New "Welcome Committee" Makes First Deliveries

During August and September, the Bloomfield-Garfield Corporation initiated a new “welcome to the community” program, making deliveries to six of the neighborhood’s newest homeowners.

With the generous support of many neighborhood businesses and organizations, the BGC’s Welcome Committee was able to put together a bag of “goodies,” which included coupons, menus, and small gifts from area businesses, like specially made keychains from the Pittsburgh Glass Center and an oven mitt from National City Bank. The bags also included information about community activities, public safety, Penn Avenue, area churches and youth programs, as well as useful phone numbers and websites.

“The gift bag was extremely helpful and useful,” remarked first-time homeowner Stacy Pomroy, who moved to Garfield from a rental apartment in Hazelwood. “It really made me feel like part of the community. One of the women who delivered the bag [BGC treasurer Catherine Curry] was also at my closing and lives right down the street. I have such great neighbors here!”

The committee was created by

See WELCOME, page 13

Duquesne Light Grant Will Brighten “Cemetery Row”

A stretch of Pittsburgh’s historic Penn Avenue adjacent to the new Children’s Hospital in the East End will soon sparkle after dark, thanks to a $60,000 grant awarded by Duquesne Light’s “Power of Light” program. The grant will pay for uplighting 10 stately sycamore trees along the Penn Avenue side of St. Mary’s Cemetery, as well as Allegheny Cemetery’s architecturally acclaimed gatehouse, tower, and chapel.

“We are extremely grateful for Duquesne Light’s support and for their commitment to the community,” said Jonathan Cox, director of the East End Partnership of Pittsburgh.

“Illuminating Cemetery Row will not only show off the dramatic architecture and elegant trees, it will also help make the area feel safer and more secure after dark.”

Duquesne Light’s "Power of Light" program places a special focus on the illumination of regional and neighbor-

See LIGHT, page 4

As part of the Penn Avenue Corridor Phasing Plan, Candace Knich of L. Robert Kimball Associates - the architectural and engineering firm contracted by the City to manage the infrastructure project - worked on making an inventory of existing trees along the avenue in early September. Other work performed by Kimball last month included a study of the placement of existing street light poles on the corridor.

By East End Partnership of Pittsburgh Staff

NOVEMBER DEADLINE!

The FINAL DEADLINE for the NOVEMBER 2008 issue of The Bulletin is WEDNESDAY, OCTOBER 15, 2008. This includes ALL classified ads, Bulletin Board announcements, story submissions, and ad space reservations. All content is accepted on a space-available basis. For more information, call 412-441-6915.
Residents Raise Concerns about Crime with Police, Dowd

By James Eldred

Residents of several East End neighborhoods met with Zone 5 Police Commander Larry Ross, City Councilmember Patrick Dowd, and community organizers on August 21 to discuss their concerns about crime in the area. Some had recently become victims of crime or witnessed crimes such as break-ins, petty theft, drug dealing, and shootings. Many longtime residents of the area reported that they were concerned for their safety for the first time because of the rise in crime over the past few months.

While no one placed blame on the police for the increase in crime, many at the meeting were concerned that the police may not be responding to their 911 calls in a timely manner. Commander Ross addressed the concerns, saying that all calls taken by 911 are put on a priority list, and that officers respond to them as fast as possible. He did add, however, that the police are currently understaffed and facing other problems, such as poorly maintained cars. “Our vehicles are beat up. They have over 160,000 miles on them,” he said.

Some residents also said they were hesitant to call 911 when they hear noises or see suspicious people, but Commander Ross said that is the reason 911 is in place and that no one should hesitate to call. “It’s good to call 911 when you see someone who doesn’t belong in the neighborhood…or you hear a suspicious noise. As a community, you know who belongs in your neighborhood most of the time,” he said.

Aggie Brose, deputy director of the Bloomfield-Garfield Corporation, agreed. “We [the BGC] have stressed repeatedly that people should call 911,” she said. “If there are no calls from your street, then it looks like your street is doing fine.”

Brose also noted that there has been some confusion in people’s minds about who answers 911 calls; some callers complain about rude or unhelpful operators, whom they assume are police. Brose stressed that civilian operators take the calls, not the police themselves.

While noting the importance of reporting crime as it occurs, Councilman Dowd added that it’s also vital for community members to get involved in other ways. “There are lots of organizations and meetings that deal with public safety,” he observed. “That’s something I’d encourage [people] to take the opportunity [to join].”

At the meeting suggested registering at the website www.citizenobserver.com, where people can file and read reports about crime alerts in their neighborhoods.

