

February 2017

Highland Park

Community Council Newsletter

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*The calm before the storm -
Highland Park Reservoir #1*

A Letter from the President

Hello Neighbors!

Drinking water is a public service that is often easy to take for granted, but it's recently become an issue that's front-and-center in our community and in our city as a whole. As a neighborhood served by the Pittsburgh Sewer and Water Authority (PWSA), as well as the home to the reservoir that supplies water to approximately one-third of Pittsburgh residents, Highland Park is deeply connected to our city's drinking water system.

Test results showing increased lead levels in some homes, PWSA's recent precautionary flush and boil advisory, and discussions around the possibility of taking the reservoir out of service have understandably been a cause for concern for Highland Park residents. The HPCC takes these concerns seriously, and is working closely with the City, PWSA, and Councilwoman Gross to ensure that you remain informed of important developments, and are aware of opportunities to express your opinions in the important policy discussions that lay ahead.

First, it is important to note that the flush and boil advisory was precautionary, and is no longer in effect. Per state requirements, PWSA uses chlorine to protect the water supply against bacterial and parasitic contamination, and while test results did show that chlorine levels in the water supplied by the reservoir were lower than state regulations call for, at no point did they show evidence of actual contamination. The advisory was issued in an abundance of caution while PWSA worked to raise chlorine levels to satisfy state requirements, which they achieved on Thursday, February 2nd, less than 48 hours after the advisory was issued.

During the advisory period, the HPCC worked hard to make sure that Highland Park residents were aware of the situation as it unfolded by providing updates via our website, Facebook page, and the Highland Park ListServ. Similarly, the HPCC has taken a leading role in sharing information relating to potential lead exposure caused by corrosion in lead service lines, a common feature in older homes like ours. In September 2016, PWSA gave a presentation on the lead issue at an HPCC monthly community meeting, the first such presentation they gave to a community group on that issue. Finally, we are working with PWSA to hold a community meeting to discuss their possible plans to permanently bypass the reservoir, including exploring the possibility of keeping it filled even if it is taken out of service, allowing it to remain a recreational asset for the neighborhood.

In all of these instances, PWSA, the City administration, and Councilwoman Gross have been valuable partners and important sources of information in our efforts to keep the neighborhood informed. We appreciate their efforts, and will continue to work with them in the future.

Moving forward, the Mayor and City Council have requested that the PA Attorney General and Auditor General conduct a review of PWSA, and the Mayor's office has also announced that it intends to hire an outside advisory team to conduct an independent review of the agency. These reviews will likely be followed by policy debates concerning the future of our public water system.

As your resident-driven community organization, HPCC will continue to work to ensure that you are aware of these discussions, and have

an opportunity to make your voice heard. Stay on the lookout for updates, announcements, and meeting notices on this and other issues of concern to our community.

Best,

Jake Pawlak
HPCC President



Photo courtesy of Steven Adams, Tribune Review.

HPCC January Meeting Minutes

Meeting called to order at 7:04 p.m. by HPCC Vice President Scott Dietrich

Police Zone 5 Update by Lt. Matt Gauntner

- Keep locking cars and houses, reports of car break-ins are down
- File a police report if something happens

City of Pittsburgh Update by Corey Buckner Snow Angels

- Snow covered sidewalks can be hazardous for everyone. Pittsburgh Snow Angels is a program that helps minimize the hardships of winter by pairing volunteers with elderly or disabled residents to assist with snow removal.
- Want to volunteer for Snow Angels? Sign up at <http://pittsburghpa.gov/mayor/snowangels/index.html>

Civic Leadership Academy

- The Civic Leadership Academy is a free, 10-week course that encourages more informed, effective and inspired community and civic leadership by giving City residents an opportunity to learn about their local government.
- More information can be found at <http://pittsburghpa.gov/servepqh/cla/>

