



The Bulletin

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Garfield Commons Celebrates Grand Opening

By Paula Martinac
The Bulletin

Several hundred residents and stakeholders, community leaders, and local political luminaries filed into the new community center at 242 Fern Street in Garfield through a portico with the word "PRIDE" etched in stone on it. They came to celebrate the January 12 grand opening of Garfield Commons, the new housing development that replaces the now-demolished Garfield Heights public housing complex.

"Today we're celebrating the rebirth of a community," A. Fulton Meachem, executive director of the Housing Authority of Pittsburgh, told the audience in the bright, window-filled community room. "This is not just about buildings, but about turning people's lives around." Rev. Chad Collins of Valley View Presbyterian Church on Black Street gave the in-



Paula Martinac/The Bulletin

ocation, calling the opening of the complex "a victorious day... God has been in the midst of it, and we pray that he will stay."

The event marked the end of Phase

1 construction, which includes 90 mixed-income rental units and the state-of-the-art community center. Phase 2, scheduled to be completed by the end of the year, will include 45

additional units. Meachem cited the development's principal funders, among them Pennsylvania Housing Finance Agency and PNC Bank.

"What we're doing in Pittsburgh to transform public housing is a model for the rest of the country," Mayor Luke Ravenstahl told the crowd. Garfield Commons, he said, is "a shining example" of this transformation. The mayor lauded Keith Key, the principal of KBK Enterprises in Columbus, Ohio, and the developer of Garfield Commons, as someone who "takes chances, takes risks to provide good quality housing."

Key called himself "a poor public housing kid" who grew up on Columbo Street in Garfield and wanted to be able "to come back to the old community and make a difference." All of his contractors, he noted, are local, and 45 percent are minorities.

See Commons, page 6

Scoping Out Penn Avenue

On January 14, a Scoping Field View was conducted for Phase I of the Penn Avenue Reconstruction Project, which will run from Mathilda Street to Evaline Street. Phase I, budgeted at almost \$5 million, will include new traffic signals and lighting, streetscape elements, sidewalks, and other major improvements to the four-block stretch; construction is slated to begin in late 2011.

The purpose of the field view was to introduce officials with PennDOT's Central Office to the site and provide them with an opportunity to ask questions pertaining to the scope of the project. The meeting was also attended by members of the project team of L.R. Kimball & Associates, the engineering firm hired to oversee the reconstruction, and representatives of the City of Pittsburgh. The final corridor phasing plan for Penn Avenue was completed by Kimball and approved in October 2009 by members of the Penn Avenue Corridor Phasing Plan Committee (PACPPC) and the City of Pittsburgh. The final corridor phasing plan can be found in its entirety at the project website: <http://www.lrkimball.com/070661/>.



Paula Martinac/The Bulletin

PATRICK HASSETT (RIGHT) OF THE CITY'S DEPARTMENT OF PUBLIC WORKS EXPLAINED THE SCOPE OF THE PENN AVENUE RECONSTRUCTION PROJECT TO PENN DOT OFFICIALS. AFTER REVIEWING THE PLANS, THE GROUP TOOK TO THE AVENUE FOR A FIELD VIEW.

The deadline for all articles, ads, and Bulletin Board items for the March 2010 issue is **MONDAY, FEBRUARY 15, 2010**. For more information, call 412-441-6915.

HIV/AIDS Awareness Event Reaches Out to African Americans

February 7 is National Black HIV/AIDS Awareness Day (NBHAAD), a day to focus on stopping HIV in the black community and building on the effort to end the HIV/AIDS epidemic.

Every 9-1/2 minutes someone in the United States is infected with HIV, but African Americans are the most disproportionately affected by this disease. According to the Centers for Disease Control and Prevention, Blacks account for about half (49%) of those people newly diagnosed with HIV and AIDS, but account for only 13% of the U.S. population. This disproportionate ratio is the same in Allegheny County.

The HIV/AIDS epidemic in Black America is a continuing public health crisis for the United States. The harsh reality is that 1 in 16 black men will be diagnosed with HIV at some point in their lifetimes. Black women are also disproportionately affected by HIV, with infection rates 15 times as high as those for white women. AIDS is now the number one cause of death for African-American women between 25 and 34 years of age living in the United States.

The Southwestern Pennsylvania

AIDS Planning Coalition (SWPA-PC) is commemorating National Black

HIV/AIDS Awareness Day by collaborating with local AIDS service organizations, community care services, churches, and interested individuals to raise awareness of this disease in the minority communities, at an event offering free HIV testing, prevention education and risk reduction, and personal perspectives, with entertainment (hip-hop artists, spoken word [poetry], and African dancers) and light refreshments. The collaborative event will be held in the Hill District, at Central Outreach Community Resources and Referral Center, 1860 Centre Avenue on Saturday, February 6, from 11 a.m. to 6 p.m.

The event's goal is to get 100 folks tested who have never been tested before in order to know their HIV status. This will help to prevent the spread of the disease and get HIV positive

By Judy Sylvester
Southwestern Pennsylvania AIDS
Planning Coalition

people into care and treatment.

Some African Americans face

unique challenges that may place them at an increased risk of contracting HIV. The relatively high prevalence of HIV and other sexually transmitted diseases in minority communities means that African Americans, compared with other ethnic groups, face a greater risk of HIV infection with each sexual encounter. Little or

no income may also limit access to health care and push community members into activities that make them vulnera-

ble to HIV infection. Stigma and denial continue to keep HIV alive in our communities.

But HIV is preventable, and each of us can and must do our part by confronting the reality of the disease and its cause. We all have to work together to stop the devastation of HIV in the African-American communities.

If you are diagnosed HIV positive,

you can fully benefit from available life-saving treatments and take steps to prevent the spread of the disease. If you aren't HIV infected, you can protect yourself and your family from HIV. And if you have never had an HIV test or if your last HIV test was some time ago, consider attending the event on February 6.

Here are some steps we can all take as a community:

- Get tested for HIV
- Practice safer methods to prevent HIV
- Decide not to engage in high-risk behaviors
- Talk about HIV prevention with family, friends, and colleagues.
- Provide support to people living with HIV/AIDS
- Get involved with the movement to end AIDS

For more information about this event or about HIV prevention, contact SWPAPC toll free at 1-877-732-0401, or e-mail sw.papc@verizon.net.

