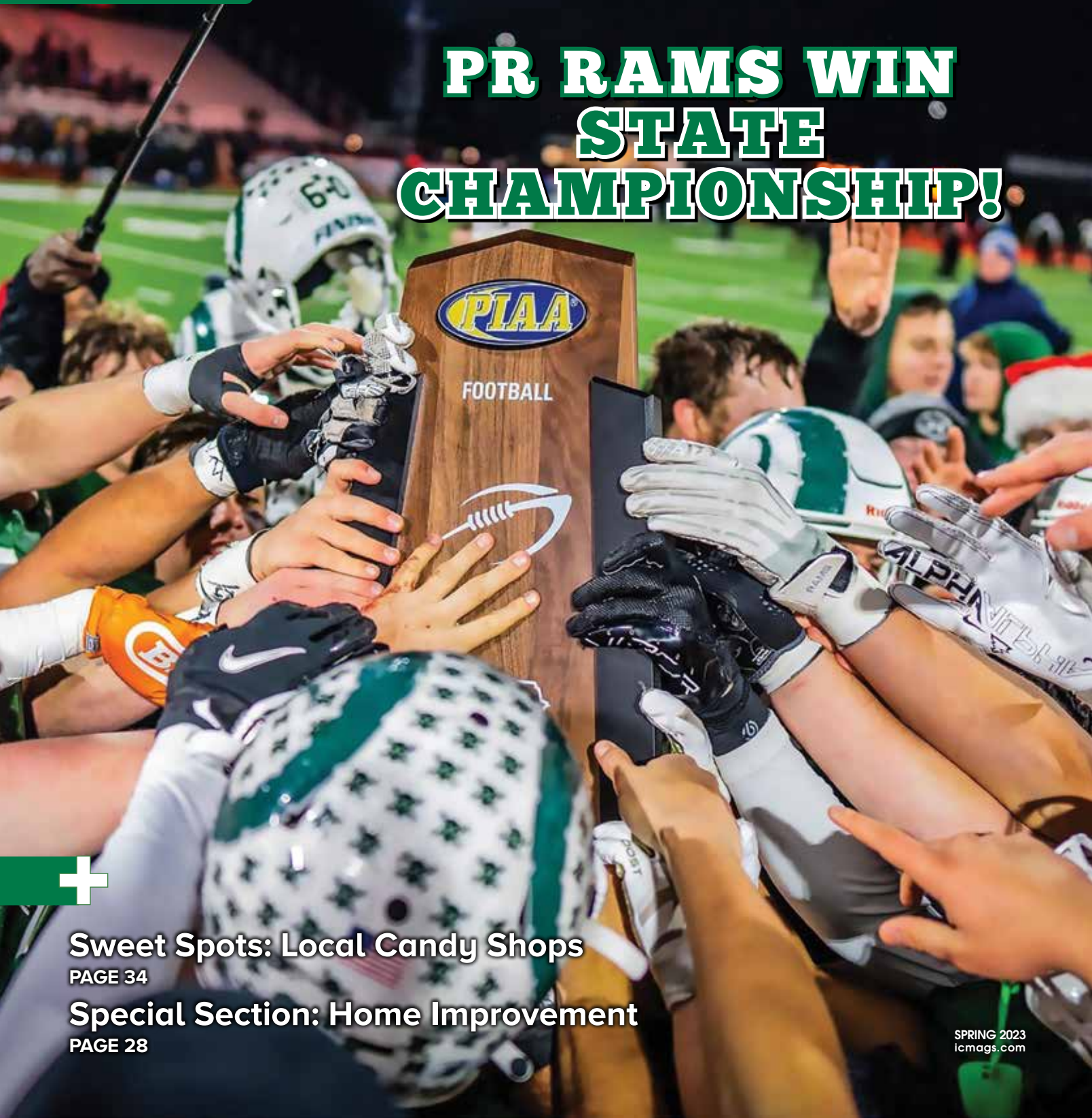


IN

An IN Community Magazine

Pine-Richland

PR RAMS WIN STATE CHAMPIONSHIP!