Highland Park Community Development Corp. Update read by Scott Dietrich

- Bryant Street Phase II
 - All 6 units are rented
 - Looking for business tenants on first floor
- Bryant Street Phase III
 - Building across the street from Park Bruges
 - Restore exterior
 - Small restaurant on first floor
 - Townhouse on upper floor
 - Begin construction in spring 2017, finish beginning of 2018
- Mellon Street
 - 3 homes in vacant lot between Wellesley and Jackson
 - Begin construction in early 2017
 - Anticipated sale price per home is \$499,000
 - 936 Mellon Street - Frederick Scheibler Architect
 - Renovate exterior and interior of building

- Heth's Run
 - Another public meeting will be held at the end of February
 - Survey results will be shared at the meetings

Union Project Kiln Shelter Project Presentation by Jeffrey Dorsey, Executive Director of UP and Matt Diersen, Architect

- Start with Phase I in the summer of 2017 and finish phase I at the end of 2017
- Phase I will include gas and electrical lines, establishing a foundation and kiln platform, and building a structure to house the repaired gas kiln.
- Phase II will include expanding the work area, covering the space with a roof, and adding additional kilns as we are able.
- Union Project will be a host site for the 2018 National Ceramics Conference
- Improvements include: zero steps to enter the Union Project, improve ceramic education, additional bathroom space, renovate office spaces into flexible art spaces.
- <http://www.unionproject.org/whats/kiln-shelter-project>



LaScola Italian Custard Project Presentation by Tom LaScola and Ryan England

- Coming to Highland Park next to Smiling Banana Leaf
- April/May 2017 opening
- Presentation showed facade updated to building
- Will include indoor/outdoor seating and walk-up window
- Serve coffee, Italian ice, custard
- Samples provided to everyone in the room!

Meeting adjourned at 9:00 pm

A Highland Park Welcome

By Karin Manovich

Yard signs have been cropping up all over Highland Park spreading a message of tolerance and hospitality. The phrase “No matter where you are from, we are glad you are our neighbor”

appears on the signs in Spanish, English, and Arabic. I wondered who came up with the idea and decided to find out more...

A hand-painted black and white sign at a Mennonite Church in Harrisonburg, VA is the source of the concept and words. Through social media, an image of the original sign spread and led to the colorful design and subsequent distribution to many states and Canada.

Helen Blier, a Highland Park resident for fifteen years, spearheaded the local effort to visually demonstrate the neighborliness that she knows to exist in Highland Park.

“The folks in this neighborhood understand the work of being neighborly,” she observes.

“They demonstrate a long-term commitment to each other even when it becomes messy.”



In December, Blier read an NPR story about the signs, which featured Penn State campus minister Ben Wideman. That same day, she visited Pastor Dave Swanson of the Pittsburgh Mennonite Church who had just hosted Wideman the previous day. Wideman left some signs with Pastor Swanson, and Blier asked for a few for her and neighbors.

The self-admitted “accidental”

organizer of the initiative has distributed 95 signs in Highland Park. She used the Highland Park ListServ to get out the word, and was flooded with orders. There is now a waitlist, according to Blier.

Blier moved from Atlanta to Highland Park all those years ago, in part, because it was “the most diverse neighborhood that we looked at”, she recalls. The sidewalks, trees, houses, and mixed income levels were also a big draw. Although the neighborhood has changed over the years, these qualities remain. She has had the opportunity to move away for significant employment opportunities, but she has remained and raised her two children here. “I am the envy of my friends--I have five neighbors on speed dial to help me with issues like picking up kids. Our neighbors help each other out, always. Many of us have differing viewpoints, but that doesn't get in the way of being helpful neighbors.”

Blier is the Director of Continuing Education at the Pittsburgh Theological Seminary and is responsible for convincing many of her colleagues to live in Highland Park. Most are not aware of what Pittsburgh and Highland Park have to offer, but soon feel like they have “won the jackpot” after living here for a while.

“My work in community education encourages people to pay attention and know ourselves, our neighbors, and to understand that we are always part of something more than just ourselves,” offers Blier.