"HIV/AIDS Prevention – A Choice and a Lifestyle"

Date	Time	Event	Organization/Contact	Place
Feb. 4 Thursday	12:00 PM- 7:00 PM	NBHAAD Event – Free HIV Rapid testing	Pittsburgh AIDS Center for Treatment, Diana Harrington Byas, 412 647-0329; harringtondp@upmc.edu	UPMC, 630 Falk Medical Building, Pittsburgh, PA 15216
Feb. 5 Friday	2:00 PM- 6:00 PM	HIV Testing Day	Allegheny General Hospital's Positive Health Clinic & Northside Community House Church; Shennod Moore, 412-359-4436	Northside Community House Church, 120 Parkhurst St., Pgh. PA 15212
Feb 6 Saturday	11:00 AM 6:00 PM	NBHAAD Kick-Off: HIV Rapid Testing, Music/DJ, Prevention Educ. Personal Perspectives, Snacks.	SWPAPC in collaboration with local partners: Judy Sylvester, (412) 363-1022 or Toll Free 1-877-732-0401; sw.papc.planning@verizon.net	Central Outreach, AUBA Plaza, 1860 Centre Ave., Pittsburgh, PA 15219.
	8:30 PM- 1:30 AM	NBHAAD Dance. Buffet dinner, RB "Artiste" group, dance, HIV testing. Fee: \$15 or \$5 if getting tested.	Rev. Clifford Foster, (412)	Central Outreach Community Resource & Referral, AUBA Plaza, 1860 Centre Ave., Pgh.
Feb. 7, Sunday	4:00 PM- 6:00 PM	NBHAAD Concert: Pitt. Gospel Choir, Mt. Ararat Baptist Mass Choir, and All Nations Dance Co.	PATF: Contact (412) 345-0585	Pentecostal Temple COGIC, 6300 E. Liberty Blvd, Pgh. 15206.
	6:00 PM-	"Code Red" Event: "A.I.D.S.- and I Die Slowly" performed by Bryan C. Jones	One Church, One Life: Contact: Khafre Abif or Min. Deryck Tines, (412) 261-1692	937 Liberty Ave., Downtown Pgh.
Feb. 19, Friday	4:00 PM – 7:00 PM	NBHAAD Event – Free HIV Testing	YMCA: Karmen Jones (412) 243-6088, Ext. 31; kri1114@yahoo.com	YMCA Homewood/Brushton,
Feb. 20, Saturday	12 Noon- 3:00 PM	NBHAAD Event: Celebrate Life! Get Educated! Get Tested! HIV Testing; video & discussion.	R.A.P.H.A. Program. Dr. Maria Bonacile Johnson, CEO, Bonacile Enterprise. dr_bonacile@msn.com ; (412) 363-8082, Ext. 135	East Hills Community Center; bonaenterprises@ymail.com
	1:00 PM- 4:00 PM	"All of Us" Documentary Film and Discussion	Educating Teens About HIV/AIDS Awareness; Dr. Albertha Graham, (412) 973-9524.	Bidwell Presbyterian Church, 1024 Liverpool St., Pgh. 15233
Feb. 27, Saturday	TBA	NBHAAD HIV Awareness Day.	Allegheny Conference, AME Zion Church; Debra Dennison, (412) 383-3137; dpd2@pitt.edu	Homewood AME Zion Church, 724 N. Homewood Ave., Pgh.

Compiled by Judy Sylvester, Southwestern Pennsylvania AIDS Planning Coalition (412) 363-1022, as of 1.13.10

- ❖ 56,400 NEW infections in the U. S. in 2007 - 50% in U.S. under the age of 29
- ❖ In Allegheny County African Americans make up approximately 13% of the total population but account for over 45% of new HIV/AIDS diagnoses.
- ❖ Blacks accounted for 65% of the estimated new HIV/AIDS diagnoses among people under the age of 25.

Please note: Some events may change. Please check with the contact to confirm the time and place.

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Financial Aid Help for High School Seniors

Pittsburgh Public Schools seniors and their families can get information about completing a Pittsburgh Promise application at one of the District's Financial Aid Nights. Families will also learn about filling out the Free Application for Financial Aid (FAFSA), which is one of the steps required to receive a Promise scholarship.

Representatives from the Pittsburgh Public Schools, Pennsylvania Higher Education Assistance Agency (PHEAA), Negro Educational Emergency Drive (NEED), and colleges will be on hand at Pittsburgh Peabody, 515 N. Highland Ave., on February 17 at 5:30 p.m. to speak about The Pittsburgh Promise and the various types of financial aid available to students, including grants, loans, and work-study.

Currently, graduates of the Pittsburgh Public Schools who are eligible have the opportunity to receive a scholarship from The Promise that would pay up to \$5,000 each year for up to four years of tuition. Even students who already have scholarships to cover the full cost of tuition may be eligible for a minimum award of up to \$1,000 through The Promise.

For more information, visit <http://www.pittsburghpromise.org/> or call 412- 281-7605.

Public Voices Concerns about Future of East End Public Schools

By Paula Martinac

The Bulletin

About two dozen parents and community members showed up for the first of three public hearings being held by the Pittsburgh Public Schools (PPS) East Region Advisory Committee to allow public input on the future of school facilities from Lawrenceville to Homewood. The committee, which was, according to PPS, created to "develop recommendations for serving the educational needs of the students and families in the East Region," is comprised of District personnel; representatives from community groups, such as Bloomfield-Garfield Corporation and Mt. Ararat Community Activity Center; and foundation staff.

Among other tasks, the committee is studying and working with a facilities report that the District commissioned last year from consulting firm DeJong to look at ways to produce a "leaner" Pittsburgh Public Schools over the next 10 years. In the East Region, DeJong advised closing eight schools and funneling the students into other facilities. The recommended trimming would respond to "excess capacity" in certain schools — that is, a decrease in the number of enrolled students. In one of the report's more controversial suggestions, Pittsburgh Peabody would close its doors, and Peabody students who do not get accepted into magnet schools or opt to leave the public school system would be re-assigned to Pittsburgh Westinghouse.

The January 19 hearing took place at the Reizenstein Facility in East Liberty, with about half of the committee in attendance. Eight people signed up to put their concerns about the so-called "Building Excellence" project on the record. The press release for the event had strictly mandated early registration for speakers, who were told to bring 15 photocopies of their remarks for the committee, but several speakers who were not on the agenda and whose remarks were off the cuff were also allowed to address the panel. Each speaker was allotted three minutes to present his or her thoughts and concerns.

Many of the speakers expressed their dissatisfaction with the combining of schools that has already taken place, and their fear that further consolidation will compromise students'

education even more. For example, the Reizenstein Facility, which originally housed just one middle school, is now home to both Pittsburgh Schenley High School and Pittsburgh Obama 6-12.

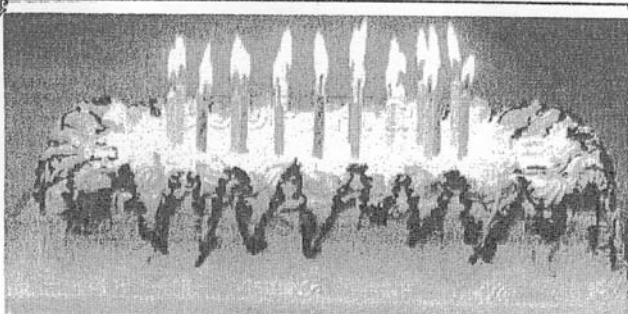
"Everything's so crammed in," complained Tonya Holloman, whose three teenagers all attend classes in the Reizenstein building. "There are too many kids and they're not getting what they need. My daughter gets 20 minutes of gym two times a week. My senior can't always get a chair for class."

