



The Bulletin

A Publication of the Bloomfield-Garfield Corporation

NON-PROFIT
U.S. POSTAGE
PAID
PITTSBURGH, PA
Permit No. 2403

Volume 36, No. 10 Covering Bloomfield, Friendship, Garfield, East Liberty and Lawrenceville since 1975 October 2011



Paula Martinac/The Bulletin

THE NEIGHBORHOOD ACADEMY'S NEW CAMPUS FEATURES A BRIGHT, AIRY ART STUDIO, WITH STOOLS PAINTED BY THE STUDENTS THEMSELVES. FOR MORE ON THE MOVE, SEE PAGE 3.

A CREATIVE "TOOLBOX" FOR GARFIELD

By Paula Martinac
The Bulletin

Would you like to see a T-shirt design contest that generates a unique neighborhood identity for Garfield? How about a monthly flea market on Dearborn Street, or a café run by and for kids? If the answer is "yes," read on. These were just some of the ideas for attracting innovation and investment to Garfield presented at a community meeting on September 7 by cityLAB, a nonprofit neighborhood "do tank" (as opposed to a "think tank"), that has been working in partnership with the Bloomfield-Garfield Corporation.

cityLAB calls its Garfield project "6 Percent Place." "When a neighborhood has 6 percent creative workers, these neighborhoods are very lively, more people want to live and work there, more people want to invest," explained cityLAB leader Eve Picker. At present, only about 0.1 percent of Garfield's population qualifies as "creative workers."

Examples of "creative workers" include artists, writers, architects, graphic designers, engineers, and media, advertising and entertainment professionals. Metropolitan areas with concentrations of people in these fields have stronger economic prospects and higher property values, according to CEOs for Cities, a national network of urban leaders.

cityLAB spent months interviewing Garfield residents and stakeholders, as well as people outside of Garfield who might consider moving to the neighborhood, and collected a range of comments about changes that might make

Changes Slated for Champion Commons Building

By Paula Martinac
The Bulletin

In 1986, a vacant commercial laundry at Penn Avenue and North Atlantic was converted into Champion Commons, a first-class office building – and the first million-dollar investment on Penn Avenue since the 1960s. In the years since then, some of its tenants have included Garfield CISP (Community Intensive Supervision Program) and The Neighborhood Academy, a private, college-preparatory school for grades 8 to 12.

Now, the building at 5231 Penn will be welcoming a new tenant – Western Psychiatric Institute and Clinic of UPMC has signed a lease on offices at Champion Commons, and plans to

move several of its programs there in early 2012.

"We've outgrown the Drake Building," Ellie Medved, Vice President of Ambulatory & Crisis Operations, told *The Bulletin* about the space they currently occupy on Liberty Avenue. She added that no significant build-out has to be done to Champion Commons. "The space works for us already."

The offices will house about 200 staff in several of Western Psychiatric's community-based behavioral health programs – those in which staff actually go out into the field instead of having clients come to the office. "The offices will be for staff meetings, checking in, documentation, other traditional office activities," Medved explained. "But staff

will spend the majority of their time out in the community."

The services centered at Penn Avenue will include: Mobile Medication, in which nurses and peer support teams visit people in recovery to make sure they are taking their medications; the Neighborhood Living Project, which helps the homeless find housing; and the Community Treatment Team, consisting of doctors, nurses and social workers who provide treatment out in the field. The offices will also be home base to Service Coordinators, a team of supportive staff who help clients with setting goals for recovery. Medved said that a few clients a day might actually come to the building, but that the vast

See **CHAMPION**, page 11

See **TOOLBOX**, page 5

The final deadline for all articles, ads, and Bulletin Board items for the November 2011 issue is **FRIDAY, OCTOBER 14, 2011**. Placement is first-come, first-served. For more information: 412-441-6915.

Are We the Losers in the War on Drugs?

By P.J. Maloney

Bloomfield-Garfield Corporation.

The Bloomfield-Garfield Corporation has arranged a community meeting on October 17, asking this important question: Are we, the tax-paying, law-abiding citizens, the losers in the "War on Drugs"?

Although the current U.S. drug policies have been in effect for 40 years, we still see almost daily media reports of drug busts and violence on the streets of our neighborhoods. Many of us witness drug-related mayhem regularly right in front of our homes. We know the routine: call the police, the police come, the druggies scatter, the police leave, and the druggies return. While many of our young men and women are in jail, others have been killed or maimed, and the street violence continues unabated with the drug culture as prevalent as ever. There has to be a better way.

The Bloomfield-Garfield Corporation board of directors wants to help find a better way. After much discussion and debate, the BGC board passed a resolution last month urging a community dialogue. Here's an excerpt:

"We believe drug policy significantly affects the health and safety of our neighborhood and its residents. We encourage open

debate, discussion and education about drug policy, with particular attention to the conclusions of the Global Commission on Drug Policy...We suggest that this education and discussion could include...the scheduling of a community meeting..."

"We hope that our neighbors who are concerned about drugs and drug violence will join us at the community meeting so we can discuss our problems and work together toward creating a solution," said BGC board member Eileen Kraus-Dobratz, whose efforts were the catalyst for the board resolution. She said she was inspired by Tony Norman's June 3rd column in the *Pittsburgh Post-Gazette*.

The Global Commission on Drug Policy report was compiled by a group of internationally recognized policy experts including George Schultz, U.S. secretary of state during the Reagan administration. The report includes a long list of recommendations, among them replacing criminalization and punishment with the offer of health and treatment services; and creating government-sponsored models of legal regulation of drugs designed to undermine the power of organized crime and safeguard the health and security of citizens.

But Kraus-Dobratz emphasized that the BGC is initiating this commu-

nity dialogue with no preconceived notions. "We want everyone to go into this process with open minds and a determination to identify problems precisely so we can discuss possible solutions without rancor."

There seems to be consensus on at least one point: current policy isn't working and street violence associated with the drug culture is a community-wide concern.

"Illegal use of drugs is compromising the integrity of many families, exposing children to constant danger, and driving up the costs of our criminal justice and corrections' systems," said Aggie Brose, BGC deputy director and chair of its Public Safety Task Force. "We know of police officers, prosecutors, and judges who are frustrated by the laws as they exist today, and how they tie up valuable resources that could be better deployed to achieve safer communities. The police arrest the dealers and users, the system has no room for them and cannot reform their behaviors, and they are back out on the street in no time."

Kraus-Dobratz said she is hopeful that the October community meeting will be an important first step in energizing public support for a revised government policy that will have a positive impact, while redirecting the flow of billions of tax dollars away from enforcement and interdiction

programs that don't work.

"I want our neighbors to give us their personal opinions and personal stories, and their ideas," she said. "We all need to come together on this issue."♦

Community Meeting on Drugs and Drug Policy

When: Monday, October 17

Where: Morningside Church of God in Christ, 5173 Dearborn Street

Time: 7 p.m.

Confirmed Panelists:

Jonathan Caulkins, CMU Professor; co-author of *Drugs and Drug Policy: What Everyone Needs to Know* (2011)

Rev. David Else, founder and Director Emeritus of the Center for Spirituality in Twelve Step Recovery
Commander Tim O'Connor, Zone 5, Bureau of Police



**Children's
Community Pediatrics**

Walk In Clinic

GIL

**Pittsburgh
412-363-2200**

**Murrsyville
724-327-5210**

Monday to Friday at both locations
7:30 to 8:30 am (no holiday hours)
Patients must be 4 month or older

Patient's symptoms are recent, within the last three days
Examples: Earache, sore throat, cough, rash, minor injury, vomiting and diarrhea

Saturday all year round: For all patients 9 to 11:30 am
Pittsburgh Location ONLY

**6343 Penn Avenue, Suite 201
Pittsburgh, PA 15206**

Ph: 412-363-2200 Fx: 412-363-2214

www.childrenspeds.com

Above Trader Joe's, one block from Target

PA # 036938

**SIPES
& SON**
GENERAL CONTRACTORS

Flat Roof and Low-Slope Roof Specialists

Rubber Roofs

Brick Pointing

Restoration Work and Remodeling

**DON'T THROW YOUR MONEY AWAY
TRUST THE PROFESSIONALS**

412-224-2595

WE ACCEPT CREDIT CARDS

FRESH FACES FOR PENN FAÇADES

By Joshua Barszczewski
The Bulletin

This fall, two venerable Penn Avenue institutions will receive much-needed facelifts, courtesy of a grant from Keep Pennsylvania Beautiful, PPG PITTSBURGH® Paints, and The Home Depot through Keep Pennsylvania Beautiful's Fresh Paint Days Pennsylvania Program. The two storefronts are Krainick's Bike Shop at 5003 Penn and Richard Rappaport's studio at 5120 Penn.

Jason Sauer, owner of Most Wanted Fine Art and the Events and Volunteer Coordinator for the Penn Avenue Arts Initiative, chose the two storefronts to apply for the grant because of their visibility and historical significance.

"Krainick's gives back to the community and it's such an old shop in need of painting. I believe it's important for the legacy of Penn

Avenue," he said. He anticipates that repainting Rappaport's studio will be an easier task but still said, "It could use some help."

Sauer's application was chosen as one of 10 projects to receive paint and funds. According to the award letter, Keep Pennsylvania Beautiful received 48 applications. The project will receive paint directly from PPG PITTSBURGH® Paints. The Home Depot provided a \$200 gift card in order to purchase additional supplies for the projects.

Additionally, Sauer will be using separate funds to coordinate two other paint jobs on Penn Avenue: his own gallery and Bob's Auto at 4808 Penn. He has about 30 volunteers lined up, but needs more. Painting will take place on October 9 from 11 a.m. to 3 p.m. Please contact Sauer at mostwantedfineart@yahoo.com if you are interested in helping to paint or provide further supplies. ♦

Neighborhood Academy Leaves Garfield for New Campus



Paula Martinac/The Bulletin

THE NEIGHBORHOOD ACADEMY'S NEW CAMPUS INCLUDES AN INDOOR SOCCER FIELD, AVAILABLE FOR RENT TO OTHER SCHOOLS AND GROUPS.

