

## Propel Hazelwood Leadership Team is Focused on Excellence

Propel Hazelwood's 2019-2020 school year is well underway. A singular hashtag defines this school year: #DestinationExcellence360. It is proudly displayed above each door in the building to serve as a reminder of the mission: to attain excellence in academic achievement, scholar experience, staff growth and community building. Propel Hazelwood is pleased to announce a new leadership team that is dedicated to serving scholars, staff and community.

### Ms. Tina Mayer, Principal

Ms. Mayer's primary focus is individualized learning geared to meet the emotional, social and academic needs of all students. She believes that partnerships between home and school are vital to a child's success. Ms. Mayer brings a wealth of experience to her new position, having previously served as a



From left: Mr. Bonner, Ms. Mayer, Ms. Sonnet, Ms. Yanoff, Mr. Jones

principal in the West Jefferson Hills, Penn Hills and Bethel Park school districts. Her education career began as a middle school teacher in the Clairton City School District. Ms. Mayer is thrilled to be a part of the Hazelwood Team.

### Ms. Krystle Yanoff, Principal in Training

Ms. Yanoff has served as a high school science teacher for the past decade. Her passion for data motivated her to serve as an Expanded Impact Teacher (Data Coach) and an Instructional and Cultural Cabinet member for the past four years at Propel Braddock Hills High School. Prior to coming to Propel, Ms. Yanoff interned as a school principal

at Mansfield Timberview High School in Texas and obtained a Leadership degree and Principal Certification from the University of Texas in 2015. Ms. Yanoff strongly believes in reforming educational systems to shift the focus on teaching children the skills needed to be successful in life.

*Continued on page Five*

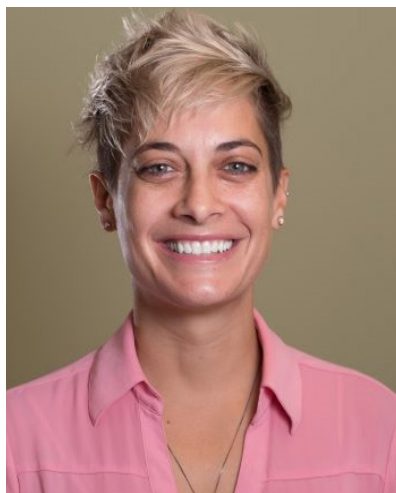
## Playful Pittsburgh & Local Artists to Continue Beautifying Hazelwood

### By Alyse Richmond

Now that the Elizabeth Street Park and Elizabeth Street Bridge mural, Time Travelers by Edith Abeyta and Sandy Kessler Kaminski, have officially been unveiled, you might be wondering: What's next? Local artists and the Playful Pittsburgh Collaborative—a group of organizations dedicated to advancing the importance of play for all ages in Pittsburgh communities—are planning several future art projects. Such projects include a mural on the steps leading to the "Y Garden" on Minden Street along with interactive pieces on the surrounding fence, a new sign to adorn the Lytle Street entrance to the KaBOOM! Playground, and a beautification of the benches outside of the Spartan Center on Elizabeth Street. Each of these installations is set to be completed and accessible to the public by the end of 2019.

Each year from April to October, Playful Pittsburgh will hold a "Play Pop-Up" once a month where Hazelwood residents can come together, play games, eat food, and enjoy their revitalized community spaces.

Hazelwood artists Edith Abeyta and



Sarah Siplak,

Dylan Rooke are continuing their work alongside community members to add three play stops to the Hazelwood trail as part of the Play Everywhere Challenge: Neighborhood Play Stop Project. The Play Everywhere Challenge is about "creating opportunities for free, unstructured, unplanned play, ensuring that all kids—no matter where they come from or where they live—get the active play they need to thrive," as stated on the KaBoom.org website. Currently, the Play Stop at Dylamato's Market is open to the public, and Playful Pittsburgh is set to host a kick-off play pop-up event at this location on



Sandy Kessler & Edith Abeyta

Wednesday, October 9th from 3:30 - 4:30 p.m.

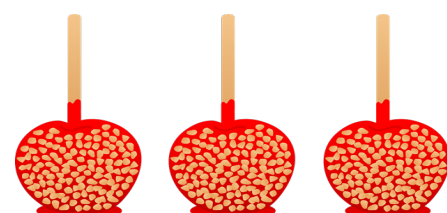
"The Play Stop Project works to install playful art installations in the public right of way to engage with families and community members in their day to day," says Sarah Siplak, Director of the Playful Pittsburgh Collaborative. "Play provides opportunities to reduce stress, explore feelings and form relationships with peers." Moving forward, the Play Trail and associated art spaces strive to continue to change how the community interacts with these areas. On Saturday, October 26 from 2 - 4 p.m., Playful Pittsburgh will hold a Play Pop-Up at

the Carnegie Library on Second Avenue to celebrate Halloween. There will be free treats and a "double creature feature"—reptiles from the Pittsburgh Zoo & PPG Aquarium and costumed therapy dogs from Animal Friends, with games and fun. Costumes are encouraged!

Down the road, Playful Pittsburgh hopes to expand these pop-ups to the Lewis Playground, upon the completion of its renovation. As for The Collaborative itself, Siplak says, "We're striving to have strategic partnerships with organizations such as Center of Life, Propel Hazelwood, Three Rivers Village School and the like."

*"We need to remember that children are trying, too—trying to understand their feelings and their world, trying to please the people they love, trying to grow. When grownups and children are trying together, just about anything can be possible."*

—Fred Rogers





# The Homepage

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

*The Homepage is published by The Hazelwood Initiative, Inc., and is made possible by generous support by Councilman Corey O'Connor and State Representative Harry Readshaw along with advertising from local organizations and businesses.*

## Editor

Alyse Richmond

## Layout

Alfred DiRosa

© Copyright 2019 all rights reserved.  
Hazelwood Initiative, Inc.  
4901 Second Avenue  
Pittsburgh, PA 15207  
(412)421-7234  
adirosa@hazlewoodinitiative.org

The Homepage encourages all residents of Greenfield, Greater Hazelwood, Glen Hazel, Hays, New Homestead, and Lincoln Place along with those who have an interest in those communities to express their opinions on local, regional, state, and national issues.

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

Email your letters to:  
adirosa@hazlewoodinitiative.org



## 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.

# HI Helps Another Hazelwoodian Go from Renter to Homeowner

By Nichole Sheets

*Tiffany Edmonds, a local Hazelwoodian and mom of 3, has recently purchased a home through Hazelwood Initiative's (HI) Affordable Home Ownership Program. We sat down to talk with her about her experience with the program and what owning a home means to her and her family.*

## How long have you lived in Hazelwood?

I grew up in Hazelwood. I moved here when I was in the 4th grade. My mom is from East Liberty and she moved [us] here. I lived in Homestead for about 5 years and the program allowed me to move back to Hazelwood.

