

Ask The Pharmacist

Health Maintenance Programs

Dave Hairhoger



This is the second in a series of articles dealing with two new and innovative health maintenance programs that are being introduced to Greenfield and surrounding communities by Dave Hairhoger, owner and Chief Pharmacist of the Community Drug Store.

Hazelwood Homepage Reporter (HHR)- Well Dave, since last we talked, I understand that Community Drug has begun its immunization program.

Dave Hairhoger (DH)- Yes, we started the week of October 1st.

HHR- Remind me about the program.

DH- The State of Pennsylvania's Board of Pharmacy has approved a program by which specially trained and certified neighborhood pharmacist can administer a variety of immunizations to adults. I have been trained and certified to give vaccine injections by the Duquesne University School of Pharmacy.

HHR- And with that special training under your belt, you have begun to give immunizations.

DH- Boy, have we ever! Since the program began at the beginning of October, I have given over 75 flu shots.

HHR- So, you started the immunization program by giving flu shots, also known as influenza shots.

DH- Right. Since flu season is only weeks to months off, depending on how soon we get into cold weather, we decided to make flu immunization a priority.

HHR- Remind me about how someone can get a flu shot at Community Drug.

DH- All they have to do is to walk into the store and request a flu shot. In most cases, I can give them the shot at that time. However, if people want to make an appointment to receive their flu shot, that's no problem. That way, they can be sure that I am in the store.

HHR- Are you still calling it "ONE-SHOT SHOPPING"?

DH- Yes, and it's working out very well.

HHR- Again, tell us who should be getting the flu shot.

DH- The influenza vaccine is recommended for everyone over the age of 19 years. But folks with chronic heart and lung problems, diabetes, kidney problems, and anyone who has a problem with their blood or immune systems absolutely should be immunized.

HHR- So, you are not giving the flu shot to children.

DH- No, we are not competing with the pediatricians and family doctors. However, last week a Mom, who had received her flu shot, brought her 15-year son to the store to get his flu shot. She told me that it just was easier to come to Community Drug.

HHR- Are you still offering to make a house call to give someone, who can't get to Community Drug, their flu shot?

DH- Sure. Remember, I said that we wanted to make this immunization program user-friendly.

HHR- And the program is available to any adult in Greenfield and surrounding areas, right?

DH- Correct! The program is not just for Community Drug customers.

HHR- Remind me about payment for the flu shot.

DH- As I stated in the first article, because of the special nature of this health service, Community Drug is not able to bill third-party payers for the flu shot or influenza immunization. Cash, checks, or credit cards will be accepted. So far, that approach has worked out well.

HHR- I know that in the last article, we talked about the fact that adults from the age of 19 years old and older are recommended to received 10 different vaccines.

DH- That's right.

HHR- What is the next vaccine that Community Drug is planning to make available?

DH- Recently, we have seen a number of customers with shingles. Since 2006, the FDA has approved a vaccine that can pre-

vent shingles. The vaccine is known as Zostavax.

HHR- Exactly what are shingles?

DH- Shingles is a painful skin rash, often with blisters. It is also called Herpes Zoster. The pain associated with the blisters can be very intense. The rash and blisters usually last for two to four weeks. Then, the nerve pain can set in and can last from 30 days to months or even years. The pain can be so severe in some people that it can disrupt their lives.

HHR- How does one get shingles?

DH- Shingles is caused by the Varicella Zoster virus, the same virus that causes chickenpox. Only people who have had chickenpox or who have gotten the chickenpox vaccine can get shingles. Shingles can appear many years after having the chickenpox or receiving the chickenpox vaccine.

HHR- Why does that happen?

DH- The virus that causes chickenpox enters the nerve cells in the body and stays there forever. Most of the time, it causes no problems, but in older people or those with health problems, the virus can "wake up" without warning and cause shingles.

HHR- Is shingles very common?

DH- Yes. Shingles is more common in people 50 years old and older than in younger people. There are presently approximately 50 million Americans over the age of 60 years in this country. More than 95% of them had chickenpox as children, which makes them vulnerable

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Interview With Allderdice Principal Bob Scherrer

Kelli D. Herd

Pittsburgh Allderdice High School Principal Bob Scherrer understands that change doesn't happen over night. So he doesn't take personally any negative feedback he hears about his school. Instead, he listens and does what he can to make the necessary changes...long-term changes. "Some things people want us to accomplish over night," he says, "but we can't." What we can do, Scherrer adds, is set the necessary wheels in motion to make the best, long-lasting changes that will ultimately benefit the entire school.