Sweet Spots: Local Candy Shops

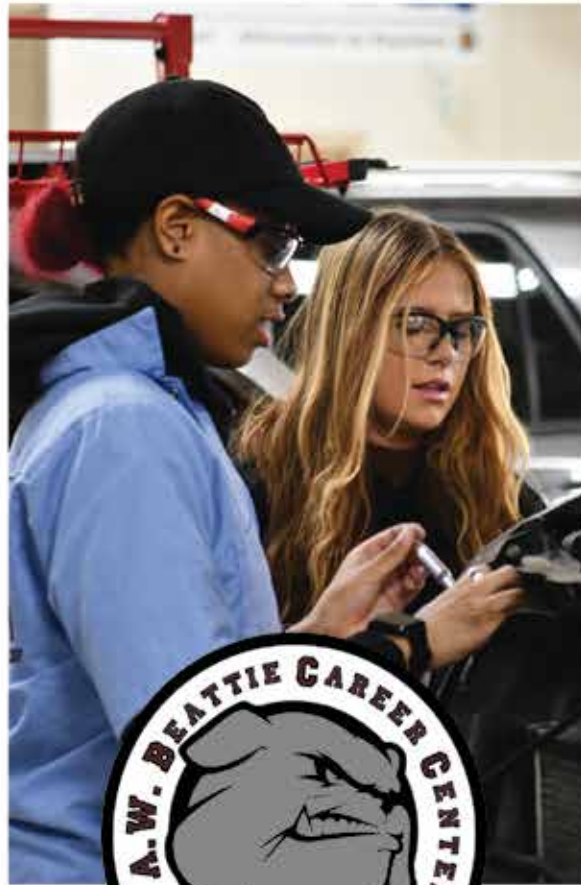
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Special Section: Home Improvement

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SPRING 2023
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Welcome to the spring issue of IN Pine-Richland magazine.

Spring is a time for fresh ideas, new beginnings and home remodeling. Don't miss our Home Improvement Guide for great tips on outdoor and indoor renovations. We have advice to help guide you on kitchen and bath updates, additions, and whole-house remodels as well as landscaping, decks, and interior design.

Another great way to usher in the changing season is springtime sweets! Bright and cheerful stores can make you feel "like a kid in a candy shop" once again! Check out "Sweet Spots" in this issue for a list of our favorite candy stores that offer the most decadent, creative confections—right in your own backyard.

As the weather warms up, we list dozens of fresh ideas to help you swing into spring. From food festivals and art exhibits to flower shows and strawberry festivals, there's something for everyone!

Here's to a fresh start in 2023!

Wayne C. Dollard

Wayne C. Dollard

SEND US YOUR PHOTOS!



*Ollie, mini goldendoodle, isn't too thrilled with the first snow in Village at Pine!
Photo by
Kristen Handy.*

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.

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

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MENDELSSOHN CHOIR OF PITTSBURGH'S MUSIC DIRECTOR TO STEP DOWN

After seven seasons, Robert Page Music Director Matthew Mehaffey will end his tenure with the 2022-23 season.

The Mendelssohn Choir of Pittsburgh (MCP) has announced that Matthew Mehaffey, the choir's music director, will be leaving at the end of the 2022-23 season. During his seven seasons with the choir, Mehaffey expanded its reach through compelling storytelling, unconventional collaborations and impactful community partnerships.

At 115 years in operation, MCP's approximately 130 participants are everyday community members from diverse backgrounds and professions who give generously of their time and vocal talent to create deeply moving moments of musical discovery for Pittsburgh audiences.

Mehaffey, a native Pittsburgher, became MCP's music director in 2016. During his time with the choir, he has engaged singers and audiences in dramatic choral storytelling, such as the retelling of the story of Anne Frank in "Annelies" and the Underground Railroad in "Let My People Go." He has also challenged the organization to explore new forms of relevancy by working with composers such as Steven Hackman and Stewart Copeland to bring their visions to life on the stages of rock venues.

These types of performances gave MCP greater visibility beyond its traditional classical music base and built a reputation of innovative risk-taking for the centenarian organization. By embracing partnerships with a wide range of arts and civic organizations—from City of Asylum to VocalEssence of Minnesota, and from Mr. Smalls to Ebenezer Baptist Church—Mehaffey sought to introduce choral music to new audiences.

At the same time, he continued to cultivate the standard of excellence for which MCP is known, particularly in its performances with the Pittsburgh Symphony Orchestra, including a Grammy-nominated recording of Beethoven's Ninth Symphony.

"My work with the Mendelssohn Choir has been one of the great joys of my personal and professional life," said Mehaffey. "As a Pittsburgh native, I'm delighted to have had the chance to come back to my hometown and create music here. It's been a dream come true. The singers, the members of our board, our partners at the Pittsburgh Symphony Orchestra—they are the best of the best. It's been an honor to collaborate with them."

