

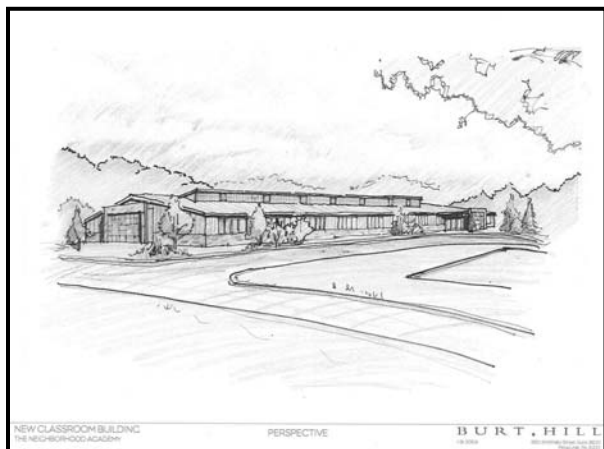


The Bulletin

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ARTIST'S RENDERING OF THE PLANNED CLASSROOM BUILDING FOR THE NEIGHBORHOOD ACADEMY.

Courtesy The Neighborhood Academy

The Neighborhood Academy Breaks Ground for New Facility

A heavy rain fell earlier that morning, but the sun shone brightly on the May 6th "Ground Awakening" for The Neighborhood Academy's new campus in Stanton Heights.

More than a hundred people, including students and adults, turned out for the ceremony, which was emceed by Bill Strickland, President and CEO of Manchester Bidwell Corporation and co-chair of "Forging Futures," the capital campaign to raise funds for the Garfield-based school's new home. "The world needs hope," Strickland told the crowd, "and there aren't that many signs of it....This is an opportunity for hope."

Co-founded by Josephine Moore and the Rev. Thomas E. Johnson Jr., The Neighborhood Academy opened in 2001, the day after the terrorist attacks on the World Trade Center and

By Paula Martinac
The Bulletin

the Pentagon. "It was a somber day," recalled Peter Leone Jr., who co-chairs the campaign with Strickland, "but we pressed ahead and opened our doors. One day led to the next.... Fifteen students turned to 30." Today, the faith-based, college preparatory academy serves approximately 80 students in grades 8 through 12, most of whom are African-American and from low-income families, who pay a mere \$50 a month for tuition. One hundred percent of the school's students are said to go on to college.

Over the past nine years, The Neighborhood Academy has outgrown its rented quarters at 5231 Penn Avenue in the Champion Commons building, having to rely on some outside facilities, such as a gym.

See **ACADEMY**, page 3

"I'm no longer pursuing the bar."

By Paula Martinac
The Bulletin

Michelle Jimenez, who sought to obtain a liquor license for the property at 5431-33 Penn Avenue for a Dominican-themed bar/restaurant, appears to have backed away from her plans. The property once housed the notorious Horoscope Lounge, a problem bar that was shuttered in 2006 under an agreement with the District Attorney Stephen Zappala Jr.

In a May 12 voice message to Aggie Brose, deputy director of the Bloomfield-Garfield Corporation, Jimenez said, "I just wanted to let you know I am going to go into another business opportunity....We're no longer - I'm no longer pursuing [the bar]."

Jimenez's message followed weeks of aggressive investigative work by Bloomfield-Garfield Corporation (BGC) staff that exposed her undisclosed association with Terrald Bennett, a former Garfield resident with an extensive arrest record. Preliminary information about their connection appeared in an article in the May issue of *The Bulletin*; Diana Nelson Jones, neighborhood reporter for the *Pittsburgh Post-Gazette*, picked up and expanded the story in a May 15 article in that paper.

As reported in *The Bulletin*, Jimenez did not make her ties to Bennett public when she presented her business plan at a community meeting on March 24. She applied for a liquor license under the business name "Belvy's LLC," which, it turned out, is Bennett's nickname. In police records from 2008 and 2009,

Plans for Former Horoscope Lounge Site Abandoned



Paula Martinac/The Bulletin

she was twice linked to Bennett.

Public records have since revealed that Jimenez misrepresented other parts of her business plan. She claimed to be the owner of a women's boutique in downtown Pittsburgh called "Exclusive Fashions," but public records indicate that Bennett was actually the incorporator for the business. And, although she said that her parents owned two restaurants in New York City - Caridad in the Bronx and Floridita in Harlem - and would be supporting her Garfield establishment, the owners of those restaurants told the BGC that Jimenez is not related to them. "I don't even know who that person is," Jose Almonte, owner of Caridad, told the BGC.

In her voice message, Jimenez further stated that she would "let my lawyer know so that he can get in contact with the liquor license board." Her attorney, Lou Caputo, told the BGC that he is working with Jimenez to file the necessary paperwork with the state Liquor Control Board.

The day after Jimenez's announcement that she was pursuing another opportunity, Angelo Restano, owner of the property at 5431-33 Penn and

See **LICENSE**, page 2

The final deadline for all articles, ads, and Bulletin Board items for the July 2010 issue is **TUESDAY, JUNE 15, 2010**. Placement is on a first-come, first-served basis. For more information: 412-441-6915.

Walking with a Purpose

Every evening around 6 p.m., three or four Garfield residents

get together for an hour of exercise, camaraderie, and community action. These women have started a community walking group, which they dub "walks with a purpose."

The women met for the first time at a Garfield community meeting. In talking about their desires for the neighborhood, they realized that what they wanted for the community could be addressed by doing little things each day. "We got to know each other because of our concerns about where we live and our desire to improve the neighborhood," states Rose Johnson, Garfield resident and member of the group.

The group came together with the goal of building community among residents interested in beautifying the neighborhood and promoting positive health. Garfield resident Maureen Carr reflects, "Our walks are a great opportunity to meet new neighbors and actually see what is happening in our community."

The group has already begun to feel the positive impact of its presence in the neighborhood. "Our visibility may be a deterrent to vandalism," says Maureen. "We were there to call the fire department when we witnessed a brush fire. We sometimes pick up litter and pull weeds, and we identified eyesores such as abandoned homes, dump sites and litter-prone areas, and some of these were cleaned up in the spring clean-up on April 24."

