

Allegheny West

West Allegheny Edition

Volume 18, Issue 105
February/March 2017

FREE Direct Mail Community Publication

M Magazine

Carli's Crusade helps local teen

West Hills Symphonic Band celebrates 50 years

Author pens second and third books set in western PA

New art-house film theater opening in Sewickley



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Inside
Page 27

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Magazine

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Members of the West Allegheny Class of 1966 celebrated their 50th reunion at Celebrations in Imperial on Oct. 1. The previous night, on Friday, Sept. 30, the class attended West Allegheny's Homecoming football game against Kiski Area. Pictured are: (kneeling) James Schollaert, George Boling, Robert Conn, (seated) Mary Ellen Slovick Davis, Janet Davis Holsinger, Shirley Seik Mucha, Karen Turner Digiacomo, Patricia Chatterly Bartlett, Linda Hartzler Bailey, Joyce Heinz Shafer, Donna Kocuba Suchar, Sharon Woolridge Dennis, Sandra Mack Samoville, (first row standing) Caroline Gallo Hadler, David Wilson, Marlene Philips Zappia, Beverly Heindl Kilburg, Doris Crimm Rissi, Amelia Scheer Mori, Susan McAteer Bott, Peggy Chappell Moore, Carole Mikoloski Heitzenrater, Paul Heitzenrater, Linda Trusnovic Baker, Richard Smith, Ruth Noble Nazario, Janet Little, Cynthia Rosenberger Handlovitch, Maureen Couderc Shoup, (last row) Douglas Dillon, Charles Kramer, Melvin Kessler, Wayne Gelston, John Wesley Barrett, Thomas McCullough, Mitchell Wilson, Howard Moore, Robert Semerod, Edward Kislosky, George Jula, Elizabeth Kowalik Ellison and Constance Cummings Carey.

PHOTO BY BILL HERMANN

From the Publisher

Dear Readers,

Thank you for picking up our February West Allegheny edition of Allegheny West Magazine. Once again this month we've brought you lots of interesting news and information on upcoming events taking place across the western Allegheny County communities.

Among those events is a concert that will be taking place March 5. That's when members of the West Hills Symphonic Band will be celebrating their 50th anniversary with a performance at Montour High School. For the past nine years, the band has been playing at West Allegheny High School and it will continue playing there after this show. Montour, though, is where the band started, and hence why they're playing this show there. Be sure to make the trip over for this unique experience. Read more on page 8.

On page 12, read about a new art-house film theater that, at the time of this writing, is just about ready to open in Sewickley. The theater is the only one of its kind in western Allegheny County and sure to be a draw for indie film buffs.

Continuing with our arts and culture theme this month, our writer Jill Bordo writes about two new novels set in western Pennsylvania on page 10. One of those books is set in McDonald. Both books are by Janet Roberts, whose first book, "The Narrow Gate," was also set in McDonald. You might recall Jill reviewed that book in our October 2015 edition.

Be sure to check out news submitted by our readers, starting on page 24, and upcoming library programs and area events, starting on page 40.

Allegheny West Magazine-West Allegheny Edition is published in February, April, June, August, October, and December, six issues a year, Hughey Publications, LLC, P. O. Box 220, McDonald, PA 15057. Mailed and distributed free to residents and businesses in Findlay, North Fayette, Oakdale, Sturgeon, a portion of McDonald, and adjacent areas. Extra copies available at municipal offices, schools, libraries, stores, advertisers, hotels, and businesses. Available by mail subscription for \$15 annually. Story ideas welcomed. Community events and announcements from non-profit groups must be received by the 15th of the month prior to publishing date. Announcements are limited to 30 words and must include a contact phone number. Reproduction of any artwork, photographs, or copy prepared by Allegheny West Magazine is strictly prohibited without written consent of Hughey Publications, LLC. Copyright 1999-2017 Allegheny West Magazine. All rights reserved. Views and opinions expressed by contributors and/or advertisers are the responsibility of the contributors and not those of the publisher of Allegheny West Magazine.



As well, be sure to read the latest official West Allegheny newsletter, WA Today, starting on page 27. In this month's edition, superintendent Dr. Jerri Lynn Lippert writes about two new innovative programs intended to get high school students even more prepared for life after graduation. This month's newsletter also contains an update on an exciting new renovation project at the high school that involves enlarging the pool and making several new upgrades to Joe P. DeMichela Stadium.

Look for our next edition in April, when we'll be a little closer to spring and warmer weather. In the meantime, I hope you have a great start to the New Year.

Doug Hughey,
Publisher and Editor



{Contents}

Carli's Crusade - 6
helps local teen

West Hills Symphonic Band - 8
celebrates 50 years

Author pens second and third - 10
books set in western PA

New art-house film - 12
theater opening in Sewickley

West Allegheny - 27
School District Newsletter

Columns

Around Your Town - 6

Chamber Link - 17

Locally Sourced - 24

Library Programs - 41

On the Horizon - 48

Penned by Erma - 54

ABOUT THE COVER

Ice covers a bush and its berries following an ice storm in McDonald.
PHOTO BY DOUG HUGHEY

Carli's Crusade formed to help local teen battling cancer

A recent outpouring of support by both community leaders and West Allegheny students has provided encouragement to a local young woman battling brain cancer.

Carli Dundas, a senior at West Allegheny High School studying in the veterinary technician program at Parkway West Career and Technology Center, was diagnosed with tumors and bleeding in her brain in early October.

Dundas was at school when she began feeling sick and having difficulty remembering simple things. Her mother, Colleen Dundas, took her to the hospital, where Carli's situation became so severe that she was rushed by ambulance from St. Clair Hospital to Children's Hospital of Pittsburgh. Doctors requested that she be flown by helicopter, but heavy fog that day prevented the flight. Doctors performed surgery in an attempt to remove the tumors but some of the masses were too deep to extract and remain in the lining of Carli's brain.

Following surgery, Carli began six weeks of chemotherapy and radiation treatments. Though unable to attend school, she continued working on assignments from home.

As Carli's father, Richard, and brothers, Nick and Steven Dundas, are firemen at the Sturgeon Volunteer Fire Department, the SVFD wanted to host a fundraising event for the family.

A dance in Carli's honor was held there Nov. 26. Many local businesses and residents contributed to the event, which was attended by roughly 160 people at a cost of \$5 per person. Event planners presold t-shirts emblazoned with the logo "Carli's Crusaders" and sold bracelets with the same emblem at the dance.

All of the food and drinks were donated by friends of the Dundas family and local businesses. Music was provided by disc jockey Andy Taravella and photographer Jeff Poole took hundreds of photographs. A Chinese auction of donated gift certificates and prizes raised additional funds.



Alexandra Yingst (at right) was among those who recently organized a fundraiser for Carli Dundas (at left), a West Allegheny High School student battling cancer.

Candy Ciarmella, whose father, Steve, is a Sturgeon VFD fireman, spearheaded the dance effort for Carli and her family. Candy's daughter, Brianna, and Alexandra Yingst, one of Carli's closest friends, co-hosted the dance. Alex said that the event was a great way for Carli's family and friends to come together in a fun environment to support her.

South Fayette police officer James Hubbard spent a considerable amount of time at the event encouraging Carli and praising her high school supporters for their efforts. Another partner in the crusade has been West Allegheny student resource officer Sgt. Mike Hayes of the North Fayette Police Department.

The following week, on Dec. 2, the three women attended the South Fayette Christmas tree lighting ceremony, where they collected donations and

distributed candy canes with a link to Carli's GoFundMe page.

Alex's father, John Yingst, set up the GoFundMe account for Carli shortly after she was diagnosed. According to Alex, many donations were made on the first day. She said that the group was thrilled when the site reached their initial goal of \$1,500. As of early January, the total amount in the fund was \$8,925.

The link for the site is <https://www.gofundme.com/carli-medical-fund-2vhzs8s>. All of the proceeds go directly to Carli's family. A Facebook page called Carli's Crusaders has also been established to share photographs, information on upcoming events and fundraising ideas.

Carli Dundas will celebrate her 18th birthday Feb. 16. She and her family were recently selected by the Make-A-Wish Foundation for a trip to Atlanta, Georgia. As Carli's dream has been to work in the veterinary field, she chose to visit the Georgia Aquarium, where she will be given behind-the-scenes access. The aquarium is the largest in the Western Hemisphere.

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West Hills Symphonic Band to celebrate 50th year with concert at Montour

On March 5, the West Hills Symphonic Band will celebrate its 50th anniversary with a performance at its very first venue, Montour High School.

The performance, which is free to attend, will feature a mix of professional and amateur musicians from an eclectic range of backgrounds. No less eclectic is the music the band plans to play, including tributes to Aaron Copland and Duke Ellington, marches, a flute solo and a band transcription of an orchestral overture, all of which give a nod to the band's early years.

"Our band has the ability to play an eclectic program because one of our ongoing priorities is to play every piece in character," says principal conductor Clem Rolin of North Fayette Township. "We can transition seamlessly from classical, to Broadway, to marches, to jazz music. We have so many jazz musicians in this band, including our terrific set drummer, that they just kick it, which is certainly not common in most other concert bands."

Many of the West Hills Symphonic Band's members are professional musicians, including some who have performed with the Pittsburgh Symphony. Plenty of others, though, are not. Among the band's ranks are a lawyer, IT analyst, science teacher, school bus driver, school administrator and engineer, just to name a few. Rolin says several members who joined hadn't played their instruments since high school.

What they all share in common, says Rolin, is a passion for music, which is the primary reason why they volunteer their time.

A number of high school and college students also play with the band. Four West Allegheny High School students will be playing at this show: Kress Oliver on tenor sax, Michael Cosnek and Alex Berhosky on trumpet, and Shawn Holl on trombone. The show will also feature students from Peters Township, South Fayette and Montour high schools.

"Our members range in age from high school sophomores to musicians in their 70s," says Tom Snyder, the band's associate conductor. "We like to say, 'All ages, all stages.'"

Snyder says that the main idea behind this upcoming concert's music selections was to capture the essence of the band, past and present. As such, both Rolin and Snyder will be directing marches. Snyder will be conducting the Italian march "Alba Sentimentale," in a nod to the many musicians of Italian heritage who performed in the band's first concert. "Washington Grays March," which was performed during that very first show, gets resurrected for this special event as well. Rolin will also be conducting the overture to "La Gazza Ladra."

"One term you'll hear throughout the band world is 'war horse,'" Rolin says about classical overture transcriptions. "These are overtures that everyone used to play that rarely get played anymore due to their difficulty and directors seemingly preferring newer music. Our members love rehearsing them and our audiences love hearing them!"

Rolin says that Joseph Picchi, the Montour band director who founded the West Hills Symphonic Band and directed that very first concert in 1967, loved classical transcriptions and often performed them with both his high school band and West



Hills community bands. Snyder says Picchi, who played violin, appreciated how orchestral music could be creatively adapted to concert bands.

Montour band director Cyndi Mancini will also be directing a piece in the upcoming concert. In the process, she will be following in the footsteps of a number of Montour band directors who have conducted the WHSB, including Picchi. Mancini, who joined the band earlier this year, will be guest conducting a suite of English folk tunes.

"It has melodies that you've heard before but maybe you don't know where they came from," she says. "Even if you don't know a tune, you'll be whistling it after you leave."

Concertgoers to WHSB concerts can usually expect to hear orchestral pieces adapted for band, many by Rolin himself. Even if familiar with a piece, they may be surprised to hear an entirely different take.

"You can listen to a piece we play and go on YouTube and listen to another band play it, and the interpretation is completely different," he says.

At least one expert agrees. Through a band member, Rolin was able to ask Roger Hecht of American Record Guide to critique a performance of the band's recent performance of Copland's "Down a Country Lane." Hecht gave the recording a glowing review.

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country lane,” writes Hecht in a letter to the band, “and that makes for a surprisingly moving miniature painting in sound.”

Mancini says that many concertgoers unfamiliar with the band will enjoy hearing professional renditions of music that most people have likely been exposed to only through high school band performances.

On the personal side, she says she’s enjoyed the challenge and experience of playing with the band. That has also been the case with Snyder, who started guest conducting and then playing saxophone with the band after it started rehearsing at West Allegheny in 2007. Snyder, a former high school band director at West Allegheny, left that position in 2001 and currently teaches sixth grade band. He is also the district arts coordinator.

“For me, it was just a tremendous, unexpected opportunity,” he says. “I really missed conducting high level music like I did at the high school level...I enjoyed getting immersed in that quality of music again with even more advanced musicians. It’s been really great for me both personally and professionally.”

Being a member of the band can also be a family affair, as the WHSB has included seven husband-wife pairs of member musicians and five parent-son or son-in-law combinations in recent years. Family members performing together is another part of the community band heritage.

“The community band movement has been there since the turn of the last century,” says Snyder. “Every town had its band and many of the professional bands like those directed by the legendary John Philip Sousa did barnstorming tours throughout the country and that was a big deal. They’d do concerts in the

town square, providing rare live entertainment that was extremely popular in those times, drawing huge audiences. Community bands today continue that historic musical tradition.”

Rolin, who was also at one time a band director at Montour, got involved after he started working with the WHSB under Picchi in 1969. When he joined the band, he found himself playing alongside a number of Duquesne University graduates like himself.

Following some short stints with the band, including playing, arranging and conducting, Rolin became more involved in the early 1980s. After retiring from a career that included directing bands at South Fayette and Robert Morris University, he became associate conductor of the WHSB in 2006. He became its principal conductor and music director when Anthony DiIanni handed over the reins in 2009.

Now, Rolin and Snyder work together, using their combined 80 years of band directing experience.

“The challenge for Tom and I is to choose music that continues to challenge the professionals but keeps the amateurs fully in the game,” he says. “We play great literature that is rewarding for the musicians and both enjoyable and uplifting for our audiences.”

No less important is the passion of its members.

“When you can get someone’s passion involved, that just ignites you,” says Rolin. “When you invest your emotions, then you’re dealing with something much deeper than just reading notes and rhythms.”

For more on the WHSB, including upcoming concerts throughout the year, visit www.whsb.org.



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Author with McDonald roots publishes two more books set in western PA

STORY BY JILL BORDO

When author Janet Roberts says that she “speaks for women” in her novels, she also possesses the firsthand experience and accomplishments to validate that statement.

A powerhouse of energy, Roberts could serve as a role model for career women who are always striving to achieve more. When she is not working overtime as a leader in the security awareness field for a Fortune 500 company, the 57-year-old author is either writing, pondering plotlines and character development, or visiting locales to research settings for her next book.

Roberts wasted no time moving on to her second publishing venture following the release of her first book in mid-2015. Set in McDonald, “The Narrow Gate” told the story of a fictitious Belgian family and described specific landmarks in the town. After experiencing some success with readers from southwestern Pennsylvania, Roberts decided to publish a collection of essays written as a gift to her extended family in the early 1990s.