Mehaffey is stepping down to assume the role of director of choral activities at the University of Minnesota. There he will lead a comprehensive program of six choirs and a studio of graduate students pursuing master's and doctoral degrees in conducting.

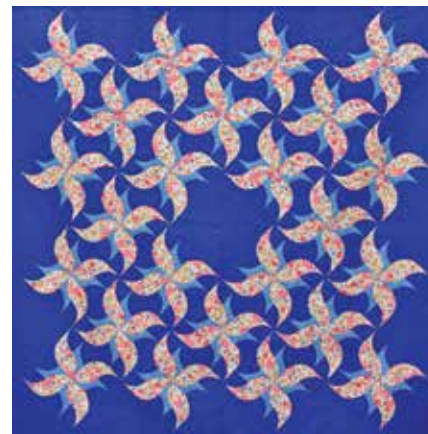
Mehaffey's last performance with MCP will be "The Notebooks of Leonardo DaVinci" on May 20, by his friend and composer, Jocelyn Hagen, which will take place at the Greater Pittsburgh Masonic Center.

"It has been a delight working with Matt, and he will be missed greatly by all of us—from singers to audience members," said Mary Ann Lapinski, executive director of MCP. "Matt's desire to push MCP into new 'spaces' both literally and metaphorically, and have choral music viewed as a compelling entertainment choice by a wider range of prospective audience members, will be part of his enduring legacy. As

for what's next for MCP, the board, search committee and I are embracing the search for his successor with a sense of openness and excitement."

A national search has been launched, with the goal of announcing the new music director in May and continuing the great momentum Mehaffey has set in motion.

"Matt has been an absolute pleasure to work with," said Guy Leonard, chair of MCP's board of directors. "He's talented, creative, and has a real gift for thinking outside the box and expanding the choir's musical boundaries. By giving our singers an innovative range of music to perform, he fully tapped into their talent and empowered them to exceed even their own expectations. He brought out their very best, and he did so in a way that was encouraging and supportive."



ENTRIES FOR THE 38TH ANNUAL THREE RIVERS QUILT SHOW DUE FEB. 21

Entries are being accepted for the 38th Annual Three Rivers Quilt Show to be held March 30 through April 1. The deadline for entries is Feb. 21.

This year's theme is a traditional quilt block known as Drunkard's Path, named as such for the curved piecing that resembles the staggering path of an inebriated person.

There are several theories about this block, which originated in England and was known as Mill Wheel, Wanderer in the Wilderness and Rob Peter to Pay

Paul. Stories say that the Women's Christian Temperance Union, formed in 1874, made quilts with this block, renaming it Drunkard's Path to help raise money for its cause.

The block has several common names today including Solomon's Path and Old Maid's Puzzle. It is a challenging block with curved piecing, but most quilters can master it with a little practice.

Along with the theme category, quilts will be shown in 11 different categories and all categories have cash prizes. More than 130 quilts will be on display, along with demonstrations; quilt and fiber vendors; a large, stunning Raffle Quilt made by guild members; Dream Basket raffles; and Granny's Attic, a rummage sale filled with bargains for sewists and quilters.

Admission to the show is \$10 and it will be held at Hollywood Casino at the Meadows in Washington, PA. The show opens daily at 10 a.m. Discounted admission rates are available for groups of 10 or more. For information, email threeiversquiltshow@gmail.com or call Jan B. at 412.833.5942. For details, go to the website at threeiversquilters.org/quiltshow.html.

Three Rivers Quilters, Inc., is a nonprofit organization dedicated to sharing information and developing skills in quilting and textile arts, and encouraging interest in these arts throughout the community. Members donated more than 180 quilts to charity last year. ■

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Cory Hughes, Co-Owner, Fig & Ash

Fig & Ash

514 East Ohio Street, Pittsburgh (North Side); 412.321.2222, figandashpgh.com

On the Menu:

A locally inspired and seasonally focused restaurant, Fig & Ash offers small and large plates. Small dishes include a Lacinato Kale Salad with cured carrot, orange and ginger vinaigrette, apple and pepitas; Pork Belly with red pepper miso, bok choy and pickled pepper relish; Heirloom Carrots with honey whipped ricotta, Marcona almonds and sage brown butter; Oishii Shrimp with tabbouleh, smoked mint yogurt and za'atar; and Brussels Sprouts with smoked onion purée, pickled red onion, cranberry mustard vinaigrette and parmesan. Large dishes range from Delicata Squash Curry featuring potato, house-made curry, coconut milk, chickpea and basmati rice; and Ora King Salmon featuring oven-roasted tomato, Swiss chard, chickpeas and grilled lemon; to Pappardelle featuring mushroom Bolognese, confit leek and parsnip; and a Short Rib & Pork Belly Meatloaf featuring baby carrot, cauliflower mash, sugar snap pea and horseradish crème fraîche. The finishing elements include libations from

the bar with after-dinner drinks, mocktails, draft beer and wine, and sweet treats such as an Oatmeal Cream Pie (an oatmeal cookie with buttercream frosting), a Cast Iron Kahlua Fudge Brownie, Millie's Vanilla Ice Cream, and a Lemon Pound Cake.