"Things can happen that the consultants are clueless about," observed speaker Mark Rauterkus, whose two boys are at Pittsburgh Obama 6-12. The consultants see only a nice big gym and swimming pool, he said, but the reality is that there are too many students vying to access those facilities.

Speaker Ray Roberts said he has a daughter at Pittsburgh Fulton PreK-5, one of the schools that may close; its students would be re-assigned to Pittsburgh Ft. Pitt ALA. Roberts expressed frustration because "my wife and I chose [Fulton] very carefully. We were impressed with the school and with Principal [Kevin] Bivins, who invited us to visit without condition... We even compared the kind of homework given at Fulton." But, Roberts said, "intangible things are not part of the DeJong report. Fulton is... a school that's attracting parents," but that does not factor into the report's conclusions.

"The East End is bearing the brunt of the Pittsburgh Public Schools' reconfiguration," asserted speaker Kathy Fine. She said that "neighborhood tensions are sad but real," citing the proposed merger of Peabody and Westinghouse. "Closing schools is a grave injustice... and injustice in education is unacceptable."

Two additional hearings for community input will be held on February 9 at 7 p.m. at Pittsburgh Peabody, 515 N. Highland Avenue in East Liberty, and February 25 at 7 p.m. at Pittsburgh Westinghouse, 1101 N. Murtland Avenue in Homewood. Parents can read more about the DeJong findings and also register their input online at www.pps.k12.pa.us, by clicking on the "Building Excellence" link.



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The Bulletin

serving Bloomfield, Garfield, East Liberty,
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- serve the incorporated territory of the BGC and surrounding communities
- report on activities and ideas affecting those communities
- offer an opportunity to express opinions and exchange ideas

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Thanks also to BNY Mellon, Pittsburgh Partnership for Neighborhood Development, The United Way, Allegheny Valley Bank, Dollar Bank, Citizens Bank, and all our advertisers.

Don't forget to visit The Bulletin's blog at www.bgcbulletin.blogspot.com for the latest events and happenings!

Is the Lawrenceville Library Still in Trouble? An Update and Call to Action

By Chuck Staresinic

Friends of the Lawrenceville Library

The Lawrenceville branch of the Carnegie Library won a temporary reprieve when Pittsburgh's City Council voted to provide a one-time infusion of cash to Carnegie Library of Pittsburgh to keep four neighborhood branches from closing and two others from being merged. Carnegie Library has committed to keeping these libraries open through 2010. However, there is a very real danger that the Lawrenceville branch will close at the start of 2011 if a permanent, stable source of funding is not found.

New gambling legislation in Pennsylvania is likely to lead to a modest increase in funding for libraries. It will not be enough to provide a permanent, stable source of funding for Carnegie Library of Pittsburgh. Our elected officials need to work with the library and the community to make sure funding is found.

If we do not take action, Pittsburghers will lose their neighborhood libraries. Write to and call

your elected officials today, and ask them what they are doing to ensure that Pittsburgh does not lose any of its neighborhood libraries.

- Councilman Patrick Dowd (District 7), Patrick.Dowd@city.pittsburgh.pa.us, 412-255-2140
- Mayor Luke Ravenstahl, askpgh@city.pittsburgh.pa.us, 412-255-2626
- State Senator Jim Ferlo (38th District), jferlo@pasenate.com, 412-621-3006

If you live outside of these districts, you can find information on other elected officials by visiting the League of Women Voters at <http://palwv.org/pittsburgh/gov/ffc/ffcgeneral.html>.

Also, you can join the Friends of the Lawrenceville Library for only \$5 by stopping by the Lawrenceville branch. Make an additional donation of any amount. The Friends group is actively advocating for the library and for you, the users of the library. In addition, the group is raising money to purchase new books for

the branch, support public programs, and improve the facility. The Friends of the Lawrenceville Library is in the process of developing a website. Check on the progress at www.lawrencevillelibrary.org

Finally, use your library. Make it a regular, perhaps weekly, part of your routine. Check out books. Learn to use the Carnegie's online services to request books from any library in the city and have them delivered to Lawrenceville. In addition to the books, check out the movies, music, and audio books available through the library. The more we use our library, the harder it is to justify closing it.

The Lawrenceville branch of Carnegie Library of Pittsburgh is located at 279 Fisk Street. Phone: 412-682-3668. See a list of its February programs on page 10 of this issue. Hours: Mon - Thu: 10 a.m. - 6 p.m.; Sat: 10 a.m. - 5 p.m.; Fri, Sun: closed.

Editor's note: Showcase of the Month will return in March.

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The Census Does More Than Count People: *It Creates Jobs*

By Paula Martinac
The Bulletin

As reported in *The Bulletin's* January issue, the 2010 U.S. Census is on its way to our neighborhoods this spring. The census is a once-a-decade counting of all the people who live in the United States, which helps to determine the need for services and businesses in local communities. It's vital for everyone to be counted, and, with a U.S. population of more than 300 million people, an accurate count requires a lot of effort.

That's good news, because it means the creation of about 1,000 temporary jobs in our area paying well above minimum wage. In the Pittsburgh area, the salaries for census jobs run between \$15 and \$18 an hour. Training is paid, and census workers receive their paychecks weekly.

Five different kinds of short-term jobs are available, including much-needed census takers, who go door to

door in their own neighborhoods, contacting individuals and households who have not responded to the printed census form they received in the mail. Census takers review the form with the individuals they contact and record their answers to 10 simple census questions. The position requires flexible hours, including evenings and weekends, for up to 40 hours a week. The actual canvassing of households takes place from April to July, 2010. Census takers are sworn to confidentiality, and face fines or prison terms if they divulge people's personal information to anyone.

Other positions include census crew leaders, who train and supervise census takers, and crew leader assistants. Census clerks provide adminis-

trative support to census workers in the field, while recruiting assistants help attract people to apply for the other census jobs.

Even those who currently have part-time or full-time jobs may apply for census work to supplement their incomes. Retirees, veterans, students and recent graduates, and those currently seeking work are encouraged to apply.

Requirements for all positions include being an English-speaking U.S. citizen or a legal resident at least 18 years old (bilingual candidates are especially needed); having a valid Social Security number; passing a 30-minute written test and a background check; and committing to four hours of training. Most positions also require a valid driver's license and use

of a vehicle. The written test is a multiple-choice exam of 28 questions measuring basic skills in clerical duties, reading, numbers, interpreting information, and organization. (See box below for sample test questions.)

