

Take One
FREE
Take One

HAZELWOOD HOMEPAGE



ONE OF PITTSBURGH'S GREAT NEIGHBORHOODS

PUBLISHED BY HAZELWOOD INITIATIVE, 5344 SECOND AVE., PITTSBURGH, PA 15207

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Hazelwood Light Up Night

Kelli D. Herd

One of the coldest days of the year, thus far, did not keep the Hazelwood Community from coming out to enjoy the many festivities of Light Up Night. Though temperatures dipped into the 20's, with the blustering wind making it feel more like the teens, children stopped by the Hazelwood Initiative office to enjoy hot cocoa, popcorn and to visit with Santa and Snow Queen on stilts.

Children and grownups both stopped by HI HOPE to delight in



the many spectacular balloon creations of Billy Heh.

Further down the street, Santa's reindeer charmed everyone with good old fashioned sleigh rides. At the Council of Three Rivers American Indian Center (COTRAC), the Grinch helped with arts and crafts and a good time.

Across the street, a block of ice was carved into a snowman celebrating our annual event.

The evening would not have been possible without the help of many community members and volunteers. There are too many to name, but to everyone who helped make Light Up Night a success, thank you and see you next year!



Hazelwood Initiative, Inc.
is supported by



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Based Organizations (ACCBO)

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January 18, 2008

HI Lites

The general membership meeting, held December 11, 2007, was the annual holiday party. Also at this meeting, new Hazelwood Initiative Board Members were announced. You may find on page 2 and page 11 a brief bio of each new and reelected board member.

We congratulate our Board members and wish them well for the new year.

General Membership meetings are held the first Tuesday of every month.

Various committee meetings are held throughout the month as well. General membership dues for participating are only \$12 per year.

So, come out and show your community support!!

"It's a funny thing about life; if you refuse to accept anything but the best, you very often get it." --- W. Somerset Maugham

HAZELWOOD HOMEPAGE

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Hazelwood Initiative, Inc.
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5344 Second Avenue
Pittsburgh, PA 15207

Bill Kulina

Resident of Hazelwood since 1988, Secretary of HI Board since Jan 2006. Intern at HI 2004-2005

Masters in Public Administration with an emphasis on Non-profit Management awarded from University of Pittsburgh 2005

Bachelor Degree in Sociology awarded from Duquesne University 1991

I have worked in the social service field since 1991 in various direct care and management capacities, working with persons with disabilities or other disadvantages.

Reason for moving to Hazelwood: After leaving Peace Corps service in Paraguay, I was looking for a community with a diverse population and alot of potential. I found Hazelwood to be comfortable, inviting, and affordable.

Vision for Hazelwood: Since I have been involved with the Hazelwood Initiative, through the work of many fine people, Hazelwood has made great



strides. Overall, the community is safer and cleaner and residents have a strong voice. Furthermore, economic progress has been slow, but steady. The new housing initiative at Monongahalia and Sylvan will provide a spark to rebuild that area and will eventually be a key area as Second Avenue and the ALMONO site develop. As new middle class residents move into Hazelwood, businesses will grow.

The proximity to town and Oakland, as well as affordable housing, ample green spaces and a strong community organization will be factors that businesses and families will find attractive. New businesses, better housing in the community as well as better community services will benefit us all. I will continue my work on the HI board to help the community continue to grow.



Natalie Greene

Natalie Greene, a young professional that moved to Pittsburgh for over 6 years to attend graduate school and has lived in Hazelwood for about two and a half years, is currently seeking a position on the Hazelwood Initiative Board. Natalie recently transitioned from a Community Organizer position at Allegheny County Department of Human Services to take another promising job opportunity as the Researcher at Pittsburgh United – a coalition of local community,

faith and labor organizations promoting a progressive, inclusive, development agenda through research, organizing, education and advocacy. In her new position, she looks forward to collecting valuable data and information to share with organization partners and community members to influence the direction of economic development in our region.

Natalie recently received her Masters of Social Work from the University of Pittsburgh with a concentration in Community Organizing & So-

cial Administration. She has worked with Tracy Soska at the School of Social Work assessing the effectiveness of the United Way Neighborhood Leadership Program in the Hazelwood community and provided ongoing technical assistance and project planning guidance to community members. She also worked with Hazelwood Initiative staff to collect information on uses of Weed & Seed funding as well as attended and volunteered at several Hazelwood Initiative events. In fact, one of her most memorable experiences was when she escorted late Mayor Bob O'Connor and Santa Claus to the staging area on Second Avenue at HI's Light Up Night in 2005!!

Natalie has worked with several non-profit organizations in Allegheny County on projects aiding homeless and low-income individuals and families in East Liberty, East Hills, Downtown Pittsburgh, Wilksburg, and the Mon Valley. She assisted in the massive relocation of nearly 300 low-income individuals and families from three East Liberty apartment complexes undergoing HUD foreclosure while employed at The Community Builders, Inc. She also was a political community organizer on a grassroots political campaign in the fall of 2006 at America Votes Pennsylvania edu-

See HI Lites, page 11

Hazelwood Initiative, Inc. Mission Statement

Hazelwood Initiative, Inc., acts as a catalyst for the revitalization of the Greater Hazelwood community, provides leadership to create a healthy community, and serves as a community resource and advocate.



What's Up?

NOTICES CONCERNING YOUR NEIGHBORHOOD



The Hazelwood YMCA

SilverSneakers Program, is a low grade exercise program designed for the senior citizens. The program is year round from 10:00AM - 10:45AM, Mon. Wed. & Fri. For more information, please contact Lisa Reihl at (412) 421-5648 ext. 10.

Food Bank

The Food Pantry is a need-based program for low income families. The third Thursday of every month from 10:00AM - 12:00PM. Located at the Hazelwood YMCA, 4713 Chatsworth Ave. Please bring proof of income, address and ID.

If interested in starting NA/AA meetings at the Hazelwood YMCA, please contact Carole Jordan at (412) 421-5648 ext. 13.

Strong Communities Campaign.

We also offer special rates to families with more than one child. For information, contact Ericka Wingfield at 412.421.5648x11.

Get your Homepage faster!!

The Hazelwood Homepage is also available online at www.hazelwoodhomepage.com

Pittsburgh LEARNS After school Program at Mifflin School

Pittsburgh LEARNS is the result of a unique collaboration between the Pittsburgh Public Schools, Wireless Neighborhoods and the Hazelwood YMCA. The program focuses on a fun, innovative academic enrichment program, homework/project help, nutrition, and enrichment activities. The after school program is open to Mifflin School Kindergarten through second grade students who receive referrals from their teacher, principal, or guidance counselor. The Pittsburgh LEARNS program at Mifflin School meets from 3:30-6:00pm Monday through Friday. Contact Ikeva Wilkins at 412.715.2215 for more information.

After School Academic Enrichment Program

Our program has 3 components that provide children 5-13 yrs with LITERACY, TECHNOLOGY, and HEALTH & WELLNESS. A wide variety of age appropriate activities are offered in the education curriculum areas of math, reading, and communication. We provide transportation from local schools, snack & dinner are also provided. We also offer full day child care during select holidays and school in-service days. HOURS OF OPERATION: Monday—Friday 2:30-6:00pm. Subsidies through DPW and Child Care Partnerships are accepted. The Hazelwood YMCA scholarships are also available to all participants. Scholarships are provided with funds raised through our annual fund drive.

