



The Homepage

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

Volume 11, No. 2

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February 2022

Hazelwood native and oldest living African American Olympian to turn 100

By JaQuay Edward Carter

Herbert Paul Douglas, the “fastest runner to come out of Hazelwood,” recently said "I was born 57 years after the ending of slavery." I was shocked when I heard it. It seemed impossible. I had to do the math for myself. I subtracted the year he was born, 1922, from the year 1865, and of course I got the same answer.

Looking over his near century of life, nothing was impossible for Mr. Douglas. He was born on March 9, 1922 at 160 Hazelwood Avenue, across from Gladstone and the First Hungarian Lutheran Church. He would attend both Gladstone Elementary and Junior High. As a teenager, Herb idolized Jesse Owens’ performance in the 1936 Olympics. Gladstone did not include high school curriculum at this time, so he attended Taylor Allderdice High School in nearby Squirrel Hill. He excelled at sports, playing football



Herbert Douglas, Jr., at a screening of "The Renaissance Period of the African American in Sports" at the LBJ Presidential Library in Austin, Texas, in 2018. The documentary explores the story of nine pioneering African American Olympians who shattered records and stereotypes at the 1936 Olympics in Berlin. Mr. Douglas co-executive produced the documentary. The oldest living African American Olympic medalist, Mr. Douglas won the bronze medal in the long jump at the 1948 London Olympic games. LBJ Library photo by Jay Godwin

See OLYMPIAN on Page 5

Hazelwood greenway is now a city park, but community stewardship continues

By Juliet Martinez

In December, Pittsburgh City Council voted to make over 300 acres of greenway into parks. A large share of that acreage comes from the Hazelwood greenway. While this sounds like a positive, what exactly will it mean for one of the city’s largest greenways? That's not clear.

City of Pittsburgh Principal Resilience Planner Rebecca Kiernan spoke to the Hazelwood Initiative community meeting on January 11. Around 140 out of the 183 acres in the Hazelwood greenway are now city parks. This means money from the parks tax that passed in 2019 will go into maintaining those areas. The remaining parts are isolated parcels. They will not become

parks, but they will remain greenway. Nothing is being downgraded, Ms. Kiernan said.

She praised the community being active in the greenway, saying it played a part in the city making this move.

“This is a testament to the community valuing the space and wanting it to be usable,” she said.

Pittsburgh first created the greenway system in the 1980s. Greenways are permanent areas of passive open space that benefit people living nearby. The city has not funded or maintained the 605-acre system until now.

But in Hazelwood, people have been hard at work in the greenway. As Ms. Kiernan noted in a later email, Last year the work focused

on a two-acre site off of Elizabeth Street. Community partners brought in goats to clear invasive species, and a Landforce crew that spent a month in the greenway. They built a trail loop and addressed drainage issues. Tree Pittsburgh came in with 170 new trees, she wrote.

This group of partners was even a finalist in the United Nations Climate Cup in November.

In all, parts of Duquesne Heights, Seldom Seen, Knoxville Incline, Fairhaven, Bigelow and Hazelwood greenways are now parks. Ms. Kiernan emailed that the City Planning Department has a process for park planning. It’s not clear when that will start, but the partnership al-

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

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

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

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

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

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(412) 421-7234

PUBLISHER'S PAGE

Grants fuel exciting work for Hazelwood

The pandemic has been hard on us all, which makes celebrating good news even more important. In that spirit, we are happy to announce some good news that will benefit this neighborhood.

In late 2021, Hazelwood Initiative received grants to help keep Hazelwood affordable and stable. One is a \$750,000 grant from the Federal Home Loan Bank. The other is a \$205,909 grant from Keystone Communities Program. These will fund the next phase of the Hazelwood Affordable Rental Preservation Program.

Through this program, Hazelwood Initiative buys rental properties, repairs them if necessary, and keeps them affordable. These properties are 100% Section 8 eligible. So far, we have purchased 44 rental units in Hazelwood, and plan to buy 20 more in March. This protects Hazelwood's affordable rental housing stock, and keeps the neighborhood inclusive as it develops.

Another exciting project got funded as well. The City of Bridges Land Trust received a \$600,000 grant to build four duplexes on Chatsworth Avenue. With this funding, construction can start this spring. The homes will be climate resilient and affordable to heat, cool and maintain. When finished, they will sell for \$120-135,000 each. To find out more, visit https://cityofbridgesclt.org/apply/.

We are also thrilled to congratulate Community Kitchen Pittsburgh. Their \$91,020 Keystone Communities grant will help them upgrade their training facility. This organization teaches the next generation of chefs while helping them overcome barriers to employment. Their work is truly vital and they richly deserve this recognition.

Lastly, in Allegheny County, Action Housing, Inc., has administered the Emergency Rental Assistance Program. Some readers have probably received this assistance to stay in your home or pay your utilities. With Action Housing, Hazelwood Initiative has helped deliver this aid to at least 100 households. We were happy to hear that Action Housing received a Keystone Community grant. The \$700,000 will help them finish the Second Avenue Commons homeless facility in Downtown.

We are so grateful to these funders for recognizing the important work happening in Hazelwood and Pittsburgh. Most of all, we thank the residents of our communities, who give meaning to everything we do.

Become a Hazelwood Initiative member and make your voice heard!

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

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

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

Return to:
Hazelwood Initiative
4901 Second Ave.
Pittsburgh, PA 15207

COMMUNITY RESOURCES

HOUSING AND UTILITY HELP

Hazelwood Initiative can help you with:

- **EMERGENCY RENTAL ASSISTANCE**
- **LEAD-FREE HOMES**

Contact Hazelwood Initiative for information and help applying. Rental assistance can help with housing and utilities.

Lead-Free Homes tests for and removes lead from your home.

Contact Tiffany Taulton

email ttaulton@hazelwoodinitiative.org, mobile 412-392-7427 or office 412-421-7234 x 409

Antonetta Avila: email aavila@hazelwoodinitiative.org or office 412-421-7234 x 408

Apply for rent help online

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

Call: (412) 248-0021

Email: rentalassistance@actionhousing.org

GET HELP PAYING YOUR MORTGAGE

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

HOUSING LEGAL AID FOR RENTERS AND HOMEOWNERS

Tenant Services: Mediation, limited legal consultation, full legal representation

Homeowner Services: Tangled title, foreclosure prevention.

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

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

PWSA BILL ASSISTANCE

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

Or call: **Dollar Energy Fund** at (866) 762-2348

AFFORDABLE HOUSING RESOURCES

Information and resources on finding affordable housing in Allegheny County at

<https://www.publicsource.org/pittsburgh-allegheny-county-affordable-housing-service-guide/>

WATER AND SEWER OUTAGES

Pittsburgh Water and Sewer Authority [PWSA] has improved its service outages page shows where current and planned outages.

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

ARE YOU AT RISK OF HAVING YOUR WATER SHUT OFF?

Apply for assistance with your water or sewer bill through the **Low-Income Household Water Assistance Program**. This temporary emergency program helps low-income households pay overdue water bills with a grant. It does not need repaid. Go to www.dhs.pa.gov/waterhelp for information.

EMERGENCY BROADBAND ASSISTANCE

Get up to **\$50 per month towards broadband** service for eligible households. Eligible households can also receive a one-time discount of up to \$100 to buy a computer or tablet from participating providers if they contribute \$10-50

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

For more information, call (833) 511-0311 from 9:00 a.m.-9:00 p.m.

GET HELP KEEPING YOUR HOUSE WARM

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

Who is eligible? Low- and fixed-income households

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

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

FOOD AND CLOTHING ASSISTANCE

HOLY CROSS

EVANGELICAL-

LUTHERAN CHAPEL

5319 Second Avenue, Pittsburgh, PA, 15207

Food and clothing distribution every other Saturday Call (412) 521-0844 for details.

HAZELWOOD YMCA FOOD PANTRY

Food box distribution: First Saturday of every month

Phone: (412) 421-2708

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

FISHES AND LOAVES CO-OPERATIVE MINISTRIES

Meals on Wheels: Free weekday home meal delivery in Hazelwood, The Run, Greenfield and Glen Hazel

Congregate lunch: Monday through Friday 11:30-1:00

Emergency Food boxes at Spartan Center between 9-2 M-F or home delivery.

Call to make arrangements.

Grocery buying help and delivery 131 E. Elizabeth St, Pittsburgh, PA, 15207

Phone number (412) 499-4313 - ask for Dylan Knapp-Scott

HOTLINES, ALERTS AND GENERAL INFORMATION

ALLEGHENY COUNTY HEALTH DEPT.

24/7 hotline: 888-856-2774

Text alerts:

ww.alleghenycounty.us/alerts

General info and help:

Call 2-1-1

OR visit PA211sw.org

HAZELWOOD

INITIATIVE UPDATES

facebook.com/hazelwoodinitiative

PRAISE TEMPLE

COMMUNITY HOTLINE

*Answering M-F, 10am-2pm

412-422-1983

CENTER OF LIFE

Covid-19 Online Resource Guide centeroflifeonline.net/covid

HEALTH, MEDICAL AND COVID-19 RESOURCES

COVID-19 TESTING AND VACCINATION

Hazelwood Family Health Center 4918 2nd Avenue, Pittsburgh, PA 15207, (641) 715-3900 x 301402

Call for appointment

COVID-19 VACCINATIONS

Rite-Aid

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

4934 Second Ave, Pittsburgh, PA, 15207

Phone: (412) 421-6948

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

THE CHILDREN'S INSTITUTE SERVICES

The Children's Institute offers rehabilitation and educational services for children with a range of needs, including behavioral, physical and occupational therapies. Autism services include applied behavior analysis (ABA) and social skills groups. The approved and licensed private academic day school serves autistic children and children with multiple disabilities ages five through 21.

1405 Shady Avenue, Pittsburgh, PA 15217, 412.420.2400 or visit <https://amazingkids.org>.

MEDICAL DEVICES LENDING LIBRARY - BETH SHALOM

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

Local delivery available.

To request an item, contact Rabbi Mark Asher Goodman at mgoodman@bethshalompgh.org

or 412-421-2288

See bethshalompgh.org/medicaldevices/ for more information.