The possibility of forming block watch programs and other citizen groups was discussed, although plans for such groups were not fleshed out. Interested individuals should be on the alert for announcements of upcoming meetings if they want to get involved.
GET OUT AND VOTE!

The 2008 general election, in which Americans will elect the next president, takes place on Tuesday, November 4.

Pennsylvania is considered a "swing state" – that is, a state whose election results may help determine the ultimate outcome of the presidential race – so it’s crucial for all eligible adults to cast their votes. Polls will be open from 7 a.m. to 8 p.m.

Here's a guide to some frequently asked questions about voting:

Where is my polling place?
- The location of your polling place is listed on your voter identification card. If you have registered but not received your card, contact the Allegheny County Elections Division at 412-350-4500 or www.county.allegheny.pa.us/elect.
- You can also visit www.votespa.com to find your polling place address and get directions.

What identification will I need?
- All voters who appear at a polling place for the first time must show proof of identification.
- Approved forms of photo ID include:
  - a Pennsylvania driver’s license or PENNDOT ID card
  - ID issued by any Commonwealth agency
  - ID issued by the U.S. Government
  - U.S. passport
  - U.S. Armed Forces ID
  - Student ID
  - Employee ID
- Non-photo identification may be used when the voter does not have a photo ID. Non-photo ID must include the voter’s name and address.
- Non-photo identification include:
  - Voter’s ID card issued by voter registration commission
  - Non-photo ID issued by the Commonwealth

What if I have a complaint?
- If you encounter problems on Election Day – for example, if you experience harassment or believe you have been discriminated against while attempting to vote – you may request a complaint form at the polling place. Or you may file a complaint by visiting www.votespa.com and downloading a "Statement of Complaint" through the HAVA (Help America Vote Act) link.

For more information on voting issues, please call 1-877-VOTES-PA (877-868-3772) or visit www.dos.state.pa.us/voting. The Allegheny County Elections Division has an interactive demo on using voting machines – visit www.county.allegheny.pa.us/elect.

REGISTRATION BY OCTOBER 6

There's still time to register to vote for the November election before the October 6 registration deadline.

"The race for president this cycle truly is history in the making," said State Sen Joseph Preston (D-Allegheny). "Be a part of the excitement and energy felt around the nation and make your vote count - register now if you haven't already."

Preston said that former offenders as well as individuals who are jailed and awaiting trial, in prison for a misdemeanor, or on probation or parole may vote in Pennsylvania. In 2000, the Pennsylvania law forcing convicted felons to wait five years after their release from prison before being able to register to vote was found unconstitutional.

To be eligible to vote in Pennsylvania, you must be at least 18 on the date of the election, a citizen of the United States for at least one month before the election, and a resident of the election district in Pennsylvania in which you register at least 30 days before the election.

Residents can register to vote in person at the Allegheny County Elections Division, Room 609, County Office Building, located at the corner of Ross Street and Forbes Avenue in downtown Pittsburgh. Regular business hours are 8:30 a.m. to 4:30 p.m. The telephone number is 412-350-4510. You can also register by mail; forms are available for download at www.votespa.com.
Highlighting “Eyesore of the Month” Produces Results

In the August issue of The Bulletin, we reported on a commercial "Eyesore Property" at 4601 Friendship Avenue, belonging to Dominic Buccigrossi of Buccigrossi Building and Masonry. Mr. Buccigrossi had been cited most recently by the Bureau of Building Inspection on May 13, 2008, for a brick wall that was in danger of collapsing, but he had received prior citations for other problems that were never dealt with.

On August 19, Mr. Buccigrossi appeared in court before a magistrate district judge, the Honorable Eugene Zielmanski, who gave the building owner 45 days to address the serious conditions at his property, including graffiti, a collapsing facade, and debris. "I pass your building every day," the judge told Mr. Buccigrossi. "I know the condition of your property."

The Bloomfield-Garfield Corporation staff took the photo at right on September 17, almost a full month after Mr. Buccigrossi's hearing, showing that substantial work still needs to be done. His next hearing is on October 14, to determine if he has adequately addressed his violations. If the judge rules that he has not, Mr. Buccigrossi could be facing stiff fines for noncompliance.

LIGHT, from page 1

hood landmarks, recreational lighting, and lighting initiatives promoting economic vitality, safety, and security in the various communities and neighborhoods it serves. "The Penn Avenue project is a perfect example of our 'Power of Light' program," said Barry Kukovich, the company's manager of customer relations. "It not only makes the area safer, but beautifies it as well, and that meshes with our ongoing goal of neighborhood economic development."

Design work and planning for the Penn Avenue lighting installation have already begun, and the project is expected to be completed before winter.