The author describes the stories in this second book as the memories behind “The Narrow Gate.”

“Seven Thin Dimes” is a 35-page book containing 11 short stories of Roberts’ childhood experiences in McDonald. The work is a beautifully written dedication, primarily to Roberts’ grandmother, which has struck a chord with readers, both locally and in other parts of the country.

Conjuring images of simpler times spent on everyday tasks, “Seven Thin Dimes” transports readers to a childhood day in the warm kitchen of a beloved elder or to a Sunday gathering spent with aunts, uncles and cousins.

In the story “Reuse, Recycle, Remember,” Roberts recalls her love of the woven rag rugs made by her grandmother, the late Esther Masquelier. The colorful creations were displayed on the floors throughout Esther’s house.



Janet Roberts
PHOTO BY RUBY RIDEOUT PHOTOGRAPHY

“It was a favorite pastime of mine to question my grandmother about the pieces of fabric in these rugs, guessing where they had come from...a piece of Dale’s outgrown flannel pajamas, a strip of Grandma’s well-worn housedress or apron,” writes Roberts.

The book’s title - which is also the name of one of the stories - refers to the coins given to Roberts and six of her cousins by their grandmother during a summer visit. The seven children spent their dimes at the nearby penny candy store, laboring over the many rows of delectable sweets behind the nose-smudged glass of the display case.

“Seven Thin Dimes” can be ordered on Amazon for \$5 and is available as an ebook at online locations listed on the author’s website at booksbyjanetroberts.com. Roberts also decided to publish the work as an audiobook, choosing an American actress and producer living in Belgium to do the reading. The audiobook can be purchased for \$6 on audible.com.

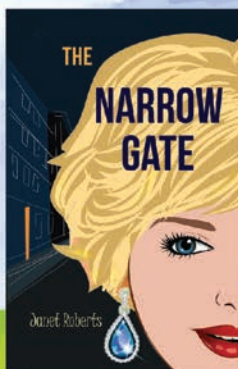
Roberts’ third and most extensive work, “The Leaf Queen,” is set primarily in Ireland and her hometown of Erie. The novel, released last summer, revolves around Dina Benet, a sweet-spirited writer and dreamer who is the product of a traumatic childhood.

Following the drug overdose and death of their mother, Dina and her older sister, Celia, are raised by their formidable but nurturing Irish-Catholic grandmother. Some of the most poignant moments in the book focus on the relationship between the two sisters and their binding dependence on each other.

The book is written from the perspectives of Dina and her sister, Celia, as well as Dina’s egocentric love interest, Luke. When asked how she can write so convincingly from the viewpoint of a self-serving male, Roberts says, “I know that guy. I’ve dated a few like him!”

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"The Leaf Queen" transitions easily between past and current scenarios to tell the story of Dina's life struggles and persevering strength. Two main hardships involve Dina's decision to give a baby conceived while she was a student in Ireland up for adoption, and her battle with cancer.

Though not her specific story, as some readers believe, Roberts drew on her own devastating experiences to give the novel believability and depth.

"I knew early on in my life that I couldn't have children," says Roberts, explaining that "being denied that ability and having to give up that chance" helped her create Dina's pain when giving up her child.

Roberts also gained a new perspective on life after a fight with cancer. During this trying period, the man she was dating chose to betray her, a scenario mirrored by Luke's treatment of Dina. The author has been in remission from non-Hodgkins lymphoma for 18 years and says the experience taught her about being weak before becoming strong.

Roberts chose Ireland as one of the settings for "The Leaf Queen" after she attended a memoir-writing workshop there in 2011. She stayed at a castle in Sligo and, as a local artist gave the writing group a tour of the town, she felt it rising up as the opening location of her book.

There is always a western Pennsylvania setting in Roberts' works, however, as her roots provide the core of her stories. Describing an Erie scene from "The Leaf Queen," Roberts says "I know the smells and the people of those summer church festivals." She adds that, with age, "...you realize how much of who you are is where you come from..."

While living in Erie, the author spent much time at Presque Isle State Park and readers will feel both Roberts' and her heroine's search for answers in the solitude of the beaches there.

She writes, "After setting up the chair, she pulled the blanket up to her chest, its bottom resting in the sand, and closed her eyes, listening to the waves, the gulls, and the rustling beach grass mingling with flapping kites. About five people dotted the small beach, sitting in chairs or on blankets. Each, like Dina, was alone, a tiny island of humanity seeking the private solitude only available this time of year."

Roberts also chooses a houseboat as the place for Dina to spend several weeks recovering from her last chemotherapy session while hiding from Luke. She describes the Horseshoe Pond area of Presque Isle, where people have lived on houseboats since the early 1900s.

"The Leaf Queen" is available on Amazon for \$14 in paperback and \$3.99 for an ebook. Other online purchasing options may be seen at booksbyjanetroberts.com. The author is offering a free audiobook of "Seven Thin Dimes" to the first 10 readers of this article who email her at janet@booksbyjanetroberts.com.

Roberts' fourth book, which is at least a year from completion, will be set in Pittsburgh and Montana. It will focus on a married couple and include a thriller angle with a cyber security insider-threat twist. The author plans to participate in the increasingly popular Beaver County BookFest later this year.

Roberts is a graduate of Temple University and received her master's degree from Edinboro University. She currently resides in Schaumburg, Illinois.



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New art-house film theater opening in Sewickley

STORY BY DOUG HUGHEY
PHOTOS SUBMITTED

Film connoisseurs in the western suburbs will soon have a new theater venue option, thanks to efforts by a Sewickley-based nonprofit.

For the past five years, the Village Theater Company has been coordinating fundraising for construction of a new, \$4 million, two-screen theater and performance space in downtown



This conceptual drawing shows how the theater's façade will look once finished. The courtyard in front of the theater is owned by the borough.

Sewickley. The Tull Family Theater will give area film buffs another option when it comes to viewing first-run, independent films and work produced by the local film community.

At the time of this writing, the theater's official opening is scheduled for Feb. 17, 2017.

"This was an idea initiated by community leaders who looked around and said, 'How can we not have a community cinema?' 'Why do we have to drive across town to see first-run independent films?'" says Tull Family Theater executive director Carolina Beyers. "It's difficult enough for people with financial means, but what about people without?"

The new, 11,800-square-foot theater is located at 418 Walnut Street in the heart of Sewickley Borough. Formerly the site of a car dealership, the lot sat vacant until the borough

extended the theater a 29-year lease that includes options to renew or purchase. Site work began in August of 2015. The theater houses two screening rooms, the larger of which seats 169 while the Huntington Bank Screening room seats 77. A. Martini and Company construction

superintendent Kenneth Houser says the screening rooms have 12-inch thick walls with sound-dampening insulation that further enhances the theater's acoustics. He says that each

area is also built on a separate concrete slab to prevent vibration and sound from migrating to other parts of the theater.

As well, the theater has accommodations for those with disabilities.

"Our accessibility is not just in regard to mobility," says Karen Ferrick-Roman, the theater's director of communication and education. "We have available assistive listening devices and, when films provide, closed captioning and audio description for patrons who have sight challenges."

Beyers says the theater's programming focus will primarily be on independent films. Notable indie films in recent years have included "Silver Linings Playbook," "Zero Dark Thirty," "Manchester by the Sea" and "Birdman." The theater will also show classic films, documentaries, foreign films and films from local filmmakers during festivals.

This past August, the theater hired Jeffery Jacobs of Jacobs Entertainment as its programmer. Beyers says Jacobs is a longtime veteran of the industry and has worked with major distributors and other art-house theaters, including the Manor Theatre in Squirrel Hill and the Bryn Mawr Film Institute outside of Philadelphia.

Because the theater is unique to the area, Beyers says that the theater is expecting to attract patrons not only from Sewickley but also from the surrounding communities.

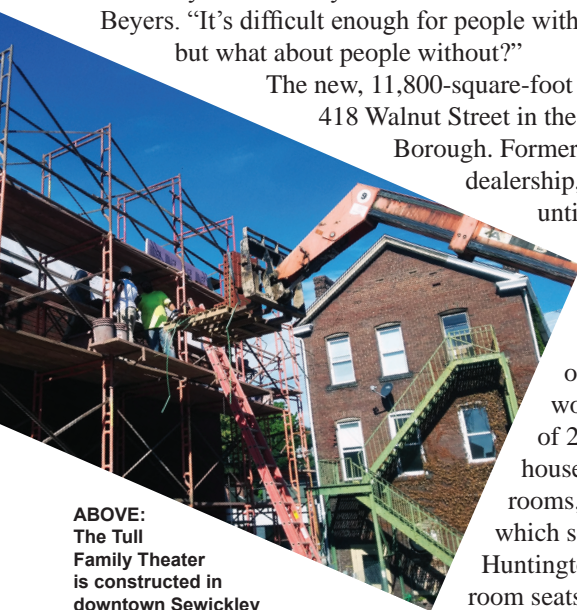
"We really see it as a regional asset that does not just belong to the immediate community," says Beyers. "In order to survive and to thrive, it needs its neighbors, it needs to serve Robinson, Moon, Kennedy, Coraopolis, Beaver and all the west communities."

According to information provided by the theater, the nonprofit started out by first soliciting individual donations from community members. After its fundraising reached the \$1 million mark in early 2015, the theater began searching out corporate sponsorships and foundation support.

In March of 2016, Thomas and Alba Tull of the Tull Family Foundation secured the theater's naming rights. Thomas Tull is the founder of Legendary Pictures and has produced films such as "The Dark Knight Rises," which was filmed in Pittsburgh, and "Jurassic World." He also produced "Straight Outta Compton" and is part owner of the Pittsburgh Steelers.

Ferrick-Roman says that, to date, the theater has secured over \$1.4 million from 400 individuals. Other contributions have come from government and public sources, foundations and corporations. Among them are the Esmark and Bouchard families, who sponsored the Esmark and Bouchard Family Community Room. The multi-purpose room sits at the front of the building with access to a kitchen and a stage for live performances. Rentals will be available.

The theater is continuing to fundraise and is offering tax-deductible donations that include recognition during film series and nametags for seats.



ABOVE: The Tull Family Theater is constructed in downtown Sewickley Borough, in between cafes, restaurants and other amenities. RIGHT: Construction that started in mid-2016 is now in its last phases as The Tull Family Theater prepares for opening.



The nonprofit is also developing a number of educational and senior programs. In December, the theater was awarded a \$15,000 grant from Lincoln Learning Solutions for educational programming. Also at the end of 2016, the theater received a grant from the Allegheny Regional Asset District, which funds public resources such as libraries and parks using Allegheny sales and use tax dollars.

Beyers credits the theater's board of directors with spearheading the idea.



New seats have been installed in both of the Tull Family Theater's screening rooms.

“What started as a grassroots idea five years ago is ready to break onto the arts scene, drawing people of different backgrounds together for culture and entertainment,” says Brian Duggan, president of the theater's board. “The theater will fulfill a cultural void in cinematic arts for communities northwest of Pittsburgh and we couldn't

be more pleased to see the limitless possibilities it will bring to the region.”
For more about the Tull Family Theater, including employment opportunities, go to www.thetullfamilytheater.org.

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Why buy life insurance?

Life insurance can be confusing and it's hard to know what you really need or want; but there are some very good reasons why you need it.

First, it can protect your family and loved ones. If they depend on your financial support, then life insurance is a must since it can help replace your income after you pass. While this is extremely important for young children, it is also important for adults who would find it difficult to maintain their standard of living.

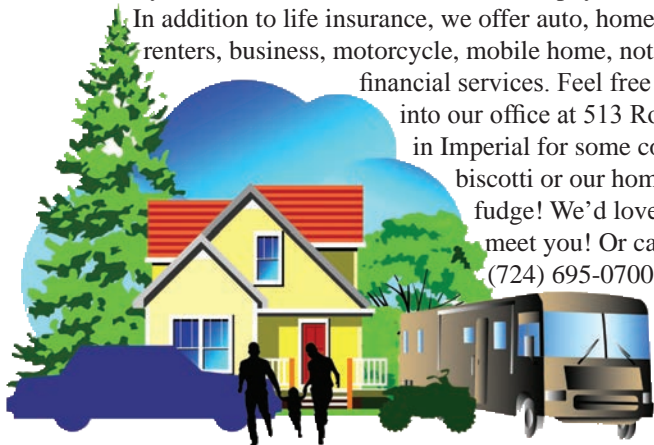
Second, it can be used to create an inheritance if you do not have any assets to pass on to your children or grandchildren. In addition, it can be used to pay off debts and other expenses, such as mortgages, credit card debt, car loans and funeral expenses. Considering the emotional distress loved ones suffer when losing a family member, life insurance can help alleviate the added financial burden.

As well, life insurance can add financial security. All parents want to know that their children will be well taken care of, whether that means getting a quality education, starting a business or getting married. For this reason, it is essential that they have additional financial security. Obviously, no amount of money can replace a person but life insurance can help provide protection from the uncertainties in life.

Most people think that life insurance is for adults. However, it's a great way for parents to protect their children. If your goals are to provide your child with a source of potential funds to be accessed when they get older, help protect their future insurability or keep their premiums as low as possible by starting coverage early. Consider a juvenile policy. Unlike money kept in a savings plan for children, like a 529 college savings plan, a juvenile life policy's cash value doesn't have to be used specifically for education. It can be used by a grown child for other things, such as wedding expenses or starting a business.

The time to get coverage for your child is now. Waiting just a few years to start coverage can be more costly. The earlier you begin, the lower the costs and the longer the policy has to accumulate cash value. An additional bonus is that children who have permanent, cash value life insurance won't have to worry about qualifying for a policy as an adult. A juvenile life policy guarantees future insurability for the child, regardless of their health, lifestyle or residence and is used without a physical exam.

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How to talk with your grandkids about money

SUBMITTED BY ERICA TUIE,
CLEARVIEW FCU

As a grandparent, it's tempting to spend all your extra money on your grandkids and want to help out with the finances as much as possible. Of course, starting a college fund for the little ones is one way to prepare them for their financial future, but it's not always about writing a check.

It's important to understand how the lives of young people today are different than the lives of young people from previous generations. Millennials largely came of age during one of the greatest recessions in history. Many of them graduated college in debt and were faced with unemployment rates higher than they had been in decades, as stated by cheatsheet.com.

According to the Pew Research Center, "A consistent 78 percent of men in the Generation X, Boomer and Silent generations were employed at ages 18 to 33, a share that dropped 10 points to 68 percent among millennial men. In addition, while employment among young women had been increasing with each generation, it dropped six points between Generation X women in 1998 (69 percent) and millennial women in 2014 (63 percent)."

It's a tough time to try to build a life from nothing, and those are just the older grandkids who are already young adults. It will be a while until we really understand how the youngest generation - often referred to right now as Generation Z - will understand money and the economy.

