

# IN

An IN Community Magazine

# Keystone Oaks



# GREEN TREE OKTOBERFEST!



**Holiday Lights & Events Guide**

*Page 24*

**Special Section:**

**Whole Body Health & Wellness**

*Page 17*

WINTER 2017  
[icmags.com](http://icmags.com)

# Your ONE STOP Shop for all your shopping needs

## Over 50 Shops & Restaurants

- |                                |                               |                                     |
|--------------------------------|-------------------------------|-------------------------------------|
| AAA East Central               | HomeGoods                     | Police Station Pizza                |
| Acceptance Insurance Co.       | HoneyBaked Ham                | Pro Bike + Run                      |
| Bath and Body Works            | Ichiban Hibachi Steakhouse    | Pure Skin Care Center               |
| Catherine's Plus Sizes         | Ideal Image                   | ReMax Advanced Realtors             |
| Clearview Federal Credit Union | IKEA                          | Sally Beauty Supply                 |
| Cost Cutters                   | Invisible Ink                 | Scrub Pro Uniforms                  |
| Cycle Bar                      | Jo-Ann Fabric and Craft Store | Spice n Sabzi                       |
| DeLuca's Diner                 | Justice                       | Starbucks                           |
| Dollar Tree                    | Kirkland's                    | Steak n Shake                       |
| DSW Shoe Warehouse             | L.S. Jewelers                 | TGI Fridays                         |
| Famous Footwear                | LongHorn Steakhouse           | The House of Brews                  |
| First Commonwealth Bank        | Marshalls                     | T.J. Maxx                           |
| Frank's Shoes                  | Maurice's                     | UPS Store                           |
| Gamestop                       | Office Max                    | U.S. Armed Forces Recruiting Center |
| Golden Nails                   | Once Upon A Child             | U.S. Postal Service                 |
| Guitar Center                  | Oreck Floor Care Centers      | Value City Furniture                |
| HobbyTown USA                  | Pearle Vision                 | Verizon Wireless                    |
|                                | Petland                       | VIP III Nails & Lounge              |
|                                | PNC Bank                      | Wine & Spirits                      |
|                                |                               | World of Rugs                       |
|                                |                               | YaFei Chinese Restaurant            |



## ROBINSON TOWN CENTRE

Park Manor Boulevard, Robinson Township, PA 15205  
[www.robinsontowncentre.com](http://www.robinsontowncentre.com)

A Zamagias Properties' Entity

# Find their inspiration.



With our commitment to academic excellence, Christian values, and opportunities to explore every talent, your child will find their place. Come discover it for yourself.



## St. Philip School Open House

Saturday January 27, 10-Noon • Sunday January 28, Noon-2

52 West Crafton Avenue, Crafton, PA • 412-928-2742 ext. 4 • [spsangelway.org](http://spsangelway.org)

K-8 • Half- and Full-Day Kindergarten • Instructional & Competitive Sports  
 Award Winning Teaching, Technology & Faith Formation • STEAM Lab  
 Formal Computer, Music & Art Classes



# Head for the Hills!

A Greg Norton COMPANY  
**South Hills**  
**Honda**

## You've got your hands full.

Let the 2018 Honda Odyssey open the door for you.  
Hands-free access power tailgate



(Touring model shown)

***Bring the family for a test drive or visit  
our website to view current inventory.***

**SouthHillsHonda.com**

3663 Washington Road • McMurray, PA 15317

**724-941-9100**

Available with ...

- CabinWatch™ Rear Seat Monitor
- CabinTalk™
- Wifi Connectivity
- HondaVAC®
- Blu-ray Rear Entertainment System
- Hands Free Power Tailgate
- Magic Slide Seats
- Knee Airbags
- Multi-angle Rearview Camera
- Honda Satellite-Linked Navigation System
- LED headlights and fog lights
- Push Button Start
- Standard Honda Sensing Feature Suite

SOUTH HILLS HONDA  
**AdvantEDGE**



We Have a Farmers Insurance Agency... On Site!



# Festival of the Nativity



NATIVITY SETS ON DISPLAY, NATIVITY THEMED ART, FESTIVE DECKED HALLS, VARIOUS MUSICAL OFFERINGS, OUR HISTORIC CHRISMON TREE, CHILDREN'S ACTIVITIES, HOLIDAY TEA BREADS, AND PLENTIFUL CHRISTMAS SPIRIT!

Come experience the very first Christmas with us!

**DECEMBER 15th - 17th**



[unitypresbyterianchurch.org](http://unitypresbyterianchurch.org)

## IS YOUR INSURANCE AGENT STUCK TO ONE COMPANY?



**INDEPENDENT AGENTS HAVE FREEDOM OF CHOICE.**  
Trusted Choice® Independent Agents have the flexibility to competitively shop multiple reputable companies on your behalf, allowing them to put together a plan that suits both your needs and your budget. The only one they're stuck to is you.

Find your independent agent. Find a better deal at [trustedchoice.com](http://trustedchoice.com)

Free to do what's right for you.  **Trusted Choice**  
INDEPENDENT INSURANCE AGENTS

---



**LET'S TALK ABOUT WHAT FREEDOM OF CHOICE CAN DO FOR YOU.**

178 Clairton Blvd  
Pittsburgh PA 15236  
412-655-4432  
[www.cusumanoinsurance.com](http://www.cusumanoinsurance.com)

# The UPS Store



For Professional Packing, On Time Delivery and Peace of Mind this **HOLIDAY SEASON** trust our

## PACK & SHIP GUARANTEE\*



Village Square 2400 Oxford Drive Bethel Park, PA 15102 412-833-5714 <a href="http://www.theupsstorelocal.com/3455">www.theupsstorelocal.com/3455</a>	Collier Town Square 1597 Washington Pike Bridgeville, PA 15017 412-446-2777 <a href="http://www.theupsstorelocal.com/1789">www.theupsstorelocal.com/1789</a>
--	--

\*See store sales associate for details




## APPLY NOW FOR A WORLD-CLASS EDUCATION

**UPCOMING EVENTS:**  
Open House: November 5, 2017  
Scholarship Entrance Exam: December 2, 2017

Learn more at [OaklandCatholic.org](http://OaklandCatholic.org)

# COMMUNITY

# winter 2017

## features

- 14 Green Tree Area Music Studio Looks to Bring a Little Nashville Up North**  
Howlin' Kitty Music is looking for talent in all the right places.
- 17 Special Section: Healthy Living**  
A guide to keep you in top shape from head to toe.
- 24 Light it Up!**  
Take some time during the holiday season to celebrate with family and friends at the many festive and fun holiday activities right in your community!



### on the cover

Local residents enjoyed the annual Green Tree Octoberfest in Green Tree Park. See story and photos on page 12. *Photo by Primetime Shots.*

IN Community is a publication dedicated to representing, encouraging and promoting the Keystone Oaks area and its comprising municipalities by focusing on the talents and gifts of the people who live and work here. Our goal is to provide readers with the most informative and professional regional publication in the Commonwealth of Pennsylvania.

## departments

- 4 | From the Publisher
- 8 | IN the Loop: What's News in Keystone Oaks
- 10 | IN Good Taste: Eric Von Hansen, Chef, Caliente Pizza and Draft House
- 12 | IN Events: Green Tree Octoberfest
- 28 | Keystone Oaks School District News
- 32 | IN Focus: Keystone Oaks at a Glance

### sponsored content

#### Business Spotlights

- 11 | St. Bernard School
- 16 | Conboy Law

Welcome to the winter issue of IN Keystone Oaks.

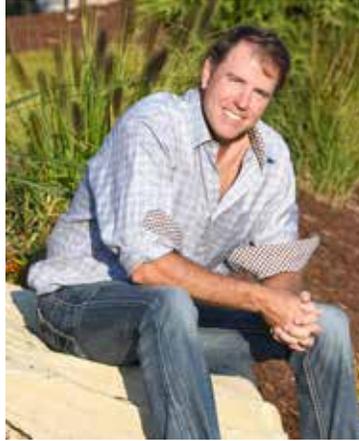
'Tis the season to celebrate with family and friends at the many festive and fun holiday activities in your community. Be sure to read our holiday events guide—from Nutcrackers to nativities, light displays to activities to help beat the winter blues—there's plenty of family fun to fill your calendar through the end of the year!

As you gather around the table with family and friends, remember you don't have to toss out your health habits during the holidays. Get a head start on your New Year's resolutions with our special health section "Live Well & Be Happy," providing dozens of tips and timely advice to keep you healthy from head to toe.

Each quarter, we are happy to bring you the latest school and township news as well as stories on local businesses. We also feature local history as well as profiles of intriguing people in your community who are doing extraordinary things. If you have some interesting area history, or know someone who is making a difference in your community, we'd love to hear from you. Email us at [editors@icmags.com](mailto:editors@icmags.com).

As 2017 comes to a close, we'd like to thank our school and township partners for their continued support. We also thank our advertisers, many of whom have been with us from the start.

The staff at IN Community Magazines wishes you and your family a wonderful holiday season and a happy, healthy New Year!



Wayne Dollard  
Publisher



**SEND US  
YOUR PHOTOS!**

We're looking to publish your best neighborhood and community photos from your Instagram, iPhone or camera! Please email your photos to [editors@icmags.com](mailto:editors@icmags.com). See the back page for details!

### Send Us Your Story Ideas!

We'd love to hear from you if you know someone in your community who is making a difference or has done something extraordinary. We're also looking for interesting story ideas (little-known facts, history or other news) within your community.

If you have suggestions, email us at [editors@icmags.com](mailto:editors@icmags.com).

### To Advertise

As the largest magazine publisher in Western Pennsylvania, IN Community Magazines are direct mailed to 2 million households and businesses in more than 250 communities. If you'd like to partner with us, please contact our office manager, Leo Vighetti, at [sales@icmags.com](mailto:sales@icmags.com).

**CEO & PUBLISHER**  
Wayne Dollard

**VICE PRESIDENT OF OPERATIONS**  
Leo Vighetti / [l.vighetti@icmags.com](mailto:l.vighetti@icmags.com)

**EDITORIAL DIRECTOR**  
Julie Talerico / [j.talerico@icmags.com](mailto:j.talerico@icmags.com)

**REGIONAL EDITORS**  
Mark Berton / [m.bernton@icmags.com](mailto:m.bernton@icmags.com)  
South, West & Erie

Nicole Tafe / [n.tafe@icmags.com](mailto:n.tafe@icmags.com)  
North, East & Peters Township

**ART DIRECTOR**  
Michael Miller / [m.miller@icmags.com](mailto:m.miller@icmags.com)

**SENIOR DESIGNERS**  
Sharon Cobb  
Jan McEvoy  
Tamara Tylenda

**PUBLISHER'S ASSISTANT**  
Tina Dollard

**CONTRIBUTING WRITERS**  
Jennifer Brozak                      Paul Glasser  
Trill Dreistadt                        Angela Magee  
W.B Fresa                                Reese Randall

**CONTRIBUTING PHOTOGRAPHERS**  
Primetime Shots  
Kathleen Rudolph

**ADVERTISING SALES**  
Sophia Alfaras                        Tamara Myers  
Kim Davidovich                        Aimee Nicolia  
Matt Fritsch                              Vinnie Sabatini  
Jody Groggel                             Mike Silvert  
Tiffany Marcovsky                       Michelle Trdinich  
Connie McDaniel                        RJ Vighetti  
Brian McKee                              Karen Zach

**ADVERTISING COORDINATOR**  
Debbie Mountain  
[d.mountain@icmags.com](mailto:d.mountain@icmags.com)

**ADVERTISING SUPPORT**  
Susan Freuchtel

©2017 by IN Community Magazines.  
All rights reserved. Reproduction or reuse of any part of this publication is prohibited without the written permission of the publisher.  
Direct all inquiries, letters to the editor and press releases to:  
IN Community Magazines  
11 Mayview Road  
Canonsburg, PA 15317  
724.942.0940; Fax: 724.942.0968 / [icmags.com](http://icmags.com)



Please recycle this magazine when you are through enjoying it.

# Having your heart in the right place is #LivingProof

When Dan learned that he would need a new heart, he got right to work. After his surgeon implanted a pacemaker, he was put on a personalized cardiac rehabilitation plan at Allegheny Health Network. He did so well in preparing for his heart transplant, he no longer needed one. With medication, and following his cardiac team's diet and exercise protocols, he got his heart strong enough to stay where it belonged.