The walking members all participated in the April 24 clean-up (see photo above right) and are dedicated to realizing cleaner streets in the neighborhood. They often utilize their walk time to do a quick clean-

By Kathryn Vargas
Bloomfield-Garfield Corporation

up of their path, clearing the streets of litter as they amble along. They

also take the time to reach out to neighbors about community events, identify possible community projects, and volunteer in the community. "I like the walking because it is exercise that's good for the body," reflects Rose, "and walking around gives you a chance to really see the community. We try different routes so that we cover all different parts of the community."

The group is hopeful that its numbers will grow. All community residents are welcome to join the Garfield walks, which start daily (weather permitting) at 6 p.m. at Garfield Community Farm, located at the corner of Wicklow and Cornwall streets. If you are interested in joining in, please call Kathryn Vargas at 412-441-6950 x 17.

The group's members also encourage people to start walking groups in other communities – they say you may be pleasantly surprised by the discoveries you make.

Redding Up the Neighborhood



Kathryn Vargas

THIRTY-PLUS DEDICATED VOLUNTEERS TURNED OUT IN THE RAIN ON SATURDAY, APRIL 24 FOR THE GARFIELD COMMUNITY CLEAN-UP. IN ALL, THEY FILLED MORE THAN 100 BAGS WITH TRASH AND DEBRIS FROM OUR STREETS AND SIDEWALKS. THE VOLUNTEERS ENJOYED A LIGHT BREAKFAST AND LUNCH AT THE COMMUNITY ACTIVITY CENTER FOR THEIR HARD WORK. THANKS TO ALL WHO LENT A HAND AND MADE THIS EFFORT A SUCCESS!

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But Father's Day can be a sad time for those whose fathers are no longer living.

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LICENSE, from page 1

former proprietor of the Horoscope, removed the LCB placard and affixed a "For Rent" sign to the building's façade. As *The Bulletin* was going to print, staff from the BGC and the Penn Avenue Arts Initiative scheduled a meeting with Restano to discuss possible next steps for the property.

Garfield Neighborhood Plan Makes Its Public Debut

Garfield residents and stakeholders, along with funders and local officials, packed the Community Activity Center on April 29 for the unveiling of the Garfield Neighborhood Plan, a set of recommendations for housing development and land use in the area for the next 20 years.

"The aim is to make Garfield a neighborhood of choice," said Freddie Croce, a member of the Bloomfield-Garfield Corporation and chair of the BGC's Housing and Land-Use Committee. Croce led the audience through some of the highlights of the plan, which resulted from a series of public meetings to garner community input. Over the past year, an estimated 100 community residents played an active role in shaping the final, 109-page plan, which was compiled by the architectural firm of Perkins Eastman, with funds from the Urban Redevelopment Authority and Councilman Patrick Dowd.

Some of the plan's goals, Croce noted, include: 900 additional units of housing by the year 2030 (roughly 650 for sale and 250 rentals); 52 percent home ownership (up from the current 41.8 percent); and the greening of the neighborhood through "parklets," community gardens, tree-planting of streets, and possibly a large, regional park in the area surrounding the water tower.

"If the community residents didn't do this plan themselves," pointed out Rick Swartz, the BGC's execu-

tive director, "someone would eventually do it for them.... And developers may be driven by other motives and remake Garfield in a way we don't want." The Neighborhood Plan, which is now on file with the city, indicates "where the community would like to go." The BGC and Garfield Jubilee Association, the two groups that spearheaded the plan, are the "trustees" for it, Swartz noted, while the community itself actually owns the plan and "should hold us accountable."

Croce sketched out the differences between the Neighborhood Plan, which is a static, unchanging road map to the future of Garfield and a basis for guiding development, and the upcoming Strategic Implementation Plan, a five-year timetable of concrete steps and projects to achieve results street by street, block by block. Funding for this second phase of planning may be forthcoming from State Sen. Jim Ferlo and Mayor Luke Ravenstahl.

Given Garfield's locational advantage, Swartz reported, outside developers are already showing interest in developing housing here. Habitat for Humanity is currently working with the BGC to identify lots on which to build in Garfield. S+A Homes, a State College, Pa.-based firm, is partnering with the BGC to secure funding for Garfield Glen, 49 units of affordable new townhouse-style rentals that would

By Paula Martinac
The Bulletin

be scattered throughout the neighborhood. "These are harbingers of things to come," said Swartz.

In the question and answer period, a few longtime residents vocalized their worries about losing their homes because of goals outlined in the Neighborhood Plan. "My house is right there where you say the park will be," noted one attendee. Croce stressed that the plan is only a guide to what development might occur as land and properties become available or go on the market, not an attempt to displace existing homeowners.

Mona Generette, vice president for community development of Dollar Bank, questioned who would fill the 900 additional units of housing. Joann Monroe, executive director of Garfield Jubilee, estimated that her office gets 50 to 75 calls a week from people "desperate for low-cost three- to four-bedroom rentals."

Swartz reported that "for-sale housing that used to serve low-income households has been taken out of circulation." He noted "a tremendous demand" for existing houses costing between \$35,000 and \$70,000, topping out at \$135,000 for newly built homes.

Karen Loysen, a principal with Loysen + Kreuthmeier architects on Penn Avenue, observed that she was most excited by "the big idea of a recreational amenity for the whole city" being located in Garfield. "This is a unique opportunity." Mary Ann McGill, a lifelong Garfield resident who manages the Laurentian Hall senior apartments on Penn Avenue, capped off the evening by pronouncing the Neighborhood Plan "phenomenal."

To read the Garfield Neighborhood Plan, go to www.bloomfield-garfield.org/pages/housing.html.

ACADEMY, from page 1

In June 2008, the school's board of directors "took a vote and chose progress over stagnation," said Leone. They decided to launch the Forging Futures Campaign, with the goal of raising \$10 million to build a new facility. The new campus, to be located on 7-1/2 acres that were sold to the academy by the Vincentian Sisters of Charity, will include an academic building, an athletic structure, and several gardens. "We are going to have an amazing campus," Moore told the audience. Construction should be completed in time for the start of school year 2011-12.

Also speaking at the Ground Awakening was Sydney Carter, a member of the academy's 2010 graduating class who will be a freshman at Slippery Rock University in the fall.

Carter said that, at first, she didn't want to enroll at The Neighborhood Academy because of the extended school day; students are in attendance from 8 a.m. to 7:30 p.m. daily. But after taking part in the school's summer session, she changed her mind. "I developed leadership and networking skills," said Carter. "I would not take back joining this community."