Sometimes the best thing you can do is share some wise words with your grandkids that could stick with them throughout their entire lives. Here are some ways to start the conversation:

- **Tell stories from your own life.** It can be as simple as explaining how you saved for your first car or how you managed when money was tight.
- **Talk about how prices have changed.** Historical context can be interesting to kids, particularly when it involves how inexpensive common goods or brand names used to be.
- **Bring up savings when you give gifts.** Christmas and birthdays can be a good time to encourage your grandkids to save their money gifts.
- **Hire them to help out.** Create opportunities for them to listen and share in money conversations by offering to pay them an hourly wage to do chores around the house. They'll experience the value of a hard-earned dollar all on their own.
- **Listen.** If your grandkids are worried about their financial future, they may need an accommodating ear. Reassure them that you understand their concern, and you'll do what you can to send them in the right direction.

Engaging your grandchildren in money conversations can help them see how you got where you are today. If you have resources to help out, that's just a bonus.



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Mid-year grades have been released. Spring is when juniors take college entrance exams. This is the perfect time to start improving grades and test scores!

"We cannot thank you enough!! When we brought Jayden to you last fall, the teachers were already talking retention in first grade. Thanks to Huntington, Jayden passed first grade and is getting all A's in second grade!"
– C, Jayden's mom

"Since Mikey has been coming to you for his English and Algebra classes, he is a completely different person. He is less stressed, happier and his grades are all A's in school. He was even researching a topic that interests him without being asked and that is a first! We have noticed all of these things, as well as how much more focused he has become. Thank you so much!"
– Joy, Mikey's mom
(Mikey is in 11th grade)

"Huntington Learning Center has been a wonderful tool to help my daughter prepare for the ACT exam. That, in and of itself, warrants five stars. There aren't enough stars to show my appreciation for the care, concern and professionalism demonstrated by the faculty and staff at the center. Green note would read "you are awesome!!" Thank you for this wonderful experience." – Caroline (her daughter increased her ACT score from 24 to 29)

"I just can't even begin to thank you all enough. Yesterday, Zach earned two 20/20 on mixed fraction assignments in pre-algebra. He not only got them all correct, but he did it quickly and without a calculator. What a difference!"
– Carly, Zach's Mom
(Zach is in the 9th grade)

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Great leaders build great teams

At the conclusion of a successful 2016, I contemplated all that happened and why we, as a small business team, were successful. The key reason was my team. We made multiple changes at the end of 2015 and early in 2016 that resulted in a couple of new hires. My focus was on helping them learn the business and successfully “work” together. Our world is about making good matches.

In my early retail career, I focused on accomplishing tasks, or how much work could I get done by working harder and longer than others. I gradually learned it was not all about me, but rather about those who worked with me.

As I managed and guided construction teams across the country, I learned about different communication styles and about the individuals who made up our team of 45. I truly had to understand “them” in order to help “us” achieve common goals.

Fast forward to 2007, when I became a franchise owner of Express Employment Professionals. Selecting individuals who would adopt my work ethic and share my passion of successfully serving others through employment opportunities was critical. Now, my money and success were on the line, and like many new business owners, I made some bad hires.

What did I learn?

1. **You must know the whole person.**
2. **You must care about them, as well as what they want and need.**
3. **You must support their goals in parallel to the business goals.**

Employees who feel connected to a team feel more competent in their job role and leaders play a critical role in making that happen.



BY DEB GRAY, OWNER,
EXPRESS EMPLOYMENT PROFESSIONALS
PITTSBURGH WEST OFFICE

Each year, Express Employment hosts a nationally streamed simulcast, with stars in the field of entertainment and business discussing leadership. The theme of this year’s simulcast, which takes place April 12, is “Great leaders build great teams.” This year’s simulcast will once again feature a lineup of speakers well versed in the essential characteristics of outstanding teams and the role leadership plays in helping them succeed.

Among those speakers this year is Robyn Benincasa, founder of World Class Teams. Benincasa is also a world champion adventure racer, CNN Hero, former corporate sales expert and full-time firefighter who advises organizations on building world class teams of their own.

Benincasa has a marketing background and was previously in corporate sales with Baxter and Allergan. Today, she is a world champion Eco-Challenge adventure racer and founder of the Project Athena Foundation (Survivors to Athletes!). She is also a three-time Guinness World Record Distance Paddler and the proud owner of two metal bionic hips. Benincasa certainly knows a thing or two about creating human synergy, which she refers to as “that magic that allows groups of ordinary people to accomplish extraordinary things together.”

Joining Benincasa for this year’s Refresh Leadership Live are Patrick Lencioni, leadership consultant, speaker, and bestselling author; and Jimmy Johnson, two-time Super Bowl champion coach and FOX NFL Sunday analyst.

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The whole tooth and nothing but the tooth

Six-year-old children can't wait to lose their very first tooth. They dream of a magical tooth fairy slipping a few bucks under their pillow. After a few weeks of an adorable toothless grin, the empty space is filled with a perfectly healthy permanent tooth.

If only this were the case as we get older.

Fast-forward a few decades. Now if little Johnny or Sally lose a tooth, their reaction will be quite different. As an adult, tooth loss can be caused by several factors, and losing a permanent tooth can lead to losing more than just a tooth. With it, we, as adults, can also lose confidence when we smile and our ability to chew food properly. We should not underestimate the importance of our teeth.

A full dentition usually has 28 teeth, not counting wisdom teeth because they are typically extracted due to their location in the jaw. The 28 teeth have to work together as a team. Think of it like a faulty zipper. If one zipper tooth goes astray, the whole zipper doesn't function properly.

Our teeth are designed to aid us in many ways. Without them, it is difficult to pronounce words, chew some of our favorite foods and even smile. When a tooth is lost, it puts more pressure or work on the others. So, as the number of missing teeth increase, the effects on our remaining teeth can be devastating. Tooth loss can lead to increased wear, fractures, periodontal disease, loose or mobile teeth, even the extraction of other teeth.

Now, the big question is, how do we replace these missing teeth without the magical tooth fairy? The answer is simple. Start by consulting with



Dr. Sumana Gangadhar at Family and Cosmetic Dentistry in Imperial to discuss your options. One of the best options available in modern dentistry is dental implants. An implant is a small titanium screw that replaces the root of the missing tooth. After the implant is placed and has healed, a permanent crown is placed. Unlike partials that are removable, cumbersome and at times ill-fitting, an implant is like getting your own tooth or teeth back.

Your next concern is probably the cost. We participate with most dental insurances. As an alternative to private dental plans, our office offers an in-house plan as well as external payment plan options.

Another service we offer is oral appliances for the treatment of sleep apnea. If you are suffering from gasping or choking in sleep, snoring, irritability, morning headaches or are always tired, you may have obstructive sleep apnea. This is a condition where you stop breathing during sleep and it could be due to an obstructed airway. If you have any of these symptoms, or have been diagnosed with sleep apnea and use a CPAP machine, come see us for a more comfortable alternative.

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New pet grooming shop opens in North Fayette

STORY AND PHOTOS SUBMITTED BY AMY'S PET PARLOR

Oakdale resident Amy Viverito opened a new pet-grooming salon in North Fayette this past winter. The grooming shop is located just off the Hankey Farms Exit on Oakdale Road in Aarons Plaza. Viverito is a professional groomer with 17 years of experience and is also the current owner of Animal Elegance in Lawrenceville near the Pittsburgh Zoo and PPG Aquarium.

Amy's Pet Parlor also employs longtime local resident Amy DallaPiazza, who assists in grooming and serves as the manager of the shop. Both DallaPiazza and Viverito have a background as veterinarian technicians, which has helped enhance their knowledge of animal care. Viverito's commitment to the humane care of animals has kept her involved with Animal Care and Welfare, a charitable organization that provides financial assistance for spaying, neutering and placing abused/neglected animals in loving homes. DallaPiazza fosters dogs and cats for multiple rescue organizations prior to their permanent home placements.

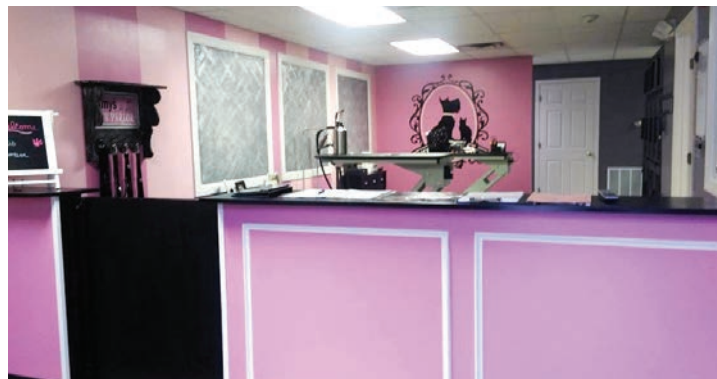
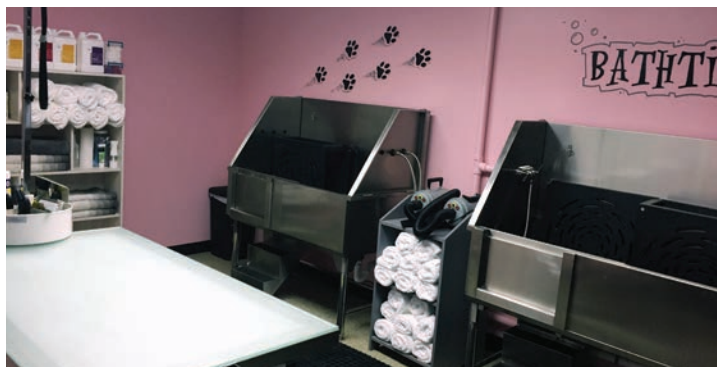
Amy's Pet Parlor features fresh and bright decor, which was designed and created by Viverito's long-time friend, Kevin. The shop is divided into two areas, one for bathing and drying and the other for skillful clipping and scissor work.

Amy's Pet Parlor offers full service pet grooming for dogs and cats of all breeds and sizes. They accept animals with all types of personalities, and do not shy away from dogs or cats that are

elderly, have medical considerations, or behavior problems such as anxiety and aggression.

Standard grooming includes bathing, blow-drying, brushing out, cutting nails, cleaning ears and a haircut. Additional services include a flea and oatmeal bath, de-shedding, teeth brushing, teeth cleaning, soft-claws for dogs and cats, dematting, nail dremeling and special scissor clips.

Hours of operation are Tuesdays and Thursdays from 9 a.m. to 9 p.m. and Wednesdays, Fridays, and Saturdays from 9 a.m. to 5 p.m. Walk-ins are welcome up to two hours before closing times for full grooming and up to closing times for nail trimming. For appointments, call (412) 200-2300.



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STORY SUBMITTED BY JUST VAPE'N
PHOTOS BY DOUG HUGHEY

After managing to quit smoking, local vape shop owner is helping others do the same

Like a lot of longtime smokers, Dan Lutz of North Fayette Township tried lots of times to quit. He tried going cold turkey, and he tried the gum and the patch. He even tried a medication until it gave him panic attacks.

Eventually, he stopped trying altogether, until he read a news article about the chemistry tobacco companies were using to keep their customers addicted. That made him mad.

By then, Lutz had been experimenting with e-cigarettes for a number of years. With the technology continuing to improve, and products becoming more accessible, he resolved again to quit. This time, he stuck with it and hasn't smoked a cigarette since March 3, 2014.

"It took me about two weeks to wean myself off of cigarettes," says Lutz. "Then one day I lit a cigarette and it tasted like burnt cardboard. That was the last cigarette I ever smoked."

Lutz' experience is not unlike that of a lot of former smokers who are turning to e-cigarettes and vaping to quit smoking. In Lutz' case, he became such

not discourage smokers from switching to vaping, saying that it was likely about 95 percent safer than cigarettes.

The report and other research has also suggested that vaping is not increasing smoking rates among young people, as has been feared, but rather is replacing cigarettes among those who do smoke.

Smokers looking to quit can start by vaping with a juice that contains a higher level of nicotine and then wean themselves down to lower concentrations. That's what Lutz did. Once he was off cigarettes, he says he never realized how powerful his addiction had been.

"I quit cold turkey but every day I thought about smoking," he says. "I mean every day I thought about smoking and I don't anymore. When I was smoking it was tough for me to go to a movie theater and sit all the way through a movie."

After quitting himself, and watching his step-grandfather pass away from emphysema, Lutz says he gains satisfaction from helping more smokers quit.

Just Vape'n is open six days a week, on Monday from noon to 7 p.m., and Tuesday through Saturday from noon to 8 p.m. The shop offers a wide range of juices and vaporizers. Call them at (724) 673-3115 and like them on Facebook.



Dan Lutz of North Fayette Township (pictured above) owns Just Vape'n on South McDonald Street in McDonald. The shop and lounge offers a range of vape juices and vaping supplies (pictured above right).

a believer in vaping and the health benefits of it over smoking that he opened his own shop, Just Vape'n, on South McDonald Street in McDonald in September of 2015.

"The main reason I opened was this helped me stop smoking," says Lutz, who worked in another vape shop before starting his own business.

Lutz says that, within a week of quitting, his senses of taste and smell came back. Over the next month, his breathing improved and his chest cleared. He stopped experiencing the random chest pains, shortness of breath and overall feelings of sluggishness that he once did.

"I couldn't taste anything, I couldn't smell anything, but I didn't realize until I quit," he says.

Vaping works by superheating a liquid, or "juice" as its known, to create a vapor that's inhaled by the user. The juice contains four chemicals: propylene glycol, vegetable glycerin, flavoring and, usually, nicotine.

Cigarettes, by comparison, contain about 4,000 chemicals.

Last year, the Royal Academy of Physicians recommended vaping over cigarettes, saying that the health benefits likely far outweigh potential side effects. The year prior, Public Health England recommended that government officials and authorities



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Steubenville Pike Auto Repair Charity donates second car

Steubenville Pike Auto in Robinson Township announced the name of the most recent recipient of its semi-annual vehicle giveaway in December.

Andrew Carnes of McKees Rocks was chosen by Steubenville Pike Auto Repair Charity to receive a vehicle refurbished by Steubenville Pike Auto. SPARC settled on Carnes after learning that the young, hardworking, single parent took a bus with his son to daycare early every morning. Carnes would then take another bus to work and then take yet another bus to pick up his son in the evening.

Carnes was nominated by Rev. Murray of Second Baptist Church on Locust Street in McKees Rocks. Carnes regularly attends services there. SPARC's selection committee chose Carnes because of his inspiring story. Carnes has not let his lack of personal transportation keep him from working and building a better life for himself and his son.

Steubenville Pike Auto presented Carnes with a vehicle Dec. 9 at its used car sales location at 6112 Steubenville Pike in Robinson Township.