Allegheny Health Network is rated in the Top 10% Nationally for Patient Safety in Cardiac Care.\*

To find a heart specialist and make an appointment, call, **(412) DOCTORS** or visit **AHN.ORG/cardiac-rehab**



**Allegheny**  
Health Network

\*Source: Quantros Inc., 2017 CareChex® National Quality Rating Database: FFY 2013, 2014 and 2015.



TIPS FOR A

## Healing and protecting hearts **with cardiac rehab**

At Allegheny Health Network (AHN), **cardiac rehabilitation is vital** to help heart patients recover from a heart failure, a heart attack, angioplasty or stent placement, a bypass, or transplant surgery — and get back to a normal lifestyle.

AHN has cardiac rehab programs at Allegheny Valley, Forbes, Jefferson, and Saint Vincent hospitals and at the Wexford Health + Wellness Pavilion. Rehab teams might include a cardiologist, clinical exercise physiologists, registered nurses, registered dietitian, certified diabetic educators, and behavioral health specialists.

Heart patients trust Allegheny Health Network because it is the **highest-rated health system in western PA** for medical excellence in cardiac care and stroke care and is rated in the **top 10% nationally for patient safety** in cardiac care.\*

\*Market claims are based on CareChex® Composite Quality Scores™ and nationally balanced score card criteria for health systems serving the combined statistical area (CSA) of Pittsburgh-New Castle-Weirton. Source: Quantros Inc., 2017 CareChex® National Quality Rating Database: FFY 2013, 2014 and 2015



# Allegheny Health Network

## Quit smoking or using tobacco

Regular aerobic exercise reduces the amount of cigarettes you want to smoke and helps you quit.

## Reduce cholesterol & blood pressure

Exercise lowers blood pressure and total cholesterol and increases good cholesterol.

## Maintain a healthy weight

More activity will help shed pounds and control blood pressure, cholesterol, blood sugar, and aid in relaxation and stress management.

## Eat right

A low-fat diet rich in fruits, vegetables, and lean protein works with aerobic exercise to burn calories and suppress your appetite.

## Control or avoid diabetes

Consistent exercise can benefit blood sugar levels.

# HEART HEALTHY LIFESTYLE

Research shows that people who do aerobic exercise regularly — at moderate intensity, 4 to 5 times a week for 150 minutes a week — reduce their risks of heart problems.

Canonsburg Hospital is proud to introduce **Cardiopulmonary Rehab** to our suite of rehabilitation services beginning in December!

Our caring exercise physiologists and support staff will provide rehabilitation services in a safe, monitored environment for patients with the following diagnoses:

- Coronary artery bypass grafting (CABG)
- Valve repair and replacement
- Heart attack (MI)
- Post PTCA procedure
- Post coronary stent procedure
- Congestive heart failure (CHF) EF <35%
- Heart transplantation
- Moderate to Severe COPD
- Asbestosis and pneumoconiosis

Call **724-745-6100** to schedule an appointment.



Allegheny Health Network

**Canonsburg Hospital**

100 Medical Boulevard  
Canonsburg, PA 15317

# LOOP IN THE

## WHAT'S NEWS IN KEYSTONE OAKS



### GET READY FOR THE 9TH ANNUAL MT. LEBANON JUNIOR WOMEN'S CLUB HOLIDAY MARKET

The 9th Annual Mt. Lebanon Junior Women's Club Holiday Market will be held on Saturday, Nov. 11, from 9 a.m. to 2 p.m., at Mt. Lebanon United Lutheran Church, 975 Washington Road, 15228. Admission is free. The juried market will once again feature handmade items from artists and crafters, a bake sale, food trucks, a 50/50 raffle and a canned food drive for Wallace Food Pantry.

### SOUTH HILLS CLUB HELPS GIRLS TRANSFORM BAT MITZVAHS INTO MUCH MORE THAN A PARTY

*Bat Mitzvah Club welcomes Jewish girls in 6th and 7th grade for 2017-18.*

Known as a club "for girls, run by girls and starring girls," the Bat Mitzvah Club—or "BMC" as its members frequently refer to it—enables girls to learn, grow and get involved in their community and Jewish life. Members share ideas and express their thoughts on being a young Jewish woman in the modern world. Through creative art projects, journal writing, scrapbooking, community service activities, plenty of socializing and more, the girls—with the help of an adult facilitator—are empowered



to be themselves while feeling great about being Jewish.

Unlike a Bar Mitzvah, Jewish tradition does not prescribe any set rituals for a Bat Mitzvah, which marks a girl's spiritual and religious "coming of age" at 12. Customs on marking this milestone vary widely from community to community and family to family—with some throwing lavish parties and others a Friday night candle lighting ceremony, while others may do a simple birthday party.

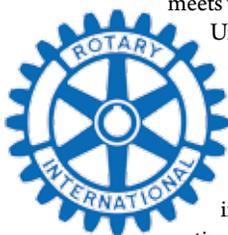
Anyone wishing to learn more about Bat Mitzvah Club can visit [chabadSH.com/BMC](http://chabadSH.com/BMC) or call 412.344.2424.

### JEWISH KIDS CLUB TO OFFER 'KIDS IN THE KITCHEN'

Jewish Kids Club is an after-school club for kids ages 4-11. Session 1: Kids in the Kitchen—"Colored Cooking" will be Nov. 6, 13, and 20, and Dec. 4, 11 and 18, from 4 to 5:30 p.m. at Chabad of the South Hills. Call 412.344.2424, or [chabadsh.com](http://chabadsh.com) for more information.

### JOIN WITH THE ROTARY

The Dormont, Mt. Lebanon, Castle Shannon Rotary Club invites you to join in a weekly meeting. Rotary is a volunteer organization of business and professional leaders. The club meets weekly at the Mt. Lebanon



United Methodist Church, 3319 West Liberty Avenue, at noon on Mondays.

Enjoy lunch, get an update of club activities and listen to a speaker informing the group about timely topics. Meetings last only one hour. The camaraderie and friendships shared while looking to help others in our communities is a welcome break in the hectic workday. Each year Rotarians sponsor a poinsettia sale. Profits benefit the tri-boro libraries. The flowers will be available at the Dormont library in early December. Visit [facebook.com/dmtlcsrotary](https://facebook.com/dmtlcsrotary) and [twitter.com/dmtlcsrotary](https://twitter.com/dmtlcsrotary) for a calendar of club events. Rotary was founded in 1905 as the world's first service organization. Clubs are nonpolitical and open to every race, culture and creed.

### CASTLE SHANNON LIBRARY EVENTS

3677 Myrtle Avenue, 15234  
412.563.4552  
[castleshannonlibrary.org](http://castleshannonlibrary.org)

#### ENJOY BOOKS

The 2018 Enjoy Books have arrived! The Enjoy Book features savings at hundreds of local restaurants. In addition, there are coupons for movies, special events, services and much more. Start using them immediately! \$30 per book.

#### STAY UP-TO-DATE ON UPCOMING PROGRAMS & EVENTS

Make sure to LIKE the library's Facebook page, check the website, or ask to be put on the email list so you always know what exciting programs will be coming up!

#### AMERICAN GIRL DOLLS AVAILABLE

Castle Shannon Library now has TWO American Girl dolls that are able to be checked out to spend time with you at your house. Kit and Samantha come with their books, information about the time periods they lived in, and a bed to sleep on. Parents must sign a waiver allowing their child to take out the doll.

#### UPCOMING PROGRAMS FOR CHILDREN AND TEENS AT THE LIBRARY

Please note that registration is appreciated for all programs. This helps the library prepare adequate materials. Register for a program at least one day in advance by stopping at the library, calling, or emailing Miss Heather at [weleskih@einetwork.net](mailto:weleskih@einetwork.net).

**Book Explorers:** Join in each week and explore the world of books! We will decide as a group what we will read (Juvenile Fiction) and discuss the book as we read it. Registration is preferred so enough copies of the book are available. Snacks will be provided.

*Mondays, 3:45-4:45 p.m.; will run until Dec. 18*

**Arts and Crafts:** Join in making various arts and crafts at the library. Each week we will spend time learning about a new style of art, followed by a free time of creating!

*Mondays, 5-5:45 p.m.; will run until Dec. 18*

**Toddler Craft:** Join in a special time of arts and crafts specifically for toddlers (ages 2-4). We will be exploring art through play dough, finger painting, coloring, and so much more.

*Tuesdays, 3:30-4:30 p.m.; will run until Dec. 19*



**Music & Dancing:** Go to the library for a special time of music and dancing. This will be a great time of movement and singing, open to children of all ages.

*Wednesdays, 3:30-4 p.m.; will run until Dec. 20*

**Open Play:** Stop in to the downstairs area of the library during the hour to play with toys. There are puzzles, activity tables, blocks, games and more!

This is open to children of all ages.

*Wednesdays, 4:30-5:30 p.m.; will run until Dec. 20*

**Songs and Stories:** Join in each week for a story or two, as well as lots of music and movement. Each week we will explore a different theme and sing a variety of songs to go with our story. Space is limited and registration is required. Caregivers must attend with your little one. Ages birth to 3.

*Thursdays, 10:30-11 a.m.; will run until Dec. 21*

**Open Play:** Stop in to the downstairs area of the library during the hour to play with toys. There are puzzles, activity tables, blocks, games and more!

This is open to children of all ages.

*Thursdays, 11 a.m.-noon; will run until Dec. 21*

**Rhyming Readers:** This storytime is designed for those who are 3-5 years old. Get creative with us each week as we explore different story themes, sing songs, and make a craft that matches the theme! This storytime will also help children learn skills they may need in kindergarten.

*Thursdays, 3:30-4 p.m.; will run until Dec. 21*

**Discovery Club:** Go to the library for a time of building, discovering, sensing and transforming! This program is open to children of all ages.

*Thursdays, 5-5:45 p.m.; will run until Dec. 21*

**Tail Waggin' Tutors:** Sign up to join a special reading program! Each child will have the opportunity to read to one of our special doggie tutors. Register for this event to ensure there are enough dogs present.

*Nov. 14 & Dec. 12, 7 p.m.*

**Cooking Fun:** Children, tweens and teens are invited to the library to learn how to make some delicious snacks and meals. Registration is required to make sure enough supplies are purchased.

*Oct. 24 & Nov. 28, 6:30 p.m.*

**Halloween Parade:** Cute little clowns and all things scary march in a parade and support the library! Join us for Castle Shannon's Annual Halloween Parade! We will be starting at 2 p.m. in the front of the library. Join us back at the library after the parade for refreshments, raffles and prizes.

*Sunday, Oct. 29, 2 p.m.*



## Full Service Hair Salon

- ◆ Haircuts, Women, Men, Children
- ◆ Wig Boutique - by appointment only
- ◆ Foils/Babylights/Ombre/Balayage
- ◆ Color Craving Hues/Multi-tonal Metallics
- ◆ Hair & Eyelash Extensions
- ◆ Hair Replacement for Men & Women
- ◆ Blow Dry Bar
- ◆ Special occasion up-do's
- ◆ Wedding Parties
- ◆ Brazilian Blowout

**IAOMO Salon**  
www.saloniamo.com

**SCOTT TOWNE CENTER**  
2101 Greentree Road Suite B 101  
Pittsburgh, PA 15220  
412-428-0121  
unedahaircut@aol.com



**Happy Un-Birthday Party:** Happy Birthday to you, Happy Birthday to you, Happy Birthday EVERYONE, Happy Birthday to you! Join us as we celebrate all the birthdays that happen in 2017. We will have games, snacks and more!

*Tuesday, Nov. 21, 6:30 p.m.*

**Family Movie Night:** A Christmas Triple Feature!! The library will be showing three holiday classics, each lasting roughly 30 minutes long! Light refreshments will be served.

*Tuesday, Dec. 5, 6:30 p.m.*

**Breakfast with Santa:** Make sure you save the date for the annual breakfast with Santa and Mrs. Claus! Tickets will go on sale for this event on Wednesday, Nov. 1, at 1 p.m. and sell out quickly!

*Saturday, Dec. 10, 10 a.m.*



**Holiday Party:** Join in a night of holiday stories, games, crafts and more. The whole family is welcome, so bring everyone!

