



The Bulletin

A Publication of the Bloomfield-Garfield Corporation

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

Volume 33, No. 9 Serving Bloomfield, Friendship, Garfield, East Liberty and Lawrenceville since 1975 September 2008

PHASING PLAN NEWS

If you attended the Penn Avenue Corridor Phasing Plan Public Meeting in March 2008 and would like a copy of the July issue of the project newsletter, the Bloomfield-Garfield Corporation has a limited number on hand for the public. The newsletter gives a two-page overview of the public feedback from the community meeting in March, summarizing the major findings, and directing readers to websites where they can get more information about the progress of the project. Stop by the BGC (5149 Penn Avenue at N. Evaline) Monday-Friday, 9 a.m. to 4 p.m., for a hard copy, or e-mail Bulletin@bloomfield-garfield.org for a PDF version.



The Penn Avenue Corridor Phasing Plan - an infrastructure project for the 2-mile stretch of Penn from Doughboy Square to Negley Avenue - continued to move forward this summer. L. Robert Kimball & Associates, the architectural and engineering firm overseeing the project, was busy taking surveys of sidewalk conditions and making inventories of signage and traffic lights. At left, Ryan Sheran verifies a recently installed traffic signal in front of the new Children's Hospital. Below, Keith Halas checks and marks sidewalk conditions near The Quiet Storm Coffeehouse.



Courtesy L. Robert Kimball

Search on for Entrepreneur/Developer for Former Tavern

Bloomfield-Garfield Corporation (BGC) and Friendship Development Associates (FDA), Inc. are

By Joe Reuben
The Bulletin

also been scheduled for Thursday, September 18, from 4 to 5:30 p.m. "The

actively seeking proposals from individuals or businesses that want to renovate and occupy the former Pap's 'N Us Bar in the 5100 block of Penn Avenue.

According to Matthew Galluzzo, the arts district manager for Penn Avenue, there is an opportunity to re-establish a restaurant at that location, or to create a different use for the space. "We're excited that there is a chance for someone to come into the community, and hopefully create a neighborhood-serving business," Galluzzo said in a recent interview. "That would be our ideal. The economics are such that one or more people could collaborate on something that wouldn't require them to mortgage the proverbial ranch."

The chief assets available are the building and the restaurant liquor license, which could be sold together or separately, Galluzzo advised. The first floor is presently laid out with a full bar, small kitchen area, and several seating areas. The second and third floors have historically been used as residential spaces. There is good loading access from the rear off Coral Street, according to Galluzzo.

A request for proposals (RFP) is being circulated by the FDA, and Galluzzo said a deadline of October 17, 2008, has been set for responses to arrive at the FDA's office at 5530 Penn Avenue, or be submitted via e-mail at matthew@friendship-pgh.org. A walk-through of the premises has

goal is to select the best proposal by mid-November," he further stated.

"Naturally, there're going to be some things we'll be expecting to see in any proposal. These include a description of the proposed project, background on the experience of the entrepreneur or developer, a financial summary of the project, anticipated sources of project financing, and ways in which the project will add to the vibrancy of the area," Galluzzo outlined. The two groups are asking that a new façade, among other details, be included as part of all proposals.

For additional information, parties can contact Matthew Galluzzo by phone at 412-441-6147 x4. BGC and FDA hope to post the RFP to their respective websites early this month.

IN THIS MONTH'S ISSUE

Cohousing Comes to East Liberty.....	Page 3
Grow Pittsburgh Moves to Penn Avenue.....	Page 5
Meet Pittsburgh Peabody's New Principal.....	Page 7
Friendship House Tour Highlights Architects.....	Page 9
Assert Your Rights at Work.....	Page 11

OCTOBER DEADLINE!

The **FINAL DEADLINE** for the **OCTOBER 2008** issue of **The Bulletin** is **MONDAY, SEPTEMBER 15, 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.

PUBLIC SAFETY TASK FORCE REPORT

Clean = Safe



CITY WORKERS CLEAR OUT OVERGROWN VEGETATION ON ROSETTA WAY.

On August 11, a city “Redd Up” crew - under the leadership of “Redd Up and Green Up” coordinator Kevin Quigley and foreman Joe Rush - was at work on a number of problem streets and alleys in Garfield that we reported on in the August issue of *The Bulletin* - in particular, Brown Way; Kincaid, Rosetta, and Dearborn streets; and other areas. The clean-up - which included debris removal, vegetation-clearing, and towing of abandoned cars - was a direct response to action taken by the staff from the Bloomfield-Garfield Corporation, who in July invited officials from various city and county departments and agencies on a walking tour of blighted, abandoned houses and overgrown lots on these streets. In addition to the city’s “redding up,” the Allegheny County Health Department issued 20 “pre-inspection notices” (citations) to property owners on these streets, for everything from overgrown vegetation to visible debris to collapsing roofs. “We really appreciate this quick response,” said Aggie Brose, deputy director of the BGC. “And now that the city and the county have done their job, we’re asking the neighbors to help monitor the area and report future illegal dumping activity to 311, or 911, if they actually see it happening. A clean neighborhood is a safe neighborhood.”



BEFORE AND AFTER PHOTOS OF THE FRONT YARD OF 312 NORTH ATLANTIC AVENUE, AT THE CORNER OF BROWN WAY. THE CITY CREW CLEARED THE DEBRIS AND BOARDED UP THE UNSAFE OPEN WINDOW. *THE BULLETIN* FEATURED THIS PROPERTY AS ITS “EYESORE OF THE MONTH” IN THE JUNE ISSUE.



Photos by Paula Martinac/The Bulletin

The Medicine Shoppe
Pharmacy and Dollar Store

“Where You’re A Name, Not A Prescription Number”

Frustrated with grocery & chain store service?

Prescription co-pays are the same everywhere you go ... **but the service is not!**

• **PREFERRED SHOPPER DISCOUNT** •

For every \$50.00 you spend on your prescriptions, you will receive back \$2.00 towards anything in our store.
(Not valid on state or federal plans. Restrictions apply.)

LOWEST PRICES

Save Time and \$Money\$ -
Over 300 Generics \$12.99 for 100 Tablets
ALL INSURANCES ACCEPTED
including 90 day medicare plans

FREE DELIVERY

M - F: 10 am - 6 pm
Sat.: 10 am - 2 pm
221 South Highland Ave.
Shadyside (across from Buffalo Blues)
412-363-0211



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, September 10, 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.

Community Development Group Presents Vision for Cooperative Living in East Liberty

By Paula Martinac
The Bulletin

The last time *The Bulletin* reported on 5620 Rippey Street, in August 2007, the federal government, facing strong resistance from the neighborhood, had just abandoned its plan to turn the 1970s-era, 20-unit apartment complex into transitional housing for nonviolent ex-offenders. The empty building was in shambles, ripped apart by "midnight plumbers" looking for copper pipes to steal, and by others possibly searching for a reported cache of money that had been stashed by convicted drug lord Terrence Cole.

Fast forward a year: ELDI now owns the building, having purchased it for \$260,000 from the government last fall. A sign in the front yard reads "Rippey Street Cohousing." Volunteers from a church group in Oklahoma and from local nonprofits like Open Hand Ministries cleared out the interior and rebuilt some walls, making it safe to mill around inside. And on August 16, about two dozen interested people stopped in to do just that, turning out for a presentation by East Liberty Development Inc. on how the building might be transformed into cohousing - "something extraordinary, not just regular condos," according to Pat Buddemeyer, ELDI board member and a guiding force behind the project.

Cohousing is a kind of "intentional community," said Kendall Pelling, ELDI's Project Manager, in which there are both private condo units and

common spaces - like a community kitchen or garden - shared by residents. Cohousing got its start in Denmark in the 1960s, and has been in the United States since the 1980s.

But "there are very few urban cohousing developments," said Rick Sabeh, an architect with Lab 8 Designs, the Southside firm hired by ELDI to draw preliminary renderings of what cohousing on Rippey Street might look like. The units, said Sabeh, might range in size from 455 to 1200 square feet, with a very rough estimate of \$110 per square foot purchase price. In addition, unit owners will have monthly condo fees in order to maintain and pay the taxes on the common spaces.

Buddemeyer, who lives in an early 20th-century home a block from 5620, has been interested for several years in what she sees as the benefits of cohousing. For example, ELDI, which is very conscious about sustainability and "green" efforts, envisions a building with plenty of environmentally friendly features, like solar panels and a modular green roof, which will make each unit less expensive to heat. Another draw, said Buddemeyer, is that there is "more space available to you than what's between your four walls," since there are common spaces that can be enjoyed by all.

Beyond these physical pluses, though, Buddemeyer observed, is the fact that cohousing is "a socially connected lifestyle where there are opportunities for people to help one another

A SIGN IN THE FRONT YARD SHOWS AN ARCHITECT'S RENDERING OF WHAT THE 5620 RIPPEY STREET COMPLEX COULD BECOME.



Paula Martinac/The Bulletin

out." Rippey Street, she said, "is already a neighborhood with a lot of cohesion. Neighbors know each other. We have block parties, block watches. [The cohousing community] can be part of that."