The “Neighbor Signs”, as they have come to be known, dovetail nicely with Blier's professional goals of making it easy for people to be welcoming.

Neighbors interested in purchasing a sign for their yards may have the opportunity to do so in the near future. Stay tuned to the neighborhood email ListServ for details on potentially a second round of orders.

The original NPR article can be found at www.npr.org/sections/thetwo-way/2016/12/09/504969049/a-message-of-tolerance-and-welcome-spreading-from-yard-to-yard.



Highland Park: The Perfect Neighborhood for... a Murder Mystery?

By Karin Manovich

On a busy January weekend, Tazza D'Oro hosted a book signing for longtime resident Babs Carryer, who recently released her first novel— *HD 66: search for a cure or killer?* Tazza D'Oro is featured prominently in the book as the heroine's favorite coffee and meet-up location.

The novel is a start-up mystery that combines entrepreneurship with murder as the characters work to discover and bring to the market cures for devastating diseases. It is a story about a particular disease (Huntington's Disease) that is very personal to the character, and the struggles with proving a drug that works and obtaining FDA approval for use.

The mystery novel is loaded with references to places in Highland Park and throughout the East End. The murder victim lives on Sheridan Street. Neighborhood readers will have no difficulty imagining the story as it unfolds with many twists and turns on familiar turf. Carryer is adept at capturing the spirit and feel of Pittsburgh as well, describing the pull that lures and keeps people here.

"I love startups; I love Highland Park; I love Pittsburgh. I wanted to combine them all in a fun, easy-to-read format", offers Carryer, "The setting is of course close to my heart. You have to write about what you know, right?"

Carryer's significant professional background with start-ups, biomedical entrepreneurship, and universities allows her to bring the reader into a world that is generally inaccessible. It gives one a greater appreciation for the drugs and cures that already exist.



Carryer is currently the Director of Education and Outreach for the University of Pittsburgh's Innovation Institute. She previously helped develop the entrepreneurial ecosystem at Carnegie Mellon University.

"I wrote the book to combine the dynamic world of startups and the creative freedom of fiction. I chose the genre of murder mystery because the intrigue of crime fits perfectly into the ups and downs of an early stage venture. My book weaves together entrepreneurship, science, healthcare, and social innovation into a new genre that I call "start-up mystery."

Babs Carryer and her husband Tim have lived in Highland Park for twenty-six years and have raised two children in the neighborhood. Daughter Justine Carryer designed the book's cover art, while Tim read countless drafts

and provided moral support for Babs' three year effort on the book. The first draft took three months to write and was followed by nine months of revisions. The next two years were spent seeking an editor, publisher, and ultimately self-publishing.

Dozens of people attended the Tazza D'Oro book signing event including scientists, doctors, neighbors, entrepreneurs, and the individual that the murder victim was partially based on.

A portion of the proceeds for the sale of Carryer's book will go towards two of the causes introduced in the novel--Huntington's Disease and violence against women. *HD66: search for a cure or killer?* can be purchased by visiting www.babscarryer.com (through Amazon in paperback or kindle).



How did the Girl Scouts start selling



ookies?

Courtesy of People.com

In honor of the 100th anniversary of the first Girl Scout Cookie sale, we're sharing the original Girl Scout Cookie recipe from 1922.

The first cookie sale dates back to 1917, when the Mistletoe Troop in Muskogee, Oklahoma, baked cookies and sold them in a local high school cafeteria as part of a service project.

In July 1922, *The American Girl* magazine, which was published by Girl Scouts of the USA, featured a cookie recipe from Florence E. Neil, a local director in Chicago. The sugar cookie recipe, given to the organization's then 2,000 Scouts, is incredibly simple in comparison to

today's multitude of options — including this year's newcomer, S'mores.

Scouts across the country baked their own cookies following the recipe and then packaged them in wax paper bags and sold them for 25 or 30 cents per dozen.