SOCIAL-EMOTIONAL SUPPORT

RESOLVE CRISIS SERVICES

(888) 796-8226

Mental health crisis support

JUST FOR TODAY NAR-ANON FAMILY GROUP

For anyone with a loved one suffering from addiction. First and third Wednesdays, 6:30 PM

First Hungarian Church – Calvin Hall, 217 Johnston Avenue, Pittsburgh, PA, 15207

Contact Cindy with questions at (412) 421-7076

COMMUNITY RESOURCES

CHURCHES
AND HOUSES OF
WORSHIP

**FIRST HUNGARIAN
REFORMED CHURCH OF
PITTSBURGH**
221 Johnston Avenue Pittsburgh,
15207 412-421-0279

FOUNTAIN OF LIFE CHURCH
247 Johnston Ave Pittsburgh, 15207
412-422-8794

HOLY ANGELS CHURCH
408 Baldwin Road Pittsburgh,
15207 412-461-6906
[https://www.facebook.com/
holyangelschays/](https://www.facebook.com/holyangelschays/)

**HOLY CROSS EVANGELICAL
LUTHERAN CHAPEL**
5319 Second Avenue Pittsburgh,
15207 412-521-0844

**KEYSTONE CHURCH OF
HAZELWOOD**
161 Hazelwood Avenue Pittsburgh,
15207, 412-521-3468
<https://www.centeroflife.net/>

**MARY S. BROWN-AMES
UNITED METHODIST
CHURCH**
Temporarily meeting at
515 West 8th Avenue Homestead,
PA 15120 412-421-4431
info@brightredfence.org
www.brightredfence.org

**MORNINGSTAR BAPTIST
CHURCH**
5524 Second Avenue
Pittsburgh, 15207 412-421-6269

**PRAISE TEMPLE
DELIVERANCE CHURCH**
Pastor Lutual M. Love, Sr.
5400 Glenwood Avenue Pittsburgh,
15207 412-277-0113

**ST. JOHN CHRYSOSTOM
BYZANTINE CATHOLIC**
506 Saline St. 15207
Pastor@sjbcc.com
<https://sjbcc.com>

SQUIRREL HILL CHRISTIAN
290 Bigelow Street Pittsburgh,
15207 412-521-2447

**ST. JOHN THE EVANGELIST
BAPTIST**
4537 Chatsworth Avenue Pitts-
burgh, 15207 412-626-3232
info@stjohnpgh.org
www.stjohnpgh.org

**ST. ROSALIA CATHOLIC
CHURCH**
411 Greenfield Avenue Pittsburgh,
15207 412-421-5766
info@saintpaulcathedral.org
www.ghocatholics.org

**ST. STEPHEN CATHOLIC
CHURCH**
5115 Second Avenue Pittsburgh,
15207
(412) 621-4951

info@saintpaulcathedral.org
www.ghocatholics.org
STEEL CITY CHURCH
290 Bigelow Street Pittsburgh,
15207

(412) 342-8387
info@thesteelcitychurch.com
www.thesteelcitychurch.com

**WARRIORS OF HOLINESS IN
POWER**
(W.H.I.P. Ministries)
1174 Mifflin Road Pittsburgh,
15207

412-461-5572
whipwarriors@gmail.com
www.whipministries.org

ADDITIONAL
RESOURCESSTUDENT LOAN RELIEF
FOR NURSES

Student Loan Relief for Nurses
Program for nurses who provided
care throughout the coronavirus
pandemic. Qualified applicants will
be randomly selected from from
around the state.

Selected nurses will be eligible to
receive up to \$7,500 in relief to
reduce their outstanding student
loan debt, with financial relief up to
\$2,500 for each year of work for a
maximum of three years.

Applications are now available and
will be accepted through March 1,
2022.

Eligible applicants must be licensed
through the PA Department of State,
including Registered Nurses (RNs)
and Practical Nurses (LPNs) who
have worked in person at a qual-
ifying nursing facility beginning
before December 31, 2021. Appli-
cants must also be certified by their
employers.

Learn more and apply at [https://
www.pheaa.org/funding-
opportunities/loan-relief-for-nurses/
pdf/slrn-application.pdf](https://www.pheaa.org/funding-opportunities/loan-relief-for-nurses/pdf/slrn-application.pdf).

JOB SEARCHING?

Businesses desperately need work-
ers. But how do you find the right
job? PublicSource asked local ex-
perts on job searching for resources
and advice.

Read more online at: [https://tinyurl.
com/pgh-job-search-tips](https://tinyurl.com/pgh-job-search-tips)

GREATER HAZELWOOD

Meetings every 2nd
Tuesday of the month!

VIRTUAL COMMUNITY
MEETING

Tuesday
Feb. 8th
6pm - 8pm

TOPICS & SPEAKERS

- **Get into the Building Trades** - Lance Harrell,
Master Builders Association of Western PA
- **Lead Safe Homes, Healthy Homes** - Juanita Brown,
Allegheny County Department of Health
- **Update on New Community Land Trust Homes** -
Ed Nusser, City of Bridges Community Land Trust
- **Hazelwood Initiative Updates**
- **Community Announcements**



Register in advance for this meeting:

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

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

TRAIN. LEARN. EXPERIENCE.

STUDENT
POLICE
ACADEMY

The Pittsburgh Bureau of Police is offering an opportunity for students, free of charge, to become closely acquainted with the roles and responsibilities of the Pittsburgh Police. The Pittsburgh Student Police Academy (SPA) will bring the Pittsburgh Police and high school youth together in a setting that offers a sample of police training to each student.

The SPA allows students to experience some of the highlights of police training and are exposed to the various operations of the police bureau. All this takes place in a safe and entertaining training environment.

As a participant of the SPA you will:

- Receive 1.5 hours of training one evening a week for 8 weeks.
- Will be taught the basics of criminal law, search and seizure, patrol tactics, firearms, police accountability and many other subjects.
- Will learn about the processing of crimes, how police canines are used and are exposed to a variety of the specialty police units.

REGISTRATION DEADLINE IS
FRIDAY, MARCH 4, 2022

Start Date:
Thursday, March 10, 2022

Classes will be held every
Thursday evening from 6:30
PM until 8 PM at Point Park
University, West Penn
Building - Rowland School of
Business, 10 Wood Street,
Room 705, Pittsburgh, PA
15222

All CDC regulations will be
observed for the classes and may
be held virtually if necessary.

All students must complete the on-line application for consideration.

SEATS ARE LIMITED! APPLY TODAY!

pittsburghpa.gov/publicsafety/cpa-spa

For additional information and/or questions please contact:
John Tokarski at john.tokarski@pittsburghpa.gov
or call 412-432-8674



Olympian

- Continued from Front Page

and running track before graduating in June of 1940.

Mr. Douglas dreamed of competing in the 1944 Summer Olympics in London. However, World War II caused the games to be canceled. In the meantime, he earned a bachelor's degree at the University of Pittsburgh. By 1948, he had become a standout athlete, winning three collegiate titles in the long jump.

Mr. Douglas dreamed of competing in the 1944 Summer Olympics in London. However, World War II caused the games to be canceled.

He sailed from New York to London on July 14th for the games that ran from July 29 and Aug 14. Mr. Douglas competed and won the Bronze Medal for a 24-foot 8.75-inch-long jump. After the Olympics he returned to Pitt, where he completed his Master of Education degree in 1950.

His father, Herb, Sr., owned an automobile repair shop. He lost his sight and made history as the first African American to use a seeing

eye dog. This was even reported in Ebony magazine.

Herb Jr. worked as night manager at his father's auto shop until the Pabst Brewing Company hired him away in 1950. At Pabst, he rose from sales representative to southern district manager, serving as Pabst's national special markets manager from 1965 to 1968.

From 1977 to 1980, he worked as vice president of urban market development for Schieffelin and Somerset Co., where he helped popularize Hennessy Cognac X.O, V.S.O.P, V.S and other brands in the African American community.

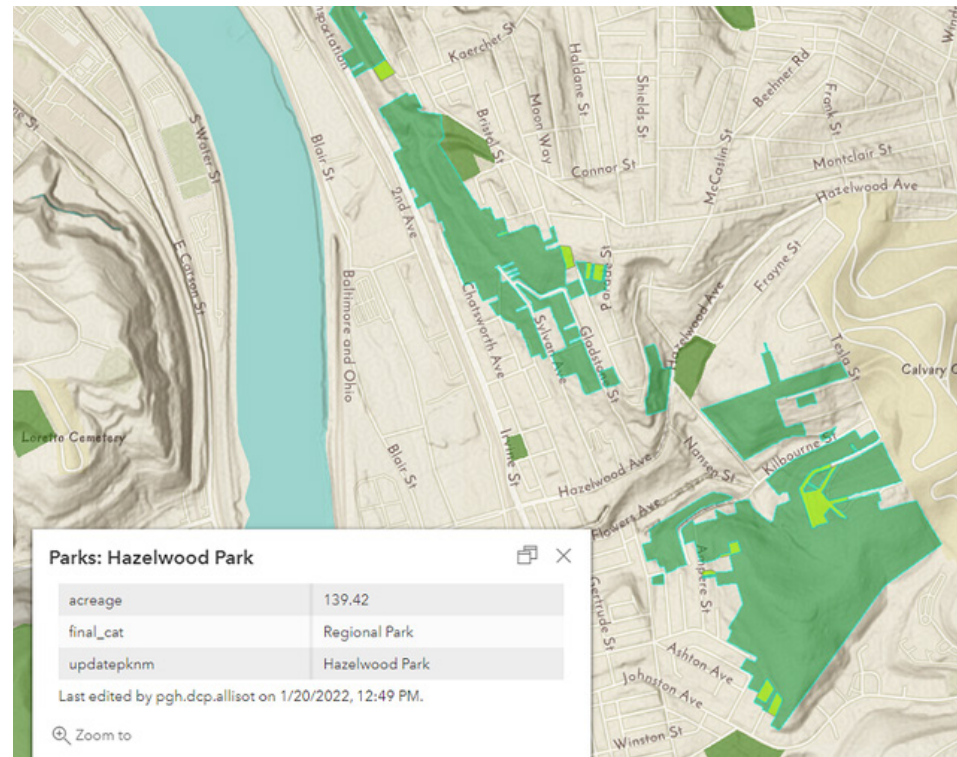
On June 11, 1982, a Pittsburgh Press newspaper clipping described the Hazelwood honorees at the 2nd Annual Community Banquet. Mr. Douglas was honored along with the No. 13 Engine and Truck Company, the Hazelwood Office of Community Action, sportswriter Jim O'Brien, Joe Vilsack, Mildred Johnson, restaurateur Frieda Pyrek Kish, and Alberta Eldridge were honored.

Mr. Douglas continued to work as an urban marketing consultant until he retired in 1987. He was inducted into the Pennsylvania Sports Hall of Fame in 1992.

In 2018, he was inducted into the Allderdice's Sports Hall of Fame. On March 9, 2022, Mr. Douglas will celebrate his 100th birthday, God willing. A century of sportsmanship, scholarship and success.

Greenway

- Continued from Front Page



Map showing the city parks in Hazelwood. in dark green Yellow areas are greenway parcels that have not been designated as city parks at this time. However, they are still greenway and will not be developed or otherwise removed from the greenway system. Screenshot from <https://pittsburghpa.maps.arcgis.com/>

ready in place and the work in the Hazelwood greenway will continue.

That's good news for people living near it. The amounts of money and staffing from the parks are still an unknown quantity.

Tiffany Taulton, Hazelwood Initiative Director of Community Initiatives has organized community hikes and cleanup days. She has also gotten grant funding and coordinated with the other partners. "Until you know the details, it's hard to

know what to expect."

But for those who want to be part of keeping the Hazelwood greenway a healthier, more vital part of the community, there are ways to get involved now.

Contact Landforce about joining a crew and training for a career in land stewardship.

Visit <https://www.landforcepgh.org/> or call 412 727 6936.

