

IN

An IN Community Magazine

Pine-Richland



Pine-Richland High School Celebrates Homecoming 2020!

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Pavilion pharmacy convenient for patients.

The Wexford Health + Wellness Pavilion gives patients access to a wide variety of specialists, family practitioners, and even outpatient surgery.

And since getting any of this care may result in needing to fill a prescription, the Pavilion offers an on-site pharmacy, too.

"We want to make sure we meet our patients' needs in a timely manner and with extreme accuracy," said Abby Cypher, manager of Pharmacy Operations, Outpatient. "One of the main benefits is our communication with physicians. We can collaborate with them in real time to discuss interactions, dosages, and insurance issues prior to the patient stopping by to pick up their medication."

The on-site specialty pharmacy can fill prescriptions that other commercial pharmacy chains can't — like those used for transplants, infectious diseases, and fertility. Access to specialty oral cancer medications is particularly convenient for patients visiting the Pavilion's oncology center.

"Not every pharmacy carries those," said Jennifer Winters, AHN Specialty Pharmacy manager. "We can access them from the manufacturer, fill them here. That way patients are able to walk right over from the oncology center, pick up their medications, and go home."

Of course, that philosophy applies to every patient. Whether you're being treated for cancer, an irritating rash, or undergoing surgery, no one wants to make another stop on their way home from the doctor. And the on-site pharmacy means you don't have to.

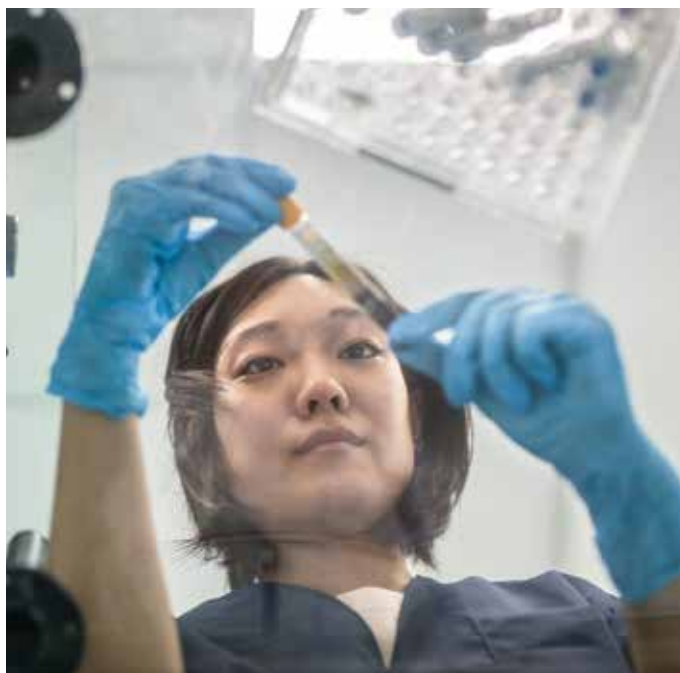
In addition to filling prescriptions, the pharmacy also offers walk-in vaccinations, including the annual flu shot. Travel vaccinations are also available by appointment.



Curbside pickup available.
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No contact. No worries.

Abby Cypher
Manager of Pharmacy Operations, Outpatient

Jennifer Winters
AHN Specialty Pharmacy manager



On-site lab delivers fast results.

Patients at the Wexford Health + Wellness Pavilion can take advantage of an on-site laboratory. This means one less place to visit, and faster results for the patient and their physician.

Lab tests are generally used to either confirm or rule out a diagnosis. Understandably, patients are often anxious while they await results. The Wexford Health + Wellness Pavilion's on-site lab is a full-service facility. It can screen and test for a wide variety of conditions, and because patients can be screened in the same place they see their doctor, results are often available sooner than with other labs.

That's because samples don't need to be shipped from place to place. Physicians can place specimens directly into the hands of lab technicians. And the lab's extended hours, including a six-day work week, ensure they can swiftly examine specimens and deliver results to your doctor.

[VISIT **AHN.ORG/OPENSCHEDULING**](https://www.ahn.org/openscheduling)

Reynolds provides remarkable care, family style.

Sam Reynolds, MD, has been practicing family medicine at the Wexford Health + Wellness Pavilion for nearly three years — with an emphasis on the “family.”

“I treat each patient as if they were a member of my family,” Reynolds explained. “It keeps everything in perspective. Every time, I ask myself how I would want a member of my family to be treated. It helps me to be empathetic to what they’re going through.”

Dr. Reynolds has been with AHN for many years, practicing at Saint Vincent Hospital in Erie and in locations closer to Pittsburgh. Treating patients at the Health + Wellness Pavilion has been a remarkable experience.

“It’s a sheer pleasure to work here,” Reynolds said. “Patients have easy access. Parking is great. There’s someone to help guide them. And you have the ancillary services right on site. There are so many efficiencies when it comes to identifying problems and getting patients the care they need.”



SAM REYNOLDS, MD
PRIMARY CARE — FAMILY MEDICINE



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A guide to outdoor activities for the whole family.

19 Merry Christmas Tree Farm!

If you've never experienced the beauty of a real Christmas tree, make this your year!

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Get Healthy, Stay Healthy! Lifestyle tips to stay healthy during the pandemic and beyond.



on the cover

Senior Ekaterini Balouris (center) was named Pine-Richland High School Homecoming Queen. Senior Erin Dougal (left) was named first-runner up, and senior Ava Foster was named the second runner up. See story and photos on page 37. Photo courtesy of Montague Photography.

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IN Community is a publication dedicated to representing, encouraging and promoting the Pine-Richland 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.



Welcome to the winter edition of IN Pine-Richland magazine.

One thing that makes our western Pennsylvania communities special is the beautiful seasons. As autumn's kaleidoscope of color comes to an end, and snow begins to fall, we hope you take some time to enjoy the many outdoor winter activities our area has to offer. See "Snow Much Fun" in this issue.

This season, remember that your health habits don't have to take a hiatus during the holidays. Get a head start on your New Year's resolutions with our special section "Get Healthy, Stay Healthy" providing dozens of tips and timely advice to keep you and your family healthy during the pandemic and beyond.

As 2020 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 C. Dollard
Wayne Dollard

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Celebrating our 13th year of providing bicycles to the U.S. Marine Corps Toys for Tots program!

While it has always been important to help parents provide Christmas gifts to their children, *this year the need is even greater.* Al's Bike Drive traditionally sets a goal for the number of bikes we want to provide, but because of a bike shortage this year, our goal for Christmas 2020 is to provide as many bicycles as will be available to purchase and to help stock the Toys for Tots warehouses with as many other toys as possible.
Thank you for your support.

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Lessons from Experienced Investors



Those who have lived a long time have done a lot, seen a lot – and can teach us a lot. And that's certainly true when it comes to investing.

Consider some of the lessons you might learn from experienced investors:

- **Regulate your emotions.** In the investment world, there's always something coming at us that could sound scary: political flashpoints, economic news, and even those once-in-a-generation occurrences, such as the COVID-19 pandemic. But older people may take these events in stride; in fact, baby boomers and members of the Silent Generation (born between 1925 and 1945) are coping better emotionally with the impacts of COVID-19 than younger age cohorts, according to the 2020 Edward Jones/Age Wave Four Pillars of the New Retirement study. And by keeping control of your emotions, you may be less likely to make moves such as selling quality investments with good fundamentals just because their prices have fallen in the midst of an overall market decline.

- **Learn from experience.** By definition, the older we get, the more experiences we will have. And most people do indeed learn from experience. Investors, too, benefit from having seen and done things before. Did you chase a "hot" stock only to have found it cooled off before you bought it? Did you buy too many of the same type of investments, only to see your portfolio take a bigger hit during a downturn than it would have if you had diversified? In the investment arena, as in most walks of life, patterns emerge, and once you learn to recognize them, you can learn from past mistakes.

- **Know yourself.** When we reach a certain age, most of us know ourselves pretty well. But you don't have to wait decades to gain this knowledge – at least not when it comes to investing.

For example, you should quickly gain a good sense of your ability to withstand risk. How? Just consider how you react when the market declines sharply. If you find yourself losing sleep over your losses – even if they're just on paper – you might be taking on too much risk for your own comfort level. Conversely, if market downturns don't bother you as much as lack of growth in your portfolio, you might be investing too conservatively for your own risk tolerance.

- **Take a longer-term perspective.** When we're young, we sometimes are more inclined to desire instant gratification – we want results now. Translated into the investment world, this could mean we want to see big returns in a short period. However, despite the popular mythology, it's quite hard to turn enormous profits on investments overnight – or even over weeks or months. But as the years pass, we learn the value of thinking long-term – how investments we made years ago, and have added to steadily, are now yielding results that can help build the resources we need to reach our objectives.

- **Don't go it alone.** Some of us, when we're young, have a tendency to think we have all the answers and don't need much help in our endeavors. But age gives us the wisdom to recognize that, although we may have acquired much knowledge over the years, we can still use some help in specialized areas, such as creating a long-term investment strategy.

These suggestions are appropriate for anyone – and they can help you on your journey toward your goals.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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Matt Dudkowski has been a financial advisor with Edward Jones since 2002, serving individual investors in the Pittsburgh area from his Shaler Township office. In January of 2015, Dudkowski accepted an invitation to become a limited partner with the firm.