## What was your experience like with the Affordable Home Ownership Program?

My experience was good. The only challenge is keeping your credit together. As long as your credit is good and you follow the steps and do what they say... it's worth it. My credit was good so all I had to do was take the [credit] class at Mon Valley credit counseling for 1 hour. It was stressful but it was easy. I started out with Dave and Nancy (from Hazelwood Initiative). They helped me fax my papers to the bank and they did everything.

## Why was it important for you to come back to Hazelwood?

I wanted to come back. I'm comfortable in Hazelwood. It's a nice community. We all know each other because basically we all grew up together. My mom is here also and she's a lot of help with my 9-year old daughter. [My daughter] knows the community too. She's on the cheerleading team and she goes to Propel.

## What do you like most about living in Hazelwood?

When you know everybody, you feel safer, like with your kids. It just feels like home.

## What does it mean to you to own your own home?

It means a lot knowing that we have a home and we're not going to have to move. This is our home, this is mom's house.

## Are you renting in Hazelwood? Interested in owning your own home?

Call Nancy at Hazelwood Initiative: 412-421-7234

Before



After





## Community Houses of Worship

### St. Stephen Parish

5115 Second Avenue  
412-421-9210

### Church of the Good Shepherd Episcopal

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

### Keystone Church of Hazelwood

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

### First Hungarian Reformed Church of Pittsburgh

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

### St. Paul's Lutheran Church

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

### Hazelwood Christian Church

118 Glen Caladh St. 412-421-9908

### Morningstar Baptist Church

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

### St. John The Evangelist Baptist

4537 Chatsworth Avenue  
412-521-0994

### Greater Pittsburgh Fountain of Life

247 Johnston Avenue  
Bishop Gerald Loyd 412-422-8794

### St. John Chrysostom Byzantine Rite Church

506 Saline Street 412-421-0243

### St. Rosalia's Catholic Church

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

### Squirrel Hill Christian Church

290 Bigelow Street 412-521-2447

### Holy Angels Parish

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

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

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

### Praise Temple Deliverance Church

5400 Glenwood Avenue  
Pastor Dennis Curri 412-422-1637

### Mary S. Brown - Ames United Methodist Church

3424 Beechwood Blvd.  
412-421-4331

# What's Up?

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

### Greenfield Presbyterian Church

Is on the move!

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

\*\*\*\*

### Hazelwood Christian Church

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

118 Glen Caladh Street  
412-421-9908

#### Service Schedule

Sunday School - 9:00 AM  
Worship - 10:00 AM  
Wednesday Night Bible Study - 7:00 PM

Visit our Website:  
www.hccpittsburgh.com

\*\*\*\*

### St. John the Evangelist Baptist Church

4537 Chatsworth Avenue

\*\*\*\*

### "Just For Today" Nar-Anon Meeting

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



*Bringing new life to all walks of life*

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

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

#### WEEKLY SCHEDULE

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

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



Next Step Discipleship

"Giving Direction To New Believers"  
www.nextstepdiscipleship.org

Text: NEXT To: 96362

### Mary S. Brown-Ames United Methodist Church

3424 Beechwood Boulevard  
Jeffrey Lukacs, Pastor

*"The church with the bright red fence"*

Sunday Service 10:30 AM  
Bible Study every Thursday: 7:30 PM  
www.brightredfence.org

\*\*\*\*

### New Light Congregation

*A Conservative Jewish Congregation*

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

Friday Evening - 7:30 PM

Followed by Oneg Shabbat

Saturday Morning - 9:45 AM

Followed by Kiddish

Sunday Minyan - 9:15 AM - Held after  
Sukkot through the Sunday of April

\*\*\*\*

### Hazelwood YMCA Food Pantry

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

*You must bring a Photo ID every pick up!*

\*\*\*\*

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

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

Please contact us for details at:  
smallbusiness@mansmannfoundation.org  
Call 412-733-6192 or visit our website:  
www.mansmannfoundation.org

\*\*\*\*

### Interest-Free Loans for Large Expenses

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

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

### Let Us Know What's Up!

The Homepage

5344 Second Ave.,  
Pittsburgh, PA 15207

Email:

[adirosa@hazelwoodinitiative.org](mailto:adirosa@hazelwoodinitiative.org)

### St. Stephen Parish

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

email: [saintstephen@verizon.net](mailto:saintstephen@verizon.net)  
<http://www.ststephen-hazelwood.org/>

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

#### Parish Office Hours

9:00 AM to 2:00 PM  
Monday thru Thursday  
Phone: (412) 421-9210

#### Religious Education Office

Phone: (412) 421-4748  
Sunday ONLY - preK-8)

St. Stephen Pastoral Center/Spartan Center  
134 E. Elizabeth Street  
[rose.velgich@ststephen-hazelwood.org](mailto:rose.velgich@ststephen-hazelwood.org)

#### Weekend Mass Times

Sunday 9:30 AM  
Confessions: Sunday 8:45 AM  
or by appointment

#### Daily Mass Times

Monday and Wednesday 10:00 AM

#### Pastoral Staff

##### Administrator:

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

##### Parochial Vicar:

Rev. Adam Potter, S.T.L.

##### Parochial Vicar:

Rev. Daniel Walsh, C.S.Sp.

##### Deacon:

Deacon Thomas J. Berna, Ph.D.

Rose Velgich, Religious  
Education Coordinator

#### Advocates for Persons with Disabilities

John Tague and Carla Menosky

Denise Motta, Parish Secretary



## The Church of the Good Shepherd

Second & Johnston Avenues

Principal Service  
Sundays 10:00 AM

Children's Sunday School  
10:00 AM

Healing Service-Monthly  
Bible Study-Weekly

*A church of the  
Anglican Communion*



# 31<sup>ST</sup> WARD WIRE

Lincoln Place • Gates Manor

Hays • New Homestead



Our Mission:

The 31<sup>st</sup> 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 31<sup>st</sup> Ward and surrounding areas.

## 31<sup>st</sup> Ward Churches



**Holy Angels Parish**  
408 Baldwin Road  
Pittsburgh, PA 15207  
412-461-6906  
[www.holyangelshays.org](http://www.holyangelshays.org)

**Lincoln Place Church of the Nazarene**  
5604 Interboro Avenue  
Pittsburgh, PA 15207  
412-462-2524  
[www.ipnaz.org](http://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

## 31<sup>st</sup> 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, October 8  
7:00 PM - 8:00 PM

Lincoln Presbyterian Church  
1202 Muldowney Ave  
Pittsburgh, PA 15207

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

### Contact us:

Email: [executiveboard@31WardCag.org](mailto:executiveboard@31WardCag.org)

Website: [31stwardcag.org](http://31stwardcag.org)

Find us on Facebook!



