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Vote on Tuesday, November 6th
Photo IDs Not Required This Year

Of course, almost everyone realizes it's a presidential election year. The polls will be open until 8 p.m. on Nov. 6, and, fortunately, you don't have to present a photo ID this year. If you need a ride to the polls, you can call Pittsburgh United at 412-231-8648. So there's little reason not to vote.

However, in communities like ours, many people will just not bother to go to the polls. They're either not interested, or they don't feel they're well-informed, or they don't want to take the 30 minutes out of their day to do it.

If you're waffling about voting, perhaps we can give you some reasons to change your mind. The federal government is literally broke, borrowing more than $1 trillion to fund its daily operations in 2012. Although neither of the candidates for president has

Looking “Sharp” In Garfield
By Paula Martinac The Bulletin
Garfield – Veda Weathers says she is living her dream, right on Penn Avenue. In May 2012, she opened her first clothing and accessories

Food Trucks Rally about Vending Laws
By Megan Lindsey Pgh Mobile Food
East Liberty – On Oct. 14, a parking lot in East Liberty was transformed into the headquarters for a food truck rally that focused on a

Violence Prevention Is On-Going
By Aggie Brose Bloomfield-Garfield Corporation

The Bloomfield-Garfield Corporation (BGC) expresses its condolences to the families and loved ones of victims of the recent spate of gun-related violence in our community. Events like these come as a shock to everyone.

Our community has not been standing by idly, hoping that a safe environment will happen all by itself. People have come together in a number of ways to try to make the neighborhood more secure:

• Valley View Presbyterian Church is holding prayer vigils weekly at the sites where violence has occurred (see photo, page 11). It is also working with residents to organize block parties where people can get to know one another and share concerns.
• The BGC’s Public Safety Task Force has engaged the U. S. Attorney, David Hickton, and County District Attorney Stephen Zappala in stepping up investigative efforts into the main perpetrators of crime in the community. It also has the active cooperation of the city’s Bureau of Police and the Mayor’s staff in assigning the necessary officers to the area.
• BGC staff have been identifying and meeting with property owners whose tenants may be actively involved in criminal activities, pressuring them to deal in a forceful, legal manner with problems.

Penn Reconstruction Hits Road Bump
By Paula Martinac The Bulletin
Penn Avenue – The plans for Phase 1 of the Penn Avenue Reconstruction Project, a revitalization of the four blocks between Mathilda and

Headline (top right)

ABOVE: Zoe, a 2-year-old Vizsla, enjoys herself at the grand opening of the Bernard Dog Run in Lawrenceville. Read the full story on page 16. Photo by John Colombo Photography
Thank you! The Bloomfield-Garfield Corporation would like to acknowledge its NPP partners, PNC Bank and Allegheny Valley Bank. Thanks also to BNY Mellon, Pittsburgh Partnership for Neighborhood Development, The United Way, Dollar Bank, Citizens Bank, and all of The Bulletin's advertisers.
Garfield – This fall, two transformative community projects helped change the face of Garfield – a garden entrance to the Penn Avenue Veterans Memorial, and a much larger planting on the corner of Mossfield and Mathilda Streets, one of Garfield's most-traveled community gateways. The projects were funded by the “Love Your Block” initiative, a partnership between the office of Mayor Luke Ravenstahl and the Home Depot Foundation to revitalize the city block by block.

Four separate community events involved more than 30 volunteers in the beautification of these two sites. Participating in the events were members of the Garfield Community Action Team (GCAT), staffed by the Bloomfield-Garfield Corporation (BGC) and neighborhood volunteers; students from Chatham University, the University of Pittsburgh and The Academy School; and nearby residents. The project also benefited from the assistance of the City of Pittsburgh Department of Public Works, the City Construction Department and the Mayor's SERVPgh office.

The project called on the expertise of Megan Zeigler, a landscape architect with GTECH Strategies, who volunteered to help design the garden and select the plants that would be successful and sustainable. The plants chosen are perennials that will be able to endure the winter and bloom again year after year. GCAT is sustainable. The plants chosen are perennials that will be able to endure the winter and bloom again year after year.

Why do these projects honor veterans? The BGC learned that 25 percent of the residents of Garfield identify as veterans. With such a large portion of the neighborhood represented by veterans of the armed forces, a project that beautifies the neighborhood ultimately also has a positive impact on the environment in which veterans live.

In working on this project, GCAT met with some of the nearby neighbors, including two veterans who actually live in a property adjacent to the new garden. One of these, Keith, a 10-year veteran of the U.S. Marine Reserves, shared his thoughts on the project. “The corner has been overgrown and out of control,” he said. “I think it is great what you are doing.” Keith served in Operation Desert Storm (1991) as a tank operator. He grew up on the North Side but later settled in Garfield. He further explained that now the Mossfield lot is cleaned up, he is motivated to fix up and repaint the trim of his own house to complement the garden.

The hope is that there are more veterans, like Keith, who will appreciate the beauty of this newly planted lot, and that this project will spark more efforts to keep the landscape and living environment in Garfield beautiful for all residents.

If you would like more information on how to get involved in similar greening activities, please email me at KathrynV@bloomfield-garfield.org or visit the GCAT website at www.gcatpgh.com.
ESL Students Nurtured at Arsenal PreK-5
By Judith Flaherty
Pittsburgh Arsenal PreK-5

Lawrenceville – Many Pittsburghers may not realize the number of international students who attend Pittsburgh Public Schools. Pittsburgh Arsenal PreK-5 is one of four elementary regional sites in the district for English Second Language (ESL) learning.