By Joshua Barszczewski
The Bulletin

The construction of The Neighborhood Academy's new campus on N. Aiken in Stanton Heights is virtually complete. Classes started in mid-September for the academy's 70 students, with the new campus capable of accommodating a total of 120 students.

The school offers its students science labs; a chapel for prayer, assembly and drama productions; a full kitchen and cafeteria complete with a fireplace; an "art shelf" to display student and teacher artworks; a large art studio that includes a pottery kiln; and a full gymnasium and indoor soccer field in a separate athletic building.

The soccer field is essential to the school's financial sustainability, explained Melissa McKrell, Development Officer. "After many feasibility studies, we found that if we had a campus with an indoor soccer

field, we could rent it out to other groups and organizations when our students aren't using it," she told *The Bulletin*. "That will contribute to meeting our bottom line."

The campus also boasts a bioswale, a landscape element that removes pollution and silt from runoff water, keeping up with the school's theme of sustainability.

The interior of the building was designed to be light, airy, and spacious, based on an idea put forth by President and Co-Founder Jodie Moore: that students learn better in an open environment. In keeping with that idea, all classrooms have retractable glass walls facing the interior hallway.

The architect was Thomas Wippenbeck from Burt Hill, a firm located in Butler, Pa., that specializes in educational facilities. Other projects by the company include the expansion of Canon-McMillan High School and a major renovation of Sewickley Academy. ♦

LOOKING FOR A NEW PHARMACY?



Easy Prescription Transfer • Call 412-586-5410
We'll Take Care of the Rest!

- 15 Minute Prescription Service
- Prescription Counter Steps from the Door
- Convenient Free Delivery
- Over 400 Generic Prescriptions to Choose From
\$4.00 for 30 Days and \$10.00 for 90 Days

TRANSFER YOUR PRESCRIPTIONS AND GET A CREDIT OF

\$10	1 Bottle
\$25	2 Bottles
\$35	3 Bottles
\$50	4 or More Bottles

MUST BRING ALL COMPETITORS' BOTTLES IN AT SAME TIME TO GET YOUR CREDIT.
NOT VALID ON STATE OR FEDERAL PLANS. OFFER EXPIRES IN 180 DAYS.

FREE VITAMINS EACH MONTH

KIDS CHEWABLE MULTIVITAMIN, ADULT MULTIVITAMIN OR CALCIUM.
NO PURCHASE NECESSARY.

412-586-5410

All Insurances Accepted, Including 90-Day Medicare D Plans
5020 Centre Avenue, Pittsburgh, PA 15213
(intersection of Centre & Morewood Ave., next to Shadyside Hospital)
M-F 9 am – 7 pm • SAT 9 am – 2 pm • SUN 10 am – 2 pm



5015 Penn Ave
PGH, PA 15224
412-528-4757
mostwantedfineart.com

Stop by for our
Unblurred Art Openings,
Live Music Events
and Yoga

Art Gallery Available for Rentals!
Perfect for Parties, Meetings,
Wedding Receptions,
Musical Performances, and More!

Are team of Artists are Handy too!
Bring fine Art into your landscaping.
Interior/Exterior Painting and
Custom Screenprinting projects.



Free Wine Tastings

7pm to 10pm

Most Wanted Fine Art
During September's
Unblurred (10/7/2011)

Features artworks by
SAUER & SAUER
to protect and serve culture

www.wilhelmwinery.com

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

October 2011 • Vol. 36, No. 10

Total circulation:

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

Editorial and Advertising Offices:

5149 Penn Avenue
Pittsburgh, PA 15224
Phone: 412-441-6915
Fax: 412-441-6956
Email: Bulletin@bloomfield-garfield.org

Editor: Paula Martinac

Advertising: Martin Pochapin

Intern: Joshua Barszczewski

Proofreading: Joshua Barszczewski
Rick Swartz

Bookkeeper: Mary Anne Stevanus

Distribution: Garfield CISP

The opinions expressed herein are
not necessarily those of the publisher.
© 2011 by Bloomfield-Garfield Corp.
www.bloomfield-garfield.org

We would like to acknowledge
the BGC's NPP partner,
PNC Bank.

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

The Bloomfield-Garfield
Corporation holds its monthly
board meeting on the second
Monday of each month at 5321
Penn Avenue, starting at 7 p.m.
These meetings are open to the
public.

Opportunities Abound for In-School and Out-of-School Youths

By Joshua Barszczewski
The Bulletin

On Tuesday, August 30th, Bloomfield-Garfield Corporation and the Neighborhood Learning Alliance held a meeting for students and parents from University Prep at Pittsburgh Millions 6-12 at the Bloomfield-Garfield Community Activity Center to discuss afterschool programming and opportunities for recent graduates.

Mike Baltzer, who directs the Out-of-School Youth Employment Program for the BGC, spoke first. He said, "The program's purpose is to help people ages 17 to 21 discover employment opportunities." Those enrolled in the program receive one week of training focused on employment search skills such as resume writing and creating cover letters, followed by monthly training sessions on topics such as financial literacy and entrepreneurship, as well as certificate courses such as Microsoft Word and Customer Service. Participants are

then matched with a worksite and work 25 hours each week at \$7.25 an hour.

In order to participate, applicants must have a high school diploma or GED, be a City of Pittsburgh resident, and fall within income parameters set by the federal Department of Health and Human Services poverty guide-

***"The ideal candidates
are from 15224 and
15206 zip codes."***

lines. Rick Flanagan, BGC's Youth Director, said, "The perfect candidate is a young person fresh out of high school who is a little bit lost in life."

Mary Bray, the in-school coordinator of Community Works, spoke next. Community Works provides academic support, resume help, and job placement. Participants must be between the ages of 15 and 18, be currently enrolled in high school, and have

parents who qualify for cash assistance through the federal Temporary Assistance for Needy Families (TANF) program. Those enrolled in the program must take the Comprehensive Adult Student Assessment Systems (CASAS) examination and participate in BGC's Community Learns program.

Next up, José Rodriguez of the Neighborhood Learning Alliance described Community Learns as a program that will help UPrep students get free academic help, including interventions and tutoring tailored to students on an individual level. The afterschool program also offers NovaNET Credit Recovery to help students regain credits from failed classes. Rodriguez stated, "Our goal is that no kid goes from one year to the next with unfinished credits."

Flanagan then opened up the floor for questions. One man noted that similar programs in the past have not been utilized to their

See YOUTHS, page 6

Almost everyone offers cremation.
Offering on-site cremation
puts us in a class of our own.

Nowadays, it's very common for a funeral home to offer cremation services. But, as you well know, cremation and on-site cremation are two different options. Having an on-site crematory is just another way we guarantee that your loved one's care is always in reach and near to our hearts.

**D'Alessandro Funeral Home
and Crematory Ltd.**

"Always A Higher Standard"

Daniel T. D'Alessandro, Spvr.
4522 Butler St. • Pittsburgh, PA 15201
(412) 682-6500
www.dalessandroltld.com



TOOLBOX, from page 1

Garfield a better place to live and invest. Common themes emerged: “I wish Garfield had a better reputation”; “I want an authentic place... I want an affordable life”; “I want a clean and safe neighborhood”; and “I don’t want Garfield to become Friendship 2.”

From 400 ideas generated by residents and potential in-comers, cityLAB identified six main priorities that kept cropping up: to make Garfield (1) more visible, (2) an entrepreneurial hotbed, (3) a creative

hotbed, (4) family-friendly, (5) clean and safe, and (6) more diverse. They then whittled the ideas down to a “toolbox” of 16 projects, each of which satisfies four to six of these priorities, and could conceivably be led by members of the community. The toolbox ideas are presented in detail on page 3 of this issue.

As the next step, Garfield residents and business owners, as well as people from other neighborhoods interested in seeing some of these

projects brought to fruition, are needed to join advisory groups for each of the 16 ideas. Ready and willing to work with the community volunteers are 70 architecture students from Carnegie Mellon University, who will do research and strategize to help develop concrete plans for each of the ideas, so the community can decide which projects are most feasible and might actually be implemented.

“We need community input,” Picker stressed. “The students have a body of

work to start from,” but ultimately the success or failure of 6 Percent Place will depend on neighborhood involvement, Picker said. ♦

cityLAB will host a Brainstorming Session on Tuesday, October 4, at 6 p.m. at the BGC’s Community Activity Center, 113 N. Pacific Avenue in Garfield. If you are excited about the future of Garfield, come out to hear 16 great ideas for Garfield, share some ideas, and be part of the planning and brainstorming.

What’s in Garfield’s “Toolbox”?

The 16 projects in the “6 Percent Place” toolbox are listed here from easiest to hardest to accomplish:

1. Tea/Tee Contest. Brand Garfield with the help of kids. Design a T-shirt: this could be by or for children, supervised by a local artist, or even be the beginning of a small home-based business. Funds raised could also support other neighborhood activities.

2. BBQ Cook-Off. A BBQ cook-off could accomplish many things. Family-friendly, it would promote neighborliness. At the same time, it might attract people into Garfield – everyone loves BBQ. It could also support budding entrepreneurs and teach them how to start a food-based business.

3. Dream Property Database and Guide. The vacancy that residents have complained about can also be viewed as an opportunity: vacant lots and buildings, foreclosures, and inexpensive properties for sale are dreams come true for people in expensive cities. Will we attract some new residents if we create a database that simplifies the search for property?

4. Expand the Penn Avenue Arts Initiative. Although we’ve heard that the people of Garfield appreciate the arts, we have also heard that the Penn Avenue Arts Initiative could be better connected to Garfield. How can the Penn Avenue Arts Initiative be expanded to have greater appeal? Can the people of Garfield take ownership in it and make it stronger than it is now? Creative place-making can seed economic development by expanding entrepreneurship to both arts and non-arts related businesses.

