

The Homepage

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



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Recognizing Pittsburghers of Color: Conservation and Environmental Justice

By Meredith Bennett

Tiffany Taulton is Director of Community Initiatives with the Hazelwood Initiative. The Hazelwood Initiative is a community development corporation in the racially diverse neighborhood of Hazelwood, Pittsburgh. She supervises equitable community engagement and communication within the initiative. Taulton has also worked for the Environmental Defense Fund evaluating national clean energy strategies and the Pittsburgh Department of City Planning. She is the author of the food chapter in Pittsburgh's Climate Action Plan 2.0. Taulton is very passionate about environmental justice and is committed to helping vulnerable communities deal with the effects of climate change. She is a member of the Black Permaculture Network and volunteers



Tiffany Taulton, Hazelwood Initiative Director of Community Initiatives

with the Black Urban Farmers and Gardeners Co-op in Pittsburgh. She also loves to travel and has led two trips to assist Puerto Rico after Hurricane Maria with the Carnegie Mellon University in Puerto Rico student group.

Tell me about your work. What do you enjoy most about it? Why did you choose this career?

As Director of Community Initiatives for the Hazelwood Initiative, I oversee communications, outreach, and grants to support the people

side of community development—in contrast to the real estate side of development that my other colleagues focus on. In short, I work at the intersection of education, public policy, and planning. It is a position that I enjoy because I have the freedom to set my own goals. I can work across silos to find more holistic solutions to problems, and I'm able to improve people's lives in a very tangible way. I chose this career because my experiences living in New York City during the Great Northeast Blackout of 2003 and Superstorm Sandy in 2012 made me realize that not enough was being done to prepare vulnerable communities—particularly Black and Brown communities—for climate change. To the contrary, displace-

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How to Improve Your Life in the New Year

By Gerri Tipton

The year 2021 is finally here, and I honestly couldn't be any happier. We can all agree that 2020 was a stressful year. It tested our mental and emotional health with all of the changes and mishaps that occurred but, for now, with the start of the new year, we can finally take a breather. Instead of giving you the typical New Years' resolution article, I'm going to talk about ways you can improve your life in the new year. Even though I believe it's good to have a New Year's resolution, people tend to get away from these resolutions because they don't stick long enough for you to achieve them. So, let's make things simpler and focus on improvements that can help you achieve new year goals.

It's easy for us to think about so many things we want to do and achieve. What I notice about myself is that I think of all these ideas



and, sometimes, my brain gets overcrowded by the other things I have going on. It is important to write things down. We can only think about and do so much, so start by having a small list of goals you want to complete and create a checklist of how you are going to go about it each day. For example, one of my goals is to have a blog. So, in my

notepad on my phone, I wrote down all of the things I wanted on my blog and did my research on blog sites. It's all about taking small steps to get to that one goal. Don't feel like you have to do everything at once. Take your time and pace yourself.

When creating your goals, make it fun. Don't make it seem like a job, otherwise it will not get done. This

is why I believe people fall off with goal setting—they look at it as a 9-5 job they aren't getting paid for. Even though you will be putting in work when it comes to creating goals, sit back, relax and enjoy your time while you do it. Be easy on yourself.

One issue I want to tackle is procrastination. Ever since college, I've been the biggest procrastinator. You would think working multiple jobs and doing other work on the side would help me get more organized, but it has not. Sure, I make my deadlines on time, but I am very last minute with stuff. If this is a problem you're facing, it is never too late to get a handle on it. Procrastination causes a lot of stress and anxiety, and you will have feelings of relief and peace when you get things done earlier.

Your mental, physical and emotional health are very important

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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:
editor@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.

Letters to the Editor

The Homepage welcomes letters to the editor of 300 words or less. Letters may be edited for clarity, legal ramifications, length or general taste at the editor's discretion. We also reserve the right to refuse to publish submitted letters for the same reasons. All letters must be signed and received by the 15th of each month. Please email them to editor@hazelwoodinitiative.org or mail them Hazelwood Initiative: 4901 Second Ave., 2nd floor, Pittsburgh, PA 15201. Letters published do not necessarily reflect the opinion of the Hazelwood Initiative, the Homepage News staff, its publisher, or its advertisers.

As a Hazelwood resident, I am writing to express my opposition to the development proposed by Oakmont LLC to create a housing development in the area behind their newly opened business. The community planning process clearly states, "Greater Hazelwood recognizes that development is but one component of community improvement and makes clear its Vision for a diverse, thriving neighborhood that welcomes new neighbors and investments while lifting up its existing residents and stakeholders."

New developments should be a part of the existing neighborhood rather than apart from it. Residents voiced that they would like to see infill development, improving and building upon Second Avenue and empty lots along streets that already have housing established. Creating a separate neighborhood in Hazelwood, along with their own commercial district is not in line with the vision created by residents in the community plan. Having this plan pushed through during a time when our community can't gather to discuss the implications or opportunities by the development is short sighted.

While new and inherently expensive housing will be good for the city's tax base and property values, it is not clear how it will benefit the rest of the community. Our housing prices have and will continue to appreciate regardless of the building of a mini community down the road. It is of my strong opinion that the area where this development may occur should be put to use in ways that benefit the community as a whole, and that new commercial businesses should exist within the already established area along Second Avenue. Community led development, focusing on our neighborhoods' greenways and the potential to make this space into a food forest or a restoration area can hold more opportunity and diverse growth for our neighborhood 20 years from now than a separate community within our community.

Sincerely,
Valerie Testa

If you would like to learn more about the Woods Village project, the developer will present updates and receive feedback during the next Greater Hazelwood Community Monthly Meeting hosted virtually by Hazelwood Initiative on Tuesday, January 12th at 6pm. Register for the Zoom link here: <https://bit.ly/2SwPr9k>. Alternatively, you can call in to listen: (646) 558-8656. When calling in, the Meeting ID is 853 9182 9343 and the Passcode is 796212.

HAZELWOOD INITIATIVE INC.

Welcome to Our Newly-Elected Board Members!

Congratulations to **Amber Rooke** who will be serving her second 3-year term; **Angelo Vaughn**, who had been appointed to the board and is now serving his first elected 3-year term; and to **Rena Halsel** and **Mikal Merlina** who will be serving their first 3-year terms. Each candidate received an overwhelming amount of support – each receiving 80% of the votes!! A sincere thanks to all members who returned ballots. 2020 was an eventful year, and we are grateful to those who have supported us throughout. We look forward to continuing to serve you next year, and we wish everyone a happy, healthy, safe and prosperous 2021!

COVID-19: Greater Hazelwood Food Distribution

Center of Life

Delivering prepared meals
Monday – Friday from 11am – 1pm
412-521-3468

Community Delivery Hotline

Grocery delivery
412-568-3579

Fishes and Loaves

Prepared meals available for pick-up
Monday - Friday from 11:30am – 1pm
Meals-on-Wheels also available for meal deliveries
131 E Elizabeth – St. Stephens Pastoral Center
412-499-4313

Holy Cross Evangelical-Lutheran

Fresh and non-perishable food offered for free everyday
412-521-0844 / 5319 Second Ave (Opens 9:30am)

