



The Bulletin

A Publication of the Bloomfield-Garfield Corporation

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Volume 33, No. 11 Serving Bloomfield, Friendship, Garfield, East Liberty and Lawrenceville since 1975 November 2008

BGC Honors Lifetime Community Organizer

When Jim Cunningham wrote a letter to the *Pittsburgh Post-Gazette* this fall, taking vice-presidential candidate Sarah Palin to task for the "demeaning assumptions" she made about community organizers in her Republican National Convention speech, he says it wasn't anger that motivated him. "I just thought she didn't understand," he explains, "what an important career it is."

And Cunningham should know. An emeritus professor of community organizing at the University of Pittsburgh's School of Social Work, he has been actively involved in the profession for more than half a century. For his considerable contributions to the field – which include training many of Pittsburgh's community leaders – Cunningham will receive an award from the Bloomfield-Garfield Corporation (BGC) on November 7th at its annual luncheon, this year called

"Catalyst," in recognition of those who have created community change. (Also being honored is Pennsylvania Housing Finance Agency's CEO, Brian A. Hudson Sr.; watch *The Bulletin* for full coverage next month.)

"I was surprised," Cunningham says of the BGC award. "After a while, emeritus faculty become invisible. But it's good recognition of the work organizers do," which he defines as "mobilizing people when they have needs and taking action to meet those needs – giving people at the bottom a chance."

Cunningham cut his teeth on community organizing in Chicago in the 1950s. After a stint at the Hyde Park-Kenwood Community Council there (he points out that it's the same neighborhood where Barack and Michelle Obama live), Cunningham moved his

By Paula Martinac
The Bulletin

growing family to Pittsburgh in 1959 to take a job with ACTION Housing. ("ACTION" stands for Allegheny Council To Improve Our Neighborhoods.) He says that he "needed to make more money" for his growing family, and that he was interested in the renaissance that was taking place in Pittsburgh at that time.

With urban renewal in Pittsburgh in full swing, Cunningham's new job was to help neighborhood organizations – groups like the Kingsley Association in East Liberty, and the Homewood Community Improvement Association – become more effective in mobilizing citizens to create change in their communities. He built a network of neighborhood contacts and worked with "a cadre of people around town who were paid organizers."



Paula Martinac/The Bulletin

BGC HONOREE JIM CUNNINGHAM

Eventually, his connections and his field work led him to Pitt, where he joined the School of Social Work faculty in 1966. Cunningham describes his transition to teaching as a "natural,

See **ORGANIZER**, page 12



Courtesy Children's Hospital

New Children's Hospital Building Lights Up the Night

By Brian Connelly
Children's Hospital of Pittsburgh of UPMC

You may have noticed the colored lights on the top of one of the new buildings on the campus of Children's Hospital of Pittsburgh of UPMC. They are hard to miss. Perched at the top of the hill between 44th and 45th streets, they are visible not only in Lawrenceville, but for a considerable distance along Route 28 across the Allegheny River.

The colors shift and blend between red, yellow, green, and

blue, like the Northern Lights over Lawrenceville. It's not a one-time light show: the installation is a permanent part of the building.

"Our idea was to do something like the lights on the old Gulf Building downtown," says Eric Hess, Children's vice president and project executive. "We wanted to make the hospital a familiar beacon, but not something that had our name or a photo on it."

The light installation is on the roof of the campus' John G. Rangos Sr. Research Center, which will be home to Children's Hospital's grow-

ing pediatric medical research programs. The center doubles the amount of lab space available in the hospital's existing Oakland research facility, with room for 70 principal investigators in a wide range of biomedical fields.

The building is set to open this month. Researchers and administrators will occupy the building in a series of moves that will be complete by late December. The move will bring about 300 people to the Penn/Main corridor.

See **HOSPITAL**, page 8

**DECEMBER
DEADLINE!**

The **FINAL DEADLINE** for the **DECEMBER 2008** issue of *The Bulletin* is **FRIDAY, NOVEMBER 14, 2008**. This includes **ALL** classified ads, **Bulletin Board** announcements, story submissions, and ad space reservations. All content is accepted on a space-available basis. For more information, call 412-441-6915.

Penn Avenue Welcomes New Businesses, Art Spaces

When summer comes to a close, activity has a tendency to slow down, and

people stay inside. But that's not the case along Penn Avenue. Businesses are swinging open their doors and welcoming guests to explore the creativity in our district. Over the past three months, eight new businesses, restaurants, and art spaces joined the eclectic mix of entrepreneurs on the Penn Avenue Arts Corridor.

Sandidge Photography Studio and Gallery opened its doors at 5515 Penn Avenue. Acclaimed photographer, Ahmad Sandidge, showcases his work in the gallery, and also uses the space for his photography studio. Mr. Sandidge's photography has been shown in New York City, Washington, D.C., Atlanta, Oakland, Calif., Los Angeles, and Brazil. He creates portraits in both color and black and white.

UPMC St. Margaret Bloomfield-Garfield Family Health Center relocated from its former site at 5321 Penn Avenue to 5475 Penn Avenue. (See photo below.) The center offers a wide array of services, including full-range care for the entire family, from pediatrics to geriatrics, OB-GYN services, and social work support. Through the efforts of the Bloomfield-Garfield Corporation, UPMC St. Margaret came to the Bloomfield-Garfield community 24 years ago, and the center's staff is very excited to continue their services in the new space.

Friends of the Pittsburgh Urban Forest recently moved into its space at 5427 Penn Avenue. This environmental nonprofit organization is committed to the vitality and health of the

By Sarah Collins
Friendship Development
Associates

trees in Pittsburgh. The mission of FPUF is to enhance the city's vitality by restoring and protecting the urban forest through community maintenance, planting, education, and advocacy.

Another organization dedicated to "greening" the city opened up next door to FPUF at 5429 Penn Avenue. Grow Pittsburgh is committed to growing food, growing farmers, growing community, and growing capacity. The mission of Grow Pittsburgh is to model, teach, and facilitate sustainable urban agriculture within the Pittsburgh region.

