

West Allegheny Edition

# Allegheny West Magazine

Volume 16, Issue 96  
June/July 2015

FREE Direct Mail Community Publication

## Book Bus unveiled

Oakdale Boy Scouts going  
on "Barnwood Builders"

Summer fun guide  
to fairs, festivals and more

Summer guide to  
Health and Wellness



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West Allegheny  
School District  
Official Newsletter  
Inside  
Page 31



# WESTERN PA'S NEWEST TRI-STATE MEDICAL NETWORK

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## How to Stop Bullying!

Bullying is becoming an epidemic in modern-day society. As we try to teach our children to be civilized, kids are constantly faced with the pressure of fitting-in and not being ridiculed by their peers. It is unfortunate that so many kids are trying to "fit in" rather than be themselves.



by Master Peter Chase  
4th Degree Black Belt

In corporate America, there are so many diverse individuals with differing ethnic backgrounds, physical attributes and talents. The computer scientist doesn't mock the police officer because he/she cannot develop a software program, and the police officer doesn't make fun of the computer scientist because he/she cannot handle a Glock or understand tactical ops. If the police officer wears glasses, the computer scientist is not going to greet him/her by saying, "Good morning, Four-eyes." And, if the computer scientist was overweight, the police officer isn't going to greet him/her by saying "Good morning, Fatso." However, many times in children's circles, this type of hurtful banter is prevalent.

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Overcoming bullying has nothing to do with throwing a punch or having a fight. Bullies prey on the weak. They hunt, stalk and then continually assault (physically or verbally) their victims. Bullies do not hunt for victims that will stick-up for themselves or who ooze an aura of confidence. Those individuals pose a serious threat in exposing bullies for what they really are - cowards! Feeling good about yourself, having a sense of self-worth and carrying yourself with a sense of confidence can stop bullies in their tracks!

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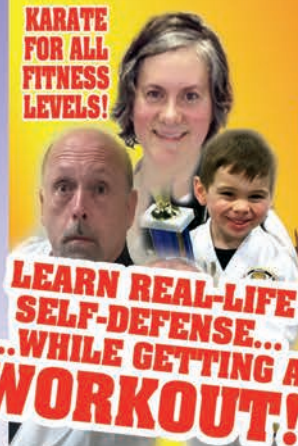


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# Allegheny West

Magazine

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## From the Publisher

Dear Readers,

Each month we run a section in the back of this magazine called On the Horizon, which consists of nonprofit area events. With all the summer events coming up in the area, we thought it would be a good idea to expand this section in our 2015 June/July edition.

Starting on page 20, you'll find a guide to area festivals, fairs, 5K races and more. We've also included contributions from some for-profits. This section by no means represents every event and fundraiser occurring throughout the area this summer. It is a listing of the ones that we had space to include, and consists largely of ones that readers let us know about by reaching out to us. We're thinking that we'll probably do this again next year, so keep it in mind if you're planning a summer event in the future.

Also in this issue, we have put together a health and wellness guide using expertise from a dozen area health professionals. We regularly work with a number of health experts and they have been known to write the occasional column for us. It made sense going into summer to run a more comprehensive guide with tips on everything from starting an exercise routine to health food trends to healthy eating and cooking. We've included only part of the health guide in this edition. For the rest, visit our website at [www.awmagazine.com](http://www.awmagazine.com). Learn why eggs are being touted as the new super food, more about common back injuries, quick workout tips and how to perfectly poach an egg.

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Attendees at an event held May 30 at Donaldson Elementary School line up to be among the first to walk through the Book Bus. A ceremonial event was held at the school in order to unveil the bus, which was donated by Monark Student Transportation Corporation. Throughout the summer, the Book Bus will travel to West Allegheny communities with a collection of books intended to promote early childhood literacy. Read more on page 31. PHOTO BY DOUG HUGHEY



As always, there is plenty of good news in this edition. Maybe you've heard that Killbuck Lodge, home to Boy Scout Troop 248, is now the subject of a reality television show. Read more on page eight. Read also about some standout area students awarded with the first ever scholarships offered through Consol Energy and the Pittsburgh Airport Area Chamber of Commerce on page six. Maybe you've heard some talk about the new book bus, pictured above. Read more about it on the first page of this month's official West Allegheny School District newsletter on page 31.

Look for our next edition of Allegheny West Magazine in August. In the meantime, have a great summer.

Doug Hughey,  
Publisher and Editor



# {Contents}

**Oakdale Boy Scouts going - 8**  
**on "Barnwood Builders"**

**Summer Fun Guide: - 20**  
**area festivals, fairs and more**

**West Allegheny - 31**  
**School District newsletter**

**Book Bus unveiled - 31**

**Health and Wellness Guide - 42**

## Columns

**Around Your Town - 6**

**Your Schools - 13**

**Library News - 16**

**Chamber Link - 19**

**Penned by Erma - 46**

## ABOUT THE COVER

West Allegheny fourth-grader Chelsea Trecki holds up a trout she caught at Leopold Lake Park on May 23 following a fishing derby held by Findlay Township. Fishing at a pond in the park is one of a number of fun activities to check out in the area this summer. Our guide starts on page 20. For more on fishing at Leopold Lake Park, see page 27.

PHOTO BY DOUG HUGHEY.



## St. Columbkille administrator celebrates silver jubilee

BY JOCELYN GRECKO

The Rev. Paul Merkovsky, administrator pro tem at St. Columbkille Catholic Church in Imperial, is currently celebrating his 25th anniversary in the priesthood. Paul assumed his role at St. Columbkille in 2013 and has been serving the people of the parish by bringing wisdom, faith, leadership and even a few laughs through his role as administrator.

Originally ordained as a priest on May 19, 1990 by then-Bishop Donald Wuerl, Paul celebrated his first role as a priest in east Pittsburgh. Over the years, he has assumed roles throughout the Diocese of Pittsburgh, including parochial vicar assignments, high school and college chaplain, confessor for the Vincentian Sisters of Charity, and even a chaplain at a state correctional institute in

Waynesburg. He spent time in additional parts of the Appalachian region while serving at parishes in West Virginia and Kentucky.

Eventually, those experiences led to his appointment by Bishop David Zubik to serve at St. Columbkille Parish in Imperial. Paul has had the opportunity to meet and serve many people over the years and recently reflected on what that has meant for him as a priest.

"I believe [their love] reflects more on their love of Christ as the church than on me, but I do embrace it!" he said.

St. Columbkille celebrated Paul's anniversary with a special celebration and dinner at the parish hall.

## Scholarships emphasize importance of STEM disciplines

BY DOUG HUGHEY

On May 21, the Pittsburgh Airport Area Chamber of Commerce awarded \$5,000 scholarships to three area high school seniors, including one from West Allegheny. The scholarships, made possible by Consol Energy and the Pittsburgh Airport Area Chamber Enterprise Foundation, were awarded to students planning to pursue a college degree in either the science, technology, engineering or math disciplines. The areas of study are better known in pedagogy circles as STEM disciplines.

The event also touched on the importance of STEM-related occupations to Pennsylvania's industries and economy.

West Allegheny senior Keira Acitelli, Moon Area senior Joe Leibowitz and Montour senior Amanda Conlon were all named recipients of the first-ever college scholarships awarded through the Consol Energy STEM Education Scholarship Fund. The seniors were recognized at the PAACC Meet Your Energy Neighbors event at the Wyndham Garden in Findlay Township. Acitelli was introduced by Findlay Township Supervisor Janet Craig, who lauded Acitelli's volunteer efforts at the Western Allegheny Community Library and arranging a Relay for Life event at her school. Acitelli is planning to study engineering at Ohio State University. Leibowitz, an Eagle Scout and member of a student trainee program at the 171st Air Refueling Wing, intends to study biology at the University of Pittsburgh. He was introduced by Daniel Alwine, a representative from the office of state Sen. Matt Smith. Conlon, who also intends to study engineering at Ohio State, was introduced by Consol Energy External Relations Specialist Jessica Kearns.

The program included a panel discussion featuring Dr. Cynthia Pulkowski, executive director of Pittsburgh-based ASSET STEM Education, and Danielle Stump, manager of STEM initiatives

with Junior Achievement of Western Pennsylvania. Stump and Pulkowski both discussed efforts by their respective organizations to encourage STEM learning across grade levels. Pittsburgh-based ASSET STEM Education makes STEM-related equipment and programming available to schools. Junior Achievement relies on a combination of volunteers and teachers to promote work readiness, financial literacy and entrepreneurship among students.

Among JA's programs is a Careers in Energy Program, which Stump described as being based in eighth-grade science. Stump said the program is intended to educate students about types of energy consumed, shale gas and job opportunities created by shale gas. As part of the program, students create a mock town and vote on whether to allow shale gas development.

The panel also touched on the importance of STEM education to the future of Pennsylvania's industries, including its growing natural gas industry. Pulkowski cited U.S. Bureau of Labor Statistics data showing that Pennsylvania will be in need of 314,000 STEM-related jobs by 2018. Brittany Thomas, coordinator of external affairs for Cabot Oil & Gas Corporation, said that 50 percent of state's workforce in the gas and oil industry alone will be of age to retire in the next five to seven years.

"If we're looking to bring in this many workers, we need to step things up," Pulkowski told attendees.

Pulkowski emphasized not just the importance of teaching STEM-related content in schools, but also changing attitudes toward industrial arts and community colleges, as well as finding ways to get more students to graduate with STEM-related college degrees. She cited statistics showing that just 60 percent of students entering college pursuing a STEM-related degree graduate with one.



Consol Energy and the Pittsburgh Airport Area Chamber of Commerce awarded scholarships to students pursuing STEM-related college degrees May 21. Daniel Alwine from the office of state Sen. Matt Smith, Moon Area senior Joe Leibowitz, Montour senior Amanda Conlon, Consol Energy External Relations Specialist Jessica Kearns, West Allegheny senior Keira Acitelli and Findlay Township Supervisor Janet Craig were on hand for a Meet Your Energy Neighbors event held to award the scholarships.



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STORY BY REBECCA FERRARO  
PHOTO BY DOUG HUGHEY

## Killbuck Lodge to get “Barnwood Builders” treatment

Boy Scouts of America Troop 248 in Oakdale is working with the Friends of Killbuck Lodge and the DIY Network to rebuild their meeting space, Killbuck Lodge. Starting in June, the lodge will be the subject of an episode on the show “Barnwood Builders,” and will be entirely rebuilt in the matter of a few months. The show evolves around six West Virginia natives who salvage 18th and 19th-century structures.

Killbuck Lodge, named after Delaware Chief Killbuck, who aided in the growth of the Pittsburgh area, and is one of the oldest homesteads in Allegheny County. Built in the 1700s, the log cabin was located on the Robb Farm in Oakdale until 1932, when it was moved by horse-drawn carriage to its current location.

“Our group, the Friends of Killbuck Lodge, took interest in the property about 10 years ago,” the organization’s president, Matthew Cochran, said.

Cochran was involved in purchasing the property from American Legion Post 171.

While the Scout Troop has used the property since 1932, it was owned and managed by the American Legion post. When they were looking to donate the property about a decade ago,

Cochran and his colleagues at Friends of Killbuck Lodge formed a not-for-profit organization and purchased the property for \$1.

“Our goal and mission is to restore the property so it can be used for scouting but also retain the infrastructure, tradition and history,” Cochran said. “We felt it was appropriate to do whatever we could to restore it.”



Killbuck Lodge is approximately 18 by 36 feet right now, according to a press release from Cathy Snyder, who is in charge of public relations for the Friends of Killbuck Lodge. Following renovation, the lodge will be slightly smaller, at 28 by 24 feet. The size will ultimately be determined by the size and condition of the donor logs. The plan is to retain as much of the original structure as possible. Apart from a minor renovation in the 1980s, the cabin has essentially remained untouched.

“It’s in much worse shape than we originally anticipated,” Cochran said. “We’re probably going to be in the entire package with a cost in excess of \$50,000, but with the in-kind donations of labor and materials we’re hopeful the out-of-pocket expenses won’t exceed \$25,000.”

The donations will be used to purchase materials and supplies. While “Barnwood Builders” will supply the labor, they are not responsible for materials. Cochran said the project requires a wooden platform, masonry materials, landscaping, materials to provide an access road, roofing materials and electrical supplies, as well as volunteers familiar with those respective trades to provide labor.

This past spring, there were various fundraisers to keep the cabin operating and functional. Fundraisers were held with the hopes of propelling the restoration process. Additional publicity was provided by an article in the Pittsburgh Tribune-Review about a pancake breakfast Troop 248 held.

“Apparently, the executive producer of ‘Barnwood Builders’ saw our article about rebuilding this log structure,” Cochran said.

The show’s executive producer read the article and was impressed by the cabin’s history and plans for restoration. She was interested in helping and contacted Cochran to inform him that she wanted to send “Barnwood Builders” to aid in the process.

“This is a significant undertaking,” Cochran said. “Once we got them on board we started a major fundraising effort.”

“Barnwood Builders” will film deconstruction of the cabin on June 12. Every log will be taken off of the cabin and individually assessed.

“We’ll use those as a basis to rebuild the cabin at a staging area, like a giant set of Lincoln Logs,” Cochran said.

“Barnwood Builders” will reconstruct the cabin in part using logs from a former cabin in Westmoreland County dating back to the 18th century. The Friends of Killbuck Lodge purchased the Westmoreland cabin in order to piece together logs and support reconstruction using relatively original materials.

The Westmoreland cabin once belonged to Col. Daniel Killgore, a prominent Revolutionary War hero and important figure in early Westmoreland County.

The only part of Killbuck Lodge not being rebuilt is the fireplace. The existing fireplace and chimney are being repaired and the rebuilding will occur around it. Scouts will partake in the rebuilding process through various pioneering efforts, including supporting re-chinking efforts.

CONTINUED ON PAGE 45

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## My Laundromat celebrating five years

On a busy day at My Laundromat behind Essex Plaza on Steubenville Pike, owner Margie Bauer is going about her business, loading quarters in change machines, switching out loads of laundry and chatting with customers she knows by name.

It's now been five years since Bauer and her husband, Greg, found the laundromat for sale on Craigslist and decided to purchase it. Since then, the Ross Township couple has turned the business, which sits out of street view, into a destination. Reviewers the website Yelp rave about its cleanliness, friendly owners, free WiFi, air conditioning and other amenities, while the couple is finishing an expansion into an adjacent storefront.

For Margie, the business marks her first, but that's hardly mattered. Before operating the laundromat, she worked at a cemetery selling arrangements, and prior to that prepared taxes. Greg, on the other hand, has operated his own business, Bauer Contracting and Electrical, since 1987.

Focusing on their customers is what has really mattered. After purchasing the business, they upgraded to all stainless steel machines, including 18-pound washers that could handle larger loads and cut down on drying times. In addition to WiFi, they purchased vending machines, coin machines, a flat-screen television and a laundry bar, all intended to make the chore of washing clothes less painless.