Are you an adult who is interested in becoming a Catholic? If so, St. Stephen Parish is inviting you to join our RCIA (Rite of Christian Initiation for Adults) group which will prepare you on your journey. Please contact Fr. Neil McCaulley for more information at 412-421-9210.

Nar-Anon, a support group for families of people with drug addictions, meets each Wednesday at 7 PM. at the First Hungarian Reformed Church of Pittsburgh (221 Johnston Avenue). For more information, call Cindy T. at 412-421-7076 or Eleanore M. at 412-782-2210.

Book 'Em - Pittsburgh's Books to Prisoners program seeks donations of dictionaries, how-to-draw books and African-American history and literature. Thomas Merton Center, 5125 Penn Avenue, Pittsburgh (Garfield). (412) 361-3022 www.thomasmertoncenter.org

The Valley Voices, a group of singers from the Mon Valley, is looking for vocalists to perform in the group's concerts, scheduled at the Carnegie Library of Homestead and other local venues. Rehearsals are from 7 to 9 p.m. Mondays at Central Presbyterian Church, Versailles Avenue and Union Street. For more information, call 412-655-3469.

The next Hazelwood Initiative General Membership meeting will be January 8, 6:30PM at the Car barn located at 5344 Second Avenue.

The Planning Committee meets the first Tuesday of every month at 7PM at the HI Office.

Please join us for one or all of these meetings. For more information, please call 412.421.7234.

The Communications Committee is seeking members. If you are interested, please call the HI office or contact us via email at hazelwoodeditor@yahoo.com.



A small group of thoughtful people could change the world. Indeed, it's the only thing that ever has. -- Margaret Mead

For more What's Up and other information concerning your community, see page 7.

MAYOR LUKE RAVENSTAHL'S RESPONSE LINE

PITTSBURGH QUESTIONS COMMENTS CONCERNS
Call 3 1 1

Let Us Know What's Up

Contact Us with Information about Your Community Group, Church, Friends & Neighbors

Hazelwood Homepage
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LEGISLATIVE UPDATES

Fact and Fiction on Handguns

State Rep. Dan Frankel

I have received a tidal wave of public input on three handgun bills that Gov. Rendell and I support. As a member of the House Judiciary Committee, which recently failed to approve these bills, I would like to set the record straight.

Here are some key points that are often overlooked:

These bills would affect only handguns — not hunters' rifles or shotguns. One bill would limit the purchase of handguns only — not hunting weapons — to one per month per adult.

As a local newspaper noted recently, that would still be 24 new handguns per year for a married couple, and the limit would *not* affect shotguns or rifles used to hunt deer and other animals. Handguns are used to hunt humans.

The goal of one-handgun-a-month is to shut off "straw" purchases made by people with clean backgrounds who give or sell these weapons to drug dealers, terrorists and others who can't buy them legally. And the limit would not apply to law enforcement agencies, licensed dealers or people whose handguns are lost or stolen. Instead, it would allow us to knock out the illegal competitors of legitimate gun dealers.

Right now, you have to report a stolen car, but not a stolen handgun. One of

the bills recently voted down in committee would correct this bizarre law and require reporting of lost or stolen handguns within 24 hours. This would be a tool prosecutors could use to lock up straw purchasers, and it would help police to track and catch criminals who steal handguns from law-abiding owners.

Your community can vote to go "dry" on liquor licenses, but you and your neighbors have no local control over deadly handguns. The governor and I support a bill to enable local communities to enact their own limited restrictions on the flow, distribution and use of handguns, but only with local voter approval. This would allow cities like Pittsburgh to exercise local control against handgun violence — without affecting people in rural communities.

Pennsylvania has already been doing more to enforce current laws — police and prosecutors want and need these limited additional tools to keep us safe. As the governor testified, "Our law enforcement and our prosecutors are enforcing the laws on the book. They are aggressive, and their efforts have resulted in 16,000 additional criminals behind bars in the last decade. ... the statistics indicate we have not slowed the problem of gun violence — it's only increasing."

Most Pennsylvanians support common-sense handgun laws. Perhaps opponents are so vocal because they are in the minority. A statewide poll of likely voters taken in February and March showed 71 percent support for a one-handgun-a-month limit — including 61 percent support among gun owners — and 81 percent support for requiring reporting of lost or stolen handguns.

The governor, a former prosecutor, and I believe that none of these bills affect the state or federal constitutional rights of law-abiding citizens. Most Pennsylvanians appear to agree.

We already have two little-noticed victories to build on. In the past two years, legislators from both parties and organizations with widely differing views have come together to improve the Commonwealth's gun laws.

In 2005, the General Assembly passed a law that keeps weapons out of the hands of most people who are subject to protection-from-abuse orders. And earlier this year, we passed a law that requires police to trace the source of firearms illegally possessed by anyone under 21. That allows police to seek out and shut off those sources, such as theft or "straw" purchases.

Both of these laws focus on illegal and dangerous conduct, not law-abiding gun owners. Like the new bills, they focus on preventing murders, rather than having to mourn more victims and punish their killers after the fact. Now we need to make more common-sense changes to our handgun laws and save more lives.

Rep. Dan Frankel (www.pahouse.com/Frankel) represents the 23rd Legislative District and is chairman of the state House Allegheny County Democratic Delegation.



Neighborhood Address

Mayor Luke Ravenstahl

Dear Neighbors,

The year 2008 marks a very special year for Pittsburgh: it is the 250th Anniversary of our great City. Together we honor our rich history and the changes, challenges and triumphs that have shaped our past and have prepared us for our future. As the nation recognizes Pittsburgh for our technological, social and economic potential and prowess, it is time that we too, as residents, businesses and neighborhoods, celebrate all that our great City has to offer.

We remain steadfast in our efforts to create a financially stable and secure City government. The world's finest credit experts have upgraded the City's bond rating for the second consecutive year. By driving down the cost of government, spending less and saving more, we have grown our savings account, proving to the world that we are a safe place to invest.

We have also created a multi-faceted, aggressive and proactive approach to eliminating blight. With the support of a new state law announced in October, we have completely eliminated the backlog of more than 400 abandoned cars that cluttered our City streets. We are now investigating and resolving new reports of abandoned vehicles one week.

In October, I introduced legislation to help eliminate the nuisance and disruptive properties in our commu-

nities. This legislation identifies specific infractions that are considered disruptive, including: drug violations; gun violations; public order offenses, such as public drunkenness and excessive noise; and maintenance violations, such as overgrowth or refuse accumulation. The legislation gives the city the power to shut down these nuisance properties by demanding that owners either create a plan to abate the issues, or be deemed to be a public nuisance. Once a property is deemed a public nuisance, activities there fall under the provisions of the Pennsylvania Crimes Code.

We have also worked internally to streamline the graffiti reporting and removal process that has frustrated so many residents, business owners and community leaders. The Department of Public Works is now working closely with the Graffiti Task Force to ensure that graffiti is reported and removed in a timely manner. Please dial 911 if you witness someone 'tagging' or if you have been a victim of graffiti yourself. If you observe or have information about existing graffiti on a public street, park, traffic sign or City-owned property, please report it to The Mayor's 311 Response Line.

Though we are conquering some of the daily challenges within our neighborhoods, we have not forgotten about our City's future and the im-

portance of planning for Pittsburgh's next 250 years.