Email Ms. Taulton to volunteer: ttaulton@hazelwoodinitiative.org

BLACK HISTORY MONTH DISCUSSION ON THEME OF "OUR COLOR PURPLE"

The Black History in Hazelwood Humanity presents to the announcement to the Greater Hazelwood Community the forming of a grassroots committee for providing residents, businesses, stakeholders, and neighbors a commitment to educate on historical values through learning opportunities.

The committee chairperson, Andrea Coleman (Garden of Different Abilities) and Edith Abeyta (Arts Excursions Unlimited) collaborated and founded this committee on January 07, 2022 with other interested community members valuing their participation of work and service.

Black History in Hazelwood Humanity will host a Black History themed discussion every Saturday in February. A children's session will take place from 1:00-2:00, followed by a panel discussion from 2:00-4:00 at Hazelwood Carnegie Library of Pittsburgh meeting room.

The first panel discussion on the theme "Our Color Purple," based on author Alice Walker's novel "The Color Purple" and the movie of the same name, will happen February 5 from 2:00-4:00 p.m. following the children's session.

Registration and masks are required. RSVP by emailing betts2560@gmail.com.



West/Carpenter family and friends at Homewood Cemetery in Pittsburgh PA. Traditional family fortrait taken on Memorial Day by Helen Dennis while visiting and placing flowers at her mother's gravesite. Photo courtesy of Andrea Coleman

ENVIRONMENT

Rooftop solar panels: pros and cons

By Juliet Martinez with additional reporting by Khaleelah Muhammad

Solar energy has a lot of advantages over fossil fuels, not the least of which is that it is free. But solar panels are not free or even cheap. Many homeowners wonder if it is even worth looking into.

What are the advantages of rooftop solar panels?

First, they lower the cost of electricity for the household. And as energy costs rise with inflation or demand, those who rely on solar power continue to save.

Beyond the utility bill savings, solar power is better for the environment. About 30% of greenhouse gases come from electricity generation, according to the US Energy Information Administration. In 2020, the average home used 10,715 kilowatt-hours of electricity. That generates more than 9,000 pounds of carbon. Every kilowatt-hour of electricity from solar keeps about 13 ounces of carbon out of the atmosphere.

Solar panels are cleaner to manufacture and dispose of too. Those create less than three ounces of greenhouse gases per kilowatt-hour of electrical output. Compare that to electricity from natural gas. Start to finish, it produces 10 to 32 ounces of carbon per kilowatt-hour. Electricity produced from coal produces 22 to 57 ounces of carbon per kilowatt-hour.

Reducing pollution matters in places with high rates of asthma, like Allegheny County. The Centers for Disease Control and Prevention say 8% of adults in the United States have asthma. Compare that to 10% of adults in Allegheny County.

Environmental racism has led to more factories and other polluters built near Black and Brown communities. For this reason, minority young people have asthma at even higher rates. A 2014 survey showed 27% of Black teens in Allegheny County having asthma, compared to 20% of white teens.

Rooftop solar panels help household finances. They are also good for the environment and the health of disenfranchised communities.

But there are some down sides.

Rooftop solar panels are costly. And some roofs will need repairs or

even replacement before panel installation. You may be wondering if solar panels will be useful in places with cloudy or rainy weather.

Cost has become much less of an issue in recent years as demand has gone up. Like most other consumer goods, as production and sales go up, the price goes down. And many companies that sell solar panels are now offering financing. Homeowners can also get a significant tax credit when they go solar.

The EcoWatch website says the best way to get a good price on solar panels is to buy in bulk through a distributor. But you may still need to prepare your roof. And professional installation will help you get the most from your solar panels.

Cloudy and rainy weather are less of an issue than some would think. Cloud cover does affect efficiency, but not as much as you would think. Solar panels generate the most electricity in direct sunlight. But they do still generate electricity under cloudy conditions. Rain actually helps efficiency by washing off grime and dust.

Long-term, getting solar panels installed on your home is an investment. But experts say it does pay off. Your home value will go up and your electric bill down. You will be helping cut down on pollution and fighting climate change. That is a net win.

Solar Panels PROS AND CONS

PRO: Lowers your electric bill.	CON: Doesn't work for every roof type
PRO: Improves the value of your home	CON: Not ideal if you're about to move
PRO: Fights climate change	CON: Panels can be expensive

Source: <https://news.energysage.com/advantages-and-disadvantages-of-solar-energy/>

StrongerNow
Women's Wellness



- **Workshop: Beginner Dumbbell Training for Women**
Sunday, February 13, 10:15am-noon
Info and registration: www.strongernowstudio.com
- **Saturday Small-Group Workouts**
9-9:45 am ANTI-Bootcamp
10:15-11 am Strength Training
All levels welcome
Info and registration: www.strongernowstudio.com
- **Sunday Morning Yoga**
w/Caroline Cook, RYT 200
9-10 am
Vinyasa Flow - All levels welcome
Info and registration: cookc1130@gmail.com

StrongerNow follows a COVID-19 safety protocol. Proof of full vaccination required to participate in classes, workshops and events.

StrongerNow 517 Greenfield Avenue
Pittsburgh, PA 15207

\$20 FAMILY MEMBERSHIPS AT CARNEGIE MUSEUMS

Cold winter days (and hot summer ones) are great times to spend exploring the worlds of art and science at the Carnegie Museums. But museum memberships cost a fortune, right?

Not anymore! The Carnegie Museums now offer \$20 yearly family memberships to any family eligible to receive public assistance (no proof required). Family membership gives you:

- A year of FREE general admission for two adults and four children to all four Carnegie Museums: Carnegie Museum of Art, Carnegie Museum of Natural History, Carnegie Science Center and The Andy Warhol Museum
 - Invitations and access to members-only events
 - A year of free admission at more than 550 cooperating museums, arboretums and science centers
 - Discounted classes, camps, educational films at The Rangos Giant Cinema, laser shows, lectures and other special events
 - A 10% discount in museum stores and cafes (20% store discount during Member Shopping Days)
 - A free one-year subscription to Carnegie magazine
- Visit <https://carnegiemuseums.org/join-support/membership/family-access-membership/> for more information and to purchase a Carnegie Museums membership.

HEALTH

ADVERTORIAL

The three best workouts for winter

By Mindy McHale

Do you struggle to keep moving more in the winter than other times of the year? Do you feel guilty or lazy about it? Here are my top three workouts to beat those feelings so you can stay healthy this winter.

Workout #1. Listen to what your body is telling you it needs.

It is normal for your body to cycle through times of energy surge and repose, like the seasons. Winter, in particular, is a time your body may ask for more rest, more nourishment and more gentle movement.

Sleeping in. Heartier foods. Spending more time with yourself or a small group of people where you don't have to be "on." These are restorative activities which create the energy you need to get through the harshness of winter.

They also prepare your body for the ramped-up activity of spring and summer.

Workout # 2. Remove the labels of "guilty" and "lazy" from yourself. Forever.

Diet and fitness culture bombard us with the false messages that "you are lazy" and "you should fear weight

gain." It's no wonder if you feel guilt and shame about your body!

Every choice you make for your body out of guilt and shame benefits the multi-billion dollar diet and fitness industry, not you. This is too large a price to pay! You risk blocking or reversing the real health benefits you need.

Workout #3. Trust that you know best how care for yourself.

You need daily movement for optimal physical, mental and emotional health. Here are some empowering alternatives if your regular workouts feel too intense this winter:

Do fewer reps or lift lighter weight to honor your body's energy level in that moment

Tell your fitness instructor or personal trainer that you need a less strenuous session

Walk, do yoga or try another low-intensity activity when your energy is lacking

No one knows or loves your body more than you. Honor this season you are in. Prepare for the one that is coming.

Mindy McHale is a certified personal trainer and owner of Women's Wellness Studio in Greenfield.

Love yourself and lower your risk of heart attack

By Juliet Martinez

Around Valentine's Day, love and hearts are everywhere. Did you know you can make your own heart healthier by showing yourself some love?

Heart disease is the number one killer of women in the United States. But a recent study showed practicing self-compassion can help us have healthier hearts. Self-compassion is a lot like the kindness you show to your friends and your kids. In this case, you turn it towards yourself.

Rebecca Thurston is a professor of psychiatry, clinical and translational science, epidemiology, and psychology at the University of Pittsburgh. She told Science Daily that until now, researchers have not looked into how positive thoughts affect our bodies.

This even works if you have diabetes, high blood pressure or high cholesterol. Being kind to yourself is scientifically proven to make your heart healthier.

"These findings underscore the importance of practicing kindness and compassion, particularly towards yourself," Thurston said. "Our research suggests that self-compassion is essential for both our mental and physical health."

How can you use self-compassion?

Psychiatrist David Burns recommends a three-column journal in his book, Feeling Great. By using this simple technique, you change your thought patterns for the better.

First, divide a page into three columns. The first column is where

What am I telling myself?	Is this compassionate? Would I say that to a close friend?	What is a kinder way to talk to myself?
I can't handle my kids being in virtual school. I'm a horrible mom.	I do feel like that, but it's not kind or compassionate. I wouldn't say that to a friend.	Virtual school is really hard for most families. I try hard for my kids and ultimately, my love for my kids is the most important thing.
My boss seems mad at me. I messed up again.	It's not kind, and even though I might say it to a friend, I wouldn't be so harsh about it.	My boss may be upset, but it might not be about me. I can ask, instead of assuming. If I did make a mistake, it's a learning opportunity.
I'm going to be alone for Valentine's Day. Nobody loves me.	I would never say that to someone I care about.	It's OK to be single. I have friends and family who love me. And I love me! My relationship status doesn't determine my value as a person.
I'm having trouble paying my bills. What if my heat gets cut off? My kids will hate me and it will be all my fault.	I am having trouble paying my bills, but thinking this way is stressing me out.	Almost everyone I know is struggling right now. I can apply for assistance with my bills. Everyone needs help sometimes.

To learn more about simple, effective tools to help your mood and mental health, visit Dr. David Burns' website at <https://www.feelinggood.com>.

you write what you're thinking and feeling when you're feeling stressed out.

In the second column, ask yourself these questions: Is this thought true? Is it kind? Would you criticize or judge a dear friend that way?

In the third column, think of a kinder and more useful response. When you tell yourself more compassionate things, you feel less stressed. Your breathing can then slow down and your heart can stop racing.

Read through the sample three-column journal above. It gives examples of harsh thoughts that might be causing our stress. And it shows how we can identify and change them to something gentler.



Illustration by Ray Gerard

Developing this journaling habit is an easy way to be more self-compassionate. It is free and you can do it any time, day or night. It can help anyone of any gender have a happier mood. Giving yourself this kindness can not only extend your life, it will help you enjoy life more.

HAZELWOOD FEATURED IN NATURAL HISTORY MUSEUM EXHIBIT

The Anthropocene exhibit at the Carnegie Museum of Natural History includes Hazelwood Initiative programs. The climate change feature of the exhibit includes a photo of Community Garden Manager, Matt Peters, and a volunteerworking in the community garden at the former YMCA. A description of the climate change resilience work of Hazelwood Initiative accompanies a photo of Tiffany Taulton, Director of Community Initiatives. Get involved in making your neighborhood more climate resilient! Call 412-421-7234 ext. 409. See page 6 for information on getting a \$20 family membership to the Carnegie Museums.