*Tuesday, Dec. 19, 6:30 p.m.*

## UPCOMING PROGRAMS FOR ADULTS AT THE LIBRARY

Please note that registration is appreciated for all programs. Register for a program by stopping at the library or calling 412.563.4552.

### Monthly Book Discussion Group

Join the group for some light discussion on the second Monday of every month at 7 p.m. in the lower level of the library. Stop in the library to pick up your copy of the book.

The group will be discussing...

*Nov. 13*

"When Breath Becomes Air" by Paul Kalanithi

*Dec. 11*

"A Redbird Christmas" by Fannie Flagg

### Crafternoons for Adults at the Library

What is it? An afternoon solely devoted to the joys of craft. The only three conditions are that the activity must be after midday, crafty, and with friends! Join us the third Wednesday of each month for Crafternoons. We will meet downstairs from 2:30 p.m.-4:30 p.m. Bring your best craft ideas with you. This is an informal gathering and a chance to meet new people and learn new craft ideas. Adults ages 18 and over are welcome. Registration is appreciated for this program because it helps in preparing adequate materials. The Makerspace table is always accepting donations. ■

## Eric Von Hansen, Chef, Caliente Pizza and Draft House

### Caliente Pizza and Draft House

329 Castle Shannon Boulevard, Mt. Lebanon; 412.344.5566, pizzadrafthouse.com. Other locations include 4624 Liberty Avenue, Bloomfield (412.682.1414) and 4706 William Flynn Highway, Allison Park (412.486.1010).

### On the Menu:

Caliente Pizza and Draft House is a full-service dine-in restaurant, with takeout and delivery options. The menu includes, but is not limited to everything from pizza, hoagies and wings to burgers and salads. Using fresh and locally sourced ingredients, made-from-scratch dough, pizza sauces and wing sauces are made to order. The restaurant also features local and hard-to-find beer from around the world.



### Why did you become a chef?

I became a chef because I have a love for food and a passion to cook great food. It all started when I was a young boy. My father

always had a garden and grew vegetables such as carrots, peppers, cucumbers, tomatoes, basil, cabbage, parsley and potatoes. Fresh ingredients were always on our table for dinner—cooked by my mom and dad. It's there where my love of cooking began.

### What led you to work for Caliente Pizza and Draft House?

Caliente owners Nick and Angie Bogacz are childhood friends of mine. They came to me a few years ago while I was working as the chef at Lucca Ristorante on South Craig Street in Oakland. They wanted to discuss the next steps for their company in an effort to grow it. I was honored to help and be a part of Caliente's move forward. I've worked for the restaurant now for three years.

### Who has influenced your cooking the most?

My mother has influenced my cooking a lot over the years. Being from an Italian family she always put her love in cooking. Homemade pies, cookies, cakes, pasta sauce, soups, pastas and bread—you name it, my mother can make it. She took the time to teach me how to make the best pasta sauce and I still get compliments. Every time I make it I get asked what's all in there by friends and family.

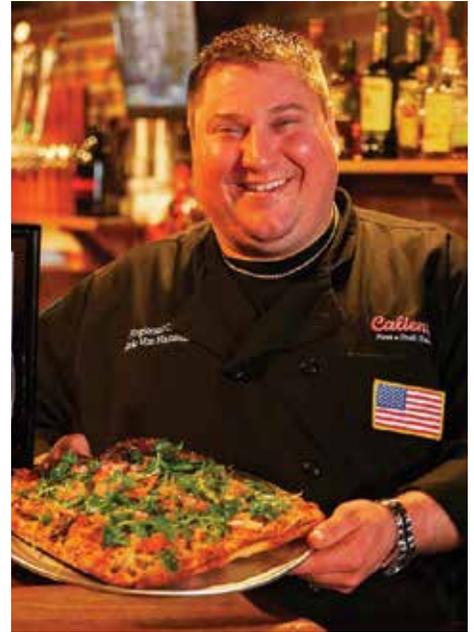
Thanks, Mom.

### What kitchen tool can't you live without?

My knife set. I always have to cut something or fix and prepare something as a chef, so I use my knives daily.

### Best cooking advice for a novice?

Always cook with passion and dig deep to find the right balance to the meal you are cooking. Never cook without love. It's the best ingredient in the world.



Chef Eric Von Hansen with his "Quack Attack" pizza—the 2016 Best Pan Pizza in the World winner at the International Pizza Expo in Las Vegas. The pie features pan-seared duck breast, roasted garlic butter, wild mushroom ragu and topped with a mix of Fontinella and Parmesan Reggiano cheese, baby arugula, teardrop tomatoes and truffle garlic oil.



Pepperoni pizza is served up at Caliente Pizza and Draft House (photo by Frank Tunis Photography).

### Your favorite quick meal to prepare at home?

My favorite quick meal to make is a grilled cheese sandwich. I always buy the best American cheese—Land O'Lakes (yellow or white), Mancini bread sliced just right, and a touch of butter, with a great pickle and you've got a great meal.

### Where is your favorite place to eat in Pittsburgh?

The place I like to eat in the 'Burgh is Hofbrauhaus at SouthSide Works—they make great German food.

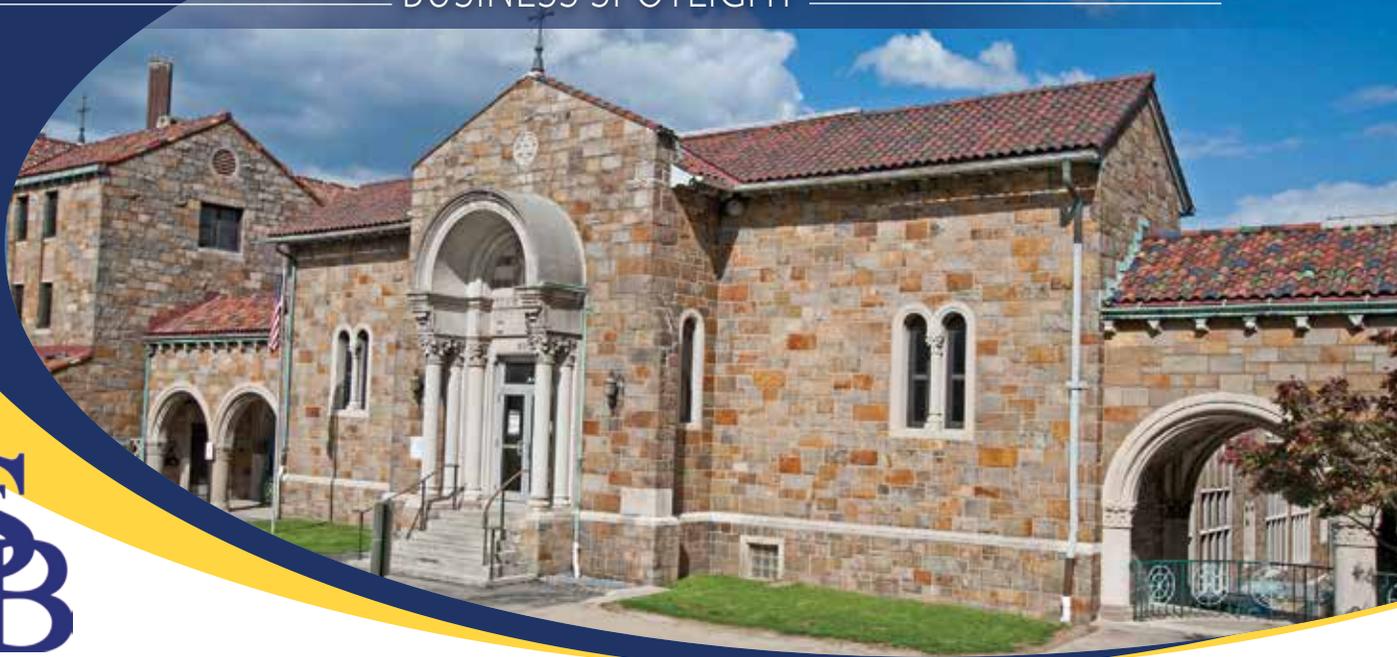
### Your favorite go-to ingredient?

Cracked black pepper. It can make any dish better.

### What is the next big food or dining trend?

The next big food trend is comfort food like what Mom, Dad and Grandma made for family dinners, picnics, birthdays and holidays. It's the food that takes you back to a time and place that made you feel warm and happy inside. The memories will last a lifetime. ■

—Reese Randall



## ST. BERNARD SCHOOL

FAITH, TRADITION, EXCELLENCE

WHERE **GIVING BACK** IS PART OF THE CURRICULUM

Since 1926, St. Bernard School has been not only teaching students in the South Hills a competitive academic curriculum thoroughly based in the Catholic faith, it's been preparing students for life. Part of that preparation includes serving the community in which they live, so that students are exposed to experiences outside of the classroom that make a difference to the world at large.

"Every community service project we undertake is to teach our children how to serve others and be aware of those who are less fortunate," said Sister Daniela Bronka, principal. "From collections for victims of Hurricane Harvey to raising money and recognizing first responders at our Heroes Day picnic, to our Race for Chimbote, which raised over \$3,000 for our mission in Peru, every project makes students aware of the those in need and empowers them to help in their own way."

Because St. Bernard School is a family, school administrators make sure they include the families of the students in their community service efforts, and the annual celebration of National Family Volunteer Day, which takes place on November 18, is one of the most successful charitable events in the South Hills.

"It's one of our main events each year and we collect different items for the different charities in the South Hills," said Sister Daniela. "We have various stations set up and families go from station to station to help out the different causes. We make cards for veterans, backpacks for foster families, have a project with the Lions Club for children in hospitals, and more. It's a great way to give back, but equally important is that it includes the entire family in service together."

This dedication to the Catholic tenet of charity as well as academic results that put it on the same footing as public schools, are why parents who desire their children to become lifelong learners and devout practitioners of the faith trust St. Bernard School with their children from kindergarten through eighth grade.

"Involving students in community service not only promotes personal development, it strengthens parish life and creates active Catholics," Sister Daniela said.

In the past year, St. Bernard students and families not only raised money, they sang and visited with seniors at Asbury Heights during Lent, made fleece blankets for homeless children, held a Baby Supply Drive for Genesis, and made mats for the homeless living on the streets. And some of the service projects are more fun than work, like the Dance-A-Thon last year, that raised money for Pittsburgh's Fisher House, which provides temporary housing for the families of veterans and active-duty military service members while they are hospitalized.

Community service is just one of the many different ways that St. Bernard School prepares students for today's modern world within a traditional Catholic education, ensuring that the students are every bit as prepared for higher education and the world at large as their public school peers.

**For more information on St. Bernard School** and everything it has to offer, go to their website at [stbschool.net](http://stbschool.net) online, or call at **412.341.5444**. The school is located in the heart of the South Hills at **401 Washington Road, 15216**.

Family Volunteer Day 2017





## Green Tree Octoberfest—A Fall Tradition for Family and Friends

Fall in Green Tree wouldn't be complete without the Green Tree Octoberfest, held annually for a full weekend of fun at Green Tree Park on Greentree Road.

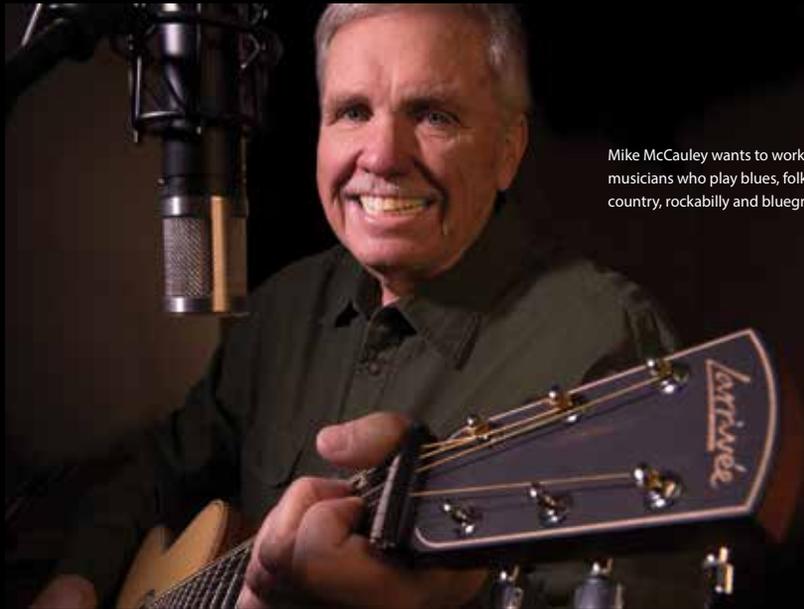
There was something for everyone, including a chili cook-off, an adult kickball tournament, live musical entertainment and a car cruise. Rides and inflatables, community vendors offering food, games, and crafts, and a fantastic fireworks display were just some of the countless activities.