Below is the recipe, courtesy of the Girl Scouts of the USA.

Original Girl Scout Cookies

Makes six to seven dozen

1 cup butter
1 cup sugar
2 tbsp. milk
2 eggs, beaten
1 tsp. vanilla
2 cups flour
2 tsp. baking powder

Cream butter and sugar; add well-beaten eggs, then milk, flavoring, flour and baking powder. Roll thin, cut and bake in a quick oven. Sprinkle sugar on top.

Modern-day tips not part of the original recipe: Refrigerate batter for at least one hour before rolling and cutting cookies. Bake in a quick oven (375°) for approximately 8 to 10 minutes or until the edges begin to brown.

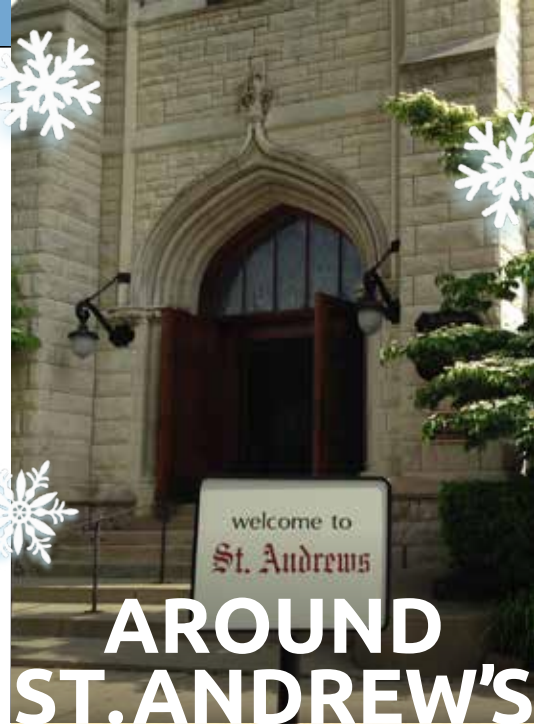




The Bucs are playing ball in Bradenton, and sooner or later this mild winter will loosen her gentle grip on us here in Highland Park, with spring right around the corner, and as we move on in the Church Calendar through the rich season of Lent and on to Eastertide.

February 28th is Shrove Tuesday this year, with all in the parish and neighborhood invited to join in the fun of the annual Shrove Tuesday Pancake Dinner and Mardi Gras Party. Dinner is served from 5:30 p.m. - 6:30 p.m., with all the traditional fun of the Pancake Toss and the Crowning of the King and Queen of Mardi Gras! All welcome (dinner by donation).

During Lent and in anticipation of Bishop Dorsey McConnell's visit to St. Andrew's in May we will be holding a four session Inquirers Class for adults who would like to spend some time together discussing Christian faith, the Anglican tradition, the Episcopal Church, and Life at St. Andrew's. These sessions are appropriate for those who may desire to be confirmed or received into the Episcopal Church--or who simply may wish to join in the conversation. Wednesday evenings at 7 p.m., March 8, 15, 22, and 29. Call the Church Office for more information--or simply join us in Brooks Hall. Youth Confirmation preparation for those Middle and High School-aged will take place on two Saturday mornings in early May. Again, please call the Office if you'd like to know more.



AROUND ST. ANDREW'S

By Bruce Robison, Rector

Two services of Choral Evensong may be of special interest to folks in the neighborhood. On Thursday evening, March 3, at 8 p.m., the Parish Choir will sing the Evening Office for the Thursday in the First Week of Lent, and our own soprano Choral Scholar (and Highland Park resident) Gabriela Pascale Schunn will present a recital following. On Sunday, March 19, at 4:30 p.m. Evensong for the Third Sunday in Lent will be sung by the Schola Cantorum. Our Guest Preacher will be the Rev. Natalie Gessert

Hall, a Lutheran pastor now serving as Canon for Education and Formation in the Episcopal Diocese of Pittsburgh.

