Garfield - Safi Juice, a new juice and smoothie shop, opened up for business at 4919 Penn Ave in November.

Centering on health and flavor, every product on Safi's grab-and-go menu is entirely vegan, gluten-free, and organic. The store prides itself on promoting health and wellness for everyone.

Back in 2015, Sharif Rasheed founded Safi Juice with the intention of helping balance area residents' health and wellness. "I saw the area was changing and wanted to offer a healthy option for the residents of Garfield," he explained.

As he plans to help local parents better educate their children about the bene-
Restructuring continued from page 1

but a fraction of what was flowing to community development organizations ten years ago.

The city has not increased its support either, with the meter pretty much stuck in place for the past twenty years. While the BGC has been blessed with corporate support from the likes of Dollar Bank, WesBanco, Allegheny Valley Bank, and PNC Bank, even these partnerships face an uncertain future if Harrisburg does not increase the pool of tax credits that these companies use to underwrite their contributions.

That pool is affected by the state’s ongoing problems in balancing its own budget. If our state representatives are not serious about achieving this goal, the impact on the BGC’s operations could be even greater down the road.

A year ago, the BGC Board of Directors decided to begin a thorough process of examining every aspect of the organization’s operations, mainly to achieve the following goals: 1) find economies of operation wherever possible; 2) start a plan of succession to see the administration of the organization secured in the face of the departure or retirement of senior staff members; 3) re-examine the way the BGC communicates with the larger community in recognition of the changes in how people obtain their information; 4) develop an actual fund-raising plan that better aligns how the BGC accomplishes its mission with how funders seek to invest their resources.

The BGC had the good fortune to receive a grant from the McCune Foundation to fund a thorough review of its business model. We [BGC Board members] decided that our process of re-examination would best be served by someone outside the Pittsburgh community, so as to bring fresh eyes to our familiar ways of operating. The Board eventually hired Kimberly Bares of PLACE Consulting (in Chicago) as its consultant through this process.

With the departure of Aggie Brose, who was a BGC founder before serving as its deputy director, the Board has chosen to create a position of Chief Operations Officer (COO). Amber Epps, who has served as the BGC’s commercial district manager for several years, will take the new COO post.

The Board has also created a new position known as the “Community Engagement & Planning Specialist.” This job will be filled by Nina Gibbs Sauer, known for her years of work at Most Wanted Fine Art in Garfield.

Additionally, a new Development Director will guide the Board and Executive Director in how the BGC sustains itself financially in an increasingly competitive fundraising environment for all nonprofits. This position has yet to be filled; the next issue of the Bulletin will introduce the organization’s new Development Director.

As we work to insure the future of the BGC, it is our intention that stakeholders in our community will be able to rely on the continued presence and services of the BGC.

Those who have counted on the BGC to perform its role as a housing developer, as a service provider for local youths, as a catalyst for improving the Penn Ave. commercial district, or as a public safety advocate working to secure public investment in the community’s infrastructure, can rest assured that the BGC remains committed to its vision of a diverse and welcoming community for all.

The organization will continue to push for major initiatives like the Mayor’s recent commitment to launch a nonprofit land bank after almost four years of delays, or city Council’s recent action to vest money in a new Housing Opportunity Fund.

We will also support Garfield residents’ efforts in promoting a dedicated “green zone” to preserve some part of the neighborhood for all to enjoy, or in starting a community land trust that preserves long-term affordability in Garfield’s housing market.

No matter the financial horizon, the BGC will continue to offer programming that helps public school students achieve a good education, or unemployed adults connect with jobs in the region.

We will collaborate with Garfield residents to figure out plans for the nearly 100 vacant, deteriorated houses located throughout the neighborhood; public input is also integral to finding the best re-use for Garfield’s Fort Pitt School building, which the school district vacated in 2011.

It will take some time to get used to a BGC without the unique presence of Aggie Brose. Her fierce and determined commitment to community service fueled the work of the BGC for decades. While we undergo a process of reorganization and renewal, Brose’s spirit still underlies the work of the BGC staff and Board of Directors.

We will look to you for help with many of these objectives - and trust that you will contribute, however you can - to our efforts. Your support will greatly assist us, now more than ever, in being able to sustain our ongoing work in local communities.

City replaces Bloomfield neighborhood sign

A message from Bloomfield Development Corp.

‘Bloomfield - After a long tenure as stewards of the Bloomfield Bridge/Liberty Avenue sign island, Bloomfield Development Corporation announces that its tenure has come to an end.

Department of Public Works (DPW), which issued a Request for Proposals for the maintenance of the sign island in the spring of this year, has decided to take on all further upkeep and maintenance itself.

Bloomfield Development Corporation has cared for the sign island for the last eight years, and for many years prior to that as Bloomfield Business Association, which folded into Bloomfield Development in 2009. Recognizing the island as a community asset, Bloomfield Development mobilized resident and business volunteers to plant and mulch flowers, pull weeds, repaint the sign, and change the flag yearly.

We commend DPW for the quick replacement of the “Pittsburgh’s Little Italy” sign, damaged when a driver hit the sign in August, and look forward to participating in planned volunteer events in the future.

City workers will now take over stewardship of Bloomfield’s welcome sign on Liberty Ave. Photo courtesy of Christina Howell.
Kevin Acklin, Mayor’s Chief of Staff, tenders resignation letter

[Editor’s Note: From the Penn Plaza dispute to the URA’s provision of support for housing and commercial revitalization projects, Kevin Acklin has been a pivotal figure in Mayor Peduto’s administration.]

Dear Mayor Peduto:

Over the past four years, you have afforded me the once in a lifetime opportunity to make my family proud. For that, I am forever grateful. Thank you.

You trusted in me to serve the City of Pittsburgh at the highest level. You gave me the opportunity to build, to create, to lead, and they embody the lesson that there is no limit to what can be accomplished when nobody minds who gets the credit.