## 31<sup>st</sup> Ward Flag Fund

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

Please make checks payable to the **31<sup>st</sup> 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](http://www.venmo.com/Pgh31stWardCAG)

*31<sup>st</sup> Ward's  
Trash to Treasure Flea Market  
"Something for everybody!"  
October 12, 2019 (9am-2pm)  
Lincoln Place Presbyterian Church (1202 Muldowney Ave, 15207)  
Refreshments, Bake Sale,  
50/50 Raffle, & Gift Basket Auction  
\$20 to reserve a table at the Flea Market  
To RSVP, donate, or ask questions  
call 412-462-6148*

## Holy Angels Parish

Tuesday - 8:00 AM  
Thursday - 8:00 AM  
Friday - 8:00 AM  
Saturday - 8:00 AM  
Saturday Vigil - 6:00 AM  
Sunday - 9:30 AM  
Confession: Saturdays after 8am 'til 9am

## Lincoln Place Presbyterian Church

Sunday - 9:30 AM  
Sunday School (all ages) - 9:00 AM  
Tuesdays - Senior  
Wednesdays - Girl Scout Troop #52358  
(1st and 3rd Wed) / 412-877-7734

## Lincoln Place Church of the Nazarene

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

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

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



# Propel Hazelwood Focused on Excellence - *Continued from Front Page*



**Mr. Darnell Bonner, Principal in Training**

Mr. Bonner is beginning his first year with Propel Schools as a Principal in Training. Before joining Propel, he spent four years as the Transition and Internship Counselor with Urban Pathways 6-12 Charter School and eight years as District Executive of Urban Scouting with the Boy Scouts of America. Mr. Bonner facilitates two programs outside of Propel, Manhood 2.0 and Man in the Mirror, in which young and adult men learn about nonviolence, community importance, and healthy living. He values serving staff, family, partners and community with the end goal of providing each one of our scholars a high-quality education that will prepare them for success in high school, college, careers and life.



**Mr. Ron Jones, Community Schools Liason**

Mr. Jones joined the Propel team in 2017 as Assistant Principal/Principal in Training at Propel Andrew Street High School. He also brings experience as Scholastic Outreach Supervisor at ALCOSAN and Dean of Students/Project Manager at Pittsburgh Mil- liones 6-12 University Preparatory School. Mr. Jones is excited to now be a part of the Propel Hazelwood leadership team to serve our students, families and the community in which he grew up.



**Ms. Rachel Sonnet, Community Wellness Coordinator**

Ms. Sonnet is pleased to join the Community Affairs Team as Propel Hazelwood’s Site Coordinator. She has spent the hot summer months introducing herself to the Hazelwood community and exploring the wonderful opportunities throughout the neighborhood. Ms. Sonnet previously served as the Community Center Director for the City of Pittsburgh’s Magee Recreation Center in Greenfield. Her main goal is to further connect the school with the community, and she invites you to participate in the Wellness Center’s many programs, including community dinners, movie nights, fitness classes and life skills courses.

*Propel Hazelwood welcomes community members, organizations, and Propel families to attend monthly School and Community Council meetings. A different topic will be discussed each month.*

*Propel Hazelwood is looking forward to a year of growth and positivity. Go Hawks!*



## School Community Council (SCC)

### Meeting Dates:

September 25, 2019

October 23, 2019 • November 13, 2019

December 11, 2019 • January 22, 2020

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.

# Elizabeth Pharmacy

Fresh fruits - Vegetables

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

Food  
Medicine  
Clothes  
Toys  
Games  
EBT  
Check cashing



# Hazelwood Urban Ag Team: Summer’s End, Looking Ahead

By Matt Peters

It has been a wonderfully successful growing season this year, with mild temperatures and abundant rainfall. Maybe a little too abundant, but we have thankfully avoided the worst of the catastrophic flooding and extreme temperatures that have plagued farmers in the Midwest this year. The weather station bean counters tell us that we are on par with last year’s record-setting rainfall totals, if not an inch or two ahead, but it seems we are still getting just enough sun that peaches and tomatoes are ripening.

Aside from the weather, the Urban Ag Team is basking in the summer’s glow of a successful program year, with three active community gardens producing food! The main show was at the Glen Hazel Community Garden, starting in the early spring planting seeds in the library then bringing the seedlings up to the Glen in May when we planted a “Salsa Garden” with the help of neighbors and kids. While the plants did their thing, a crew of volunteers with The Mission Continues built a fine tool shed, with lumber funded by a grant from Grow Pittsburgh. The shed has an assortment of tools for gardeners to use, all donated by community members and the Hazelwood Initiative. The garden is available to Glen Hazel residents for next year’s growing

season. Please contact the Urban Ag Team at the HI office to find out more.

Next year, we hope to begin making better use of the space at the former YMCA Garden. While the current setup is great for a demonstration model, on the Berwick side where there are currently nine raised beds we are still mowing more than 60% of what could be used for growing. We are in the process of securing funding for a new arrangement, which will allow for more gardeners, each with three times the space! The process of this buildout will mean that we can also breach the perimeter fence that surrounds the garden, installing archways and entryways to make the site accessible to visitors. Collaborative projects with Arts Excursions (and the Play Pop-Up folks) include a mural at the site, connecting this garden as part of the Hazelwood Play Trail.

*Continued on page Eleven*



## The World We Can Have

Recognizing that we are all part of each other—in a basic sense—would allow a level of cooperation yet to be seen on this Earth. We don’t need to individually own things; we can share everything. What a relief it would be not to have to struggle to acquire and then protect your possessions. And how much more efficient when, for instance, you don’t have to own a hammer yourself, but instead can just get one from some commonly held storing place to which you return it after you’re finished. Just as at a public library, books, movies, and even works of art can be borrowed for free. Societies based on cooperation rather than competition function much better.

A world in which people are given a basic minimum income would be much more productive. People would be free to do the type of work they wanted, and so would do a better job of it. We were not created to be machines repetitively doing the same thing all the time at the same place.

We’re so used to saying, “I can’t.” We’ve allowed ourselves to be defined by what someone told us we were. When I was a kid, I had a dancing sort of way of moving and my brothers made fun of it, so I stopped. A grade school teacher told me I

wasn’t creative so I never tried to draw again. WE ARE NOT WHAT WE ARE CALLED! Each of us is born for a reason, a good one. Don’t try to be normal; allow yourself to be YOU. Each human is absolutely unique and absolutely sacred.

There IS such a thing as Heaven, and there IS the possibility of Heaven on Earth. Don’t call me unrealistic. I can tell you about enough terrible things going on right now as to make you ill. I am more aware of both the bad and the good things going on in the world than most. Ocean acidification, billions in economic slavery, global warming, forest fires burning, our air being destroyed, our water, our fellow Earthlings, how little time we all have to help bring in a new age of peace, how more and more people are dying as more parts of the planet become hostile to life for us multi-cellular plants and animals. I could go on.

But I also know of thousands of scientists and millions of activists figuring ways to slow down the ecosystem collapse going on now. Daily, new inventions and ideas come in. Creditable scientists are thinking about how we might re-freeze the Arctic to slow down the climate change, for instance.



Megan Kruse with The Mission Continues helps youth from Glen Hazel assemble a tool shed at the Glen Hazel Garden. Lumber funded by a grant from Grow Pittsburgh!