In what is believed to a tremendous investment by the region's largest employer, 2008 holds renewed promise. On Dec. 5 commitment of its kind, the University of Pittsburgh Medical Center (UPMC) announced that it will provide fund \$100 million over the next 10 years to help graduates from Pittsburgh Public Schools to further their education. after high school. Called The Pittsburgh Promise™, the program was designed to help City students and families plan, prepare and pay for higher education at an accredited postsecondary institution within the Commonwealth of Pennsylvania. UPMC will contribute an initial \$10 million to mobilize The Promise in time to support 2008 graduates of the Pittsburgh Public Schools. The remaining \$90 million is a challenge grant intended to spur a community-wide campaign to raise a \$250 million permanent endowment which will fund future generations of graduates from the Pittsburgh Public Schools. The benefits of the Promise have the potential to go a long way in growing the City's population, making it even more attractive for families to stay or move to our neighborhoods and attend our public schools. Our city schools are

becoming one of the key assets that will keep Pittsburgh the "most livable city" for many years to come.

As a city, we as residents have always met challenges together, and as a city we will face the future together. Let us continue, as the Promise advises, to "dream big and work hard" as we stride forward to make great things happen, for our families, for our neighborhoods, and for Pittsburgh.





Bureau of Building Inspection - BBI...412-255-2184

Report dangerous abandoned houses here.

Public Works...412-622-6904

Report broken sidewalks and steps, potholes, abandoned cars, illegal dumping and general garbage conditions at this number.

Pittsburgh Water and Sewer Authority...412-255-2409

Broken sewers and water main breaks - report 'em here!

Mayor's Service Center...311

Not sure where to report a problem, call here! They'll direct your complaint to the appropriate city department.

Local Elected Officials

Mayor Luke Ravenstahl...412-255-2694

Councilman Doug Shields...412-255-8965

County Councilman Rich Fitzgerald...412-350-6575

State Representative Dan Frankel...412-422-1774

Non Profits/Public Agencies

Hazelwood-Glenwood-Glen Hazel Council, Inc., Car barn, Second Avenue...412-521-8000

Primary Care Health Services, 5000 Second Avenue...412-422-9520

Citiparks Senior Center, Car barn, Second Avenue...412-422-6549

YMCA, 4713 Chatsworth Avenue...412-421-5648

HI HOPE, 5001 Second Avenue...412-422-0690

Sleeping and Children

Rose Velgich

The other morning I listened to a radio station whose guest speaker discussed the stages of sleep and the importance of sleep for people. He also discussed the five stages of sleep and what happens during each stage. The guest noted that many people are not aware that sleep is a very active time for our bodies. The discussion continued, focusing on the importance of sleep for children. I remember the radio station, which is *Star 100.7*; unfortunately, I cannot remember the talk show host and guest. However, I liked what I heard so I decided to do some research.

As adults, we know that sleep is important and not only sleep, but a restful night of sleep. We know that many times we cannot sleep because we are preoccupied or worried about

the next day's list of things we need to get done. We know that when we are tired, we do not work to our fullest potential and it effects our entire day. Sometimes, we cannot wait to get home to "just lie down". We are also aware that we can be grumpy without a good night's sleep. If we know this for adults, how do you think lack of sleep can affect children?

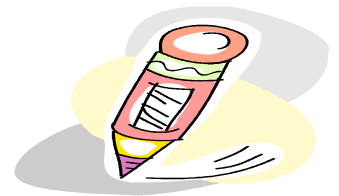
I found the web site, KidsHealth.org and read about sleep, what can happen with a lack of sleep and how to fix it – similar to what the talk show discussed. According to *KidsHealth*, lack of sleep can lead to decreased attentiveness, decrease in short term memory, inconsistent performance and delayed response. Does this sound like what happens

to adults? Of course it does. The web site listed solutions to helping your child go to sleep. They included establishing a set bedtime and giving a warning when it is close to that time so that children will end the game or activity with enough time without giving you a hard time. The site also noted that giving a child time to unwind does not include watching the television or playing games. Reading a book or telling a story is a better way to *unwind*. The site also suggested playing soft music to allow for relaxation.

Every day many teachers must deal with students who *need* sleep. Learning, concentrating, focusing and staying awake is extremely difficult for the child who has not had enough sleep. Unfortunately, parents do not see their child at school attempting to learn when they have not had a decent night's sleep. Yes,

parents have seen their children tired and cranky at home, but imagine giving your child a worksheet to complete in 20 minutes or asking them to comprehend new material for today's lesson and doing this in six or seven different classes. I think you have the idea.

Now that we are starting a brand new year, maybe this can be a time to set a new bedtime routine with your child and allowing for a restful night of sleep – it may be to your benefit too! Happy New Year!



Events this Month at Carnegie Library

Sara Dora

Storytime Fun for Toddlers and Preschoolers

Tuesdays and Thursdays in January at 10:00 a.m. and 11:00 a.m.

Ages 2- 6 with an adult

Join us for special themed stories, songs, puppets, and finger plays. Give your child the literacy tools for a great start to his for her education right at the library. Introduce your children to the wonderful world of stories, songs and finger games.

Get Your Game On!

Ages 13 and up

Thursday, January 10 from 5:00-7:00 p.m.

Join us for an evening of gaming on the Nintendo Wii!

Teen Advisory Council

Ages 13 and up

Wednesday, January 16 at 3:15 p.m.

Are you a teen who would like to have a say in what goes on at your library? Make your voice heard and have some snacks at the initial planning meeting of the Hazelwood Teen Advisory Council (TAC).

Fuzzy Frenzy Day

Ages 12 years and under

Saturday, January 19 from 1:00-2:30 p.m.

Warm up at the library and listen to The Great Fuzz Frenzy by Janet Stevens. Then make a funny pop up prairie dog.

KinderPrep

Tuesday, January 22 and Thursday, January 24 at

10:00 a.m. and 11:00 a.m.

Ages 4-6 with an adult

KinderPrep is designed to help parents and educators prepare their children to meet the PA Early Learning Standards that educators observe/evaluate for each child entering Kindergarten.

Aquatic Biology 101

Ages 13 and up

Tuesday, January 22 at 4:40 p.m.

Like science? Like fish? Come to the library and explore scientific concepts, do some experimenting, and help our new pets get situated.

Hours:

Tuesdays and Thursdays 10:00 a.m. to 7:00 p.m.

Wednesdays, Fridays, and Saturdays 10:00 a.m. to 4:00 p.m.

Closed Sundays and Mondays



Staying Active

Kelli D. Herd

The 2008 Winter Senior Games, sponsored annually by the Citiparks *SeniorInterests* Program, will be held from January 22-February 1, 2008, at various sites throughout the Greater Pittsburgh area.

The Winter Senior Games are open to individuals ages 60-and-over who reside in Allegheny County.

Age divisions for the Winter Senior Games are as follows: 60-64, 65-69, 70-74, 75-79, 80-84, 85-and-older.

The following events will be held: Archery, Basketball Shooting, Bowling, Darts, Horseshoes, Ice Hockey Shoot-Out, Kooshball, Pool (8-Ball), Shuffleboard, and Table Tennis.

The registration fee is \$2.00, which covers the cost of all events except Bowling. The registration deadline is Friday, January 9, 2008.

For additional information, or to register for the 2008 Winter Senior Games, visit any of the Citiparks *SeniorInterest* community centers or call 41.2422.6405.

PPG Skating Rink Hours

Open November 16, 2007

General Hours:

Monday - Thursday 11:00 a.m. to 10:00 p.m.

Friday & Saturday 11:00 a.m. to Midnight

Sunday Noon to 8:00 p.m.