Pittsburgh’s East End is in the midst of a vigorous resurgence, with over $1 billion in new investment flowing into the Penn Avenue corridor. Topping the list of major recent and planned East End development projects are the new Children’s Hospital, The Children’s Home, the Eastside retail complex, Bakery Square, and Baum Liberty Crossing (on the former Don Allen Auto site).

The East End Partnership of Pittsburgh promotes more livable communities in Pittsburgh’s East End through collaborative planning, programming, and investment. The Partnership is an alliance of nonprofit community organizations that work in the East End neighborhoods of Bloomfield, East Liberty, Friendship, Garfield, and Lawrenceville. For more information, visit www.eastendpartnership.org.

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Job Corps Students Get an Olympic Workout

By James Eldred  
The Bulletin

The Summer Olympics may be over, but at Pittsburgh Job Corps, the Olympic season is just warming up.

The Academic Olympics, a yearly competition sponsored by the Department of Labor and Job Corps, has students from Job Corps centers around the country competing against each other in a Quiz Bowl-like competition that rewards students for their knowledge of school subjects: math, science, social studies, language arts, and spelling. In September, the team from Pittsburgh Job Corps won the district competition, paving the way for them to compete in the regional competition in Ocean City, Maryland, this month.

The team made it to the regionals last year, too, but failed to win. But this year’s team, led by instructor Karen Bobick and math teacher Chris Matrich, doesn’t want a repeat of last year. To make sure of that, they’re stepping up their efforts to prepare. “We’re studying more often, every day,” said Sakim Lloyd, whose subject in the competition is math, adding that the team is also holding mock competitions with staff members every week in order to prepare and prevent “brain freeze.”

At the district competition, the Pittsburgh team dominated, beating the second place team by more than 20 points. Two members of the team, Stephen Powell and Danielle Cleary, achieved perfect scores in their respective subjects of science and language arts, which drew the attention of the staff at the Job Corps center, according to Stephen. “I still have staff members coming up to me and saying ‘congratulations!’” he said.

The members of the team - which also includes Alex Turner, Keane Cobb, and Alex Saddic - are all in the same class, studying for certification in computer technology. They agree that the Academic Olympics experience is going to help them in their professional careers, whatever those may be.

Danielle said that she thinks the Olympics will help her in her desired career as an English teacher, and Sakim said that no matter what career he chooses, it should help him because “it’ll look good on my resume.”

No matter what the future holds, right now the team is focused on Ocean City. With the strict study schedule and determination to win, team members are obviously confident in their abilities, although they aren’t bragging. When asked about how they’ll do in Ocean City, they were quiet. All Sakim would say was “Well,” before looking at his teammates, who smiled in agreement.

PITTSBURGH JOB CORPS’ ACADEMIC OLYMPICS TEAM INCLUDES (FROM LEFT): ALEX SADDIC; STEPHEN POWELL; ALEX TURNER; SAKIM LLOYD; KEANE COBB; AND DANIELLE CLEARY.

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Realizing the Power of Home Equity

By Cathy Niederberger
PNC Managing Director of Community Development Banking

A home equity loan – also known as a second mortgage – allows a homeowner to borrow against the equity in a home for any financial need. The amount borrowed is typically limited to 95 percent of the appraised market value of a home, minus the balance that remains on the mortgage. Homeowners may open a home equity loan in addition to a mortgage, or obtain one after their house is paid in full.

In most circumstances, a home equity loan will not charge points, appraisal fees, and title insurance. There may be a fee to process the home equity loan, but in general the fees and charges tend to be lower than the closing costs on a first mortgage. In addition, home equity interest rates are significantly lower than the interest rates for credit cards or other loans, and the interest paid on the loan may be tax deductible. Each borrower should consult his or her tax advisor about the tax benefit of a home equity loan.

Most financial institutions offer two types of products to leverage the equity in a home: an installment loan and a line of credit.

Home Equity Installment Loan (HEIL)

With this option, you receive the amount borrowed in one lump sum. The number of months to repay the loan and the interest rate are locked, so your monthly payments remain the same month after month. This type of financing is best when you know exactly how much you need, as when buying a car, consolidating debt, or paying for additional education.

Home Equity Line of Credit

This loan provides the ability to borrow by simply writing a check. While home equity lines of credit tend to have a variable interest rate, some permit the individual to convert all or part of the outstanding variable-rate balance to a fixed-rate loan with a choice of repayment terms. A line of credit provides flexibility for such projects as home remodeling that might be done a bit at a time, rather than all at once. Others maintain a line of credit as a backup for emergencies, similar to how credit cards can be used.

