Developer Sets Sights on Penn Avenue for New Grocery Store

By Paula Martinac
The Bulletin

Does a grocery store you can walk to sound like a good idea? Nearby neighbors who braved the frigid weather on December 15 to attend a public meeting about a possible grocery store coming to Penn Avenue answered a resounding "Yes!"

The meeting, hosted by the Bloomfield-Garfield Corporation and the Bloomfield Development Corporation, introduced neighbors on neighboring streets to the plans for a grocery store at the site of the former Service Electrical Supply at 5200 Penn. Years before, Giant Eagle occupied the same site, and its departure has left a gap in neighborhood services for two decades.

"Whenever we have a community meeting, people always ask me if we can get a grocery store in the neighborhood," remarked Aggie Brose, deputy director of the BGC, who chaired the meeting.

C. Brantley Tillman, a real estate developer with Commercial Properties, Inc. in North Carolina, sketched out some of the details for a "full-service grocery store... like the stores we saw years ago... kind of like A&P." Tillman has an option to buy the property, contingent on receiving some zoning variances from the City Zoning Board at a hearing he hopes to have in February.

The store will be about 14,000 square feet, Brantley said, with approximately 50 parking spaces. His daughter, Kate Brown, Vice President of Development for Commercial Properties, noted, "You won't be able to buy folding chairs, but you'll be able to buy 98 percent of your groceries."

Tillman said he could not divulge the name of the grocery store until after the zoning hearing, as he is under a confidentiality agreement with his tenant. Research by The Bulletin suggests that the store may be Bottom Dollar, a subsidiary of Food Lion, a Southern chain. Tillman's company is looking to build 35 to 40 of these stores throughout the Pittsburgh area, as competition for Giant Eagle.

"This is a prime market," he observed. "This area has some of the highest food prices in the country."

According to Tillman, the store will feature national brands as well as store brands, and have a glass-panned produce room. When asked if the store would stock organic items, Tillman replied, "You'll see it if it sells. What sells will drive the stock." While there won't be a butcher on-site, the meat will be cut and packaged locally, Brown reported, and then brought to the store. Also available will be pre-packaged foods, like cooked chicken, that shoppers can take home and simply warm up.

Although residents attending the meeting agreed that a grocery store on Penn would be a huge plus, they expressed concerns about some of the developers' plans. In Tillman's preferred plan for the site, for example, the parking lot would abut Pacific Avenue, and be located directly across the lot for Family Dollar.

"Dueling parking lots makes a weak corner and creates traffic on Pacific," pointed out Freddie Croce, an architect on the BGC's board of directors. Attendees stated their preference for two decades.

The final deadline for all articles, ads, and Bulletin Board items for the February 2011 issue is FRIDAY, JANUARY 14, 2011. Placement is first-come, first-served. For more information: 412-441-6915.
Community Members Needed to Implement Garfield Plan

In May 2010, the Garfield community unveiled its collaborative plan, “Garfield 2030.” Created out of the input and vision of residents, this 20-year road map envisions a stable, sustainable Garfield, adding new or renovated homes to the existing stock, creating corner parks and new ball fields, fostering home ownership, and building stronger neighborhood ties.

But how do we get there? Without the active participation of neighborhood stakeholders – homeowners, renters and business people alike – the plan the community worked so hard to shape could just sit on the proverbial shelf gathering dust. In short, this is your plan, and it is up to you to make it successful and effective.

Four community meetings to begin implementation of “Garfield 2030” will be held on Wednesday evenings in January and February at the Community Activity Center, 113 N. Pacific Avenue, beginning at 6 p.m. At each meeting, an ad hoc committee will form to create strategies to make a different section of the community plan become reality, discussing objectives, activities, and obstacles.

January 12: Good Houses: This meeting will look at how to improve the condition of occupied houses in the neighborhood through homeowner education and repair assistance, help with rehabilitation, and other means. It will also chart strategies to add new or renovated homes.

January 19: Great Streets: Participants will talk about how to enhance Garfield streets and individual blocks through tree-planting, walking groups, clean-ups and other strategies.

February 9: Community Greens: At this meeting, residents will develop initiatives to improve “green space” to foster community pride and attract others to the neighborhood.

February 16: New Hilltop Park: Discussion will focus on creating a new hilltop park, developing youth recreation programs, and stimulating outdoor activities.

Garfield has a lot of exciting work ahead. These meetings are an opportunity for you to have a direct impact on both the character and future of your street as well as the entire neighborhood. Join a meeting for the issue you feel most strongly about, or come to all of them. Bring your ideas and be prepared to discuss concrete strategies. A light dinner will be provided.

To read a copy of “Garfield 2030,” visit www.bloomfield-garfield.org. For more information about these meetings, call the Bloomfield-Garfield Corporation at 412-441-6950.

A Note from the Publisher on the Recent Shooting in Garfield

On December 12, 2010, George Woodson, a longtime resident of the 5000 block of Dearborn Street in Garfield, admittedly took matters into his own hands and fired a gun at a group of young people he claims had thrown bricks through the windows of his family’s house. One individual was shot in the calf and taken to a nearby hospital. Sadly, it was Mr. Woodson who was subsequently arrested for charges related to the discharge of his licensed firearm. These events drew a great deal of attention in the local media.

While law enforcement officials understandably discourage residents from taking this type of action, there has been a long-standing problem with gang activity in this block of the neighborhood. Mr. Woodson has said that the harassment he and his family were experiencing has gone on for quite some time. The Bloomfield-Garfield Corporation has also received numerous complaints over the past three years from other residents about criminal activity stemming from a group of notorious actors in the block, some of whom don’t even live there.

City police officials are well aware of the situation, and have stepped up patrols along Dearborn Street. The Public Safety Task Force, which meets monthly at the BGC’s Community Activity Center, has multiple agencies trying to address the problem, some of which stems from the so-called “revolving door” in our criminal justice system.