For more information on upcoming events in Green Tree, visit [greentreeboro.com](http://greentreeboro.com).

*Photos by Kathy Rudolph.*







Mike McCauley wants to work with musicians who play blues, folk, old country, rockabilly and bluegrass.

# Green Tree Area Music Studio Looks to Bring a Little Nashville Up North

**Howlin' Kitty Music is looking for talent in all the right places.**

BY PAUL GLASSER



After a 26-year hiatus from song writing, Mike McCauley never thought he would create his own music label.

McCauley fell in love with roots music growing up in West Virginia. He remembers listening to adults playing the banjo and singing. McCauley learned to play the banjo at age 10 and picked up the guitar as a teenager.

“Music is in my blood,” he explains. “It was always something I enjoyed listening to and doing. I think it was embedded in my nervous system. You can never get rid of it, no matter how far you run from it. It’s always there.”

McCauley continued playing guitar and writing songs while he went to college and later completed a Ph.D. in philosophy. After receiving his doctorate, he went to Nashville where he achieved some success as a songwriter. However, in 1983, he decided to pursue a more stable career. “I just got tired of the ups and downs of the music business,” McCauley explains.

He had become interested in computers and went back to school to study information technology. McCauley taught computer science at La Roche College and gave up on music. “I think I just rejected the whole idea,” he says. “I got so busy that I more or less focused on a normal career.”

Twenty-six years passed before McCauley played the guitar again. He was at a party and saw a guitar sitting against the wall. McCauley picked it up and started playing. “It was almost like riding a bicycle,” he recalls. “I remembered quite a bit. The feeling was so natural. It struck a nerve. It took me back to my youth. The first thing I knew, the evening was gone. I was hooked again.”

McCauley started writing songs again and began to meet a lot of other musicians. He decided to create his own music label and publishing company because there were so many talented musicians who were overlooked because they didn’t conform to commercial music standards.

“These people should have some outlet, some way to get their work exposed to the public,” McCauley says. He launched the Howlin’ Kitty label at an event at the Collier Township Municipal Building in August.

Technology has made it easier to record and publish music. McCauley has already released several albums, including an EP of his own. He had to re-learn how to work in the studio and is shocked he finished it after abandoning music for so many years.

“Ten years ago, I would have said that’s impossible,” McCauley says. “I guess you have to be careful what you say.”

He hopes to release several more albums before the end of the year. McCauley wants to build a “critical mass” of performers who can collaborate. “There is so much wonderful potential out there that remains submerged and isolated,” he notes.

McCauley also wants to start selling cigar box guitars on his website and might even open his own venue someday. He named his label Howlin’ Kitty as a memorial to his cat Woodstock. “He used to run through the house howling,” McCauley remembers. “It was cute in a way.”

He invites aspiring musicians to visit the website and submit a song for consideration. McCauley is interested in working with musicians who play blues, folk, old country, rockabilly and bluegrass. He compares the sound of Howlin’ Kitty to that of the iconic Sun Records.



“Music is in my blood. It was always something I enjoyed listening to and doing. I think it was embedded in my nervous system. You can never get rid of it, no matter how far you run from it. It’s always there.”

“Those genres are the roots of Americana,” he explains. “They are the roots of everything we understand as American music today.”

McCauley detests the emphasis on special effects and dramatic spectacles in the popular music industry. “They almost cloud the music,” he laments. “I would say the music has lost its purity.”

His goal is to create a community, not make a profit. “The music is our primary aim,” McCauley says.

McCauley advises aspiring musicians to learn their craft thoroughly by seeking out informal back-porch jam sessions. After they have mastered the techniques, artists need to get some exposure. He also advises young musicians to be spontaneous.

“New ideas can occur on the spur of the moment,” McCauley notes. “You have to be open to those things. Anything is possible.”

For more information, visit [howlinkittymusic.com](http://howlinkittymusic.com). ■



## The Voice for the Injured

When you have been injured or a family member dies as a result of someone else's fault, consulting the right lawyers is a critically important decision. ConboyLaw wants to make that decision easy for you and your family.

ConboyLaw is a law firm located right here in the South Hills. The firm is dedicated to representing individuals and their families, who have been injured in a motor vehicle collision, from a fall down, from a defective product, from a defective condition of property, or in a work-related situation.

ConboyLaw is comprised of brothers Tim and Mark Conboy. ConboyLaw represents clients in all areas of personal injury, as well as workers' compensation claims, and social security disability claims. Tim and Mark carefully counsel clients through the confusing issues of personal injury law. They offer free consultations. They work on a contingency fee basis. Tim and Mark obtain compensation for their legal services only if your case is successful.

"We are the go-to personal injury firm in the South Hills," says Mark, an attorney with 25 years of experience. "We strive to give excellent personal service and to impart our decades of legal expertise to our clients."

"The most important thing people should know when they or a family member has been injured or death has occurred is to call us right away," says Tim.

"There are plenty of times where we will initially monitor your case without charging a fee. However, often it is necessary to get a lawyer involved and start the legal process. As such, it is best to have your attorney involved early to be your voice to protect your legal rights.

Tim and Mark are both graduates of Bethel Park High School and reside in the South Hills. Tim, a 1982 Pitt Law graduate, lives in Upper St. Clair with his wife, Beth. They raised three sons: Ryan, a commercial real estate broker; Cole, a dentist in Washington County; and Sean, a recent Pitt Law graduate.

Mark, a 1992 graduate of Duquesne Law, lives in Mt. Lebanon with his wife, Carrie, who is an Elder Law attorney with Zacharia & Brown in Peters Township. Mark and Carrie have two sons: Parker who is a senior at Northwestern University; and Quinn, a third grader at Jefferson Elementary.

"You could be a worker who's been on the job for 10 or 20 years and never been injured. Then one day, you suffer an injury

at work. You believe in the system. You believe it will all work out fine. Sadly, the Workers' Compensation system does not always work out that way for a lot of injured workers. With one quick phone call, we can jump in early and there is no up-front cost," Mark explains. "That's when we have to get involved. Individualized personal attention to each of our clients is the hallmark of our firm. We get to know our clients. By the end of any case, our clients aren't just clients, they consider us friends."

If the Conboy name sounds familiar to you, it is not just because Tim and Mark are lifelong residents of the South Hills, it's because their father, Jerry Conboy, is a well-known Pittsburgh sports legend, who coached basketball over 50 years. Coach Conboy earned his fame at South Hills Catholic High School (now Seton-LaSalle) and Point Park College.

Regardless of how you know them, Tim and Mark are highly regarded lawyers with over 50 years of combined experience.



Tim's trial experience began on the first day he was sworn in as an attorney. On that day, as an Allegheny County Assistant District Attorney, Tim tried a jury trial. Says Tim of his trial-by-fire initiation, "From that day, I knew I wanted to be a trial lawyer. I found that trying a case is the closest thing you can do to playing sports in a suit."

Tim served 3 years as an Allegheny County ADA before joining Caroselli,

Beachler, McTiernan and Conboy representing personal injury and workers' compensation clients for 30 years. In 2015, Tim left his prior firm to join his brother Mark and they established ConboyLaw.

Mark spent 10 years with legal defense firms out of law school where he became knowledgeable with the nuances of insurance defense tactics in personal injury and workers' compensation claims. Over the last 15 years, Mark has represented injured workers. Mark has been able to translate what he learned as a defense attorney to obtain better results for his clients.

► For more information on ConboyLaw, visit their website at [www.conboylaw.com](http://www.conboylaw.com) or call at 412.343.9060 to set up a free consultation today. ConboyLaw is located in the heart of Mt. Lebanon at 733 Washington Road, Suite 201, Pittsburgh, PA 15228. Tim and Mark Conboy are ready to be your voice.

# LIVE WELL



# A

s kids we learned our different body parts and how they all work; as teens we focused on ways to be fit and strong with nutrient-rich foods and exercise. As adults, we tend to lose track of what we learned as our daily tasks, jobs and routines interfere with remembering how to properly care for ourselves. Our bodies are all different from head to toe, and staying healthy and feeling your best is important at any age. And healthy bodies make us happy—and happiness is good for your health.

Continued on next page >



# AND BE HAPPY!



## SLEEP YOUR WAY TO A HEALTHIER YOU

By now, you've most likely heard the news on the numerous benefits of sleep on overall health. From improving brain function to assisting in weight loss, getting the recommended hours of sleep fit for your age is essential to staying healthy. The message is loud and clear to adults, who still fight sleep to watch late night television or finish one more chapter of a good book. You may let children do the same, stay up to finish homework or to play a little while longer. You may think you are making your child happy with the extra time awake, but the effects are ultimately hurting their ability to fully function during the day.

The National Sleep Foundation recommends that children between the ages of 6 and 10 get 10-11 hours of sleep per night, while 11 to 17-year-olds should get 8.5 to 9.5 hours. A poll done by the foundation last year found that children were falling short and losing out on the benefits of a good night's sleep. Research shows that less sleep leads to learning and behavior problems, directly affecting cognitive ability, concentration, and problem-solving skills. Many families have seen the negative effects and often assume they are symptoms of ADHD, when these distracting behaviors could easily be reduced or even eliminated by an earlier bedtime.

### MAKE SLEEP MATTER

- Set bedtimes and wake times. You can start to make sleep a higher priority for your kids by setting a good example and getting enough sleep yourself. Start by setting bedtimes and wake-up times that you can adhere to on weekdays and weekends. Creating a pattern will help your body understand its sleep cycle, allowing for more restful nights.
- Create wind-down activities before bed. The half-hour before bed should be free of high-energy activities. Start a bedtime routine that includes calming activities like bath time or reading.
- Make a bed sanctuary. As adults, nothing is better than a comfortable place to sleep at night. Make your children's beds the same for them. Add extra pillows for comfort and a favorite stuffed animal to keep them company at night. Keep lights down to a dim lamp or nightlight to make the room dark enough for sleeping.

- Keep electronics out or off. Electronics produce a blue light that sends a signal to your brain to stop the release of melatonin, making it harder to fall asleep. On top of wanting to text with friends or check social media, children and teens will give any excuse to stay awake. Electronic devices are best left in the dark at bedtime.

## BAD HAIR DAYS?

If you seem to be having a stint of bad hair days, maybe your body is trying to tell you something. Poor hair condition could be a sign of physical or psychological issues.

### KEEPING AN EYE ON YOUR HAIR

- **Increase water intake.** Dehydration becomes evident in many forms, but one lesser known form is brittle hair. Increasing water consumption has many benefits, including improving the look and feel of your hair.
- **Hair loss may be a sign of bigger issues.** It is normal to lose between 80-100 hairs per day. Feel like you are losing more than that? Stress and anxiety could be the cause. If you can't identify specific stressors, talk to your doctor. Excessive hair loss could be a sign of other health problems.
- **Eat well for luscious locks.** Think your diet has nothing to do with the way your hair looks? Think again. Hair quality can change over time with continual consumption of processed foods. Keep a healthy diet full of nutrient-rich foods including healthy fats, dark leafy greens, and fish and you'll be on your way to radiant hair.

## HEAR ALL ABOUT IT

Although hearing loss is most commonly associated with aging, it could happen at any time and can be caused by environmental conditions like working in a noisy environment, earwax buildup, or inner ear damage. According to the National Center for Health Statistics, the average person waits six years after the first signs of hearing loss to get checked by a doctor. Hearing problems are considered an undertreated issue for reasons including patient denial, vanity, and less awareness of issues associated with hearing loss. With Baby Boomers starting to enter their 70s, an age at which many individuals start seeking medical attention for hearing ailments, it is important to take charge of the first signs of trouble.