In the East End of the city, the Eastside Neighborhood Employment Center, located at 5321 Penn Avenue in Garfield, will be a testing center for census positions during the month of February. Testing dates at ENEC are Monday and Wednesday mornings at 10 a.m. and Wednesday evenings at 5:30 p.m. Applicants must register for the test in advance by calling 1-866-861-2010. A state-issued photo ID and original birth certificate or social security card must be presented at the time of testing.

For more information about census jobs, including a practice written test, visit www.2010censusjobs.gov or call toll-free 1-866-861-2010.



Add More Fiber to Your Diet to Stay Healthy and in Shape

Fiber is the part of plant-based foods that we cannot digest. Although many sources recommend that adults get at least 20-25 grams of fiber per day, most Americans do not even get half that much.

Fiber is divided into two types: soluble and insoluble. Soluble fiber dissolves in the water we drink, and then binds to some fats and sugars we eat to prevent or slow their absorption from the GI tract. Insoluble fiber does not dissolve. This type is important primarily for having healthy bowel movements.

Lots of foods have fiber in them, including many fruits, vegetables, beans, and whole-wheat breads. Here are some examples:

Food type	Grams
Banana (1 medium)	3
Raspberries (1 cup)	8
Apple with skin	4.4
Raisins (1.5 ounce box)	2
Oatmeal (1 cup)	4
Peas (1 cup)	8.8
Corn (1 cup)	4.6
Lima beans (1 cup)	13
Whole grain bread (1 slice)	2

By Jennifer Middleton, MD,
and Amy DiPlacido, MD
Bloomfield-Garfield Family
Health Center

Fiber helps to keep our digestion and our bowel movements regular.

People who are constipated can develop hemorrhoids or pouches in the bowel wall called diverticula. Diverticula can get infected (diverticulitis) and make people ill.

Fiber can also help you get or keep a healthy weight. Because foods with lots of fiber help you to feel full for a long time, you're less likely to overeat with extra snacks during the day.

Some foods, like oatmeal, granola bars, and yogurt, now have extra fiber added to them – look for them at your grocery store. The best way to get the fiber you need is in food, but you can also buy fiber supplement products. Be sure to follow the directions on the package about how much to take.

Make sure that when you add fiber to your diet that you add it gradually – adding too much fiber too fast may make you feel very bloated and gassy. Try adding just an extra 3-4 grams every few days until you get to the recommended 20-25 grams a day.

Remember: your family doctor is a great resource to answer questions you may have about eating a healthy diet.

Sample Number Skills Question

Multiply these numbers.

$$1.7 \times 6.5 =$$

- (a) .1105
- (b) 110.5
- (c) 11.05
- (d) 1105

ANSWER: C

Sample Organization Skills Question

Read the following paragraph and answer the question below it.

Each county is divided into a number of census tracts. The tracts are, in turn, subdivided into blocks. Groups of blocks within a tract are then combined into assignment areas (AA).

Which of the following best shows the four geographic units discussed above, in order of size, from largest to smallest?

- (a) AA, block, tract, county
- (b) County, block, tract, AA
- (c) County, AA, tract, block
- (d) County, tract, AA, block

ANSWER: D

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Geek Art and Green Innovators Festival Expands “Unblurred” on Penn Avenue

It might be hard to envision the gritty, weathered blocks of an East End neighborhood as a canvas, but this coming April, artists, urban architects, robotics engineers, and eco fashion advocates will treat them that way. On Friday, April 2, Penn Avenue’s art district will be hosting Geek Art and Green Innovators (GA/GI), Pittsburgh’s first art and technology festival.

If you are interested in understanding, exploring, celebrating, or improving the city’s urban landscape and learning how it relates to art and technology, then the GA/GI festival is the right place for you. The Penn Avenue Arts Initiative (PAAI) is lending its support to festival coordinator Christine Bethea, owner of the ARTica Gallery. “We want to involve anyone who has interesting ideas in green or technology products. We want to showcase anything new in digital or dirt,” said Bethea.

By Meaghan Maher
Bulletin Contributor

The event will feature an entire day’s worth of activities, with the Union Project playing host to the morning kick-off. Activities will begin at 10 a.m. with a robotics “play date” for pre-schoolers, discussions on nature, readings, and creative movement. The program will also include Art Energy Design’s Power Flower, a 14-foot steel sunflower that absorbs solar energy (see photo). Additional activities are being planned for teen and ‘tweens as well.

Later in the day, PAAI’s monthly “Unblurred: First Fridays on Penn,” which regularly highlights various galleries in the Penn Avenue Arts District (4800-5500 Penn Avenue), will feature GA/GI, opening up more businesses along the avenue and adding green- and technology-themed events to the festivities. The

arts district corridor will turn into a virtual pantheon of technology and green expositions, with some buildings projecting film or showcasing demos. One example is Modernformations owner Jen Quinio, who is expanding her annual April salon show by hosting Electric Owl Studios, creators of interactive toys.

GA/GI is an event created to lend credence to connections between art and science. At the same time, the GA/GI festival will “bring it home” to community and families, giving them a closer look at current and new technology. “GA/GI will be Pittsburgh’s art and technology barn-raising!” said Charlie Humphrey, executive director of Pittsburgh Filmmakers.

A complete list of activities for the GA/GI festival will be available closer to the day’s events. In the meantime, save the date on your calendars and check out the blog:



Rick Byerly

POWER FLOWER, A 14-FOOT STEEL SUNFLOWER DESIGNED BY ART ENERGY DESIGN, WILL BE ON DISPLAY AS PART OF THE GEEK ART AND GREEN INNOVATORS FESTIVAL.

www.gagifestival.blogspot.com. Click “follow” if you would like to receive regular updates.

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Commons, from page 1

In addition, 23 local residents and 15 young people from YouthBuild worked at the site.

Key announced that KBK is providing \$150,000 in funding to bring computers and computer training to every home in the development “to allow people to be marketable. We don’t know where the next Keith Key or Barack Obama will come from,” he explained.

Also speaking at the event was Percy Miller, a.k.a. Master P, the rap star. Miller recently joined KBK Enterprises in the media division. “I take this guy real serious,” said Miller about his colleague Key. “I met a lot of important people – Will Smith, Denzel – but this is the one guy I said, ‘I gotta show up to help him.’” Both he and Key, he said, “want to break the cycle” of poverty, and understand “the importance of education and financial literacy.”

Some of the residents of the old housing complex have already

moved back and are now in brand-new homes, including Shirley McCoy, head of the Garfield Tenants Council. “About three years ago Mr. Meachem kicked us out,” she joked. “Now I got a new house.” The 90 units consist of a mix of duplexes, triplexes, and quads – “the most beautiful homes you’ll ever see,” according to Meachem.

The Rev. Ricky Burgess, councilman for District 9 and board chairman of the Housing Authority, stated what he said was a guiding principle behind the new development: “Every person in the community deserves safe, affordable, comfortable housing. Our residents deserve an environment that lets them create new lives.”

