

# IN

An IN Community Magazine

# Pine-Richland

*Swing* into **SPRING**

with **30 fun things** to see and do

Local Spas That Will  
Make You Feel Brand New

PAGE 18

Community Gems:  
Local Museums to Explore

PAGE 32

Special Section: Home Renovation Guide

PAGE 23



**“Having this level of maternal and newborn care this close to home is wonderful.”**

— MADISON DISCHINGER

## Making mom’s big day, and ours, the best it can be.

When Madison Dischinger learned she could deliver her child at AHN Wexford, 15 minutes from her home, she was thrilled. “I had great experiences at West Penn with my first two babies,” she said. “But it’s 45 minutes away on a good traffic day.” As a planner by nature, Madison opted for a scheduled induction. “I felt it would be easier — not to have to call my family to come over at the last minute to stay with the other two,” she said. “It was also nice knowing that if they needed anything, my husband would be just 15 minutes away,” she said. Did the fact that she was scheduled to deliver in the new unit on opening day give her any pause? Not at all. Especially knowing AHN Dr. Jessica Hoyson would be the Northern Regional OBGYN doctor at her side. “She has a very calming presence and instills confidence,” Madison said. “I knew it would be a great experience, and it was.”

“I was excited I got to be the doctor who delivered the first baby in our new unit,” Dr. Hoyson said. “And delighted to have the first mom be Madison, someone who has been in my practice since I started my career.”

“Everything was so smooth, especially for it being an opening-day operation,” Madison said. All of which was by design. “We wanted the unit to be as comfortable and efficient as it could be for everyone,” Dr. Hoyson said. “Mom, her partner, the nurses and staff.” That means rooms are private and spacious, with expansive windows that bring the outside in. And nurses are stationed in the middle of everything — the labor, delivery and postpartum rooms, the triage area, the nursery and the neonatal intensive care unit.

“The whole facility is beautiful,” Madison said. “The art, the rooms, the natural light. There was a comfortable chair for my husband to sit in during the day and a pullout couch where he slept overnight.” Madison also appreciated Wexford’s focus on keeping babies close to mom as much as possible to jump-start the bonding process. “They made sure I had uninterrupted skin-to-skin contact immediately with my new baby boy, Ford, for a full hour,” Madison said. “Then they did the APGAR test in the room. Ford was always with me.”

“I can’t say enough nice things about how inviting and comfortable it was for both me and my husband,” Madison said. “We had such attentive care throughout the whole process.”

**READ MORE OF MADISON’S STORY  
AT [AHN.ORG/WEXFORD-STORIES](https://ahn.org/wexford-stories).**

---

**AHN WEXFORD BRINGS THE FIRST LABOR AND DELIVERY UNIT TO NORTHERN ALLEGHENY COUNTY, AS WELL AS HIGH-RISK OBSTETRICAL SERVICE AND LEVEL II NEONATAL INTENSIVE CARE.**

---





## Advanced care and comfort for mom, baby and partner.

AHN Wexford brings complete labor and delivery care with advanced neonatal and high-risk pregnancy services, a Level II Neonatal Intensive Care Unit (NICU) for premature babies or those who need extra attention, and perinatal and postpartum services to help keep new moms feeling their best.

Beyond expert care, the labor and delivery unit features:

- 16 spacious private labor, delivery and postpartum rooms with natural light
- Comfortable sleeping accommodations for mom, baby and partner
- A beautiful outdoor terrace for pre- and post-delivery walks or relaxing with baby
- A playroom for siblings waiting to meet their new brother or sister
- Private neonatal intensive care rooms with accommodations so that parents can stay with their baby 24/7

Our brand new unit is designed to provide the best experience before, during and after childbirth.

## Focused on meeting your needs.

As Director of Delivery at AHN Wexford, Dr. Jessica Hoyson believes that as soon as you achieve a goal, it's time to set a new one. "I'm always focused on how we can improve and expand what we offer."

To that end, the dedicated OB doctors, nurses, anaesthesiologists, and NICU and pediatrics staff meet weekly to ensure everyone is on the same page and they have the best game plan for each delivery.

"All of us here do what we do because we love it," she said. "Bringing new life into the world. Working with women to help them have the delivery they're striving for while keeping their babies safe. Everything that Wexford has created here — from prenatal classes, labor and delivery, to postpartum care — is exactly what I hoped it would be."

"I'm really excited about the direction everything is moving, and the momentum," she said. "We're answering the desire for advanced care that's convenient, intimate and close to home."



**JESSICA R. HOYSON, MD**  
**OBSTETRICS AND GYNECOLOGY**

AHN WEXFORD  
**health for you**

**#GiveAHealthyThanks**

**THANK YOU**

**Every health care worker. Everywhere.**



SCAN THIS CODE AND COMPLETE  
A SHORT SURVEY. YOU COULD  
WIN A \$100 AMAZON GIFT CARD.

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.

# spring 2022

## features

### 12 The Game That Never Gets Old

The Northern Allegheny County Senior Softball League welcomes members from all over Pittsburgh to play America's favorite pastime.

### 14 Swing into Spring

As the weather warms up, shed your winter coat and get started on this list of fun ways to enjoy the spring season.

### 18 Relax, Refresh, Renew!

Say 'So long' to winter and treat yourself to some much-needed pampering. Revitalize your body with a facial, massage, body wrap, manicure, pedicure and more at one of the many spas in the area.

### 23 Special Section: Home Improvement Spring Renovation Guide

If you're looking to move (or stay and improve), here are some of the best home improvement and renovation projects for the spring.

### 32 Community Gems

Local museums provide a sense of community and place by celebrating a collective heritage and offering a great way to get to know the history of your area.



### on the cover

Shake off the winter blues with dozens of spring activities that will have you and your family out and about. See story on page 14.

## departments

- 4 | From the CEO
- 8 | IN the Loop: What's News in Pine-Richland
- 10 | IN Good Taste: Aaron Haben, General Manager, The G.O.A.T. Sports Bar
- 35 | Northern Tier Library Events and Programs
- 36 | Pine-Richland School District News
- 40 | IN Focus: Pine-Richland at a Glance

## sponsored content

### Industry Insights

- 7 | Financial Focus: Edward Jones - Matt Dudkowski
- 17 | Education: Providence Heights Alpha School
- 21 | Your Hearing: Swift Audiology
- 26 | Home Inspection: a Harmony Home Inspection, LLC
- 31 | Counseling: Anchorpoint Counseling Ministry

## FROM THE **CEO**



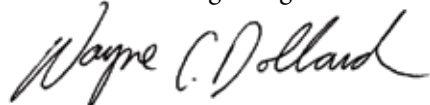
Welcome to the spring issue of IN Pine-Richland magazine.

Although there is still snow on the ground, it's not too early to start thinking about spring and a fresh start to the new year. One thing that can help you hit restart is a trip to a spa to rejuvenate your body after winter's long hibernation. Be sure to read "Relax, Refresh, Renew" for a list of spas in your area.

Over the next few months, as the flowers bloom and the trees bud, spring is prime time to begin your home improvement projects. Check out our Home Renovation Guide for great tips on outdoor and indoor renovations. We have advice to help guide you on kitchen and bath updates, landscaping, roofing, decks and more!

Finally, we've got all the dirt on spring in this issue! Don't miss our spring events guide for a listing of fun events the whole family will enjoy.

Here's to new beginnings!

  
Wayne C. Dollard



# 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!*

### WE'D LOVE TO HEAR FROM YOU!

If you know someone in your community who is making a difference or has done something extraordinary, let us know! 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).



## CONNECT WITH US!

Follow us on Facebook @icmags for a calendar of events in your community as well as featured stories on extraordinary people and places!



POST YOUR EVENT ON OUR FB CALENDAR!  
[facebook.com/ICMags](https://facebook.com/ICMags)

# **IN** Community Magazines

### CEO

Wayne Dollard

### PUBLISHER

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

### VICE PRESIDENT OF OPERATIONS

Leo Vighetti / [l.vighetti@icmags.com](mailto:l.vighetti@icmags.com)

### MANAGING EDITORS

Pamela Palongue / [p.palongue@icmags.com](mailto:p.palongue@icmags.com)  
South, West & Erie

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

### RESTAURANT EDITOR

Reese Randall

### ART DIRECTOR

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

### SENIOR DESIGNER

Jan McEvoy

### DESIGNERS

Madeleine Beyer      Jim Paladino

### CONTRIBUTING WRITERS

Jennifer Brozak      Mandie Giambroni  
W.B. Fresa      Bernadette Wilson

### CONTRIBUTING PHOTOGRAPHERS

Primetime Shots      Kelly Vernon  
Ralph LoVuolo

### ADVERTISING COORDINATOR/ SCHOOL & TOWNSHIP MANAGER

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

### ADVERTISING SALES

Sophia Alfaras      Brian McKee  
Brett Brooks      Aimee Nicolai  
Brian Dougherty      Mike Silver  
Tracy Larger

©2022 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](mailto:icmags.com)



Please recycle this magazine when you are through enjoying it.

### 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 Leo Vighetti at [ads@icmags.com](mailto:ads@icmags.com).





## LAUREL GROVE

*Pine-Richland's only resort-style community offering modern customizable ranch-style homes in a prime Treesdale location.  
New Ranch-Style Homes, from the upper \$500s.*

- Minutes from Treesdale Golf and Country Club
- Customizable floorplans with bonus rooms and full basements
- Future clubhouse with 2 workout rooms, wine room, gathering room & covered deck overlooking the pool

*Contact Us Today to Schedule a  
Visit and Tour Our Model Home  
412.435.3717*



## Your Local Buying & Selling Expert with a Global Reach

WANT TO KNOW HOW  
MUCH YOUR HOME IS  
WORTH? *Call me!*



COLDWELL BANKER  
REALTY

**BRIAN GIERL, REALTOR®**

Office: 412-366-1600

Cell: 412-498-1552

*Visit* **BrianGierl.com**

- **Life Long Pittsburgh Resident**
- **Full Time Realtor • Relocation Expert**

Coldwell Banker and the Coldwell Banker logos are trademarks of Coldwell Banker Real Estate LLC. The Coldwell Banker® System is comprised of company owned offices which are owned by a subsidiary of Realty Brokerage Group LLC and franchised offices which are independently owned and operated. The Coldwell Banker System fully supports the principles of the Fair Housing Act and the Equal Opportunity Act.

The **PLACE**  
**TO BE** for  
all your  
shopping  
needs!



**Kohl's | Shop 'N Save | T.J. Maxx**

AHN Therapy Services | Churn Homemade Ice Cream and Coffee  
Command Performance | Costa Oil – 10 Minute Oil Change | Dollar Bank  
Dollar Tree | Emiliano's Mexican Restaurant | Grandma Ann's Nutbread  
Key Bank | Massage Envy Spa | McDonald's | Neve Nails & Spa  
NuAge Fitness Center | Pine Richland Medical Associates

**RICHLAND MALL**

5375 William Flynn Highway, Gibsonia

[www.richlandmall.net](http://www.richlandmall.net)

[www.facebook.com/richlandmallgibsonia](https://www.facebook.com/richlandmallgibsonia)



A Zamagias Properties' Entity



**Windwood SWIM CLUB Park**

**MAKE A  
SPLASH  
THIS SUMMER! 2022**

**Register  
Online  
Today!**

For more information on joining our SWIM CLUB this summer or to register online, please check out [windwoodpark.com](http://windwoodpark.com)

Swim Club Summer Membership  
\*1, 2, or 3+ Family Memberships Available  
\*Opens Memorial Day  
\*Large Wading Pool and Baby Pool  
\*Waterslide/Playgrounds/Deck Hockey/Sand Volleyball/Basketball/Cage Pits & More

*Windwood Swim Club*



# Plan Ahead Before Joining The “Great Resignation”



It's been called the “Great Resignation” – the large number of Americans voluntarily leaving their jobs. If you plan to be part of it (ideally with another source of employment lined up), you'll need to make the financial moves necessary to keep making progress toward your long-term goals.

Here's some background: After a year in which the pandemic caused so many people to lose their jobs, the economy is opening back up, but the “quit rate” – the number of jobs people have voluntarily left – has been breaking records. Some economists say this high quit rate is because people are confident of getting better jobs, with higher pay and more flexibility to work at home, or because they are preparing to start their own business or join the gig economy.

If you're thinking of joining this temporary migration from the workforce, how can you help ensure that you'll be financially stable and can continue to make progress toward your long-term goals?

Your first move is to look clearly at your financial situation. As mentioned above, it's best to have new employment in hand before you quit your job. Alternatively, perhaps you have a spouse or life partner who earns enough to sustain the two of you, or you've built up an emergency fund that gives you a cushion.

However, if your short-term income is less than you previously earned or you need to go without a paycheck for a while, could you still pay your bills? If you are strapped for cash, you might be tempted to tap into your 401(k) or other employer-sponsored retirement plan. But this move will generally result in taxes and, if you are younger than 59½, a 10 percent penalty as well. Because of this, and because your retirement accounts are designed to be

a financial resource after you retire, think twice before dipping into these funds if you leave your current employer.

If your employer allows it, you can leave your money in the 401(k) so you'll still be accumulating resources for retirement. You also have the option to roll those funds into an individual retirement account (IRA) or a new employer's retirement plan.

And if you plan to work for yourself as a freelancer, consultant or business owner, you'll still want to save toward retirement. Possible retirement plans for the self-employed include an “owner-only” 401(k), a SEP-IRA or a SIMPLE IRA, all of which may be relatively easy to establish and offer tax benefits. A financial advisor can help you find a retirement plan that's appropriate for your needs.

Here's something else to keep in mind – an emergency fund. As mentioned above, if you already have one, you'll have some breathing room if you're thinking of leaving your job and might have a temporary gap in income. But as the name suggests, an emergency fund is there to help cover unexpected costs, such as a major home repair, without forcing you to take out a loan, or cash out part of your longer-term investments. So, if you are planning to tap your emergency fund, work to restock it as soon as possible.

If you're participating in the “Great Resignation,” it means you're feeling positive about your future employment prospects, which is great. But you'll want to support that optimism with a strong financial foundation.

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

*Edward Jones, Member SIPC*



Matt Dudkowski, AAMS® | Financial Advisor | 1007 Mt. Royal Blvd. Pittsburgh, PA 15223 | 412.487.3300  
matt.dudkowski@edwardjones.com | www.edwardjones.com | Member SIPC

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

# IN THE LOOP

WHAT'S NEWS IN PINE-RICHLAND



## KEEP PENNSYLVANIA BEAUTIFUL'S PICK UP PENNSYLVANIA SPRING CLEANUP

**Participate and Make a Difference in Your Community**

Everyone wants to live, work and play in a clean and beautiful community and it's up to all of us to make that possible. Whether you have vacant lots plagued with debris, natural areas that have been dumped on or littered streets and sidewalks, any neighborhood can be lifted up by positive community action.