Art space ARTica opened at 5110 Penn Avenue. (See photo and article at right.) This space is filled with art, antiques, collectibles, and vintage furniture, among other exceptional gifts. The art space was created to be fun and entertaining, a place where people can come to find unique items to spice up their décor.

A new restaurant, Spak Brothers, now calls 5107 Penn Avenue home. Here visitors can find not only pizza, but hoagies, salads, and specialty entrees, several with vegetarian and vegan options. Spak Brothers is committed to offering quality food that is local, sustainable, and healthy whenever possible.

Two new beauty salons opened up along the corridor as well. Queen Like Me Beauty Salon is located at 4909 Penn Avenue, and Aamina African Braids is located at 5108 Penn Avenue.

There is a plethora of art spaces, restaurants, and businesses to explore along the Penn Avenue Arts Corridor. Take a stroll down Penn Avenue and discover something new!

PUBLIC SAFETY TASK FORCE REPORT



Paula Martinac/The Bulletin

BEFORE AND AFTER PHOTOS OF 5110 PENN AVENUE.



A Public Safety Success Story

New commercial tenants are now enjoying the renovated buildings at 5110 and 5108 Penn Avenue: ARTica, a gallery and shop, at 5110; and Aamina African Braids, a braiding salon, at 5108.

Earlier this year, these properties were occupied by other tenants, and one was suspected of being a "speakeasy," or illegal liquor-serving establishments. Following up on information from area residents, the Bloomfield-Garfield Corporation's Public Safety Task Force contacted the owner of the buildings to bring the matter to his attention. The owner acted responsibly, directing his management company to investigate, which resulted in the eviction of those tenants. Following an interior renovation, the properties were ready for the new tenants. Welcome to the avenue!

PUBLIC SAFETY TASK FORCE MEETING

The BGC Public Safety Task Force meets once a month to review progress being made in the area of crime prevention in Bloomfield, Garfield, and Friendship. Residents and business owners are invited to attend the first 15 minutes to raise specific concerns or give concrete details about criminal activity. The next scheduled meeting is Wednesday, November 12, at 4 p.m., at the Bloomfield-Garfield Community Activity Center, 113 North Pacific Avenue (corner of Dearborn). For more information, contact Aggie Brose, chair of the Task Force, at 412-441-6950 x15.



Paula Martinac/The Bulletin

BLOOMFIELD-GARFIELD FAMILY HEALTH CENTER HAS MOVED TO NEW DIGS ON PENN; THEIR PHONE NUMBER IS STILL 412-361-7562.

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Open Hand Completes Busy First Year

Open Hand Ministries (OHM), an East End organization that addresses the economic, spiritual, and housing needs of low- to moderate-income families, has just celebrated its first anniversary, having made it through a year that executive director/founder Michael Stanton calls "incredible but overwhelming."

The Bulletin last spoke to Stanton about his new ministry in January, when he was full of hopes and dreams, as well as trepidation, about the project he was starting with the support of three partner churches - Eastminster Presbyterian, Valley View Presbyterian, and The Open Door.

Stanton's ministry grew out of his work with the so-called "East End Blitz" in the summer of 2007, a faith-based partnership that rehabbed five houses and matched them to families who were able to become first-time homeowners. His idea was to keep that partnership going year-round, in a community-based effort to help Garfield and East Liberty residents achieve and succeed at home ownership.

OHM's goals for 2008 were to identify three vacant houses, rehab them, match them to potential families, and then follow through with support and counseling for those new homeowners. That follow-up, says Stanton, is what is vital to the overall success of the program; OHM aspires to "have a long-term commitment to the families" so that they stay in their new homes and help stabilize the community.

Stanton reports that OHM met its 2008 goals, albeit "creatively" - one of the three families matched to homes is initially renting the house, with the hope of buying the property in the future, when they become

By Paula Martinac
The Bulletin

"mortgage-ready." Their rehabbed house on North Fairmount is something Stanton is particularly proud of, because all the work was done with energy-efficiency in mind, so that "energy bills won't force the family out." The ministry was able to accomplish this with generous donations from numerous trade-skill professionals and the work of dozens of volunteers.

Also, thanks to OHM, two families are enjoying home ownership for the first time this year. In partnership with Household Outreach Ministries of Eastminster (HOME), OHM helped a mother of two and grandmother of five purchase a rehabbed house in East Liberty. And on August 28, Robin Ballard and her 12-year-old son - who met Stanton at Valley View Presbyterian, where they both attend church - were able to take possession of a new home on N. Evaline Street built this year by Bloomfield-Garfield Corporation and Garfield Jubilee Association.

"Michael Stanton is a soldier," remarks Ms. Ballard. "He is passionate about the community, and really believes that every American should be able to own a home." She says that Stanton "held her hand every step of the way - I had that support from him and from Rev. Chad Collins [pastor of Valley View] every step of the way."

Ms. Ballard is thrilled with her new residence, which is so energy-efficient, she says, "I woke up this morning, and it was 48 degrees outside and 68 in my house. And I didn't have the heat on - that's how well-insulated it is!"

OHM committed to more than just those three families, however. Throughout the year, the ministry continued to support the five homeowners who were part of the 2007 "Blitz," by organizing volunteers to

perform repair work on their houses, like removing a damaged tree and replacing doors and windows. "All the work was done in two days," Stanton notes proudly, "for one-third less than market cost."

Stanton's organization also partnered with East Liberty Development Inc. on the interior demolition of 5620 Rippey Street, a 20-unit building that ELDI hopes will become cooperative housing. (See *The Bulletin*, September 2008.) Additionally, OHM is a partner in Garfield Farms, an urban gardening initiative aimed at achieving "food equality" for East End residents, started by Rev. John Creasy of



Courtesy Open Hand Ministries

(STANDING, FROM LEFT) BARBARA MURPHY, GARFIELD JUBILEE ASSOCIATION; RICK SWARTZ, BLOOMFIELD-GARFIELD CORPORATION; AND MICHAEL STANTON, OPEN HAND MINISTRIES, CONGRATULATE ROBIN BALLARD (SEATED) ON TAKING OWNERSHIP OF A NEW HOME IN GARFIELD.