Photo by Tiffany Taulton

GARDEN AND SUSTAINABILITY

2022 Garden workshops

By Matt Peters

Your neighborhood Urban Ag Team will be holding a series of free outdoor workshops in the spring of this year. Join in to gain and share gardening skills, and trade seeds and secrets as the growing season progresses.

Throughout the year, the Urban Ag Team will be growing a pumpkin patch. It will be maintained with the help and support of Arts Excursions Unlimited. The harvest will be celebrated with a community Halloween pumpkin carving! Seeds for this year's garden were saved from last year's festival hosted by Floriated Interpretations. Pumpkins are the featured squash in a polyculture system that includes corn and beans, a system known as the Three Sisters. Each workshop will feature a discussion on the many marvelous aspects of this indigenous agricultural method. Look for more details about each month's topic in upcoming editions of the Hazelwood Homepage.

APRIL is all about soil preparation! As spring warms up and the soil thaws, join us on Saturday April 2, 10AM to noon at the Glen Hazel Community Garden. You'll learn how to use the broadfork, an innovative replacement for the gas-powered tiller or the moldboard plow. And you'll get free seed packets for your home garden!

The highlight of the month will be Earth Day celebrations, the weekend of April 23-24. Saturday

the 23rd features our Free Blueberry Bush giveaway, see ad on this page. Pick up your free blueberry bush and enjoy some blues, rhythm and blues, bluegrass and more live music Saturday afternoon from noon until sundown, and stay for the weekend's Earth Day festivities! Food, vendors, and more! Contact the Earth Day event committee by calling Hazelwood Initiative office at 412-421-7234.

MAY is the time to bring seedlings out from their indoor early start, and set them in the open soil! Join us on Saturday before Mother's Day at the Glen Hazel Community Garden as we plant a Pumpkin Patch in the soil that we prepared in April. Saturday morning 10AM-noon, rain date following week. Discussion of USDA Frost Date, Planting by the Moon and Signs. Tomato swap and plant trade. Weekly weeding to follow, daily visits welcome.

In the high summer stay tuned for a workshop on identifying the various weeds and insects that are finding homes in your garden. We'll also share growing tips and weather woes that suit the circumstances that this season presents.

All workshops are free! Look for more events and registration information in each month's issue of The Homepage.

Learn more about our neighborhood community gardens on our Facebook page, the Hazelwood Sustainability Forum!

Growing space is available for FREE!

BLUEBERRY BUSH GIVEAWAY

The Izaak Walton League of Allegheny County has free blueberry bushes to give away as part of The Pittsburgh Blueberry Project. These are for residents of Hazelwood and other environmental justice neighborhoods.

Blueberries are:

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

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

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

Email Matt Peters, Community Garden Manager for more information:

gardens@hazelwoodinitiative.org

Learn more about planting blueberries:

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

FREE Garden Space Available!

Grow food for yourself, your family and friends!

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

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

Sign up on our web page with the easy signup form at <https://hazelwoodinitiative.org/urban-ag/>



GREEN JOB LISTINGS

GROW PITTSBURGH

Grow Pittsburgh teaches people how to grow food, and promotes the benefits of gardens. They are accepting applications for the following positions

- Garden Resource Center Assistant
- Office and Administration Manager (FT)
- Braddock Farms Assistant
- Farmstand & Sales Coordinator
- Grow Pittsburgh Groundskeeper
- Seedling Sales Assistant
- Shiloh Farm Assistant
- Garden Educator (FT)

Questions? Email info@growpittsburgh.org

Read job descriptions at <https://growpittsburgh.bamboohr.com/jobs/>

Check out their website at <https://www.growpittsburgh.org/>

TTINY SEED FARM (Allison Park)

Tiny Seed Farm is devoted to bringing the highest quality, most nutritionally dense produce possible to the community.

- Field team (2 positions)
- Market and delivery team (2 positions)

Questions? Call 1-717-725-5177

Read job descriptions at <https://www.tinyseedfarmph.com/come-work-with-us>

31ST WARD WIRE

Lincoln Place • Gates Manor
Hays • New Homestead



Our Mission:

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

31st Ward CAG Corner

Join the 31st Ward Community Action Group for community planning and events, discussion of current concerns and and goals, as well as updates from Zone 4 police, the Office of Councilman O'Connor, and the mayor's office.

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

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

Contact us:

Email: executiveboard@31WardCag.org

Website: 31stwardcag.org

Find us on Facebook!

31st Ward Flag Fund

Your donation will help our volunteers to install and mantian American flags that line the streets of the 31st Ward. Please make checks payable tp the **31st Ward Community Action Group** and mail to 944 Sunglow St, Munhall, PA 15120. Include a return mailing address if you would like a receipt of your donation. Send a donation via Venmo to @Pgh31stWardCAG, www.venmo.com/Pgh31stWardCAG



31st Ward Churches



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

Hoagie and pepperoni roll sale

31st Ward
HOAGIE & PEPPERONI ROLL SALE

Benefits 31st Ward CAG

SUPER BOWL SUNDAY, FEBRUARY 13TH FROM 1-4 P.M.

More info: <https://tinyurl.com/31st-Ward-Facebook-page>

**\$6.50 FOR A HOAGIE
\$3 FOR A PEPPERONI ROLL**

Visit the 31st Ward Community Action Group Facebook page for more information: <https://tinyurl.com/31st-Ward-Facebookpage>

FAMILIAR FACES

Charting a path through life and Hazelwood

Reflections on becoming an Eagle Scout

By Juliet Martinez

Scouting has given Sebastian Mull a map toward service and leadership. In becoming an Eagle Scout, he created a map of his own.

The 18-year-old Point Breeze resident grew up in Greenfield and spent time in Hazelwood. He joined Boy Scouts in fifth grade. For the last several years he has been a member of troop #3945. In December, Mr. Mull achieved the rank of Eagle Scout and is now an assistant scout master.

In order to become an Eagle Scout, scouts must collect 21 merit badges and do a service and leadership project. For Mr. Mull's project, he enlisted two fellow scouts and created a Hazelwood scavenger hunt map.

Mr. Mull is now a freshman at Chatham University, where he is active in the Community Service Club and the Honor Society. He made time to speak with me about his Eagle Scout achievement. Here are his reflections on the process and what he learned.

It was a really collaborative process. Being a leader doesn't happen in one huge group. But going around, meeting people and getting what you need from them, it made the project turn out pretty well.

The last thing was just having people who have one thing that they're good at.

You try to find those things and find the best qualities for each person and apply them to the project.

How has this helped you so far in college?

I'm more eager to participate and speak up, and speak confidently because of that leadership experience. Just in everyday life, I'm more capable and confident.

The organizational aspect is helpful too. I have six professors I'm communicating with. There's a lot of online communication because of the pandemic. Since my project took place during the pandemic, I had to do a lot of online communication, so that has really benefitted me.

Scouting is great with building confidence, leadership and a lot of other positive qualities.

To learn more about scouting, visit <https://www.scouting.org/>.



After the walking tour, Sebastian Mull and a fellow scout work on the posts for the map boxes. Photo by Evan Mull



What did you learn about leadership from doing this project?

Sebastian Mull and Hazelwood historian JaQuay Carter chat during a walking tour of Hazelwood during the summer of 2021. Mr. Mull and the other scouts working on his project attended the walking tour to learn about places of historic, sustainability and artistic importance. Photo by Evan Mull

I learned the value of quick communication because I had a lot of issues that came up, either with me not being fast enough in my communication, or others. But also, not clear communication. I definitely have improved my communication because of that.

I learned that small groups of people are the most effective way to get things done. Small groups of people you're comfortable working with, I think, is really important.



At the former YMCA, Sebastian Mull and fellow scouts Joshua and Fiona stand with the completed map boxes. Photo by Tiffany Taulton

FAMILIAR FACES

Connections are the secret to young entrepreneur's success

Plans to open Hazelwood Café at Second and Tipton in early March

By Juliet Martinez

If Dasawn Gray is going places, he's bringing his community with him.

Before he told me about the businesses he has started or the events he has organized, he talked about the groups he has volunteered for: POORLAW, the Carnegie Library of Hazelwood, Arts Excursions Unlimited and others.

"I like to work in the neighborhood," he said. "It's a nice feeling to give back."

The 21-year-old entrepreneur from Hazelwood is getting ready to open Hazelwood Café at Second and Tipton avenues in early March. He is new to the coffee industry, but he has always had a knack for business. In middle school he sold enough hoagies for his class trip that he was able to pay for another child's trip. In high school, he started a candle company, and then launched his cleaning business.

Naturally, he wants to make the café more than just a place to get a caffeine fix.

He envisions it as a place where teens can learn job skills, where people can meet and socialize, study, work or just relax. He wants to host bingo nights and karaoke. And he wants it to be a place that celebrates Africa's role in the origins of coffee.

"I want to learn more about African culture and the Ethiopian side of coffee," he said before giving me a brief history of coffee's origins. He told me about the special place coffee holds in Ethiopian society, and the legend of the goatherd whose goats were too energetic to sleep after eating coffee berries.

He has been learning all this through Commonplace Coffee. With the proceeds of a recent GoFundMe campaign, Mr. Gray entered a training course that includes credit for coffee purchases once the café opens. He has also raised money for this new business through candy sales and donations from different people in the community.

Still, he is seeking financing for the café. It is his third business, but the first time opening one that needs outside funding. He has self-financed his other businesses.

"This is something different for me, like putting together a puzzle," he laughed. "Like a 2000-piece puzzle."

Fortunately, he can always draw on his connections. He may be entrepreneurial, but he's no individualist. Whether he is running a business or putting on an event to mark his late grandmother, Virginia "Ginny" Gray's birthday, he is pulling people in. Those elaborate annual events honoring his late grandmother have sponsors, prizes, giveaways. He acts like this is no big deal.

"It's just by making different connections throughout the years," he shrugged. These connections continue to play a big role in his coffeeshop plans.

One connection he sought out last fall was a mentor from the nonprofit organization Score, which pairs business mentors with entrepreneurs. Thomas Richter, a Score volunteer business mentor, helped Mr. Gray with his financial projections.

Mr. Richter said he counseled Mr. Gray to analyze the market and try to understand why the previous tenant had to close.

"Score helped him to evaluate the future financial performance," Mr. Richter said, explaining that he helped Mr. Gray develop his income statement, balance sheet and cash flow. "He went on his own to find some funds. The majority of the work was done by him."

Throughout the process, he's relied on one of his closest connections, Joey Hepner. They have been friends and neighbors on Renova Avenue for much of Mr. Gray's life.

"Joey showed me how to do things for the neighborhood," Mr. Gray told me.

Mr. Hepner is right by Mr. Gray's side as he works toward opening the coffeeshop. We spoke about it in January.

Mr. Hepner praised Mr. Gray as "one of the motivated people doing the right stuff." He went with Mr. Gray to talk to Dave Brewton at Hazelwood Initiative about renting the coffee shop. He helped with the business plan and the details of opening and running a coffeeshop.

He said Mr. Gray already has the refrigerator bought and paid for, as

well as the panini press. The menu is coming together.

