



# The Bulletin

A Publication of the Bloomfield-Garfield Corporation

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U.S. POSTAGE  
PAID  
PITTSBURGH, PA  
Permit No. 2403

Volume 35, No. 7 Serving Bloomfield, Friendship, Garfield, East Liberty and Lawrenceville since 1975 July 2010

## What's With the Trees?

New Saplings Line Penn Avenue

By Paula Martinac  
*The Bulletin*

If you've been wondering why new trees have cropped up along Penn Avenue before reconstruction of the corridor has even commenced, you're not alone. "What's with the trees?" has been a popular question at the Bloomfield-Garfield Corporation's office, and one that the BGC put to Lisa Ceoffe, Urban Forester with the Department of City Planning.

"This is part of PennVest," Ceoffe told BGC deputy director Aggie Brose via email. (PennVest is the state's infrastructure investment arm.) "We got \$2.4 million for tree planting... We are trying to plant as many trees as possible along Penn, Liberty, Hamilton" and other main thoroughfares.

Ceoffe said they at first steered away from Penn, knowing that the major reconstruction project between Mathilda and Evaline streets would not begin until next year. But after discussing the timetable for reconstruction with Pat Hassett, assistant director for the city's Bureau of Transportation and Engineering, the decision was made to move forward with planting since the funding was in place.

Ceoffe told *The Bulletin* that between 50 to 75 trees are being planted along Penn, mostly American elm and hackberry. "We tried to stick to the recommended species list" that was created for the Penn Avenue plan.

Protection of the trees will be a condition of the construction con-



Paula Martinac/The Bulletin

**A NEW TREE IN FRONT OF VOLUTO COFFEE ON PENN AVENUE.**

tract, she explained; construction-grade fencing around the new trees will be installed to shield them from debris when the sidewalks and streets are torn up. The contractor will bear liability if anything happens to the trees, and Ceoffe said her office will monitor things as construction progresses to make sure the trees are safe.

"In a perfect situation, you'd put the trees in last," Ceoffe said. "But sometimes things don't work out perfectly." Reconstruction of the Mathilda-to-Evaline portion of the corridor is slated to begin in late 2011.

## Plans Brewing for Former Pap's and Horoscope Sites

The building that used to house Pap's 'n Us bar on Penn

By Paula Martinac  
*The Bulletin*

Avenue has been sitting vacant for almost two years, but may soon be brimming with activity and music. Down the avenue, plans are also afloat for the site of the former Horoscope Lounge.

As reported in *The Bulletin* in August 2008, the Bloomfield-Garfield Corporation purchased the Pap's building at 5106 Penn and its liquor license from owners Richard and Janet Tysarczyk after a pending sale to another party fell through. The BGC's goal was to be "interim owners... to pre-empt anyone else from purchasing the bar and its related property," the BGC's executive director Rick Swartz told *The Bulletin* at that time.

BGC and Friendship Development Associates subsequently put out an RFP that brought in several proposals

for the space, but a sale did not go through due to

financing difficulties. The BGC, however, is close to concluding the sale of the liquor license to a restaurant operator destined for Market Square, Downtown.

This spring, Mister Roboto Project began to show interest in the location for a mixed gallery/performance space, similar to that of Modernformations down the block. Roboto, a member-run cooperative that bills itself as "a comfortable and open space for people to experience a true DIY (do-it-yourself) community," gave up its venue on Wood Street in Wilkinsburg last winter because it no longer met the needs of the expanding group.

Before Roboto can move in, how-

**See SITES, page 12**

## FARMING IN THE CITY



Volunteers at Garfield Community Farm have recycled old tires and kids' wading pools to create raised beds. Story on page 6.

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

## PUBLIC SAFETY TASK FORCE



### Public Officials Turn Out for Broad Street Tour

On Thursday, June 10, Bloomfield-Garfield Corporation Deputy Director Aggie Brose led city officials and community leaders on a tour of the 5400 block of Broad Street in Garfield. The BGC had received numerous complaints from residents in the block about suspicious loitering around vacant houses, excessive litter, and overgrown yards. Officials from the Bureau of Police, the Board of Health, the Bureau of Building Inspection (BBI), State Sen Jim Ferlo's office, the U.S. Attorney's Office, and the Mayor's Office took notes on the problems they observed and will address them. Check back in future issues of *The Bulletin* for a progress report on this block walk.

(TOP LEFT, FROM LEFT) BGC'S AGGIE BROSE DISCUSSES PROBLEMS ON THE 5400 BLOCK OF BROAD STREET WITH ZONE 5'S ACTING COMMANDER, KEVIN KRAUS; SENIOR DEMOLITION INSPECTOR FOR THE BBI, JOHN BOGOSTO; AND COMMANDER CHERYL DOUBT, OF THE POLICE'S NARCOTICS AND VICE DIVISION. (BOTTOM LEFT AND MIDDLE) LITTER COLLECTS AT A VACANT HOUSE; AN OVERGROWN TREE BRANCH WEIGHS DOWN A WIRE. (BELOW) WAYNE BOSSINGER OF THE BBI TAKES NOTES ON A LOT OVERRUN WITH WEEDS.



Photos by Paula Martinac/The Bulletin

## Summer Means Jobs and Experience for City Youths

It's summer in the city again, and that means the Pittsburgh Summer Youth Employment Program (PSYEP) is back. Hundreds of young people throughout the city will be employed in a variety of fields for a six-week internship aimed at providing them with the skills needed to meet the challenges of the working world.

Employment opportunities include positions both in offices and outdoors doing conservation work, with 887 youths aged 14 to 21 taking part. The Bloomfield-Garfield Corporation (BGC) will be taking on 140 of these young people for the summer, acting as their trainer, liaison, and mentor for the duration of the six weeks – as well as the source of their pay.