A couple of years ago, they also started offering laundry pick-up and drop-off services. Clients can call them and request a pickup from an area hotel, or come in and drop off their clothes using a secure locker. My Laundromat even handles loads from gas and oil workers.

The only thing about the Laundromat that the couple has not been able to improve upon is the business' location.

"People still will pull up in the front of the plaza to phone us and ask where we are," she says.

A large sign off Logan Road does point to the business, but it's difficult to see from Steubenville Pike. Margie says that GPS navigators have also occasionally sent customers to the wrong place.

To get to My Laundromat, turn onto Logan Road from Steubenville Pike and make the left into the parking lot. It is located toward the end of the rear of the plaza. To reach them by phone, call (724) 227-0513.

## Two Findlay residents are new faces of Farmers Insurance in Imperial



As Farmers Insurance is in the midst of a huge eastern expansion, two Findlay residents have opened one of the company's newest offices in Imperial. Agency owners Tricia Blazer and Christie Kosenina opened the doors to their agency April 1 and are now offering Farmers' full range of products, including auto, home, rental, small business, commercial, life and health insurance. The agency is also offering financial and notary services.

The business brings together Farmers' legacy, which stretches back to 1928, with the local expertise and knowledge of the two Findlay residents. Kosenina is a graduate of Robert Morris and has been a local resident since 2006. Blazer graduated from the University of Pittsburgh and has lived in Findlay Township since 1999. The two say they wanted to move into careers in which they could make a difference in peoples' lives by helping them secure their futures. They chose Imperial for its sense of community, as well as its continued positive growth and development.

Prior to opening the agency, Kosenina worked for



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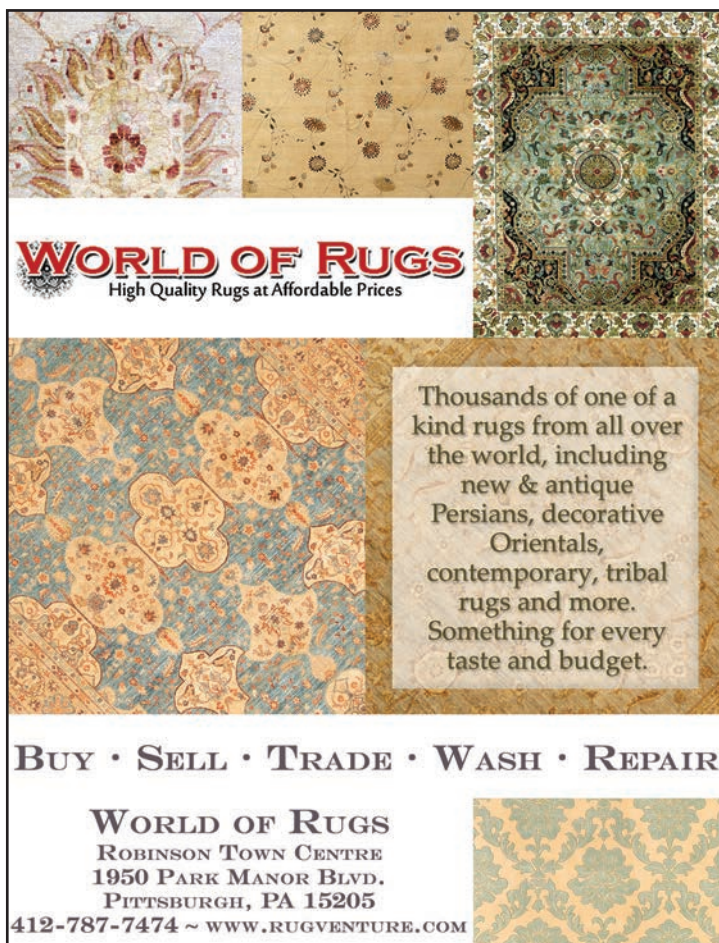


18 years at US Airways, most recently as a pilot scheduler. Over the past ten years, she was also employed by an insurance agency specializing in property and casualty insurance. She is licensed in Pennsylvania and Florida and holds a CISR designation, as well as her notary license. Recently, she built a home in Clinton with her husband, Todd, and their two children, Evan and Addison. She has also been a volunteer with the CCD program at St. Columbkille Catholic Church in Imperial since 2011.

Blazer was previously employed at Smith Barney for 10 years as a financial consultant. She focused primarily on retirement planning before deciding to stay at home with her children. After re-entering the workforce three years ago, she decided she wanted to return to the financial and insurance field with Farmers. She is licensed in Pennsylvania and Florida. Like Christie, she teaches a CCD class at St. Columbkille and has been doing so since 2010. She also currently serves on the PTA Board at Wilson Elementary. Blazer resides in Clinton with her husband, Marty, and their three children, Madison, Connor and Arianna.

A heavy discussion between Tricia and Christie one afternoon eventually led to the idea of opening their own insurance agency. That path led them to Farmers. Their mission going forward will be to provide excellent service to clients, ensuring that their clients' needs are met and goals are achieved. Tricia and Christie's dedication, coupled with Farmers Insurance products, competitive rates and long-standing reputation, will make the agency a great addition to the community.

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# Your Schools

## Pittsburgh Technical Institute

### Careers camp registration due by June 30

Each summer, Pittsburgh Technical Institute hosts a three-day, two-night career exploration camp on its campus for high school students. PTI Summer Camp 2015 offers rising seniors and recent graduates the opportunity to explore specific career fields alongside other students with shared talents, interests and goals. Students use technologies fundamental to their field of interest, spend time in labs working on projects and interact with PTI instructors who have career experience. A highlight each year is a carnival hosted by PTI's student activities department.

This summer, students can select from one of seven camps:

- Camp Patisserie, for students interested in culinary.
- Camp Energy, for students interested in oil and gas electronics.
- Camp Design, for students interested in graphic or web design, computer-aided drafting and video production.
- Camp CSI, for students interested in criminal justice.
- Camp Med, for students interested in healthcare.
- Camp Trades, for students interested in welding and HVAC.
- Camp Technology, for students interested in computers and programming.

Summer Camp begins Aug. 3 and concludes Aug. 5. A \$100 camp registration fee covers all lab and classroom sessions, materials, social events, hotel accommodations, meals, bus transportation to and from, housing, events, entertainment, and everything needed for career sessions. Registration is now open. Some camps fill quickly. For more information, visit [www.pti.edu/summercamp](http://www.pti.edu/summercamp). For a peek at last year's camp, check out PTI's photo gallery: <http://www.pti.edu/campus-life/photo-gallery/72157645600043377>.

### Open House scheduled for June 27

Pittsburgh Technical Institute will be holding an open house on June 27. Prospective students and their families are invited to come to the school to meet PTI faculty, staff and students, as well as visit hands-on classrooms and labs. There will also be tours of the campus. Visitors can get answers about financial aid and scholarships, as well as learn more about student and career services. They can also talk with admissions about fast track, no fee education.

### Culinary student earns honors in national competition

It was 8:30 a.m. on a Saturday morning in Kansas City and American Academy of Culinary Arts student chef Amanda Shoup was staring into a mystery basket containing duckling, Maine lobster, fennel, tofu and bacon. She had 30 minutes to plan her menu and just over three hours to use the contents of that basket, create her timeline, design her plates and mise en place.

By 9 a.m., Shoup was hard at work on her entrée of seared duck breast with a duck sausage, duchesse potatoes and asparagus, appetizer of poached lobster with a fennel lemon beurre blanc, and limoncina pate sucree with drunken strawberries and a warm blueberry compote for dessert.

Shoup's work impressed the judges so much that she earned a bronze medal at regionals in the 2015 Jeunes Chef Rotisseurs competition sponsored by La Confrerie de la Chaine des Rotisseurs, an international gastronomic society founded in Paris in 1950.

Earlier this year, Shoup took first place at the Pittsburgh competition and was selected to advance to regionals in Kansas City. She is currently enrolled at the AACA at Pittsburgh Technical Institute, where she studies under Chef Director Norman P. Hart.

Shoup works at the Duquesne Club, where she hopes to complete her AACA internship next year.







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## THE RETIREMENT REALITY CHECK

Decades ago, there was a popular book entitled *What They Don't Teach You at Harvard Business School*. Perhaps someday, another book will appear to discuss certain aspects of the retirement experience that go unrecognized - the "fine print," if you will. Here are some little things that can be frequently overlooked.

**How will you save in retirement?** More and more baby boomers are retiring with the hope that they can become centenarians. That may prove true thanks to healthcare advances and generally healthier lifestyles.

We all save for retirement; with our increasing longevity, we will also need to save in retirement for the (presumed) decades ahead. That means more than budgeting; it means investing with growth and tax efficiency in mind year after year.

**Could your cash flow be more important than your savings?** While the #1 retirement fear is someday running out of money, your income stream may actually prove more important than your retirement nest egg. How great will the income stream be from your accumulated wealth?

There's a longstanding belief that retirees should withdraw about 4% of their savings annually. This "4% rule" became popular back in the 1990s, thanks to an influential article written by a financial advisor named Bill Bengen in the *Journal of Financial Planning*. While the "4% rule" has its followers, the respected economist William Sharpe (one of the minds behind Modern Portfolio Theory) dismissed it as simplistic and an open door to retirement income shortfalls in a widely cited 2009 essay in the *Journal of Investment Management*.

Volatility is pronounced in today's financial markets, and the relative calm we knew prior to the last recession may take years to return. Because of this volatility, it is hard to imagine sticking to a hard-and-fast withdrawal rate in retirement – your annual withdrawal percentage may need to vary due to life and market factors.

**What will you begin doing in retirement?** In the classic retirement dream, every day feels like a Saturday. Your reward for decades of work is 24/7 freedom. But might all that freedom leave you bored?

Impossible, you say? It happens. Some people retire with only a vague idea of "what's next." After a few months or years, they find themselves in the doldrums. Shouldn't they be doing something with all that time on their hands?

A goal-oriented retirement has its virtues. Purpose leads to objectives, objectives lead to plans, and plans can impart some structure and order to your days and weeks – and that can help cure retirement listlessness.

**When should you (and your spouse) claim Social Security benefits?** "As soon as possible" may not be the wisest answer. An analysis is needed. Talk with the financial professional you trust and run the numbers. If you can wait and apply for Social Security strategically, you might realize as much as hundreds of thousands of dollars more in benefits over your lifetimes.

**Gary Klobchar, Jr. may be reached via telephone at 724-544-2489 or by email at [gary.klobchar@milestonesfg.com](mailto:gary.klobchar@milestonesfg.com). You can learn more about him and his company by visiting [www.milestonesfinancialgroup.net](http://www.milestonesfinancialgroup.net)**

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**It's Summer Reading time!**

Check out all the fun activities and prizes available through Western Allegheny Community Library this summer. The Summer Reading Program begins with a kickoff party on **Friday, June 12, 5:30-8 p.m.** and runs **June 15-July 31**.

**Children's Programs**

**PreK Art and Science - Mondays, 11 a.m.** This fun and educational class is for children ages 3-5. Children explore their developing creativity, discover science in the world around them and make their own art and science creations. Parents and guardians are encouraged to help their children explore.

**K-3 Adventures - Mondays, 2:30 p.m.** Come have a new adventure in the library each week! This is not a storytime but an adventure for children in or entering elementary school. Join Nicole and Stephanie for these fun and active adventures!

**PJ Family Storytime - Mondays, 6:30 p.m.** PJ Family Storytime is designed for children and toddlers through kindergarten but is open to all who want to attend. The program includes stories, songs and movement activities followed by a craft. Children can wear their favorite PJ's to this evening storytime.

**Middle Grade Mythbusters - Tuesdays, 10:30 a.m.** Build and race a recycled racer! Students entering grades 4-7 will learn the engineering design process while building towers, constructing cars and testing out their creations in an end-of-summer race!

**Baby Storytime - Wednesdays, 9:30 a.m.** A 20-minute storytime introduces little ones, ages birth-24 months, to books and reading with engaging stories, songs and activities. Interactive storytimes help parents learn how to foster early literacy skills. Afterward, join for a baby playgroup to socialize with parents/caregivers and let the little ones play.

**Toddler Storytime and Playgroup - Wednesdays, 10:30 a.m.** A special 30-minute interactive storytime for little ones aged 18 months to 3 years old and their parent/caregiver. Includes stories, songs, rhymes and more! Stay for playgroup, a great opportunity to socialize with other parents/caregivers while the little ones play.

**Rolling and Strolling - Thursdays at Clinton Park, 9:30 a.m.** Take a walk through Clinton Park. Bring a stroller for infants and toddlers. Older children will have fun identifying new flowers and critters and collecting things for crafts.

**Stories in the Park - Thursdays at Clinton Park, 10:30 a.m.** Rolling and Strolling is first, then a craft, storytime and chance to check out books from the new Book Bus starting at **10:30 a.m.**!

**Teen Programs**

**Blockbusters and B-Movies - Thursdays, 1 p.m.** Teens can decide whether to watch a recent blockbuster movie or a quirkier B-movie every week in the teen room. Snacks and games will be available as well.

**Family Movie Nights - Wednesdays, 6 p.m. (Dates TBA)** It's a movie night at the library! Bring the whole family, a sleeping bag or stuffed animal, and watch new release movies on the big (well, "sorta" big) screen. Popcorn and tickets are free. What could be better? Selections will be family-friendly, rated G or PG. Look for movie nights to be added to the calendar as release dates are announced.

**Crafternoons - Fridays, 12 p.m.** Make cool accessories, try fun activities, build some sweet crafts. Get creative just before the weekend starts with activities and crafts designed just for teens.

**Paws for Reading - June 27, July 25, August 22**

It's time to pause and read at Paws for Reading! Come to the library and read with a registered therapy dog from Therapy Dogs International. The Paws for Reading program has proven helpful in improving literacy and comfort in reading out loud, and is also lots of furry fun.

**Science in the Summer - June 22-June 25**

The Carnegie Science Center is bringing science to the library this summer. Registration is required for this special series. Check the WACL website for times and details.

**Adult Programs**

**The Cookbook Club, first Tuesdays, 7 p.m.** Stop at the circulation desk to pick up the cookbook of the month. Register and come hungry!

**The Bookworms, second Wednesdays, 1 p.m.**

**YA @ Heart, third Tuesdays, 6 p.m.** Young adult literature isn't just for teens anymore. Share in this new book club for adults only. Pick a book and watch part of the movie version.

**Coupon Exchange, third Tuesdays, 6:30 p.m.** Grab coupons (even those that have expired) and come to the library to clip, swap and sort. Get tips and information.

**Anime/Manga Club, fourth Tuesdays, 6 p.m.** Lovers of anime and manga gather together to explore these formats, watching and discussing everything from the art form, cultural context, mythology, history and pop culture. Adults and older teens welcome.