This on-going monitoring, coupled with a proposed new housing development targeted for that block and others, could help bring some greater security to the street in the not-too-distant future. But actors like these may simply move up the block or to another part of the neighborhood, taking their anti-social behavior with them, unless residents throughout the community refuse to put up with it.

We pay a good deal for police protection, and we encourage citizens to make frequent use of the 911 system instead of firearms, so that no one goes to jail for trying to protect their family and their home.

CORRECTION

In a front-page article in the December 2010 issue of The Bulletin, “Committee Works with WPAHS on Health-Care Solutions for East End,” we neglected to include the name of State Rep. Dom Costa as one of the public officials involved in the community coalition working with West Penn Allegheny Health System since last June. Rep. Costa has played a leadership role in the coalition that is addressing the loss of jobs, impact on local businesses, and effects on community health-care of the WPAHS consolidation plans. We apologize for the omission and wish to publicly recognize the vital part Rep. Costa has been playing in this effort.
Renovation of Historic Church Continues Despite Loose Ends

By Paula Martinac
The Bulletin

Earthen Vessels Outreach (EVO) and Seeds of Hope Church opened their community meeting on December 6 with an apology. This was the sixth community meeting that the organization, which is renovating the 19th-century church at the corner of Friendship and South Pacific avenues, has convened in the past two years to present its plans to surrounding neighbors.

The ultimate goal of renovation is to house its growing Anglican congregation of about 100 members and its afterschool and summer programs for several hundred young people annually together in the historic building, now named Pacific Sanctuary.

“We have not at times pulled the correct permits,” Ryan England, EVO’s director of operations, told the audience of about 20 people. “This was not intentional, and we regret the errors.” England went on to acknowledge that they had not always communicated effectively with every neighbor. But he vowed to show all design options—“even the ones we don’t like”—to the neighbors and to listen to and seriously consider their opinions. In return, the organization, he said, asks concerned neighbors to “be patient as we try to work through complex problems together.”

England’s statements came in response to negative reactions to some exterior renovation details from a handful of vocal neighbors, who have been joined in recent months by Councilman Patrick Dowd (District 7) and representatives of Bloomfield Citizens Council.

“The first community meetings were friendly,” England explained to The Bulletin. “Neighbors came to one or two meetings, got their questions answered, then haven’t been back. They trust us.” In addition, Friendship Preservation Group supports the organization’s plans. “They’re very glad the building is occupied,” England said.

But at the zoning hearing this fall, a new cohort of neighbors appeared to vocalize their concerns about four zoning variances EVO was applying for. “We had never talked to the people who showed up,” England said. The hearing was postponed until February 10, 2011, to give EVO time to deal with the issues raised and call additional community meetings.

Chief among the neighbors’ concerns have been the location of the air conditioning units, the placement of dumpsters, the design of a disability-access ramp, and a proposed six-car parking lot on Amboy Way behind the church.

In response to neighbor’s worries about noise from ground-level air conditioners, EVO is withdrawing its request for a variance and intends to locate the units on the roof, behind the chimneys. The units will not run past 10 p.m. “We’ll make sure we don’t have noise,” England assured The Bulletin. Their engineer is looking at specific units to minimize noise, and EVO has promised to use sound-abating technology if needed.

As to the dumpsters, “It’s not a big deal to us,” England said. “We’ll put them where people want us to,” and they will be emptied several times a week.

The disability-access issue is more complicated, because the building sits 10 feet above street level on sandy soil. The proposed design for a substantial, switchback-style wooden ramp also requires a zoning variance, but England told The Bulletin they may withdraw that and are “exploring lift options” instead, based on neighbor input about lifts they have seen. “It’s going to be three times the cost, but we’ll do it if possible,” he said.

EVO will proceed, however, with requests for two variances for the parking spaces behind the church. England explained to the meeting attendees that, although congregation members live within walking distance, the organization needs parking for volunteers who don’t live in the neighborhood, since parking on nearby streets is mostly permit-based and EVO is volunteer-driven. “Volunteers have put in thousands of hours on the renovation,” England noted.

While not eliminating any existing parking or adding to congestion, England said, the variances would allow parking to start 10 feet from Friendship Avenue instead of 30, and directly on the property line instead of 2 feet from it. One more community meeting to review the final plans will be held before the zoning hearing, at a date to be announced.

Despite the lingering resistance from a few neighbors, England said he is hopeful that plans are finally coming together for what he calls “a gorgeous building.”

“I like to focus on the positive things we do,” he said. “We serve 12,000 hot meals a year to young people. We just gave away more than 100 toys at our holiday event. We serve 300 to 400 kids in our youth programs. These services have all continued.”
Green roofs on buildings are popping up all over Pittsburgh, but what about on bus shelters? This summer, East Liberty will have a bus shelter roof that grows plants and supports animal life.

East Liberty Development, Inc. (ELDI) applied for and received a $20,000 grant from The Sprout Fund’s Spring Program to fund a green roof on a bus shelter. Awards were distributed by The Sprout Fund December 14 at the Union Project. The project will be the first of its kind in Pennsylvania, and the second in the United States; the first is in San Francisco.

A connection with a member of the San Francisco Planning and Urban Research Green Roof Task Force led ELDI Planning Coordinator Katherine Camp to brainstorm the possibility of green roofs for bus shelters in East Liberty. Due to the construction of Target and the conversion of Penn Circle to bi-directional traffic, the neighborhood will need several more shelters.

The pilot bus shelter, to be located on the southeast corner of the intersection of Penn and Highland avenues, will be installed in the summer of 2011. Camp, along with Green Projects Associate Loralaryn Fabian, hope that this single shelter will serve as a model to bring more of the green roofs to shelters across Pittsburgh and the region as a whole. ELDI is working with many partners to make this progressive pilot project happen, according to Fabian.