Recruitment of applicants for the PSYEP kicked into full gear in May. Two recruitment sites were set up to review and accept applications for the

entire city: the Southside Goodwill and the Eastside Neighborhood Employment Center (ENEC), located in Garfield on Penn Avenue.

Efforts at the ENEC were led by Jeffrey Boykin, who managed training of the in-take staff, coordinated outreach to local schools, and oversaw daily operations. "We successfully recruited over 1,000 young people," said Boykin. "What I'm excited about most is being able to positively impact these young people's lives."

In all, the collaborative efforts of these two sites, along with Lawrenceville United and a satellite site in the West End, were able to bring in more than 1,400 applications. Once the applications were deemed eligible, based on income requirements and the presence of necessary

**By Joseph Breems**

*Bloomfield-Garfield Corporation*

documents, they were sent downtown to the Pittsburgh Partnership, the workforce development branch of the City of Pittsburgh, which carried out a lottery to determine which applicants would take part in the program.

Contrasted with last year's program, which was largely funded by federal stimulus monies, funding for the PSYEP this year has come from federal Temporary Assistance for Needy Families (TANF) monies. This means that any youth who submitted an application and whose family receives TANF is guaranteed a summer position.

In addition to recruiting youths, the ENEC, along with the BGC, has been hard at work securing partners in the nonprofit, public, and business sectors who will provide the employment opportunities to these young people.

The BGC has nearly 200 diverse internship positions on hand for which the 140 youths in its program can be interviewed. Available worksites include Carnegie Science Center, West Penn Hospital, the Department of City Planning, Venture Outdoors, numerous banks and accounting firms, and many others.

As the internship start date of July 6 draws near, 11 summer supervisors hired by the BGC are working hard to make sure everything is ready for the young interns. These supervisors will be coaches and guides for the youths in the program, since for many, this will be their first-ever job. Akiesha Gilcrist, one of the supervisors, shared her anticipation about the program: "We're really excited to meet the kids and for the weeks ahead. From looking at the applications, these kids are ready. This is going to be a successful summer."

## Fate of East End Catholic Churches Still in Limbo

The announcement in May that St. John Neumann School in Lawrenceville would close its doors this year brought resolution to the question of how Catholic school closures across the diocese would affect the East End. Now, attention has shifted again to the future of the area's five Catholic churches, whose finances are precarious and whose attendance numbers have been dwindling.

In the fall of 2007, pastors and lay representatives from the five East End churches - St. Matthew and Our Lady of the Angels in Lawrenceville, Immaculate Conception/St. Joseph in Bloomfield, St. Lawrence O'Toole in Garfield, and Immaculate Heart of Mary in Polish Hill - began convening in a "Cluster Planning Team" to address, according to a pastoral letter, "the unique challenges we face at this point in our history."

One possible scenario, as outlined by this team, was for three parishes to remain open - one in Polish Hill, one in Lawrenceville, and one in Bloomfield/Garfield - and two to close. The scheme, however, did not address the question of what to do with the buildings of the churches that would close. Then last year, the question of the churches was put on hold until decisions about school closures could be finalized.

According to Diana Newport, parish secretary for St. Matthew, a new task force began convening on June 15, 2010, to revisit the question of the churches. This committee is composed of the five pastors, a Finance Council member from each parish, and diocesan representatives.

By Paula Martinac  
*The Bulletin*

"We don't know anything," she told *The Bulletin* about the churches' future. "We won't be able to tell you anything until we can tell our parishioners."

The process of deciding the churches' fate could be lengthy, explained John Flaherty, the Diocese of Pittsburgh's Secretary for Parish Life and Lay Leadership. "The group is coming together to look first at studies of the church buildings and determine recommendations for them," he told *The Bulletin*. Other pieces to consider will be staffing and programs. "They'll be trying to put it all together." The time frame for decision-making is fluid, he added, with "no drop-dead date." But he also said that "things might fall into place quickly."

After the task force arrives at a set of recommendations, the five parishes will each host a public assembly to present the proposal to its parishioners. Depending on the feedback from those assemblies, the committee may go back to the table and tinker with its recommendations before presenting them to Bishop David Zubik, who will then consult with the Priest Council. The bishop will make the final decision, but Flaherty stressed that it would emerge from the recommendations of the parishes themselves, not come down from on high.

When a plan finally emerges, Flaherty noted, it will focus on strengthening the communities the churches serve. "Parishes are about people," he said, "not just buildings and programs."

## New For-Sale Housing Coming to Several Garfield Sites

With the freshly minted Garfield housing and land-use plan in hand,

By Joe Reuben  
*The Bulletin*

several nonprofit entities are working to help push the percentage of owner-occupied housing in Garfield closer to the plan's goal of 51 percent of all housing units by 2030.

Open Hand Ministries, an offshoot of Valley View Presbyterian Church, is wrapping up renovations to a single-family home owned by the Bloomfield-Garfield Corporation (BGC) at 423 North Fairmount Street in Garfield. The 3-bedroom property was purchased through the City of Pittsburgh's Vacant Property Reserve program earlier in the year. Open Hand has identified a family now living in Garfield's public housing community to be the future owner, and has worked with them to qualify for a mortgage loan to buy the house. Open Hand regularly secures grants from various philanthropic sources, donations of materials, and reduced-price contractors, in order to put the houses within reach of families who otherwise might not be able to afford homeownership. A vacant house in the 500 block of N. Fairmount is next on Open Hand's list.

