



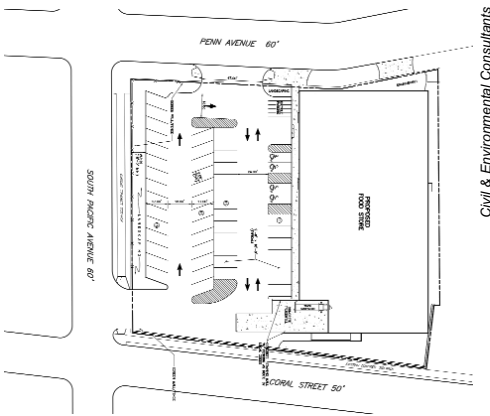
The Bulletin

A Publication of the Bloomfield-Garfield Corporation

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THERE'S GOOD NEWS ... AND BAD NEWS



Community Gets Chance to Weigh in on Grocery Store's Revised Plan

By Paula Martinac
The Bulletin

Penn Avenue is still in the running as the future location of a full-service, 14,000-square-foot grocery store, provided that residents' concerns about truck access to the site can be resolved. The community is invited to a public meeting on February 7 at 6 p.m. at the Bloomfield-Garfield Corporations' Community Activity Center, 113 North Pacific Avenue, to learn about a significant change to the proposed site plan at 5200 Penn Avenue.

As reported in the January issue of *The Bulletin*, representatives of the BGC and the Bloomfield Development Corporation, along with a handful of nearby neighbors, met with developer C. Brantley Tillman of Commercial Properties Inc. of Raleigh, N.C., on December 15 to discuss plans for an unnamed store on the former site of Service Electrical Supply at 5200 Penn.

The Bulletin's research strongly

suggests that the store may be Bottom Dollar, a discount subsidiary of the N.C.-based retailer Food Lion, which has made recent inroads into eastern Pennsylvania and is looking to open 15 or more stores in the Pittsburgh area over the next few years.

At the December 15 meeting, nearby neighbors raised concerns that noisy delivery trucks and 18-wheel tractor trailers would be using Coral Street, a quiet residential street, to enter and exit the site, and asked if deliveries could be made from the Penn Avenue side of the property instead.

Expressing his desire to accommodate the community, Tillman asked his engineer, George Haberman, who was also at the meeting, to try to come up with alternative solutions. However, in an email to BGC deputy

See **GROCERY**, page 16

PNC To Shutter Branch at 5100 Penn in Spring

By Paula Martinac
The Bulletin

After a little over a year in operation, PNC Bank has decided to close its full-service branch and ATM at 5100 Penn Avenue, effective May 13, 2011. The branch had been a National City branch from 1996 until 2009, when PNC acquired National City.

PNC officials assert that the Penn Avenue branch is in too close proximity to other branches. PNC also operates branches at 4761 Liberty Avenue, 4101 Butler Street and 5932 Penn Circle South in the EastSide shopping center — all within a 1-mile radius of 5200 Penn.

"PNC Bank constantly studies the effectiveness of its branches based upon their physical capacity, and the number of customers frequenting each location," Frederick Solomon, PNC's Vice President of Corporate Communications, told *The Bulletin* in an email. "After a careful evaluation of its many local branch locations, PNC has decided that the branch located at 5100 Penn Avenue will consolidate into the nearby branch located at 4761 Liberty Avenue. The two branches are less than a mile apart."

"Unfortunately, our branch was the one they chose to close," remarked Aggie Brose, deputy director of the Bloomfield-Garfield Corporation. "We're not happy. We need a financial institution on the avenue. It's an asset to the neighborhood."

Brose noted also that "we were thrilled when our branch wasn't put into the portfolio for sale to First Niagara," as PNC has a long history of involvement in the neighborhood.

To settle antitrust concerns raised by the purchase of National City, PNC was required to sell 57 National City branches to First Niagara in 2009, but was permitted to hold on to the branch at 5100 Penn.

The BGC has put out feelers to other banks and credit unions about possibly taking over the prime Penn Avenue location. "PNC is leaving the internal structure of the building as is," noted Brose, "which provides a rare opportunity to install a new branch without an expensive renovation." She added that the branch is in a census district classified as low- to moderate-income, which makes projects in the district eligible for Community Development Block Grants.

Brose pointed out that Penn Avenue is rebuilding, which makes this a particularly hard time to lose the PNC branch. "We have 85 businesses along an 11-block stretch. More than 30,000 people live within a mile's walking distance of 5100. And we're in talks with a developer about opening a full-service grocery store just a few blocks away." She also noted the opening in the past year of BFG Café and Salt of the Earth, a new gourmet restaurant, and the Glass Lofts, a "green" residential and commercial development. The corridor itself will be undergoing a \$5 million revitalization between Mathilda and Evaline streets, which is due to commence in 2012.

Brose said she encourages area

See **PNC**, page 8

The final deadline for all articles, ads, and Bulletin Board items for the March 2011 issue is **TUESDAY, FEBRUARY 15, 2011**. Placement is first-come, first-served. For more information: 412-441-6915.

Group Tackles Ways to Ensure “Good Houses” in Garfield

With the completion last year of a 20-year plan for housing and land use for Garfield, one of the questions raised is how the community can achieve the goals of better homes and a healthier market for houses in the neighborhood in the coming years?

Eighteen residents and other “stakeholders” interested in Garfield’s future gathered to offer their advice at the Community Activity Center on January 12th. They talked about who will take on which responsibilities, what resources will be needed, and where the focus of collective efforts needs to be over the next three to five years.

Freddie Croce, a board member of the Bloomfield-Garfield Corporation and Garfield resident, described to attendees what an implementation strategy should spell out in order to realize the vision for an improved housing stock in the neighborhood.

“We need to understand what the critical tasks will be to push for some real change to the status quo,” Croce stated. “The strategy should talk about homeownership, it should talk about rental units, it should talk about both affordable and market-rate options. It should define a process of how we deal with over 150 empty houses in

the neighborhood today. Not all will happen at once, but we need to be committed to pushing each ball up the hill, little by little, from one year to the next.”

The consensus among attendees was to shape a strategy that offers every resident the chance to stay in Garfield if that is their wish, but to also include projects and programs that will help fill in the voids in the neighborhood and build a more diverse population base. Of key concern to most was what existing residents themselves can do to promote a more vibrant housing market. The following attempts to capture what emerged from the suggestions and comments.

Resident-led initiatives

Forming an independent homeowner’s association was seen as one way to foster some unity of purpose in promoting what is good about the neighborhood, and what needs to improve. Because there are dozens of new homeowners who have joined the neighborhood in recent years, it was felt they might be willing to create some standards for what passes as well-maintained housing in the neigh-

By Joe Reuben
The Bulletin

borhood, and lend a hand when needed to one another.

Residents could also organize at the individual block level to address vacant houses around them, and offer guidance to the city and community groups on how best to deal with them. They should be part of annual clean-up campaigns, and could join in welcoming new residents to the community. They also need to educate themselves, through seminars and workshops held in the neighborhood, on how to keep their finances in order, how to weatherize their homes at low cost, and how to find the funds to do critical repairs without falling victim to predatory lenders or shady home remodelers.

The role of community groups

Organizations such as the Bloomfield-Garfield Corporation, Garfield Jubilee Association, Open Hand Ministries, and Habitat for Humanity of Greater Pittsburgh have been active in bringing new investment in housing to the neighborhood, and most felt this work should continue. But there was concern expressed that these groups not work in a vacuum, and that residents need to be

involved in decisions as to where and for whom their projects are intended.

Facilitating the renovation of existing houses, where feasible, was of paramount interest to all. One or more groups should work to help homeowners tap into available resources to help cover the cost of exterior work that, if left undone, contributes to the image of a blighted community.