Snazzy new tools bought with Grow Pittsburgh grant




“Here’s to all the idealists who could make a Heaven on Earth, and here’s to all the ‘realists’ who are making it the Hell that it is.”  
-Anonymous

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

Follow Jim online at:

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





**HAZELWOOD  
TOWERS**

111 Tecumseh Street | Pittsburgh, PA 15207

**412-421-2000**

TDD: 1.800.456.5984 • Fax: 412.421.8158

**MAXIMUM ALLOWABLE INCOME**

1 person.....\$26,600


2 person.....\$30,400

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

**Bill Kulina**  
Property Manager

**Landscaped  
Grounds**

*Since  
1983*



**THE RUN ACTION TEAM  
MEETING**

**October 14**

**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.

**NEED A DUMPSTER?**

**SMUTS BROTHERS**

**DEBRIS REMOVAL AND  
CONTAINER SERVICE**

**412-512-7739**

Serving Pittsburgh and surrounding communities for  
15 years!



**Support Your  
Local businesses**

Abriol's Auto Parts.....	(412) 421-8100
Allegheny Fence.....	(412) 421-6005
Automotive Medic.....	(412) 422-2886
Brad Rosan Landscaping.....	(412) 421-4330
C&D's Kitchen.....	(412) 224-2658
Carpets & Things.....	(412) 401-8049
Christian Cleaning Services.....	(412) 781-5989
Colwell Automotive.....	(412) 422-2658
Corcoran Floors.....	(412) 422-5817
Dylamznto's Market.....	(412) 521-1351
Easy Does it lawn care.....	(412) 708-3586
Elevationz: MoNae's Hair Studio , Killa Kutz , New 2 You & The Diamond Room.....	(412) 235-7033
Elizabeth Pharmacy.....	(412) 421-0114
Elmer Herman Funeral Home.....	(412) 521-2768
Floriated Interpretations.....	(412) 607-7886
Fred's Automatic Transmission.....	(412) 521-8810
Rod Gaston Landscaping.....	(412) 689-7982
Graphics 22 Signs, Inc.....	(412) 422-1125
Gray's Tidy Up Services.....	(412) 819-5597
Halbbleib Auto Body.....	(412) 422-4665
Hazelwood Family Healthcare Center.....	(412) 422-9420
Inspirational Wear.....	(412) 218-4782
Italian Village Pizza.....	(412) 521-1900
Jimmy Cohen Plumbing, Heating and Mechanical..	(412) 421-2208
John D. O'Connor & Son Funeral Home.....	(412) 521-8116
Joza Corner Hungarian Resturant.....	(412) 422-1886
K & T Cleaning.....	(412) 337-7903
Key Bank .....	(412) 422-7420
Kruszka's Auto.....	(412) 521-8911
La Gourmandine.....	(412) 291-8146
Lythe Cafe'.....	(412) 421-4881
Odell Minniefeld Constructio and Services.....	(412) 421-6662
Phyl's Cleaning and De'cor.....	(412) 708-3586
The Pittsburgh Stop.....	(412) 969-7488
Reed's Sweet Treats.....	(412) 449-9338
Renee' Roma Personal Training.....	(412) 443-6957
Rite Aid.....	(412) 421-6948
Smuts Brothers Debris Removal.....	(412) 512-7739
We Care Chriopratic.....	(412)-521-8890
Webster Eletric.....	(412)-290-1112

FEEL THE  
*love*

We love what we do,  
what we sell, and  
who we serve.

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



*Greenfield  
JEWELERS*



# Arts and Culture

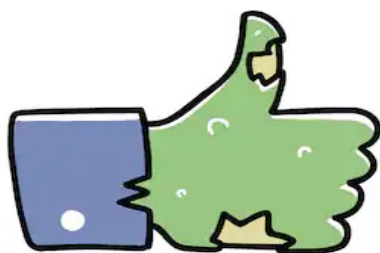
## Social Media: How it Affects “The Norm” of Our Reality

By Gerri Tipton

Back in the early to mid-2000s era, social media really started to hit its peak. At first, there was MySpace, which almost everyone in the new millennium era between the ages of 22-29 had. MySpace was cool; when you created your page, it brought out so much creativity and fun you could have with your favorite interests. There were colorful and crazy background pics, your top five favorite people on your friends list, not to mention your favorite song coming on in the background.

After MySpace, Facebook came along. I remember classmates talking about it my last year of high school in 2009, where it was mostly used for networking purposes—meeting people, making connections, and even making new friends. So I figured hey, why not? I ditched MySpace and got on the Facebook train. It didn’t take me long to figure it out, trying to find as many friends as I could so I could meet people and have new connections.

A few years later, when I hit the middle of my college career, here comes another social media platform: Instagram. What the heck is this? Someone explained to me that it’s a social media site where you post a bunch of pictures. Oh, so like an online photo album? I don’t care to look at everyone’s pictures! But it wasn’t too long after that when I made my Instagram account. Just like everyone else, I was posting. Like most social media accounts, Instagram was supposed to be used for networking purposes, and it is. But, in today’s generation, it appears people create these accounts and post the content they have just for “likes.”



Likes, likes, likes. Well, what are likes? I know that sounds very broad, but I am going to describe it to you with the most basic definition. A like on Facebook or Instagram is when a follower of yours likes what they see on your page, whether it’s a picture, quote, status, or whatever you post. But, a like could also mean that you just entered a popularity contest. How so? Well now, if you post a nice-looking picture of yourself and get 50 plus likes on a picture, you’re “poppin” (social slang for popular), or you want to see how many likes you can get on a photo. You just want to get noticed by the next person based on the number of likes you have.



On our podcast “Hey Girl Hey,” me and my cohosts had this discussion on our last show. We talked about how social media isn’t how it used to be, and that any and everyone has social media accounts for the wrong reason. One person figures that if they post a picture of themselves and get hundreds of likes, that it defines who they truly are inside, or it will make them feel better about themselves. Although it’s good that someone admires and likes your pictures, it should not define your true worth as a person.

The worst is when people feel that they must be the same as a celebrity. First off, celebrities are rich, and have millions and millions of dollars, and can afford their exterior looks. We must realize that looking and acting like a celebrity is not reality, and that it can mess up our mindset when it comes to self-esteem. When I asked a young woman how she got so many followers and likes on her Instagram account, she said it was simply because of “the way she looked.” Yes, this young woman was very attractive and exotic looking, but from the outside looking in, it wasn’t her reality. It was someone she was posing as to be appealing to others.

Social media doesn’t make it any easier for our youth or adults. For as long as you can probably remember, women who were on front covers of magazines were very beautiful, but it was Hollywood’s definition of beauty. Your definition of beauty and Hollywood’s definition are unfortunately two different things. It’s sad to say, but it’s the truth. And because of that, people feel that if you are considered “social media pretty” or an “Instagram model” then you “made it” in this world. However, we as a people must realize that you are your own kind of beautiful and live your own life. We can’t always keep up with the Kardashians or live like the Joneses. Didn’t you know that being yourself and having self-confidence is a lot better than trying to be someone else? So, don’t get so caught up on how many likes you get or trying to get noticed by someone else. A like does not define your reality or your worth.