According to Pelling, the project needs five or six potential condo owners in order to move forward. The purpose of the walk-through and open meeting was to spark people's imaginations so that they could begin to visualize what the property could be in a year or two.

"The building can be a lot of different things," Pelling said. "Maybe a

group of artists would be interested in the structure and want to have artists' cohousing. In that case, they might want a common ceramics studio instead of a common living room." Indeed, the future residents themselves, he noted, would "cast a vision for what the property would be," and participate in a collaborative process for the design and layout of the building.

For more information about Rippey Street Cohousing, contact Kendall Pelling at 412-361-8061 or e-mail cohousing@eastliberty.org.

Bloomfield-Garfield Corporation Presents

Catalyst

(kat'l-ist) *n.* a person or thing that causes an important change to take place

A luncheon honoring two community catalysts

Brian A. Hudson Sr., Pennsylvania Housing Finance Agency

James V. Cunningham, School of Social Work, Univ. of Pittsburgh

Friday, November 7, 2008 11:30 AM to 2 PM

Pittsburgh Athletic Association

4215 Fifth Avenue, Oakland

\$50 per person

For tickets and information: 412-441-6950 x15



Paula Martinac/The Bulletin

REPRESENTATIVES OF THE PITTSBURGH BUREAU OF POLICE AND THE CITY'S DEPARTMENT OF PERSONNEL ADDRESSED MORE THAN 80 COMMUNITY MEMBERS AT THE "BECOME A CITY EMPLOYEE" JOB FAIR ON AUGUST 13, HELD AT THE BLOOMFIELD-GARFIELD COMMUNITY ACTIVITY CENTER. THE EVENT WAS CO-SPONSORED BY THE CITY'S "DIVERSE CITY 365" PROGRAM AND THE EASTSIDE NEIGHBORHOOD EMPLOYMENT CENTER. ATTENDEES LEARNED ABOUT MUNICIPAL JOB OPPORTUNITIES, PARTICULARLY AS POLICE OFFICERS AND FIREFIGHTERS. LATER, COUNSELORS WERE ON HAND TO ASSIST THEM IN FILING APPLICATIONS ONLINE FOR AVAILABLE POSITIONS.

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

September 2008 • Vol. 33, No. 9

Total circulation:

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

Editorial and Advertising Offices:

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

Editor: Paula Martinac

Advertising: Martin Pochapin

Intern: James Eldred

Proofreading: James Eldred
Rick Swartz

Bookkeeper: Mary Anne Stevanus

Distribution: Garfield CISP

The opinions expressed herein are not necessarily those of the publisher.
© 2008 by Bloomfield-Garfield Corp.
www.bloomfield-garfield.org

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:



BLOOMFIELD-GARFIELD CORPORATION'S

SHOWCASE OF THE MONTH

Every other month, we highlight property owners who have admirably maintained or renovated their properties. Properties are nominated by community members. It's easy to do! Just make a quick call to Aggie Brose at 412-441-6950 x 15 with your choice for "Eyesore of the Month."

Resident Uses Land to Promote Healthy Living

The showcase property of the month is not a building, but a community garden. The property is located in Friendship, in the city's 8th Ward, at 135 South Aiken Avenue

Friendship is a neighborhood made up of grand houses with great porches and beautiful landscaping – an abundance of showcase properties. You might never suspect that in the midst of these properties there's a community vegetable garden.

Kristin Hughes, a homeowner in Friendship, had a vision, and developed a community garden by working with Grow Pittsburgh (see article, page 5). Grow Pittsburgh submitted a proposal for funding that included Ms. Hughes' property. The proposal was funded, and has allowed high school youth to be compensated to work in the garden. Ms. Hughes said that, without their help, the garden would not be as far along as it is.

She and other folks are turning land into community gardens to create change and to re-educate people about maintaining a healthy lifestyle by growing their own food. Some of us



Paula Martinac/The Bulletin

THE COMMUNITY VEGETABLE GARDEN ON SOUTH AIKEN NEAR PENN AVENUE IS REMINISCENT OF VICTORY GARDENS OF THE 1940S.

are old enough to remember the "victory gardens" of World War II, where citizens grew their own produce to boost the public food supply.

As you can see in the photo, the garden is sprinkled with whimsical masks, made by students from an area university. They dress up the garden and keep away birds.

Ms. Hughes said the garden got off to a late start this year, but she is looking forward to next spring. She is

in the process of creating a business plan to maintain the garden, and is looking for people interested in having a plot next year. If you are interested and want to invest in this community garden, please contact Ms. Hughes at 412-661-7257.

We are fortunate that Ms. Hughes chose Friendship to call home, and we congratulate her on her investment to create local change.

EXCEPTIONAL SERVICE. NO EXCEPTIONS.

Some people think that choosing a modest memorial means sacrificing service. Our commitment to excellent service allows us to say that no matter what kind of a memorial you have in mind, we'll provide you with the best service available, bar none.

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.dalessandrold.com

Urban Farming Group Plans To "Grow" in East End

Another plant-friendly organization is moving its headquarters to Garfield, joining Friends of the Pittsburgh Urban Forest (FPUF) as the second environmentally focused group to put down roots in the area.

Grow Pittsburgh, a nonprofit organization that teaches the benefits of urban farming and gardening, is moving from its offices in Point Breeze area to 5429 Penn Avenue, right next to FPUF's new location.

Founded in 2005, Grow Pittsburgh has been sharing space with the Penn State Co-Operative Extension Service since 2006. But Miriam Manion, executive director, said that the time to move had come, with space at their current office becoming tight. With 1,000 square feet and a full basement, the new location will have plenty of room for Manion's five-person staff, which already does a lot of work in the East End.

"We're pretty much anchored right now in the East End of town - we have a community garden on South Aiken and Penn Avenue (see

By James Eldred
The Bulletin

"Showcase," page 4), and it seems to be an up-and-coming neighborhood. [Our move] just made good, logical sense," she said.

It also made sense for them financially, as the owner of the building is paying for all the major renovations and even giving Grow Pittsburgh a deal on the rent, according to Manion. The space will be ready for occupancy in November. "Stephen Chodar, the man developing the property, is very interested in what we do, and so he's making the building available at a cost that we can afford."

Manion said that she believes Grow Pittsburgh will benefit from the move in other ways as well, such as increased visibility for them and their issues.

"We want it so people can walk in and ask questions," she said, adding that she believes people in urban areas need to learn more about produce and eating healthy. "So many don't really have an idea where food comes from. They think everything comes from Giant Eagle."

With recent food scares and the rising cost of gas, Manion believes that getting the word out about locally grown food is more important than ever. "If people weren't interested before, they're interested now," she said. "They know that we have to find a different way of living."

And while local gardening and farming are mostly environmental and health issues, Manion wants people to know that they can also have an effect on a community in other ways. "Greening vacant lots provides an economic development incentive to the community," she said. "You clean up a vacant lot, you plant something in it, and all of a sudden, good things start to happen."



Paula Martinac/The Bulletin

THE UNSIGHTLY VACANT LOT AT THE CORNER OF PENN AVENUE AND GROSS STREET IS NO MORE - CONSTRUCTION OF THREE BRAND-NEW, FOR-SALE, LOFT-STYLE HOMES BEGAN THIS SUMMER. OCCUPANTS OF "5000 PENN" WILL BE ABLE TO BOTH LIVE AND WORK IN THE SPACES, WHICH FEATURE OPEN FLOOR PLANS, HIGH CEILINGS, AND ENERGY-EFFICIENT HEATING AND COOLING SYSTEMS. THE HOMES ARE A PROJECT OF FRIENDSHIP DEVELOPMENT ASSOCIATES.



It's always home-improvement season.
Let's get started.

FIXERUPPER® loan. Home improvement adds value to your home. The FIXERUPPER loan from National City can make it happen. FIXERUPPER loans offer flexible payment terms, competitive interest rates and low finance charges. Use your FIXERUPPER loan to paint, repair the roof, install efficient windows or make other improvements to your residence. National City. Just like home. For more information, visit any National City location.

NationalCity®

Personal Banking • Business Banking • Investments • Mortgage Loans

NationalCity.com
National City Bank, Member FDIC
©2008, National City Corporation



Srocki
25 YEARS
Est. 1984
Art Studios
5323 Camelia St.
Pittsburgh, PA 15201
412-782-5551
srockistudios@earthlink.net
myspace.com/srockiartstudios

PRO TEC
Pest & Termite Service

"Quality Service
at an Affordable Price"

Over 30 Years Experience

Acc. Manager
John Cygnarowicz

412-628-6893
412-820-9723

Fully Insured

Help others. Grow in spirit.
Find community. Honor the earth.
Ask tough questions.
Be Thankful. Celebrate. Out of
the most troubling situations,
new possibilities rise.