"Hopefully we'll be doing panini breakfast sandwiches, salads, soups, hoagies, doughnuts, desserts," he said. "People in the neighborhood want doughnuts."



Dasawn Gray and his great-aunt Julia "Aunt Ladybug" Robinson last summer at the commemorative event he organized in honor of his late grandmother's birthday.

Photo courtesy of Dasawn Gray

Mr. Hepner is optimistic about Hazelwood Café being a success. Why? Connections with the people in the neighborhood. "He's well-known," Mr. Hepner said. "They'll come in and support him."



An African-themed design mockup Dasawn Gray created for the Hazelwood Café. Image courtesy of Dasawn Gray



Dasawn Gray selling Ginny's Gifts candles last summer. Photo courtesy of Dasawn Gray

SCHOOL UPDATES

Propel Hazelwood Welcomes**Community Input**

By Propel Hazelwood

Community members are invited to participate in our School and Community Council (SCC) virtual meetings on the second Wednesday of each month during the school year. Use the following link to join in: bit.ly/HazelwoodSCC

These meetings convene school leadership, staff and families with community partners to share information. School leadership will provide updates about academic initiatives and other school-related news and follow up on requests for information from families or community partners. This collaborative group focuses on elevating the voices of all stakeholders.

Meetings last between 30 and 60 minutes. Following updates on top-

ics such as attendance, curriculum, and school events, participants will have the opportunity to dive deeper into featured topics to include our Positive Behavior and Incentive System, Propel Partners in Wellness Program, financial literacy, state testing, and Propel's Diversity, Equity, and Inclusion Initiative. The presentations will be followed by a questions and answers segment. Community members are also welcome to share announcements about their community activities.

Propel Hazelwood values input from community, family, scholars, and staff. We are committed to collaborating with families and communities to redefine school and defy expectations.

Remembering Daniel Greenberg, champion of democratic education

By Three Rivers Village School

At Three Rivers Village School and the other 50 or so similar schools across the US and the world, we paused this month to honor the passing of Daniel Greenberg (1934-2021). In 1968, Greenberg left his job as a professor at Columbia University to found Sudbury Valley School in Framingham MA, alongside his wife, other parents and educators. That school centered the humanity of children by committing to protect their freedoms and their right to be heard as full members of a community. Greenberg worked at the school and promoted the model until his death, along the way writing more than twenty books about education and democracy. That school provided the inspiration and structure that shaped the foundation of Three Rivers Village School.

As psychologist, professor and author Peter Gray put it, "He [Greenberg] believed in democracy (REALLY believed in it), trusted children (REALLY trusted them), played the major role in building a school that affords the rights and responsibilities of democracy to children, and taught everyone who was willing to pay attention that it works and why it works." This is the work we're trying to continue.

This month, students and staff at TRVS are imagining, planning, and creating the school we will grow into as we move to our new building on Chatsworth Ave. Day to day, that means students are keeping up their social lives, group activities, classes, personal pursuits and other projects while also attending and being major voices in all the discussions and meetings about the move. We're grateful for and inspired by the work of every student at Three Rivers Village School, just as we are about the work of Daniel Greenberg, who always believed kids can do great things.



TRVS school meeting members and Hazelwood Initiative staff walk through the former YMCA building on Chatsworth before moving in at the end of January. Photo by Lauren McNulty

PROPEL HAZELWOOD™ VIRTUAL SCC MEETINGS

All meetings are on the second Wednesday of the month at 6:00 p.m.

MEETING DATES:

JANUARY 12, 2022
Learn more about the Positive Behavior Incentive System we are using at Propel Hazelwood.

FEBRUARY 9, 2022
Learn more about the Propel Partners in Wellness Program offered at Propel Hazelwood.

MARCH 9, 2022
Questions about finances or taxes? Get answers during this session focused on Financial Literacy.

APRIL 13, 2022
Learn more about the upcoming PSSA's.

MAY 11, 2022
Learn more about our commitment to Diversity, Equity & Inclusion and continuous work we're doing as a school.

GOOGLE MEET INFORMATION:
Video call link: <https://meet.google.com/vve-ddai-wuo>
Or dial: 402-921-2208 PIN: 994 138 233H

DON'T MISS OUT ON WHAT'S HAPPENING IN OUR SCHOOLS!

Propel Hazelwood is a Title I Funded School
5401 Glenwood Avenue • Pittsburgh, PA 15207 • Phone: 412-325-3457 • Fax: 412-325-3456 • www.propelhazelwood.org



TRVS students spearhead and organize all of the school activities, including their annual Winterfest celebration, which included several performances. Photo by Lauren McNulty

COMMUNITY NEWS

Construction trades apprenticeships starting in Hazelwood

By Juliet Martinez

Residents wishing to enter the trades can do so in Hazelwood starting this spring. At the January community meeting, Hazelwood Initiative and Associated Builders and Contractors of Western Pennsylvania announced upcoming job and training opportunities in Hazelwood.

The workforce development opportunities start with a nine-week construction core skills class.

Sonya Tilghman, Hazelwood Initiative executive director, explained the class covers basics like construction math and how to use different tools.

The signup forms for 15 free training spots will be online at <https://www.hazelwoodinitiative.org> by mid- to late February. Sign up for the Hazelwood Initiative e-newsletter to be notified when the forms are available.

Justin Erdner is the president and CEO of the builders' and contractors' association. He said the first step toward a trade career is the nine-week pre-apprenticeship class. Further training generally takes place on the job.

By the time the class ends, the restoration of Gladstone school will be in full swing. The contractor will likely hire carpentry apprentices right away, Ms. Tilghman said.

Those interested in different trades will have other opportunities in the neighborhood. They may be hired to work on the brewery on Lytle near Tecumseh Street. And Hazelwood Green may offer other hiring opportunities.

Mr. Erdman said students graduating from the pre-apprenticeship class are getting hired.

"I get calls every day for graduates," he said. "There's a shortage."

Sign up for the Hazelwood Initiative e-newsletter at www.hazelwoodinitiative.org to be notified when the pre-apprenticeship class registration begins.

Hazelwood Local year in review

Hazelwood Local held 22 events in 2021, said project manager Dana Wall. About half those happened at Hazelwood Green. The other half were in the Hazelwood neighborhood.

Some of the year's events were virtual and co-sponsored by neighborhood organizations. In-person events like the Fall Mini-Fest took place at Morningstar Baptist. Summer movie nights were held at Hazelwood Green Plaza. Center of Life partnered with Hazelwood Local to bring KRUNK performances to Hazelwood Green Plaza.

Publicity and transportation posed the biggest challenges in 2021, Ms. Wall said. They publicized events through email and posted flyers. Center of Life offered free shuttle service for events at Hazelwood Green Plaza.

Getting the word out may get easier now that Jourdan Hicks is the local events manager. She is a Hazelwood native, Hazelwood Initiative board president and an award-winning journalist.

Hazelwood Local encourages more neighborhood organizations to reserve the plaza for events. They want to support the businesses, food vendors and organizations in the neighborhood.

Heart and Soul event will take place at Woods House on February 25, 2022. Live soul music and wine tasting, flower arranging, writing love letters.

Hazelwood Local launched in 2020 on behalf of Almono, which owns Hazelwood Green. Its purpose is to bring cultural and recreational activities to Hazelwood Green. It also highlights the vibrancy of the surrounding neighborhood. Ms. Wall said it has funding to continue through 2022.

Visit <https://hazelwoodlocal.com/> or email hazelwoodlocal@gmail.com.

Hazelwood greenway updates

Rebecca Kiernan, chief resiliency officer for the City Planning Department, spoke to the meeting. She presented on the news of Hazelwood greenway's designation as a city park.

See page 1 for more information.

Ask E: How do I find my purpose?



Photo courtesy of Erika Johnson

By Erika "E" Johnson

Dear E,

With the new year and the pandemic dragging on, I feel the need to refocus on what's important. My life doesn't feel intentional. But where do I start? What are the first steps towards walking in my purpose?

Signed, At Loose Ends

Dear At Loose Ends,

This is such a good question and I had a little trouble answering it because purpose is very subjective.

Walking out your purpose is honestly moving in, operating in and engaging in those things that you were designed for and that were designed for you. It's not a destination but it is a constant moving or pivoting around the things that excite you, make you smile and make you tick. Those things that make you stay up at night past 2 am, or maybe even elicit indignation - that is - something that irritates you tremendously or gets under your skin to the point of anger where you want to take action to change it.

I say all of this to say that the first step is to really sit & take the time to figure out what you like to do. Try not to focus on what makes money or what's super professional or

seems impressive. Just start at what really matters to you. I recommend writing this down, grab a journal or small notebook & dedicate it to finding your purpose.

I say to write it down because:

1. You'll be surprised at what you can forget when you're thinking about your life and doing introspective work.

2. Writing really helps to pull out those things in our mind that we don't always recognize that's there. It's a great way to go deep. You can sketch circles & put topics in them & just go from there, it doesn't have to fit a specific flow. Just release your thoughts about it & then read it.

Once you review your thoughts, notice how they make you feel. Then look at what you can do. Is there a course you can take, can you begin volunteering somewhere, or reach out to someone you know in the field?

Make bite-sized goals to explore and immerse yourself into these and - as cliché as it sounds - things will begin to unfold. As they do, remember to walk according to how much peace it brings you. If it feels like it fits you, keep moving, even if it's hard. Because there is a difference between difficulty and peace. If you can keep making and reaching small goals in doing this, purpose will meet you in the work that you're doing.

COMMUNITY NEWS

Neighborhood nonprofits receive Small and Mighty grants

By Juliet Martinez

Jamie Upshaw says people are noticing the organization she founded, Autism Urban Connections. I spoke with her in January.

“We’re having a lot more people coming in and a lot more people are interested in the work we’re doing,” she said. The organization offers support and parent education to Black families with autistic children.

The Pittsburgh Foundation noticed. In December, Autism Urban Connections won a \$15,000 Pittsburgh Foundation Small and Mighty grant.

The Small and Mighty grant program launched in 2016. Its goal is to make grant-seeking easier. It targets small nonprofits meeting basic needs in and around Pittsburgh. To qualify, nonprofits must have an annual budget under \$600,000. Small and Mighty recipients also have access to resources to support their growth.

The foundation website says the grant will help Autism Urban Connections help more families access emotional, physical and mental health supports. This is the first time the organization has received the grant.

Ms. Upshaw, said Autism Urban Connections offers parents a six-week class. They learn about autism from a variety of specialists. They talk about the importance of self-care and make sure families have supportive resources.

“We teach a lot of families what autism can look like,” Ms. Upshaw said, “and when it’s time to ask for help.”

Help is on the way for two other Hazelwood organizations. Main St., and Fishes and Loaves Cooperative Ministries also received grants.

Main St.

Main St. focuses on making online commerce accessible. The group teaches STEAM skills to young adults in Hazelwood. It is the non-profit arm of multimedia production and content firm DeLoJe.

The organization’s goal is to strengthen the neighborhood economy. They boost small businesses and nonprofits by fostering creativity and technical capacity.

The Pittsburgh Foundation website says the \$15,000 grant will fund STEAM classes for Hazelwood youth. It will also cover staffing and equipment.