Holiday Skating Times:

Christmas Eve Noon to 9:00 p.m.

Christmas Day 11:00 a.m. to 10:00 p.m.

New Year's Eve Noon to Midnight

New Year's Day 11:00 a.m. to 10:00 p.m.



The Washington Boulevard Cycling Track

It's a half-mile oval loop along Washington Boulevard with banked corners and a slight hill.

The track's flat interior surface is the perfect place for kids to learn to inline skate or ride bikes or scooter.

WALKING

Year-round

West Penn Park, Polish Hill,

Schenley Park Oval

For information: 412-255-2539

SKATEBOARDING

Year-round

Citiparks Skate Parks

McKinley Park, Beltzhoover

West Penn Park, Polish Hill

Tuxedo Street, Sheraden

For information: 412-255-2539

PITTSBURGH SPORTS LEAGUE

Year-round adult co-ed sports, including basketball, kickball, volleyball, softball. Various city locations.

412-338-2133 or www.pump.org

What's Up continued

The Meals on Wheels program in Hazelwood is always looking for volunteers for substitute drivers, delivery and kitchen help. If you are interested or know of anyone interested, please call 412.521.2330.

Shared Grief is Diminished Grief

Grief Support Group Meeting

1st Tuesday of each month at the First Hungarian Reformed Church Hall
221 Johnston Avenue at 7 PM
All are welcome.

For more information, please call 412-421-1165

Sponsored by
Sauvageot Funeral Home
Metropolitan Cremation Service

COME WORSHIP AND BE INSPIRED BY

The Church of the Good Shepherd
Located at
Second and Johnston Avenue

Traditional Mass: Sundays at 10 AM
Praise and Worship: Sundays at 1 PM

An Episcopal Church

"If a profound gulf separates my neighbor's belief from mine, there is always the golden bridge of tolerance"



Hazelwood Homepage Needs YOU!!!

If you've ever dreamed of seeing your writing published or if you simply have something you want others to read, give us a call or email us at hazelwoodeditor@yahoo.com. Who knows this may be the first step to a serious career in journalism. Please call Kelli at 412.421.7234 for submission guidelines. The next deadline for article submissions is January 18, 2008.

Events In and Around

Pittsburgh

Forward Lanes Bowling

5844 Forward Avenue
Squirrel Hill, PA
412-422-5844

Forward Lanes is consistently rated among the top Bowling Alleys in the western Pennsylvania region. And not only that, it does it all for the absolute lowest prices! Not only are the everyday bowling prices lower than the competition, but we also have numerous discounted bowling nights and specials. www.forwardlanes.net

South Side Works Cinema

Every Monday movie tickets are just \$5 each and you get a FREE 32oz. popcorn

2008 Miss Pittsburgh Pageant Winter Preliminary

www.winacrown.com

01-13-08

Holiday Inn, Monroeville, PA

412.224.4022

The Miss Pittsburgh Pageant is a celebration of young women as they strive to achieve their goals. Competition is open to all young women who meet the entry requirements.

Pittsburgh RV Show

January 5-13, 2008

David L. Lawrence Convention Center

For 40 years, the Pittsburgh RV Show has drawn RV and camping enthusiasts from the tri-state area and further. Come see new RV models and receive expert advice from the industries top representatives. There's always something for everyone at the Pittsburgh RV Show.

Show hours are: Saturdays 10 AM - 9 PM; Sundays 10 AM - 5 PM; Monday-Friday: 5 PM - 9 PM. Tickets are \$8 for Adults; \$7 for Seniors (55+); \$6 for Children under 13

Pittsburgh Remodeling Expo

January 18-20, 2008 - David L. Lawrence Convention Center

Come to the Pittsburgh Remodeling Expo to find everything you need to build, remodel and update your home all in one place.

You'll find everything from kitchens, bathrooms, sunrooms and custom remodeling to windows, siding, roofing and doors.

From the front yard to the back yard... the attic to the basement, you'll find everything you need to improve your home at the Pittsburgh Remodeling Expo.

Expo hours are: Friday 2 PM - 9 PM; Saturday 10 AM - 9 PM; Sunday 10 AM - 5 PM. Tickets are \$5, and children under 18 are free.

The next session of the Citizen's Police Academy (CPA) will begin February 25, 2008, at the Hazelwood Presbyterian Church, located at 5000 Second Avenue, Pittsburgh, PA, 15207. The program will be held each Monday evening, from 6:30 p.m. to 9:30 p.m. for 15 weeks. This is part of the on-going plan to offer the CPA outside of the Bureau's training academy facility.

Participants receive three hours of training one evening each week in many of the varied functions of law enforcement. They experience some of the highlights of police training and are exposed to the operations of the police bureau. Participants are taught the basics of criminal law, search and seizure, patrol tactics, firearms and many other subjects. They learn about the processing of a crime scene, conduct a ride-along with an officer, may experience a traffic stop, and see how police canines are used. CPA participants meet and talk with many of the street officers as well as the command staff and training staff that serves them. All this takes place in a safe and entertaining training environment.

Instructors are law enforcement professionals who teach both veteran and recruit police officers. Students leave this training with a greater understanding of the police mission and with increased ability to see how the police serve the community.

Class size is limited to 30 participants. All interested persons must give permission for the Pittsburgh Bureau of Police to conduct a background check to determine if they have a criminal record.

All applications must be received by February 18, 2008.

Please contact Lieutenant Jennifer Beidle at jennifer.beidle@city.pittsburgh.pa.us or (412)323-7889 if you have any questions about the program.

LIFEGUARDS NEED THIS SUMMER!

DO YOU WANT TO LEARN HOW TO BECOME A CERTIFIED LIFEGUARD?

DO YOU WANT A GREAT SUMMER JOB?



The University of Pittsburgh is looking for youth ages 15-18 yr. olds who have the motivation and drive to become Life Guards. The **cost** of the training will be covered (normally \$200) if you have the desire to learn! This 30 hour course takes place at Trees Hall, and runs from Dec. to April, evenings and weekend. We refer to City Parks & Recreation and others for job placements. You don't have to be a 'great' swimmer but you must be serious about learning and attending class. All Inquiries should contact:

**Community Leisure-Learn Program
University of Pittsburgh
146 Trees Hall, 412-648-8278.**



EAP Invitation (Educational Assistance Program)



Your child has been invited to join E.A.P at Pittsburgh Allderdice High School. The Program assists students in improving their Reading & Math skills for upcoming standardized tests. All students must demonstrate proficiency on the Pennsylvania System of School Assessment (PSSA) in order to graduate from the Pittsburgh Public Schools.

Dates: Mondays: 11th and 12th Graders
Tuesday: All Grades
Thursdays: 9th and 10th Graders
Time: 2:45 – 4:45

Snacks Provided in Cafeteria at 2:45
Transportation assistance available (Bus Tickets)

Contact person: Ms. Theodora Bennett
E-mail: tbennett1@pghboe.net
Contact Phone Number: 412 -422 -4833

PITTSBURGH ALLDERDICE

Four Nearly Painless Financial Resolutions

Sandra Block

Getting your personal finances in order sounds like a task best left to the closet organizers. But there are many ways you can improve your financial security without exerting much effort, or even spending much money. Here are some no-sweat resolutions for 2007:

• **Order your free credit reports.**

Checking your credit reports periodically is a good way to protect yourself against identity theft. It will also alert you to errors that could hurt your credit score. You're entitled to one free credit report every 12 months from the three main credit-reporting agencies, Experian, Equifax and TransUnion. To request your free credit reports, go to www.annualcreditreport.com.

