



The Bulletin

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New Website Matches Job Seekers with Opportunities in East End

Job seekers now have a new, 21st-century means of

By Joseph Breems
Bloomfield-Garfield Corporation

finding work in Pittsburgh's East End community. East End Works (eastend-works.com) allows users looking for employment to find out what is available right in their neighborhood. Currently, the site focuses on advertising employment opportunities at non-profit organizations in the East End.

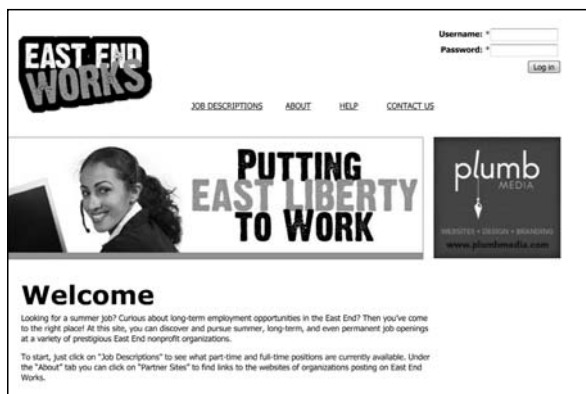
Postings on the site range from summer camp coordinator positions with Pittsburgh Public Schools and openings for nurses at The Children's Home, to case manager positions at Hill House Association and a secretary spot at Primary Care Health Services Inc. People of all levels of education and skills are encouraged to register on the site and upload their resumes and a cover letter. The website is free, and registration and uploading take a matter of minutes. Once those quick steps are completed, the employment information of the registrant is made available to the

dozen-and-counting local organizations looking to hire for summer, temporary, and permanent positions.

The daily operations of the website are managed by the Eastside Neighborhood Employment Center (ENEC). Funding for the design and initial implementation of the website was provided by the City of Pittsburgh's Operation Weed & Seed, which is a partnership of Mayor Luke Ravenstahl, the U.S. Attorney for Western Pennsylvania, and community stakeholders in federally designated Weed & Seed sites. The site was designed by Stephen MacIsaac of Wireless Neighborhoods and Nik Stoltzfus of Plumb Media, a local web development and design company located at the Union Project on North Negley Avenue.

"This site is a pilot project," explains ENEC's Projects Manager,

See WEBSITE, page 10



THE HOME PAGE OF THE NEW EAST END WORKS WEBSITE.



Rick Flanagan/BGC

See also
"Breaking News"
on page 5

CONCERNED NEIGHBORS AT A COMMUNITY MEETING ABOUT 5431 PENN AVE.

Community Grills Potential Penn Avenue Bar/Restaurant Owner

It could have been a routine meeting, in which

By Paula Martinac
The Bulletin

County District
Attorney Stephen
Zappala Jr.

the neighboring community got a chance to learn about the business plan of an applicant for a liquor license on Penn Avenue. But this particular Pennsylvania Liquor Control Board application is far from routine. Michelle Jimenez, principal of Belvy's LLC, has applied for a liquor license for the property that once housed the Horoscope Lounge, and on March 24, the community turned out in droves to meet her.

The Horoscope was a notorious problem bar at 5431 Penn Avenue that spent more than a decade under scrutiny by the district attorney and law enforcement. The backdrop for several shootings and significant drug activity, the Horoscope was finally shuttered in March 2006 by its owner, Angelo Restano, who entered into a consent agreement with Allegheny

Fast forward to 2010. Michelle Jimenez, a 30-year-old who originally hails from New York City and attended Robert Morris University here, recently decided she would like to open a Dominican-themed bar and grille on Penn Avenue. She says she will be paying all of her start-up costs in cash, and that she is receiving support from her parents, who operate two similar establishments in New York.

Although she first looked into the former Pap's 'N Us at 5106 Penn, Jimenez settled on leasing 5431 Penn and applied for her own liquor license. And that, she swore to the neighbors who attended the March meeting, is as far as her connection to Restano and his former establishment

See BAR, page 5

The final deadline for all articles, ads, and Bulletin Board items for the June 2010 issue is **FRIDAY, MAY 14, 2010**. For our editorial policy, see page 4. Call for more information: 412-441-6915.

What Does the Garfield Neighborhood Plan Mean for Our Community?

By Freddie Croce
BGC Board of Directors

As chair of the Land Use and Development committee of the Bloomfield Garfield Corporation (BGC), and more importantly as a resident of Garfield, I am extremely proud of the Garfield Neighborhood Plan presented on April 29 at the Community Activity Center. With direct input from Garfield's residents, the plan well reflects the desires and vision of the community. Along with an impending Strategic Implementation Plan, these two plans will form a comprehensive land use approach that will help guide development in the area for the next 20 years.

The process to create these plans began in April 2009 with several community meetings hosted by the Bloomfield Garfield Corporation (BGC) in conjunction with Garfield Jubilee Association and presented by Perkins Eastman, the architectural and planning firm who was contracted to compile the plan. The impetus to create these plans came from swelling interest in the area from both the public and civic sectors. Garfield has been through some rough times over the years, yet in the past eight years it has brushed itself off and shows signs of the strength and vitality it was once proud to display. Penn Avenue is a major access route to Children's Hospital; new shops and eateries dot the "Avenue"; wonderful new homes have been constructed, both for sale and for rent; and many older homes have been fixed up or have been completely renovated, improving the face of the neighborhood. Together with youth development and employment programs in the neighborhood, these improvements have caught the atten-

tion of public officials, garnering support for much-needed infrastructure improvements along Penn Avenue and increased support for community transportation and safety concerns. All of this is making Garfield an attractive place to live and own a business. We should be proactive in its development, not reactive.

Now, let me be clear: In these difficult economic times, our progress may have slowed, but our standards of quality remain high. To this end, the Neighborhood Plan (NP) along with the Strategic Implementation Plan (SIP) will help us maintain our demand for excellence. These plans alone will not guarantee success; although the plans will be registered with the state, there will be no direct legal enforcement of the plans. But as a community, having a clear and unified voice recorded in a document becomes our single biggest asset that will help us determine our fate.

People in the neighborhood have asked me, "How will these plans be used and who will use them?" Being in the midst of "Steeler Country," allow me to use a football analogy to describe how these plans will be utilized.

In football, a team may have a vision as to how it would like to approach the season. After assessing its talent, the team may determine that it should be an offensively pass-oriented team with a strong ability to stop the run defensively. This general approach to the team helps define the game plan on a week-to-week basis. For instance, it may be determined that the team would prefer to pass 60% of the time and run 40%. The team may want to blitz generally when the opponent is faced with a third and long situation.

For Garfield, the NP would be sim-



ARTIST'S RENDERING FROM THE GARFIELD NEIGHBORHOOD PLAN OF A POSSIBLE PARK AT THE TOP OF GARFIELD, SURROUNDING THE WATER TOWER.

ilar to this game plan. We would like to see housing distributed with 51% ownership and 49% rental within the next 20 years. We would like open space to increase by 30% and to increase the number of trees along the streets. As with a game plan, these are goals and desires that are expressed and quantified, yet they are general in nature. The game plan does not describe how to accomplish these goals, it merely outlines strategies – it's the playbook that provides the particulars of how to achieve these goals. The SIP will be our playbook. It will outline strategies and programs for development in the neighborhood. Do we want more open space? Utilize government subsidies to obtain and maintain land for that purpose. Do we want more people to own their own homes? Utilize Tax Credit Rental housing with rent-to-own options to help renters become owners. There will be many strategies – or plays – from which to choose, each with advantages and disadvantages. Unique situations will require specific calls. One other aspect to the SIP is that it will be an evolving plan. The NP or team philosophy may be consistent over the years, but the plays can change according to game conditions. We do not know what programs may be available five years from now that will attract private developers. As these manifest, we will incorporate them into our SIP playbook.

As to who would utilize the plans, I see four entities that would benefit from them. Government agencies would utilize the plans when determining the policies and supports for our neighborhood. With a clear message, we will be telling the city, county, and state the types and quantities of

land development we desire and how to develop workable programs.

I see the BGC and its partner, Garfield Jubilee Association, utilizing the plans for their own development strategies. The BGC might use the plans very much like the football analogy described above, choosing certain "plays" from the SIP tailored to fulfill the NP's stated goals and objectives.

I see private developers utilizing the plans to understand and gauge the market forces in the neighborhood. Instead of arbitrarily putting a 100-unit rental project on Broad Street, a developer will quickly see that the community does not want that kind of density and might desire a community parklet instead.

And most importantly, I see residents and stakeholders utilizing the plans as a representation of a collective vision. We can measure the success of our vision by referring to the plans and assessing whether we reached certain milestones and objectives. If we have not, residents may point to specific issues that are not being addressed rather than expressing blanket dissatisfaction. These plans will keep us moving in a productive direction with purpose and clarity.

Again, I am proud of my neighbors for coming together and making these plans possible. I encourage my neighbors to become familiar with the plans and to become active in the evolution of Garfield. For the plans to be useful and for Garfield to succeed, we will have to be diligent and transparent in their implementation.

You can view the Garfield Neighborhood Plan online at www.bloomfieldgarfield.org/pages/housing.html.

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Allegheny Valley Bank Supports Penn Avenue Corridor Revitalization

Neighborhoods along the Penn Avenue corridor, from 34th Street to Negley Avenue, will benefit from the decision by Allegheny Valley Bank to become a corporate supporter of two community organizations promoting the avenue's redevelopment.