See **OPEN HAND**, page 4



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- 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

November 2008 • Vol. 33, No. 11

Total circulation:

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

Editorial and Advertising Offices:

5149 Penn Ave.
Pittsburgh, PA 15224
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Bookkeeper: Mary Anne Stevanus

Distribution: Garfield CISP

The opinions expressed herein are not necessarily those of the publisher.
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We Would Like to Acknowledge and thank our advertisers and the BGC's funding partners, including The Bank of New York Mellon, Pittsburgh Partnership for Neighborhood Development, The United Way, National City Bank, Allegheny Valley Bank, Dollar Bank, PNC Bank, Citizens Bank, and the City of Pittsburgh.

The Bulletin is funded in part by:



A Tree Grows on Penn



Lisa Coffe, urban forester and the City of Pittsburgh's TreeVitalize Coordinator, is shown in the photo at left, helping to assess the trees near Doughboy Square with Brian Krul, of L. Robert Kimball Associates, who is the project manager of the Penn Avenue Corridor Phasing Plan. In addition to this "field view" of the avenue's trees undertaken by Kimball staff (Nate Waxler is shown above, in the 5100 block of Penn and at the Penn-Main intersection), other work performed last month on the infrastructure project - which extends from 34th Street to Negley - included completion of a street lighting inventory and a preliminary lighting analysis for the 2-mile stretch of the corridor.

OPEN HAND, from page 3

The Open Door. (See *The Bulletin*, May 2008.)

Although he acknowledges that his time with his wife and four children has been cut short during the ministry's stressful inaugural year, Stanton emphasizes the importance of OHM's work, which he hopes to ensure for the future. "The Lord has done something this year," he says. "Something significant has happened,

something worthy of consideration for all those who have the resources to help."

Robin Ballard concurs. "If I had a million dollars, I'd give it to Open Hand," she says. "I have such gratitude and respect for what Mike [Stanton] is doing."

But Stanton points out that OHM isn't just about him. "[The ministry] was meant to be about more than me

and my personality, more than an individual," he says. "It was meant to be about community, to be part of a big picture."

Michael Stanton and Open Hand Ministries can be reached via mail c/o Valley View Presbyterian Church, 601 N. Aiken Street, Pittsburgh, PA 15206; or by phone at 412-400-7253.

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ENEC Fall Fairs Connected Employers, Job-Seekers

The programs of the Eastside Neighborhood Employment Center

(ENEC) have been in high gear this fall. ENEC conducted two huge job fairs in October. The general job fair, held October 6 in East Liberty, attracted 49 employers and 620 job seekers. The social halls of Eastminster Presbyterian Church were filled with attendees connecting with Pittsburgh companies looking for new employees.

The UPMC Career & Employment EXPO, held at Eastminster on October 23, showcased UPMC hospitals, UPMC training programs, and partners of UPMC that have various certificate programs for people wanting higher paying jobs in the medical field.

By Bill Woodward
*Eastside Neighborhood
Employment Center*

Thursday onsite interview days will continue in November, with employers Adecco, Kelly Services, and Allegiance Staffing interviewing at the ENEC office, located at 5100 Penn Avenue, second floor, above National City Bank. Call ahead for appointments and to find out what to bring for your interview.

Finally, AARP will be having a staff person at ENEC on Mondays and Thursdays doing intake for its employment program geared at those who are 55 and older, and on Wednesdays for its 40+ worksearch assessment program. Please call ENEC at 412-362-8580 for information and an appointment.



Paula Martinac/The Bulletin



Rick Flanagan.BGC

(TOP) A NEW SIGN FOR THE EASTSIDE NEIGHBORHOOD EMPLOYMENT CENTER POINTS THE WAY TO THE OFFICE AT PENN AND WINEBIDDLE. (BOTTOM) ENEC'S OCT. 6 JOB FAIR AT EASTMINSTER PRESBYTERIAN CHURCH ATTRACTED MORE THAN 600 JOB SEEKERS, WHO MET WITH ALMOST 50 POTENTIAL EMPLOYERS, INCLUDING REPRESENTATIVES OF BANKS, HOSPITALS, THE CONSTRUCTION TRADE, AND THE CITY AND COUNTY.

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By Lisa Porter Werner
Bulletin Contributor

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Private party reservations available on Sundays and Monday.

Know before you go: Only takes reservations for parties of 5 or more. There is no bar for waiting, and it gets crowded on the weekends.

EDITOR'S NOTE: Congratulations to Lisa Porter Werner and her husband, John Werner, on the arrival of their new baby girl, Valentina Priscilla Azelle, who was born Sept. 15!

Piccolo Forno Serves Delicious Dishes in a Cozy Atmosphere

There wasn't a dry eye in the city among pizza lovers when Regina Margherita closed the doors to its Butler Street location a few years ago. The out-of-this-world, deliciously thin-crust, wood-fired pizza had a cult-like following, and local food critics sang its praises. The next occupant of this handsome contemporary store-front space had to fill exceptionally large shoes.

Domenic Branduzzi, who at the time was only 22, bought the space and opened Piccolo Forno in the spring of 2005. Mr. Branduzzi, who had worked at Regina Margherita, is the son of the owners of Il Piccolo Forno bakery, formerly located in the Strip District.

My latest visit to the Tuscan-style eatery, which seats approximately 50, was in early autumn on a weeknight. The inviting, airy space was ours for the taking. Even with its high ceilings, and exposed brick and duct work, the restaurant still felt cozy when we walked through the door. The dark yellow walls and the delicious aromas coming from the wood-fired oven made the perfect environment for a chilly autumn night.