Scherrer has been criticized by many Hazelwood parents who claim that Hazelwood students receive suspension more often than others and for longer periods of time. Scherrer is adamant when he says that this is simply not true. He states, "If you do break the rules, it doesn't matter what color you are, what community you live in or your socioeconomic status, the punishment is the same for everyone." We met with students on the

first day of school and laid out our expectations—behavior and academic, he says. Fighting is unacceptable and is an automatic ten days suspension. Concerns that Hazelwood students receive more are unfounded, adds Scherrer. He notes that the school has had a number of fights so far this year and that unfortunately these fights have involved Hazelwood students, but he adds that not all the fights have included students from the Hazelwood area.

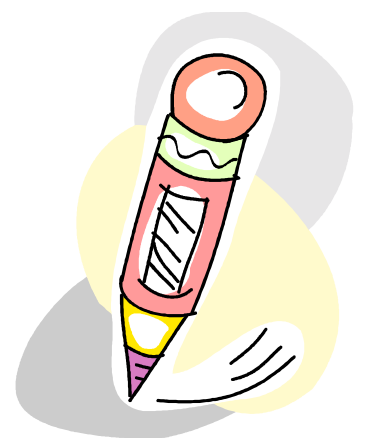
Scherrer is determined to set the record straight and to inform the community that he does not compartmentalize the students at Allderdice. In fact, according to Scherrer, he does whatever he can to make certain that everyone knows that, "we are all in this together." He admits that it is hard and will take some time. These are community groups, says Scherrer, and they tend to stick together. To address this community cohesiveness, Scherrer held this past summer, a week-long "9th Grade Na-

tion" in an attempt for incoming 9th graders to acclimate themselves with the school and to get to know the other students. Scherrer says the event was successful and he now notices that the 9th grade students don't simply hang out with others from their community. He's hopeful that this particular group of students, 9th graders, understands that "we are all Allderdice students."

Scherrer is excited about meeting with Hazelwood parents. He holds monthly parent meetings, but attendance at these meetings is not good. He understands that transportation may be an issue and attempted to address the issue by offering to provide transportation to anyone unable to make the meeting because of lack of transportation. According to Scherrer, only one parent has taken advantage of the offer. Scherrer says he would like to do whatever he can to increase parental involvement in the school, but again he understands that he is the new guy and if the relationship with the school and the district has been negative over the

years, it is not going to change over night. He would like to do what he can to make those changes and believes attending community events, such as the one scheduled November 8, 2007 and sponsored by the Hazelwood Initiative, is the right start.

Principal Scherrer will speak Thursday, November 8, 2007, 6:30 PM at the Car barn located at 5344 Second Avenue in Hazelwood. For more information, please call 412.421.7234.



Why the Hazelnut?

Jim Herbst

The young couple stood before the judge. Judge Lynn Toler of the show *Divorce Court* looked at the young couple and remarked how sad it was that the husband and wife, both under age 22, were already so unhappy in marriage and yet still loved each other. Then she said something to the effect, "You just don't have the tools for a happy marriage. Worse, you don't even know that you need the tools. And third, you have no clue where to find the tools if you did want them." I wanted to stand and applaud.

Judge Toler put into words eight years of my frustration as a minister in Hazelwood. I've seen so many youth who are anxious to enter adult life but who are under-equipped. Worse, they don't believe they need the tools that will guide them into a fulfilling adult life. For so many, a sustainable career, independent living, and a happy marriage are always fantasy, never reality.

We are blessed in Hazelwood to have a number of churches and youth organizations such as COL, the Hazelwood YMCA, YouthPlaces and others I may be missing where the tools necessary for a fulfilling adult life are available.