Habitat for Humanity is looking to build as many as four new single-family homes in Garfield for families of modest means over the next 12 months. Working with the BGC and the city's Urban Redevelopment Authority (URA), Habitat has identified sites in the 4900 block of Kincaid St. and 300 block of N. Evaline Street. The URA has funds on hand from the U. S. Department of Housing and Urban Development (HUD) that were part of the first round of funding in 2008 from the Neighborhood Stabilization Program (NSP). The federal dollars can be used only to benefit families whose incomes are 50 percent or less of the median family income for the Pittsburgh region. A family of four, for example, with annual income of just \$31,250 or less, would qualify to buy or rent housing built with NSP funds, and would fit the profile of those Habitat typically tries to assist with its housing developments. There is generally a "sweat-equity" requirement as well for the buyers of Habitat homes.

The Pittsburgh Housing Development Corp. (PHDC) has

given the green light to its general contractor, Team Construction of the South Side, to start

renovations to two vacant houses at 219 and 228 N. Fairmount Street in Garfield. Both were purchased through the city's Vacant Property Reserve program, and will be offered for sale at prices of \$155,500 and \$189,900, respectively, upon completion. The house at 228 N. Fairmount will have an apartment that the homeowner can rent to help cover his or her monthly housing expense. Additionally, the Urban Redevelopment Authority will offer interest-free, second-mortgage loans of \$25,000 to qualified buyers. Repayment of this loan is deferred until the buyer sells or transfers title to the house to another party. This development will bring to six the number of houses PHDC has renovated on N. Fairmount since 2006. PHDC has plans to continue in future years with other vacant homes in close proximity to these. Dollar Bank is providing construction financing for the project, along with the URA and the PA Housing Finance Agency.

Finally, the BGC is finishing plans for five single-family houses it intends to build later this year with Garfield Jubilee Association (GJA) in the 5100 block of Kincaid Street and 5000 block of Broad Street. The two groups have collaborated to build 38 homes since 2002. These detached dwellings would offer 3 bedrooms, 2-1/2 baths, full basements, and either integral garages or parking pads. The sales prices are tentatively set at \$140,000, and would come with interest-free, second-mortgage loans of up to \$55,000 for qualified buyers. The homes are being designed by Tai + Lee Architects, based in Polish Hill, and the general contractor is Steve Catranel Construction, with offices in Wilkins Township. The BGC is seeking financing from PNC Bank, the URA and the PA Department of Community and Economic Development.

Meanwhile, two homes completed in 2009 are still available for purchase, at a price of \$137,500 each; they are located at 4922 Broad Street and 4901 Dearborn Street. Interested parties should contact Barbara Murphy with GJA at 412-665-5208.

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# The Bulletin

serving Bloomfield, Garfield, East Liberty,  
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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

July 2010 • Vol. 35, No. 7

## Total circulation:

20,000 copies  
16,700 mailed  
3,300 dropped

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**Distribution:** Garfield CISP

The opinions expressed herein are  
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**We Would Like to  
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Thanks also to BNY Mellon,  
Pittsburgh Partnership for  
Neighborhood Development, The  
United Way, Allegheny Valley Bank,  
Dollar Bank, Citizens Bank, and all  
our advertisers.

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

## EYESORE OF THE MONTH

### WEEDSVILLE IN GARFIELD

#### Property Could Be a Showcase

Our eyesore property this month is in Garfield, at 429 N. Negley Avenue – a 16-room mansion that must have been a showcase when it was built in 1920. According to the Allegheny County Real Estate website, Patricia L. Brown is the owner of the property, having acquired it in February, 2000. The tax bill is being mailed to Ms. Brown at 50 Hereford Street, Boston, MA 02115; taxes on the property are current. According to the county website, the property is a four-family structure, and five electric meters are clearly visible on the site.

When the Bloomfield-Garfield

Corporation staff visited the site at the corner of North Negley Avenue and Margareta Street, it was difficult to see the house for the weeds, which engulfed the entire front of the house as well as the side and rear yards. BGC staff contacted the Record Room of the Bureau of Building Inspection (BBI) and learned that the property had a current citation from May 17, 2010, for overgrowth.

BCG staff also found the front-door glass broken, and it appeared that the inner front door was not secured. A concrete pillar on the side of the house had fallen onto the sidewalk; there was peeling paint

on the wooden porch pillars and possible other code violations.

When Ms. Brown was contacted in Boston to ask what her plans were for the property, she said, "One day I hope to do something with it. One thing at a time." She then indicated she was working on another project, but did not elaborate. She stated that the grass was to have been cut on the North Negley site; but then she excused herself, as she was in the middle of a meeting. She requested the BGC's number and said she would call back. (At press time we had not heard back from Ms. Brown.)

The property is on a main street and a prime corner lot. It covers 6,426 square feet of land in our community that needs to be addressed sooner than "one day." The property has great potential and could be a showcase once again, but instead it adds to the blight and abandonment in our community, hurting property values in the nearby vicinity.

"One day I hope to do something" is not a good enough plan. The blight has no immediate effect on Ms. Brown, as she lives so far away.

Hopefully, Ms. Brown will call back with concrete plans and timelines, and we will keep you informed on our blog or in a future issue of *The Bulletin*.



Paula Martinac/The Bulletin

**IT'S HARD TO SEE THE HOUSE AT THE CORNER OF NORTH NEGLEY  
AND MARGARETTA FOR THE OVERGROWN WEEDS.**

## Letter to the Editor

Dear Editor:

Just wanted to give a heads-up. I live in Bloomfield on Gangwish behind the grocery store ShurSave. My vehicle has been broken into three times in the last nine months. I just feel that I need to communicate this to the community in hopes of preventing future theft.