There are 60 students attending Arsenal from 20 different countries. The variety of cultures, languages, and experiences enhance learning and character development. ESL students contribute to a unique student population.

The learning process for the ESL student begins with a home language survey and then an English proficiency test. Students attend the closest neighborhood ESL school and are placed in proficiency level groups. The curriculum is called "Avenues" and incorporates pictures, practice and opportunities to build skills.

An integral factor to the success of a student learning English is the literacy level of the parents. Learning is easier for ESL students if parents speak English and if the children have received an education in their native countries. Assimilation is quicker if ESL students are exposed to a variety of American experiences.

At Pittsburgh Arsenal PreK-5, ESL students participate in one to three ESL classes a day, depending on their levels.
Lawrenceville – Almost 10 years after the creation of its original master plan in 2003, Children's Hospital of Pittsburgh of UPMC sought input from the community on its proposed updates to the plan at a public meeting on Oct. 9, focusing on the next 10 years of growth for the hospital.

Eric Hess, Vice President of Operations for Children's Hospital, kicked off the presentation by observing that “we've built a pretty impressive campus” that has received numerous national honors. This year, for example, the hospital was named 10th on a list of "The 25 Most Beautiful Hospitals in the World" compiled by HealthExecNews.com.

Although the surrounding neighborhood had expressed concerns before the hospital was built about possible increased traffic, “I don't get a lot of complaints about traffic,” Hess noted. However, nearby neighbors continue to experience problems in other key areas.

Noise, Hess said, “is an ongoing concern. We've spent a lot of money trying to mitigate that,” but with little success. Several neighbors in attendance at the Oct. 9 meeting talked about excessive noise from the air conditioning units' fans negatively affecting their quality of life, with noise getting louder on weekends when fewer people are in the buildings.

Two other ongoing issues Hess said the hospital continues to focus on and struggle with include hospital staff parking in the community and LifeFlight emergency helicopters that hover overhead and rattle neighborhood homes.

Hess said that, given the size of the campus, “not a whole lot of growth” is planned for the coming decade in Lawrenceville. Instead, the hospital is concentrating on opening satellite outpatient centers to serve children in areas throughout western Pennsylvania and into the neighboring states of New York, Ohio and West Virginia. Expansion also includes being at the forefront of telemedicine, in which doctors in outlying regions can tap into the Lawrenceville campus Emergency Department through telecommunications to get answers to problem cases from specialists.

“We're pulling some of the best pediatric specialists to Pittsburgh,” Hess observed. Families from all over the country are now seeking care from Children's Hospital.

Scott Hazlett, Senior Associate with Stantec, an engineering and architectural firm, showed the audience plans for a controlled amount of physical growth at the Lawrenceville campus (see rendering below) over the next 10 years. For example, there would be an expansion of an existing building on 45th Street with the addition of four floors and a playground platform for kids. This would also require an addition to the boiler structure across the street.

In spring 2013, the neighborhood will

See Children's Hospital | page 6
Lawrenceville – Brian Mendelssohn’s latest project combines his personal and professional interests. The principal of Botero Development, a Pittsburgh development and construction firm focused on Lawrenceville, Mendelssohn also lives in the neighborhood. Although he enjoys many of Lawrenceville’s qualities, there were two things he said he thought the neighborhood was missing: a movie theater and a bottle shop. So, he is filling the void.

Mendelssohn acquired the property at 4115 Butler Street, which formerly housed the Starr Discount, in August of 2012, after working with the previous owner for more than a year. He plans on converting the building to a multi-use space, which will contain not only the movie theater and bottle shop, but a restaurant and six apartments as well.

The restaurant space is currently available for lease, but Mendelssohn knows for sure that the bottle shop and movie theater will go into the building. “I think they should be there, and I had the opportunity to do something about it,” he said about his decision. He added, “My wife is really a beer connoisseur, and I am a movie connoisseur, so the two really made sense to do because of our passions.”

The one-screen 72-seat theater will be 100-percent digital. “We’re going to focus on both modern-day and old-school classics, and we’re going to present them in a marathon-style format,” Mendelssohn said. That means programming will be thematic.

For example, the theater might feature a series of films directed by Stanley Kubrick or movies filmed in Pittsburgh.

The bottle shop will feature craft and import beers, aiming to celebrate local brews.

Mendelssohn left a zoning hearing in early October with a positive feeling about the project. “It seemed to go pretty well,” he said. “We’ve had a good response from the neighborhood, which is exciting. We’ve adequately addressed the concerns that were raised, so we went to the zoning hearing with a positive recommendation from the neighborhood.”

Parking was the primary concern about the development project, and Mendelssohn has been working with local groups to address that.

He noted that Botero Development did not ask for a reduction in the required parking spaces and will supply the number needed on site. However, he said he believes Lawrenceville must address at the neighborhood level the long-term problems with lack of parking.

As such, he has supported Lawrenceville United and the Lawrenceville Corporation’s efforts to create long-term solutions for parking for destination visitors.

Although Mendelssohn did not know the results of the zoning hearing at press time, he said he aims to have the theater open on September 1, 2013. ♦

What is the State of the District?

Tune in on Thursday, November 15, 2012 at 6 pm to learn about the progress Pittsburgh Public Schools is making so that our students can benefit from a Pittsburgh Promise® scholarship.

Superintendent Linda S. Lane, along with a teacher, parent and community leaders, will discuss where the District has been and where it is going.

Watch:
- View the live video feed on www.StateoftheDistrict.org
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www.pps.k12.pa.us

We are an equal rights and opportunity school district.
Garfield – From October 18 to 21, Pittsburgh opened its doors to the international One Young World Summit. One Young World brought together approximately 1,500 young leaders in their 20s from around the world in an exchange of information and ideas about some of the most pressing global issues. Pittsburgh was selected as this year’s host for the event.