Our particular role with our non-profit, **Urban Fuel, Inc.** and its special event coffee house, **The Hazelnut**, is to provide career-building skills. We use the coffee house as a hands-on learning classroom for teaching our youth workers customer service, cash handling, business ethics, food service, communication, business etiquette and management skills. We focus on providing youth ages 14 to 18 with what I call a "starter job" to help build their employment portfolio to compete in the job market. We are also scheduling skill seminars such as the Red Cross Babysitting Course on November 17. We're also working to outpace our student workers in quality internships, other life-building programs, or career-building jobs.

The big question is always: "When are you open?" We're only open for special events as our budget and time restrictions allow. See the blog address for the schedule.

Before we opened in the lower level of **Hazelwood Christian Church**, we had a panel of advisors reviewing a plan to open a shop on 2nd Avenue. The advisors consisted of people from Hazelwood Initiative and Mainstreet, neighborhood residents, an MBA graduate, and an executive with a \$6

billion corporation. Our advisers nearly unanimously warned that it is unlikely an independent shop would be profitable given the current demographic and market analysis in Hazelwood plus the unpredictable nature of the expressway and LTV site. The financial risk at present is far too great to acquire the \$100,000 to \$120,000 necessary for a fully operational coffee shop start-up. As we research alternatives, we are sticking to the best option available right now. Special events in the basement of the church with free rent.

How you can help. Here are ways you can help our work in the community.

1. *Attend a Hazelnut event.* See urbanfuel.blogspot.com for the schedule.

2. *Buy our coffee.* We sell 500 gram bags (slightly more than a pound) of both whole bean and ground coffee. We import directly from a small, family owned organic farm in Costa Rica. It is medium roasted, Arabica and grown. The Hazelnut is located at 118 Glen Caladh Street - 412 421 9908 in the forest without de-forestation. Cost: \$10.

3. *Send a positive note to our student workers.* They prepare the refreshments for the HI meetings. I'm so pleased with the work ethic and positive attitude of our current student workers: Christina, Desmond,

Johnny, Matt, and Shawna. It is a pleasure to know them.

4. *Make a donation.* Coffee house sales barely cover the cost of our inventory. Our programs and worker paychecks are all covered by the generosity of our supporters. Donations are always accepted.

Lastly, if you are religious person, we'd always appreciate your prayers. Since most of you reading the *Homepage* live in Hazelwood, you know the challenges. Thanks!

www.urbanfuel.blogspot.com

www.myspace.com/hazelnutcoffeehouse

The Hazelnut is located at 118 Glen Caladh Street - 412 421 9908

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

Changing to a Sustainable World

Jim McCue

What will our future be like? The only thing clear to me is that we will NOT have a future unless we all make radical changes in how we are doing things. I can go on forever about what we have to stop - such as allowing increasing amounts of carbon dioxide into the atmosphere - but lack the imagination to paint an attractive picture of a better future (though I know that's possible).

As a lifelong obsessive reader, my brain is full of good and bad possibilities for us. Our future will be the result of the interaction of all of our expectations, desires, and fears. For instance, those of us who think that war or other types of violence (such as eating meat) is necessary, play our part - by our actions based on that belief - in creating a world based on violence. It's the jungle mentality: kill or be killed, the survival of the most violent, you have to forget about morality if you want to make money, etc. It's the kind of strategy that wins battles but not wars. Wars are never won really, first of all because all sides suffer heavy losses. Then the victor's gains turn into losses. Look at the United States; what have we got for all these years since World War II? And how long will it last? People are understandably (though not cor-

rectly) hateful of us, both for our government's secret mistreatment of people all over the world and also for our capacity and willingness to be ignorant of the dark side of our own history (an unprecedented level of destructiveness in defense of the privileged status quo of a relative few). Ever since we "won" the Second World War, we've been on a downhill ego trip - till now some of us actually think we're closer to God than are people from other parts of the world. Well, duh, I'm afraid God may beg to differ. It's been the consequence of these collective mindsets that have resulted in superior military capability so that 2-3,000 U.S. citizens killed on September 11th, 2001 has been reacted to by the killing of thousands of humans beings who are not U.S. citizens. But we don't see that, preferring to honor and mourn our own losses as if they were more important than those of citizens of other parts of the Earth. So we won? I don't think so.

We now have - through both massive military expenditures and corporations unwilling to either spend to switch to safer technologies or to make their facilities safer from attack - a world which is a high-tech tinderbox. People used to fight hand-to-hand.