Berry Breene  
Bloomfield



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## COMMENTARY

**DON'T LOSE YOUR EQUITY****Second in a Series on the Challenges and Obstacles to Stabilizing Our Neighborhoods**

Does this story sound familiar? You bought a house 30 or 40 years ago and raised your family there. You paid your mortgage and taxes diligently, and one day, the house was yours, free and clear.

Then your kids grew up, left the nest, bought homes of their own. Although your house started to feel big for two people, you and your spouse found that its affordability couldn't be beat. Besides, the place carries lots of fond memories, echoes of happy times with your children.

But then you retire from your job, and your income is reduced. Still, your home requires upkeep. It's hard to take care of the lawn and the hedges anymore, but there's no extra money to pay someone else to do it, so weeds start to take over. One wet spring, the roof springs a leak or a gutter collapses. You close off rooms to save on rising utility bills. Then, sadly, your spouse passes away, money becomes even tighter, and

your homestead isn't as affordable as it once was. You have to prioritize your bills, and food and medications are higher up the list than property taxes. Now, suddenly, after all these years, your house carries debt.

We see this scenario again and again in our neighborhoods. Unfortunately, it's a scenario that doesn't just have an impact on seniors, but may have a ripple effect, as two or more houses on a block can no longer be managed by their longtime homeowners, and the street starts to look shabbier than it used to. Worse still, if a resident dies and her children can't afford to shoulder the debt, a once-cherished family home may become abandoned, a magnet for illegal activity, and eventually be demolished.

This familiar scenario benefits no one – not the residents, not their children, and not the neighbor-

**By Aggie Brose**  
*Bloomfield-Garfield Corporation*

hood. It does not provide quality of life to seniors to stay in homes they can no longer afford or to lose their home equity due to debt and tax delinquency.

There is some relief for seniors age 60 or older who have lived in and owned their current residence for at least 10 years; they may be eligible for a 30 percent discount on their county property taxes. To be eligible, the gross household income must be \$30,000 or less.

Another option for many of our older residents is to sell their homes, pocket the sales proceeds, and move to one of the fine senior residences the East End offers, like Laurentian Hall or Fairmont Apartments. Then they can enjoy their lives without the worries and costs associated with homeownership. One payment a month for a

safe, clean apartment, plus the companionship of other people who share your experiences, can make an attractive alternative to the expense and loneliness of living on your own in a house that's become unmanageable.

At the Bloomfield-Garfield Corporation, we're happy to assist longtime residents in our neighborhoods in protecting their equity and reviewing alternatives to homeownership when the time has come to move on to a new stage of life. You may not be able to take all your possessions with you into that next period of your life, but you can always take your memories – your most cherished possessions – with you.

*You can reach Aggie Brose, deputy director of the Bloomfield-Garfield Corporation, at 412-441-6950 x15.*

## WE SALUTE OUR GREAT COUNTRY AND ALL THAT IT SYMBOLIZES.

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## 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.*

## Community Farm Brings Fresh Organic Food to Neighborhood

Started in the summer of 2008 as a small community venture, the Garfield

Community Farm has since grown into a flourishing asset to our community. The vision: to support economic, social and food justice by reclaiming unused land in the community to produce local organic fresh fruits and vegetables that are affordable and easily accessible to the community. The farm hopes to continue to build strong relationships with youths, families and residents to support this local urban food source in the neighborhood.

Every Wednesday until sundown, Garfield Community Farm staff, interns, and community volunteers spend time working on the farm. All community residents are invited to come out any time on that working day to become an active participant in the farm community. Kelly Flanagan Dee, the Community Outreach Coordinator for the farm, hopes that this working day will continue to be community-supported and build unity among residents in support of the farm. "We see this as something owned by the community," she said, "and we would be happy to get more people to come out and be a part of our growth. Anything that anyone can contribute is always welcome."

The farm has initiated a number of community projects to facilitate its mission of bringing fresh food into neighborhood homes. The community-supported agriculture (CSA) program distributes fresh produce to households throughout the Garfield neighborhood. This is a donation-based co-op system in which families buy a share of the harvest based on what their means allow, and in return receive a basket of produce each week during harvest. Currently, half of the

**By Kathryn Vargas**  
*Bloomfield-Garfield Corp.*

baskets are reserved specifically for Garfield residents.

Garfield Farms meets many of its CSA members through the Food Bank at Valley View Presbyterian Church, for which the farm is the only provider of fresh produce.

This past year, the farm started a "young urban farmers initiative" at Pittsburgh Fort Pitt ALA. Partnering with the 4th-grade science class, farm representatives engaged the students in a number of activities about gardening and nutrition. Activities included building a compost bin in the classroom, growing seedlings, making trips to the farm, looking at the role of a food bank in a community, decorating bags for Meals on Wheels, and learning about healthy food choices. "Our growth has been steady but our presence at Fort Pitt in the second year really helped our outreach to youths in the neighborhood," Kelly reflected. "I love seeing kids get excited about veggies and fresh food and watching young people feel a sense of pride and ownership over reclaiming the land in the community." The Garfield Community Farms plans to continue this project in the coming school year.

The farm also supports a summer internship program, and will be spending two days a week working on the farm with young participants of Valley View's Freedom Summer Camp. They hope to also host a number of events during the summer months. If you are interested in more information about the farm, or if you would like to volunteer or donate to support the effort, please contact Kelly Dee at 412-874-8231 or [k.flanagan.dee@gmail.com](mailto:k.flanagan.dee@gmail.com), or visit the website: [www.garfieldfarm.com](http://www.garfieldfarm.com).



Courtesy Garfield Community Farm

4TH-GRADERS AT FORT PITT ALA LEARNED ABOUT HEALTHY FOOD CHOICES AT GARFIELD COMMUNITY FARMS' YOUTH URBAN FARMERS INITIATIVE.