Since joining Edward Jones, Dudkowski has obtained the professional designation of AAMS®. Prior to Edward Jones, Dudkowski, as a CPA, worked at the H.J. Heinz Company, and at Ernst & Young LLP. He currently serves on the board of directors for Keystone Wellness Programs, a local nonprofit organization.

A native of Butler County and a graduate of the University of Notre Dame, Dudkowski resides in Gibsonia with his wife, two sons and daughter.

Edward Jones
MAKING SENSE OF INVESTING

LOOP

IN

THE

WHAT'S NEWS IN PINE-RICHLAND

THE PITTSBURGH CONCERT CHORALE PROUDLY PRESENTS "PAIRINGS WITH THE PCC— EPISODE 3"

This summer, The Pittsburgh Concert Choral introduced "Pairings with the PCC." The Choral proudly presents Episode 3 of "Pairings with the PCC." Join Music Director Susan Medley and Choral

Accompanist Bryan Sable as they step back in time to revisit PCC's 2016 Pops Concert, "I Could Have Danced All Night," while drinking something that pairs well with the concert, of course. Grab your favorite beverage, pull up a chair, and enjoy! These light-hearted videos are the perfect way to spend a little time with the PCC when the group can't be performing for you. Visit youtube.com/watch?v=gOvBHEHlkJc&feature=youtu.be to watch Episode 3.



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2021 LUCKY NUMBER AVAILABLE FOR HOLIDAY SEASON

The Sisters of Divine Providence are pleased to announce the availability of the 2021 Lucky Number ticket—a great holiday gift idea. The fundraiser is based on the Pick 3 Day and Evening PA Lottery games. Each \$25 number is valid from January 1, 2021, through December 31,

2021—yours for the entire year! Daily winners receive a minimum of \$25 up to \$150 on select days throughout the year when their 3-digit number is selected.

To participate in the 2021 Lucky Number fundraiser, visit cdpsisters.org/LuckyNumber or call 412.635.5401. Your participation helps support the ministries and mission of the Sisters of Divine Providence.



412 FOOD RESCUE TO HOST VIRTUAL "YINZ CITIZEN" CONCERT AND FUNDRAISER

Featuring Wiz Khalifa and Anti-Flag, along with a cornucopia of other talents, the live stream will raise funds for food rescue and hunger relief

On Thurs., Nov. 12, local nonprofit 412 Food Rescue will stream Yinz Citizen, a virtual concert inspired by Lady Gaga's April Global Citizen concert, to celebrate neighbors being there for neighbors. Featuring appearances by a wealth of Pittsburgh talent, including rapper Wiz Khalifa and punk-rock band Anti-Flag, the event will raise money for 412 Food Rescue's work to combat hunger and food waste.

Yinz Citizen will be hosted by Natalie Bencivenga and Day Bracey, with appearances by Sally Wiggin, the Musicians of the PSO, Wiz Khalifa, Joe Gruschky, The Commonheart, Donnie Iris, DJ Bonics, The Boilermaker Jazz Band, Anti-Flag, the Homeless Gospel Choir, Byron Nash, Nathan Zoob, INEZ, Josh Jams, Chalk Dinosaur, Funky Fly Project, Liz Berlin, Cello Fury, Jordan Montgomery, Squonk Opera and many more.

The event will serve as a socially-distanced version of the Sunday Supper

fundraiser held annually by 412 Food Rescue, which, since its founding in 2015, has prevented more than 14 million pounds of fresh, healthy food from going to landfills and has created new points of food aid access for 100,000 people living in poverty.

"Over the past five-plus years, and particularly over the course of this pandemic, we have had the privilege of working with so many people from all over the city as we build a community-powered movement to end food waste and hunger," says 412 Food Rescue co-founder and CEO Leah Lizarondo. "We're excited to celebrate with all yinz who make Pittsburgh so special."

412 Food Rescue thanks Opening Act Sponsors Gateway Health and Thermo King of Pittsburgh; Main Stage Sponsors Covestro, Peoples and Sysco; and Encore Sponsors First National Bank, Eat 'N Park Hospitality Group and PNC; Media Sponsor Pittsburgh City Paper; with special thanks to Easy Street and Pierce Marratto.

About 412 Food Rescue: Driven by the belief that good food belongs to people, not landfills, 412 Food Rescue launched in March 2015 to redirect healthy food from the waste stream to nonprofits that serve food insecure populations. In the United States, 40% of food produced is wasted while 1 in 9 people goes hungry. Focusing on the logistics challenges of retail food recovery, 412 Food Rescue addresses both problems through technology-coordinated, community-powered networks. The only organization in Allegheny County focused on food that would otherwise be discarded, 412 Food Rescue develops innovative solutions to eradicate food waste in the region and is now expanding its model to cities around the country. To date, 412 Food Rescue has redirected over 9 million pounds of perfectly good food from going to landfills. The organization works with 800 food retailers, 600 nonprofit partners and over 7,000 volunteer drivers in the Pittsburgh area alone. More info: 412foodrescue.org. ■



Coldwell Banker's LUZ CAMPBELL

Selling Your Home in a Seller's Market

Selling your home in a seller's market does not necessarily mean it will be easy. The fundamentals of selling a home in this environment remain the same, and a thorough analysis of the market should be undertaken before listing your home. Thanks to technology, and access to information, today's buyer is more informed than ever. Therefore, you need to be equally informed as well. Your first, and perhaps most important, step is to consult with a professional Realtor® so that you have someone who understands your market and can provide the research and expertise needed to determine the best approach to selling your home for top dollar.

The initial step is to correctly price your home. The importance of this step cannot be understated since setting the correct price is what will drive traffic, and more traffic reflects greater interest, which leads to more potential offers. More offers will drive up the sale price. The buyers who will pay top dollar will visit your home within days of listing. This is why it is so crucial to set the correct price from the start. The worst thing you can do is price your home too high because it leads to your home sitting, which drives the price down.

Numerous factors will determine the price you set, regardless of market conditions. A mistake commonly made by sellers is interpreting the sale of a neighbor's home or the list price of another as validation of what they could or should get for their home. There are many factors as to why and for what a home sells. The particulars that should be taken into consideration when looking at comps are the home specs (i.e., bedrooms, baths, square

footage, etc.), updates, amenities, condition and days on market. Another helpful piece of advice is to try to remove your emotions from the process. You probably have an idea of your home's worth, but that should not be a factor since the market ultimately determines the value.

Once you've listed your home it won't take long to see if you were successful with your price and will determine the next steps. Hopefully, you receive an offer or even multiple offers. However, if your home has had little-to-no traffic or a lot of traffic but you receive no offers, you need to re-evaluate and adjust. Review the feedback since this will be the best indicator of any shortcomings. It could be something simple—perhaps repainting or making a repair. A drawback that cannot be changed (lack of a backyard or the home's setting) necessitates a price adjustment to compensate.

The most important lesson is that you need to do something. As stated earlier, you do not want your home to sit. Homes that sit become stigmatized—buyers think there must be a problem. One absolute certainty is that unless you get lucky, the longer your home sits the lower the final sale price.

To summarize, being in a seller's market doesn't mean that buyers will take any home at any price. It is still necessary to follow the fundamentals and price your home according to what the market allows. An experienced Realtor® offers you the best chance to sell your home for the maximum price.



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Marc Teklinski, Owner Thorn Hill Tap-House

Thorn Hill Tap-House

105 VIP Drive, Wexford, 724.383.8484;
thornhilltaphouse.com

On the Menu:

Traditional American fare with a modern twist. There are bar snacks such as Brown Sugar Bacon, and appetizers from Keystone Red Chili to Buffalo Cauliflower and Chicken Wings. If you choose from the grill you can build your burger with Thorn Hill's signature blend of chuck, short rib and brisket; farm-raised, cage-free chicken breast; or an Impossible patty that packs all the flavor of the signature beef blend but with a fraction of the environmental impact. Handcrafted sandwiches include a Cuban, Norwegian Salmon BLT, Pastrami Reuben and Fried Mortadella (Parma brand grilled with provolone, fried egg and house pepper mix and mustard sauce). Several salad options range from the 1974 Salad with tomato, green bean, farmhouse cheddar, pickled egg, haystack onions and cider mustard vinaigrette to an Antipasto, a Southern Chicken and Cobb—to name a few. There's also a Kid's Meal with a classic choice of Hamburger, Chicken Tenders, Pita Pizza and Grilled Cheese. Beverages from the bar are not to be overlooked—there's Shine on Tap, PA Moonshine and Booze Flights, Crafty Moonshine, Campfire Cocktails, Draft Beer, Bottled Beer and Wines.



Why did you become a restaurant owner?

It was something my wife, Robin, and I were always going to do. I've always been in the restaurant industry—from Florida to Vegas and back again to my hometown of Pittsburgh. I've grown regional chains and they've been successful. From soup to nuts, I've opened full operations and worked in executive leadership. I've worked a lot on some not-so-fresh concepts in the past, so the concept of fresh is an idea I knew I wanted to explore. I have that with Thorn Hill Tap-House and we opened in March 2020. We take regional and rural Western Pennsylvania food over the previous decades and try to do some good burgers and sandwiches that we hand-craft fresh; recognizable favorites that we put our twist on, too, using local bakeries and suppliers.

How was your restaurant affected by COVID-19?