We have accomplished a lot together, and there still is a lot of hard work ahead of us. I stand ready to help you and our team continue to pursue our original mission of building the next Pittsburgh. Our best city assets are our employees and staff that we have working in city government. It has been an honor to serve with them, and they embody the lesson that there is no limit to what can be accomplished when nobody minds who gets the credit.

You trusted in me to serve the City of Pittsburgh at the highest level. You gave me the opportunity to make my family proud. For that, I am forever grateful. Thank you.

Your Friend,
Kevin Acklin

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The Bulletin

Serving Pittsburgh’s East End neighborhoods since 1975

with the mission of reporting on issues affecting underserved communities and facilitating local residents’ exchange of ideas.

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Thank you! The Bloomfield-Garfield Corporation would like to acknowledge its main corporate and philanthropic partners: PNC Foundation, The Heinz Endowments, The Pittsburgh Foundation, WesBanco Bank, Dollar Bank, and Allegheny Valley Bank. Thanks also to PNC Bank, Allegheny Health Network, West Penn Hospital, the City of Pittsburgh, Bulletin advertisers, and all our BGC members for their ongoing support and assistance.

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Spring Registration Now Open

Sunday FUNDays
Girls & Boys Ages 4-8
Sundays in April and May (2-3pm)
Winchester Thurston’s
Garland Field

Spring Season
Girls & Boys Teams
(U10, U12 & U14)
March - May
Includes practice and game schedule

www.EastEndLacrosse.com
City Councilman Dan Gilman named Mayor’s new Chief of Staff

By Katie O’Malley  City of Pittsburgh

Pittsburgh - Mayor William Peduto today named City Councilman Dan Gilman as his new Chief of Staff, effective on January 3, 2018, the day of Mayor Peduto’s inauguration into his second mayoral term.

Elected to Council in 2013, Gilman previously served as Chief of Staff to then-councilman Peduto in District 8, representing Oakland, Point Breeze, Shadyside and Squirrel Hill. Gilman is set to replace outgoing Chief of Staff Kevin Acklin, who announced his intention on December 7 to return to the private sector in January 2018.

“Dan is the perfect person to continue my and Kevin’s work the last four years to make Pittsburgh a city for all. In fact, he’s been integral to that work all along,” Mayor Peduto said.

“I have a passion to continue to serve the residents of the City of Pittsburgh,” Councilman Gilman said. “I am thankful to Mayor Peduto for this opportunity to serve the whole city and help deliver upon our ‘City for All’ agenda.”

The councilman, age 35, lives in Squirrel Hill with his wife, Amanda, and their almost 2-year-old son. Gilman is a graduate of Shady Side Academy and Carnegie Mellon University. He currently serves on the boards of the Sports & Exhibition Authority, Greater Pittsburgh Arts Council, and the Silk Screen Film Festival - as well as the Board of Fellows of the University of Pittsburgh Institute of Politics.

Gilman was reelected to a second council term on November 7, several weeks before Acklin announced his resignation. The vacancy in the District 8 seat will trigger a special election to be scheduled by the President of City Council.

“This wasn’t an easy decision, especially given the vote of confidence District 8 residents have given me the last two elections. I pledge to take all the lessons they have taught me over the years and apply that experience to making the entire city a better place for all,” Gilman said.

His appointment is not subject to City Council approval. The 2018 salary for the position is $111,323.

Wanted: Office Attendant

Guest Relations Position

Part Time (20 - 25 hrs/wk)

Must be reliable, detail-oriented, and able to work weekends.

• Customer service experience
• Computer database knowledge

Criminal background check (clearances 33 & 34) REQUIRED!

If interested, please contact Becky (412-246-1102, becky@rmhcpgh.org)

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Friendship resident founds “Your Healthcare Doula”

By Rita Brooks  Bulletin contributor

Friendship - Disturbed by the gaps she discovered in the healthcare system, local resident Staci Backauskas wanted to create a safety net. “There are so many people, particularly seniors, who leave their doctors' offices not clear on treatment plans or next steps,” she said. "How can people get well when the road to recovery, and the system that is supposed to support it, are so complicated?"

Last year, Backauskas founded “Your Healthcare Doula,” a professional service that provides advocacy and navigation for all aspects of the healthcare system. She believes that, because they lack the proper supports and resources, many patients are left vulnerable to misinformation that greatly influences their approach to treatment.

“I attend doctors’ appointments and physical therapy sessions, as well as in-home visits from healthcare providers or social workers. By being there as an objective party, I serve as a support to the patient,” she explained. “I ask questions they may not think of and clarify the confusing language. My goal is to make sure the patient understands everything that can affect them.”

The motivation for Backauskas’ work is personal. After returning to Pittsburgh five years ago, she found herself thrust into the role of healthcare advocate for her mother. “In less than two years, I saw her through five ER visits, four hospital stays, several major surgeries, three rehab stints, and a C-Diff infection that almost killed her,” Backauskas recalled.

She chose the concept of the “doula,” an independent support person who assists families during and after childbirth, because doulas often carry a diverse resume of life experience. Backauskas has worked as a facilitator, teacher, and social worker; for five years, she also served as a Standardized Patient Educator for patients with complex medical or mental health conditions.

“My experience as a licensed notary really helps families who want to do the best for their loved ones,” she said. “Having someone to help navigate those waters can be a huge relief.” For more information about Your Healthcare Doula, email staci@YourHealthcareDoula.com or call 412-267-7862.

Lawrenceville - With seven homes already under construction, the Lawrenceville Corporation’s (LC) community land trust initiative is well on its way to creating permanently affordable housing for the neighborhood.

This program seeks to balance displacement from the private housing market by offering homes that are affordable to people earning 80% or less of area median household income. The Upper Lawrenceville homes will be complete by early February. LC also has a second phase of homes in pre-development, to be available in late 2018.

LC partnered with architects from Rothschild Doyno Collaborative, as well as modular homebuilder EcoCraft Homes, on construction of the current phase. Durably constructed for maximum efficiency and energy cost savings, the homes blend in with neighborhood context while featuring 21st century design elements. Thanks to Bridgeway Capital’s “MonMade” initiative, the homes also incorporate products created by local craftspeople.