Visit <https://www.deloje.com/mainst> for more information.

Fishes and Loaves Cooperative Ministries

The Pittsburgh Foundation also recognized the work of Fishes and Loaves Cooperative Ministries. They received \$20,000. This group focuses on getting nutritious food to people in need. The grant will strengthen operations, data gathering, volunteer coordination and client intake. This will ensure that more people are able to access healthy food.

Fishes and Loaves delivers meals to Hazelwood and surrounding areas on weekdays. The organization’s Congregate Lunch is a home-cooked meal. It can be enjoyed in community at 131 E. Elizabeth St. every weekday, or taken to go. Volunteers deliver emergency food boxes and senior food boxes. And the group facilitates grocery shopping and delivery for neighborhood residents.

Visit <https://fishes-and-loaves-hazelwood.org/> for more information.

Ms. Upshaw said the grant and resources will help extend her organization’s work. The recognition means a lot, too.

“We’re really grateful that we got it,” she said. “We were kind of skeptical because there were a lot of people competing for funds. It let me know that the work we’re doing is important and people see that.”

BECOME A COURT APPOINTED SPECIAL ADVOCATE FOR FOSTER KIDS

Court appointed special advocates (CASA) volunteers are there to help at one of the hardest times in a child’s life. They get to know the child and the important people in their life, like parents, teachers, doctors and foster parents, attorneys and social workers. Then CASA volunteer presents the information they learned to judges and others involved in the child’s care. This helps steer decisions towards what is best for the child.

All kinds of people become CASA volunteers. Anyone who cares about giving the most vulnerable kids a fair shot at life can get trained to be a CASA volunteer. Go to <https://pacasa.org/> for more information.

HOUSING

Eviction filings, inclusionary zoning and the national rental housing picture

By Juliet Martinez

The housing situation is precarious. Pandemic rental aid is running out for many households. Eviction freezes have expired. It’s not a quick fix, but Pittsburgh is extending its inclusionary zoning ordinance. Meanwhile, rental demand is rising across the country and repairs are a growing issue.

Eviction filings

Public Source reported that the number of local eviction filings rising in late 2021. The eviction freezes and hearing extensions ended, so landlords can once again take tenants to court. Still, the number of filings in December was about 70% of pre-pandemic levels.

Rental aid may have played a part there. ERAP has paid out \$68.4 million for about 12,000 households. Less than 300 applications have been denied. More than 10,000 are still in process and on average, 85 new applications come in per day.

Natalie Ryan of ACTION-Housing told Public Source funds are running low. And the ERAP applications already in process will likely consume the rest of the federal rent relief money for Allegheny County.

Before the pandemic, the lack of affordable housing had already caused serious problems in Pittsburgh. This has only gotten worse.

“There’s long waiting lists,” Richard Wierzbowski told Public Source. The East Liberty retiree had been apartment hunting since June. By December he was facing an eviction filing. “Some are not even taking applications anymore. And as far as market rate, it’s way beyond what my monthly income is.”

Inclusionary zoning headed for Bloomfield and Polish Hill

Inclusionary zoning is one way to address the need for affordable housing. It requires developers to set aside a percentage of new rental units or homes as affordable.

The City Planning Commission has recommended bringing two neighborhoods into the city’s inclusionary zoning district. Right now, it only covers Lawrenceville. City Council still has to approve the extension to Bloomfield and Polish Hill. If they do, developers building new apartments or homes have to make 10% of them affordable for 35 years.

“Home repairs are a matter of housing justice, energy justice, public health, and community stability, regardless of whether a person owns or rents their home.”

- State Sen. Nikil Saval

Affordability means that the price of housing is no more than 30% of a household’s income. Renters earning no more than 50% of the area median income will be able to apply for inclusionary units. Home buyers earning at most 80% of area median income will have access to inclusionary homes.

Lower-income renters are hurting and the Northeast faces particular challenges

The Joint Center for Housing Studies of Harvard University released its 2022 rental housing report in January. It confirms what many know first-hand. Nationwide, the pandemic has hit lower-income renters harder than those with higher incomes.

In the last quarter of 2021, 23% of households with incomes below \$25,000 were behind on their rent. And 15% of those with incomes between \$25,000 and \$50,000 owed back rent. Compare that with households making more than \$75,000. Just 5% of those households were behind on rent.

Continued on Page 15

HOUSING

Rundown

- Continued from Page 14

This comes as demand for rental housing is extremely high. Under 6% of professionally managed units are vacant nationwide. The rental vacancy rate has not been this low since the mid-1980s. It is even lower for moderate- and low-priced rentals, where 3.7–4.0% of units are empty.

The report says one factor affecting the supply of rental units is the need for repairs. In 2019, HUD classified 7% of rental stock as moderately or severely inadequate. This means a building might have large holes or leaks. It may lack basic features like plumbing, electricity, water or heat. For units built before 1940, 11% were moderately or severely inadequate.

This problem is more acute in Pennsylvania. The Northeast has the oldest rental housing stock in the country.

I reached out to State Sen. Nikil Saval (D, Philadelphia) who has proposed legislation streamlining whole-home repair programs statewide. He echoed concerns about Pennsylvania's aging housing stock. Keeping homes weather-tight and in good repair is vital, but costly.

"Home repairs are a matter of housing justice, energy justice, public health, and community stability, regardless of whether a person owns or rents their home," Sen. Saval wrote in an email.

Older units and those needing repair are more vulnerable to climate change. The report hits an ominous note, saying:

The immediate impacts of climate change will increase the costs of maintaining and repairing the rental stock ... But the increasing incidence of weather-related damage in the coming years could leave many more rental units uninhabitable, threatening the health and safety of residents and causing widespread displacement.

Sen. Saval wrote that he is trying to address this looming disaster. "I'm introducing Whole-Home Repairs legislation to make it possible for lower-income households to stay in their homes, safely, healthfully, and comfortably, for now, and for the long-term."

New Mayor Delays Oakland Crossings Hearing

Controversial rezoning process could set "dangerous precedent" for Pittsburgh development

By Junction Coalition

On January 10, Mayor Ed Gainey requested a 30-day continuance on a controversial proposed zoning ordinance. This delayed the City Planning Commission hearing on a proposed development called Oakland Crossings.

The Planning Commission was scheduled to host a public hearing on the matter January 11, but at Mayor Gainey's request delayed the hearing until its February 8 meeting. After the hearing and a review of the legislation, the nine-member panel will give its recommendation to City Council.

"I look forward to discussions on this development and those across Pittsburgh and how they can promote equity and affordable housing," Mayor Gainey said in a statement. "I am hopeful we will find a solution that prioritizes equitable development, aligns with the priorities raised by residents in the Oakland Plan process, and delivers on much needed affordable housing prospects for the people of Pittsburgh."

A major change to Oakland's landscape

Developer Walnut Capital seeks changes to zoning regulations that would create a new subdistrict in Central and South Oakland. The 17+-acre area stretches between Forbes Avenue, near UPMC Magee-Womens Hospital, and Boulevard of the Allies. Many of its stately brick houses have been subdivided to accommodate student renters. Notable landmarks include the former Howard Johnson's, the former Isaly's building, and a large open green space between the two. The rezoning would allow new uses for this land such as parking garages, utility-generating plants, wastewater treatment plants, university campus facilities, and educational classroom spaces.

Fast-tracked bill worries Pittsburgh residents, community groups

Janice Markowitz, a board member of the Oakland Planning and Development Corporation, welcomed the continuance. She commented, "We're confident that Mayor Gainey has made a thoughtful decision

and will be inclusive and respectful of the process as we move forward."

The Oakland community group has been a vocal opponent of Oakland Crossings, citing potential displacement of low-income residents and special considerations for the project that have subverted the normal rezoning process.

"The Department of City Planning handles public engagement and considers competing interests before the Planning Commission reviews. Then City Council would review after the Planning Commission," Oakland Planning and Development Corporation assistant director Andrea Boykowycz said at an October 5, 2021, City Council public hearing about Oakland Crossings. "The bill before you has skipped that process entirely and started from the wrong end of the line."

Former Mayor Bill Peduto introduced the bill to City Council on September 17. Since the zoning amendment originated in the mayor's office, Mayor Gainey is now acting as the applicant. Ms. Boykowycz requested the October 5 meeting on behalf of Oakland Planning and Development Corporation and asked City Council to refrain from taking action on the bill—at least until Oakland community groups have had a chance to finalize their forthcoming Oakland Plan.

City Council heard about an hour and a half of public testimony from residents and community groups across Pittsburgh, the vast majority of whom shared Ms. Boykowycz's concerns about what she called the dangerous precedent Oakland Crossings' fast-tracked acceptance would set.

"I believe the handling of this request for zoning change will affect the outlook of all neighborhoods regarding community planning ... Neighborhood groups have an expectation that the whole reason for completing a plan is to then have conversations with developers and others about how the market might fit into various community needs," April Clisura said at the October 5 hearing. Ms. Clisura lives in Greenfield and volunteers for community organizations in Greenfield in Hazelwood. "We community residents

need to call for clarification and stand up for what constitutes public participation." Ms. Clisura also suggested creating a community planning bill of rights for Pittsburgh.

Run resident Barb Warwick, who spoke next, is also active in Greenfield and Hazelwood and shares these concerns. "From where I stand in The Run, OPDC is a powerhouse when it comes to sway in this city," she told council members. "So if you're going to brush them aside, if you're going to tell them that their neighborhood plan doesn't matter, that big-money developers can just do what they will—what hope is there for the rest of us?"

City Council approved the bill and forwarded it to the Planning Commission on October 12. On January 25, OPDC hosted a packed community meeting about Oakland Crossings. More than 100 participants, including Mayor Gainey, attended. The Department of City Planning will host another meeting on February 2 at 6 p.m.

Read this article with links to source material at www.junction-coalition.org/2022/01/16/new-mayor-delays-oakland-crossings-hearing/.

NEIGHBORHOOD PHOTO CONTEST!

Send your favorite photos of your neighborhood to The Homepage! Every month the photo contest winner will have their photo and name printed in the paper.