At the close of the ceremony, five fir trees were unveiled. Donated by Mary Means, these class trees will be planted at the finished site to honor the 8th through 12th grades. "Fir trees are thought by some to embody the magic of change," explained Philip R. Roberts, co-chair of the school's Honorary Committee. "These trees will be a symbol of growth, stability and clear vision."



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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
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and happenings!**

EYESORE OF THE MONTH

One Person's Back Door Is Another Person's Front Door

Our eyesore of the month for June is in Lawrenceville, at 171 Almond Way. According to the Allegheny County real estate website, the recorded owner, Kathryn Lydon, has two properties on the same lot, which she purchased in 2002. The front building is at 170 41st Street, and the rear building faces Almond Way.

The building facing 41st Street, where Ms. Lydon lives, is very well-maintained and complements the block and the neighborhood nicely. The rear building, however, has been boarded-up and vacant for years; the boards are rotted from age. Unfortunately, this property is an eyesore for the residents who live on Almond Way, most of whom are doing a good job of keeping up their homes. Nearby neighbors use words like "creepy," "vacant forever," and "the shack" to refer to the Almond Way building.

A Lawrenceville resident who was interested in improving the neighborhood wanted to buy and fix up the blighted property on Almond Way. The resident spoke with Ms. Lydon and was told that she would not sell the property. The prospective buyer has since moved on and bought property in another part of the neighborhood.

Furthermore, the house next door (and directly attached) to the vacant



Kathryn Vargas/BGC

THERE'S A WORLD OF DIFFERENCE BETWEEN THE WELL-KEPT FRONT BUILDING ON 41ST STREET (LEFT) AND THE BOARDED-UP REAR BUILDING FACING ALMOND WAY (RIGHT).

Almond Way building is in good condition and has been for sale for two years. How will the owner be able to sell that home when it is next to this blighted, neglected property?

The BGC called Ms. Lydon for a statement, asking about her plans for the property. In a voice message, she replied that she is "working with [the building inspector] to make some improvements to secure the building." Later, in a phone conversation, she told the BGC that "the inside of the building is intact and dry... It has never been condemned." The Bureau of Building Inspection (BBI), however, told the BGC that the property was condemned in 1998.

Ms. Lydon said that she boarded up the building to secure it, because

there had been a drug house nearby. However, the BGC confirmed that the drug house at 167-1/2 Almond Way was demolished in June 2007, thus eliminating the need for the boards.

Ms. Lydon further stated that she plans to keep the property as an investment; she says she put \$800 into repairing the roof last year. "I've always been a good neighbor," she told the BGC, and expressed bewilderment that her property had been nominated as an eyesore. She admitted that she has been cited by the BBI for a partially fallen overhang, but said she is working on the problem and has even engaged an architect.

See EYESORE, page 9

"Would Dad
have wanted
it that way?"

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COMMENTARY

Why Pay City Taxes?

First in a Series on the Challenges and Obstacles to Stabilizing Our Neighborhoods

Pittsburgh City Council recently convened a Snow Preparedness Task Force to investigate the slow, inefficient snow removal in the city this past winter, which left residents furious, frustrated and jamming the 311 lines. Was the public safety director to blame? The Department of Public Works? The examination of what happened during this year's record snowfall has yet to point a finger at one big culprit: persistent tax delinquency among city residents, which leaves Pittsburgh cash-strapped.

Here's a disturbing fact: Almost 11 percent of Pittsburgh residents haven't paid their city property taxes for two or more years, according to PGH SNAP, the city's neighborhood data and information resource. All of our real estate taxes go into the city's

general-fund revenue, covering a third of the total budget. That makes tax-delinquent property owners partially responsible when city services function poorly because there's not enough money to pay for the overtime and proper equipment necessary for the tasks at hand.

Delinquency is not limited to lower-income neighborhoods, although it is significantly higher in those communities. Garfield, for example, has a two-years-plus delinquency rate of 30 percent, and Larimer has a 38.5 percent rate. Compare that to Upper Lawrenceville with 9 percent, and East Liberty with 6.4 percent. Tax delinquency also fans out into affluent neighborhoods.

By Aggie Brose

Bloomfield-Garfield Corporation

The consequences of tax delinquency can be dire.

Among other things, our taxes pay for garbage and snow removal in our neighborhoods; bulk garbage pick-up; maintenance of streets; 911 emergency service; the 311 non-emergency services line; public schools; and the city's police and fire bureaus. When the city doesn't collect the tax revenue that's owed it, there's a ripple effect in all of these vital services.

For those with mortgages, their city tax bill is normally folded into their monthly payment to lenders. But for those whose lenders do not escrow their taxes or whose homes are already paid off, a tax bill arrives in the mail in the early months of every year. If you don't pay it, technically, you should be disposing of your own garbage and bulk items, filling your own potholes, and, yes, clearing your own street of snow.

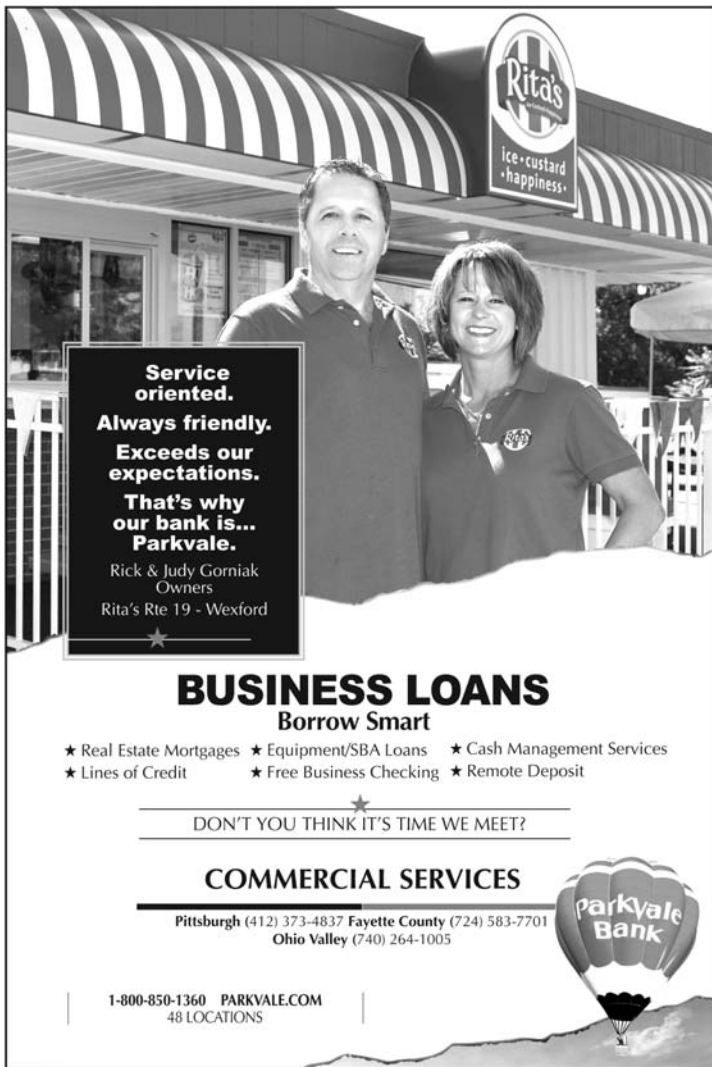
Until recently, there has been little incentive for delinquent residents to pay up. Although the city has authori-