Garfield-based Neighborhood Learning Alliance (NLA) and the Bloomfield-Garfield Corporation hosted a group of 11 delegates at the Pittsburgh CONNECTS community technology center at 5321 Penn Ave. on Saturday, Oct. 20. The session was called “Internet as a Human Right” and led by Jim Lenkner, program manager for Pittsburgh CONNECTS, reflected, “I was impressed by the number of countries represented, from developed to underdeveloped countries, from Europe to the Middle East and Africa. The discussion revealed how technology is affecting all the countries regardless of the level of wealth.”

Discussion centered on how the Internet has changed the global community and what that means to individuals who do not have or do not take advantage of technology. Everything from social networking to education and employment opportunities are greatly impacted by how involved people are in the online world. While the divide is decreasing, delegates from all the countries represented said they struggled with how to close the technology gap.

The conversation also allowed delegates to share their local solutions. “This was a valuable experience. We were able to learn from them as much as they learned from us,” stated Stephen MacIsaac, executive director of NLA. After leaving the session, many of the delegates headed to another Garfield techie space, Assemble, for a home-cooked dinner and a chance to interact with the creative arts and technology organization.

Delegates were given a tour of the Garfield lab, one of four Pittsburgh centers funded through a grant to NLA from the federal Broadband Technologies Opportunity Program (BTOP). The purpose of the BTOP centers is to provide free and open access to the Internet in neighborhoods where use of this technology is typically low. The Garfield lab provided the perfect backdrop for a discussion among the One Young World delegates about how technology impacts lives around the world. Delegates also toured the neighborhood to put the work of Pittsburgh CONNECTS into the context of the community.

One of the moderators of the session, Jim Lenkner, program manager for Pittsburgh CONNECTS, reflected, “I was impressed by the number of countries represented, from developed to underdeveloped countries, from Europe to the Middle East and Africa. The discussion revealed how technology is affecting all the countries regardless of the level of wealth.”

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To learn more about Fidelity’s program, interested parties can contact Cooper at jcooper@fidelitybank-pa.com or at 412-325-8107 X 27.
Friendship – An introduction to the “upcycling” work of Emily Bush may have you taking a second look at the vintage dresser you inherited from Aunt Sally or the shabby table you picked up in the alley on trash day.

Trained in architecture and urban design at Carnegie Mellon University, Bush now breathes new life into old chairs, tables, dressers and other furniture, not just making them better, but creating something unique in the process – finding their “hidden potential,” according to her website.

Bush started the company Urbane Reclamation out of her home in Friendship last spring. “I’d been doing it as a hobby for a long time,” she told The Bulletin recently in her front parlor, which doubles as her showroom. “I didn’t want another office job, so I thought, ‘Why not just try it?’” She said she saw a void in the furniture market in Pittsburgh, which included high-end antiques and new furniture but not a lot of affordable pieces that were also unique. Her husband built her website, and she was off and running.

The new venture brings all of Bush’s talents and interests into alignment. After graduating from CMU, she worked for several years for an urban design firm in Pittsburgh. She then went on to study fashion design at Parsons The New School for Design in New York City and Environmental Studies at the University of Pennsylvania.

Bush takes on commissions from customers and also creates pieces from furniture she finds at Goodwill, estate sales, thrift stores and “even the curb.” She has learned that early in the week is a better time to look for likely pieces. “What I make is often dictated by what I find.” She follows both her instincts and certain criteria for choosing furniture to upcycle.

“It has to have good bones, good structure, an interesting look,” she explained. “Solid wood is better than particle board or veneer, which can flake and chip.” She said she sells more upcycled chairs than anything else, as “they can be fixed fairly easily. As long as the wood or metal frame is good, I can replace the cushions.”

Bush said she “tries to reuse as much as I can,” getting fabric seconds from the Center for Creative Reuse and pieces of spare wood from Construction Junction, both in Point Breeze. Her process marries her design background with a DIY bent and an interest in sustainability. “In an urban environment, you need to think about how much you have and where it comes from,” she noted.

For Bush, however, upcycling doesn’t mean just slapping on paint or a new cushion. It may also involve transforming a piece into something unexpected and one-of-a-kind. One of her commissions, for example, involved the complete metamorphosis of an antique rocker. A client approached her with the chair, which he bought at Construction Junction and decided didn’t need to be used for seating. In Bush’s total overhaul, which included the meticulous removal of hundreds of upholstery tacks, the chair’s seat actually became a bookshelf.

Bush said she is moving into doing more custom pieces of that sort. Her first commissioned piece was a coffee table that utilized the owner’s collection of soda pop bottle tops. “He’d been collecting them for years, so we incorporated them into the tabletop,” she explained.
The Potential of Old Furniture continued

She also has a number of already-completed pieces that she shows on her website and in her home by appointment. She admitted that it is “a little unusual” to have people come to her, but she said she enjoys working out of her home because it gives her more flexibility with her time.

“You sand and you have to wait,” she observed. “Then you paint and you have to wait.” In between, she can do other tasks or errands.

Somewhere down the line, she said she might like to have a real showroom and even some employees. “I’d like to have a crew where everyone’s working from their own ideas,” she noted.

In the meantime, you can view her pieces online at www.urbane-reclamation.com – a name she said she picked for its suggestion of chic plus urban … which pretty much sums up her approach to furnishings.