These homes represent a big step forward for Pittsburgh’s first community land trust (known as a “CLT”), a new tool to address affordable housing challenges. The CLT model provides opportunities for home ownership priced in line with local wages, as opposed to local property values. A community-based nonprofit owns the land and leases it to the homeowner through a ground lease, which stipulates a maximum home resale price to ensure the home remains permanently affordable, no matter what happens to property values in the neighborhood.

The homes cost $125,000 for a two-bedroom unit or $140,000 for a three-bedroom, and are available to people earning less than $40,700 to $58,100 annually (depending on household size). LC is always accepting applications for the program; anyone interested in becoming a Lawrenceville homeowner may apply by visiting www.lvpgh.com/CLT or emailing julia@lawrencevillecorp.com.

Community Land Trust brings new Lawrenceville homes to fruition

By Julia Pascale  Lawrenceville Corporation

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New website connects vulnerable residents to available services

By State Rep. Adam Ravenstahl D-Allegheny

Allegheny County - Everyone deserves to age at home if they choose, and a new state website helps connect older Pennsylvanians and people with disabilities to services available near their homes.

The Community Care website (www.carelink.pa.gov) lists over 350 in-home service providers offering personal care, assistance with activities of daily living, companionship services, respite care, and rehabilitation services. The site also features twelve service and support categories: Advocacy, Behavioral Health, Employment, Finance, Health Care, Housing, In-Home Services, Legal, Meals, Protection from Abuse, Support Groups, and Transportation. Also debuting is the “Community HealthChoices” website (www.healthchoices.pa.gov) - which was designed to serve people in their resident communities, not medical facilities.

The program will launch in fourteen southwestern PA counties, including Allegheny, with a three-phase rollout progressing east across the state through 2020. To learn more about the Pennsylvania Link to Community Care and the local resources available, call 1-800-753-8827 or visit www.carelink.pa.gov.

Both the Community Care and Community HealthChoices websites present community options to help Pennsylvania’s seniors choose the best care for themselves or their loved ones. That’s a New Year’s gift worth cherishing.

Safi Juice

fits of healthy living, Rasheed operates on the principle that people should always enjoy what they are eating.

The level of care and consideration he infuses into his products is hard to miss. Most juice production involves what is known as “HPP” (high pressurized process), which heats the juice in order for the products to have an extended shelf life.

Crafting each of his recipes from scratch, Rasheed does not abide by this process; he prefers using only fresh ingredients. This is what sets Safi apart from the other juice purveyors; the owner/operator simply cares too much to let his customers down, so he goes above and beyond to exceed their expectations.

One of the most popular menu items is the “Berry Smooth” smoothie, which is rich in antioxidants and protein. Some of Safi’s more health-conscious customers have helped to popularize this smoothie as a bona fide meal replacement with a straw.

At the end of the day, Safi Juice resolves to blend health with culture. In opening his store, Rasheed wanted to create a safe place for local residents to nurture conversations about their health and well-being.

Safi’s hours of operation are: Monday from 10 a.m. - 4pm; Tuesday (closed); Wednesday through Saturday from 10 a.m. – 4 p.m.; and Sunday from 10 a.m. - 2 p.m. Visit www.safijuice.com for more info.

ECS is expanding into the former Rogers School to provide increased openings for students.

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- ECS is a fully-inclusive school and a place for all students in the City of Pittsburgh

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Questions? Call (412) 247-7970 ext. 301
Apply by January 31.

THE BULLETIN WANTS TO HEAR FROM YOU!

Send us a note about what you would like to see in the Bulletin. This publication begins and ends with you, the community, so we respectfully invite your opinions and insights.

Please contact our tip-line/suggestion box: Bulletin@Bloomfield-Garfield.org.

Looking forward to celebrating our 150 th year anniversary in Lawrenceville

Zion Evangelical Lutheran Church
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- Founded in 1868, our historic red brick worship site is located on the corner of 37 th and Bandera Streets
- Original stained glass windows and beautiful sanctuary
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Zion Evangelical Lutheran Church
Bring your family to meet our family as together we continue our mission of 150 years of sharing the word and love of Jesus with the Lawrenceville community.

237 37 TH STREET, LAWRENCEVILLE 412/621-2720 www.zionevangelicalchurch.org
Lawrenceville - When Dave Breingan walks into the gym at Arsenal Middle School during an after school program, about a dozen kids immediately run up to him and say, “Hi!”

Though Breingan doesn’t work at the school, he’s still a familiar face. He knows the kids through his involvement in PEP Rally, which he described as a triangular link between Lawrenceville’s families, the public schools and the neighborhood’s wider community.

“We try to make each of those different points on the triangle more accountable to each other and bringing them together ultimately to benefit children in our neighborhood,” said Breingan.

Lawrenceville United, a non-profit dedicated to improving quality of life in the neighborhood, started PEP Rally in 2013 during a period of declining enrollment at the community’s three public schools, Arsenal Elementary, Arsenal Middle and Woolslair Elementary. Breingan was the program’s first staff member.

He said he started out going door-to-door in the neighborhood and talking to parents. He found that a lot of parents felt there weren’t many opportunities to get involved with the schools.

“I heard a lot of things like, ‘What is it even like inside the school?’ Breingan said. “Can we come and see the school? There’s really a pool at Arsenal?”

Monica Tillman, who’s been a social worker at Arsenal for 25 years, said that because school staff already have a lot on their plate, they often don’t have the extra time to bring people in from the community. “A lot of our staff not only work with the children during the day, but they work with them after school. They’re coaches, they’re tutoring kids, and so their day is pretty full,” Tillman said.

PEP Rally started bringing teachers and families together at neighborhood events like a Halloween party, which led to more collaborations within the schools. At Arsenal, for example, PEP Rally partnered with Goodwill to create a program where the parents of English as a second language students could come and take their own English classes in the evenings. The program also offers childcare.