For information about applying to live at Garfield Commons, please call Janice White at 412-661-0416, Monday through Friday, 10 a.m. to 2 p.m.

Bloomfield-Garfield Corporation is now on Facebook! Become a fan to get the latest neighborhood news!
<http://www.facebook.com/pages/Bloomfield-Garfield-Corporation/263453003709>.

J'eet Adds Innovative Cuisine and Friendly Atmosphere to Penn Avenue

By Maya Henry

*Business District Manager
Lawrenceville Corporation*

J'eet Café opened its doors in October of last year, when it was still warm enough outside to keep the roll-up window in the front facade open. When the window opens again this spring, passersby will be able to order coffee or espresso drinks, soup, sandwiches, and salads from right along Penn Avenue. Right now, in the dead of winter, this friendly neighborhood café's warm, buttery walls, ample indoor seating, and menu of healthy comfort food are even more welcome.

The café is located at 4200 Penn Avenue near Main Street in an area usually identified as Lawrenceville but sometimes called Bloomfield. What doesn't seem to matter so much is which neighborhood J'eet sits in, just that it is accessible to many. And soon, owner Marc Stern says, J'eet will be open longer hours so that more neighborhood residents can stop in on their way home from work to grab a bite, or just sip some coffee and use the Wi-Fi. This is good news for the 19,000 residents who live within one mile of the new café but have to spend their "9 to 5" outside of the East End.

Opening a brand-new café in a building that sat vacant for two

decades was no easy feat, although the location was not an accident. Stern's brother Eric has had great success with nearby brillobox, and both restaurants are now serving brunch, allowing two great weekend options for those who walk up the hill from Lawrenceville or stroll over from Bloomfield. And given that J'eet sits on the 86B bus line, East Liberty, Garfield, Friendship, as well as Polish Hill and the Strip, are just a short bus ride, walk, or drive away.

While vacant buildings can ultimately create the most unique spaces, they can be a challenge because they often necessitate a lot of work to bring them up to code and make them habitable. Stern had to install pretty much everything from plumbing to new flooring (except for the brick walls - one is left exposed). This is all in addition to a state-of-the-art coffee bar designed by Brad Richards of Brighton Heights, a kitchen, and a huge deck that will be another asset come spring. Working with a long-vacant building allowed Stern and his crew to be playful and creative with the interior, and construction was completed in just about seven months.

J'eet's menu is a collaboration between Stern and executive chef Kevin Olmstead, who was a student of Stern's while he was teaching English

at the Pennsylvania Culinary Institute. Stern's influence is apparent in the California-sized salads (Stern was an actor in California for many years before returning to Pittsburgh) like the Nicoise and the Veggie Monster, and the use of fresh, local ingredients. Their approach to the menu is evident in signature dishes like the Crepito (egg, Swiss cheese, bacon, and caramelized onions folded into a crepe) and Espresso & Coffee Bean Crepe (espresso-flavored crepe, whipped cream, and chocolate-covered coffee beans).

Olmstead's philosophy of keeping things simple doesn't mean that he won't work with incredibly inventive flavors, such as in Le Breton (a sandwich of spicy sopressata, brie, cornichon, garlic aioli, and mixed greens). Daily specials appear to give him another opportunity to play with unique flavors; you can sign up for J'eet's Facebook page to get daily updates from Chef Kevin on what (usually seasonal) inventiveness he has cooked up for that day. Olmstead also makes in-house syrups that can be added to coffee and espresso drinks from the front bar.

Ultimately, J'eet reflects the spirit of creative entrepreneurship that is present all over Lawrenceville and the East End. Instead of a plethora of



Maya Henry

BRAD RICHARDS OF J'EET HANDS A CUP OF COFFEE THROUGH THE RESTAURANT'S ROLL-UP WINDOW.

chain stores serving up the same old fare to harried hospital workers, this corridor of Penn Avenue offers a group of unique eating establishments such as Taste of India, the Purple Rose Tea Room, Tram's, brillobox, Sammy's, and Penn Main Cafe. J'eet adds another great option for all to enjoy!

J'eet Cafe is located at 4200 Penn Avenue. For more info, visit www.jeet-cafe.com or call 412-682-JEET.

Letter to the Editor

Dear Editor:

Just want to compliment *The Bulletin* for the informative and well-written article, "Getting Your Feet Wet in Local Politics This Year," by Gloria Forouzan (January 2010). I hope this will inspire more folks to get involved in politics on the local level.

*Laurel Rosenberg
Shadyside*

FREE COMPUTER CLASSES AT EASTSIDE NEIGHBORHOOD EMPLOYMENT CENTER

Eastside Neighborhood Employment Center (ENEC) is conducting free computer classes at its offices at 5321 Penn Avenue in Garfield. Computer equipment used in these classes was supplied by the City of Pittsburgh's Operation Weed and Seed. The class schedule in February includes:

Tuesdays:	Wednesdays:	Thursdays:
Intro to Windows	Working with	Intro to PowerPoint
Intro to Word	E-Applications	Working with E-Applications
Working with	Intro to Windows	Intro to Computers
E-Applications	Intro to Computers	Intro to Windows
Intermediate Word		Intermediate Excel
Intro to Excel		Intermediate Access
Intro to Access		
Intro to PowerPoint		

For class times, dates, and pre-requisites, and for class registration, call ENEC at 412-362-8580 between 9 a.m. and 1 p.m. Maximum class size is 10, so register early! No admittance to class if more than 10 minutes late. Classes are **FREE** to Allegheny County residents.



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Fitness Center Comes to Penn Avenue

If a health club membership is not in your budget this year, or you don't feel like traveling outside of the neighborhood to join an exercise program on a regular basis, Cathy Fink thinks she may be the answer for you. She has brought her business, Creative Fitness Pittsburgh, to a storefront at 5406 Penn Avenue, near S. Aiken Avenue, and it features a range of routines and training programs for persons who want to avoid early dissolution into a state of prolonged physical stupor.

A native of Syracuse, N.Y., Fink

By Joe Reuben
Bulletin Contributor

has a degree in exercise physiology from Gannon University, and started her first fitness classes back when she was obtaining a second degree as a physical therapy assistant in Florida.

You don't have to be GI Joe or Jane to join one of her classes, she said recently. "And you only have to pay for what you use," she added. You can do it slowly through "Cathy's Body Burn," which includes low-impact, high-intensity exercise, followed by some weight training and lower-back strengthening. Or you can do it at an accelerated pace with her "Boot



Joe Reuben/The Bulletin

CREATIVE FITNESS OWNER CATHY FINK (LEFT) DEMONSTRATES ONE OF HER TRAINING PROGRAMS.

Camp Circuit," which puts you through a more rigorous regimen of strength and sports training, along with obstacle-course running and calisthenics.