5. Community Internet Radio. Neighborhood residents

spoke of having no “voice.” One way to provide a voice could be launching an Internet community radio station. Internet radio remains unlicensed and is relatively easy to get started. A very small space is required along with a group of people dedicated to ensuring consistent programming. Equipment costs approximately \$25,000.

6. Dearborn Street Market. This market would include antiques, secondhand goods, handmade goods and locally grown fruit and vegetable stalls. It would bring visibility, creativity, and entrepreneurship to Garfield. It should be located on a problem block to encourage family friendliness and to “take back the block.” Vendors would be a mix of locals and outsiders, to encourage diversity and to learn from each other.

7. Bikes on Broad. Currently, Pittsburgh’s bike map bypasses Garfield. While routes on Bike Pittsburgh’s maps are only suggested, it’s unlikely that bicyclists will choose a route not marked. Our goal should be to put Garfield on the map. To that end, a permanent route, with a great bicycle/pedestrian environment, could be planned.

8. Exercise Parks. China has it right. Exercise equipment is dotted throughout the urban landscapes of dense Chinese cities, available for everyone to use. People both young and old gather to use the facilities, stay fit, and socialize. Many Garfield locals commented on the lack of facilities for exercise; could the neighborhood try a free exercise gym like this?

9. 6% Space. There are many vacant and discarded properties in Garfield – more than can be quickly



converted into affordable housing. We propose finding alternative uses for these properties that encourage in-migration and private investment. Could Garfield incentivize rapid development through ideas like these?

10. Housing That Sets Garfield Apart. The goal is to create affordable housing solutions for the Garfield community that do more than just provide a roof over someone’s head. Well-designed housing could set Garfield apart. A memorandum of understanding has already been developed between Carnegie Mellon University’s School of Architecture and the Bloomfield-Garfield Corporation to design and build a series of affordable houses that take another approach to what Garfield’s new housing stock might look like.

11. Tiny Housing. Tiny housing is another way to provide affordable housing. Small equals cost-efficient. There is a growing “tiny housing” movement in the United States. We’d like to look at what these innovative and creative little houses might mean to Garfield.

12. Kid Cafe. Create a space for youths, managed and programmed by them. Programming should be creative, with music and the arts. Young people should be in charge. This will be difficult to implement, but worth trying. With the high percentage of youths in Garfield, a place for and by young people could provide many benefits.

13. Garfield Hilltop Park. The BGC’s Garfield’s 2030 Plan suggests the topography of Garfield should be respected. In keeping with this plan, the Bloomfield-Garfield

Corporation is looking at ideas for assembling enough land to allow the neighborhood to develop the hilltop park.

14. Bike Incline. A bike incline would connect Penn Avenue to the Garfield hilltop. A bike incline runs along the curbside, lifting cyclists up a hill at 3 or 4 mph. A bike incline was installed 15 years ago in Trondheim, Norway, and has been a big success: 14,600 people, or 9 percent of the town’s population, use it annually. Although bikes are probably more prevalent in Trondheim than Pittsburgh, the East End has perhaps the highest bicycle usage in Pittsburgh, making Garfield an excellent place to try this experiment.

15. Girl Cabs. Girl Cabs would be a women-only taxi company. There are many such companies around the world. Their goal is to provide safe rides for women and flexible jobs for women with families to look after. One such company, Viira Cabs of Mumbai, takes its name from the Hindi word for “courageous woman.” Perhaps we can nurture such courageous women in Garfield.

16. Food Incubator. There are plenty of support agencies for tech start-ups in Pittsburgh, but little for other fledgling businesses. The food incubator would be a full-service incubator that supports only food industries. We believe it will be the first in the country. Each class will be fully supported through to profitability. It should require absolute excellence and be competitive for entry.

To become involved in any of these projects, or to find out more, email info@citylabpgh.org, or call 1-866-PGH-CITY.

FOOD FOR THOUGHT



Dorothy Sweeney/PJCC

Judy Dodd, MS, RD, LDN, corporate nutritionist from Giant Eagle (*front right*), addressed about 350 students and staff at the SO/FINE HEALS assembly and Food Show on September 14 at the Pittsburgh Job Corps Center. "We all have a genetic make-up and can't change that, but we can make good choices and select options that will keep cholesterol down, diabetes at bay, and provide a healthier you," she told students. The Food Service at PJCC also announced new daily menus, with a HEALS entrée selection at every meal. Students applauded when they heard the news. "It appears our students are becoming more health conscious thanks to Michelle Obama's 'Let's Move' campaign and its incorporation [at PJCC]," said Molly Taleb, Center director.

INTRODUCING OUR NEWEST DOCTOR

The physicians and staff at Greater Pittsburgh Medical Associates-UPMC are pleased to welcome our newest doctor to our offices in Bloomfield and Penn Hills.



Erika Ramsey, DO
Internal Medicine

Dr. Ramsey received her medical degree from the Lake Erie College of Osteopathic Medicine and completed her residency in internal medicine at UPMC Shadyside. Dr. Ramsey, the physicians, and staff provide primary care services as well as care for chronic conditions, women's health concerns, depression, and anxiety.

Beginning in October, evening hours are available on Tuesdays at the Penn Hills location.

To schedule an appointment at Greater Pittsburgh Medical Associates-UPMC, or for more information, call one of our offices.

5129 Liberty Ave.
Pittsburgh, PA 15224
412-682-3117

7555 Saltsburg Road
Pittsburgh, PA 15235
412-793-9099

UPMC LIFE CHANGING MEDICINE

Affiliated with the University of Pittsburgh School of Medicine. UPMC is ranked among the nation's best hospitals by U.S. News & World Report.



**GARFIELD
COMMUNITY
ACTION TEAM**

NOW ONLINE!
WWW.GCATPGH.COM
* Be Part of the Action! *

* GCAT is an initiative of the Bloomfield Garfield Corporation Elm Street District *

GCAT CHAT

Fresh Paint Volunteer Days

Sunday, October 9 at 11 a.m. meet at Most Wanted Fine Art, 5015 Penn Ave.

Penn Ave is the recipient of the Fresh Paint Days Pennsylvania Grant! The program will be providing volunteers with paint and painting supplies to freshen up some storefronts in the neighborhood. A fresh coat of paint and a lot of elbow grease can go a long way! Refreshments will be provided. More about the Fresh Paint Days: www.gcatpgh.com/fresh-paint-days

Day of Caring

Saturday, October 22, at 10 a.m. at the Bloomfield Community Activity Center, 113 North Pacific Ave.

As part of the University of Pittsburgh Day of Caring students will be in the neighborhood working on community clean ups and various beautification projects, including the harvest of the sunflower lot at Broad and Graham! Please join us as we welcome them in the neighborhood and work together to clean up and green up Garfield! More events at: www.gcatpgh.com/pages/calendar

GCAT Monthly Meeting

Wednesday, October 26, at 6 p.m. at the Bloomfield Community Activity Center, 113 North Pacific Ave.

Be part of the Garfield Community Action Team (GCAT) and help with projects that improve the neighborhood. For other events, check the GCAT Calendar: www.gcatpgh.com/pages/calendar

Monthly Neighborhood Clean-Up

Saturday, October 29, from 10 a.m. to 12 p.m. at Edge Studio, 5411 Penn Ave.

Join the Clean Street Team and help pick up Garfield and Penn Ave! Enjoy some refreshments! Gloves and bags are provided. Learn more about the Clean Street Team at: www.gcatpgh.com

YOUTHS, from page 4

full potential because teachers were not in contact with the afterschool program directors. He expressed concern that there will be a similar disconnect in the future. He said, "You need to have time to sit and meet with teachers—don't wait for the end of the semester to see that a student is failing."

Rodriguez and Flanagan both expressed optimism about the future, stating that UPrep has an extremely helpful counselor and principal who will see to it that students get the all the help they need. Flanagan assured

the audience, "They will work with us on internships, academic support, career development programs, and organizing other collaborative partners such as Hill House and Oakland Planning Development Corporation."

Although the programs are open to students from any neighborhood, Flanagan said, "The ideal candidates are from 15224 and 15206 zip codes." For more information about any of these programs, contact the BGC's Youth Development Center at 412-441-9833. ♦

**A
spocki
studios**

**412
951
2580**
walsrocki.com



MOVIE THEATER TO DEBUT IN EAST LIBERTY

By Margaret Graham

East Liberty Development, Inc.

Blasier Urban and East Liberty Development, Inc. are working together to bring the Odeon Building, a theater/office space, to East Liberty.

In the neighborhood's heyday, East Liberty had at least seven theaters. Then in the 1960s, with urban renewal, many local businesses, including movie theaters, left. Thus, the Odeon Building development will bring back a piece of the neighborhood's history in a new way.

"Movie theaters are one of the great things about East Liberty's history that are no longer here," said Nate Cunningham, director of real

estate for East Liberty Development, Inc. "What better place for a movie theater than on Main and Main," he added, referring to the building's location on corner of Penn and Highland Avenues in the heart of the neighborhood.

The Odeon Building is an \$18 million project that will redevelop the site of a former PNC Bank branch and some adjacent structures into a two-level complex featuring an 8,000-square-foot restaurant, and 60,000 square feet of office space. Developers are hoping to capitalize on growth in the neighborhood over the last decade. "A movie theater represents a great anchor to the entertainment district that we are creating in East Liberty," said

Cunningham.

The cinema in the Odeon will be run by Spotlight Theatres, a Georgia-based company. Spotlight uses state-of-the-art equipment and techniques. "Spotlight's approach to digital projection, premium theater experience, flexible programming and a restaurant integral to the theater was the perfect mix for the diversity and demographics of the East End," said Cunningham.

Not only will the theaters handle digital projection of movies, but they also have the capability to show other entertainment like sports or live theatrical productions on-screen. For those businesses in the office space looking for conferencing options, one of the theaters will

be able to accommodate video conferencing and meetings.