Piccolo Forno has other choices on

its menu besides pizza. However, we couldn't decide whether pizza or pasta would satisfy our raging hunger, so we ordered a few appetizers to buy ourselves more time to choose. The delicious Torre di Melanzane, thin layers of baked eggplant beautifully stacked with tomato, fresh mozzarella, and oodles of flavor, never fails to appease my growling stomach (\$7). The Verdure Miste – a satisfying portion of seasonal vegetables marinated with just the right amount of flavor and then fire-roasted (\$7) – and the Crostini di Polenta – baked polenta squares topped with gorgonzola spread, mushroom spread, and marinated roasted cherry tomatoes – won our crowd over.

Our party decided to order a few salads, pizzas, and several pasta dishes to share. For salads, we chose the Insalata Mista (\$6), a mix of greens with tomatoes, onions, and gorgonzola cheese, tossed with a balsamic vinegar and olive oil dressing; and the Insalata di Finocchio (\$7), consisting of fennel, red onion, oranges, and kalamata olives tossed in a light vinaigrette. The only complaint was that the salads were too large (entree size); there is, however, a small house salad on the menu.

I ordered the Neapolitan classic, Margherita pizza (\$9), my favorite pie, which at Piccolo Forno comes with crushed tomatoes and fresh mozzarella (sadly, not buffalo mozzarella). I needed a salt fix, so I added anchovies (\$1.50) and kalamata olives (\$1.50). You can add additional toppings to the Margherita pizza, but there are no substitutions allowed on the other pizzas. Now, when wood-oven pizzas aren't cooked

enough, the consistency is too doughy, and when they're overcooked, they become blackened. The Margherita pizza was perfect, cooked just right – so perfect that I nearly ate the entire thing myself. We ordered a second Margherita with artichokes (\$1.50), onions (\$1.50), and mushrooms (\$1.50), which was also delightful.

For our pasta dishes, we enjoyed the Tagliatelle con Sugo di Funghi (\$13), pasta so fresh it tasted as if were made only a few minutes before it was served, and tossed with butter-nut squash, dry (woody tasting) porcini, and fresh mushroom ragu. The butternut squash gave the dish a subtle sweetness and added an autumn flair. Lastly, but certainly not my least favorite, was the ultra delicious Lasagna Toscano (\$13). The hearty portion of conventional layered lasagna cooked in a meat ragu and beshamel cream sauce tastes like it just came out of your Italian grandmother's oven. The lasagna is so tasty that it even got a nod from the *New York Times* in the 2007 travel section.

Sadly, we didn't have time for dessert, even though our waitress was superb in taking our order and bringing us our food and check in a timely manner. Piccolo Forno offers gelato, sorbetto (\$5), and the Pittsburgh "old faithful" dessert, Tiramisu (\$5).

It's safe to say that Piccolo Forno has exceeded the high expectations left by our beloved Regina Margherita. Piccolo Forno may literally mean "small oven" in Italian, but there's certainly nothing small about the flavors that come out of that kitchen.



Sissy's Still Young at Heart

Hey you, out there – yes, you! I'm Sissy, and while I'm no spring chicken, I still have a lot of spring in my step and love in my heart to give to a new family. I may be 11 years old, but hey, they say that's the new 5! I would make a great companion for a working couple or single, or even for someone who is retired. Wow, think of the fun we'd have! I'd be a great sidekick for you because I am a very calm and gentle lady who doesn't require a lot of maintenance. Of course, I'm housetrained, and I really like everyone I meet. My family moved away and couldn't take me with them. So you have a chance to partner up with me and enjoy the easy life. Come and meet me at the Animal Rescue League (ARL). You won't be sorry!

Sissy is a mixed breed, with possible boxer and cattle dog strains. She is available at the ARL, 6620 Hamilton Avenue, in East Liberty: 412-661-6452.

Caring for an Older Dog: To help your dog through the golden years, it is important to continue regular veterinary care and to provide good nutrition, exercise, and regular grooming of teeth, ears, and coat. Signs of aging for your four-legged family members include: a decrease in activity, longer sleep periods, less enthusiasm for walks or games of fetch, hearing loss, and changes in skin and coat. Discuss concerns with your veterinarian, and use the many research tools available online, at your local library or shelters like the Animal Rescue League.



TAX MAN

by Patrick N. Price
Tax Consultant
Internal Revenue Service

Education credits can help offset the costs of higher education for yourself or a dependent for whom you claim an exemption on your tax return. Eligible education costs are defined as tuition and fees, minus money obtained from grants and scholarships. The Hope Credit and the Lifetime Learning Credit are education credits you may be able to subtract in full from your federal income tax, not just deduct from your taxable income. The Hope Credit has stricter rules for eligibility, but generally provides a larger credit than the Lifetime Learning Credit. The Tuition and Fees Adjustment has been extended to the end of 2009. This adjustment mainly benefits higher-income taxpayers who are not able to claim the education credits; the maximum adjustment is \$4,000. Publication 970, "Tax Benefits for Education," explains the rules and eligibility for the education credits and is available at www.irs.gov.



By Dr. Debra Comte
Au.D., CCC-A,
Doctor of Audiology
Community Hearing

If you have an idea for a topic you'd like
"To Your Health" to cover, please e-mail
Bulletin@bloomfield-garfield.org.

Getting a Loved One to Seek Help for Hearing Loss

If you know someone who has difficulty hearing but has failed to get any help, you are not alone. One out of 10 Americans have a hearing loss – that's more than 30 million people. But only 23 percent of hard-of-hearing Americans are being helped with hearing instruments. That leaves 77 percent who need someone like you to help them "hear" the light.

You can help your loved one in two ways. First, you can help them acknowledge the problem. Here are some tips:

• **Don't be an answering service.** Allow your loved one to make and

receive all of his or her own phone calls.

• **Stop repeating yourself.** You are probably acting as your loved one's hearing aid. Before you repeat conversation, point out that you are about to do so. They will soon realize the number of times they are asking you for help.