"Andrew is another representative of Steubenville Pike Auto's continued mission to give back to the community and change lives one vehicle at a time," explained Jason Pottle, president of Steubenville Pike Auto. "He exemplifies the type of individual that will find a way to succeed no matter what life throws at him and we are grateful to be given the opportunity to help make his life a little simpler."

Pottle notes that SPARC received many worthy nominations.

"It is always a very difficult decision to choose one recipient to receive a vehicle when we realize that there are so many deserving people in need and we take the task very seriously," said Pottle.

Steubenville Pike Auto will give away another vehicle to a deserving individual or family May 29. Nominations for this third vehicle giveaway will be received starting in mid-April of 2017. To nominate someone, visit www.steubenvillepike.com and click on the SPARC icon.

Steubenville Pike Auto was once again aided in its vehicle giveaway by Heroes Supporting Heroes, which graciously paid the taxes and state transfer fees for Carne's vehicle. HSH is a nonprofit organization that supports stable and safe housing for military members and their families, as well as veterans and senior citizens. HSH also provides a variety of support services for

service members' families during times of deployment.

"This partnership with Steubenville Pike Auto helps get a

vehicle to someone who needs it," says HSH president John Lee. "Considering all that Steubenville Pike Auto is doing, covering state taxes is the least we can do."

Steubenville Pike Auto is a five-acre, full service auto business in Robinson Township that was recently honored as the seventh fastest growing business in Pittsburgh by the Pittsburgh Business Times and also by

INC Magazine, which lists it as one of the 5,000 fastest growing companies in the U.S.

For more about HSH, visit www.heroessupportingheroes.org.



For a second time, Steubenville Pike Auto donated a car to help someone in need. Pictured is Steubenville Pike Auto president Jason Pottle (left center) with Andrew Carnes (right center), who was chosen to receive the car. Carnes was nominated by Rev. Murray of Second Baptist (pictured second from right). Also pictured is Pottle's wife, Linda, and Steubenville Pike Auto employees who made the giveaway possible. PHOTO BY DOUG HUGHEY

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Locals bring home multiple world titles and championships from Sport Martial Arts NBL World Games

Students of White Viper Karate in Findlay Township earned numerous honors at the 27th Annual Super Grands World Games, which took place Dec. 26 through 31 in Winston-Salem, North Carolina. The school's students earned a combined six international world titles in professional sport karate competition, including two history-making world overall grand championships and five amateur sport karate international world first-place finishes.

Black belts Colin Rakolta, Bessy Chase and "Hurricane" Hope Chase all earned coveted world title victories, along with Connor McDonald, Colby McDonald and Nick Shoup, who earned a combined five first place championships in under-black belt competition. Brigid Chase II, Ray McDonald, Ryan Vujanovich, Parker Shoup, Julia Karvelis and Timothy Karvelis rounded out this year's team, contributing to the 54 top-eight places that were earned by White Viper.

The NBL is the gold standard in sport karate competition and has been for the past 27 years. This year's competition featured athletes from the across globe, including the U.S., Canada, Russia, Mexico and Guatemala.

"I'm just so proud of our students and what they've accomplished," said Peter Chase, who runs White Viper with his wife, Brigid. "This is really a testament to their hard work."

Among the students competing at this year's competition were Brigid and Peter's three daughters, Hope, Brigid II and Bessy. Hope and Brigid are now also competing in the amateur ranks of Mixed Martial Arts. Late last year, Brigid won her first MMA match and Hope says she intends to enter amateur competition soon.

They say that they have both been studying Korean martial arts for 14 years, as well as boxing for six years. They've been studying jujitsu for three years. Karate, they say, has not only helped them in terms of speed and angles, but also prepared them for the stage of fighting in the MMA.

"Whereas other people might get nervous, we're used to that pressure," says Brigid. "So when we get into the cage we won't have those nerves. We can keep our focus."

Hope and Brigid say they were proud of their younger sister, Bessy, who helped her team win first place at the recent NBL competition. They say Bessy helped her team recover from a deficit by taking advantage of her opponent's frustration and scoring the final four points of the match with a pair of head kicks.



Students at the White Viper Karate school in Findlay Township took home numerous honors from the 27th Annual Super Grands World Games in December. A number of the school's students were also featured on banners at the competition. Pictured with their banners are Brigid Chase II, Hope Chase, Bessy Chase, Ryan Vujanovich, Parker Shoup, Colin Rakolta and Connor McDonald.

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Rotary and WACL partner for Gerry Dulac Charity Golf Classic

The Parkway West Rotary Club recently announced that the 19th Annual Gerry Dulac Charity Golf Classic will help fund a component of the Backyard at the Western Allegheny Community Library, a new outdoor space that will expand the library's current footprint by 1,000 square feet. The Backyard will be a comfortable and inviting community space, complete with patios, multiple seating areas and a grassy lawn.

Started in 1999, the Gerry Dulac Charity Golf Classic has become one of the area's premiere golf events. Funds raised through it benefit numerous Parkway West Rotary Club charities and causes throughout western Allegheny County. Golfers are treated to a full day event, which includes breakfast, 18 holes of scramble golf on one of western Pennsylvania's top private clubs, contests, prizes, a souvenir gift, dinner and an awards program featuring comments and a question and answer session with Gerry Dulac himself.

This year's outing will take place July 17 at Sewickley Heights Golf Club.

"We're excited to partner with the library to help create a new space that the entire community will benefit from and enjoy," said Tom Myl, president of the Parkway West Rotary Club.

Since 1972, the Rotary Club has been supporting community-based projects throughout their service area, which stretches from McKees Rocks through the West Allegheny area. Recent partnerships have benefitted the McKees Rocks, Kennedy Township and Robinson Township communities.



Gerry Dulac

Over the years, the Rotary chapter's golf outing has helped establish partnerships between the Rotary, local nonprofits and municipalities to target funding for community projects. These

partnerships have helped maximize participation in the outing while helping to further and strengthen Parkway West Rotary Club's outreach in those communities. The Rotary chapter is very excited to partner with the Western Allegheny Community Library to fund a component of the Backyard. In addition to creating an opportunity for new library programs, the space will be open to community members who want to enjoy an open-air library experience.

"We are honored to be a beneficiary of the golf outing and have the opportunity to partner with the Parkway West Rotary Club on this event. Our community is fortunate to have a committed service group such as PWRC, which has helped fund so many wonderful resources for the communities they serve," said Amanda Kirby, the library's director.

The library's goal is to raise \$25,000 to help fund construction and purchase furniture and education equipment to bring the new space to life. As of November of 2016, the library had more than met half of that goal and is extremely grateful for the Rotary's support in funding a component of the space while building a partnership that will benefit everyone in the community.

To learn more about the new Backyard at the library, visit www.westernalleghenylibrary.org. To learn more about the Parkway West Rotary Club and the Gerry Dulac Golf Classic, visit www.parkwaywestrotary.com.

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1 Corinthians 13:4

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1 John 4:16

We love because [God] He first loved us.
1 John 4:19

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NFAA gearing up for another season



The North Fayette 12U fast pitch team secured the CVC League Championship last season and a division title. Pictured are players (row one) Hanna Binek, Hannah Parrish, (row two) Lexie Vetter, Alysha Cutri, Madison Jobe, Isabella Marsh, Piper Duncan, (row three) Adrianna Arnal, Katie Pierce, Kaley Joseph and Madison Lucas. Coaches pictured are Mitch Joseph, Jason Cutri and Bob Vetter. Not Pictured are Sophia Weber, scorekeeper Serean Cutri and coach Frank Binek.

The North Fayette Athletic Association is currently gearing up for another season of softball and baseball by accepting registrants for the upcoming spring season. Spring registration is now open at NFAABall.com.

The NFAA comes off an impressive year that saw many teams achieve success at multiple age levels, including the 10U fast pitch team managed by Chris Arnal, which entered the playoffs as the third seed and won the West Division. The minor league baseball team managed by Bob Collins won its league, despite entering the playoffs as underdogs. Jason Cutri's 12U fast pitch team won both the CVC League championship and the West Division title with a 13-1 record. The team defeated previously undefeated Scott Township, 4-1, to win the championship.

The team was led on the mound by an outstanding effort by Alysha Cutri, who pitched a no-hitter with 13 strikeouts in the semi-finals versus Kennedy Township the previous night. North Fayette player Kaley Joseph led the semi-final game off with a home run. Other outstanding offensive players included Lexie Vetter, who had big hits all season long; and Alysha.

Defensively, Hanna Binek played a stellar third base all season. Madison Lucas at first base caught everything thrown her way, while the efforts of both Sophia Weber and Piper Duncan at second base helped lead North Fayette to multiple victories.

Outfielders Hannah Parrish, Isabella Marsh, Madison Jobe and Katie Pierce helped form a wall that only allowed one extra base hit the entire playoffs. The team's last big hit came from a 10-year-old call-up, Adrianna Arnal, who helped seal the championship for North Fayette.

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Tunnel vision takes on an altogether different meaning for the Montour Trail Council



Last year, in order to save hours of work in the spring removing the tremendous winter ice buildup in the National Tunnel at Mile 25 on the Montour Trail, the Montour Trail maintenance crew, headed by board member Bill Capp, boarded up both ends in the late fall. Their hopes were that the temperature in the tunnel would stay above freezing over the winter months, which would eliminate the work required to clear out ice buildup in the spring. Access doors were installed on each end so that trail personnel could access the tunnel for maintenance.

Dennis Sims, president of the Cecil Friends of the Montour Trail and a chief meteorologist for Air Science Consultants, kept close track of the temperature in the tunnel, both before and after it was closed. His records indicated that the temperature in the tunnel never fell below 40 degrees all winter last year.

This year, yet another experiment in the works involves attempting to keep the tunnel open all winter. Vestibules are being added at both ends of the tunnel. Each will be constructed with two rows of hanging strip curtains not unlike the kind used in open warehouse doorways. They will be placed in each of the vestibules. The temperature in the tunnel will continue to be monitored this winter. If it stays above freezing, the tunnel will remain open.

Jesse Forquer is the head of security for the Montour Trail. New trail monitors are always needed. Anyone interested can contact him at jiforquer@comcast.net.

Montour Trail named Pennsylvania's 2017 Trail of the Year

Pennsylvania Department of Conservation and Natural Resources Secretary Cindy Adams Dunn announced Jan. 26 that the Montour Trail in Allegheny and Washington counties had been named the state's 2017 Trail of the Year.

"With a history of support dating back to the late 1980s, and annual user numbers surpassing 400,000, the Montour Trail deserves to be singled out in this fourth year of very special recognition," said Dunn. "Quality, benefits to the region, and a strong volunteer network and multitude of partnerships qualify Montour for this honor."

The trail designation is coordinated by the DCNR's Pennsylvania Trails Advisory Committee to elevate public awareness of the thousands of miles of trails available for public enjoyment in Pennsylvania. In honor of the achievement, the committee and DCNR will work to produce a poster for statewide distribution and plan a public celebration.

"The Montour Trail is deeply honored to be named Trail of the Year," said Ned Williams, council president. "The volunteers have worked tirelessly, for many years, to turn this old rail line into the recreational jewel that it is today. We keep making it better, so that even more people will be drawn outdoors to stroll or travel the trail, and enjoy its striking beauty."



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Few states have felt the power of innovation more keenly than Pennsylvania.

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Of course, no improvement or breakthrough in science or technology takes place on its own. It takes people with strong backgrounds in science, technology, engineering and math - or STEM - to make it happen. To ensure we have such innovators in the future, our school districts need to take action to broaden the STEM pipeline and equip all students with the critical thinking and problem-solving skills they need to excel.

Already in southwestern Pennsylvania, 16 high schools have taken this action by implementing the National Math and Science Initiative's - or NMSI - College Readiness Program. Two Pittsburgh Public Schools - Pittsburgh Science and Technology Academy and Brashear High School - led the way, with support from The Heinz Endowments beginning in 2013. Seven additional schools across five districts launched the NMSI program in the 2015-2016 school year and accounted for 25 percent of the entire state's increase in Advanced Placement qualifying scores in math, science and English. In my legislative district, West Allegheny School District not only led Pennsylvania, but the entire nation with a 544 percent increase in students' qualifying scores in math and science. I am proud to represent these high-achieving students and their forward-thinking faculty and administrators. They are part of a growing community of more than 1,000 schools across 34 states who have partnered with NMSI and seen standout success.

Other school districts in southwestern Pennsylvania now have the opportunity to implement NMSI's College Readiness Program. With a generous \$26 million grant from ExxonMobil on behalf of XTO Energy, NMSI will significantly expand its College Readiness Program to approximately 20 additional high schools, bringing the program's total reach to some 60,000 Pennsylvania students. With this investment, school districts will be able to broaden enrollment in their AP courses and support teacher training and student performance in those courses.

The result will be more children better prepared for the jobs and technological challenges of the 21st century. How important are AP courses? The National Center for Education Accountability has found that when students take and earn a qualifying score on an AP exam, they are significantly more likely to graduate from college.

It is clear that NMSI will help ensure that Pennsylvania graduates young men and women who have the knowledge and skills to create the innovations and technologies that will shape our economy and our workforce in the decades to come. I'm excited about the future for students in my legislative district. I call upon my colleagues in the General Assembly and the high schools they represent to support expansion of NMSI's College Readiness Program in their legislative districts as well.



Rescenthaler's offices now in Robinson Township, Bethel Park

SUBMITTED BY
STATE SEN. GUY RESCENTHALER

State Sen. Guy Rescenthaler, representative of the 37th District, has relocated his two district offices to offer greater access to constituents. His former Moon Township office has closed and his new office has opened at 5996 Steubenville Pike in the Pike Place plaza - formerly named Chiodos Plaza - in Robinson Township. Rescenthaler's new phone number is (412) 788-2967.

As well, Rescenthaler's Mt. Lebanon office has closed and his new South Hills office has opened at 100 Broughton Road in Bethel Park. The new phone number is (412) 831-0250.

"Constituent services is one of my top priorities, and I want to ensure that my offices are located conveniently to serve all area residents," Rescenthaler said. "My staff can provide information on state and local programs and services, assistance with applications for various programs and help in navigating state government. I urge area residents to call or stop in if they need assistance."



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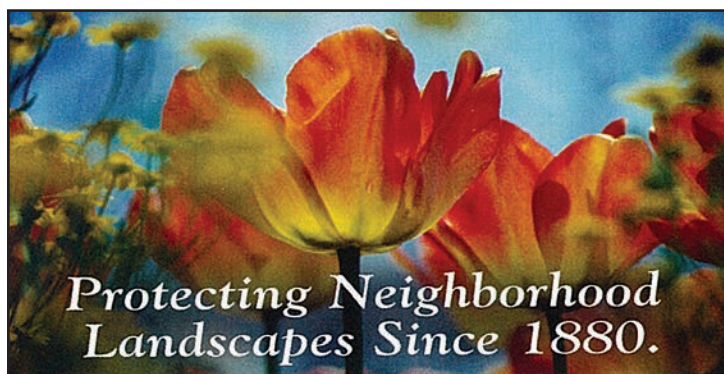
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Students inducted into National Honor Society



National Honor Society inductees gather before the NHS induction ceremony.