## Residents Turn Out for Garfield Community Day



Kathryn Vargas/BGC

**VOLUNTEERS WITH FREE RIDE, A BICYCLE EDUCATIONAL FACILITY LOCATED IN POINT BREEZE, WERE ON HAND FOR GARFIELD COMMUNITY DAY TO HELP REPAIR BIKES.**

Garfield Community Day took place on Saturday, May 22, at the Bloomfield-Garfield Corporation's Community Activity Center on N. Pacific Avenue. Despite the rain, more than 50 community members showed up for a day full of fun, including music, games, art projects, and other family activities. Special thanks to Pittsburgh Public Allies, Garfield Community Farm, Irma Freeman Center for Imagination, Free Ride, King of Kings Baptist Ministry, Project 53, Morningside Church of God in Christ, Bloomfield-Garfield Corporation, and a number of community residents who pitched in to make this day a success.

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## Diversity of Friendship Homes Showcased in Annual Tour

By Sarah DiLeo

Friendship Development Associates

On Sunday, September 19, 2010, Friendship homeowners will open their doors and welcome guests to explore the creativity and innovative touch of their homes.

This year's tour features an eclectic mix of homes that boast renovations, both grand and small, of all rooms of the homes. From grand Victorians to lofts and townhouses, the tour will showcase the diverse housing Friendship offers, with everything from traditional character to sleek, modern design.

Back by popular demand, the tour will once again showcase the creativity of the artists, restaurants and businesses in the Penn Avenue Arts District. Several of our artists will feature their artwork in the homes on tour as well as in their spaces along the Avenue. Numerous businesses and restaurants will also be open for tour guests to explore. Visitors will enjoy free samples of food from some of the best restaurants in the East End at cafes set up in each of the homes on the tour.

"The Friendship House Tour is an opportunity for the people of Pittsburgh to experience an incredible community with unique homes and homeowners who welcome diversity, appreciate historic and distinctive architecture, and embrace preserving the buildings and green spaces for future generations," says Kim Mangan, house tour committee co-chair.

Co-chair Kathleen Farrington adds, "The tour showcases the hard work, investment, and creative vision of the Friendship Development Associates (FDA), the Friendship Preservation Group (FPG) and



218 STRATFORD IS ONE OF THE HOMES ON THE FRIENDSHIP HOUSE TOUR THIS YEAR.

Friendship's outstanding homeowners and residents. This year, the variety on display during the tour reflects the diversity of our wonderful neighborhood."

You can help make sure our neighborhood puts on its Sunday best by keeping the area around your home clean and free of trash. We want to show visitors to Friendship how beautiful our community is.

Tickets for the 17th Annual Friendship House Tour are \$18 in advance and \$20 the day of the event. Purchase tickets online at [www.friendshiphousetour.org](http://www.friendshiphousetour.org) or from the Friendship Development Associates Office (5530 Penn Avenue, 412-441-6147 x 7). Tickets can also be purchased the day of the event at the tour starting point, The Glass Lofts, at the corner of Penn Avenue and North Fairmount Street. The self-guided tour takes two to three hours to complete on foot; trolley tours depart from The Glass Lofts.



*Think about It!*

*My God! How little do my countrymen know what precious blessing they are in possession of, and which no other people on earth enjoy.*

-Thomas Jefferson



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## Pittsburgh Job Corps Gets Moving



Dottie Sweeney/PJCC

THIS SPRING, PITTSBURGH JOB CORPS (PJCC) STUDENTS ESTABLISHED A WALKING TRAIL ON THE CENTER GROUNDS FOR STUDENTS AND STAFF, AS PART OF A NATIONAL EFFORT CALLED "LET'S MOVE JOB CORPS." THE TRAIL IS A 1/4-MILE LOOP IN FRONT OF THE MAIN BUILDING. ALL OF THE MILES LOGGED AND SUCCESS STORIES OF PJCC HAVE BEEN SUBMITTED TO [WWW.LETSMOVEWELLNESS.COM](http://WWW.LETSMOVEWELLNESS.COM). TO DATE, PJCC HAS LOGGED MORE THAN 1,500 MILES.

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# TO YOUR HEALTH

## DON'T LET TRAVELING BECOME A PAIN

Traveling can be rough on the body. Whether you are traveling alone on business or on your way to a sunny destination with your family, long hours in a car or an airplane can leave you stressed, tired, stiff and sore.

"Prolonged sitting can wreak havoc on your body," says Dr. Scott Bautch, past president of the American Chiropractic Association's (ACA) Council on Occupational Health. "Even if you travel in the most comfortable car or opt to fly first class, certain pressures and forces from awkward positions can result in restricted blood flow. One of the biggest insults to your system from prolonged sitting is the buildup of pressure in the blood vessels in your lower legs. Contracting and relaxing the muscles helps the blood flow properly." Dr. Bautch and the ACA suggest the following tips and advice to fight the strains of travel before they occur.

### Warm Up, Cool Down

Treat travel like an athletic event. Warm up before settling into a car or plane, and cool down once you reach your destination. Take a brisk walk to stretch your hamstring and calf muscles.

### In an Airplane

- Stand up straight and feel the normal "S" curve of your spine. Then use rolled-up pillows or blankets to maintain that curve when you sit in your seat. Tuck a pillow behind your back and just above the beltline, and lay another pillow across the gap between your neck and the headrest. If the seat is hollowed from wear, use folded blankets to raise your buttocks a little.
- Check all bags heavier than 5 to 10 percent of your body weight. Avoid overhead lifting of any significant amount of weight to reduce the risk of pain in the lower back or neck.