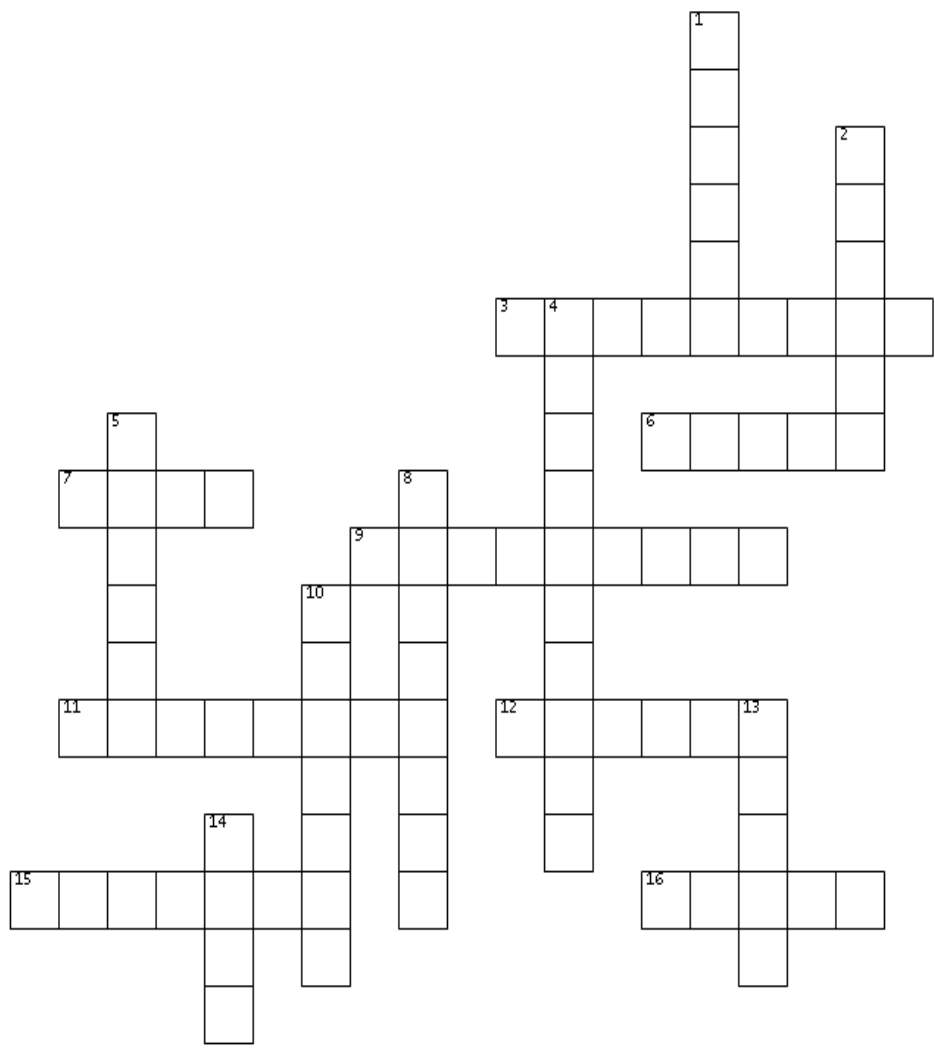
Contest entries must include the name of the photographer, the names of anyone shown in the photo, the date and location where the photo was taken. Submission of photographs grants The Homepage permission to print the photographs.

Email digital photos to editor@hazelwoodinitiative.org.

Mail photo prints to:
Hazelwood Initiative, Inc.
Attn: The Homepage
4901 Second Avenue, 2nd Floor
Pittsburgh, PA 15207

AUDIENCE PARTICIPATION

Crossword Puzzle



ACROSS

3. Sebastian Mull made a map to do this kind of hunt in Hazelwood

6. Acronym for science, tech, engineering, arts and math

7. Nurses can get some of this for-given

9. Mayor Gainey postponed a zoning hearing about Oakland _____

11. Herbert Douglas, Jr., is the oldest living Black _____

12. Learn to do these kinds of jobs by signing up for free training at hazelwoodinitiative.org

15. Ask-E explains how you can start to find this in your life

16. Compassion for yourself is good for your heart

DOWN

1. The drink that originated in Ethiopia

2. The Carnegie _____ offer \$20 family memberships

4. The street where Three Rivers Village School is now located

5. This kind of housing is in high demand lately

8. A system of passive green spaces

10. City of _____ Community Land Trust

13. Power that comes from the sky and can generate electricity

14. Learn to prepare this for planting in April at a garden workshop

STR8TS SUDOKU

STR8TS Medium

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

SUDOKU Medium

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

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

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

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

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



Allegheny Lead Safe Homes Program

Providing free home repairs to keep families safe from lead paint

Why you should apply:

Lead is most dangerous to children under age 6 because their brains and nervous systems still are developing. When they put their hands and other objects in their mouth, they can swallow lead-paint dust, which can be invisible to the naked eye. Children also can be exposed to lead by ingesting soil, food, or water containing it.

THERE IS NO SAFE LEVEL OF LEAD.

Even low levels of lead in the blood of children can result in:

- Behavior and learning problems
- Lower IQ and hyperactivity
- Hearing problems

Lead also can cause premature birth for pregnant women.

The following services are provided for FREE:

Lead-Paint Testing

The program will test for lead paint throughout your home and identify all areas that may be dangerous.

Home Repairs

The program will hire a Certified Lead Abatement Contractor to repair all lead hazards found in your home. Examples of repairs include:

- Repairing and repainting chipping lead-painted surfaces
- Window and door repair or replacement
- Enclosing exterior trim and components

Repairs up to \$12,000 will be made at no cost to the owner. Owner contribution may be required above that amount.

Apply today!

Contact Tiffany Taulton

Office: 412-421-7234 x409

Cell: 412-392-7427

E-mail: ttaulton@hazelwoodinitiative.org
Or Visit: alleghenycounty.us/leadsafeprogram

Do You Qualify?

- Are you a homeowner or renter in Allegheny County?
 - **Homeowners:** Does a child under age 6 live with or regularly visit you OR does a pregnant woman live with you?
 - **Renters:** Is your landlord willing to participate and give priority to low-income families with a child under age 6 if you move in the next 3 years?

- Was your home built before 1978?

- Does your household's annual income fall below these limits?

Family Size	Pre-Tax Income
1	\$47,500
2	\$54,300
3	\$61,100
4	\$67,850
5	\$73,300
6	\$78,750

- If you are a landlord, does your tenant meet the requirements above?



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AUDIENCE PARTICIPATION

Six-word stories, back by popular demand

The concept of distilling a story or poem down to a mere six words has existed for several decades. The first well-known example is attributed to Ernest Hemingway in the 1920's.

Each month, Homepage readers send in their own six-word stories and poems. Some imaginative readers also submit ideas for the following month's prompts.

We invite you to try your hand at this game of literary brevity. There are no wrong answers, just wrong word counts!

Here we go...

Prompt: How to treat a cold
Lots of rest
Binge TVs best
—**MaryAnn Majcher**

Prompt: A winter memory
Sledding down Orchid
On daddy's back
—**MaryAnn Majcher**

Prompt: Feeling cozy in snowy weather
Goose down
Turtleneckbound
Bottles intown
—**MaryAnn Majcher**

My daughter, Myla, loves winter activities and I enjoy spending time outdoors with her during the cold, winter months, especially when there's snow. When it snows, we might be out and about or cozy inside. In my head, I hear a little poem in honor of our winter delight:

You and me and snow, let's go!
—**Alison Halasz S**

Snowy weekend means daily fresh pajamas.
—**Angela Johnson**

Prompts for next month's issue
Write a six-word story or poem about:

- The isolation of the pandemic
- Romance
- Hope for spring

Please submit your six-word poems and stories to editor@hazelwoodinitiative.org by February 11.



COMMUNITY VOICES

Questions Moms of Disabled Want to Ask Governor Wolf

By Nancy Murray, M.S., president of The Arc of Greater Pittsburgh and senior vice president of Achieva. Murray has more than 40 years of experience in the disability field in the areas of public policy, advocacy, family support, supports coordination, health care, and state government serving people with disabilities and their families.

As the mother of three adult children with intellectual disabilities, I've spent decades advocating for children and adults with intellectual disabilities and autism (ID/A) and their families.

I am deeply proud of the Commonwealth of PA for moving from placing children and adults with disabilities in segregated wards of state centers to a more compassionate and inclusive community-based system.

But today, the ID/A system is facing its greatest crisis in more than 60 years.

Repeated underfunding has resulted in community disability programs being unable to recruit a workforce of direct support professionals (DSPs) to support people with disabilities in their homes, at their jobs, and in their communities. This underfunding has resulted in the highest staff vacancy and turnover rates in history.

Parents of children and adults with disabilities become advocates the day their children are born and continue to advocate and care for them for decades. But we are exhausted

and need help. Across PA, families cannot find DSPs to help them care for their family members with disabilities. Mothers who fight for the rights of their children with disabilities have more wear and tear on their souls than one should in a lifetime, so on behalf of them and our children I'd like to ask Governor Wolf the following questions.

Governor Wolf, what is your plan to stop the collapse of the community ID/A system? Our DSPs are leaving to take jobs in other places because the payment rates your administration set many years ago have not kept pace with inflation and do not allow disability organizations to pay DSPs what Walmart, Amazon, and other businesses pay.

Governor Wolf, how will PA maintain the health and safety of people with ID/A with the system collapsing? Parents of children with ID/A who care for them at home save the Commonwealth billions of dollars every year. The ID/A system is our safety net. We are extremely worried about what will happen to our children if the system collapses.

Governor Wolf, why is it OK to use the same federal Medicaid funds to pay your state DSP employees 30% more than DSPs performing the same work in community programs? Why don't you support the cherished American principle of Equal Pay for Equal Work?

Governor Wolf, do you understand that DSPs are not teenagers starting their first job at age 16? Your administration put in place a state regulation that is supposed to set

fee schedule rates that will pay fair wages for DSPs who provide necessary, life-sustaining services for people with disabilities. However, recommendations from your Administration propose paying DSPs the same as teenagers working their first job. You are a successful businessperson. I know you understand these are different jobs requiring different skills and different wages.

Governor Wolf, do you know what a DSP does? As the title implies, DSPs are professionals who have very challenging jobs. They administer medications, develop and implement positive behavior support plans, and manage mental health crises and emergency medical situations. DSPs also need to maintain households, prepare specific diet-required meals, provide accessible transportation, record data for federal and state regulators, and know how to safely use crisis prevention, intervention, and resolution techniques.

Governor Wolf, will you meet with people with disabilities and family members before you present your February budget address to the PA General Assembly? If you meet face to face with people with disabilities and families, you will better understand the impact this crisis is having on us and you will take action to fund the intellectual disability system with the \$541 million that is needed to stop its collapse. Your administration's current rate recommendation is \$141 million short of what is needed. The state has the funds targeted for this purpose from

the American Recovery Plan, thanks to Senator Bob Casey and increasing state revenues that are far exceeding projections. After five years of a rate freeze, the disability system we worked decades to build is collapsing in front of our eyes. But, it does not have to. With your leadership and the General Assembly working with you, it can be saved and strengthened.

Governor, tens of thousands of families of people with intellectual disabilities and autism look forward to hearing answers to these questions.



Nancy Murray, M.S., is the president of The Arc of Greater Pittsburgh and senior vice president of Achieva. Ms. Murray has more than 40 years of experience in the disability field in the areas of public policy, advocacy, family support, supports coordination, health care, and state government serving people with disabilities and their families. Photo courtesy of Achieva

COMMUNITY VOICES

The Word of God does not return empty

By Vicar Benjamin Janssen,
Holy Cross Evangelical-Lutheran
Chapel in Hazelwood

The prophet Isaiah writes, “For as the rain and the snow come down from heaven and do not return there but water the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater, so shall my Word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and shall succeed in the thing for which I sent it” (Isa 55:10-11). As we enter into the middle of winter and we see the seasons changing, it is always healthy to remember that God is always in control. Not only did He create this world and the greater Hazelwood community in which we live, but through the prophet Isaiah, God continues to reassure you of His sovereignty; sovereignty not only over creation but over all those evil things which the Devil throws your way.