Keep Pennsylvania Beautiful's Pick Up Pennsylvania program can provide the tools and resources to help get you started. Join thousands of fellow Pennsylvanians and participate in litter and illegal dump cleanups; beautification projects, such as tree and flower plantings; recycling collections and public education programs.

Keep Pennsylvania Beautiful partners with the Pennsylvania Department of Environmental Protection, PennDOT and national sponsors to provide free trash bags, gloves, and safety vests to registered participants, as supplies last.

Registration is online at [keeppabeautiful.org](http://keeppabeautiful.org). Questions can be answered by Michelle Dunn, Pick Up Pennsylvania Program Coordinator, at 877.772.3673 ext. 113 or [mdunn@keeppabeautiful.org](mailto:mdunn@keeppabeautiful.org).

Keep Pennsylvania Beautiful recommends following all federal, state and local health and safety guidelines for COVID-19 in effect at the time of your event, including masking and social distancing.

Join thousands of Pennsylvanians for Pick Up Pennsylvania and help keep your neighborhood clean and beautiful!



## NORTH PITTSBURGH QUILTERS GUILD TO HOST SPRING QUILT SHOW

The North Pittsburgh Quilters Guild will present its spring quilt show, "Flowers of Hope," April 22-24 at the Ross Community Center, located at 1000 Ross Municipal Drive (15237). Hours are 10 a.m. to 5 p.m. on Friday and Saturday and 12 to 4 p.m. on Sunday. Admission is \$10; there is free parking.

A full-bed-size raffle quilt, "flower chain" design, will be displayed and tickets are \$1 each. Twelve specialty vendors, a certified quilt appraiser, raffle baskets loaded with quilters' items and a new Treasure Chest room (full of fabrics and notions) will be on-site. More than 100 quilts will be on display as well. Visit [npqc.org](http://npqc.org) for additional information.

North Pittsburgh Quilters Guild is a nonprofit whose main goal is to further the quilting skills and knowledge of its members. It sponsors workshops from nationally known quilters/teachers during meetings, which are held the first Tuesday of the month. The guild also participates in community service projects including "Quilts of Valor," baby blankets for a women's shelter, table runners for food baskets distributed by the food bank, port pillows, "Beads of Courage" bags for child cancer patients and "Satchels of Caring" bags for other cancer patients, and Santa bags for Children's Hospital.

If you would like more information, send email to [claricesp@verizon.net](mailto:claricesp@verizon.net).

## JOIN CHATHAM BAROQUE FOR A PROGRAM OF FRENCH BAROQUE MUSIC IN FEBRUARY

**The ensemble will transport audiences to the courts of Louis XIV and XV with luxuriant French baroque chamber music.**

Chatham Baroque's Andrew Fouts (violin), Patricia Halverson (viola da gamba, violone), and Scott Pauley (theorbo, archlute) will be joined by guests Stephen Schultz (baroque flute), Caroline Giassi (baroque oboe), and Justin Wallace (harpsichord) for *Les Nations*, a rich program of instrumental chamber music that one might find at the French courts of Louis XIV and XV at the Palace of Versailles.

This program features the luxuriant music that defines the French national style, including:

- A suite of dances from Marin Marais' *Pièces en Trio pour les Flûtes, Violon et Dessus de Viole* (1692).
- The *troisième pièce* of the *Pièces de Clavecin en Concert* (1741) by Jean-Philippe Rameau, which will highlight the talents of harpsichordist Justin Wallace
- Selections from François Couperin's *Les Nations* (1726).

Schultz is "among the most flawless artists on the Baroque flute" (San Jose Mercury News), and he is a local favorite in the Pittsburgh chamber music scene. He and Chatham Baroque were presented together by the Renaissance & Baroque Society of Pittsburgh in 2011, by Chamber Music Pittsburgh in 2013, and on Chatham Baroque's own series in 2017.

Wallace, a Pittsburgh-based harpsichord virtuoso, is a frequent collaborator with Chatham Baroque. He appeared on the Chatham Baroque series most recently in September 2018 for Vivaldi's Four Seasons.

This program will mark Giassi's Chatham Baroque debut.

***Les Nations: Music from the Time of Louis XIV and XV*  
February 25-27**



Friday, Feb. 25, 7:30 p.m. – Westminster Presbyterian Church, Upper St. Clair  
Saturday, Feb. 26, 8 p.m. – Calvary Episcopal Church, Shadyside  
Sunday, Feb. 27, 2:30 p.m. – Calvary Episcopal Church, Shadyside

**Tickets at [chathambaroque.org](http://chathambaroque.org)**

\$38 General Admission

\$30 Seniors

\$15 Students

Chatham Baroque is joining many fellow arts organizations in requiring proof of vaccination for in-person attendance. Attendees are also required to wear masks. Additional safety measures include holding concerts in large venues to maximize physical distancing.



## THE SEWICKLEY GARDEN TOUR

Sewickley Civic Garden Council (SCGC) will present the 2022 Sewickley Garden Tour June 17-18. Guests will be able to tour the grounds of five spectacular gardens in Sewickley and Sewickley Heights.

Keeping with tradition, on Friday evening there will be a sampling of wine and hors d'oeuvres at each of the five gardens.

Proceeds from the Sewickley Garden Tour will benefit SCGC, a non-profit organization comprised of the members of five Sewickley area garden clubs and Sustainable Sewickley.

SCGC is dedicated to civic beautification and sustainability, education on the maintenance and use of plants, and the conservation of park and public green spaces in the greater Sewickley area. Each year, SCGC generously supports area beautification projects and sustainability through grant requests.

Tickets for the tour are \$45 and can be used on Friday, June 17, from 5:30 to 9 p.m. and Saturday, June 18, from 10 a.m. to 4 p.m. More information can be found at [sewickleygardens.com](http://sewickleygardens.com). ■

# 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](http://www.lutheranseniorlife.org)



## Aaron Haben, General Manager, The G.O.A.T. Sports Bar

### The G.O.A.T. Sports Bar

530 Northpointe Circle, Seven Fields;  
724.553.5655, goat-sportsbar.com

#### On the Menu:

Classic American fare with a sports-inspired theme beginning with "Pre-Game" options such as Pittsburgh Pierogi's, Bang Bang Cauliflower and Steel Curtain Stuffed Banana Peppers (packed with sausage, baked in marinara sauce and topped with mozzarella). The Kickoff menu items are hearty soups and salads with protein add-ons, while The Turn offers handhelds like Nashville Hot Chicken Sliders, Fried Fish Sandwich and a gluten-free Turkey Burger. "The Final Round" is available after 4 p.m. with Steak Gorgonzola Alfredo, featuring a 9-oz. strip steak, or Salmon En Papillote with vegetables simmering in a lime gin butter sauce. There is the Victory Lap with Not-Your-Small-Town-Carnival Funnel Cake and a S'more What? dessert with chocolate mousse, graham cracker and toasted marshmallow. Before this last lap, the highlight reel is all about the Super Smash Burgers and the Championship Bout. All burgers are made with a quarter pound of all-natural beef or a marinated portobello mushroom substitute. There's The Classic Burger with American cheese, The Plain Jane (sans toppings), Black & Blue Burger with blue cheese, Mushroom Swiss Burger, and The Carolina Burger made with smoked BBQ pulled pork and coleslaw. The Drink Menu is nothing but

good vibes with draft beers, tap cocktails, bottles and cans, wine and signature drinks.



#### What makes The G.O.A.T. the greatest?

We make an amazing smash burger here and I think we do it as well as anyone else. Burgers are a mainstay and ours are all local grass-fed beef. To make the best burgers possible, we source Jubilee Hilltop Ranch. Not only are our smash burgers the greatest, we sell a ton of wings and Pittsburgh Pierogi's—they are fantastic. And, if you're from out of town, this is a top order. With the Lemieux center [UPMC Lemieux Sports Complex] down the road, people from all around the country and internationally sometimes come in for our great food.

#### What led you to work as the general manager?

I'm a big fan of our owners, Big Spring Spirits (BSS), a craft distillery located in central Pennsylvania. Having worked at a lot of breweries prior to working here and as a restaurant manager for many years, joining BSS and The G.O.A.T. made the transition really good. They were looking to have someone blaze the company and they believed in me—I apply my vision to their vision. With a name that's an acronym for The Greatest of All Time, you have to be the best because it's a pretty big brag. Our burgers and pierogis should be the best of all time. We respect and use local resources and upgraded the quality of ingredients, technique and presentation. I've spent a lot of time on these burgers and poured my knowledge into them. I still have a lot to do with our menu and I'm a hands-on guy.

#### What's your favorite quick meal to prepare at home?

I love to cook at home now, especially since I don't have to do it professionally. I enjoy cooking breakfast and it's the meal all three of my kids like most. Put bacon on the table and everyone is happy. Everyone loves a good breakfast, including my wife, Lauren.

#### What's your favorite go-to ingredient?

The key ingredient to any dish is salt. It's that extra little pinch that many chefs forget to add. Salt can take an incredibly bland recipe to something that is so alive. It doesn't introduce a new flavor, but it brings out the essence of all the other flavors.



Aaron Haben, General Manager, The G.O.A.T. Sports Bar.

#### What's your best advice for a novice?

Never say no to learning something new. Many years ago, I moved to Wichita, Kansas, and the job market wasn't strong. I picked up the first job I could, and it was at a café as a cook. Before this position I was a server, but I accepted this new job as a cook and realized I was pretty good at it and I liked it a lot. I moved up to kitchen manager within the year. I developed my skills there and that led me the rest of my career. Under good circumstances I would never have accepted that job; however, I learned so much and it impacted me ever since.

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

Lauren and I like to take the kids to Nicky's Thai Kitchen and it's one of my favorite places. We've been to all of their locations and at least 10 times each. I order the Tom Kha Soup. From the coconut milk to the exotic ingredients, it's a flavor explosion in your mouth.

#### What's the next big food or dining trend?

If you would have asked me a year ago, I would have said that robots are going to take over. I thought everything would go to automation. There were no more servers, no more bartenders, or cooks. Luckily, I've hired them and they're all back. People no longer waste their time on mediocre. They're not out to save a buck or to look for a deal. They want to absorb the experience of eating out and eating well. We're going to see a switch from big corporations and their easy prep food to the growth of new talent and chefs and restaurants being known for quality. Our chefs are back, and they are angry—it's a new age. ■

—Reese Randall



Fried and crispy Bang Bang Cauliflower.

# A.W. Beattie Career Center

## Spring Open House

### 5:15-8:00pm March 24



The new Surgical Sciences program provides hands-on experiences to students with real equipment used in central sterile processing and operating rooms.



The new SimSpray machine in the Auto Collision program virtually prepares students to work in the Career Center's industry standard paint booth.



The Health and Nursing Sciences program's new State-of-the-Art Healthcare Suite enables students to develop skills in acute outpatient, and skilled nursing settings.



Students meet and learn to work with peers from other school districts and programs to develop professional workforce skills and to collaborate across a variety of industries.

This event is open to everyone. Masks may be required.

We look forward to meeting you!

[www.beattietech.com](http://www.beattietech.com) | (412) 847-1900

\*Some pictures taken pre-COVID-19.



# THE GAME THAT NEVER GETS OLD

The Northern Allegheny County Senior Softball League welcomes members from all over Pittsburgh to play America's favorite pastime.



BY PAMELA PALONGUE

Growing old “is mandatory, but growing up is optional,” said Walt Disney. The men of the Northern Allegheny County Senior Softball League (NACSSL) would probably agree. These boys of summer are still out there chasing the perfect game and enjoying the spirit of good-natured competition. They range in age from 52 up into the 80s.

NACSSL was formed in 1988 as a way for more mature ballplayers to enjoy competitive softball play. Today there are over 200 members who play for 16 teams. All of the teams are located in the Pittsburgh area, though many

players come from the regional area for a chance to play for the draft league.

Potential players start by signing up as early as January every year. Player evaluations start in March and happen every Tuesday and Thursday. The draft is in April, and league play begins the first week of May.

And according to the secretary of the league, Chuck Heilmann, once you’re selected for a team, you’re on that team until you want to change teams or decide you don’t want to play anymore. The team members get carried over from year to year, and the draft system is used to replace only the departing players.

“Everybody our age still wants the chance to compete,” says Heilmann who’s been playing for 15 years and is currently a fielder with the Brandt team. “We enjoy the camaraderie of the game.”

Jim Grosjean, one of the co-managers for the Aetna Gold team, agrees: “We play to win, but everyone knows everyone on the other teams.”

Grosjean had played competitive softball in his younger days, but when raising a family took precedence, he quit in 1989. Two years ago he decided that softball would be a great way to stay in shape, and also to get to know some other people. He’s competed in the track and



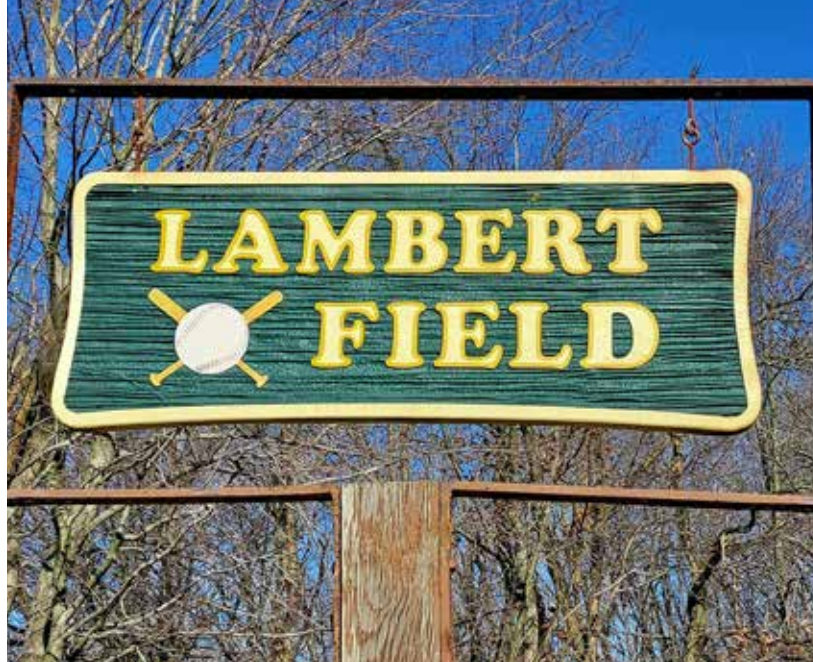
field events of the National Senior Olympic Games, but he enjoys the team aspect of the league.

"A person from one team might be throwing batting practice for a player from another team," he notes. "Or we may all be out there fielding balls for a hitter who plays for someone else."

Ron Zanke, who is the current president of the league and plays centerfield for Brandt, says, "We're a very competitive league but it's great summer fun, with some intensity about it." He also adds that the players really enjoy playing on the wonderfully kept fields, which are maintained at a near-professional level: "We have an outstanding ground crew."