Open Table
Worship Party

Learn about the Christian Path
Fridays 7:30 - 10:30 PM
Aug 8, Sept 19, Oct 10, Oct 31
7:30 Dance. Sing. Talk.
Pray. Do Good Deeds.
9:00 Coffee House, Food
& Conversation

First United Methodist Church
Corner of Center, Aiken and Baum
412-681-4222
www.FirstUMCPittsburgh.org

This program is made possible through a Worship
Renewal Grant from the Calvin Institute of
Christian Worship, Grand Rapids Michigan, with
funds provided by Lilly Endowment Inc.

LETTERS

Dear Editor:

The Keystone State Games held their annual Pennsylvania State Senior Games on July 21-27 in York, Pa., and 24 seniors representing the City of Pittsburgh were in attendance. The participants competed in a variety of different events, which included: Archery, Basketball, Badminton, Bocce, Bowling, Casting, Darts, Discus, Horseshoes, Long Jump, Shotput, Shuffleboard, and Swimming. The combined medals won totaled 139 - 63 gold, 38 silver, and 38 bronze. Representatives of the Lawrenceville Senior Center won 72 of the 139 total medals.

The staff and seniors of the Lawrenceville Senior Center would

like to thank the following individuals for representing our community and city, as well as to congratulate them for their wins: Mary Szulborski, Rosemarie Wilczynski, Shirley Steele, Anthony Golembiewski, Richard Barton, Maryellen Purnell, Anna Lambert, Don Gearhart, Sandy Gearhart, James Rall, Betty Rall, Claudia Lawrence, David Gallaway, and Patricia Gallaway. I also encourage readers who are interested in participating in the Senior Games at the city or state level to contact their local Citiparks center.

Kermith McIntosh
Center Director
Citiparks Lawrenceville Senior
Center

Dear Editor:

In response to Mr. Eric Hess' letter (*The Bulletin*, August 2008), I would like him to have the Children's Hospital of Pittsburgh of UPMC building project in his back yard these past four years, as it has been in mine. With all the dirt and noise,...I have not been able to enjoy my deck or garden...during the spring, summer, or fall. We have a nine-story parking garage in our back yard, and the noise and dirt will continue. Do you really think that you want a parking garage in your back yard, Mr. Hess? I don't think so.

Barbara Kennedy
Lawrenceville

Mosaics Depict East End Neighborhoods in Glass

By James Eldred
The Bulletin

Three areas of the East End are visualized in glass mosaics that are currently on display at the Pittsburgh Glass Center, 5472 Penn Avenue.

The mosaics, which represent East Liberty, Lawrenceville, and Penn Avenue, were created by local artist Daviea Davis over the summer, with some help from community members, during this summer's Art Cubed festival.

"I put the bones of the design in, and everybody fills in," said Davis, who previously collaborated with the community in the creation of large mosaics that are currently on display at the airport.

Davis usually works alone, but she said that working with other people is exciting because "once you turn it loose to the community, who knows what's going to happen?"

The glass mosaics are built into old window frames, giving them a "recycled" look that Davis enjoys, even if they gave her some problems that required her to redo some of her work.

"The East Liberty one separated from the frame...and the whole thing broke!" she said. However, she said that the mishap allowed her to experiment and create an entirely different design, which she ended up liking more than the original.

Eventually, the mosaics will be moved to locations in their respective neighborhoods, but Davis likes seeing them together for the time being. "[It shows] they way they changed - I



THE PENN AVENUE MOSAIC SHOWS "THE BRIDE" MURAL, AMONG OTHER CORRIDOR LANDMARKS.

changed - over time," she said.

Davis said that she has other Pittsburgh-related projects in the works, but doesn't want to go into detail about them because they are still in the planning stages, and funding hasn't been secured. She said she's eager to do more work that focuses on the city. A third-generation Pittsburgher, Davis is "intrigued with Pittsburgh," and saw this project as an opportunity to explore that interest.

"Getting to go into the neighborhoods and feel them out, hear the stories, and pick things up, get the feeling of the place, it's just my dream come true," she said.

Paula Martinac/The Bulletin

Lawrenceville Vision Care, P.C.



Comprehensive exams for
children and adults by
Dr. Danielle Staresinic.

Contemporary Eyewear Diabetic Eye Exams

Open Tuesday through Saturday.
Evenings available.
Call today for an appointment.

4122 Butler Street
Pittsburgh, PA 15201
Tel: 412.682.2339

LENNOX



We've Been Installing
Air Conditioning for
more than 50 years ...

LET US
INSTALL YOURS

The Original

**SAUER
BROTHERS**

HEATING • COOLING • BOILERS

Since 1949
Originally
Located in
Garfield

637 Butler St.
412-661-5588

Pittsburgh
412-782-1100

New Principal Brings Energy, Ideas to Pittsburgh Peabody

By Paula Martinac
The Bulletin

Students at Pittsburgh Peabody High School in East Liberty started the school year on August 28 with an energetic new principal, who may prove to be a strong academic role model for them. "I love school!" says Principal Melissa Friez, who intends to return to school herself next year to obtain her Ph.D. "I want the students to love it, too, and to know that you can just keep going ahead with your education."

Although she's new as Peabody's head, Friez is no stranger to the school – during the 2007-08 academic year, she was a resident there as part of the Pittsburgh Emerging Leaders Academy (PELA), learning the ropes under Principal John Vater. (Vater has been reassigned this year as principal of Pittsburgh Brashear.)

Prior to being a PELA resident, Friez taught English and literature at Pittsburgh Allderdice, her own alma mater (she's an East End native who also attended Reizenstein Middle School), and at Pittsburgh Carrick. The principal at Carrick thought she was well-suited for administrative work, and encouraged her to apply for the rigorous, year-long PELA program.

"I learned so much," she says of her Peabody residency. "I saw how important community involvement is, and how vital after-school programs are to our students' success, since there are a lot of negative things out there that draw them in." Her appointment as Peabody's principal in late June was a welcome surprise. "It was surreal," she notes. "I hoped for it, but didn't know it was coming. I grabbed the minutes from the board of education meeting to see where I'd

been assigned, and was so happy. I've felt very welcomed here by the students and staff and the community."

Friez says her biggest goal for the coming year is to make Peabody "more academically sound." Because "every department needs help," she feels she can best help her faculty by becoming a bit of a curriculum expert in each academic area – which makes her biggest goal also her biggest challenge. Friez and her staff will be actively working to help more students to apply for the Pittsburgh Promise, the city's college scholarship program for public school graduates. "I want the students to see that the Pittsburgh Promise can lead to bigger and better things for them."

One of the challenges of being a principal is addressing truancy and the drop-out rate, but Friez feels that the "Ninth Grade Nation" program is helping to curb these problems. "You have to get the trust of the students from the ninth grade, because that's where most dropping-out occurs," she notes. "The relationships you build with them are important." Ninth Grade Nation, which features a summer transition program, field trips during the year, and special events – including simple recognition of each student's birthday – "treats each student like a person, not a number" and helps reduce the drop-out rate.

This year, the 525 Peabody students will be joined in their facility by Pittsburgh Schenley's robotics students. One hundred and fifty additional young people will spend a half-day at Peabody, in a new robotics lab that has been created in the



Paula Martinac/The Bulletin

MELISSA FRIEZ, THE NEW PRINCIPAL OF PITTSBURGH PEABODY, HAS PUT IMPROVED ACADEMIC ACHIEVEMENT AT THE TOP OF HER LIST OF GOALS FOR THE 2008-09 SCHOOL YEAR.

school's basement. In addition to all the other irons she has in the fire, Friez "had to learn a lot about construction." She predicts that the addition of the robotics program will be "a good experience" for everyone.

Friez says that Peabody will be offering a number of provider fairs that will be open to students, parents, and the community throughout the year, starting with "Welcome Back Night" on Sept. 4, from 5 to 7 p.m., and culminating in the third annual community event in May, which this year will feature an author as the keynote speaker.

While there are exciting things in store for Peabody, Friez says that what she looked forward to most in her new position was simply the first day of school, "seeing the students, assuring them we're going to have a good year. I thrive on children."

**Service oriented.
Always friendly.
Exceeds our expectations.
That's why our bank is... Parkvale.**

Rick & Judy Gorniak
Owners
Rita's Rte 19 - Wexford

BUSINESS LOANS
Borrow Smart

- ★ Real Estate Mortgages
- ★ Equipment/SBA Loans
- ★ Cash Management Services
- ★ Lines of Credit
- ★ Free Business Checking
- ★ Remote Deposit

DON'T YOU THINK IT'S TIME WE MEET?

COMMERCIAL SERVICES

Pittsburgh (412) 373-4837 Fayette County (724) 583-7701
Ohio Valley (740) 264-1005

1-800-850-1360 PARKVALE.COM
48 LOCATIONS

Have You Received Your Economic Stimulus Payment for 2008?