Home equity loans offer a smart way to borrow; however, it is still critical to maintain an effective budget, pay bills on time, build a six-month cushion in your savings account, invest in a retirement plan, and possibly contribute toward a higher education savings plan for a child or grandchild. Be cautious: if you consolidate credit debt into a home equity loan, do not charge on those credit cards until your home equity loan is paid down.

After you have your financial plan and goals in order, make the most of home ownership and its rewards by looking into a home equity loan and the possibilities it brings to you.

Friendship Group Seeks Community Involvement

By Sarah Collins
Friendship Development Associates

If you feel you can contribute as a board member, submit your qualifications and a brief statement expressing why you are interested in serving on the FDA board to fda@friendship-pgh.org or via mail to Friendship Development Associates Inc., 5530 Penn Avenue, Attention: FDA Board Member Search Committee, Pittsburgh, PA 15206. Submissions must be received by October 24, 2008.

In addition, FDA is always looking for new committee members and volunteers. There are several ways for residents and visitors to get involved and support the revitalization efforts of Friendship Development Associates.

• Join a committee: Utilize your talents for the greater good of Friendship. FDA committees include: Executive; Real Estate; Marketing, Communications, and Fundraising; Design and Planning; and Finance. There are also several sub-committees, including Elm Street, House Tour, Penn Avenue Arts Initiative/Main Street Events, and Website/Branding.

• Volunteer: Friendship is always in need of a helping hand. Whether you’d like to help out at our annual events or organize a community cleanup, every little bit helps make Friendship a better place to live and work.

• Support our local businesses and artists: Come to “Unblurred: First Fridays on Penn,” where galleries and studios open up their doors and showcase a variety of artwork and performances. Visit Penn Avenue for a cup of coffee and some international cuisine, or take a class at Dance Alloy Theater or the Pittsburgh Glass Center. There are always activities happening along Penn Avenue - walk around and explore!

To get involved, contact Friendship Development Associates at 412-441-6147. Visit our website, www.friendship-pgh.org, and join our e-mail lists for information about neighborhood events and happenings.

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

Here’s just some of what the BGC does:

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

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

Artists in the Lawrenceville neighborhood are organizing two free studio tours from noon to 5 p.m. on Saturday, October 11, and Saturday, October 18.

To highlight the creative process that lies behind a finished work of art, Lawrenceville artists will open their work studios to the public for free, self-guided tours. Finished works will be on display, but the focus will be on seeing firsthand the artists’ process — the space in which they work, the tools and equipment they use, and the creative steps they take to transform ideas into art.

The artists hope that by touring multiple and diverse studios, visitors will experience the artistic spirit that exemplifies the Lawrenceville community. “This is an opportunity for everyone to experience how handmade regional art is produced and to also meet the artists that work in this community,” said Ron Donoughue, a Lawrenceville resident and artist who helped to coordinate the tour, now in its fourth year. “Artists are drawn to this community for its creative spirit, and we want everyone to experience the artistic atmosphere here.”

The participants are independent local artists who work in a range of different media— from oil paintings and pottery to weaving and stained glass. They will be in their studios to talk to visitors about their workspaces and processes. A list of participating artists and locations of the studio tour stops is available at www.lawrencevillecorp.com.

This tour follows on the success of three previous studio tours held in Lawrenceville. All the tours have been organized and coordinated by a volunteer group of local artists and arts organizations. Lawrenceville is a popular destination for arts and design, with more than 30 artisan studios and art galleries. More information about Lawrenceville is available at www.lawrenceville-pgh.com.

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Lawrenceville resident and volunteer Lizandra Vidal connected with neighborhood kids during the Lawrenceville Resource Fair and Community Celebration on Saturday, September 13, in the parking lot of St. Matthew Parish. Organized by the Lawrenceville Corporation’s Elm Street Committee, the event saw more than 30 organizations distribute information to residents, who also enjoyed live music, poetry, and puppet performances.
Dining at Dozen Adds Up to "Tasty"

By Lisa Porter Werner
Bulletin Contributor

DOZEN BAKE SHOP

Location: 3511 Butler Street, Lawrenceville
Phone: 412-621-4740
Hours: Mon.-Thurs., 7 a.m.-9 p.m.; Fri., 7 a.m.-10 p.m.; Sat., 8 p.m.-10 p.m.; Sun. brunch, 8 a.m.-3 p.m.
Web: www.dozenbakeshop.com
Extras: Free Wi-Fi available

Dozen Bake Shop is more than just a bakery - it's a modish, but casual, dine-in destination. Located on Butler Street in Lawrenceville, Dozen (a spin-off of the tiny cupcake bakery on Murray Avenue in Squirrel Hill) is housed in a gorgeously restored row house akin to something you’d find in New Orleans’ French Quarter.