They play primarily at North Park, with some play taking place at Bruno Sammartino Park in Ross Township and a few other parks on the north side of Pittsburgh. Each team plays 28 games per year with a league tournament taking place in August.

Though injuries are a concern at any age, they can present special problems for senior players who sometimes experience longer recovery times. But Grosjean explains that certain



safeguards have been put into place to help prevent injuries and collisions on the field. For example, batters advancing to first base are required to tag-up at an alternate orange bag that is in the foul zone, to avoid any collisions at first base. There is a similar setup at home plate, in which the runner is required to touch a line located away from home plate in order to avoid collisions between the runner and catcher.

There are also two age categories to help level the playing field – no pun intended. The Silver Division is for ages 52-61, and the Gold Division is for players ages 62 and up. Larry Gaertner will turn 82 this year and is a legend in Pittsburgh softball.

His team, Pittsburgh Gold, won a gold medal in the Senior Olympics Slow-Pitch Softball in 2005, and also a national softball championship for seniors over 55. Gaertner still plays and is the manager for the BMF team. (On a side note, Pittsburgh will again be the host city for the National Senior Olympics in 2023).

At this point, the NACSSL is entirely made up of male players. But they are completely open to welcoming female players, since they are more concerned about talent than gender. There is a fee of \$120 per year to play, which helps cover the cost of professional umpires and field maintenance. And you must be 52 years of age or older to play.

There are many reasons to play senior league softball; it's a great way to stay in shape, a chance to get out and get some sunshine, to enjoy the thrill of competition, to meet new people and enjoy the camaraderie of team play. But mostly it's just fun!

To learn more about the North Allegheny County Senior Softball League, visit [nacssl.com](http://nacssl.com). ■



*Chuck Heilmann at the plate.*





# Swing

## into **SPRING**

As the weather warms up, shed your winter coat and get started on this list of fun ways to enjoy the spring season. BY MANDIE GIAMBRONI

**1. 22nd Annual Pittsburgh Arts & Crafts Spring Marketplace** – Support small businesses and shop unique merchandise including jewelry, embellished clothing, floral designs, functional and decorative wood, seasonal decor, lighted pictures, decorative flags, sculptures, fudge, gourmet chocolates, wines and much more with more than 150 booths. March 18-20 at the Monroeville Convention Center; [familyfestivals.com](http://familyfestivals.com)

**2. Phipps Conservatory and Botanical Gardens** – See the beauty of spring! "The Spring Flower Show: Sunshine and Rainbows" opens in March and lasts only four weeks, so mark your calendars to view tens of thousands of spring blooms and all the beauty the season of renewal has to offer! March 19–April 17; [phipps.conservatory.org](http://phipps.conservatory.org)

**3. Emerald View Park** – Pack up the family, the dog, or even go solo to visit the 257-acre park high atop Mount Washington. Formerly known as Coal Hill, this historic park has transformed and features winding trails, wooded hillsides, picnic areas, playgrounds, scenic overlooks, and more. It's the perfect spot for a picturesque spring day in Pittsburgh. Visit [pittsburghparks.org](http://pittsburghparks.org).



**4. Pittsburgh's Inclines** – Find a clear spring day to see downtown while riding one of Pittsburgh's funicular railways, or "the incline"! Once designed for transporting people and cargo up and down the steep slopes of the city, the Duquesne Incline and the Monongahela Incline provide riders with a unique way to see the sights of the city. Visit [duquesneincline.org](http://duquesneincline.org) and [monongahelaincline.com](http://monongahelaincline.com).

**5. Hiking** – If you're looking to take a hike, your options are unlimited around the city. Allegheny County Parks offer more than 180 miles of trails from novice to expert, or see the city's three historic rivers on the Three Rivers Heritage Trail System, spanning 37 miles through downtown Pittsburgh and surrounding neighborhoods.

**6. Kennywood** – Overlooking the Monongahela River, the once recreational playground turned amusement park is a must-visit for springtime in Pittsburgh. A family-favorite tradition, Kennywood is celebrating its 125th season with a two-year celebration featuring events and park updates the entire family will love! Opening in April; [kennywood.com](http://kennywood.com)

**7. Pittsburgh Home and Garden Show** – The 40th annual spring show offers more than 1,900 exhibits and homeowners come from near and far for the largest home event in Pennsylvania. Highlights include the Dream Home® Innovation Center, the Kitchen Idea Center, and the Garden Resource Center. There are even fun activities for the kids! March 4–13 at the David L. Lawrence Convention Center; [pghome.com](http://pghome.com)



**8. Baseball at PNC Park** – Take in a game at PNC Park! You'll not only enjoy the traditions of baseball and the sights and smells from the ballfield, but you'll have a prime view of the downtown skyline. You may even be lucky enough to catch some fireworks over the river! Opening day is March 31; [mlb.com/pirates](http://mlb.com/pirates)

**9. Carnegie Museums of Pittsburgh** – Rain won't go away? You can go to the museum any day! The Carnegie Museums of Art and Natural History, the Carnegie Science Center, and The Andy Warhol Museum are open rain or shine and won't disappoint visitors of any age. Visit [carnegiemuseums.org](http://carnegiemuseums.org).

**10. Senator John Heinz History Center** – Another rainy-day favorite, the Heinz History Center is devoted to sharing the rich history and heritage of Western Pennsylvania with visitors young and old. Enjoy exhibits focused on local innovation, history, sports, and much more. Visit [heinzhistorycenter.org](http://heinzhistorycenter.org).

**11. Biking** – Bikers unite! Pittsburgh and the surrounding region provide hundreds of miles of bike trails for those looking to experience the city on two wheels, with both self-guided and guided tour options. Looking for an experience? Try the Great Allegheny Passage, a trail covering more than 300 miles of traffic-free trail riding between Pittsburgh and Washington, DC! Visit [bikepittsburgh.com](http://bikepittsburgh.com).

**12. Point State Park** – A favorite hangout spot for many, with 360-degree views of Pittsburgh, The Point and its 150-foot fountain are iconic to the cityscape. Walk, bike, or simply relax and take in the sights that this historic landmark has to offer.

**13. Pittsburgh Zoo & PPG Aquarium** – Animal lovers unite! If you're looking to get outdoors with the family, the zoo is the perfect place to explore 77 acres of wildlife, spanning 475 species! Learn and explore all there is to know about the animals of the world. "In-Season" rates and hours start April 1; [pittsburghzoo.org](http://pittsburghzoo.org)

**14. The National Aviary** – Did you know that The National Aviary is America's only independent indoor nonprofit zoo dedicated to birds? And we are lucky enough to have it located right here in Pittsburgh! Spend some time with the two-toed sloth, feed the penguins, and enjoy many other opportunities to spread your wings! Visit [aviary.org](http://aviary.org).

**15. Kayaking** – Itching to enjoy the beautiful outdoors on the water? Grab a kayak, stand-up paddleboard, or even a canoe to paddle your way through the calm waters of North Park Lake. Prefer the sights of the city? Fear not! Kayak rentals are also

available to paddle the Pittsburgh rivers to see the city from the water. Opening in May; [ventureoutdoors.org](http://ventureoutdoors.org)

**16. Gateway Clipper Cruise** – One of the best ways to take in the city of Pittsburgh is from the water. The fleet has many options to satisfy any cruiser. Whether you're interested in a sunset dinner, a sightseeing tour, or a princess and superhero cruise, the rivers are ready for you! Visit [gatewayclipper.com](http://gatewayclipper.com).



**17. Children's Museum of Pittsburgh** – Take your kids to learn and explore at the Children's Museum! They will be delighted and inspired by the vast array of exhibits, such as the studio where art is created, or the garage where they can climb, spin, and roll! All things kids can be found at the Children's Museum. Visit [pittsburghkids.org](http://pittsburghkids.org).

**18. Ziplining** – Looking for an epic experience at soaring heights? Try a Treetop Adventure with rope ladders, wobbly bridges, tricky crossings, and then zipline all the way back down! This adventure has 39 unique obstacles and a 440-foot zipline that is sure to keep your heart pumping with excitement. Opening in April at North Park; [goape.com](http://goape.com)

**19. Schenley Park** – Situated in the heart of the Oakland section of Pittsburgh, Schenley Park has 456 acres of trails, woods, and activities for kids and adults alike. Take a stroll with your favorite four-legged pet, gather some friends for a game of disc golf, or just enjoy all that the park has to offer! Visit [pittsburghparks.org](http://pittsburghparks.org).

Continued on  
next page >



Embracing Life

## GATEWAY HOSPICE

**"We Offer 24/7 Care  
Wherever You Call Home"**  
Providing Support both Physical &  
Emotional with Compassionate &  
Quality Care  
*We are a state-licensed  
Medicare Certified Provider*



*Serving Southwestern PA for over 15 Years*

Hospice is 100% covered by Medicare  
and Medicaid with no co-pay, and  
most commercial insurances have  
hospice benefits

**412-536-2020**

9380 McKnight Road, Arcadia Court, Suite 201,  
Pittsburgh, PA 15237

Email [info@gatewayhospice.com](mailto:info@gatewayhospice.com) or visit  
[www.gatewayhospice.com](http://www.gatewayhospice.com)

## PLANNING IS YOUR BEST COVERAGE

- Home & Automobile Insurance
- Coverage you can customize to meet your needs
- Contact me for a free coverage review



**J. Scott Davis**  
Your Local Agent  
146 GRANT AVE  
MILLVALE, PA 15209  
[JDAVIS5@FARMERSAGENT.COM](mailto:JDAVIS5@FARMERSAGENT.COM)

**Call 412.212.1229 today!**  
For Home, Auto, Life and Business.



**FARMERS**  
INSURANCE

Restrictions apply. Discounts may vary. Not available in all states. See your agent for details. Insurance is underwritten by Farmers Insurance Exchange and other affiliated insurance companies. Visit [farmers.com](http://farmers.com) for a complete listing of companies. Not all insurers are authorized to provide insurance in all states. Coverage is not available in all states.

## Swing into SPRING

### 20. Three Rivers Heritage Trail –

Another one of Pittsburgh's many trails that attract walkers, runners, and bikers, this is a multi-use riverfront trail spanning 33 miles throughout the city of Pittsburgh. Check out shopping, entertainment, and green space all along the trail. Visit [friendsoftheriverfront.org](http://friendsoftheriverfront.org).

**21. Fishing** – Looking to throw a line and relax? There are more than 38 miles of river shoreline within the city limits of Pittsburgh, allowing plenty of opportunity to cast a lure. Whether you're an expert or a novice, the well-stocked waters around the city will allow for an exciting day of fishing.

**22. Pittsburgh Riverhounds Soccer** – Pittsburghers love their sports teams! Head to Station Square and the Highmark Stadium to enjoy a view of the city while watching a game of Riverhounds soccer! Season opens March 11; [riverhounds.com](http://riverhounds.com)

**23. Community Spring Cleaning** – Keeping our community clean is up to us—organize a community cleanup in your neighborhood! Each year, Pick Up PA hosts a spring event in support of the Great American Cleanup. Free work gloves, safety vests, and trash bags are available to those who register their group. March 1–May 31; [keepabeautiful.org](http://keepabeautiful.org)

**24. Fish Fry Days During Lent** – Nothing screams Pittsburgh more than a fish fry during Lent! Many churches, fire halls, and community buildings host a fish fry on Fridays throughout the season, but not all are created equal! There are even polls done each year to determine the best fish fry in the area! Lent begins March 2; Easter is April 17.

**25. Eggstravaganza at the National Aviary** – Celebrate spring at the National Aviary! This egg-themed scavenger hunt takes you through the immersive habitats of the birds of the aviary with story time, the chance to meet one of the inhabitants of the aviary and opportunity to take home a special prize! April 15; [aviary.org](http://aviary.org)



**26. Brunch with Mom** – Don't forget the one who gave you life! Pittsburgh has myriad hot brunch spots perfect to visit with your mom for Mother's Day. With so many oldies and several new restaurants opening in and around the city, you're bound to find somewhere delicious to take your mother, grandmother, or mother figure. Mother's Day is May 8.

**27. Pittsburgh Botanic Garden** – Visit one of the top 10 largest American botanical gardens right here in Pittsburgh! Located in Settlers Cabin Park, Pittsburgh Botanic Garden offers 452 acres of display gardens, woodlands, and exhibitions. Spring hours begin April 1; [pittsburghbotanicgarden.org](http://pittsburghbotanicgarden.org)

**28. Pittsburgh Marathon** – Runners and walkers of all ages are gearing up for the 2022 Pittsburgh Marathon! With options for the whole family (yes, even Fido!) including a full marathon, half marathon, marathon relay, 5K, kids marathon, toddler trot, and pet walk, everyone can get involved and participate in marathon-weekend events. April 29–May 1; [thepittsburghmarathon.com](http://thepittsburghmarathon.com)

**29. Farmers Markets** – When the chill is finally out of the air, farmers markets return with fresh, local produce from farms across the region. Find your favorite farmers market close to home, or visit one of the markets around the city to enjoy fresh fruits, vegetables, and prepared goods for the whole family.

**30. Dollar Bank Three Rivers Arts Festival** – Closing out the spring, visit the iconic free music and art festival in the city! Live performances from local artists, handmade fine art and crafts for sale, and visual art gallery exhibitions will leave you in awe of the talent in and around Pittsburgh. June 3–12; [traf.trustarts.org](http://traf.trustarts.org) ■



TRADITION.  
INNOVATION.  
EXCELLENCE.

# MILESTONES

## BY THE PALLADINO FAMILY

There are many milestones in a family's life, and one of the earliest and most important is when a child enters kindergarten. It is hard to believe that 12 years have passed since we began this journey with our daughters and Providence Heights Alpha School (Alpha School).

Practically speaking, we set out looking for a good school that offered morning and afternoon daycare options since we are both working parents. Providence Heights Alpha School offered both. What we didn't realize is that we were about to begin one of the most unique and rewarding experiences as a family. With our second child now reaching the last years in her educational journey at Alpha School, we have never regretted the choice of a private, Catholic education for our girls. This choice has ensured that our children received an exceptionally well-rounded education in their formative years, but it also has made them better thinkers, writers, problem solvers, and empathetic young women.

From the early days of kindergarten to the more formative years of elementary school, we were impressed with the comprehensive curriculum delivered by caring, nurturing teachers. The ability for Alpha School to provide small class groupings in core subjects enabled our daughters to receive personalized attention, allowing them to develop confidence in their abilities as well as resiliency when met with a challenge.

As middle school began for our eldest daughter, we were immediately impressed with the rigorous academic expectations set in place by an experienced, cohesive group of teachers. An emphasis on STEM, creative problem-solving, and writing—both formal and creative—was found across the curriculum. The middle school staff played an invaluable role as teachers, mentors, and faith-based guides for our daughter. She left Providence Heights Alpha School completely prepared for the academic challenges of high school and has only continued to excel.

The solid foundation Alpha School set in place for her as a learner throughout every developmental stage gave her the tools to navigate high-level, rigorous secondary classes. We see this positive transformation again occurring as our middle school daughter evolves into a confident, independent learner.