A study on the psychological effects of hearing loss was done for the American Psychology Association. A National Council on Aging study found that 2,304 people who suffered from hearing loss but used no form of treatment were 50% more likely to suffer from sadness or depression than individuals who wore hearing aids. It was found that individuals not using hearing aids showed more signs of anger, anxiety and frustration, causing them to be less involved in social activities than those who wear aids. The risk for dementia also increases in patients who suffer from hearing loss due to sensory loss

and growing social isolation, pointed out in a study conducted by the Archives of Neurology.

Start becoming aware of the signs of hearing loss, and consult your doctor or audiologist if you start to notice some of the symptoms:

- Trouble hearing over the phone
- Vertigo, causing dizziness, pain, or ringing in the ears
- Mumbled voices
- Having to ask others to repeat themselves often
- Avoidance of social situations
- Having a family medical history of hearing loss

Individuals with hearing loss may often be reluctant to face the reality, but may not know about the deeper implications of letting it go untreated. If you or someone you know may be experiencing some of the symptoms of hearing loss, help them understand the benefits of seeking treatment.



### TEENAGE YEARS

When starting your first skincare routine, it's important to first determine your skin type. It's pretty simple to figure out between oily, dry, or combination. Between breakouts and blemishes, think about how your skin feels on a day-to-day basis. Here are some dos and don'ts about treating your skin during your teens:

- **DO:** Pick a cleanser, scrub, toner, and moisturizer that are meant for your skin type. Labels make it easy to choose between the different brands. Many brands have a line of products developed especially for oily, dry, or combination skin. It is still important to put on moisturizer if you have oily skin, but be sure to look for one that is oil-free.

Continued on page 21 >

## TAKE CARE OF YOUR SKIN

As we learned in grade school, our largest organ is our skin. Our skin regulates body temperature, protects against the elements, and gives us the feeling of different sensations. Since our skin does so much for us, it is important to take care of it. A skincare routine is important for men and women of all ages, although it will vary throughout the years.



## Medicare Specialists of Pittsburgh

Medicare Made Easy

### The Annual Enrollment Period is here... October 15 thru December 7

- Do you know if you are on the right Medicare Advantage Plan?
- Are all of your prescriptions on formulary?
- Are all of your doctors in-network?
- Do you have out-of-network coverage?
- Do you know the difference between Medicare supplements and the Medicare Advantage Plan?

#### Let Medicare Specialists of Pittsburgh help you find the plan that best meets your needs for 2018

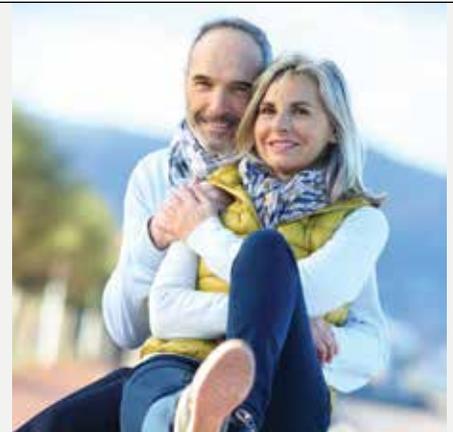
**Educate:** We can thoroughly explain how Medicare works and what your options are. Since all we do is Medicare, we are specialists.

**Evaluate:** We discuss your individual situation so you can make an educated choice in Medicare coverage.

**Enrollment:** Helping you find and enroll into the plan that best fits you.

**Service:** We discuss with our clients enrollment issues. Our convenient location above the Social Security Office in Mt. Lebanon allows us to better serve our clients with enrollment issues related to Medicare. We have become one of the fastest growing agencies because our clients have referred their friends and families to us due to the quality of our work. Our agency is based purely on service and helping individuals and families.

**EXTRA HELP:** Many individuals and families face health and financial difficulties. We can help!



Medicare Specialists of Pittsburgh can help you answer questions and feel better about your choices. The Annual Enrollment Period opens October 15 and closes December 7, which means you still have time to switch plans, save money, and get the coverage you need. We are licensed with every carrier in Western PA and are happy to discuss all of your options with you. Give us a call today to schedule an appointment.

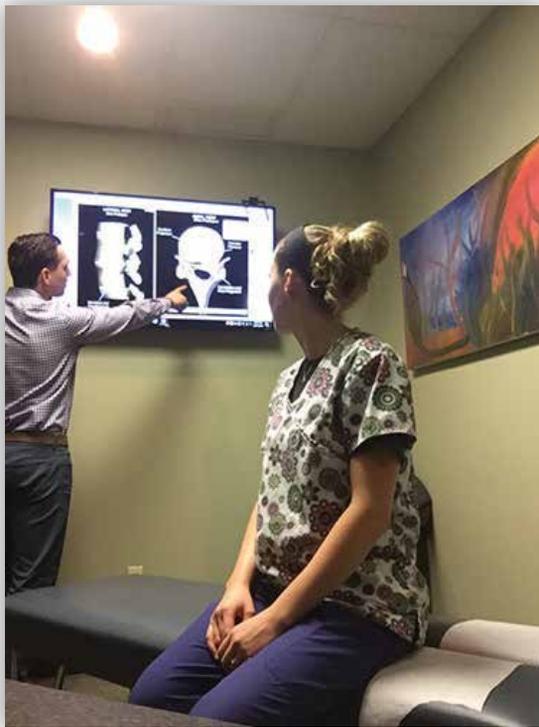
We are a Medicare brokerage company that represents all Medicare Advantage Carriers and Medicare Supplement Carriers in Western Pennsylvania.

650 Washington Road, Suite 200, Pittsburgh, PA 15228 412.343.0344 Fax 412.343.0522 [Medipgh.com](http://Medipgh.com)

# ANGELOMINELLAFITNESS.COM

Angelo is a 2004 graduate of Chartiers Valley. Angelo was a multi-sport athlete throughout high school and has been through the rigorous toll your body takes. His passion for strength training and nutrition gave him the competitive edge he needed to play at a competitive level. During his senior year he tore his MCL, but was determined to get back to competing at a high level. Angelo rehabbed his knee at a chiropractic office that allowed him to play at the collegiate level. His MCL injury sparked an interest to enter the profession at New York Chiropractic College. Upon graduation, he returned home with a passion to share his knowledge and personal experiences with the community that raised him!

412-302-2127



**GREENTREE  
CHIROPRACTIC  
& REHAB**



**TRIGGER POINT • DECOMPRESSION • ELECTRIC MM STIM • FULL REHAB FACILITY**

**993 GREENTREE ROAD 412-921-3333**

**VISIT US ONLINE AT [GREENTREECHIROPRACTIC.COM](http://GREENTREECHIROPRACTIC.COM)**



## TREATMENT YEARS

Now is the time to treat the years of damage that the sun and other elements have caused to your skin.

- **Put the right nutrients into your body.** It's important to make sure your body is getting all the nutrients it needs on the inside for radiant skin on the outside. This includes lots of water!
- **Take cover when heading outside.** SPF shouldn't be skipped at this age either and should be applied daily. Try adding a hat and cover your skin to prevent over exposure to the harmful rays of the sun, even in the cooler months.
- **Find a good retinoid.** Derived from vitamin-A, retinoids boost collagen production in the skin to stimulate blood vessels and unclog pores.

## SEEING INTO THE FUTURE

Twenty-first century children will be looking beyond genetics as a cause for needing corrective eyewear, according to the American Optometric Association (AOA). In the Digital Age, children are exposed to electronic devices their whole lives as an integral part of social and educational practices. Teachers are continuing to increase the amount of digital technology used in the classroom, and it is expected that computer simulations will account for much of the learning style in the future. Both teachers and parents are finding that children are adapting well to the use of technology in the classroom, making learning more interactive and current than most textbook learning.

The AOA's 2015 American Eye-Q® survey states that 41 percent of parents say their kids spend three or more hours per day using digital devices, and 66 percent of kids have their own smartphone or tablet. As technology becomes more of an essential part of modern life, it is important for parents to find balance in their children's digital usage.

Continued on next page >

## PREVENTION YEARS

As a young adult, it's important to continue good habits of caring for your skin. This is the prime age to prevent unwanted wrinkles that you may start to face in the next five to 10 years. Now is the time to take charge by:

- **Wearing eye cream.** We have seen the commercials about preventing wrinkles. But when do you have to start? NOW! The skin around your eyes is very thin and just a short amount of sunlight could cause lasting wrinkles.
- **Applying products with SPF to face, neck, and hands.** Skipping the protection of an SPF could throw off your entire routine. Find a good moisturizer that combines protection with moisture and apply it to your face, neck, and hands. The neck and hands are often overlooked, but a prime spot for the sun to hit and cause wrinkles.
- **Quitting bad habits.** Now is a better time than ever to kick the bad habits you learned in high school and college. The number of benefits of canceling your package at the tanning salon and quitting smoking would take up this entire article, but for skin's sake, give them up!



Electronic devices, including televisions, give off blue and violet light that may affect vision by causing eyestrain and discomfort. If your child has to do homework using the computer or tablet, keep the television off during dinnertime and instead enjoy conversation together. Optometrists also researched the importance of natural sunlight exposure to the eyes and say that the lack of exposure to natural light could affect the growth and development of vision.

#### DIGITAL EYESTRAIN

- Burning
- Itchy or tired
- Increased headaches
- Fatigue
- Blurry vision
- Head and neck pain

The best way to properly monitor eye and vision health is to make sure your child gets a comprehensive eye exam every year.

## KEEP YOUR TEETH & GUMS HEALTHY

A big smile can say a lot about your overall health, so if you've been skipping out on the dentist, you may want to schedule your visit. A yearly dental visit protects against poor oral health that can lead to greater problems down the road. Good oral hygiene, including brushing at least twice a day with a fluoride toothpaste and flossing, can protect against the damaging effects of gum disease. Gingivitis is a mild form of gum disease that is due to plaque and tartar buildup on teeth, leaving gums red, swollen and irritated. When left untreated, gingivitis can advance to periodontitis. A more serious and painful disease, periodontitis causes gums to pull away from teeth, allowing bacteria to build in the pockets between. Due to the infection and inflammation, your body's natural reaction is to fight the bacteria, which can lead to breakdown of the bones and tissue around your teeth. Studies also suggest that poor oral health is related to systemic diseases such as diabetes, oral cancer, stroke and heart disease. Routine visits to your dentist can identify oral problems before they become painful and more serious. So how can you protect your pearly whites against long-term health concerns?

- Schedule routine checkups with your dental professional.
- Brush your teeth twice a day.
- Floss daily (you may not see immediate benefits, but you'll be saving your gum health in the long run).
- Eat a balanced diet to get the proper nutrients your teeth and gums need to stay strong.
- Drink lots of water!
- Quit smoking—it is one of the most significant risk factors in developing gum disease.
- Replace your toothbrush every three months.

## NO BONES ABOUT IT

Is your job a pain in the neck? If you work in a sedentary environment, your response is probably yes. Musculoskeletal pain is caused by excessive sitting throughout the day, leading to slouching, hunching over, and muscles in your body going without use for hours. Studies are finding that although a regular workout routine helps, it



# PALMER FAMILY DENTISTRY

- Participates With Most Major Insurances •
- Microscope Enhanced Dentistry •
- Invisible Braces •

Mark A. Palmer D.D.S.  
1910 Cochran Road, Pittsburgh, PA 15220  
412.531.7770  
Email us at [Palmerfamilydental@comcast.net](mailto:Palmerfamilydental@comcast.net)  
Cochran Road/Next to Max & Ermas and Dukes  
Office Hours Monday-Saturday  
New Patients Being Accepted



## 88 Dental - 412-343-4100

4100 Library Road, Castle Shannon, PA 15234  
Website: [www.manalosmiles.com](http://www.manalosmiles.com) • email: [manalosmiles@aol.com](mailto:manalosmiles@aol.com)

*“Creating Lifetime Smiles!”*

*Introducing to our practice*

**Cassandra J. Casto-Molina, DDS**  
General & Family Dentistry  
White Fillings, Extractions, Dentures, Crowns, Bridges, etc.

*“Comprehensive Dental Care focusing on Prevention while establishing Excellent Patient/Provider Relationships!”*



**LARRY E. MANALO, D.M.D.**  
Insurances accepted: All traditional or PPO plans; Aetna, Ameritas, Avia Dental, Carington, Cigna, Delta, DentalMax, Dominion, GEHA, Guardian, Humana, Lincoln, MetLife, Principle, United Concordia, United Healthcare, UPMC, and more.