Seventy-four students were recognized for their achievements at the annual National Honor Society induction ceremony December 5. To be eligible for membership, juniors and seniors must meet one of two requirements. They must maintain a minimum GPA of 3.75 with at least two honors level classes in ninth grade and two honors level classes in 10th grade. They must also schedule for two AP or 5.0 level classes in 11th and, for seniors, 12th grade. Alternatively, inductees can have an overall QPA of 4.0 or higher. Through required service hours and letters of recommendations, NHS balances its focus on four pillars: scholarship, character, leadership and service.

Those inducted were seniors Netsanet Andualem, Kayla Campbell, Victoria Costa, Angela Dale, Matthew Gardocki, Lorenzo Giacomino, Courtney Hayes, Joseph Honeychuck, Nicholas Kadlecik, Nicole Kadlecik, Chloe Kehm, Christian Milletary, Mackenzie Morgan, Gabriella Morton, Carlos Norman, Brianna Rose, Nicholas Ross, Kali Rossi, Daniel

Shemon, Julia Snodgrass, Kayla Wade and Brooke Wilson.

Juniors inducted were Anden Acitelli, Michael Bagnell, Conner Bartley, Dana Bodnar, Graham Bordo, Tori Brennen, Colin Britt, Noah Brosovic, Lucia Bruschi, Eric Campbell, Michael Chen, Paige Colicchie, Hannah Cook, Alexa Crider, Nathan Cronin, Taylor Cummings, Kaylah Doss, Jacob Eger, Brandon Ferruzza, Hailey Hamilton, Trenton Heh, Veronica Heyl, Christina Jeter, Sierra Lamb, Melina Lynn, Carolyn Macek, Mallory Mahen, Aidan Meier, Kaitlin Mielnicki, Amy Nolte, Madelyn Norris, Melina Opacic, Jessica Packer, Zachary Painter, Miala Palaima, Dominic Patitucci, Emily Price, William Robertson, Rachel Schade, Ashley Seamon, Olivia Shipley, Nicholas Staub, Quincy Sterner, Kolbe Stout, Morgan Swasey, Zehao (Tim) Tan, Daniel Tome, Chancellor Wahl, Mackenzie Walters, Megan Ye, Jennifer Zelesnik and Shalby Zysk.

Lynn Birnie and Lauren Barry serve as faculty sponsors.

#WeAreWestA

District announces athletic complex renovation project

By Kenneth Fibbi, Director of Buildings and Grounds

West Allegheny School is proud to announce an upcoming high school renovation and addition project slated to begin in the spring of 2017. The approximate \$5 million project will be comprehensive in scope and will make much needed improvements to the natatorium (pool), locker rooms, fitness center, auxiliary gymnasium and press box, while adding functional classroom space for the JROTC program.

This is an exciting time at the high school, as the planned renovation and addition project will address many long-standing goals of the facility. Our approach has been to make the best use of our existing facilities while keeping our eyes on the future to meet the needs of students for the next 20 to 30 years. Hayes Design Group, the project architects, and Thomas and Williamson, the construction manager, have worked closely with the school board and District administration to meet the growing needs of the facility, while maintaining a fiscally responsible budget for the project.

The majority of the renovation project is concentrated in the natatorium. The pool will be expanded to eight lanes, aligning to the standards of a modern competitive pool. The renovations will also include state-of-the-art, high efficiency HVAC and electrical systems that will improve the indoor environment for students while saving energy. The renovated space will also increase the size of the spectator viewing area to 290 seats and include a new concession stand. Additionally, the locker room spaces will be completely renovated and will be ADA-compliant.

A two-story, 7,000 square-foot addition will house the new fitness center and a new space for our premier JROTC classrooms on the first floor. The relocation of the JROTC will provide two classrooms on the ground floor of the main high school, allowing for expansion of the STEAM program. The second floor of the new addition will provide 3,300 square feet for a new auxiliary gym and wrestling room. A new, full-service elevator will also make the new design ADA-compliant, allowing access to all levels of the pool, spectator area, new addition and press box.

As well, Joe P. DeMichela Stadium on the high school campus will receive much-needed upgrades. The existing press box will be replaced with a two-story press box that will house a camera deck on the roof of the structure. The press box will be accessible from the grandstands and via the elevator from inside the high school complex. The camera deck will allow for both the athletic and academic video teams to take advantage of newly incorporated

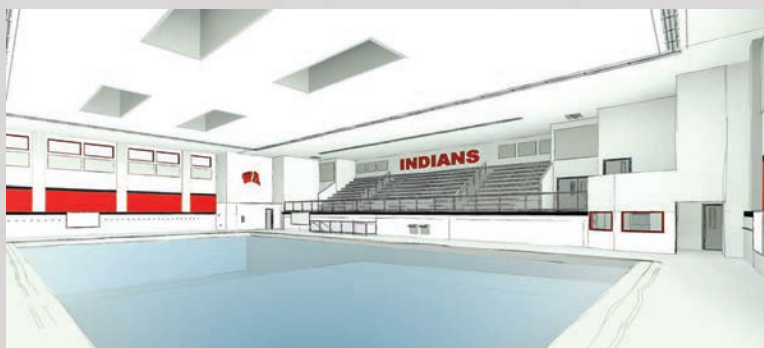
technology to access a new digital video screen scoreboard. The District plans to replace the existing scoreboard with a new one that will feature a 10- by 17-foot digital video display screen, which will be funded by independent sources.

The stadium project also includes track resurfacing and replacing the field's artificial surface with a new multi-use turf using funds remaining from a former high school construction bond. In addition to physical education classes, the West Allegheny athletic complex provides practice and competition facilities for numerous school teams and community organizations.

"We are excited to be able to offer state-of-the-art athletic facilities for our student athletes and community

as well as more functional classroom space for our acclaimed JROTC and growing STEAM programs," said Dr. Jerri Lynn Lippert, superintendent.

Athletic director Dave McBain noted, "The West Allegheny Athletic Department, coaches and student-athletes are excited about the new plans to upgrade our academic and athletic facilities. The enhancements to what are the current homes of our popular educational and athletic programs will give our students and teams the ability to expand their capabilities in achieving success. The aquatic programs, JROTC, football, boys' and girls' soccer, track, wrestling and marching band will all directly benefit from the expansion of the swimming pool/auxiliary gym area along with the competitive surfaces at the stadium. We also anticipate being able to provide more educational and athletic programming with the added amenities in the press box. Overall, the scope of the project reaches both academic and athletic areas that will enrich our students' experiences here at West Allegheny."



#WeAreInnovators&Designers

Superintendent's Message

As part of our Framework for Academic Excellence, Priority #1: Academic Rigor, Equity and Excellence for All Students, one of our most significant targets is to ensure that every graduating senior has a viable post-secondary option and is connected to a career and/or two- to four-year college. Last year at this time, we launched 7 Career and College Pathways to help students focus course selections. This program helps students with their academic planning over multiple years, as that planning relates to potential college and career goals. Our goal is to connect every student to one or more concentration areas.

As we prepare to enter into the scheduling season for the 2017-2018 school year, we are excited to announce two additional academic enhancements that will afford our students even better access to being career

and college ready: (1) access to Parkway Technical Center as a freshman and (2) the AP Capstone Diploma Program. These two exciting opportunities align to the high school's College and Career Pathways and will significantly reinforce student preparedness, helping them navigate a more seamless transition from high school to a post-secondary college and/or career. We will continue to ensure that our students are meeting or exceeding career and college readiness indicators, including access to rigorous coursework, and obtaining a 3.0 GPA and 95 percent attendance. At the same time, students are being afforded access to start their post-secondary education early by earning college credits in high school through dual enrollment options, AP courses and/or career-focused courses at Parkway West Career and Technical Center.

Freshmen will be offered Parkway West Career and Technical Center courses starting in the 2017-2018 school year. By providing earlier access, students will have the opportunity to participate in dual enrollment programs and earn additional industry credentials. For example, cosmetology students who earn their hours required for licensure as a cosmetologist in the first three years could earn their state Cosmetology Teacher's License in the fourth year. This flexibility increases opportunities and culminates with dual enrollment and work-study programs, such as those at Rosedale Technical College, where students earn college-level credit at no cost. This advanced access also offers students enhanced opportunities to complete tasks required for the Pennsylvania Department's Students Occupational and Academically Ready - or SOAR - articulation program. This exciting opportunity allows our freshman to deepen potential connections to career pathways. Parkway West Career and Technical Center offers 14 career

programs, including: auto body repair, automotive technology, building construction, cosmetology, culinary arts, digital media, electrical systems, health assistant, HVAC (heating, ventilation, air conditioning and refrigeration), information technology, masonry, public safety, veterinary assistant and welding.

Secondly, we were recently selected to partner with College Board to participate and offer AP Capstone, an innovative diploma program that focuses on inquiry, research and writing skills that are crucial for college and career success. West Allegheny will join only three other high schools that were selected in Allegheny County, 17 in Pennsylvania and 650 schools nationwide. The program consists of two courses taken in sequence: AP Seminar and AP Research. Developed in direct response to feedback

from higher education faculty and college admission officers, AP Capstone complements the in-depth, subject-specific study of other advanced placement courses and exams. With the addition of the AP Capstone Diploma courses, the high school will offer 20 AP courses to students. Seven of those AP courses will be accessible to sophomores.

Students who earn scores of three or higher on AP Seminar and AP Research assessments, as well as on four additional AP exams of their choosing, will earn the distinguished AP Capstone Diploma. This signifies their outstanding academic achievement and attainment of college-level academic and research skills.

Students who earn scores of three

or higher on both AP Seminar and AP Research assessments only - but not on four additional AP exams - will earn the AP Seminar and Research Certificate, making these students stand out above other students in a very competitive college admission process.

The high school will begin offering AP Seminar in the fall of 2017 with AP Research to follow in 2018. The AP Seminar course, typically taken in 10th or 11th grade, equips students with the ability to look at real-world issues from multiple perspectives. In the subsequent AP Research course, students design, plan and conduct a yearlong research-based investigation on a topic of individual interest, documenting their process with a portfolio. Students build on skills developed in the AP Seminar course by learning how to understand research methodology; employ ethical research practices; and collect, analyze, and synthesize information to build, present, and defend an argument.

We look forward to launching both programs next year and will be providing additional details to students during the scheduling process for 2017-2018.

West Allegheny High School is committed to connecting every student to a viable career and/or college pathway with a multi-year academic plan.

.....
Dr. Jerri Lynn Lippert,
Superintendent

Grants awarded to support West Allegheny students

Several grants have been awarded in support of West Allegheny students at varying school levels. At the high school, the Grainger Foundation donated \$5,000 to The Challenge Program, which in part introduces West Allegheny students in grades 10, 11 and 12 to career opportunities within the community. The program is designed to bridge the divide between education and business by motivating students in five categories: attendance, STEM, community service, academic improvement and academic excellence.

The high school also received a \$500 grant from the United Way's Be There campaign, in support of the District's attendance initiative. An additional \$500 of in-kind materials were donated through the grant to provide rewards for ninth grade students achieving goals in such categories as perfect, outstanding and most improved attendance.

As well, the District was awarded a \$10,000 Performance Grant from the Pennsylvania Department of Education's Bureau of Special Education. The Performance Grant: School Based Behavioral Health (Establishment of PBIS) will support both Wilson Elementary and the middle school in their implementation of School Wide Positive Behavior Support Systems through ongoing programming and professional development specific to both schools.

High school students help launch a partnership with the Grainger Foundation through outreach opportunities.



District to launch new mobile-friendly website

The District is excited to launch its newly designed website, which will go live in February. Following extensive research, eSchoolview was selected as the new web provider, which will allow for more mobile-friendly access. The initial phase of implementation will provide intuitive navigation with Quicklinks for frequently searched pages and streamlined student, parent and staff links. Supplementary features that will launch prior to the 2017-2018 school year will include an online spirit store, digital forms and live streaming of designated events.

The customizable new site reflects feedback provided by students, parents and staff and may still be accessed at www.westasd.org once launched.

Guidance Advisory Committee holds first meeting



The first Guidance Advisory Committee convenes at the high school.

The West Allegheny counseling department convened its first Guidance Advisory Committee meeting in December, which consisted of students, parents, community members and post-secondary partners. Going forward, the advisory committee will provide essential feedback and advisement to the counseling team so they may best support students. The District appreciates the partner involvement and input.

Poster contest showcases student compassion and talent

The Safe and Supportive Schools Committee hosted an anti-bullying poster contest in November. Seventy-five student entries were submitted from all five schools. After much deliberation, the committee announced its winners as:

Amanda Beuchat - WAHS
Rachel Mamula - WAMS
Eva Lutz - Donaldson
Aubrie Ligman - McKee
Kierra Williams - McKee
Jessabella Allen - Wilson

In addition to receiving Barnes & Noble gift cards, these students were recognized at the November 16 school board meeting and will have their framed artwork on display in their respective school.

Administrators and school board members recognize the winners of a District-wide anti-bullying poster contest at their November meeting.



West Allegheny well represented at regional FBLA competition

On December 15, the Future Business Leaders of America Club competed in a regional competition at Keystone Oaks High School. Eleven West Allegheny members competed in various business and communication events. The following students placed and won awards:

- Ron Alano, Alicia Peng and Loren Perry earned third place in marketing.
- Stephanie Berhosky, Hannah Cook and Amir Littles earned second place in entrepreneurship.
- Emily Price took second place in Public Speaking II.

FBLA introduces students to business practices through innovative leadership, career programs and competitions. Lisa Monzo serves as the faculty coach.



Emily Price and Stephanie Berhosky proudly display medals they won at a Future Business Leaders of America competition in December.

Speech and debate team earns highest honor

The high school speech and debate team has earned the Leading Chapter Award in the Pittsburgh District, which is designated by the National Speech and Debate Association. This honor, based on student participation, is the highest recognition awarded. Out of more than 3,000 member schools nationwide, West Allegheny was one of only 110 to receive the Leading Chapter Award.

"The Leading Chapter Award serves as an indication of your dedication to these students and to speech and debate education," noted J. Scott Wunn, National Speech and Debate Association executive director, in a letter to Mike Shaffer, team coach. "Your efforts truly embody our mission to give youth a voice."



#WeAreStudentStrong

Local families benefit from powder puff game

The West Allegheny junior/senior powder puff football game was held November 12 and raised \$2,345 for local families in need during the holiday season. The National Honor Society sponsored the fundraiser, which resulted in an 18-13 junior win.

Lynn Birnie and Lauren Barry are the NHS faculty advisors.