## Author Proclaims A Pocket Revolution

Author Audrey N. Glickman offers the outline for a revolution—equal pockets for all. Released this week, *POCKETS: The Problem with Society Is in Women’s Clothing* explores the inequality of pockets from every angle, side, and depth. And from the lack of depth.

“This is just the beginning of our revolution,” the author states. “The goal is the redemption and elevation of the Unpocketed Majority.”

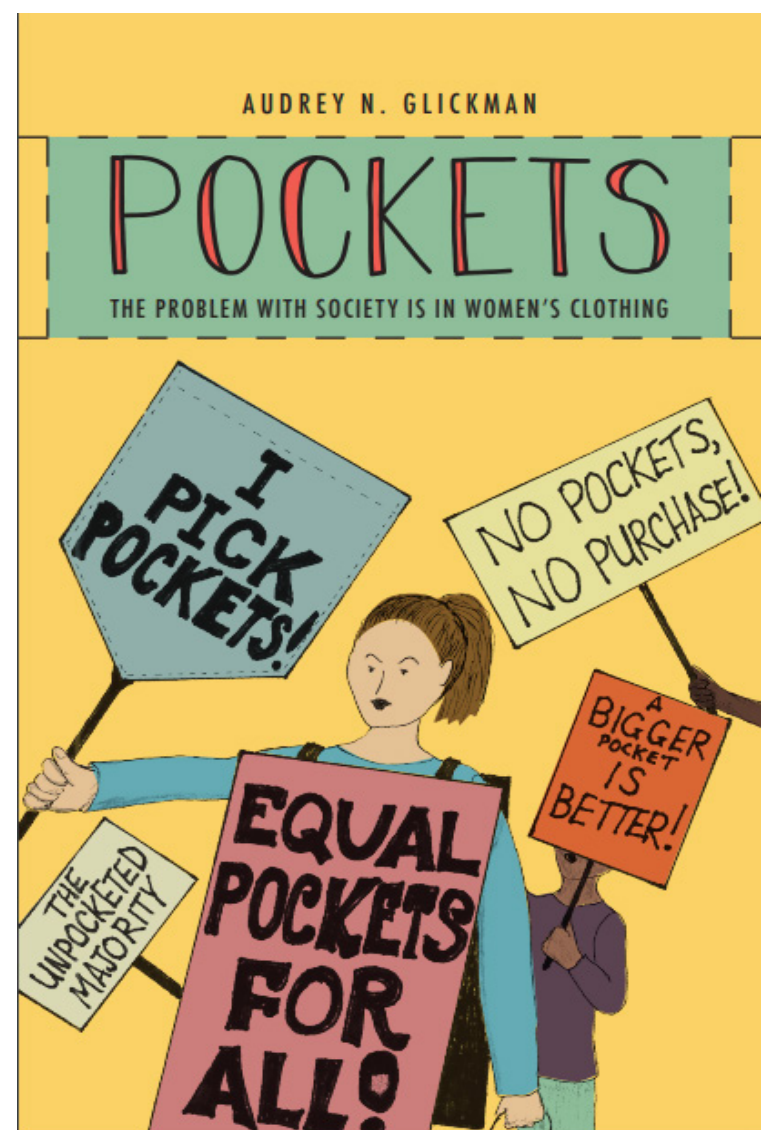
She assures us, “We will never abandon all the other worthy causes—world peace, health, equality, and so on. Improving our pocketry (or is it “pocketation”?) will serve to further those higher causes. As the book points out in words and images, pockets have an effect on all of society.”

Better than even chance the public has noticed the injustice, but folks haven’t spoken out. In fact, the odds are you have unequal pockets in your clothing right now. Published by Word Association Publishers, [www.WordAssociation.com](http://www.WordAssociation.com), this book is appropriate for all ages tween to gorgeously wizened, all genders, all styles of living—for all those who have a vested interest in a vest pocket.

A lighthearted look at an annoying issue, *POCKETS* ventures into the serious in the last chapter, in which the author addresses paucity of pockets in a mass shooting. As a survivor of the Tree of Life shooting, Ms. Glickman emphasizes, “This is a serious matter, possibly life or death. The book was already in progress when the shooting transpired, and that horror sealed the deal. We need pockets.”

Let her show you why. The book is available from Word Association Publishing, from [Amazon.com](http://Amazon.com), and from fine bookstores near you.

*Author Audrey N. Glickman, of Pittsburgh, Pennsylvania, is an activist, a revolutionary in pocketation, and works at other things, too.*  
[www.AudreyGlickman.com](http://www.AudreyGlickman.com)



ISBN: 978-1-63385-329-4



# 20th Annual Safe Halloween

. Pre sealed bags of candy

. Gift cards

. Drinks and Popcorn

. Gift basket raffle

October 31st, 5:30PM-7:30PM

5125 Second Ave

Gazebo at Corner of 2nd  
& Johnston

## a night of spooky fun

brought to you by



## Greenfield Gathers for Annual Community Yard Sale

From [Greenfieldyardsale.com](http://Greenfieldyardsale.com):

For September 24th, our goal was to have a community yard sale to bring our neighborhood a little closer, and that we did!

“The organizers did an outstanding job in a very short time period! Kudos to you all! Community events like this bring everyone together. I got the opportunity to meet new neighbors.” –Dennetta, Yard Sale Seller

“I’d like to express my gratitude and say thank you to all organizers and all participants! Thank you for your great efforts and contributions. This kind of event always brings people together one way or the other and makes the neighborhood more lovable and richer.” –Hen, Yard Sale Attendee



Photos: Alyse Richmond



### Lead sponsors:

Staghorn Cafe

Murray Ave. Apothecary

Renee Roma, Personal Trainer

Corey O'Connor

Homer's Auto Service and Sales

Greenfield Community Association

### Supporting Sponsors:

Greenfield Jewelers

Anchor Physical Therapy

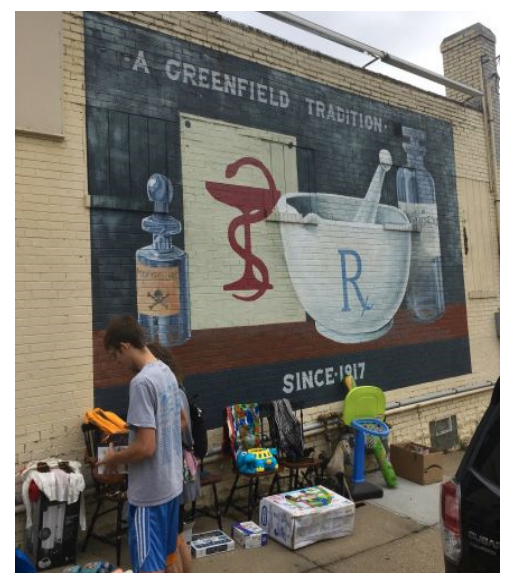
Marino Chiropractic

Kevin's Computers

The Bald Fat Guy

WRRY Free Tech

To register for next  
year, go to  
[greenfieldyardsale.com](http://greenfieldyardsale.com)