Assessing which houses can be salvaged, and which should be condemned and demolished needs to be done by community groups in concert with residents. Adding to the supply of the existing housing stock through new construction should be pursued aggressively, but with a minimal amount of displacement of existing residents. Attendees voiced support for new rental as well as owner-occupied units, but with the caveat that more needs to be shared with the neighborhood around the long-term management of the former.

Role of investors, outside agencies and institutions

It was felt that the difficulty in holding this group of actors accountable for what happens in the neighbor-

See HOUSES, page 16

PUBLIC SAFETY TASK FORCE REPORT

THIEVES IN BROAD DAYLIGHT

They look like contractors, they act like contractors, but beware – they are thieves looking to steal the valuable copper pipes from your home. Lately, there has been a number of incidences reported in the neighborhood of individuals stealing copper pipes from homes and offices both during the day and at night, masking their identities as contract workers. As the price of copper continues to rise, we suspect that the pipes are being melted down and sold.

We ask that neighbors be on the lookout for this activity. If you notice a vacant home or a neighbor’s home being worked on, we encourage you to call 911 to report the activity so that officers can verify that the work is legally contracted. The police are closely monitoring this issue, and the more that we can have it on our radar screens, the quicker we can work together to stop this crime from occurring in our neighborhood. ♦

Ongoing Services at the Eastside Neighborhood Employment Center

FREE Employment Search Assistance: Are you interested in free employment services? Please visit the Eastside Neighborhood Employment Center (ENEC) from 9 a.m. - 1 p.m., Monday through Friday, to get help with resume preparation, interview preparation, job leads, connections with employers, and much more.

Healthcare Initiatives: Please visit us or call if you are interested in working in healthcare or a social services-related field. The ENEC has a variety of healthcare partnerships and contacts to assist clients in entering this dynamic and growing industry in Western Pennsylvania.

OVR: OVR, the Office of Vocational Rehabilitation, is available for appointments on the first and third Monday of every month. The office serves those with disabilities (physical, mental or emotional) that create a barrier to finding employment. OVR helps individuals to prepare for and connect with employment opportunities. A representative from the office is available for consultation at the ENEC to determine if an individual is appropriate for OVR services.

Credit Counseling: NeighborWorks Western Pennsylvania offers free on-site credit counseling at ENEC every Thursday. To set up an appointment, please call 412-281-9773 and ask for Tammy.

For more information, or to register for these services, please call the ENEC at 412-362-8580 or stop by at 5321 Penn Avenue.

NEXT PUBLIC SAFETY TASK FORCE MEETING

Wednesday, February 9, 2011

4:00 p.m.

Community Activity Center

113 North Pacific Avenue, Garfield

Community residents may bring specific issues to the attention of the task force from 4 to 4:15 p.m.

The Right Care is Still Right Around the Corner

While West Penn Allegheny Health System is becoming smaller and stronger in order to respond to the changing healthcare needs of our community, you can count on West Penn Hospital to provide many of the same services that you and your family have trusted for years.



We've been providing care to Pittsburghers and the region since 1848, and we look forward to being a part of the community for years to come.

*Here is a look at the
West Penn Hospital of the future:*

Inpatient Services

West Penn will continue to provide inpatient women's and infants' services, including obstetrics, gynecology, gynecologic oncology, and neonatal intensive care. In addition, it will offer inpatient services for the West Penn Burn Center and inpatient rehabilitation services. Bone marrow transplant services will remain until spring 2011. Forbes Hospice will be remaining on campus.

Outpatient Services

The campus will house a gastroenterology lab, Pharmacy, full Radiology services, Institute for Pain Medicine, Sleep Center; Radiation Oncology, Outpatient Infusion Center; Breast Diagnostic Imaging Center; Pelvic Floor Center; Lupus Center of Excellence, Joslin Diabetes Center (affiliate of the renowned Joslin Diabetes Center in Boston), and Jones Institute for Reproductive Medicine affiliate, along with a host of other physicians' offices. Outpatient laboratory services will also continue to be available.

Outpatient Surgery

West Penn Hospital will offer vascular, general, orthopaedic, otolaryngology, breast, colorectal, plastic, ophthalmologic and urologic surgeries on an outpatient basis.

Education

In addition to the medical education programs, the West Penn Hospital School of Nursing and the West Penn Hospital/Indiana University of Pennsylvania School of Respiratory Care will remain on campus as part of our continued commitment to education.

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Free Presentations on Risk Factors for Colon Cancer

February is National Cancer Awareness Month, followed by March, which is National Colorectal Cancer Awareness Month. The Allegheny County Health Department's Chronic Disease Prevention Program is pleased to offer free colorectal cancer presentations to organizations and community groups to mark these health observance months.

These free presentations, which focus on the risk factors, prevention strategies, screening options and a brief overview of colorectal cancer are 20 to 40 minutes long, depending on the needs of the organization. The Pennsylvania Department of Health's Pennsylvania Cancer Education Network (PCEN) is funding the education presentations as a way to get the health message about colorectal cancer prevention and awareness into the community.

The federal Centers for Disease Control estimates that if everyone

aged 50 or older received regular colorectal cancer screenings, as many as 60 percent of deaths from this cancer could be avoided. Colorectal cancer is the second leading cause of cancer-related deaths in the United States. It does not have to be this way.

Lorraine Starsky RN, a Public Health Nurse with the Allegheny County Health Department's Chronic Disease Prevention Program, will be conducting the presentations. As an experienced nurse and someone who has had regular screening for colorectal cancer, her intent is to take on the challenge of the "ick" factor surrounding the screening for this cancer.

If you want to take advantage of this special, grant-funded opportunity and would like more information about arranging a colorectal cancer presentation, please contact Lorraine Starsky, RN, at 412-247-7816. ♦

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The Bulletin

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The Bulletin is published by the
Bloomfield-Garfield Corp. to:

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

EYESORE OF THE MONTH

Duplex Creates Double Trouble for Garfield

We have twin eyesore properties of the month – a duplex in Garfield located at 5303 and 5305 Rosetta Street.

According to the Allegheny County real estate website, the recorded owner of 5303 Rosetta Street is James M. Gilmore, Jr., who purchased the property in July 1996 for a recorded sale price of \$0. The tax bill mailing address is 3122 Crab Hollow Road, Pittsburgh, Pa 15235. This property has been tax-delinquent for years. In fact, there's a good possibility that Mr. Gilmore has never paid taxes on this property.

The recorded owner of 5305 Rosetta is Petty School of Universal Ministries Inc. (Mission House), which purchased the property in August 2002 for a recorded sale price of \$1. The tax bill mailing address is P.O.Box 9069, Pittsburgh, Pa 15224. This property has also been tax-delinquent for years. Again, there's a possibility the owner has never paid taxes on the property.

The Bloomfield-Garfield Corporation staff visited the property in mid-January, and saw that it has a "For Sale" sign posted on the middle support column of the front porch, with contact information given as "Jim 412-334-7173."

The front porch roof has collapsed, and the support column is actually sticking through the roof (see top photo). BGC staff contacted the Bureau of Building Inspection and was informed that both properties in this duplex have been condemned; they are being put out for demolition bids at the end of the month. The properties have broken windows; the back porch of 5305 has fallen down; the back entrance to 5303 is wide open; and the front and back yards are a forest of weeds

Paula Martinac/The Bulletin



THE BLIGHTED PROPERTY AT 5305 ROSETTA (TOP) BEARS LITTLE RESEMBLANCE TO THE OWNER'S HOME IN PENN HILLS (LEFT).

and debris – among other code violations.