While academic excellence is expected in a private-school setting, some of the most remarkable aspects of Providence Heights Alpha School are intangible. Alpha School is able to bring joy to its students,

through creative, fun outlets that are incorporated into the day-to-day routine of a school schedule. For example, a trip to the school store, a silly "Wacky Wednesday" dress-down theme, a teacher versus student basketball game, a visit with a younger student "buddy," or the anticipation of the privileges bestowed on the eighth grade make the school day enjoyable.

Thanks to Alpha School, our daughters have developed a love of learning in the context of a Christian values system that teaches respect, empathy, and an understanding of others and the broader world. Providence Heights Alpha School has been an instrumental part of our family for more than a decade. To families contemplating Providence Heights Alpha School for their children, our experience serves as affirmation that the decision to enroll will be the best choice for your family.

Providence Heights Alpha School is founded and sponsored by the Sisters of Divine Providence. Alpha School is now enrolling for the 2022-2023 school year. To learn more or schedule a private tour, visit [AlphaSchool.org](http://AlphaSchool.org).







# Relax Refresh Renew!



Say 'So long' to winter and treat yourself to some much-needed pampering. **Revitalize your body** with a facial, massage, body wrap, manicure, pedicure and more at one of the many spas in the area. BY KATHY RUDOLPH

#### Above All Grand Salon & Spa

Address: 1025 Wexford Plaza Drive, Wexford  
Contact: [aboveallsalon.com](http://aboveallsalon.com), or 724.935.5288

This ultra-modern salon and spa is designed to pamper and beautify you with an extensive menu of services for hair, face, body, nails and more. Products are based on state-of-the-art technology and delivered by a professional and highly educated staff. Your satisfaction is this salon and spa's focus.

#### The Body Bar

Addresses: 9365 McKnight Road, Suite 100, McCandless; Cranberry Mall, 20111 US-19, Cranberry Township  
Contact: [bodybarexperience.com](http://bodybarexperience.com), or McCandless: 412.364.8500; Cranberry: 724.772.4500

The ultimate relaxation and revitalization facility for your body. A unique upscale facility, where you can receive a full range of alleviating to invigorating amenities.

#### Casa Dolce Spa

Address: 511 Beaver Street, Sewickley  
Contact: [casadolcespa.com](http://casadolcespa.com), or 412.741.1115

The ultimate spa experience where the priority is comfort, quality and professionalism. "Sweet Home" is tucked away in a quiet second-floor space in the heart of Sewickley. Both men and women will enjoy the private atmosphere and the variety of services offered.

### Chvasta European Skin Care

Address: 85 Broad Street, Leedsdale  
Contact: [chvastaeuropeanskincare.com](http://chvastaeuropeanskincare.com), or 724.251.4772

Founded in 1980 in Rotterdam, The Netherlands, and now headquartered in Leedsdale since 1986, this family-owned and operated spa is a leader in the field of aesthetics. Its mission is to educate clients in the art and science of personal complete body care and beauty.

### Dolcé Vita Salon and Spa

Address: 10 North Meadows Drive, Unit 1, Wexford  
Contact: 724.934.5500

A hair salon and spa offering facials, makeup, waxing, airbrush tanning, massage, event and bridal styling, extensions and keratin treatments. This salon and spa uses and provides the industry's latest products and colors for all services and retail.

### EsSpa Organic Hungarian Skincare & Salon

Address: 17 Brilliant Avenue, Aspinwall  
Contact: [esspa.net](http://esspa.net), or 412.782.3888

This award-winning spa's mission is simple—to provide you with the finest skin care and body treatments in a comfortable, relaxing environment at a reasonable price. Offering an extensive menu of naturally effective, organic treatments for women, men, girls and boys of any age and any skin type.

### Esthetics of Sewickley

Address: 441 Division Street, Sewickley  
Contact: [estheticssalonandspa.com](http://estheticssalonandspa.com), or 412.741.0446

A spa and hair salon that provides guests with expert facial skin treatments, hairstyling, cut and color treatments, manicure and pedicure treatments, waxing and hair removal and massage. Dedicated to enhancing the lifestyle of its guests.



### Fox Chapel Day Spa

Address: 1366 Old Freeport Road, Fox Chapel  
Contact: [foxchapeldayspa.com](http://foxchapeldayspa.com), or 412.963.6568

A one-stop shop—a full-service spa facility that specializes in stone therapy, personalized massages and facials, nails, waxing, and many others for that full beauty experience that gives you complete balance. If you don't know which treatment you need, the staff will take the time to study your habits and determine the pressure, temperature, and motion best suited for your body's condition.

### Izzazu Salon and Spa Wexford

Address: The Penthouse at Fairmont Square, 101 Fowler Road, Warrendale  
Contact: [izzazu.com](http://izzazu.com), or 724.933.0100

Providing unparalleled service in all aspects of your salon and spa experience, Izzazu offers the latest techniques, the most innovative products and an experienced, friendly, and well-educated staff. Includes services for hair, skin and nails, massages and body treatments (scrubs, wraps, and masks) and so much more.

### Medica... the Healing Arts

Address: 5321 William Flynn Highway (Route 8), Gibsonia  
Contact: [medicathehealingarts.com](http://medicathehealingarts.com), or 724.449.2255

Relax, rejuvenate and treat yourself to one of this spa's many facial or spa sessions. Other services include massage therapy by licensed massage therapists who offer a wide range of options including cranio-sacral, deep tissue, etc.

### Quantum Klinik

Address: 10521 Perry Highway, Suite 210, Wexford  
Contact: [quantumklinik.com](http://quantumklinik.com), or 412.246.9717

Improving the lives of its clientele by providing the highest quality, industry-leading, non-invasive aesthetics and wellness services available. Offering facial treatments, massage and more.

### Osiris Wellness and Day Spa

Address: 1511 Mars-Evans City Road, Evans City  
Contact: [osiriswellness.com](http://osiriswellness.com), or 724.538.4004

Named for the Egyptian god of rejuvenation, eternal life and prosperity, this day spa's uniqueness is derived from its ambience, products, and personnel



dedicated to providing the very best in personalized services.

### Pine Tree Wellness Center and Spa

Address: 2000 Corporate Drive, Suite 130, Wexford  
Contact: [pinetree wellnesscenterandspa.com](http://pinetree wellnesscenterandspa.com), or 724.933.8890

Offering a variety of indulgent spa services, this is a great place to relax and unwind. Spend your lunch hour enjoying a dazzling gel manicure, or bring friends on the weekend for a blissful massage.

### Renaissance Day Spa

Address: 101 Smith Drive, Suite 6, Cranberry Township  
Contact: [renaissancedayspa.com](http://renaissancedayspa.com), or 724.772.6245

Your place for relaxation and beauty! Imagine a place where you can leave your stress and worries behind. The goal is to provide you with total relaxation, award-winning services, rejuvenation and a transcending experience. You deserve a place to escape, be taken care of, nurtured and pampered.

### Salon Vivace Day Spa Services

Address: 620 Warrendale Road, Gibsonia  
Contact: [salonvivace.com](http://salonvivace.com), or 724.625.7721

Dedicated to embracing the refined art of consummate hair, face, and body treatments. Offering a tempting sampling of preferred spa treatments, using an expert pair of hands. These treatments reveal the spa's quest for perfect harmony between therapeutic needs and pampering desires.

More SPAS on next page >





**REGISTER NOW**  
**ENROLLMENT ALWAYS OPEN**

**Competitive and Non-Competitive**  
**Classes Available**



2021  
National Title  
Winners

**Celebrating 31 Years in Business...**

**Studio19**  
**DANCE COMPLEX**  
*"It's All the Rage"*



Recreational  
Gymnastics/  
Tumbling classes  
available...

Specializing in all forms of  
Dance, Acrobatics, and  
Tumbling Ages 2 through  
Pre-Professional

**Free Registration**  
 With New Enrollment Only  
 Must Present Coupon...  
 Expires 4/30/2022

**724-779-0019**  
 164 Brickyard Road  
 Mars PA, 16046  
 @studio19dancecomplex

\*CDC Guidelines in Place

## Putting you first made us #1.

Making you our #1 priority is what's  
made State Farm® #1\* in auto insurance.  
I'm here to listen to your needs and to  
help life go right.

**CALL ME TODAY.**

\*Based on written premium as  
reported by SNL Financial 2014.



**Capriotti Ins and Fin Svcs Inc**  
 Shannen Capriotti, Agent  
 1158 Pittsburgh Rd  
 Valencia, PA 16059  
 Bus: 724-898-1954



State Farm Mutual Automobile Insurance Company  
 State Farm Indemnity Company  
 Bloomington, IL

State Farm County Mutual Insurance Company of Texas  
 1601917  
 Dallas, TX

## Relax ✿ Refresh ✿ Renew!

### Serene Hair Studio & Spa

Address: 158 Brickyard Road,  
Suite 300, Mars  
Contact: [serenehairspa.com](http://serenehairspa.com), or  
724.772.6070

This spa has clients covered from head  
to toe! Offering hairstyling, massage  
therapy, facials, body treatments, hair  
removal and mani-pedis.

### Sewickley Spa

Address: 337 Beaver Street, Sewickley  
Contact: [sewickleyspa.com](http://sewickleyspa.com), or  
412.741.4240

Are you ready to go to an oasis where  
you're pampered and cared for? At this  
spa you'll experience expert service and  
attention amidst the epitome of ambiance.  
Whether you want the rejuvenating facial,  
seaweed botanical wrap, or a Swedish  
massage, this spa is ready to serve you!

### Sherry's Salon and Spa

Address: 2903 Mt. Royal Boulevard,  
Glenshaw  
Contact: [sherryssalonandspa.com](http://sherryssalonandspa.com), or  
412.487.0822

A family-owned and operated salon  
that takes huge pride in its fabulous and  
talented staff and great customer service!  
Hair, nails, facials, massage and tanning  
services are available.

### Sugar Spa and Beauty Bar

Address: 3185 Babcock Boulevard,  
Ross Township  
Contact: [sugarspapg.com](http://sugarspapg.com), or  
412.837.1522

Offering a range of spa services! From  
skilled massages, a cleansing facial, lash  
extensions, and waxing, to professionally  
applied makeup or a mani-pedi, this spa  
and beauty bar ensures that your whole  
body feels the love.

### Swoon Aesthetic Spa

Address: 12590 Perry Highway, Suite 500,  
Wexford  
Contact: [theswoonspa.com](http://theswoonspa.com), or  
724.599.1400

A boutique spa offering customized  
facials, microdermabrasion, chemical  
peels, eyelash extensions, eyebrow  
microblading, and makeup artistry  
services.

### Tranquility WellSPA

Address: 2605 Nicholson Road, Suite 3130,  
Sewickley  
Contact: [tranquilityspawexford.com](http://tranquilityspawexford.com), or  
724.719.2800

For luxurious yet affordable massage,  
skin care, and lash services! Offering facials  
for every skin type and concern, full waxing  
services, Xtreme eyelash extensions,  
massage of all types and more! ■



# The Long-Term Benefit of Professionally Fit, Advanced Medical Class Hearing Devices

Aging is inevitable, growing up is optional, and staying cognitively sharp is mandatory to maintain one's independence. At a certain age, people begin to become bombarded with mail and fliers for hearing exams and hearing devices. Why is it so important for a person to keep our ears healthy? It is not so much keeping the ears healthy, as it is keeping the **brain** functioning. Many people do not realize the true link between our hearing and cognitive function. Our ability to hear comes from our ears, our ability to understand and process speech and sounds comes from our brain. **Brain atrophy** can occur when hearing loss remains untreated. This has been associated with cognitive decline and early onset dementia. The Better Hearing Institute states that research has shown that the use of appropriately fit hearing aids has helped reduce the symptoms of depression, paranoia, disorientation, anxiety, loss of self-confidence, and social isolation.

Not all hearing devices are created the same and often patients are lulled into a false sense of security with less effective **over-the-counter (OTC)** products, versus professionally fit medical class hearing instruments. Medical hearing devices offer patients the ability to receive medically substantiated ongoing hearing benefit with annual retesting, reprogramming as an individual's hearing loss may change. These services enable the patient to receive all of the valuable

speech cues to support and maintain sharp cognition, as well as the ongoing peak performance. Verification and calibrations need to be done with the aids **in the patient's ear**. No or little professional maintenance, usually leads to aids in the drawer, as benefit diminishes due to wax and debris from our ears, perspiration, dead skin and hair follicles, and dirt from handling. The aids need to be vacuumed out, receiver and microphone filters, ear hooks, tubings, and domes need to be replaced. Ongoing care leads to years of better hearing from one pair of aids.

Professionally fit, advanced technology, medical class hearing instruments help us to remain connected and acclimated, as close as possible to the brain hearing we were born with. Many of the newer medical class hearing instruments have motion sensors that boost our localization and sense of direction. Since falling is a major cause for loss of independence in seniors, this stability is especially helpful when moving or walking. It also enables the wearer to understand conversation better while moving around.

Today's hearing aids can be rechargeable and can connect, via Bluetooth, directly to cell phones and apps, TVs, iPad devices and tablets, computers, cars, and remote telehealth programming. The advanced technology instruments can also provide fully automatic functions to hear all of these

devices without pairing or fussing. Many options and your choice. Our Professionals will guide you to choose your best options based on your personal hearing and lifestyle needs.

**Over the counter**, one size fits all, non-customized, you're just a number, no or very little service, is not a long-term solution and yields less than satisfactory results. Schedule an appointment today with Swift Audiology for a comprehensive hearing evaluation to check for hearing loss; the outcome helps more than just your hearing.

## About Swift Audiology

The practice provides hearing loss services, hearing protection, and medical hearing aid devices to patients at 4 convenient offices throughout the Pittsburgh region.



**Special Offer:**  
**Free Technology Upgrade**  
(up to \$1000 in savings!)

Call 724-726-4149 or visit  
[swiftaudiology.com/news](https://www.swiftaudiology.com/news) to  
schedule your risk-free Hearing  
Aid Test Drive.



4 Locations Serving the Greater Pittsburgh Area – Allison Park • North Hills • South Hills • Washington

ICPR2/22



**\$6,000 SAVINGS\***



## New Year, New Savings!

Save up to \$6,000 at Anthology of McCandless, now through March 31! We go above and beyond to support your loved one with the uncompromising care they deserve.

*\*Valid through 3/31/22. Other terms and conditions may apply.*

**SCHEDULE A VISIT TO OUR COMMUNITY  
CALL NOW! 412-618-4742**

**Continue Your Life Story With Us**

**ANTHOLOGY OF MCCANDLESS**

8651 Carey Lane / Pittsburgh, PA

Personal Care / Memory Care

[AnthologyMcCandless.com](http://AnthologyMcCandless.com)



  
**ACHIEVE**  
REALTY

UNIQUE

EXPERIENCED

DEDICATED



For more information on Julie,  
call her at **412.352.8941** or on the  
web at **[achieveirealty.net](http://achieveirealty.net)**.