ABOVE: Emily Bush with a few of her for-sale creations. Photo by Paula Martinac

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Annual Luncheon To Honor Community “Dreamers”

By Paula Martinac
The Bulletin

Garfield – This Dec. 7, the Bloomfield-Garfield Corporation will have its head in the clouds. The community development group will applaud the “Dreamers” and visionaries in the community at its annual benefit luncheon that afternoon at the Pittsburgh Athletic Association.

Co-chairing the luncheon are Joseph A. Massaro III, President of Massaro Corporation, and Dr. Grady Roberts Jr., a former BGC board president and retired professor at the University of Pittsburgh School of Social Work.

The keynote speaker for the “Dreamers” luncheon will be Rob Stephany, past executive director of the Urban Development Authority and current director of Community and Economic Development at The Heinz Endowments. A little-known fact is that Stephany started his illustrious development career as an intern at the BGC.

“Rob has long been accused of being a dreamer, and deservedly so,” said Rick Swartz, executive director of the BGC, of the choice of speaker. “It’s a tough occupation, but he remains undeterred. If you’ve ever worried when you talk to Rob that you’re going to sound like you don’t have both feet on the ground, you can rest easy – he’s got his head in the clouds, too.”

As part of the luncheon program, the BGC will honor Kevin Sousa, chef-owner of Salt of the Earth restaurant in Garfield, with a Pioneer Award. “Kevin is a perfect example of a dreamer. He took a risk by putting an upscale restaurant on Penn Avenue,” noted Aggie Brose, BGC’s deputy director. “His vision paid off, and it’s encouraged other investment on the avenue, like Verde. And he also gives back to the community by supporting Garfield Community Farm.”

Barry Canada of the county’s Community Intensive Supervision Program (CISP) will receive the BGC’s Public Service Award. CISP’s East End satellite center, located on Baum Boulevard, works with nonviolent juvenile offenders in a program that combines counseling, community service, academics and mentoring. “Barry and the CISP kids have helped us with everything from delivering The Bulletin to distributing fliers,” said Brose. “He also finds a Santa Claus for our neighborhood holiday party each year.”

As an added feature of the luncheon program, the BGC will host an Art Raffle of artwork from Penn Avenue galleries – purchase your arm’s length in tickets for $10, and take a chance on beautiful paintings and artworks from local and international artists.

Also on tap is a performance by The Neighborhood Academy Young Actors Ensemble. All this and a three-course lunch, too – and the incomparable flair of emcee P.J. Maloney, KQV Radio morning newscaster.

The Pittsburgh Athletic Association is located at 4215 Fifth Avenue in Oakland. The luncheon begins in the main dining room at 11:30 a.m. and concludes at 2:00 p.m.

Don’t miss your chance to be a dreamer, too. Individual tickets are $70, and sponsorship and advertising opportunities are still available. For more information about this event, call 412-441-6950 x15 or email aggie@bloomfield-garfield.org.

ABOVE: The Neighborhood Academy West African Drum and Song Ensemble rocked the room at the BGC’s 2011 fundraiser. This year, the school’s Young Actors Ensemble will entertain luncheon guests. Photo by Paula Martinac.
Dowd Introduces Legislation to Regulate Gas Drilling
By Nathaniel Hanson
Office of Councilman Patrick Dowd

Pittsburgh – On September 25th, City Councilman Patrick Dowd (District 7) introduced legislation that, if passed, would create strict zoning protections for Pittsburgh residents by regulating and restricting natural gas drilling in the city. Dowd’s legislation would establish procedural requirements and land-use standards to regulate drilling and protect citizens and their environment.

The legislation allows for the creation of “Mineral Extraction Districts.” In order to be approved, proposed MEDs would have to meet specific acreage requirements, as well as engage in an extensive public process that would include mandatory public hearings and the approval of both the City Planning Commission and City Council. Dowd said he believes the creation of regulatory procedures would ensure protection of the city’s land and water, as well as the health and safety of residents.

These points have led to questions about how Dowd’s proposed legislation relates to the current ban on natural gas drilling in the City. When passed by City Council, the drilling ban in Pittsburgh was a political statement, one without sustainable or enforceable provisions. Enactment of zoning legislation would provide for tangible, legal protection for City residents, according to Dowd.

If the current ban were to be challenged in court, Dowd said he feels there is a very good chance it would be overturned. Without zoning legislation in place to regulate and restrict drilling activities, the overturned ban would leave almost no municipal regulations for where, how and when drilling could take place in the city. The creation of zoning regulations and restrictions, including requirements for a master planning process; informed neighboring community support; and baseline soil and water testing requirements would allow for additional comprehensive protections for city residents, Dowd stated.

Why would Dowd’s zoning legislation be better equipped than the drilling ban to withstand a court challenge? The answer lies in the recent ruling by Pennsylvania’s Commonwealth Court on state law Act 13. Act 13 attempted to give state government the authority to override the power of cities and municipalities to individually zone and regulate drilling activities at the local level. In its decision, the Commonwealth Court ruled that municipal governments have the fundamental right to zone at the local level based on the unique needs of their residents. The Act 13 ruling provides judicial precedent for Dowd’s zoning legislation, allowing for better-guaranteed protections for city residents than the drilling ban, for which there is little legal support.

Dowd said he believes his zoning legislation will provide increased legal protection for the City of Pittsburgh, while also ensuring there are strictly defined procedures holding natural gas companies accountable and our environment clean.

The councilman said his office can answer additional questions about the proposed legislation, as well as about the current ban. Email district7@pittsburghpa.gov or call 412-255-2140. Stay updated on the issue by checking www.pittsburghpa.gov/district7 for more information.