BGC staff contacted Mr. Gilmore, who informed us that he was selling 5303, supposedly on January 18. He informed the BGC that he had been renting it for a period of three years. Now that it is vacant, Gilmore said there have been trespassers on his property whom he called "crackheads" and "squatters." The plumbing pipes have been stolen. He said the porch roof collapsed last year because of the big February snow. He added, "I want to get rid of it as fast as I can."

BGC could not locate the owner of the 5305 Rosetta property. Gilmore informed the BGC that the

owner was deceased but that he was in contact with the owner's brother. Gilmore said he preferred not to give us contact information for the brother, but the BGC asked that he have him call our office.

Here we have two owners who acquired these properties for \$0 and \$1 and have not paid taxes. When the properties were no longer occupied and providing them with rent money, they left them to become abandoned and blighted. They allowed these properties to be open to trespassers by not keeping them boarded up. The properties are now being scheduled for demolition, at great cost to the city and to taxpayers.

These owners are robbing the neighborhood of dignity and pride – but most of all, they are hurting the assessed value of nearby properties. Furthermore, Gilmore knows how to be a good owner because he takes great care of the property where he resides at 3122 Crab Hollow Road – a property he purchased for \$1 (see photo). It's too bad he doesn't apply those same standards to the property he owns in our neighborhood. ♦

Letter to the Editor

Dear Editor:

I'm astonished that you published, in your most recent issue, an editorial sympathizing with a man who fired a gun randomly into a group of kids who were just standing around ["A Note from the Publisher Regarding the Recent Shooting in Garfield," *The Bulletin*, January 2011]. I don't see

how this is an act of self-defense. Your notion of whose neighborhood this is, and what sort of measures make this a better neighborhood, are weirdly biased.

Amy Taylor
Friendship



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Update on New Business Coming to 4305 Butler Street

Lawrenceville United and the Lawrenceville Corporation reported in the January issue of The Bulletin that plans were in the works for a new restaurant to open at 4305 Butler Street. The community organizations have continued to meet with business owners and the building owners to understand the plans for this space, as the new business presents a change of use for the site and will need a liquor license for operation.

Representatives from Lawrenceville United, the Lawrenceville Corporation, and Councilman Dowd's Office met with the business owners on January 5, and with the business

and property owners on January 7, to better understand the plans for the site.

At these meetings the business owners confirmed that the establishment would not be a restaurant but would be more of a lounge. There will be a convection oven within the bar, and food will be cooked and served by the bar service staff. The business owners also stated that they would no longer be pursuing a special exception to allow for use of the total 3,400 square feet of the space. They plan to block off 1,000 square feet of the space to operate within

By Lauren Byrne
Lawrenceville United

Maya Henry
Lawrenceville Corporation

the 2,400 square foot limit that zoning code permits in a Local Neighborhood Commercial District. The team reported that they will be installing a surveillance camera system that would include cameras at the rear and front entrances, in addition to throughout the space. The site plan provided includes a large central bar, with additional bench seating along one wall, and high-top tables along the other.

A community-wide meeting was scheduled for January 27 at 6 p.m. in St. Mary's Lyceum. The purpose of this meeting was to allow residents to hear directly from the busi-

ness owners on their plans for the site. The facilitated meeting also presented the business owners with an opportunity to address any outstanding concerns or questions. Hours of operation, menus, price points, and parking were some of the issues in question to be addressed during the community meeting.

Because the timing of this issue of The Bulletin, we were not able to include information on the outcome of the community meeting. A full summary of the meeting and an update on the project can be found at lunited.org, lvphg.com or by request from info@lunited.org or 412-802-7220. ♦

announcement

Introducing our newest doctor

Carolyn D. Ellis, MD, and the staff at University General Medicine Associates-UPMC are pleased to welcome our newest doctor, Alexandra K. Smith, MD, to our office in Shadyside.



Carolyn D. Ellis, MD
Internal Medicine

Dr. Ellis received her medical degree from the University of Pittsburgh School of Medicine. She completed her residency and fellowship at UPMC. Dr. Ellis is certified by the American Board of Internal Medicine and is a member of the American College of Physicians.



Alexandra K. Smith, MD
Internal Medicine

Dr. Smith received her medical degree from Temple University School of Medicine in Philadelphia, Pa. She completed an internal medicine residency at the University of Hawaii in Honolulu.

To schedule an appointment, or for more information, call 412-623-2300

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Larimer Vision Plan Unveiled

In 2007, more than 125 dedicated stakeholders in the neighborhood of

Larimer came together to provide leadership and input for an updated Community Plan. 2008 saw the release of that plan, outlining neighborhood goals in the areas of "Place & Environment," "Community & Organizations" and "Human Needs."

Following these goals, the Larimer Consensus Group (LCG), along with the Strada planning team, developed the Larimer Vision Plan, which addresses the aspirations specifically identified in the "Place & Environment" community goals. The LCG celebrated the release of the Vision Plan on Wednesday, January 26, at the Kingsley Association in a community meeting that was open to the public.

The Larimer Vision Plan is a detailed land-use plan addressing the assets and challenges of the Larimer neighborhood and the portion of East Liberty that sits along the Larimer Avenue corridor. This two-neighborhood Vision Plan strives to establish the area as a state-of-the-art green community.

By following the goals established in the Larimer Community Plan, the Vision Plan provides a long-range vision for the next 20 years in the community. It also serves as a road map for future development,

By Margaret Graham
East Liberty Development, Inc.

examining the types of land use in the community and where they should

occur. Finally, the Vision Plan serves as a tool for accessing resources and for negotiation.

The Larimer Vision Plan was developed by the LCG with the Strada planning team. The Strada team includes Strada Architecture, LLC; Real Estate Services; Michael Baker Corporation and the Community Technical Assistance Center. The LCG is driven by the community vision as listed in the 2008 Community Plan: for Larimer to be "a safe, clean, strong, diverse, vibrant, healthy and attractive community—with a renewed sense of pride, that is a model for inner-city revitalization."

Represented on the LCG are the East Liberty Concerned Citizens Corporation; the Kingsley Association; East Liberty Development, Inc.; the Larimer Action Teams; Omega Phi Psi and members of the faith-based community and the business community. The LCG is chaired by Roland Criswell, with Carolyn Peeks serving as vice-chair and Brandon Davis serving as second vice-chair. Treasurer is Robert Germany, and the secretary is Donna Jackson. ♦

STUDENTS SELECTED AS AMBASSADORS TO ACADEMIES AT WESTINGHOUSE

By Stephanie Paluda
Pittsburgh Public Schools

The Young Men's Academy at Westinghouse and The Young Women's Academy at Westinghouse are scheduled to open in the fall of 2011 and will be housed in the historic Westinghouse High School building. Students from around the District are excited to be a part of this new opportunity. Erika Williamson, a current Pittsburgh Peabody junior, said she believes that "the Young Women's Academy is here to give us courage and support to get where we're going, no matter where we come from."

On August 25, 2010, the Pittsburgh Public School Board approved the closing of the Pittsburgh Westinghouse 9-12 program and Pittsburgh Peabody High School. The Board also approved the changing of grades served by Pittsburgh Faison and Pittsburgh Lincoln from PreK-8 to PreK-5, beginning with the 2011-2012 school year. Because Pittsburgh Faison and Pittsburgh Lincoln will no longer serve grades 6-8 and the Pittsburgh

Westinghouse 9-12 program is closing as of June 30, 2011, families will need to choose a school for their children to attend for the 2011-2012 school year.

Two new single-gender schools, The Young Men's Academy and The Young Women's Academy serving grades 6-12, will be established. On November 23, the Board approved a magnet designation for The Academies, opening the new schools to all District students.

Current families of Pittsburgh

Peabody and Pittsburgh Westinghouse students will have the choice to be assigned to the Academies or Pittsburgh Millionaires 6-12 University Preparatory School. Pittsburgh Westinghouse and Peabody students who do not apply to a magnet or CTE program or enroll in a charter, private or parochial school will be assigned to attend Pittsburgh Millionaires.