You may be eligible for a \$300 Economic Stimulus Payment (ESP) if in 2007 you received \$3,000 or more in:

- Wages or net self employment income
- Social Security (not SSI), Railroad Retirement or certain VA Benefits

* You must file a 2007 tax return by October 15, 2008 to receive an ESP *

**Call for Appointment for Free
ESP tax return preparation:**

Gwen Williams, Economic Empowerment
Initiative: 412-361-4800

**PARENTAL STRESS
CENTER, INC.**
Believing in the Power of the Family



By Lisa Porter Werner
Bulletin Contributor

VANILLA PASTRY STUDIO

Location: 6014 Penn Circle Street (a few doors down from Kelly's)

Phone: 412-361-2306

Hours: Tues.-Fri. 9 a.m.- 6 p.m.; Sat. 9 a.m.- 4 p.m.; Sun. 10 a.m.- 2 p.m.

www.vanillapastrystudio.com

First in a two-part series on cupcakes and other sweets. Next month: Dozen Bake Shop in Lawrenceville!



By Bill Stanhope and Kate Bayer
In Memory and Honor of Jay Bernard

Sweet! Vanilla Bakes Up Tasty Confections

The topic of how the cupcake became a pop culture sensation has swirled around the city countless times over the last few years. Twelve years ago, Magnolia Bakery opened in Manhattan, serving the artfully decorated sugary treats. Magnolia's cupcakes were an instant hit, not only because they're delicious, but also because the cupcake is easy to eat (no utensils required), travels well, and (for most people) is a bit nostalgic. It transports us back in time to our childhoods when our moms used to bake them for us to take to school to share with our classmates (usually on our birthdays).

Then, in 2002, Carrie Bradshaw and her *Sex and the City* sidekicks pampered themselves with the frosty treats from Magnolia, showing the world that a little cupcake can be satisfying without the high calories in a full-size dessert. This took the cupcake to a whole new level. The line of patrons at Magnolia spanned several city blocks, and the number of cup-

cakes patrons could purchase had to be rationed. The cupcake revolution was in full swing, with cupcake bakeries sprouting up around the country, including the famous Sprinkles in Los Angeles. It was only a matter of time before the cupcake craze hit Pittsburgh.

One of the newest additions to the cupcake bakeries in our city is Vanilla Pastry Studio. Located in a posh little storefront on Penn Circle, Vanilla's cupcakes are just as good, if not better, than the cultish cupcakes baked at Magnolia. Only one word is needed to describe them: "MOIST"! April Gruver, the self-proclaimed sugar fairy at Vanilla, got it right. Creating a moist cupcake is not an easy task, because they have the tendency to dry out faster when baking, since they use less batter than a full size cake.

Vanilla's red velvet cupcake slathered in sugary (but not too sweet) white butter cream icing is addictive - I've been craving another since I ate my first. The citrus vanilla cupcake with tiny citrus sprinkles strewn through the white icing is also outstanding. Another popular choice is the carrot cupcake with either five-spice butter cream or cream cheese icing. The cupcake combinations change daily; the cost is \$2.25 per cupcake. I'm looking forward to trying the lemonade one. Vanilla also offers made-to-order cupcakes, so you can have whatever flavor your heart desires. Some of the more popular requested cupcakes are the Margarita and the Cosmopolitan.

The cupcakes, as well as the other mouth-watering baked treats (scones, cookies, loaf breads, muffins, cof-

fecakes, and brownies), are all made in-house from scratch. Miniature versions of the cupcakes and other treats are available by special order, along with their signature "Lollys," which Ms. Gruver describes as "a sweet little dessert on a stick."

All of the baked treats come in a variety of decadent flavors. For instance, the loaf breads are available in fresh banana, roasted pineapple, iced lemon cheesecake, walnut-fig, chocolate-zucchini, roasted pear, applesauce spice, zucchini-golden raisin, and gingered carrot. Although they didn't have any cakes in the bakery the day I was there, I perused the album containing photographs of Vanilla's cakes, and they look like something you'd see in a high-end wedding or style magazine. The colorful, multi-layered, stacked cake looked like it was plucked from the pages of a Dr. Seuss book.

The bakery is charmingly decorated in light hues of pink, celery green, and cream. Coordinating paper lanterns dress the ceiling like the topping of one of Vanilla's decorative cupcakes. However, it is a bakery, not a dine-in destination. This explains why it only stays open until 6 p.m. most weekdays (Tuesday-Friday), and closes at 4 p.m. on Saturday and 2 p.m. on Sunday. There are only two tables - and one of those is primarily for displaying catering information - and two armchairs. Vanilla only serves coffee, water, and milk in tiny cartons (to wash down the cupcakes!). Too bad Vanilla doesn't have evening hours or more space, because it would be a fantastic after-dinner dessert spot.

Hey, you! Yes, you right there! Stop and take a look at me. My name is Tilly, and I am a pretty Staffordshire Bull Terrier. I came to Animal Friends in February from animal control, where I was picked up as a stray, so they don't know much about my background. But check out my markings: Isn't my black and white face beautiful? And I have some really cool brindle spots on my body. Besides being cute, I've already been spayed, and I'm up to date on my shots. I even have a microchip! I'm young, so I still need some help learning all my manners. I already know how to sit, and I know what "down" means. And I'm learning how to walk nicely using something called a "gentle leader"! So, someone with dog positive training experience would be just perfect for me. Plus, if you take me home, you'll receive a gift certificate to use toward training classes at Animal Friends - we can learn together!

I have lots of energy, so I love exercise! We could go for walks or play ball in the yard. But because I'm also pretty strong, I probably shouldn't share a home with kids under 8. I don't want to accidentally knock a little person over! I don't know how I feel about living with another dog, so if you have one, please talk to an adoption counselor to see if it could work. I have to be honest - since I'm a terrier, I have a "prey drive." So, if you could give me a loving home without cats or other small animals, that would be great!

What do you think? Wouldn't you like to make me part of your family? Hey, I'll make you a deal: If you give me a forever home, I'll give you forever love. Promise!

Tilly is available at Animal Friends, located at 562 Camp Horn Road (412-847-7043), or you can check her out www.ThinkingOutsidetheCage.org.



TAX MAN

by Patrick N. Price

Tax Consultant
Internal Revenue Service

The Internal Revenue Service increased the optional standard mileage rates for the final six months of 2008, due to rising gasoline and diesel prices. Taxpayers can use the standard mileage rates to calculate the deductible costs of operating an automobile for business, charitable, medical, or moving purposes. The standard mileage rates are normally calculated annually based on the cost of fuel, depreciation, insurance, and small repairs. The Secretary of the Treasury has the authority to change the business, medical, and moving mileage rates during the year when appropriate; the U.S. Congress sets the charitable mileage rate annually by law, so it did not change with the other rates. Business mileage rates increased from 50.5 cents to 58.5 per mile; charitable mileage rates remained the same at 14 cents per mile; and medical and moving mileage rates increased from 19 to 27 cents per mile. For more information, visit www.irs.gov.

Friendship House Tour Highlights the Talents of Local Architects

On Sunday, September 21, the Friendship House Tour will showcase the work of local architects, past and present, as well as a wide range of homes, from traditional to modern. As a bonus this year, the tour will feature the home of celebrated Pittsburgh architect Charles M. Bartberger and the Friendship School he designed.

Once a prestigious late 19th- and early-20th-century "streetcar suburb," Friendship is a beautiful, vibrant, and diverse neighborhood whose residents, businesses, and homeowners foster a strong sense of community. "This is a very congenial neighborhood," said Ansley Robin, whose early-20th-century South Graham Street home is on the tour for the third time (*see photo at right*). "When I think about my social circle, it's comprised mostly of people in Friendship."

"The Friendship House Tour showcases the hard work, investment, and creative vision of the Friendship Development Associates, the Friendship Preservation Group, and Friendship's outstanding homeowners and residents," Kathleen Farrington, Friendship House Tour committee chair, said. "This year, the architectural variety on display reflects the diversity of our wonderful neighborhood."

The tour begins at EDGE studio, located at 5411 Penn Avenue in the heart of the Penn Avenue Arts District. Among the other stops is 408 South Pacific Avenue, the former home of Charles M. Bartberger, a prominent

Pittsburgh architect at the turn of the 20th century. The magnificent woodwork in the library and the unusual layout attracted the current owners to the home. They believe that Bartberger may have used his own home as a sort of showroom for his architectural talents, as well as those of the artisans he often used on his projects. The Bartberger crest can be found throughout the home, including in the painted glass window on the main staircase landing.

Pittsburgh Montessori, located at 201 South Graham Street, is also a prestigious architectural gem. The former home of Friendship Academy, this elaborate structure was built in 1899 and designed by Bartberger. The covered entrance is supported by four large columns, and decorated with elaborate rooftop ornaments. Today, the building houses Pittsburgh Montessori, a public pre-K-8 magnet school whose education focuses on independent, noncompetitive learning.

Other homes feature the work of contemporary architects, like Dutch McDonald, formerly of EDGE Studio, who redesigned the bathroom of Ansley Robin's home and consulted with her on other structural changes. Since the last time her home was on the tour, Robin created an apartment out of part of the second and third floors of her 12-room home. The renovation was designed so that the changes could

By Sarah Collins and
Paula Martinac

be easily undone by another owner, and the house returned

to single-family status.