We were open for a week before closing due to the pandemic. We switched to takeout and delivery during that time, and it gave us an opportunity to fine-tune our recipes so we used it to our advantage. Fortunately, our location has high visibility and we might not have been affected like other restaurants.

Who has influenced your cooking the most?

I grew up around food. My parents owned restaurants and a small hotel, so I grew up in



Marc Teklinski, Owner, Thorn Hill Tap-House.

the business. I would definitely say Mom and Dad—they shared the cooking at home.

What tool can't you live without?

My wife and I are partners in this venture, and we could not do it without a talented hospitality staff in the front and back of the house—or without my team of Mindy Hepple and Clare Lise, who help to curate the menu and bring it to life.

What's your best advice for a novice?

I think in this environment you have to be specialized. There are a lot of options, but the time of national chain restaurants where the menu covers all bases is going to fade out. Hone in on what you do well and don't try to be all things to all people. It can be hard when you develop your menu because you may like a lot of things, but you have to stay focused.

Other than your restaurant, where's your favorite place to eat in Pittsburgh?

When we're in the mood for Szechuan, my wife and I are fans of Jade Grille in Mt. Lebanon, but most of the time these days we find ourselves at DiAnoia's in the Strip District if we have a free evening.

What's a quick meal you prepare at home?

I'm Polish by name, but both my grandmothers were Italian and they did all the cooking. From them and my godmother Cecilia, I learned how to make Spaghetti Aglio e Olio (garlic and oil in Italian) with crushed red pepper and starchy pasta water. It's such a wonderfully simple dish to whip up quickly, but is challenging to master.

What's your favorite go-to ingredient?

Recently it's been fig jam. I'll put it on a BLT or a turkey sandwich.

What's the next big food or dining trend?

I'm acknowledging how important socialization is for us as a restaurant and a community. And hospitality is not going away right now—it has our attention more than ever. ■

—Reese Randall



The Delligatti Blue Ribbon Burger.

A Stronger Relationship With Parents and a New Partnership in Learning Emerges at Easterseals



Who could imagine that a pandemic would sweep across the world in the Spring of 2020 and close our country? Unlike every other school tasked with educating students remotely, Easterseals in Pittsburgh had the unique challenge of not only continuing education, but also critical therapy work with our students, ages 3 to 8 years, who have special learning requirements and physical limitations. Staff quickly got to work creating videos that would bring the classroom into our student's homes. Recognizable aspects of each day, like story time, lessons on letters, numbers and objects and songs for sing-a-long were created. Videos also included important topics like, "Why My Teacher Wears a Mask" and "Washing Hands is Fun". These learning tools along with weekly achievement packets filled with educational and goal-oriented activities sustained the learning process over this tumultuous time.

But something unexpected and amazing

happened during Easterseals' remote learning experience. This atypical educational structure opened the door for our staff to work alongside and partner with parents and families in a way that would have never happened otherwise. Zoom brought our teachers and therapists into the families' homes and gave us a glimpse into their daily lives. It also gave our families an opportunity to see first-hand how our staff works with their child and allowed us to equip parents with tools and specific skills to continue that work at home, thus improving the continuity of education and therapy. Out of this unexpected and difficult time, a new appreciation and respect for what both families and school staff do emerged. It's a new aspect of the learning process that really worked and made a big difference for everyone, especially our students.

To learn about Easterseals' School Program, contact 412.281.7244, Ext. 1287.
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BY NICOLE TAFE



Pittsburgh

Though the COVID-19 pandemic has brought challenges to events across the nation, the National American Miss Pageant has persevered—moving their event online with many eager contenders adapting to what seems like this new, zoom-meeting way of life.

Wexford's Siena Rose Smith can definitely be counted among those ready and able to rise to the challenge. Siena placed in the Top 5 in the state for the Pre-Teen Division of the National American Miss Pageant—winning City Queen with title of Miss Pittsburgh. She will continue on to compete in Orlando, Florida at the end of November against other City Queens. Though the PA Pageant, that was supposed to be in September was cancelled due to the pandemic, Siena competed virtually with interviews over zoom—showcasing her talents by an interview, resume, essay and accomplishments in piano and other activities.

Siena, 11, is in 6th grade at Eden Hall Upper Elementary and is the daughter of Rhea Corso and Joseph Smith. She's widely involved both in school and throughout the community, as a cheerleader for Pine Richland Youth Football and Cheer, a martial arts student at Zang Taekwondo in Wexford and an accomplished pianist. Siena has studied piano at the Center for Young Musicians in Wexford since age of 4, performed numerous recitals around Pittsburgh and auditioned and won a Superior Performance Award to play with best students of state at Dorothy Sutton Music Festival at Penn State University's School of Music in November 2019.

The National American Miss Pageant has a state level and a national level, that if one makes the top five in their state, they are invited to attend. It's a pageant that focuses on developing confidence, poise and valuable communication skills to be used throughout a lifetime.

"Since the Pennsylvania State pageant was canceled in September, I had the option to either wait until

next year's state pageant or apply for Pennsylvania's Appointed Representative Program and be judged virtually based on four areas—personality on zoom interviews, presentation during personal introduction video, my resume showing accomplishments in my activities, school and community service and a 200-word essay describing my accomplishments and goals," explains Siena. "I will always remember my first pageant experience as all virtual and though I may have missed some of the excitement of being in person, wearing a formal dress and being on stage, I am grateful I had the chance to still go for it and compete from home."

Siena will spend Thanksgiving at the National All-American Miss Pageant in Orlando this year, and will be representing the state of Pennsylvania in the following areas of competition—Resume, Community Service Project (for Children's Hospital of Pittsburgh), Poise and Presentation in Formal Wear, On-Stage Personal Introduction and Personality During an Interview. "I am also excited to play piano and compete in the Talent Contest," she says.

"I like the opportunities of this pageant because it teaches me skills I can use for a lifetime, including the importance of preparation, showing up and doing your best, how to hold conversations with people, the importance of helping in my community and how to be confident and have a positive attitude no matter what," she continues.

Siena's future plans are to enjoy school at Pine Richland and eventually head to Penn State University, since both of her parents went there. "In Taekwondo they call me a fighter with a smile, so I plan to use those skills to be a trial lawyer like my dad."

"Siena has shown incredible spirit and fortitude to keep pursuing her passions and to make the best of every opportunity even as everything changed around her in the pandemic," says her mom Rhea.

For more information about the National American Miss Pageant, visit namiss.com. ■



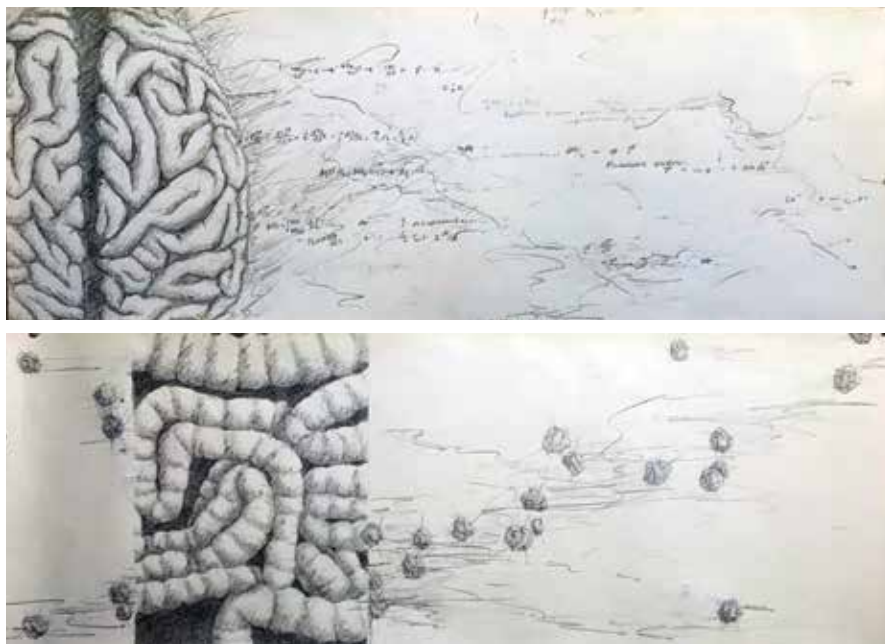
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Richland High School Alum Working on a COVID-19 Vaccine Trial

Kathy Strauss is one of the lab specialists working with researchers at the University of Maryland School of Medicine on a Pfizer COVID-19 vaccine trial.

CONTRIBUTIONS BY RACHEL HATHHORN AND NICOLE TAFE



Photos of Kathy's recent work, completed on Fabriano paper.

1974 Richland High School Alumna Kathy Strauss is one of the lab specialists working with researchers at the University of Maryland School of Medicine on a Pfizer COVID-19 vaccine trial. Most recently she was featured in *Rolling Stone*. She is published in the *Clinical Biochemistry Journal*, as well as other articles as a supporting author.

Strauss was born at Allegheny General and grew up in Gibsonia. She now lives in a small town just outside of Baltimore—Linthicum—and works at the Medical School, University of Maryland, Baltimore, in the Center for Vaccine Development. Strauss majored in Art at Westminster College in New Wilmington, PA, and earned a minor in Biology. She also took courses at Woods Hole, in MA, where she completed marine biological illustrations.

“My plan was to go into medical or biological art, but doing the drawings for publication in Woods Hole made me realize I wanted to do so many more things with the images I was drawing,” says Strauss. “I just did not like what I was told to do with the images. I felt as if the art I was making wasn’t good enough as art, though I loved the subject matter.”