These new schools provide students and families in the city of Pittsburgh with a new choice in public education. The Academies at Westinghouse are the District's newest magnet schools that were designed with input from the East Region Advisory Committee. The Committee's recommendation suggested that the academic program in both academies be infused with principles of leadership and social

justice. The new academies will strive to prepare students through challenging coursework within a supportive environment.

Approximately 40 students from both Pittsburgh Westinghouse High School and Pittsburgh Peabody High School were selected as ambassadors for the new academies. Ambassador Thomas Brown, a current Pittsburgh Peabody junior, says he is excited for the new school: "The academies will bring vital information, new opportunities for me personally. Because it's my last year in the Pittsburgh Public Schools, I'll have the chance to have a tutor... and a name."

Applications for Westinghouse Academies are available at <http://www.pps.k12.pa.us>. ♦



STUDENT AMBASSADORS FOR THE WESTINGHOUSE ACADEMIES AT A BOARD OF EDUCATION COMMITTEE MEETING.

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Zoning Board Hearing Set for Pacific Sanctuary/Earthen Vessels Facility

The City of Pittsburgh Zoning Board of Adjustment will hear a proposal for several zoning variances for 5151 Friendship Avenue on Thursday, February 10, at 10 a.m. This is the rescheduled hearing for the Pacific Sanctuary/Earthen Vessels building at the corner of Friendship and South Pacific Avenue. At issue are requested variances for the use of six parking stalls in the rear of the building on Amboy Way; a disability access ramp in the rear of the building rear; and setbacks for four HVAC units at the front and rear of the existing two-story structure and a trash receptacle. The hearing will be held on the first floor of the Robin Civic Building, 200 Ross Street, in downtown Pittsburgh. Zoning Board of Adjustment hearings are open to the public. For more information regarding this hearing, please call the Zoning Board of Adjustment at 412-255-2214. ♦

GA/GI FESTIVAL EXPANDS FOR APRIL UNBLURRED ON PENN

The second annual GA/GI Festival (pronounced GAH-gee) is going to the ends of the Earth (starting in Southwestern Pa., of course) to find unique people and projects in the green and technology industries. The event is a tossed salad of artists and performers, inventors, tree huggers, robotics makers and fashion designers who will occupy the Penn Avenue arts district with exhibitions, demos, film and LIVE performance on two days in April: Friday evening, April 1, and part of Saturday, April 2.

Building on its history-making success of last year, Team GA/GI is gearing up for another installment of unpredictable eco art and technology that brought thousands to Penn Avenue last April. "We couldn't even make people go home after the festival ended last year," said members of the GA/GI Team, "so it made sense for us to do it all again."

The Pittsburgh Glass Center is celebrating its 10th anniversary and will again act as the anchor for the festivities. Visitors can go there for schedules and general information, which can also be picked up Friday evening at the Bloomfield Garfield Corporation's Community Activity Center at 113 N. Pacific Avenue and participating galleries such as Most

By Christine Bethea
Passports: The Art Diversity Project and ARTica

Wanted Fine Art, Modern Formations and the Irma Freeman Center.

While the festival will feature a good selection of returning talent, there are plenty of new faces. CMU's chemistry department will feature a "Great Cooking/Good Science" demo in which they'll create their house specialty: a virgin Bloody Mary that they've renamed a "Bloody Shame." David Edwards of Art Energy Design will again light up the avenue with his incredible Power Flower, but GA/GI now has "Dave" to the 4th power: David English from the Schmutz Company is spearheading a family-oriented Papermation project with Don Orkoskey, while David Roth is bringing iPad jazz to the table, and David Bear will do a Gigipan experiment from the roof of the Glass Lofts.

Saturday's line-up features children's eco/tech fun at the Union Project's annual Open House in Highland Park. The Glass Center will host talks with "green" fashion designers while the Glass Lofts will showcase exhibitions and I Made It Market presenting "I re-Made It SMART."

For updates on the GA/GI schedule, follow the yellow "green" blog: www.gagifest11.blogspot.com. ♦



WINDOW INSTALLATION BY SARAH WOJDYDLAK AT 5013 PENN AVENUE DURING LAST YEAR'S GA/GI FEST.

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PNC, from page 1

residents to make their feelings about the bank closure known to the BGC at 412-441-6915 x15. "If the community wants a new bank on Penn, we will do everything we can to bring one in," Brose vowed.

Doing "everything we can," she explained, would involve assisting a new financial institution that makes a commitment to the neighborhood. "We would educate residents and our community partners about the importance of moving their accounts from their present banks to the new bank," she said. She also noted the coming construction of 49 new rental units within a block or two of the avenue, an \$11 million project she referred to as "new-growth money" for a financial institution.

PNC's Solomon says the bank expects to mail letters to branch customers in mid-February, informing them of the closing. "PNC customers can continue to bank at the Penn Avenue branch until it permanently closes at 3 p.m. on Friday, May 13," he said. He added that "PNC typically transfers closing branch employees to other area branches." ♦

New BGC Board President Has High Hopes for Community

By Paula Martinac
The Bulletin

When a fellow board member nominated him for president of the Bloomfield-Garfield Corporation board of directors, Bill Cornell says he was surprised and at first hesitant. Although he has been on the BGC board for four years, serving actively on such committees as Marketing/Communications, Fundraising and Housing and Land Use, he never considered running to be an officer. After weighing the opportunity, however, he agreed to run and was elected president on January 10.

A psychotherapist in private practice in Lawrenceville, Cornell has been on a variety of boards, though never served as president. "These were boards in my field – in psychotherapy and psychology," he notes. "People on those boards were

intensely interested in promoting their own ideas."

The BGC board, he says, is very different – and that's what he likes about it. "With the BGC board, the welfare of the community is more important than individual ideas," he observes. "People are more invested in getting things done for the community."

Cornell says he's seen a change in the BGC board in the past few years under the leadership of out-going board president Jason Wilburn, who decided not to run for re-election. "It's shifted to a real working board," Cornell observes. "Jason set that as a goal.... This year we have six new people with a lot of energy and ideas. My job will be to encourage that energy."

His particular goals for the BGC are to continue its efforts "to revitalize the neighborhood for the people who already live here, not to gentri-



Paula Martinac/The Bulletin

fy." The organization is unique, he says, in that it takes a broader view of neighborhood revitalization with programs for young people, employment services, and public safety initiatives in addition to housing development. The BGC's mission, as he sees it, is "making Garfield an easier and better place to live." He is particularly excited about "Garfield 2030," the community plan that envisions what the neighborhood might look like 20 years down the road.

One special area of interest for Cornell as BGC president is reaching out to faith communities to tap their ideas and strengths for neighborhood change. "I'd like to see if and how the neighborhood churches can be involved in changes the BGC is trying to make," he says.

Cornell is personally invested in the neighborhood; he lives with his partner and family on Penn Avenue in the house with the black-and-white cow art in front, and his grown son lives on North Fairmount. He says his "personal fantasy for Penn Avenue" is to make it "the kind of main street we used to have." Although he likes the

influx of art galleries, he would like to see more everyday services that neighborhood folks could use. "We have a bookstore now. We could use more restaurants. A grocery store is a significant marker," he observes, referring to the BGC's recent meetings with a developer about bringing a supermarket to the avenue. "The question is, how can Penn Avenue serve the communities that about it?"

He will get a chance to work on that question during his one-year term of office. As Cornell's fellow board officers, P.J. Maloney and Catherine Curry were re-elected as vice president and treasurer, respectively, and Zuleikha Bjork was elected secretary.