The office space is an important part of the development. International companies like Google, located just down the street in Bakery Square, and local small businesses and start-ups working together at the Beauty Shoppe, a collaborative workspace, have proven that the East End is ripe with opportunity for business and growth.

Cunningham hopes that the Odeon Building will bring in residents from all over the neighborhood and the city. "We think that East Liberty is the natural work/play hub for the surrounding East End neighborhoods," he said. ♦



Borrow Smart:

SCORE A GREAT RATE

PARKVALE'S HOME EQUITY LINE OF CREDIT

1.00% APR*
for 12 months

3.80% APR*
regular rate

DON'T YOU THINK IT'S TIME WE MEET? ★

Score a great rate!
Lock-in Parkvale's incredibly low rate for 12 months today and you'll get the cash you need at a rate that you can afford for home improvements and bill consolidation! Even better, the interest may be tax deductible!**

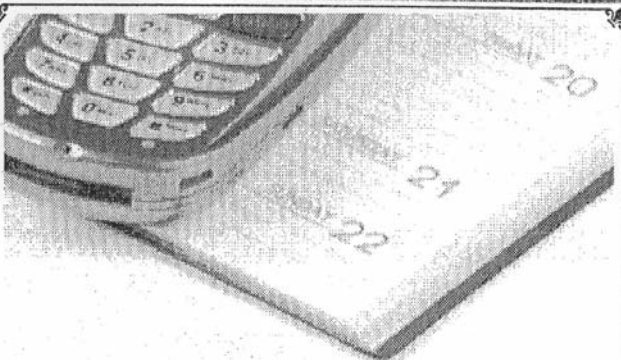


1-866-637-4353
PARKVALE.COM
47 LOCATIONS

 **EQUAL HOUSING LENDER**

*One year after loan date, the rate will change to a variable rate of Prime (published as Bank Prime Loan Rate in the Federal Reserve Statistical Release H15) plus .50% (Regular Annual Percentage Rate, APR: 3.80%). Prime as of 9/1/11 is 3.25%. Minimum loan amount: \$25,000, maximum loan to value: 75%. Minimum advance at time of closing is \$10,000. Available for qualifying single family owner-occupied properties in PA, OH and WV. Your actual APR will be based on a review of your credit application. After the Introductory period, maximum APR 18% for PA, OH and WV residents, minimum APR 2.99% for PA residents and 3.50% for OH and WV residents. The special Introductory rate applies to new Home Equity Line of Credit customers only. You must have a Parkvale Interest Checking or Money Market Account and a Parkvale debit card to be eligible for this special rate. Low introductory rates also available for other line amounts and loan to values. Adequate property insurance required. Title Insurance required on lines over \$250,000. A \$149 non-refundable application fee applies for OH and WV residents. If an appraisal is required, the cost will be \$275 or less. If the line is canceled within 36 months after the date it was opened, you must reimburse Parkvale \$350 for certain costs in connection with opening the line. One year after the loan date, a \$50 Annual Fee will be assessed to your account if you do not maintain an average annual loan balance equal to or greater than \$5,000. **Consult your tax advisor about deductibility of interest. These rates are accurate as of publication date. This offer may be discontinued at any time. Member FDIC.

PA/10/10/2011



"We need to do that someday."


Thinking about one's funeral is an easy thing to put off.

But, it is not as difficult or time consuming as you may think.

We can even meet with you in your home to make it easier.

To get started now, call us for a free brochure.

You'll be glad you did.



WALTER J
ZALEWSKI
FUNERAL HOMES INC.
"Exceeding Your Expectations"

LAWRENCEVILLE	POLISH HILL
Walter J Zalewski, Supervisor	Joseph M Lapinski, Supervisor
216 Forty-fourth Street	3201 Dobson Street
Pittsburgh, PA 15201-2893	Pittsburgh, PA 15219-3735
412 682-3445	412 682-1562

©NIMIX Zalewski F.H. Inc.

J I L T E D ?

An Update on the “Bride” Restoration



Paula Martinac/The Bulletin

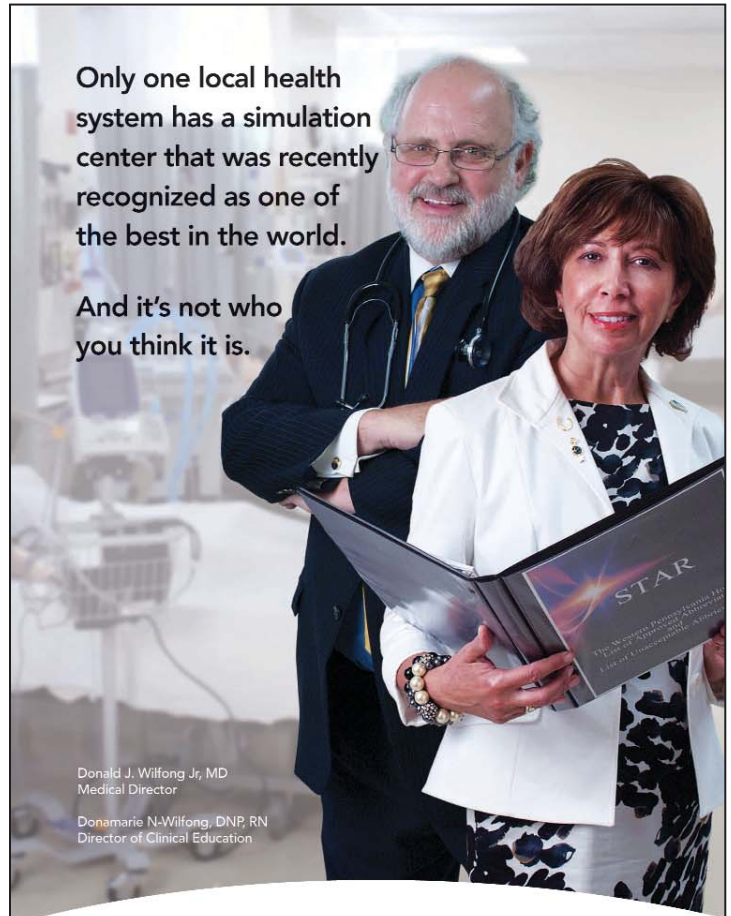
RESTORATION OF THE ICONIC “BRIDE ON PENN AVENUE” IS ON HOLD UNTIL ADDITIONAL FUNDS CAN BE RAISED.

As reported in the July and August issues of *The Bulletin*, the famous “Bride on Penn Avenue” mural has been undergoing a professional restoration by mural artist Ashley Hodder and assistant Zandra Specter. However, according to Rick Swartz, executive director of the Bloomfield-Garfield Corporation, who commissioned both the original mural and the restoration, “The project is stalled because we need additional funds.”

Some funds that were promised for the project fell through, leaving a shortfall in the budget. So, although much of the mural once again looks pristine, some areas – like the bride herself (pictured at left) – are still showing significant wear. Swartz said that the BGC is applying for grant money and looking at other sources of funding to complete the project, but while waiting to hear about funds, “the artists are on hold.” To contribute to this restoration, contact Swartz at 412-441-6950 x 11 or email ricks@bloomfield-garfield.org. ♦

Only one local health system has a simulation center that was recently recognized as one of the best in the world.

And it's not who you think it is.



Donald J. Wilfong Jr, MD
Medical Director

Donamaria N. Wilfong, DNP, RN
Director of Clinical Education

At West Penn Allegheny's Simulation, Teaching and Academic Research (STAR) Center, we provide state-of-the-art training for healthcare professionals. Using the latest in tools and techniques, the STAR Center hones the skills of today's healthcare providers and prepares future clinicians for the fast-paced and challenging world of patient care. We value every patient, which is why students learn on highly advanced mannequins in our world-class simulation center before they enter a patient room. And, we're the only center in the region, and one of only 10 worldwide, accredited by the Society for Simulation in Healthcare.

When doctors lead, better care follows – call 412.DOCTORS (362.8677).



**WEST PENN ALLEGHENY
HEALTH SYSTEM**

wpahs.org

\$8 All You Can Bowl!
44th & Butler / 412.683.5992

ARSENAL LANES
Over 21 - 9pm to Midnight
Every Thursday

80's/90's NIGHT
Join WRCT's DJ Mockster
as he spins 80's one week and 90's the next

Bring a Friend
Buy One Get One
FREE ALL-YOU-CAN-BOWL
Thru 10-31-11 with this ad

Every Sunday
GAME NIGHT
Bingo Twister
Connect 4 Trivia
& More!

WRCT'S DJ MOCKSTER
SUPPLIES THE SOUNDTRACK & HOSTS

ARSENALBOWL.COM

*Valid on Sunday & Thursday night specials only. Must be redeemed in the same visit. No cash value.

**BLOOMFIELD-GARFIELD
CORPORATION**
United Way Contributor
Choice #260



Since 1976, the Bloomfield-Garfield Corporation has been a voice for change and improvement in the Bloomfield, Garfield, and Friendship neighborhoods. The BGC's staff, board, and volunteers work to achieve the physical revitalization of the community, improve its economic assets, and invest in the social well-being of its citizens. Please help the BGC to continue to be strong and responsive to our neighborhoods by directing your **United Way** gift to Contributor Choice #260.

Penn Avenue Gallery Owner Chosen for "40 Under 40"

By Joshua Barszczewski
The Bulletin

The term "busy" comes to mind when describing Jason Sauer, an artist, educator, and gallery owner. In a soft-spoken tone, the Garfield resident agrees, "I'm very busy." This month, Sauer's hard work was noticed by *Pittsburgh Magazine*, which chose to honor him as one of its annual "40 Under 40" Pittsburghers.

Out of 160 candidates, an independent panel of judges selected the 40 winners based on "passion, commitment, visibility, diversity, and overall impact on the region," according to *Pittsburgh Magazine's* website. Winners this year include professors, non-profit administrators, business executives, and other artists.