POORLAW

For Glen Hazel residents - poorlaw@gmail.com
412-670-8421 or 412-478-8299

Praise Temple Deliverance Church

For Glenwood residents
5400 Glenwood Ave
412-277-0113

Hotlines, Alerts, & General Information

Allegheny County Health Dept.
24/7 hotline:
888-856-2774

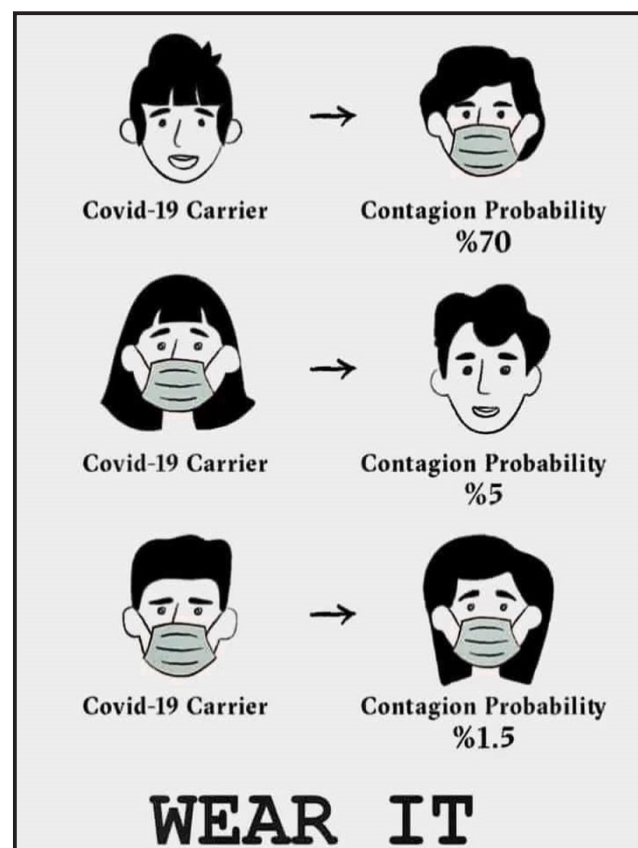
Center of Life
Covid-19 Online Resource Guide
centeroflifeonline.net/covid

Phone Alerts:
www.alleghenycounty.us/alerts

Hazelwood Initiative Community Updates
facebook.com/hazelwoodinitiative

General Information & Assistance:
Call 2-1-1
OR text your zip code to 898-211
OR visit PA211sw.org

Praise Temple Community Hotline
*Answering M-F, 10am-2pm
Messages returned next day
412-422-1983



“Just For Today” Nar-Anon Family Group Meeting



Wednesdays at 6:30 PM
First Hungarian Reformed Church – Calvin Hall
221 Johnston Avenue
Contact Cindy at 412 421 7076

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

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
***During construction of new building -**
Temporarily meeting at:
 515 West 8th Avenue
 Homestead, PA 15120
 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
412-277-0113

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.holyangelshays.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, 15207
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

Fountain of Life Church
247 Johnston Ave
Pittsburgh, 15207
412-422-8794
www.fountainoflifepgh.com

Recognizing Pittsburghers of Color

- Continued from Front Page

ment caused by gentrification and the widening divide between the rich and the poor were destroying the one source of resiliency vulnerable people had: a strong sense of community. Hazelwood Initiative is committed to preserving affordable residential and commercial property in the midst of a period of redevelopment, and I am proud to help long-term residents stay in the community so that they can enjoy the benefits of this new growth.

What are some challenges you have faced during your career? What are some accomplishments you are particularly proud of?

The COVID-19 pandemic has presented a significant challenge to my outreach work, as it has made it nearly impossible to meet with people in-person for educational or community-building social events. Although we have converted to Zoom meetings, this is not a perfect solution because so many people in our community either don't have computers, don't have internet service, or are not tech-savvy enough

to log on to the conference platform. One achievement that I'm particularly proud of is the creation of our Neighborhood Investment Fund COVID-19 Rapid Response Grant (NIF C-19). With our grant, we were able to help about 80 households and put \$50,000 directly into the community to help residents get caught up on late rent, mortgage, and utility bills, pay for emergency home repairs, and purchase basic goods such as food, diapers, and cleaning supplies with dignity through the distribution of gift cards.

Why is it important for people of color to be represented in public policy, planning and community development, and what are some ways that white people can be more inclusive and respectful?

Disparities in access to public parks, tree canopy coverage, and public transportation are directly responsible for the poor education, economic, and public health outcomes for Black and Brown people in the city of Pittsburgh and around this country. At the root of all these dispari-

ties are the racist public policy and land use decisions that have been made since the first colonial settlers arrived. Historically, Black, Indigenous, and other people of color (BI-POC) have been the victims of policies designed to prevent them from living in, or even traveling through, certain neighborhoods.

They have been deprived of resources through policies of exploitation, forced removal, and economic displacement. And the neighborhoods that they do live in have been systematically disinvested from—or used as sacrifice zones where polluting industries are sited, and waste is stored. For these historic wrongs to be corrected, and the relationship between white and Black, Indigenous, and other people of color communities to become more equitable, white people must not only share the power to decide policies and control spaces with Black, Indigenous, and people of color. They must also recognize the need to promote the leadership of Black, Indigenous, and other people of color in creating policies around land use in their communities. In addition to lo-

cal governments hiring more Black and Brown planners, I would like to see more programs designed to get Black, Indigenous, and other people of color youth interested in careers in public policy, planning, and community development.

What is the most rewarding part of your work?

The most rewarding part of my work is being able to see improvements in the lives of the people I serve every week, while also knowing that my work will benefit future generations.

This article was originally published via the Pittsburgh Parks Conservancy on October 8, 2020 and can be read in full at pittsburghparks.org/recognizing-pittsburghers-of-color-conservation-and-environmental-justice/



URA Public Board Meeting Comment

By Myrna Newman

It was recently brought to my attention by a Hazelwood resident that the URA is considering selling lots along Chance Way to Oak Moss Associates, LLC. While I am grateful for their efforts to renovate the historical Woods House into a pub and support the idea of development in Hazelwood, I am concerned about the location of this particular development project due to its location in a proposed Greenway.

Between 2010-2015, our organization spent quite a bit of time in this area of Hazelwood, removing a total of 15.6 tons of trash and 300 tires from the green space between Sylvan Avenue and Monongahela Street/Chance Way, and another 7.7 tons of trash and 269 tires from the wooded green space between Gladstone and Sylvan Avenue. We were actually under the (apparently mistaken) impression that the wooded area between Chance and Sylvan had already been designated as part of the Greenway. Regardless of the

official designation, it was clear that the community valued and wanted help in cleaning and preserving this green space.

It seems that the interest in preserving green space in Hazelwood has only increased in recent years. In the 2019 Neighborhood Plan, strengthening the quality of greater Hazelwood's green spaces was a primary infrastructure goal. Developing this wooded green space that is adjacent to an existing Greenway, and was identified by the city as proposed Greenway, is counter to the community's plan.

Developing this green space is counter to city-wide and regional plans, as well. The city's Climate Action Plan calls for increasing tree canopy by 60% and halting tree canopy loss due to development. The city, greater Pittsburgh area, state of Pennsylvania, and the U.S. all have goals to increase tree canopy, understanding that forested green space is vital to the health and well-being of communities.

Cutting down existing hardwood trees for this development would be

inconsistent with these goals. Hazelwood has no shortage of vacant/abandoned lots (we cleaned many of those in 2015, also!) Wouldn't it be better to build on existing vacant lots that aren't forested? Not only would that fit with community and regional goals for tree canopy and green space, but it would also help fill in the "missing teeth" of the neighborhood, aiding in general revitalization.

Our organization spends much of our time, energy, and other resources on removing trash from the wooded hillsides of Pittsburgh because they are iconic to Pittsburgh, provide opportunities for recreation and enjoyment, serve as critical wildlife corridors, and are vital to the health and well-being of our residents. Please help preserve these woodland spaces by agreeing to halt the sale of lots along Chance Way for development by Oak Moss Associates, LLC.

Sincerely,

Myrna Newman
Executive Director
Allegheny CleanWays
412-381-1301
www.alleghenycleanways.org

This public comment was made on December 10, 2020 at a URA board meeting, and is available in full via ura.org.



Improving Your Life

- Continued from Front Page

factors to think about when trying to improve your life. Some things I want to do to improve my health are eating better, getting more physical exercise, protecting my mental health, and learning more about my spiritual wellbeing. I'll break it down and work on each of these little by little each day. Think about some ways you want to improve your health.

One thing this year has taught me is to be more thankful. We all have endured hardship, pain and frustration, but we have to learn to be thankful for where we are now. We're all put in our current position for a reason and, even though we may not know it yet, it is all part of the plan. Learn to forgive and let go and move on with your life. Starting the year off with this mindset will bring great things into your life, and it will generally make you feel good about yourself.