**Dr. Lori A. Howard**  
Board Certified  
Doctor of Audiology

**Dr. Laura Di Pasquale-Gregory**  
Board Certified  
Doctor of Audiology

## **Pittsburgh Audiology & Hearing Aid Center, Inc.** *Doctors of Audiology*

- Risk-Free Trial Periods
  - Over 10 Major Hearing Aid Brands
  - Advanced Digital Technology
  - Tinnitus Therapy
  - Real Ear Hearing Aid Verification
  - LIFETIME FREE CLEANINGS
  - Interest-Free Financing
  - Senior Citizen Discounts
  - Repair & Service All Makes
  - Approved Insurance Providers
  - LIFETIME FREE BATTERIES\*
- \*Some exclusions may apply.

**NOW INTRODUCING A NEW HEARING AID  
LEASING PROGRAM AS LOW AS \$99/MONTH**

**724.934.8744**  
[www.pghaudiology.com](http://www.pghaudiology.com)

**Wexford**  
9500 Brooktree Rd.  
Suite 301  
Wexford, PA 15090

5 Convenient Locations | Serving Pittsburgh for Over 60 Years!  
**Most Insurances Accepted**



# spring

## RENOVATION GUIDE

If you're looking to move (or stay and improve), here are some of the best home improvement and renovation projects for the spring.

**E**ver feel like the grass is always greener someplace else? Maybe the real problem is just that your grass could use a little sprucing up. Your home is most likely the largest investment you'll make. It's the place where you spend the most time and make the most memories. Although many improvements are made to increase the functionality and comfort of your home, others are worthwhile investments that can translate to a higher resale value when the time comes to sell your home. Here are some things to consider.

Continued on next page >



# GLENSHAW

STEEL SUPPLY AND FABRICATION

STEEL • STAINLESS • ALUMINUM

Shapes, Sheets, Plates, Tubing, Protection Posts, Beams, Mesh

• HANDRAIL  
FABRICATION  
& REPAIR  
OR CODE  
COMPLIANCE

• STEEL &  
ALUMINUM  
LANDSCAPE  
EDGING

• LEAD SHOT  
7 1/2 & 8



**NO MINIMUMS | PIECES CUT TO SIZE**

**FREE ESTIMATES • YEAR ROUND INSTALLATIONS**

**412-486-0885** [www.glenshawsteel.com](http://www.glenshawsteel.com)

1120 Wm. Flynn Hwy (route 8), Glenshaw, PA 15116

(across from Glenshaw Glass)

Fax 412-486-1035 [glenshawsteel@yahoo.com](mailto:glenshawsteel@yahoo.com)



## A FEW KEY UPGRADES THAT CAN REALLY PAY OFF

Making a few upgrades around your house can add value when you're trying to sell your home, or allow you to find a new love for where you live. We've outlined some of the top updates that provide the most return in home appeal.

- 1. New garage doors** – Replacing old and worn garage doors is said by many to be one of the best investments you can make in terms of ROI when selling. If the motor is still working well, you can simply choose to update the doors, adding curb appeal and a fresh, updated look to your home's exterior. According to a report by Remodeling magazine, sellers can expect nearly 98 percent return on investment for this easy update.
- 2. Fix up your fixtures** – Cabinet pulls, handles, doorknobs, faucets, shower heads, even light fixtures and switches are all small changes that can make a big difference in the appearance of a room. Swapping in new metals and materials can create an updated look in any room of your home for a low cost.
- 3. A fresh coat of paint** – A fresh coat of paint can work wonders for a home update. If you're planning on selling your home, choose neutral, clean colors that appeal to the masses. If potential buyers don't like the color, they can at least see the space as a clean slate for what it can become. If you're looking to update your home, be daring! Try a color that pops or try color blocking for a fun twist. (Remember, it's only paint!)
- 4. Reimagine a room** – Whether it's finishing a basement or remodeling a spare bedroom, make something old new again with a fresh vision for what it can become. If a spare bedroom has gone unused, change it into a home office. Since many people are working from home, a dedicated office space is a valuable addition for many buyers. Finishing a basement adds more square footage for playrooms, laundry rooms, or relaxation rooms. You can also create a dedicated space for storage!
- 5. Home maintenance** – While fancy kitchens and lavish bathrooms are showstoppers, a poorly maintained home can stop a home sale. Keeping the existing structure of your



## I'M FREEZING MY TAIL OFF!

Get your heating system serviced, doggone it!

**Diagnostic Call  
for Any Service or Repair\***

**\$87<sup>00</sup>**

We'll solve any plumbing or HVAC issues.

\*Coupon valid with service, checks or repairs during normal business hours only. Must present this coupon at time of service. Cannot be combined with other offers. Expires 3/31/22. Call for details.



**724-663-1969**

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

**0%**  
**FINANCING FOR  
18 MONTHS**  
ON QUALIFYING  
EQUIPMENT  
INSTALLATIONS



**Comfortmaker**  
30 Year Heating & Cooling

home well-maintained is something potential buyers will notice. From roof to foundation, it's important to ensure that structural issues are taken care of quickly to eliminate the potential for additional damage in the future. Even issues that aren't immediately visible can be uncovered during inspection, potentially costing you the sale of your home.

### DO-IT-YOURSELF LANDSCAPING THAT DOESN'T LOOK IT



If you've ever attempted to transform your backyard into a beautifully designed paradise, then you have probably planted, trimmed and dug your way into a few minor frustrations along the way. While good landscaping can vary by degrees including budget, skills and climate, there are a few easy things you can do in order to be proud of your landscaping without paying an expert.

The following tips will guide you on the right path to do-it-yourself landscaping:

- Always layer your planting beds. Layering in three rows, begin with your tallest plants in the back row, next tallest in the middle and your shortest plants in the front. And don't just plant one bed—put another elsewhere in your yard to help provide a sense of harmony.
- Calm your yard with water features. Providing focal points in your landscaping work is a must, and one great way is to incorporate water features such as ponds and simple waterfalls. They both look appealing and add an attractive element to your yard—the calming sounds of moving water.
- Utilize retaining walls. If you are planning on protecting the fragile landscaping work around your home, it's imperative to construct a strong retaining wall. Erosion-prone areas in your yard will benefit greatly by incorporating segmental retaining walls constructed from concrete masonry. Using concrete not only provides the best value for the investment, it also delivers superior design flexibility and aesthetic appeal to any landscape idea.
- When planting flowers, go with annuals. To have a continuous sense of color throughout your yard, plant annual flowers alongside your favorite perennials. Research and lay out creative flower combinations that make use of both kinds of flowers for beauty throughout the year.
- Think year-round. One of the biggest mistakes one can make is only providing one or two seasons' worth of eye-catching landscaping. Plan for having plentiful trees and shrubs during the springtime, fall foliage during autumn months, and visually interesting plant life in the winter, such as holly shrubs or bayberry bushes.



### DECKED OUT

One of the most inexpensive ways to add living space to your home is the addition of an outdoor deck or patio. Having a great outdoor space is like adding an extra room to your house. It can be enjoyed by the whole family, or experienced in quiet solitude as a retreat to the zen of outdoor living.

If you like to entertain, then an outdoor space is a must. Guests can spill out onto the patio, extending your home to allow more freedom for guests to mingle, both inside and out.

Though the words "patio" and "deck" are often used interchangeably, there is a difference. A patio is generally constructed of stone pavers, tile or a simple concrete foundation that sits squarely on the ground. Decks are usually made of wood, PVC (also called vinyl) or composite, which has wood content that has been encapsulated in a PVC wrap. Decks can either be ground level or elevated. When considering which option is best for you, you'll want to look at the costs and also which one works well with the style of your home. The good news is that regardless of the option you choose, you'll get a positive return on your investment, somewhere between 30% and 75%.

For a wood frame house, wooden, composite or PVC decks can match the trim of your existing home. Since wood can be painted, it offers the most color options; however, it will also require frequent repainting. Both PVC and composite decks are available in a wide range of earth tones to match your home's style.

Vince Lorenzi, owner of Lorenzi Home Design Center, explains that there are cost differences, but feels that PVC and composite decks require less maintenance in the long run.

He says wooden decks will run about \$2 to \$3 per square foot. These are attractive, but do require more maintenance and will have to be resealed every few years to give them maximum life. Both PVC and composite decks will run an average of \$8 to \$9 per square foot. They will require power-washing for cleaning, with frequency depending on location. If the deck is adjacent to trees and shrubbery, leaves and pollen will settle on the frame, so washing is required to keep it looking sharp.

If your home is made of stone, you may opt for a patio that is a continuation of the stone look, but this also works well with a wood frame or brick home. Patios work best in yards that are level, while a deck can be placed pretty much anywhere, including a hilly or uneven lawn.

Continued on page 27 >



# 3 Quick Tips for Buyers

## When purchasing a home during cooler months:

It is very important that you acquaint yourself with the purpose and overview of a home inspection so you know what to expect. No one can predict the future; therefore, our guidelines call for us to visually inspect readily accessible areas, to run systems through a normal operating cycle, and to report our findings only for the time that we were conducting the inspection. Additionally, latent/concealed items are obviously excluded from an inspection; if something is obstructed in any way, we can not inspect or report on it. This is why the Seller's Disclosure Statement is an integral part of your real estate transaction.

**1** For this reason, **our number one tip** is that you take your time reviewing the SDS, and that you make certain the sellers make all possible areas accessible to the inspector. This gives us the opportunity to be as thorough as possible, and to arm you with information to make an educated decision on how to proceed through the transaction with confidence. Standard agreements of sale protect you by clearly outlining that the seller will make all areas available for inspections; this is agreed upon when the contract is signed. If there are obstructions, the seller may have to make the areas accessible after the inspection, and could be held responsible to pay for the inspector's return visit.

**2** **Tip number two** relates to items which are unable to be inspected or reported on for other reasons. For example, central air conditioning systems cannot be run when outside temperatures are too low for too long without risk of damaging the unit. Therefore, again, relying on the SDS for seller's input regarding how the unit has been operating. Another great safety net is a home warranty which would take care of repairing or replacing the unit if there is a previously undetected problem later.

**3** **For our final tip here**, make a list of items you'd like the inspector to slow down and explain to you. It can be easy for a professional who performs their job every day to expect a buyer to understand things as they are reported; however, if you are like me, when I'm out of my element, I have to see and

hear about issues at hand. I then have to process it, and form questions so that I can fully digest it. This is a much easier process if you come to the inspection prepared with questions.

Feel free to reach out to us for many more tips, or if you have specific questions: **KeyToPeaceOfMind.com** or **412.657.2191**.

**Our mission:** To provide a fair, honest evaluation of each home we inspect; to provide a thorough, easy-to-understand report of our findings to enable our clients and their agents to make educated decisions throughout their transaction. For over thirty-five years, we've been creating a community where those who enter feel secure knowing they are guided with true integrity and harmony.



**aHarmony**  
HOME INSPECTION, LLC

*Your Key to Peace of Mind*

According to Marci Buckiso of The Fireplace and PatioPlace, a local expert in furnishing outdoor living spaces, homeowners are especially keen to add fire features to their outdoor area, functioning as a gathering point for both family and guests. Traditional wood-burning fireplaces not only add physical warmth and beauty, but emotional warmth as well. Contemporary homeowners are opting for very modern linear gas fireplaces, with smooth, clean lines to mirror the style of their home.

“For those homeowners who don’t have the space for a traditional fireplace, firepits make a great feature, creating a beautiful flame that glows through crystal rock,” says Buckiso. And they’re available in three different heights, with a lower coffee-table height, dining table and bar height. The homeowner also has the option of selecting a wood- or gas-burning firepit.

## OUTDOOR KITCHEN SPLENDOR

When the summer heats up, the prospect of slow-cooking a roast or searing some ribs is just not as appealing when you know it’s going to heat up your house and drive up your air-conditioning bill. Take a tip from our pioneer ancestors who baked their bread and cooked their meats outdoors in the summer to maintain a cool house.

This simple idea can really help keep your home cool during the dog days of summer, while saving you money on energy costs.

With an outdoor oven and grill, barbeques can be a spontaneous dinner idea, rather than a major event that must be planned days in advance. The grilling process gives steaks, chicken, fish and pork a wonderful smoked flavor, while reducing the overall fat content.

And it’s not just meats that can benefit from grilling. Bell peppers, onions, zucchini and tons of other vegetables take on a wonderful flavor when tossed lightly with olive oil, wrapped in foil and cooked on a grill.

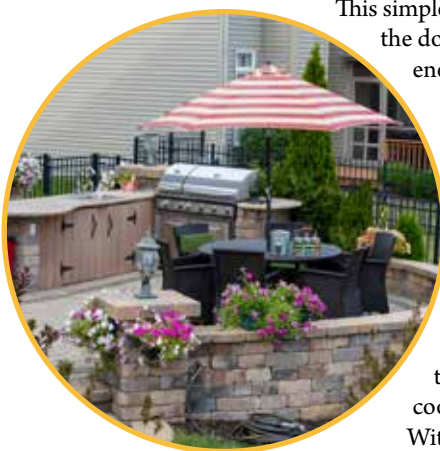
With an outdoor kitchen, grilling is not just for summer either. With a covering for rainy days and outdoor heating available, it can be used virtually year-round. Although just a simple oven and grill can change the way you live, a sink with running water and an added fridge can really make cooking outdoors convenient.

For entertaining, the outdoor kitchen offers a way to spend time with your guests while preparing the meal. There’s also an entire line of in-ground sound equipment and specially made outdoor TVs. The televisions are completely waterproof and three times as bright as a normal TV, so they can be viewed even in strong direct sunlight.

## IN THE COMFORT OF YOUR OWN HOME OFFICE

Are you one of those lucky individuals able to work from home? The world just seems like a nicer place when you’re dressed in your pajamas, doesn’t it? But work is still work. You need a place that’s organized, designed well, and in which you feel comfortable. Chances are, you may also need a degree of privacy to do your best work.

One of the most overlooked factors in productivity is lighting. Many studies demonstrate that natural lighting is best whenever possible, and results in more



## LIGHTEN UP

Have you been wondering if there’s a way you can cut your energy bills while helping to contribute to a greener environment? Though Pennsylvania may not immediately spring to mind as a sunny locale, solar power is readily available and already being used in hundreds of area homes successfully.

Think of it like this: If there were a river flowing by your house and you only had a five-gallon bucket to collect the water, you would only be able to use five gallons. But if you had 20 five-gallon buckets, you could have all the water you needed. Solar energy functions in a similar way. If you live in an area that does not get a lot of sun, by adding more solar panels you can collect more sun.

According to lead designer Ian Smith of Energy Independent Solutions, the Pittsburgh area is able to produce about 80% of the solar power that Miami, Florida, does! There are also attractive options for installing the panels, such as all-black panels and solar shingle products that blend the panels in with your roof. Solar awnings can be installed on a pergola or carport. And with flat roofs, the panels are generally not visible at all. There are also ground-mounted systems that are separate from your home.