The bus shelter’s green roof will have many positive effects on the East Liberty neighborhood. The project will address the lack of biodiversity in urban streetscapes due to impervious surfaces like sidewalks and roads, and the risk to plant and animal life in the rivers due to sewer runoff pollution.

According to Fabian, the shelter roof will help to mitigate stormwater, reducing sewer overflow into the city’s rivers. By raising the plant life off the ground, it is protected against litter and trampling or damage by humans. The shelter roof, along with the trees planned along Highland Avenue, will contribute to bringing more butterflies, small insects and songbirds to the area. Fabian said she believes other benefits include the beautification of East Liberty’s commercial core and a reduction in climate change.

While many Pittsburghers may be aware of the existence of green roofs, putting the idea on a bus shelter makes it easier to see, and more accessible. The Port Authority of Allegheny County estimates that 4,000 people ride buses through East Liberty every day. Thousands more travel by bike or car or on foot. Bringing the plant life from the roofs of buildings to the top of a bus shelter will provide thousands of residents the chance to see a green roof. Camp and Fabian hope that as more people learn about the benefits of green roofs, they will install them on their own buildings, increasing the positive impact on biodiversity and stormwater management throughout the region.

Green Roofs on Bus Shelters Coming to East Liberty

By Margaret Graham
East Liberty Development, Inc.
You’ve been dreaming for a while about owning your own business. Your friends and family think you’ve got a great idea, and you’d appreciate the flexibility of being your own boss. But does your idea have legs? What are the skills needed to start your own business? Where can you get financing? A nonprofit called Neighborhood Business, Inc. (NBI) has the answers to those questions and more.

Kevin Altomari, president and CEO of NBI, traces the organization’s roots to the mayoral campaign of Mark DeSantis in 2007. Altomari worked on policy issues for the campaign, and says that he and DeSantis used to discuss “how business development is easy for large tech and health-care start-ups, but more difficult for small businesses” – neighborhood people with “modest aspirations” like opening a coffee shop or daycare center, but with limited social networks who might not have the resources to start their own company.

Neighborhood-based business development became part of DeSantis’ campaign, and after the election, the idea seemed too good to relinquish. With an initial grant from the Buhl Foundation, NBI was born.

The theory behind NBI is to “identify one or more neighborhoods we could make a difference in,” explains Altomari. From there, NBI partners with community-based organizations to bring its program of entrepreneurial training, mentorship and “micro-lending,” or small loans, to the community. Altomari says Garfield is perfectly situated to benefit from this program, as it “lags behind the rest of the city” in terms of income. To that end, he has been working with the Bloomfield-Garfield Corporation (BGC) to identify and create opportunities in the neighborhood for potential entrepreneurs.

NBI will give a presentation about its program and services at a community meeting in March at the BGC Community Activity Center; watch The Bulletin for the date. “We’ll begin by giving an overview of the demands, challenges and rewards of entrepreneurship,” says Altomari. People who elect to go on enroll in a 13-week educational program covering business development, business planning, marketing and financing.

A few program participants “fall by the wayside,” but Altomari says he thinks that’s a positive thing. “Some people learn that business ownership isn’t for them,” he explains – it requires focus, attention to detail, singleness of mind, flexibility and an ability to handle failure if a venture doesn’t pan out. “There aren’t many people who are successful from day one,” he observes.

Those who complete the training receive one-on-one mentoring in developing their business plans, which helps them build the social networks that are so essential to success in business. Sometimes “we’re in the position of having to talk people backwards” – help them scale back from original plans that are too ambitious. “Crawl before you walk, walk before you run,” is Altomari’s mantra. With business plans in hand, these new entrepreneurs then get help from NBI in securing small loans of $500 to $8,000 “to help establish a credit history that they’ll need to grow their business,” Altomari notes.

True to his own principles, Altomari runs NBI as a lean, home-based organization. He notes that the nonprofit, which is now funded by the R.K. Mellon Foundation, is not really sustainable over the long term, but he hopes to find a larger nonprofit that will pick up the idea and run with it, thus ensuring its future. “This is a very credible idea that can be successful,” he concludes.

Altomari’s advice to prospective business owners is to “ask a lot of questions and do your research.” Even if you’re not starting a business for a year, today is not too early to start gathering information.

For more on NBI, visit www.neighborhoodbusinessinc.org, e-mail kaltomari@neighborhoodbusinessinc.org or call 412-889-6073.

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Here is a look at the West Penn Hospital of the future:

Inpatient Services
West Penn will continue to provide inpatient women’s and infants’ services, including obstetrics, gynecology, gynecologic oncology, and neonatal intensive care. In addition, it will offer inpatient services for the West Penn Burn Center and inpatient rehabilitation services.

Bone marrow transplant services will remain until spring 2011. Forbes Hospice will be remaining on campus.

Outpatient Services
The campus will house a gastroenterology lab, Pharmacy, full Radiology services, Institute for Pain Medicine, Sleep Center; Radiation Oncology; Outpatient Infusion Center; Breast Diagnostic Imaging Center; Pelvic Floor Center; Lupus Center of Excellence, Joslin Diabetes Center (affiliate of the renowned Joslin Diabetes Center in Boston), and Jones Institute for Reproductive Medicine affiliate, along with a host of other physicians’ offices. Outpatient laboratory services will also continue to be available.

Outpatient Surgery
West Penn Hospital will offer vascular, general, orthopaedic, otolaryngology, breast, colorectal, plastic, ophthalmologic and urologic surgeries on an outpatient basis.