April Simile, vice-president of public affairs for the bank, announced at the end of March that the bank would make available \$50,000 in grant support each year for the next 6 years, to be shared by Bloomfield-Garfield Corporation and Lawrenceville Corporation. Allegheny Valley will seek an allocation of tax credits from the PA Department of Community & Economic Development (DCED) through the state's Neighborhood Partnership Program to help underwrite its investment.

"This is an exciting step for the bank, because these neighborhoods have shown signs of growth and improvement in overall conditions in recent years," Simile said recently. "We know positive change is linked to the ability of non-profit organizations to help people find jobs, invest in the education and development of children, create affordable housing opportunities, and maintain a clean, safe environment. Hopefully, our contribution will help to ensure the success of their future efforts."

Lawrenceville Corporation has worked for more than 20 years to attract new commercial and residential investments to both the Penn Avenue and Butler Street districts. Its executive director, Maureen

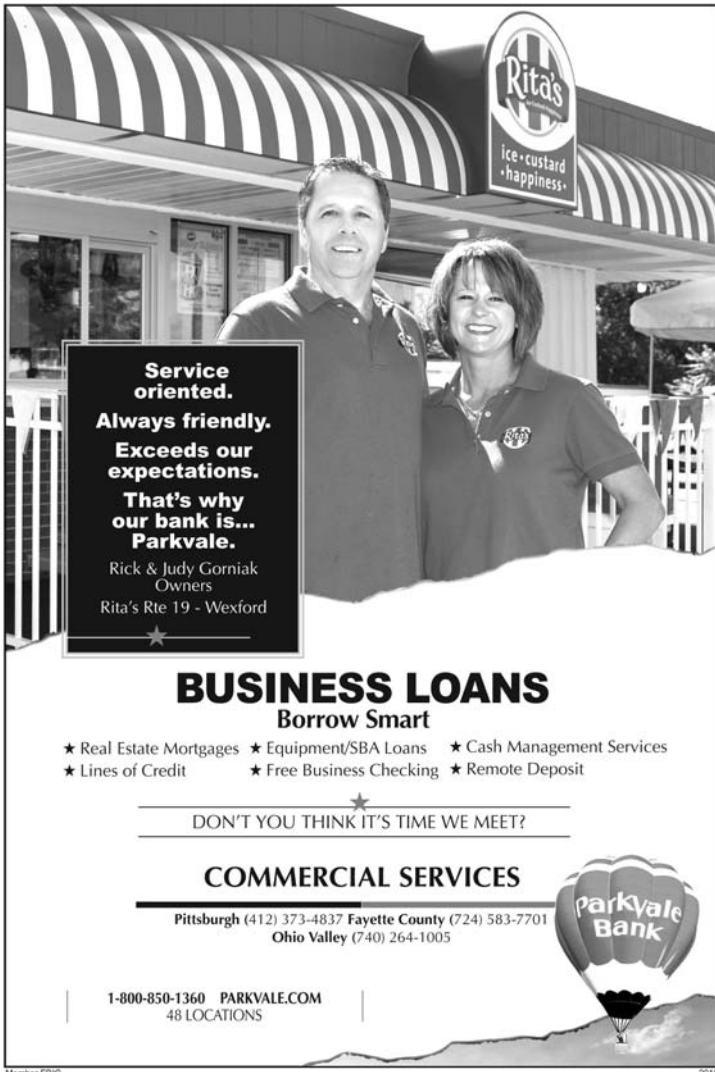
By Joe Reuben
The Bulletin

Ford, said support from the private sector for LC's operations is critical due to shrinking state and philanthropic dollars. "We are in a very tight economy still, so it can be rough going for small organizations such as ours. It's great that a bank with its headquarters in Lawrenceville can find a way to boost us so that we don't lose ground in the on-going renewal of our community."

Aggie Brose, deputy director of the Bloomfield-Garfield Corporation, was equally enthusiastic about the pending partnership with Allegheny Valley. "The bank has been a very reliable presence in these neighborhoods for decades, providing loans to commercial building owners, and mortgage

loans to first-time homebuyers. We're appreciative that they see the value of what the BGC has been doing in rebuilding the Garfield neighborhood, as well as overseeing a neighborhood employment center, and setting the stage for a multi-year investment by the city in Penn Avenue's public infrastructure."

Both organizations enjoy similar, multi-year support from PNC Bank through the state's tax credit program. Brose credited the presence of Cynthia Gormley, an administrator with the local office of DCED, with nurturing the interest of banks like PNC and Allegheny Valley in the program. "It's a good deal for corporate sponsors who want to contribute to neighborhood redevelopment, but many shy away from dealing with a government agency. Cindy makes it relatively smooth for them to do so."



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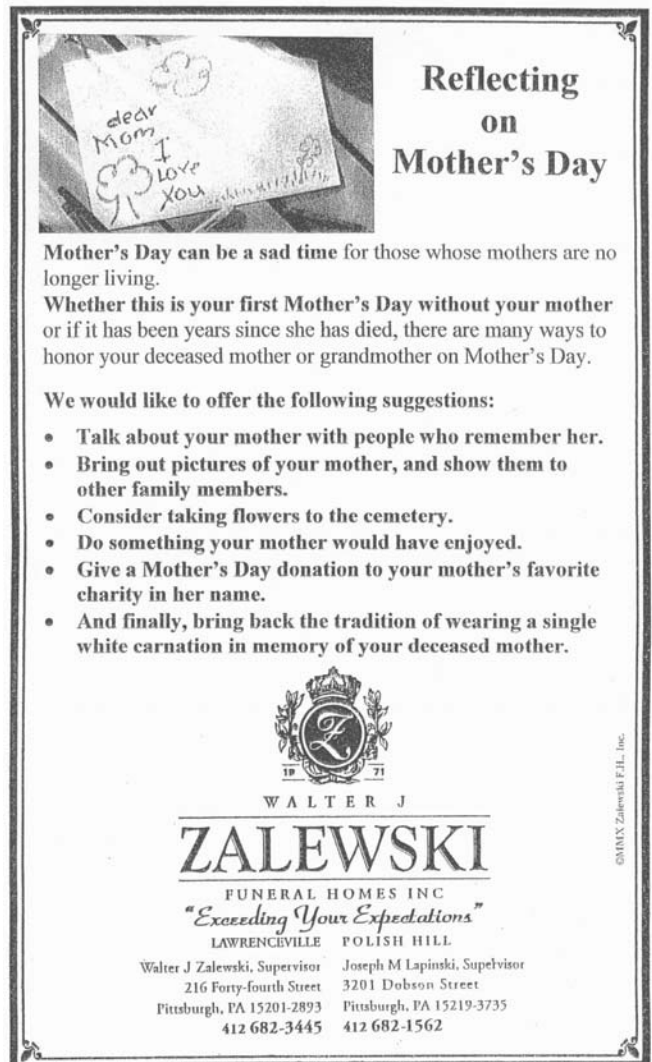
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**Reflecting
on
Mother's Day**

Mother's Day can be a sad time for those whose mothers are no longer living. Whether this is your first Mother's Day without your mother or if it has been years since she has died, there are many ways to honor your deceased mother or grandmother on Mother's Day.

We would like to offer the following suggestions:

- Talk about your mother with people who remember her.
- Bring out pictures of your mother, and show them to other family members.
- Consider taking flowers to the cemetery.
- Do something your mother would have enjoyed.
- Give a Mother's Day donation to your mother's favorite charity in her name.
- And finally, bring back the tradition of wearing a single white carnation in memory of your deceased mother.

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The Bulletin

serving Bloomfield, Garfield, East Liberty, Friendship, and Lawrenceville since 1975



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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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!

SHOWCASE OF THE MONTH

One-Stop Store an Asset to Garfield

Nestled at the corner of North Aiken and Hillcrest is the newly opened Garfield Hill Market. A building that stood vacant for over 10 years now has the promise of being a great value to the Garfield community. The store owner, Mark Abed, hails from Rochester, N.Y., and currently resides in Shaler. The recorded building owner is Jamal Sulaiman from Ohio.

Since the market opened on Saturday, April 10, 2010, Mr. Abed and his brother report having had a positive experience in the neighborhood. The store is clean and well-organized, with almost anything you could possibly want for your pantry. If you need cleaning supplies, dinners, cold drinks, baby food, paper products, or a quick snack, you are likely to find them here. The store is looking forward to adding an ice cream cooler, a coffee machine, and a wide selection of frozen dinners.



Kathryn Vargas/BGC



THE NEW GARFIELD HILL MARKET IS CLEAN AND WELL-STOCKED.

Mr. Abed is also working with the Allegheny County Health Department to get a food permit that would allow his market to serve as a full deli.

The market gives residents access to important resources without having to leave the neighborhood, and should prove to be a

positive asset. Next time you are walking or driving by 340 North Aiken, don't forget to stop in, say "hi," and check out the new one-stop community convenience store. The market's hours are Monday through Saturday, 8 a.m. to 10 p.m., and Sunday 8 a.m. to 8 p.m.