Seniors try to make a comeback in the annual Powder Puff Game in November.



High school to perform spring musical "Thoroughly Modern Millie"

West Allegheny Arts is proud to announce that its spring musical theatre production will be "Thoroughly Modern Millie." The District's 26th annual musical production is set for mid-March, with five shows to be held March 17, 18, 19, 24 and 25. Justin Fortunato returns as the show's director, assisted by Tom Snyder as executive producer, Bob Neumeyer as musical director, Mara Newbery Greer as choreographer and Meagan Bruno as producer. Tickets will be available at www.westasd.org closer to performance date.

A classic Broadway standard musical, "Thoroughly Modern Millie" is a high-spirited 1920s musical romp that had all of New York dancing the Charleston. Taking place in New York City in 1922, it tells the story of young Millie

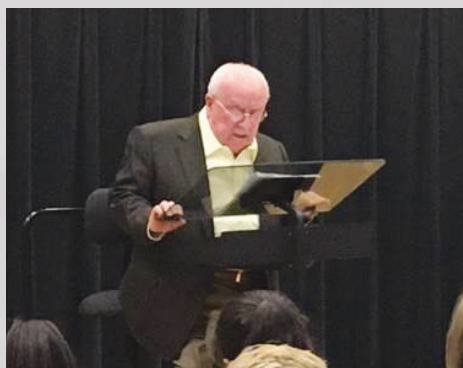
Dillmount, who has just moved to a city full of intrigue and jazz, in search of a new life for herself. Filled with frisky flappers, dashing leading men and a dragon-lady of a villainess audiences will love to hate, "Thoroughly Modern Millie" is a perfectly constructed evening of madcap merriment for families and audiences of all ages.



Based on the 1967 film of the same name, "Thoroughly Modern Millie" showcased Julie Andrews in the title role alongside Mary Tyler Moore and Carol Channing. The film became a box office hit, garnering seven Academy Award nominations. The stage version opened in 2002, winning six Tony Awards, including best musical among 10 total nominations.

Holocaust survivor shares his story with high school students

Students in Dan Prevade's Honors Holocaust and Genocide Studies class welcomed guest speaker Judah Samet on November 21. Samet, a Holocaust survivor who was liberated from Bergen-Belsen concentration camp in 1945, shared his story with students as part of the Classrooms Without Borders program.



Students listen to a presentation by Holocaust survivor Judah Samet.

"Listening to Mr. Judah Samet speak of the unthinkable struggles he survived during the Holocaust is something that will resonate with me forever," said student Gabby Morton. "He survived a living hell, yet he dedicates his life to recounting these horrors to make sure people are educated on what happened decades ago. Although what he went through is unimaginable to anyone who had not experienced it, he told his story in a way that demonstrated how powerful the human mind can be to survive a situation like the Holocaust. He instilled in the audience the importance of courage and persistence, which I will carry with me."

Trent Michaels added, "The events that Mr. Samet recalled during his presentation helps me to further understand the hardships that he and other Jews went through during the Holocaust."

Driving simulation hosted by SADD club

In conjunction with the Allegheny County Pre-trial Services and Team DUI, the high school SADD club hosted a driving simulator November 18. Students were given the opportunity to simulate the activity of driving while impaired and distracted, which are major causes of teen driving accidents.

"It was a great learning experience for the students on being safe and responsible drivers," said Sgt. Mike Hayes, the District's school resource officer.

SADD club hosts onsite driving simulator.



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West Allegheny School District

Students embrace message of "To Kill a Mockingbird"

Ninth grade students in Jen Fox and Stephanie White's English classes recently delved into the social issues portrayed in the novel "To Kill a Mockingbird" as part of the National Endowment for the Arts' Big Read program. One part of the project included attending a play adaptation of the novel at Prime Stage Theatre and meeting actress Mary Badham, who played Scout in the 1940s movie.

The project evolved into an act of kindness project, in which students chose to do a good deed, such as visiting the elderly, collecting and delivering blankets to the Mario Lemieux Children's Home, and making homemade dog treats to donate to animal shelters. Students then documented their projects on video logs - or VLOGS - which were shared with the class.



High school English classes performed random acts of kindness for a program that began with reading "To Kill a Mockingbird."

District welcomes Gold Card Club members to holiday breakfast

Nearly 150 Gold Card Club members attended the annual Holiday Breakfast and Musical Performance on December 9. Following breakfast, guests were treated to the entertaining sounds of the middle school show choir, eighth grade small instrumental ensemble, and the high school brass and wind ensembles. JROTC students acted as gracious greeters by welcoming attendees and assisting throughout the morning. Administrators and board members helped serve guests as well.

The West Allegheny School District continues to welcome new members into its Gold Card Club. Residents who are at least age 60 and live in the District may pick up a gold card at the District office in Wilson Elementary School at 110 Bruno Lane, Monday through Friday, 8:30 a.m. through 3:30 p.m. A driver's license or other proof of age and residence is required.

The Gold Card entitles members to attend all District-sponsored activities for which there is normally a charge. These events include a variety of concerts, plays, science fairs, art shows and regular-season athletic activities. Special events, including a holiday breakfast and a luncheon in conjunction with the spring musical production, are also included in member benefits. Membership does not, however, provide free admission to fundraising events or other activities sponsored by booster organizations.



ABOVE: Gold Card members attend the District's annual holiday breakfast in December. BELOW: Members of the eighth grade small instrumental ensemble perform holiday selections for attendees.



High school students observe open-heart surgery

Sixteen high school students considering a future in medicine experienced a unique opportunity in December when they traveled to Allegheny General Hospital to observe a live open-heart surgery. The patient was an 80-year-old gentleman who was having a bypass, aortic valve replacement and mitral valve repair. As the surgeon performed the procedure, live video streamed into the observation room for a closer view.

"I think it's one of the coolest things I've ever seen," said junior McKenna Pasic. "It's not every day you get to see this person lying in front of you and their heart's just open. This is actually what I want to do."

The students were accompanied by Barb Lecker, school nurse.

Students traveled to Allegheny General Hospital to observe an open-heart surgery being performed.



Eighth-grader wins WAMS geography bee



This year's top 10 finishers in the middle school's annual geography bee were (front) Owen Osborn, second place; Mason Palaima, first place; Jackson Dicesaro, third place; and (back) Gabby Martelli, Evan Heil, Will Douglas, Ella Chandler, Taylor Wilsher, Sean Emmett and Ethan Taranto.

Eighth-grader Mason Palaima claimed first place and seventh-grader Owen Osborn finished as the runner-up during the middle school's annual geography bee January 17. To qualify for the bee, all middle school students took a qualifying exam in December. The top 20 students competed in initial rounds until only 10 students remained.

As the District winner, Mason received a trophy and will take a written test to determine if he will move on to the National Geographic Bee's state championships. World geography teachers Nancy Watkins and Valerie Meehan organized the contest, which was hosted by Jeff Kiser.

Tradition of service continued at WAMS



Students Giana Yellock, Leah Stern, Erica Prologo, Mason Boyd and Troy Sellman helped collect Halloween candy to donate to the West Allegheny Food Pantry in November.

The middle school's 7 Wonders and 7 Ups teams continued their tradition of serving the community in November when students collected and donated extra Halloween candy and snacks. A total of eight boxes were delivered to the West Allegheny Food Pantry in Imperial.

Comedian Craig Tornquist shares more than laughs

Stand-up comedian Craig Tornquist presented his stand-up comedy show "A Funny Thing Happened on My Way to High School" for middle school students and staff December 9. Tornquist used comedy and student volunteers to demonstrate how middle school is a perfect place for students to discover how to turn their unique talents into careers that they will love, and in the process, pursue their dreams. The comedian also challenged students to consider how the decisions and choices they make today will impact their opportunities for future success.

Having performed more than 3,000 stand-up comedy shows, Tornquist has been presented with the Distinguished Service Award by the national Students Against Destructive Decisions and is well known for his ability to relate to teens in a humorous and impactful way.

Student Scott Lafferty volunteers to participate in comedian Craig Tornquist's presentation to middle school students.

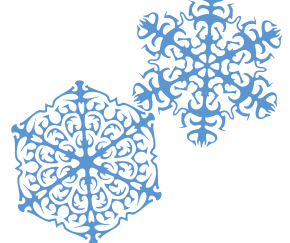


Snowball dance is a huge hit

On December 16, WAMS Student Government sponsored the school's first-ever Snowball Semi-Formal Dance. Over 250 students in attendance enjoyed pizza and refreshments while dancing to the latest hits played by a DJ. A photo booth was also available. It was a great night to celebrate friendship and the holiday season.



Students take a break from dancing at the middle school's first-ever Snowball Dance.



#WeAreTeacherProud

Kindergarten registration underway for 2017-2018 school year

The District has begun accepting kindergarten registrations for the 2017-2018 school year. Parents are encouraged to visit the homepage of the District website at www.westasd.org to register online, preferably by February 15.

Once registered, families will receive additional details, including important dates, forms and immunization requirements. Families will also be invited to attend a parent orientation March 21 that will begin with registration at 5:30 p.m. followed by an information session at 6:30 p.m. at each respective school. Sign-ups for a mandatory student screening will occur during spring orientation and are first-come, first-serve. Registered families should mark their calendars for the following dates:

Donaldson Elementary - April 19

Wilson Elementary - April 20

McKee Elementary - April 27

If unable to attend the orientation, parents should call their school to schedule a screening time.

Parents will receive the student/teacher assignments over the summer and incoming kindergartners will be welcomed at a student orientation at his/her respective elementary school in August.

Holiday fun had by Donaldson Elementary fourth-graders

With the help of parents, instructional aides and English language arts teachers, fourth grade students at Donaldson Elementary engaged in holiday and educational fun in December. The project began with students using sugar cones, icing and candy decorations to create holiday trees. Students then composed imagery poems inspired by their tree designs that were set to the melody of "O Tannenbaum." The poems incorporated the literary devices of alliteration and rhyme.



Students start their holiday project by creating candy Christmas trees.

Wilson Elementary shows appreciation to first responders

Wilson Elementary principal Rachel Gray, along with students and staff, hosted a holiday luncheon for Findlay Township first responders December 20. The school treated attendees to a homemade meal to show its appreciation for keeping students, staff and the community safe.

Wilson Elementary principal Rachel Gray and school secretary Liz Marshall (both standing) welcome Findlay Township police officer Jeffery O'Donnell (at left) and first responders to an appreciation lunch.



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**Celebrate NEA's
Read Across America**

When: March 4, 2017

Time: 11 AM- 3 PM

Where: The Mall at Robinson

Enjoy face painting, crafts,
snacks, and more!

Fall athletes earn honors for outstanding performances

Following a history-making season in fall sports, numerous student-athletes earned section and conference honors for their performances. They are as follows:

Football

Kieran Firment
All-Conference First Team Offense;
All-State
Brandon Lipford
All-Conference First Team Offense
Nick Ross
All-Conference First Team Offense;
All-State
DJ Opsatnik
All-Conference First Team Offense;
All-State
Matt Holmes
All-Conference First Team Defense;
All-State
Brennen Simmons
All-Conference First Team Defense
Anthony Dellovade
All-Conference First Team Defense
Nick Kadlecik
All-Conference First Team Defense
Mateo Vandamia
All-Conference Second Team Offense
Joe Gluzman
All-Conference Second Team Offense
Kenny White
All-Conference Second Team Offense
Zach Hoge
Honorable Mention Offense

Joey Diven
Honorable Mention Offense
Kamren Cornell
Honorable Mention Offense
Will Weber
Honorable Mention Defense

Volleyball

Julia Falcioni
All-Section/All-WPIAL First Team;
All-State
Allison Koester
All-Section/All-WPIAL First Team;
All-State
Morgan Ziolkowski
All-Section/All-WPIAL First Team;
All-State
Ashley Seamon
All-Section Second Team
Katie Martelli
All-Section Second Team
Anne Koester
All-Section Third Team

Boys Soccer

Fletcher Amos
All-Section
Nate Dragisich
All-Section; All-WPIAL
Nate Graziani
All-Section

Girls Soccer

Taylor Goldstrohm
All-Section

Cross Country

Maddie Salek
PIAA Individual State Qualifier



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Ages 3-5,
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Monday-Friday,
\$159



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They sing, They dance,
and They act! This 2 week
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opportunity to learn how
to sing, dance, and act!

Ages 5-8,
July 10-21, 2017,
10am-12pm
Monday-Friday,
\$299



**Broadway Bound
Camp**
This pre-teen and teen
camp consists of dance
classes in the morning and
rehearsals for Thoroughly
Modern Millie in the
afternoon.

Ages 8-14,
July 10-21, 2017,
9am-4pm
Monday-Friday,
\$499

All Camps conclude with a performance of their work!

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ANNUAL CELEBRATION of Excellence

The PAACC hosted its 2017 Annual Celebration of Excellence on Friday, Jan. 20 at the Hyatt Regency Pittsburgh International Airport featuring a keynote presentation by Richard Applegate, partner and head of the Pittsburgh office of Cantor Fitzgerald Wealth Partners, LLC. Below are award winners from the event.



2017 Sally Award Winner

Frank Polito, **COMCAST**
 Presented by 2016 Co-Sally Award
 Winners Melissa Hodge-Caruso and
 H. Rochelle Stachel (not in photo)



2017 Ambassador of the Year

Denise Sinkavich, **DDS Web Design**
 Presented by Ambassador Committee
 Co-Chairs Myles Lilley and Rick George

Sally Haas Scholarship Awards



Aviation/STEM Scholarship

Presented to Dylan Osheka, senior
 at Our Lady of the Sacred Heart
 High School (left center)



Military Scholarship

Presented to Ryan Finnegan, senior
 at Moon Area High School
 (also featured in the above photos are
 Enterprise Foundation Board Members
 Alisa Faulk, Jim Katsafanas and
 Larry Schwartz)

February Milestone Anniversaries

30 years

Coldwell Banker Real Estate
 Community College of
 Allegheny County

15 years

Robert Morris University
 Island Sports Center

10 years

General Rental Center
 Oglebay Resort
 & Conference Center

5 years

Glenn Machine Company, Inc.
 Grossman Yanak & Ford, LLP

New Members

Citslinc International, Inc.
 Debo Moving & Storage Inc.
 Ectobox, Inc.
 Edward Jones

Upcoming Events

February 23 | BizBlast@Noon

Pittsburgh Post-Gazette
 11:30 a.m. - 1:30 p.m.

March 28 | BizBlast@Noon

Western Allegheny
 Community Library
 11:30 a.m. - 1:30 p.m.

March 30 | Mixer with Shakers

Sheraton Pittsburgh Airport
 5:30 - 8 p.m.

April 11 | Breakfast Briefing

Crowne Plaza Pittsburgh West-
 Green Tree
 7:30 - 10 a.m.

Visit paacc.com/events
 to register today.