St. Andrew's has been on the corner of Hampton Street and North Euclid Avenue, at the heart of the Highland Park neighborhood, for more than a century. If there is a pastoral need that we can help our neighbors with--a baby to be baptized, a wedding to celebrate, a sick or shut-in friend or neighbor to be visited, a family to support at the time of a death--please feel free to be in touch. Or if you should need to find some space for a meeting or a family gathering, or just to borrow a few chairs, we'll be glad to help if we can. Call us at 412.661.1245, check us out on the web, www.standrewspgh.org, and "Like" us on Facebook (search for "St. Andrew's Episcopal Church, Highland Park).

St. Andrew's Episcopal Church
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Highland Park, Pittsburgh
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The Rev. Dr. Bruce Monroe Robison, Rector
The Rev. Jean D. Chess, Deacon
Peter J. Luley, Organist & Choirmaster

According to the CDC, we're currently in the middle of one of the worst cold and flu seasons in recent memory. Chances are, you or someone you know has the bug right now, and since this year's strain of the flu vaccine doesn't seem to be helping all that much, you're probably looking for relief anywhere you can get it. But instead of wasting your money wandering the aisles of your local pharmacy, trying every over the counter remedy you can get your hands on, head to your liquor store, grab a nice bottle of whiskey and make a hot toddy instead.

One of the main ways your body is able to fight off a cold is by getting enough sleep so that you're well rested. While you could turn to Nyquil to try and help you with that job, a hot toddy works just as well, and a bit more naturally, at relieving your symptoms so you can rock off to sleep – plus you won't have that hazy Nyquil hangover many people often say they develop in the morning.

For decades people have used the hot toddy as a natural remedy for easing all those aches and pains that are associated with the common cold, and for the most part, it was just assumed that it was one of those natural remedies, like chicken soup, that works because your brain thinks it works, not because there is actual science behind it. But as it turns out, a hot toddy is actually pretty great, from a scientific perspective, at soothing your cold.

The reason we like drugs like Nyquil is because they not only ease our congestion, they help us fall asleep, and it turns out the ingredients in a hot toddy do the exact same thing. Not only that, but the alcohol inside the whiskey also

helps fight off infection and the growth of microorganisms!

Whiskey is a great decongestant — the alcohol dilates the blood vessels, making it easier for your mucus membranes to deal with the infection — and, combined with the herbal tea, squeeze of honey, lemon, and the warm steam emanating from the drink, you have the perfect concoction for helping to clear up your cold symptoms. And by the time you finish the drink, you won't only be breathing a bit easier, but the alcohol will also start working its magic in the sleep department, making you just groggy enough so you can get some much needed shuteye.

As with any remedy that incorporates booze as a main ingredient, there is such a thing as too many hot toddies if your goal is to actually feel better. While the alcohol in one drink is great for falling asleep and feeling refreshed, one too many and the sleep you receive won't be that refreshing at all, and could cause you to wake up the next morning with worse symptoms than you had before. So stick to one, and you should be good to go.

THE HOT TODDY IS THE CURE FOR THE COMMON COLD

Adam Teeter - Co-Founder of VinePair



The recipe is on the following page.

HERE'S OUR IDEAL HOT TODDY RECIPE:

8oz Hot Water

1 Bag Herbal Tea

1oz Bourbon

1 Tablespoon Honey

1 Lemon Wedge

Pour hot water into mug and steep tea for 2-3 minutes. Remove tea bag and add honey, stirring to dissolve. Pour in whiskey, add squeeze of lemon, stir and find relief.

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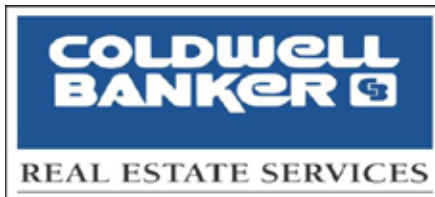
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