One last thing to take with you into the New Year is a daily affirmation. It can be a quote, Bible scripture, verse, etc.—whatever it is to get you going every day. You can even change it every few weeks to be creative with yourself. My daily affirmation was, "I am confident, I am strong, and I am able." Just those few words gave me the confidence I needed to start my day and finish the week. Affirmations are good for our mind and our soul to keep us going in our everyday lives. Hopefully the tips I gave you will be a good start to the New Year.



ARTS EXCURSIONS UNLIMITED

Presents

Night Market at The Spartan Center



**Local Vendors
Food for Sale**

Support Community Arts Programming

January 10

5-8 pm

134 E Elizabeth Street in Hazelwood

Every 2nd Thursday until March 2021

Contact: Joe Hepner (412-628-6499)

JANUARY VIRTUAL EVENTS

HAZELWOOD LOCAL JANUARY VIRTUAL EVENTS



♦ WEDNESDAY, JANUARY 13TH

COMMUNITY ACTION TEAM MEETING #2

FREE MEET-UP TO DISCUSS HAZELWOOD GREEN PLAZA'S
2021 SPRING PROGRAMMING IDEAS

EVERYONE WELCOME, COMMUNITY FEEDBACK ENCOURAGED

6PM – 7PM

♦ THURSDAY, JANUARY 14TH

MASTER YOUR BUSINESS MARKETING

FREE VIRTUAL WORKSHOP BY DIGITAL BRIDGES

FOR BUSINESS OWNERS FOCUSING ON MARKETING AND
PROMOTING YOUR BUSINESS IN 2021

6:30PM – 7:30PM

TO RECEIVE ZOOM REGISTRATION LINKS

RSVP: [HAZELWOODLOCAL.EVENTBRITE.COM](https://www.hazelwoodlocal.eventbrite.com)

@HAZELWOODLOCAL



FISHES & LOAVES congregate LUNCH



At St. Stephen's Pastoral Center

131 E Elizabeth St. Pittsburgh, PA 15207

**now open
for take out
meals!**

**MONDAY THROUGH FRIDAY
11:30 AM TO 1 PM**

Free and open to the public



**FISHES &
LOAVES**
cooperative ministries

Hazelwood-Greenfield Meals on Wheels

412.499.4313

Volunteer | Sign Up | Learn More

fishes-and-loaves-hazelwood.org

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.holyangelschays.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

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



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 Worship Service - 9:30 AM
Monday - NA's 7:00 PM
Tuesday - Senior Lunch & more 12:00-2:00 PM
For more info call: 412-461-3377

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

Stay Safe by Staying Well

By Andrea Coleman-Betts, M. Ed.

Community,

We have been hearing by and through media coverage about the escalating rise in Covid-19 cases in high-rise senior living, long-term nursing care centers, and various health facilities. Today I say, “to be in your own home is a blessing to the young and to the old.” Here in our community, the resolution of staying safe by staying well will not give a full guarantee to staying safe and well, but it will give you and your family a better shot. In this upcoming 2021 series, articles will be centered on this theme as a hub in working the wheel. If you and/or your family would like to share a tip with the public, and be printed in The Homepage, please email me at betts2560@gmail.com to the attention of Andrea Coleman, with the subject: Safety Tip 2021.

Thank you and Stay Well,

Andrea Coleman-Betts



MLK Word Search

Name: _____
Created with TheTeachersCorner.net Word Search Maker

Martin Luther King, Jr. Day

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ASSASSINATION	ATLANTA	BAYARD RUSTIN
BIRMINGHAM JAIL	BOSTON UNIVERSITY	BUS BOYCOTT
CHRISTIAN	CIVIL RIGHTS	COINTELPRO
CORETTA SCOTT	DISCRIMINATION	DREAM
EBENEZER BAPTIST	ELLA BAKER	EQUALITY
FREEDOM	JAMES EARL RAY	JIM CROW
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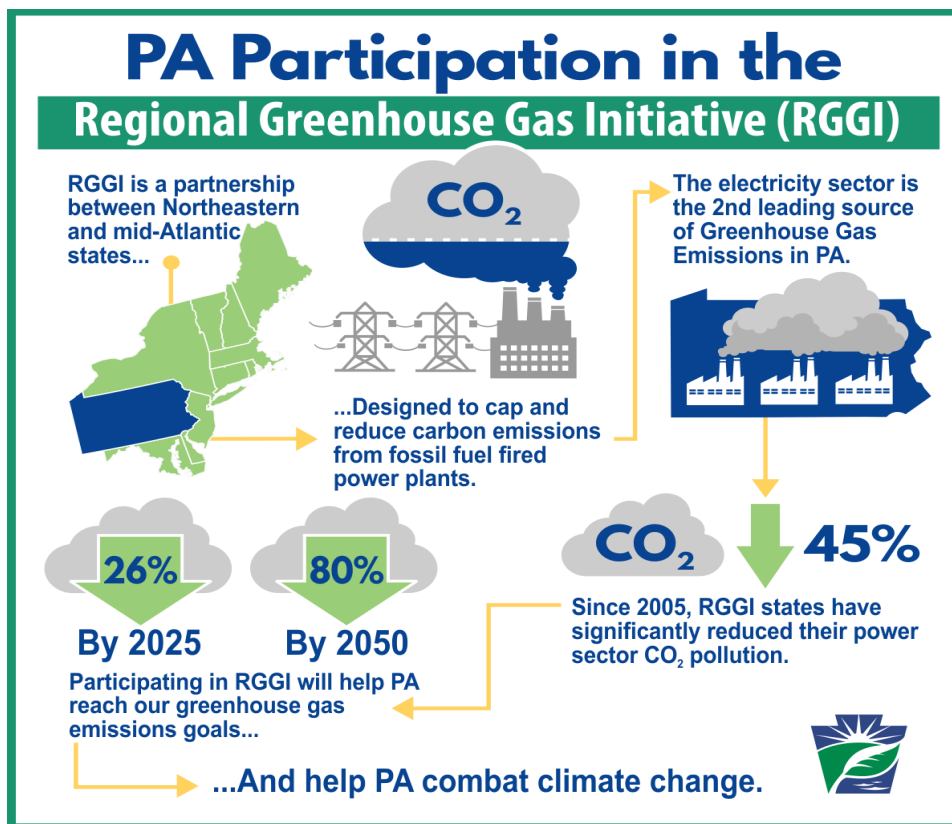


Regional Greenhouse Gas Initiative: How to Get Involved and What to Expect

By Gerri Tipton and Tiffany Taulton

Climate change has been a widely discussed topic for as long as anyone can remember. In school, we are taught that certain things affect our climate, such as pollution emitted from burning fossil fuels. The Regional Greenhouse Gas Initiative (RGGI, pronounced "Reggie") was created in 2009 to reduce carbon dioxide (CO₂) emissions from fossil-fuel-fired power plants by the year 2025. States that join RGGI agree to set a budget for the total amount of carbon pollution that can be emitted by all fossil-fuel-fired power plants in the region that have a power generation capacity of 25 kilowatts or more. These large capacity, regulated, power plants then purchase 3-year "allowances" that permit them to pollute a certain amount.

RGGI has been an effective



Credit: Department of Environmental Protection

free-market tool for reducing pollution because the predictability of the 3-year time frame between reduction mandates gives power plants the time and authority to decide for themselves if it is more eco-

nomically sound for them to make upgrades to their equipment, shut down, or switch to a renewable energy source. Allowances can also be traded between states so that states can more easily switch to renewable energy sources (and therefore have fewer needs for allowances) can sell their allowances to states that need more time to complete power plant upgrades or switch to renewable energy. Each year, the cap on total permitted emissions is lowered and, every three years, the RGGI partner states meet again to welcome any new states that wish to join.

Pennsylvania will have the opportunity to join in 2022. Governor Tom Wolf has stated that, "climate change is the most critical environmental threat confronting the world," and that it is time to make a change to reduce emissions. In October of 2019, he ordered the State

Continued on Page Nine

The Green Way Creativity

Necessity is the mother of invention. If we are to survive as a species, we need to eat much less meat, and we must forge a more cooperative relationship with other animals, plants, and microbes. Ever since Alexis Carrel and Winston Churchill, it has been known that animal (and plant) cells can be cultured for food without having to raise the whole animal. Industrial cell culture is now producing "in vitro" meat and algae. Cow cells, for instance, are (through fermentation processes) producing beef for hamburgers.