By Dr. Michael Cutitta  
Cutitta Chiropractic

While lifting your bags, stand right in front of the overhead compartment so your spine is not rotated. Do not lift your bags over your head, or turn or twist your head and neck in the process.

- When stowing belongings under the seat, do not force the object with an awkward motion using your legs, feet or arms. This may cause muscle strain or spasms in the upper thighs and lower back muscles. Instead, sit in your seat first, and using your hands and feet, gently guide your bags under the seat directly in front of you.
- While seated, vary your position occasionally to improve circulation and avoid leg cramps. Massage legs and calves. Bring your legs in, and move your knees up and down. Prop your legs up on a book or a bag under your seat.
- Do not sit directly under the air controls. A draft can increase tension in neck and shoulder muscles.

• Consider a back support. Using a support may reduce the incidence of low-back strain and pain. The widest part of the support should be between the bottom of your rib cage and your waistline.

- Exercise your legs while driving to reduce the risk of any swelling, fatigue or discomfort. Open your toes as wide as you can, and count to 10. Count to five while you tighten your calf muscles, then your thigh muscles, then your gluteal muscles. Roll your shoulders forward and back, making sure to keep your hands on the steering wheel and your eyes on the road.
- To minimize arm and hand tension while driving, visualize your steering wheel as a clock face and hold it at approximately 3 o'clock and 7 o'clock, periodically switching to 10 o'clock and 5 o'clock.
- Do not grip the steering wheel. Instead, tighten and loosen your grip to improve hand circulation and decrease muscle fatigue in the arms, wrists and hands.
- While always careful to keep your eyes on the road, vary your focal point while driving to reduce the risk of eye fatigue and tension headaches.
- Take rest breaks. Never underestimate the potential consequences of fatigue to yourself, your passengers and other drivers.

### Traveling by Car

- Adjust the seat so you are as close to the steering wheel as comfortably possible. Your knees should be slightly higher than your hips. Place four fingers behind the back of your thigh closest to your knee. If you cannot easily slide your fingers in and out of that space, you need to re-adjust your seat.

Contact Dr. Cutitta at 412-325-4100.

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# T O Y O U R H E A L T H

## Bloomfield Center Offers Hands-On Healing to Cancer Patients

Reiki (pronounced ray'-key) is a holistic, natural, hands-on energy-healing system that supports a person's own healing processes. For the fourth year in a row, the Cancer Caring Center, a local nonprofit in Bloomfield, is offering free Reiki treatments to its clients and their caregivers, through a partnership with Key Stone Reiki.

Reiki was developed in Japan during the last century by Dr. Mikao Usui, and is now taught and practiced worldwide; it is not a religion, nor is it associated with any religion. Cancer patients receiving Reiki treatments have reported the following benefits: improved blood cell counts; reduction of chemotherapy and radiation side effects such as nausea, neuropathy and fatigue; and increase in energy and vitality. Other frequently reported benefits include: alleviation of pain; relief of mental and emotional stress; deep relaxation; and acceleration of the healing process.

"Reiki healing can be used in conjunction with your regular medical program," says Nancy Murray, Reiki Master and practitioner with Key

**By Philip Buttenfield**

*Key Stone Reiki*

Stone Reiki. "It does not replace or interfere with other treatment forms. In fact, Reiki can help enhance the effectiveness of other treatment forms and can help reduce unpleasant side effects, such as the nausea and fatigue associated with chemotherapy."

A Reiki treatment, Murray says, is a very gentle and relaxing experience. A typical treatment lasts about 60 minutes and consists of the gentle placement of the practitioner's hands on or above the client's body while he or she sits or lies comfortably, fully clothed. Reiki clients are not required to concentrate or make any other active effort during the treatment, says Murray, so they have an opportunity to totally relax.

Free, private sessions are available at the Cancer Caring Center on the second and fourth Wednesday of each month at 6 p.m. or 7:15 p.m. Call Bonnie Shields at 412-622-1212 to register with the center and to make your appointment. The treatments are conducted by trained therapists from

Key Stone Reiki, an alliance of Reiki practitioners in the Usui System of Reiki Healing. Key Stone Reiki has offered healing services in the greater Pittsburgh area and beyond since 1994. Please visit the KSR website at [www.KeyStoneReiki.com](http://www.KeyStoneReiki.com) for more information.

The Cancer Caring Center, located at 4177 Liberty Avenue (across from the Bloomfield Bridge), is dedicated to helping people diagnosed with cancer, their families and friends cope with the emotional impact of cancer. It is not an alternative to medical treatment, but complementary to it. The Cancer Caring Center offers many other free services in addition to Reiki, including one-on-one counseling and yoga; call or drop in to learn more about what is available. The center's hours are 9 a.m. to 5



*Courtesy Key Stone Reiki*

**REIKI IS A GENTLE HANDS-ON THERAPY THAT MAY HELP RELIEVE SOME OF THE COMMON SIDE EFFECTS OF CHEMOTHERAPY.**

p.m., Monday through Friday, and the space is wheelchair accessible; phone: 412-622-1212.

## YOU CAN QUIT SMOKING

There are many options for quitting smoking these days. Let's look at a few of them:

**By Dr. Amy J. DiPlacido**  
*Bloomfield-Garfield Family Health Center*

already on psychiatric medications, then your provider may be less likely

"Cold turkey": This is a great method for people to try first because it doesn't require spending any money. Try to cut back on the number of cigarettes you smoke each day before you arrive at your actual quit date. Once your quit date arrives, throw out those cigarettes and ash trays and see how it goes.