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Violence from page 1

- Brothers and Sisters Emerging, a new nonprofit, now operates the Garfield Gators football program that gives 150 boys between the ages of 5 and 14 access to structured recreation and other activities that reinforce positive social behaviors.
- The Eastside Neighborhood Employment Center, managed by the BGC, placed more than 200 residents of the East End in part- and full-time jobs this year. The ENEC also helped qualify more than 300 youths for the city’s summer youth employment program.
- The BGC sponsors after-school programs and work internships for 75 students attending University Prep High and Career Connections Charter High Schools.

We are also fortunate to have the strong support of our own Zone 5 police station, currently helmed by Lt. Reyne Kacsuta while Commander Tim O’Connor is away at training.

There is a role for everyone to play, and you don’t have to be afraid to come forward with information to prevent another tragedy in our neighborhoods. The BGC office number is 412-441-6950 x 15 for public safety matters. We need you to be involved, too.

BELOW: Memorial for Ronald Somerville on Broad Street. Photo by Paula Martinac

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New Hot Yoga Studio Opens in Lawrenceville

By Myra Aronson
Bulletin Contributor

Lawrenceville — Bikram Yoga Pittsburgh (BYPGH), home of the “original” Bikram Hot Yoga, is now open at its new location at 3418 Penn Avenue, across from Doughboy Square in Lawrenceville.

When Homison first took over operations of BYPGH in the Strip District three years ago, he says he never foresaw what was in store for the school. From a small local studio with a few classes a day, BYPGH transformed into a hub of the Pittsburgh yoga community and now boasts 36 classes per week, with growing support beams and concrete floors, lending the feel that is so reminiscent of the city of Pittsburgh at its industrial zenith.

With the help of the Urban Redevelopment Authority and the Lawrenceville Corporation, the bigger school became a reality. Homison says, “It’s a testament to how strong Pittsburgh’s economy is that great, community building projects like this can still happen.”

The facility provides the prescribed “hot” room that Bikram Yoga is known for – 105 degrees and 40 percent humidity is the average. Bikram Yoga includes 26 postures in each 90-minute class. The sequence was selected and developed by Bikram Choudhury who brought it to the United States more than 40 years ago. The program works every part of the body, giving all the internal organs, veins, ligaments and muscles everything they need to maintain optimum health and maximum function.

Since every class is a beginner class, people at all levels can practice together. As Bikram says, “It’s never too late, it’s never too bad, and you’re never too old or too sick to start from scratch once again.”

Bikram Yoga Pittsburgh is an affiliated Bikram Yoga Studio; all instructors are certified by Bikram himself. Further information about what to expect in a first class, as well as schedule information, can be found at bikramyoga.com.

Kwanzaa Celebration Coming to Penn

Penn Avenue – This December, Penn Avenue Arts Initiative, hosts the first-ever Kwanzaa on Penn event, a two-day celebration on Friday, Dec. 28 and Saturday, Dec. 29. Mark your calendars for this special celebration of family, community and art. The event embraces each of the Nguzo Saba (seven principles) of Kwanzaa and is an important step in bringing the communities and residents surrounding Penn Avenue together.

Festivities kick off on Dec. 28 with Ujima (oo-JEE-mah), “Collective Work and Responsibility,” as the theme of the opening day. That evening, a candle-lighting ceremony will be led by performance artist and hostess Dr. Goddess, along with a screening of the acclaimed documentary The Black Candle. Following these events will be a community dinner and entertainment by local performers.

On Saturday, Penn Avenue celebrates Ujamaa (oo-JAH-mah), or “Cooperative Economics.” The corridor will become a marketplace and activity hub with a number of family-oriented crafting opportunities, more performances and the art and wares of local African-American artists, crafters and makers.

Kwanzaa on Penn is seeking a number of volunteers for planning and set-up and a few paid staff members (see classifieds, page 15); the event also needs African-American performers and vendors to participate. Youth group performers are strongly encouraged, as are musicians (all genres), storytellers and dancers. There is no charge for vendors, but they may need to supply their own tables.

If you are interested in participating in this event, call Mainstreets Manager Samantha McDonough at 412-389-5521 or email at kwanzaaonpenn@gmail.com by Nov. 15.

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GuardianStorage.com
November Is American Diabetes Month
By Lorraine Starsky RN, BSN
Allegheny County Health Department

Pittsburgh - November is American Diabetes Month, which highlights the seriousness of diabetes and the importance of prevention and management of this disease. Nearly 26 million adults and children in the United States have diabetes, while an estimated 79 million are at risk for developing it. Poorly controlled diabetes is the chief cause of new cases of blindness among adults under age 75, non-injury related foot and leg injuries and kidney failure.

Diabetes (sugar) is a chronic condition that affects how the body uses food to produce energy in the body's cells. When diabetes is poorly controlled – which means that glucose (sugar) is too high on a regular basis – it can lead to complications such as stroke, heart disease, foot ulcers, kidney failure, blindness and other problems.

The Allegheny County Health Department joins the American Diabetes Association and other organizations in raising awareness that the risk for diabetes can be reduced by quitting tobacco, having diabetes and the American Diabetes Association EXPO can call 1-800-DIABETES (800-342-2383) or go to www.diabetes.org.

To mark American Diabetes Month, the American Diabetes Association is holding its annual Diabetes EXPO on Saturday, November 10 at the David Lawrence Convention Center in downtown Pittsburgh from 9 am to 4 pm. The Diabetes EXPO, which is free and open to people of all ages, provides an opportunity for those with diabetes or who have family members with the disease to learn about how to live healthy. The EXPO features free health screenings, healthy cooking demonstrations, a wealth of information and fun, engaging activities for families and children.