**Pinterest Playground, "Christmas in July," July 11, 1-3:30 p.m.** Gather and recreate Christmas-themed crafts based on Pinterest finds. Enjoy iced cocoa and coffee. Fee is \$10.

**Wise Walk, Thursdays through July 30, 7 a.m.** Meet at Donaldson Park for this weekly walking program. Participants get a free pedometer, while supplies last.

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For more information about bunions and their treatment, visit the American Podiatric Medical Association Web site at: [www.apma.org](http://www.apma.org).

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### Coming Up . . .

**June 16** - After Hours LIVE! Business Networking with Live Music!  
5:30-7:30 p.m. at Pittsburgh Botanic Garden

**June 19** - Women's Progress in Energy Progressive Lunch, 11 a.m. - 1:30 p.m. at DoubleTree by Hilton Pittsburgh International Airport.

**July 16** - Summer Gala  
5:30-8:30 p.m. at Roselea Farm  
For event details, updates and registration, call 412.264.6270 or visit paacc.com.

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Vena Health and Wellness

May 7 - The team at Vena Health and Wellness was joined by Chamber Ambassadors on May 7 for their ribbon cutting ceremony.



### RIBBON CUTTINGS

April 23 - Chamber Ambassadors joined the Hyatt Regency Pittsburgh International Airport to celebrate the opening of their new restaurant, bellfarm Kitchen | Bar on April 23.



May 12 - On May 12, Chamber Ambassadors joined Tractor Supply Co. for a ribbon cutting ceremony at their new location in North Fayette Township.



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# Summer Fun Guide

The lowdown on fun summer happenings in and around the area.

## Festivals

### Celebrate July 4 all week at McSummerfest, June 27-July 4

Sure, you could wait until July 4 for fireworks. Or you could check out McSummerfest on **July 3** in Heritage Park in McDonald and take in a Zambelli Fireworks show a day early. The night by far draws the largest crowd of the seven-day event leading up to July 4. During the festival, parking spots in usually quiet McDonald disappear, and the McDonald VFD pulls in about half of its annual operating budget by selling fried Oreos, fried Twinkies, fry buckets, beer and more.

McSummerfest organizers don't keep a tally of exactly how many people the festival attracts each year, but it's estimated around 20,000 show up to take in nightly live acts (see opposite page for schedule), carnival rides, games and more.

McDonald VFD President Joe Rehak says McSummerfest started holding its fireworks night on July 3 years ago, so as not to compete with July 4 fireworks shows taking place throughout the area. The idea worked well, and McSummerfest organizers have been holding it on July 3 ever since.

Show up early to get a parking spot. If you want to get away from the crowd but still take in the fireworks, take a blanket up on the embankment overlooking Heritage Park. For more, visit [www.mcdonaldfire.com](http://www.mcdonaldfire.com).

McSummerfest in McDonald draws a nice crowd, especially on July 3.  
PHOTO BY ELMO CECCHETTI



### Enjoy a carnival in "America's Hometown," July 18-25

The Oakdale Hose Company carnival represents the fire department's own biggest fundraiser of the year. The carnival kicks off **July 18** with a Hogs for Hoses bike ride. Once the 70 to 80 bikers roll back into town, the festivities get going with nightly live music, food vendors, beer and carnival games. There are also \$500 raffles each night, with a draw on the final night worth \$1,000. Kids can enjoy a bounce house and rock climbing.

Festivities run **6:30-10 p.m.** nightly, except for **July 19**, when the carnival shuts down for the evening. On **July 24**, the borough, otherwise known as America's hometown, holds its annual fireman's parade.

As of this writing, a few vendor spots are still available. Call Oakdale Fire Chief Bill Hartman at (412) 996-4136 for more information.

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# McSummerfest

Please bring your own lawn chair!

**23rd Annual McSummerfest 2015**

**At Heritage Park • McDonald, Pa**

**June 27<sup>th</sup> - July 4<sup>th</sup>**

**Sunday, June 28<sup>th</sup> - Community Day begins at 9am**

**5k Run Sponsored by Body Systems Fitness**

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Greens Taxi Service

Harringtons

Harts Restaurant & Lounge

Huntington Bank

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Kristy's Kiddie Care

McDonald Belgium Club

McDonald BP Gas Station

McDonald & Burgettstown NAPA

McDonald Giant Eagle

McDonald Pharmacy

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**6:00pm - 11:00pm Nightly**

**All entertainment begins at 7:30 p.m.**

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**FREE Entertainment-FREE Admission-FREE Parking**

**Saturday, June 27th**

**McSummerfest Parade at 5:00pm**

**No Bad JuJu**

**Monday, June 29th**

**Hillbilly Way**

**Tuesday, June 30th**

**US Kids with Special Guest  
Spinning Jenny**

**Wednesday, July 1st**

**Justin Fabus Band**

**Thursday, July 2nd**

**Dancing Queen**

**Friday, July 3rd**

**Zambelli Fireworks at Dusk  
Hedgg Band**

**Saturday, July 4th**

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# Summer Fun Guide

## Sip wine by the pond at Janoski's Harvest Wine Festival on July 18

For the past two years, Janoski's Farm Harvest Wine Festival has combined the fun of an open-air wine tasting with the down-home comfort of a party out on the farm. Over a half dozen local Pennsylvania wineries tote along cases of their best bottles and pour samples while Janoski's serves up a buffet of fresh food, much of it grown on the farm. While the sweet wines typically bottled by Pennsylvania wineries are prevalent, unexpected twists and varietals make for a tasting adventure. Last year, wines ranged from Kavic's robust merlot to Greenhouse Wineries' Red Hot Diamond, a chilled sweet wine bottled with a hot pepper.

Other wineries returning this year include Arrowhead, Glatz, Mazza, Starhill, Volant and Wilcox. For \$45, attendees get a wine glass for dozens of samplings and access to a full buffet. Once you find a wine you like, buy a bottle, pull up a bale of hay and enjoy some live music.

Save \$5 by calling (724) 899-3438 x 2 or by purchasing online at [www.eventbrite.com](http://www.eventbrite.com). Search for Janoski's Harvest Wine Festival, or go to [www.awmagazine.com](http://www.awmagazine.com) and click on the banner.



PHOTO SUBMITTED

## Make a foodie excursion to McKees Rocks on Aug. 1

The way McKees Rocks Community Development Corporation Executive Director Taris Vrcek sees it, what's missing in the airport corridor is a hip urban scene, and downtown McKees Rocks could eventually fit that bill. While the MRDC is in the process of turning the old Roxian Theater into a live concert venue, it's also trying to bring restaurateurs to downtown and pushing to link up to the Montour Trail so people can bike to the area.

The community's annual Festival festival encapsulates much of what the MRDC envisions in downtown McKees Rocks' future: good food, art, live music and community. This year marks the festival's third, and once again Pittsburgh's foodie scene will be well represented by 17 food trucks. Funk and soul band Robert Randolph and The Family Band are scheduled to headline a day of live music that runs **3-9 p.m.** The event offers family-friendly activities for the kids and beer for the adults. Festivalgoers are encouraged to bring along a blanket. Festivities take place in downtown McKees Rocks. If taking I-376, keep in mind that West Carson Street remains closed, so it might be better to go through Kennedy Township or cut across from the West End. Proceeds support the MRDC's mission of restoring community and economic vitality to downtown McKees Rocks.

For more, visit [www.pghfestival.com](http://www.pghfestival.com).

## Wind down summer with a soapbox derby in Oakdale on Aug. 29

Oakdale is changing things up this year with end of summer event in August. Instead of the luau of years past, the borough is going back to its roots with an old-fashioned day of fun and family-oriented events. Come out and compete in old-time competitions like battle of the barrel and even a soapbox derby. Note that racers must be at least 10 years old and be registered by **July 31**. Race brackets to be announced. Keep up to date at [www.oakdaleborough.com](http://www.oakdaleborough.com).



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- Camp Design:** CAD, Multimedia, Web, Video, Photography
- Camp Med:** Surgical Technology, Medical Assisting, Massage Therapy, Patient Care

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Camps are limited, so register today.  
[www.pti.edu/summercamp](http://www.pti.edu/summercamp)

**DEADLINE  
JUNE 30**



For graduation rates, earnings, and educational debt information, please visit us online at [www.pti.edu/disclosures](http://www.pti.edu/disclosures).

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**SUNDAY AUGUST 2**  
TONY STEWART'S ALL STAR CIRCUIT OF CHAMPIONS ASCOC SPRINTS

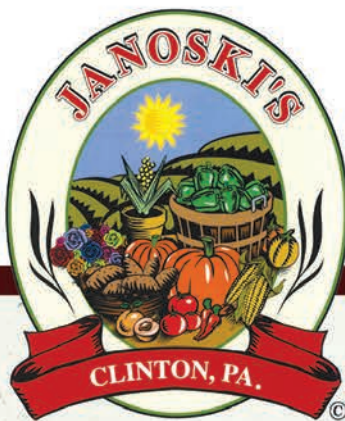
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**JULY 18**  
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**Allegheny West**  
Magazine

**3rd  
Annual**

**On the Farm  
Under the Tents  
By the Lake**

# Janoski's Farm Harvest Wine Festival

**Featuring Premier  
PA Wineries:**

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Greenhouse ~ Kavic  
Mazza ~ Starhill  
Volant ~ Wilcox

Sponsored by Janoski Farms

Co-Sponsored by

Volant Mill Winery & Allegheny West Magazine

**Saturday, July 18, 2015**

**3 - 8 pm** Rain or Shine  
(no refunds)

**Admission  
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for Sampling  
**Farm Fresh  
Endless Buffet**  
Live  
Entertainment  
**Raffle Baskets,  
Door Prize &  
More!**

**\$40 per person  
At the Gate: \$45**

Limited Tickets Available - Purchase either  
at Janoski's or online at Eventbrite

INFO: [www.janoskis.com](http://www.janoskis.com)

[www.volantmillwinery.com](http://www.volantmillwinery.com)

Janoski's Farm is located  
at 1714 SR 30, Clinton, PA 15026,  
in western Allegheny County

**Order Online at Eventbrite** (use this link):

<https://www.eventbrite.com/e/janoski-farms-harvest-wine-festival-2015-tickets-16283026972>



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No one under  
21 admitted  
Valid I.D. required  
at the gate





# West Allegheny Youth Soccer Association

## Fall 2015 REGISTRATION

Season runs September through October

**DEADLINE: June 30th**

(Registration for In-house players only will be accepted until July 15 with a \$10 late fee.)

Travel players must register by June 30th.

Child must be 4 years old by 7/31/15

**NO EXCEPTIONS**

Visit [www.leaguelineup.com/westasoccer](http://www.leaguelineup.com/westasoccer)  
for age chart and more information

U5/U6 Boys & Girls coed	Wednesday 6:00 – 7:00 pm	Saturday 10:00 – 11:00 am	\$60.00
U8 Boys & Girls coed*	Tuesday 6:00 – 7:00 pm	Saturday 11:15 am-12:15 pm	\$75.00
U10 Boys and Girls coed* In-house	Monday 6:15 – 7:15 pm	Saturday 8:30-9:30 am	\$75.00
U10 Co-Ed Travel Team	See website for information		\$85.00
*U8/U10 additional skills training by Youth Elite Soccer	Thursday 6:15 - 7:15 pm	5 sessions	Included!
Travel (U11 and above)	TBD practice day and location	Sunday afternoon games	\$85.00

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## Ways to Register:

- Go to: [www.pa-wallegheny.sportsaffinity.com](http://www.pa-wallegheny.sportsaffinity.com)  
(Register on-line and SAVE \$10.00)
- Print registration form on website and mail to P.O. Box
- June 27th at WA Community Library from 10-12.

Questions Call Heather Chappel (724) 693-2536 OR Michelle Abbott (724) 693-8073

[www.leaguelineup.com/westasoccer](http://www.leaguelineup.com/westasoccer)





## 5K Runs

### McDonald 5K Charity McRun for Wounded Warriors, June 28

This growing event hosted by Body Systems Fitness in McDonald follows a flat, out-and-back course on the Panhandle Trail. Runners can gain added motivation during the fast-paced race by knowing that their registration fee this year is helping to support the Wounded Warrior Project. The race starts and ends at Heritage Park in McDonald. Registration begins at **8 a.m.** and the race starts at **9 a.m.**

Register at Body Systems Fitness in McDonald or go online to [runsignup.com](http://runsignup.com) and search for "McRun."

### North Fayette Township Community Days 5K, Aug. 1

Now in its 20th year, this race starts and ends by the North Fayette Municipal Building and follows Donaldson Road. Pace yourself for the monster hill leading up to Donaldson Park, where you'll run a lap around the walking trail before heading back down to the municipal building. Prizes award to top male and female finishers, as well as to age groups. Entry fee is \$10 and race starts at **9 a.m.** A two-mile kids' run and family fun walk coincides.

### Findlay Township Semi-Great Race, Aug. 14

This hilly 5K starts and finishes in the Findlay Township Community Park and starts at **7 p.m.** The entry fee is \$10. Awards are handed out for top male and female finisher, as well as age groups and first finishing Findlay Township resident. A two-mile fun walk coincides with the race. To register, email [dlarson@findlaytpw.org](mailto:dlarson@findlaytpw.org) or call (724) 695-0500.

## 2015 4<sup>th</sup> Annual McDonald 5k Charity McRun

### Sunday, June 28

**The race starts and ends at Heritage Park in McDonald, following a flat, out-and-back course on the Pan Handle Trail.**

**Registration begins at 8 a.m. and the race starts at 9 a.m.**

**All Proceeds Support**

**Proud Sponsor**




**Register at Body Systems Fitness in McDonald or go online to [runsignup.com](http://runsignup.com) and search for "McRun."**

**\$30** 5k Run/Walk  
(\$5 discount if registered by 6/8/15)

**\$25** Family Fun  
1 Mile Walk  
(Per Family)

## Township Fairs

### North Fayette Township Community Days, Aug. 1

The North Fayette Township Community Days takes full advantage of everything that Donaldson Park has to offer, including its ample space for a wide range of food vendors, businesses and organizations that show up each year to make the fair possible. Kids can enjoy activities like inflatables by Windswept Entertainment, pony rides, a petting zoo, clowns and games. The fair kicks off at **1 p.m.** and features live entertainment. Bands scheduled so far include November Blue, Gabby Barrett and The Stickers Band. The North Fayette VFD will also be hand selling beer. The night closes out with a fireworks display by Zambelli Fireworks. Organizations wishing to participate should contact the North Fayette Parks and Recreation Department.

### Findlay Township Fair in the Woodlands, Aug. 14-15

The Findlay Township Fair in the Woodlands used to be one of the last state-sanctioned agricultural fairs in Allegheny County. Though it ceased to be state sanctioned in 2011, it still has many of those same trappings. Contests award contestants' abilities to eat pies, spit seeds, hula-hoop and craft needlework. Additional awards are handed out for best flowers, vegetables, fruits, canned goods, hay and grain, photography, and crafts. There are also awards for antique farm equipment.