Cornell says he is especially excited about the diversity of the 2011 board, with a range of ages, races and perspectives. Some directors are longtime residents and some are new to the neighborhood. As president, "I want to recognize and encourage board members' particular skill sets and the aspects of the community that they're invested in," Cornell notes. "I want to pay attention to people's hopes." ♦

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Stop Dreaming About Quality Sleep

An old Chinese proverb states, "Only when one cannot sleep does one know how long the night is." Anyone who's ever experienced an occasional bout with insomnia – and that's most of us – can relate to this all too well.

In fact, surveys have shown that between 40 and 60 percent of the general population has trouble sleeping. Daily stress and worries, pressures from job and family, body aches and pains caused by uncomfortable beds or pillows, and a host of other issues can keep a person from getting enough quality sleep.

Sleep is critical to good health and functioning, so lack of it is a serious matter. "Sleep is one of the most important functions of the brain," says Frederick R. Carrick, DC, PhD, president of the American Chiropractic Association's Council on Neurology. Through it, our bodies recharge and renew for the next day's challenges.

As wellness experts, doctors of

Dr. Michael Cutitta
Bulletin Contributor

chiropractic can provide patients with a different approach to their sleeping problems – without the use of sleeping pills, which leave many people in a mental haze the next morning. To start, here are a few helpful tips recommended for the sleepless in Seattle (or Pittsburgh, for that matter):

- Exercise regularly. Exercising in the morning is best, but if you must exercise in the evening, do so at least two or three hours before bedtime. Any later, and your increased heart rate can interfere with your sleep.

- Limit your intake of caffeinated beverages such as coffee, colas and tea. Try to avoid them altogether late in the day and near bedtime. In addition, for each cup of caffeinated beverages you drink each day, drink an equal amount of water.

- If you have trouble sleeping and then get thirsty, drink tap water at

See SLEEP, page 12

Greening the City, One Tree at a Time

Tree Pittsburgh is excited to announce the return of their popular Tree Tender

Course, with six opportunities to learn more about urban forestry in 2011. Tree Pittsburgh is an environmental non-profit organization protecting and growing our urban forest through tree maintenance, planting, education and advocacy.

Tree Tenders help young street trees to survive and live longer, healthier lives in the city of Pittsburgh. Tree Tenders learn about urban forestry practices in Pittsburgh; tree biology, growth, and function; proper tree care and pruning techniques; proper tree planting practices; and organizing tree plantings and care. They also participate in tree plantings, pruning workshops, tree care days, tree identification walks, and more. Tree Pittsburgh is getting closer and closer to having 1,000 Tree Tenders—could you be the 1000th?

Tree Pittsburgh is partnering with Rothschild Doyno Collaborative and the Children's Museum of Pittsburgh, and all of 2011's course offerings will

Caitlin Lenahan
Tree Pittsburgh

be at these locations, with the exception of the first course being held downtown. For dates and to register

for a course, go to www.treepittsburgh.org or call 412-362-6560.

According to the 2005 City of Pittsburgh Street Tree Inventory, the city has approximately 30,000 street trees, and more than 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. Tree Pittsburgh 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/treetendercourse>. 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. Email Caitlin@treepittsburgh.org or call 412-362-6360 for more information. ♦



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CALLING ALL MENTORS AND MENTEES

Have you ever thought about becoming a mentor? Now is your chance! The Wireless Neighborhoods

Kathryn Vargas
Wireless Neighborhoods

Community LEARNS afterschool program has recently started a Male and Female Mentoring program at Pittsburgh Peabody High School.

The male mentoring program has been running since August, with funding from the Heinz Endowments as part of its African-American Male Mentoring initiative. Due to the great success of the male mentoring program, Wireless Neighborhoods started up a female mentoring program in December.

Young people, especially those in high school, are at a point in life where they are making decisions about the future, transitioning into adulthood, and often seeking out extra guidance and support. These programs are offering this extra support, providing students with a place where they can learn about themselves, explore their cultural identity, talk openly about real issues, experience

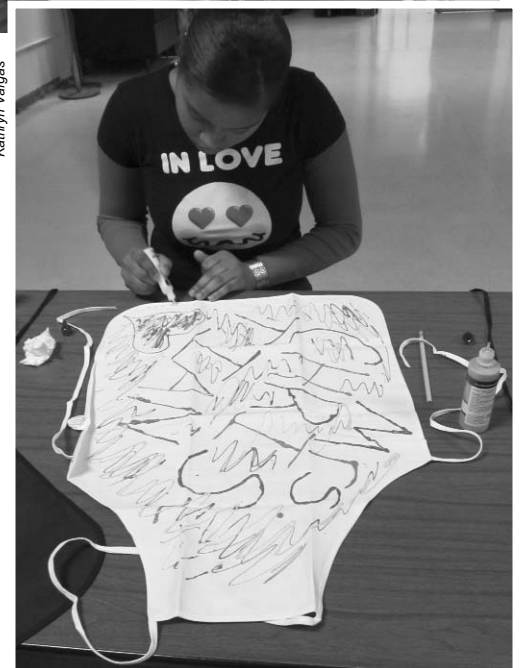
new things, and connect with adults and the Greater Pittsburgh community in a meaningful and valuable way. Some activities include: family dinners, cultural identity workshops, "Rites of Passage" education, arts, recreation/sports, volunteerism, and life-skills training.

We invite anyone who is interested in having an impact on the life of a young person to participate. If you are an adult and interesting in becoming a mentor, we are always looking for ways to connect our youth with more people, organizations, and experiences in the city. You are free to participate once, or on an ongoing basis. If you are a student at Pittsburgh Peabody High School, or you're a parent or guardian with a student at Peabody, we always welcome more participants.

For more information about how to participate, please contact: Knowledge Hudson for male mentoring or Kathryn Vargas for female mentoring, at 412-363-1910. ♦



Kathryn Vargas



TOP: FAMILY DINNER WITH FEMALE MENTORING PARTICIPANTS. BOTH THE FEMALE AND MALE MENTORING PROGRAMS HAVE A COOKING NIGHT ONCE A WEEK. BELOW: STUDENTS DECORATED THEIR OWN APRONS FOR COOKING NIGHT AS PART OF A SELF EXPRESSION/IDENTITY ACTIVITY.

announcement

Introducing our newest doctor

UPMC welcomes Sailaja Koduri, MD, and the staff at Penn Circle Medical Associates-UPMC. New patients are welcome to their office in Pittsburgh.



Sailaja Koduri, MD
Internal Medicine

Dr. Koduri received her medical degree from Andhra Medical College, Maharanipeta, Visakhapatnam, India. She completed her residency in internal medicine at Bronx Lebanon Hospital Center, Bronx, N.Y. Dr. Koduri is certified by the American Board of Internal Medicine and is a member of the American Medical Association. She specializes in diabetes, hypertension, and women's health.

To schedule an appointment,
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Union Project Gets Facelift



Courtesy Union Project

Restoration of the historic landmark building is

well underway at Union Project. The building's facade, original slate roof and Great Hall are all receiving a face lift thanks to an anonymous foundation and the Pennsylvania Historical and Museum Commission.

Construction began last month on the beautiful vaulted plaster ceilings, which are in the process of curing to be restored to their original splendor. Work on Union Project's original slate roof is now complete and will ensure that the community has a place to gather for many years to come. Using a cutting-edge fastening system that can be installed piece by piece and replaced as needed, a team from Preferred Contractors has finished the slate and is now working on the cleaning and repointing of the building's sandstone facade. All passers-by can see that our previously black building is slowly being transformed, as years of pollution are removed by a detergent solution to reveal the true color of the building's sandstone.