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Cod Fillet Fish Sandwich \$6.00
Fried Shrimp (8pc) with Cocktail \$6.00
Pierogies (8pc) \$5.00
8 oz. Mac and Cheese \$2.00
12 oz. Fries \$2.00
8 oz. Haluski \$2.00
8 oz. Coleslaw \$1.00
Pt. New England Clam Chowder \$3.50
Qt. New England Clam Chowder \$4.50

All fish comes with ketchup, tartar, and cocktail sauces.
Baked goods on display for sale also.



LIBRARY PROGRAMS & SPECIAL EVENTS

GREEN CLEANERS

Saturday, February 25, 11 a.m.

Embrace your inner mad scientist by mixing up cleaning products from grocery store ingredients. Did you know the first ingredient in most household cleaners is water? That might make you think twice before dropping six dollars on a bottle of name brand cleaner. This class will offer you home-brewed alternatives made of affordable, common ingredients that limit the health and environmental impacts many of many store-bought chemical cleaners.

SOLDIERS & SAILORS MEMORIAL HALL AND MUSEUM: Footlocker Presentation

Saturday, March 4, 10 a.m.

The footlocker program is aimed at educating students of all ages. Museum staff will visit the library to present a program on World War II. This footlocker contains artifacts from the museum's collection, documents and photos that can be handled and passed around by the audience. The presentation will focus on a soldier's life in the war, including the equipment they carried, and what they experienced.

MINOR CHANGES, MAJOR RESULTS: Strategies to Trim Down, Firm Up, and Get Fit

Sunday, March 5, 3:30 p.m.

You don't have to undergo major lifestyle changes in order to generate major changes in your life. Dr. Joseph Luxbacher demonstrates how each of us possess the power to determine our physical destiny. The workshop is appropriate for women and men of all ages and fitness levels who are interested in improving their health and physical status. Learn how to lose weight and keep it off, redefine your physique, strengthen and tone muscles, and improve energy levels. In short, feel better and look younger, and all without exhaustive workouts or wacky diets. Cost is \$10.

REIKI

Saturday, March 11, 10 a.m.

Reiki is healing energy that, when activated, flows from the practitioner's hands and gently moves into all areas of your body to wherever it is needed. With this infusion of energy, your body is able to relax, rebalance, detoxify and regenerate. Reiki is a powerful yet gentle treatment that promotes mental clarity, emotional well-being and physical healing. Join us for this workshop and experience for yourself what Reiki feels like! Presenter Bonnie Lowery is a Reiki master teacher. She has been practicing and teaching Reiki since 1995.

MESSAGES FROM SPIRIT with Jennifer Rowan, Psychic Medium

Sunday, March 12, 1:30 p.m.

As a psychic medium for the past 11 years, Jennifer Rowan has dedicated her time to providing guidance and healing to people by connecting them with their departed loved ones, angels and spirit guides to bring messages of comfort and peace during their time of grieving and to help them through life's challenges. A group reading will give attendees an opportunity to receive a message from departed loved ones in a group setting. While not everyone will receive a message, many times a spirit will provide the same message to others by giving names, descriptions and other references, which may resonate with you. Messages may also touch on other life areas (relationships, careers, health, etc.). Program fee is \$30.

PETS AT THE LIBRARY: Fun for the Whole Family & Furry Friends!

Sunday, March 12, 2-3 p.m.

Ever wanted to show off your awesome, furry, feathery or scaly friends? Now's your chance! Bring your adorable pet to the library and let's celebrate how amazing our pets are together. Make sure that you bring a leash, aquarium cage or other form of safety containment. Also be sure to have a copy of your pet's current vaccinations. We hope to see you and your pet for a fun-filled afternoon!

For more information on all programs & events, visit www.WesternAlleghenyLibrary.org or call 724-695-8150.

ONGOING PROGRAMS

ADULT

"Who Done It?" Book Club

First Mondays, 6:30 p.m.

Bookworms

First Wednesdays, 1 p.m.

Forever Fiction

Third Mondays, 6:30 p.m.

Anime & Manga Club

Fourth Tuesdays, 6 p.m.

Pinterest Playground

Fourth Tuesdays, 6 p.m.

Cookbook Club

Thursdays, 6:30 p.m.

Feb. 16, March 23, April 20

TEEN

Geek Club & Teen D&D

Alternate Tuesdays, 4:30 p.m.

YOUTH & FAMILY

Baby Circle Time

Wednesdays, 9:30 a.m.

Toddler Storytime

Wednesdays, 10:30 a.m.

PJ Family Storytime

Wednesdays, 7 p.m.

Preschool Storytime

Thursdays, 10:30 a.m.

Location:

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Sunday: 1 p.m. – 5 p.m.



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Baseball and Softball for ages 5 -18

NFAABall.com

Deadline to register is February 28th

Ready to Play Ball.....

Mind and Body Series

Stress-free healthy living is something we all want and need in our lives. We are offering a series of classes to help achieve that goal. Please join us for one or all of these programs!!

MANDALA WORKSHOP

Thursday, May 4, 6:30 – 9 PM, Findlay Township Activity Center, Upper level
Learn to draw and paint your own mandala! Join Mara Carlini, MSOAM, LAC., co-owner of the Mindfull Living Wellness Center in Wexford, as we explore the process of art

as meditation, and also how the finished product (the mandala itself) can be used as a meditative tool. We learn to make mandalas with a positive intention so they transmit positive energies to those who view them. We find out why mandalas increase concentration and promote balance, and we examine the meaning of mandalas in cultures all over the world.

All supplies are included. All levels of artistic ability welcome - Templates and blank pages are available for you to create your mandala at your own pace! Please call (724) 695-0500 x 246 to register by April 27. COST: \$25 per person. Checks payable to Findlay Township.

Mandala Designed by Visnezh - Freepik.com

"BACKYARD HEALING" Informational Workshop

Wednesday, April 26, 6 – 7:30 PM,

Findlay Township Activity Center- Upper level

Join mother and daughter proprietors of Earth-Keepers Apothecary, Jade and Stacy, at this workshop about the healing herbs in your own backyard. Jade and Stacy have always been in love with all things natural and of the earth. As a young mother and child, they have spent much of their off time in the woods and surrounding areas looking for and learning about what nature has to offer. Now Jade is bringing that same love to her young sons.

They have spent years finding natural alternatives to keep themselves and their families healthy. With all their good results, they decided to start a business to help others do the same. The website, www.EarthKeepersApothecary.com, is still under construction, but you can contact them thru Facebook or by text (Jade & Stacy (412) 418-3043)! Hope to see you there!

Please call the Recreation Department (724) 695-0500 x 246 to register for this great event!!
COST: Free - "donations are welcome"
PLEASE CALL AND REGISTER BY APRIL 21ST

YOGA

Join Master Julia Harvey from the Imperial Tang Soo Do School in one of these classes held at the lower level of the Findlay Township Activity Center. Register by calling (724) 695-0500 x 246.

YOGA for Beginners (and Beyond)

Fridays, 6:30 – 7:30 PM

Have you ever wanted to try yoga, but thought... "I'm not fit, I'm not flexible, I'm too old, and it's too expensive?" Time to stop with the excuses and come give yoga a try. Yoga can be great for everyone for many reasons.

Exercise, stretch and meditate. Come and join the group and find out for yourself what a benefit yoga can be for your whole body and at a reasonable price! COST: \$5 a class.

SENIOR YOGA AND QI GONG

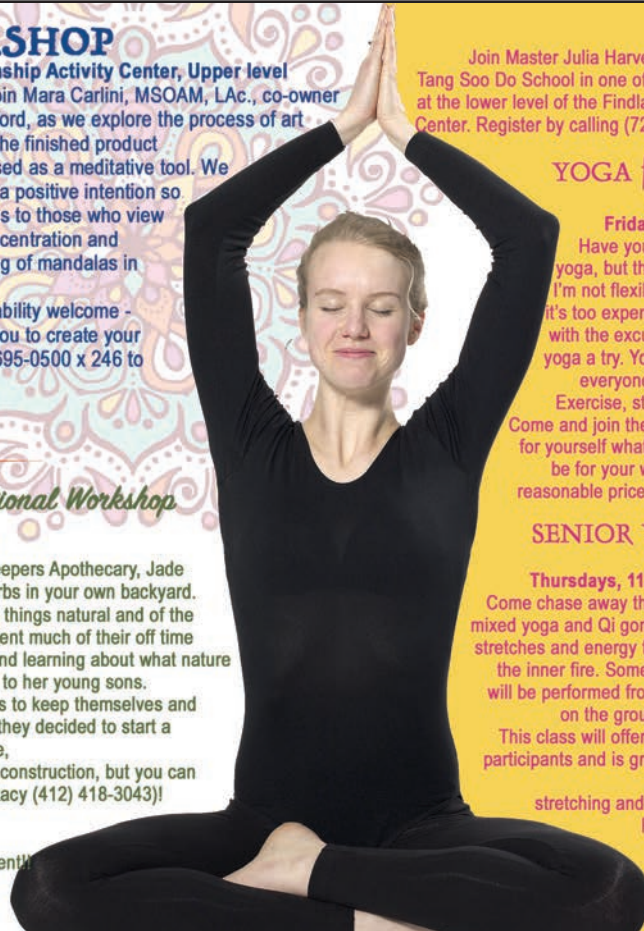
Thursdays, 11:30 AM – 12:15 PM

Come chase away the winter chill with a mixed yoga and Qi gong class. The gentle stretches and energy flow are sure to fuel the inner fire. Some stretches and flow will be performed from a chair or seated on the ground, some standing.

This class will offer mixed levels for all participants and is great for older adults.

Come out and get stretching and breathing together.

For information call, (724) 695-1976 or email Info@idtsd.net.
COST: FREE





PWCTC Fish Fry, Fridays in March, 2-6 p.m., take out only, call ahead: (412) 923-1772 x 152, see page 39 for menu.

"Thoroughly Modern Millie," March 17, 18, 19, 24, 25, West Allegheny High School production, high-spirited musical romp set in 1920s New York City, check www.westasd.org for ticket information, see page 31 for more.

Bowling for Dollars, March 19, 1 p.m., Noble Manor Lanes, includes beer, food, shoes and three games, Chinese raffle, 50/50, head pin action, \$50, sponsored by Parkway West Rotary, www.parkwaywestrotary.org, (412) 596-1602, register by **March 5**.

Ohio Valley Hospital Diabetes Day, March 28, 9 a.m.-1 p.m., free testing, foot exams, educational sessions, vendors, free samples, cooking demonstrations, (412) 777-6205, see page 7 for more.

Montours Presbyterian Church Soup 'n Salad Supper, April 1, 4-6 p.m., many varieties of homemade soups, salad, desserts, Mancini's bread, \$9 adults, \$5 children ages 5-10, ages 4 and under free, 3151 Montour Church Road off Tonidale Exit, (412) 787-1050, www.montourschurch.org.

Heritage Library

Enjoy books, DVDs, the computer lab, free WiFi and a children's area featuring kindergarten readiness Play K kits and Wee Build Blocks.

Story Time Sessions, Fridays, 10:30 a.m., registration required.

WCCF Penguin Ticket Raffle, chances for four Penguin tickets for the **March 26** game versus Flyers, \$5/ticket, drawing **March 10**, benefits women and children through WCCF.

Tail Waggin' Tutor, call to schedule a time in the evening for a reading session with a therapy dog, builds a beginning reader's confidence.

Family Fun Night, Feb. 15, 6-7:30 p.m., registration required.

AARP Tax Assistance, through April 13, AARP Tax Assistance for Seniors and Low Income Families, **Thursdays, 10 a.m.-3 p.m.**, registration required.

Baseball/Softball Leagues and Camps

Oakdale Youth League, Feb. 28 registration deadline, ages 5-18, www.leaguelineup.com/oyl.

North Fayette Athletic Association, Feb. 28 registration deadline, ages 5-18, NFAABall.com, see page 40.

West Allegheny Youth Baseball Camps, hitting camp, **March 4**, pitching/throwing camp, **March 11**, fielding camp, **March 18**, instructed by varsity and JV WA baseball coaches, \$40/each, **\$100/all if registered by Feb. 25**, www.leaguelineup.com/wabaseball.

Washington County Master Gardeners Programs

Courthouse Square, 100 West Beau Street, Suite 601, Washington, PA 15301. To register for an event call (724) 224-6881. Washington County Master Gardener Horticulture Hotline: WashingtonMG@ag.psu.edu.

Spring Gardening Seminar, April 1, 9 a.m.-1 p.m., 8 a.m. registration, Washington County Fairgrounds, speakers: Betty Robison - "Diagnosing Diseases," Jessica Graves - "Herbal Plants and their Uses," Gabi Hughes - "Milkweed and Monarch Biology," silent auction, door prizes, gardening marketplace, benefits Washington County Master Gardeners, \$25.

Composting Program, April 22, 10 a.m., Children's Garden across from the Washington County Fairgrounds, bring chair, receive bucket of compost, \$10.

John White House Plant Sale, May 13, 9 a.m.-3 p.m., John White House, Washington County Fairgrounds, vegetable, perennials, annuals, grown and donated by Washington County Master Gardeners.

Children's Garden Program: "Bird Feeders," May 16, 6 p.m., Children's Garden across from Washington County Fairgrounds, activities for children and take-away item, \$5/child.

Western Area YMCA

195 Montour Run Road Coraopolis, 15108
(412) 787-9622, www.westernarea-y.org

Volunteers and Coaches needed, contact Mike Lucente, (412) 779-0230.

Adult or Junior Indoor Tennis, Youth Soccer, and Lacrosse Classes, available now through April, call to register.

Afterschool childcare, spots still available

Kids' Summer Camp 2017, contact Annamarie for details: acasciato@ymcapgh.org.

Breakfast with the Easter Bunny, April 8, 9 a.m., fun-filled event for the entire family, food, games, crafts, more, register at welcome center prior to arrival, (412) 787-9622.

Healthy Living Dance Classes, \$5 non-members/\$2 members

Belly dancing class, fourth Saturdays, 10:30 am.

Social dance, second Fridays, 6:30 pm., have fun and learn a few basic ballroom dances.

We'd like to hear from you!

As a neighborhood based and community focused publication, Allegheny West Magazine encourages complimentary submission of informational school news, as well as informational (non-promotional) news from community groups, nonprofit organizations and churches.

Please submit via e-mail to: info@awmagazine.com.



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North Fayette Parks and Rec.

For more information or to register for a program contact Darlene Hildebrand at (724) 307-3725 or at dhildebrand@north-fayette.com, unless otherwise noted. Programs take place at the North Fayette Community Center at Donaldson Park, unless otherwise noted.

One-Pitch Softball Tournament, Feb. 25, begins 9 a.m.

Night at the Races, April 22, details coming soon.