In addition, this year’s EXPO will again present the Divabetics. This innovative program combines style advice, music and games with diabetes education for women. The Divabetics program is the brainchild of Max Szadek, the former personal assistant to the late Luther Vandross, who had diabetes and succumbed in 2005 to complications from a stroke.

For people with diabetes who do not have health insurance, the Allegheny County Health Department offers its Guide to Health Services for Uninsured & Underinsured, which can be downloaded from the Health Department’s website at www.achd.net. Free printed copies are available by calling 412-687-ACHD (2243). People who want to learn more about diabetes and the American Diabetes Association EXPO can call 1-800-DIABETES (800-342-2383) or go to www.diabetes.org.

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November 1

HIGHLAND PARK

**Juicing for the Health of It**

The Tuin Center, 5655 Bryant St., kicks off its first Thursday series on health and wellness with a free screening of the documentary *Fat, Sick and Nearly Dead*, with Paula Martinac, M.S., nutrition educator. The film follows the cross-country trip of a man who decides to lose his way to good health—and a smaller waistline. Screening at 6 p.m., juicing demonstration and samples will follow. For information, email Paula.NutritionU@gmail.com.

November 2

PENN AVENUE

**Unblurred**

The first Friday of each month, 6 to 11 p.m., various venues in the Penny Avenue District (4800-5000 Penn Ave.) open their doors and showcase the work of artists and performers. For more information, visit www.facebook.com/pennavenuearts.

November 3

BLOOMFIELD

**Fall Festival**

St. Maria Goretti Parish will hold a Fall Festival from 5 to 10 p.m. at 300 Edmund Street, in the Social Hall. Pulled pork, perogies, cole slaw, dessert, coffee and iced tea, along with beer will be served, or BYOB. Come for good food, fellowship, door prizes, Chinese auction, 50/50 raffle, bake sale and an evening of fun. Call 412-687-1752 or 412-681-0283 for tickets or more info. Proceeds will benefit the Ladies of Charity in the Parish.

November 5

GARFIELD

**Write a Novel**

November is National Novel Writing Month (NaNoWriMo). Join us at Literary Arts Boom [The LAB] at 325 Penn Ave., every Monday in November from 4 to 6 p.m. to prepare and to write. Open to youths in grades 3 to 12. Snacks, guidance and support provided. The Lab will host a celebration and reading on Nov. 30. This is a free event, but please register for sessions: email literaryartsboom@gmail.com or call 773-425-1531. Visit www.literaryartsboom.org/calendar for more details.

November 6

EAST LIBERTY

**Teen Time**

This is your time just to hang out with your friends and have fun at Carnegie Library-East Liberty, 130 S. Whitfield St., every Tuesday (also Nov. 13, 20, 27) from 4:30 to 6 p.m. Featuring a rotating schedule of crafts, cooking, movies, and free-form book clubs. Check with your librarian or in the teen space to see what’s going on this week. Come to Meeting Room 2 to check it out. Info: 412-363-8252.

November 10

EAST LIBERTY

**Creative Labs at CLP**

Check out Labs programming at Carnegie Library-East Liberty, 130 S. Whitfield St., every Wednesday (also Nov. 14, 21, 28) from 4:30 to 7:30 p.m. Teens learn creatively with movie-making, music-making and other technology. Info: 412-363-8232.

November 11

FRIENDSHIP

**Free Dance Class**

To introduce the community to the many styles of dance classes at The Alley Studio, the community is invited to sample one free class from now until Nov. 17. Classes being offered include: Hip Hop, Belly Dancing, Modern 1 & Modern 2, Ballet, Salsa/Merengue, West African. There are four movement classes. Children are free to attend. For more information call 1-888-DIABETES, x.4608.

November 12

FRIENDSHIP

**Diabetes EXPO**

Whether you are newly diagnosed with diabetes, already accustomed to living with the condition or at risk; this is a can’t miss one-day event. You’ll not only be educated about diabetes but also entertained at the popular Divabetic area, showcasing this year’s theme of Gillian’s Island Experience – a tropical stage show with self-care games, fitness demonstrations and diabetes care advice from the experts. Schedules for the workshops, healthy eating demos and Divabetic, pre-registration for this free event at the David L. Lawrence Convention Center are online at www.diabetes.org/expopitsburgh. For more information call 412-363-3000.

November 14

GARFIELD

**Public Safety Task Force**

The Public Safety Task Force has convened monthly in Garfield since 2000. At the table are representatives from the Bloomfield-Garfield Corporation, the Bureau of Police, other neighborhood organizations, the offices of the Mayor and City Council members, various city and county departments and the state. Community members are invited to bring specific concerns to PSTF’s monthly meeting during the first 15 minutes. The meeting starts at 4 p.m., BGCs Community Activity Center, 113 N. Pacific Ave.
November 15

**LAWRENCEVILLE**

**Polish Hill Remembered**

Hampton High School English teacher Mary Lou Ellenia, whose students produced the book Polish Hill Remembered, will be keynote speaker at a public lecture series sponsored by the Lawrenceville Historical Society. The free event takes place at 7 p.m. in the McVey Auditorium at Canterbury Place, 310 Fisk Street, and is open to the public.