• **Do not raise your voice.** This only strains your throat and distorts speech.

• **Inform your loved one.** Let your loved one know how their hearing loss affects the family. Let them know how life is more difficult because they are not getting help with their problem.

not provide as much help as they may have earlier. By seeking help today, patients get help for their current problems, and maintain their hearing abilities for the future.

• **Hearing aids are too big.** Advances have made many hearing aids very hard to see.

• **I can't afford hearing aids.** Hearing aids can be a large expense, but most users feel that the improvement in quality of life is worth it. Your audiologist will provide you with choices that will fit your budget.

• **People will think I'm old.** Misunderstanding and nodding along can be interpreted by others as a sign that you are not as sharp as you used to be. Hearing loss may be a sign of age, but treating the problem is a sign of intelligence.

Second, you can help them get over their objections to seeking help. After they acknowledge difficulty hearing, here are some common excuses people use for not seeking help and how you can address them:

• **I'll just wait until it gets worse.** When hearing loss goes untreated, the ability to understand speech deteriorates and can be lost forever. At that point, hearing aids will

Try these tips with your loved one so they can start on the path to better hearing. For more information, call Community Hearing at 412-499-3215 or visit www.CommunityHearing.net.

Give Thanks

On Thanksgiving we are supposed to give thanks

But what does that mean?

It means being thankful for what you have and not dwelling on what you don't have.

May you and your family be blessed with many reasons to be thankful for.

HAPPY THANKSGIVING!



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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.**

Here's just some of what the BGC does:

- * Builds new single-family homes and rental properties
- * Renovates older houses and buildings
- * Coordinates a planning process to upgrade the infrastructure along Penn Avenue in the coming decade
- * Operates one of the largest year-round youth employment programs
- * Runs after-school and summer programs for kids
- * Publishes a monthly community newspaper, *The Bulletin*
- * Works with law enforcement agencies and the courts to improve public safety

When you make a **United Way Contributor Choice #260** to the BGC, you make a personal investment in the future of your neighborhood!

American Diabetes Month Program Aimed at Women

November is American Diabetes Month, a time to raise awareness about a disease that affects 23.6 million people nationally, or 7.8 percent of the population. Among women aged 20 years or older, 11.5 million or 10.2 percent have diabetes. With that in mind, the American Diabetes Association will host an event aimed at women - the "Divabetic-Diva 4 Ever" Holiday Makeover, on Saturday, November 15, at Chatham University's Mellon Conference Room, from 1 to 4 p.m. - an afternoon of diabetes outreach in a relaxed and supportive environment.

A new program, "Divabetic-Diva 4 Ever" is for women at risk of, affected by, or living with diabetes. It is a fun and interactive way to learn about diabetes from a woman's perspective.

"Divabetic-Diva 4 Ever" is the brain-child and the passion of Max Szadek, the former personal assistant to the late R & B artist Luther Vandross, who died in 2005 of complications due to diabetes. The program engages people with games, beauty services, and prize giveaways, while also incorporating education about living well with diabetes.

The free event at Chatham will include such sessions as Holiday Recipe Makeovers, Make-up Makeovers, Holiday Boutique, Moving like a Diva, and Surviving the Holidays.

For more information or to register, call Terri at 412-824-1181 x 4608, or e-mail tseidman@diabetes.org by Wednesday, November 12.

HOSPITAL, from page 1

The Rangos Center is connected to the main hospital building by a covered walkway - in much the same way that research connects with medical education and clinical

skill to create the high level of care for which Children's is known. That care is sure to flourish in its beautiful new home.

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To find out more, go to pncgrowupgreat.com or call 1-877-PNC-GROW. 

 **PNC**
LEADING THE WAY

Budget Your Way to a Solid Financial Future

By Cathy Niederberger

PNC Managing Director of Community Development Banking

We all want to feel in control of our finances. Success in managing them means that monthly and day-to-day expenses are met, money can be saved for future objectives, donations can be made to a favorite charity, and money is still leftover to enjoy.

Creating a budget – a detailed list of expenses and sources of income – makes it possible to manage your money. It does not have to be a complicated process. It does, however, require a commitment by you and your family in order to be successful. Through a four-step process of researching, planning, tracking, and evaluating, you can establish a budget to organize your finances.

Research

The first step in the budgeting process is to take a look at your current expenses and after-tax income. Consider all sources of income. You may need to go back and review your pay records and bank deposits to arrive at a reasonable average net income over the last month or year.

To identify your spending habits, make a list of your routine expenses that occur monthly or quarterly, such as rent or mortgage, utility bills, and car payments. Then list your weekly

expenses – groceries, transportation, eating out, entertainment, gifts, clothing, etc. – that you have encountered over at least a two-week period.

To be complete, also include any savings or investment contributions and donations (to charity or church) during these periods.

Planning

Review your findings and create a chart that lists the dates you are paid across the top, and in the rows going down, your income and the categories in which you spend money. Then set targets for how much you plan to spend in each category on a weekly or monthly basis over the next few months, which should include paying down existing debt and building up some savings.

Tracking

Create a second chart, set up like your planning chart, where you can record your actual daily spending, no matter how large or small. You should record every item you buy with cash, check, and debit or credit card.

Evaluate

The final step is to set your planning and tracking charts side-by-side and look at how your actual spending compares to the targets you set. You will see if you remained within your planned guidelines and what specific

expenses caused you to have more or less than planned.

If you are not meeting your goals, you will need to adjust your targets and look for ways to increase your income and/or reduce costs.

To increase income, you should consider obtaining a better-paying job, getting an additional part-time job, or working overtime. Reducing expenses, on the other hand, offers the greatest opportunity and the greatest challenge. It is your greatest opportunity because many expenditures are discretionary – that is, you decide if and how to spend your money. But it can also be a challenge to stop buying what you have been buying or downgrade your "lifestyle."