ty under the Second Class City Treasurer's Sale and Collection Act to seize property that is two or more years tax-delinquent, it only confiscates properties on a case-by-case basis. Our tax system is further hindered by the base-year property assessment system favored by Allegheny County Executive Dan Onorato, in which many people's taxes do not reflect their actual property values. This static system has led to inaccurate valuations and non-uniform taxation, in some cases too high, in others too low.

Late last year, the city contracted Jordan Tax Service for a two-year term to act as its collection agency in an attempt to recoup \$100 million in delinquent taxes. Jordan, with significantly more staff to handle collections, has so far sent out tens of thousands of bills. If, after 90 days, a resident is still ignoring his or her tax bill, Jordan can begin proceedings for a sheriff's sale. There are, however, allowances for those who simply can't afford to pay their back taxes in a lump sum. If you have an outstanding balance, Jordan can place you on a payment plan.

Unless Jordan can collect these overdue taxes, many of our services will remain underfunded and overworked, with only 89 percent of us footing the bill for everything. And, when the snow swirls again next winter, don't be surprised if removal is still slow.

With assistance from Paula Martinac and Kathryn Vargas



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BGC MEMBERSHIP IS ONLINE

Did you know that the Bloomfield-Garfield Corporation is a membership organization, composed of people like you who want change and improvement in their neighborhoods? If you like the work the BGC has been doing in housing, public safety, and youth development, or if you regularly read *The Bulletin*, you can show your support by becoming a BGC member or renewing your membership online... for as little as \$10! Just visit www.bloomfield-garfield.org, click on "Donate / Become a Member," and follow the easy instructions for paying either via PayPal or by check. Two options - two easy ways to support your community! We hope you will join us and your neighbors in our commitment to the revitalization of Garfield, Friendship, and Bloomfield.

PNC Partners with Lawrenceville Community

As a street-sweeper made its way down Butler Street on May 15, more than 30 residents and stakeholders spread out throughout the neighborhood to clean up Lawrenceville. This clean-up and the other community restoration and beautification projects underway in Lawrenceville have now been ramped up thanks to an exciting partnership between PNC Bank and the Lawrenceville community. Through the state's Neighborhood Partnership Program (NPP), PNC Bank is providing the Lawrenceville community with an annual grant of \$110,000 for the next five years.

PNC's investment will help the Lawrenceville Corporation (LC) and Lawrenceville United (LU) expand and implement strategies and initiatives aimed at creating a clean, safe, green, and prosperous neighborhood. PNC is investing in the multi-pronged plan that the two groups have created over the years to address quality of life issues for residents, support local businesses, and spark new investment and development in the neighborhood.

The Neighborhood Partnership Program is also helping the Lawrenceville community sustain successful programs and initiatives that have been developed over the past few years through partnerships with local, state, and federal governments as well as community organizations and foundations. As part of the Main Street and Elm Street Programs, Lawrenceville has experienced great positive and transformative change in the commercial and residential areas. Through Operation Weed and Seed, we have made great strides in confronting and deterring crime. Thanks to PNC and our other private and public partners, we are now able to sustain the momentum behind these initiatives and other

By Lauren Byrne
Lawrenceville United
and Maureen Ford
Lawrenceville Corporation

important community development programs.

As volunteers, staff, and elected officials gathered in front of the LU offices for breakfast on May 15, PNC made its official announcement of the funding plan. A collaborative partnership was evident as representatives from PNC Bank, Councilman Patrick Dowd, Mayor Ravenstahl's Director of Neighborhood Initiatives Kim Graziani, and representatives from Lawrenceville Corporation and Lawrenceville United all spoke during the event, each reiterating the importance of the public-private partnership that will leave a lasting and meaningful impact on the community. PNC is helping the two neighborhood groups connect residents to resources, and to provide the resources and programming necessary to create a sustainable and thriving community.

Fifty people came out to celebrate the partnership and to commit to the health of Lawrenceville in honor of PNC's partnership with the neighborhood. Although our May clean-up was extraordinary, we hold a clean-up every month. Lawrenceville Corporation and Lawrenceville United staff members keep a running list of areas that need attention, and the third Saturday of each month between April and October serves as Keep Lawrenceville Clean Day for all interested residents and volunteers. Making these regular clean-ups possible are the Pittsburgh Partnership for Neighborhood Development, in addition to assistance from the Mayor's Office, the Department of Public Works, City Councilman Patrick Dowd, and all of our elected officials and public funding programs – and now PNC has helped take it to the next level.

Something for Everyone at F4



Friendship held its 13th Annual Friendship Flower and Folk Festival (F4) on May 8 in Baum Grove, despite the mostly windy, overcast weather. People purchased flowers, food, raffle tickets and books while listening to Celtic, folk and country music by local performers. Artists and vendors sold their beautiful products and art pieces. Those attending also watched up-close-and-personal presentations by Pittsburgh Glass Center, Friends of the Pittsburgh Urban Forest, Replay My Play, the Power Flower, Nine Mile Run Watershed, Octopus Organic Gardening and Duquesne Light. Roup Avenue was closed so that children could run, ride bikes and play. Youngsters also enjoyed crafts and activities by Arsenal Family & Children's Center, Waldorf School of Pittsburgh and the Pittsburgh Toy Lending Library.