The Waldorf School building is an example of Second Empire style, and was once known as the Lynch Mansion. The original architect is thought to be Isaac Hobbs. In 1895, the house was sold to Ursuline Academy, a Catholic high school for girls, which was in residence there until 1993. That year, the new owner made renovations to the main floor, and the mansion became known as Victoria Hall, hosting multiple private functions and offering Sunday brunch. Waldorf School purchased the building and opened its doors for the 2003-2004 school year. The building features an interior of plaster friezes and beautiful wood wainscoting. A uniquely crafted entry door and stunning wood trim are some of the building's exterior features.

Tickets for the 15th Annual Friendship House Tour are \$15 in advance, \$18 the day of the event, and can be purchased online at www.friendshiphousetour.org or from the FDA office, 5530 Penn Avenue (412-441-6147 x 7). Tickets can also be purchased the day of the event at the tour starting point, EDGE Studio (5411 Penn Avenue). The self-guided tour takes two to three hours to complete on foot, and trolley tours will depart from EDGE studio.



Paula Martinac/The Bulletin

THE HOUSE TOUR FEATURES MANY STUNNING DETAILS, LIKE THIS STAINED GLASS WINDOW ON SOUTH GRAHAM STREET.

This year's House Tour sponsors include Pittsburgh Partnership for Neighborhood Development (PPND), Sota Construction Services, Inc., Fifth Third Bank, West Penn Hospital, Dollar Bank, Children's Hospital of UPMC of Pittsburgh, IngMar Medical, The Bank of New York Mellon, UPMC Shadyside, Team Construction, Eisler Landscapes, Harris Grill, Saturday Light Brigade, and Allegheny Valley Bank.



Courtesy Lawrenceville United

LAWRENCEVILLE UNITED AND SOCCER IN THE COMMUNITY, IN COOPERATION WITH OPERATION WEED AND SEED AND MAYOR LUKE RAVENSTAHL, CONCLUDED THEIR SUMMER-LONG SOCCER PROGRAM ON AUGUST 8. TEAMS FROM LAWRENCEVILLE PLAYED AGAINST A TEAM COMPRISED OF THE VOL-UNTEERS THAT ASSISTED OUR CHILDREN THROUGHOUT THE NINE-WEEK PROGRAM. AFTER TEAM LAWRENCEVILLE DEFEATED TEAM ARSENAL 4-2, ALL PARTICIPANTS TOOK PART IN A PIZZA PARTY AND RECEIVED GIFTS FROM CHIEF NATE HARPER AND THE PITTSBURGH BUREAU OF POLICE.

Looking for a few more good board members!



As a Bloomfield-Garfield Corporation Board Member, you can make a difference in your community!

If you're interested in finding out more about the duties and responsibilities of being a BGC Board Member, then join us on **Monday, September 15, at 6:30 p.m. at the Community Activity Center, 113 N. Pacific Avenue**, for a special "Get Acquainted" session. Pizza and pop will be served.

Young people, ages 21-35, are especially encouraged to attend!

Please **RSVP to 412-441-6950 x 15** by Friday, September 12, if you plan to attend. We hope to see you there!



"Changing lives and neighborhoods since 1976"

Sometimes improving your house takes more than duct tape.

Fixed rate as low as

5.99% APR¹

MAXIMUM INCOME GUIDELINES BY COUNTY

Indiana or Somerset.....\$41,200
Allegheny, Butler, Fayette, Washington
or Westmoreland.....\$48,000

HOME EQUITY INSTALLMENT LOAN

\$1,000–\$10,000 up to 7-year term maximum
\$10,001–\$15,000 up to 15-year term maximum

At PNC, we understand your situation. That's why we work with you to show you the best options to fit your life. Right now, qualifying homeowners get a low fixed rate on select Home Equity Installment Loans, which lasts the life of your loan. To qualify, a portion of your loan must be used for Home Improvement, your requested amount must range from \$1,000 to \$15,000 and you must meet the income guidelines listed above. Offer only good September 1–October 31, so act now.



PHONE 1-877-CALL-PNC • STOP BY ANY BRANCH • VISIT pnc.com



¹Annual Percentage Rates (APRs) shown are for loans up to 85% Loan to value (LTV) and were accurate as of 7/29/08. Property insurance is required. Offer may be modified or discontinued without prior notice and may vary by market. Loans are subject to credit approval. Minimum loan amount for 5.99% APR is \$1,000 up to an 84-month term and \$10,001 up to a 180-month term with an automatic payment from a PNC Checking account. APRs may range from 5.99% APR to 7.74% APR with an automatic payment from a PNC Checking account; your actual APR will be based on a review of your credit application. Other APRs available for loans with different repayment terms and conditions. The monthly payment on \$1,000 borrowed at a rate range of 5.99% APR–7.74% APR for 84 months may range from \$14.60–\$15.46 and \$8.43–\$9.41 for 180 months based on 30 days to first payment. **Prepayment.** A prepayment fee of \$350 applies to all loans in excess of \$50,000 that close within 36 months of account opening. You will be required to pay the prepayment fee if you sell your home or refinance your loan during the first three years. Offer good from 9/1/08 through 10/31/08. Portion of loan proceeds must be used for home improvement. Income guidelines subject to change. ©2008 The PNC Financial Services Group, Inc. All rights reserved. PNC Bank Member FDIC.

AARP Partners with ENEC to Find Jobs for Older Residents

The Eastside
Neighborhood
Employment Center

By James Eldred
The Bulletin

(ENEC) is now working as a satellite CareerLink center with AARP, giving older area residents a chance to partake in specialized training and job placement programs.

This is the fourth AARP CareerLink satellite in the Pittsburgh area, and the first in the East End. Other centers are located in Robinson Township, Forest Hills, and downtown Pittsburgh.

There are two separate programs being offered at the ENEC offices, as outlined by Bill Woodward, ENEC projects director. "The first program is for people 55 and over," Woodward explained. "They're placed at a non-profit or for-profit organization, and they are trained at that facility and do job functions at that facility."

The second program is for those aged 40 and over, and is a work-search assessment program designed to help people who are looking to transition into a new career or advance further in their existing occupation. Woodward said that the program's reception has been excellent, giving people the information and feedback they need when looking for career advancement or a new job.

"Some people want to re-enter the workforce, but

they're not sure how to do it or what additional skill sets they need to acquire. By going through the assessments via computer and by working with the AARP program, they get real details about what they need." The program, then, is not only a vehicle to help people assess where they are right now, "but how to get where they want to be," Woodward said.

Woodward added that, in some cases, the training can be provided by AARP or ENEC. When people need to seek training elsewhere, they can frequently be directed toward outside resources at no cost.

There are many employers taking part in the program, including several local nonprofits, including the Bloomfield-Garfield Corporation, Wireless Neighborhoods, and ENEC itself. Income requirements are in place for both programs. For more information about the AARP program and other services the ENEC offers, please call 412-362-8580 or visit the ENEC office, which is located on the second floor of 5100 Penn Avenue, above National City Bank. Office hours are 9 a.m. to 1 p.m., Monday through Friday.



Seniorsville
Adult Day Care Center

Coming Soon...

Services Provided:

- Exercise
- Recreation and Entertainment
- Nutritious Well-Balanced Meals
- Individualized Plans of Care
- Medical Care
- Caregiver Support
- Crafts
- And Much More

For more information on our services, please contact us at:
412.441.6249 or www.seniorsvillepgh.com

113 S. Aiken Avenue
Pittsburgh, PA 15206

412.441.6249
www.seniorsvillepgh.com

Assert Your Rights at Work

Part III in a four-part series on employment issues

By Frank Pistella
Neighborhood Legal Services
Association

"Life is full of problems," or so the saying goes, but a problem in the workplace can range from a mere nuisance to a downright job-killer. In either situation, there are four steps an employee should take before considering court action: educate, talk, follow up, and document.

Workplace laws have been passed in order to protect employees, and it is imperative that you know those laws. Basic rights afforded to all employees are: the right to be paid at least the minimum wage and paid for any overtime worked beyond a 40-hour work week; the right to a safe workplace; the right to take leave in order to

recover from an illness, care for a family member, or care for a new child; and the right not to be discriminated against or harassed because of race, color, sex, age, religion, national origin, ancestry, or disability. (At present, federal law does not cover discrimination based on sexual orientation.)

Recognizing these basic rights will give an employee with a problem in the workplace the ability to sit down with the employer and talk about the problem. Talking about the problem may, in fact, resolve it. The problem could be the result of a mistake or misunderstanding. Keep in mind that most employers want to follow the law. In some situations, the employer may not be familiar with the law or may not realize that his or her demands or actions are adversely

affecting the employee. In addition, talking about the problem with the employer is usually a precondition to being able to quit while remaining eligible for unemployment benefits should the problem not be resolved to the employee's satisfaction.

There are a couple of things employees should do before sitting down to speak with an employer. First, think through the issues to be addressed and resolve to be calm during the meeting. It is always a good idea to write down everything to be discussed. Take the notes to the meeting. This will ensure that no important issues are forgotten. Second, just as important as what to say is how to say it. Becoming too emotional will prevent the employee from getting his or her point across, or in a worst case scenario, may result in the meeting dissolving into a shouting match. It is probably a good idea to practice what will be said to the employer before the meeting.