Don't be misled by similar-sounding websites that claim to offer "free" credit reports. They're usually a backdoor effort to sell you a credit-monitoring service or other product.

You can order all three credit reports at the same time or order a different one every four months. The advantage to the latter strategy is that you can track changes in your credit report over the year, creating your own credit-monitoring service.

This strategy only works, however, if you remember to order a report every four months, says Bridget Smith of

LendingTree, an online company that helps consumers shop for loans. If you're not very organized, you're better off ordering all your reports at the same time, she says.

You can order your credit reports online or through the mail. To have them mailed to you, call 877-322-8228. You'll need to answer some questions to verify your identity.

You'll have to pay an extra fee — usually about \$8 — to get your credit score, but it's worth the cost, Smith says. Lenders use your credit score to determine the likelihood you'll repay your loans. If you have a low credit score, you may be turned down for a car loan or a mortgage, or charged a higher interest rate. Once you know your score, you can start taking steps to improve it.

• **Invest your tax refund in an IRA.**

Last year, the average refund was nearly \$2,500. Many Americans treat their refund like "found money" and spend it. But you can resist temptation by arranging to have your refund deposited directly into an individual retirement account.

This year, for the first time, taxpayers will be allowed to deposit their refund in up to three accounts — a checking account, savings account and a retirement savings plan, such as a regular or Roth

IRA. Just make sure you don't exceed the annual contribution limits for IRAs, says James Cornell, senior vice president at Fidelity Institutional Retirement Services (see box).

You can get more information about direct deposit from IRS Form 8888, available at www.irs.gov.

• **Don't leave money on the table.**

The IRS has more than \$92 million in unclaimed refund checks that were returned because the taxpayer moved without notifying the government. Nearly 96,000 taxpayers have unclaimed refunds, and the average amount is \$963, the IRS says.

If you think one of those checks belongs to you, go to www.irs.gov and click on the "Where's My Refund?" link. You'll need your Social Security number, filing status and refund amount (if you had one) on your 2005 tax return. Taxpayers without Internet access can track lost refunds by calling 800-829-1954.

The National Taxpayers Union also provides an online database for taxpayers who may have lost their refunds. You can find the NTU's Online Tax Refund Finder at www.ntu.org.

• **Diversify your 401(k).**

Most planners recommend investing no more than 10% of your 401(k) in company stock. Yet, many workers still have

a big slice of their 401(k) savings in company stock.

Investing a large amount of your savings in company stock is dangerous. If your company goes out of business, you'll be out of a job, and your retirement savings will disappear, too. Think your company is rock solid? A lot of former Enron employees felt the same way.

In the past, some companies have placed restrictions on sales of company stock in 401(k) plans, but that's changing.

The Pension Protection Act signed into law last year requires companies to lift those restrictions. The law gives companies three years to phase them out, but Cornell predicts that many companies will scrap the limits all at once.

If diversifying your portfolio is simply too taxing, consider investing your 401(k) savings in a target retirement fund. These funds allocate your investments based on when you plan to retire, becoming gradually more conservative as you approach retirement.

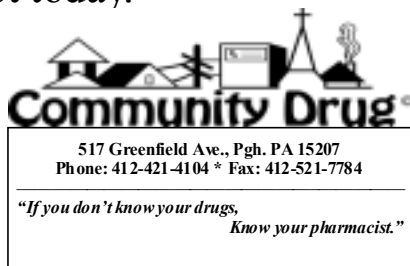
Sandra Block covers personal finance for USA TODAY. Her Your Money column appears Tuesdays. E-mail her at: sblock@usatoday.com.

Achoo!

Here Comes The Flu



Fall is in the air and that means Flu season is close at hand. Influenza, more commonly known as the Flu, is an infection of the nose, throat, and lungs. Although the symptoms are similar to the common cold, the flu can lead to serious problems if untreated. Stop by Community Drug for your Flu or Pneumonia shot today.



*Flu Shot \$25.00 * Pneumonia Shot \$35.00

John D. O'Connor & Son Funeral Home Inc.

David O'Connor, President,
Funeral Director and Supervisor

Debbie O'Connor, MIW

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Pittsburgh, PA 15207-1725
412.521.8116

A Great Time To Be Alive

Jim McCue

The more I read about interactions in environmental changes during this period of history, the more I am convinced we are at a pivotal stage. The climate changes that at one time were thought to be a thousand years away are happening now. Some say we have to change away from fossil fuels within 50 years. Some say we must transition within 10 years. Others believe it is already too late. This is the most dramatic challenge imaginable. We have an opportunity to be great heroes rescuing the ecosystem of which we all are a part. We are all in the same boat and nobody is getting out. We are being called to recognize each other as family. Those dinosaur bones at Carnegie Museum are parts of beings that no longer exist. There is no rule that says human beings will exist forever on Earth.

We must quickly change the way we do a lot of things, and not just in regards to fossil fuels. Because we are increasing the amount of carbon dioxide added to the atmosphere each year, and since we can't easily speed up the removal of the CO2 already there, expect that the weather will continue to become even more extreme. We are going to have to adapt to that.

We should be open-minded to proposals to attempt to stabilize the Earth's ecosystem by new technologies. Every choice we make is risky, but the greatest risk is if we don't try. One interesting possibility of a partial technological fix is powdered iron as a nutrient to stimulate the growth of the algae at the bottom of the food chain in the ocean (being plants, the algae would absorb CO2). There are other researchers with the idea of cooling the Earth by putting various materials into the atmosphere to lessen

the amount of sunlight in. In addition, there are those who think things can be helped significantly by burying carbon dioxide underground. None of these, of course, can be but a small part of the solutions to our whole system crisis. Besides protecting the forest and plants, and dramatically increasing the efficiency with which we use energy, technologies such as solar and wind are rapidly progressing in sophistication and need to be embraced wholeheartedly.

We're in a race to achieve not only energy independence but also independence from "the grid." If you find yourself, for instance, unable to afford home heat, or suffer a power outage (due, say, to one of the coming more frequent and severe storms), you would be in better shape if you had your own way of making electricity. If you had a solar array or wind turbine on your roof, you might be the only one in the neighborhood with electricity. Moreover, (if we ever get a sane government) you would be able to sell any electricity you don't need to your neighbors or back to the electric company.

Why, in discussion about green solutions, is recycling human manure rarely mentioned? This change in waste management is vital to our survival. If some smart entrepreneur had the good sense to start manufacturing composting toilets that were as affordable as regular toilets, we'd have better soil by helping nature do it's own recycling. That's the way it was before we invented the flush toilet, and that's the way it still is for most people in the world and that's the way it should be. In this time of great difficulties, we need to drop the false modesty and talk about some things that have been taboo.

Farmers know much better than city dwellers that good soil is made from animal manures and the dead bodies of plants and animals...humans are animals.

Our manures and our dead bodies should be returned to the Earth to be recycled. There are so many threats to our topsoil. Pollution kills the living things in soil that make for fertility. Roads and buildings are built on top of soil. We have concentrated our livestock manure in huge factory farms where it is too concentrated to be anything but a pollutant. The people of our cities consume the food grown on the soil in the country. Rather than our manures recycled back to the Earth, we flush it to the sewage treatment plant where it gets mixed with chemical pollutants and treated, then a large part of it is incinerated rather than returned to the Earth.