As we approached Dozen on a perfect summer night in August, our party of four was instantly attracted to the atmosphere of the place, with its lights aglow in the tree outside and the al fresco dining on both the sidewalk and the upstairs balcony. The interior is spacious (eight tables for two downstairs, and five tables for four upstairs, plus four tables on the balcony), with exposed brick and Tiffany blue and pastel yellow walls that instantly reminded me of frosti

A Big Boy with a Big Heart

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

WANTED: Two-and-a-half-year-old boxer/pitbull mix seeks active household looking for a great, big, lovable dog! Bruegger is a big boy with a big heart who came to the Animal Rescue League when his owners no longer had time for him. He is very docile and good-natured with everyone. Bruegger has lived with two small children and cats. Some of his favorite activities are taking walks, watching movies, and enjoying a good wrestling match, followed by a long cud-

TAX MAN

by Patrick N. Price
Tax Consultant
Internal Revenue Service

Every year, some taxpayers who are required to file a Federal income tax return fail to file. There are many reasons that this can happen, but two of the most common reasons are misunderstanding the filing requirements or uncertainty about filing due to a personal hardship. The IRS will send these “non-filers” a notice that they have to file a return based on income data that the IRS has received. Failure to file a required tax return may result in additional penalties, interest, and substitute return filing by the IRS. There are also taxpayers who should file even though their income for the year is below the federal filing requirements. The “should-filers” could be missing out on refunds from their tax withholding, the Earned Income Credit, and the Additional Child Tax Credit. The IRS has determined that 30 percent of “non-filers” are actually due a refund! Taxpayers needing to file a prior year’s return can find the necessary forms, instructions, and other assistance information at www.irs.gov.

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**“Coffee House Tour” of East End Provides Information about Foster Parenting**

**Family Services of Western Pennsylvania**

**By Alyssa Cholodofsky**

**Family Services of Western Pennsylvania**

Feel like they don’t belong, that no one wants them because there is so much attention put on the younger children. But older children need love, too. We need more people to help these kids,” states Cheryl Corbin of East Liberty, who has been a foster parent for 11 years.

The tour will be stopping in local coffeehouses on a monthly basis:

- **Eat Up Café** at the Union Project in East Liberty on Wednesday, October 22, at 6 p.m.
- **The Quiet Storm** in Garfield on Tuesday, October 14, at 1 p.m.; Tuesday, November 11, at 1 p.m.; and Tuesday, December 9, at 1 p.m.
- **CoffeeTree Roasters** in Shadyside on Friday, October 3, at 10 a.m.; Friday, November 7, at 10 a.m.; and Friday, December 5, at 10 a.m.
- **Eastside Starbucks** in East Liberty on Wednesday, October 29, at 6 p.m.; and Friday, November 21, at 10 a.m.

Other tour dates can be found at www.fswp.org. In addition, the tour will be traveling to locations on the Northside, Regent Square, Squirrel Hill, and Mt. Lebanon.

The project is supported in part by a grant from the Sprout Fund; marketing assistance from Giant Ideas; media sponsorship from City Paper; and the coffeehouses involved.
“You’re Fired!” / “I Quit!”

Last in a four-part series on employment issues

By Frank Pistella
Neighborhood Legal Services Association

Does your employer need to have a reason to fire you? Pennsylvania is known as an “employment at will” state, which means that most employees can be fired for just about any reason or for no reason at all.

If an employee is fortunate enough to have an employment contract, the employer may only be able to fire the employee if specific reasons exist as defined by the employment contract. These types of employment contracts, which usually exist for government workers or union employees, routinely state that such employees can only be fired “for cause.” Any employee with a contract should examine it closely to see if the contract limits the circumstances under which he or she can be fired. In addition, an employer normally does not have to give advance notice before firing an employee without a contract. But if there is a contract, the contract will have to be examined closely in order to determine if there are notice provisions.

Even without a contract, there are laws that protect all employees from being fired or disciplined for several specified reasons: race, color, religion, ancestry, age (if over 40), sex (including sexual harassment), national origin, or disability. Also employees who have jury duty or military service obligations or have filed for bankruptcy or engaged in unionizing activities are protected from being fired regardless of whether or not they have a written employment contract.

The “employment at will” rule works both ways. You can quit your job at any time for any reason or for no reason at all. This means you have the right to quit your job in the middle of a shift and walk off the job. If you have an employment contract or are in a union, you will want to check the contract to determine if you would lose any benefits by quitting without giving notice.