# Propel Hazelwood to Host Numerous Activities for Greater Hazelwood Community

By Gerri Tipton

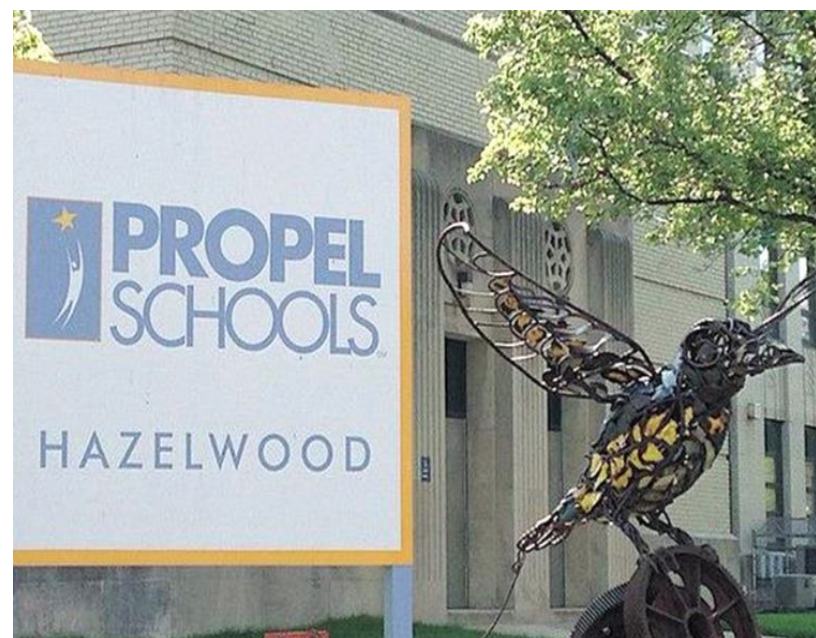
When you think of a good movie night, you have a group of your close friends and family come together in your living room, laid on the couch, eating snacks and watching a good movie together. “Bonding time,” as my mother would say. It’s amazing how one movie can bring people close together to not only enjoy the picture, but each other’s company as well. That was the idea formed by Rachel Sonnet, who serves as Propel Hazelwood’s Wellness Site Coordinator.

“I coordinate activities, programs, and services for both Propel families and the Hazelwood community. My role is to promote a healthy school environment so that our scholars can thrive”, said Sonnet. There are numerous activities that the school has for the Hazelwood community. One of them is Integrated Student Supports, which enables scholars to focus on learning instead of worrying about things from the outside. “For instance, scholars who sign up for our Backpack Feeding Program receive food for the weekend, so they arrive on Monday nourished and ready to learn.” Expanded Out-of-School Time is formed to enhance and supply regular school day learning. One of the main offerings the school has is the afterschool program.

One of the after-school teachers, Ms. Tyler, provides exceptional service to the students by offering experimental STEM learning tools to the students.

The Family and Community Engagement Programs come in a variety of different activities such as Bingo Night and Healthy Cooking courses taught within the Community Kitchen. Collaborative leadership events are also offered, where Propel families, staff, and the community collaborate on Propel Hazelwood’s direction. “We encourage all to attend our monthly School and Community Council meetings where school leadership will present a topic and then facilitate a conversation.”

Propel families can also look forward to introducing a joint academic competition for their scholars. Sonnet explains that families and scholars will be invited to compete in spelling bees, battles of the books, and science fairs. As to why Sonnet decided to put together events such as a movie and bingo night with Propel Hazelwood, she experienced what she called, “a welcoming community that values togetherness and entertainment.” “I spent the summer exploring Hazelwood and attending as many events as possible. I decided to start off the school year with activities and programs that build community connections and are just plain old fun.”



Propel Hazelwood encourages as much family involvement as possible. A volunteer base is currently being built to help with school day learning, events, and school beautification. This opportunity will be available for families in the community to become involved in. The opportunities are endless for Propel Hazelwood!

There are so many things for the Propel Hazelwood families to become involved in and for everyone to enjoy. As far as the future of the school is concerned, Propel Hazelwood is on a mission to what is called #DestinationExcellence360.

“We will improve educational outcomes, encourage family engagement, and establish the school as a partner and resource to this community.” With events like the ones Propel Hazelwood has, children and their families can experience a welcoming environment, great food, and fun activities.



## Bernacki Family Practice And Wellness Center, RPLLC

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

**Bernard J. Bernacki, DO, MPH**

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

***Make Us Your “Medical Home”***  
[www.bernackifamilydocs.com](http://www.bernackifamilydocs.com)



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

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

### Now Provides:

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

**NVA  
DAVIS**

**VBA  
EYEMED**

**VSP  
UPMC-VISION**

**Call for your appointment today**

**(412) 421-9274 • [www.lappeneyecare.com](http://www.lappeneyecare.com)  
4048 Beechwood Blvd • Pittsburgh, PA 15217**



# THE THREE RIVERS VILLAGE SCHOOL

**LEARNING FOR LIFE.**



## THERE ARE STILL TWO FULL TUITION GRANTS AVAILABLE FOR HAZELWOOD RESIDENTS!

To be eligible, you must:

- Schedule a visit and Admissions Interview at TRVS
- Apply for financial aid via FACTS (link found on website)
- Live in the Hazelwood neighborhood

Our tuition grants cover three years of tuition to the Three Rivers Village School. Visit our website, [www.threeriversschool.org](http://www.threeriversschool.org). Contact [Maggie@threeriversvillageschool.org](mailto:Maggie@threeriversvillageschool.org) for more information.

TRVS admits students without regard to race, religion, citizenship, gender identity, disability, sexual orientation, or national and ethnic origin. TRVS is primarily tuition funded and is committed to creating a workable financial plan for the family of every child who wants to attend.

## Urban Ag - *Continued from page Six*

On the Chatsworth side of the former YMCA building, Grounded Strategies has installed a rain garden to catch the roof water. Restoring ecological functions and services to a hillside lawn like this is an important part of the city's stormwater mitigation initiatives, often called "green infrastructure" as it seeks to address the problem of our polluted rivers through ecological restoration. Every time it rains, the same sewer that spirits away your toilet flush also collects the rainwater, and the system is easily overwhelmed by even a small amount of rainfall. This results in raw sewage going straight into our rivers, and the city has been working on ways to address this problem for the last ten years or so.

The changes to Schenley Park, which holds the headlands of the watershed that drains out Panther Hollow and Four Mile Run, are among those most visible to residents. The installation of this rain garden on the former YMCA lawn opens up this side of the building for Edible Landscaping. We are drawing up plans to fill the slopes with berry-producing shrubs and canes, fruit trees, and flowers, so that these hillsides no longer need to be mowed. Mowing these steep slopes presents a job hazard for the hundreds of people employed in the landscaping industry, and we are pleased to replace this unnecessary risk with a productive and naturally attractive ecosystem.