Attractions to this family-friendly fair include a dunk tank, petting zoo, pony rides and live music.

For more information, or to register for a vendor booth, contact Darlene Larson, Findlay Township recreation coordinator, at (724) 695-0500 x 246. This year's fair schedule is as follows:

**August 13,** 1-7 p.m. Registration of crafts, needlework, flowers, vegetables, fruits, canned goods, hay and grain, antique farm equipment.

**August 14,** 2-5 p.m. Baked goods registration, 5:30-6:45 p.m., registration for Semi-Great Race/Fun Walk at Oriole Pavilion, 6 p.m., opening ceremonies, 6:15-7 p.m., "Clewless" Band, 7 p.m., start of Semi-Great Race/Fun Walk, 7:15 p.m. seed spitting contest (ages 8-18), 7:30 p.m., bake sale (Falcon Pavilion), 7:45 p.m., hula-hoop contest (ages 5-16), 8:15 p.m., presentation of race awards, 8:30-10 p.m., Christian Beck Band (country).


**August 15,** 10:30 a.m. Parade on Route 30, 11:30 a.m.-12 p.m., Imperial Tang Soo Do School, 12-12:30 p.m., Karen Prunzik's Broadway Dance Studio, 12:30-1:30 p.m., West Allegheny Little Indians Cheerleaders, 1:30 p.m.-2 p.m., TBA, 2-2:30 p.m., White Viper Martial Arts, 2:30-3:30 p.m., TBA, 3-5 p.m., pedal pull (ages 3 to adult), 5-6 p.m., polka, 6:15-6:45 p.m., youth pie eating contest (ages 8-12 and 13-16), 7-7:30 p.m., adult pie eating contest (ages 17 and up), 8:15-10 p.m., BluSoul (blues and soul), 10:15 p.m., fireworks (ball field).

#### Free attractions

Rainbow Express Train, Friday, 6-9 p.m. and Saturday, 11:30 a.m.-8:00 p.m. Mike the Balloon Guy and Co., balloons and air brush tattoos, Saturday, noon-4 p.m.

Inflatables by ELF Entertainment, 6-10 p.m. on Friday and 12-9:30 p.m. on Saturday.

**Exhibit pick up,** Aug. 15, Falcon Pavilion, 8-9 p.m., Aug. 16, 12-2 p.m.



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# Summer Fun Guide

## For the hobbyists

### Go "junk picking" at Littell Fudge

Gail Littell, who owns Littell Fudge in Clinton, learned how to make fudge from her mother. She learned to love antiques, or "junk," as she lovingly calls it, from her father. In the house that Littell utilizes as a shop on Route 30, she embodies both of those loves. She mixes up 128 different flavors of fudge in one room and displays antiques she's picked up

at estate sales throughout the rest. Her reasonably-priced items include dolls, china, furniture, pottery, books, jewelry and more.

Over the summer, an additional outdoor antique sale will be taking place on Saturdays next to the shop, giving "pickers" added opportunities to hunt for treasure. Ask Littell, and she'll point you to even more places in Clinton to find antiques. Be sure to pick up some fudge while you're at it.

Littell Fudge is located at 1286 Route 30 in Clinton. Call (724) 695-3462 or go online at [www.littellfudge.com](http://www.littellfudge.com).



### Specialty Hand Made from Scratch To-Die For Fudge

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## Fly with the Greater Pittsburgh Aero Radio Control Society



Kirkland Leroy Irvis accomplished plenty during his lifetime. The first African American to serve as speaker of the house in any state, the Hill District representative helped pass legislation transforming accessibility to higher education in Pennsylvania.

A lesser-known accomplishment of Irvis' was getting a small airstrip built in a remote section of Hillman State Park for flying radio-controlled airplanes. Running about 450 feet north and 630 feet east, the strip has been home to the Greater Pittsburgh Aero Radio Control Society since April of 1978. Anyone can fly a radio-controlled plane there, so long as they are a current member of the Academy of Model Aeronautics and follow the AMA National Safety Code.

Club membership, however, has its benefits, especially for beginners. "The biggest advantage we offer is assistance to new pilots," says club president Paul Dunn. "You'd be surprised how many people come out here and have their controls reversed."

From electric-powered gliders to planes running on gasoline or even jet fuel, there are plenty of options out there. Ready-to-fly kits are readily available on the Internet, some with stabilization gyros that minimize the learning curve. For do-it-yourselfers, there are build kits and online instructions for building planes out of foam insulation board.

Dunn describes the hobby as a great father-son bonding experience. Like many members, he initially joined with his son. Club member Rick Grimes did as well, and his son is now a commercial pilot.

"The best part is the friends I have made that are second to none," says club member Doug Schneider. "Whether you enjoy the craft part of building or just want to fly and have fun."

Many members of the club show up to fly weekly on **Thursdays at 5 p.m.** The air strip is located at 80 Model Airport Road in Burgettstown. For more, visit [www.gparcs.com](http://www.gparcs.com).



**G.P.A.R.C.S.**  
**Greater Pittsburgh Aero Radio Control Society**



"COME FLY WITH US"  
For information see [www.gparcs.org](http://www.gparcs.org)

GPS directions  
80 Model Airport Road • Burgettstown, PA 15021



## Go fishing at Leopold Lake

Can't get away for an out-of-town fishing trip? Take your poles to Leopold Lake in Clinton along Route 30 any time between 7-11 a.m. daily. The pond is open to both residents and nonresidents. Per state rules, youths under 16 don't need a fishing license, and the township stocks with trout and catfish.

Next year, be sure to check out a fishing derby that the township hosts for ages 15 and under every Memorial Day weekend.



KAI DEN LANDEN OF FINDLAY TOWNSHIP HOLDS A TROUT HE CAUGHT AT LEOPOLD LAKE WITH HIS FATHER, DEREK

## Cookouts

Summer is all about cooking out, and plenty of organizations doing good in their communities use that as a means to raise funds for worthy causes. Here are a couple to check out over the summer:

**McDonald Lions Club Rib Cookout**, McDonald Trail Station, **June 27, July 25, Aug. 29**, ribs come off the grill about 9:30 a.m. and are sold by the one-pound boat until gone, benefits Lions Club projects throughout the year, for pre-orders call Gene Speranza, (724) 622-3359.



**52nd Annual Moon Township Rotary Club Corn Roast**, Aug. 11, Rotary Shelter in Moon Park, 5-8 p.m., \$15 in advance, \$20 at door, corn on the cob, burgers, hot dogs, sweet and hot sausage, potato salad, baked beans, desserts, beer, soft drinks, benefits West Hills Food Bank, Robert Morris University Scholarship Fund and other Rotary charities, Andy Keppel, (412) 264-8072.

**Burgers and Beer Smoker**, August 13, 6 p.m., Kennedy Fire Hall, \$25, includes burgers, hot dogs, sides, drinks, a cigar provided by Smokestack-Everything Tobacco, door prizes, giveaways, raffles, more, benefits Kennedy VFD, make checks payable to Kennedy VFD and send to 127 Lorish Road, McKees Rocks PA 15136.

## Farmers' Markets

**McDonald Trail Station Farmers' Market**, McDonald Trail Station parking lot in McDonald, **Saturdays, 9 a.m.-1 p.m., July 11 through mid September**, (724) 926-8711.

**The Original Farmers' Market**, Mondays, Wednesdays and Fridays, 5:30-8 p.m., 151 Parks Road, McDonald, Bridgeville area, Route 50 East off I-79, [www.theoriginalfarmersmarket.net](http://www.theoriginalfarmersmarket.net).

**Moon Township Farmers' Market**, Wednesdays, 3:30-6:30 p.m., Municipal Building, 1000 Beaver Grade Road, prepared foods, veggies, meats, herbs, dog treats, art vendors, accepts debit, credit and food stamps, for every \$5 in SNAP receive \$2 coupon for fruits and vegetables, Farmers' Market Nutrition Program vouchers accepted, (412) 262-1700.

**St. James Farmers' Market**, St. James Catholic Church in Sewickley, **Saturdays, 9 a.m.-1 p.m.**, beef and pork, locally-grown fresh vegetables, local honey, fresh pierogies, pasta, more, Bob Jancart (412) 262-4839.

## School Festivals

**St. Philip Parish Festival**, June 17, 18, 19, nightly dinners \$9, Wednesday: Hanlon's Restaurant stuffed chicken dinner, Thursday: homemade German dinner, Friday: Olive Garden spaghetti and lasagna, served 4-7 p.m. nightly, booths with festival food, children's activities, "Wipe-Out" bounce house, trackless train rides, games, nightly entertainment, bake sale, flea market, Chinese auction, (412) 922-0327.

**Holy Trinity Festival**, July 29-Aug. 1, 6-11 p.m. nightly, Holy Trinity Catholic School in Robinson Township, ethnic food booths, funnel cakes, sweet treats, lemonade, bingo, casino, basket auction, cash raffles, live entertainment, games, rides, face painting, sand art, benefits Holy Trinity Catholic School, free parking and shuttle service, (412) 787-2656.

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[www.paintingwithatwist.com/pittsburgh-west](http://www.paintingwithatwist.com/pittsburgh-west)

[www.paintingwithatwist.com/pittsburgh-south/](http://www.paintingwithatwist.com/pittsburgh-south/)





## Findlay Parks and Rec.

Programs take place or start in the Findlay Township Activity Center at 310 Main St. in Imperial. Checks for fees payable to Findlay Township, unless otherwise noted. For more information or to register for programs, contact Darlene Larson, Findlay Township recreation coordinator, at (724) 695-0500 x 246, unless otherwise noted.

## Day Trips

Call early to reserve a spot. Checks can be mailed to: Findlay Township, P.O. Box W, Clinton, PA 15026

### West Virginia Public Theater, July 8

Travel to the West Virginia Theatre in Morgantown for Rodgers and Hammerstein "A Grand Night For Singing," bus departs **10 a.m.**, lunch at Lakeview Resort, show starts at **2 p.m.**, stop at Sarris Candies for sundae to end, bus returns **7:30-8 p.m.**, reservations required, \$90 per person, payments due **June 12**.

### Grape and Ale Day Tour, July 18

Beer and wine tasting in Erie, start at The Brewerie at Union Station, Pufferbelly's for buffet lunch, Lavery's Beer House, Presque Isle Winery and South Shore Winery, day ends with tasting and entertainment at Penn Shore Winery, bus leaves **9 a.m.**, returns **10-10:30 p.m.**, reserve early, \$89 per person, payments due **July 3**.

## Arts and Crafts

**First Steps in Digital Photography**, four-class workshop, **Tuesdays, June 30-July 21, 6:30-9 p.m.**, \$99, with lectures, critiques, peer review and guided practice, students present final project to demonstrate understanding of coursework, for beginners, instructed by retired forensic scientist Audrey Shaw and retired West Allegheny teacher Sherry Remaly.

**Recycling Craft Classes**, recycle old clothes into something new and useful, bring scissors, **10 a.m.-noon, June 23**, denim patriotic wreath, bring a pair of jeans or two with some old shirts contrasting red, white and blue colors, **\$12, July 22**, transform t-shirts into a tank top, handbag and more.

## Education

**Life Line Screenings, July 15**, ultrasound screenings by Life Line Screening are designed to help save lives through early detection: stroke/carotid artery \$70; heart rhythm atrial fibrillation \$70; abdominal aortic aneurysm \$70; peripheral arterial disease \$60; osteoporosis \$60; stroke, vascular disease and heart rhythm \$139 for four tests, add osteoporosis screening \$10 more, for appointments and a \$10 discount, 1 (888) 653-6450.

**Paws in Training, July 7-Aug. 18**, seven-week courses, home classes available, limited space, first orientation class for owners only, puppy classes, **Tuesdays, 6-7 p.m.**, 6-9 months, **Tuesdays, 7-8 p.m.**, 9 months and older, **Wednesdays, 6-7 p.m.**, Clinton Park Oriole Pavilion, \$90 per seven-week course, payable to Findlay Township.

**Carnegie Science Center Inflatable Planetarium**, North Fayette Community Gym, Findlay and North Fayette townships bring the Inflatable Planetarium back for 2015, limited space available, "One World, One Sky, Bird's Adventure," Elmo and friends go on an exciting trip to discover the sun, moon, and stars, preschool-second grade, **Aug. 11, 10-10:45 a.m.**, \$8, "Planets," explores differences between stars and planets in the night sky, planetary motion, grades 3-5, **Aug. 11, 1-1:45 p.m.**, \$8.

**Carnegie Science Center's Science on the Road**, hands-on educational fun, pre-register, space limited, \$5 per program, Bubble Science, kids explore science with bubbles and bubble blowers, **June 16, 10:15-11 a.m.**, ages 3-6, "Animysteries," explore the senses through the mystery of animal communication, **July 14, 10-10:45 a.m.**, ages 3-6, "Spacewalking: Do You Have What it Takes?" discover the effects of pressure, high speed impacts and more, **July 14, 11:30 a.m.-12:15 p.m.**, ages 7-9, "Pop Pop Popcorn," discover how corn looks, feels and grows, then get popping to learn how it tastes, **July 21, 10:15-11 a.m.**, ages 3-6.

**Snapology Camps**, four-day camps engage children by utilizing building materials (i.e., Lego Duplo Blocks, etc.) to combine play with education, **June 29-July 2**, "Combat Robots," ages 8-14, **9 a.m.-12 p.m.**, \$110 (three hours for four days), "Minecraft Level 1," bring Minecraft to life using Lego bricks, **1-4 p.m.**, ages 6-12, \$110 (three hours for four days).

## INDEPENDENCE DAY FIREWORKS CELEBRATION FRIDAY, JULY 3, 2015

Findlay Township's Independence Day Celebration returns for its fourth year July 3 (rain date July 5) at the Recreation and Sports Complex on Route 30 in Imperial. The celebration kicks off at 7:30 p.m. with a Color Guard from VFW Post 7714. DJ Dan Sheets starts the music at 7:30 p.m. Refreshments by the Findlay Athletic Association, FREE Billy's Ice Cream compliments of Consol Energy, early "Give Aways"! Fireworks by "Pyrotechnico" at dark. Celebration made possible generous donations from the following:

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## Free Summer Concert Series

Free Concerts in the Park are back!! Pack up your lawn chairs and come out to the beautiful Amphitheater in Clinton Park for three evenings of great musical Concerts and light refreshments are FREE. Concerts start at 7 p.m.

**June 23 (rain date June 24) - HEDGG BAND.**

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Songs from the 1950s to today.

**June 30 (rain date July 1) - DIXIELAND BAND.**

SPONSORED BY THE FINDLAY TOWNSHIP SENIOR CITIZENS.