Now we have mega-death at the click of a mouse, war powers held by people who have never experienced war, our borders as full of holes as a sieve, our ports and markets owned by international players we barely know, and our elections subverted by elites who care little about us. Would you call this a sustainable success story?

For those of us working on a more sustainable future, the internet is full of connections to those working on a more positive future. You just have to weed through all the baloney. Here are some websites I've found worthwhile recently: Growth Through Energy & Community Health www.gtechstrategies.com www.gaiehouston.co.uk/climate.htm www.truthdig.com/earthtotheground/



Ted's Fishing Report

Ted Cillo

Winter can be a very productive time for anglers on the local rivers, if you can brave the cold, especially for trophy fish. The rivers tend to run higher in the winter months due to inclement weather. The fish seek shelter from the strong current in the main channel. That means their close to shore behind any structure they can find, or even up tributaries to rivers giving you a great opportunity to catch one. Here is a list of citation size fish caught during the late fall and winter months in the past 3 years:

Species	Weight	Length	Date	Bait	Location	Angler
Walleye	13lbs	33.5in.	11/13	Creek Chub	Allegheny River	Roger Smith
Walleye	12lbs, 6oz	30in.	12/13	Jig & Minnow	Allegheny River	Max Anderson
Musky	42lbs, 4oz	50in.	11/21		Allegheny River	Douglas Pavick
Smallmouth Bass	6lbs, 12oz	22.5in.	10/22	Rapala	Allegheny River	Ted Kelly
Sauger	3lbs, 2oz	19in.	1/20	Minnow	Ohio River	Dave Susko
Freshwater Drum	11lbs, 8oz	31in.	11/27	Hair Jig	Mon River	Ken Dudash

(Source: PA Fish Commission website)



Fall is in the air and that means Flu season is close at hand. Influenza, more commonly know 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.

Community Drug[®]

517 Greenfield Ave., Pgh. PA 15207
 Phone: 412-421-4104 * Fax: 412-521-7784

*"If you don't know your drugs,
 Know your pharmacist."*

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

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to shingles. At least one million people a year in the United States get shingles.

HHR- Who should get the shingles vaccine and how effective is it?

DH- The vaccine, which is given as a single shot, is recommended for adults 60 years old and older. Studies have shown that the vaccine can prevent shingles in over 50% and the severe pain associated with the disease in almost 70% of the adults who receive it.

HHR- Are there any people over the age of 60 who should not get the vaccine?

DH- Anyone who has had a major allergic reaction to gelatin or the antibiotic neomycin, they are used in the manufacturing of the vaccine, or who has a weakened immune system should not receive the vaccine.

HHR- Are there any side effects from the vaccine.

DH- No serious problems have been reported from people receiving the vaccine. As with most immunizations, there can be redness, soreness, or itching at the injection site. Headaches have occurred in less than 1% of vaccinated people.

HHR- So anyone over the age of 60 can get the shingles vaccine at Community Drug?

DH- That's true, but before they come to Community Drug, they will need to get a prescription for the Zostavax vaccine from their physician. We can help them with that. Once we have the prescription, because of the special nature of the vaccine, we will check their insurance to see if it might pay for the vaccine. That can be done very quickly right in the store. People who have the Medicare's Part D prescription program have the best chance of having the cost of the vaccine covered. However, they may have to pay a co-pay and a vaccine administration fee.

HHR- That's sounds a little complicated.

DH- Not really. We will provide all the help necessary in order to have our customers get the benefits and the vaccine that they are entitled to.

HHR- Again it sounds like Community Drug has the interest of its' customers at heart.

DH- We will do what ever it takes to provide the best health service we can for the residents of Greenfield and surrounding communities.

Letters to the Editor

Dear Editor,

December will soon be coming up on our calendar. It will be the last month in the year 2007. I think December is the most wonderful time of the year! To most of us, it means Christmas. Just the word, Christmas, explains why the word is magical. To me it denotes happiness, children's' laughter. This is what comes to my mind's eye. I see a manger, the birth of a New Born King. A vision, snow, ice skating, sled riding and most of all Christ's Birthday and, of course, Santa Claus.