Education
In addition to the medical education programs, the West Penn Hospital School of Nursing and the West Penn Hospital/Indiana University of Pennsylvania School of Respiratory Care will remain on campus as part of our continued commitment to education.
Residents, business owners, and visitors in Lawrenceville have undoubtedly noticed the work underway at 4305 Butler Street. A group of partners have leased the former Outlet Connection retail space with plans to open a restaurant.

Co-partners in this group include Daniell Viszlay and her brother, David Viszlay. Ms. Viszlay is the current co-owner and manager of Elixir Ultra Lounge, located at 1500 East Carson Street in the South Side. Ms. Viszlay has also operated Bash, a nightclub formerly located at 1900 Smallman Street.

Mr. Viszlay owns a number of properties in Lawrenceville, including: 5407 Butler St., 5410-14 Berlin Way, 5123 Carnegie St., 5129 Carnegie St., 5122 Dresden Way, 5134 Dresden Way, 5101 Keystone St., 5255 Keystone St., 115 McCandless Ave., 117 McCandless Ave., 119 McCandless Ave., 121 McCandless Ave., 125 McCandless Ave., 127 McCandless Ave., 5256 Natrona Way, and 5260 Natrona Way.

Upon notification that a group had leased the space, City Councilman Patrick Dowd and representatives from the Lawrenceville Corporation and Lawrenceville United called a meeting with the partners to discuss their plans. The group met at the future site on December 7. During this introductory meeting, Mr. Viszlay, Ms. Viszlay and their third partner discussed initial plans for the 3,400-square-foot site, and have committed to providing additional information as it becomes available.

The group did provide some additional information at the meeting. They plan to operate a restaurant that would be open in the evenings. They intend to apply for the transfer of a liquor license in addition to an occupancy permit for the restaurant. Although they are still early in the design process, they stated that there would be a bar, but that they are expecting most of their income to be realized through food sales. The first phase of the project is expected to be self-financed. They are not planning to have a dance floor, bottle service, or VIP area(s). The restaurant will not have a full kitchen or venting system, but plans to operate with a convection oven. They have planned for eight parking spaces in the rear of the business for employees, and anticipate patrons utilizing on-street parking, specifically the public lot at 43rd and Butler and traveling on foot.

As Lawrenceville United and the Lawrenceville Corporation are committed to creating a clean and safe neighborhood in which businesses and residents can thrive and co-exist, the community groups plan to schedule a larger community meeting either...
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WHAT’S HAPPENING AT LESLIE PARK POOL?

By Deborah Knox
Leslie Park Collective

On December 1, at the Stephen Foster Community Center in Lawrenceville, the Urban Design Build Studio of Carnegie Mellon University’s School of Architecture presented design proposals for the site of the decommissioned Leslie Park Pool on Butler Street. This was the third and final meeting on redesign of the site. About 30 neighbors participated, along with representatives from State Sen. Jim Ferlo’s office, Lawrenceville United, Lawrenceville Corporation, the Boys & Girls Club and the Lawrenceville Planning Team.

The CMU students are working under the firm hand of Professor John Folan, AIA, LEED AP, with advisement by Lawrenceville’s own Jonathan Kline of the Studio for Spatial Practice. They have been working intensely for the past three months to develop “conceptual designs” and to refine them, based on input from the previous community meetings and sessions with City officials.

The students presented three concepts for an overall master plan: Urban Recess, LAPool, and Urban Theater. These designs showed a variety of performance spaces, classrooms, parks, and public plazas, and all included a spray park water feature. Some of the ideas recommended the partial demolition of the pool house, and opening up one of the fortress-like walls under the cantilevered deck facing Butler Street. The idea is to allow access to the facility from the park below the pool, and to provide a much-needed visual connection to the site for folks on Butler Street.

The project continues with great momentum and support. The lively, very well-attended events staged in the empty pool in 2009 and 2010 clearly demonstrate that the neighborhood and hundreds from around the region appreciate the pool’s potential to host a delightful variety of activities for all ages and interests.

So what’s next? Following the “Conceptual Review,” the team is enthusiastically moving forward to incorporate the community’s input, and develop drawings for the “final” master plan. In the coming weeks, the CMU team, along with Susan Englert and Deborah Knox from the Leslie Park Collective, will share the draft of that plan and get comments from the Mayor’s office and the Director of City Operations, Duane Ashley. The team will seek guidance about which design elements may be unworkable and which have good potential in terms of implementation, maintenance, and long-term use.

See LESLIE PARK, page 10

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You can read back issues of The Bulletin online at www.bloomfield-garfield.org/Pages/Bulletin.html.
SHOWCASE OF THE MONTH

Splashes of Color Hit Lawrenceville

Driving through the community of Lawrenceville, it is impossible not to notice the big impact of investments by homeowners and business owners. Property owners throughout the neighborhood have been making a statement and beautifying the community with just a few gallons of brightly colored paint. Each home or store that pops up with a fresh, new coat fosters a sense of charm and community pride. As this month’s collective showcase, we highlight the many neighbors who have added distinction to their homes or stores, brightening up the streets of Lawrenceville with vivid splashes of color.

The painting complements the crayon-colored trim of the Children’s Hospital building, which has fast become a Lawrenceville landmark. Since the arrival of the hospital on Penn Avenue in spring 2008, the colors of the main building and its signage have been popping up on homes throughout the neighborhood. Bold yellows, blues, reds, greens, and even pinks and aquas adorn the façades of a growing number of Lawrenceville properties. The home at 351 Main is golden yellow with festive purple and red accents. 4312 and 4316 Foster Street feature a beautiful, vivid blue. There’s a green house sporting yellow trim at 186-188 45th Street – and these are just a few examples. If this trend continues, Lawrenceville is likely to become the San Francisco of the East.