**Nicotine replacement products:** There are a wide variety of nicotine replacement products on the market, including but not limited to nicotine patches, gum, and lozenges. They supply nicotine to your body so you don't need to light up. These products can be tapered down gradually until you won't need them anymore. Many products are available over the counter without a doctor's prescription, and some may be covered by your health insurance plan. Don't smoke cigarettes while using nicotine replacement products, especially with nicotine patches.


**Medications:** Two medications commonly used include Bupropion (also called Zyban) and Varenicline (also called Chantix). These medications can be very effective in helping you quit smoking, although they are not for everyone. If a person is

to prescribe one of these medications. Bupropion can lower a person's seizure threshold. Varenicline can cause wild, crazy dreams, among other things. These medicines are usually taken for about three months.

No matter what method you want to try, make sure you have the support of those around you. There are counseling groups for smoking cessation, which many people find beneficial. You may need to find other ways to entertain your hands and mouth, like eating pretzel sticks or chewing sugarless gum. Talk with your health-care provider about other suggestions that might help you quit.

There are two very important final reminders. First, it is never too late to quit smoking! There are always benefits to your health if you quit. And second, do not get discouraged if you try to quit but fail. Most smokers need to try to quit more than five times before it finally works.

*This is Dr. Placido's final article for The Bulletin. We thank her for writing her informative column for us for more than two years, and wish her well as she continues her training in geriatrics at UPMC St. Margaret Hospital.*



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

# 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](mailto: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.**

## 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](http://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.

## OPEN HOUSE FOR NEW L'VILLE VET

A new veterinary hospital in Lawrenceville will open its doors Monday, July 5. The Big Easy Animal Hospital, founded by Aileen Ruiz, DVM, is named after her home, New Orleans. In 2005, after Hurricane Katrina destroyed much of New Orleans, Dr. Ruiz came to Pittsburgh to rebuild her life and to continue practicing medicine. She now proudly calls Lawrenceville her home. The Big Easy is a full-service animal hospital with modern, in-house diagnostics and surgical facilities, offering wellness, preventative, and urgent care. An open house will be held on Saturday, July 10, from 5 – 8 p.m. Music will be provided by DJ Zombo, with food and drinks from various local restaurants and palate partners. The Big Easy is located at 5328 Butler Street, Pittsburgh, PA 15201. Phone number: 412-908-9301. The website address is: [www.tbeah.com](http://www.tbeah.com).

## VACATION BIBLE SCHOOL

East liberty Lutheran Church, 5707 Penn Ave., will sponsor Vacation Bible School, August 9 - 13, from 10 a.m. to 12:30 p.m. for ages 3 and up. Theme: High Seas Expedition. Children will learn about God, make crafts, play games, and eat lunch. Registration is free. If you have any questions, call Vicar Melba at 412-212-8794.

## FREE VOICE MAIL SERVICE

If you're looking for a job and currently don't have a cell or home phone for callbacks, check out Community Voice Mail, a 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 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.

## GLASS LOFTS ON FACEBOOK

The Glass Lofts recently launched a Facebook page, and we need to build our group. If you haven't become our friend already, please search "Glass Lofts Pittsburgh" on Facebook and join us. We also need you to invite your Facebook friends to join the group. Please help us spread the word. It's time for a Glass Lofts Facebook frenzy!

## FAMILY MOVIE NIGHT

Stanton Heights Church, 4721 Stanton Avenue, hosts a free Family Movie Night every Friday night in July (9, 16, 23 and 30). Popcorn and soda provided. For more information, including the movie names and times, call 412-361-7670.

## COMMUNITY SAFETY WEBSITE

The City of Pittsburgh Bureau of Police has a new community safety website that will help enhance its ability to share information with the community. The website ([communitysafety.pittsburghpa.gov](http://communitysafety.pittsburghpa.gov)) is dedicated to keeping the public abreast of community safety issues, announcements, and information. Visitors can see contact information for the police zones, view zone maps and quickly navigate to zone-specific alerts. Anyone who would like to receive e-mail alerts will need to register with the website.

## GHOST STORIES IN LAWRENCEVILLE

The Lawrenceville Historical Society Lecture Series has gained such a fine reputation that more and more organizations contact us for help in getting speakers for them. You, too, can see what the excitement is about. On July 15, come hear "Legends, Folklore and Ghost Stories of Western Pennsylvania," by Tom White, author of the book *Legends & Lore of Western Pennsylvania*. White will help shed light on many of the local urban legends and mysteries that make up the rich folklore of Western Pennsylvania. The free program starts at 7 p.m. at Canterbury Place, 310 Fisk Street. For more information, email [info@LHS15201.org](mailto:info@LHS15201.org).

## WELLNESS WALK

The Kingsley Association will host its first annual "Family Walk for Wellness" on Saturday, July 17, from 9 a.m. to 2 p.m. The walk will begin at Mellon Park and finish at the Kingsley Association parking lot, where the entire family can enjoy a day of health-related screenings and information. Pool and gym access will be open for family activities. Registration is \$10 for 18 and over; free for those under 18. Call 412-661-2900 or 412-661-8751 x 133 for more information. Register at the Kingsley Association, 6435 Frankstown Avenue, or Adagio Health, 211 N. Whitfield Street.

## "DOO-DAH DAYS" CELEBRATES FOSTER'S MUSIC

The fifth annual "Doo-Dah Days: The Stephen C. Foster Musical Festival" takes place Saturday, July 10, from 11 a.m. to 4 p.m. in historic Allegheny Cemetery on Butler Street.