Union Project is a dynamic

Kelly Tobias
Union Project

non-profit community arts and enterprise center

strengthening the stability of Pittsburgh's East End neighborhoods and residents. The historic building, located at the intersection of Stanton and Negley Avenues, provides an affordable, safe, welcoming home to grassroots entrepreneurs, artists, non-profits, and community events.

Please join us April 1-2 for the 2011 Spring Open House, as Union Project welcomes the community to see the newly renovated interior space and highlights all we have to offer in space rental, community arts and stewardship. If you would like more information about the changes happening at Union Project or to hear about the ways you can get involved, email info@unionproject.org or call 412-363-4550 x37. ♦

Read back issues of *The Bulletin* online at www.bloomfield-garfield.org/Pages/Bulletin.html.

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SLEEP, from page 10

room temperature (cold water may disturb the digestive system).

- Eat an early dinner. Eating after 6 p.m. may interfere with sleep as your body works to digest the food you've eaten.

- Go to bed at the same time each night and get up at the same time each morning. The routine will help your body know when it is time to rest.

- Keep your bedroom at a cool, comfortable temperature and try to make it as dark as possible when you're ready for bed.

Creating a comfortable place to sleep by choosing the correct mattress and pillow is also essential to getting the quality sleep that your body needs to function at its best.

A mattress, for instance, should support the body's weight evenly and allow the spine to stay in its natural alignment. Choosing the right one is a personal matter.

Regardless of whether you like your mattress firm or soft, give it a good trial run before you buy. I recommend lying down on a mattress

for a minimum of three to five minutes to get a good feel. Sitting on it simply won't do.

After investing in a quality mattress, don't forget to choose an equally supportive pillow, advises Peter McKay, DC. "People will spend thousands of dollars on a mattress and then skimp on a pillow that doesn't support their head and neck properly," he observes. A good pillow will keep the cervical (neck) section of the spine aligned with the thoracic and lumbar (chest and lower back) sections. "[The sections] move together and should be supported together."

If you continue to experience pain and discomfort at night or have difficulty falling asleep, visit your doctor of chiropractic. Doctors of chiropractic are trained to treat spinal problems that can interfere with a restful night's sleep. They can also offer nutritional and ergonomic advice that can help improve the quality of your sleep. ♦

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PITTSBURGH JOB CORPS GOES INTERACTIVE

If you are a fan of the TV program *NCIS Los Angeles*, then you know that technology in the form of a

Promethean board is vital to their investigative searches. Using a Promethean board is creative, interactive, engaging, astounding, and exciting. Bringing it into the classroom transforms how teachers teach and learners learn. Now, Promethean boards, known as electronic whiteboards, are part of the academic training for students at the Pittsburgh Job Corps. With one in each classroom, instructors can provide more interactive learning.

Pittsburgh Job Corps spearheaded this initiative and became the center for training the trainers. Two PJCC staff, Amanda Krezan, Medical Office Support Instructor, and Joseph Bodnar, GED Instructor, spent four days in Atlanta to become certified trainers. Recently, they conducted a two-day, 13-hour intensive indoctrination of the classroom applications of the Promethean boards. Twenty-seven academic instructors, career preparation, and career technical training instructors from Cassadaga, N.Y.; Laredo, Texas; Loring, Maine; New Haven, Conn.; New Orleans, La.; Penobscot, Maine; Long Beach, San Diego, and San Jose, Calif.; and Pittsburgh came together.

There were demonstrations on how to use the basic tools of Promethean boards, which are large, interactive displays that connect to a computer and projector. These tools are: activexpression, which are the individual student devices; activinspire software; and activpen. Files of presentations are called flipcharts, and instructors can use packaged lessons or create their own. With the privacy of using an activexpression, the teacher can

Dorothy Sweeney
Pittsburgh Job Corps

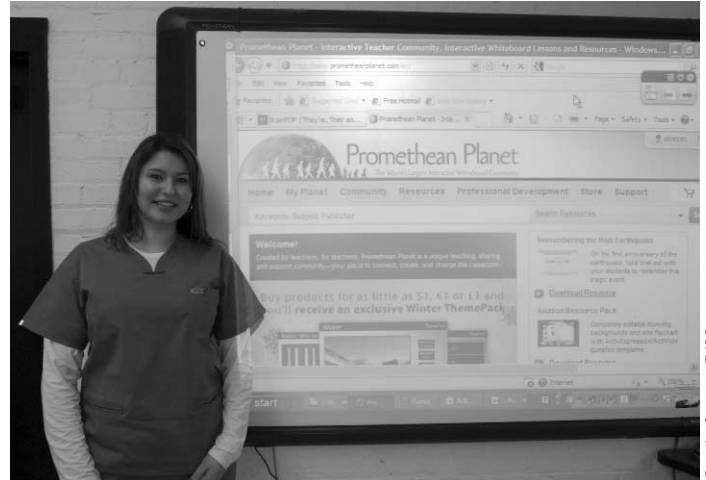
write over, sweep away, touch, click, draw, and drag.

The goal of the training was to expose new users to the capabilities of the boards and to show familiar users advanced techniques. The boards help teachers engage students and keep them motivated toward learning. Students report that it is fun to work with the Promethean boards; they can text, answer questions, or try out answers. When students are correct, they have immediate acknowledgment and positive reinforcement with the sound of clapping hands. One instructor is already using the board to design a *Jeopardy* game of vocabulary words for a "green" curriculum on climate change.

The non-Pittsburgh staff said they were impressed with the training and the center. They were also excited to hear about the legend of the Terrible Towel in Steelers country, as many of them were unfamiliar with it. Carole Belanger of Loring Job Corps said, "I enjoyed the training immensely, and we were so impressed by the Pittsburgh staff. I don't think we have met a friendlier staff from another center. You did a great job training us as we knew nothing about the boards but felt really comfortable [about them] when we returned [back to our centers]."

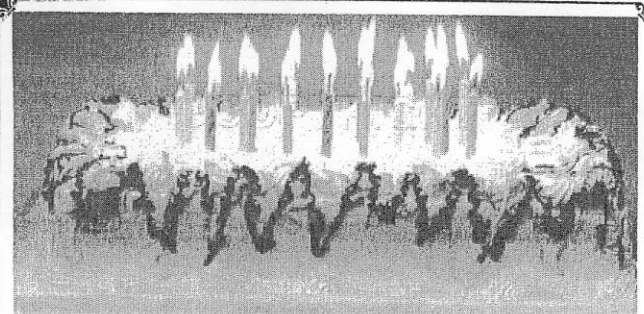
Trainer Krezan said that she "really enjoyed sharing this awesome technology with new users. There is so much that you can do with these boards; it's really only limited by your imagination. It was great seeing the participants catch on and get inspired." ♦

see how well an individual student is doing. Using an activpen, a teacher can point,



PROMETHEAN BOARDS TRAINER AMANDA KREZAN OF PJCC.

Dorothy Sweeney/PJCC



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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 by the 15th of each month. We do not accept listings on the phone. Information published on a space-available basis.

YOUTHBUILD PROGRAM

Build your community and get paid while in training! Earn your G.E.D. or high school diploma, and learn skills to increase your income. Join Garfield Jubilee's YouthBuild Program, in partnership with Hill House Association and Housing Authority of Pittsburgh. To apply, you must be interested in learning construction trades and in further education; serious and committed; between 16 and 24 years old; unemployed and out of school; and a resident of Pittsburgh. To qualify, you must have a birth certificate, proper ID and Social Security card. For more information, contact Renee Robinson or Tonya Daniels at Garfield Jubilee Association, 5315 Hillcrest Street, Pittsburgh, PA 15224 or 412-661-6275.

PARENTING WARMLINE

Parenting is a tough job - the Parenting WARMLINE can help! We offer free, non-medical telephone support, information, and referral. Call 412-641-4546 or 800-641-4546 or email: Warmline@familyresource-sofpa.org. Confidential.