In 2013, Woolslair’s enrollment was down to just more than 100 students, with Pittsburgh Public Schools recommending that it close. Breingan and PEP Rally worked with parents and teachers to help create a successful proposal to revitalize the school as a partial magnet for science, technology, engineering, arts and math, known as “STEAM.”

PEP Rally’s work at the schools. “Even though it’s not us, “Breingan said. “We try to play a role in supporting their efforts in building a positive school climate and supporting children and supporting families.”

Throughout the years, Breingan has continued to make time to meet one on one with parents. Rebecca Ferrer, who moved to Lawrenceville in 2015, said that Breingan and PEP Rally helped her acclimate and choose Woolslair for her kids.

“It was really helpful in deciding about the school and really helpful in deciding about the neighborhood, and getting involved in the neighborhood. I’m kind of an introvert and wouldn’t necessarily show up to big events, so it was really nice to have the person-to-person interaction,” said Ferrer.

Last year, Breingan transitioned to a new role at Lawrenceville United, taking over as executive director. He said that he wants to cast a wider net in making Lawrenceville more family friendly.

“Next up? Fighting to make housing more equitable as the neighborhood continues to grow.”

By Joaquin Gonzalez 90.5 WESA
Friendship Perk & Brew unlocks new potential

By Andrew McKeon the Bulletin

Friendship – A few decades ago, when Nick Redondo worked for US Air, Pittsburgh’s one-way departures far outnumbered its new arrivals.

And now that his hometown has become a destination city, Redondo thinks residents old and new are thirsty for change – and for coffee and beer. His approach to quenching this new thirst: “Friendship Perk & Brew.”

Punctuated by old, black & white photographs, with a fireplace to take the chill out of a cold winter morning, the neighborhood eatery captures the high-contrast history of its namesake while also accommodating new palettes and tastes. Patrons can order a craft beer just as easily as they would a cup of coffee – or enjoy a variety of hot sandwiches, appetizers, and gelato.

Redondo and his sister/co-founder, Joanne, curated the store’s atmosphere and menu by simply polling their neighbors. “I’ve been soliciting my neighbors, asking them what they’d like to see or eat here. They’ve had a lot of input,” he said. “Even the folks who were opposed to it...once they finally come in and see what we’ve done with the place, they’re impressed and they keep coming back.”

Friendship Perk & Brew feels like a hub of old and new energies situated at 300 S. Pacific Ave. In the months since he opened up shop in September, Redondo has reconnected with a number of old friends and made many new acquaintances.

“When you go into a Starbucks, it’s all about Starbucks. Here, it’s about the neighbors,” he explained. “Nothing against Starbucks. I mean, they’ve been much more successful than I have, so I’ve got to give them credit.”

Redondo is fond of relaying local histories, telling the stories behind the street signs; mere minutes into a conversation with the Bulletin, he went “full oracle” and detailed a list of famous Friendship residents and local landmarks.

Zoned for commerce ever since it was constructed in the 1920s, the Perk & Brew building remains an outlier in the residential neighborhood of Friendship. Growing up across the street, Redondo spent his days hunting for pop bottles in the alley; returning enough bottles earned him candy or toys from the neighborhood store.

“I wasn’t happy with the way it was being run,” he said. “A convenience store just didn’t suit the needs of our neighbors.”

While the first-time entrepreneur endeavored to cut through all the red tape involved in rehabilitating an old structure for modern commercial use, the property laid fallow for years. Now that Redondo has unlocked its potential, he is figuring out how to turn the eatery into a valuable community asset.

The ideas often come to him in serendipitous ways - like when a West Penn Hospital employee stops by for a chat and, as a result, Redondo has begun looking at hosting an indoor Bocce tournament at his establishment.

Mike Pochan, who met Redondo in 1977 (when they were freshman at Carnegie Mellon University), did not reconnect with his college chum until recently, when they bumped into each other at Friendship Perk & Brew.

Now, Pochan regularly drives in from the suburbs to loaf on S. Pacific Ave. He feels very comfortable there: “If it’s too snowy outside to drive home, or if it’s too late and I’m tired, I could always just sleep on that couch over there. Right, Nick?”

Redondo said he does not worry when Pittsburghers move away to other neighborhoods and cities because he knows that they will be back. And, when they return, new places like the Perk & Brew will remind them of home.

“What it’s about is community,” Redondo said. “It’s about Friendship.” The Friendship Perk & Brew is open from 6 a.m. to 9 p.m., Monday through Thursday; and 6 a.m. to 10 p.m. on Friday and Saturday.

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Download guidelines for stories, photos, and notices: bit.ly/bulletin_news

By Andrew McKeon the Bulletin

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Redondo is fond of relaying local histories, telling the stories behind the street signs; mere minutes into a conversation with the Bulletin, he went “full oracle” and detailed a list of famous Friendship residents and local landmarks.

Zoned for commerce ever since it was constructed in the 1920s, the Perk & Brew building remains an outlier in the residential neighborhood of Friendship. Growing up across the street, Redondo spent his days hunting for pop bottles in the alley; returning enough bottles earned him candy or toys from the neighborhood store.

“I wasn’t happy with the way it was being run,” he said. “A convenience store just didn’t suit the needs of our neighbors.”

While the first-time entrepreneur endeavored to cut through all the red tape involved in rehabilitating an old structure for modern commercial use, the property laid fallow for years. Now that Redondo has unlocked its potential, he is figuring out how to turn the eatery into a valuable community asset.

The ideas often come to him in serendipitous ways - like when a West Penn Hospital employee stops by for a chat and, as a result, Redondo has begun looking at hosting an indoor Bocce tournament at his establishment.

Mike Pochan, who met Redondo in 1977 (when they were freshman at Carnegie Mellon University), did not reconnect with his college chum until recently, when they bumped into each other at Friendship Perk & Brew.