However, before you quit your job without giving the employer notice, you should consider whether you will need a reference from the employer. If you are interested in maintaining a good relationship with the employer, if only to get a favorable reference or recommendation, then you should give the employer a reasonable amount of notice before quitting. Two weeks’ notice is generally accepted as a reasonable amount of notice to give an employer. The employer may decide to keep you only for a week or 10 days, depending on how far in advance the schedule is made or how long it takes for the employer to hire someone else.

Employees who are fired may file for unemployment compensation benefits. However, willful misconduct cannot be the reason for the firing if you want to remain eligible for benefits. In order to prove that there was no willful misconduct, it is best to document everything that happened. Make a chronological list of all meetings and discussions with the employer and co-workers that led up to the firing. Include the names of all those who participated, along with their position with the employer. Obtain a copy of performance evaluations, a record of salary changes, and even a dated record of informal comments that the employer made regarding performance. It is also good idea to obtain a copy of the employee handbook.

In Pennsylvania, employees have the right to inspect their personnel file, and any employee who fears being fired should ask to see the file. If the employer refuses to allow a copy of the file to be made, take notes regarding what is in the file.

If an employee is afraid of being fired, it is not a good idea to quit instead – quitting may make it more difficult to qualify for unemployment compensation benefits. Employees receiving public benefits may also have those benefits reduced for quitting, while employees under court order to pay child support may find a judge unwilling to lower the child-support obligation for someone who has quit a job.

Employees with questions about employment rights can contact the following organizations for more information: the Equal Employment Opportunity Commission (EEOC), 1001 Liberty Avenue, Suite 300, Pittsburgh, PA 15222, or 412-644-3444 and text telephone 412-644-2720 (www.eeoc.gov); the Pennsylvania Human Relations Commission (PHRC), 11th Floor State Office Building, 300 Liberty Avenue, Pittsburgh, PA 15222, or 412-565-5395 and text telephone 412-565-5711 (www.phcr.state.pa.us); and the Pittsburgh Commission on Human Relations (PCHR), 908 City-County Building, 414 Grant Street, Pittsburgh, PA 15219 or 412-255-2600 (www.city.pittsburgh.pa.us/chr; e-mail address human.relations@city.pittsburgh.pa.us). Remember, employers are not legally permitted to retaliate against workers for filing complaints with these organizations.

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

Today, not tomorrow.
Together, not alone.

Most of us plan for the possibilities in life. Yet, few of us prepare for the inevitable.

The last thing you want to do is put your family, relatives and friends in an unexpected financial position.

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LEGAL EASE
Checklist for Preventing Falls at Home

Falling is dangerous! It can result in more than just bruised egos - people can break bones, hit their heads, and even end up in the hospital. Here are a few quick tips to help prevent falls at home:

1. Avoid throw-rugs and loose carpeting.
2. Wear shoes with soles at all times.
3. Install handrails on all staircases.
4. Do not store things on the floor or on the stairs.
5. Get your vision checked.
6. Install proper lighting throughout your home, including in hallways and on staircases.
7. Clean up spills promptly.
8. Install a handrail in the bathroom and a no-slip gripper on the bottom of your shower or tub.
9. Use a cane or walker if you are supposed to.
10. Don’t stand on anything unsteady if you have to reach for something high off the ground.

Good luck and stay safe. If you have suggestions for topics for this column, please send them to Bulletin@bloomfield-garfield.org.

Free Lecture Series on Mental Health and Wellness Launches This Month

The University of Pittsburgh's Clinical and Translational Science Institute Community PARTNers Program and the Research Network Development Core at Western Psychiatric Institute and Clinic (WPIC) is hosting a Mental Health and Wellness Lecture Series to inform the public about new discoveries about the causes and treatments of mental health illnesses.

Lecture topics include the following:

**Understanding Autism: New Discoveries**
Nancy Minshew, M.D.

What do we know now about autism that we didn't know ten years ago? Are we getting closer to a “cure” or a more definitive treatment? Learn more about autism, the causes, new treatments and the principles to live by in the meantime.

Wednesday, October 1
6 – 8 p.m.
Carnegie Library – Main
4400 Forbes Avenue, Oakland

**How to Cope With Stress for Better Physical and Mental Health**
Bruce S. Rabin, MD, Ph.D.

This presentation will help you understand the mental and physical effects of stress. Learn skills that can be used to minimize the effect of stress on your mental and physical health.