East End residents may know Sauer best as the owner of Most Wanted Fine Art, a gallery at 5015 Penn Avenue. Each month, Sauer hangs new works by local and international artists in time for Unblurred: First Fridays on Penn, the avenue's popular monthly gallery crawl. For the October show, Sauer will be hang-

ing his own works – some of which were lying uncompleted on the gallery floor during our interview. He is showing his own pieces not for self-promotion, but in celebration of his six-year anniversary as a Garfield resident.

However, his activities are not limited to the gallery space. Sauer works as a landscaper and contractor, a Goodwill mentor who teaches trade skills to young men recently released from the courts, and the founder and coordinator of Green + Screen, a neighborhood initiative to cover unsightly gaps on Penn Avenue with architectural screens. He is also the part-time events and volunteer coordinator for the Bloomfield-Garfield Corporation's Mainstreets program, which manages Unblurred.

When he is not busy with all of that, he also assists with the maintenance of the Fallen Heroes memorial outside of St. Joseph's Church in Bloomfield and donates his time to cityLAB, a non-profit that promotes economic development in the city. (See related article, page 1.) Additionally, he is in the process of

starting another art gallery in Dormont. To make his life even more hectic, his wife Nina, a film producer, is expecting their first child.

Sauer was born and raised outside of Pittsburgh in the Mercer County town of Stoneboro. Reflecting on his rural upbringing, he says, "I always knew I wanted to live in a city." Before opening Most Wanted Fine Art in 2006, Sauer taught at Summit Academy in Butler, Pa., and Community College of Allegheny County.

In the near and long-term futures, Sauer looks forward to repainting Penn Avenue facades thanks to a grant from Keep Pennsylvania Beautiful (see story page 3) and to opening a retail space to help support Most Wanted Fine Art. "I'm just going to keep doing this everyday until...I don't know. I'm living my dream," he said.

Although Sauer downplays his community service by calling it "basic" and "low-key," he admits that he wishes he had someone who would help alleviate some responsibilities. He said, "I'm hoping some young



Joshua Barszczewski/The Bulletin

SAUER WITH ONE OF THE ART-WORKS, "LOVE IS A SKULL ON A BIKE."

grad student wants to come help with the workload." If his past and present activities are any indicators, though, he would only use his potential spare time to start more projects, volunteer with more organizations, and make himself even further invaluable to the city he loves. ♦

Pittsburgh CONNECTS Opens Four Public Computer Centers

Learn technology skills from experts in your own neighborhood

Free use of laptops while on-site - Free Wireless Internet

"It's like the corner coffee shop with Wifi and free laptops to use."



Open 7 Days a Week at the following locations:

Bloomfield Garfield Corporation
5321 Penn Avenue
412 441-9833

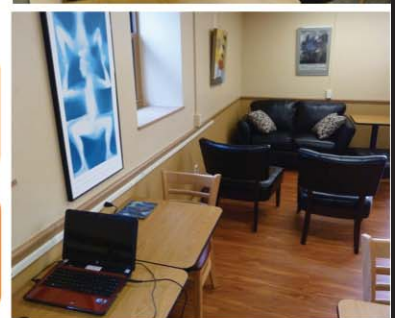


Hill House Association
1860 Center Avenue
412 281-8482



Homewood-Brushton YMCA
7140 Bennett Street
412 243-2900

& Pittsburgh CONNECTS Hilltop
Operated by Center Avenue YMCA
412 389-4292



October 20, 2011 - U.S. Rep. Mike Doyle To Visit

11:00 AM at BGC Pittsburgh CONNECTS Center 5321 Penn Ave

U.S. Representative **Michael Doyle** will recognize the work of Neighborhood Learning Alliance, the lead organization of the Pittsburgh CONNECTS project, and the four community based organizations that have partnered with the Alliance. Refreshments will be served.

For More Information Contact: **Rick Flanagan 412 441-9833**
www.pghconnects.org



BROADBANDUSA
CONNECTING AMERICA'S COMMUNITIES

Garfield Resident Realizes Dream with Published Poetry

by Caitlin Cleary
Bulletin Contributor

"Every single poem in here is loved and hated by two different people," Lucille Seibert says regarding her recently published book, *The Unattended Kitchen Sink*, meaning that she thinks her work touches something in different personalities. First published in spring 2011, this compilation of 176 poems is the culmination of years of writing. Seibert recalls her interests in reading and writing that began as a child.

As a child, Seibert read the works of Robert Louis Stevenson, which she says ignited her love of poetry. "I never thought I was capable of writing like him, though," she asserts. At 7, she realized a new talent of reading poems herself. "It was before dinner. I said to my brother, 'Can't we ask Mom to read to us?'" To her surprise, her mother told her that she could do it herself.

Even with these early experiences, Seibert claims she did not consciously decide to become a writer. At 18, she

began her college career at Northeastern University in Boston. Originally a biology major, she says she could not deny her interest in poetry. She bought her first poetry book while in Boston and recalls turning the pages thinking, "I want this someday." Eventually, she moved to Pittsburgh and transferred to CCAC as an art major.

*"First of all, cookies
are a time-honored tradition
and not to be messed with."*

— Lucille Seibert

A Garfield resident since the 1980s, Seibert says she has everything she needs in the immediate area. "From Winebiddle to Evaline, I can shop at Artica or Awesome Books and get a quick meal at Spak Brothers." In 1987, she found a poetry workshop and "that's when things really began picking up."

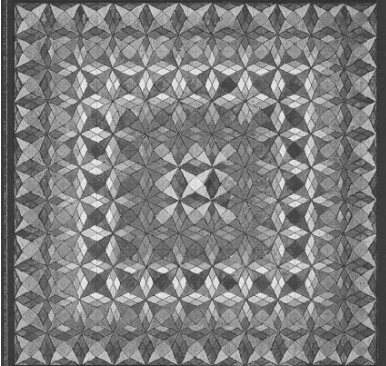
Seibert says she "designed this entire book" cover to cover. In fact, the front cover features a quilt design

that she hopes to replicate in the form of a real quilt. The overall geometric design seems to lend itself to the structure of the book, she remarks. The poems work just fine on their own, but combined in the book, they create something much different. The title of the compilation comes from one of the included poems. Seibert says she picked it arbitrarily, solely based on its interest factor.

She asserts that she "did not mean to be autobiographical" in her poems, but they just came to her that way. Seibert's friends say that their favorite poem is "All You Ever Wanted to Know About the Cookie but Were Afraid to Ask." Also noteworthy is "I Am the Young Maple," which employs vivid descriptions.

Even after a book launch at Awesome Books on Penn Avenue, Seibert says, "It still has not hit me that this book exists" — and she is, finally, a writer. ♦

The Unattended Kitchen Sink



Lucille T. Seibert

Poetry

"The Unattended Kitchen Sink" is for sale at Awesome Books, 5111 Penn Ave., or University of Pittsburgh Book Center, 4000 5th Ave. You can also find it at www.claassen-langer.com.



Marianne Bonidie, MD
Gynecologist/Obstetrician

There's a hospital in Pittsburgh that has delivered thousands of healthy babies this year.

And it's not who you think it is.

West Penn Hospital has been at the forefront of ushering new life into this region for generations, including delivering thousands of babies this year alone. Our wealth of experience has led to the perfect blend of comprehensive and compassionate care in our state-of-the-art birthing suites and other facilities. We also offer the most advanced level of care for premature infants and high-risk pregnancies, treating every woman with the unique care she deserves.

When doctors lead, better care follows —
call 412.DOCTORS (362.8677).



THE WESTERN
PENNSYLVANIA HOSPITAL

West Penn Allegheny Health System

wpahs.org

THE BULLETIN PUTS ON COLORFUL NEW FACE

By Staff

*Bloomfield-Garfield Corporation and
Lawrenceville Corporation*

The Bulletin will be unveiling an eye-catching new design in the November issue, thanks to a working partnership of community groups and funding from the Pittsburgh Partnership for Neighborhood Development (PPND).

In 2008, the Bloomfield-Garfield Corporation, publisher of *The Bulletin*, joined with other East End community organizations to form an alliance called the East End Partnership. Collectively, these organizations have been seeking to promote more livable communities through collaborative planning, programming and investment. In addition to the BGC, the partnership has included Lawrenceville Corporation, East Liberty Development, Inc., Friendship Development Associates, Bloomfield Development Corporation, and Lawrenceville United.

"The thinking is that, through collaborative efforts, Pittsburgh's East

End can be a powerful driver for economic development in the region through the next decade and beyond," explained Rick Swartz, executive director of the BGC.

One of the main areas of collaboration has been a revamping and expansion of *The Bulletin*, which has undergone some redesign in its 36-year history, but never a complete overhaul. The BGC and Lawrenceville Corporation worked closely together to revamp the paper.

The redesign, created by Nium studio, includes a new front page that better utilizes four-color printing and features teasers of major stories. The interior pages will also get a fresh look. For example, readers will find the popular Bulletin Board section easier to navigate, with listings laid out according to dates and neighborhoods.

A new feature called "Neighborhood Focus," to be compiled monthly by Patrick Bowman, Lawrenceville Corporation's marketing and communications coordinator, will appear in the centerfold, profiling an interesting person or organization from one of

the five neighborhoods covered by the paper. It will also include a real estate feature, showcasing some available properties in the East End.

Once a quarter, Neighborhood Focus will highlight an event or activity that promotes civic engagement. To this end, a new program, "The Bulletin in •sight Grants," will offer \$100 to \$1,000 to applicants who want to coordinate special, mappable events such as walking tours, scavenger hunts or urban farm tours. Watch the November issue for the debut of this feature with a map of "Reblurred," available exclusively in *The Bulletin*.

For more information about these new grants, contact Bowman, at 412-621-1616 x 102 or patrick@lawrencevillecorp.com. The grants are made possible by funding from First Niagara Bank, Pittsburgh Community Reinvestment Group and PPND.