Garfield: Ready for Its Closeup

On Wednesday, March 31, WQED (Channel 13) presented a half-hour profile of Garfield as part of its "OnQ" programming. The special included four segments covering the rejuvenation of the neighborhood: an interview with Bloomfield-Garfield Corporation Executive Director Rick Swartz, about the past and present in Garfield; a visit to the Irma Freeman Center for Imagination on Penn Avenue; a look at the Garfield Gators football team; and a stop at The Quiet Storm, Penn Avenue's celebrated vegetarian restaurant and coffeehouse. If you missed the program or forgot to set your TiVo, you can still see it online at www.wqed.org (click on "OnQ" then "OnDemand," and type "Garfield" into the search engine).

THE BULLETIN EDITORIAL POLICY

The Bulletin accepts articles, Bulletin Board listings, paid ads, and photos of specific interest to the East End neighborhoods of Bloomfield, Garfield, East Liberty, Friendship, and Lawrenceville. We cannot guarantee inclusion in the paper, although we make every effort to accommodate community members; items are accepted on a first-come, first-served basis. Although our final deadline is the 15th of each month, our pages often fill up much earlier. Please submit all items as far in advance of the deadline as you can to improve your chances of inclusion.

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BAR, from page 1

goes. “We’re not him,” she said point-blank, assuring the community that she had never met Restano before this March, and furthermore does not even know anyone in the neighborhood. “I didn’t do anything behind anybody’s back.”

BGC Deputy Director Aggie Brose, who chaired the meeting at the Community Activity Center (and wielded her gavel when a few attendees were out of order), gave Jimenez the opportunity to start off the proceedings with a description of her business plan. Although some of her details were sketchy, Jimenez put forward her intent to open at least six days a week between about 7 and 9 a.m. and close at 2 a.m., serving breakfast, lunch, dinner, and bar snacks after 10 p.m. Her focus, she said, would be on lunch (she wants to offer delivery), with alcohol being served after 1 or 2 p.m.; drinks would run between \$5 and \$10.

Jimenez said she intends to employ two or three cooks, one of whom is her uncle. Her parents will be advising her on the menu, with an emphasis on Latin food like Cuban sandwiches for lunch and steaks for dinner. She has also applied for an amusement permit, and said she hopes to host a DJ or local Latin performers several nights a week from about 5 to 8 p.m. Respecting the community’s concerns about safety, Jimenez noted that she wants to hire certified security guards, use an I.D. checker to detect fake identification, and install video surveillance outside. “We don’t want the same issues that happened there before,” she explained.

Brose then opened the meeting up to questions from the audience. Emotions ran high, as neighbors recounted the serious problems with the Horoscope. “A bullet came through my front door,” said Karesse Doss, who lives across Penn in Friendship. “It hit my grandchildren’s toy box that was sitting in the foyer.”

“Everything you say you’re going to have, Restano had, too,” noted Todd Owens, who also lives across from the proposed restaurant and bar. He further observed that Caputo & Caputo, the law firm that represents Jimenez, also represented Restano in his dealings with the district attorney. But Garfield resident Melvin Gay chastised those grilling her: “She’s done nothing to no one in this room,” he objected.

During the question and answer period, the neighbors’ concerns centered on the liquor license, the bricked-up façade, and the lack of parking. Jimenez says she will not consider operating a BYOB establishment. “I need to make money,” she said. She also noted that, because she is merely leasing the space, she cannot afford to assume the costs of opening up the façade with windows. In response to the issue of parking, she said she is trying to enter into an arrangement to use a lot at the corner of Penn and North Aiken avenues that is owned by the proprietor of the Penn-Aiken Dairy.

Jimenez also said that she does not have a name for her establishment yet, but it will not be Belvy’s, as noted on her PLCB application. “I want a Spanish name that’s small and easy... with not too many r’s.”

Following the Q&A, Jimenez, her lawyer, and her security adviser left, and the attendees heard briefly from Councilman Bill Peduto and State Rep. Dom Costa. “Dom and I have worked on this issue for more than a decade,” Peduto assured the residents. “The history is very fresh in our minds.” Costa added, “We want what’s good for the neighborhood.”

In a post-meeting, Brose distributed information for those neighbors living or operating a business within 500 feet of 5431 Penn who wished to register an official protest with the PLCB. Thirty-four neighbors have since filed complaints, and in some cases have requested a public hearing so testimony from community members can be heard. If the PLCB deems it necessary, there will be a public hearing on the matter at an as-yet undetermined location.

If the license is approved, Brose said that the BGC, Friendship Development Associates, and Garfield Jubilee Association would enter into a memorandum of understanding (MOU) with Jimenez to attempt to hold her accountable to the community. Matthew Galluzzo, manager of the Penn Avenue arts district, noted that nearby neighbors will be able to have input on the MOU, including pinning Jimenez down on the actual hours, entertainment plans, and drink prices. Brose also noted that the district attorney’s office would be watching the establishment with interest, given past problems at this location.

B R E A K I N G N E W S**Update on 5431 Penn**

As *The Bulletin* went to press, the Bloomfield-Garfield Corporation (BGC) received information that appears to tie Michelle Jimenez, the principal in Belvy’s LLC, to a former Garfield man with a lengthy arrest record. BGC staff members were told by a person who wished to remain anonymous that the name “Belvy” is actually the nickname of an individual by the name of Terrald Bennett, born in 1982. In Googling the name “Belvy,” the BGC staff found a website for a person with that name with a photo of Mr. Bennett posted to it.

The BGC contacted the state Board of Parole and Probation, and confirmed that their office is familiar with “Belvy,” whom they also know as Terrald Bennett. Based on public records, it was also learned that he has used his mother’s maiden name, Raines, on occasion, and that his mother still appears on Allegheny County’s website as the owner of a house located at 4905 Kincaid Street in Garfield.

At present, two incidents appear to tie Ms. Jimenez to Mr. Bennett. The first occurred in 2008, when, according to a police report, Mr. Bennett and a second individual, Antwain Morgan, were pulled over in a vehicle Mr. Morgan was driving for a routine traffic violation. The report states that the car was a rental vehicle with New York plates. Also in the car were some marijuana and a “large” amount of cash, the police report continues. When questioned as to who had rented the vehicle, Mr. Morgan

allegedly told the officers it was his sister, whom he identified to them as Michelle Jimenez. While still at the scene, the police contacted Ms. Jimenez, who, according to the report, corroborated the men’s story.

A second incident took place last year, when Mr. Bennett was arrested and charged by police with aggravated assault on an officer of the court, resisting arrest, possession of heroin, possession of heroin with intent to deliver, and attempting to flee. When he was subsequently booked, police records show, he gave the address of 1516 Rockland Avenue, which is in the city’s Beechview section. County records indicate that the property is owned by Michelle Jimenez.

“This information certainly raises questions as to the credibility of Michelle Jimenez, who never disclosed to anyone that there apparently is an individual who uses the name ‘Belvy,’ and that this person has had a number of run-ins with law enforcement agencies,” said Rick Swartz, the BGC’s executive director. “She might be able to say she is unaware of any such person, except that police records indicate otherwise.”

Swartz said that, given this latest information, and the record of problems at the 5431-33 Penn Avenue site, “it is going to be difficult for the Bloomfield-Garfield Corporation to support the application of Belvy’s LLC for a liquor license, given that Ms. Jimenez is the only known principal in the LLC.”

Celebrating the East Liberty Community Plan

East Liberty’s significant growth and redevelopment in the past 10 years happened in large part thanks to a neighborhood-wide community plan created in 1999, *A Vision for East Liberty*. In light of the progress that has been made since then, East Liberty stakeholders, guided by East Liberty Development, Inc., came together to update the East Liberty Community Plan for 2010. Solutions and strategies from more than 60 community meetings have been compiled into a new vision for East Liberty, and the final docu-

ment is now ready for publication. It’s time to celebrate and share our community’s vision for our future!

Please join the East Liberty community in celebrating the release of the 2010 Community Plan on Thursday, May 13, at 6:30 p.m. in the Social Hall at East Liberty Presbyterian Church, located at 116 South Highland Avenue. The plan will be presented, and copies will be available for attendees. Please contact Tiffany Clark at 412-361-8061 x15 or tiffany.clark@eastliberty.org for more information or to RSVP. All are welcome!

Community Scrutinizes Neighborhood Convenience Store

At a community meeting about Brian & Cooper Food Mart in Bloomfield, the question raised by John Horchner of Friendship Preservation Group, which had organized the gathering, was direct and to the point: "Is this establishment bringing in traffic that may also be bringing in crime to our neighborhood?"

About 60 people gathered in the nave of the Evaline Lutheran Church on April 8 to give their views on the question. Among them were Nick Redondo, a longtime Friendship resident and the owner of the building at the corner of South Pacific and Friendship avenues that houses the store, and Nasir Raees, the owner of Brian & Cooper. Chairing the meeting was the Bloomfield-Garfield Corporation's deputy director, Aggie Brose, who brought along Detective Michael Schopp, from the Pittsburgh Bureau of Police's Narcotics & Vice Unit, and Officer Daniel Beckey, from the State Police Bureau of Liquor Control Enforcement.

Redondo owns a liquor license that he is permitted to transfer to tenants of his property. This allows Brian & Cooper, which is located in the middle of a residential neighborhood, to sell bottles of beer and six-packs to

go. The store, however, also accommodates patrons who want to sit at a counter in the rear and drink their purchases. And that is the heart the problem, as many see it: At the meeting, resident after resident reported having to place calls to 911 because of drunken customers who leave the store and engage in violence (sometimes against residents), drug deals, and other illegal activity on the sidewalk, which is technically the store's "premises."

