breath
- Mood swings and mood disturbances
- Fatigue that is not relieved by sleeping more
- Heavy snoring or sleep apnea
- Allergies and autoimmune disorders
- Jaundice, in which the skin or the whites of the eyes appear yellow
- Excessive sweating

According to Dr. Gottlieb, fresh, organic fruits and vegetables—the first line of nutritional defense against liver disease—should comprise 30 to 40 percent of the daily diet, with at least three servings a day of cruciferous vegetables such as brussel sprouts and cauliflower.

Fortunately, plenty of liver-supporting nutrients exist to help soothe an inflamed, fatty liver. Among these, two in particular stand out: Glutathione, the body’s master antioxidant, detoxifier, and immune booster, is an important ally in liver health. This disease-fighting enzyme is found in every cell in the body but is most heavily concentrated in the liver. In other words, the liver can be considered “Glutathione Central.” Glutathione is a powerful antioxidant that defends against disease by reducing oxidative damage and neutralizing toxins and carcinogens.

Glutathione, the body’s master antioxidant, detoxifier, and immune booster is an important ally in liver health.

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Liver Detox - *Continued from Page Seventeen*

Although we need 250mg or more Glutathione per day, most Americans only manage to ingest about 35 mg. If you would like to try glutathione supplementation, Acetylated Glutathione is absorbed best and is not destroyed by the stomach acid.

The second nutrient known to soothe NAFLD is milk thistle, also known as Silybum marianum. It's rich in silymarin, an antioxidant and anti-inflammatory compound. Silymarin helps to prevent the binding of toxins to cell membrane receptors, thereby neutralizing carcinogens and biological toxins. It also offers a trio of benefits that seem specifically designed to fight fatty liver disease, promoting the regeneration of liver cells, helping to prevent liver scarring, and interfering with the accumulation of fats in the liver. Research has shown that milk thistle extract inhibits pro-inflammatory pathways and substantially reduces markers of liver inflammation in patients with chronic liver disease. Look for a high-quality formulation from a reputable company, standardized to 70 to 80 percent silymarin. Of course we suggest you talk to your doctor or health practitioner before supplementing with milk thistle.


Although our livers can work heroically to cleanse and detoxify the blood, the truth is these hard-working organs sometimes require a little TLC, especially where there is a lot of bad food, alcohol, stress, and pharmaceutical medication consumed. Therefore, a liver detox—supervised by a qualified natural healer—can provide that much-needed support and represent the first step back on the road to a healthy life.

To Your Health,



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- Cellular: 412-389-8368,
- Email: sachemclark@hotmail.com





Help
your
neighbors.

Help us end hunger in the Hazelwood-Greenfield area.

YOU CAN MAKE A DIFFERENCE. VOLUNTEER FOR MEALS ON WHEELS.

Meal Prep Assistants
M-F
8 AM to 10 AM

Meal Delivery Drivers
M-F
9:30 AM to 11:30 AM

Meal Delivery Runners
M-F
9:30 AM to 11:30 AM

Lunch Servers
M-F
11:30 AM to 1:30 PM

SIGN UP TODAY: 412-499-4313 fcmvista@gmail.com



Groceries

YMCA/Spartan Center

134 E. Elizabeth Street
(412)770-4727
First Saturdays, 10 AM - 12 PM

St. John the Evangelist Baptist Church

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

St. Paul Evangelical Lutheran Church

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

Healthy Active Living Center

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

Hazelwood Library

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

Hazelwood's FREE Food Guide

Meals

Fishes and Loaves Cooperative Ministries

131 E. Elizabeth St St. Stephen's Pastoral Center
Free Lunch
Monday - Friday, 11:30AM - 1PM

Hazelwood Library

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

Community Kitchen Pittsburgh

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

Propel Hazelwood

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

Hazelwood, Glen Hazel & Greenfield Meals on Wheels

Meal delivered to you
(412)499-4313



IN LOVING
MEMORY

MAUS

(HERIS)



GWR

SAMUEL
RENDE

1929-2019

praise

worship

Sam Rende
A Diamond in the rough,
and set in Platinum. He saw some
of the future, he was an Angel for
to help anyone, with his love
any thankless welcome
Your Angel
Chaplain for
Love