Fossil fuel and chemical fertilizer production are causing runaway global warming, and wrecking the

ozone layer. Meat production is fantastically inefficient as to both water use and acreage needed to make each pound of meat. The deforestation needed to pasture huge herds of cows (for instance in the Amazon) is unsustainable and must cease. The Amazon has been called "the lungs of the Earth" because of the amount of oxygen produced by the plants there. We're like smokers ruining our precious, fragile lungs and feeling like we can't stop.

Life can be better. We don't need gas to run our vehicles or industrial machinery. We don't need increasing numbers of storms, droughts, hurricanes, earthquakes, volcanoes, and

tornadoes. We don't need addiction, terrorism, poor quality food full of chemicals, and increasing levels of disease. Our problems are solvable. Fear of change is causing them.



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2021
-HAPPY NEW YEAR-

Gas Initiative

- Continued from Page Eight

Department of Environmental Protection to begin bringing the state's regulations into compliance for a future admission into RGGI. Ten New England and Mid-Atlantic states have already joined the partnership: Connecticut, Delaware, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Rhode Island and Vermont. Virginia submitted its application in July of 2020 and will begin its membership officially this month.

If Pennsylvania joins next year, it will "become the first major fossil fuel state to adopt a carbon pricing policy." As the fourth largest emitter in the country and third largest electricity producer, Pennsylvania has a special responsibility to lower its emissions to help limit global warming by 1.5 degrees Celsius (2.7 degrees Fahrenheit) and avoid the worst predicted impacts of climate change. However, climate change is not the only reason that Pennsylvania should join RGGI. The state also stands to benefit from a significant reduction in air pollution and the revenue raised from the selling of allowances can be reinvested into programs that help rural, low-income, and environmental justice communities reduce their energy burden and transition to cleaner energy sources. Carbon pollution is predicted to be reduced in Pennsylvania by 188 million tons by 2030, in addition to significant reductions in sulfur dioxide and nitrogen oxide pollution. The pollution reductions will provide important health benefits—including 30,000 fewer hospital visits for respiratory illnesses such as asthma, 639 fewer premature deaths, and 83,000 lost work-days avoided.

Some of the direct economic benefits include a projected increase in Gross State Product of nearly \$2 billion and "a net increase of over 27,000 jobs." Pennsylvanians can also look forward to an increase in disposable personal income of \$3.7 billion by 2050. Pennsylvania will benefit from participating in RGGI, where there will be reinvestments in Pennsylvania homes and businesses. Having a price on carbon will also make Pennsylvania's remaining nuclear power plants more economically viable in the long-term.

The Pennsylvania Environmental Quality Board (EQB) is currently

accepting comments on the proposal for Pennsylvania to take part in the Regional Greenhouse Gas Initiative. The purpose of the board is to help reduce climate change pollution from electric power plants. Positive feedback from the public can improve the chances that the Pennsylvania legislature will support the Governor's request to change the State's regulations so that it can join RGGI.

Comments can be submitted through the e-Comment system online through January 14th, 2021 via <https://www.ahs.dep.pa.gov/eComment>. Comments can also be emailed to RegComments@pa.gov or sent by mail to Environmental Quality Board, P.O. Box 8477, Harrisburg, PA 17105-8477. Make sure to write "Proposed Rulemaking – CO2 Budget Trading Program" in the subject line. Finally, if you would like to testify via WebEx at one of the 10 EQB hearings, please visit <https://www.dep.pa.gov/PublicParticipation/EnvironmentalQuality/Pages/default.aspx> for instructions. There are also instructions on this page for those that simply want to call in to listen to the testimonies.

Tiffany Taulton's Testimony for CO2 Budget Trading Program Regulation

Let me start by saying that Hazelwood Initiative, Inc. supports Pennsylvania's integration into the Regional Greenhouse Gas Initiative, and hopes the money raised can be used to help communities like ours to transition to become healthier and fully participate in the new green economy. Greater Hazelwood is an environmental justice community in Pittsburgh located in the southern bend of the Monongahela River. Approximately 40% of our population is Black and the average income is just \$24,000—with over half of our renters earning less than \$15,000 a year. Once a thriving community of 13,000 people, we were the site of the LTV Coke Works, the last coke plant to close within the Pittsburgh city limits in 1998. Since then, we've lost 65% of our population and almost all of our jobs.

We have no grocery store, no clothing store, no community school, no gym, and only a few years ago were we able to reopen our library.

We do have a recycle plant. We do have diesel trains running behind our homes and diesel trucks running down the middle of our community—our business district—along State Route 885. We have high rates of asthma, autism, and diabetes—all of which have been positively correlated with air pollution. We have high unemployment and underemployment rates. But how can we expect parents to work when they have to take off every time their kid has an asthma attack?

Last year, Pittsburgh made national headlines when it was named the most dangerous city in the country for a Black woman to live. Black women are earning less here and suffering more negative health outcomes. The State should take every possible action to correct this injustice, and that includes joining RGGI to reduce the harmful air pollutants that affect vulnerable communities like ours, leading to life-threatening conditions such as preeclampsia, pre-term births, low birthweights, asthma attacks, and lost wages. Recent studies have even linked higher air pollution rates to more severe cases of COVID-19 in minority communities!

Joining RGGI will not eliminate all air pollution or prevent every predicted danger of climate change from being realized, but it will greatly reduce pollution and improve the lives of everyone—particularly those who have been unfairly bur-

dened by pollution for decades. Additionally, on behalf of our community that has suffered these last forty years, we at Hazelwood Initiative, Inc. request that the funds earned from RGGI be used to help workers transition to green jobs and to help legacy communities like ours be set to rights. The impact of joining the Regional Greenhouse Gas Initiative will be that much greater if the funds are used to help communities like Hazelwood purchase solar panels, train residents in solar panel marketing and installation, and lower our carbon footprint through home energy efficiency upgrades.

Lastly, the funds could also be used for more targeted pollution reductions in environmental justice communities like ours that are situated along major transit corridors. Please consider dedicating funding to help bus and recycling companies operating in EJ communities to convert their fleets to electric vehicles. No one should ever have to risk their health, or that of their child, to walk to the library.

References:

1. <https://www.rggi.org/program-overview-and-design/elements>
2. <https://www.dep.pa.gov/Citizens/climate/Pages/RGGI.aspx>
3. <https://apnews.com/article/71f1649b-5dc84c99a589f7dc855f0410>



Letters from a Storm

By Jeff Karwoski

I got my start working with trees after a natural disaster. I was living in Raleigh, North Carolina at the time. In late September 1996, Hurricane Fran turned Raleigh, “City of Oaks,” into...not that anymore. What the hurricane did to the city that night was turn it into a snarl of broken trees and tangled power lines. I woke up to the sound of chainsaws buzzing. The damage was extensive. The hurricane had shut the whole place down. Trees lay across every street blocking the roads. Vehicles weaved around them as people worked on cutting pathways through. I had never experienced anything like that before. It was shocking to see the damage, but it held a certain allure. What a tremendous display of nature’s power and might.

I looked at the devastation and saw an opportunity. I went to the store, bought some chainsaws and went to work cleaning up the disaster. It was a good way to make money and I was providing a valuable service to people who needed it, which was just about everyone. I spent the next two months cleaning up the storm before moving back to Pennsylvania. I learned a lot about working with trees and a lot about natural disasters in those two months.

In the years that followed, I went on to travel and participate in many cleanups from a number of major disasters here in the United States. Disaster response has led me from the deep south all the way to Southeast Asia where I started a reforestation initiative after Typhoon Haiyan devastated Leyte Island in the Philippines. It’s been six years since it was founded and my team at the Leyte Reforestation Project teaches climate resiliency through tree planting to people who are frequently affected by the changing climate and the natural disasters that come along with it.