Now, Pochan regularly drives in from the suburbs to loaf on S. Pacific Ave. He feels very comfortable there: “If it’s too snowy outside to drive home, or if it’s too late and I’m tired, I could always just sleep on that couch over there. Right, Nick?”

Redondo said he does not worry when Pittsburghers move away to other neighborhoods and cities because he knows that they will be back. And, when they return, new places like the Perk & Brew will remind them of home.

“What it’s about is community,” Redondo said. “It’s about Friendship.” The Friendship Perk & Brew is open from 6 a.m. to 9 p.m., Monday through Thursday; and 6 a.m. to 10 p.m. on Friday and Saturday.
“Like” the Bloomfield-Garfield Corporation
(www.facebook.com/BloomGarCorp)
for the latest neighborhood information and community photos.

Penn Avenue Arts & Commercial District Community Survey
My name is Amber Epps and I am the Commercial District Manager for the Bloomfield-Garfield Corporation. In order to make sure that the Penn Avenue Arts & Commercial District is meeting the needs and expectations of the community, we are conducting a short, preliminary survey to gather your feedback. Once you have completed your survey, please return it to your Community Ambassador. You may also drop it off at the BGC office located at S49 Penn Avenue. The deadline to return your survey is Friday, September 8, 2017. We look forward to hearing from you!

1. How do you prefer to receive information about what’s going on in the neighborhood? Choose all that apply.
   a. Email
   b. Social media
   c. Word of mouth
   d. Flyers
   e. Mail
   f. The Bulletin
   g. Other _____________________________

2. Do you attend events/activities (including arts-related activities) on Penn Avenue?
   a. No
   b. Yes (If yes, which one(s))? ________________________________

3. If you answered No to question #3, why not? Choose all that apply.
   a. Costs too much
   b. Nothing that I am interested in
   c. Not aware of what is going on
   d. Other ________________________________

4. What types of events/activities would you like to see on Penn Avenue?

5. Do you shop or visit restaurants/cafés on Penn Avenue?
   a. No
   b. Yes (If yes, where?) _____________________________

6. If you answered No to question #5, why not? Choose all that apply.
   a. Costs too much
   b. Nothing that I am interested in
   c. Not aware of what is available and/or what their hours are
   d. Other ________________________________

7. If you have any other feedback related to the events/activities, etc on Penn Avenue, please write them below!

   What’s your email address? _____________________________

Two Leading Medical Institutes, One Unique Care Center

West Penn Hospital is home to best-in-class care from Allegheny Health Network (AHN) for esophageal, lung, and neurological problems. Two centers of care in one convenient, comfortable location.

AHN Esophageal and Lung Institute
with their new Voice, Swallowing, and Nutrition Center — the first of its kind on the East Coast.

AHN Neuroscience Institute introduces a new Headache Center, with highly personalized care that recognizes headaches and their causes are as unique as the people who have them.

To make an appointment, call (412) DOCTORS or ask your doctor for a referral.

Allegheny Health Network
West Penn Hospital

ABOVE: Thanks to the kind folks at PGH Farm & Forest (5437 Penn Ave.), local residents got to take their pick of free Christmas trees on Penn Ave. Photo courtesy of PGH Farm & Forest.
Pittsburgh - Last summer, Anthony Bourdain, host of the CNN show "Parts Unknown," visited Pittsburgh to film a new episode for his travelogue show. Now that our little town has become a destination city, similar cable celebrities are bringing national attention to the region in new and unfamiliar ways.

Twitter, Facebook, and Instagram were full of "no, he didn't" responses about Bourdain's portrayal of Pittsburgh; one commenter even asked the world to not judge our city based on theParts Unknown episode.

I think Pittsburgh is a great place, which was why I moved to the city over ten years ago. Pittsburgh was just starting to become "the place to live" - so much so that I joined my college friends and moved to the cheap, hip city in southwestern PA. We felt like we had arrived.

For a year, I lived in Bloomfield, across from Sonny's Tavern. Then, I ventured into the unknown that was Lawrenceville - a neighborhood where the bars were sketchy and the buildings held mystery. This once-new, now unrecognizable, place was my home for a time. Since September, when my husband and I purchased a house in Murrysville, my East End endeavors have been few and far between. Now removed from the city and its rhythms, I've got a new perspective on Bourdain's critiques of our city. I know it's hard to hear, but he's right.

There are many new hot spots, restaurants, and bars around town; they turn on the lights and charm, yet there is hollowness to their approach. It's hard to walk the streets and not wonder what used to be here before all the hoopla. A great deal of what brought people like myself to Pittsburgh is exactly what's now being threatened by Google, Amazon, and the rest. When I watched the Parts Unknown episode for the first time, I was not mad about Bourdain's accusations that Pittsburgh was irresponsibly re-branding itself. I was mad that it was so true. I think back to the young woman who, after growing up two hours away, was excited to move to Pittsburgh, the "big city" with a weird infrastructure. Even when it meant walking to Oakland at 6 a.m. instead of taking the bus, I embraced the city and its eccentricities. When I worked as a cashier at WholeFoods, I would go out to Kelly's Bar [featured on Parts Unknown] with my coworkers to blow off steam. We often imagined what local neighborhoods like East Liberty would look like in ten years' time.

Back then, just a few hundred dollars a month paid for a decent apartment; if you had roommates, you were set. Local bars like Duke's, Sonny's, Lou's, and Gooski's were so affordable that a mere ten dollars went a long way.

When I first moved to Bloomfield, Little Italy days was a healthy display of neighborhood heritage, honoring those who have lived and worked there for generations. Now, it's a whole state fair's worth of foreign commerce crammed into six sweaty blocks.

While filming the Parts Unknown episode, Bourdain played bocce with some neighborhood legends from Bloomfield; they drank wine under the bridge and talked about change. Over the years, these men said, they have felt incredible pressure to sell their homes to speculators and profiteers, but have refused to give way to market forces. Although a little uncertain of the future ahead, they still believe in the spirit of Pittsburgh.