"The redesign of *The Bulletin* is part of a multi-year East End marketing initiative that wouldn't be possible without hard work from both the BGC and Lawrenceville Corporation's

boards and staff, and our committed partners at PPND," said Matthew Galluzzo, executive director of Lawrenceville Corporation.

"The BGC's board is thrilled with the redesign and new features," said P.J. Maloney, chair of the BGC's Communications and Marketing Committee. "These changes will take our venerable community newspaper into the 21st century and make it an even stronger asset."

Management of *The Bulletin* will remain the same, with editor Paula Martinac still at the helm and Martin Pochapin continuing as ad rep. Bowman will come on as associate editor, and *Bulletin* intern Joshua Barszczewski, a University of Pittsburgh senior, will be working on the transition team this fall.

In addition to the redesign, future plans include expanding the physical reach of *The Bulletin* further into East Liberty and also into Larimer, by raising the print run from 20,000 to 25,000. The page count may also increase. ♦

IF YOU LIKE THE BULLETIN...INVEST IN IT!

If you regularly read *The Bulletin*, the free monthly East End community newspaper published by the Bloomfield-Garfield Corporation since 1975, you can show your support by becoming a BGC member or renewing your membership online... for as little as \$10! Just visit www.bloomfield-garfield.org, click on "Donate / Become a Member," and follow the easy instructions for paying either via PayPal or by check. Two options - two easy ways to support your community newspaper! We hope you will join us in our commitment to bringing news and information to neighbors throughout Bloomfield, East Liberty, Friendship, Garfield and Lawrenceville.

CHAMPION, from page 1

majority of work will happen outside Champion Commons.

Western Psychiatric signed a 10-year lease, so they expect to be in Garfield for a long time. "This is a longstanding outpatient program," Medved explained.

And what will happen to some of the current tenants of the building? Garfield CISP will be moving to Baum Boulevard, into a building adjacent to the Day Reporting Center. "We wanted to stay in Garfield, but couldn't find the right space," said CISP's Barry Canada. "But we'll still

be called Garfield CISP, and we'll still deliver *The Bulletin*."

The Neighborhood Academy has been at its brand-new campus at 709 N. Aiken Avenue since mid-September. (See related story, page 3.) "Not having our own space meant that we were subject to other people's schedules and paying rental fees," said Melissa McKrell, Development Officer. "It wasn't sustainable." The new campus affords the school both room to grow and opportunities to generate income. ♦

The Midwife Center

FOR BIRTH & WOMEN'S HEALTH

Safe Family-focused Nurturing
Empowering
Cost-effective
Healthy
High-quality
Joyful
Personalized care



With Woman Fridays.

Walk-In Service on a sliding scale every Friday from 1 to 4:30 p.m. for women without insurance or with other barriers to quality care.

Funding provided by
**HIGHMARK
FOUNDATION**

Tel. 412.321.6880
www.midwifecenter.org

BUILDING CHANGE

A Convergence for Social Justice

by Willa Paterson

Three Rivers Community Foundation

From October 13 to October 15, the Senator John Heinz Regional History Center will host a conference entitled "Building Change: A Convergence for Social Justice." The goal of this conference is to advance social justice and change in our region and world by creating stronger networks with and awareness among our neighbors, community organizations, and media outlets across the Southwestern Pennsylvania region.

The conference will feature more than 40 workshops and forums that will address crucial social issues relevant to today's society, such as neighborhood violence, prison reform, Marcellus Shale drilling, healthcare reform, the affordable housing crisis, and many others. There will also be skill-building workshops on grant writing, social media, filmmaking, corporate and

legislative advocacy, and effective organizational models. The workshops will be led by experienced professionals.

On Thursday, October 13, there will be a youth component, Youth Leading Change. Approximately 350 high school students will be creating community service project plans during the day with local nonprofits. Some local examples include Tree Pittsburgh, who will be working with youths to host a service project, and the Bloomfield-Garfield Corporation and Neighborhood Learning Alliance, who will also be bringing youths from their programs.

Thursday evening kicks off the adult conference with a keynote address by renowned activist, economist, and environmentalist Winona LaDuke. Ms. LaDuke was Ralph Nader's running mate in the 2004 presidential election and is the founder and executive director of Honor the Earth, a non-profit whose mission is to provide education about environmental issues.

On Friday and Saturday, one can choose from the many workshops including "Meet Your Progressive Grantmaker," hosted by the Garfield-based organization The Sprout Fund. There will also be an opportunity to mix and mingle with more than 40 organizations in the Social Justice Marketplace and hear local experts discuss the innovative work they are doing in their communities.

Check out Friday evening's Pathways to Change: Performances and Awards to find out who this year's Champions of Change will be. The Three Rivers Community Foundation's Grantees for 2010 and 2011 will be honored. Notable organizations from the Garfield area include the Garfield Community Farm, New Voices Pittsburgh: Women of Color for Reproductive Justice, and Persad Center. The event concludes Saturday afternoon

with attendees working together to create an action plan for social justice in Southwestern Pennsylvania.

Finally, come to the Building Change Film Festival, which begins October 12 and runs until October 16. Films will be screened at the Point Park University GRW Theater, Pittsburgh CAPA 6-12, the downtown Hampton Inn, the Kelly-Strayhorn Theater, and the Andy Warhol Museum. The festival will feature both local and international films that deal with issues of social justice. Viewers will have the opportunity to have a discussion with the filmmakers after each screening.

Visit www.buildingchangewpa.org today to register and see the full schedule of events. Prices are \$5 to \$10 per day. Evening sessions are \$10, and need-based scholarships are available. ♦

Mainstreets Memo

by Rich Engel

Mainstreets Manager

Optimus Technologies opened its first location at 4820 Penn Avenue on September 1 of this year, but they have been around in one form or another since 2005. CEO Colin Huwyler started the biodiesel company as Fossil Free Fuels outside Buffalo, N.Y. in 2005. Two years later, they moved to Braddock, Pa., where Fossil Free still operates, collecting waste oils and processing them into biodiesel. Optimus is a three-person spinoff, converting commercial and industrial vehicles to use biodiesel.

Optimus has used Vector retrofit technology to convert two heavy vehicles for Global Links, five for Pittsburgh's Department of Public Works, and one for Giant Eagle. Optimus's pilot project with one of Giant Eagle's tractor-trailers began 30 months ago, and its success means a new project of conversions for 10 trucks based out of Butler, Pa. The company is in talks with the University of Pittsburgh as well.

"The system is a manifold, a heat exchange and a computer," said Huwyler. "A converted truck's engine starts and stops using regular

diesel fuel from a smaller tank, but runs on biofuel in between, from the main tank. There's nothing new or different for the truck operator to do." Vector heats the biofuel and fuel filter after the vehicle starts, and clears all the biofuel out after the truck's ignition is killed, crucial for engine maintenance in low temperatures.

Fossil Free Fuels continues to thrive in Braddock, collecting oils from 18 Giant Eagle branches, among many other city location. They will be opening four fueling stations in the next year in Duquesne, Braddock, South Side, and Larimer, next to the Department of Public Works' Division 2 facility. Ordinary drivers of diesel cars and trucks can apply for a fleet card to use the stations.

At 4820 Penn, some rehabilitation is already underway. Optimus is going to screen and glaze the east-facing windows, and repair parts of the roof of their new 7,000-square-foot space. Until now, they shared 9,000 square feet with Fossil Free Fuels in Braddock and had a small Oakland office. "It's a little more work than we anticipated," said Huwyler, "but great to have our own space." ♦

THE BIG EASY ANIMAL HOSPITAL

"WE PROVIDE URGENT CARE"

Walk-In Hours: Mon, Tue, Thu, Fri
9am-12pm and 2pm-7pm
Appointment Hours:
Wed 3pm-7pm Sat 9am-12pm

We offer a wide range of services, such as:

**Surgical and Dental Procedures
In-House Diagnostic Lab &
X-Rays for Rapid Results**

**Located in the Trendy
Neighborhood of Lawrenceville**

Along with providing medical and surgical expertise and exemplary customer service, we are also committed to treating you and your pet with utmost care and compassion.

**www.tbeah.com
5328 Butler Street
412-908-9301**

Laurentian Hall Apartments

Apartment Living for Senior
Citizens in an Elegant Setting



Offering These Amenities:

- Equipped Kitchens
- Nightly Meals Catered by Nova Café
- All Utilities Included
- FREE On-Site Laundry
- FREE Parking
- On the Busline
- Section 8 Available for Qualified

**Immediate Openings -
Efficiencies, 1- bedrooms
and 2-bedrooms!**



For more
information, call
412-361-4462



There's Something for Everyone at New Tech Center and ENEC

Pittsburgh CONNECTS

A collaboration of the Bloomfield-Garfield Corporation, the Eastside Neighborhood Employment Center, and the Neighborhood Learning Alliance, Pittsburgh CONNECTS, a new technology center at 5321 Penn Avenue, has a brand-new schedule of community events, classes, workshops, and more. All events are free. Anyone can come to do homework, communicate with friends, make a budget, find a job, or do just about anything online with our 20 computers. For more information and to RSVP, call 412-362-8580.

Weekly Events:

Computer ABCs: Every Wednesday at 3 p.m., learn about computers in an entry-level class. Designed for beginners of all ages. RSVP to reserve your seat.

University of Pittsburgh Student Nurses Association: Every Tuesday from 6 – 9:00 p.m., nursing students will be on-hand to help you learn to use the Web to find health information.

Special Events:

Computers Classes: "10 Things You Don't Know about iPads," October 7 at 6 p.m.; "PC/Mac Repair," October 11 from 12 – 4 p.m.; "Internet Basics," October 26 at 1 p.m.; "Microsoft Excel Basics," October 27 at 2 p.m.

Personal Finance 101, with PNC's Paul Winston: Ask an expert questions about checking and saving accounts, balancing a checkbook, and more. October 14 at 2 p.m.

Online Banking 101, with PNC's Clarence Jackson: Explore the world of online banking, virtual wallets, fund transfers, and more. October 19 at 6 p.m.