### NEW PATIENT COUPON

Free Whitening Kit w/Cleaning

(Must present coupon at time of service - New patients only)



won't combat the constant weight on your rump. Although some offices are moving toward healthier options, such as convertible, stand up/sit down desks, or treadmill desks (if you have the skill to think and walk at the same time), most of us have to face our chairs every day. What a pain!

There are ways to prevent the negative effects, such as stiffness and poor circulation, of constant sitting.

- **Get up and move!** If you find yourself sitting for extended periods of time, you need to break the habit. Schedule an alarm for every 30 minutes to get up and take a lap around your office. Manage your time effectively by going to pick up your paper from the printer or grabbing a glass of water. Even better? Visit a co-worker to talk about a project instead of sending an email.
- **Establish proper sitting habits.** Keep your back straight, feet at 90 degrees, and eyes level with the top of your computer screen. Make sure your shoulders aren't hunched when resting your elbows on your desk to type.
- **Stretch in place.** Adding stretching to your daily routine is beneficial for anyone. Stand up and do a few stretches at your desk to get your muscles loosened up and moving. Feeling spunky? Add a few jumping jacks in to get your heart rate pumping for some extra energy.
- **Realize how much sitting you do.** Sitting for eight hours at your job has negative effects on your body, but going home and sitting on the couch for the rest of the night doubles those effects, increasing cause for concern. If you have a sedentary job, make a point of taking a walk when you get home or spend some time on your feet with your kids or at the gym. Keeping active during breaks and on the weekends will help combat negative effects from the workweek.

## HEART HEALTH— SKIP THE SUGAR!

Heart disease is the number-one killer of all Americans, but awareness of the disease and its causes have allowed for a decrease in the number of deaths associated with it in recent years. Eating well and exercising are obvious ways to prevent the onset of heart disease, but a recent study by the Journal of the American College of Cardiology looks at another culprit that has damaging effects on your heart: sugar (fructose).

According to the study, one to two servings of sugary drinks per day raises a person's risk of heart disease by 35 percent. It is important to be cognizant of sugar intake, as it can often sneak into your diet unnoticed. Men should only consume about 37.5 grams of added sugar (think coffee drinks, sodas, yeast breads, cereals, fruit drinks) per day, while women should stay around 25 grams. Starting out the day with a latte, frozen beverage, or soda could add anywhere from 20 to 63 grams of sugar in just 12 ounces! Make sure to stop and think before you consume added sugar for the sake of your heart health because sugar isn't as sweet as it seems.

## BEST FOOT FORWARD

After hours of physical abuse from constant pounding and tapping, your feet deserve a break! Feet take a constant beating every day, and we often blame foot pain on a long day on our feet, or shoes with poor support. Foot pain may be caused by other problems in your body that shouldn't be ignored.

Keep tabs on your feet by:

- examining your feet regularly
- wearing comfortable shoes that fit properly and offer plenty of support
- keeping your toenails trimmed straight across
- allowing your feet to air out after being in shoes

Talk to your doctor if you are experiencing:

- joint stiffness
- tingling or numbness
- swelling
- discoloration or bruising
- inability or limiting of physical tasks due to foot pain ■

**Curves**  
Let's help  
**Find a  
CURE  
for breast  
CANCER**

Curves has raised more than **\$15 million** to fight breast cancer but we can always do more.

Join today with a **\$30 donation\*** to local breast cancer research

**300 Mt. Lebanon Blvd., 2nd Floor  
Lebanon Shops, Pittsburgh, PA 15234  
412-343-8200**

#CurvesStrong **Curves.com**

\*Monthly fees required and vary by location. Offer expires 12/31/17 and requires joining same day as first visit for a minimum 12-month recurring billing contract. Valid for new Curves members only. Not valid with any other offer or discount. Valid at participating locations only. No cash value. 100% of \$30 enrollment fee will be donated to a cancer charity of the club's choice. Ask your club for more details.  
© 2017 CURVES INTERNATIONAL, INC. (3710)

**DO YOU NEED HELP  
UNDERSTANDING MEDICARE?**

Picking the best insurance plan for your needs?  
Learning about your Medicare Prescription Drug plans?  
Finding the best time to enroll?

*Help with heart.*

Call **Erin Hagan Hart** and **Liz Hagan Kanche**  
Independent brokers with over 25 years experience

**412-657-3028**

**AMERICAN  
HEALTHCARE**  
Group, LLC

1910 Cochran Road  
One Manor Oak, Suite 405  
Pittsburgh, PA 15220

# Light it Up!

Take some time during the holiday season to celebrate with family and friends at the many festive and fun holiday activities right in your community!

BY KATHY RUDOLPH



## Kick-off the Holiday Season

### **BETHEL PARK TREE LIGHTING CEREMONY**

Date: Nov. 29

Time: 6:45 p.m.

Address: Bethel Park Community Center, 5151 Park Avenue, Bethel Park

Contact: [bethelpark.net](http://bethelpark.net), or 412.831.1328

Welcome the holiday season with family, friends and neighbors at the Bethel Park Tree Lighting Ceremony! Take the kids to see Santa, enjoy live holiday music, refreshments and more. Visit the website for more information.

### **BRENTWOOD LIGHT UP NIGHT**

Date: TBA. Check the website.

Address: Brentwood Towne Square, Towne Square Way, Brentwood

Contact: [brentwoodboro.com](http://brentwoodboro.com), or 412.884.2600

Share some holiday joy with family and friends at Brentwood Light up Night! The event features live musical performances, a festive parade, local vendors, children's activities, and the lighting of the borough tree and lamppost decorations. Visit the website for a schedule of activities and other information. Sponsored by Brentwood Borough and the Brentwood Business Owners Association.

### **DORMONT VFD CHRISTMAS PARADE, COOKIES WITH SANTA AND LIGHT UP DORMONT**

Date: Dec. 2

Time: 9 a.m. to 6 p.m.

Address: Various locations throughout Dormont

Contact: [boro.dormont.pa.us](http://boro.dormont.pa.us), or 412.561.8900

Wow! A full day of holiday fun for the whole family. Start off with the Dormont Volunteer Fire Department Christmas parade, have cookies with Santa at the Dormont Recreation Center, then participate in Light Up Night! Visit the website for more information.

### **KENNYWOOD HOLIDAY LIGHTS**

Dates: Check the website for the December dates of operation.

Address: 4800 Kennywood Boulevard, West Mifflin

Contact: [kennywood.com](http://kennywood.com), or 412.461.0500

Enjoy the most wonderful time of the year at Kennywood! See the park transformed

with nearly two million dazzling lights. Enjoy songs of the holidays by local choirs and the spectacular light show on the lagoon choreographed to favorite holiday melodies. Visit Santa, ride the Gingerbread Express and more! Visit the website for more information.

### LIGHT UP GREEN TREE

Date: Dec. 2

Time: 5 to 7 p.m.

Address: Green Tree Municipal Center, 10 West Manilla Avenue, Green Tree  
Contact: greentreeboro.com, or 412.921.1110

Celebrate at Green Tree's kick-off event to the holidays! Enjoy caroling, treats, ice carving, entertainment, and, of course, a special visit from Santa and Mrs. Claus. Check the website for more details.

### PETERS TOWNSHIP TREE LIGHTING

Date: Dec. 3

Time: 6 p.m.

Address: Peters Township Municipal Complex/Library, 616 East McMurray Road, McMurray  
Contact: peterstownship.com, or 724.942.5000

Bring your family and enjoy the tree lighting ceremony and holiday party! Listen to holiday caroling, welcome Santa as he arrives on a shiny fire truck and enjoy a craft and refreshments. All ages welcome. Visit the website for more details.

### SCOTT TOWNSHIP TREE LIGHTING

Date: Dec. 7

Time: 6:30 p.m.

Address: Scott Park Amphitheatre, 301 Lindsay Road, Scott Township  
Contact: scott-twp.com/events, or 412.276.5300

Enjoy Santa, carols, hot chocolate and more! Visit the website for more information.

## Add Some Sparkle to the Holiday

### AMERICAN GIRL HOLIDAY CRAFTS AT BETHEL PARK LIBRARY

Date: Dec. 3 (Pre-registration is required.)

Time: 2 p.m.

Address: 5100 West Library Avenue, Bethel Park  
Contact: bethelparklibrary.org, or 412.835.2207

These easy and fun DIY crafts for you and your doll are sure to get you in the holiday spirit. Be sure to bring your doll along for a fun photo op! Visit the website for

information on pre-registration and other details.

### BRENTWOOD LIBRARY'S 5TH ANNUAL COOKIE EXCHANGE

Date: Dec. 19 (Pre-registration is required.)

Time: 6:30 to 8:30 p.m.

Address: 3501 Brownsville Road, Brentwood  
Contact: brentwoodpubliclibrary.org, or 412.882.5694

This is a great way to make an impressive cookie platter for all of your holiday entertaining! Arrive with six dozen of the same kind of cookies, then we'll begin building our trays with a variety of goodies. Oh, and we'll sample a few, too! Please register for this festive event. Visit the website for more information.

### COMMUNITY LIBRARY OF CASTLE SHANNON HOLIDAY PARTY

Date: Dec. 19

Address: 3677 Myrtle Avenue, Castle Shannon  
Contact: castleshannonlibrary.org, or 412.563.4552

Join in a night of holiday stories, games, crafts and more. The whole family is welcome! Visit the website for more information.

### FRIENDS OF BRIDGEVILLE LIBRARY 14TH ANNUAL FESTIVAL OF TREES

Dates: TBA, December (Visit the website for the exact dates and times.)

Address: 505 McMillan Street, Bridgeville  
Contact: friendsofbpl.org

A Bridgeville tradition with a new twist! Get inspired this holiday season by visiting the library for the Festival of Trees! On display for part of December, this event includes a kick-off evening of festive fun for the whole family. Enjoy beautifully themed Christmas trees, a silent auction, live music, and even a visit from Santa. Visit the website for more information on getting involved and other details.

### HOLIDAYS AT THE C&RC

Date: Dec. 2

Time: 11 a.m. to 2 p.m.

Address: Upper St. Clair Community and Recreation Center, 1551 Mayview Road, Upper St. Clair  
Contact: twpusc.org/crc/special\_events, or 412.221.1099

Celebrate the holiday season with musical performances, craft making, sweet treats and a special visit from Santa at noon. Be sure to bring along your camera! Free for all participants. Visit the website for more information.



### SANTA TROLLEY AND TOY TRAINS

Dates: Santa Trolley – Dec. 2 & 3, Dec. 9 & 10, Dec. 16 & 17; Trolleys and Toy Trains – Dec. 1, 8, 15

Address: The Pennsylvania Trolley Museum, 1 Museum Road, Washington  
Contact: pa-trolley.org, or 724.228.9256

Santa Trolley – Celebrate the season on a trolley with Santa, and sing along with the Christmas caroling, make a craft in the Events Room and interact with the Lionel Trains in the Visitor Center. Trolleys and Toy Trains – Enjoy the huge Lionel toy train layout and all-day trolley rides.

### SPAGHETTI WITH SANTA

Date: Dec. 3 (Reservation is required.)

Address: Bella Sera, 414 Morganza Road, Canonsburg  
Contact: bellaserapgh.com/events, or 724.745.5575

Grab the entire family and join in the 2nd Annual Spaghetti with Santa! Enjoy a family-style spaghetti dinner and a complimentary digital photo with Santa! There are two seating times, 11 a.m. and 2 p.m. Reservations are required. Photos will be taken from 11:30 a.m. to 1:30 p.m. and 2:30 to 4:30 p.m. Check the website for menu and ticket information.

### STORYTIME WITH THE GRINCH

Date: Dec. 14

Time: 5:30 p.m.

Address: South Fayette Public Library, 515 Millers Run Road, Morgan  
Contact: southfayettelibrary.org, or 412.257.8660

Spend the evening at the library! There will be crafts and activities and a viewing of the original "How the Grinch Stole Christmas" beginning at 5:30 p.m. Afterward there will be an appearance by South Fayette's own Grinch, who will read the story to all! Visit the website for more information.