The issue is complicated, however, because Brian & Cooper itself has not broken any laws. "We've done surveillance, and we haven't seen anything but people buying six-packs and leaving," said Schopp. Beckey reported that he "did a routine inspection, and they are in compliance."

"Zone 5 has never contacted me with any complaint," asserted Raees, who opened Brian & Cooper seven years ago. "You can't control who comes in and out," Redondo added, noting that previous stores at the same

By Paula Martinac
The Bulletin

location also served beer.

But members of the community

said they had seen changes since Brian & Cooper took over the lease. "It's a different store now," said Brose, who grew up nearby in Garfield and raised her children there. "I used to walk my kids there for ice cream." Other residents agreed, saying they would not set foot in the place now, because they do not feel safe.

By and large, residents said they did not want to put the store out of

business or try to take away its liquor license. In fact, they

said they would welcome and support it if it was well stocked with items they needed, and was a safe place to frequent.

After more than an hour of sometimes heated debate, Brose raised the possibility of compromise, calling for a committee of eight residents to sit down with Redondo and Raees to come up with ideas for improving the store that could be implemented on a trial basis. One suggestion was to

stock items like fresh pastries and bagels, cappuccino, and imported beers that nearby residents would want to buy; another was to paint and clean the interior. In return, neighbors would agree to patronize the store on a regular basis.

Although Raees did not commit to anything at the April 8 meeting, he left the gathering promising to "think about" making changes to the store. At a smaller, follow-up meeting on April 19, Raees was ill and not in attendance, but sent employee Ahsan Ansari to represent him. Ansari and Redondo sat down with 10 community members, Brose, and Officer Beckey to discuss what changes might be possible.

Ansari reported that Raees was willing to discourage beer drinking in the back room between the hours of 4 p.m. and midnight by turning off the TV and stacking the chairs to make the space less "inviting." Beckey pointed out, though, that if a patron wants to drink a beer in the store, state liquor law mandates that Raees permit it.

With regard to stock, Ansari noted that the store already sells "quality" beers and cappuccino, and invited neighbors to drop in and "tell me what I don't have" that they would like to see on the shelves. He noted that he orders specialty items for several neighborhood seniors.

Residents asked if Raees and Ansari would consider moving the "adult" magazines from the front of the store to the back room instead, making the space friendlier to families; Ansari did not agree to this at the meeting. He also did not agree to cleaning and painting the space, although Redondo later told *The Bulletin* that upkeep of the interior is a condition of the lease.

For his part, Redondo agreed to write a list of rules and regulations for patrons of the store, which would cover both the inside space and the exterior grounds. "They'll be posted for patrons to see," he told *The Bulletin*, "so they can't say they don't know." If a patron breaks the rules, Redondo said, Raees can ban them from the store. Redondo further encouraged residents to report concerns directly to him: "If there's a problem, just let me know."

Based on these concessions, Brose noted that Brian & Cooper appears to be making a "good faith effort" to be a better neighbor, and encouraged residents to support the establishment on a trial basis.

"We did a routine inspection, and they are in compliance."

They were missed then.
They're missed now.



Now is the time we especially remember those who served for our country. They fought to make a better world for the rest of us, and we will never forget them.

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Doughboy Square Development Moves Forward

By Maureen Ford

Lawrenceville Corporation

As was announced in the March issue of *The Bulletin*, Central Real Estate Holdings LLC is progressing on its planned development of several parcels located on Butler Street near Doughboy Square. In mid-April, it received from the Urban Redevelopment Authority Board the exclusive right to prepare a proposal to purchase several lots in the 3400 block of Butler Street. The company has 90 days to prepare its proposal, which will need to include preliminary design plans and community approvals.

Central Real Estate Holdings LLC has also hired Andrew Moss from Moss Architects to assist with the design of the commercial building to be located at the corner of 34th and Butler Streets. Moss Architects is located at 6101 Penn Avenue in the East End, and they authored the Penn Avenue Corridor Master Plan for the East End



Courtesy Lawrenceville Corporation

Partnership several years back.

Lawrenceville Corporation and Lawrenceville United have established a forum/blog page (<http://doughboysquare.wordpress.com/>) on which residents and concerned citizens can find updates and plans, and can post their comments on the forthcoming development. A link to that page can be found at either LC or LU's websites: www.lawrenceville-pgh.com or www.lunited.org.

AmeriCorps Educates Both Students and Teachers

By Kevin Mackey

Member, Literacy*AmeriCorps
Pittsburgh

Sara didn't like to write. When I first met her, we started studying for her General Education Development (GED) test by learning what a noun is. She's one of many people who didn't graduate from high school. But now Sara is studying at night and should have her GED by the end of the year, which will help her get into the vocational school of her choice.

And while Sara learned to write, I learned to teach.

In class, I threw words and diagrams up on the board. We focused on essay writing and covered everything from the Great Depression to evolution to the poet Langston Hughes. Teaching writing to Sara gave me the real-world experience my formal education never afforded me.

I was teaching for AmeriCorps within weeks after I began serving in September 2009. Specifically, I serve for Literacy*AmeriCorps Pittsburgh, an organization that connects me with Greater Pittsburgh Literacy Council (GPLC). In exchange for 40 hours a week, which we call "service," I receive a living stipend twice a month and an education award of \$4,750 at the end of one year. This award can be used to pay off past education loans or future education costs.

Since I started teaching for AmeriCorps, I have been immersed in experiences that introduce me to people from many walks of life. On any given day, I could serve a

refugee, someone who was unable to finish high school, or a person with Down syndrome.

At GPLC, a non-profit organization headquartered in East Liberty that provides adults the education they need to reach their fullest potential, I have helped my students gain literacy in many different areas. Literacy is a poorly understood skill. More than the ability to read, literacy is really a variety of skills. I teach my students the skills and knowledge that can help them achieve their goals, whether that is to get a job, go back to school, or continue learning.

Literacy*AmeriCorps Pittsburgh is a federally funded program. As one of many different AmeriCorps programs, Literacy*AmeriCorps is the largest AmeriCorps program focused on adult education in the country. In the 2009-2010 service year, 37 members provided services to the community at almost 30 sites in and around Pittsburgh.

Serving for Literacy*AmeriCorps Pittsburgh has given me skills that I plan to use to further my career. While making lasting connections with my students, I've also learned how to teach, be responsible for them, and be accountable to my supervisors. These skills will help me to achieve my goal of becoming a librarian when I go back to school next fall. And that, to me, is the magic of Literacy*AmeriCorps Pittsburgh: it is a place where student and teacher learn from each other, and help each other achieve their goals.



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GA/GI Festival Lights up Penn Avenue

The April
“Unblurred: First
Fridays on Penn”

By Brenda Brown
Bulletin Contributor

Puskarich.

was the scene of some unexpected sights, such as women dressed as trees and Abe Lincoln in his stovepipe hat strolling down the corridor greeting close to a thousand visitors. They were all part of the Geek Art/Green Innovators (GA/GI) festival on April 2, which included robotics, eco-art exhibitions, live performances, and mind-bending sports that drew record crowds to the area.

Inside the Glass Lofts, which are new condos built by Friendship Development Associates, a four-tier art gallery was set up for the evening, with local artists upstairs and the Pittsburgh Filmmakers on the ground floor projecting films onto the windows. The Pittsburgh Society of Sculptors celebrated its 75th anniversary exhibit in a space on the second floor, while visitors enjoyed stunning views of Motor Square Garden and East Liberty rooftops.

Across the street, the Pittsburgh Glass Center (PGC) hosted several music performances in one night: Cello Fury, The Rusty Nail Bagpiper, and Life in Balance. Then PGC turned its hot shop into a fashion runway, with clothes and accessories from 12 local, eco-conscious designers, including Jonano, Kelly Lane, Hey Betty, and Jorge Myers, with many of the models wearing glass bracelets custom-made for the “Pedal to the Metal” showcase by Heather

Avenue corridor easier for first-time visitors, the arts district was grouped into clusters, with each section named for a landmark business or venue in the area, making delivery of visitors by Green Gear Pedicabs a breeze. In one cluster, for example, were The Quiet Storm, Grow Pittsburgh, The Sprout Fund, and Friends of the Pittsburgh Urban Forest. Walking was also a popular option. Many visitors chose to take themselves and their children in strollers on a hike along the avenue, basking in the unseasonably warm weather, and stopping to hula-hoop with Hoop Union before climbing into Pitt’s Mobile Science Lab, viewing the Power Flower, or enjoying delightful exhibitions in many galleries, spaces, and businesses that were open for evening. Special GA/GI exhibitions took place at The Cotton Factory, Modern Formations, Irma Freeman Center for Imagination, <C> Space, Image Box, Awesome Books, ARTica, Most Wanted Fine Art, 5000 Penn and others.

Team GA/GI would like to thank its sponsors, participants, and partners, as well as the Penn Avenue Arts Initiative, for making this event a complete success. Those with interest in and ideas for next year’s event should contact the festival director, Christine Bethea, at gagifest@gmail.com.

To make travel-
ing the Penn



Laura Starland/BGC

GALLERY WINDOW DISPLAYS LIT UP PENN AVENUE DURING THE GA/GI FESTIVAL.