Ms. Fink also has cardio kick-boxing, ZUMBA (exercise set to Latin dance and music), and Masala Bhangra Workout, blending a high-energy folk dance with "Bollywood" film moves. Her center offers sessions

on Monday through Thursday evenings, together with a Saturday program from 9 a.m. to noon.

To register for a class, or to find out how you can avoid being denied coverage by your employer's health insurance provider due to serious torpor of the body, you are welcome to call Creative Fitness Pittsburgh at 412-378-7300. Or you can visit Fink's website at CreativeFitnessPgh.com.

WATCH YOUR BACK

When snow, ice, and frigid winds blast into town, watch out. If your

body is not in condition, the common winter chore of snow shoveling can present the potential for spasms, strains, sprains, and other health problems.

Bending and twisting when tossing a shovel of heavy snow can aggravate lower back discs. In addition, the overall physical exertion required for snow shoveling without proper conditioning often results in painful injuries.

The American Chiropractic Association advises you to be prepared and follow these tips for the exercise of snow shoveling:

- Be prepared. Maintain your exercise program year-round.
- Listen to weather forecasts so you can rise early and have time to shovel before work; rushing the job can lead to injury.
- Wear layers of clothing to keep your muscles warm and flexible.
- Do some stretching before you grab the shovel.
- For big jobs, use a motorized snow blower. If you shovel by hand, use a lightweight, ergonomically

By Dr. Michael Cutitta
Bulletin Contributor

designed shovel to reduce back strain.

• When you do shovel, push the snow straight ahead. Don't try to throw it; walk it to the snow bank. Avoid sudden twisting and turning motions.

• Bend your knees to lift when shoveling. Let the muscles of your legs and arms do the work, not your back.

• Take frequent rest breaks to take the strain off your muscles. A fatigued body asks for injury.

• Stop if you feel chest pain, get excessively tired, or have shortness of breath. You may need immediate professional care.

If you feel sore after shoveling, apply an ice bag to the affected area for 20 minutes, then take it off for a couple of hours. Repeat a couple of times each day over the next day or two.

If you continue to feel soreness, pain or strain after following these tips, it is time to visit a doctor of chiropractic.

Dr. Michael Cutitta can be reached at 412-325-4100.



Cutitta Chiropractic

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East End Nonprofit Offers Parents Help, Advice

By Paula Martinac
The Bulletin

"Raising kids can be a tough job" is the tagline of the East Liberty-based nonprofit Family Resources, and it's a saying that all parents can relate to. As the organization's Director of Development, Andi Fischhoff, puts it, "Kids can make you happy, but they can also drive you crazy."

The "driven crazy" part is where Family Resources often comes in, providing support to parents that can strengthen families through a range of mostly free services. It is the largest nonprofit agency of its kind in the country, with more than 200 people on staff in a handful of offices throughout the county.

One keystone of Family Resources' services is the Parenting Warmline, a toll-free telephone number that parents - and children, too - can call with nonmedical questions, concerns, and problems. "It's easy to use, it's free, it's anonymous, and no question is too big or too small," says Joni Feldman, Supervisor of Prevention Services. Danielle Baum, who oversees the Warmline, "collects a wealth of infor-

mation on every topic" to provide information and referrals.

The Warmline, Feldman says, gets a lot of calls from young parents who are afraid they're not "doing things right," and from others who are new to the area and don't have a support system yet. In addition, Fischhoff says that calls to the office have increased as the economy has worsened; nowadays, people call not just when they have problems with their kids, but when they have worries about housing and feeding their families. Grandparents - "the fastest growing group of caregivers for children," according to Fischhoff - and other guardians also utilize the service.

Another important project is the Parent-Teen Conflict Program, which works with parents whose kids are aged 8 to 18 and helps them navigate through crises. "Maybe you have a child who's stopped going to school," Fischhoff explains. "Maybe you found drug paraphernalia in their room. Maybe you had an argument and your teenager slapped you." Shouting and shoving may occur, or incidents can

escalate. "A parent may even call the police," Fischhoff notes, "and say, 'Come and get him, I can't deal with him anymore!'"

Meeting with the family in its own home, a Family Resources counselor attempts to mediate the situation, helping to create ground rules so that parents and children can live together in peace. The program also offers individual and family therapy, and parenting support groups and education classes, with a goal of keeping children out of the child welfare system.

"Many families come to us through the courts," says Fischhoff. But Family Resources' prevention programs, she notes, can actually help mitigate the need for law enforcement and judicial intervention in family matters.

Family Resources is pro-active in the community, counseling pregnant teens in the public schools, including Pittsburgh Peabody, and forming partnerships with health-care agencies such as the Bloomfield-Garfield

Family Health Center. "We can provide extra support for a woman or girl after she has a baby," Fischhoff says. A partnership with Pittsburgh Arsenal Middle School provides mental health services right in school for kids who are experiencing emotional hurdles. The organization also runs free after-school programs at 19 public and subsidized housing communities around the city, providing snacks and homework help to students that parents, Fischhoff says, "are really thankful for."

Staff can also assist parents who want to start a peer support group in their own homes. "It helps to get together with other parents on a regular basis," Fischhoff notes. "Parenting can be really isolating," she says, and simply being with other parents to exchange stories, concerns, and ideas can lighten the emotional load.

For more information about the programs offered by Family Resources, call 412-363-1702, or visit them on the Web at www.familyresourcesof-pa.org. The Warmline's toll-free number is 1-800-641-4546; hours are Monday-Friday, 9 a.m. to 9 p.m., and 1 to 5 p.m. on weekends.

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How Do Movies Affect Your Child?

The RAND Corporation, in Pittsburgh, is conducting a research study to learn about what children, ages 11-14, think about movies. Participation requires two 90 minute visits to the RAND offices. Children who complete the study will be compensated for their time and effort with up to \$40 in gift certificates. Parking and travel compensation is provided.

**If you are interested and
want to learn more about
the study, please call
412-683-2300 x4444**

The RAND Corporation is a nonprofit research institution that helps improve policy and decision making through research and analysis.

THE BULLETIN BOARD

The Bulletin Board publishes listings of volunteer opportunities, free or low-cost events and classes, announcements, fundraising events, and services that are of particular interest to our neighborhoods. Send announcements to Bulletin@bloomfield-garfield.org or mail to The Bulletin, 5149 Penn Avenue, Pittsburgh, PA 15224, by the 15th of each month. We do not accept listings on the phone. Information is published on a space-available basis.

ARCHITECTURE SCHOLARSHIPS

Syracuse University in upstate New York has 10 full scholarships for African-American men and women interested in studying architecture. Mark Robbins, Dean of Syracuse University's School of Architecture, is seeking young men and women of color interested in pursuing this 5-year professional degree. The dean says he is deeply committed to bringing diversity to his field and has scholarship money set aside to fully cover education costs for 10 black students. Contact: Mark Robbins, Dean, School of Architecture, at 315-443-2256.