SPAY AND NEUTER DAY

At the BIG EASY Animal Hospital, we know that spay and neuter is the only way to proactively relieve the pet overpopulation problem. In Allegheny County alone, conservative estimates show that 20,000 homeless and abandoned pets are euthanized each year. The most common cause of euthanasia is the inability to find adoptive homes for these unwanted animals. Research shows that a single spay surgery can save 55 unwanted animals from being born. Those are 55 animals who won't wait in shelters, or worse. The only proactive way to reduce and eliminate pet overpopulation is through spay and neuter. BIG EASY Animal Hospital

will host its 2nd Low Cost Spay and Neuter Day offered to the community on Friday, February 11, 2011. By having your pet spayed or neutered, you reduce your pet's risk of cancer and infection, make your pet less likely to run away and ensure a calmer, happier companion. For more information or to sign up, please contact us at 412-908-9301, visit our website at www.tbcah.com or drop in at 5328 Butler Street, Lawrenceville. Please note your pet MUST be current on its rabies vaccine...or the BIG EASY can provide.

TRACE YOUR FAMILY "ROOTS"

In celebration of Black History Month, East End resident and Riverbends.org founder Joseph Kennedy IV will offer a "Family History Workshop" at Carlow University on February 16 from 4 to 6 p.m., in A.J. Palumbo Hall, Room 107. Learn how to preserve your family history, track your ancestors using free government sources, and discover strategies to navigate African-American records. Free and open to the public. Refreshments provided. For more information, call 412-578-6391 or 412-578-6021.

ARTISTS' FUNDING

Are you creating artistic risks and searching for funders who take artistic risks? Join the Kelly-Strayhorn Theater and the Greater Pittsburgh Arts Council for a conversation on the perfect funder for the perfect project with Susan Blackman and David Seals of GPAC. The presenters will walk you through the integral steps of writing a funding proposal for the performing arts. Ask questions, share ideas, and find the potential in your work. Saturday, February 5, 10 a.m., at the theater, 5941 Penn Avenue; suggested donation \$10. Light refreshments will be served. To RSVP, call 412-363-3000 or email nicole@kelly-strayhorn.org.

GOSPEL CONCERT

The second annual National Black HIV/AIDS Awareness Concert will take place Sunday, February 6, from 4 to 6 p.m., at Homewood AME Zion Church, 724 North Homewood Ave. The free event will feature the Pittsburgh Gospel Choir and Mt. Ararat Baptist Church Mass Choir. The concert is in observance of

National Black HIV/AIDS Awareness Day. For more information, email aanderson@patf.org.

BLACK HISTORY MONTH AT KST

Celebrate Black History Month with the Kelly Strayhorn Theater, 5941 Penn Avenue. Soulscapes honors African American artistic expressions

that have shaped a rich culture today. History is alive in music and poetry and with it we remember a past that has inspired us and set the course to shaping a new generation's anthem. Celebrate history by making history with music and poetry. Thursday, February 17, 8 p.m.; \$10 at the door. For more information, call 412-363-3000 or email nicole@kelly-strayhorn.org.

CARNEGIE LIBRARY HAPPENINGS - FEBRUARY

Carnegie Library of Pittsburgh - East Liberty Branch
130 S. Whitfield St. 412-363-8274
All programs are free

Terrific Tales for Toddlers & Pre-schoolers

For ages 2 to 5. Fridays in February, 10:30 a.m..

Family Study Buddies: Math Games

For students in grades K-5 with their parents. Saturday, February 5, 10 a.m. A series of monthly programs for children and parents to learn to find ways to support learning. Registration required.

Kids Create: Origami

For ages 6-12, but adults are welcome, too! Saturday, February 19, 3:30 p.m.

Celebrate! Valentine's Day

For ages 3-11 with family. Monday, February 14, 6 p.m.

East Liberty Teen Programs

Get Your Game On

Play Wii or go old school with board games and card games: Mario Kart, Just Dance, Madden, UNO, Chess, Checkers, Simpsons Clue... and more. Monday, February 7, 4:30-6 p.m.

Teen Actors' Studio

Get into the drama with other acting teens. For Valentine's Day, we're going to talk about love scenes and the dreaded (or hoped for) stage kiss. Monday, Feb. 14, 4:30-5:30 p.m.

Spice and Seed Mandalas

This good-smelling, decorative craft will make any room of the

house look a little more exotic. Monday, Feb. 21, 4:30-5:30 p.m.

Teen Advisory Council

Eat some pizza and plan some programs. Want to start an all-zombie book club? Plan an open mic night? Need community service hours? We're all ears. Monday, February 28, 4:30-5:30 p.m.

Carnegie Library of Pittsburgh - Lawrenceville Branch

279 Fisk St. 412-682-3668
All programs are free

Adult Book Discussion Group

Monday, February 14, 5 to 5:45 p.m. This month's title is *The Help*, by Kathryn Stockett.

Drop-In Art Club

Stop in to the library between 11 a.m. and 1 p.m. on Saturday, February 5, for an art project. Kids will learn bookbinding using homemade paper.

After-school Recess: Winter Wonderland

For 2nd to 5th graders. Thursday, February 17, 4 p.m.

Family Playshop

For ages 6 months to 4 years. Tuesdays, February 1, 8, 15, 11 a.m. to 12 noon.

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.

"Like" the BGC on Facebook!

<http://www.facebook.com/pages/Bloomfield-Garfield-Corporation/263453003709>

THE BULLETIN BOARD

ARTS CLASSES IN LAWRENCEVILLE

Are you burned out? Do you need to put that creative spark back in your life? Do you have something to say but no way to say it? MCG Youth & Arts in Lawrenceville offers art classes for adults as well as youth, including Functional Pottery and Practical Photoshop. For more information or to register, visit <http://mcgy-outhandarts.org/adult/art-after-dark>.

A PLACE TO BELONG

Come visit us at the Door of Hope Community Church, 5225 Holmes Street, Lawrenceville, every Sunday at 11 a.m. for our church service. We also offer Sunday school for all age groups, plus Christians in Recovery, at 10 a.m. For additional information, please call 412-781-0234 or email doorofhopecommunitychurch@verizon.net.

EAST LIBERTY DOCUMENTARY

Filmmaker Chris Ivey will present a public screening of the third part of his acclaimed "East of Liberty" documentary series, titled *In Unlivable Times*, on February 18 and 19 at 8 p.m. at the Kelly-Strayhorn Theater, 5941 Penn Avenue. A timed Q&A will follow each screening. Tickets: \$10 for adults, \$5 for students. Kids under 18 are free. For more information, visit www.eastofliberty.com or call 412-523-4793.

PANCAKE BREAKFAST

The Lawrenceville Rotary is holding its 8th Annual Pancake Breakfast on February 12 at St. Mary's Lower Lyceum on 45th Street in Lawrenceville. Tickets available at the door or 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 non-profit organizations and Rotary International projects.

LANTERN FESTIVAL FOR LUNAR NEW YEAR

Join Steel Dragon Kung Fu in celebrating the Lantern Festival, the last day of the Lunar New Year celebration, on Friday, February 18, celebrating the Year of the Rabbit (or the Year

of the Cat in Vietnamese tradition). There will be an open house at 5 p.m., followed by the celebration at 6:30 p.m. starting with a traditional Chinese lion dance. This will be followed by martial arts demonstrations by Steel Dragon and by our friends from Nego Gato Capoeira, which is a Brazilian martial art. Steel Dragon is in the Ice House Studios, 100 43rd St Suite 113 in Lawrenceville, a few blocks below Butler Ave. For more information, call 412-362-6096 or email info@steel-dragon.org.