Strauss decided to see if she could get a job as a lab technician while she made art at home. “I taught sailing in Annapolis until I found a job at Science Applications, where I put my basic chemistry to good use, testing material that filtered radioactive iodine and classifying waste

from nuclear power plants,” she says. “I just loved that job and worked there for about 10 years—I even got to go to Three Mile Island with my boss right after the accident!”

Strauss eventually ended up at University of Maryland in Cambridge, MD, and did work determining phytoplankton growth, getting the opportunity to go to sea for a month with the lab. Eventually, she came back to the DC/Baltimore area to work at UMB, where she is now.

All that time, Strauss has been making art in her home studio, almost all based on scientific themes. “The developments in science are truly amazing, and the images generated during this are even more amazing,” says Strauss. “I have felt for many years that this beauty should be brought to everyone, even to those who don’t understand the science behind the images. Also, our society is so technology driven, and we look to medicine for innovative cures, but so many people are put off by the science behind all of these near miraculous things, and I think it is time that we try to sort of incorporate these things into our lives—to face it instead of what so many contemporary artists do, which is to ignore it, to deny reality.”

“I just love and need both of my jobs—art and science—and I hope to convey some of that passion in my art work,” she continues. “In viewing my artwork, I hope people can see that some of these

“I just love and need both of my jobs—art and science—and I hope to convey some of that passion in my art work,” she continues. “In viewing my artwork, I hope people can see that some of these more scientifically themed things can also express emotion.”

more scientifically themed things can also express emotion.”

Strauss has shown work in many Baltimore area venues including Maryland Art Place, the Creative Alliance, and at Baltimore’s annual arts festival ArtScape. She has also exhibited work in Pittsburgh, Washington, D.C., and New York.

Her work has been included in textbooks and publications and is in permanent collections including the Institute for Genome Sciences and Notre Dame of Maryland University, both in Baltimore, MD.

She has worked with the staff at the Baltimore Museum of Art in Baltimore, and the Textile Museum in Washington, D.C. demonstrating and lecturing on fiber art techniques. To learn more about her work visit kathystrauss.com.

“I just want to say how great my experiences were at Pine-Richland,” she says. “Growing up in Gibsonia was perfect, and that the teachers at RHS—as it was known then—really helped unlock the artist in me. I’ve previously mentioned Emily Scott, Bob Marshall and Mr. Machicko, but people like Fran Uhl, Mrs. Rooper and so many others were also kind, helpful, encouraging and patient with all of us and our raging hormones. I just want folks to know that people like me so appreciated all that they did to guide us. The only real advice I have to high school students is to figure out what you want from life, what you want to do with your life and to go for it. Pine-Richland was a great place to work all of that out.” ■

Snow Much



Fun!

A guide to outdoor winter activities for the whole family.

Due to COVID-19, be sure to check the website for the most up-to-date information.

Beechwood Farms Nature Reserve - Fledglings: Holiday for the Birds

December 10, 10 a.m.
614 Dorseyville Road, Fox Chapel; 412.963.6100, or aswp.org/pages/beechwood

Give your 3 to 5-year-old a head start on a lifetime of loving the outdoors. Fledglings programs incorporate stories, a walk and activities to introduce new and fun nature themes to young participants. Parent or caregiver must be present. Visit the website to register and for more information.

IN Hampton

North Park Skating Rink

301 Pearce Mill Road, Allison Park; 724.935.1280, or allegHENYcounty.us

Take the whole family and enjoy a weekly family skating program, free ice skating lessons or an ice skating show while experiencing the stunning winter scenery of North Park. Visit the website for dates and other details.

IN Fox Chapel

Hartwood Acres Park

200 Hartwood Acres, Hampton/Indiana Twps.; 412.767.9200, or allegHENYcounty.us

Cross-country ski or snowshoe on 29 miles of beautiful trails with breathtaking views at Hartwood Acres. For more information, visit the website.

North Park - Christmas Bird Count

December 26

East Ingomar Rd. and Babcock
Boulevard, Allison Park; 724.935.2170,
or alleghenycounty.us

Meet at the Rose Barn to take part in
the ongoing research to document winter
birds in North Park. No experience
necessary. For more information and/or
to sign up, please call. Pre-registration
required.

IN Mars

Adams Township Community Park

698 Valencia Road, Mars;
724.625.2221, or
adamstwp.org/parks-and-recreation/

Take the whole family and enjoy a fun
afternoon of walking, playing or sled
riding at the Adams Township
Community Park.

Moraine State Park

225 Pleasant Valley Road, Portersville;
724.368.8811, or dcnr.state.pa.us

A one-stop shop for winter fun on
16,725 acres that resemble a winter
wonderland! Cross-country skiing,
ice boating, ice fishing, ice skating,
snowmobiling and more! For details, visit
the website.

IN North Allegheny

Knob Hill Park - Sledding Day

January 18

415 Knob Road, Wexford; 724.935.3090
or twp.marshall.pa.us

Make some memories with your
family and friends at Marshall Township's
Sledding Day, which includes hot cocoa
and snacks! Be sure to check the website
for the most up-to-date information.

IN Ross

L.L. Bean Winter In-Store Clinics and Outings at Local Parks

1000 Ross Park Mall Drive, Ross Twp.;
llbean.com, or 1.888.552.5571

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winter, or take a guided winter hike or
stargazing adventure at a local park.
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outings at local parks that are free or
affordable. Check the website for more
information.

IN Cranberry

North Boundary Park

1171 North Boundary Road,
Cranberry Twp.; 724.776.4386, or
twp.cranberry.pa.us

Get some fresh air and exercise with
family and friends or enjoy an afternoon
of sled riding at picturesque North
Boundary Park.

Succop Nature Park - Birds and More Naturalist-Led Hike

Thursdays year round,

except for holidays

185 W. Airport Road, Butler;
724.586.2591, or

aswp.org/pages/succop

Learn about birds that make their home
here in the winter months and more on a
free hike led by a Succop Nature Park
naturalist! Visit the website for more
information.

IN Sewickley

Fern Hollow Nature Center

1901 Glen Mitchell Road, Sewickley;
412.741.6136, or fhnc.org

Take the whole family to enjoy hiking
and exploring the trails and rolling hills
at Fern Hollow Nature Center. For more
information, or to make a tax deductible
donation, call or visit the website.

IN Pine-Richland

Irwin Run Conservation Area

Jackson and Irwin Roads, Gibsonia;
412.741.2750,

or alleghenylandtrust.org

Cross-country ski, snowshoe, or
take a winter hike on trails through the
snowy, natural paradise of the Irwin Run
Conservation Area. Part of the Allegheny
Land Trust, the 73-acre protected
property was formerly an abandoned
railroad and is adjacent to North Park.
To learn more about the area and ways
that you can help to preserve it, visit the
website.

Pine Park

100 Pine Park Drive, Wexford;
724.625.1636, or twp.pine.pa.us

Get some fresh air and exercise with
family and friends at the picturesque Pine
Park. For more information about the
park, visit the website. ■



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Merry

Christmas Tree Farm



If you've never experienced the beauty of a real Christmas tree, make this your year. It could be the start of a longstanding tradition for you and your family. The following is a list of tree farms where you can cut your own tree along with local nursery and garden centers with pre-cut selections. Be sure to check the website or call before visiting to ensure there is enough stock.

Continued on next page >



The aroma of a fresh pine or fir tree can bring the remembrance of a joyful Christmas past. And there's nothing quite like having a bit of nature in our homes, in the form of a lovely green tree.

There are several area tree farms where you can cut down your own tree, but if you're not feeling much like a lumberjack, the staff will cut, bale and load the tree into your car. Just visiting these lovely farms in the countryside is a holiday treat in itself. Many of them are family-owned and have been growing trees for several decades.

If you're not able to make it out to a tree farm, there are many locally owned nurseries and garden centers you can visit for a great selection. Many of these small businesses have strong relationships with excellent tree growers and provide wonderful trees. When you buy local, you help support small businesses.

After Christmas, you can recycle your tree by using it for mulch in the garden, composting, or even crafts.

Tree Farms



NORTH

Pine Hill Farms

Evans City, 724.789.9240,
pinehillfarms.net/christmas-trees

Grupp's Christmas Tree Farm

Harmony, 724.368.3249,
gruppschristmastrees.com

Lake Forest Gardens

Fombell, 724.758.5706,
lakeforestgardens.com

Grateful Acres Christmas Tree Farm

Valencia, 724.584.3482, On Facebook
(Call for an appointment!)

Goldscheitter Farms

Sarver, 724.355.0630,
goldscheittertreef.wixsite.com/
goldscheittertrees

Cypher's Tree Farm

Butler, 724.477.8733, ctreesfarm.com

Bertovich Tree Farm

Industry, 724.244.9520,
bertovichevergreen.com
(Check website first!)

Rosenberger's Christmas Tree Farm

724.846.8494

SOUTH

Candletree Farms

Washington, 724.249.6472,
candletreefarm.com

Lone Oak Farm

Monongahela, 724.255.1567,
loneoak-christmastrees.com

EAST

Plantgems

Irwin, 724.446.1922, plantgems.com
(Call first or check website!)

Mytrysak Family Farm

Indiana, 724.463.0570,
mytrysakfamilytrees.com
(Check website first!)