His Ho, Ho, Ho, means to me, Love, gift giving. Most of all, children are making out their letter to this jolly old man who lives at the North Pole, so we all have been told. I guess the children are being especially good during this season or maybe they will get ashes instead of presents from good old Saint Nick? This holiday is special, I think.

Around this holiday, carolers are all around. Songs about trimming the tree and songs about a child born in a manger might dominate every other song about what Christmas is all about. The New Born King, Peace on Earth.

Maybe I'm wrong, if one hasn't put aside their differences in the past year, I would say this is the timetodo it! I usually wrap a gift or two, maybe, for someone who needs to be shown not everyone wants to make war or say an unkind word with the truth not being important.

Just look at most of our children. Follow their example, around this time of year.

They will be getting ready for the Night Before Christmas. I would think, as adults, we should be doing this also. Just the thought of the children's anticipation should get us in the mood too! I know I get excited! Maybe this year you can give it a try? I used to think just because you don't have enough money to buy someone a gift it wasn't possible to enjoy Christmas. I learned it's ok to give from your heart. Maybe a card with the words Merry Christmas or even Happy Holidays written in your own handwriting, in itself, I have found is a very magical phrase! Even a wave to a neighbor at Christmas, maybe a big smile and a shout, "Merry Christmas," can get a response back to you. Maybe you have baked Christmas cookies, enough to spare. When someone gives me a gift made with a little touch of love, to me, this is a very special gift.

Even we are not children, we adults can see Christmas as the children see Christmas! I think it is ok to get excited. After all, we will be celebrating the birth of the Christ Child.

Everyone celebrates their birthday, plans a party, makes a cake. That is what I'm going to do. Bake a cake, if I can, a birthday cake for Jesus. I do this every year in December. That's just what I do. Maybe you have another idea to get in the mood too?

Maybe it might snow. Wouldn't that be special? We all know the song, "Let it

Snow," don't we? Well if we don't, maybe we can learn it? Even if you can't sing, sing anyhow. Be happy; celebrate this most wonderful special time of the year. I have an idea, maybe you could even call someone special on your phone? I think a telephone call is a wonderful idea to say Merry Christmas. A phone call lets me know I am worth calling. How about you?

Did you know that sometimes at Christmas, I have even heard of a miracle or two that has happened when the holiday Christmas has finally arrived! It takes so long to get here, at least a year. Yes, one whole year. But I get excited even at the thought of Christmas even a couple of months before it is due.

Merry Christmas to all and remember, this kind of Peace we can have all year long! It's all up to each of us.
Mary Ann Tomasic
Hazelwood resident

Dear Editor,
September marked a year since the passing of Mayor Bob O'Connor. I wrote this poem in his honor.

Tribute to a Champion

To some you were a silver fox with your keen and quick mind, but feelings for others from your heart we did find.

God may not be a politician but our prayers to Him were votes for you. He blessed you with a fighting heart that always saw you through.

God had a plan for you though we wanted you to stay.
Your goals are not in vain, as long as we still pray.

From every walk of life every race and religion too, we prayed together to wish the best for you.

Our city will be better, stronger, and blessed by you. You always gave your all, what more could you do?

We may have a new mayor to keep goals set by you. He will add new ones of his own but combine the old with the new.

I'm sure you're in Heaven still moving on, with all the Pittsburgh stars of yester year you will come upon..

If there's an all-star game in Heaven you will be at the start, still rooting for your beloved city with all your Irish heart.

Dorothy Hopkins
Hazelwood

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

HI HOPE OPEN HOUSE

DATE: Wednesday, November 14, 2007
TIME: 1:00 PM to 3:00 PM
PLACE: 5001 Second Avenue, Hazelwood, PA

You are invited to visit HI HOPE, a resource center for the Hazelwood community. The agency is providing individuals with resources and support needed to achieve and maintain self-empowerment.

A new collaboration between the Hazelwood Initiative, Inc. and Community Human Services Corporation, HI HOPE wants to link people to their desired employment, benefits, housing, utility assistance, education, and other essential services necessary to enhance their well-being.



MY NOVEMBER TRADITION: THANKSGIVING and FOOD

Theresa Chalich, RN

Hey, can you believe it's this time of the year again! I'm entering another year of writing for the *Hazelwood Homepage*. This will be year # 5. What an honor. Again, please let me know if there is any health issue that you would like me to write about.