Trendy spots will come and go like ocean tides and, if the time is right, someone might even pay too much for a row-house because of a CNN travel show. Here's hoping that Pittsburghers keep "home" where the heart lives.
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BGC Holiday Party - Friday, December 8, 2017

Due to the success of The Big Easy, we are moving to a larger facility not only to facilitate our clients, but to expand our services, including daycare, boarding, a Cafe and grooming.

Voted “Best Veterinary Hospital In The City” for two consecutive years.

Tribune Review

Safety Measures - Facility Design
Safe Yards
Our outdoor play yards have a 6 foot fence with additional fencing to prevent escapes.
Our outdoor play yards also have artificial grass.

Clean Air
Weather permitting, we have multiple garage doors that will be open to allow fresh air and clean breeze filter through for your dogs to enjoy while they are playing. This will maintain a clean and healthy facility free from bacteria and odor.

Fire Protection
Our facility has a fire alarm and heat sensor that automatically dispatches the Fire Department in the event of smoke or heat detection. Staff is close by for emergencies.

Veterinarians On-Site
Big Easy Dog Daycare is the ONLY DAYCARE/BOARDING FACILITY IN PITTSBURGH THAT HAS VETERINARIANS ON-SITE should immediate care be needed.

BGC Holiday Party - Friday, December 8, 2017
New voice, swallowing, & nutrition center opens at West Penn Hospital

By Jesse Miller  Allegheny Health Network

‘Bloomfield - Voice and swallowing problems can profoundly affect an individual’s relationships, social functioning, and overall health.

Allegheny Health Network’s (AHN) new Voice, Swallowing, and Nutrition Center at West Penn Hospital will offer multidisciplinary, personalized care designed to help patients quickly regain functioning and a good quality of life.

The new Center, part of AHN’s Esophageal and Lung Institute, is the first of its kind on the east coast, providing a one-stop comprehensive program designed to optimize the patient experience and their outcomes. No other center has integrated esophageal surgeons; ear, nose & throat physicians; registered dietitians; speech therapists; nurses; and diagnostic tools all in one common setting.

The Voice, Swallowing, and Nutrition Center offers the most state-of-the-art techniques and technologies for diagnosing diseases of the pharynx, esophagus, and stomach. Problems addressed by the center’s team of specialists include difficulty swallowing, aspiration, chronic cough, GERD, hiatal hernia, Barrett’s esophagus, esophageal cancer, pharyngeal and esophageal diverticulum, and achalasia. Patients are also treated for voice or swallowing problems stemming from illness such as stroke.

“Voice and swallowing problems impact all facets of a patient’s life,” said Blair Jobe, MD, esophageal surgeon and chair of AHN’s Esophageal and Lung Institute. “We believe a collaborative, holistic approach - led by a team that includes a speech pathologist, dietitian, registered nurse, and physicians - is the best way to address these problems and get our patients back on the road to full functionality.”

Whether dealing with simple or complex problems, clinicians at the Voice, Swallowing, and Nutrition Center use a variety of tests to pinpoint the cause of the symptoms and prescribe effective therapies.

Patients experiencing symptoms such as heartburn, an unexplained cough, or the sensation of food sticking in the throat will be evaluated using a variety of minimally invasive diagnostic tools such as manometry (a tube swallowed under local anesthesia that evaluates the performance of the esophagus) and PillCam - which is a tiny camera that, when swallowed by the patient, transmits images to the physician via radio waves.

Videostroboscopy, a state-of-the-art technology, facilitates the diagnosis of vocal cord abnormalities by providing a magnified view of the larynx and stimulating slow-motion vibration of the vocal cords. An experienced, certified speech pathologist will see patients with difficulty swallowing, vocal dysfunction, dysarthria (impairment of the muscles used in speech), aphasia (difficulty in expressing and understanding language, often caused by a stroke) and cognitive-linguistic deficits. Using endoscopic techniques such as FEES (Fiberoptic Endoscopic Evaluation of Swallowing), the speech pathologist will collaborate with the physician to evaluate the patient’s condition, develop a plan of care, and initiate treatment.

The center also offers a comprehensive nutritional assessment, including body fat and muscle composition, followed by counseling and education by a registered dietitian. To make an appointment with the Voice, Swallowing and Nutrition Center, call 412-359-GERD or email ELI@ahn.org.

AHN’s Esophageal and Lung Institute (ELI) is a national leader in preventing, diagnosing and treating chest, esophageal and gastric conditions. Through highly advanced diagnostic and interventional procedures, and cutting-edge research, ELI strives to detect disease sooner, treat it more effectively and restore health more quickly.

The Garfield Land Trust’s goal is to make more affordable housing available. Much like a credit union, the land trust is run by community residents. Land trust properties can be bought and sold, but the community land trust keeps ownership of the land. Working with Bloomfield-Garfield Corporation, Garfield Jubilee Association and other community partners, Garfield Land Trust is committed to increasing quality, affordable housing. You can help the land trust succeed by joining. Even if you don’t live in Garfield, you are welcome to help the effort.

Join us 6:30pm Thursday January 11th at the Community Activity Center, 113 N Pacific Ave

Garfield Land Trust (GLT) Membership Application

- Membership fee for Garfield Land Trust is $1 & may be paid at quarterly meetings
- Voting membership is open to any Garfield resident (see membership page for details)
- Non-voting membership is open to anyone over 18; applications will be reviewed as needed

First Name
Last Name
Address
Zip Code
Phone
Email
$1 Dues
Member or Partner?
Why are you joining GLT?
How did you hear about GLT?
Interests

Return form to GCC, 5149 Penn Ave OR GarfieldLandTrust@gmail.com OR register at GarfieldLandTrust.org

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412 682-3445
412 682-1562
- Bloomfield, Friendship, Garfield, East Liberty, Lawrenceville, & Stanton Heights -

Bloomfield

Compiled by Lillian Denhardt, Howard Hanna Real Estate

Steven Gardiner to Jennifer F. Norris at 462 Pearl St. for $214,500.
Brian K. Kubat to JMKO Realty LLC at 308 Pacific Ave. for $218,000.
Mario Donato & Maria Amelaguiti Marino to Stephen Tremaine at 422 Pearl St. for $183,000.
RHO Enterprises LLC to Gretchin B. Chapman at 136 S. Atlantic Ave. for $692,500.
Biagio J. & Erin B. Ruggiero to Jodi Lincol at 4743 and 4741 Lorigan St. for $219,000.
Matthew C. Warner to Heather Kelley at 4784 Cypress St. for $22,500.