Flowers and More at Annual Friendship Event

The 13th
Annual Friend-
ship Flower and

By Sarah DiLeo
Friendship Development Associates

Friendship com-
munity and get a
chance to meet and

Folk Festival (F⁴) is scheduled for Saturday, May 8 – just in time for Mother’s Day. This year the event promises to be full of fun, with folk music, fresh flowers, raffles, demonstrations, and good times.

F⁴ is organized by Friendship residents and sponsored by the Friendship Preservation Group (FPG) and Friendship Development Associates (FDA). You’ll find locally grown flowers, vegetables, herbs, and perennials for sale, with the proceeds supporting the maintenance of Baum Grove, Friendship’s own green space. In addition, there will be food, raffle tickets and book sales, and an artists’ market. These proceeds support FPG’s efforts to enhance the quality of life for all Friendship residents.

At this year’s festival, guests will enjoy Celtic, folk, and bluegrass music from many of the best local performers. There will also be ongoing demonstrations by the Pittsburgh Glass Center, Friends of the Pittsburgh Urban Forest, Replay My Play, the Power Flower, Nine Mile Run Watershed, and composting demos. Visitors will also learn more about the

mingle with Friendship neighbors. Kids will enjoy puppet-making with puppeteer Flora Shepherd, magic with Sam Wise, craft tables, a moon walk, street space for bikes and skates, as well as a special raf-
fle.

In an effort to help those in need during these difficult economic times, the Friendship Flower & Folk Festival is working with First Charities Inc. and the First United Methodist Church to raise funds for “First Food and Friends” by collecting donations at the festival. “First Food and Friends” is a ministry of hospitality that provides hot meals to persons in need in the East End of Pittsburgh.

FDA is a neighborhood-based community development corporation that uses place-based real estate development strategies to bring about lasting beneficial market change in an unstable real estate market. FPG is a neighborhood membership organization and advocacy group that works to enhance the quality of life for the people who live in the Friendship area through zoning, beautification, public safety, and youth, families and education.

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Garfield Jubilee Provides Comprehensive Housing Counseling to East End Residents

Garfield Jubilee Association, Inc. (GJA) has been providing comprehensive housing counseling to residents of the East End and the City of Pittsburgh and Allegheny County for approximately 20 years.

GJA comprehensive housing counseling program works to strengthen communities and improve the lives of consumers by providing the following services: homebuyer education and counseling, credit repair and budgeting, foreclosure prevention, financial literacy, default mortgage counseling, anti-predatory lending education, and financial assistance with utility bills.

Our office location is 5138 Penn Avenue, and we are open 5 days a week from 8:30 a.m. to 5 p.m. Appointments are made for clients for evening hours and on Saturdays.

In our homebuyer education and counseling sessions, clients attend the homebuyer education classes and afterward receive one-on-one counseling to restore their credit so that they can realize the "American Dream of Homeownership." As we continue to weather the worst housing crisis in 60 years, studies indicate that consumers who receive pre-purchase education and counseling are less likely to default on their loans. Contact Barbara Murphy at 412-665-5208 to register for homeownership education and counseling, and credit repair.

We also vigorously help homeowners remain in their homes through our Foreclosure Prevention Program funded by Pennsylvania Housing Finance Agency. Contact Rochelle Williams at 412-665-5209 if you are experiencing problems with your mortgage or in a foreclosure situation.

GJA offers Anti-Predatory Lending Education workshops every Thursday at our office from 1 p.m. to 2:30 p.m. Contact Lena Johnson at 412-665-5200 to pre-register for the workshops.

EASTSIDE NEIGHBORHOOD EMPLOYMENT CENTER HAPPENINGS

Recruitment and Services

Informational sessions will be held at the ENEC office, 5321 Penn Avenue in Garfield, regarding both the Community College of Allegheny County and Bidwell Training Center. CCAC sessions on health, accounting, welding, HVAC, EMT, and other careers will be held May 14. A general careers session will take place at 10 a.m., and a health careers session will be held at 11 a.m. Bidwell Training Center will present an information session on chemical lab, horticulture, culinary arts, medical, and office technology on May 21 at 11 a.m.

The Office of Vocational Rehabilitation (OVR) is available for appointments on May 3 and 17. The office serves those with disabilities (physical, mental or emotional) that create a barrier to finding employment. A representative from the office will provide an hour intake session to determine each individual's needs, interests, aptitudes, education and work experience to best assist them in an employment search.

NeighborWorks Western Pa. will offer one-on-one counseling sessions on May 4 to help individuals and families with financial counseling, homebuyer education, and affordable loans needed to improve and keep their homes.

To register for these services, please call ENEC at 412-362-8580.

Computer Classes

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

<u>Tuesdays:</u>	<u>Wednesdays:</u>	<u>Thursdays:</u>
Intro to Computers	Intro to Computers	Intro to Powerpoint
Intro to Windows	Intro to Word	Intro to Access
Working with E-Applications	Skills in a Hard Place	Intro to Computers
Intro to Word	Intro to PowerPoint	Working with E-Applications
Intermediate Word	Intro to Windows	Intro to Word
Intro to Excel		

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



JOB CORPS STUDENT JOHN YOUNT AND MANUFACTURING INSTRUCTOR GREG WISENAUER OBSERVE THE BIO-DIESEL FUEL PRODUCTION PROCESS.

Cooking Up Environmentally Friendly Fuel

Have you ever wondered if there was a use for used cooking oil?

by **Dorothy Sweeney**
Pittsburgh Job Corps Center

lining the process in a Standard Operating Procedure

The students at the Pittsburgh Job Corps Center in East Liberty have found a way to turn it into something useful and environmentally friendly called bio-diesel fuel.

Since the first of the year, the students in the Manufacturing trade program have researched the process in chemistry books and material on the Internet, producing their first batch on February 22. Currently, they are working on their fourth batch. The final product fuels the Center's heavy equipment, including a John Deere front-loader tractor.

It takes about 40 gallons of used cooking oil to generate a batch of bio-fuel. "The return on the process is about 80% fuel," said instructor Greg Wisenauer. "Even the other 20% can be made into soap or fire starter."

The 11 students involved are out-

so that other Job Corps Centers around the country will be able to recycle and reuse their cooking oil. "This economically feasible and environmentally friendly process will affect the air we breathe, make us less dependent on petro-fuel, and keep cooking oil out of the landfills," said student Shawn Hellman. "The bio-fuel is non-polluting and better for the equipment's engines."

The students have learned a practical use of chemistry, and are aware of the importance of safety in the process, said Wisenauer. "Their excitement and enthusiasm is contagious. Anything that is homemade is better, [and] we appreciate it more."

Funded by the U.S. Department of Labor, all Job Corps training is free to qualified individuals between the ages of 16 and 24. Contact 412-441-8700 for more information.

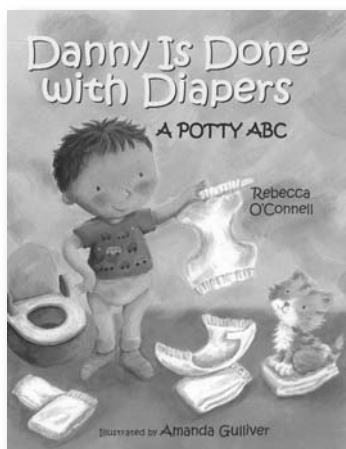


Lawrenceville Author Publishes Children's Picture Book

by Paula Martinac
The Bulletin

Rebecca O'Connell's son is 9 years old now, but memories of his toilet training days still linger. "It took over our lives!" she laughs. "We talked about 'potty things' all the time." Her experiences with toddler hygiene led O'Connell, a longtime Lawrenceville resident, to write a picture book called *Danny Is Done with Diapers*, which was recently published by Albert Whitman & Co.

The book, obviously geared toward toddlers, is subtitled "A Potty ABC," with each letter of the alphabet represented by a different child in a different toilet training situation. For example, "A is for Accident" shows little Adam looking embarrassed, but being reassured: "It's all right, Adam." Further along, "F is for Flush." Farook knows it's fun to flush. Publishers Weekly lauded the book for "achiev[ing] a cheerful frankness." O'Connell's text is accompanied by illustrations of diverse children by Amanda Gulliver,



who lives in England and whom O'Connell has never met.

Danny is O'Connell's sixth children's book. Her other books have run the gamut from babies to teens. As a children's librarian for Carnegie Library in Oakland, she reads a lot of children's literature, and she advises aspiring children's book writers to do the same. "Get to know what readers

and editors are looking for," she says.

O'Connell has been busy promoting *Danny* locally. In late March, she did a reading and signing as part of Carnegie Library's "Diaper Drive," in which people were encouraged to donate a package of diapers to families in need. "They set up a playpen for diapers, and it was filled to overflowing," O'Connell reports. "You know, food stamps won't cover diapers, which is ridiculous." She has two author's appearances scheduled for May: one on May 15 at the Pittsburgh Association for the Education of Young Children (PAEYC) conference at the David Lawrence Convention Center, and another on May 19 at 11 a.m. at Borders Eastside, 5986 Penn Circle South.

Asked what her next project will be, O'Connell hesitates, saying it's too soon to discuss it. But she's positive that it will, like the others, be geared toward children. "That's the writing I love to do," she says.

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WEBSITE, from page 1

Bill Woodward, "aimed at expanding capacity at local organizations, allowing us to better serve clients."