St. Peter calls the devil “a roaring lion, seeking someone to devour” (1 Pet 5:8) and he is especially active during these colder months. Not only are we unable to spend as much time outside, but the holidays can be very hard for some of us. Family conflicts, cold weather, gloomy days, and neighborhood tension can make for some tough days during this winter season. While the devil and this sinful world continue to berate us, and Covid appears to change but never go away, there is One who

is mightier than all of it, and His name is Jesus Christ. The true Son of God whose birth we celebrated on Christmas came into this despairing and wretched world in order to pay the penalty for all sin. His death on the cross has wiped away the punishment of all sin and defeated the devil for all eternity. And not only did He conquer all sin and the devil, He even conquered death through the resurrection. Jesus not only died for the sins of the world, but was raised from the dead to defeat the devil, destroy his reign on your life, and give you the promise of eternal paradise with Jesus Christ in heaven.

We are assured that God’s Word doesn’t return empty, and it has not. St. John writes that Jesus Christ is the Word of God and that He “became flesh and dwelt among us” (Jn 1:14). Jesus Christ is the Word of God which has gone out into greater Pittsburgh and Hazelwood and we have confidence that Jesus Christ will not return empty. Rather He will bring many of you to be with Him in heaven through faith. This is the hope which we have here at Holy Cross Evangelical-Lutheran Chapel and we want to share this joy with you each and every week. Come pray and hear the Word of God with us every Sunday at 9:30AM, Wednesday at noon, and Friday at noon. We look forward to meeting you and we love you because Jesus loves you!

The Dance of Life

By Jim McCue

Everything is alive, in my opinion. Many physicists agree there is no real separation between things. Every action has a reaction. Hurt someone else and you hurt yourself. Karma may not always be instant, but it's real just the same.

We are at a historic moment in Earth's history. Fear (of change, of new ideas and feelings, of death, of new technologies, of new ways of living) is a mistake. Being unafraid to enjoy each moment in this fast-moving world allows action based on optimism. We can flow with and help guide the changes.

We CAN help establish a Heaven on Earth.

Physicists say time and space (or time/space) is an illusion. Some phi-

losophers say all "reality" is an illusion, as hard as that is to imagine. Maybe we're all incredible but temporary imaginations of God.

So, how can we transform ourselves and the world to make a better world? I know one thing I like to do, is grow food...and flowers. And compost. Much more composting. Think of plants as a vital part of you, like your lungs. In fact, the Amazon rainforest has been called, “the lungs of the Earth.” The incredible and devastating effects of global warming have furthered deforestation. The air pollution in some areas is lethal.

We're clearly being brought to our knees. This is a time of change, of transformation. We can't separate from each other. We must join together in the dance of life.




TRAIN. LEARN. EXPERIENCE.

CITIZENS POLICE ACADEMY

The Pittsburgh Bureau of Police sponsors an opportunity for you to become closely acquainted with the roles and responsibilities of the Police Bureau. The Pittsburgh Citizen's Police Academy (CPA) brings the police and the community close together in a setting that offers a sample of police training to each participant.

The City of Pittsburgh's Citizen Police Academy (CPA) allows participants to experience some of the highlights of police training and are exposed to the various operations of the police bureau. All this takes place in a safe and entertaining training environment.

As a participant of the CPA you will:

-  Receive 2 hours of training one evening a week for 10 weeks.
-  Will be taught the basics of criminal law, search and seizure, patrol tactics, firearms, police accountability and many other subjects.
-  Will learn about the processing of crimes, how police canines are used and are exposed to a variety of the specialty police units.

REGISTRATION DEADLINE IS FRIDAY, MARCH 4, 2022

Start Date: Wednesday, March 9, 2022

Classes will be held every Wednesday evening from 6:30 PM until 8:30 PM at the Jewish Community Center, 5738 Forbes Ave, Pittsburgh, PA 15217

All CDC regulations will be observed for the classes and may be held virtually if necessary.

All interested persons must complete the on-line application for consideration.

SEATS ARE LIMITED! APPLY TODAY!

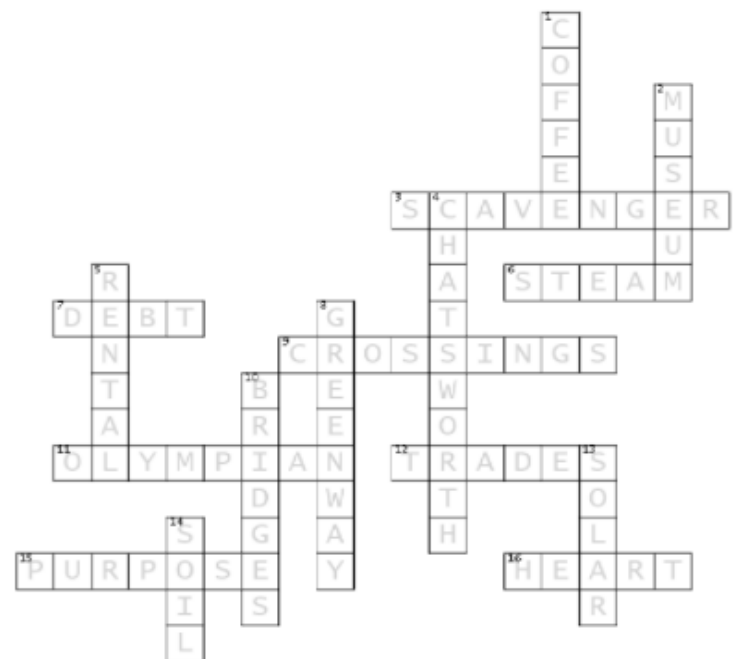
pittsburghpa.gov/publicsafety/cpa-spa

For additional information and/or questions please contact:
John Tokarski at john.tokarski@pittsburghpa.gov
or call 412-432-8674



*THIS PROGRAM IS NOT AN ACCREDITED CERTIFICATION COURSE TO BECOME A SWORN POLICE OFFICER.

Puzzle Solutions



Str8ts Solution

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

Sudoku Solution

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

ADVERTISE IN THE HOMEPAGE

Your local business can attract loyal neighborhood customers by advertising in The Homepage. Delivered free each month to around 10,000 households in Greater Hazelwood, Greenfield, the 31st Ward, New Homestead and the Run, The Homepage serves the needs of residents and promotes small businesses like yours. Your tax-deductible advertising costs will help your neighborhood as well as your bottom line.

Contact Sarah Kanar at skanar@hazelwoodinitiative.org or 412-421-7234 x 402 to learn more about our affordable ad rates.

GET HELP WITH YOUR HEATING BILL

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

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

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

How do I apply?

- Create an account and apply at <http://www.compass.state.pa.us/>
- Download an application at <https://tinyurl.com/liheap-2021-2022-application> and return it to the county public assistance office.

Where can I learn more?

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

Community Kitchen Pittsburgh

Valentine's Day Three-Course Meal

(Choose one from each category)

Appetizer

- Lobster Bisque + Crème Fraiche + Aged Sherry + Chive Oil
- OR
- Mixed Greens + Poached Pear + Candied Cashews + Dried Cranberries + Honey Balsamic Vinaigrette

Entrée

- Apple Cider Braised Beef Short Rib + Potatoes Au Gratin + Roasted Broccolini + Potato Gaufrette + Calvados Demi-Glace
- OR
- Potato Encrusted Grouper + Truffle Mac & Cheese + Grilled Asparagus + Crab & Chive Beurre Blanc

Dessert

- Fresh Fruit Tart + Frangipane + Vanilla Bean Crème Chantilly
- OR
- Tiramisu + Almond Brittle + Crème Anglaise

Add-on: Chocolate Covered Strawberries \$12-\$14/half dozen

SERVES ONE

Price: \$29.95

To place your order, visit <https://www.ckpgh.org/> by midnight on Feb. 8th

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Support Your Local businesses

- Abriola's Auto Parts.....(412) 421-8100
- Allegheny Fence.....(412) 421-6005
- Allen Demolition.....(412) 361-7500
- Automotive Medic.....(412) 422-2886
- Brad Rosen Landscaping.....(412) 421-4330
- C&D's Kitchen.....(412) 224-2658
- Carpets & Things.....(412) 401-8049
- Christian Cleaning Services.....(412) 781-5989
- Colwell Automotive.....(412) 422-2658
- Community Kitchen Pittsburgh.....(412) 246-4736
- Dylamato's Market.....(412) 521-1351
- Easy Does it Lawn Care.....(412) 708-3586
- Elevationz: MoNae's Hair Studio , Killa Kutz , New 2 You & The Diamond Room.....(412) 235-7033
- Elizabeth Pharmacy.....(412) 421-0114
- Elmer Herman Funeral Home.....(412) 521-2768
- Floriated Interpretations.....(412) 607-7886
- General Contractor - Mike Lignini.....(412) 600-1969
- Graphics 22 Signs, Inc.....(412) 422-1125
- Gray's Tidy Up Services.....(412) 819-5597
- Greenfield Jewelers.....(412) 904-3589
- Halbleib's Auto Body.....(412) 422-4665
- Hazelwood Family Health Center.....(412) 422-9420
- Inspirational Wear.....(412) 218-4782
- Italian Village Pizza.....(412) 521-1900
- Marks Fantastic Photos.....(412) 403-9247
- MDT Home Remodeling & Repair.....(412) 467-9577
- Negril Curbside Food Truck.....(412) 437-8474
- Jimmy Cohen Plumbing, Heating and Mechanical..(412) 421-2208
- John D. O'Connor & Son Funeral Home.....(412) 521-8116
- Jozsa Corner Hungarian Restaurant.....(412) 422-1886
- K & M Clean Fix LLC (Handyman Services).....(937) 369-8364
- K & T Cleaning.....(412) 337-7903
- Key Bank(412) 422-7420
- Kruszka's Auto.....(412) 521-8911
- La Gourmandine.....(412) 291-8146
- Lytle Cafe.....(412) 421-4881
- Odell Minniefield Construction and Services.....(412) 421-6662
- Phyl's Cleaning and Décor.....(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 Chiropractic.....(412)-521-8890
- Webster Electric.....(412)-290-1112

Want your business listed for FREE?

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



Got Back Pain?

Are you:

- age 18 or older?
- currently experiencing low back pain?

You may be eligible for a University of Pittsburgh federally funded research study exploring different therapies to treat **low** back pain and prevent it in the future.

There is no cost to you to participate in this year-long study.

This study may not be for you if you have ongoing, bothersome back pain that has lasted more than three months.

To learn if you may qualify for a screening appointment, visit **pacback.org**.

Compensation will be provided.

If you are eligible and willing to participate, you will be randomized (like rolling dice) to one of four possible treatments:

- **Spinal Manipulation** involves hands-on therapy to the joints and muscles in the low back.
- **Supported Self-management** focuses on teaching you things you can do on your own to manage your back pain.
- **Combined Spinal Manipulation and Supported Self-management** involves a combination of hands-on therapy and self-management.
- **Medical Care** involves treatment such as medication that you would typically get from your medical provider.