Wednesday, November 5
6 – 8 p.m.
Carnegie Library
7101 Hamilton Avenue, Homewood

**Rhythm and Mood: A New Way to Think about Bipolar Disorder**
Ellen Frank, Ph.D.

What is bipolar disorder? What are the causes? Do other illnesses co-occur with bipolar disorder? How is bipolar disorder treated? How do you find the right care? Dr. Frank will discuss what is currently known about the causes and consequences of bipolar disorder and provide an update on today’s effective treatments.

Wednesday, January 7, 2009
6 – 8 p.m.
Carnegie Library – Main
4400 Forbes Avenue, Oakland

**Grief and Its Complications: Understanding How Grief Works (and When It Isn’t Working)**
Allan Zuckoff, Ph.D.

Grief is our natural response to the death of someone close. People grieve in different ways, but when the grieving process “works” we are able to accept the death and go on with our lives. However, in some cases, grief can become a lingering and unchanging state for which help may be needed. This presentation will discuss the nature of grief and complicated grief, clarify some commonly held misconceptions about the grieving process, and offer suggestions for help with grief-related problems.

Wednesday, December 3
6 – 8 p.m.
Carnegie Library – Main
4400 Forbes Avenue, Oakland

**Coping with the Challenges of Cancer**
Donna M. Pozluszny, Ph.D.

People with cancer – and the family members and friends who love and support them – face many challenges. This workshop will explore the emotional impact of cancer and what you can do to help yourself or someone you love become emotionally stronger in the face of cancer.

Wednesday, February 4, 2009
6 – 8 p.m.
Carnegie Library – Main
4400 Forbes Avenue, Oakland

April’s lecture will be on pediatric obesity, and May’s will discuss Attention Deficit Hyperactivity Disorder (ADHD).

The lecture series is free and open to the public. Programs are being held at the Carnegie libraries throughout the area. For more information, call 412-383-2732.
Before age five, every room is a classroom.

Fun learning opportunities are everywhere. Simple things like counting and identifying shapes activate a child’s learning ability, and help them enter school more prepared.

That’s why PNC founded Grow Up Great and its Spanish-language equivalent Crezca con Éxito, a 10-year, $100 million program to help prepare young children for school and life.

Pick up a free bilingual Sesame Street™ “Happy, Healthy, Ready for School” kit at a PNC branch. It’s filled with all kinds of simple, everyday things you can do to help a child learn. Together, we can work with our communities so an entire generation won’t just grow up... but grow up great.

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

PNC LEADING THE WAY
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 bgcbulletin@yahoo.com by the 15th of each month. Information is published on a space-available basis.

**OLDER MENTORS FOR 3RD - 5TH GRADES**

OASIS is recruiting older adult volunteer mentors to assist in our “Active Generations” afterschool program targeting children in 3rd to 5th grades at Pittsburgh Pt. Pitt Accelerated Learning Academy in Garfield. “Active Generations” is an intergenerational nutrition/physical activity program that promotes the importance of physical activity and a healthy diet to assist in combating the obesity epidemic plaguing today’s children. One hour a week for six weeks is required, starting in mid-October. The time is from 4-5 p.m. Training will be provided. For more information about “Active Generations,” please contact Shirley Fisher at 412-232-2023 or sfisher@oasisnet.org.

**ZUMBA LESSONS**

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

**ISAIAH'S KITCHEN**

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

**GREATERTGH FOOD BANK SERVICES**

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

**LITERACY TUTORS NEEDED**

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

**CHUJO WORKSHOP**

On Thursdays from October 9 to 30, the Traditional Martial Arts Society invites you to become more effective with your staff! TMAs will be offering a 4-week workshop on the chujo, the 4-foot fighting staff. Participants will practice strikes, throws, restraining techniques, and escape using this very commonplac weapon. This workshop is open to adults only. No prior experience is necessary. Cost of the program is $70 and includes uniform. Classes are 8-9 p.m. and will be at the Traditional Martial Arts Society 5738 Baum Blvd in East Liberty (http://www.tmass-dojo.com). To register or receive more information, call 412-361-1080.

**COOKIE MALL RETURNS**

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

**COMMUNITY PRAYER WATCH**

Every other Wednesday night at 7 p.m. at Valley View Church (601 N. Aiken Ave), we will be gathering to pray for our community. All are invited to attend as we unite as a community in prayer. Specifically, we will be praying for peace and justice in the homes and on the streets of Garfield and Pittsburgh. We’ll be gathering every other Wednesday. Upcoming dates for the Community Prayer Watch are October 1, 15, and 29. Please come and join us.