And it is another Thanksgiving. My tradition for the November paper is to write about food, the yummy foods of the Thanksgiving season and of course, the healthy tips for eating them. While many of us eat too much this time of the year, there are many traditional holiday foods that won't throw you off of your health diet. The trick is to make healthy choices, and not eat too much. Here are some foods that you can enjoy guilt-free, yep guilt free, this Thanksgiving.



Turkey

If you are looking for a lean cut of meat, turkey is hard to beat. A 3-ounce serving of skinless white meat contains 25 grams of protein, barely 3 grams of fat, and less than 1 gram of saturated fat. Whereas dark meat has more saturated fat than white meat, and eating the skin adds a big dose of the not good saturated fat.



Cranberries

The fruit that provides the base of this traditional side dish deserves to move from the holidays to everyday. Cranberries are packed with dozens of different antioxidants. This means that cranberries can neutralize unstable molecules that can damage DNA, proteins and cell membranes. Try to make your own cranberry sauce from whole berries because you will get a tastier and less sugary sauce that you get out of a can.



Sweet Potatoes

I did not know that these potatoes are related to the morning glory and not to the white potato! Well, we learn something new everyday. The sweet ones are an excellent source of vitamin A, beta carotene, potassium, and fiber.



Pumpkin

Before this orange squash is made into a Jack-O-Lantern or into a pie, it's just plain good for you. Pumpkin is low in fat, low in calories, and loaded with potassium, vitamin A, beta carotene, and vitamin C.



Pecans

Most nuts are great sources of heart-healthy fats and pecans are no exception. Twenty pecan halves contain about 20 grams of unsaturated fat. There are studies from around the globe indicating that people who routinely eat nuts are less likely to die of heart disease than those who don't.

Here are sweet potato and pumpkin recipes. They aren't loaded with butter, marshmallows, brown sugar and cream. But they sure are yummy.

Zesty Pumpkin Custards

Makes 4 servings (1/2 cup per serving)

1/8 cup sugar
1 tablespoon honey
3/4 teaspoon ground cinnamon
1/2 teaspoon ground allspice
1 egg
6 ounces canned evaporated skim milk
8 ounces canned cooked pumpkin
1/4 cup reduced-calorie frozen whipped topping, thawed
Preheat oven to 325° F. Combine the first 7 ingredients in a large bowl. Using an electric mixer, beat at a low speed until smooth. Spoon 1/2 cup of the pumpkin mixture into each of 4 (6-ounce) custard cups. Place the cups in a 9-inch square baking pan; add hot water to the pan to the depth of 1 inch.

Bake for 1 hour or until set. Remove from the pan; let cool. Top each serving with 1 tablespoon whipped topping.

Sweet Potato Pudding (Dessert)

Makes 4 servings (2/3 cup per serving)

1 1/3 cups mashed, cooked sweet potato
1/2 cup sugar
2 teaspoons ground cinnamon
2 teaspoons grated orange rind
1 teaspoon salt (omit if on a low-sodium diet)
1 teaspoon ground ginger
1/2 teaspoon ground cloves
1/3 cup egg substitute
16 ounces evaporated skim milk
Cooking spray
Combine sweet potato and the next 7 ingredients in a large bowl. Beat at medium speed with a mixer until smooth. Add milk; mix well. Pour mixture into a 2-quart casserole coated with the cooking spray. Bake at 375° F for 1 hour or until a knife inserted near the center comes out clean. Let the pudding cool. Cover and chill for 2 hours.
HAPPY THANKSGIVING!

Reference:
Harvard Health Publications

Safe Halloween

Joan McLaughlin

The 7th Annual Safe Halloween Gazebo proved to be all that it was meant to be. It was a parade of finely-clad costumed children and parents out to have a good safe evening. There were no bands or dignitaries with speeches. There were, however, many volunteers helping to guide the children to the goody bags defined with the Hazelwood Initiative name so parents could be secure in the contents.