A collaborative venture between the Allegheny Cemetery Historical Association and the Lawrenceville Historical Society (LHS), Doo-Dah Days brings history alive in a fun-filled way, showcasing the rich heritage and natural beauty of the cemetery grounds. Persons dressed in period costumes of the pre- and post-Civil War era create an atmosphere of bygone days, taking visitors back to pre-industrial Lawrenceville where, according to the 1837 *Harris Directory*, "wealthy people came to the rural

suburb to build their villas for purity of atmosphere."

Highlights of this year's event include four concerts on the cemetery's lawn and trolley tours of Pittsburgh's most historic cemetery. Docents from the Lawrenceville Historical will share a wealth of information about the architecture and the famous people interred within the hallowed grounds.

While other areas of the country host Foster music festivals, the Pittsburgh festival is unique because it takes place in a cemetery – in particular, the one where Foster was laid to rest, just blocks from the site of his birth. For more information about the event, visit <http://www.doodahdays.com>.

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

## CALL FOR HOUSES FOR LAWRENCEVILLE TOUR

The Lawrenceville House Tour Planning Committee is seeking houses for 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. 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 information contact Kate Bayer at 412-600-2068 or kb\_4738@yahoo.com.

## UNBLURRED: FIRST FRIDAYS ON PENN

With the first Friday of July right around the corner, it's time for Unblurred: First Fridays on Penn! Join the Penn Avenue Arts Initiative and Penn Avenue Artists for our monthly art event on Friday, July 2, for an evening full of great art, great people, great food and great fun. This month's Unblurred features a jam-

packed schedule, with events at Most Wanted Fine Art, Pittsburgh Glass Center and many, many more. For a complete schedule visit [www.pennavenuearts.org](http://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.

## L'VILLE LITTLE FLEA

The Lawrenceville Little Flea takes place every Saturday (weather permitting) at the corner of Butler and 36th streets from 8 a.m.-3 p.m. Little Flea is a weekly outdoor marketplace featuring a rotating variety of flea, thrift, craft, food and cultural activities. For more info and to apply, visit [lawrencevillettleflea.blogspot.com](http://lawrencevillettleflea.blogspot.com). We're actively seeking vendors, musicians and artists.

## BUILDING TRADES CAREER FAIR

On Thursday, July 29, the COR/ELDI Section 3 Job Training & Referral Initiative will host a Building Trades and Crafts Career Fair at the Kingsley Association, 6435 Frankstown Avenue, from 10 a.m. to 2 p.m. The fair will provide awareness about careers, trainings, and registered apprenticeships and general industry information. Participating organizations include the Builders Guild, MWELA, CCAC and Renaissance III, 2000, Inc., as well as workforce

## CARNEGIE LIBRARY HAPPENINGS

**Carnegie Library of Pittsburgh - Lawrenceville Branch**  
279 Fisk St. 412-682-3668

### Adult Book Discussion

Monday, July 12, 5 p.m.

Call library for book selection.

### Rachel Carson Puppet Show

For families. Saturday, July 17, 11 a.m.

### Origami Fun: Patriotic Theme

For ages 6 to adult. Saturday, July 3, 2 p.m.

### Kids Art Club

For ages 7-11. Thursdays, July 8, 15, 22, 29 at 11 a.m. Please commit to each date. The art activities will carry over to the next week.

## East Liberty Branch Events @ Borders EastSide

### Storytime

For ages 3-5. Wednesdays, July 7, 21, 10:30 a.m.

### Make a Splash: An Ocean of Fun

For families. Saturday, July 17, 2 p.m.

## Carnegie Library of Pittsburgh - Main PC Center

4400 Forbes Avenue

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

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

development agencies. For more information, please contact Section 3 Coordinator, Kevin.Mickens@east-liberty.org or at 412-661-2600.

## IRMA FREEMAN SUMMER CLASSES

Imagine what you can do at the Irma Freeman Center for Imagination! Summer classes start July 5: Yoga – Mondays, 6:30-7:45 p.m.; West African Drum Class – Sundays, 2:30-3:30 p.m.; African Drum Circle – every 3rd Sunday, 4-6 p.m.; It's Good To Be Me: Yoga for Kids –

Wednesdays 5-5:50 p.m.; Green Architecture & Me (July 5-9), 9 a.m.-12 p.m.; Marvelous Mosaics (July 12-16), 1-3 p.m. & Wednesdays 6:30-8 p.m.; Puppet Stories (July 5-9), 1-3 p.m.; DIY Green Energy (July 19-23), 1-3 p.m.; Kid Power Week (July 26-30), 9 a.m.-12 p.m. The IF Center is at 5006 Penn Avenue, Pittsburgh, PA 15224. For pre-registration, call 412-924-0634 or email Sheila Ali at [sheiladali@yahoo.com](mailto:sheiladali@yahoo.com). Leave contact information & interests. For details see [www.irmafreeman.com](http://www.irmafreeman.com). Coupons, scholarships available!

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### SITES, from page 1

ever, "the [Pap's] building needs basic renovations," Swartz explained. "Things like making the bathrooms ADA-compliant and fixing the façade, which is not very attractive." The prospective tenants, he said, "are young and have a lot of energy. They expect to put in a lot of sweat equity." When agreements are reached about the necessary work, Swartz said he hopes the BGC can sign a 2- to 3-year lease with Roboto.

In related news, the board of directors of the BGC has authorized the organization to explore the purchase of the former Horoscope Lounge building at 5431 Penn from owner Angelo Restano. As reported in the last two issues of The Bulletin, diligent community efforts prevented a potentially problematic tenant from opening a bar/restaurant at the site, leaving it once again for rent.

"This is an opportunity to take the building permanently out of the mix of

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or visit [www.westpennburncenter.com](http://www.westpennburncenter.com).



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[www.wpahs.org](http://www.wpahs.org)

### 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](http://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.