**July 9 - TBA**

**July 21 (rain date July 22) - NOVEMBER BLUE.**

SPONSORED BY FARMERS' INSURANCE, 513 ROUTE 30 IN IMPERIAL, AGENTS TRICIA BLAZIER AND CHRISTIE KOSENIKA. West Allegheny graduates Dylan Lindemuth and Tom Currey play a variety of pop, rock, country and indie music.

\*\* Monark Bus Company will be running a shuttle to the Recreation & Sports Complex from the Findlay Township Activity Center at 310 Main Street in Imperial. The shuttle picks up at the Activity Center at : 7:45, 8:15, and 9 p.m. Parking on upper and lower levels of center. Overflow parking at Valley Presbyterian Church (bus picks up at church).



## Children

**Time for Toddlers**, June 29 and 30, July 6 and 7, August 24 and 25, September 14, 15, 28 and 29, 10:15-11:15 a.m., \$3 per session.

**Rolling and Strolling in the Park**, walking program around Clinton Park for ages 5 and under with caregiver, story time to follow, free, **Thursdays** through July 30, 9:30 a.m., book bus 11:30 a.m.-12:30 p.m.

**Summer Lunchtime Kids Cooking Class**, July 16, 11:30 a.m.-12:45 p.m., lunchtime version of Findlay's popular afterschool cooking program, registration required, grades K-five, \$8.

## Teens

**American Red Cross Babysitter's Training Class**, June 24, 9 a.m.-4:30 p.m., for ages 11-15, learn how to make smart decisions and stay safe, fast-paced class with hands-on activities, basic childcare, how to handle emergencies, bedtime and discipline issues, communicating with parents, interview skills for babysitting jobs, certificate upon completion, registration required, \$80.

**Imperial Dragon Tang Soo Do Karate School**, Monday and Wednesday evenings, traditional Tang So Do program helps children develop self confidence, healthy life skills, respect for self and others, improved concentration, physical fitness, self control; for youth, teen and adults, first month of training free for new students with this article, (724) 695-1976.

**Findlay Township Garden Club**, meetings held third Thursday of each month at 6:30 p.m., Sue Peindl, (724) 350-9837, day trip planned for Sept. 27 to The Lake Anna MumFest in Barberton, Ohio.

## Pickleball

Pickleball courts are now open at Recreation and Sports Complex on a basketball court next to the skate park. Pickleball is a cross between badminton, tennis and

ping-pong. The sport is accessible to all ages and abilities. Clinics are planned in the future. Call the parks and recreation department for more information.

## SNPJ Club

Events take place at the SNPJ Lodge 106 Club, (724) 695-1411, snpjimperialpa.com, imperialpoomsnpj.com. Memberships available to the public at clubroom door.

**Bar Bingo**, members and guests, second and fourth Thursdays, sign the weekly book and play an evening of Bar Bingo in the clubroom, early bird games start 6:30 p.m., regular games 7 p.m., play until 9 p.m., kitchen open.

**Seems Like Old Times Dance**, June 21, 7-10 p.m., Imperial Room, kitchen opens 4 p.m., \$10 buffet, \$5 admission, enjoy the Wally Merriman Trio for a ballroom-style dance celebrating the music of America's greatest generation.

**SNPJ Lodge 106 Car Cruise**, June 14, July 5, Aug. 2, noon, entertainment provided by The Messengers in June, Elvis Lives in July, Renewed Memories II in August, food, drinks, 50/50, level paved parking, door prizes, air-conditioned clubroom, bikes welcome, dash plaques for first 50 cars.

Recommend a new SNPJ Lodge 106 member so they can enjoy all the benefits of being a life insurance or annuity member of SNPJ Lodge 106 today.

Continued on page 45



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FRI 7/31
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# WEST ALLEGHENY SCHOOL DISTRICT

# WA TODAY

JUNE,  
2015  
VOL. 37,  
No. 5

INFORMATION FOR RESIDENTS OF FINDLAY AND NORTH FAYETTE TOWNSHIPS AND OAKDALE BOROUGH

## Book Bus rolls into West Allegheny



ABOVE: Partnership representatives Dr. Jerri Lynn Lippert, West Allegheny superintendent; Mark D. Schmitt, president of Monark Student Transportation Corp., with his grandson Wesley; and Marianne Sforza, director of the Western Allegheny Community Library launched the Book Bus with an official ribbon cutting ceremony May 30.

It was a great day to launch a literacy initiative, when on May 30, the Book Bus rolled into West Allegheny in grand style. After months of planning, the colorful and child-friendly Book Bus was unveiled during a ceremony at Donaldson Elementary School, where it arrived accompanied by a police and volunteer fire department escort.

The mobile resource will serve as an extended outreach program to foster early literacy and kindergarten readiness for the District's youngest children. It will begin making neighborhood visits in June. West Allegheny School District, in partnership with Western Allegheny Community Library and Monark Student Transportation Corp., worked collaboratively to make the vision of a community Book Bus a reality.

Following speeches by partnership representatives, a ribbon cutting ceremony

marked the official launch of the bus. Attendees had the opportunity to tour the bus and children were able to select and check out books from the extensive collection. Throughout the morning's events, children also enjoyed face painting by high school art students, as well as crafts and a story-time provided by the library. Children even had an opportunity to meet a pair of live alpacas made available by Debbie Mirich, school board president. The fifth grade band was also on hand and provided spirited music throughout the morning's event.

When the Book Bus begins visiting neighborhoods, the library's new early literacy outreach specialist and volunteers will circulate books to children and educational resources to parents. They will also conduct early childhood-focused educational activities. Although the primary programming audience will be pre-kindergarten children, titles for children of all ages will be available. The Book Bus will support other outreach programs as well as have a permanent parking spot at the library.



ABOVE: Carter Price, 2, of North Fayette Township, picks out a book in the Book Bus.

### Book Bus Visitation Schedule

#### Clinton Park

Thursdays at 11:30 a.m.

June 18 & 25, July 2, 9, 16, 23 & 30

#### Findlay Township Community Center

Tuesdays at 10 a.m.

June 30, July 21, August 11

#### Hankey Farms Pool

Wednesdays at 1 p.m.

June 17 & 24, July 1, 8, 15, 22 & 29

#### Hawthorne Communities

Tuesdays at 10 a.m.

June 16, July 7 & 28, August 18

#### Lexington Manor

Tuesdays at 10 a.m.

June 23, July 14, August 4 & 25

#### Oakdale Fire Department

Tuesdays at 1 p.m.

June 30, July 21, August 11

#### Redwood Estates

Tuesdays at 1 p.m.

June 23, July 14, August 4, August 25

#### Virginia Hills

Tuesdays at 1 p.m.

June 16, July 7 & 28, August 18



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School District



# Superintendent's Message

In past editions, I have highlighted the three District priorities: 1. Academic Rigor, Equity and Excellence for All Students; 2. High Quality Instruction in Every Classroom, Every Day; and 3. Financial Responsibility and Operational Efficiency. In this month's edition, I am focusing on Priority 3 and discussing key aspects of our 2015-2016 budget, which reflects continued financial prudence from our business office, administrators and our board of directors. I am confident that the budget will allow us to provide high quality academic programs and support services for our students. To this end, we are pleased to present an overview of the 2015-2016 Proposed Final Budget, which was approved by our board of directors on May 13, 2015. The complete budget presentation may be viewed on our website at [www.westasd.org](http://www.westasd.org) under the "News" section. Final approval is anticipated on June 17, 2015.

The \$58,176,255 budget maintains relatively flat expenditures, largely as a result of fostering staffing efficiency, which will offset increased retirement costs and debt service due to building renovations. The 2015-2016 budget does not include a millage increase and does not furlough or lay off any staff. However, the budget does reflect deficit spending of approximately \$1.15 million with expenditures exceeding revenues. This deficit is a result of a significant increase in retirement contributions (PSERS) and will draw on the District's fund balance (savings

account), which is projected to be \$11.7 million in 2015-2016. Nearly half of the fund balance is assigned to cover anticipated increases in expenditures.

Over the last several years, the District has efficiently absorbed dramatic increases in retirement costs while sustaining reductions in state funding, notably without raising taxes. The last millage increase was realized in 2008-2009. Since then, retirement costs have increased by 535 percent, to \$6.3 million in total retirement contributions for the 2015-2016 budget. It is important to note that the five-year financial forecast indicates the District will reach a negative balance in the 2019-2020 school year, with our fund balance dipping below the state-recommended best financial practice of eight percent in 2017-2018.

These changes will require a close look over the next year at potentially increasing millage rates for the 2016-2017 school year. This may be necessary to provide additional revenue primarily to support increased debt service from payment on new building renovations. Specifically, our debt service annual costs will exceed \$8 million in 2016-2017, which is equivalent to .33 mills. Further, we do not anticipate increased revenues in the near future to offset the increased retirement costs and debt service.

The information below details key aspects of the 2015-2016 budget.

*Dr. Jerri Lynn Lippert,*  
Superintendent

## Budget Outlook West Allegheny School District 2015-2016 Proposed Final Budget

### Budget Factors

#### Local vs State Revenue

Local revenues comprise 75 percent of the District's revenue budget. The largest source of local revenue is property taxes, which for 2015-16 are estimated to be \$34,449,956.

State revenue sources comprise 24 percent of the District's revenue budget. The largest sources of state revenue are basic education and special education subsidies, which combined, total \$7,187,700 for 2015-16.

#### Staff Expenses

Expenditures on staff account for 65 percent of total budget (\$38.4 M) including salaries, health benefits and retirement contributions.

#### Retirement Contributions

By state law, the District contributes to the PA School Employees' Retirement (PSERS) Fund on behalf of its employees. PSERS contributions are estimated to be \$6,290,714 for the 2015-16 fiscal year.

#### Fund Balance

The District's "savings account" is called its fund balance. Nearly half of fund balance is assigned to cover specific expenditures, and some is unassigned to be used to cover any type of expenditure. An eight percent fund balance is recommended for a district's fiscal health.

#### Capital Expense (Debt Service)

Money that the District borrows to finance construction projects is called debt service. This amount is projected to increase by \$630,000 (equivalent to .33 mills) in the 2016-17 school year as a result of the ongoing renovation projects at Wilson and McKee elementary schools.

### Overview

	2014-2015	2015-2016	Change
Expenditures	\$56,329,160	\$58,176,255	\$1,847,095
Revenues	\$55,515,529	\$57,029,807	\$1,514,278
<b>Deficit</b>	<b>-\$813,631</b>	<b>-\$1,146,448</b>	
Fund Balance	\$12,876,736	\$11,730,288	-\$1,146,448
Enrollment	3,231	3,253	22

### District Revenue

	2014-2015	2015-2016
<b>Local</b>	\$41,538,941	\$42,517,341
Real Estate Taxes, Earned Income Tax, Interest Earnings, Real Estate Transfer Tax		
<b>State</b>	\$13,531,703	\$14,067,581
Basic and Special Education Subsidy, Retirement, Accountability Block Grant, Social Security, etc.		
<b>Federal</b>	\$444,886	\$440,385
Title I, IIA, Access Reimbursement, etc.		

### The Value of a Mill

2014-2015 & 2015-2016
<b>NO INCREASE</b>
Millage: 18.51
Value of one mill: \$1,875,463

11th lowest millage rate in Allegheny County

As per Act 1, the District's board of directors can increase millage rate by .40 mills ~ \$767,000 annually without a referendum exception. There is no tax increase for 2015-2016.

Monthly impact of .40 mill increase on assessed household value:  
 \$100,000 = \$3.33 (\$40 annually)  
 \$200,000 = \$6.67 (\$80 annually)  
 \$300,000 = \$10.00 (\$120 annually)

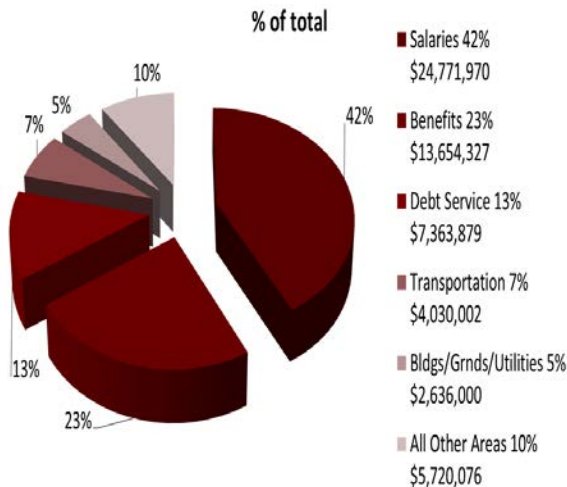




## Budget Highlights: District Efforts to Ensure Fiscal Health

1. Have instituted cost savings of ~\$1.7 million through staffing efficiency, energy conservation, and health benefits restructuring.
2. Have pursued external grant funding totaling ~\$800,000 to support innovation and academic enrichments.
3. Have instituted priority-based budgeting resulting in \$450,000 annually being invested in academic enhancements such as new instructional materials, new courses, payment for all AP exams, and investment in teacher training.
4. Will continue to pursue all cost savings opportunities and revenue enhancing opportunities such as state reimbursement for construction, interim property assessments, transportation, and re-financing debt.

### Summary of Expenditures

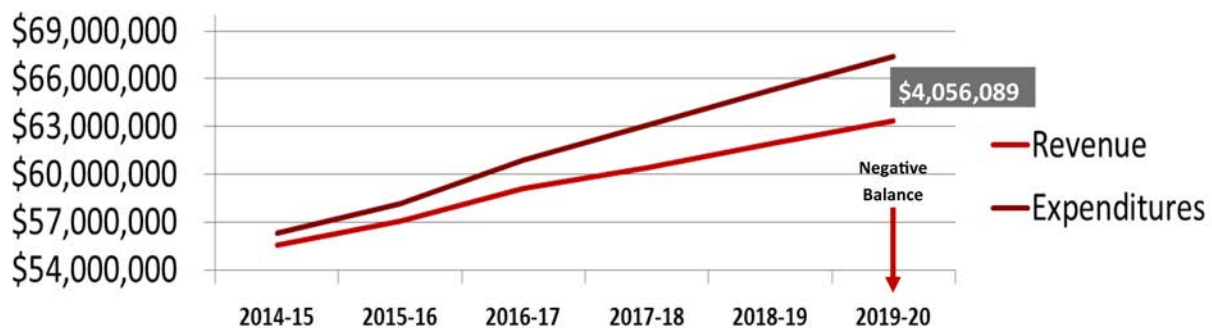


### Retirement Costs

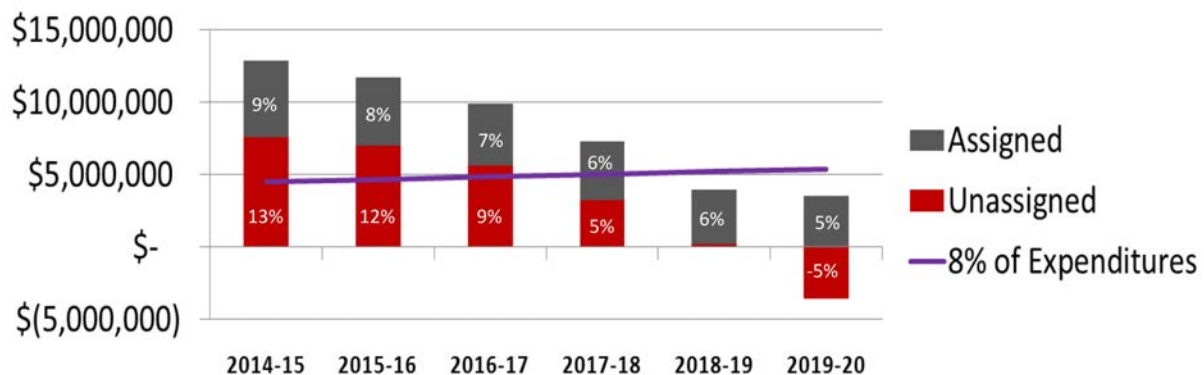
Fiscal Year	Contribution Rate	Gross PSERS Cost
2014-15	21.40%	\$ 5,355,047
2015-16	25.84%	\$ 6,290,714
2016-17	29.69%	\$ 7,562,532
2017-18	30.62%	\$ 8,144,646

Contributions shown do not include estimated 50% state reimbursement.