Ruffing's Tree Farm

Indiana, 724.354.3852,
ruffingstreefarm.com
(Check website first!)

Preston Fleming's Trees

Indiana, 724.801.1471,
flemings-trees.business.site

WEST

Hozak Farms

Clinton, 724.899.2400, hozakfarms.com

Allison's Christmas Trees

Aliquippa, 724.495.2680,
christmas-tree.com/real/pa/allisons

ERIE

Heaton's Tree Farm

North East, 814.725.5091, On Facebook

Love's Christmas Tree Farm

Spartansburg, 814.564.0577,
loveschristmastreefarm.com

Arkwright's Tree & Wreath Farm

Cranesville, 814.572.4464, On Facebook

Port Farms

Waterford, 814.796.4500,
portfarms.com

Rensma Christmas Trees

Titusville, 814.827.7670

LGL Tree Farm

Pittsfield, 814.563.4060,
lgltreefarm.com

Rick Walker Farms

Edinboro, 814.434.2582,
rickwalkerfarms.com

Nurseries & Garden Centers



NORTH

Overbeck's Nursery & Landscaping

Blawnox, 412.828.3332,
overbecksnursery.com

Best Feeds Garden Centers

Babcock Blvd. & North Park,
bestfeedsgardencenters.com

Hahn Nursery Garden Center

Ross, 412.635.7475, hahnnursery.com

LMS Greenhouse & Nursery

Allison Park, 412.767.7020,
On Facebook

A&N Lawn Service Greenhouse and Garden

Franklin Park, 412.931.9230,
anlawnservice.com

Patty's Farm Market

Aspinwall, 412.781.1212

WMG Garden & Supply

Franklin Park, 412.369.4704
wholesalemulchand
gravel@gmail.com

SOUTH

Chapon's Greenhouse

Baldwin, 412.881.1520,
chaponsgreenhouse.com

Bedner's Farm Market

Upper St. Clair, 412.221.5525,
bednersfarmmarketusc.com

Woehler Landscape Design & Garden Center

Upper St. Clair, 412.257.4384

Jim Jenkins Lawn & Garden

Upper St. Clair, 412.221.3070,
jenkinslawnandgarden.com

Simmons Farm

McMurray, 724.941.1490,
simmonsfarm.com

The Landscape Center

Bethel Park, 412.835.6699

Trax Farms

Finleyville, 412.835.3246,
traxfarms.com

EAST

Beall's Nursery & Landscaping

Plum, 412.793.6147,
beallslandscaping.com

Chelse's Greenhouse

Monroeville, 724.325.1300,
chelsesgreenhouse.com

Holiday Garden Center

Plum, 724.327.0164,
On Facebook

Penn Hills Lawn & Garden

Penn Hills, 412.241.0411,
pennhillslawnandgarden.com

WEST

Janoski's Farm & Greenhouse

Clinton, 724.899.3438, janoskis.com

Dahlia Gardens

Oakdale, 412.489.5122,
dahliagardenslandscaping.com
(Be sure to check first!)

ERIE

Burch Farms Country Market

North East, 814.725.0747,
burchfarmscountry
marketandwinery.com

Mason Farms Country Market

Erie, 814.833-9933, masonfarms.com

Barner's Farm Market

Erie, 814.833.2021

Haye's Tree Farm

Girard, 814.602.6489, On Facebook.

A & J's, Inc.

Erie, 814.825.7001, ajstrees.com

Potratz Floral Shop & Greenhouses

Erie, 814.454.1549, potratz.com

Stan's Garden Center

Erie, 814.899.5424,
stansgardencenters.com

Gerlach's Garden & Floral

Erie, 814.838.2363,
gerlachs.com/garden-center

Plantscape Greenhouses

Fairview, 814.474.5214,
plantscapegreenhouses.com ■



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With over a decade in the Pittsburgh area - seven years under the direction of owner Justin Rushin - Christmas Decor Pittsburgh will visit your home or business, evaluate your decorating needs and design and install a display that will be the envy of your community. Christmas Décor Pittsburgh is the exclusive local franchise of the Décor group. The Décor group is the largest national holiday lighting organization in the world.

"We design on an a la carte basis. Every property is going to be different and will have varied architecture, plants, landscaping and roof lines," he said. "The Décor model presents the home or business in the best possible light and lets the owner pick and choose what works for their site and budget."

The upsides are many. First and foremost, you don't need to struggle on ladders or figure out connections in the cold. Christmas Decor Pittsburgh has a team of specially trained, insured installation experts who bring proper equipment to place décor. Second, all maintenance is included, so if you have lights out before the big family get-together, or a winter storm impacts your display, Christmas Decor Pittsburgh will ensure that the holiday display is worry free. Lastly, Christmas Decor Pittsburgh only uses the most current energy efficient LED products to light your home.

Most installations take less than a day and are removed after January 10, depending on the weather. Homeowners can also request to have their displays taken down earlier as well. And, if you fall in love with the look of your home once it's decorated, your design can be kept on file for future installations, although some clients prefer to change things annually.

Christmas Decor Pittsburgh can also install lighting for a wedding or special event. They typically install for clients within a one hour radius surrounding Pittsburgh, so you're never more than a phone call away to have the best-looking home on the block this season.

For more information on Christmas Decor Pittsburgh, call them directly at 724-275-9400, or go to their website at christmasdecor.net/pittsburgh, where you can see examples of some of their outstanding work.

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ADDRESS	YEAR BUILT	PRICE	ADDRESS	YEAR BUILT	PRICE
113 Birch Drive	2020	\$1,375,000	105 Field Brook Ln	2019	\$700,000
574 Macleod Drive	2008	\$1,390,000	818 Mount Pleasant	2008	\$699,000
209 Pin Oak Dr	2019	\$1,250,000	114 Pinehurst Lane	2013	\$699,000
225 Whetherburn Dr	1999	\$840,000	704 Mulkerrin Court	2020	\$676,070
109 Lyndhurst Cir	1995	\$899,900	151 Alder Dr	2019	\$668,000
420 Wynstone Drive	2014	\$850,000	2002 W Grove Dr	2017	\$667,000
135 Minnock Drive	2017	\$825,000	814 Mount Pleasant	2006	\$650,000
148 Minnock Drive	2017	\$835,000	104 Snowberry Ln	2001	\$650,000
8010 Falcon Court.	2005	\$799,000	4107 Fairway	1996	\$649,900
317 PineWood	2009	\$824,000	2017 Condor Ln	2004	\$619,000
234 Whetherburn Dr	1999	\$829,900	706 Mulkerrin Court	2019	\$635,965
408 Langdon Drive	2005	\$825,000	110 Minnock Dr	1963	\$649,900
414 Wynstone Drive	2006	\$825,000	225 Eddie Lewis Dr	2016	\$625,000
8009 Falcon Court	2002	\$823,900	2043 West Grove Dr	1999	\$647,900
703 Mulkerrin Court	2020	\$788,845	2013 Cherry Road	2020	\$615,250
4108 Fairway Dr	1997	\$770,000	2003 Cherry Road	2020	\$612,855
9010 Peregrine Dr	2001	\$799,900	131 Wedgewood Dr	1992	\$619,900
211 E Wild Cherry Dr	2002	\$737,500	176 Wedgewood Dr	2000	\$620,000
403 Wildcherry Ct	2003	\$749,900	2012 Condor Lane	2003	\$595,000
4104 Fairway	2000	\$744,900	227 Eddie Lewis Drive	2016	\$585,000

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GET HEALTHY, STAY HEALTHY!

Lifestyle tips to stay healthy during the pandemic and beyond.

BY MANDIE GIAMBRONI

Continued on next page >



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While retirement living may not be on your mind right now, we want you to know that the safety and health of our residents has always remained our top priority – and many of them have expressed relief at the fact that they live at our retirement community during this pandemic. As we all carefully return to normalcy, we're ready to see your smiling faces on our campus again.

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TIPS TO STAY HEALTHY DURING THE PANDEMIC

Life has been quite different from what we've known this past year. We've drastically adapted our lifestyles, many of us working from home, assisting our children with virtual learning, and generally adjusting to life in a global pandemic. Summertime made keeping busy easier, being outdoors. Now that colder temperatures are setting in, it's important to adapt your routine and activities, while still adhering to safety guidelines and limiting exposure to COVID-19.

- **Limit chances for exposure** – When and where possible, stick with your family circle in your home. Limiting exposure is key to ensuring you don't come in contact with someone who has COVID-19. If you do come in contact with someone with the virus, be sure to quarantine for the health and safety of others. When you do have to leave home, wear a mask. This will help you stay safe and protect others around you. Also, maintain a safe distance (that's six feet, as a reminder). Above all, wash your hands often!
- **Physical activity is important** – Even though the weather is getting colder, it's still important to stay active. Even if you don't have access to exercise equipment, you can still stay fit in other ways. Bundle up and get outside for a walk around your neighborhood or find a workout online that you can do from home. You can often do these with no equipment or with items found around your house (you can use soup cans for weights or towels for bands, for example).
- **Self-care** – Being mindful of your overall well-being is important. Take time out to do something that makes you feel happy, calm, or motivated. There is no right or wrong way for self-care, and it means different things to different people. Take time to identify what you need in your life, whether it's meditation, quality time with loved ones, or a warm cup of coffee and a good book and give yourself some "me time."