Online Publishing, with Walt Fortson: Learn how to turn blogs, poems, songs, and short stories into an online book. October 20 at 5 p.m.

Invoicing for Non-Profits, with Stephen MacIsaac of the Neighborhood Learning Alliance and Jeffrey Boykin of Bloomfield-Garfield Corporation: Learn how to run a non-profit organization. October 29 at 6 p.m.

Pittsburgh Neighborhood and Community Information System (PNCIS) Information Session: On October 27 at 6 p.m., PNCIS will provide timely and valuable property information to individuals and organizations working to improve communities in Pittsburgh and Allegheny County. Receive free access to the PNCIS website after attending this training session.

THE NEW COMPUTER CENTER AT 5321 PENN AVENUE OFFERS A RANGE OF CLASSES, AS WELL AS COMFORTABLE PLACES TO WORK AND SOCIALIZE.



Paula Martinac/The Bulletin

Eastside Neighborhood Employment Center

Looking for work? Feel your resume is out of date? Find all the online application forms confusing? Eastside Neighborhood Employment Center is here to help. ENEC is free and will help you learn to write resumes, interview, and keep a job after being hired. ENEC works closely with UPMC, Children's Hospital, and PNC Bank to make it easier for you to get employed there. Enroll in one of our partnership programs today and receive free job readiness training and advice to getting your foot in the door at some of Pittsburgh's largest employers. This October, ENEC is hosting a number of events to suite your needs.

Weekly Events:

PNC Partnership Workshop: Every Tuesday at 10 a.m., learn about career opportunities with PNC Bank's partnership program.

UPMC/Children's Hospital POWRR Workshop: Every Thursday at 10 a.m., learn about career opportunities with UPMC and Children's Hospital. ENEC help you apply online.

Special Events:

Pittsburgh Police Career Information Session: Have you ever wanted to serve your city as a police officer, fireman, or EMS professional? ENEC will help you take the first steps towards one of these careers on October 5 from 5:30 to 7 p.m. Call 412-362-8580 for more information.

Holiday Application Days: If you're looking for extra cash during the holiday season, visit ENEC from October 17 to October 27 from 3 – 6 p.m. for job readiness training and assistance applying online. Seasonal jobs at Target, Whole Foods, Marshall's, and other stores are available. Representatives from hiring stores will be on-site. Please call 412-362-8580 for exact dates.

Call today for a **Free Spinal Consultation!** Most insurance plans accepted

Cutitta Chiropractic

"We treat the whole person"

Now offering Massage Therapy, Rehabilitation, and Nutrition Counseling



Dr. Michael Cutitta

We can give you the relief you need from:

- Headaches
- Neck Pain
- Auto Accidents
- Injuries from Work
- Low Back Pain
- Chronic Stress
- Fatigue
- Arthritis
- Bursitis
- without any drugs or surgery!

For more information about our services please visit:

www.cutittachiro.com

412.325.4100

Find Cutitta Chiropractic on Facebook!

4733 Butler Street
Pittsburgh, PA 15201

The Original
**SAUER
BROTHERS**

We've been installing boilers and furnaces for more than 50 years...

LET US
INSTALL YOURS

HEATING • COOLING • BOILERS

Since 1949
Originally
Located in
Garfield

637 Butler St.
412-661-5588
Pittsburgh
412-782-1100

Steel Dragon Kung Fu & Lion Dance 鋼龍

- Kung Fu
- Lion Dance
- Tai Chi
- Conditioning

Free introductory lesson

• Adults & teens
• Kids 5+

Training that promotes self-defense, health & cultural traditions

In the Ice House Studios - 100 43rd St #113 (below Butler St.)

For Information:
www.steel-dragon.org
412.362.6096
info@steel-dragon.org

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 over the phone. Listings published on a space-available basis.

UNBLURRED: OCT. 7

The first Friday of each month, from 6 to 11 p.m., galleries and venues in the Penn Avenue Arts District (4800-5500 Penn Avenue) open their doors and showcase a variety of artwork and performances. Guests will experience new art and meet the most eclectic array of art-makers, old and young, modern and classical, famous and amateur, emerging and veteran, all within walking distance of each other. For a complete listing of participating venues, visit <http://is.gd/unblur> online.

A PLACE TO BELONG

Come visit us at the Door of Hope Community Church, 5225 Holmes Street, Lawrenceville every Sunday at 11 a.m. for our church service. We also offer Sunday school for all age groups, plus Christians in Recovery, at 10 a.m. For additional information, please call 412-781-6440, email us at doorofhopecommunitychurch@verizon.net or check out our Facebook page for our calendar and updates.

YOGA ANNIVERSARY CHALLENGE

Yoga Hive invites you to celebrate its one-year anniversary by committing to do yoga every day for 30 days. Yoga Hive Studio is located at 5491 Penn Avenue. For more information, visit www.yogahivepg.com.

VISIT LAWRENCEVILLE HOMES

The 2011 Lawrenceville Hospitality House Tour is Sunday, Oct. 2. The tour starts at noon at the Butler Street entrance to Allegheny Cemetery. It is self-guided, but transportation is available through Lenzner's

Transportation Company. Advanced tickets are \$12 and are available at Perk Me Up, Jay Design, Gallery on 43rd, Dandelions, CoCa Café, and Pavement. Tickets purchased on the day of the tour are \$15. The event concludes at 5 p.m. Volunteers to act as docents are still needed. For more information, visit www.lawrencevillehousetour.org.

CREDIT AND BUDGET COUNSELING

Counselors from NeighborWorks Western Pennsylvania will be serving clients at the Eastside Neighborhood Employment Center, 5321 Penn Avenue, every Tuesday from 8:30 a.m. - 4:30 p.m. to offer private and confidential sessions on credit counseling and repair, budgeting, foreclosure counseling, home buyer counseling, and financial education for adults and youth. For more information, call 412-281-9773.

LECTURE BY LOCAL WRITER

Gary Rogers, president of the Oakmont Historical Society and author of *Tales from Our Town: The Allegheny Valley*, will share stories from his book on Thursday, Oct. 20, at 7 p.m. The book is a collection of true stories from the lower Allegheny Valley that have been "lost" to history. The free event is at Canterbury's McVey Auditorium at 310 Fisk Street in Lawrenceville.

ANNUAL PANCAKE BREAKFAST

The Holy Name Society of Our Lady of Angels Parish will sponsor its annual pancake breakfast on Sunday, Oct. 9, from 9 a.m. to 1 p.m. The breakfast will be held at the Saint Augustine Social Hall at 220 37th Street in Lawrenceville. The cost is \$5 for adults and \$3 for children aged 12 and under. Proceeds benefit Our Lady of Angels Parish and other local charities.

STUDENT PUBLISHES STORY

Cody Stokes, a junior at Career Connections Charter High School, has a short story coming out in the upcoming *Ralph Munn Creative Writing Anthology 2011: Allegheny County High School students' book*. Stokes' humorous story, entitled "Ugh Nerr Grugknack: The Eternal

Quest of a Crack Addicted Zombie for his Fix," explores the effects of drugs. The story was submitted for consideration in the 2011 Ralph Munn Creative Writing Contest, a contest for all Allegheny County 9-12 students. The complete anthology can be found in local libraries.

MASTER PLAN FOR UPMC SHADYSIDE

UPMC is inviting the public to attend a community meeting to discuss development of a master plan for the UPMC Shadyside campus. The event will be held on Tuesday, Oct. 4, at 6 p.m. in the West Wing Auditorium of UPMC Shadyside. No RSVP necessary.

SPECIAL EDUCATION WORKSHOP

The Mental Health America-Allegheny County will host a free workshop for special education students aged 14 to 21 and their parents. Topics for discussion include parental rights, disability culture, pride, and self-advocacy within the educational system. Light refreshments will be provided. The workshop is at the East Liberty Branch of the Carnegie Library, 130 S. Whitfield Street, at 5:30 p.m. Light refreshments will be provided. RSVPs are preferred. Contact lcowan@mhaac.net or 412-661-7860 x 2018.

SENIOR FAIR

State Representative Dom Costa is holding his 2nd annual senior fair Thursday, October 27th, from 9 a.m. to 12 at the Cherry City Volunteer Fire Company, 309 Davis Avenue, Pittsburgh 15209. Free admission, free flu shots, free health screenings and much, much more. Light refreshments will be served.

EVENTS AT ASSEMBLE

What's going on at Assemble, 5125 Penn Avenue, in October? Make a dragon kite that lights up the sky during a workshop with Via on October 5. Kites are equipped with LEDs that light while the kite flies. Learn how to use DRAWDIO. Using DRAWDIO technology, you can create art that allows you to play music. Workshop will be held October 5. The "This is NOT Art" exhibit by J.D. Whitewolf explores the definition of

art and its difference from design. Opening night is October 7 from 6 to 11 p.m. The exhibit runs until October 30. Come watch a movie while creating things on October 14. \$5 suggested donation. For more information about any of these events, contact assemblepg@gmail.com

MANIFEST: DO!

Learn how to be more productive in what you do by getting organized and getting in control. Come for a talk at Assemble, 5125 Penn Avenue, on October 13 and receive a free guide designed to help Pittsburghers get their lives in order to do great work. RSVP at tinyurl.com/5wfx6.

CALLING ALL TODDLERS

The East End Cooperative Ministry's Community Stress Center is offering programs throughout the month of October. Programming such as "Ask the Pharmacist" and Free Zumba Classes are occurring to help you reduce stress and maintain your physical and mental needs. For more information, call Pamala Pyle at 412-383-5137

TUTORS NEEDED

Neighborhood Learning Alliance (formerly Wireless Neighborhoods) needs tutors for its afterschool programs. Candidates who wish to work with at-risk kids should be available between the hours of 3 and 6 p.m. and be strong in reading or math. Compensation is \$13 - \$15 per hour. This is a part-time job. If you are interested, please email your resume and schedule to: delivuk@wireless-neighborhoods.org

LOW-COST INTERNET FROM COMCAST

Qualifying families can get monthly Internet access for \$9.95. This service is available to low-income families in Pittsburgh with children who are eligible for free lunches under the National School Lunch Program. Participants will also receive a voucher for a \$149.99 computer, a complementary Norton Security Suite, access to free digital literacy training, and a 30-day money-back guarantee. For additional information about the program, call 1-855-846-8376 or, for Spanish, 1-855-765-6995.