What led you to becoming a chef?

I started working in the restaurant industry in 1994 when I was 14 years old, as a dishwasher. By the time I was 16, I worked my way up to an apprentice chef at La Fourchette in Philadelphia—my hometown. During my junior and senior years, I would leave school at noon every day to go to work while I earned class credit. I grew up in the suburbs and would take the train every day while I worked my way up. One of my most memorable experiences was when I made a honey herb chicken dish for a staff meal. I used all of our cast iron skillets and destroyed them all one hour before service. That was way back when chefs could be mean to you. Eventually, the Food Network reached out to me and I was going to be on Guy Fieri's TV show as a judge and compete against Bobby Flay. I can't imagine doing that today... putting in 16-hour days while being filmed. It's a younger guy's game.

Explain your path to becoming co-owner.

I was working as the chef at Six Penn Kitchen downtown, and the position for chef at Google in Bakery Square opened up. The opportunity to work at Google was good for me and my family because it meant the hours were more traditional and I could be home on nights and weekends. So, I left Six Penn to take over the Google account. I was at Google for two years when I let the management team at Parkhurst Dining (the account holder for Google [and the Pittsburgh Steelers]) that I was leaving to pursue opening my own restaurant. Until I officially opened, Parkhurst kept me employed as the special events director, northeast division, which included being chef at the Steelers' training camps at St. Vincent College.

Working as the chef at Google and for the Steelers was a fantastic job, however when my brother-in-law, Alex Feltovich, was looking at a property to open a pizza shop, he asked me to join him. He found our building, but the owner didn't want to put in a pizza shop. So, in January 2017 we created Fig & Ash, sat



Cory Hughes, co-owner of Fig & Ash.

down with the building owner and thought we would be up and running in 2018. However, the North Side's Deutschtown neighborhood is an historic district along the East Ohio corridor and we had a lot of paperwork and permits to complete with the City of Pittsburgh before moving forward. It wasn't until September 2020 that we finally opened. The restaurant is modern and the layout includes a kitchen, bar, dining room and a courtyard equipped for year-round dining.

What is your favorite dish at Fig & Ash?

The heirloom carrots are really good. We serve them with honey whipped ricotta, Marcona almond and sage brown butter. It's one of the last dishes I had any influence on, since I haven't cooked anything for about a year now. We have a talented group here, which includes Chris Shuplock (executive chef), Jennifer Walsh (chef de cuisine) and Rachel Sinagra (general manager).

What is your favorite go-to ingredient?

Butter makes everything better. Most of the butter we buy comes from Turner's Farm in Penn Hills.

What kitchen tool can't you live without?

For cooking—I can't live without an offset spatula. It's the best tool because you can flip a fish or ice a cake with it. Mostly, I couldn't do any of this without our team. I live by the mantra that staff is family.

What's the next big food or dining trend?

We're seeing an end to fine dining and an increase in casual dining, with most people wanting quick, accessible comfort food without reservations. A place like Moonlit Burgers is not a flash in the pan—it's casual comfort food that will last for years. ■

—Reese Randall



A large plate of Short Rib & Pork Belly Meatloaf featuring cauliflower mash, baby carrot and sugar snap pea with a horseradish crème fraîche.

Smart Moves For Investors After a Down 2022



Many investors were glad to see the end of 2022. But what's ahead this year? And what moves can you make in response to last year's results?

To begin with, here's what happened: 2022 was the worst year for the financial markets since 2008, with the Dow Jones Industrial Average dropping nearly 9%, the S&P 500 losing more than 19% and the technology-heavy Nasdaq falling 33%. Several factors contributed to these results, including the moves by the Federal Reserve to aggressively hike interest rates to combat inflation, the Russia-Ukraine war, recession fears and increased concern over COVID-19 cases in China.