STAY HEALTHY WHILE WORKING AT HOME

Many of us continue to socially distance by working from home. For some, the perks (no commute, less time getting ready in the morning, no dress code, no packing lunch) are great! But this time can be challenging for those who don't have access to childcare, adequate office space, or who haven't worked from home in the past. It's important to set boundaries for yourself and your coworkers when working from home to ensure a safe and productive work environment.

- **Create your workspace** – If you have a dedicated workspace in your home, you're one step ahead of the game. If not, challenge yourself to find a place to call your own. Even if you don't have a room, be creative with the space you do have available. Transform your kitchen counter with a setup similar to an office. Pick out a few of your favorite pens and put them in a jar next to you for easy access. Have a notepad close by to jot down notes from a call or to-do lists for the day.

Continued on page 28 >

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- **Determine what equipment you need** – When creating your new work-from-home space, you'll need to make sure you have the equipment you need to succeed. Accessorize your space with a comfortable chair to keep your posture in check. Add a pillow or rolled up towel behind your back for extra support. Positioning yourself near a window will allow for optimal lighting on video calls. No window? No problem! Find a desk or floor lamp to light up your space. If you only have access to a laptop, purchase a wireless mouse or keyboard for more comfort. Adjust your computer screen to be at eye level for proper posture. Prop it up on a few books if necessary to ensure the strain is off your neck, or ask whether your employer can supply you with an external monitor for easier viewing.
- **Limit the chances of gaining the COVID 15** – Being so close to your fridge makes mindless snacking

easier. While getting up every 30 minutes is recommended, try to avoid using that time to snack. Instead, throw a load of laundry in or do a quick chore around the house. Building in time for movement is important.

- **Set boundaries** – Once your “home office” area is set, start thinking about your new schedule. Routines are important to set goals and to maintain focus and help set boundaries. Set your alarm to wake up with enough time to shower and get ready for the day. Use your newly acquired time that had been spent commuting to fit in a walk or a workout. It's easier to find yourself working at all hours of the day since your home is now your office, so be sure to set realistic expectations with your manager and coworkers and to sign in and out. Give yourself mental breaks throughout the day and take time to spend with family in the evening.

IMPROVE YOUR EMOTIONAL AND MENTAL HEALTH DURING THE PANDEMIC

Emotion health and wellness is critical during this time. Be sure to check in frequently on family and friends. Humans are social beings, even if alone time is your thing! Being limited to minimal social interactions is isolating and could cause anxiety and panic. The best way to combat these feelings is to BE AWARE.

- **Be mindful** of how you and others deal with stressful situations. We all handle stress differently.
- **Eat healthy and exercise regularly.**
- **Avoid excessive alcohol or drug use.**
- **Watch news in limited quantities.** Hearing news about the pandemic constantly can cause undue stress.
- **Anxiety is real.** Try to identify your triggers for anxiety and avoid them, or learn how to cope with them.

Continued on page 32 >

The **DANGERS OF E-CIGARETTES** for Youth and Young Adults

E-CIGARETTES AND YOUTH

E-cigarettes are very popular with youth, and their use is growing dramatically. Today, more high school students use e-cigarettes than regular cigarettes, and the use of e-cigarettes is higher among high school students than adults.¹

According to the National Youth Tobacco Survey, e-cigarettes have been the most commonly used tobacco product among youth since 2014.² FDA Commissioner, Dr. Scott Gottlieb, believes this issue to be so serious that he has declared e-cigarette usage among teenagers “an epidemic” and states that “the disturbing and accelerating trajectory of use we’re seeing in youth, and the resulting path to addiction, must end.”³

WHAT IS IN AN E-CIGARETTE?

- E-cigarettes are devices that heat a liquid (usually containing propylene glycol, glycerin, water, nicotine, and flavorings) into an aerosol that users inhale into their lungs. You may have heard other terms used when it comes to using e-cigarettes, such as vaping or Juuling. What many kids and parents don’t

realize is that this liquid is not water, and it is not safe. Not only is the nicotine in e-cigarettes highly addictive, the e-liquid (also called juice) contains harmful ingredients such as:

- ultrafine particles that can be inhaled deep into the lungs
- flavorants such as diacetyl, a chemical linked to serious lung disease, and
- heavy metals, such as nickel, tin, and lead.

RISKS TO THE DEVELOPING BRAIN

Youth and young adults are uniquely at risk for long-term, long-lasting, effects of exposing their developing brains to nicotine. These risks include mood disorders, lifelong addiction, and permanent lowering of impulse control. Nicotine also changes the way synapses are formed, which can harm the parts of the brain that control attention and learning.⁴

HOW TO TALK TO KIDS ABOUT E-CIGARETTES

You have the power to influence your children’s decision about whether to use e-cigarettes. Be clear that you don’t approve of them smoking or using e-cigarettes, and that you expect them to live tobacco-free.⁵ Here are some tips:

1. Know the facts.
2. Be patient and ready to listen.
3. Set a positive example by being tobacco free.

If you’re currently using tobacco, quitting is the best thing you can do for your health, and the health of your family members. For free help, call 1.800.QUIT.NOW.

Youth who are vaping or using tobacco products should text “Start My Quit” to 855.891.9989, or call to talk with a coach who can provide information, help, and support.

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ABOUT TOBACCO FREE ALLEGHENY

Tobacco Free Allegheny’s mission is to change the community norms surrounding tobacco, making it uncommon to see, use, or be negatively affected by tobacco or tobacco smoke pollution (secondhand and thirdhand smoke).

Learn more at www.TobaccoFreeAllegheny.org.

1 Centers for Disease Control and Prevention. (n.d.). National Youth Tobacco Survey 2011-2015. Retrieved from https://www.cdc.gov/tobacco/data_statistics/surveys/nyts/index.htm

2 Bach, L. (2018, June 19). Electronic Cigarettes and Youth. Campaign for Tobacco-Free Kids. Retrieved from <https://www.tobaccofreekids.org/assets/factsheets/0382.pdf>

3 U.S. Food & Drug Administration. (2018, September 12). Statement from FDA Commissioner Scott Gottlieb, M.D., on new steps to address epidemic of youth e-cigarette use. FDA Statement. Retrieved from <https://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm620185.htm>

4 U.S. Surgeon General and the U.S. Centers for Disease Control and Prevention, Office on Smoking and Health. (2018). Know the Risks: E-Cigarettes & Young People. Retrieved from <https://e-cigarettes.surgeongeneral.gov/knowtherisks.html>

5 Centers for Disease Control and Prevention, Office on Smoking and Health. (2018). Talk with Your Teen About E-Cigarettes: A Tip Sheet for Parents. Retrieved from https://e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipSheet_508.pdf

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Maintenance-free living; none of the worries of home ownership; security, health and wellness support; and socialization, even during times like the COVID-19 pandemic.

At Lutheran SeniorLife Passavant Community, one of the premiere LIFE Plan communities in western Pennsylvania, you have the added benefit of being within walking distance of Zelienople, one of the most charming towns in the region with its shops, restaurants, banks and other community advantages.

Those are among the many reasons Ruth Mears and her husband Bill chose Passavant to be “their neighborhood.”

Ruth said they visited more than 15 such communities in the region before selecting Passavant. The fact that it was within walking distance of Zelienople was a major reason for their choice.

“It’s wonderful to be able to walk to the bank on a nice day,” she said. “We also loved the health clinic and being able to have all of our appointments, blood work, etc., right here in our own neighborhood.”

Bill also loved that the Villa they chose was larger than what many other communities offered. “I had space to have a wood shop right in my own home,” he said.

And after moving in, they realized just how friendly people are. “It really is like being in your own neighborhood,” said Bill.

While maintenance-free living is a main attraction, Kasandra Leighland, director of marketing for Lutheran SeniorLife Passavant Community, sees many other advantages to a Life Plan Community. “It’s a very challenging economic climate, and more potential residents recognize that making an investment in a Life Plan

Community is a much more reliable investment than the stock market right now,” said Kasandra.

Residents must be financially qualified. Leighland and her team review applicant finances to ensure that the resident is able to afford the investment and will be able to live comfortably.

Once in the community, however, if for some unforeseen reason the resident’s assets are reduced, they are protected and will be able to stay in the community moving forward.

“Once you pay the entrance fee, you are a member of the community for life,” Leighland said.

And, if you move in and determine it’s not the place for you, the entrance fee is 90 percent refundable within a certain time frame.

Senior-Living communities have been determined to be especially safe for residents during the COVID-19 pandemic. All residents and staff follow CDC guidelines.

“We have felt very safe. They took the same precautions last year during the flu outbreak. They know how to handle it,” Bill said.

“People are anxious,” Leighland said. “However, they also are concerned about where they will go if they need a higher level of care. A Life Plan Community reduces that concern.”

For more information, contact Kasandra Leighland at kasandra.leighland@lutheranseniorlife.org.


Passavant Retirement Community

- **Rest.** Self-care is important. Take time for yourself, meditate, breathe, stretch, and get plenty of sleep.
- **Emotional health** is critical. Learn ways to connect with family, friends, and faith to keep you safe.

THE CHILDREN'S GUIDE TO STAYING HEALTHY AND ACTIVE

Whether going back to school in person, doing virtual classes, or a combination, it's important for kids to stay safe and active, too! A change in routine isn't only hard on adults, it's extremely hard on children as well. Help your kids stay well using these tips.