At the end of the meeting, consider making a concrete agreement with the employer on the next steps. What will the company do next? What will



the employee do next? Schedule a follow-up meeting on the resolution to see just how the situation is progressing.

Employees should keep detailed notes regarding everything related to the problem, as well as copies of any written documents. The notes should include what was said, who made the statements, when the statements were made, and to whom the statements were made. Make sure to include dates and times, including the names of those who may have overheard the meeting discussions. If wages are at issue, it is particularly important to keep records of working hours, which can then be compared to pay stubs. Without such records, there is no way to calculate how much money may be owed.

It is also a good idea to get anything that an employee may be legally entitled to have, such as an employee handbook or a performance review. These documents could help support a position. If co-workers witnessed anything that may help the employee, it is also a good idea to have the co-worker write down what they saw or heard. The co-worker should sign and date the statement.

If the employee has taken all of these steps and the employer fails to take the complaint seriously, it may be necessary to take legal action. There are limits as to how long an employee may have to file a lawsuit. An employee cannot assume that action can be taken at some time in the distant future.

As always, it is important that workers seek legal advice regarding these issues. These types of cases can be complicated, and the law is constantly changing. Neighborhood Legal Services Association (NLSA) can provide advice to eligible persons in these situations. NLSA has a toll-free number, which can be accessed from 9 a.m. to 4 p.m., Monday through Friday (1-866-761-6572). For more information on NLSA and the services it provides, please visit www.nlsa.us. At the website, you will also find a link to www.PaLAWHelp.org, which also provides valuable legal information on a multitude of legal topics.

15th Annual September 21, 2008

Friendship House Tour

Pride & Progress:
The History of Architects &
Architecture in Friendship

Friendship Development Associates

SOTA **FIFTH THIRD BANK** **The Village** **Children's** **WHOLE FOODS** **Dollar Bank**

For tickets/information visit:
www.friendshiphousetour.org or call 412-441-6147 x 7

If you have the problem...

Headaches	Back ache
Sciatica	Arthritis
Auto Accident	Carpal Tunnel
Work Injury	Numbness

...we have the solution.

You deserve to feel better.

Chiropractic care can help.

Call us now to make your appointment.

Cutitta Chiropractic

4733 Butler Street
412-325-4100
Cutittachiro.com

Monday	9-1:30	3:00-6:30
Tuesday	Closed	
Wednesday	9-1:30	3-6:30
Thursday	9-1:30	
Friday	9-1:30	3:00-6:30



Paula Martinez/The Bulletin

Dance Alloy Theater, 5530 Penn Avenue, was home to the **Jones Summer Dance Intensive**, a two-week, pre-professional dance scholarship program that ran from August 11 to August 24. The program, made possible with underwriting from the Multicultural Arts Initiative, The Heinz Endowments, and anonymous donors, was led by nationally renowned dancer and teacher Greer Reed-Jones. To participate, students aged 12 to 22 from around the city auditioned before Jones and Beth Corning, Dance Alloy Theater's executive artistic director. More than 120 young people auditioned for 60 slots, and the result was "a really diverse mix of students from all backgrounds - from Fox Chapel to East Liberty," noted Susan Sparks, DAT's managing director. Students attended classes seven days a week, with lunch provided daily, and all was free of charge. In addition to general movement techniques, the program featured specialty classes and seminars, workshops for college dance audition preparation, and instruction in health and overall wellness. On Sunday, August 24, the last day of the program, the students gave a public performance at the Kelly-Strayhorn Theater in East Liberty.



By **Amy J. DiPlacido, M.D.**
Bloomfield-Garfield Family
Health Center

Get Checked Out in a Regular Check-Up

All too often, people only go to the doctor for acute problems. Maybe they get a cold, or hurt their knee in a fall, or need to have a form filled out for work, and that prompts a visit.

I want to encourage you to do more than that by getting regular check-ups. Trying to add on questions and concerns to a visit that was scheduled for an acute problem does not allow enough time to properly address everything. Or maybe you don't have any particular concern in mind, but your doctor will still talk to you, do a physical exam, and suggest other health

maintenance testing that is appropriate for your age, gender, and medical history. There are several medical problems that a person can have without knowing it, such as high blood pressure, and these conditions can be bad enough to cause damage even without having symptoms.

It is important that children get regular check-ups to make sure that they are growing and developing normally. These visits also give parents time to ask questions about parenting. It is recommended that children get lots of shots, so this can be done during their check-ups, too. Children depend on their parents and guardians for care. They deserve the opportunity to have problems noticed earlier rather than later.

Here are a few things your doctor may be able to do during a check-up (actual testing may vary depending on the resources available at your doctor's office):


- Blood pressure check
- Cholesterol check
- Update immunizations, which may include a Tdap (tetanus, diphtheria, and acellular pertussis), a flu shot, a pneumonia shot, etc.
- Vision testing
- Hearing testing
- Recommend mammograms, pap smears, and colonoscopies as indicated
- Discuss weight
- Discuss the testing, treatment, and prevention of sexually transmitted infections
- Plan for a pregnancy or talk about ways to prevent pregnancy
- Discuss smoking, alcohol, and drug use
- Answer questions from you about your health

Your doctor may recommend a few follow-up visits to get your medical conditions and health maintenance testing squared away, but once you get caught up on testing, your doctor will begin to space out the office visits as appropriate. Your health is worth it.

Journey

A Gospel Service of Spirit, Hope & Praise

*Beginning in September
Sundays 8:45 AM*



Worship with us!

East Liberty Presbyterian Church
The Cathedral of Hope

116 S. Highland Avenue
412-441-3800
www.cathedralofhope.org

Laurentian Hall Apartments

Apartment Living for Senior Citizens
in an Elegant Setting



Offering these amenities:

- ▶ Equipped Kitchens
- ▶ Nightly Meals Catered by Nova Cafe
- ▶ All Utilities Included
- ▶ FREE On-Site Laundry
- ▶ FREE Parking
- ▶ Next Door to Health Center
- ▶ On the Busline
- ▶ Section 8 available for qualified

For more information, call
412-361-4462



Equal Housing
Opportunity



Handicapped
Accessible

GALLERY
ON **43rd STREET**

ESTANO LUCHADOR
Assemblage & mixed media by

ROBERT VILLAMAGNA
Sept. 12 – Oct. 31, 2008

Opening reception:
Sept. 12, 7 to 10 pm

HOURS
11 to 6
Tues – Sat
Sunday
by appointment

galleryon43rdstreet.com

187 43RD STREET, LAWRENCEVILLE

412.683.6488

Afterschool Academic Program Needs Paid Staff and Volunteers

Part-time paid and volunteer afterschool academic program positions are now available with K-3rd grade and 9th-12th grade afterschool programs in the Pittsburgh public schools. Under the Wireless Neighborhoods model, community and faith organizations collaborate with each other and with their neighborhood schools to deliver traditional and technology-supported afterschool curricula aligned with state and Pittsburgh Public School standards.

Ideal candidates for all positions will:

- Have an education degree or will be currently pursuing one, preferred.
- Be content area experts.
- Have a history of teaching/tutor-

ing.

- Want to work with urban children to help them realize their potential, raise their GPAs, and increase their math and literacy standardized test scores.
- Have previous experience leading groups.
- Have some experience preparing and delivering academic lessons, preferred.

Positions available include: high school tutors and/or teacher assistants; high school curriculum developer; elementary afterschool program support staff; elementary teacher.

For full job descriptions, please e-mail jobs@wireless-neighborhoods.org.



renplan®

Call the RenPlan® program at 412-391-4333 for an in-home consultation with an architect, landscape architect or interior designer!

Call today: 412-391-4333 or www.cdcp.org

cdcp renplan
a program of
community design center of pittsburgh
www.cdcp.org

David Felman
Replacement Windows

412-441-8180

41 Years Experience
Locally Owned & Operated

- Glass Block
- Patio Doors
- Entrance Doors
- Garage Doors
- Bays, Bows & Garden Windows

FREE
ESTIMATES
FULLY
INSURED

Alside

ALL JOBS INCLUDE:

- ★ Free Low "E" Glass
- ★ Free Argon Gas
- ★ Screen Included
- ★ Welded Sash & Frame
- ★ Remove & Haul Away Old Windows
- ★ Install Outside Trim – Capping
- ★ Silicone Caulking Used
- ★ Clean-Up Debris

\$298
Any Size Installed

**When Our
World
Changed...
Forever**

While the void in the New York City skyline became an ever present reminder of loss, it also opened a space of deep courage, compassion and triumph of human spirit.

This September 11th, please remember those who lost their lives in the terrorist attacks and please support those who continue to defend our freedom.