Lawrenceville

Christopher L. Barker to Aaron R. Garland at 5434 Nataona Way for $225,000.
Lois N Bianco to Ilbow Holdings LLC at 9292 Mintwood St. for $156,000.
Alex mad to Christopher Mark Sied at 4750 Hatfield St. for $280,000.
Marcellus J. & Marcella H. Cipriani to Denise Cognac at 4631 Plummer St. for $221,500.
Richard Decker to Ezequiel Pimentel De Aguilar at 237 45Th St for $585,000.
Dimatteo Joseph Holdings LLC to James Damian Founds at 335 37Th St for $155,000.
Gateway Entertainment Studios LP to North River Pittsburgh I LLC at 24 32Nd St for $14,000,000.
John B. Jacobsen to Joanne Scutola at 4410 Eden Way for $120,511.
K Bennett Enterprises LLC to UCG Thirty LLC at 5224, 5224.5, and 5226 Wickliff St. for $55,000.
Robert M. Kieckle to Adam M. Costa at 335 37Th St for $250,000.
Stanley W. & Mary Jane Kopicki to Children’s Hospital Of Pittsburgh of Upmc at 422 44Th St for $112,500.
Albert P. & Lynn M. Kuban to Albert Kuban III at 176 1/2 39Th St for $74,000.
Gerard P. Maloney to Ryan J. Doran at 209 S. Fairmount St. for $1.

Stanton Heights

Francis J. Hartz to Dean Chobanian at 5315 Camelia St. for $149,500.
Raymond & Coletta Henderson to Mandi Campbell & Adrianarussa at 145 Scheiden Manor Dr for $55,000.
Charles W. & Sandra L. Hollister to 180 Interiors LLC at 4500 Stanton Ave. for $70,000.
William P. & Kathryn B. Klobuchar to Sara J. Gray at 1060 Christopher St. for $250,000.
Christopher Leventis to Leonard B. Boss at 4742 Corderidge St. for $350,000.
Gary L. & Jill C. Lippert to Ashley L. & Garrett L. Graff at 1322 Woodbine St. for $155,000.
Ronald A. McCarrell to Cherie L. Romano at 948 Woodbine St. for $1.

East Liberty

Compiled by Lillian Denhardt, Howard Hanna Real Estate

Scott Fannel at 727 N. Euclid Ave. for $41,300.
East Liberty Development Inc. to Daniel F. Rodriguez Vanegas at 728 N. Euclid Ave. for $41,300.
Eastside Associates Limited Partnership to 6107 Penn Ave. for $200,000.
Willie L & Lillie B. Harris to Kabana Properties LLC at 315 N. Beatty St. for $107,500.
III K Rentals LLC to 6023 Stanton Ave LLC at 6023 Stanton Ave. for $310,500.
Christopher & Brye Holliday Rhodes to Kaitlyn M. & Saurav Sinha at 680 Mellon St. for $229,000.

Lyndsey C. Skufca to Jennifer S. Beam at 1130 Oglethorpe Ave. for $149,000.

This column uses data from Allegheny County that contains occasional errors (sale price, owners’ names, etc.). If something looks off, please do not hesitate to let us know.

For questions, comments, or just to chat, feel free to contact Lillian at 412-335-6068 or email agent. lillian.pgh@gmail.com.

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For more information about the Bulletin’s advertising rates and policies, please call 412-441-6950 (ext. 13) or email Andrew@Bloomfield-Garfield.org.
**January 5 - Friday**

**Garfield**

**“Memory Lane” Musical**

Back Down Memory Lane Musical, January 5, 2018 at Morningside Church of God In Christ located at 5173 Dearborn Street. Garfield area of Pittsburgh, starting at 7:30 p.m. Guest will be Macedonia Mass & Men Choir from Pittsburgh, and from New Castle, Sis. DaMarra Hunt and Second Baptist Youth Choir. This event is FREE and sponsored by the Morningside C.O.G.I.C. Music Dept. Come out enjoy and be bless. Contact Minister Jonathan Davis at 412.894.6447 for further information.

**January 8 - Monday**

**Garfield**

**YouthBuild Program**

GJA is currently recruiting for its upcoming YouthBuild Program that will start on Monday, January 8, 2018. If you are between the age of 16 to 24 and interested in earning a High School Diploma, Construction Training, Health Care and Customer Service Training, contact our office located at 5323 Penn Avenue, Pittsburgh, Pa. 15224, Phone number 412-665-5200. Paid work experience $7.25 per hour.

**January 11 - Thursday**

**Bloomfield**

**Writing Outside the Lines**

In this lively five-workshop series beginning on January 11, we will help you practice innovative ways of breaking through traditional essay structure and thinking about how form can complement content in creative nonfiction. Activities and prompts include writing a short food memoir in the form of a recipe card, a flash nonfiction piece about a transformative moment that leaps in time, a six-word memoir, an encyclopedia entry, and a sensory map. Between sessions, you’ll revise your work to share with the instructor and your peers at the next meeting; for the final workshop, you will choose one piece to revise for possible publication. Visit www.creativenonfiction.org/products/writing-outside-lines for week-by-week descriptions.

**January 13 - Monday**

**East Liberty**

**“Black Bodies & the Justice of God”**

Join us for the Fourth Annual Community Conversation on Race and Faith and the Kelso Lecture featuring the Rev. Dr. Kelly Brown Douglas, Dean, Episcopal Divinity School at Union Theological Seminary. Her lecture will be the centerpiece of a day-long event designed to equip and empower individuals to form on-going relationships that cross traditional boundaries to work for justice, especially racial justice. This event is free for all to enjoy.