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

DIABETES EXPO

On Saturday, November 5, the American Diabetes Association EXPO and the WTAE TV Healthy 4 Life EXPO will be held at the David L. Lawrence Convention Center from 9 a.m. to 4 p.m. Presented by Giant Eagle Pharmacy, this free, one-day health and wellness event showcases

the latest products and services for people with diabetes, healthy living, and four anchor areas: "Living Better Screenings," sponsored by Walmart; "Healthy Eating," sponsored by Giant Eagle Pharmacy; "Have Fun/Get Active"; and "Youth & Family Zone." For more information and to pre-register, log onto the website at: Diabetes.org/EXPOPITTSBURGH.

SAVE THE DATE - THE BGC TURNS 35!



**FORMER PITTSBURGH MAYOR
TOM MURPHY**

You won't want to miss the Bloomfield-Garfield Corporation's 35th anniversary celebration – a special luncheon on the theme "Determined" at the Pittsburgh Athletic Association, December 2, 2011, from 11:30 a.m. to 2 p.m.

What makes this event "special"? And why is the BGC "determined"? This year's keynote speaker, Tom Murphy, former mayor of Pittsburgh and current senior resident fellow at the Urban Land Institute, will talk about how to continue to create strong, sustainable communities in the face of slashed budgets. Anyone who got to know Murphy during his 12 years in office remembers his determination to remake parts of the city regardless of the challenges he faced. His epic battles with those he considered wedded

to the past defined him as a visionary, and the testaments to his work are everywhere in Pittsburgh – North Shore ballparks, Southside Works, EastSide shopping mall, the David Lawrence Convention Center.

As an added feature of the program, the BGC will highlight the Penn Avenue arts district with a "micro-gallery crawl" and silent auction, showcasing the determination of local artists in bringing creativity and innovation to the historic corridor. The luncheon will also honor a few of the pioneers of Garfield, including two trailblazing gallery owners and one of the first people to purchase a house in the Garfield Home Ownership program.

Also on tap is a message from Sen. Bob Casey (D-Pa.) and a performance by The Neighborhood Academy West African Drum and Song Ensemble. All this and a three-course lunch, too – and the inimitable style of emcee P.J. Maloney of KQV Radio.

Watch your mailbox for advertising and sponsorship information, and for invitations to the special anniversary luncheon. Individual tickets are \$60. For more information about how you can be part of this event, contact Aggie Brose at 412-441-6950 x15. ♦

CARNEGIE LIBRARY HAPPENINGS - OCTOBER

Carnegie Library of Pittsburgh - East Liberty Branch

130 S. Whitfield St. 412-363-8274
Mon-Wed, 11 a.m. to 8 p.m.
Thurs-Sat, 10 a.m. to 5 p.m.

All programs are free; please call to register

Family Study Buddies

For students grades K-5.
Wednesday, Oct. 5, 6:30 p.m.

Baby and Me

For parents and children birth-2 years. Thursdays, Oct. 6, 13, 20, 27, 10:30 a.m.

Terrific Tales for Toddlers and Preschoolers

For ages 2-5. Fridays, Oct. 7, 14, 21, 28, 10:30 a.m.

Kids Create: Origami

For all ages. Saturday, Oct. 15, 3:30 p.m..

Where's the BIG Idea? Math and Science for Pre-schoolers

For ages 3-6 with an adult.
Wednesday, Oct. 26, 6:30 p.m.

Carnegie Library of Pittsburgh - Lawrenceville Branch

279 Fisk St. 412-682-3668
Mon-Tue, 12 to 8 p.m.

Wed-Thurs, 10 a.m. to 6 p.m.
Saturday, 10 a.m. to 5 p.m.

All programs are free; please call to register

Teen Time

For middle and high school teens.
Wednesdays, Oct. 12, 19, 26, 4 p.m.

Afterschool Recess

For grades 2-5. Thursdays, Oct. 13, 20, 27, 4 p.m.

Pajama Party Storytime

Monday, Oct. 3, 7 p.m. Children are welcome to come in their PJs and bring their favorite stuffed animal for bedtime stories!

CLP-Lawrenceville Film Discussion Club

Tuesday, Oct. 11, 6 p.m.

Friends of CLP-Lawrenceville

Second annual art auction.
Saturday, Oct. 22, 6 p.m.

CLASSIFIEDS

FOR RENT

Braddock house. Rent to own with deposit. 2 bedrooms, patio, yards. Near everything. 412-271-9343.

SERVICES

A Hauling Job?

We clear basements, yards, garages, attics, estates

Fast, Reliable, Reasonable

Also demolition work, minor repairs, grass cutting, salvage credit.

412-687-6928 **Call Walt** 412-773-0599

ALL INTERIOR PAINTING



Spray - Brush - Roll
Texture and Faux
Moldings Installed
Stripping & Refinishing
30 Years Experience
Affordable

Call Dan: 412-251-2731

Your classified ad would

look great here! Call

421-441-6915 for rates.



Hiring Event!

If you are interested in joining Team Verde, contact the Eastside Neighborhood Employment Center (412-362-8580) by Oct. 7th to register and apply. Applicants will not be interviewed without registration.

Visit www.VerdePGH.com/blog to learn more about Garfield's newest restaurant!

BE A PART OF THE ***SOLUTION!***



Become a City of Pittsburgh Police Officer

Mayor Luke Ravenstahl
wants you

The City of Pittsburgh
needs you

Embrace the opportunity
to create a positive
impact on your Community
and your City

Applications are
available online until
October 14, 2011

<https://www.city.pittsburgh.pa.us/employmentcenter/>



**Bloomfield
Garfield
Community
Activity Center**
113 North
Pacific Avenue
Pittsburgh, PA
15224

Join us to learn more!
Wednesday, October 5th
at the Bloomfield Garfield
Community Activity
Center

Application assistance is also available
5 days a week at the East end
Neighborhood Employment Center
(ENEC) at 5321 Penn Ave.

**Wednesday,
October 5th
5:30 -7:00 pm**
Call for a
DiverseCity365
Recruitment Schedule
to attend other
sessions in nearby
communities
(412) 255.2705



CITY OF
PITTSBURGH
"AMERICA'S MOST LIVABLE CITY"
LUKE RAVENSTAHL, MAYOR



You are the Solution!

E/O/E

Chop, WOK & Talk Tells All

by **Christine Bethea**
Bulletin Contributor

With no fancy storefront to draw attention to it, and an average-size door punctuated with discreet white lettering, Chop, WOK & Talk at 5404 Penn Avenue appears to be like any other street-level address. But go one flight up and activity abounds. That's where Dorothy Tague reigns over her cooking queendom as the instructor who has taught nearly 1,000 classes over almost nine years.

"I guess we do look low-key," said Tague, a Highland Park resident who captivates her students with her encyclopedic knowledge of food facts and straight-faced humor. For example, she once told a class, "Always remove the stems on these expensive shiitake mushrooms...they know the stems are inedible, yet they insist on selling them to us by the pound!"

Tague's mentor and the inspiration for her cooking school was Anna Koa, owner of Anna Koa's Chinese Cooking in Fox Chapel. However, Tague's interest in cooking goes back further. Her mother used to throw parties for 50 to 100 people and little Dorothy, barely in the third grade, would help peel potatoes and clean shrimp for the events. As the years passed, cooking became more of a hobby than a career choice. Tague taught middle school and married a man with a successful fundraising business. To her horror, she soon discovered her chosen life partner was a plain "meat and potatoes" man. "Any attempts to break him out of the mold were useless," Tague sighed, "I only got to practice the more exotic menus on special occasions and during holidays."

It was her boredom with cooking regular meals that ultimately led her to Anna Koa. Due to Koa's extreme popularity, Tague had to wait for four years before she got off the waiting list and began her first cooking class. All totaled, she took 56 classes and mastered over 300 Asian recipes. When Koa had to cut back her teaching to attend to her sick husband, Tague began to take classes at Pittsburgh Institute of Culinary Arts. "I found I liked this one particular cooking program," she said, "It was made for hobbyists like me. We didn't have homework and no tests."

Things were about to change in her own life as well. After 30 years, her husband's business was downsizing. And a chance visit by guests from San



**DOROTHY TAGUE SERVES UP
COOKING CLASSES ON PENN
AVENUE.**

Francisco got Tague thinking a bit differently about her cooking passion. It seemed they couldn't find an Asian restaurant they liked, so after eating Tague's Chinese cooking, they encouraged her to open a restaurant.

She didn't jump. Being a restaurant owner was something her mentor had loathed. She contemplated her own background as a former middle school teacher and decided to try teaching cooking as an alternative. The empty space in her husband's building was easily transformed into her laboratory, and word got out quickly. "Word of mouth is so good, I rarely advertise," Tague confessed, pointing out that her classes are always full. Her students come from all over the Three Rivers region. When executives from other countries come into town to work for the universities, she will often get the occasional student from foreign countries. Once, a Japanese executive sent his wife to keep her socially active and to improve her English. "But I'd love to see more people from Bloomfield, Garfield and Friendship," Tague said tongue-in-cheek.

Dorothy Tague's classes have also taken her off-site to places like Highmark, where they have used cooking as a teambuilding exercise. The hands-on process can be very much like a relay. As Tague calls out ingredients, students scurry to comply, snapping up whisks, chopping scallions and searing meat.

Chop, WOK & Talk also offers private parties. Everything is done in one night – perfect for people with busy schedules. The available courses revolve every so often to keep things fresh. For more information, call 412-362-067 or visit chopwoktalk.com. ♦