### TRAX FARMS BREAKFAST, OR LUNCH, WITH SANTA

Dates: Saturdays/Sundays in December (Reservation is required. Check the website for the schedule.)

Address: 528 Trax Road, Finleyville  
Contact: traxfarms.com, or 412.835.3246

Make a reservation for some holiday memories! Your child will enjoy a meal, hands-on craft and visit with Santa Claus. Don't forget your camera! Check the website for reservation information and other details.

Continued on next page >

# Light it Up!

## Sights and Sounds of the Season

### Take a Holiday Walk Back in Time

#### CHRISTMAS AT WOODVILLE PLANTATION

Date: Dec. 3  
Address: 1375 Washington Pike, Bridgeville  
Contact: woodvilleplantation.org, or 412.221.0348

Step back in time at Woodville Plantation as this living history museum presents a special holiday event. An 18th century Christmas will come to life with costumed guides, holiday displays and traditional decorations. Visit the website for more details.

#### HOGMANAY AT OLIVER MILLER HOMESTEAD

Date: Dec. 3  
Address: 2301 Corrigan Drive, South Park  
Contact: olivermiller.org, or 412.835.1554

Celebrate the end of the homestead's year with a traditional Scots New Year celebration (Hogmanay)! This festive Scottish New Year's Eve celebration shoos out the old and welcomes the new. Haggis will be prepared at the open hearth. Participate in Highland games and join the Scottish dancers in the barn. Visit the website for more information.

#### HOLIDAY GIFT SHOPPE AND OPEN HOUSE AT THE BRADFORD HOUSE MUSEUM

Dates: Dec. 1 & 2  
Time: 11 a.m. to 5 p.m.  
Address: 175 South Main Street, Washington  
Contact: bradfordhouse.org, or 724.222.3604

Tour the historic Bradford House and shop for holiday gifts! Open House will feature the Bradford House Gift Shoppe and quality local craftspersons. All vendors are making donations to the Bradford House Historical Association, a 501(c)(3) nonprofit organization. Visit the website for more information.

#### 'A TUNA CHRISTMAS' BY LITTLE LAKE THEATRE

Dates: Various dates in late November and December (Check the website for the exact dates and times.)

Address: 500 Lakeside Drive, Canonsburg  
Contact: littlelake.org, or 724.745.6300

A hysterical holiday barrel of laughs, "A Tuna Christmas" chronicles the Yuletide celebrations of the good folks of Tuna, Texas. For many patrons, it hardly seems like Christmas has arrived until Bertha and Arles, Vera Carp, Didi and R.R. Snavelly, Aunt Pearl, Petey Fisk, Helen Bedd and Inita Goodwin turn on the holiday cheer. A Little Lake audience favorite... see what all the hootin', hollerin' and laugh-out-loud fun is all about! Order your tickets early—this is always a sell-out! Visit the website for information on purchasing tickets and other details.

#### BREAKFAST AND A MOVIE AT THE HOLLYWOOD THEATER

Dates: Check the website for the Holiday Movie Schedule.  
Address: 1449 Potomac Avenue, Dormont  
Contact: thehollywooddormont.org, or 412.563.0368

Take some time off from all of the holiday madness and enjoy brunch and a classic movie at the Hollywood Theater. The theater is operated by the Friends of the Hollywood Theater (FOHT), a 501(c)(3) not-for-profit organization. For information on reservations for brunch, tickets to the movie, parking and other details, visit the website.

#### COMMUNITY BAND SOUTH HOLIDAY CONCERT WITH DEAN STREATOR

Date: Dec. 3  
Time: 4 p.m.  
Address: Bethel Park Community Center, 5151 Park Avenue, Bethel Park  
Contact: cbs.pghfree.net/concerts, or facebook.com/CommunityBandSouth

If it's December, it must be time for the CBS holiday concerts! CBS was created to provide the opportunity and place for former high school and college band members to continue to play. Visit the website for more information.

#### 'MAGNIFICAT (BACH!) AND MORE' CHRISTMAS CONCERT BY THE PITTSBURGH CAMERATA

Date: Dec. 9  
Address: Westminster Presbyterian Church, 2040 Washington Road, Upper St. Clair  
Contact: pittsburghcamerata.org, or 412.421.5884

Enjoy one of J.S. Bach's most popular vocal works, "Magnificat" (or "Mary's Song of Praise"), as the centerpiece of this Christmas concert. The 30-minute vocal canticle with original baroque instrumental ensemble is among the grandest illustrations of Bach's genius. The Camerata will also sing a cappella choral music featuring settings of "Lo, How a Rose," by Jan Sandström (b. 1954), Hugo Distler (1908-1942), Michael Praetorius (1571-1621) and others. Visit the website for information on purchasing tickets and other details.

#### PITTSBURGH CIVIC ORCHESTRA HOLIDAY CONCERT

Date: Dec. 16  
Address: Upper St. Clair High School Theater, 1825 McLaughlin Run Road, Upper St. Clair  
Contact: pittsburghcivicorchestra.net, or 412.854.1389

Join the Pittsburgh Civic Orchestra musicians as they celebrate this holiday season! The orchestra has over 80 volunteer musicians who are dedicated to providing quality classical music at a reasonable cost to the families of southwestern Pennsylvania. Visit the website for information on purchasing tickets and other details.

#### PPG WINTERGARDEN CONCERTS

Featuring *Peters Township Middle School Choir, South Hills Brass Band, Baldwin High School Wind Ensemble, Boyce Middle School Orchestras, Canon-McMillan High School Bella Vocce, Upper St. Clair Jazz Band and others*

Dates: Through December (Check the website for the individual performance dates.)  
Address: PPG Place, Downtown Pittsburgh  
Contact: ppgplace.com/directory/wintergarden

Enjoy local musicians and vocalists as they perform for the holidays in the beautiful Wintergarden at PPG Place, a bright and open, plant-filled, all-glass garden environment. The Wintergarden is the site of the annual Spirits of Giving around the World and Gingerbread House exhibits. More musical groups are added to the venue closer to Christmas. Visit the website for the most updated information.

## RIVER CITY BRASS BAND CHRISTMAS BRASSTACULAR

Date: Dec. 5

Address: Upper St. Clair High School, 1825 McLaughlin Run Road, Upper St. Clair

Contact: [rivercitybrass.org](http://rivercitybrass.org)

Celebrate the magic of Christmas with River City Brass. This holiday show is fun for the whole family, with classic carols, favorite film music, and special surprises. Visit the website for information on purchasing tickets and other details.

## SOUTH HILLS CHORALE HOLIDAY CONCERTS

Dates: Dec. 15 & 16

Address: Westminster Presbyterian Church, 2040 Washington Road, Upper St. Clair

Contact: [southhillschorale.org](http://southhillschorale.org), or 412.220.4227

Delight in the music of the holiday season at the South Hills Chorale Holiday Concert! The not-for-profit organization provides professional-quality concerts throughout western Pennsylvania for conventions, meetings, community events, and facilities serving seniors and infirm persons. Visit the website for information on purchasing tickets and other details.

## WASHINGTON FESTIVAL CHORALE CHRISTMAS CONCERT

Dates: Dec. 15 & 16

Time: 7 p.m.

Address: Faith United Presbyterian Church, 900 East Beau Street, Washington

Contact: [washingtonfestivalchorale.org](http://washingtonfestivalchorale.org)

Get into the holiday spirit by listening to the wonderful singers of the Washington Festival Chorale, a community choir comprised of talented volunteers from the southwestern Pennsylvania area. Visit the website for more information.

## Deck the Halls

### LAST-MINUTE CHRISTMAS IDEAS WITH EMILY AT BBPL

Date: Dec. 1 (Pre-registration is required.)

Time: 2 to 3 p.m.

Address: Baldwin Borough Public Library, 41 Macek Drive, #115, Baldwin Borough

Contact: [baldwinborolibrary.org](http://baldwinborolibrary.org), or 412.885.2255

Create a special holiday gift for someone special! Make a mitten, a wreath, a stocking or a star in knit or crochet as tree ornaments or package trim. To register for this program, find out the supplies to take, or to learn about other holiday activities at the library, visit the website.

## MAKE YOUR OWN FELTED ORNAMENT

Date: Dec. 12

Time: 7 p.m.

Address: Upper St. Clair Township Library, 1820 McLaughlin Run Road, Upper St. Clair

Contact: [twpusc.org/library/library-home](http://twpusc.org/library/library-home), or 412.835.5540

Fiber artist Judé Ernest will teach you to create felted holiday ornaments in this hands-on workshop. Felted ornaments make wonderfully unique gifts! All materials are provided for this free class (\$5 donation is appreciated but not required) for adults. Please register online, or call the library.

## PETERS TOWNSHIP AREA HOLIDAY HOME TOUR

Date: Dec. 3

Time: 1 to 4 p.m.

Addresses: Locations throughout the Peters Township area

Contact: [watchful.org](http://watchful.org), or 724.941.3339

Holiday ideas and inspiration while doing good! If you've never gone on a Holiday Home Tour, you won't want to miss the 2017 event. It benefits Watchful Shepard, a nonprofit that provides a child abuse and family violence prevention program. Visit the website for more information on purchasing tickets and other details.

## SIMMONS FARM

Address: 170 Simmons Road, McMurray

Contact: [simmonsfarm.com/christmastrees](http://simmonsfarm.com/christmastrees), or 724.941.1490

A large selection of Christmas trees available, from tabletop trees up to 15-ft.-tall trees. Cut-Ur-Own trees available in very limited sizes and varieties. Call ahead prior to visit. Wreaths, poinsettias and Christmas planters available daily. Visit the website for more information.

## TRAX FARMS

Address: 528 Trax Road, Finleyville

Contact: [traxfarms.com](http://traxfarms.com), or 412.835.3246

Trax Farms is a 400-acre working farm market and greenhouse. There is a limited number of cut-your-own trees, and you will need to schedule an appointment. The Christmas Shop offers trees, ornaments and decorating along with gift ideas for the holidays.



# Make it a Wonderful Winter

## THE DEERSLAYER TRAIL RUN

Date: Dec. 3

Time: 10 a.m. start

Address: South Park Fairgrounds (under the Big Clock), Brownsville Road, South Park

Contact: [gprcc.com/schedule.php](http://gprcc.com/schedule.php)

Run off the holiday cookies by challenging yourself with a 4-mile or 8-mile race. Visit the website for more information on registration and other details.

## INTRODUCTION TO SNOWSHOEING

Date: Jan. 14 (Pre-registration is required.)

Address: Oliver Miller Homestead Parking Lot, 1 Stone Manse Drive, South Park

Contact: [county.allegheny.pa.us/parks](http://county.allegheny.pa.us/parks), or 412.350.2455

Dress for the weather and learn to snowshoe this winter with the park rangers! This will be a basic instruction class with a trek through the woods (approx. 1 mile). Program is weather-dependent: if there is no snow, it will be a guided hike. Visit the website for more information on pre-registration, fees and other details.

## SNOW PRINCESS AND SUPERHERO SKATE

Date: Feb. 3

Time: 11 a.m. to 4 p.m.

Address: South Park Ice Rink, 30 Corrigan Drive, Bethel Park

Contact: [alleghenycounty.us](http://alleghenycounty.us), or 412.833.1499

Sing along and skate with your favorite snow princess and superhero! Visit the website for more details.

## WINTER WELLNESS DASH

Date: Jan. 14 (Registration closes Jan. 13 at 9 p.m.)

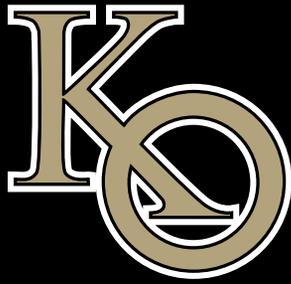
Address: Boyce Mayview Park, 1551 Mayview Road, Upper St. Clair

Contact: [twpusc.org](http://twpusc.org), or 412.221.1099

Start the new year off right by participating in this annual 1-mile run/walk. Open to all ages and fitness levels, it's a great way to bring friends and family together on a brisk January day. Visit the website for registration information, start time and other details. ■

Didn't see your favorite holiday event listed? No worries! Let us include it in next year's listings! Email [editors@icmags.com](mailto:editors@icmags.com) to submit the information.