Transit Changes Affect East End Bus Riders

The following PAT bus route changes will affect *The Bulletin's* coverage area beginning Sunday, June 13, 2010:

86A

The 86A East Hills bus route will be renamed 86 Liberty. The route will be shortened at its eastern end and will no longer serve East Hills. The new route will begin at Wilksburg Busway Station and travel via Oakwood Street to its current routing along Frankstown Avenue in Homewood. The rest of the route to Downtown Pittsburgh will use current 86A East Hills routing with two exceptions -- the route will no longer use S. Negley Avenue in Friendship and will instead use Beatty Street from Penn Avenue to Centre Avenue, providing service to the EastSide shopping development. Routing in the Strip District will also change slightly, and the new route will use Liberty Avenue until 14th Street, where the bus will turn onto Penn Avenue. Service along S. Negley between Penn Avenue and Baum Boulevard will be provided by rerouted inbound 77A Oakmont and 77B Penn Hills buses. *New 86 Liberty schedule/map:* <http://www.portauthority.org/PAAC/apps/pdfs/tdp/86.pdf>

86B

The 86B Frankstown bus route will be renamed 88 Penn. The route will be shortened at its eastern end and will no longer provide service east of Bakery Square. Service between Bakery Square and Wilksburg along Frankstown Avenue will be provided by the 86 Liberty route, along with 77A Oakmont and 77B Penn Hills, which are being rerouted in Homewood to travel along Frankstown Avenue. Inbound 88 Penn routing to Downtown from Bakery Square will remain the same as current 86B routing with one exception -- the 88 Penn route will follow Penn Avenue to 26th Street, then use Liberty Avenue between 26th and 14th streets before turning back to Penn Avenue. *New 88 Penn schedule/map:* <http://www.portauthority.org/PAAC/apps/pdfs/tdp/88.pdf>

In addition, both routes will have new timetables starting June 13, which may affect the times that riders pick up their buses. New schedules are currently online at www.portauthority.org, and printed copies will be available in the coming weeks at the Port Authority's Downtown Service Center, 534 Smithfield Street, and at other schedule-rack locations. If you have questions, call the customer service line at 412-442-2000 or the TTY number 412-231-7007, or submit a question via the route changes section of the website.

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Ergonomics for Computer-Intensive Jobs

By Dr. Michael Cutitta

Jobs that require workers to spend countless hours in front of computers while barely ever changing positions are a recipe for injury. The American Chiropractic Association offers the following tips to help change poor work habits and reduce risk factors.

Use the Mouse Safely

The further you have to reach to hold and use a mouse, the more strain you place on your neck. There are alternative techniques and equipment that may improve your mousing.

- Change your position to keep your elbows relaxed at your sides, with the mouse directly in front of you, not to the side.
- For precision tasks, move the mouse from the wrist, not the fingers. For tasks not requiring as much precision, try to move the whole arm to avoid overuse.
- Make sure the mouse fits your hand. If it is too small, squeezing the mouse may cause hand cramping. This also places strain on your wrist and may cause pressure on the median nerve in the carpal tunnel.
- Remove watches or bracelets that interfere with movement.
- If you keep resting on your wrist, consider putting a thin gel pad under it for support.
- Adjust your cursor speed. If it is too fast, you will grip the mouse tighter to gain control. If it is too slow, you will repeatedly grasp and pick up the mouse to reposition it.

Take Advantage of New Technology

- A keyboard that has a detached number pad or one positioned on the left can help keep your elbows relaxed. If you need to do significant typing, simply slide your chair to center it in front of the keyboard.
- If your computer work requires you to draw, graphics tablets can help. These call for a more natural and relaxed position of the hand, wrist and forearm. They also encourage healthier whole-arm movement and reduce contact pressure on the sensitive carpal tunnel. Choose the smallest tablet that lets you comfortably do your job.
- A second trackball or mouse to the left of the keyboard allows you to give your right arm a break. Use the secondary device for non-precision tasks.

Adjust Your Monitor and Chair

- Center the screen in front of you.

• If you use two monitors and use each screen equally, place them so you are seated where they meet in the middle, so you look to the left and to the right equally.

- If you use one monitor more than the other, place the primary monitor centered in front of you and the secondary monitor directly next to it, slightly angled toward you.
- The screen should be about an arm's length away.

• Place the top line of the glass of the monitor at eye level. If you wear bifocals, lower the screen slightly until your head is level and you are not looking upward.

- To reduce eye strain, adjust the brightness and contrast controls, as well as the ambient room light, to make them equal.
- Avoid glare. Place the monitor perpendicular to windows or draw the blinds. A glare filter can also help.

Sit Properly

- Take time to adjust your chair.
- Raise the armrests of your chair to support your forearms without pushing your shoulders toward your ears.
- The ideal chair for these types of jobs places you in an upright posture and encourages full arm movement. A pear-shaped back design provides spinal support while freeing your shoulder blades and arms to move properly. If you continue to experience pain or discomfort while using a mouse, talk to your doctor of chiropractic and consider having an on-site ergonomic evaluation.

Rest Breaks and Task Rotation

To work properly, muscles need a break to rid themselves of lactic acid and waste products while delivering oxygen to the tissues to prevent overuse and damage. Take 15-second micro-breaks each hour. Shake out your arms and stretch your wrists. Computer users should also frequently look away from their screens and focus on something about 20 feet away. This gives the eye muscles a break. If you're concerned about taking too many breaks, spread out tasks such as walking to the fax and copier, returning phone calls and meeting with co-workers throughout the day.

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



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Gearing Up for Summer Work and Beyond

Tips for Teens, Young Adults, and Employers

Getting your first job - and with it, your first paycheck - is really exciting. Hopefully, you get to spend your earnings on what you want, although some of us turn over a portion of our checks to our parents for household needs, or give a percentage to a church or charity. Your first job can also be stressful, because you have no idea what to expect. How will you get to work? What if you get sick? What if you don't get along with your co-workers? What if the job is too easy or too hard?

The flip side of this is the employer's viewpoint. The Organization for Economic Development reports that the unemployment rate for teens and young adults (ages 15 to 24) in the United States for 2009 was 19.1 percent. An employer, then, may have double or triple the number of applications from young people as he or she has positions to fill. As a result of the overall economic climate, employers have to operate as administrators and managers, too, leading to overwhelming workloads. Their hiring decisions may be influenced by fatigue, frustration, and time constraints, sometimes resulting in failure to choose the most qualified candidates.