Humans have weathered through every type of disaster imaginable. Over the last year—and to this day—we are experiencing the largest natural disaster that we have ever faced. Where most natural disasters are localized in a town, state or region, the one we face now challenges our entire population. As a matter of fact, the word pandemic stems from the Greek language and

can be translated to “affects all.” Like those who experience any type of disaster, we have been thrust into a situation that we are unfamiliar with. We are forced to make immediate changes to our lifestyle but we are uncertain of the outcome of those changes. This is the nature of a disaster. It brings with it chaos and confusion.

There is another side, though. If you look past the chaos and look past the carnage you will see the glimmer of life. There is beauty and regrowth happening at an astonishing pace. People go to work like busy bees, cleaning and building and putting things right. Trees grow new leaves and the animals work on making new homes as well. I think that’s why I like disaster response work so much. I love cleaning up big messes, which is pretty much what I do at work every day. Another thing I love about natural disasters is that they always bring out the best in people. That’s just the way that it is. In the aftermath of a disaster, you can see doors and wallets opened for strangers, food being made and shared, and people reaching out to check on neighbors, strangers, family and friends. It’s the best time to see people at their finest.

As we weather through the storm this pandemic has brought, we have come to learn some valuable lessons. The pandemic gave us a different perspective on life. It helped us narrow our focus. We cast aside trivial pursuits and even some not so, in favor of doing the things that were the most important, with the people who were the most important to us. One very important thing we learned how to do over the last year was to sustain life. Never has there been a time when more people have worked together for their survival. It is astonishing. If we can channel that energy beyond sustaining our own lives to sustaining life in general, think of all the wonders it can do. We could save the trees and the bees and the whales and tigers. If we work hard enough, we can save mangroves and rainforests and fish and every other organism that shares a rightful place on this planet. We have the power to do this.

You have the power to do this through your choices in life. What you buy, where you go and what you do in this new year has never been more important. Make it a hobby,

make it a goal. Make it into something that you do. When people ask you, “What do you do? What are you into?” you can tell them you are into sustaining life for yourself and for everyone who comes down the road behind you. You can tell them you value a healthy place to live with clean air and natural beauty and that you’re making changes to make that happen. It’s not difficult. It feels good to make better decisions that benefit the Earth and everything and everyone on it.

So, remember as you go into the new year, you are part of something bigger, part of something better and part of something beautiful no matter who you are. You are life, you make a difference and the world can be a better place for having you in it. Happy New Year!



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SEEK CARE

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The Christmas Toy Drive at Holy Cross: The Gifts and the Gift

By Vicar Hasselbrook

Every year our church hosts a Christmas Toy Drive for the community of Hazelwood. Not only do we see this as a wonderful way to serve our neighborhood during the Christmas holiday, it provides many families and their children with toys they have asked for and may not be able to obtain otherwise. Though it takes place at Holy Cross, such a wonderful event is really a community collaboration. Joey Hepner, co-director of GROUNDED, heads up this operation, distributing forms to parents and grandparents, in which they list what their children or grandchildren would like for Christmas. He did this as he helped out during the weekly food distribution Saturdays here at Holy Cross, and as he went about his work in the community throughout the week. From there, Joey and I raised funds in order to purchase the toys, and asked local businesses and organizations if they would be willing to collect some toys or donate money to the toy drive. With that money, Joey and one of our church members, Woody, went out and purchased new toys that match those on the forms. We also collected all the toys donated to us and allowed each child to pick out one additional toy from this group. When the day arrived, we lined out all the toys in our pews, grouping them together alphabetically by family name, and reserving a few pews for the other toys we received. We served 300 people from 100 different families. Due to the pandemic, we only allowed 10 people in at a time, spaced out, to collect their toys. We did it in two shifts, one from 1:00-3:00 in afternoon, and the other from 4:00-7:00 in the evening.

We see this as an essential opportunity in Hazelwood to care for the next generation and to give our youth a good memory. This encouragement and care are much needed, not only because of the holiday season or the long, dark days, but especially in these trying times. Special thanks are due to Abriola Auto Parts, Cribs for Kids, Elizabeth Pharmacy, Hazelwood Initiative, La Gourmandine Bakery, and Mill-19. We express our deepest thanks to these organizations who supported us. It is, in our mind, a beautiful example of the care and collaboration

of which a close-knit community such as Hazelwood should be proud. We are grateful to be a part of such a wonderful neighborhood.

Thinking back to my own childhood, there are not many toys or gifts that I got that I still have. Most I have lost, accidentally broke, or outgrew. The same will be true for the children we serve. But when I received such presents, it filled me with an excitement and joy that I would have each of these kids have. Christmas presents opened up a whole new world of creative possibilities: how I was going to create a Lego house, what skateboard tricks I would try to learn, the chance to finally be able to shoot hoops, or wear a nice new shirt, or play a new game, or read a new book.

More than that though, these gifts reminded me that someone cared about me enough to ask what I might like (or more like ask my Mom), take time to shop for them, wrap them, and send them to me in time for Christmas. At some point or another in my life, I realized that the gifts I received were sent with love. That made them all the more special. These physical gifts we receive remind us that there is indeed more to life than things. Love and care, the foundation of gift-giving, will endure beyond the gifts we receive. We may even find out a backstory to some of our gifts that bring to light the love behind the gift: the mother or father who worked an extra side job or overtime in order to buy a bicycle or a doll. The parents who didn't get themselves presents, so that they could bless their children with a basketball or a rocking horse or a playset. Indeed, life is more than things—it is about people and our caring, loving relationships with them.

That is why it is so important to remember the reason for the season. The gifts we give in the toy drive are but poor reflections of the Gift that has been given to all people: the babe born in Bethlehem. God became a man and entered into a caring, loving relationship with us by becoming as we are, suffering in our imperfect world, dying for our faults and mistakes and brokenness, and blazing the path to eternal joy. Jesus Christ urges us to live in a new way, a better way, in which we live in the reconciliation He won for us with God. He wants us to live in peace, in

joy, in love, generously and compassionately interacting with each other. It is in reading and hearing His Word that we learn of this new and better life, the will of God for you. Christmas is about a Gift that we do not outgrow, but grow with and into, a gift we need more and more the older we get: the grace and mercy of God. God looked upon our weak and broken human condition and gifted us with His very Son, the God-man Jesus Christ. Christ was born to die, and it is on the cross that we most clearly see the grace, mercy, and love of God. A love so deep and passionate that God did not spare His only Son if it meant that you would be saved. And Jesus willingly became man in order to join you with Himself, to gift you with His perfection, so that God no longer sees your broken life, your rebellious spirit, your faults and mistakes. Instead, He sees Christ's holiness, which covers you, makes you perfect.

So, this Christmastide (which technically doesn't end until January 6th), look to the Gift of the babe of Bethlehem, born of the virgin Mary, and laid in a manger. Look to the babe who was born to live and die for you. For in seeing this Gift, you see the love of God that sent this gift, the love of God that is the foundation of this gift-giving. Yes, God sent His Son at a great sacrifice for Himself, for He sent His only Son, His dearly loved Son, to save those who did not love Him. Jesus bore the wrath that we deserved for not obeying God perfectly or at all, for our rebellion, hate, and unbelief toward Him. God sacrificed His own Son and poured His wrath upon Him—to save you.

Life is about people and our relationships with them. That is why

God became a person—became a human—to enter into a human relationship with you and, what's more, eternal life—a life free from tears and sorrow, has everything to do with Jesus' relationship to you. He has prepared an inheritance for you in heaven above. He would enter into a relationship with you to bring you peace now, and there for eternity. Hear and see this gift, this Jesus, at Holy Cross. Life is more than things—it is about Jesus Christ, the way, the truth and the life.

We have a Sunday morning service at 9:30 followed by Bible Study, Wednesday Prayer services at 12:00 p.m. followed by Bible Study, and Friday Stations of the Cross at noon. Additionally, we have morning prayer at 9:30 Tuesday-Saturday, and at 8:30 on Sunday. You can always stop in and speak with me, Vicar Silas Hasselbrook, from 8:00 a.m.-5:00 p.m. Tuesday-Saturday about anything you'd like. Additionally, my email is silas.hasselbrook@ctsfcw.edu. We also offer classes for youths and adults who are interested in joining Holy Cross, or learning more about the Christian faith. Our address is 5319 2nd Avenue, Pittsburgh, PA and our phone number is 412-521-0844. God bless you this month of January as we embark on a New Year!