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**November 16**

**EAST LIBERTY**

**Luke Murphy – Drenched**

Point Park University graduate and choreogra-pher/dancer Luke Murphy explores how we navigate relationships in his newest creation, Drenched, at the Kelly Strayhorn Theater, 5941 Penn Ave. at 8 p.m. Through playful lightheartedness and self-deprecating humor, dancers Murphy and Carlye Eckert navigate a romantic relationship set against a backdrop of iconic cinematic images (Gone with the Wind, Titanic). A poignant, ordi- nary romance emerges. Performance contains sexually explicit content. Come early to enjoy the pre-show mixer starting at 7 p.m. Tickets are $25 in advance, $35 at the door; residents of 15206 Zipcode pay $25; and students/artists pay $15. This will also be performed on Nov. 17. Visit www.kelly-strayhorn.org or call 412-363-3000 for tickets.

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**November 19**

**BLOOMFIELD**

**Ovarian Support Group**

Teal Hearts Network, an ovarian cancer support network, meets on the third Monday of each month from 6:30 to 8 p.m. at the Cancer Community Center, 4117 Liberty Ave. Please call the National Ovarian Cancer Coalition at 412-661-1095 to register.

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**November 20**

**LAWRENCEVILLE**

**Community Thanksgiving**

New Bethel Baptist Church, 221 43rd St., will hold its annual Community Thanksgiving Dinner at 6:30 p.m. in the Fellowship Hall. This year’s feast is in memory of Sister Maria Green and Rev. LeRoy Walker. All are welcome! Info: 412-621-2155.

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**November 24**

**EAST LIBERTY**

**“Suite Life”**

Join trumpeter Sean Jones and Pittsburgh Jazz Orchestra for this fifth annual celebration of the life of internationally acclaimed jazz musician Billy Strayhorn, on one of the namesakes of the Kelly Strayhorn Theater, 5941 Penn Ave. “Suite Life: A Billy Strayhorn Birthday Bash takes place at 8 p.m. at the theater and features big-band sounds of the 15-member ensemble, including two vocalists and spoken-word tributes. Visit www.kelly-strayhorn.org or call 412-363-3000 for tickets and details.

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**November 27**

**GARFIELD**

**Call for Artists**

Join Assembly, 5125 Penn Ave., for the 2nd annual HyperLocal Show + Art Bazaar. If you are a maker, artist or technology who lives in Garfield, Friend- ship or Bloomfield (within a 10 block radius of Assembly), you are invited to submit one work that you have made. This is open to all ages. Please drop off your work at Assembly between 4 and 9 p.m. from now until Dec. 4 for the show on Dec. 7. With your submission, include your name, address, age, price of artwork and a statement of why you like to make things. For more information, email assemblybgh@gmail.com or call 412-432-9127.

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**November 28**

**LAWRENCEVILLE**

**Light Up Lawrenceville**

This year, Light Up Lawrenceville and the Joy of Cookies tour will continue to work together to bring something for everyone to the holiday season. A free tree lighting ceremony will take place from 6 to 7 p.m. tonight to launch the week of festivities. The traditional Light Up Lawrenceville event will be held with the Cookie Mall on Saturday, Dec. 1 from 11 a.m. to 2 p.m. at the Teencenter Temple, 4701 Butler St. Santa will be available for pictures and to present gifts to each child, and there will be fun activities and games for all families to enjoy at this free event. Please contact Lawrenceville United for more details. 412-902-7220.

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**December 1**

**STRIP DISTRICT**

**Toys for Tots**

For the third year in a row, Guardian Storage at 2829 Liberty Ave. in the Strip District will be Santas official warehouse and distribution site for the local Toys for Tots program, which gives free toys to families in need. If your family is in need of Christmas toys, visit http://north-versailles-pa.toysfortots.org to sign up. You can also donate new, unwrapped toys to the Toys for Tots drive at any one of the many Pittsburgh area Guardian Storage locations or visit Guardian Storage at 750 South Miami Ave. from noon to 4 p.m. today at a Holiday Open House. If you bring a toy, you’ll be entered to win a holiday gift basket.

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**December 6**

**HIGHLAND PARK**

**Natural First Aid**

Give the gift of health and confidence this year. Join Betty Reiling, 20-year veteran of Homeopathy, as she shares the how’s and when’s of her new Natural First Aid Kit. It feels good to be prepared! The Nuan Center, 5655 Bryant Street, 6 p.m. Free to the public; no registration required.

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**December 14**

**PITTSBURGH**

**Magnet Deadline**

Magnet and Career and Technical Education (CTE) options in the Pittsburgh Public Schools are schools that provide a specific education model, such as the Montessori Method (Pittsburgh Montessori – Friendship), or a theme-based program focusing on a student’s specific interests, such as International Baccalaureate program (Pitts- burg Obama – East Liberty). The District currently offers 24 magnet options. Families must submit applications to the District no later than December 14. Applications and more information are online at wwww.psps.k12.pa.us. Paper applications are available by calling 412-622-7920.

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**Announcements**

**Rom-com Novel Set in Lawrenceville**

Local author Janice Lanel Palloko has published her first novel, “St. Anselm’s Day,” primarily in the neighbor-hood of Lawrenceville, but featuring other Pittsburgh locations as well. The comic novel is about the romance between a nurse and a Lawrenceville bar owner, which is described as “Shakespeare’s The Taming of the Shrew meets the TV sitcom Cheers.” St. Anselm’s Day is available for sale on Amazon, the Kindle store, Barnes & Noble Nook and Smashwords. For more information, visit http://www.lovewriting.blogspot.com/
Food Trucks

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small group of entrepreneurs and their campaign to change Pittsburgh's mobile vending code.

Six food trucks were present, serving everything from beet-flavored ice cream to foie gras burgers to okonomiyaki, a savory Japanese pancake.