- **Educate them** – Explain to them what's happening in terms they can understand. Answer their questions and keep them updated on what's changing. Try to stay positive!
- **Protect them** – Hand hygiene, face coverings, and social distancing are the best defense whenever being home isn't an option.
- **Encourage them** – Provide opportunities for kids to connect with friends and loved ones. Whether it's outdoors or over a video call, spending quality time having fun is important for overall health.
- **Teach them** – Give them the tools they need to know how to stop the spread, identify symptoms, and cope with ever-changing routines. It hasn't been easy to adapt during the pandemic, but it's important to make sure they feel protected during this time.

STAYING SAFE WHEN YOU GO TO THE DENTIST

Many dentists are encouraging patients to maintain oral health through the pandemic and have safety measures in place. Be sure to self-monitor for any COVID-19 symptoms before leaving the house, and to cancel any upcoming appointments if symptoms do arise. When you call to make your dental appointment, ask what measures are in place to keep you safe during your visit. Many offices request that you to stay in your car until you are called to enter for your appointment, to prevent patients from gathering in the lobby area. Once you're called into



the office, be sure to keep your mask on until you're in your exam room and asked to remove it. Rest assured that all chairs, countertops, and equipment are thoroughly cleaned between patients. Your dentist and the staff will have all the protective equipment on that is required, much of which they wore even before the pandemic. Once your appointment ends, be sure to use hand sanitizer as a precaution until you get home to wash your hands.

FOOD AND NUTRITION DURING SELF-QUARANTINE

Cooking dinner is likely the last thing you want to think about recently, but providing healthful meals for you and your family is important. At the beginning of the pandemic, panic buying hit its peak, with not one roll of toilet paper left on the shelves. Thankfully, bulk buying has slowed, allowing for less waste and more opportunity to find the materials or ingredients you need. If you haven't in the past, meal planning is a great way to strategically purchase only the ingredients you need, lowering your bill and limiting waste. Find recipes with fresh fruits and vegetables that are in season. Frozen works well too, but try to avoid canned foods that are high in sodium. Does the thought of grocery shopping give you a weak stomach? Try meal delivery options that provide fresh ingredients or ready-to-cook meals delivered to your door. Or you can support your local restaurants with takeout or delivery! Whatever you decide, be sure to limit intake of salt, sugar, unhealthy fats, and alcohol, while getting enough fiber, water, and fruits and vegetables. Overall, try to find a new routine in the current environment. Who knows, maybe cooking will become a new hobby!

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 revealed 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 likely 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 both 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 bathtime 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.

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 the oldest Baby Boomers entering their 70s, an age at which many individuals only start seeking medical attention for hearing ailments, it is important to take charge at the first signs of trouble.

A study on the psychological effects of hearing loss was done for the American Psychology Association and focused on mental health in patients who suffer from hearing loss. The National Council on Aging study found that 2,304 people who

Continued on next page >



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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 revealed 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, be sure to understand and share the benefits of seeking treatment.

SKIN CARE

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 skin care routine is important for men and women of all ages, although it will vary throughout the years.

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 stated 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 facilitate balance in their children's digital usage. 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 a computer or tablet, then keep the television and other devices off during dinnertime and enjoy conversation together. Optometrists also researched the importance of natural sunlight exposure to the eyes and say that a lack of exposure to natural light could affect the growth and development of vision.

Digital eyestrain symptoms

- 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.

HEALTHY TEETH & GUMS

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 including 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 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. ■



It Doesn't Just Feel Like Home — It Is Home.



Lutheran SeniorLife Overbrook Pointe *Independent Living for Seniors*

Overbrook Pointe is for active adults 55 and older. With the variety of living options offered, residents of **Overbrook Pointe** can benefit from the services and amenities most important to an independent way of life. *Special offer available on deluxe apartments.*

Lutheran SeniorLife RoseCrest *Assisted Living with Memory Support*

RoseCrest is a secure-dementia community with 30 private suites, each with private baths; and includes three meals a day, snack and a vibrant activity schedule.

RoseCrest has demonstrated success in helping residents who are dealing with the effects of Alzheimer's or other memory issues.

Let us help your loved one thrive within this supportive and engaging environment.

Overbrook Pointe and RoseCrest are located on the campus of St. John Community in Mars, PA.
Spaces limited. For more information or to schedule a tour, call today.

724-687-3372

www.lutheranseniorlife.org

Pine-Richland School District Identifies Key Strategic Initiatives



The district has identified its Strategic Plan initiatives for 2020–2021. More information about each topic will be shared throughout the year at pinerichland.org/sp1923. Key initiatives include:

- COVID-19: Program Flexibility (Hybrid and Virtual Options)
- Safety, Security, and Culture (Diversity, Equity, and Inclusive Schools; Social Justice; Public Health; and Security)
- In-Depth Program Review (Art, World Language, and Special Education) and Implementation (Most Depts.)
- Budget Awareness and Future-Focused Financial Planning
- Redistricting Model and Transition
- Student Information System/Financial Information System Implementation
- Graduate Portrait



PR Looking to Connect with All Residents

Pine-Richland School District is trying to reach more members of the community specifically residents who may not have children in the district. We are also looking to connect with residents who own businesses in Pine-Richland. To connect, please visit pinerichland.org/residents to complete a short questionnaire so we know can reach you via email with pertinent information.

21 Pine-Richland High School Seniors Recognized

On behalf of the National Merit Scholarship Corporation, Pine-Richland High School issued letters of commendation to several students in the annual recognition program on September 21-22.

Seniors being named Commended include Benjamin Carnovale, Lydia Francis, Gregory Gilmour, Malini Harinath, Rori Holm, Evan Jackson, Jinwon Jang, Connor Johnson, Catherine Lee, Kareem Mohsen, Max Romano, Will Sangpachatanaruk, Michael Tamburri, Abigail Turner, Victor Williams and Joseph Woodrow.

On September 9, the National Merit Scholarship Corporation recognized students for earning semifinalist status in its annual recognition program. Seniors earning status include Brendan Andersen, John Faber, Joshua Pazin, Rebecca Peng and Samuel Stella. These students are among 16,000 semifinalists in the United States. They are being recognized for their work on the Preliminary SAT/National Merit Scholarship Qualifying Test.

They will have the opportunity to qualify for finalist status and compete for merit scholarships.

In all, 21 seniors are being recognized at PRHS.



National Merit Semifinalists & Commended Students



High School Seniors Recognized

SEMIFINALISTS

Brendan Andersen
Semifinalist

John Faber
Semifinalist

Joshua Pazin
Semifinalist

Rebecca Peng
Semifinalist

Samuel Stella
Semifinalist

COMMENDED STUDENTS

Benjamin Carnovale
Commended

Lydia Francis
Commended

Gregory Gilmour
Commended

Malini Harinath
Commended

Rori Holm
Commended

Evan Jackson
Commended

Jinwon Jang
Commended

Connor Johnson
Commended

Catherine Lee
Commended

Kareem Mohsen
Commended

Max Romano
Commended

Will Sangpachatanaruk
Commended

Michael Tamburri
Commended

Abigail Turner
Commended

Victor Williams
Commended

Joseph Woodrow
Commended

PRHS Crowns 2020 Homecoming Queen

Pine-Richland High School announced the 2020-2021 Homecoming Court. Members of the court include seniors Ekaterini Balouris, Erin Dougal, Ava Foster, Ella Karmanos, Grace Kozej, Jordan Landreneau, Makenzie Nelson, Lindsey Roskoph, Ella Rottinghaus and Emma Swartout.

Escorts included seniors Liam Varnecky (Ekaterini Balouris), Josh Horan (Erin Dougal), Alec Conti (Ava Foster), Charlie Mill (Ella Karmanos), Harrison Hayes (Grace Kozej), Jordan Burns (Jordan Landreneau), Chase Schonbachler (Makenzie Nelson), Eli Jochem (Lindsey Roskoph), Sam Neill (Ella Rottinghaus) and Joe Petcash (Emma Swartout).

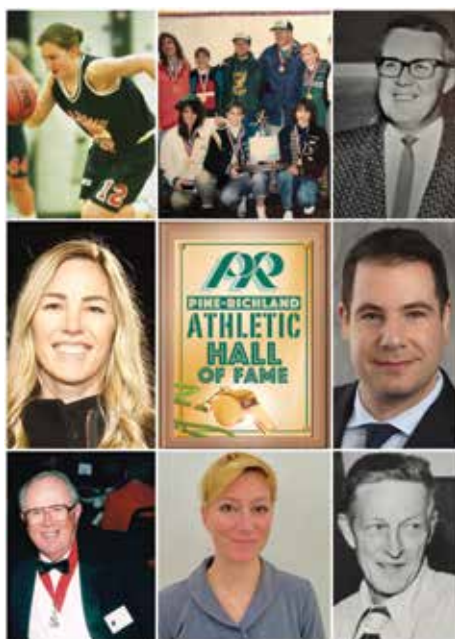
Congratulations to senior Ekaterini Balouris who was named Homecoming Queen; senior Erin



Congratulations to senior Ekaterini Balouris (Center) who was named Homecoming Queen; senior Erin Dougal (Left) who is named first-runner up and senior Ava Foster (Right) named the second runner up. Photo Courtesy of Montague Photography.

Dougal who is named first-runner up; and senior Ava Foster named the second runner up.