The impetus for developing a website like this came from an immediate need to have quality candidates to fill positions that would support the City of Pittsburgh's Summer Youth Employment Program (PYSEP). The program will run this year from July 6 to August 13, and will target youths aged 14 to 21. Organizations taking part in PYSEP, like the Bloomfield-Garfield Corporation (BGC), are currently recruiting and will be offering employment opportunities for these youths in the fields of construction, finance and insurance, healthcare and social assistance, manufacturing, professional and technical services,

information and communications, education, advanced materials, robotics, financial services, and health and life sciences.

The success of the site in the present will determine its expansion in the future. It would seem city residents are already banking on this success. As of the latest count, East End Works has nearly 100 individuals who have registered on the site.

As the East End moves into the 21st century, the name of the game in the non-profit sector, and in development in general, is collaboration. EastEndWorks.com is a collaborative resource that places local employers, job seekers, and non-profit organizations in Pittsburgh's East End firmly on a path toward a successful future.

CELEBRATE THE BULLETIN - 35 YEARS IN PRINT!

Did you know that *The Bulletin* has been serving East End residents and businesses since 1975? For 35 years, we've been your eye on the community, bringing you news, events, opportunities, the arts, health and legal information - and all for FREE! Now you can show your appreciation and designate a donation to *The Bulletin* at the Bloomfield-Garfield Corporation's website (www.bloomfield-garfield.org). Just click on "DONATE/BECOME A MEMBER" on the home page, then follow the instructions to make a PayPal donation and specify *The Bulletin* as the project you'd like to support. Or, if you prefer, you can print out a form and mail it in with your check. Two ways to give - two ways to support one of the city's few remaining community newspapers!



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.

LAWRENCEVILLE GOES GREEN

By Cleo Zell
Green Lawrenceville

Green Lawrenceville (Green LV) is a group of Lawrenceville residents and interested stakeholders in Pittsburgh, PA who want to make our neighborhood a more green, pedestrian-friendly, sustainable, and all-around healthier community. 2010 is Green Lawrenceville's year of gardens and recycling. We look forward to helping local partners expand their efforts, such as Common Thread's recycling program. We are also working hard to create more green spaces and gardens for all of Lawrenceville.

We have accomplished a lot since we were created as a subcommittee of the Lawrenceville Planning Team a few years ago. We've got a dynamic group of neighbors working on a few focused green projects, and we would love to share our latest – an organic garden in our gorgeous Allegheny Cemetery, a new dog park that will be coming soon, and some upcoming events to enjoy.

This summer, we are planning the 2nd year of the Lawrenceville Organic Community Garden with Allegheny Valley Bank (AVB) in Allegheny Cemetery. We are currently working to create a sustain-

able program that utilizes local residents and youths to help maintain the garden. Our partners include Grow Pittsburgh, GTECH, and Career Connections Charter High School's LIFT program. One of our goals is to provide the residents of Lawrenceville with fresh fruits and vegetables throughout the summer growing season.

The Lawrenceville Dog Park is making progress, too. The Dog Park Committee met with Councilman Patrick Dowd and his staff, and we are hoping to make this a reality as soon as possible. There are a few sites still being consid-

ered. We all understand how important this park will be to our neighborhood, and we are looking for help with fundraising and donations, especially for fencing. For more information on the Lawrenceville Dog Park, go to www.lawrenceville-dogpark.org.

Over the past two years, Green LV has had some noteworthy accomplishments. We added recycling information for residents and businesses to the Lawrenceville United

newsletter and to Lawrenceville Corporation's correspondence, and we joined with our community partners to clean up many vacant lots, alleys, and streets. Green LV worked with Allegheny Valley Bank and the Allegheny Cemetery for the Summer Celebration 2009. Our members, along with volunteers from AVB, worked with local children in the Lawrenceville Organic Community Garden to produce vegetables and herbs and learn about gardening and composting. We developed a curriculum

for an environmental education program for middle school students (not yet implemented), and added a bulb exchange to the Lawrenceville Blossom Tour in 2009.

In more exciting GREEN news, as you may know, Bike Pittsburgh moved into Lawrenceville on Penn Avenue right across from the Doughboy Square. In 2009, they launched Car Free Fridays, an event that brings businesses, non-profits, communities, and government agencies together to challenge com-

muters not to drive alone to work. For more information, call 412-325-4334, or log on to www.bike-pgh.org.

Also, Pittsburgh has been chosen as the North American host city for World Environment Day on June 5, 2010. Events started in April and will continue through July. This is a great honor for our city. The day, established by the United Nations General Assembly, is designed to give a human face to environmental issues, empower people to become active agents of sustainable development, and promote understanding to help all nations around the world enjoy a safer and more prosperous future. There are a host of events in the coming months, including city-wide walks, bicycle parades, essays and poster competitions in schools, tree plantings, as well as recycling and clean-up campaigns. For more information, go to www.pittsburghwed.com.

Green LV is open to anyone who wants to join and help make our community greener, healthier, and more sustainable. If you have any questions about Green LV, please call me at 412-638-8474 or find us on the web at <http://groups.google.com/group/green-lawrenceville>.

"We do not inherit the earth from our ancestors, we borrow it from our children."

Native American Proverb

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What Is a Bruise?

By Dr. Amy DiPlacido, MD
Bloomfield-Garfield Family Health Center

Ouch! You just bumped your leg against the dresser. That night, you notice a bruise on your leg when you are changing into your pajamas. But what is a bruise?

When trauma to the skin is forceful enough, tiny blood vessels called capillaries break, causing blood to spill into the surrounding tissues. This is called a bruise. Some examples of people who are more likely to bruise are those on blood thinners (including medications like aspirin and warfarin), elderly people, or anyone with a bleeding or liver disorder.

The body gradually breaks down this trapped blood over a period of a few weeks. This process causes the bruise to change color in the skin, often from a purple-black-blue color to a yellow-green color. Eventually it fades away completely. Your body will reuse parts of the blood it just broke down (like the iron) to make new red blood cells.

You can try to put an ice pack on a new injury for 10 minutes. If the area of the bruise keeps getting bigger or is causing significant pain, you may need to see a health care provider for evaluation. Sometimes collections of blood can form causing hematomas that may need to be drained. If you develop bruises without trauma, please seek medical attention to try to determine the cause. Otherwise, most bruises in otherwise healthy people are nothing to worry about and will go away on their own.

Head Off a Headache

If you have a headache, you're not

By Dr. Michael Cutitta, DC

"triggers." These may include foods, environmental

alone. Nine out of 10 Americans suffer from headaches. Some are occasional, some frequent, some are dull and throbbing, and some cause debilitating pain and nausea. What do you do when you suffer from a pounding headache? Do you grit your teeth and carry on? Lie down? Pop a pill and hope the pain goes away? There is a better alternative.

Some research shows that spinal manipulation – the primary form of care provided by doctors of chiropractic – may be an effective treatment option for tension headaches and headaches that originate in the neck. A report released in 2001 by researchers at the Duke University Evidence-Based Practice Center in Durham, N.C., found that spinal manipulation resulted in almost immediate improvement for those headaches that originate in the neck, and had significantly fewer side effects and longer-lasting relief of tension-type headaches than a commonly prescribed medication.

Headaches have many causes, or

stimuli (noises, lights, stress, etc.), and/or behaviors (insomnia, excessive exercise, blood sugar changes, etc.). About 5 percent of all headaches are warning signals caused by physical problems. Ninety-five percent of headaches are primary headaches, such as tension, migraine, or cluster headaches. These types of headaches are not caused by disease. The headache itself is the primary concern. A large number of primary headaches are associated with muscle tension in the neck. Americans are spending more and more hours in one fixed position or posture such as sitting at a computer. This causes joint irritation and muscle tension in the neck and can cause you to get a headache.

The American Chiropractic Association suggests the following:

- If you spend a large amount of time in one fixed position, such as in front of a computer or reading, take a break and stretch every 30 minutes to one hour. The stretches should take your head and neck through a comfortable range of motion.

- Low-impact exercise may help relieve the pain associated with primary headaches. If you are prone to dull, throbbing headaches, however, avoid heavy exercise. Engage in such activities as walking and low-impact aerobics.

- Drink at least eight 8-ounce glasses of water a day to help avoid dehydration, which can lead to headaches.

A doctor of chiropractic may do one or more of the following if you suffer from a primary headache:

- Perform spinal manipulation or chiropractic adjustments to improve spinal function and alleviate the stress on your system.

- Provide nutritional advice, recommending a change in diet and perhaps the addition of B complex vitamins.

- Offer advice on posture, ergonomics (work postures), exercises, and relaxation techniques.

This advice should help to relieve the recurring joint irritation and tension in the muscles of the neck and upper back.

Talk to your doctor of chiropractic about other ways to improve your lifestyle. Doctors of chiropractic are trained and licensed to examine and treat the entire body with specific emphasis on the nervous and musculoskeletal systems. They can also help people lead healthier lives by focusing on wellness and prevention.

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Innovative Program Brings HIV/AIDS Awareness Home

by Paula Martinac
The Bulletin

Sometimes a small childhood memory can spark a big idea. That's what happened for Lisa Dukes, an HIV/AIDS educator with the Pittsburgh AIDS Task Force (PATF), when she was confronted with the problem of trying to reach women with information about getting tested for the disease and practicing safe sex.