With so many changes going on in the world, the only thing for sure is if we work, together things will go better. Regardless of what each of us has reason to worry about, the solution lies in finding common ground with other people. This is the moment in history in which the human species is being called to grow up.

The Earth has always fed and nurtured us. Now, having developed technologies capable of either destroying our civilization or establishing a paradise for all, we have to decide. What we do now will affect many generations into the future - our descendents. Our individual problems are connected. Our place now is to nurture the Earth that has given birth to us; it is time to step up to the plate. It's now or never.

Here are some website to increase energy independence, grow more of your own food, and establish a more decentralized power grid so that we're not totally dependent on the big utilities:

homepower.com
weblife.org
nativeenergy.com

jenkinspublishing.com/garden_gallery.html
Canadian Coalition for Nuclear Responsibility non-nuclear alternatives for energy ccnr.org/#alt



Local Churches



St. Stephen Parish
412-421-9210

Church of the Good Shepherd
412-421-8497

Keystone Church of Hazelwood
412-521-3468

First Hungarian Reformed
Church of Pittsburgh
412-421-0279

St. Paul's Lutheran
412-521-0844

Hazelwood Christian Church
412-421-9908

Morningstar Baptist Church
412-421-6269

St. John The Evangelist Baptist
Church 412-521-0994

Hazelwood Presbyterian Church
412-421-0947

Church of the Good Shepherd
412-421-8497

Gtr. Pittsburgh Fountain of Life
412-422-4322

Oasis Ministries Church of God
in Christ 412-422-2588

Gtr. New Hope Baptist Church
5401 Second Avenue

***The Hazelwood Homepage
Staff Wishes You and Yours a
Safe, Healthy and Prosperous
New Year!!***

HI Lites from page 2

cating and mobilizing voters to elect progressive candidates. Before moving to Pittsburgh, Natalie initially worked in a homeless shelter in Gainesville, Florida for almost 18 months assisting clients in becoming self-sufficient and distributing information on social programs to help the poor, hungry and homeless.

Natalie graduated from the Heinz School at Carnegie Mellon University in 2003 with a Masters of Science in Public Policy and Management and holds a Bachelor of Arts in Sociology from the University of Florida.

As a young woman with passionate dedication for community and economic development who remained in Pittsburgh to pursue career opportunities, Natalie will bring a unique perspective to the Board.

Jim Ryan is well-known throughout the Greater Hazelwood Community as a general contractor for the past 40 years. Jim and his wife, Winifred, live near the cemetery on Indus Street. We are lucky to have Jim as a reelected member to the board, and appreciate all the work he has done on the facilities at Second and Johnston.

Jim is also a well-respected member of St. Stephen's Church, currently involved with the Bible Study group.

Jim and Winnie enjoy spending time with their four children and grandchildren.

(Photo Unavailable)

**Fran Bertonaschi**

Fran has been on the Hazelwood Initiative Board for 8 years, including 5 years as the Treasurer. He has also been Chair of the Planning/Housing Development Committee since its inception 8 years ago. Fran's position on the HI Board has resulted in membership on the Board of CTAC (Community Technical Assistance Center) as well as the Design Advisory Team for the Mon-Fayette Expressway. He has been a Hazelwood resident and homeowner since 1988.

Keep Your New Year's Resolution

Lynne Bode

www.thesideboard.com

The New Year is quickly creeping up on us. Do you have a New Year's Resolution? Well, if you're like most Americans (88 percent in 2001 according to a GNC poll), you have at least one resolution. And, if you are like the majority of these promise-makers, your resolution is probably related to health and fitness. In 2001 (according to GNC), 55 percent promised to eat healthier, 50 percent resolved to exercise more, and 38 percent wanted to lose weight.

While resolutions are well-intentioned, unfortunately most people fail at keeping them. With all the hype surrounding these promises, it's easy to get caught up in it without really taking them seriously.

We live in a throw-away society and even our resolutions, I'm afraid, are not immune. However, especially for promises that include improving our health, it's in our best interest not to take them lightly.

So, what's the secret to successful resolutions? While you can't wave a magic wand and make your resolution come true, there are some easy steps to take that will make it easier to fulfill your promise to yourself.

• **Choose an obtainable goal.** Resolving to look like a super model is not realistic for the majority of us, but promising to include daily physical activity in our lives is very possible.

• **Avoid choosing a resolution that you've been unsuccessful at achieving year after year.**

This will only set you up for failure, frustration and disappointment. If you are still tempted to make a promise that you've made before, then try altering it. For example, instead of stating that you are going to lose 30 pounds, try promising to eat healthier and increase your weekly exercise.

• **Create a game plan.**

At the beginning of January, write a comprehensive plan. All successful businesses start with a business plan that describes their mission and specifics on how they will achieve it. Write your own personal plan and you'll be more likely to succeed as well.

• **Break it down and make it less intimidating.**

Rather than one BIG end goal, dissect it into smaller pieces. Set several smaller goals to achieve throughout the year that will help you to reach the ultimate goal. Then, even if you aren't able to reach your final goal, you will have many smaller, but still significant, achievements along the way. For example, if your goal is to complete a 10K race, your smaller goals could be running a 5K in less than 30 minutes, adding upper and lower body strength training to increase your muscular endurance, and running 2 miles with a personal best completion time.

• **Make contingency options**

Don't assume sticking to your plan will be smooth sailing. Plan on hitting bumps along the resolution road

and be prepared with specific ways to overcome them. What will keep you from skipping your workout or stop you from having a cigarette? This may mean seeking help from family or a professional, writing in a journal, etc.

• **Give it time**

Most experts agree that it takes about 21 days to create a habit and six months for it to actually become a part of your daily life.

• **Reward yourself with each milestone.**

If you've stuck with your resolution for 2 months, treat yourself to something special. But, be careful of your reward type. If you've lost 5 pounds, don't give yourself a piece of cake as an award. Instead, treat yourself to something non-food related, like a professional massage.

• **Ask friends and family members to help you so you have someone to be accountable to.**

Just be sure to set limits so that this doesn't backfire and become more irritating than helpful. For example, if you resolve to be more positive ask them to gently remind you when you start talking negatively.

• **Don't go it alone! Get professional assistance.**

Everyone needs help and

sometimes a friend just isn't enough. Sometimes you need the help of a trained professional. Don't feel that seeking help is a way of copping out. Especially when it comes to fitness, research studies have shown that assistance from a fitness professional greatly improves people's success rate.

• **Limit your number of promises.**

You'll spread yourself too thin trying to make multiple changes in your life. This will just lead to failure of all of the resolutions.

• **Test your flexibility**

Realize that things change frequently. Your goals and needs may be very different in April then they were when you made your resolution in January. Embrace change, even if that means that your resolution is altered.

• **Keep a journal**

A journal helps you recognize your positive steps and makes it harder to go back to the same old habits.

On average only about 20% of us keep our New Year's resolutions. Unfortunately, some of the biggest failures are found in fitness resolutions. But don't let the statistics get you down. By following the tips above you'll be better equipped to fall into the successful 20% category.

Lynne Bode is a certified personal trainer specializing in Internet-based fitness programs. She founded Workouts For You, which provides affordable online exercise programs that are custom designed for each individual.

Visit www.workoutsforyou.com for a free sample workout. Fitness professionals take your business online, visit www.trainerforce.com.