Smith adds that the initial cost for an average-size home of 2,000 sq. ft. might range from about \$15,000 to \$25,000, which is recouped over a few years. Some areas may also offer incentives or tax benefits for switching to solar.



Continued on next page >



productivity among workers and a more positive attitude toward the work itself. Lighting can have a profound effect on your mood and can even influence your hormones. A good overview of this subject is provided by Andrew Jensen, a business growth, efficiency and marketing consultant, at [andrewjensen.net](http://andrewjensen.net).

If placing your home office in an area with windows is not possible, try the soft lighting of a lamp instead, and try to avoid harsh fluorescents. Adding a silk plant or two, along with a picture of the outdoors, will help transform a windowless area into a more inviting space. Warm colors such as reds, yellows and orange will also help warm up an otherwise dark office area such as a basement.

Next, you'll want to design your workspace with cabinetry where office supplies and files can be tucked neatly out of sight. Shelving that is custom-designed for the way you work can transform even a tiny space into an efficient work area. Having cabinets and shelves that are suited to your exact purpose will eliminate a great deal of frustration and overwhelming feelings of disorganization. A designer and expert carpenter can help you get the most from your workspace.

Just because you don't have an entire room in your house to dedicate to your home office doesn't mean you can't have a dedicated workspace. Even a closet can be transformed with the right planning, and the whole office can be put away at day's end by simply closing the closet door.

If you have even less space to work with, try a wall-mounted desk that can be extended when in use and collapsed flush with the wall when it's not. Cubby holes built into the interior wall area can provide places for storage in a tight space. A creative builder can help you make the most of your available space.

If your work area is not separated from the rest of your home and building a wall is not an option, there are still attractive ways to define your space. For example, tall wooden shutters can be linked together with hinges and painted any color to create a private area. Though not soundproof, this can create an intimate atmosphere of privacy when needed for oneself or seeing clients. Tall silk plants, such as a series of ficus trees, can also be used to divide the space.

Don't skimp on your office chair! It's likely a place where you will be sitting for several hours every single day. Make sure it's comfortable and provides plenty of lumbar support, in addition to being an attractive addition to your office. Visit [spine-health.com](http://spine-health.com) for some helpful suggestions on choosing the right chair that will work best for you.

## BATHROOM BEAUTY

Though your bathroom may not spring to mind as the place to hold your next cocktail party, with the right accoutrements your bath can be a great place to hang out and enjoy life. And if you live with family members, it may be the only place in your house where you can truly be alone for a bit.

Besides just being a place to "get ready" to meet the day, it's also a relaxing space to recharge your batteries after a long week at work. Hydrotherapy is one of the best ways to relieve stress and help tired, overworked muscles. With tons of specialized showerheads, you can have everything from the sprinkle of a gentle rain to an invigorating massage to bring your body back to center. And a nice relaxing bath in a soaker tub can make the world go away for a while.



Does all of this sound like a fantasy? Maybe not. According to designer Mary Laipple, Director of the Kitchen and Bath Design Studio at 84 Lumber, you may be able to make updates to your bath for less than you might expect.

"If a homeowner is just updating and not moving plumbing, heating ducts and electricity, the makeover can start at around \$10,000," says Laipple. And the choices for today's bath are incredibly enticing. She notes that many homeowners are opting for larger showers that will not only get you clean, but can also bathe you in LED lighting that changes colors to suit your mood. You can also enjoy your favorite music in the shower to either calm you down after a stressful day, or pep you up for the daily routine.

Vanities and bath cabinetry have also arrived in the 21st century. Vanities are no longer empty-shell cabinets that open to a cavernous interior with little customization. Current options for drawers and cabinets include specialized areas for storing your blow dryer neatly away and stackable storage options for makeup. And while you're standing in front of that vanity applying your makeup, you can watch TV in the mirror! Technology allows your favorite TV program to be projected onto the mirror, so you can keep up with the latest baseball scores or check the weather before going out.

Slate and marble tile are always elegant options for bathrooms, but one of the trends in baths are porcelain tiles that mimic wood. These tiles come in sizes up to 48" and can be laid to look like natural woodgrain, without the worry of water damage. The woodgrain appearance really warms up the bathroom.

And speaking of warm – your toilet can be warm too! Homeowners can opt for a "throne" with a retractable base that comes out and heats your feet as well as the seat of the toilet. And touchless flushing helps prevent the spread of germs among your family, along with a bidet, which ensures a much cleaner experience.

You spend so much time in your bathroom every day you owe it to yourself to make it a more enjoyable place. And, according to HGTV.com, bath remodels often offer a return on investment of more than 100%!



## KITCHEN MAKEOVER

Whether your cooking style is Chicken Cordon Bleu, or just some great Pad Thai takeout from the corner restaurant, you need a place to prepare your meals that's fun, organized and feels like home. Even in today's hectic lifestyle, you'll probably spend a significant amount of time each day in your kitchen.

Though it's a substantial investment to update your kitchen, it's a worthwhile endeavor from both a personal standpoint and a financial one. And, like bathrooms, HGTV.com estimates that a kitchen remodel can offer returns that are upwards of 100% on the resale of your house.

According to Jamie Varner, owner of Varner Remodeling, most kitchen remodels start around \$25,000, and on average will range up to about \$50,000.

You can give your kitchen a whole new look in any style from ultra-contemporary to French country in this price range. Your designer and builder can assist you with computer-aided design (CAD) to help you envision your dream.

Some trends in the kitchen include spacious farm sinks that offer tons of space for food prep. Clean, white subway tile can match virtually any décor, making it a popular choice for backsplashes. Recycled glass tiles can be found in any color for a look that's great for your kitchen and great for the environment as well. Varner says that mosaic tiles are frequently used and can be laid in customized patterns for a uniquely personal look.

Although cherry wood cabinets are popular, he's seeing an increase in white cabinets. Cherry will give your kitchen a warm feel, while white cabinets will brighten the space and have a clean appearance.

As for flooring, Varner notes, "You can't go wrong with natural stone," adding that travertine is extremely popular right now. After the stone is sealed, it's an easy-care option for homeowners and offers a lot of longevity.

It's not just about the look you want to achieve in your kitchen, it's also about the way it makes you, your family and your friends feel when you're there. ■



**PETRA**  
**TRACK**  
**PLUMBING**

**TOUGH ON PIPES,  
NOT ON PRICE!**

**WE OFFER A WIDE VARIETY  
OF PLUMBING SERVICES:**

- Water Line & Drain Line Repairs
- Interior Gas Line Repairs
- Water Heater Repair & Replacement
- Faucet Repair & Replacement
- Drain Cleaning
- Dye Tests and much more!



Licensed & Insured Master Plumber

**412-360-4262**

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

Visit our website for a list of testimonials

**Home Advisor Screened and Approved**

**WE GET YOU  
NOTICED...**



**Right in your  
customer's home!**

**Contact us at 724.942.0940  
for advertising information.**

**IN Community  
Magazines**



*Comfort &  
compassion when  
it's needed most.*

QUALITY HOSPICE CARE FOR  
PATIENTS & FAMILIES

MEDICARE & OTHER INSURANCE ACCEPTED

CALL TOLL-FREE TODAY!

**1.877.367.3685**

**HOPEHOSPICEPGH.ORG**

3356 Babcock Blvd. • Pittsburgh, PA 15237



**Summer Day Camp Here!**  
Windwood Park

Arts & Crafts  
Games  
Daily swimming  
June 6-August 19

**EARLY BIRD DISCOUNT  
Ends Feb 15, 2022**

windwoodpark.com  
Registration Begins  
**JAN 1, 2022**

For more information on  
Summer Camp, please contact:  
**(724) 935-6880 windwood@zoominternet.net**

**Clean Up Your Debt**

Transfer your balances  
and leave high rates in the dust!

Our Debt Consolidation Loans lets you bundle  
your existing loans into a single monthly  
payment, while offering you a lower  
interest rate.

Apply On-line 24/7 at: [www.omegafcu.com](http://www.omegafcu.com)  
Or give us a call at: 412.369.3800  
10455 Perry Highway Wexford, PA 15090

# COUNSELING WHERE YOU COME FIRST, ALWAYS

**Make your mental health a priority. Take the first step at Anchorpoint.**



**Talk to a person, right from the start:** We understand the importance of the challenges you are facing. You need to talk to a person, not an automated phone system. That's why we will answer or return your call right away during regular daytime business hours.

**Let us match you with the right counselor:** Finding the right counselor can be a difficult and time consuming process. Anchorpoint has many caring professionals with a variety of specialties. Whether you are seeking services for yourself, your child, or your whole family, we will carefully review your needs to determine the best counselor for you.

**Smaller caseloads, individualized attention:** As a nonprofit, our goal is to help you... not to make more money. Our counselors maintain smaller caseloads so they can give you the time, resources, and personalized attention you deserve.

**Affordable for all:** Regardless of your insurance or financial situation, you can afford to receive counseling services at Anchorpoint. Costs will never be a barrier to getting the help you need.

**Timely and convenient services:** You need help now, and we try our very best to have you seen as soon as possible. You can receive services at our McKnight Road location near the mall or by telehealth using secure technology. We also offer low-fee counseling clinics in Bellevue, Millvale and Etna (coming soon).



**Focus on your whole self:** Our counseling approach integrates your emotional, social, cognitive, physical, and spiritual health. If you are a person of faith, we will support your beliefs in a way that is personally meaningful to you. If you do not participate in a faith tradition, that's okay. We will focus on what brings value and meaning to your life.

**We love families:** We have a long history of serving kids, parents, and families. We understand how important strong and healthy family relationships are to your mental wellness. We will help you strengthen your existing family bonds and heal broken bonds with the people you love.

If you're ready to start your journey to better your mental health, give us a call at **412-366-1300**.

We offer individual, family, and couples counseling as well as multiple support groups:  
**ADHD Parenting Group | Grief Support Group | Single Moms Group | Plus More – Ask Us!**

**www.anchorpoint.org | 412-366-1300 | 800 McKnight Park Dr. Pittsburgh, PA 15237**



# Community Gems

**Local museums** provide a sense of community and place by celebrating a collective heritage and offering a great way to get to know the history of your area. By Pamela Palongue



## NORTH

### Bayernhof Museum

225 Saint Charles Place, O'Hara Township  
412.782.4231, [bayernhofmuseum.com](http://bayernhofmuseum.com)

Despite having been featured on "CBS Sunday Morning" and in numerous articles, many area residents still don't know about the Bayernhof. This Bavarian-inspired home of millionaire Charles Brown, III has over 140 music boxes and self-playing instruments (many of them extremely rare), complete with a bat cave in the basement, and pool. See this O'Hara Township gem that many have traveled from around the world to see.

### Buhl House Museum

21 South Main Street, Zelienople  
724.452.7766, [visitbutlercounty.com/attractions/buhl-house](http://visitbutlercounty.com/attractions/buhl-house)

Experience the beauty of this 1805 home of German immigrant Christian Buhl. Its 10 rooms contain many of the Buhl family's possessions, but also items related to the history of Zelienople, and life in that time period. It also frequently features temporary exhibits on loan. You can make a weekend of it with a stay at a charming nearby B&B.

### Depreciation Lands Museum

4743 South Pioneer Road, Hampton  
412.486.0563, [dlmuseum.org](http://dlmuseum.org)

This museum is not just a building, but an entire village that depicts life in the late 18th and early 19th century. Knowledgeable docents dressed in meticulously accurate period clothing present a living view of history as you venture through the 1837 Covenanter Church building, and an 1803 log house. You'll visit a working blacksmith shop, a one-room school, and an 18th century tavern, along with many more exhibits. Great for kids and adults alike! It's open May through October.

If high gas prices, travel restrictions and running through airports does not appeal to you this season, why not explore some new territory a little closer to home?

Though many are familiar with some of these museums, we're willing to bet there are a few you may not have heard of. These little treasures explore local history, niche subjects and nature—and many are staffed solely by volunteers who feel passionately about the subject matter they share. Most have small admission fees or are donation only. This makes them both budget and family friendly. Please donate as generously as you can to sustain these unique venues that are a valued part of our communities.

Be sure to check the website of each venue before visiting for the most up-to-date hours and guidelines.



### Fern Hollow Nature Center

1901 Glen Mitchell Road, Sewickley  
412.741.6136, fhnc.org

Fern Hollow is more of an outdoor museum, where you can experience the natural beauty of the area's vast creek system and enjoy nature walks where you'll encounter all sorts of wildlife, native trees and plants. Although this is a popular destination for school groups (as a certified Natural Outdoor Classroom in Pennsylvania), there are also programs specially designed for families and adults.

### Harmony Museum

218 Mercer Street, Harmony  
724.452.7341, harmonymuseum.org

This fascinating group of people who decided to go "off grid" from their traditional Lutheran background formed a new order based on communal living, mysticism and a strong work ethic. They were German immigrants seeking religious freedom, and chose the area of Harmony to found their small 1807 settlement. While the practice of celibacy led to their eventual end, you can still see how this community lived, worked and worshipped.

### Hartwood Acres

200 Hartwood Acres, Hampton/Indiana Townships  
412.767.9200, alleghenycounty.us/parks/hartwood/index.aspx

The Hartwood Acres Mansion is almost back! After some much-needed work on access to the grounds, this jewel of architecture will reopen its doors for tours and special events this spring. (Check the website for updates.) Based on Tudor-style architecture, the 31-room mansion features stately rooms with lush furnishings and fabrics. Though it was completed in 1929, the veil of time is very thin here, and you'll feel as if you've been transported to 16th century England!

### Mars Train Station Museum

1 Brickyard Road, Mars  
724.625.4478, marshistory.org

The active historical society supporting this museum has a large collection of artifacts, including a nostalgic display featuring the Mars Theatre of 1950-1960, a 1926 caboose and an operating early 20th century windmill. The lovely 1897 Mars Baltimore and Ohio Railroad Station is a museum that gives a glimpse of travel when time moved a little slower.

### McCandless/North Allegheny Heritage Center

830 Aufman Lane, Wexford  
412.364.0616, x300,  
townofmccandless.org/mccandless-northern-allegheeny-heritage-center

One of the region's newer museums, this replica of a one-room schoolhouse contains artifacts and documents pertaining to the Town of McCandless and the North Allegheny School District. It was the dream of Joe Bullick, an employee of the school district for 40 years, to see the collection publicly shared with the community after it took him over 20 years to collect and catalog the items.

### Sewickley Heights History Center

1901 Glen Mitchell Road, Sewickley  
412.741.4487, sewickleyheightshistory.org

The turn of the 20th century was a unique time in our nation's history, especially in Sewickley Heights where many wealthy industrialists settled. It was a place where elaborate parties and events were held, with plenty of lavish balls and equine events. This museum has period attire, unique photos and film, and carefully restored vintage cars and carriages documenting the Gilded Age. It also hosts an annual Riding and Driving Party. If you were fascinated by the era of "The Great Gatsby," you'll love this trip through the past.