So here we have young prospects

seeking the right opportunities, and strained employers looking for qualified candidates. Let's consider what will make the process easier for both. This isn't a fix-all guide, but a look at some of the challenges youths and employers encounter with one another and some solutions that may improve their interactions. By putting these ideas into practice, you could change your rate of success at landing and keeping a job or at hiring a good employee.

Tips for Young People

As Program Coordinator for the BGC Out-of-School Youth Employment Program, I have noticed a few behaviors in our young-adult population that create challenges to gaining and keeping employment.

Communication Skills

Take advantage of opportunities to improve your communication skills. You may not know the right ways to say things (even adults struggle with that). The important thing to remember is that you want to keep your job.

Ask plenty of questions to make

By Charis Rose

Bloomfield-Garfield Corporation

sure you receive clear instruction.

When you have a family emergency, you still have to call your employer. When you do not call and do not report to work, that is a "no call, no show." Your employer can terminate you for that.

Even though life brings many, many challenges, employers will only tolerate a limited number of family emergencies. People with high attendance and very positive performance have a better chance of keeping their jobs.

A part of improving your ability to communicate is looking for new opportunities to try your skills. When invited, attend events where successful people will be. Recently, the "Sister to Sister: Power Now Seminar" at the Omni William Penn Hotel exposed young women to professionals, fine dining, and health-conscious decision-making. Seek out opportunities such as this and others to expand your horizons.

Attitude

The bottom line at work is to do what you have to do so that you can take home your pay check. That means

being positive, polite, and focused. There is no room for heated arguments, yelling, and fighting. These displays indicate you are immature and unprepared for the work environment. Responding to a supervisor with a poor attitude builds a bad relationship with that supervisor, even if she or he never says anything. Using that supervisor as a reference might not turn out the way you imagine if you did not consistently carry yourself in a positive way.

Tips for Employers

Employers also face challenges that make the employment process difficult and frustrating.

Communication

The United States Department of Labor (youthrules.dol.gov) has issued guidelines on communicating with young workers about safety on the job. Teens and young adults need special training and preparation in order to be successful at work. Employers should clearly explain and model instructions to young workers, then observe them in their tasks before leaving them to

See TIPS, page 12

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Young Garfield Resident Aspires to Beautify Neighborhood

By Paula Martinac
The Bulletin

Ira Wilcox has lived in Garfield for all of his 25 years, and remembers when big trees grew on his block of Broad Street. Over time, "They got cut down," Wilcox recalls. "I'd like to put them back."

He got a start on his mission to "green" the neighborhood in the summer of 2009, when he had just graduated from YouthBuild (*see below*), a federally funded youth leadership program administered in the East End by Garfield Jubilee Association (in conjunction with Hill House Association and the Housing Authority of Pittsburgh). Wilcox was hired for the summer as a team leader in the conservation corps of the Pittsburgh Summer Youth Employment Program. As his main project, he designed the layout for a park that transformed an unsightly, overgrown lot at the corner of Hillcrest Street and North Aiken Avenue into a neighborhood asset.

The lot had been vacant for about 15 years, according to GJA executive director Joann Monroe, whose organ-

ization owned the property. Wilcox quickly emerged as a leader of the greening project, based on an interest in the physical environment that he says dates back to his days at Friendship Academy. "I was up on that real early," he notes. Monroe praises him as "a true leader from day one.... He's eager to learn and wants to excel."

The Hillcrest plot "wasn't a good corner," Wilcox observes. "I thought to make something positive there would be beautiful."

The result of his and his team's efforts was a new parklet with a brick walkway and patio, a wooden fence, a dramatic central tree, paving stones, and smaller plants and bushes on the perimeter. The site is still a work in progress, Wilcox says; this summer, benches and grass will be added to complete the project. Home Depot has donated all the materials.

Wilcox, who currently works as a carpenter at the Garfield Commons development, attended the April public meeting where the Garfield Neighborhood Plan was unveiled (*see page 3*) and says he's particularly excited about the greening plans for



Jim Copeland

BEFORE: THE HILLCREST AND NORTH AIKEN LOT PRIOR TO CLEARING AND PLANTING.



Paula Martinac/The Bulletin

AFTER: IRA WILCOX IN THE PARKLET HE DESIGNED FOR THE OVERGROWN LOT.

the neighborhood.

One of his personal goals is to purchase a lot where he and his family can grow vegetables; he has his eye on one on Broad Street. He says he

also dreams of tree-lining his own block to return it to the way it looked when he was a young boy. "I want to be part of the change."

YouthBuild Participants Learn Construction Trades, Gain Education

Garfield Jubilee Association's YouthBuild program is a 9- to 12-month paid training program for young adults interested in learning about the construction trades and furthering their education. The program is a partnership with Hill House Association and the Housing Authority of the City of Pittsburgh.

In YouthBuild, young people can earn Customer Service and National Center for Construction Education and Research (NCCER) certifications; receive Occupational Safety and Health Administration (OSHA) training; and obtain their GED or high school diploma. Participants learn skills that can increase their future income.

YouthBuild is open to all Pittsburgh residents aged 16 to 24 who are serious about improving their quality of life and committed to that goal. To

apply, youths must be interested in learning the construction trades; residents of Garfield or the Hill District; committed to furthering their education; and unemployed and out of school. Applicants must present a birth certificate, proper I.D. and their Social Security card.

Antwone Scott, a YouthBuild participant, notes that the program "has made a significant change in my life by providing me an opportunity of educational and employment success." Another YouthBuild student, Chaz Coles, adds: "YouthBuild has provided a stable and family-oriented environment that is dedicated to my success."

Interested young people can contact Tonya Daniels at 412-661-6275, or come to the Garfield Jubilee office at 5315 Hillcrest Street, Pittsburgh, PA 15224.

EYESORE, from page 4

The BGC is hopeful that the owner will truly invest in the boarded-up building in the near future. Property owners are responsible for maintaining *all* of the buildings on their prop-

erty, not just the ones that face the main streets. Our city alleys are just as important as our main thoroughfares, because responsible, good residents live on those blocks, too.



RAND
CORPORATION

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.

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.

HIGH SCHOOL REUNION

The class of 1961 from St. Augustine High School in Lawrenceville is planning a 50 year reunion. Graduates and those with information on graduates should call 412-681-2972 or e-mail 1961ReunionSAHS@gmail.com.