Recent statistics about HIV/AIDS have told a grim story for women, with young African-American women aged 18-29 now the leading group contracting the virus. But when she did outreach to women, Dukes says she kept running into barriers. Although PATF offers a wide range of educational and support services, including free testing, in its East Liberty office, some women hesitated to use them. "Women would say, 'Everybody will see me,'" Dukes notes. She says she understood their concern, because "I know how private I am as a woman." In addition, women said they couldn't spend time in prevention classes that lasted several weeks.

When she brainstormed about the

problem with other PATF staff, Dukes had a flash from the past. "When I was little, my mother took me to Tupperware parties," she says. The memory of those parties led to the creation of PATF's Girlfriends Project, a groundbreaking program that brings HIV education and testing directly into women's homes. Started as a pilot program in Duquesne, Braddock, and Clairton, Pa., with funding from the FISA and Staunton Hall foundations, Girlfriends has now expanded to reach women throughout the metropolitan area.

The Girlfriends Project is a simple, but savvy idea: If women won't come to you, then you have to go to them. With the incentive of receiving a \$50 gift card, women sign up to host Girlfriends parties in their homes, inviting female friends aged 17 and older to a relaxed, fun, educational 90 minutes. During the party, Dukes - who received her training from the federal Centers for Disease Control (CDC) in Atlanta - demonstrates how to use male and female condoms, passes out party favors and \$20 gift cards to participants, answers any and all questions, and then privately tests those guests who want to learn their HIV status.

At the parties, "women feel safe enough to talk," says Dukes. "The beauty is it gives women an opportunity to talk about the stuff they might not be comfortable talking about." Many women, she points out, think they know how to put on a condom, but "you'd be surprised at how many do it wrong." Others don't know they need to use extra lubrication, or that condoms must be kept out of extreme heat or cold to prevent them from drying out.

Dukes gears each party to the particular participants, assessing if her presentation should be conservative in tone or looser and more explicit. Sometimes her audience shatters her preconceived notions. "I had an age 50 and over party," she recalls. "They really surprised me. They were very graphic." The experience made her decide to "have the talk" with her 79-year-old mother, who has a male companion.

HIV isn't the only topic that comes up at the parties. "HIV can be a symptom of other issues," says Dukes, who also discusses domestic violence, forced sex, and sexual abuse with the participants. Everything the women share at the party is confidential. "What goes on here stays here," she explains.

Dukes estimates that she has reached a couple of hundred women of all ages and races since the program expanded in the fall of 2009. "Women have really embraced it



Courtesy PATF

THE GIRLFRIENDS PROJECT IS THE "BABY" OF PATF'S LISA DUKES.

and run with it," she says. The success of the project has led to national attention: Dukes has been featured in *Heart and Soul* magazine, an African-American women's publication, and will be profiled in the June issue of *POZ*, the country's leading magazine on HIV/AIDS. Ideally, she says she'd like the program to become a national model.

"More and more women are testing positive," she observes. "But HIV is 100 percent preventable if you empower yourself."

Girlfriends parties can be scheduled Monday through Saturday. If you would like to host a party, please contact Lisa Dukes at 412-345-0588 or ldukes@patf.org.



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Health/Wellness Fair To Focus on Prevention

A Health and Wellness Fair will be held on Saturday, May 15, from 10 a.m. to 2 p.m. at the Lawrenceville Family Health Center, 3937 Butler Street, Lawrenceville. Organized by Stephanie Gill, MD, family medicine resident, UPMC St. Margaret, the health fair will raise awareness of various topics in personal and community health while emphasizing preventive health to the community. Community members will be able to learn about resources that are available in the Lawrenceville and surrounding Pittsburgh area including health, wellness, and social services. This is a great opportunity for participants to learn more about services offered at the Lawrenceville Family Health Center and health-related information.

Co-sponsored by UPMC St. Margaret and UPMC Health Plan, the fair will include:

- Free blood pressure and vision screenings
- Free information on family health services, nutrition, prenatal care, pediatric care, diabetes, and cardiovascular health
- Product and healthy living information — UPMC Health Plan
- Immunization, environmental, and infection control education — Allegheny County Health Department

Activities for children will be offered during the health fair. A rain date is scheduled for May 22 at the same time. For more information, call 412-622-7343.

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.

"READY FREDDY" KINDERGARTEN EVENT

Come up to Pittsburgh Fort Pitt ALA, 5101 Hillcrest Avenue, on Friday, May 7 at 1:30 p.m. for an exciting afternoon of activities and school tours as we kick off our "Ready Freddy" Kindergarten Transition event. This will be a great time for all our families, as well as families around our neighborhood, to meet with the kindergarten teachers and tour their classrooms. This event helps the transition into kindergarten run smoothly, because the families develop a relationship with the teachers before the first day of school. If you have any questions, please contact Derek Gordon: 412-665-0745.

NEW PENN AVENUE PRESCHOOL

Community Preschool and Nursery is a brand-new facility at 4809 Penn Avenue, and is enrolling children now. Hurry, space is limited! Features certified teachers, no registration fees, computers, referral perks program, dental hygiene program, free meals cooked on-site, plus daily curriculum and kindergarten prep. Open 6:30 a.m.-6:30 p.m. All subsidies accepted. Children's sheets laundered weekly. Contact: Briana Jackson, Director, at 412-441-2595.

SUMMER 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.

CHRISTIAN AFTERSCHOOL

The New Bethel Church, 221 43rd Street in Lawrenceville, sponsors a Christian-based **afterschool program** every Monday, Tuesday, and Friday. Time: 3 to 6 p.m. Ages 5-12. Movies, games, snacks, and fun! For more information, call 412-621-2155.

NEW ANTHOLOGY

Friendship resident/poet Angele Ellis is among the writers reading work at the **book signing party** for *Natural Language: Carnegie Library of Pittsburgh Poetry and Reading Series Anthology*, Saturday, May 8, at 2 p.m., Carnegie Library in Oakland, 4400 Forbes Avenue. Proceeds benefit poetry programming at the library. For information, call 412-622-3151.

KIWANIS EAST LIBERTY FUNDRAISER

The Annual Kiwanis Club of East Liberty **Fundraiser Dinner** will be held Saturday, May 1, from 5:30 – 8:00 p.m. at East Liberty Lutheran Church, 5707 Penn Avenue. There is a \$25.00 donation per person. Guest speaker Councilman Patrick Dowd will discuss "Engaging Our Youth – What You Can Do." A silent auction and 50/50 raffle are part of the evening. This event benefits the K-Kids Club at Pittsburgh Fulton and other projects of the Kiwanis Club. For more information, call Al Mann, Treasurer, at 412-661-5947.

PROGRAMS FOR CHILDREN AND PARENTS

Lawrenceville Family Care Connection is offering a **free Jumpstart preschool program** for children ages 3-5. This program is being offered Tuesdays and Wednesdays from 10 a.m. to noon. The program includes: readiness skills, art, music, structured play, and socialization. Snacks are included. We are also offering a **Raising Readers course** for parents of children under the age of 3. This program offers free books and ideas on literacy for young children. Classes will be held Mondays, May 3 to June 14 from 1 to 2 p.m. Childcare will be provided. Please call 412-784-8683

or stop by to register for either program. Family Care Connection is located at 5235 Butler Street in Lawrenceville.

HEALTH AND WELLNESS FAIR

Career Connections Charter High School is sponsoring a **health fair** at the Estelle S. Campbell Boys and Girls Club in Lawrenceville. The fair is entitled "Live Well Lawrenceville" and will take place on Thursday, June 3. There will be free health screenings, information, giveaways, and prizes. The fair will be open to senior citizens from 10-11:15 a.m. and for the students and community between 11:30 a.m.-2:30 p.m. For more information, contact Amanda Kristek at 412-628-1816 or amock@ccchs.net.

CONCERT RESCHEDULED

"There Is a Balm in Gilead," a **concert in observance of National Black HIV/AIDS Awareness Day**, has been rescheduled for Sunday, May 2, from 4 to 6 p.m. (The concert was postponed due to the February snowstorm.) Sponsored by Pittsburgh AIDS Task Force, the concert features the Pittsburgh Gospel Choir, Mt. Ararat Baptist Church Mass Choir, and All Nations Dance Company, and takes place at Pentecostal Temple COGIC, 6300 East Liberty Blvd. It is free and open to the public. For more information, call 412-345-0585.

PANCAKE BREAKFAST

The Annual Holy Name Society of **Our Lady of the Angels Parish Pancake Breakfast** will take place on Sunday, May 16, from 9 a.m. to 1 p.m. in Holy Family Social Hall, 44th Street in Lawrenceville. Donation is \$5 for adults and \$3 for children 12 and under. Tickets are available at the door. Proceeds from the breakfast support parish and local charities.

INFORMATION EXPO FOR VETERANS

State Rep. Dom Costa, D-Allegheny, will host a **free Veterans' Expo** from 11 a.m. to 2 p.m. on May 20 at Fugh Memorial Social Hall, 27 Crescent Avenue in Etna. The expo will offer information on a variety of programs and services, including employment and educational opportunities, VA health benefits, and women's veteran health benefits. Rep. Costa and his staff will be on hand to help visitors with any state-government-related question or problem. Light refreshments will be served. For more information, please call Rep. Costa's constituent service office: 412-361-2040.