### Forecasted Deficit with NO Millage Increase



### Fund Balance with NO Millage Increase



An 8% fund balance is recommended for a district's fiscal health.



# West Allegheny receives \$729,128 National Math + Science Initiative grant for College Readiness Program

West Allegheny School District has been selected to receive a three-year \$729,128 college readiness grant through the National Math + Science Initiative. In year one, the District will receive \$228,606. In year two, it will receive \$236,067, and in year three, it will receive \$264,456. NMSI's College Readiness Program strives to elevate the rigor of public education and student performance in STEM (science, technology, engineering and math) related fields. The program utilizes results-based accountability to prepare students for college and careers in a competitive global market. West Allegheny, along with Baldwin, Chartiers Valley, Deer Lakes and Peters Township School Districts, will make up a southwestern Pennsylvania NMSI cohort, with each district awarded individualized funding.

"The NMSI grant award comes as the perfect complement to the vision we have established at West Allegheny to become one of the top performing high schools in the state based on college readiness indicators," said Dr. Jerri Lynn Lippert, superintendent. "We are in great company with the other awarded districts and look forward to benefiting from this very strong southwestern Pennsylvania cohort of AP teachers. Our teachers have been tremendous in their support throughout the NMSI proposal process and are advocates for more of our students experiencing AP courses and demonstrating success on AP exams. With NMSI and our partner districts, we are confident that we will have a significant impact on so many students' college preparedness and persistence."

## Why?

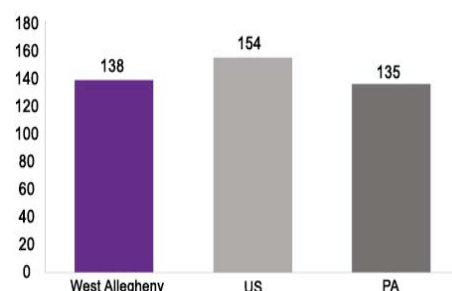
West Allegheny pursued the NMSI grant to:

1. Support the District's priority of academic rigor, equity and excellence for all students by increasing the number of students taking and earning qualifying AP exam scores.
2. Provide more time on learning for students, while also aligning to pre-AP courses for grades 6-10.
3. Remove barriers so students can access higher level courses.
4. Provide teacher support and resources.
5. Benefit from NMSI's reputation of obtaining dramatic increases in student achievement.

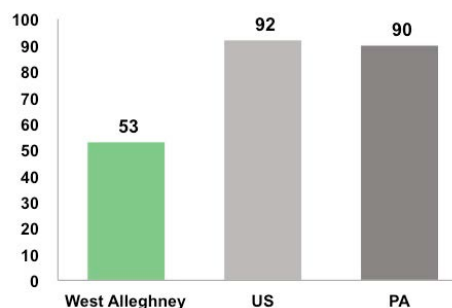
## WA by the Numbers

- In the 2013-2014 school year, 210 of the school's 527 juniors/seniors were enrolled in at least one AP course (40 percent).
- Based on 2013-2014 average SAT scores, WA ranks 48th out of 50 districts in the Pittsburgh region.
- Scores of 3 or greater on AP math, science, and English exams per 1,000

juniors and seniors enrolled in West Allegheny, all U.S. public schools and PA public schools. West Allegheny is below the U.S. average.



- Scores of 3 or greater on AP math and science exams per 1,000 juniors and seniors enrolled in West Allegheny, all U.S. public schools, and PA public schools. West Allegheny is significantly below the state and U.S. average.



The NMSI award provides a capstone to the college readiness work currently underway at West Allegheny High School. The District is committed to focusing on key indicators that prepare every West Allegheny student for the rigors of post-secondary education, whether at college or in a 21st-century career. Although the Keystone Exams are a valuable indicator, and West Allegheny's scores rank fifth in the region, the District is striving to raise the bar and attain a top ranking on college readiness indicators such as SAT scores and qualifying AP scores. West Allegheny High School's work encompasses refining graduation expectations to include four credits in each content area with all students taking progressively more difficult courses throughout their high school years. The high school team also made course modifications to streamline access to AP courses, as well as requiring students to take the AP exam as part of the course. The District's partnership with NMSI is expected to dramatically increase the District's number of students enrolled in AP courses to over 400 students annually by year three of the grant, as well as significantly increase the number of AP math, science and English students earning a qualifying exam score from 70 to over 166.



## Student Opportunities and Support

Through a joint venture, NMSI and West Allegheny School District will provide:

- Substantial academic support and resources to students enrolled in AP math, science and English.
- Saturday student study sessions: three, six-hour course-specific sessions led by a NMSI team of AP experts, with transportation provided.
- \$35,000 for content-specific equipment and supplies.
- West Allegheny will pay all AP exam fees, NMSI will reimburse the District half of the cost of all math, science and English exams. The 2015 College Board exam fee is \$91.
- Students earn \$100 for each qualifying AP exam score, which will also earn the student college credit at most colleges and universities for qualifying exam scores.

## Teacher Support

Teachers engaged in the College Readiness Program will be supported by:

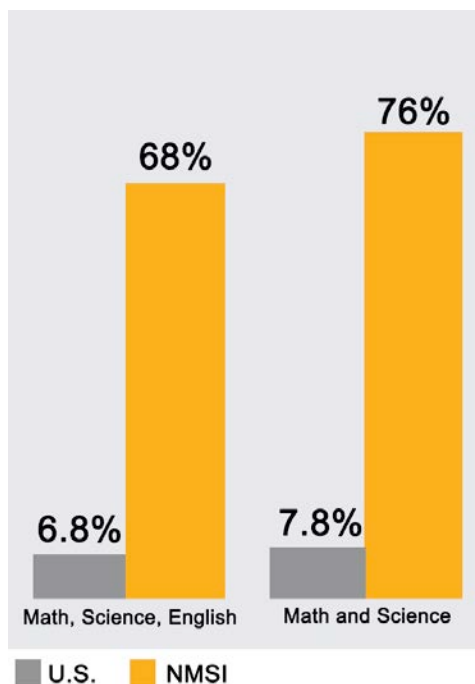
- Rigorous, course-focused training institutes, including four days in the summer, two in the fall and two in the spring. Spring sessions will focus on mock AP exam scoring.
- Collaborative relationships with NMSI mentors and online curricular resources.
- Training for grades 6-10 English, math and science teachers (pre-AP).

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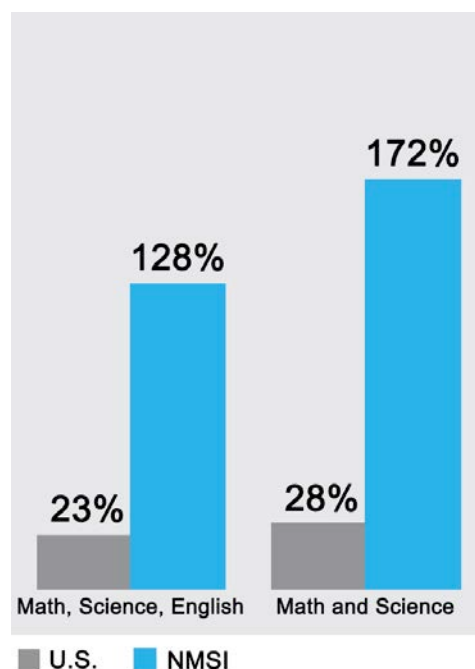
Since the nonprofit's inception in 2007, NMSI's College Readiness Program has produced unparalleled success in expanding the number of students enrolled in AP courses. It has also increased the number of students achieving qualifying scores on AP math, science and English exams by 105 percent over three years. Partner schools demonstrate a 68 percent increase in first-year qualifying exam scores in math, science and English, 10 times the national average. Passing AP exam scores qualify students for college credit at many colleges and universities. This benchmark is a key indicator of college readiness.

Students who master AP courses in high school are three times more likely to persist and graduate from college than their non-AP peers.

### First-Year Increase in Qualifying AP Scores for U.S. and NMSI Schools



### Three-Year Increase in Qualifying AP Scores for U.S. and NMSI Schools





## Dual construction projects underway in District



An architectural rendering shows McKee Elementary School upon completion of construction.

Both Wilson and McKee Elementary Schools are undergoing transformations this summer as the Wilson renovation project nears completion and McKee's gets underway.

With the majority of Wilson classrooms nearly complete, the final phase encompasses the demolition and build out of the gymnasium, kitchen and "collaboratory." When completed, the new gymnasium will feature hardwood floors. A full-service kitchen will allow meals to be prepared on site and the collaboratory will provide an open space designed for multiple class use. Exterior work will include repaving, landscaping and installation of new site lighting along the driveway and in parking lots. The construction timeline is ahead of schedule and Wilson is expected to be completed and ready to welcome students and staff back by the start of the new school year.

The McKee project kicked off mid-May as contractors began work on spaces that would have the least impact on students and classrooms. The District worked with building architects and contractors to adjust the construction schedule, which will allow students to remain at McKee and avoid temporary classroom relocation to Donaldson Elementary. This accommodation will provide the least disruption to students, staff and instruction time, while saving the District substantial transportation costs.

The District is confident that the renovations will provide an inviting learning environment meeting the educational needs of students, staff and community for years to come.

Students study a lesson in one of the new classrooms at Wilson Elementary School.



## Elementary schools receive grant awards

McKee and Wilson Elementary Schools have been awarded grants through the Tablets in Education program run by the Pittsburgh Penguins Foundation. The grants, worth approximately \$8,000 each, will provide Kindle Fire HDXs for application in classrooms.

Wilson Elementary teacher Tania Garofoli was recently awarded a \$900 grant from the PPG Foundation to purchase supplementary textbook resources.

## West Allegheny provides GreenQuest to District families

District administration is excited to announce the availability of GreenQuest, a free online energy tracking tool. The website is a personal energy program that enables community members to track and analyze energy being used by their home or business.

Residents of the District can track their energy use and cost; evaluate energy saving projects; track their carbon footprint; analyze energy use with AccuWeather data; and as an option, obtain an ENERGY STAR building rating (for commercial buildings). The service is completely safe and secure. No confidential user information is entered into GreenQuest. To set up a personal account, utilize the link found on the homepage of the District website at [www.westasd.org](http://www.westasd.org) and follow the prompted directions.

In alignment with District Priority 3, Financial Responsibility and Operational Efficiency, the District continues to follow its energy saving plan, which is expected to provide substantial cost savings over the next five years.

**GREENQUEST**

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## “Chicago” earns seven Gene Kelly Award nominations

The high school earned seven Gene Kelly Award nominations for its spring production of “Chicago” in the categories of: best musical (budget III), best actress (Kaylie Wallace as Roxie Hart), best execution of musical direction, best execution of direction, best execution of choreography, best crew/technical execution and best lighting design. The Pittsburgh CLO’s 25th Annual Gene Kelly Awards were held on May 30 at the Benedum Center for the Performing Arts, where the cast brought the house down with a performance of “All That Jazz.” Although West Allegheny’s production of “Chicago” did not receive any awards at this year’s ceremony, the cast was thrilled to rehearse and perform on the Benedum stage in front of over 3,000 people.

Justin Fortunato served as the show’s director, assisted by Bob Neumeyer as musical director and Rudy Hazen as choreographer. Tom Snyder, arts coordinator at West Allegheny, was the executive producer, assisted by Meagan Bruno as producer. Meagan Bruno, who earned a 1992 best actress award while a student at North Hills High School, along with West Allegheny’s own Ryan Borgo, a best actor winner in 2014, performed on stage in a special opening production that included 35 of 48 winners from the past 24 years.

The Gene Kelly Awards for Excellence in High School Musical Theater recognize and encourage student achievement and focus the attention of the community and school districts on the importance of musical theater and arts education.

## Kehm named Academic All-American

Senior Cameron Kehm earned Academic All-American distinction from the National Speech and Debate Association. This award recognizes students who have:

- Earned a degree of Superior Distinction (750 points).
- Earned a GPA of 3.7 on a 4.0 scale (or its equivalent).
- Received an ACT score of 27 or higher, or recorded a combined SAT score of 2000 or higher.
- Completed at least 5 semesters of high school.
- Demonstrated outstanding character and leadership.



Cameron Kehm

## Middle school show choir earns superior rating at Carnegie Mellon festival

The middle school show choir traveled to Carnegie Mellon University on May 15 to participate in the High Notes Festival. The group earned a superior rating for their performance, which was under the direction of Megan Bruno and Andrew Peters.

The Middle School show choir poses for a picture outside Carnegie Mellon University.



## Eight students chosen for Band Fest West



Students from West Allegheny participating in Band Fest West included Olivia Norris (Donaldson), Sierra Mangan (Donaldson), Eliza Evans (McKee), Connor Dalgaard (Wilson), Melody Dean (middle school), Hope Yoder (middle school), Paige Schmitt (McKee) and Jacob Packer (Wilson).

A group of eight students from the elementary and middle schools were selected to participate in the Pennsylvania Music Educators Association Band Fest West held at Quaker Valley Middle School March 14 and 15.

About 130 fifth and sixth-grade band students from across western Allegheny County came together to practice and perform a concert under the direction of guest conductor Susan Van Arsdale, a retired music teacher from the Seneca Valley School District.



## GOLD program instructs on self-esteem and healthy relationships

Eighth grade students again participated in this year's overnight GOLD program, designed to educate young women about healthy relationships, leadership, body image, self-esteem and wellness. The event was coordinated by middle school teacher Dana McCaskey and guidance counselor Melissa MacNeil.