New programs/events and leagues, coming in the spring/summer to the new North Fayette Community Center in Donaldson Park, contact recreation department for more information.

Adult/Senior Programs

Basketball League, begins Feb. 13, evenings, call for details.

Volleyball, begins Feb. 16, 7:30 p.m., call for details.

Softball League, Sundays beginning April 23.

Fitness Classes, offered Monday-Saturday, check website for schedule.

Pickle Ball, Tuesdays and Thursdays, 9-10:30 a.m., Mondays, 7:30-9 p.m., free with membership.

Water Walking, Monday-Thursday, 6-8 p.m., Donaldson Elementary, \$2/session.

Water Aerobics, Tuesdays and Thursdays, 5-6 p.m., Wilson Elementary School, \$2 or medical insurance card.

Senior Luncheons, North Fayette Community Center Banquet Hall, doors open 11:30 a.m., \$5, entertainment follows, **March 8, April 12, May 10.**

Senior Trip to Meadows Casino, March 21, call for details. Senior Strut and Sculpt, **Wednesdays, 10-11 a.m.**, free with membership

Senior Citizen Ice Cream Social, April 26, 12:30-2:30 p.m.

Youth Programs

PALS, Providing Assistance Love and Support, call for upcoming events.

Afterschool Programming, 3:30-5:30 p.m., K-8 programs designed to provide a safe environment for children to come after school, transportation provided from schools to community center when school is in session.

Super Kids Sports Sampler, Tuesdays, Feb. 28-April 4, 5:30 p.m.

Lacrosse, Wednesdays, March 1-April 5, 5:30 p.m.

March Madness Shootout, March 24, 6:30 p.m.

Easter Egg Hunt, April 8, hunt begins 11 a.m.

T-Ball, begins April 25, Tuesdays, 5:30 p.m., ages 3-5.

Pitch, Hit and Run, April 29, 11 a.m.

SNPJ Club

Events take place at SNPJ Lodge 106 and are open to the public unless otherwise indicated. Memberships available to the public at clubroom door. For more, (724) 695-1411, snpjimperialpa.com, imperialpoomsnpj.com.

Bar Bingo, for members and their guests, **Feb. 16, March 2, 16, April 6, 20, 30**, early bird games start **6:30 p.m.**, regular games **7 p.m.**, play until **9 p.m.**, kitchen open.

Southern Comfort Experience, open to public, **March 18, 8 p.m.**, country music once again comes to the Imperial Room at SNPJ Lodge with band Southern Comfort Experience, \$8, kitchen open.

American Pie Band, April 8, 8-11 p.m., live classic rock in the clubroom, open to the public, no cover charge, food available.

Polka Classics with Ron Likovic Band, open to public, **April 30, 2 p.m.**, polka dance in the Imperial Room, Polkas Classics and Ron Likovic bands, \$8, kitchen open.

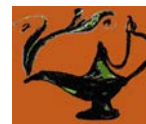
Carnegie Performing Arts Center Shows

Friday and Saturday performances at 8 p.m., Sunday 2 p.m., Andrew Carnegie Music Hall in Carnegie, adults \$15, students and seniors \$12, (412) 279-8887, carnegieperformingartscenter.com.



"Alice in Wonderland,"
March 17, 18, 19.

"Aladdin,"
April 21, 22 and 23.



NORTH FAYETTE PARKS AND RECREATION DEPARTMENT VACANCY ANNOUNCEMENT

Community Center Support Representative

The Parks and Recreation Department, North Fayette Township, is seeking a qualified individual to fill the position of Community Center Support Representative (CCSR). This is a permanent part time position responsible for greeting guests, members, participants and visitors, providing a friendly and professional atmosphere within the North Fayette Township Community Center. The CCSR is also responsible for providing assistance to the Staff during community events as required.

This position is night and weekend hours.

A qualified candidate will possess a High School Diploma or equivalent and 2 years progressive experience in a customer service or related field; A valid Pennsylvania Driver's License; all clearances-FBI, PSP and child abuse history. Computer skills required.

Interested applicants should submit a resume with cover letter and salary requirements to the Director, Parks and Recreation Department, North Fayette Township, 400 North Branch Road, Oakdale, PA 15071 or email employment@north-fayette.com

Soup 'n Salad Supper

Many homemade soups, salad, desserts, beverages & Mancini's

Saturday, April 1, 4:00-6:00

Adults \$9.00 Children (5-10) \$5.00
(children 4 & under FREE)

MONTOURS PRESBYTERIAN CHURCH

3151 Montour Church Rd., Rte. 22-30 Exit

For information call: 412-787-1050 or
Go to www.montourchurch.org

On the Horizon

Findlay Parks and Rec.

Register for any of the following programs by calling Findlay Township Parks and Recreation at (724) 695-0500 x 246 or email dlarson@findlaytpw.org, unless otherwise indicated. Checks payable to Findlay Township.

Mind and Body Series (see page 40 for more)

Backyard Healing, April 26, 6-7:30 p.m., informative workshop about the healing herbs in your own backyard, free, donations welcome, www.EarthKeepersApothecary.com for more.

Mandala Workshop, May 4, 6:30-9 p.m., learn to draw and paint a mandala, explore the process of art as meditation and how the mandala can be used as a meditative tool, increase concentration and promote balance, supplies included, all skill levels, templates and blank pages available, \$25.

YOGA for Beginners and Beyond, Fridays except March 24, 6:30-7:30 p.m., \$5/class, exercise, stretch and meditate.

Children's Programs

Time for Toddlers, Mondays: Feb. 27, March 13, 27, April 3, 24, May 8, 22, June 5, 26, Tuesdays: Feb. 28, March 14, 28, April 4, 25, May 9, 23, June 6, 27, one hour of movement, music, activities, adult must stay with child, registration required, follows WA school cancellation schedule, \$3/session.

Little Sprouts Cooking Class, March 9, 11:30 a.m.-12:30 p.m., age-appropriate activities get little ones preparing healthy snacks, ages 3-5, \$6/child, registration required, call ahead, class size limited, no walk-ins.

Kids' Creative Cooking, March 9, 4-5:15 p.m., grades K-5, hands-on class introduces participants to the preparation of a variety of easy and delicious seasonal recipes that satisfy afterschool hunger pangs, \$8/class, payment taken at class, register at least two days prior, class size limited, no walk-ins.

Easter Egg Hunt, April 8, 11 a.m., Clinton Park, for residents and families of residents, search for as many as 3,000 eggs hiding in the park, preschool through grade 5, prizes per age group, goody bags for preschoolers, bring baskets, may cancel due to inclement weather.

Adult/Seniors

Walk 15™, Tuesdays and Thursdays, 6-7 p.m., Donna Kuzio opens the doors to a better way of health and weight loss through indoor walk classes, \$5/class, kuziofr@gmail.com to register or call Findlay Township Recreation Department.

Senior Yoga and Qi Gong, Thursdays, 11:30 a.m.-12:15 p.m., stretches and flow will be performed from a chair or seated on the ground, some standing, for all participants, great for older adults, Info@idtsd.net, free.

Wedding Planning 101, Feb. 22, 6:30-8:30 p.m., informative class helps you choose and manage your venue, caterer, florist, wedding attire, theme, learn where to spend and where to cut corners, katherinesdaughtererevents.com, \$5/person.

Discover Adventure Travel Club Series, Feb. 23, 7 p.m., Discover the Caribbean, May 4, Discover Alaska, get all the information you need to plan the vacation of a lifetime, registration required.

Semi-Super Morning Bingo, Feb. 24, March 31, April 28, May 19, June 30, doors open 9 a.m., bingo starts 10 a.m., \$10/packet, includes three cards for each regular game and one triple card for each special, additional packets \$5, coverall jackpots \$1, dobbers available for purchase, may cancel due to weather, call.

Scrapbooking Workshop, March 11, May 6, 9 a.m.-9 p.m., enjoy uninterrupted time dedicated to safely protecting your photos and memorabilia, bring tools and supplies, registration required, Michelle Koester, (724) 307-3333, michellekoestercm@comcast.net, \$60, includes lunch, dinner, beverages.

Self Defense Class, March 14, 7-9 p.m., learn up to 10 self-defense techniques that apply to everyday situations, with retired state police parole agent, free, registration required, limited spots.

Computer and Appliance Recycling, March 18, 10 a.m.-2 p.m., computers, monitors, printers, scanners, laptops, microwaves, washer, dryers, other appliances, lead acid automobile batteries, cell phones, telephones, keyboards, mice, radio equipment, televisions (one per vehicle only), \$15 fee for appliances with Freon including dehumidifiers, no fluorescent bulbs or television tubes removed from cabinet, items only accepted during event hours.

Gardeners' Huddle, March 18, 8:30 a.m.-12:30 p.m., doors open 7:30 a.m., improve your gardening knowledge, guest speakers Ken Swimkosky and Doug Oster, expert panel discussion, continental breakfast, \$20, register by March 13, seating limited.

Indoor Flea Market, March 25, 9 a.m.-1 p.m., 60+ tables.

Palace Theater "Golden Dragon Acrobats," March 29, bus leaves 3:30 p.m., have dinner at Ferrante's Lakeview in Greensburg and then enjoy a performance by the Golden Dragon Acrobats at the Palace Theater, premiere Chinese acrobatic touring company, check website for sneak peak, \$85/person, reservation/payment due March 8.

Senior Citizen Ice Cream Social, April 26, 12:30-2:30 p.m., North Fayette Community Center in Donaldson Park.

Annual Spring Wine Trip, June 3, will visit Ohio wineries not gone to on previous trips, call for itinerary/times/cost, register soon.

Branson, Missouri, Oct. 22-27, five night/six day bus adventure to Branson, six live shows, includes motor coach transportation, lodging, five breakfasts/three lunches/three dinners, six shows, baggage handling, taxes, gratuities, \$989/person (double), \$889/person (triple), \$779/person (quad), \$1279/person (single), \$200 deposit/person due March 31, balance due Sept. 8.

PA Driver Education Training

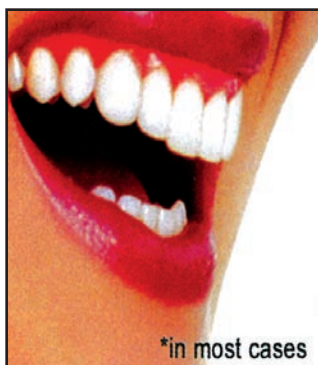
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An awakening



Jon Cinna poses for a picture with his favorite band, Kiss. PHOTO SUBMITTED

Darren and Andrea Cinna were enjoying dinner at a restaurant with their sons when, all of a sudden, their son William shouted, "Oh my God, mom, Jon is having a seizure."

An ambulance was called.

It was the second time in as many months that their son Jon, 24, had collapsed and was taken by ambulance to the hospital. This time, Andrea told the ambulance driver that she wanted Jon to see a neurologist at the hospital. She has no idea why she said that. She adds, "A seizure is a horrible thing to watch."

Before Jon was born, while he was still in utero, he had had a stroke. During birth, he was having a seizure. He was born blue. Doctors cut the cord and he was sent by ambulance to an intensive care unit at another hospital. His brain had bled from lack of oxygen.

Jon began speech therapy at age 1. He has since graduated from West Allegheny, where he took special education classes. His language, though, has consisted of one-word answers, replies and questions. That one word has often been incomprehensible.

A neurologist was waiting for Jon at the ER when the ambulance arrived. He gave Jon a special seizure medicine. Jon was given two doses and sent home. Exhausted, everyone went to bed.

The next morning, Andrea gave Jon his pill. He got into the shower then spent some time in his room.

In the meantime, Andrea was making breakfast. Jon came into the kitchen and Andrea asked him, "Oatmeal, eggs, or pancakes?" Jon's one-word answer for oatmeal was usually "O mee."

That day, Jon said, "Let's see. Me take oatmeal."

Darren was stunned. Brothers Will and Jace began to cry. Then Jon and Andrea were crying, all happy cries.

Music is different now because Jon sings along with every word. He has always loved music, especially the band Kiss. When Jon was 18, a real surprise was made possible by Jamie's Dream Team. Jon got some one-on-one time backstage with Kiss before a performance. He was also given a front row seat to the show. Andrea calls it, "Most definitely one of his best days," that is, until the day he spoke.

At their follow-up appointment three weeks after the ER trip, Jon saw the neurologist again. They were told that doctors there had only read of two other cases where seizure medication improved

speech in stroke patients.

Andrea and Darren asked the doctors if Jon will continue to improve. The doctors told them that it's like if you did not understand algebra, but then you get it. After that, you get it more, and more, and more.

The neurologist told the family it was too coincidental that he was in the ER that day. The injections became life changing. Andrea says the doctors have called it, "An awakening."

"The doctor held each one of us. He told us, 'Your family is witnessing a miracle,'" Andrea says. "[The doctor] feels blessed to be able to witness it with us."

Jon had never engaged anyone in conversation, or even joined in a conversation. He now speaks first and doesn't have to be prompted to speak.

At a July 4 picnic last year, the family was excited to hear Jon speak. He was wearing his favorite Kiss t-shirt.

Matt Hallam, a family friend, was eager to strike up a conversation with Jon, who told Matt all about Kiss and the tours they were planning.

After about 15 minutes, Jon moved on, and with tears in his eyes, Matt told everyone that it had been the best conversation ever.



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- North Fayette Athletic Association**, p. 41, NFAABall.com
- North Fayette Parks and Recreation Department**, p. 43, see ad for details
- Oakdale Foot and Ankle**, p. 21, 412.787.8380, www.oakdalepodiatrist.com
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- Self Storage North Fayette**, p. 37, 724.695.8875, www.selfstoragenf.com
- St. Clair Orthopedic Associates**, p. 7, inside back cov., 412.942.7262
- Steubenville Pike Auto**, p. 20, 412.787.9800, www.steubenvillepike.com
- Thomas-Little Fun. Svc.**, p. 21, 724.926.2800,
www.thomas-littlefuneralservice.com
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- Weirton Medical Center, Dr. Ashley Kittridge**, p. 2, Robinson Plaza,
412.505.8146.
- WA Athletic Hall of Fame**, p. 26
- West Allegheny School District**, p. 27, 724.695.3422, www.westasd.org

DIABETES: Know Your Risks

OVH's 9th Annual Diabetes Day

**March 28, 2017
9am-1pm**

A Free Community Event!



Diabetes

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- Free testing, including an A1C Test & Glucometer Reading
- Foot Exams provided by The Wound Care Center®
- Educational Sessions & Hands-On Activities
- Vendor Booths with Diabetes & Healthy Living Supplies & Services
- Free Samples & Gift Card Raffles throughout!
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For more information and to pre-register, call **412-777-6205**.

Ohio Valley[®]
HOSPITAL

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**Keep up to date with the latest event information by going to:
www.ohiovalleyhospital.org/programs-and-events/diabetes-day/**



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