HIV/AIDS "HEALING WEEKEND"

The Southwestern Pennsylvania Healing Weekend is accepting applications for its annual **HIV/AIDS Healing Weekend**, to be held in late

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Adult Book Discussion

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A Walk in the Woods, by Bill Bryson

Terrific Tales for Toddlers

For ages 6 months to 3 years.

Tuesdays, May 4, 11, 18, 25, 11 a.m.

Family Fun: A Celebration of Moms

For all ages. Saturday, May 8, 11 a.m.



Carnegie
Library of
Pittsburgh

East Liberty Branch Events @ Borders EastSide Storytime

For ages 3 to 5. Wednesdays, May 5, 19, 10:30 a.m.

Carnegie Library of Pittsburgh - Main PC Center

4400 Forbes Avenue
<http://www.carnegielibrary.org/locations/pccenter/main/>
For more information about all our free computer classes, call the PC Center-Main Library at 412-578-2561.

THE BULLETIN BOARD

May. An annual event since 1984, the Healing Weekend provides a restful retreat from the daily stress of managing a chronic illness, and provides information on the latest medical treatments and on where to get help for related issues. Attendees participate in a variety of workshops and activities that promote a healthy lifestyle. The weekend also provides the support and caring of others to battle the sometimes overwhelming feeling of being all alone. If you are interested in attending or contributing to the success of the weekend, contact Bart Rauluk at brauluk@persadcenter.org or 412-441-9786 x 213.

L'VILLE BLOCKWATCH

VSZT Blockwatch is back. Bring your neighborhood issues to the table on June 2 at 7 p.m. at the Lawrenceville United office, 4825 Butler Street. The **Blockwatch** is for residents living from 40th to 50th Streets, below Butler. Everybody is welcome.

FORGOTTEN CHILD CAMPAIGN

May is National Foster Care Month, and the **Court Appointed Special Advocate (CASA) program**, in partnership with Allegheny County Department of Human Services, will host the Forgotten Child Campaign to raise awareness about, and mobilize community members around, the issues facing all children who live in foster care. The campaign will begin with a noontime rally on May 11 on the steps of the City County Building on Grant Street downtown. Community members will participate in a "flash mob," holding cardboard cut-outs of our "Forgotten Children." If you are interest in participating, please contact CASA at 412-594-3606. Visit <http://www.pgh-casa.org/forgotten> for more information.

LADIES IN HATS

The Sister-to-Sister Women's Ministry of New Bethel Church, 221 43rd Street in Lawrenceville, will present its annual **Ladies in Hats Luncheon**, with a fashion show and vendors market, Saturday, May 15, at noon. Wear your best! Fun, food, fellowship, prizes; donation \$10. Deacon Jean Scott will be guest emcee. Information, call 412-621-2155; vendors call 412-377-0271.

GARFIELD FARM SUMMER INTERNSHIP

Are you looking for a **part-time summer job** that does more than pay some bills? Garfield Community Farm is looking for people who love nature, love kids, love to work, and would love to be a part of a small working farm in the middle of the city. The job begins June 1 and continues through August at 15 to 20 hours per week. If you're interested, e-mail John Creasy to get more info: john@pghopendoor.org.

WALKING GARFIELD

The **Garfield Walking Group** meets at 6 p.m. every evening (except Wednesdays) at Garfield Community Farm, located at the water tower in Garfield. The goal is to get exercise by walking through the neighborhood and also to be a presence/eye on the streets. The group has five members so far and has succeeded in helping folks get to know their neighbors and talk about problems. Garfield residents and other interested people are welcome to join the group.

FRIENDSHIP HOUSE TOUR NEEDS HOMES

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.

LITTLE FLEA OPEN

The Lawrenceville Little Flea opened its second season Saturday, April 3, at the corner of Butler St. and 36th 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. Our mission is to contribute to the sustainability of our community by providing a venue for local vendors and neighbors to gather and share.

For more info, email lawrencevillelittleflea@gmail.com or visit lawrencevillelittleflea.blogspot.com. We're actively seeking vendors, musicians, and artists.

FUSED GLASS

Art with Heart LLC & Jessica Rutherford glass art will be selling fused **glass art and jewelry** at three venues this month: Pittsburgh Glass Center's spring sale, May 1 and 2, 9 a.m.-4 p.m.; at 5469 Penn Ave (next to Voluta's) as part of "Unblurred: First Fridays on Penn," May 7, 5-8 p.m.; and at the Friendship Flower and Folk Festival Artists Market, May 8, 11a.m.-4 p.m. in Baum Grove (intersection of Harriet, Fairmount & Roup in Friendship).

MAY UNBLURRED

Join the Penn Avenue Arts Initiative and Penn Avenue Artists for our monthly art event, "**Unblurred: First Fridays on Penn**!" Come out on Friday, May 7, 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 ARTica, Awesome Books and the Cotton Factory, 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.

SEEDS OF HOPE DAY CAMP

Seeds of Hope Church Earthen Vessels Outreach announces its 9th year of **Summer Day Camp** (located in the Garfield, Bloomfield, Friendship area). 6 weeks, from June 21st – July 31st, 8:30 a.m. – 3:15 p.m., Monday – Friday. Camp includes hot breakfast and lunch. Mornings include: Bible, math, reading, and computers. Afternoons include: swimming, tennis, soccer, basketball, recreational activities, arts and crafts, etc. Examples of some field trips include bowling, Idlewild Park, the Pittsburgh Zoo, and the Incline. Cost is \$120-\$300 for the entire summer (based on a sliding scale). After-camp (3:15 – 6 p.m.) is also available for \$20 weekly. Ages 4 – 14 can enroll! Call 412-681-7272 or 412-414-2993 for registration.

PUBLIC OPINION SURVEY

The City of Pittsburgh, through its Department of City Planning, is in the process of preparing a **Cultural Heritage Plan**. By sharing your opinions about Pittsburgh's historic and cultural resources, and the ways they are cared for and protected, you will help the City make decisions about future historic preservation efforts. PreservePGH is part of PlanPGH, the City's Comprehensive Planning Process. The survey is available online until May 23 at: www.planpgh.com.

LU MEMBERSHIP MEETING

Please join Lawrenceville United for our **General Membership Meeting** in May. Come learn about the organization and all the great things that have been happening throughout the neighborhood. We will also be electing new board members! Tuesday, May 25, 6 – 7:30 p.m., St. Mary's Lyceum, 329 45th Street. Lawrenceville United (LU) is a non-profit, resident-driven, community-based organization that works to ensure all residents and stakeholders maintain a high quality of life and productivity in Lawrenceville. Membership is open to and encouraged for all residents of Lawrenceville. Please also join Lawrenceville United and Lawrenceville Corporation for their Community Clean-Up on May 15! We will meet at 9 a.m. at Lawrenceville United. Please contact our office with any community concerns or issues: 4825 Butler Street; 412-802-7220 or info@lunited.org; www.lawrencevilleunited.org.

HELP WITH PROPERTY TAX REBATES

State Sen. Jim Ferlo (D-Pittsburgh) urges seniors to avoid solicitation from **property tax and rent rebate application services** and take advantage of these services for free at his district office, 3510 Butler Street, in Lawrenceville. Sen. Ferlo says that, while some companies are offering these same services for as much as \$40, his staff will assist seniors at no cost. To learn more, visit www.senatorferlo.com or contact his district office at 412-621-3006.

CLASSIFIEDS

ALL TEXT ADS are \$5 for 15 words, and 10 cents for each additional word. We DO NOT run personal ads.

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

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

Ads will not be run until payment is received.

EVENTS



SATURDAY, MAY 22
8am-5pm

(Rain Date, Sunday, May 23)

GENEVA ST.
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FOR RENT

Available June 1. **Stanton Heights** townhouse on cul-de-sac. 2 bedrooms, integral garage, dishwasher, washer, dryer, stove, whirlpool bath, nice yard. Near Children's & West Penn hospitals. Rent \$680 + utilities. Credit report required. 412-480-6178.

FOR SALE

Dining room set - 9 pieces - mahogany - mint condition. Call 412-682-4141.

IN MEMORIAM

The board and staff of Bloomfield-Garfield Corporation extend their deepest condolences to Melanie Holloway, client coordinator for Pittsburgh Community Reinvestment Group. Ms. Holloway's husband, Douglass, 46, was tragically killed in a motorcycle accident in Homewood on Friday, April 16, 2010. Our thoughts and prayers are with Ms. Holloway, her children, and her family.

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TRIPS

ROGERS FLEA MARKET

Biggest tri-state flea market
Enjoy shopping and eating
Friday, May 7, 2010

Only \$25 per person for the bus
Just in time for Mothers Day
Pick up at the Shakespeare Shopping Center at 8:30 a.m.

TO REGISTER, CALL STEPHANIE
OR CLYDE MOORE: 412-381-4957

We will leave Ohio at 6p.m.

Note: If we cancel the trip due to low turnout, your money will be refunded. If you call and reserve then cancel after due date, you will be responsible to pay any money owed.

LET'S GO CASINO HOPPING

Saturday, June 12, 2010

4 hours at Mountaineer

5 hours at Wheeling

Price: \$40 per person

Pick up at the Shakespeare Shopping Center at 7:30 a.m.

TO REGISTER, CALL STEPHANIE
OR CLYDE MOORE: 412-381-4957

Back in Pittsburgh by 8:30 p.m.

Note: If we cancel the trip due to low turnout, your money will be refunded. If you call and reserve then cancel after due date, you will be responsible to pay any money owed.

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