FREEDOM CAMP

Looking for a great way to spend your summer? If you are between the ages of 6 and 12, Valley View Presbyterian Church will once again offer Freedom Camp. Freedom Camp begins on Monday, June 28, and continues through Thursday, July 29 (five weeks). Time: 9 a.m. to 2:30 p.m., Monday through Thursday. Camp will include academics (reading and math), crafts, bible studies, enrichment workshops, weekly field trips and much more. The camp is free! Space is limited so sign up early. For additional information or to apply, please call 412-361-0870.

CALL FOR HOUSES FOR LAWRENCEVILLE TOUR

The Lawrenceville House Tour Planning Committee is seeking houses to be showcased during the 2010 Hospitality House Tour scheduled for Sunday October 3 from Noon to 5 p.m. Homeowners can nominate their own homes. Community residents can also nominate houses they feel would promote the spirit of the tour and meet the general criteria established. Nominated houses should be restored or renovated in a thoughtful, creative or unique manner that reflects the labor many of our residents have invested in restoring and living in some of the neighborhood's unique homes. Houses must be located in the 6th, 9th and 10th wards. Volunteers are also needed to serve on the planning committee in the following capacities: Ad Book, Public Relations, Donations, Volunteer

Coordination, Home Owner & Volunteer Training, and Thank-You Party Planning. For more information contact Kate Bayer at 412-600-2068 or kb_4738@yahoo.com.

FRIENDSHIP YARD SALE

The Friendship Preservation Group is planning a community-wide yard sale for Sunday, June 27, between 8 a.m. and 2 p.m. Kick in \$5 for the advertising, and take advantage of the opportunity to get rid of some stuff! To participate, e-mail Michele Timon at michele.timon@gmail.com. Restricted to homes between Gross and Negley.

COMMUNITY GARDEN CARE

Weekly garden care and tending take place at the Garfield Community Farm every Wednesday from 6 p.m. until dusk (weather permitting), at the farm site, corner of Wicklow and Cornwall Streets in Garfield.

HELPING SENIORS LIVE SAFELY

Falls have become serious problems that jeopardize the ability of seniors and those with special needs to live independently. Lifeline with AutoAlert is available for less than \$2 a day, making it affordable for seniors to live independently in the comfort of their own homes. Thanks to a partnership between the Red Cross and Philips Home Healthcare Solutions, Lifeline devices featuring AutoAlert have a hi-tech sensory system that can sense when a fall has occurred. The device automatically activates the Lifeline system, which then calls for help. For more information, please call toll-free 1-800-959-6989, visit the Red Cross Southwestern Pennsylvania chapter's website at swpa.redcross.org, or call the local chapter at 412-263-3100.

LAWRENCEVILLE FARM STAND

The Farm Stand Project of the Greater Pittsburgh Community Food Bank provides fresh, affordable produce to low-income neighborhoods that have limited access to grocery stores. The farm stands accept payment in cash, WIC and Senior Farmer's Market Nutrition Program (FMNP) checks, and Food Stamps/EBT. An East End's farm stand will once again be at the

Stephen Foster Center, 286 Main Street, Lawrenceville, every Thursday from 11:30 a.m. to 2:30 p.m. The stand will operate every week from June 10 to November 11, and is open to the public. For more information, please call the Greater Pittsburgh Community Food Bank at: 412-460-3663 x216.

MEN'S PRAYER BREAKFAST

A men's prayer breakfast for all men is held the second Saturday of each month at 9:30 a.m. at Morningside Church of God in Christ, 5173 Dearborn Street. For more information, call 412-361-9865.

VOLUNTEER YOUR COMPASSION

The Human Rights Coalition FedUp! receives about 60 letters a month from people in prison detailing abuse and medical neglect. Please come to our weekly letter-writing night. Learn about prison issues from people on the inside while advocating for their rights. Meet other people who care about people who are in prison. Together, we can support each other. Every Wednesday from 6:30 to 9 p.m. at the Thomas Merton Center, 5129

Penn Ave. Call 412-361-3022 for more information or email hrcfedup@gmail.com.

FREE VOICE MAIL SERVICE

If you're looking for a job or an apartment and currently don't have a cell or home phone for call-backs, check out Community Voice Mail, a new, free voice mail service offered through the Travelers Aid Society. Clients who sign up are given a password-protected mailbox where they can receive messages, and even have the option of recording a personal greeting. Setting up a personalized mailbox takes about 10 minutes, and can be done over the phone at 412-281-0751, or in person at the the Travelers Aid office in the Greyhound Bus Terminal, 11th Street and Liberty Avenue.

CHURCH THEATER TRIP

Take a trip to Lancaster, Pa., with Morningside Church of God in Christ to see the play *Joseph*, October 2, 2010. Price includes transportation, theater ticket, and a buffet meal. For reservations and additional information, please call 412-361-9865. Sponsor: C.O.G.I.C. Singles Ministry.

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Adult Book Discussion

Monday, June 14, 5 p.m.

A Handful of Dust, by Evelyn Waugh

The Family Playshop

For 6 months to 3 years.

Tuesdays, June 1, 8, 15, 22, 29,
10:30 to 11:30 a.m.

Family Fun: Summer Reading

Kickoff Event

For all ages. Saturday, June 19,
11 a.m. to 1 p.m. Sign up for the
summer reading program and
participate in fun activities for
children, teens and adults.

**East Liberty Branch Events @
Borders EastSide**

Storytime

For ages 3 to 5. Wednesdays, June
2, 16, 10:30 a.m.

Family Fun: Make a Splash, the

Wonders of Water

For ages 5-10. Saturday, June 12,
2 p.m.

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2561.

T H E B U L L E T I N B O A R D

NEW BETHEL CHURCH FLEA MARKET

Gigantic flea market, bake sale and barbecue dinner. Saturday, June 5, 8 a.m. to 3 p.m. New Bethel Baptist Church, 221 43rd Street, in Lawrenceville. All are welcome! For information, call 412-621-2155.

FRIENDSHIP TOUR NEEDS 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.

UNBLURRED: FIRST FRIDAYS ON PENN

Join the Penn Avenue Arts Initiative and Penn Avenue Artists for our monthly art event, "Unblurred," on Friday, June 4. This month's Unblurred features a jam-packed schedule, with events at Modernformations, The Sprout Fund

and Imagebox, 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.

GIANT YARD SALE

Multi-family yard sale on Saturday, June 26, 9 a.m. to 1 p.m. Families on 40th, Fisk and Main streets in Lawrenceville will be participating. Rain or shine.