THE FUTURE OF LESLIE PARK POOL

Leslie Park Pool in Lawrenceville was decommissioned by the City of Pittsburgh in 2003. Now is the time to begin planning for the future of the site. Be a part of the process! Bring your memories, ideas, energy, and enthusiasm to four community forums. Everyone is welcome! Forum dates this month: Wednesday, Feb. 17, 6:30-8:30 p.m., St. Matthew Parish, St. Kieran Church Hall; Sunday, Feb. 21, noon-2 p.m., CYA Stephen Foster Center. Sessions will be facilitated by community residents and planners as well as those invested in Lawrenceville. For more information contact Jennifer Kiley at 412-327-7848 or jenkiley@yahoo.com

VOLUNTEERS TO WORK WITH SENIORS

Do you have a few extra hours a month to help a neighbor in need? Interfaith Volunteer Caregivers (IVC) needs your help to serve seniors in your community. Through IVC, vol-

unteers like you provide non-medical services such as rides to appointments, assistance with grocery shopping, friendly visiting, help sorting mail, and home safety checks to older adults free of charge. In many cases this simple assistance makes it possible for the elder to remain living in their own home when they might not otherwise be able. To learn more about how you can help, visit our website at www.ivcswpa.org or call IVC at 412-345-7420.

NEW BETHEL BAPTIST CHURCH PROGRAMS

The Women's Ministry of New Bethel Baptist Church, 221 43rd Street in Lawrenceville, will present its Annual Celebration of Love Service on Sunday, February 14, at 3 p.m. The guest worship leaders will be the Rev. Jonathan and Sunya Wilson. Theme: "Let love grow" (Romans 13:8). Hors d'oeuvres will be served after the service. Also, join the Kids Club (ages 3-12) and Teens Time (ages 13-19) every 1st and 3rd Saturday of the month from 11 a.m. to 1 p.m. Crafts, Bible study, movies, video games, and other fun activities! For more info: 412-621-2155.

FAMILY FUN FRIDAYS AT KINGSLEY ASSOCIATION

The Kingsley Association, 6435 Frankstown Avenue, is hosting "Family Fun Friday" on February 26 from 5:30 to 8:30 p.m. Activities for this free event - and for future monthly family nights - include wall climbing, games, line dancing, movies, arts and crafts, water games, and much more! All ages and families are welcome. For more information or to find out the dates of future Family Fun Fridays, call 412-661-8751.

MEET COUNCILMAN DOWD

Councilman Patrick Dowd and his staff will be available to hear your concerns, provide news on issues in City Council, and help you access city services during Council to Go, his mobile district office. February's sessions will be held on Monday, February 8, from 5:30 to 7 p.m. at Crazy Mocha (4525 Liberty Avenue) and Friday, February 19, from 7:30 to 9 a.m. at Perk Me Up (4407 Butler Street). For a full schedule as well as more information about Council to Go, visit www.pghgov.com/district7 or call 412-255-2140.

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Preschool Storytime

Ages 3 to 5; Thursdays, February 4, 11, 18, 25, 10:30 a.m.

Adult Book Discussion

Monday, February 8, 5 p.m.

A Reliable Wife, by Robert

Goolrick

The Family Playshop

For 6 months to 3 years. Tuesdays, February 2, 9, 16, 23, 10:30 -11:30 a.m.

Family Fun: Valentine's Day

For all ages. Saturday, February 6, 11 a.m.



Carnegie
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Pittsburgh

Super Science Saturday

For ages 8-13. Saturday, February 20, 11 a.m. to 12 p.m.

East Liberty Branch Events @ Borders EastSide Storytime

Ages 3 to 5. Wednesdays, February 3, 17, 10:30 a.m.

Carnegie Library of Pittsburgh - Main PC Center

4400 Forbes Avenue
<http://www.carnegielibrary.org/locations/pccenter/main/>

For more information about all our free computer classes, call the PC Center-Main Library at 412-578-2561.

PANCAKES FOR VALENTINE'S DAY

The Lawrenceville Rotary is holding its 7th Annual Pancake Breakfast on Valentine's Day, Sunday, February 14, at Holy Family Social Hall on 44th Street in Lawrenceville. Tickets, available at the door or at the Slaughterhouse Gallery, are \$7 for adults and \$3 for kids 10 and under. Heart-shaped pancakes, sausage, bacon and eggs, and real maple syrup will be served from 8 a.m. to noon. Proceeds fund local nonprofit organizations.

WALDORF SCHOOL OPEN HOUSE

Come visit the Waldorf School of Pittsburgh on Saturday, February 6! 9:30-10:45 a.m.: Information sessions on early childhood and grades (adults only, please; a classroom will be available for a parent to play with a child during this time); 10:45 a.m.-Noon: open house - visit classrooms, meet faculty (all welcome); Noon-12:15 p.m.: Puppet show for parents and children. Please RSVP to 412-441-5792 x224. Ongoing enrollment. Weekly tours available. Please call the number above to reserve your spot. Waldorf School of Pittsburgh is located at 201 S. Winebiddle St. Pittsburgh, PA 15224; <http://www.waldorfpittsburgh.org>.

UNBLURRED: FIRST FRIDAYS ON PENN

Join the Penn Avenue Arts Initiative and Penn Avenue Artists for the first Unblurred of 2010! Stop by the Penn Avenue Arts District on Friday, February 5, for "Unblurred: First Fridays on Penn." This month's Unblurred showcases a jam-packed schedule with events at Rebellious Nature, Modernformations, and Garfield Artworks, among others. For a complete schedule, visit www.pennavenuearts.org or pick up a handbill/map at participating locations. Unblurred is a monthly event that opens the Penn Avenue Arts District (4800-5500 Penn) for exploration by adults and children.

SHOWCASE OF YOUNG DANCERS

Dance Alloy Theater, 5530 Penn Avenue, presents *ALLOY OPEN: Celebration of the Next Generation - High School*, on Friday, February 5, at 7 p.m. (doors open at 6:30). Dance Alloy Theater will open its performance space to showcase the talents of up-and-coming dancers from three regional performing arts high schools. Come explore the raw talents and artistry from the next generation of dancers. Step into the next generation of dance and meet these aspiring young artists! Tickets \$7 at the door.

THE BULLETIN BOARD

TIME TO THINK ABOUT SUMMER CAMP

Pittsburgh Dance & Theatre Arts on Liberty Avenue in Bloomfield will once again host summer camps in 2010. It's never too early to plan to camp! This year's camps include Tumbling Camp (July 5-9); Musical Theatre Camp (July 12-16); two levels of Ballet Camp (July 26-30); and World Beat Camp (August 2-6). On the last day of each camp, there will be an open-sharing mini performance. \$175 per camp; \$150 per week if enrolled in multiple camps. \$50 deposit due March 1; balance due June 15. \$15 registration fee per camper. Family plan discount available. Call 412-681-7523 or email laurarama@gmail.com. Visit us on the Web at www.pgh-dance.com.