Perhaps the most significant task the Urban Ag Team has taken on lately is stewarding a tomato variety grown by lifetime neighborhood gardener Sam Strati, who passed away nearly two years ago. Sam and his family have kept a garden on Langhorn Street since the 1950s, making their family recipe tomato sauce from the ingredients grown on the strip of land next to the Duquesne Power Company's operations.

The tomato that he brought with him from Italy has become uniquely adapted to this site and growing this tomato gives me a unique connection to the legacy that so many hundreds of thousands of immigrants brought to America just a century ago. It is a magnificent specimen, producing huge softball-sized tomatoes, each easily more than a pound, great for a slice for a sandwich or for cooking up into sauce. Sam didn't give me a name for this variety, so I've been calling it "Sam Strati's Big Sammich Slab Slicer," based on the theory that a tomato that big needs a big long name. Seeds for this unique legacy heirloom will be available at the Spring Seed Swap. Look for announcements in the Hazelwood Homepage for an event in March at the library!



Sam Strati's Big Sammich Slab Slicer. Seeds will be available at our Seed Swap, Spring Equinox 2020 at the Hazelwood Library. Look for announcements in the February issue of the Homepage!

The Urban Ag Team meets the second Monday of each month at 6 p.m. at one of our three neighborhood gardens.

No December meeting.

Deadline for group discount seed order is January 8, 2020. Inquire at the HI Office to order seeds with the group at discounted rates through Fedco Seeds Cooperative.





## Greater Hazelwood Prayer Walk

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

**Saturday October 5, 2019 2-4:45pm**

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

**Meet us at all/any location**

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



**Rain Date October 12, 2019 same times**

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

**Contact: [jjeffries339@aol.com](mailto:jjeffries339@aol.com) OR [juan-ita52@comcast.net](mailto:juan-ita52@comcast.net)**

# Hazelwood HOPE



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

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



**JADA House**  
**International Inc.**

**Adult Night**  
 Monday, 6p-8pm

**Teen Night**  
 Thursday, 6-8pm

**JADA House Jr's**  
 Saturday, 5-6pm

*An Evolution of Changing Lives*

**Group Discussion  
 & Testimonial  
 Story Telling**

**Address:**  
 134 E. Elizabeth Street  
 Pittsburgh, PA 15207

**Phone:**  
 412-231-3014

**Email & Website:**  
[jadahouse833@gmail.com](mailto:jadahouse833@gmail.com)  
[www.jadahouseinternational.com](http://www.jadahouseinternational.com)



Grants Available

for

Greater Hazelwood Residents and Businesses

Micro Grant (\$200) – Applications accepted all year on rolling basis

Macro Grant (\$1,000 – \$2,000) – Applications accepted quarterly

Next deadline – November 1<sup>st</sup>



These grants are meant to be used to create a wide benefit for the residents of Greater Hazelwood.

Do you have an idea for an event, workshop giveaway? Does your business need something extra to better serve the community?

Apply to Hazelwood Initiative’s Grant Program!

Find applications at: [hazelwoodinitiative.org/grants](http://hazelwoodinitiative.org/grants)  
OR at our office: 4901 Second Ave, 2<sup>nd</sup> Floor (M-F 9:30am – 5pm)  
Contact: 412-421-7234 / [adirosa@hazelwoodinitiative.org](mailto:adirosa@hazelwoodinitiative.org)

Groceries

YMCA/Spartan Center

134 E. Eizabeth 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





# Cannabis for Canines?



Dear Friends,

There is no doubt that over the last several years you’ve heard about medical marijuana, cannabis, or medicinal hemp, one of the most popular and fascinating revolutions occurring in health care today. Scientific and clinical research—much of it sponsored by the US government—underscores the potential of cannabinoids as a treatment for a wide range of conditions, including arthritis, diabetes, alcoholism, MS, chronic pain, schizophrenia, PTSD, depression, antibiotic-resistant infections, epilepsy, and other neurological disorders.

The list of conditions in animals continues to grow as well; anxiety, arthritis, inflammatory bowel disease, diabetes, chronic pain, epilepsy, and skin conditions. In addition, the anti-cancer properties of cannabinoids are currently being investigated at several academic research centers in the United States and around the world.

What is CBD?

CBD, or cannabidiol, is one of many cannabinoids extracted from the medicinal hemp plant.

Δ9-Tetrahydrocannabinol (THC) is another cannabinoid that produces the euphoric and psychotropic effects of Marijuana. CBD is non-psychoactive and does not cause intoxication.

Our bodies, and those of every vertebrate, dogs and cats included, have a naturally occurring cannabinoid (called endocannabinoid) system consisting of CB1 and CB2 gene receptors. These CB gene receptors are located all over the body including in the brain, skin, connective tissue, glands, immune cells, digestive tract, and reproductive organs. They also play an important role in mammalian health and homeostasis.

THC has a stronger affinity for CB1 receptors, found in high concentrations in the brain, and so causes the psychoactive effects of marijuana. These effects can not only be uncomfortable but dangerous in animals.

Dr. Robert Silver DVM, MS, CVA who wrote the book, Medical Marijuana and Your Pet: The Definitive Guide, writes, “Studies on dogs conducted in the 1970s helped us to understand the workings of the endocannabinoid system,” and “it was determined that dogs, as compared to all the other species studied, have the greatest number of endocannabinoid receptors in their cerebellum and brain stem, which govern coordination and other basic necessary functions like breathing and heart rate. Due to this high density of endocannabinoid receptors in its brain, dogs are extremely sensitive to THC...”

This extreme sensitivity to THC in dogs greatly limits the ability to use traditional medicinal marijuana products in our furry friends. Dogs can easily overdose on THC or have severe negative reactions. This toxic reaction is called Static Ataxia. Too high a dose of THC-containing products will turn your animal into a furry zombie. Some of the symptoms of this toxicity include glazed eyes, excessive drooling, loss of bowel and bladder control, rapid breathing, falling over and an inability to get up again.

These risks are further increased by the lack of regulation in labeling CBD and Hemp Oil products, and very limited expertise and information available at vape stores, “headshops” and online retailers. Any product with less than 0.3% THC can legally be labeled as “THC-Free” making it impossible to really know what is in a product without third party laboratory testing.

Products that are certified as 100% THC-free, solvent-free, pesticide-free, heavy metals-free, 100% organically farmed, and 100% USA grown are safest and most reliable. Many people believe that cannabinoid products without THC are not effective. However, research does not support this view.

The numerous endocannabinoid pathways offer a wealth of healing potential for humans and animals.

Here’s just one testimony from a happy dog owner:

“Oliver is 15 years old and has arthritis. Within 2 weeks of using CBD there was a noticeable difference in his energy and movement. Fast-forward 6 months and Oliver continues to improve and has less anxiety too. CBD has been a life preserver for my sweet pup!”