**January 17 - Wednesday**

**Lawrenceville**

**Free Lecture: Early Auto Industry in SWPA**

On January 17, 2018, the Lawrenceville Historical Society’s 2018 Lecture Series will host local writer and historian Chuck Lanigan, who will share stories about the early automobile industry in our region. Between 1900 and 1915, when Henry Ford’s Model T rolled off the assembly line, Southwest Pennsylvania was home to such illustrious early models as the “Foster Steam Wagon,” the “Penn 30,” and the “Aero Auto Bob.” The event takes place at the Carnegie Library, 279 Fisk Street, Pittsburgh 15201 at 6:30 p.m. It is free. No reservations necessary.

**January 25 - Thursday**

**Lawrenceville**

**MS Word Basics Class**

Learn how to insert pictures, copy/cut text, load and save documents and how to add headers to documents in our MS Word Basics. Time: 5:30 p.m. - 8:00 p.m. Where: Classes are held at Goodwill’s Workforce Development Center in Lawrenceville (118 52nd Street, Pittsburgh, PA 15201). * Free parking / on bus line. RSVP IS REQUIRED. Walk-ins will not be accepted. Please call 412-632-1841 to save your space for this class.

**January 27 - Saturday**

**City-wide**

**Oasis Tutoring Program**

The Pittsburgh OASIS Intergeneration- al Tutor Program is seeking volunteers (50+) to tutor in Pittsburgh and Woodland Hills School Districts in grade K-4. An hour a week can change a child’s life. A two-day training class will be conducted on Tuesday, January 23, and Thursday, January 25 (from 9:00 a.m. to 2:30 p.m. at 411 Seventh Ave., Suite 525, Duquesne Light Building in downtown Pittsburgh). No teaching experience is required; all training, materials, and clearances are provided free of charge. For more info, or to register, contact John D. Spehar at (412) 393-7648 or jspehar@oasinet.org. OASIS is an affiliate of the Greater Pittsburgh Literacy Council.
Sojourner House

Sojourner House is a licensed Drug & Alcohol Rehabilitation Residence where admission is based on determination of need. To be eligible for admission, women must be at least 18 years old and have at least one child age 12 years or younger, or be actively seeking custody of a child, or be pregnant. Priority Population is as follows: pregnant IV drug users; pregnant substance users; injection drug users; overdose survivors; veterans. We will consider patients who are dually diagnosed with both addiction and mental illness. Our house has 14 apartments, with a waiting list during periods when the house is full. Priority of admission is determined by order on waiting lists and urgency as defined by the priorities above. The program is designed for a six-month stay. Inquiry for admissions should go to 412-441-7783.

Garfield

Pre-Apprenticeship Construction Program

Garfield Jubilee Association (GJA) and Community Empowerment Association (CEA) are recruiting for the next Pre-Apprenticeship Program which will start on Monday, February 12, 2018. This is a 10 week Pre-Apprenticeship Program for adults 18 years of age and older. The program will provide classroom and work experience in Construction Training. Classes will be held at 5323 Penn Avenue, Pittsburgh, Pa. 15224. Contact our office at 412-665-5200. Paid wage/stipend up to $10.00 per hour.

February 10 - Saturday

LAWRENCEVILLE

Rotary Club Pancake Breakfast

NEW LOCATION The Lawrenceville Rotary is holding its 15th annual Pancake Breakfast on Saturday February 10th at a NEW LOCATION, the New Bethel Baptist Church, 221 43rd Street in Lawrenceville from 9 a.m. to noon. Tickets, available at the door, are Adults: $10, Seniors: $8, Kids 10 and under: $5. Pancakes, sausage, bacon and eggs and real maple syrup will be served. Proceeds fund local non-profit organizations and Rotary International projects.

February 12 - Monday

Garfield

Pre-Apprenticeship Construction Program

Garfield Jubilee Association (GJA) and Community Empowerment Association (CEA) are recruiting for the next Pre-Apprenticeship Program which will start on Monday, February 12, 2018. This is a 10 week Pre-Apprenticeship Program for adults 18 years of age and older. The program will provide classroom and work experience in Construction Training. Classes will be held at 5323 Penn Avenue, Pittsburgh, Pa. 15224. Contact our office at 412-665-5200. Paid wage/stipend up to $10.00 per hour.

February 3 - Saturday

East Liberty

“Holy Curiosity!”


LU Moves to New Office!

A message from Lawrenceville United

On November 1, we at Lawrenceville United (LU) officially settled into our new home: an office on the second floor of Goodwill’s Workforce Development Center at 118 52nd St. We recommend calling in advance for walk-ins and please understand that all guests will have to check-in at reception. Our main phone number (412-802-7220) will remain the same. If you have any questions, please contact us at info@LUnited.org. Thanks for your patience while we transition offices!

Free Help Preparing & Filing 2017 Tax Returns

The Bloomfield-Garfield Corporation, in cooperation with the Internal Revenue Service, will once again assisting individual taxpayers with filing their federal and state tax returns on-line. There is no charge for this service, which will be offered every Saturday, beginning February 3, 2018 and ending on Saturday, April 14th.

Taxpayers need to make appointments in advance, and then come to:

Community Activity Center
Lower Level
113 North Pacific Avenue
Garfield (15224)

The earliest appointments we offer are at 12:30 and the last at 4:30 PM. We do not assist business filers or individuals who have rental income or numerous capital gains’ transactions to report. City residents will also be able to receive help in filing their city tax returns. All taxpayers will need to have photo ID’s and proof of their Social Security number.

Call Rick Swartz at the Bloomfield-Garfield Corporation, 412-441-6950, (ext. 11) to schedule an appointment.
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Learn more:
www.goodwillswpa.org

Contact us:
412-632-1841 or ged@goodwillswpa.org