This year's agenda featured the Duquesne School of Pharmacy HEART program, and special guest presenters Stacie Scheel from the Beaver County Women's Center and 2003 West Allegheny alumna Akirah Robinson. Robinson is a licensed social worker and writer. As a survivor of partner abuse, she now helps women heal from heartache and teaches them how to participate in healthy relationships. Guest speakers collaborated on a presentation emphasizing the importance of self-respect, including recognizing the warning signs of unhealthy relationships.

The program also featured a presentation called Body Image and the Media, which was led by McCaskey and Lauren Siciliano. The two middle school teachers encouraged students to recognize the influence media can have on self-esteem and to reflect on their experiences during a round-table discussion. Students spoke candidly and eloquently about their self-esteem issues while supporting one another in this discussion.

"Not only did the girls learn from their teachers but the teachers learned a lot from the students," noted McCaskey.

The GOLD committee welcomed new teachers Ella Netzel, Claire Bertinet and Samantha Yurelich to this year's event.



Bertinet prepared a healthy eating session where girls learned about nutritious alternatives to common high-fat favorites. They also made granola bars for breakfast in the morning.

Netzel prepared a presentation on "mean Tweets" and appropriate use of social media. Yurelich helped students

explore their artistic side during a colorful tie-dyeing session with Mary Jo Seybert, Bobbi Jo Buggey and Sharon Lepri.

To help students relax, teachers Katie Troup and Lea Hartzog prepared a DIY spa, where girls made homemade body scrub and facial masks using common foods found in the kitchen. Brittany Linsenbigler ran a sunrise yoga session where girls could unwind from the

excitement of the evening.

High school seniors served as "big sisters" to eighth-graders throughout the duration of the night. This year's seniors included Marisa Blashford, Mara Bovo, Rachel Buck, Alyssa Formosa, Kylie Hallam, Emily Hoge, McKenzie Johnsen, Alexis Juzwick, Emily Kiss, Rachel McLaughlin, Kristi Rozum, Mackenzy Sadauskas and Katt Shimp. High school students also prepared a "What Not to Wear" fashion show that covered the "do's and don'ts" of what to wear in various situations, such as interviews, honors night events, homecoming and much more.

The GOLD night could not have been a success without help from additional faculty members who gave up their sleep to support the young women, including Kim Basinger, Megan Huchko, Heather Cozzo, Erin Rakoci, Julie Hahka, Pearl Hellman and custodian Leandra Block.

## Students appreciate Holocaust survivor's life lessons

On May 11, a West Allegheny tradition came to an end when Holocaust survivor Sam Weinreb visited with the sixth grade class for the last time before moving to Boston.

Weinreb has been sharing his life story with West Allegheny students and staff for several years. He has told of his family disappearing, his imprisonment in Auschwitz and his harrowing escape. He has also spoken about his journey to America following World War II and his reunion with a childhood friend who he later married. Students listened attentively, as they recently completed a unit on the Holocaust that taught them the fate of the Jewish people under Nazi rule.

Following his talk, Weinreb participated in a question and answer session with students.

Sixth grade reading teacher Gabrielle Monti arranged Weinreb's visit through the Holocaust Center of Greater Pittsburgh.



Sam Weinreb shares his story of survival.

## Sixth grader scores big in Pittsburgh Pirates contest

Sixth grader Collin Sorba took second place in the 2015 Jackie Robinson Art, Essay and Poetry Contest sponsored by the Pittsburgh Pirates. Sorba's work was one of 18 selected out of 3,800 student entries. Sorba and his family were invited to PNC Park to participate in Jackie Robinson

Day on April 15, when he was recognized on the field in a pre-game ceremony.

Collin Sorba receives an award for taking second place in the 2015 Jackie Robinson Art, Essay and Poetry Contest.





## Booktrotters run away with Battle of the Books



**ABOVE:** The championship team of the Booktrotters was made up of Morgan Pichi, Erica Prologo, Emily Saggio, Ava Pustover and Sierra Mangan.



**LEFT:** Emma Kyle, Emily Nolan, Macy Partyka, Emily Vavrek and Kylie Ye made up McKee's Lady Super Readers.

**RIGHT:** The top scoring team from Wilson's Book Knights was made up of Max Seibel, Madison Jobe, Seth Weese, Rachael Watters and Tyler Alisesky.



Thirty-nine teams participated in the elementary schools' annual Battle of the Books competition this year. The teams, comprised of fourth and fifth grade students, read 10 books each from a selected list and came together in the tournament to answer questions. Champions of the 2015 tournament were the Booktrotters from Donaldson Elementary. The top scoring team from McKee was the Lady Super Readers, and from Wilson the Book Knights.

The competition was organized by elementary school librarians Kathy Denniston, Denise Medwick and Beth Schultz.

## Math 24 challenges fourth grade students

Fourth grade students from all three elementary schools came together to participate in an annual Math 24 tournament held at Donaldson Elementary School on March 25. Claiming the gold medal was Brayden Lambert of Donaldson. Silver went to Ella Sekelik of Donaldson, while bronze went to Kate Miller of Donaldson. Fourth place was awarded to Ethan DeBoth of McKee. All four students will move on to a regional Math 24 Challenge tournament hosted by the Allegheny Intermediate Unit.

Students attend practice sessions throughout the year to prepare for the tournaments. Performance at each school determines who moves on to subsequent

**Winners from this year's Math 24 tournament were:** Brayden Lambert, gold medalist; Ethan DeBoth, fourth place; Kate Miller, bronze medalist; and Ella Sekelik, silver medalist.

levels of competition. Math 24 is organized by elementary Horizons teachers Tom Hamm, Rob Dowd and Beth Koraido.



## Kids of STEEL takes off at McKee

Several McKee students participated in the school's first Kids of STEEL program, organized by teacher Kim Dawson. The exercise and nutrition program is designed to motivate children to pursue quality nutrition and an active lifestyle by incorporating exercise and healthy eating habits into their daily routine. During the four-month training period from January through May, students:

- Earned miles to run the equivalent of a 26.2-mile marathon, culminating in an optional one-mile race held the day before the Pittsburgh Marathon.
- Tried new fruits, vegetables, beans and nuts each week.
- Learned the benefits of setting a goal, training and achieving that goal.
- Tracked miles and food tastings on a training log and turned it in for a finisher prize to recognize their achievements.

Students also had the option to join in morning training sessions held in February and March.



**McKee students and teachers participated in the school's first ever Kids of STEEL program. Participants were (front) Jimmy Hollenberger, Noelle Jumba, McKenzie Lamb, Alicia Stierheim and Abriella Swick and (back) half marathoner Kim Dawson, Cameron Delien, Sara Finnell, Nathan Presutti, Mitch Bertella, Lauren Campbell, Luke DeMaria, and half marathoner Susie Dorman. Students not pictured: Caiden Harbert, Bobby Kartychak.**



## WA students excel at Parkway



NTHS members Alexis Smith, Amanda Markish, Jordan Atkinson, Samantha Atkinson and Nicole Zanella are recognized at a National Technical Honor Society induction ceremony April 21.

Whether in class or competition, several West Allegheny students excelled at Parkway West Career and Technical Institute this year.

Three West Allegheny students were inducted into the National Technical Honor Society for their continued performance. They were Samantha Atkinson, Alexis Smith and Nicole Zanella. They were joined by NTHS officers Jordan Atkinson and Amanda Markish.

After qualifying for the state SkillsUSA competition, senior Amanda Markish finished second in the cosmetology category.

## Spring sports wrap up in post-season competition

Spring sports wrapped up with track, varsity baseball and varsity softball advancing to post-season competition.

After qualifying for PIAA track and field finals in Shippensburg, Skylar Mason claimed a silver medal spot on the podium for his javelin throw of 190'4". Alexis O'Shea claimed a fourth place finish in her signature 800-meter race with a time of 4:12.03 and Lauren Costa earned sixth place for her time of 12.36 in the 100 meters.

Varsity baseball downed section foe Char-Valley, 4-3, in the WPIAL semifinal round to advance to the championship game against Knoch at Consol Energy Field. Despite putting up a tough fight, West Allegheny fell in a 5-1 loss. The team's appearance in the District 7 finals automatically qualified for a first round PIAA state game held June 1.

Varsity softball returned to the WPIAL playoffs and were successful up to and including the quarterfinal round.

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# Health and Wellness Guide

START  
HERE

**Getting in shape** doesn't happen over night.

Neither does living a **healthy lifestyle**. Both take time and dedication. A sense of accomplishment, increased energy and overall feeling of well-being are their own rewards along the way.

Down the road, other rewards include lowering the risks of debilitating medical conditions.

The next seven pages offer tips and information from area experts on subjects ranging from **exercise to nutrition to injury rehabilitation**. Whether just getting started or already committed to living a more **healthy lifestyle**, there's a little something **for everyone**.

## Healthy eating tips

- Eat less fat. Choose lean meats and skim or 1% milk and milk products instead of foods that are high in fat and cholesterol, like whole milk and fatty meats.
- Include high fiber foods by choosing 100% whole wheat bread, fresh fruits and vegetables, and whole grain cereals and crackers.
- Start your meal with a low calorie beverage or soup. This will help you feel full and slow your eating.
- Keep low calorie snacks, like fruits and raw cut vegetables in a prominent spot on your table or in your refrigerator where you will see them when you are hungry. Hide high calorie snacks in inaccessible spots, or get rid of them all together.
- Eat less sugar. Cut down on desserts. Choose water or diet beverages.

GET WELL

Read our complete Health and Wellness Guide at [www.allegheyny.com](http://www.allegheyny.com)

## The three-legged stool approach to a sound workout plan

By Bob Amic, CFT, I.S.S.A.

I use my three-legged stool theory in business, health and life. It's a simple theory about a small stool supported by three legs. The concept is simple: if any one leg is weaker, smaller or broken, the stool will be rendered useless.

Here are my three legs of a well-rounded workout plan:



### Cardio training:

It is well documented that cardiovascular training can help thwart age-associated illnesses, including heart disease, stroke, diabetes and breathing issues, to name a few. Cardiovascular training enables the body's cells to get the oxygen they need to burn stored fats for energy. Neglecting cardio training will, in the long term, hinder overall fitness levels by not properly conditioning the heart to provide the endurance needed for intense exercise.



### Strength training:

Strength training and weightlifting are necessary to develop muscle density, tone and a healthy body mass. Study after study has proven that healthy muscle mass increases the body's metabolism. Adding just one pound of lean muscle burns an additional 20,000 to 25,000 calories per year. Healthy, toned muscle has the added benefit of giving a more shaped and appealing physique. Strength training makes daily activities such as lifting objects and walking up stairs easier, reducing risk of injury by providing joints with necessary muscle support.



### Stretching:

The third component to our stool, and the perfect partner to strength training, is stretching. This one component of good health and fitness is so often neglected or downplayed, but many studies warn of the danger of beginning and finishing a workout without proper stretching. Any time my body feels tight and inflexible, it's a sure sign that I've neglected a few quality stretches. Most people fail to realize that as little as 15 to 30 seconds of stretching of each major muscle is all that it takes to experience increased flexibility and decreased muscle and joint pain.

*Bob Amic, CFT, I.S.S.A. owns and operates Body Systems in McDonald. The gym houses numerous types of cardiovascular, strength and stretching equipment, as well as group classes and certified trainers. Give them a call at (724) 492-1386, check them out online at [new.bodysystemsfitness.com](http://new.bodysystemsfitness.com), or visit them at 106 West Lincoln Avenue.*



## Preparing for an exercise program

By Eric Ringer, director of Rehabilitation Services, Heritage Valley Health System

Consider these tips when preparing for a new exercise program:

- **Don't Rush in.**

If you were inactive over the winter months, gradually progress exercise or activity levels. Progressively returning or beginning exercise or physical activity reduces the risk of injury. Begin with half speed/intensity/frequency, then advance accordingly.

- **Flexibility.**

A side effect of being inactive is that muscles and other soft tissue tighten. As the body becomes active, tissues contract, getting tight and shortened. Proper stretching and flexibility allows inactive muscles and soft tissue to work more efficiently.

- **Use proper lifting techniques.**

Whether exercising or performing yard work, proper lifting techniques and body mechanics are key to reducing risk of injury and overuse. When lifting anything, use your legs and set your stomach. Avoid bending and twisting at the waist. Use the whole body to push or pull, and make sure to have a solid, wide base of support.

- **Breathing.**

Take nice full and deep breaths intermittently throughout the day. This tends to lessen stress levels and prepares you to better exercise and be active.

- **Rest.**

Take adequate rest periods between exercise and activity. Give your muscles and soft tissue a chance to recover and rebuild.

- **ENJOY!**

Take pride and celebrate your accomplishments.

Heritage Valley Health System offers a variety of physical rehabilitation services locally in West Allegheny and Moon Township. Other locations include Beaver, Chippewa, Edgeworth and Hopewell. For more information, go to [www.heritagevalley.org/rehab](http://www.heritagevalley.org/rehab).

## Whether young or old, manage the summer heat to avoid problems that come with it

By Elizabeth Massella, MD, FAAP

Summer's prime time for outdoor play, whether it's organized sports or active fun with the family. Exercising in high temperatures and high humidity though can result in heat-related illnesses, including heat cramps, heat exhaustion and even life-threatening heat stroke. Children are at higher risk for heat illness than adults.

When it's hot and humid outside, remember these tips to protect yourself and children from heat illness:

- **Check the National Weather Service**

at [www.nws.noaa.gov](http://www.nws.noaa.gov) for the local heat index - a measure of temperature and humidity - and guidance on the risk of heat illness. Consider rescheduling your activity when conditions are extreme.

- **Plan activities in early morning and late afternoon or evening**, the coolest parts of the day.

- **Have lots of cold water** and sports drinks on hand.

- **Schedule breaks** in a cool or shaded place every 10 to 15 minutes during any activity that lasts longer than an hour.

- **Make sure children and teens drink three to eight ounces of fluid every 15 to 20 minutes** while they're exercising. Also don't forget hydration breaks for yourself!

- **Know the signs of heat-related illness:** fatigue or weakness, muscle cramps, nausea or vomiting, dizziness, headache, fainting, flushed skin, confusion, elevated body temperature.

At the first sign of heat illness, act promptly! Get the affected person to a cool or air-conditioned place and give lots of cool liquids. If symptoms don't quickly improve, take them to the nearest emergency facility or call 911.

Elizabeth Massella, MD, FAAP, is a member of Weirton Medical Center's Pediatrics and Adolescent Medicine. Massella is a graduate of Yale University and Case Western Reserve University School of Medicine. Her office is located next to the Shop 'n Save in Imperial. She can be reached at (724) 218-1931.

## Lifestyle Tips

By Patricia Dietz, MS

**Exercising with a chronic injury** is not only possible, it is important. A slower progression may be necessary and exercises can be adapted. Stay within your pain-free range of motion, and of course, ask your doctor what exercises to avoid. In addition, a qualified personal trainer can help design a program and adapt exercises.