VIEW, CHAT & CHEW

Find your Soul Mate in February with our showing of *Soul Mate* by Andrea Wiley. The film is a study of self-discovery and humanity in today's world. Family movie night at Stanton Heights Church takes place the first Friday of each month. Come join us on February 4 at 7 p.m. Enjoy free popcorn and drinks. Bring your family and friends for a quality time with neighbors. Stanton Heights Church, 4721 Stanton Avenue.

A GOLD STAR FOR FRIENDSHIP

Congratulations to residents of Friendship! The neighborhood was one of only two in the city of Pittsburgh in 2010 to earn a Gold Star for recycling participation. (The other was North Oakland.) A gold star means that more than 90 percent of Friendship residents recycle. Keep up the good work, Friendship! For more information on recycling, visit green.pittsburghpa.gov.

U.S. DRUG POLICY ACTIVIST TO SPEAK

Come hear Kemba Smith Pradia, activist and advocate, talk from personal experience about the consequences of current U.S. drug policy. Learn how she used her experience as a springboard to educating and inspiring young people. Smith Pradia has been featured on CNN and in major newspapers like *The Washington Post*. March 22, 7 to 9 p.m., Carlow University Kresge Theatre (Grace Library, 5th floor). Free and open to the public. For more information about Smith Pradia, visit www.kembasmithfoundation.org. For information on this event, call Barbara Johnson at 412-578-6021 or email bgjohnson@carlow.edu.

EECM STRESS CENTER FEBRUARY EVENTS

East Liberty Presbyterian Church
116 S. Highland Ave.
Pgh, PA 15206
412-383-5137

Stress Center Hours: Tuesdays and Thursdays, 1 to 4 p.m.

Thursday, February 3, 1:30-2:30 p.m.

Goal Setting presentation by Michelle McMurray. It's the New Year and many people make resolutions. Learn ways you can reach these resolutions.

Thursday, February 10, 12-4 p.m.

Kate Showalter will conduct stretching exercises and perform back/hand massages.

Thursday, February 10, 12-3 p.m.

Sherry Brooks will be performing cholesterol screenings.

Tuesday, February 15, 1-3 p.m.

Lisa Sobek will instruct a Zumba workshop.

Thursday, February 17, 1-3 p.m.

MHA will be offering Workshop #2 of their Community Health and Wellness Education Program. Attendees will learn about the relationship between heart disease and depression and the importance of getting treatment for both conditions at the same time. Refreshments will be provided.

Tuesday, February 22, 1-2 p.m.

Tina Goldstein, Ph.D., will instruct a progressive muscle relaxation workshop. Learn how to relax every muscle in your body.

Thursday, February 24, 1-3 p.m.

MHA will be offering the third and final workshop of their Community Health and Wellness Education Series. This session will focus on the relationship between stress and cancer. Participants will learn the importance of taking care of their mental health while coping with a chronic and life-threatening health condition.

Thursday, February 24, 12-3 p.m.

Sherry Brooks will be performing cholesterol screenings.

Health and Wellness screenings will be offered every time the center is open. Attendees must be 18 years of age or older. For more information, call 412-383-5137.

FREE TAX PREPARATION SERVICES

Federal, State and Local Income Tax Returns Prepared for Working-Class Families and Seniors

*All returns done online with the option of direct deposit of any refunds
No business returns or rental property filings
Valid photo ID and proof of Social Security # required*

Bloomfield-Garfield Corporation Community Activity Center

113 North Pacific Avenue, Garfield

Site Opens Saturday, February 5, 2011

Hours: Saturdays, Noon to 4 p.m.

BY APPOINTMENT ONLY

412-441-6950 x11

CLASSIFIEDS

ALL TEXT ADS are \$5 for 15 words, and 10 cents for each additional word. BLOCK ads (2.5" x 1.5") are \$15; DOUBLE BLOCKS (2.5" x 3") are \$30.

Please send ad with full payment to: The Bulletin, Classified Dept., 5149 Penn Ave., Pittsburgh, PA 15224

CLASSES

TOTAL BODY WORKOUT

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Abs-Hips-Thighs

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www.bodyeffort.com

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PODCAST

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GROCERY, from page 1

director Aggie Brose on December 22, Tillman reported that they could not make a double entrance on Penn work to eliminate the need to use Coral Street. Without a solution to the impasse, he said he would have to look for an alternative site "a few blocks in one direction or the other."

Tillman said he was set on bringing a store to Garfield. "We want to be your neighborhood grocery and a part of your community – how can we do that?" he asked the BGC's deputy director Aggie Brose in email. He went on to explain that his tenant "is firmly committed to being a strong community partner and responsible corporate citizen. Hunger relief and nutrition education are a primary focus of their philanthropic work."

After further discussion between Tillman and the BGC, Haberman went back to the drawing board to develop plans for a second entrance on South Pacific Street, which would not face the residential area. In the new plan, the grocery store's 53-space parking lot would border South Pacific, with landscaping and a fence or wall defining the parking lot and creating a barrier between the store and houses on Coral. (See drawing.) The store itself would abut the A&M Market building. The revised plan features landscaping on the Penn Avenue side, in front of the entrance and the store itself.

To make it possible for trucks to leave the lot without driving on Coral, Brose said that the BGC would ask the community to consider returning the 100 block of South Pacific between Penn and Coral to two-way traffic. "Then trucks could exit back onto Penn Avenue and not onto the residential street," Brose noted. Family Dollar instructs its delivery trucks to use South Pacific when entering its lot.

"The possibility of having a real grocery store in our neighborhood again is exciting," said Brose. "Our residents can have access to healthier foods and save on their grocery bills." In fact, the tagline for Bottom Dollar, as displayed on its website, is "Brands you know, at prices you've never met" – in other words, the store carries national brands as well as private ones, unlike stores such as ALDI, Trader Joe's and Save-a-Lot.

Tillman vowed to "work with the community on exterior appearance" to address any concerns about how the store's exterior would fit in with the Garfield neighborhood plan aesthetically. "We look forward to meeting all the neighbors and becoming a part of the neighborhood," he told Brose in an email on January 13. ♦

For more information on the proposed grocery store or the Feb. 7 community meeting, call 412-441-6950 x15.

HOUSES, from page 2

hood over time presents a big challenge for residents and community groups. The actions of outsiders often contributed to the deterioration of Garfield, and it was suggested that an education program for realtors, appraisers, and absent-site property owners be designed to combat the devaluation of the neighborhood that, more frequently than not, has resulted from their attitudes and practices. Asking landlords who have been able to offer good-quality housing to tenants to share "best practices" with those wanting to invest in the community was another recommendation. Many agreed that talking more often with these and other actors in the housing "pipeline" would offer an opportunity to share with them the positive change that's come to Garfield in recent years, and ways they could be helpful partners in this transformation.

Agencies like ACTION-Housing can offer access to state-funded programs that offer residents the chance to save towards buying a home of their own, and these need to be better

promoted. A number of banks feature downpayment assistance for first-time buyers, and refrain from imposing costly requirements such as private mortgage insurance, and these lenders should be advertised in the community as well. Agencies like Neighborworks of Western PA can sponsor homebuyer fairs once a year that will counsel residents in the steps needed to qualify for a mortgage loan, and where to find the fairest deal.

Finally, newspapers like *The Bulletin* need to continue targeting negligent property owners who are endangering the welfare of their residents or neighbors, and city agencies need to be pressured consistently in citing those who violate building codes.

The input from meeting attendees is being given to Stefani Danes, whose firm, Perkins Eastman, has been a consultant to the community since the process started in the spring of 2009, and it will be incorporated into a written document she will prepare. ♦



What Does Your Child Think About Movies?

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 will be provided.

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

The Rand Corporation is a non-profit institution that helps improve policy and decision making through research and analysis.