The colors of Lawrenceville demonstrate that even the smallest investment in the renewal of a property can make a huge difference. Take a drive through the streets of Lawrenceville and enjoy the scenery for yourself!
ENEC Sponsors New Series for Job-Seekers

By Kirk Myers
Bloomfield-Garfield Corporation

The first in a series of initiatives to assist local residents in finding employment took place on Wednesday, November 24, at the Eastside Neighborhood Employment Center (ENEC).

The focus of this session was to assist attendees in completing an online application for current post office employment opportunities. The event drew more than 65 local job-seekers to apply for open positions as letter carriers, automotive technicians, and “holiday casuals,” or temp workers. The event began with an introduction to the ENEC and a brief description of the positions offered at the post office. The workshop included assistance from ENEC and Bloomfield-Garfield Corporation employees who were familiar with the online applications and were able to navigate the applicants through complications that arose with the online form.

Many attendees praised the workshop for helping them to successfully complete the online application and get them prepared for the interview process. The employment center offered follow-up assistance as well, including mock interviews and helpful reminders for applicants to review their e-mail for a post office response.

The post office event and other employment sessions are intended to boost the likelihood of job-seekers finding positions with local employers. Additionally, these sessions allow the ENEC an opportunity to build relationships with local job seekers. Brittany Green, an employment specialist placed at the ENEC through AmeriCorps, explained, “If a candidate applies for a position but isn’t hired, we are looking to stay in touch with them. We continue to work with them, providing advice on other job openings and helping them to apply for multiple jobs. We do all of this with the ultimate objective of getting the job-seeker employed at a position that is right for them.”

The Eastside Neighborhood Employment Center will continue to offer assistance for these online applications throughout the new year. ENEC will be hosting a number of other employment initiatives for the healthcare, financial, and customer service industries. The organization can be reached at 412-362-8580; drop-in hours at the 5321 Penn Avenue center are 9 a.m. to 1 p.m., Monday through Friday.

ENEC COMMUNITY STRESS CENTER OPENS IN EAST LIBERTY

By Pamala Pyle
University of Pittsburgh

Over the past five years, a community partnership has been established among University of Pittsburgh staff and faculty and the leadership of 11 service agencies located in Allegheny County. The goal has been to develop programs to help reduce disparities in the prevention, identification, treatment, and outcomes of stress and depression in underserved and disadvantaged adults.

The partnership consists of the leaders of a diverse group of organizations, including Community Human Services, East End Cooperative Ministry, East Liberty Family Health Care Center, Focus on Renewal/Sto-Rox Family Health Center, Jubilee Association, Mathilda Theiss Health Center, Mental Health America-Allegheny County, Metro Family Health Center, Peer Support and Advocacy Network, and The Salvation Army.

Together the partnership developed the idea of a Community Stress Center, which is directed by Dr. Charlotte Brown of the University of Pittsburgh, and co-directed by Paul DeWalt of East End Cooperative Ministry. This pilot project is funded by The Pittsburgh Foundation and the East End by offering services to reduce stress and maintain physical health. Services provided by the EECM Community Stress Center include:

- Group educational workshops about health conditions that are worsened by life stress
- Interactive sessions that teach ways to reduce stress
- Life skills workshops to help people manage stressors such as unemployment, housing, and finances
- Health and wellness screenings for common health conditions (e.g., high blood pressure, diabetes, high cholesterol)
- Referrals to primary care, mental health and social service agencies as needed
- Peer support to help participants access needed medical, social or mental health services

The EECM Community Stress Center operates on Tuesdays and Thursdays, 1 to 4 p.m. at the East Liberty Presbyterian Church, 116 South Highland Avenue.

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LESLIE PARK, from page 8

Following those input sessions, there will be presentations to the City of Pittsburgh Art Commission and City Planning early next year. Assuming success in these presentations, the CMU students will have a “product” – a Master Plan for a new community center with many activities, and more detailed designs for implementing the first round of that plan – in summer 2011. At this time, the recreational water feature is expected to be part of that first phase of construction.

Mayor Ravenstahl has enthusiastically supported this project from its earliest days, along with Sen. Ferlo. Over the past few months, Rob Kazcorowski, Director of Public Works, and Mike Radley, Director of CitiParks, have offered guidance and support, too. The team has also received valuable insights and ongoing inspiration from the Lawrenceville Corporation, Lawrenceville United, and the Lawrenceville Planning Team.

When the Master Plan and activity center designs are more defined and approved, the team will post them to the Internet and in a storefront along Butler Street to collect comments on how to refine them. Stay tuned!

For more details, please feel free to contact Susan Englert at 412-559-1861 or susan.englert@hotmail.com; or Deborah Knox at 412-344-3966 or knoxconsulting@gmail.com.
As part of the Documentation and Conservation Studio offered through the University of Pittsburgh’s Architectural Studies Program, 10 Pitt undergraduates are submitting an application to nominate the former Ursuline Academy on South Winebiddle Street to the National Register of Historic Places, the country’s honorary listing of historic properties. On December 14, the students presented their research to the public in the historic auditorium of the facility, which is now home to the Waldorf School.

This is the second time Pitt students have worked at the site; the first preservation class was offered in the summer of 2008. “It is rare to have hands-on preservation opportunities for undergraduates,” said Drew Armstrong, director of Architectural Studies. He thanked Brendan Froeschl, Waldorf’s facilities manager, for approaching him about an on-site preservation class. Froeschl, who has worked at the school since 2007, was a history major in college and pursued preservation training after graduation at Belmont Technical College in Ohio.

Armstrong pointed out that the Waldorf School, with its 1867 main building and numerous later additions, provides a perfect lab for students studying historic structures. It boasts many architectural styles and has maintained its “architectural integrity” – meaning that much of the interior has remained unchanged over time. Student Evan Tobin took the audience through a slideshow tour of the interior, which includes a massive main staircase, pressed tin ceilings, and an etched-glass front door.