WALTER J

ZALEWSKI

FUNERAL HOMES INC
"Exceeding Your Expectations"
LAWRENCEVILLE POLISH HILL

Walter J Zalewski, Supervisor
216 Forty-fourth Street
Pittsburgh, PA 15201-2893
412 682-3445

Joseph M Lapinski, Supervisor
3201 Dobson Street
Pittsburgh, PA 15219-3735
412 682-1562

© MMVIII Zalewski F.H.

ENEC Programs Make September a Hot Time for Jobs

If you're looking for a job, be sure to visit the Eastside Neighborhood Employment Center this month – ENEC will be hosting a variety of job placement programs and special events.

Onsite job interviews with employment contractors will be held each Thursday at the ENEC office, beginning with UPMC Temporary Services on September 4, followed by Allegiance Staffing on the 11th, Kelly Services on the 18th, and Randstad Staffing on the 25th. Light industrial, warehouse, medical, housekeeping, PNC, food service, and clerical jobs will be available. These are temporary jobs, but may lead to permanent positions. In July, the ENEC hosted three similar onsite job interview sessions, at which 18 people found employment.

These interview sessions are by appointment only. To schedule an appointment, contact Projects Director Bill Woodward at 412-362-8580. Those interested should bring two forms of ID for payroll purposes, plus work history contact information. Resumes are suggested but not

By James Eldred
The Bulletin

required. Prior to hiring, employment contractors will require background checks and drug tests.

Woodward, who came on board with the ENEC in April, said that these onsite interview sessions are a great opportunity for both the employers and those looking for work.

"We found the best way was to bring the two groups together," he said. "This has been a very effective method of getting people to work quickly in our community."

If you can't make it to any of these upcoming events, the ENEC can still help you find a job, with free job search assistance that includes computer and Internet access, local job postings, resume development, job counseling, faxing services, and more. In July, twelve people found jobs with the help of the free services provided by the ENEC.

The ENEC office is located on the second floor of 5100 Penn Avenue above the National City Bank. Office hours are 9 a.m. to 1 p.m., Monday through Friday.

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 hgbulletin@yahoo.com by the 15th of each month. Information is published on a space-available basis.

LABCO DANCE 11TH ANNIVERSARY

Labco Dance is proud to host its annual gala and fundraiser in honor of the company's 11th anniversary. The event will take place at 7 p.m. on Saturday, September 27, at Grey Box Theatre, 3595 Butler Street. This event promises to be a memorable evening with performances by Labco Dance, live music, a special guest DJ, excellent cuisine and a silent auction. Join current and former Labco Dance members for an evening of "exciting physical prowess and...unshakeable camaraderie" (Pittsburgh Post-Gazette) as they offer retrospective performances from the company's years of work where there will be something to engage everyone. Tickets are \$20 in advance or \$25 at the door. To reserve your tickets please call 1-800-607-0857 or visit www.labcodance.net. For more information please call Gwen Hunter Ritchie at 412-606-1161 or e-mail labcodance@penn.com.

JOB OPPORTUNITIES IN EAST LIBERTY

The East Liberty Section 3 Job Training & Referral Initiative is a partnership between the Coalition of Organized Residents of East Liberty (COR) and East Liberty Development Inc. (ELDI), with the purpose of linking neighborhood residents with opportunities created by the redevelopment of East Liberty. We are accepting applications for immediate and future openings in the following industries: Food and Customer Service; Retail and Customer Service; and Construction and Building Trades. Many employers are seeking enthusiastic individuals who are willing to learn on the job with company training; others are seeking experienced and skilled professionals within these specific industries. Please visit or contact us: Section 3 Coordinator, East Liberty Section 3

Job Training & Referral Initiative, c/o COR East Liberty, 211 N. Whitfield Street, Suite 210, Pittsburgh, PA 15206. Phone: 412-661-2600; fax: 412-661-2602; e-mail: kevin.mickens@eastliberty.org.

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.

PANCAKE BREAKFAST

The Holy Name Society of Our Lady of the Angels Parish will sponsor a pancake breakfast on Sunday, Sept. 21, from 9 a.m. to 1 p.m. in Holy Family Social Hall, 44th Street, in Lawrenceville. Each serving includes three pancakes, three sausages, juice, coffee, and dessert. Donation: \$5 for adults, \$3 for children 12 and under. Takeouts and tickets are available at the door.

CASA VOLUNTEERS

Apply to become a Court Appointed Special Advocate for abused and neglected children in Allegheny County. We extensively train community members on how to become a CASA volunteer. Attend an open house to learn more about CASA, our upcoming volunteer trainings, and the application process. Our open houses are held the third Wednesday of every month, at 6 p.m. These hour-long programs are located in our downtown office, 564 Forbes Avenue, suite 902. Contact CASA at 412-594-3606 or fill out our web form at www.pgh-casa.org to RSVP.

COMMUNITY PRAYER WATCH

Every other Wednesday night at 7 p.m. at Valley View Church (601 N. Aiken Ave), we will be gathering to pray for our community. All are invited to attend as we unite as a community in prayer. Specifically, we will be praying for peace and justice in the homes and on the streets of Garfield and Pittsburgh. We'll be gathering every other Wednesday. Upcoming dates for the Community Prayer Watch are September 3 and 17. Please come and join us.

LAWRENCEVILLE HISTORIC HOUSE TOUR: SNAPSHOTS THROUGH TIME

The "Lawrenceville Historic House Tour: Snapshots Through Time" will be held on Saturday, October 4, from 5 to 9 p.m. and Sunday, October 5, from noon to 5 p.m. Tickets go on sale September 8 at the following Lawrenceville businesses: Perk Me Up, Jay Design, Gallery on 43rd, Dandelions, and Coca Café. Advanced ticket prices are \$15 for both days and \$10 for one day. Tickets can also be purchased the day of the tour for \$20 for both days and \$15 for one day. Visitors to the house tour can begin their tour at the Teamsters Hall, located at 4701 Butler Street. Molly's Trolleys will be available to take visitors to each of the houses and events on the tour. Saturday's tour will feature some of Lawrenceville's homes by candlelight. Experience living history and meet a young George Washington, King Shannopin, Stephen Foster, George Croghan, Mrs. DeTurpin, Fritzie Zivic, and others. In addition, many of Lawrenceville's supporting businesses will be participating with special offers and discounts. This year's tour is a Pittsburgh 250 Community Connections event and is sponsored by Pittsburgh 250, Children's Hospital of Pittsburgh, and the Lawrenceville Corporation. Businesses interested in purchasing an ad in the house tour book or supplying treats for each of our homes can contact Kate Bayer at 412-600-2086 or kb_4738@yahoo.com. Volunteers are also needed to act as historical docents in some of the homes. Interested individuals, please contact Kate. All volunteers will receive a complimentary pass to the event. Please join us as we celebrate Lawrenceville's unique role in this year's Pittsburgh 250 celebrations!

ART & HERITAGE FALL FESTIVAL

Our Lady of Angels Parish holds its Art & Heritage Fall Festival, October 3 to 5, at St. Mary Lyceum, 340 46th St., and the former St. Mary property located between 45-46th Streets in Lawrenceville. Hayrides, a super slide, a carousel, storytelling, games, ethnic foods, a farmer's market, artist booths, a scavenger hunt, and live music. Friday, 4:30 - 11 p.m., Saturday, noon - 11 p.m., and Sunday, 11 a.m. - 4 p.m. Free admission, parking, and shuttle! Info: 412-682-0929 or www.olapgh.org.

ISAIAH'S KITCHEN

Isaiah's Kitchen at Valley View Church (601 N. Aiken) is a new food bank ministry, which takes place the first Saturday of the month from 9 a.m. to noon. If any in the community are in need of some extra food for the month and are currently NOT receiving food from another food bank, Isaiah's Kitchen is here to serve you. Our next distribution is Saturday, Sept. 6. Our other food bank day is Tuesday, Sept. 23. The church number is 412-361-0870. Pastor Chad Collins' number is 412-708-6158.

ZUMBA LESSONS

Zumba at Modernformations Gallery, 4919 Penn Avenue, offered every

Tuesday at 6:30 p.m. and Saturday at 11 a.m. \$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 some water, a towel, comfortable shoes, and breathable clothing. E-mail modernformations@hotmail.com or call 412.362.0274 for more information.

NEW SERVICE AT ELPC

Beginning Sunday, September 7, at 8:45 a.m., East Liberty Presbyterian Church, located at 116 S. Highland Avenue, is promoting a new worship service: "Journey: A Gospel Service of Spirit, Hope & Praise." This interactive and energetic service will build upon the strengths of East Liberty Presbyterian Church while reaching out to people seeking a fresh encounter with the gospel of Jesus Christ. This "Journey" service will be intentionally:

- Inter-racial/Multi-racial
 - Inclusive and Welcoming
 - Interactive and Experiential
 - Music-rich in Gospel/Contemporary Styles
 - Energetic in its Presentation of the Good News of Christ
- People are invited to gather in the

BULLETIN BOARD

third-floor Music Room at 8:30 a.m. for a time of fellowship and coffee, with the gathering music leading us in the spirit of worship beginning at 8:45 a.m. The Rev. Heather Tunney, the Rev. Patrice Fowler-Searcy, and the Rev. Randy Bush will provide primary worship leadership, with a core team of instrumentalists and vocalists offering music leadership. The blending of classical and contemporary, Gospel songs and hymns, introspective worship, and interactive communal praise will ideally reflect the diverse, creative spirit that is already at the heart of ELPC. For more information, contact Gloria Knopp at 412-441-3800, x22.