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O'Connor Budget Amendment Shifts Funds from Shuttle Road

By Junction Coalition

Like many high-stakes public meetings this year, the Dec. 14 city budget hearing drew virtual crowds so large that technical glitches left some without access to public comment. Attendees expressed outrage at the priorities reflected in Mayor Bill Peduto's 2021 budget, and several came out in support of Councilman Corey O'Connor's proposed amendment that moves \$4.15 million from the Mon-Oakland Connector (MOC) project to affordable housing programs and support for small businesses throughout Pittsburgh as well as infrastructure improvements in Hazelwood. City Council unanimously passed Councilman O'Connor's amendment. O'Connor said that "projects like [the MOC] don't need to happen right now," and this year the funds can instead help tackle economic fallout from the COVID-19 pandemic.

How 2021 MOC funds are redistributed

- \$1.9 million for the city's Housing Opportunity Fund
- \$1 million for bike and pedestrian infrastructure in Hazelwood
- \$500,000 to housing in federally designated areas
- \$420,000 to the Urban Redevelopment Authority's small business programs
- \$270,000 to the Avenues of Hope business district grants for historically Black neighborhoods, including Irvine St./Second Ave. (The program, introduced by Mayor Peduto, previously had no funding.)

Source: Pittsburgh Post-Gazette

In addition, O'Connor pointed to a longstanding lack of transparency surrounding the MOC project. "The money that was put towards this project a few years ago never had line items as to where it was going," he said. Besides the MOC money Mayor Peduto requested for 2021, he committed a total of \$14.5 million from the capital budget to the project in 2018 and 2019. The MOC is expected to cost \$23 million overall. Many residents of the communities MOC would affect, including Hazelwood and Green-

field, have opposed it since learning of the plan from a 2015 *Pittsburgh Post-Gazette* article reporting on a grant the city had already applied for. The project would build a road through the southwestern corner of Schenley Park and "The Run" section of Greenfield to accommodate privately operated shuttles between Oakland university campuses and the Hazelwood Green development. The Run faces harm from the MOC beyond losing limited resources that should go to critical needs. The small neighborhood, along with Panther Hollow on the other side of Schenley Park, has a long history of ambitious plans that exclude residents. In August, several Run residents who live near Swinburne Bridge received letters from DOMI implying they may lose their homes and businesses through eminent domain. The bridge may be widened to include a dedicated lane for the MOC shuttles, which DOMI proposed in 2018 as an option that featured a vehicle elevator.

If Hazelwood Green's powerful owners were not motivated by a desire to annex Schenley Park and adjoining neighborhoods, they would drop their single-minded focus on getting shovels in the ground as soon as possible and instead support alternative plans such as Our Money, Our Solutions (OMOS) that more effectively meet Pittsburgh's stated goals without causing the harms of MOC.

The community-driven plan has led to weekend service on the 93 bus line and forced DOMI to claim that key components of OMOS, such as Irvine St./Second Ave. sidewalk repairs, were always part of the MOC plan. It also calls for expanding the 75 bus line into Hazelwood. With a lot of hard work, our communities are shifting the focus of our own tax dollars. This \$4.15 million for city-wide relief and essential repairs in Hazelwood is a significant step in the right direction.

You can read this article with links to source material at www.junction-coalition.org/2020/12/17/oconnor-budget-amendment-shifts-funds-from-shuttle-road.

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You can recreate in your neighborhood or a local park or trail that is nearest to your home. Look for locations within 15 minutes of your home.



Avoid Crowded Areas
Avoid crowded trails or parks. Find other nearby locations or go during less popular hours.



Don't Travel Far for Recreation
You should not travel outside of your community to other outdoor locations across the state, such as state parks, forests, private camps, leased campsites, etc.



Protect Others While Outdoors
Be considerate. Wear a mask to protect others as recommended if you are in an area with other people.

PA House Dems stand with those impacted by mitigation efforts; call for support and safety in pandemic response

NEWS RELEASE
FOR IMMEDIATE RELEASE

Pennsylvania House of Representatives
Democratic Caucus

HARRISBURG, Dec. 11 – Following news of the governor’s most recent mitigation efforts and hearing Republicans rebuke these safety efforts, Pennsylvania House Democratic leaders released this statement today:

“As cases of COVID-19 surge throughout Pennsylvania and our hospitals become increasingly strained, the decision made by Governor Tom Wolf was a difficult but necessary choice that will undoubtedly save lives. We understand the economic impact this will have on

many local businesses, and are angry and frustrated that our Republican colleagues, who have held majorities in the House and Senate for years—and through this pandemic—continue to choose political gamesmanship over providing meaningful relief to this commonwealth.

“We had an opportunity to provide \$1.3 billion in relief to those impacted by this pandemic—to provide relief to farmers, childcare providers, veterans, local restaurants, frontline workers, wineries, breweries, distillers and more. Republican leaders did not bring a single one of those bills to the floor for a vote. Relief funding should be used to set up contingencies for if and when virus mitigation efforts will need to be implemented. Instead, Republican leaders chose to use it to close fund-

ing gaps in the budget.

“Unfortunately, what was left undone by our colleagues has left these industries floundering again, this time wondering how they will make it through the holidays during a deeply strained time. And, while Republicans will continue to place the blame on the governor, they must remember that when they had the chance to put people over politics, they chose politics and failed to move commonsense measures that could have helped the very people they claimed they wanted to help when calling for sweeping reopening efforts. Calling for these people to go back to work so they can serve their communities, and not providing support for their businesses when it’s unsafe for them to do so, is inhumane.


“Until we can begin considering legislation again, House Democrats remain committed to putting people first and will continue to call on our colleagues in the majority to move legislation that helps our communities through this pandemic safely.”

CONTACT:
Nicole Brunner
Legislative Communications Office
Phone: 717-645-7316
Email: nbrunner@pahouse.net




HOW TO GET TESTED FOR COVID-19

PENNSYLVANIA RESIDENT



I HAVE MILD SYMPTOMS:
Please stay home. If you feel worse, contact your health care provider.




I HAVE SEVERE SYMPTOMS:
If you have a fever over 100°, shortness of breath and cough, CALL your health care provider.


If you do not have a health care provider, CALL your local health department or 1-877-PA-HEALTH.

If you still need help, CALL your local emergency department.


HEALTH CARE PROVIDER



I FEEL A PATIENT SHOULD BE TESTED:
Order a test without consulting with the Department of Health through a commercial lab.



I WANT TO CONSULT WITH DOH TO SEE IF A TEST IS NEEDED:
Call 1-877-PA-HEALTH.



I CONSULTED BUT DOH DOESN'T RECOMMEND A TEST:
If you feel that a patient should be tested, order a test through a commercial lab.

THE STATE PUBLIC HEALTH LABORATORY IS PRIORITIZING THE FOLLOWING PEOPLE FOR TESTING:


1. People who are severely sick for unknown reasons

2. People in congregate care settings

3. People in contact with known cases of COVID-19


4. Symptomatic healthcare workers and first responders

INFORMATION + UPDATES:
HEALTH.PA.GOV



WHAT TYPE OF MASK DO I NEED?

HOMEMADE MASK OR PAPER MASK




WHO SHOULD WEAR:
General public

WHEN TO WEAR:
When a person can't perform social distancing; scarves and bandanas can be used if necessary.

USE LIMITATIONS:
Cloth masks should be washed after each use; don't wear damp or when wet from spit or mucus.

SURGICAL MASK




WHO SHOULD WEAR:
Health care workers and patients in health care settings

WHEN TO WEAR:
During single or multiple patient interactions or routine health procedures; recommended when N95s aren't available.

USE LIMITATIONS:
Ideally should be discarded after each patient encounter. Extended use is preferable to reuse.

N95 RESPIRATOR



WHO SHOULD WEAR:
Health care workers

WHEN TO WEAR:
Caring for patients with COVID-19 and performing procedures that put them most at risk of virus exposure.

USE LIMITATIONS:
Ideally should be discarded after each patient encounter. Extended use is preferable to reuse.