**The goal of an exercise program** should be to improve flexibility, muscular strength and endurance, cardiorespiratory function, balance, and mobility. Reaching these goals leads to maintaining a higher level of activity and independence for a longer time.

For those who enjoy a game of **golf, tennis, bowling** or any other athletic pursuit, a strength and conditioning program can make the experience more enjoyable and successful, helping extend playing years. Improving fitness parameters improves performance, decreases risk of injury and helps to expedite recovery from the endeavor.

Research indicates that a properly planned exercise program can play a big role in **counteracting the effects of aging** as well as in the prevention and management of chronic disease, illness and injury.

**A proper warm up** is very important before engaging in physical activity, whether it be exercise, sports, yard work, home remodeling and more. Start with a few minutes of moving to get the heart rate increased and muscles warm. Marching or jogging in place works. Arm circles, leg swings, side bends and other movements around a joint can help it "loosen up." Finally, a little bit of stretching and you will be ready to work.

Patty Dietz, MS is an exercise physiologist with both a BS and MS in exercise physiology and over 30 years of experience. She owns Discover Fitness and More, a fitness center in Kennedy Township, where she offers custom programs and personal attention. She has made it her mission to help everyone lead a healthier lifestyle, including the most reticent beginning exerciser, those with chronic medical conditions/injury/pain, and those facing the effects of aging. Her programs are also great for those with limited time and want an efficient and effective workout. Go to [www.discoverfitnessandmore.com](http://www.discoverfitnessandmore.com) to learn more or call (412) 480-5379 to schedule a free meet and greet.



## Trending foods

By: Susan Zikos, RD, LDN, CDE, Outpatient Dietitian/Diabetes Educator, Ohio Valley Hospital

Plenty of the new foods and food ideas popping up on store shelves and in magazines might be new to us, but their health benefits are nothing new. Thanks to research and increased awareness about their benefits, here's a few that are trending now, and why.

EAT WELL



### Kale and Cauliflower:

Besides kale, which is showing up everywhere, cauliflower is another cruciferous vegetable with strong cancer-fighting properties that is gaining in popularity. Roast it, sauté with spices, or even puree it. Because of its mild flavor, you can sneak it into less healthy foods like mashed potatoes and macaroni and cheese to decrease calories and increase nutritional value.



### Dairy Products:

As if organic dairy wasn't enough, the new, best dairy products are now organic, non-GMO, grass fed and pasture raised milk and yogurt. Add in free-range chickens and organic eggs from chickens on an all-vegetarian diet, and you will feel like you moved back down to the farm.



### Seeds and Nuts:

Seeds and nuts are now being touted as the new super foods, and for good reason. There are chia, mung beans, acai and tiger nuts, which come from a flavorful, earthy root vegetable originating in Spain. All have become trendy snacks and ingredients in salads and smoothies, with heart healthy fatty acids. Ancient grains, such as amaranth, quinoa, spelt and freekah are finding their way out of the health food stores and onto peoples' plates.



### Fat:

People are adding fat back into their diets, after a long series of low fat diets. While 84 percent of nutrition experts agree that consumers should replace saturated fat with good fats - like mono- and polyunsaturated fatty acids - many are cooking with olive and canola oil while splurging on some of those traditionally 'bad' fats. Bacon is the tasty fat that started the trend, but butter consumption has been increasing.

### Coconut butter:

This is another fat which will be working its way into peoples' diets. Coconut oil is high in a saturated fat called medium chain triglycerides. These fats work differently than other types of saturated fat in the body. However, research on the effects of these types of fats in the body is very preliminary. As noted in a WebMD article on coconut oil, "Coconut oil has been used in the treatment of diabetes, heart disease, chronic fatigue, Crohn's disease, irritable bowel syndrome (IBS), Alzheimer's disease, thyroid conditions, energy, and boosting the immune system. Ironically, despite coconut oil's high calorie and saturated fat content, some people use it to lose weight and lower cholesterol." In addition, coconut oil is sometimes applied to the skin as a moisturizer to treat psoriasis. Aficionados buy coconut butter and oil by the tub.



### Avocados:

Do not forget the avocado, another high fat food, which has been popular for many years now, especially for salads and guacamole. Most researchers agree that high levels of monounsaturated fat in avocados - especially oleic acid - play a role in heart-related benefits. Avocados provide nearly 20 essential nutrients, including fiber, potassium, vitamin E, B-vitamins and folic acid. They also act as a "nutrient booster" by enabling the body to absorb more fat-soluble nutrients, such as alpha and beta-carotene, as well as lutein, when eaten with avocados. It's a fact proudly noted on the California Avocado Board website.

## Four Basic Steps to Losing Weight

### 1. Log your food intake and portion sizes.

This increases awareness of trouble times when you eat without thinking, or eat more than you think you did. Use paper or an app available on your smart phone, like Lose It, My Fitness Pal, Weight Watchers, My Fitness Calculator, S Health for Samsung and more.

### 2. Get at least 30 minutes of moderate activity each day.

Activity can be spread out into smaller periods of 10-15 minutes. If using a pedometer, try to work up to 10,000 steps each day. Cell phones have pedometers. Check out Accupedo Pedometer, My Fitness Pal, Pacer pedometer. They also have communities to help you stay motivated.

### 3. Don't Go Hungry.

Eat at least three meals each day. Think about your food and enjoy it. Eat slowly and savor each bite with all senses. Pause between bites. Stop eating when you are no longer hungry. Drink water or other calorie-free fluids with meals.

### 4. Build Muscle.

Aim for 20 minutes of muscle building exercises at least twice a week. Muscle weighs more than fat, and muscle burns more calories than fat, "revving up" your metabolism to burn calories, even at rest. Building up muscle is important for strength, balance, endurance and preventing osteoporosis. YouTube has many exercise videos, or make your own exercise plan at [www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life). Become part of the Go4Life Team at the National Institute on Aging at NIH.

## What Makes You Want to Eat?

"Food Cues" make you want to eat when you are not really hungry. Here are a few tips to help resist or reduce food cues.

1. Before you eat, ask yourself, "Am I really hungry, or am I bored, stressed, in pain?" If you are not hungry, do something else to distract yourself from your hunger. Have a list of things to do instead of eating. Go for a walk, do a pleasant task, read a book or meditate, for example.

2. Eat at regular meal times. Do not skip meals or planned snacks. This can make you so hungry that you lose control of your appetite later in the day.

3. Plan snacks. Have lower calorie foods in your refrigerator for the "hungry" times between meals or when you get home from work.

4. Eat only when you are seated at a table. Eat slowly and enjoy your food. Do not do other things while you eat, like watch television or read the paper.

5. Find non-food ways to reward yourself, such as with a manicure, a new paperback, or a walk with your dog.

## Tips for eating out

Most restaurants serve portions that are far too large. Here are some tips for eating out without "breaking the bank" calorie-wise.

- Skip the appetizer, bread and alcohol.
- Split an entrée, or eat half and take the rest home for another meal.
- Order meat baked, roasted, broiled or grilled. Avoid breaded, fried or creamed foods.
- Ask for gravy, sauce and salad dressing on the side. Be aware of how much you eat.



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## Summer Fun Guide

Continued from page 29

## Golf Outings

**Harold and Herb Heinlein Memorial Tournament, July 19**, Ponderosa Golf Club, two-person scramble, \$200 per team, three age divisions, proceeds benefit tournament, Don, (412) 216-4200.

**11th Annual TC House Golf Outing, June 26**, Club at Shadow Lakes, shotgun start **10 a.m.**, \$600 foursome, \$150 individuals, \$35 dinner, corporate sponsorships available, benefits the TC House, (412) 736-5783.

## Networking Groups

**How to Promote Your Business through Networking, Wednesdays 7:15 a.m.**, Eat N' Park on Rt. 60, with the Greater Pittsburgh Business Connection. For over 20 years, the GPBC has been a dedicated group of business professionals committed to expanding their business through professional networking. The GPBC is run and governed by members for members. Its goal is to support each member by furnishing appropriate business referrals. Call (412) 364-6446 x 302, or visit [www.gpbc-pgh.org](http://www.gpbc-pgh.org) for more information.

**Toastmasters International City of Bridges, odd Thursdays, 12 -1 p.m.**, Robinson Township Eat N' Park on Rt. 60. World leader in communication and leadership development. Since 1924, more than four million people around the world have become more confident speakers and leaders through participation in Toastmasters. Toastmasters has something for everyone, from the most apprehensive speakers to professionals. No matter what your career or goals, Toastmasters can help develop communication skills. Guests are always welcome. For more, visit [www.d13tm.com](http://www.d13tm.com).

**Women's Business Network, Robinson Township Area Chapter, first and third Tuesdays, 7:30 a.m.**, Panera Bread meeting room in North Fayette. Advances the presence of aspiring and successful businesswomen by providing personal and professional resources. Meeting agendas include self marketing, business presentation by an individual member, table topic discussion and networking. Call Barb Dull at (412) 608-3616 for more information.

## Killbuck Lodge - CONTINUED FROM PAGE 8

"They will be helping with the joinery work and techniques that are used to marry two logs together," Cochran said. "More importantly, the Scouts are going to be involved with building the furniture. We're going to build from leftover logs to make repurposed furniture and whatever else we need."

The cabin is currently used by Troop 248 both as a meeting place and to store supplies for various outdoor activities. Venture Crew 248, a co-ed, post-Scouts group for young adults, also uses the space for meetings.

"We're hopeful this could be used for a multitude of organizations," Cochran said.

Rebuilding will take place July 15 and 16, and the cabin is expected to be completed by August.

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## It is in giving that we receive

Amber Atkins, 13, loves horses. Thanks to Promises Never Broken, she finally got to brush one. Amber was beaming happy as she did. On a scale of one to ten, she rated the experience at, "A trillion, zillion infinity." Her eyes and smile matched her answer.

Amber was part of two groups who volunteered to work on Stony Hill Farm on Seabright Road in North Fayette on April 25. The day was National Help a Horse Day.

"PNB is really a great opportunity for anyone, young or old, who is interested in being able to fulfill their dream of working/volunteering with horses," says Lori Fergusen, who volunteers at the farm. "We would really like for more people to know about the rescue and to be involved in this unique opportunity."

Sharon Allison started PNB. Allison has been a farrier for 30 years. A farrier skillfully shoes horses and trims their hooves. Over the years, Allison saw the need for a safe place for neglected, abused and unwanted horses, mules and donkeys. Her dream to rescue and provide for these equine became a reality after retired West Allegheny schoolteacher Carol Hendzel said, "Yes." Hendzel owns Stony Hill Farm, which was established in 1974 and once raised llamas. The farm welcomed the Promises Never Broken Foundation five years ago. Now, Allison runs the farm with her husband, Ed, and horses there are treated with kindness. Many have been adopted and found new pastures.

Eight of the volunteers came from the Rennerdale United Presbyterian Church Youth Group. They arrived with Lori and Darren Ferguson. The Ferguson's volunteer at PNB every Sunday. Their daughter, Haleigh, age 13, is the youngest and has been given the title "number one volunteer."

Also volunteering April 25 were Kathy and John Parton. The couple volunteers with their daughter, Grace, on Monday evenings. The Partons', along with Melissa and Bob Rohm, brought a group of 15 volunteers from Crossroads United Methodist Church.

That same day, two adults in wheelchairs enjoyed a visit to the farm. PNB's horses have brightened the lives of disabled and developmentally challenged individuals in the past. Clyde, a miniature horse at PNB and the organization's mascot, is scheduled to make an appearance at a picnic in June sponsored by Partners for Quality. The organization helps individuals with disabilities. Clyde will bring smiles to 300 of those individuals. He will also be making an appearance at McSummerfest.

Veterinarian Dr. Michelle Elgersma also volunteers with PNB. She spends hours with the horses trying to alleviate their aches and pains with acupuncture.

One life that was changed by experiences at PNB was that of Cindy Kimmerle. Already loving her 22 chickens, Kimmerle

longed to have a horse. A friend told her about PNB and the arrival of a new rescue horse. The next day, Kimmerle went and was greeted warmly by folks at the farm. Then she saw a



BY ERMA DODD  
NORTH FAYETTE  
TOWNSHIP  
RESIDENT

quarter horse named "Fancy" who walked right up to her. There was an immediate bond. She knew she wanted the horse.

Kimmerle volunteers at PNB two days per week with Suzanne Lewis. In September, Kimmerle bought Fancy. Her 21-year-old son, who is autistic, has made a connection with the horse. Now, at age 53 and suffering severe Chron's disease that has required multiple surgeries, Kimmerle has a new passion in life. Just recently, she took her first ride on Fancy. Her thoughts as she rode were, "Can die now. I am in heaven."

Kelly Snatchko Godwin and her husband, Tom, vice president of PNB, recently held a fundraiser with some volunteers and raised \$1,500. The money will help purchase a horse run-in shelter for the pasture.

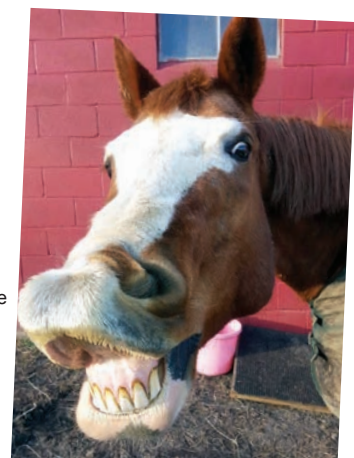
Others in the community do what they can as well. Allegheny Muscle and Massage in Imperial gave free massages in May in exchange for donations to PNB. Local farmers chip in by sharing their hay. Ed and a team of volunteers take bailing equipment to farms to collect it. Last winter, PNB used 3,500 bales and will need even more this coming winter.

Bubbles is PNB's newest rescue horse. Lori took a great picture of Bubbles "laughing." The photo helps anyone who sees it to remember to do the same.

PNB was the cover story in Allegheny West Magazine's February 2012 issue. Read it online at [www.awmagazine.com](http://www.awmagazine.com) by going to the archives tab.

*"Promises Never Broken" is a Commonwealth of Pennsylvania 501(c)(3) nonprofit animal rescue organization dedicated to the rescue and rehabilitation of equines. For more information, contact Sharon at (724) 554-8913 [sharonallison@windstream.net](mailto:sharonallison@windstream.net). View rescue horses on [www.facebook.com/PNBrescue](http://www.facebook.com/PNBrescue). Volunteers are always needed, and donations of any kind graciously accepted, whether it be monetary or in the form of hay, grain, bedding, carrots or apples.*

**From top, clockwise:** Alexandra Kolano interacts with Duke, a rescue horse at Promises Never Broken; Ed and Sharon Allison pose with Clyde, PNB's "mascot;" Bubbles reminds others to live, love and laugh; Haleigh Ferguson and Meghan Miller (at right) laugh as Duke tugs at Alexandra's coat.





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