### Tour-Ed Mine & Museum

748 Bull Creek Road, Tarentum  
724.224.4720, tour-edmine.com

This mine and museum were originally owned by Allegheny Steel, with the coal used at its steel mills in Brackenridge. You can experience firsthand what it was like for the 1850s miners who helped build this region. Since it's only open certain months of the year, be sure to call ahead to verify times.

### Western Pennsylvania Model Railroad Museum

5507 Lakeside Drive, Gibsonia  
724.444.6944, wpmrm.org

This museum features a 40'x 100' model railroad that represents the tracks between Pittsburgh and Cumberland, Maryland. The model is forever locked in its summer 1952 setting and will delight both the young and the young at heart. It also houses a collection of historical model train sets and railroad-related items, some of which date back to the early 20th century.



## Specialist In Orthodontics

**Leonard Cyterski DMD, MS**

### Board Certified

**Straight Teeth & Beautiful Smiles**

**topDENTISTS™**

This is to certify that

**Leonard M. Cyterski, DMD**

Has been chosen by his peers to be included in the field of

**Orthodontics**

As featured in

**Pittsburgh**  
MAGAZINE

**Clear Braces / Invisalign Available**

**Day-Evening & Saturday Hours**

**Adults and Children**

**Affordable Payment Plans**

**Most Insurance Accepted**

**In-Office clear aligners/Invisalign treatment options!!!**

**412-492-8700**

**4485 William Flinn Highway, Allison Park  
www.cyterskiorthodontics.com**

### Awarded a National Teacher Award



**Enroll Today and You Will See**

**Little Appleseed is the Place to Be!**

**IN THE HEART OF TREESDALE**

- Now enrolling children 6 weeks to 5 years old.
- Part-time or full-time care and preschool.
- Conveniently located in Treesdale across from Market Square.
- Indoor gym & outdoor fenced-in playground.
- Open from 6:30 a.m. - 6 p.m.
- We provide morning snack, lunch and afternoon snack.

**CALL OR EMAIL TODAY FOR A TOUR!**



**NOW HIRING**  
Full and part time teachers at both locations in Mars and Gibsonia

**615 Warrendale Rd.**

**Gibsonia, PA 15044**

**724-625-4029**

**341 Mars Valencia Rd.**

**Mars, PA 16046**

**724-400-2280**

**Littleappleseedlearningcenter@outlook.com**

**www.littleappleseedlearningcenter.net**

**Check us out on Facebook**



Continued on next page >



# Royal Oak Nursery School & Kindergarten

Established 1967

# 55

Years

## Now accepting Enrollment

Family owned & Operated:  
7 am to 6 pm

State Licensed and Certified  
Teachers

Half/Full Day Education Programs  
Ages: 3 thru 6 years old  
Before/After school care

4413 Mt. Royal Blvd  
Allison Park  
www.royaloaksch.com  
f 412.487.1668

## HIRING FULL & PART TIME DRIVERS



**VAN DRIVERS  
\$17/HOUR**  
**SEDAN DRIVERS \$14/HOUR**  
FULL TIME, YEAR-ROUND + BENEFITS

- Paid Time Off
- 401K
- \$4,000 Full Time/  
\$2,000 Part Time  
Sign On Bonus
- Flexible Schedule
- Overtime  
Available
- Health, Dental,  
Vision Insurance
- No CDL Required

Call Anny at 412-406-8611  
For the North Hills Area



## Hidden-Gem



## Museums in the City

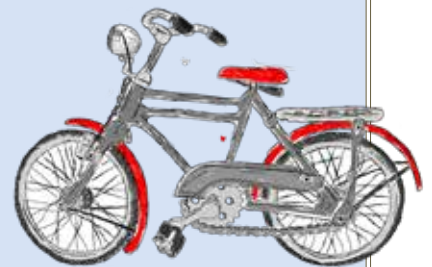
Pittsburgh is known for its world-class museums—Carnegie Museums of Art and Natural History, The Andy Warhol Museum, August Wilson Center, Mattress Factory, Children's Museum, Carnegie Science Center, Frick Art and Historical Center, Cathedral of Learning, Fort Pitt Museum, Clemente Museum, Senator John Heinz History Center and many more—but here are nine hidden and not-so-hidden gems that make our city's museum scene extra special!

### American Jewish Museum

5738 Forbes Ave., Pittsburgh (Squirrel Hill)  
412.521.8010, jccpgh.org

### Bicycle Heaven

1800 Preble and Columbus Ave., Pittsburgh  
(North Side)  
412.734.4034, bicycleheaven.org



### Johnny Angel's Ginchy Stuff Museum

1800 Preble Ave., Pittsburgh (North Side)  
412.322.1830, jaginchystuff.com

### Kelso Museum of Near Eastern Archaeology

616 N. Highland Ave., Pittsburgh (East Liberty) 412.362.5610,  
pts.edu/Museum

### La Hütte Royal

1812 Rialto St., Pittsburgh (Troy Hill), troyhillarthouses.com

### Old Allegheny County Jail Museum, Family Services Court

440 Ross St., Downtown Pittsburgh  
412.471.5808 (for PHLF tours),  
alleghenycounty.us/jail/about/old-county-jail.aspx

### Photo Antiquities Museum

531 E. Ohio St., Pittsburgh (North Side)  
412.231.7881, photoantiquities.org

### Saint Anthony Chapel

1704 Harpster St., Pittsburgh (Troy Hill)  
412.999.4401,  
pgshshrines.org/about-st-anthony-chapel

### Soldiers & Sailors Museum

4141 5th Ave., Pittsburgh (Oakland)  
soldiersandsailorshall.org ■



## What is Happening This Winter at the Library?

### Northern Tier Library

Richland Center, 4015 Dickey Road,  
Gibsonia, PA 15044  
724.449.2665 | [northerntierlibrary.org](http://northerntierlibrary.org)

#### Library Hours:

**Monday - Wednesday - 9 a.m. to 7 p.m.**  
**Thursday - Saturday - 9 a.m. to 5 p.m.**  
**Sunday - Closed**

### Bookmobile Service

#### Bookmobile Hours:

Pine Tree Shoppes, 12001 Perry Highway,  
Wexford, PA 15090

Pine Center, PRHS, 700 Warrendale Road,  
Gibsonia, PA 15044  
Each Monday from 2 to 3 p.m.

### Pine Center

PRHS, 700 Warrendale Road,  
Gibsonia, PA 15044  
724.625.5655

#### Hours:

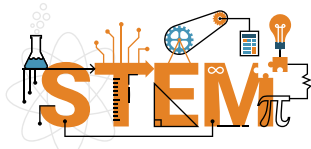
**Monday - Thursday**  
**2:45 to 5:30 p.m.**

### CHILDREN'S TAKE-HOME PROGRAMS

A new six-week session of these two take-home programs will be available every Tuesday through Feb. 8. Check our website for when the next session starts up!

#### ■ TAKE-HOME CRAFTS

Kids of all ages are invited to enjoy a simple, weekly take-home craft! Please call or register online to reserve a weekly supply kit that can be picked up every Tuesday and enjoyed at home.



#### ■ THE WEEKLY PROJECT

The Weekly Project features a variety of activities that can be enjoyed from home such as cooking, crafting, art, and STEM. Each week will showcase a different take-home project for children to work on with their families.

Both of these programs are for kids of all ages, and registration is required each week to account for supplies.

#### ■ VALENTINE'S CRAFT BUNDLES

Celebrate Valentine's Day with the library and our Valentine's Craft Bundle. This is a take-home kit that will be ready for pickup on Feb. 11. Registration is required.



### FAMILY STORY & PLAYTIME

Join us Wednesday, Feb. 9, and Thursday, Feb. 11, at 10:30 a.m. on the lower level for an indoor story and playtime! We request that all attendees (ages 2 and up) wear a face covering and bring a blanket to sit on. Your blanket will be on a carpeted floor, and will be your area to maintain social distance while sitting down to enjoy the program.

Registration is required and encouraged to be early, because only 12 families will be able to attend any given session. Please make sure to attend if you register. We want everyone to have an opportunity to participate, but space will be limited. This program is for babies, toddlers, preschoolers, and their families. You may also want to check our online event calendar for future dates.

#### ■ NATUREOLOGY: BUGS

Right under your feet are thousands of animals; some with six legs, some with more, much more, and they've lived here long before we did. Let's talk about bugs with Tony Palermo!

Join us on Tuesday, Feb. 8, from 5:30 to 6:30 p.m. Registration is required, and face coverings are encouraged for attendees over 2 years old.



#### ■ KNIT LIT

Do you knit, crochet or craft in any way? If not, would you like to learn? 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 book to talk about! This group will meet on Wednesday, Feb. 23, from 6:30 to 8:30 p.m. inside the library in the new book section. Registration is required.

### ■ BRIDGET'S BOOK CLUB

Bridget's Book Club will meet on Wednesday, Feb. 9, to discuss a featured title at 6:30 p.m. New members welcome! Registration is required.



### ■ TECHNOLOGY HELP

Get help with technology! In these one-on-one, 30-minute, by-appointment sessions, we can focus on basic skills for using computers, smartphones, eReaders and more. Wednesdays from 2 to 4 p.m. or Thursdays from 10:30 a.m. to 12:30 p.m. Registration is required.



### ■ ROBOTICS & CODING CLUB

Stop by the library and engage with a variety of toys and tools that allow you to develop your skills in robotics, programming, and coding. We'll offer access to educational items that will encourage kids, and adults alike, to learn the basics of coding and programming.

This self-guided program will be open to patrons on Monday, Feb. 28, from 4:30 to 6:30 p.m. This is a drop-in program for all ages, so patrons are welcome to stop by for as little or as much as they like, but we ask for registration, so we know you're coming. Face coverings are encouraged for attendees over 2 years old.



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



## PR Earns 2021 Mid-Atlantic Alliance for Performance Excellence Top Award

The Mid-Atlantic Alliance for Performance Excellence (MAAPE) program is announcing that Pine-Richland School District has been named a 2021 Excellence Award recipient. The Excellence Award is the alliance's highest award level. "Notably, Pine-Richland School District will be only the seventh organization to earn the Excellence Award in the past 15 years and the first education sector excellence award winner," said Mr. Bob Bitner, MAAPE president and CEO. By earning the Excellence Award, the district will receive an invitation to apply to the national Baldrige program in the future. MAAPE, a 501(c)3 organization serving Pennsylvania, New Jersey, and Delaware, is focused on helping organizations achieve improved levels of performance by identifying and recognizing role-model organizations and sharing their best practices and strategies. MAAPE is one of 31 state and regional Baldrige-based award programs across the country. MAAPE applicants are evaluated in seven areas defined by the Baldrige criteria: leadership; strategy; customers; measurement, analysis and knowledge management; workforce; operations; and results. All applicants receive written feedback reports summarizing organizational strengths and opportunities for improvement. "The MAAPE Excellence Award is an incredible honor and ultimate recognition of a team effort that reflects the entire organization and all staff. The mission, vision, values, and strategic plan at Pine-Richland serve as the compass and map for continuous improvement for our students and families," said Superintendent Dr. Brian Miller. "The Baldrige Performance Excellence Framework is a tool that helps organizations improve. We appreciate the feedback about district strengths and our opportunities for improvement." As a final step in the evaluation process, more than 60 members of the Pine-Richland staff and board including teachers, paraprofessionals, secretaries, custodians, principals, district administrators, and directors, participated in a comprehensive three-day virtual site visit. Various members of the staff shared their reflections about this recognition and the growth at PRSD over the years. You can visit [pinerichland.org](http://pinerichland.org) for more details.



Pine-Richland earns the MAAPE Award of Excellence. The PR community is shown here with administrators and school directors. Photo by Madia Photography.



MAAPE Executive Director Bob Bitner presents an Award of Excellence to Superintendent Brian Miller. Photo by Madia Photography.



The PRHS/MAHS AFJROTC hosts a drill competition.

## PRHS/MAHS AFJROTC Program Earns Top Awards

Pine-Richland High School/Mars Air Force JROTC cadets hosted a drill competition on December 4, 2021. Pine-Richland/Mars Area cadets earned first place overall. First-place awards included: JV Unarmed Drill Team commanded by sophomore Jaden Persaud, Varsity Unarmed Drill Team commanded by senior Caitlin Howard, Varsity Armed Drill Team commanded by junior Emma Terpstra, Varsity Color Guard commanded by junior Jasmine Christner, Academic Bowl Team commanded by junior Gianna Nicotra, Uniform Inspection Team commanded by senior Caitlin Howard. Caitlin and Jaden, along with sophomores Tyler Brown and Mackenzie Roy and ninth-grader Reva Kalbhor were Knockout winners. Caitlin and Jasmine along with sophomore Jack Harris led the team in first-place awards at McDowell High School in Erie on November 17, 2021, during their first competition of the year. Knockout winners included ninth-graders Alexander Friedrich, Ryan Galbraith, Stephen Parker, senior Michael Riggio, cadet Erin Kemp, junior Madelyn Ostapchenko with 1st Place in JV Knockout going to sophomore Joshua Cerny and Varsity Knockout going to sophomore Mackenzie Roy. The knockout competition is like a Simon Says drill. Major Michael Morrison and Chief Michael Gasparetto oversee the AF-JROTC program. You can visit [www.pinerichland.org/prhs](http://www.pinerichland.org/prhs) for more details on all award winners.

## Senior Named Officer for FCCLA

Senior Darcy Lund was named vice president of the Family, Career, and Community Leaders of America (FCCLA) organization. FCCLA is a national Career and Technical Student Organization for students in Family and Consumer Sciences education in public and private school through grade 12. Darcy is a culinary student at A.W. Beattie Career Center. The Beattie consortium includes members from Pine-Richland, Fox Chapel, Hampton, North Allegheny, Shaler, Avonworth, North Hills, Northgate, and Deer Lakes. The career center offers students, who have completed ninth grade, an opportunity to enroll in a one, two, or three-year Career and Technical Education (CTE) program of study to explore careers and gain career and college-ready skills through instruction of content made accessible through hands-on context, introduction to workplace competencies, participation in internships and engagement with mentors within a selected career focus.



Senior Darcy Lund.



(L-R) Dr. Kristen Justus, assistant superintendent for elementary education & curriculum, and secretary Barb Williams help recognize custodian Frank Undercuffler, who retired in November of 2021.

## District Recognizes Retiree

Pine-Richland School District recognized Pine-Richland High School custodian Frank Undercuffler, who has served the district for 17 years. Many people know the Undercuffler name because his children also work for the district as well. Mr. Undercuffler says he is going to miss the people he has worked with through the years. In retirement, he says he plans to throw away his alarm clock, spend more time with family, work on household projects, hunt and fish, relax, and enjoy life.