Students hosted Spirit Week from October 5-9, by participating in different themed days leading up to Green and White Day on Friday, October 9. The homecoming court was recognized at the game on Friday, October 9.



Pine-Richland Inducts 2020 Athletic Hall of Fame Honorees

Pine-Richland School District formally recognized new inductees to the Pine-Richland Athletic Hall of Fame for 2020 during an invitation-only announcement prior to the Pine-Richland High School Football Game on Friday, October 16.

The 2020 Pine-Richland Athletic Hall of Fame inductees included:

- **Aylmer Girdwood:** PRSD Teacher; Coach; Richland Youth Foundation
- **Robert (Bob) McDonough:** PRSD Girls Cross Country Coach
- **Carrie Walker:** PRSD Basketball
- **Brett Warren:** PRSD Tennis
- **Kristen Wisse:** PRSD Basketball, Soccer, Track & Field
- **1988 Girls Cross Country Team:** State Champions - First in School's History

Pine-Richland Televises More Events in 2020-2021

Community members can tune into Pine-Richland School District to view games, performances and other events. You can access the PRTV planned schedule for live coverage by visiting pinerichland.org/live. You can view the live events via these resources as well:

- Website Streaming via PRTV Online: pinerichland.org/live
- Armstrong Cable Customers: Channel 211
- Consolidated Communications Customers: Channel 404

What is happening this Winter at the Library?

Northern Tier Library

Richland Center, 4015 Dickey Road,
Gibsonia, PA 15044
724.449.2665

Richland Center Hours:
TBD

Bookmobile Service

Pine Tree Shoppes, 12001 Perry Highway,
Wexford, PA 15090
Bookmobile Hours:
Fridays, 12:30 to 2:45 p.m.

Pine Center

PRHS, 700 Warrendale Road
Gibsonia, PA 15044
724.625.5655

Pine Center Hours:
Closed

During these uncertain times please check our Facebook page or website for the most up-to-date information! We will be posting updates as well as daily videos with stories and activities on The Northern Tier Regional Library Facebook page.

■ HOLIDAY BOUTIQUE

Like so many things in 2020, this year's holiday season will be different. The library will be holding our annual Holiday boutique, but with a few adjustments to make it safer for everyone. As always, we will feature a selection of uniquely decorated trees that have been sponsored by local businesses and organizations. We will also offer dozens of individually themed gift baskets, perfect for holiday giving.

Photos of the trees and baskets will be featured online, and this year, to help keep everyone safe, you will also be able to bid online! Bids on trees will be accepted until Saturday, December 12; bids on baskets will be accepted until Friday, December 18.

Remember that all proceeds benefit the library and are especially needed this year as the library faces substantial funding cuts from RAD and the state of Pennsylvania in 2021.

■ TODDLER STORY TIME

UPLOADS EVERY TUESDAY AT 10:30 a.m. THROUGH NOVEMBER 24

A time to move, dance, share stories, and sing songs with your busiest friends! These virtual story times are for toddlers and their families, and will be available to watch on our Facebook page.



■ PRESCHOOL STORY TIME

UPLOADS EVERY THURSDAY AT 10:30 a.m. THROUGH NOVEMBER 19

A story time for our graduating toddlers. Longer stories, exciting new rhymes and songs, but still all of the fun. These virtual story times are for families with preschoolers, and will be available to watch on our Facebook page.

■ FRESH AIR STORY TIME

WEDNESDAYS AS LONG AS WEATHER PERMITS AT 10:30 a.m. THROUGH NOVEMBER 25

Join us on our side lawn (located next to the library's parking lot) for a Fresh Air Story Time! We ask families to bring a blanket or foldable lawn chair, and to observe social distancing during the program. Adults must wear a mask at all times and make sure the little ones are observing appropriate norms. Please bring a rattle or noise making toy to play along with our music! Families will be able to take home an activity kit or craft each week. There will be no video recording of these outdoor sessions. We request that families register if attending in order to make sure we can gather in the space safely.



■ TAKE-HOME CRAFTS

Kids (and adults!) of all ages are invited to create and enjoy a simple weekly take-home craft with us. The week of Oct. 5 and this program will have a new six-week session that will run from through Nov. 23. Please call or register online to reserve a weekly supply kit that can be picked up and enjoyed at home. Registration is required each week to account for supplies.



■ THE WEEKLY PROJECT

Welcome to The Weekly Project, a program featuring a variety of activities that can be enjoyed from home like cooking, crafting, art and STEM. Each week will showcase a different project for children to do with their families, and some weeks will include take-home materials. This weekly program will run through Nov. 23. This program is for kids of all ages. The weeks with a take-home kit require registration to account for supplies.

■ TAKE-HOME MAKER MONDAYS

Our Pine Center Maker Mondays are going virtual! Even though you can't visit us in person at the Pine Center, Maker Mondays will continue in a new format. Every Monday, a tutorial video will be shared on our Facebook, Twitter and Instagram page. A weekly supply kit will be available to reserve and pick up for some great Maker fun at home!

NOVEMBER 2:

Beaded Pins.

Decorate bags, jackets or anything else with a beaded pin.



NOVEMBER 9: Origami.

Fold craft paper into any creature or object you can imagine.



NOVEMBER 16: Gratitude Collage.

Use words, images and your own artwork to create a collage all about what you're grateful for.



NOVEMBER 30: Smartphone Hologram Projector. Create a hologram video projects from craft materials.



■ KNIT LIT

Do you knit, crochet or craft in any way? If not, would you like to learn? The next one's on Thursday, Nov. 19 at 6 p.m. Beginners are invited to come and learn; experienced crafters are invited to bring a project to work on. Everyone is encouraged to bring their latest read to talk about. If weather permits, these meetings will be outside on the library lawn behind the book drops. We ask that you wear a mask and maintain social distancing. Please bring your own lawn chair or blanket to sit on. In case of bad weather, these meetings will take place online via Zoom. Registration is required so we have a way to share location updates, and if needed, the Zoom meeting invitation link.

■ BRIDGET'S BOOK CLUB

Do you believe in love at first sight? For Laurie, it happened just like in the movies. Their eyes met, and she just knew. And then her bus pulled away...Laurie is so sure that they are meant to be that she spends a year searching for him at bus stops and cafes. A year later they reconnect at a Christmas party—and Jack (the man from the bus) is on the arm of Laurie's best friend, Sarah. The novel follows ten years of friendship, heartbreak, an examination of roads not taken, and in the end, a heartwarming love story. Join us online on Thursday, November 12 at 7 p.m. for our discussion of *One Day* in December by Josie Silver. This program will be held via Zoom. Please register online to receive the program link.

If you have questions about this topic, please email Jessica Federkeil at federkeilj@einetnetwork.net or call the library at 724.449.2665.

The Northern Tier Library aims to provide resources that inspire, inform, educate and entertain the public.

BANKRUPTCY LAW

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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. 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 Pine-Richland area.

**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 "Pine-Richland Photo" in the subject line of the email.*



Here are a few examples of the types of images we are looking for.



A current issue of this magazine is also available online.
icmags.com

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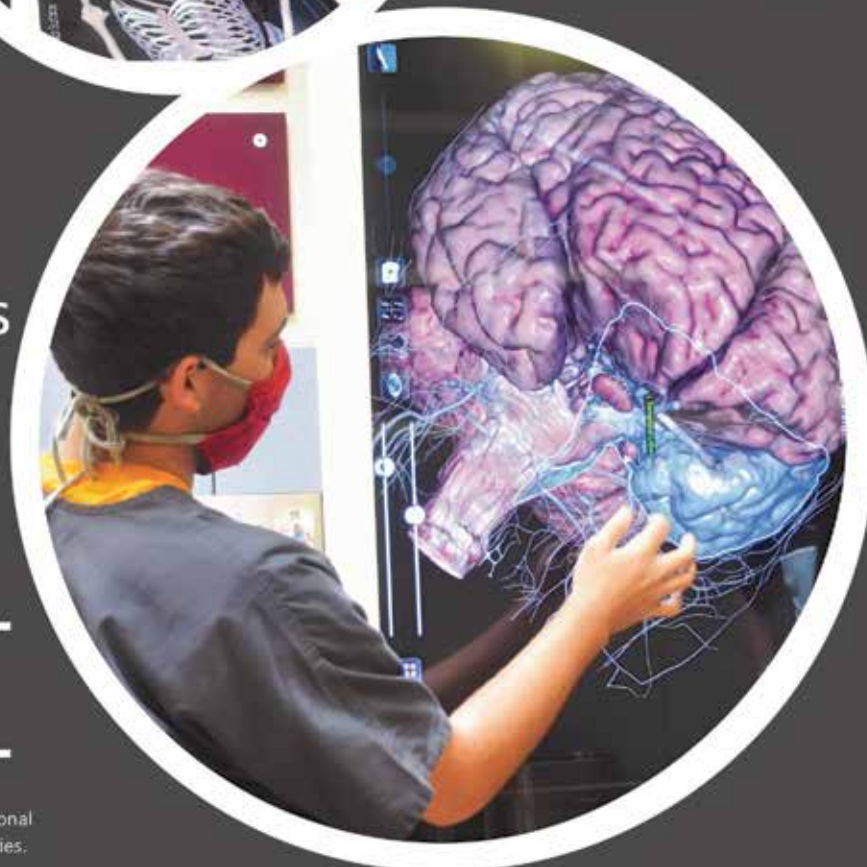
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