The imposing brick mansion was a private residence until 1895, when the Ursuline Sisters purchased it and turned it into a school, adding buildings and wings throughout the early 20th century as the needs of the school grew. The main building is connected to the auditorium, which dates to 1900, and the chapel, built in 1913.

The National Register nomination is based on the property’s use under the Ursulines, who made important contributions to Catholic education in Pittsburgh. Many of the city’s elite families sent their daughters – and eventually their sons – to the Ursuline Academy. The academy’s alumnae society was “a fixture on the society page” of the newspaper, Pitt student Colleen Gibbon told the audience. Attending the presentation were several former students of the academy, which closed in 1981, who fondly remembered their time there. After several different incarnations, the property was purchased by the Waldorf School in 2003.

For the Pitt students, the process of nominating the site to the National Register involves comprehensive historical and architectural research, including work at the Ursuline archives in Kentucky, where the nuns have maintained extensive records of their work. Guiding them in the process was their instructor, Jeff Slack, a preservation planner with Pfaffmann + Associates, and Bill Callahan of the Pennsylvania Historical and Museum Commission. In addition, they worked with Froeschl gaining field-work experience in preservation techniques. Froeschl reported that the class restored eight to 10 of the property’s windows, and Armstrong noted proudly that “they all work.”

Slack said that the final application for the National Register will be submitted this month to the Pennsylvania Bureau for Historic Preservation, which does an initial review that may take up to two months. If the bureau has questions or requires further documentation, it may return the application for changes. Slack estimates that they will learn whether the nomination has been accepted in June. If admitted to the register, the Waldorf School will be responsible for obtaining a plaque for the site noting its official designation.

THE MAIN BUILDING ON THE WALDORF SCHOOL CAMPUS DATES BACK TO 1867.

Paula Martinac/The Bulletin
TAKE STEPS TO PREVENT FALLS

Perhaps you know someone who’s been injured, disabled or even killed by a fall. Or maybe you’ve taken a spill yourself and are afraid the next one could be worse. As we age, time takes its toll on the bodily systems that keep us balanced and standing upright.

For example, you may not see or hear as well, which can affect your coordination. Nerves that carry information from your brain to your muscles may fray and deteriorate, slowing your reaction time and making it more difficult to move away from oncoming pedestrians or adjust to icy patches on a sidewalk. Normal declines in muscle strength and joint flexibility can hinder your ability to stand, walk and rise from chairs. Last year, more than a million seniors were treated in hospital emergency rooms for fall-related injuries; of those treated, more than 400,000 were hospitalized. You needn’t let the fear of falling rule your life, however, as many falls and fall-related injuries are preventable. Through scientific studies, researchers have identified a number of modifiable risk factors that increase the likelihood of a fall, including medication side effects, loss of limb sensation, poor eyesight, tripping hazards within the home, and lack of physical activity.

The American Chiropractic Association recommends the following fall-prevention tips:

Perform a home safety check: At least one-third of all falls involve hazards within the home. Most commonly, people trip over objects on the floor. Work with a family member or health-care provider to evaluate your home for potential hazards and minimize your risk of injury.

Begin a regular exercise program: Consider a general exercise program that includes activities such as walking, water workouts or tai chi — a gentle exercise that involves slow and graceful, dance-like movements. Exercise reduces your risk of falls by improving your strength, balance, coordination and flexibility. In an experimental study published in the Journal of Advanced Nursing, scientists investigated the effectiveness of tai chi in helping reduce the incidence of falls in the elderly. Patients who participated in a 12-week tai chi program, three times a week, significantly improved their balance, coordination and flexibility. In an experimental study published in the Journal of Advanced Nursing, scientists investigated the effectiveness of tai chi in helping reduce the incidence of falls in the elderly. Patients who participated in a 12-week tai chi program, three times a week, significantly improved their balance, coordination and flexibility.

Review your medications: Your risk of falling may increase if you take certain prescription medications to treat age-related medical conditions. Many medications have side effects that can affect your brain function and lead to dizziness or light-headedness. Taking multiple medications magnifies the risk, as does combining prescription drugs with alcohol, over-the-counter allergy or sleeping medications, pain-killers, or cough suppressants. Ask your physician to review your medications and discuss the need for walking aids or supports while taking medications that can affect balance.

Have your vision checked: Reduced vision increases risk of falls. Many medications have side effects that can affect your brain function and lead to dizziness or light-headedness. Taking multiple medications magnifies the risk, as does combining prescription drugs with alcohol, over-the-counter allergy or sleeping medications, pain-killers, or cough suppressants. Ask your physician to review your medications and discuss the need for walking aids or supports while taking medications that can affect balance.

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"Everyone can point to what was the happiest time in their life," says Richard Sorce of Stanton Heights. "Mine was growing up on Rosetta Street in Garfield."

From 1949 to 1968 – the year of his birth almost to his graduation from Peabody High School – Sorce's family lived at 4819 Rosetta Street, the middle in a row of six modest brick houses built at the turn of the 20th century. "It was a tight-knit, working-class neighborhood," says Sorce. More than 40 years later, he still remembers the names of his neighbors and their professions – bricklayer, truck driver, landscaper, and policeman.

At the age of 10, Sorce watched as earth displaced from the excavation for building the Garfield Heights housing project was deposited onto land across from Mathilda Street – "30 to 50 truck-loads a day, for several weeks," he says, creating a wide swath of barren land. On this "plateau" he and his friends played baseball. In the winter, they climbed to the top of Mathilda Street and sledded down almost to Penn Avenue.