EMPTY BOWLS DINNER

15th Annual Empty Bowls Dinner, a simple meal of bread and soup, to benefit Greater Pittsburgh Community Food Bank and Just Harvest, and raise awareness about the problem of hunger in our community, will be held Sunday, March 7, at Rodef Shalom Congregation, 4905 5th Ave., Oakland, 2-7 p.m. Celebrity soup-servers, live entertainment, children's activities, and silent auction of world-class ceramic art. Plus, ticket holders choose a beautiful handmade bowl to take home. Tickets: \$20.00. For more info: 412-431-8960 or www.pittsburghfoodbank.org.

WANT TO WORK AT THE ZOO?

The Pittsburgh Zoo in Highland Park employs over 300 summer employees from the local and surrounding communities. Our annual job fair is being held on Saturday, February 27, from 10 a.m. until 3 p.m. The event will be at the education building on Wild Place. Applicants should enter through the main admission gates (the main parking lot). Interviews will be conducted that day only. Further information is available at www.pittsburghzoo.org.

F'SHIP HOUSE TOUR LOOKING FOR HOUSES

The planning for the 17th Annual Friendship House Tour is underway and the House Tour Committee needs your house! Do you have a room

you've worked very hard to remodel, a unique secret about your house, a famous previous owner, funky architecture, or a stained glass window with a story? Or are you just itching to show off your house? Then your house is what the House Tour Committee needs. If you are interested in placing your home on tour, please contact Sarah DiLeo at sarah@friendship-pgh.org or 412-441-6147 x 7.

GLBT FOCUS GROUPS

To fulfill our mission to improve the well-being of the GLBT and HIV+ communities, Persad Center is conducting an assessment of its services and seeks input in planning for the future. In early February, we will be conducting a series of focus groups to gather your opinions at Persad's main office, 5150 Penn Avenue. Each group will be facilitated by a trained research professional and will include 8-10 people meeting one time for 1-1/2 hours. As compensation, participants will receive a \$25 gift card to Giant Eagle. To register, please contact Kristen Hawley at khawley@persadcenter.org or 412-441-9786 x240.

BLACK HISTORY MONTH

The Summer Vacation Bible School of the Morningside Church of God In Christ, 5173 Dearborn Street, will sponsor a Black History Month Program on Sunday, February 21, at 4 p.m. All are welcome.

GLASS ART SALE

Glass Art Inventory Clearance Sale at 5469 Penn Avenue (next to Voluto Coffee), Friday, Feb. 5, 6 to 8:30 p.m. and Saturday, Feb. 6, Noon to 2 p.m. Get a head start on gifts for Valentine's Day, weddings, and graduations. Grab bag gift discounts up to \$20. No reasonable offers refused.

KIDNEY HEALTH SCREENING

The National Kidney Foundation is holding a free kidney health screening for people at increased risk for kidney disease on Thursday, March 11, at The Kingsley Association, 6435 Frankstown Avenue, from 11 a.m. to 6 p.m. The screening is part of the National Kidney Foundation's Kidney Early Evaluation Program (KEEP), a free health-screening program designed to help identify and educate adults at increased risk - those who

either have diabetes and/or high blood pressure or have a parent or sibling with diabetes, high blood pressure, or kidney disease - with the purpose of delaying or preventing the development of chronic kidney disease (CKD). Diabetes and hypertension are the two leading causes of kidney failure. To learn more about CKD risk factors, prevention, treatment and free screenings, call 412-261-4115.

POLITICAL PROGRAM FOR GIRLS

Are you a girl who would like to visit Harrisburg for a day and learn the workings of the political process? The Women and Girls Foundation's Regional Change Agents are now accepting applications for the GirlGov program being held on Monday, March 8, in Harrisburg. Girl Gov is a one-day legislative shadowing program for girls in grades 8-12 who live in Allegheny County.

Participants will shadow a state representative for a day in Harrisburg. The program is free to participants. To apply for GirlGov, submit an application (available online at http://wgfp.org/section_activities/pdfs/Activities_GirlGovApplication_2010.pdf) by February 2 at 5 p.m.

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>> Cash to purchase as little as \$2,500, coupled with matching grants available from private sources; buyers cannot have spotty credit histories, or be carrying large installment payments for car purchases, credit cards, or other personal loans.

>> First-time buyers who close before June are eligible for a \$6,500 tax credit on next year's federal tax return.

Call Barb Murphy at 412-665-5208, or Rick Swartz at the Bloomfield-Garfield Corporation, 412-441-6950 x 11, for further info or to schedule a tour.

Missing an issue of *The Bulletin*? For an archive of past issues, visit www.bloomfield-garfield.org/pages/bulletin.html.

Tree Tender Training Returns

Friends of the Pittsburgh Urban Forest (FPUF) has announced the return of the popular Tree Tender Course, with six opportunities to participate city-wide in 2010. FPUF is an environmental non-profit organization dedicated to enhancing the city's vitality by restoring and protecting the urban forest through tree maintenance, planting, education and advocacy.

The course trains residents in basic tree biology, structure, and function, and teaches the basics of tree planting, pruning, and tree care. Local tree professionals provide instruction. After completing the course, Tree Tenders work in their communities to plant, care for, and prune young trees with FPUF, and can participate in upcoming workshops that cover tree identification and pruning in more detail.

The course will be held in five different areas of the city in 2010, with the following schedule:

- Wednesdays, February 17, 24, and March 3 at Rothschild-Doyno Collaborative, 2847 Penn Avenue, Strip District
- Wednesdays, March 24, 31, and April 7 at the Kingsley Association, 6435 Frankstown Road, Larimer
- Tuesdays, May 11, 18, and 25 at the CitiParks Magee Senior Center, 745 Greenfield Avenue, Greenfield

• Thursdays, September 16, 23, and 30 at the Riverview Park Activities Building, Riverview Drive, Perry North

• One Day Course: Saturday, June 19, 9am-4pm, Rothschild-Doyno Collaborative, 2847 Penn Avenue, Strip District

• One Day Course: Saturday, July 17, 9am-4pm, St. Mary on the Mount Church, 403 Grandview Avenue, Mount Washington

According to the 2005 City of Pittsburgh Street Tree Inventory, the city has approximately 30,000 street trees, and over 3,000 of those trees have been removed due to disease, vandalism, or neglect. Thousands more trees are at risk of being removed if they do not receive much needed care. FPUF and the City Forestry Division are working to improve the urban forest, but residents can play an important role in increasing its health and reversing its decline.

Registration is open now at <http://www.pittsburghforest.org/tree-tendercourse>. The cost of the course is \$40 and includes materials, a meal at each session, and a T-shirt upon completion. A reduced-rate option is available for those on a limited income. Contact Caitlin for details at Caitlin@pittsburghforest.org.

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