All events are subject to change. Call, or visit the website, for the most current information.



# KEYSTONE OAKS

## SCHOOL DISTRICT

*Building a Foundation of Excellence*

### Keystone Oaks 2017-2018 Calendar Updated

*Keystone Oaks' 2017-2018 school year calendar has been updated to include early dismissals on the following days:*

- Wednesday, November 22, 2017
- Friday, December 22, 2017
- Tuesday, March 27, 2018
- Friday, May 25, 2018

Students will be dismissed at the following times:

- Middle School / High School - 10:45 a.m.
- Dormont Elementary School - 11:15 a.m.
- Aiken Elementary School - 11:25 a.m.
- Myrtle Elementary School - 11:40 a.m.

For up-to-date calendar information, please visit the District's website, [www.kosd.org](http://www.kosd.org). Parents/guardians also have the option to synchronize the District calendar with their Outlook or Google calendars. Instructions are available at the following website - <http://www.kosd.org/protected/iCallInfo.aspx>.



### Participation in Math & Science Initiative Strives to Increase Participation in Advanced Places Classes, Scores on AP Exams

Keystone Oaks was selected to participate in a three year grant program with the National Math and Science Initiative that will begin with the 2017-2018 school year. The program is being coordinated by high school math teacher Kevin Gallagher.

NMSI's initiative is to significantly improve student opportunities and advance STEM teaching and learning by increasing the number of students taking and earning qualifying scores on AP math, science, computer science, and English exams. NMSI provides support and training for students and teachers beginning in elementary school, with a minimal yearly financial contribution from the district.

On average, schools participating in NMSI see first year qualifying AP scores increase by 67%. Students who take an AP course are more attractive candidates for college admissions, and students who take AP courses "are more prepared to handle the rigor of college coursework and are more likely to persist," according to NMSI.

NMSI offers summer institutes for AP teachers, with follow-up through fall and spring workshops and mentors. NMSI also provides \$34,000 over the three years to purchase supplies and equipment for AP coursework. Teachers in grades 3-11 will also participate in a summer program called Laying the Foundation, to explore college and career standards.

NMSI supports students by reimbursing 50% of AP exam costs, awarding them \$100 for every score on an exam above a 3, and offering Saturday study sessions throughout the school year.

# Keystone Oaks Launches New Safe School Helpline

This year, Keystone Oaks is offering parents, students and members of the community a convenient, confidential way to report information that may affect safety at the schools, including incidents of bullying, drug or alcohol abuse, harassment, and mental health concerns.

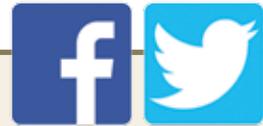
The Safe School Helpline allows anyone to make an anonymous report via phone call, text message, a secure website, or through a mobile app. Counseling support, and other responders, are available 24 hours per day through the Safe School Helpline, which is an independent company. For situations that pose an immediate threat, Keystone Oaks encourages students, parents and community members to call 911. In the case of an urgent report made through the system, a number of administrators will receive an immediate phone call.

While the district will receive information about reports that are made through the system, the submitter's personal information is kept confidential, unless they choose to share their name. Keystone Oaks will respond to the report within three days, giving those who make a report the opportunity to respond to follow-up questions or receive an answer.

### To use the system:

- CALL **800-418-6423 (800-4-1-VOICE ext. 359)**
- TEXT the word **TIPS to 66746**
- VISIT **www.safeschoolhelpline.com** and fill out an online report
- DOWNLOAD the **free app** on Google Play or the Apple App Store

"The goal of the Safe School Helpline is to provide for a safe and positive school environment throughout the district," said William Stropkaj, Ed.D., Superintendent. "We understand that it can often be intimidating to report a situation directly to a staff member, so we felt it was important to provide students, parents and community members with an alternative way to report information confidentially, while also giving the district the opportunity to investigate and respond to situations that are having a negative impact on our schools."



## Stay KO-connected!

Staying connected with Keystone Oaks has never been easier! In addition to the District's Facebook, Twitter and Instagram accounts, several building principals, classroom teachers and administrators are also active on social media, sharing important updates, articles and resources, and photos and videos from day-to-day activities.

Be sure to "Like" and "Follow" us on the following platforms:

### Facebook

- Keystone Oaks Libraries
- Fred L. Aiken Elementary - [facebook.com/KOAikenElementary](https://facebook.com/KOAikenElementary)
- Third Grade at Aiken Elementary School - [facebook.com/aikenthirdgrade](https://facebook.com/aikenthirdgrade)
- Aiken Kindergarten - [facebook.com/aikenkindergarten](https://facebook.com/aikenkindergarten)
- Mrs. Puffer Third Grade - [facebook.com/teacherMrsPuffer](https://facebook.com/teacherMrsPuffer)
- STEAM at Keystone Oaks - [facebook.com/KeystoneOaksSTEAM](https://facebook.com/KeystoneOaksSTEAM)
- Mrs. Poe's Kindergarten - [facebook.com/Poekindergarten](https://facebook.com/Poekindergarten)
- Aiken's Fabulous Fourth Grade - [facebook.com/aikensfab4th](https://facebook.com/aikensfab4th)
- Mrs. Sheariss Third Grade - [facebook.com/mrsSheariss](https://facebook.com/mrsSheariss)
- KOMS Art - [facebook.com/komsart678](https://facebook.com/komsart678)
- Mrs. Rosgone's 4th Grade Class
- Keystone Oaks Elementary Fine Arts - [facebook.com/KOSDFAD](https://facebook.com/KOSDFAD)

### Twitter

- Keystone Oaks Music - @kosdmusic
- Mr. Rob Naser - @KOSDnaser
- Ms. Lisa Thoft - @lisathoft1
- Ms. Jennie Martin - @STEAMteacher12
- Mr. Aaron Colf - @KO\_Colf
- Mr. Brian Werner - @principalwerner
- Mr. Dave Thomas - @KOAikenElemMrT
- Mr. Scott Mizikar - @principalmiz
- Mr. Jason Kushak - @principalkushak

## YOU'RE INVITED:

*Enjoy the talents of Keystone Oaks students at the upcoming shows and concerts*

### VARIETIES TALENT SHOW

November 9, 2017  
November 11, 2017

### MIDDLE SCHOOL PLAY

December 1 & December 2, 2017

### HIGH SCHOOL HOLIDAY CONCERT

December 7, 2017 - 7 p.m.

### MIDDLE SCHOOL HOLIDAY CONCERT

December 14, 2017 - 7 p.m.

### ELEMENTARY MUSICAL

Be our guest for this year's elementary musical, which will include students from all three elementary schools. Students will perform *Beauty & The Beast, Jr.* Public performances are on the following dates, times and locations:

- Dormont Elementary School - January 11 & January 12, 7 p.m.
- Aiken Elementary School - January 18, Time TBD
- Myrtle Elementary School - January 25 & January 26, 7 p.m.

## Kindergarten Art Integration Program Takes Shape in Elementary Schools



Art has been shown to help improve academic skills, decrease stress levels and increase student motivation and this year, Keystone Oaks has launched a new program that will integrate art into the kindergarten curriculum to help students in these areas.

Led by elementary art teacher Rebecca Hersan, the program will be offered in addition to the students' regular art class, giving them additional opportunities to build their problem-solving, critical thinking, and social skills. The program ties in literature, too, as students are read a book prior to beginning the art project.

## Fixer Upper: Keystone Oaks School District



This year, led by Dr. Shannon Varley, the District funded \$15,000 worth of classroom redesign projects. Teachers gathered feedback from students and submitted proposals for paint, furniture, and other items to make their classrooms more functional. A committee reviewed each application and six classrooms were redesigned this school year.

High School Math Teacher Josh Kirchner was the first teacher to unveil his redesigned classroom. In addition to freshly painted, bright walls and new decor, Mr. Kirchner's room now also has tables where students can

before



after



work in groups, including one with a dry erase top for solving math problems.

Seating is more comfortable and two-person desks give students more room to work.

"I could not be more pleased with how the room turned out," Mr. Kirchner said. "It is a warmer and more welcoming environment that students actually want to learn in. I am grateful to the District for giving teachers the opportunity to fix up their classrooms."

At Dormont Elementary School, Kindergarten Teacher Mrs. Kelly Seltzer and Third Grade Teacher Mrs. Kim have recently finished their rooms, as well.

Mrs. Seltzer's room was refinished to include flower-shaped tables that give students more personal space, different types of seating that allow young students to move while they work, colored-coded storage containers for organizing student work, a new writing center and enhanced storage for classroom books.

In addition to the walls being painted yellow and a turquoise blue, students in Mrs. Puffer's classroom can now choose from a number of different seating styles, including benches, low and high stools, arm chair-like floor cushions. Students can also sit on the floor and work at a low table and they can use balance ball chairs as they work at their classroom computers.

"Being able to provide students with a flexible work environment has been very beneficial because it allows them to be more comfortable and focused as they work independently and with classmates on assignments," Mrs. Puffer said.



after

before



*Nestled Bee.  
Photo by Heather Ziemanski.*



*View from the Backyard. Photo by Monica Boone.*

## **Send Us Your Photos.**

We're looking to publish your best neighborhood and community photos from your Instagram, iPhone or camera! Please email your photos to [editors@icmags.com](mailto:editors@icmags.com). Be sure to include your name, the specific location where the photo was taken and any other information you would like to include. The photo must be from the Keystone Oaks area (Castle Shannon, Dormont and Green Tree boroughs).

\*To be considered for publication, all high-quality photos must be original size, digital format (1MB or larger) and highest resolution possible, 300 dpi preferred. Please put "Keystone Oaks Photo" in the subject line of the email.



**STORAGE**



• One Month Free\*  
 • Free Local Move-In Truck\*  
 • Free \$25 GIANT EAGLE Gift Card\*

**810 Trumbull Dr,**  
**Pittsburgh, PA 15205**  
**(412) 276-6080**  
**greentree@ezmini.com**

Ask about Other Great Specials\*  
 \*Some restrictions may apply. See manager for details.

**www.ezmini.com**

*An Education for Total Development of the Child - Body, Mind, and Soul*

**SAINT ANNE SCHOOL**  
*Catholic Schools Week Open House*




Sunday, January 28, 2018 • 11 am – 2 pm  
 Tour our school, meet our teachers, staff, Parent-Teacher Guild, and visit our new playground and renovated classrooms, hallways, and cafeteria! Offering 3 yr. old Preschool through 8th Grade.

**Registration will be taken for all grades. If you are unable to attend, please call and schedule a tour!**



4040 Willow Avenue, Pittsburgh, PA 15234  
 412.561.7720 • saintanneschool.org

# NOW HIRING!

## Magazine Advertising Sales Opportunity

**IN Community Magazines** is searching for one individual with a great personality looking to have a long-term, full-time, career in magazine advertising sales. If you possess a strong work ethic and a competitive mindset, we would like to hear from you.

Prior sales experience is not necessary, and all training is provided. Reliable transportation, a cellular phone, and basic computer skills are required.

Resumes may be emailed to [t.dollard@icmags.com](mailto:t.dollard@icmags.com).

**Competitive Salary,**  
**Medical Benefits, 401 (k)**



**Allie's International Designs**  
3281 West Liberty Avenue • 412.212.5721

**20%**  
OFF SELECTED ITEMS

[alliesid.com](http://alliesid.com)  
 Follow us on Facebook!  
[alliesinternationaldesigns@gmail.com](mailto:alliesinternationaldesigns@gmail.com)



**SOUTH HILLS**  
Used Washers & Dryers

155 McNeilly Rd, Pittsburgh, PA  
**412-641-9605**

**SALES • SERVICE • DELIVERY**



**PARTS AVAILABLE**

155 McNeilly Road, Pittsburgh, PA 15226  
[www.SouthHillsUsedWasherAndDryers.com](http://www.SouthHillsUsedWasherAndDryers.com)  
 We have a large selection of like-new Whirlpool and Kenmore washers and dryers.

**GARY HENRY**  
 M-F 10AM - 5PM • SAT - SUN 10AM - 1PM



# REACHING YOUR TARGETED CUSTOMERS HAS NEVER BEEN EASIER.

**The facts** speak for themselves.

Direct Mail remains the single most cost effective method of advertising for reaching customers within your community.

Contact us at 724.942.0940