SUMMERFOOD FOR YOUNG PEOPLE

On June 14, the Allegheny County Department of Human Services will open SummerFood, a free breakfast, lunch and recreation program for children and youth 18 years of age and younger in economically disadvantaged communities. Delicious, nourishing meals will be served weekdays at approximately 120 SummerFood locations throughout Allegheny County. The program is scheduled to close August 20. For information on SummerFood site locations and meal times, call DHS toll-free at 1-800-851-3838. To participate as a SummerFood site, call 412-350-2798 for eligibility guidelines. For more information, visit: www.alleghenycounty.us/dhs/food.aspx.

COMMON THREAD PARTY

Come to Common Thread at 5400 Butler Street, Saturday, June 5, for an anniversary celebration! The second-hand clothing store is celebrating its first year with a dollar sale and free cookout. The store will be open from 10 a.m. to 6 p.m., with the grill firing up at noon. We hope to see you there!

CAN THE CAR

This June, East Liberty Development, Inc., will partner with Bike PGH to sponsor Car Free Fridays, supporting alternative modes of transportation. In East Liberty, a Car Free Fridays light breakfast and event will be held Friday, June 18, in the Whole Foods parking lot from 7 to 10 a.m. It will

feature information regarding green transportation, raffles and giveaways, as well as vouchers for special offers from local businesses for those who pledge to go car free that day. In the evening, a free biking tour, lead by Venture Outdoors, will introduce participants to many unique East Liberty assets that are often easily missed by car drivers. This tour will begin at the Home Depot parking lot, and will occur from 5:30 to 7 p.m. Also, on Saturday, June 26, Pittsburgh History and Landmarks Foundation will host a free walking tour around East Liberty from 3 to 4:30 p.m. to showcase the neighborhood on foot. The meeting spot will be on the Penn Avenue side of the East Liberty Presbyterian Church. For more information, go to CarFreeFridays.org.

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TAKE THIS SURVEY AND YOU COULD WIN PRIZES!

It's *The Bulletin's* 35th anniversary! Please take a few minutes to complete and return this survey to help us learn more about what you, our readers, like about the paper and your ideas for its future growth. Including your name and phone number is optional, but if you do so, you will be entered into a drawing for **valuable gift baskets**, featuring products and services from East End businesses! If you would rather take the survey online, go to <http://www.surveymonkey.com/s/thebulletinreadersurvey>. You can also email your numbered answers to Bulletin@bloomfield-garfield.org; please put "Bulletin Survey" in the subject line. **Deadline for the receipt of surveys: June 30.**

1. How do you get *The Bulletin*?

- ☐ In the mail at home ☐ Pick it up in the neighborhood ☐ At work ☐ Online
☐ Other _____

2. How often do you read *The Bulletin*?

- ☐ Every month ☐ Every few months ☐ A few times a year ☐ Never

3. If you read *The Bulletin*, which sections do you like the most or find most useful? (check all that apply)

- ☐ News stories ☐ Arts coverage ☐ Profiles of people ☐ Profiles of organizations
☐ Health information ☐ Bulletin Board listings ☐ Eyesore/Showcase ☐ Display ads
☐ Classified ads ☐ Other _____

4. If you don't read *The Bulletin*, why not?

5. What would you like to read in *The Bulletin*?

6. Have you ever used the services of a *Bulletin* advertiser? If yes, which one(s)?

- ☐ Yes, I've used _____
☐ No, but I have inquired about the services of _____
☐ No

7. Have you ever attended events publicized in *The Bulletin*? If yes, which one(s)?

- ☐ Yes, I've attended _____
☐ No, but I hope to attend _____
☐ No

8. Do you use a computer: (check all that apply)

- ☐ At home ☐ At work ☐ At school ☐ At a community center
☐ Other _____
☐ I don't have computer access

9. Your neighborhood:

- ☐ Bloomfield ☐ Garfield ☐ Friendship ☐ Lawrenceville ☐ East Liberty
☐ Other _____

10. Your age:

- ☐ Under 18 ☐ 18-30 ☐ 31-45 ☐ 46-55 ☐ 56-65 ☐ 66-75 ☐ 76+

Optional information (if you want to be entered into our gift basket drawing)

Name _____

Phone number (in case you win!) _____

Please return by June 30, 2010 to:
Bulletin Survey, 5149 Penn Avenue, Pittsburgh, PA 15224

Thanks for reading *The Bulletin*!

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BLOCK ads (2.5" x 1.5") are \$15; **DOUBLE BLOCKS** (2.5" x 3") are \$30.

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TIPS, from page 8

complete assignments on their own. While this may sound very time-consuming, in the long run, it saves time, money, and energy.

Commitment to the Process

The reality is that many youths are not prepared at home or in school for the rigor of a work environment. Add in the fact that hosts of urban youths face more difficulties than other adolescents, and the result is a crippled workforce in need of time and attention. Keeping this in mind, employers who hire teens and young adults should begin seeing themselves as mentors (not second parents), influential adults who can aid in healthy decision-making, assist youth in identifying destructive habits and direct them to beneficial resources. This is not to say that employers become social-service agencies. But they do need to break the ineffective cycle of hiring and firing youth at alarming rates. Employers must begin to re-evaluate the way they train and support their workforce, accepting the current failures of our schools and finding ways to work with them to better prepare youths for the real world.

Two employers currently involved with the BGC's Youth Employment Program who put these ideas into prac-

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tice are Project SELMA and Housing Outreach Ministry of Eastminster Church (three-year partner) and West Penn Hospital (10-year partner). Within each relationship, the partners take time to sit and talk with young participants about challenges and triumphs in life and on the job. If a youth is willing to open up to that relationship, he or she can see growth while learning new skills and developing greater confidence. Both of these partners work diligently with participants to find work opportunities within their sphere of influence, providing youths with a strong network.

This summer, the BGC seeks interested employers to serve as work sites for our Youth Employment Program. Employers interested in working with teens and young adults aged 14 to 21 should contact Bill Woodward at the Eastside Neighborhood Employment Center (412-362-8580 or bwoodpitt@yahoo.com).

The BGC also seeks youths aged 14 to 21 for its year-round Youth Employment Programs, both In-School and Out-of-School. Interested youths should contact Mary Bray (In-School) or Charis Rose (Out-of-School) to schedule an in-take session at 412-441-9833.