Though there was a Giant Eagle in Garfield on Penn Avenue, other small corner grocery stores dotted the neighborhood. Sorce's family bought most of their groceries within two blocks of their home at either Tom's Grocery at the corner of Broad and Millvale, or Sharp's on Millvale. He also loved to stop at Flo's Five-and-Dime Candy store on the 5100 block of Kincaid. These shops served a greater purpose than just commerce; they were places for socializing, serendipitous meetings, and the exchange of neighborhood gossip as well.

Sorce remembers that Garfield was a place where neighbors watched out for one another. No one was rich, he says, but that was rarely an impediment to quality of life.

Most Garfield residents will not remember the creation of the "plateau," though it remains as a wooded parcel adjacent to Mossfield and North Mathilda. None of the small shops like Flo's and Tom's remain. 4819 Rosetta is still there, though demolition of its sister units has rendered it the end house in a row of three.

Recently, the original Garfield Heights public housing development was demolished and replaced by Garfield Commons, a mixed-income rental community developed by KBK Enterprises. This opened up a space that could be an asset to the community, and Garfield residents have been discussing turning it into a public park with athletic facilities to rival any in the city. The site of the old Giant Eagle is poised to house the first full-service grocery store in Garfield in more than 20 years. Change is inevitable, and each change is an opportunity for reinvention.

If you have memories of Garfield you’d like to share, email michaelr@bloomfield-garfield.org or call 412-441-6950.
The Bulletin Board publishes listings of volunteer opportunities, free or low-cost events and classes, announcements, fundraising events, and services that are of particular interest to our neighborhoods. Send announcements to Bulletin@bloomfield-garfield.org by the 15th of each month. We do not accept listings on the phone. Information published on a space-available basis.

Refrigerator Replacement

The Neighborhood Safety Program and Duquesne Light are offering a Refrigerator Replacement Program for Pittsburgh residents who meet certain income eligibility guidelines. To get a new refrigerator, you must own your current refrigerator and it must be clean, empty and in working condition on the day of pick-up. You must also have an active account with Duquesne Light at the address where the pick-up and delivery will take place. Also available is a Light Bulb Replacement Program to replace your current light bulbs with energy-efficient bulbs. For more information or to enroll in either program, call Donald MeCaehern at 412-392-6467.

A Place to Belong

Come visit us at the Door of Hope Community Church, 5225 Holmes Street, Lawrenceville, every Sunday at 11 a.m. for our church service. We also offer Sunday School for all age groups, plus Christians in Recovery, also offer Sunday School for all age groups, plus Christians in Recovery, plus Angel’s Ministry Children’s and Adult Ministries. For more information, call 412-781-0234.

YouthBuild Program

Build your community and get paid while in training! Earn your G.E.D. or high school diploma, and earn skills to increase your income. Join Garfield Jubilee’s YouthBuild Program, in partnership with Hill House Association and Housing Authority of Pittsburgh. To apply, you must be interested in learning construction trades and in further education; serious and committed; between 16 and 24 years old; unemployed and out of school; and a resident of Pittsburgh. To qualify, you must have a birth certificate, proper ID and Social Security card. For more information, contact Renee Robinson or Tonya Daniels at 412-661-6275.

Parenting Warmline

Parenting is a tough job - the Parenting WARMLINE can help! We offer free, non-medical telephone support, information, and referral. Call 412-641-4546 or 800-641-4546 or email: Warmline@familyresource-sftpa.org. Confidential.

Art All Night Planning Team

Art All Night Lawrenceville 2011 will be held April 30 to May 1. The leadership team is presently seeking new planning team members for this year’s event. You are unlikely to find a more fun committee or a more unique community event! If you’d like to get involved, join us for a meeting on Wednesday, January 19 at 7 p.m. at the Stephen Foster building, 286 Main Street in Lawrenceville. Any questions? Please email info@artallnight.org or visit www.artallnight.org.

Super Bowl Sunday Hoagies

Hungry Super Bowl fans can preorder hearty hoagies for the big game – great hot or cold! Just $6 buys a 12-inch Italian (salami, ham, capicola and Provolone) or American (ham, turkey, bologna and American) hoagie with lettuce, tomato and onion on the side. Pre-sales after Masses (Sat. 4pm, Sun. 8:30 and 10 AM) or at the Parish Office at Our Lady of the Angels Parish (225 37th St., Lawrenceville). Hoagies may be picked up on Sunday, Feb. 6, at the Church from 11 a.m. to Noon. Call Our Lady of the Angels at 412-682-0929 for more info.

Looking for Subjects with Diabetes

Pitt researchers are looking at whether sleepiness affects the amount of physical activity in people with type 2 diabetes. You may be eligible if you are: Aged 30 years and older Willing to spend two or three nights at the sleep center in Oakland Diagnosed with sleep apnea, a sleep disorder, at the start of the study and have never been on previous treatment (CPAP).

Willing to be randomized to either a standard device for sleep apnea or a similar mock device that has no benefits On oral medication and/or diet treatment for diabetes (not insulin)

Participants will wear an activity monitor and a continuous glucose monitor. Participants randomized to the mock device will be offered to repeat the study with the sleep apnea treatment device. Eligible participants can receive up to $320 (or up to $485 if they repeat the study) as reimbursement for participation. For more information, please call the University of Pittsburgh School of Nursing at 412-624-3597 or email ml9@pitt.edu

Spay and Neuter Day

At the BIG EASY Animal Hospital, we know that spay and neuter is the only way to proactively relieve the pet overpopulation problem. In Allegheny County alone, conservative estimates show that 20,000 homeless and abandoned pets are euthanized each year. The most common cause of euthanasia is the inability to find adoptive homes for these unwanted animals. Research shows that a single spay surgery can save 55 unwanted animals from being born. Those are 55 animals who won’t wait in shelters, or worse. The only proactive way to reduce and eliminate pet overpopulation is through spay and neuter. BIG EASY Animal Hospital will host its 2nd Low Cost Spay and Neuter Day offered to the community on Friday, February 11, 2011. By having your pet spayed or neutered, you reduce your pet’s risk of cancer and infection, make your pet less likely to run away and ensure a calmer, happier companion. For more information or to sign up, please contact us at 412-908-9301, visit our website at www.bteah.com or drop in at 5328 Butler Street, Lawrenceville. Please note your pet MUST be current on its rabies vaccine...or the BIG EASY can provide.
**L'VILLE HOSPITALITY ASSOCIATION**