Of course, none of this could have been accomplished without the volunteers and donated funds. From the decorations being carefully placed by members of the YMCA to the Board and members of Hazelwood Initiative to distribute the goodies, it was a very fun night. Most important are the generous donations from members, neighbors, and caring individuals. It would be impossible to acknowledge each donor, but it is important to note some of the key players. We are grateful to Sen. Jay Costa, Rep. Dan Frankel, VFW Post, St. Stephen's Church, the Marsden-Chatsworth block club, Tracy Soska and his students from the University of Pittsburgh's School of Social

Work and employees from East Liberty-based Management Science Association.

The event has always been geared to the children 10 years and younger. However, last year we were able to make the teens happy by giving them a few goodies. It was so well received that we continue to make provisions for this age group. They still want to be kids and who's going to stop them!

Thanks for all the hard work of our volunteers, donors, and parents. We may never have a formal parade, but you couldn't prove it by me. The parade of children through the Gazebo is the best I've ever seen. Young and old alike take pleasure in this annual event.

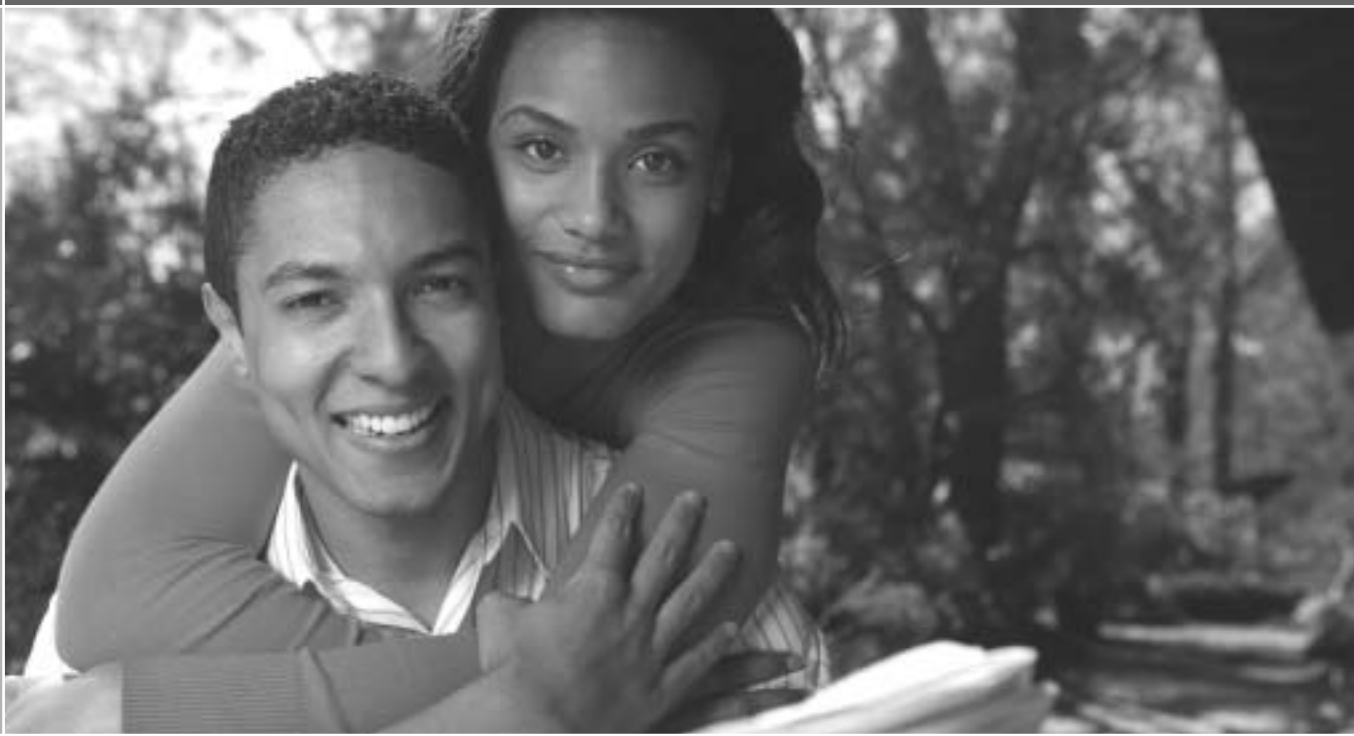


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Hazelwood Initiative, Inc.

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**