TREE TENDER COURSES IN EAST LIBERTY

Friends of the Pittsburgh Urban Forest (FPUF) is offering Tree Tender courses throughout the city. On Monday, September 15, FPUF will hold a day-long training at Whole Foods Market in the East Side Development. Tree Tenders learn to plant and care for young street trees, increasing a tree's chance of survival and prolonging their life in the urban environment. Registration for Tree Tender courses is open online at www.PittsburghForest.org/TreeTenders. Local tree experts provide instruction, and the course covers everything from tree biology to planting and pruning. A \$40 donation is requested to participate in the course, and scholarships are available. The course includes three evening sessions. Dinner will be provided at each session, and participants will receive a Tree Tender safety vest and certificate upon successful completion of the program. Participants may sign up for continuing education workshops that cover pruning and tree identification in greater detail. Upon completion of an additional 10 hours of volunteer participation at FPUF tree care and planting events, Tree Tenders will receive a pair of hand pruners. E-mail cailin@pittsburghforest.org to learn more about the program.

LITERACY TUTORS NEEDED

This September, Greater Pittsburgh Literacy Council (GPLC), Pennsylvania's second largest adult education agency, is offering a workshop for volunteers wishing to tutor Basic Literacy. This workshop will be held in East Liberty at the GPLC Main Office on September 20 and 27, from

9 a.m. to 4 p.m. In October, 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. These workshops provide 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.

PENN AVE. BUILDING OWNERSHIP WORKSHOP

Penn Avenue Arts Initiative (PAAI) will host its eighth annual Building Owner Workshop on September 18 at 6 p.m. at EDGE Studio, 5411 Penn Avenue. The unique workshop educates those interested in purchasing a building on the avenue about the resources and programs available. Guests will be able to talk with PAAI staff, bankers, architects, business development specialists, and artists who have gone through the process of purchasing and rehabilitating buildings on Penn Avenue. Several properties available for purchase will be open for tours throughout the district that evening. Interested parties should RSVP to Matthew Galluzzo at 412-441-6147 x4.

F'SHIP CLEAN-UP

Friendship Development Associates is hosting a competitive clean-up on Sept. 20. Participants from all around the Pittsburgh area will be divided into teams armed with gloves and trash bags and sent to a designated pick-up area. For an hour and a half, teams will scour the area in search of recyclable and non-recyclable treasures. At the end of the competition, teams reconvene for an awards ceremony with prizes. Participants also receive free, limited-edition T-shirts! Check in begins at 9 a.m. at EDGE Studio, 5411 Penn Avenue. For more information, please call Henry at 412-441-6147 x 1 or Sarah at 412-441-6147 x 7.

TAKE TAI CHI!

Tai Chi classes will again be offered at East Liberty Presbyterian Church, located at 116 S. Highland Avenue, twice weekly beginning Tuesday, September 9. Session A will be Tuesdays from 6 to 7 p.m., and

Session B will take place Thursdays from 10 to 11 a.m. Judy Crow will return as the instructor. A donation of \$3.00 per class is requested. New students are encouraged to attend! For questions or further information, contact Rev. Patrice Fowler-Searcy at 412-441-3800 x30. This course is presented by the Health Ministry at East Liberty Presbyterian Church.

L'VILLE HISTORICAL SOCIETY LECTURES

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, Lawrenceville. Starting time for all presentations is 7:00 p.m. For more information e-mail us at info@LHS15201.org. October 16 is a Members Meeting, at which author Gary Link will discuss his most recent book, *Spectrum*, which is a sequel to the popular book *The Burnt District*. Members are encouraged to attend and vote for the next year's board. Non-members are welcome to attend, too.

FORECLOSURE PREVENTION COUNSELING

Are you worried about losing your home? Are you behind with your property taxes or other creditors? Do you know what to do or who to call? Do not wait - call now to schedule your free financial assessment: 412-665-5213. Susan Thomas, Foreclosure Prevention Case Manager, Garfield Jubilee Association, Inc., 5138 Penn Avenue, Pittsburgh 15224.

PDA AUDITIONS AND CLASSES

Pittsburgh Dance Arts Jr. Theatre will be holding auditions for "A Christmas Carol" for children ages 6-18, on September 8 from 5-6 p.m., or call 412-681-7523 for an appointment. Please bring a 1-2 minute monologue or short piece. A memorized story or poem for younger students is acceptable. Pittsburgh Dance Arts classes begin Sept. 2. On-going classes in Ballet, Pointe, Jazz, Tap, Belly Dance, Flamenco, Modern, Pilates, Voice, PDA Jr. Theatre and Pre-Dance for children. Please call 412-681-7523 for schedule, or go to www.pgh-dance.com for schedule and contact info.

KICK-OFF TIME!

The 15th football season for the Garfield Gators and the Gatoettes kicked off on Saturday, August 9, at the Pittsburgh Ft. Pitt field in Garfield, when the team played host to the North Shore Stallions. Five teams, featuring kids from ages 5 to 14, will be competing in the Allegheny County Midget Football League. The teams and cheerleading squads are organized by Garfield Youth Sports. In addition to doing their own fundraising, they enjoy support from the City of Pittsburgh and State Sen. Jim Ferlo.



Rick Swartz/BGC



in Pennsylvania...
again.

WEST PENN BARIATRIC SURGERY

FOR THE SECOND CONSECUTIVE YEAR,

The Western Pennsylvania Hospital has been recognized as the best hospital in Pennsylvania for Bariatric Surgery by HealthGrades®, the nation's leading independent healthcare ratings organization.

Not only has West Penn Hospital's weight loss surgery program twice been ranked #1 in Pennsylvania—we're also among the top 5 percent of all bariatric surgery programs in the nation.

West Penn bariatric surgeons Daniel Gagné, MD, and Jorge Urbandt, MD, are leaders in the field, having performed more than 1,800 gastric bypass and laparoscopic weight loss surgery procedures.

For more information, please call

412-235-5900

or visit

www.weightlosspittsburgh.com



**THE WESTERN
PENNSYLVANIA HOSPITAL**

WEST PENN ALLEGHENY HEALTH SYSTEM

www.wpahs.org

CLASSIFIEDS

CLASSIFIED POLICY

ALL TEXT ADS (INCLUDING FOR SALE ADS) are \$5 for 15 words and 10 cents for each additional word. We **DO NOT** run "personal ads." **BLOCK ads (1.5" x 2.5")** are \$15.

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

Ads will not be run
until payment is received.

BUSINESSES (CONT.)

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

EMPLOYMENT

\$15/hr tutor positions with high school afterschool programs. E-mail cl/resume to 9-12jobs@wireless-neighborhoods.org – position details at <http://www.wireless-neighborhoods.org/content/who/jobs/>

\$12.50/hr support staff positions with elementary afterschool programs. E-mail cl/resume to k-5jobs@wireless-neighborhoods.org – position details at <http://www.wireless-neighborhoods.org/content/who/jobs/>

HOUSING

WANTED

HOUSE IN ANY CONDITION

**CALL DONNA
412-931-9684**

WILL PAY CASH

WORSHIP SERVICES

Morningside Church of God in Christ

5173 Dearborn Street, Pittsburgh, PA 15224
Office: (412) 361-9865 Fax: (412) 363-5414
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

BUSINESSES



Bugs Be Dead With Fred
Termite & Pest Control

Real Estate Inspections

Over 30 Years in Business

ALL WORK GUARANTEED

SUBURBAN EXTERMINATING CO
412-688-8889 OR 412-795-4190



Need Parking?

Why pay outrageous prices to park?
Why continue to get parking tickets from the meters in Bloomfield?
For those working at West Penn—why continue to wait for the shuttle?

Convenient, safe, and secure parking spaces—NOW AVAILABLE!

Conveniently located in Bloomfield, near West Penn Hospital. Well maintained and well lit, fenced in, secure parking lot (not someone's back yard).

Monthly leases available. Mention this ad and receive the first month FREE!

Call Brian TODAY at 412-296-2505
for more information.

Counseling Services

Lisa S. Elliott, LCSW



If you are a child/ teen/adult experiencing...

- Depression
- Anxiety, worry or fear
- Stress
- Trauma/Abuse
- Relationship issues
- Mental health illness
- A desire to enhance parenting skills
- The need to talk to someone
....there is help

Call 412-235-1985, ext 3
to schedule an appointment.

Located in Lawrenceville
Accepts Highmark and Unison Kids/Advantage

VISIT THE BULLETIN ONLINE AT WWW.BGCBULLETIN.BLOGSPOT.COM!
SIGN UP FOR E-MAIL UPDATES SO YOU'LL ALWAYS STAY INFORMED!