The foundation for controlling expenses is discipline, which can begin by asking the following questions:

- Do I really need to purchase this item or service?
- Can I postpone this purchase?
- Am I making this purchase just to keep up with everyone else?
- Is there a less expensive alternative?
- Do I consider this a good investment of my money?



• If I spend this money today, what will be the consequences of not having it tomorrow?

Many people go through the process of creating a budget, but give up too soon when they think they are not meeting their goals. The key to staying on course with your financial goals is to establish a budget and stick with it. Even if you don't succeed at first, keep trying.

As you get more practice, careful money management and following a budget become easier and will eventually help you gain control of your money, reduce or avoid debt, and move you closer to your financial goals.

To learn more about PNC Bank's products and services, please stop by a local branch, call 1-888-PNC-BANK, or visit www.pnc.com.

Cookies Bring Joy to Lawrenceville

By Nadia Diboun

Lawrenceville Corporation

Lawrenceville merchants will serve up tasty samples of cookies to visitors during the ninth annual "Joy of Cookies" Cookie Tour, December 4 through December 7, 2008, at participating stores along the historic Butler Street corridor, 43rd, and 44th Streets.

Merchants invite visitors to experience the many independently owned shops, galleries, boutiques, and floral designers that offer a range of unique, eclectic, and hand-crafted treasures perfect for gift giving. The Cookie Tour is the perfect "un-mall" experience for discerning shoppers who don't want to settle for ho-hum gifts. The restaurants, coffee shops, and bakeries offer great food and a place to relax in the historic, art-filled neighborhood of Lawrenceville.

While shopping, visitors can nibble on samples of home-baked cook-

ies at some 19 different shops and take home free recipes for their own baking. This year, the shopkeepers



have selected cookies from their favorite recipes.

Tour hours are 10 a.m. to 8 p.m. on December 4 and 5; 10 a.m. to 6 p.m. on December 6; and 11 a.m. to

5 p.m. on December 7. On Saturday, visitors can catch a trolley that will be cruising the neighborhood from 35th to 52nd Streets and along part of the Penn-Main corridor. Also on Saturday, visitors can attend a "Cookie Mall" bake sale from 10 a.m. to 4 p.m. at Teamsters Temple, 4701 Butler Street. Proceeds from the Cookie Mall, organized by the Lawrenceville Rotary, will benefit local community groups.

The Joy of Cookies Cookie Tour began in 1997 as a holiday open house at Jay Design Soaps & Gifts. Driven by a spirit of collaboration among the merchants, the event grew to include more than a dozen Lawrenceville merchants, with cookies added in 2000. Today, The Joy of Cookies Cookie Tour Planning Committee expects more than 3,000 attendees.

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Nov. 15, 11 to 6 pm

Nov. 16, noon to 4 pm

11 to 6, Tues. – Sat.

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The "Joy of Cookies" Cookie Tour is sponsored by PNC Bank, Lawrenceville Corporation, Lawrenceville Rotary, Whole Foods, Allegheny Valley Bank, Children's Hospital, First Commonwealth Bank, Pittsburgh City Paper, and the "Joy of Cookies" Tour Planning Committee.

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 or mail to The Bulletin, 5149 Penn Avenue, Pittsburgh, PA 15224, by the 15th of each month. We do not accept listings on the phone. Information is published on a space-available basis.

SCHENLEY H.S. 50TH REUNION

Schenley High School 50th reunion, February and June 1959 classes. Contact Pat (Kiray) Gutmann: 412-682-2978 or 412-901-4926.

PITTSBURGH GOSPEL CHOIR AT ELPC

The Pittsburgh Gospel Choir, under the auspices of River City Brass Band (RCBB), presents its debut concert at East Liberty Presbyterian Church, Saturday, November 15, at 4 p.m., under the direction of Dr. Herbert V.R.P. Jones. Get ready for a star-studded event filled with hymns, African-American sacred music, spirituals, and choral pieces, including "The Church's One Foundation" by M. Roger Holland III. Featured guests include 28 virtuosos of RCBB, guitarist Joe Negri, and more. PGC is a multi-ethnic, multi-generational choral unit in Pittsburgh. Come and witness the excitement! There is no admission charge, but donations will be accepted. For details, call 412-434-7222 or visit pittsburghgospelchoir.org.

JOB CORPS' WORK-BASED LEARNING

Pittsburgh Job Corps Center assists employers in their hiring process by providing skilled graduates in business office technology, manufacturing, electrician helpers, culinary arts, warehouse operations, facilities maintenance, nursing assistants, heavy equipment operators, heavy equipment mechanics, and CISCO networking systems. Employers can evaluate a student's eagerness to learn, dependability, personality fit, and team work challenges by bringing

a student into the workplace prior to a hire. If you are interested in giving a student a work-based learning experience, please call 412-441-8700 and ask for the Work-Based Learning Coordinator.

GREATER PGH FOOD BANK SERVICES

If times are hard and your grocery budget is being spent on gasoline or utility bills, your family does not have to go hungry. The Greater Pittsburgh Food Bank can help you get some of the food you need in order to be happy and healthy. Please call toll-free 1-800-343-3135 x 456.

LITERACY TUTORS NEEDED

The Greater Pittsburgh Literacy Council (GPLC) is offering a workshop for volunteers wishing to tutor non-native English speakers in ESL. This workshop will be held at the East Liberty Presbyterian Church on October 11 and 18 from 9 a.m. to 4 p.m. No foreign language experience necessary. This workshop provides volunteer tutors with 12 hours of training that equips them with the necessary skills to help their students. Advance registration is required. To obtain more information and registration forms, please call 412-661-7323 or visit our website at www.gplc.org.