Letters to the Editor

Dear Editor

During the Christmas Holiday and into the New Year we may all need a little help now and then. I know I do and I welcome the help. How about you? I am looking forward to 2008. I have made the choice to make a difference in my community. I want to show how much I appreciate the people in my community and to say thank you to everyone. Specifically, I would like to thank the people at Rite Aid including the pharmacists, the manager, the cashiers, and even the display man, never too busy to stop what they are doing to help. Sometimes these people can get a smile from you or maybe even get you to laugh. I would also like to say thank you to the people at our grocery

store. You can always count on "how are you today?" or "I'm sorry to hear that" and a bit of friendly advice to help your situation. You might even have some friendly advice to give back to them too. I give thanks too to our library. Without it and the people who manage it and take time to prepare events to keep our children well informed and interested, the children would not have any place to go. But they have our community library to visit so thank you to the library staff.

I know there are many people who believe that what they do does not make a difference. For these people, please know that I know you exist and what you do does

make a difference to your community and the world. The fireman, postman, pastor and other jobs, you deserve a "thank you".

By the way Editor, I did not forget you. Without your constant supervision and dedication to "freedom of the press", along with you and your staff, we would not have the Hazelwood Homepage to inform us of the things going on in our community. In appreciation of your efforts, "thank you".

Now it's time to thank God.

Thank you God for your gift of another day and a chance to say thank God today. I don't have to shout,

my prayer tells you what it's all about. You know I'm your child, there is no doubt. Thank you God for all your graces that get me through trials so, I have no reason to shout. Any time night or day, I can say with your help God please with me stay.

Mary Ann Tomasic
Hazelwood resident

**Send your letters to
hazelwoodeditor@yahoo.com or by
mail to 5344 Second Avenue,
Pgh. PA 15207
Sorry, but we do not print anonymous
submissions/letters to the editor.**

Hip-Hop: The K.R.U.N.K. Movement

Theresa Chalich, RN

This month's article is about the K.R.U.N.K. Movement. Some of you may already know about this movement of creative young people based here in Hazelwood. Some of you, however, may not know about them. The K.R.U.N.K. Movement's hip-hop music is promotes positive physical and mental health messages.

Recently, I learned about the K.R.U.N.K. Movement when I had the opportunity to interview Hazelwood Keystone Church Reverend Tim Smith. Doug Heckman who assists the young students with the music technicalities also sat in on the interview. Then in late October I attended (I was honored to be invited.) the release party for the Movement's new CD **Onus**, and I saw the young people in action singing, dancing and playing jazz. The evening was spirited and energetic. The release party was a great way for people of all ages to come together to celebrate our young people.

All too often, we are bombarded with negative and stereotypical images of them in the print and TV media. Hanging out with the K.R.U.N.K. Movement, however, will dispel any pessimism about our youth.

What does K.R.U.N.K. mean?

K.R.U.N.K. stands for Kreating Realistic Urban New-school Knowledge. It is known that "crunk" is sometimes referred to as getting high. So, to undo the negative impact of drug use, the first letter was changed to a "k" as in K.R.U.N.K.

What is the K.R.U.N.K. Movement?

The K.R.U.N.K. Movement was established in 2005 through the non-profit Center of Life agency, which is based atKeystone Church. It is a stu-

dent led group that was founded to address the health care inequalities in underserved neighborhoods. Some of the issues these neighborhoods witness are selling drugs, getting involved in violent and abusive relationships, becoming acclimated to pornography, and other negative behaviors. Reverend Smith examined the outcomes of ignoring our youth's health and aimed to do a 180 degree turn with the students through the activities of music and dance. High school students play and rap their original hip-hop songs, perform original jazz compositions and dance. Their goal is to empower other students to create K.R.U.N.K. movements in their schools and communities.

As it is listed in their marketing brochure, their activities include the following and it looks like these keep them busy.

- Compose original music.
- Design information cards with healthy messages.
- Build a clientele.
- Maintain their production company.

Each student participates in the K.R.U.N.K. in a role of a musician, writer/poet, dancer, singer, visual artist, engineer/equipment manager, or marketing and advertising. The students range in age from 15-17 and they come from the neighborhoods of Hazelwood, Homewood, Stanton Heights, Braddock, McKeesport, Point Breeze, Wilkinsburg, and Squirrel Hill. So far they have performed throughout Pittsburgh are as well as touring throughout Detroit, England and France.

So, here we have in Hazelwood, local talent whose messages are being spread internationally!

What is your aim with hip-hop music and dance movement?

Reverend Smith pointed out to me that an aim of all of this work is for the students to learn how to set up a micro enterprise business. He is very clear on where he sees this Movement going. The music and dance are vehicles on the road towards self-sufficiency and self-empowerment. His beliefs are to take what a student knows and does and to know how to do it well. Here is how he sees self-empowerment: First give a student a fish so that he can taste it. Then teach him how to fish. And then teach him how to own the pond that he is fishing in so that he might learn how to create new ponds of his own.

But Reverend Smith's big dream beyond learning about building a business is for all the young people who participate to go on to college for their four year degree. He believes that this is now achievable for them because their work has produced immediate success with what they accomplished. Now they know that they can do what to set out to do.

When you are in the presence of Reverend Smith and Doug Heckman, you can only feel being as positive and optimistic as they are about promoting the talents of the young

people. Their dedication is contagious. They are extremely grateful to everyone who has assisted them in building the K.R.U.N.K. Movement. Several people stick out as exceptional volunteers: Doug has contributed hundreds of hours towards the mechanics of music making at the Center. Professor Ravi Sharma of the University of Pittsburgh's Graduate School of Public Health provided the foundation steps building the Movement. Reverend Smith and Doug are especially grateful to Doug Caspar at the Soundsape Studio in McKeesport. He has offered his time, all for free, to teach the latest recording technologies and has provided the teens with a curriculum for sound engineering.

In summary, we are lucky to have a great group of kids making hip-hop music, dance and jazz that promotes good healthy behaviors right here in our neighborhood. We are even luckier to have the committed staff and dedicated volunteers at the Center for Life in Hazelwood. We can truly quote the African proverb, *"It Takes a Village to Raise a Child"*.

In order to keep the K.R.U.N.K. Movement viable, the Center for Life is always in need of volunteers, mentors, and organizers for fundraising activities. Monetary contributions are tax-deductible. You can contact them through the Center of Life 161 Hazelwood Avenue Pittsburgh, PA 15207.

Happy New Year!

The History of New Year's Resolutions

Taken from www.10millionresolutions.com

The tradition of the New Year's Resolutions goes all the way back to 153 B.C. Janus, a mythical king of early Rome was placed at the head of the calendar.

With two faces, Janus could look back on past events and forward to the future. Janus became the ancient symbol for resolutions and many Romans looked for forgiveness from their enemies and also exchanged gifts before the beginning of each year.

The New Year has not always begun on January 1, and it doesn't begin on that date everywhere today. It begins on that date only for cultures that use a 365-day solar calendar. January 1 became the beginning of the New Year in 46 B.C., when Julius Caesar

developed a calendar that would more accurately reflect the seasons than previous calendars had.

The Romans named the first month of the year after Janus, the god of beginnings and the guardian of doors and entrances. He was always depicted with two faces, one on the front of his head and one on the back. Thus he could look backward and forward at the same time. At midnight on December 31, the Romans imagined Janus looking back at the old year and forward to the new.

The Romans began a tradition of exchanging gifts on New Year's Eve by giving one another branches from sacred trees for good fortune. Later, nuts or coins imprinted with the god Janus

became more common New Year's gifts.