To learn more and read additional pet CBD testimonials, please visit: [www.labnaturalspcr.com](http://www.labnaturalspcr.com)

*Susan*



## WE MEET YOUR ANIMAL'S UNIQUE NEEDS!

We offer many compounded medications and supplements for pets including Acetyl-Glutathione, exclusive to Murray Avenue Apothecary:

Arthritis • Joint Pain • Asthma • Liver Disease  
Allergies • Inflammation • Aging



### WE ALSO OFFER CBD PRODUCTS FOR PEOPLE AND PETS!



"I am so happy to say our dog, Petey the beagle, has not had a seizure since Easter! I truly feel the **CBD oil** has gotten the seizures under control and he is such a happy and loving dog. Thank you MAA!"



## MURRAY AVENUE APOTHECARY

4227 Murray Avenue • Pittsburgh, PA 15217  
M-TH: 10AM-6PM • F: 10AM-5PM (412) 421-4996

MAApgh.com | LabNaturals.com | PittsburghsPetPharmacy.com



### COUNCILMAN

# Corey O'Connor

Invites you to share your concerns about your neighborhood.

## Call 412-255-8965

Visit the website: <http://www.pittsburghpa.gov/district5>





# Wheatley Applauds Governor's Call for Cannabis Reform, Urges Action on Adult-use Legislation

*Pittsburgh legislator's bill would legalize adult use, reinvest revenues in Pennsylvania's future and address social justice, equality issues*

## Press Release - PA House

Gov. Tom Wolf and Lt. Gov. John Fetterman called on the legislature to take up the mantle of adult-use cannabis reform by passing legislation to expunge minor criminal records, decriminalize small amounts of adult-use cannabis and move toward full legalization in the near future.

State Rep. Jake Wheatley, D-Allegheny, who has not only called for legalization and expungement, but has championed legislation to enact these policies, thanked Wolf and Fetterman and said he looks forward passing legislation to move this agenda forward.

"For too long, we have allowed myths and ignorance to prevent a realistic and thoughtful discussion regarding the legalization of adult-use cannabis," Wheatley said. "I want to thank Governor Wolf and Lieutenant Governor Fetterman for calling for that discussion to take place. My legislation builds on the invaluable efforts of so many by crafting comprehensive legislation that would not only decriminalize and legalize adult-use cannabis, but also would rectify decades of injustice while investing in the people and future of our commonwealth."

Wheatley's legislation – H.B. 50 – is the result of a deliberative, collaborative effort by a wide group of stakeholders, including the medical community and law enforcement. In addition to legalizing adult-use cannabis, his bill would levy a tax on cannabis and reinvest the new revenue in affordable housing, afterschool programs and student debt forgiveness. His bill would also incentivize manufacturers to partner with Pennsylvania farmers, many of whom could save their family farms by converting their crops.

Further, Wheatley's bill would create a framework for social justice reform by expunging criminal records, exonerating anyone incarcerated for now-legal cannabis charges and returning driver's and professional licenses to those who simply want to be able to work.

"Pennsylvanians have spoken. The misconceptions that have been prolonged by those who are stuck in opposition have been debunked," Wheatley said. "We in the legislature need to heed the governor's call to do what is best for the people of Pennsylvania and pass this legislation."



State Rep. Jake Wheatley



**Help  
your  
neighbors.**

Help us end hunger in the Hazelwood-Greenfield area.

## PREPARE & DELIVER FREE FOOD. SERVE OUR COMMUNITY.

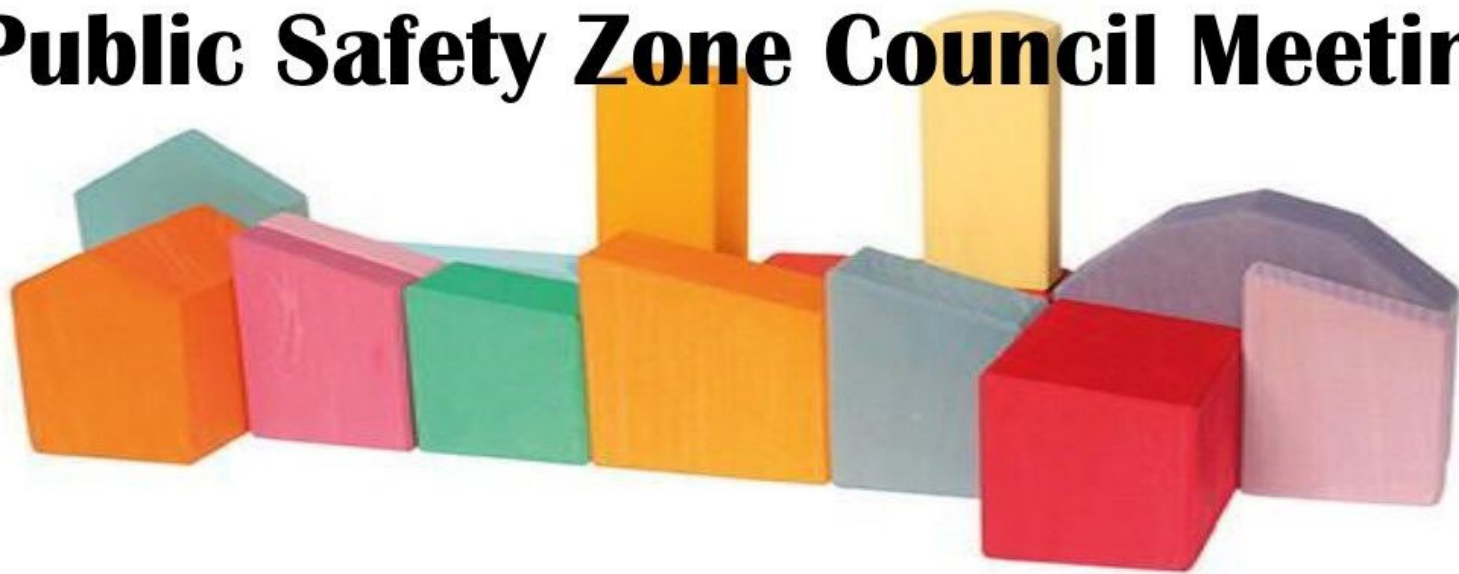
Fishes & Loaves' food programs serve over 300 food insecure people every year. Sign up to volunteer and make a difference in your own community.

**SIGN UP TODAY: 412-499-4313 [flcmvista@gmail.com](mailto:flcmvista@gmail.com)**





# City-Wide Public Safety Zone Council Meeting



## **BUILDING BLOCKS FOR SAFER & STRONGER NEIGHBORHOODS**

**Wednesday, October 16, 2019**

*5:30 PM — 6:30 PM— Light Dinner*

*6:30 PM — 8:30 PM—Meeting Program*

**St . Pius X Byzantine Catholic Church  
2336 Brownsville Road, Pittsburgh (Carrick) 15210**

**Come Meet and Talk With City Resources  
That Can Help Make Your Community Safer and Stronger!**

Pittsburgh Bureau of Police  
Pittsburgh Parking Authority  
Office of Nighttime Economy

Department of Mobility & Infrastructure  
311 Response Center  
Dept. of Permits, Licensing & Inspections