COOKIE MALL RETURNS

The volunteers who run the annual Joy of Cookies tour in Lawrenceville have asked the Rotary Club of Lawrenceville to take on the running of the Cookie Mall, a hall filled with delectable cookies for sale by local groups. The Teamsters Local 249 has made the Teamster Temple, which is where it was held in past years, available for the sale. The Cookie Mall will be held on Saturday, December 6, from 10 a.m. to 4 p.m. All community organizations in or near Lawrenceville or serving Lawrenceville are invited to participate by baking and selling cookies. The Rotary will charge \$10 per table to cover our expenses for using the hall. The Cookie Mall will be a trolley stop during the Cookie Tour, so there will be lots of people wanting to buy goodies. Groups that want to participate should contact Don Reed by e-mail (aikidokapa@verizon.net) or by phone (412-302-9448) to reserve space.

ATTACK THEATRE VOLUNTEERS

Attack Theatre is seeking volunteers to help with performances, Game Night, The Dirty Ball, and administrative tasks. If interested in volunteering, please e-mail Rebecca at rebecca@attacktheatre.com.

SENIOR FLU SHOTS IN EAST LIBERTY

Flu shots are recommended for people age 65 and older. The Western Pennsylvania Hospital Community Partnership will host a flu shot clinic on November 11 and 18, from 9 a.m. to 1 p.m., at Vintage Senior Center, 401 North Highland Avenue in East Liberty. The clinic will offer a limited number of discounted flu shots for seniors; an optional \$6 donation would be appreciated. For more information or to register for the vaccine, please call 412-361-5003.

NEW BETHEL BAPTIST CHURCH EVENTS

New Bethel Baptist Church, 221 43rd Street, in Lawrenceville, will observe Celebration of Women's Month with a prayer and praise breakfast, Saturday, November 8, at 9:30 a.m. There will be a special blessing and anointing of children. Also, the annu-

al Celebration of Women service will take place Sunday, November 16. At the 10:45 a.m. service, the guest messenger is Rev. Diane Hobson of Nazarene Baptist Church. Dinner will be served after the morning service. At the 3:30 p.m. service, Rev. June Jeffries will be the preacher. The church's Thanksgiving Dinner in memory of Sister Maria Green will be held Tuesday, November 25, at 6:30 p.m. All are welcome!

GRANTS FOR WOMEN OF COLOR

The Bartko Foundation is a Pittsburgh family foundation that makes grants to individual women of color who are custodial mothers, to help them increase the self-sufficiency of their families. The average grant is about \$3,000. Bartko will fund things like: the purchase of a car to help a woman get or keep a job; a security deposit and first month's rent on an apartment; a down payment on a house; the purchase of a computer or software for a woman returning to school; and tuition assistance. Bartko cannot fund debt relief or expenses directly related to children, such as daycare. Requests are turned around in four to eight weeks. For more information or an application, contact Carl Perkins at 412-371-1142.

PUBLIC ART CONTEST FOR H.S. STUDENTS

In recognition of the 250th birthday of Pittsburgh and to promote preservation to a new generation, State Sen. Jim Ferlo (D-Pittsburgh) is co-sponsoring the "Public Art in Public Places" multi-media contest (writing, drawing, or photography). The contest is open to all high school students attending public, private, and parochial schools in the City of Pittsburgh, from grades 9 to 12.

"It is important that future generations realize the importance of preserving Pittsburgh's rich history and traditions," Ferlo said. "This unique and rewarding contest will help them along that path by celebrating the history of our great city through public art." The contest will award each of 12 entries (group or individual) a \$250 cash prize, donated by the historic foundry Matthews International Corporation, and all will be given public recognition, with their winning contributions put on public display.

Additional information may be obtained by contacting Sen. Ferlo's district office at 412-621-3006, or by visiting his website at www.senatorferlo.com. All contest entries must be submitted no later than 5 p.m. on Friday, January 30, 2009, and delivered to Sen. Ferlo's district office at 3519 Butler Street, Pittsburgh, PA 15201.

The contest is co-sponsored by Matthews International Corporation, Pittsburgh History and Landmarks Foundation (www.phlf.org), Preservation Pittsburgh (www.preservationpittsburgh.org), Pittsburgh Federation of Teachers, Young Preservationist Association of Pittsburgh (www.youngpreservationists.org), Pittsburgh Board of Education, and the Catholic Schools Diocese of Pittsburgh.

BULLETIN BOARD

ZUMBA LESSONS

Zumba at Modernformations Gallery, 4919 Penn Ave., is offered every Tuesday, 6:30-7:30 p.m., and Saturday, 11 a.m.-12 p.m. (class canceled Nov. 1). Cost: \$5, cash or check only. Zumba is the fusion of Latin dance, aerobics, and international music. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. No prior dance experience needed. Bring water, a towel, comfortable shoes, and breathable clothing. E-mail modernformations@hotmail.com or call 412-362-0274 for more information.

STANTON HGTS COMMUNITY MEETING

The Stanton Heights Community Group will kick off quarterly meetings focused on topics relevant to residents, and provide a forum for conversation and concerns. In this time of economic hardship, community cooperation is especially important. Please

join us on November 13 at 6:30 p.m. at Sunnyside Elementary School to meet your neighbors, and come together to learn more about what you can do to keep Stanton Heights a great place to live! Light refreshments will be served. For more information, contact Jessica: 412-205-5707 or e-mail stantonheightspgh@gmail.com.

PSO IN EAST LIBERTY

The Pittsburgh Symphony Orchestra (PSO) will perform a Community Engagement Concert in the sanctuary of East Liberty Presbyterian Church on November 24, 2008, at 7 p.m. All proceeds from the concert will stay in the East Liberty Area Community, benefiting music education initiatives at Rogers CAPA, Dilworth Traditional Academy, and Hope Academy of Music and the Arts. PSO Resident Conductor Daniel Meyer will conduct. The concert will feature a solo performance by PSO violinist Lorian Hart, the Rogers CAPA choir in performance with the PSO, and music by Beethoven, Ravel, and Bridge, among others. The concert

begins at 7 p.m. and runs approximately one hour and 15 minutes. Tickets for adults are \$10 in advance or \$15 at the door. Tickets are \$5 for seniors 60+ and students 18 and under. To purchase tickets, call 412-361-5662. Tickets may also be purchased in person at East Liberty Presbyterian Church or at Vintage Senior Center in East Liberty.