In the Middle Ages, Christians changed New Year's Day to December 25, the birth of Jesus. Then they changed it to March 25, a holiday called the Annunciation. In the sixteenth century, Pope Gregory XIII revised the Julian calendar, and the celebration of the New Year was returned to January 1.

The Julian and Gregorian calendars are solar calendars. Some cultures have lunar calendars, however. A year in a lunar calendar is less than 365 days because the months are based on the phases of the moon. The Chinese use a lunar calendar. Their new year begins at the time of the first full moon (over the Far East) after the sun enters

Aquarius- sometime between January 19 and February 21.

Although the date for New Year's Day is not the same in every culture, it is always a time for celebration and for customs to ensure good luck in the coming year.



Postal Service Requests Customer Assistance with Snow and Ice Removal

Hazelwood Postal Service

With the forecasts for snow approaching and the possibility of icy rain or snow throughout the Pittsburgh delivery area, postal customers are requested to keep walkaways, steps and all access areas to mailboxes clear of snow and ice for the safe delivery of mail.

Rural delivery customers are reminded to clear the snow in front of their boxes following snowplows to allow safe access for mail delivery vehicles.

"We will do our best to make delivery to all addresses," said Steve Wesling, Manager of the Hazelwood Post Office. "At the same time, we must ensure the safety of our carriers along their routes. We are asking that customers take caution themselves as they clear a path for their letter carrier."

Customers on secondary roads remaining unplowed may not receive mail if the roads are impassable and unsafe for postal drivers. Postal employees will do their best to continue delivery uninterrupted throughout extreme weather conditions.

Below are some tips that we use in the Post Office that everyone will benefit from.

Safe Travel Along That Wintry Road

Winter conditions call for different driving tactics, *Ice and Snow, Take it Slow*—slower speed, slower acceleration, slower steering, and slower braking.

- Give yourself extra time to reach your destination safely. It's

not worth putting yourself and others in a dangerous situation just to be on time.

- Drive with your headlights on. Drive for conditions. Don't get overconfident with four-wheel drive. It won't help you stop faster.

- Drivers should allow additional room between their vehicles and others. Winter road conditions often result in longer stopping distances.

- Avoid abrupt actions while steering, braking or accelerating to lessen the chances of losing control of the vehicle.

Look further ahead in traffic. Action by other drivers will alert you to problems and give you extra time to react.

- Avoid using cruise control or overdrive. Don't let your car vehicle make a bad decision for you.

Stopping for snow and ice without skidding requires extra time and distance. If you have anti-lock brakes, press the pedal down firmly and hold it. If you don't have anti-lock brakes, gently pump the pedal. Either way, give yourself plenty of room to stop.

Maintain Safe Distance Around Snowplows

Snowplows are usually spreading anti-icing materials from the back of the truck and may need to stop or take evasive action to avoid stranded vehicles. If you find yourself behind a snowplow, stay behind it or use caution when passing. The road be-

hind a snowplow will be safer to drive on.

Don't crowd the plow. Snowplows plow far and wide-sometimes very wide. The front plow extends several feet in front of the truck and may cross the centerline and shoulders during plowing operations.

Plows turn and exit the road frequently. Give them plenty of room. Stay back at least 15 car lengths (200 feet). On multiple lane roads, watch for snowplows operating in either lane.

Snowplows can throw up a cloud of snow that can reduce your visibility to zero in less time than

you can react. Drive smart. Never drive into a snow cloud – it could conceal a snowplow.

A snowplow operator's field of vision is restricted. You may see them but they may not see you.

Did you know...

Every year, holiday fires cause approximately \$930 million in damages, and injure 2,600 people. Follow established holiday fire safety tips provided by the US Fire Administration at www.usfa.dhs.gov to ensure that you can enjoy a safe and happy holiday season.

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Hazelwood Initiative, Inc.

Annual Contribution & Membership Form

Yes, I would like to help my community of Greater Hazelwood by making a donation!

Enclosed is my check for: \$100 \$75 \$50 \$25
 Other \$ _____

Please designate my gift to:

- General Unrestricted
- Snowflake Lights
- Hazelwood Homepage
- HI HOPE
- Summer Concert Series Safe Halloween
- Other _____

Name _____

Address _____

City _____ State _____ Zip _____

Telephone number _____

- 2007 Membership Dues** of \$12.00 also enclosed
- Please acknowledge my gift in the Hazelwood Homepage.



Please make checks payable to **Hazelwood Initiative, Inc.**
and mail to **5344 Second Avenue, Pittsburgh, PA 15207**

Avoid Cough & Cold Season. Catch Savings on Medicine Shoppe® Brand Products.



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2008 Calendar

12 months



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Monday to Friday From Hazelwood and Squirrel Hill to Wharton Square					
Charles Morris	Kane	Roselle Court	HI Hope	Goodwill	Wharton Square
6:00am	6:11	6:12	6:14	6:23	6:27
7:05	7:11	7:12	7:14	7:23	7:27
8:00	8:11	8:12	8:14	8:23	8:27
9:00	9:11	9:12	9:14	9:23	9:27
10:00	10:11	10:12	10:14	10:23	10:27
11:30	11:41	11:42	11:44	11:53	11:57
12:30	12:41	12:42	12:44	12:53	12:57
1:30	1:41	1:42	1:44	1:53	1:57
2:30	2:41	2:42	2:44	2:53	2:57
3:30	3:41	3:42	3:44	3:53	3:57
4:30	4:41	4:42	4:44	4:53	4:57

Ship Of Zion Evening Schedule					
5:53	6:04	6:05	6:07	6:16	6:20
7:41	7:52	7:53	7:55	8:04	8:08
9:22	9:33	9:34	9:35	9:45	9:49

Saturday Schedule					
8:20	8:32	8:33	8:35	8:44	8:48
10:00	10:12	10:13	10:15	10:24	10:28
11:40	11:52	11:53	11:55	12:04	12:08
1:20	1:32	1:33	1:35	1:44	1:48
3:00	3:12	3:13	3:15	3:24	3:28
4:40	4:52	4:53	4:55	5:04	5:08

Monday to Friday From Wharton Square to Hazelwood and Squirrel Hill					
Wharton Square	Goodwill	HI Hope	Roselle Court	Kane	Charles Morris
6:27	6:31	6:41	6:43	6:44	6:52
7:27	7:31	7:41	7:43	7:44	7:52
8:27	8:31	8:41	8:43	8:44	8:52
9:27	9:31	9:41	9:43	9:44	9:52
10:27	10:31	10:41	10:43	10:44	10:52
11:57	12:01	12:11	12:13	12:14	12:22
12:57	1:01	1:11	1:13	1:14	1:22
1:57	2:01	2:11	2:13	2:14	2:22
2:57	3:01	3:11	3:13	3:14	3:22
3:57	4:01	4:11	4:13	4:14	4:22
4:57	5:01	5:11	5:13	5:14	5:22

Ship Of Zion Evening Schedule					
7:09	7:13	7:22	7:24	7:25	7:37
8:54	8:58	9:07	9:09	9:10	9:22

Saturday Schedule					
7:45	7:54	8:05	8:07	8:08	8:20
9:25	9:34	9:45	9:47	9:48	10:00
11:05	11:14	11:25	11:27	11:28	11:40
12:45	12:54	1:05	1:07	1:08	1:20
2:25	2:36	2:45	2:47	2:48	3:00
4:05	4:14	4:25	4:27	4:28	4:40

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