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Donald Trump asks not what he can do for Pennsylvanians, but asks what Pennsylvanians can do for him.

OPINION EDITORIAL

FOR IMMEDIATE RELEASE

State Rep. Ryan Bizzarro
D-Erie
www.repbizzarro.com

President Donald Trump called the Pennsylvania House of Representatives this week, the first time in his one term in office the president has personally reached out to lawmakers.

He wasn't calling to apologize for not wearing a mask for so long and inspiring people to spread the virus to the point where the death toll of the virus nationwide is approaching the entire population—every man, woman, and child—of the city of Pittsburgh.

He wasn't calling to say he was disappointed we used federal CARES Act money earmarked to help workers, students and small businesses survive the COVID-19 virus to patch massive holes in our budget.

He wasn't calling to ask what he could do to make sure we didn't run out of hospital beds or protective

gear for healthcare workers or offer resources to deliver our patients the same level of exceptional care he got at Walter Reed when he was sick.

He wasn't calling to assure us we would be one of the first states to get the vaccine for our nurses and doctors who've been on the front lines since March, or our agricultural workers risking their lives to feed a nation, or our older residents and the people who care for them in nursing homes, or our first responders risking their lives with every emergency.

He wasn't calling to check on the health of the people who caught the virus thanks to the rallies he insisted on holding in defiance of medical advice against large crowds, or for sending members of his legal team to sit in packed indoor rooms with lawmakers who were spreading lies while spreading disease.

No, when Donald Trump called the Pennsylvania House of Representatives, he wasn't calling about battling the virus, or helping workers, or keeping families from being evicted, or addressing inequality, or even a plan to help the economy.

Donald Trump called to ask legislators to throw out the results of the election because he lost.

Trump wanted to know what we could do for him. He wanted to erase the votes of people in the state where American democracy was born because his feelings are hurt. He wanted to make sure he doesn't face any reality or any consequences for his actions. He wanted us to help him do the only thing he really cares about—look good on TV.

Thankfully, the Republican leaders of the Pennsylvania House and the Senate made it very clear to Trump there is no way to ignore the will of the people and overturn the results of a free, fair and historically secure election.

Ironically, it's the extremists in the Republican party—the ones who claim to love the constitution so much—who are bowing down to a would-be dictator who not only wants to be installed in an office he lost, but who has made no secret of his plans to stay beyond two terms and then have his children take his place on the throne—you know, the kinds of things that led to that day in Philadelphia in 1776 when we

told Mad King George we would be ruled by the people, not a monarch.

In January, legislators will be sworn for a new session of the House of Representatives, and I'm honored to serve the people and my colleagues as Democratic Policy Committee chair. Later in January, Donald Trump will be gone from the White House.

We're ready to do what's right for the people: Fighting for good jobs with real pay and benefits and safe workspaces. Making sure our kids go to schools preparing them for a life of success. Treating the virus as a health crisis and not a political football. Helping people afford to see a doctor when they get sick. Guaranteeing all people are equal before the law and can get their piece of the American Dream—no matter what that might be.

CONTACT:

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Nicole Brunner: nbrunner@pahouse.net; 717-645-7316
Pennsylvania House of Representatives, Democratic Caucus Legislative Communications

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We are here for you. Our look may have changed, but our focus on serving people has not.

Before, During, and After: Latisha Robinson

By Andrea Coleman-Betts

In the New Year 2021, my resolution is to “Flip my Script,” removing love from the end of the conversation to the top. Some call it, “Unconditional Love.” I will call it, “inclusive and upfront love, before, during, and after.” Today, I bring you Latisha Robinson, who I’ve known as a woman of her word, who also has a passion for loving all. So, in turn and upfront: I love you, Latisha!



Latisha Robinson

Latisha was born to Mother Darlene Terry and Father Wyatt Price (deceased 2016) and has no siblings. She grew up in the community of Glen Hazel on Roselle Drive, Pittsburgh, PA. She had her education start off in Burgwin Elementary, moving on to Brashear High School, and choosing Robert Morris University for post-graduate career studies. Latisha then became a stay-at-home-mom and Pastor, affiliated with the New Hope Baptist Church.

Latisha says, in her words, “I have been working in ministry alongside my husband, Dr. John Robinson II, for more than fifteen years. I am the proud mother of five children: John Edward III, Jenaya Elaine, Judah

Ellis, Ja'Saiyah Ellise, and Journey Elle. In 2017, early in my pregnancy with my fifth child Journey, I was diagnosed with breast cancer and overcame it. I am currently the co-founder of Your Greater Destiny, a ministry committed to helping people discover and fulfill their purpose. I also continue to serve with my husband at the Historic New Hope Baptist Church in Braddock, PA. I am the author of *Becoming a Woman of Grace: Humility and Becoming a Woman of Grace: Forgiveness*. My future goals are to start a breast cancer support group for women, open a women's shelter, and travel around the world declaring the Gospel of Jesus Christ. In conclusion, I have a strong passion for the things of God, and I am committed to pursue and fulfill my purpose. I love to capture the hearts and minds of people when I teach with words that encourage them to move forward in life in pursuit of their Greater Destiny.”

I am proud of Latisha in her journey of before, during, and after goals of sowing her love in the communities she serves, seeking to reach and teach around the world.

Thank you, Latisha,

Andrea Coleman-Betts

Reader Call: The Six Word Challenge

The concept of distilling a story or poem down to a mere six words has existed for several decades, with the first well-known example being attributed to Ernest Hemingway in the 1920's (though there is no official record of him writing any six-word stories). For years, Eric Boyd wrote one or more six-word pieces a day, often by request. People wrote to him with long, complicated prompts or real-life experiences which they wanted to see condensed into six words. Often these were philosophical or deeply personal, sometimes they were downright absurd. Readers of The Homepage are continually invited to reach out, participate and request such works as well! Please email editor@hazelwoodinitiative.org with your prompts, challenges, or real-world scenarios to be turned into a six-word story/poem.

Check out the latest prompt submissions and the poems created by local writers below!

This month's prompts: Write a 6-word poem about...

- The unseen depths of the ocean.
- How you think the world will end.
- Joe Biden becoming our next president.

Majesty of Creation
Inspires the imagination

sun's rays;
mirky dusk;
midnight blue!

Not a wimper, but a bang.

Ego now dead
Let's move ahead.

man's arrogance,
world's repuntance,
God's redemption!

—Miss Bea

Deep, dark, thousands of life sparks.

New Hope,
Country renewed,
Together again!

Sudden hush, all turns to mush.

—Sgt. “J”

REJOICE! At last a calming voice.

—MaryAnn Majcher

Back issue prompts: Submission by Mary Bartol

Write a 6-word poem about meditation

With God all things are possible.

Write a 6 word poem about how writing poetry affects you.

You must bloom where you're planted.

Write a 6-word poem about a change you'd like to see in 2021.

Making Hazelwood equal to other neighborhoods.

Here are prompts for next month's issue!

Please submit your work by Friday, January 22nd.

Write a 6-word poem about:

- Watching Bob Ross paint.
- How it feels to hear your favorite song.
- A lie you've told yourself.

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CBD For Animals



Dear Friends,

As a Holistic Clinical Pharmacist, I am always looking for holistic and natural approaches to health for people and pets. CBD, or Cannabidiol, is the perfect natural cannabinoid supplement to compliment good lifestyle choices and the desire for quality of life. CBD hemp oils have become more common, and as mainstream products are being marketed to pet owners, you may ask, "Should I give my Pet CBD oil?" My answer is a definite "Yes! ...but" because not all products are created equally and there are some things consumers should be aware of before purchasing a CBD product.

The good news is pets can benefit from CBD in much the same way humans do. Our furry friends, as well as most animals, have an Endocannabinoid System (ECS) that is responsible for maintaining homeostasis or balance within the body, including regulation of the communication between cells, the body's immune response, and autonomic functions like appetite, sleep, and metabolism. Basically, the ECS helps the body maintain itself. Cannabinoid supplements interact with this system, meaning that your pet will potentially derive benefits from CBD in similar ways to their human "parents" do. CBD's benefits come from its ability to affect the body's naturally occurring regulatory processes by interacting with the Endocannabinoid System. This chemical communication system includes CB1 receptors, mostly found in the brain, and CB2 receptors found all over the body, including in the gut and immune cells.