**WINTER COAT GIVEAWAY IN LAWRENCEVILLE**

Lawrenceville United, Saint Matthew's Parish, and the Door of Hope Community Church are teaming up to do a coat giveaway on October 18 at Saint Matthew’s, located at 5322 Carnegie Street in Lawrenceville, from 9 a.m. to 2 p.m. We will have winter coats, hats, and gloves, as well. For more information or if you would like to volunteer, please call 412-781-6440.

**2ND ANNUAL L'VILLE SCAVENGER HUNT**

Search the streets of Lawrenceville looking for clues and fun surprises in an all-walking scavenger hunt! Cash prizes will be awarded to the top three teams - $500 1st-place prize money. Teams consist of 2-4 players. Cost is $10 per person. Gather a team together and join in on the fun on Saturday, October 4, beginning at St. Mary’s, 46th Street. Register at noon; the hunt starts at 1 p.m. and ends promptly at 4 p.m. For more information, please call 412-682-0929.

**L'VILLE HISTORICAL SOCIETY LECTURES**

The Lawrenceville Historical Society Lecture Series has gained such a fine reputation that more and more organizations contact us for help in getting speakers for them. You, too, can see what the excitement is about. It's free and it's happening at Canterbury Place, McVay Auditorium (1st Floor), 310 Fisk Street, Lawrenceville. Starting time for all presentations is 7:00 p.m. For more information e-mail us at info@LHSL201.org. October 16 is a Members Meeting, at which author Gary Link will discuss his most recent book, Spectrum, which is a sequel to the popular book The Burnt District. Non-members are welcome to attend, too.

**MORNINGSIDE C.O.G.I.C. WOMEN'S CONFERENCE**

Morningside Church of God in Christ, 5173 Dearborn Street, in Garfield, will hold its annual Women's Conference, Saturday October 11, from 9 a.m. to 3 p.m. This year’s theme is "Living..."
Victoriously in Jesus.” SCHEDULE:
Continental breakfast at 9 a.m.;
Topics at 10 a.m.; Lunch at noon;
Speakers from 1 to 3 p.m., including
Wilma Boswell, social worker, PDA
Waiver Program, talking about avail-
able services for the aged and dis-
abled through the Department of
Aging; and Lavonnia Freelove,
Hillman Cancer Center, talking about
women’s health and cancer. The con-
ference is free to the public.

“SUGAR & SPICE” ARTS
EXHIBITION

The Passports Art of Diversity
Project will host “Sugar & Spice,”
beginning Friday, October 3, at
Artica, an artspace, antiques, and col-
lectibles venue at 5110 Penn Avenue.
The exhibition is a holiday kick-off,
an opportunity for artists who create
work inspired by African, Latin,
Asian, Indian and Native American
cultures to exhibit and sell their art
and crafts during the holiday season.
In addition to art and food, entertain-
ment and crafts will also be part of
the event, which will continue
through December 5, with an ever-
evolving display of art and goods.

COMPUTER CLASSES

Free computer classes are offered
every month at the PC Center of the
East Liberty branch of Carnegie
Library, 130 S. Whitfield Street. This
month - “eBay Workshop”: Learn
how to buy and sell items on eBay
with confidence and ease; Wednesday,
October 8, 4:30-6:30 p.m.; and “Introduction to Library
Services”: Learn how to search the
online catalog, about the library’s
databases, and how you can access
your library account online from
home; Tuesday, October 28, 4:30-
6:30 p.m. For more information or to
register, call 412-363-6105.

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- Original Paintings
- Custom Puppets
- Original Cartoon Art

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THE GREATER EAST LIBERTY
JOB FAIR

Monday, October 6, 2008
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Eastminster Presbyterian Church
250 North Highland Avenue
(across from East Liberty Home Depot)

Engage with more than 30 employers seeking new employees:
- West Penn Allegheny Health System and UPMC
- Four of Pittsburgh’s Top Banks
- AARP WorkSearch for Senior Employment
- Construction Trade Leadership
- Allegheny County, Pittsburgh Public Schools, and the City of Pittsburgh
- Hotels, Fast Food, Temporary Services, and a Variety of Other Service Industry Employers
- Plus Many More…!

For resume assistance and additional information:
412-362-8580

This employment fair is organized through the partnership efforts of Wireless Neighborhoods, Bloomfield-Garfield Corp., City of Pittsburgh Housing Authority, City of Pittsburgh’s DiverCity 365, Career and Workforce Development Center East, Community Learns, East Liberty Development Inc., Eastminster Presbyterian Church, Pittsburgh Career Link, Eastside Neighborhood Employment Center, Pittsburgh Partnership, PA Careerlink, YouthLINK, and Pittsburgh Weed and Seed.