Lawrenceville Hospitality Association announces its first annual membership meeting scheduled for Monday, January 17, at the Steven Foster Center beginning at 6:30 p.m. The Foster Center is located at 286 Main Street in Lawrenceville. All residents, business owners and interested parties are welcome. Annual membership dues is $5 per person. Refreshments will be served. Special guest speaker Greg Boulos from Blackberry Meadows Farm will give a talk on “A Strategy to Build a Community Market.” Come join us in exploring ways to promote our wonderful community. For more information, contact Kate Bayer at kb_4738@yahoo.com or call 412-600-2068.

**MLK Day at Kelly-Strayhorn**

The Kelly Strayhorn Theater, located at 5941 Penn Avenue, invites the community to celebrate the life and legacy of Dr. Martin Luther King, Jr. with incredible FREE performances by local arts groups on January 17 from 2 to 4 p.m. Join us for this inter-generational showcase of Pittsburgh artists who celebrate the man who helped change America forever. Don’t forget to visit the lobby for free activities for kids, including arts and craftmaking. For more information, call 412-363-3000 x 107 or visit www.kelly-strayhorn.org.

**Winter Read-a-Thon**

Reading enthusiasts are joining forces this winter to help raise money for Carnegie Library of Pittsburgh. Readers can enroll in the Winter Read-a-Thon at any Carnegie Library of Pittsburgh branch. For a $5 donation, participants will receive a clock bookmark to help track reading time, a pledge form (for friends and family to pledge money for every hour spent reading) and a calendar of related library events. From January 8 to February 19, readers will be asked to track their reading time and, at the end of the five weeks, collect and return donations to the Library. Incentive prizes, including Carnegie Library of Pittsburgh merchandise, will be awarded based on the amount collected.

On January 8, a Community Read-In will kick-off the Read-a-Thon festivities. From 10 a.m. to 5 p.m., library visitors can bring blankets and lawn chairs to the Main Library in Oakland to curl up with a cup of cocoa and read. Local authors Mitchell James Kaplan, Gwyn Cready, Todd DePastino and Lawrenceville’s own Rebecca O’Connell will read from their latest works, and librarians will be on hand to offer advice on this season’s “must-reads.”

Proceeds from the Read-a-Thon will help keep Carnegie Library well-supplied with books, magazines, audiobooks and other reading material. For more information, visit www.carnegielibrary.org or call 412-622-3114.

**Travelers Aid Programs**

Travelers Aid Society of Pittsburgh, the only organization in the Pittsburgh area that provides bus passes, tickets, and assistance to travelers in need, is getting ready to celebrate its 90th birthday! Travelers Aid, founded in 1921, provides services for low-income individuals who must ride the public transit system to access employment and medical services. Our programs help Pittsburghers obtain and retain employment, stay healthy, and stay connected with those around them. As our 90th birthday approaches, we are excited to announce several new initiatives:

- A new $100,000 grant from The Heinz Endowments enables us to extend employment transportation services to a critical population: female heads of household who are looking to obtain and retain employment in southwestern Pennsylvania.
- A new program called “Texting for Tickets” helps the hard of hearing access our services independently and at their convenience.

For more information, visit www.travelersaidpgh.org.

**Council To Go**

Meet Councilman Patrick Dowd at Council to Go, his mobile district office. Councilman Dowd and his staff will be available to hear your concerns, provide news on issues in Council, and help you access city services. In January, Council to Go will be held on Tuesday, Jan. 25, from 7 to 8 p.m. at Crazy Mocha, 4525 Liberty Avenue in Bloomfield. For a full schedule of Council to Go sessions, visit www.pghgov.com/district7 or call 412-255-2140.
Neighborhood kids got a chance to sit on Santa’s lap at the annual Bloomfield-Garfield Corporation Christmas party on December 10. Hundreds of children and their parents enjoyed cookies, candy canes, hot chocolate and holiday music in the twinkling holiday setting of the BGC Community Activity Center.

Pittsburgh CAPA students who are a part of Dreams of Hope – a creative and performing arts group of lesbian, gay, bisexual, transgender and allied youth leaders who promote social change by educating audiences – performed at the City-County Building as part of the World AIDS Day activities arranged by East Liberty-based Pittsburgh AIDS Task Force on December 1. Following a mayoral press conference, nearly 150 people attended PATF’s 25th anniversary tribute luncheon at the Rivers Club.

With more than 200 employees at the Pittsburgh Job Corps Center, it is no easy feat to keep everyone safe from accidents. The OwlCo, which owns Career Development Systems, the company that manages the Pittsburgh Job Corps, recently sponsored a safety initiative program. Accidents were tracked over a 9-month period. The prize, a check for $5,000, was issued to the Pittsburgh Job Corps for achieving the largest noted improvement in worker’s compensation injuries. The monies are being used to recognize all employees for their improved safety record. PJCC Safety Officer Jordan Bobitski (left) and Center Director Mark Douglas accepted the check.

RESTAURANT, from page 6

once the Viszlays present more detailed plans, drawings, and time-frames for the restaurant, or immediately following their application for an occupancy permit and/or liquor license transfer. The owners agreed to participate in a community process around the planning and opening of the restaurant.

If you have any questions regarding the community process regarding the opening this restaurant or on this project in particular, please contact Lawrenceville United at 412-802-7220 or info@lunited.org.