Because of this similarity between this system in humans and other animals, many owners have started taking advantage of the availability of CBD products in hopes of treating their pet's arthritis, anxiety, fear of people, fear of loud noises, traveling stress, seizure disorders, GI dis-

orders, chronic pain, inflammation, and even cancer. Animals, however, can be very sensitive to cannabinoids.

One of the leading experts, and writer of Medical Marijuana and Your Pet, Dr. Robert Silver, DVM, MS, CVA, writes "Studies on dogs, conducted in the 1970's, helped us to understand the working of the endocannabinoid system," and "it was determined that dogs, as compared to all of 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 limits the ability to use traditional medicinal marijuana in our pets, which would quickly turn them into furry THC-zombies. This also means consumers must be very careful that the CBD products they buy DO NOT contain THC. Legally, products can be marketed as "THC-Free" so long as they contain less than 0.3% THC, which still may be far too high for our THC-sensitive furry friends.

Dogs can easily overdose on THC and have a severe negative reaction called Static Ataxia, which includes symptoms such as glazed eyes, excessive drooling, loss of bowel and bladder control, rapid breathing, falling over, and an inability to get up again. CBD has become the cannabinoid of choice for many clients because it is non-toxic and well tolerated in animals, but the dangers of THC are less widely known.

Now, you may ask, "How do I choose a CBD Hemp Oil product for my pet?" First and foremost, you must buy the product from a reputable source. A reputable source is one that does third party lab testing on their finished products and can produce a Certificate of Analysis to prove that the products actually contain what is on the product labels. Since 2015, the FDA has sent warning letters to CBD manufacturers who claim there is more CBD in the bottle than there actually is. In one study, up to 75% of CBD products were found to be mislabeled and misbranded.

Our LabNaturals CBD products have proven ZERO THC per

third-party testing, which makes them an excellent choice, especially for dogs who are naturally more sensitive to THC's psychotropic effects. We have Certificates of Analysis available upon request for each of our products. Our oils are free from contaminants like mold, mildew, and microbes, and are grown without chemicals or pesticides, and are free of heavy metals, protecting your pet's health and safety over the long-term use of these products.

Second, make sure to purchase CBD oil from a business with professional expertise in health, wellness, and supplementation. It is also important to have someone check your animal's medications for potential interactions. Our pharmacists are well versed in both CBD and pet medications. LabNaturals CBD products contain full spectrum hemp oil creating an entourage effect where the cannabinoids work together for greater potential benefits. They are also derived from the whole medicinal industrial hemp plant grown, processed, and produced in accordance with the 2018 FARM BILL, Section 297A.

Third, we use a "Low and Slow" "micro-serving" process of building up the serving size in our clients which applies to both humans and animals. This allows us to find the right serving size for the client's needs. We also consider the pet's size, species, and weight starting at a serving of 0.25-0.5mg of CBD/kg/day and this serving may be increased on a weekly basis until desired benefits are achieved.

At Murray Avenue Apothecary, we are pharmacists for humans and our furry family members, and we have done our research into the exciting new world of CBD and cannabinoid supplementation. If you have questions, we will always do our best to answer them as completely as possible. We ensure the purity, consistency, and safety of all our products and compounds because that is exactly what you and your pets deserve.

Check out Barley's Recovery Story!

Continued on Page Nineteen



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www.LabNaturalsCBD.com

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CBD For Animals - Continued from Page Eighteen

“Our precious dog Barley underwent surgery to repair a herniated disk caused by an acute injury and his long stature as a dachshund mix on June 28th, 2020. Luckily his grandmother is Susan Merenstein, Pharmacist/Owner of Murray Avenue Apothecary and LabNaturals, Inc. Immediately after surgery, and thereafter, we gave him LabNaturals CBD + Probiotic 30 BU everyday + Acetyl-Glutathione powder sprinkled on fresh food (Pawlicious) + physical therapy + TLC from his loving doggy parents! He had a surgery wound from his neck to his tail, which is hardly visible, his energy is great, and he is as loving as ever! Two months after surgery, he is making progress every day to learn to walk again and his vet is thrilled with his progress! Barley wouldn’t be where he is without his Dog Grandma’s “SuSu” cocktail.” —H.M.


12/14/20: Update from Susan Merenstein

“Today is my grand-dog Barley’s one-year adoption anniversary from The Foster Farm. We are so happy to have Barley in our family and his amazing recovery continues to amaze me! After undergoing back surgery in June, Barley has shown remarkable progress with his recovery from a severe back injury. He is walking normally and returning to his normal self again, thanks in big part to a healthy whole food diet from Pawlicious, LabNaturals CBD, LabNaturals Acetyl-Glutathione, and Probiotics from the awesome team at MAA and LabNaturals. Barley’s vet, Dr. Winnie of the Greenfield Veterinary Hospital, said he is ‘super impressed’ with Barley’s neurological function, and passed his exam with flying colors. He said his ears are much better and show-

ing limited signs of allergies. Dr. Winnie is amazed by his progress with walking! Love you so much Barley, my adorable grand-dog!”

Visit our website to learn more!
LabNaturalsCBD.com

To Your Health,



Susan Merenstein, RPh/Owner
Murray Avenue Apothecary/LabNaturals
www.MAApgh.com
www.LabNaturals.com
(412) 421-4996



The 5 Most Common Heating Issues and How to Fix Them (and When to Call a Professional)

By Julie Block

We managed to keep winter at a bay a little longer than usual this year, but it has come back with a vengeance. It’s not all bad, though! While winter’s chill carries the dread of slippery roads and gray afternoons, it also sparks excitement for cozy days curled up with a blanket and a book and the joy of watching the kids play in the snow. Now that we’re spending more time indoors during another cold Pittsburgh winter, we should all check on our heating systems to ensure they’re in good condition to keep us cozy all winter long! We’ve already taken a look at strategies for lowering your heating bills (you can visit our website—www.blocksintheburgh.com—for more information), so today we’ll examine some of the most common heating issues you might come across as a homeowner.

1. Malfunctioning thermostat. A thermostat is essentially a thermometer that tells your HVAC system to warm or cool your home. Thermostats used to be mechanical in nature, but many of today’s newer thermostats are digital and wirelessly controlled. With these newer

models, connectivity issues, dying batteries, and other problems could prevent you from keeping your home at a comfortable temperature.

Other common problems include: The thermostat receives direct sunlight. This could warm the device and cause it to keep the house at a cooler level; The thermostat is unlevel. Older homes can shift as they settle. If you have an unlevel mercury bulb thermostat, it may no longer function properly; The thermostat is dirty inside from years of dust. The fix: While you can try to clean the thermostat and check that it’s level, you should generally call an HVAC technician for anything more complex. Check out our neighborhood reports on our website for a technician near you!

2. Dirty filters. A clogged or filthy air filter may restrict airflow, preventing warm air from pushing through the home. This also causes the rest of the system to work harder, using more energy. The fix: Replacing an air filter is generally relatively easy, but you should do so more often if your home has excess pet dander, smoke, or aerosols.

3. Lack of maintenance. Your heat-



ing system is complex, and ignoring it for even one or two years can be a costly mistake. Regular maintenance keeps your entire system running smoothly and allows you to replace parts before they wear out and leave you in a cold home during a Pittsburgh winter! The fix: If you haven’t had a technician come to service your heating system this year, do so now! Their schedules typically fill up quickly in the fall and winter months, so call soon!

There are many other issues that could plague your HVAC system!

Finish reading this article on our website (www.blocksintheburgh.com) to learn more.

Cheers (and stay warm!),

Julie & Ted

Julie and Ted Block are RE/MAX Select real estate agents serving Greenfield, Hazelwood, and the surrounding neighborhoods. You can contact them by emailing theblocks@blocksintheburgh.com or by calling 412.926.7976.



Complete the entire entry form.

When your design is finished text Edith at 412-295-1795 to pick it up.

Winners notified on or before February 28, 2021

Questions? Text Edith at 412-295-1795

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ENTRY FORM

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