DOWD'S "COUNCIL TO GO"

"Council to Go" is the mobile district office for City Councilman Patrick Dowd. Council District 7 staff will be available to hear your concerns, offer avenues of support, and respond to questions about city services at any of these locations.

2nd Thursday of the month in Bloomfield
Bloomfield Farmer's Market, 3:30 – 5 p.m.

Cedarville St. and Friendship Ave
(In case of rain and/or after the Farmer's Market season is over, session will be held at Crazy Mocha, 4525 Liberty Ave.)

3rd Wednesday of the month in Lawrenceville
Carnegie Library, 2 – 3 p.m.
279 Fisk St.

Constituents unavailable to meet at times or locations can feel free to contact the Councilman Dowd's office directly. For more information, visit www.pgh.gov.com/district7.

MORNINGSIDE C.O.G.I.C. PROGRAM

Morningside C.O.G.I.C., 5173 Dearborn Street in Garfield, presents "The Characters of the Bible," Friday Nov. 21 at 7 p.m., and Sunday, Nov. 23, at 5 p.m. For more information, call 412-361-9865.

"HISTORY OF ALLEGHENY CITY" AT LHS

The Lawrenceville Historical Society Lecture Series has gained such a fine reputation that more and more organizations contact us for help in getting speakers for them. You, too, can see what the excitement is about. It's free, and it's happening at Canterbury Place, McVay Auditorium (1st Floor), 310 Fisk Street in Lawrenceville. This month's presentation is on November 20 at 7 p.m., when David McMunn will present a PowerPoint

presentation on the history of Allegheny City, which became Pittsburgh's North Side in 1907. For more information e-mail us at info@LHS15201.org.

GARFIELD JUBILEE ANNIVERSARY

Garfield Jubilee Association Inc. (GJA) will celebrate its 25th anniversary on Friday, November 21, 2008, from 4 to 7:30 p.m. The celebration will begin with an open house from 4 to 5:30 p.m. at the following locations: Garfield Family Learning Center, 5315 Hillcrest Street; and GJA's main office and the Housing and Energy Center, 5134 and 5138 Penn Avenue, respectively. The main event, "Gospel Extravaganza," will be held at the Waldorf School of Pittsburgh, 201 South Winebiddle Street, from 6 to 7:30 p.m. The open house is free, and admission to the "Gospel Extravaganza" is \$25 per person. For more information: 412-665-5204.

NETWORKING, SKILLS- BUILDING PROGRAM

Tim Cimino, executive director of World Peace One, is looking for a core group of four to five people in the East End to begin working in December on a new program called "All Around," with a potential launch in January 2009. "All Around" will offer a combination of ongoing support for personal goals; skill-building (real-life learning); networking; and affirmation and celebration of progress. It will also provide a weekly social outlet, plus encourage people to be environmentally and politically active and take on goals that help the community. Members are encouraged to assess their progress and set goals every four to six months. If you can offer a meeting space, or are interested in finding out more about how this program works, call Tim at 412-363-9792 or e-mail climbtodaymountain@yahoo.com.

CORRECTION

The article "Residents Raise Concerns about Crime with Police, Dowd" in the October 2008 issue of *The Bulletin* neglected to report that Lauren Byrne, Neighborhood Initiatives Coordinator in the Mayor's Office, organized the meeting and invited several city officials to attend. The article also failed to mention that Kim Graziani, Director of Neighborhood Initiatives, was in attendance, representing Mayor Luke Ravenstahl. We regret these omissions.

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

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Elder Lamont B. Shields, Pastor

SCHEDULE OF SERVICES

Sunday School..... 9:30 a.m.
Sunday Morning Worship..... 10:30 a.m.
Sunday Evening Worship..... 4:30 p.m.
Tuesday Prayer 12:00 p.m.
Tuesday Evening Prayer 7:00 p.m.
Tuesday Evening Bible Band .. 7:30 p.m.
Friday Evening-YPWW (Young People Willing Workers).. 6:00 p.m.
Friday Evening Evangelistic Service 7:00 p.m.

"For with God all things are possible." Mark 10:27

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For more information, please call
412-578-1724 or visit
www.wpahs.org



THE WESTERN PENNSYLVANIA HOSPITAL

WEST PENN ALLEGHENY HEALTH SYSTEM

ORGANIZER, from page 1

organic change."

In the mid-'60s, at the height of President Johnson's War on Poverty, the federal government was pumping money into local communities, Cunningham explains, and the demand for competent, trained organizers skyrocketed. In response to the need, Pitt expanded its social work programs, hiring faculty who were working in the community organizing field. Cunningham calls the '60s and '70s a sort of "Golden Age" of community organizing. Today, "there are a lot fewer students who concentrate completely in the field."

In his 30 years on the Pitt faculty, Cunningham trained organizers such as Carl Redwood of Hill House and Rick Swartz of the BGC in a program that was half classroom study and half field work. Other students of his went on to work in areas related to community organizing, becoming foundation officers and employment specialists.

During his career, Cunningham published widely, both books and articles, on the topic of community organizing. In the 1970s, with the collapse of the steel industry in

Pittsburgh, he and his colleagues went into city neighborhoods to study the impact of massive unemployment on people's lives, and published findings that "guided a lot of churches and agencies in how to address the problems."

In retirement, Cunningham remains engaged in the community as a volunteer. He plays an active role in the Race & Reconciliation Group at St. Paul's Cathedral, which is right across the street from his apartment building in Oakland. Recently, he arranged a screening and discussion of Chris Ivey's film *East of Liberty*, about current redevelopment efforts in East Liberty. The church group's overall goal, he explains, is "to reduce racism."

Which brings him to the topic of the election – during the presidential campaign, he helped organize informational sessions in his neighborhood about Sen. Obama. "I'll see you at the luncheon on the 7th," he says at the conclusion of our interview. "And maybe then we'll have a socially conscious president."