Across the country, other cities with vibrant food scenes offer regular "roundups"—some with as many as 40 food trucks—to foodies and neighbors eager for a casual, inexpensive meal in an outdoor, community-friendly setting. Pittsburgh truck owners have organized themselves as Pgh Mobile Food and are hoping that reform of city code, which currently places significant restrictions on hours and location, will encourage more entrepreneurs to start food truck businesses and join the roster.

Pgh Mobile Food was founded by Tim Tobitsch and myself, co-owners of Franktuary restaurant and food truck, and Tim Cook, director of Saxifrage School, an alternative higher education start-up, to promote mobile food and communicate about it from one convenient platform. The website enthusiastically states its mission as "Freeing food trucks to feed the people!" and lists most area trucks with a short description and booking information for each.

The organization hosted a two-part lecture series in early October entitled "How to Change a Law," which attracted more than 100 attendees including food truck owners, restaurateurs, foodies, lawyers and aspiring entrepreneurs. The first lecture was presented by Robert Frommer of the Washington, D.C.-based Institute for Justice and focused on competition law and the U.S. Constitution. The second was led by Matt Barron, Policy Director for City Councilman Bill Peduto, and covered the process of amending legislation. Following Barron's presentation, attendees participated in a robust discussion, proposing practical changes to the current laws.

All present were interested in improving the city's food truck legislation, which requires operators to move every 30 minutes, prohibits serving from a metered parking space, mandates that food trucks maintain a distance of 500 feet from any storefront selling similar merchandise and limits the hours a food truck can serve its customers.

At the Oct. 14 rally, just three days after the community discussion, Councilman Peduto and his staff stood in the parking lot handing out printed copies of the proposed changes to the current laws. Peduto spoke briefly to the crowds lined up at each food truck, saying "Pittsburgh should be like this every day...we need your support to make it happen!"

Operators of the trucks present—Dozen Bakeshop, Pittsburgh Pierogi Truck, BRGR, Fukuda, Franktuary and Oh My Grill!—collected signatures from customers at their ordering windows and encouraged their hungry fans to continue supporting mobile food.

Residents who missed the rally still have the opportunity to sign the petition on the Pgh Mobile Food website: www.pghmobilefood.com.

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Dogs Have Their Day In Lawrenceville

By Paula Martinac

Lawrenceville – On a sunny October 4th, happy dogs of all breeds turned out with their owners for the official opening of the Bernard Dog Run.

The dog run is named for the late Jay Bernard, a Lawrenceville community activist, rescue-dog advocate and author of The Bulletin's "Good Dog" column for many years. The park, which is slightly larger than 1 acre, occupies a picturesque spot along the Allegheny riverfront, just past the 40th Street Bridge. It includes separate fenced-in recreational areas for large and small dogs.

This community-based initiative has been in the works for four years, with volunteers holding different public events to raise funds for the project. The most recent was the March 2012 Gourmet Spaghetti Dinner, which drew 450 guests to the Teamsters Temple in support of the dog park. The City of Pittsburgh's Department of Parks and Recreation also stepped in as a partner.

Even with considerable support, funds still ran short. Then, syndicated radio personality Delilah—heard locally on WISH 99.7 FM—picked Lawrenceville for her "Paint the Town" initiative this year, and supplied the final, vital component needed for the park to open—the cyclone fencing.

The emcee for the ribbon cutting, WISH morning host Ron Antill praised Delilah and remarked on how difficult it is to get people to come together in a sense of community. He cited the Lawrenceville volunteers for sticking it out through a "very long process" to make the dog run a reality. Rev. Greg Cox of the United Methodist Church gave the blessing, noting that October 4 is St. Francis of Assisi Day—appropriately, he is the patron saint of animals.

Lauren Byrne, executive director of Lawrenceville United, voiced her admiration for Lawrenceville, with its "huge population of dedicated residents ... who make things happen." Also on hand to celebrate the opening was Mayor Luke Ravenstahl, who commended the community-driven project as "what Pittsburgh is all about."

The Bernard Dog Run has a posted list of rules and regulations for owners and dogs using the park, such as waste clean-up and the use of leashes outside the fenced-in areas. This is the second dog run to debut in the city in 2012, said Mayor Ravenstahl. The first opened on the South Side, and the City is also in talks to bring a dog run to Mt. Washington.

Celebrating a “Suite” Life

East Liberty – Jazz great Sean Jones will lead the Pittsburgh Jazz Orchestra in a tribute to internationally acclaimed pianist and composer Billy Strayhorn on Saturday, November 24 at the Kelly Strayhorn Theater, 5941 Penn Ave.

"Suite Life: A Billy Strayhorn Birthday Bash" features a 15-piece instrumental and vocal ensemble treating the crowd to renditions of numerous Strayhorn compositions as well as jazz favorites by other composers.

This one-night-only tribute celebrates the life of pianist, composer and arranger Billy Strayhorn, who began his musical studies as a youth in the Homewood neighborhood of Pittsburgh. At age 22, he joined Duke Ellington’s band. Among their most famous collaborations over the next 25 years were "Take the "A" Train" and "Lush Life."

The $75 VIP ticket package to “Suite Life” includes two tickets to the performance, admission to the private pre-performance reception and VIP seats.

Tickets to the performance only are $25 in advance, $30 at the door, $20 for residents of 15206 or $15 for students with ID or artists. For tickets, visit kelly-strayhorn.org or call 412-363-3000.

Below: Pianist Billy Strayhorn achieved fame as an arranger and composer for Duke Ellington's band. Photo courtesy the Kelly Strayhorn Theater.

Above: Six Pittsburgh food trucks held a "roundup" in East Liberty in mid-October in support of amending the local mobile vending laws. Photo by Todd Caldwell.