## PRHS Team Named in 'Top 32' Teams in International Public Policy Forum

The Brewer Foundation and New York University announced Pine-Richland High School is one of the "Top 32" teams for the Annual International Public Policy Forum – the first and only contest that gives high school students around the world the opportunity to engage in written and oral debates on issues of public policy. Seniors Miles Brown, Matthew Farmar, Tadh Manna, Andrew Ni, Amish Sethi, and Callie Stoltz make up the 2021-2022 Pine-Richland High School Team, under the direction of PRHS Teacher Jeff Byko. The competition begins in October, as 64 teams submit qualifying round essays on the IPPF topic. The teams are invited to engage in a single-elimination, written debate tournament — volleying essays back and forth via email. The top eight teams earn an all-expenses-paid trip to the IPPF Finals in New York City. This international contest is open to all schools - public and private - for free. Teams compete for awards and scholarships. The IPPF World Champion wins a \$10,000 grand prize. A panel reviews the essays in the order they are presented and selects the advancing teams.



(L-R) Seniors Matthew Farmar, Amish Sethi, Miles Brown, Andrew Ni Tadh Manna, and Callie Stoltz make up the Top 64 Team at PRHS.

## Director Named PenSPRA President-Elect

Pine-Richland School Director of Communications Rachel Hathhorn was named president-elect of the Pennsylvania School Public Relations Association. She is serving as vice president/president-elect and has served on the executive board since 2009 as programming chair for Western Pennsylvania helping the organization to lift up best practices and to organize professional development opportunities for school communication professionals.



Pine-Richland Director of Communications Rachel Hathhorn.

## PRSD Board Reorganizes

Four newly-elected school directors were sworn into office on December 6, 2021. Solicitor Donald Palmer administered the oath of office to Mrs. Christina Brussalis (Region 2), Mr. Joseph Cassidy (Region 3), Mrs. Lisa Hillman (Region 1), and Mrs. Amy Terchick (Region 2). The new directors will serve a four-year term ending in 2025. In addition, the board reorganized by electing Mr. Greg DiTullio as president and Mrs. Amy Terchick as vice president. The board also made several appointments: Mrs. Hillman was appointed as the legislative representative to the Pennsylvania School Boards Association for a one-year term through December 2022. Mr. Joseph Cassidy was appointed as a representative to the A.W. Beattie Career Center Joint Committee for a two-year term expiring in December of 2023 and Dr. Matt Mehalik for a one-year term expiring in December of 2022. The board appointed Mrs. Amy Terchick as a representative to the Pine Township Parks and Recreation Board for 2022. The board appointed Mrs. Christina Brussalis as the 2022 liaison to the Pine-Richland Opportunities Fund Board of Trustees. Mr. Peter Lyons was appointed as a Food Service Advisory & Wellness Committee Representative. Mrs. Dana Kirk, director of financial and operational services, was reappointed as a delegate to Allegheny North Tax Collection Committee with Mr. Marc Casciani, board treasurer, serving as an alternate. Also serving on the Pine-Richland School Board is Dr. Carla Meyer. Mrs. Barbara Williams serves as board secretary. You can review director biographies and more information about the school board by visiting this link. At the meeting on November 15, 2021, the board recognized outgoing directors Mrs. Christine Misback, Mr. Matthew Moye, Mrs. Katarzyna Swope, and Mrs. Amy Hayden for their dedication to the board.



Four new PRSD board members are sworn into office on Dec. 6, 2021.

## Students Help Township in Unique Way with Snowplows Well Before First Snowflake Fell

While students in the Pine-Richland School District love their snow delays, that's not stopping them from making sure Pine Township has beautifully decorated snowplows to clear those roads for winter. The township has teamed up with the elementary schools to paint snow plows. The idea for the project was formed after the director of the Pine Township Parks and Recreation Department contacted the schools to discuss painting the snowplows that clear the roads during the winter months. They then shared the idea with the art classes.



Eden Hall Upper Elementary fifth-graders Alexandria Chevalier and Paramvir Buttar help paint a snowplow.

Eden Hall Upper Elementary School kicked off the project. Similar projects will take place at Hance Elementary, Richland Elementary, and Wexford Elementary schools as well. The high school is also planning to paint material that will be placed on a tunnel in Pine Township. Eden Hall Upper Elementary Art Teacher Katelyn Tronetti says she likes this project because it is an example of how the arts work in everyday life and it's a collaborative process with the community.

Continued on next page >



## Graduate Earns Award for Business Proposal

Pine-Richland High School Class of 2021 graduate Caroline Dawson won third place in the Grove City College Elevator Pitch Competition for her business idea Safe and Tasty - a food truck free of major allergens that promise delicious food for everyone with no worry. She was one of 130 entries in the commercial enterprise category and one of the few first-year students to earn accolades.



*PRHS Class of 2021 graduate Caroline Dawson won third place in the Grove City College Elevator Pitch Competition.*

The Elevator Pitch Competition allows all students to pitch their new venture ideas to a panel of judges, offering cash prizes in two categories - Commercial Enterprise and Social Enterprise. The "elevator" pitch is a frequently used term, which means "tell me about your new venture within the time it would take to ride up an elevator."



## Fundraising Is Team Effort in Pine-Richland

Pine-Richland families, students, and staff have ramped up their fundraising efforts. The Pine-Richland High School Student Government Association led efforts to collect toys for the Stuff-A-Bus program throughout the Pine and Richland community and via the high school, middle school, upper elementary school, and primary schools. They filled six busloads of toys. Student Transportation of America donated the bus service. The Pine-Richland Education Support Professionals Association was able to raise \$1,400 through a virtual food drive. That money will help the Greater Pittsburgh Community Food Bank supply meals to those facing food insecurity in our area. The donations will help the food bank supply 7,000 meals to those in need. Wexford Elementary raised a little more than \$18,091 through the read to feed program. Richland Elementary participated for the first time and raised a little more than \$14,244. PNC bank doubled both of those donations bringing the total raised between the two elementary schools to a little more than \$64,671. The money is donated to the Turkey Fund, which helps the Greater Pittsburgh Food Bank provide meals to those in need.



*Students finish loading up toys on six buses.*



*Richland Elementary School participates in the read to feed program for the first time and proves successful.*



*Wexford Elementary School raises \$18,091 in the read to feed program.*

## PRMS Orchestra to Perform in Downtown Pittsburgh

The Pine-Richland Middle School Orchestra performed at the Allegheny County Courthouse in Downtown Pittsburgh on December 14, 2021, under the direction of PRMS Orchestra Director Katelyn Piroth. Violinists included Avery Mills, Mackenzie Williamson, Maddie Gross, Annabella Orlando, Jessica Hu, Brinda Kannan, Katarina Nemec, Ryan Noir, Xavier Moreland, Aubrey Myers, Bailey Crist, Ella Davis, Natasha Kuciak, Reyna Kim, Audrey Anderson, Sarah Puthenpurayil, and Deeya Nayyar. Violists include April Derks, Sophia Brisendine, Evelyn Lawler, Kimaya Matai, Morgan Radi, Kendall Cain, Samuel Bielawski, Isabella Fu, Marie Doucet, and Gavin Bullard. Cellists include Brian Ock, Fiona Casale, Norah Cherry, Aubrey Crist, Raegan Dosch, Addison Cohen, Katelyn Golembeski, Lukas Houda, Anastasia Punosevac, and Jimena Belda Alcazar. Bassists include Ellie DeMann, Annabelle Burk, and Julius Stinelli. The concert was held at the Grand Staircase of the Allegheny County Courthouse.



*The PRMS Orchestra performs at the Allegheny County Courthouse.*





MEMORIAL PARK CHURCH WELCOMES  
**Our New Lead Pastor**



*Rev. Christopher S. Eatough*

JOIN US  
SATURDAYS AT 6:00 PM  
SUNDAYS AT 9:00 & 11:15 AM

8800 Peebles Road, Allison Park  
mpcepc.org | (412) 364-9492

**TODDLER TIME**  
SAFE, STRESS FREE PLAY  
RESERVED FOR AGES 4 & UNDER  
EVERY MON. & WED.

**FUN SLIDES**  
CARPET SKATEPARK  
PITTSBURGH, PA

**SPRING INTO A  
BIRTHDAY BONANZA!**

1130 PERRY HIGHWAY (BEHIND SHOP N SAVE)  
412-364-9400 • INFO@FUNSLIDESPGH.COM

**\$20 OFF**  
**BIRTHDAY PARTY**  
WWW.FUNSLIDESPARK.COM  
MUST MENTION WHEN BOOKING \* EXPIRES 5/18/22

**FREE**  
**UPGRADE TO ALL**  
**ACTIVITIES PASS**  
WWW.FUNSLIDESPARK.COM  
(UP TO 4 SKATERS)\* EXPIRES 5/18/22

\* VALID OFF REGULAR PRICED ADMISSION ONLY. COUPON / OFFER CANNOT BE COMBINED WITH ANY OTHER DISCOUNTS / OFFERS / COUPONS

## BUSINESS DIRECTORY

**ALL THAT JAZZ**  
DANCE AND FITNESS WEAR, INC.

2000 VILLAGE RUN ROAD  
SUITE 208  
WEXFORD, PA 15090

724-933-0555  
CALL FOR HOURS

**BRING YOUR BACKYARD TO LIFE!**

**PLAYSETS** **TRAMPOLINES** **HOOPS**

**playground world** **724.933.3393**  
PlaygroundWorldPittsburgh.com  
14000 Perry Hwy (Rt 19) Ste 400  
WEXFORD, PA • INDOOR SHOWROOM!

**Survival Swim Lessons**

Fun & Gentle  
Methods  
Stroke  
Development  
Year-Round Lessons



**Enroll Today**

**We're Hiring!**

**Paid training with flexible hours**  
**Full and part-time positions available**

**724-241-8602**  
**Britishswimschool.com/Pittsburgh**





## 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 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.*

## WE PAY TOP DOLLAR FOR GUN COLLECTIONS!

**NO APPOINTMENT NECESSARY!**

**WE HAVE AMMO!**





**TUESDAY - SATURDAY 11 a.m.-6 p.m.**

**Inventory updated in real-time on our website!**

## VERONA

### GUN SAFE

[veronagunsafe.com](http://veronagunsafe.com) | 412.826.8112 | [sales@veronagunsafe.com](mailto:sales@veronagunsafe.com)

716 Allegheny River Boulevard, Verona, 15147 |     | cash and check



# Moving can be complicated.

When buying or selling a home, working with someone you trust can make all the difference. The Honeywill Team has been proudly serving the North Hills of Pittsburgh for over 30 years. We remain committed to providing each and every client with exceptional care and service, and we would be happy to do the same for you.

**Choose the Trusted Name in Real Estate.**



## Recent Home Sales

### Pine Richland School District

MLS data provided by Linda  
Honeywill, Associate Broker.  
Information is not complete  
or guaranteed.

Address	Built	Price	Address	Built	Price
552 MacLeod Drive	2015	\$3,300,000	407 Loblolly Drive	2014	\$830,000
550 Macleod Dr	2004	\$1,825,000	113 Tor	1996	\$825,000
558 Macleod Dr	2013	\$1,750,000	1058 W Grove Ct	1992	\$799,000
216 Murrin Court	2020	\$1,375,000	114 English Farm Dr	2012	\$795,000
219 Murrin Court	2021	\$1,309,000	403 Heights Dr	1992	\$790,000
529 Salem Heights Dr	2001	\$1,300,000	720 Mulkerrin Ct	2020	\$781,000
721 Parkview Drive	2002	\$1,275,000	108 Tanglewood Drive	2004	\$775,000
Lot 1 Silver Pines	2021	\$1,234,000	104 Minnock Dr	2018	\$775,000
109 Summer Place	2014	\$1,025,000	656 Shortline Court	2020	\$774,600
214 Murrin Ct	2015	\$1,025,000	2015 Cherry Rd	2020	\$760,000
3655 Sandy Hill Rd	2002	\$1,000,000	106 Tanglewood Drive	2003	\$750,000
123 Lyndhurst Circle	1997	\$984,000	728 Franklin Rd	2002	\$750,000
624 Tullamore Trail	2018	\$975,000	1050 South Lake Dr	2005	\$738,000
108 W Wild Cherry Dr	2001	\$883,600	112 Redbud Court	2012	\$735,000
420 Wynstone Dr	2014	\$875,000	309 Honeybee Dr	2005	\$699,900
3241 Wexford Rd	1881	\$871,063	301 Pearce Mill Rd	1976	\$685,000
204 Summit	1994	\$842,000	311 Honeybee Dr	2007	\$682,000
2018 Condor Ln	2005	\$841,000	1044 Tierra Vista Dr	2003	\$680,000
331 Macintosh Dr.	2008	\$840,000	659 Shortline Court	2020	\$650,358
2031 Condor Ln	2005	\$830,000	3064 White Pine Dr	1998	\$650,000



**Put my award-winning team to work for you.**

**Call us at (412) 847-2697.**

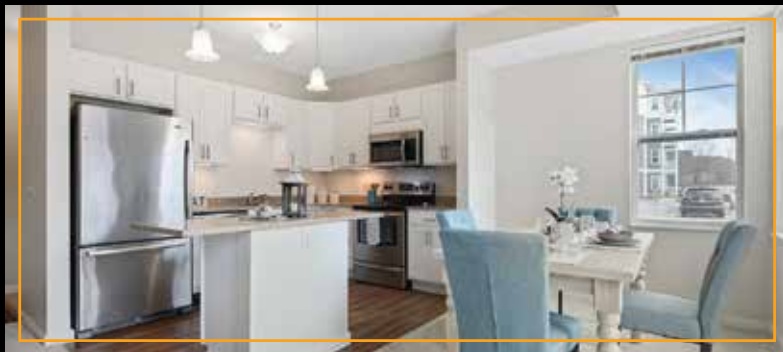
- Home Evaluations
- Professional Staging
- Home Improvement Analysis
- Buyer Consultations
- Pre-Approvals
- Neighborhood Tours



THE  
HONEYWILL  
TEAM

Office: (412) 847-2697 | Direct: (412) 736-0112  
Linda@HoneywillTeam.com | NorthofPittsburgh.com





## Carefree Independent Living

*Enjoy the convenience & flexibility of living independently.*



**VARIETY OF ENGAGING ACTIVE LIFE PROGRAMS**  
**RESTAURANT & CAFÉ | PET FRIENDLY | SALON & BARBER**  
**EASY ACCESS TO CONVENIENT LOCATIONS**  
**SHUFFLEBOARD | POOL TABLE | THEATRE & MUCH MORE!**

*Friends & family always welcome to visit and participate in events.*

**{ Contact Alaina To Schedule a Tour Today! }**  
**{ 724-759-2365 | ARIDDLE@THEWATERS.COM }**



**THE WATERS**  
OF WEXFORD™

Scan our QR code to learn more about The Waters of Wexford.

210 FOWLER ROAD, WARRENDALE, PA 15086 | **THEWATERS.COM**