However, 2023 may be different. Many experts believe that inflation may moderate considerably, especially during the second half of the year. If that happens, the Fed may well pause its interest rate hikes and perhaps even consider cutting rates — a move that is often positive for the financial markets. Also, if a recession emerges, but it's relatively short and mild, as expected, the rebounding economy may be favorable for the investment outlook.

Regardless of what transpires this year, though, you can help move toward your financial goals by following some basic steps that make sense in all investment environments. Here are a few to consider:

- **Focus on the long term.** It can be disconcerting to look at investment statements containing negative results, as was the case for many people throughout 2022. But it's important to view a single year's outcome in the larger context — and historically, the stock market has had many more positive years than negative ones, though, of course, past performance is not a guarantee of what will happen in the future. In any case, it's generally not a good idea

to overreact to short-term downturns and make moves that could work against your long-term strategy.

- **Keep adequate cash in your portfolio.** The value of your investments may have gone down in 2022 — but you didn't really sustain any actual losses unless you sold those investments for less than what you paid for them. To avoid having to sell investments to supplement your income or to pay for unforeseen costs, such as a major home or car repair, try to build the "cash" portion of your portfolio, so it covers a few months' worth of living expenses. When you're retired, and it becomes even more imperative to avoid selling investments when their price is down, you may need an even bigger pool of available cash.

- **Look for opportunities.** Although 2022 was certainly a down year for the financial markets, some developments have presented new opportunities for investors. For one thing, the contribution limits have increased for IRAs, 401(k)s, and Health Savings Accounts (HSAs), all of which are pegged to inflation. Also, with interest rates considerably higher than they were a year ago, fixed-income investments may offer more income and provide added stability in portfolios during times of economic weakness.

When you've been investing for a long time, you will experience down years in the market, such as the one in 2022. These years are an inevitable part of the investment process. But since you can't control what happens in the financial markets, you need to concentrate on what you can control — and that may be a lot more than you think.

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

Edward Jones, Member SIPC



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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 and its financial advisors do not provide tax advice.

Edward Jones
MAKING SENSE OF INVESTING



THE BIG Switch

The Pine-Richland football team makes a gutsy move in the middle of the season that pays off with a state championship. BY PAMELA PALONGUE

The Rams forged a triumphant end to the season, beating Imhotep Charter to win the PIAA SA Championship for the third time in six years. At the beginning of the season, however, no one could have predicted that it would end so well.

The team was down two quarterbacks with injuries to junior Kanan Huffman and sophomore Vaughn Spencer. After three losses in four games, the coaching staff made the decision to move Ryan Palmieri to quarterback. An incredibly versatile player, Palmieri was already a running back

and playing at strong safety when he was asked to take on the leadership role.

"He had played some as quarterback in the youth leagues and he was our backup QB last year," explains head coach Jon LeDonne. "A lot of the players on the team were just waiting for him to be moved into that position. He's just a natural born leader."

The Rams already had all the right players with the right attitude to deliver a winning season, and Palmieri at quarterback turned out to be the missing ingredient.

"They all just cared about the team's success more than their own personal success," says LeDonne. "We had receivers who were All-Conference and All-State who were used to getting 50

passes a season, and that number was cut in half for them. But they never complained about it; they just focused on the team's goals."

Although Palmieri may not have passed as much as previous quarterbacks, when he did he was dangerously accurate, with a 70% success rate and 10 touchdowns. He was named Pittsburgh Post-Gazette Player of the Year for his efforts. Palmieri was also named to the Inaugural Steelers All-Peer Team for his leadership on and off the field.

The chemistry between the players was there all along. "There was a just a general brotherhood that the group had," says LeDonne. "Their [the seniors'] sophomore year was the COVID year. They didn't get to practice with the varsity program. But they just had the perseverance to stick with it... They never questioned what we were trying to do this season."

LeDonne credits Isaiah Kerns as a "mental and emotional leader of the team" who also contributed greatly as an offensive lineman. Despite a slow start recovering from a knee injury last year, he finished strong, and according to LeDonne, "left it all on the field."

An integral part of the team is the leadership of Jon LeDonne, who began coaching at Pine-Richland in February of 2022. Athletic Director Joe Girona says, "His welcoming approach and desire to prepare our young men has been on display from the moment he stepped into the head coach role."

This is LeDonne's second state championship, the first being in 2018 at the helm of the Penn Hills football team. It truly says something about his abilities when he's had success with two different programs. He was chosen as Steelers Coach of the Year 2022, and is the team's nominee for Don Shula High School Coach of the Year, a national award. LeDonne and the entire team were honored at the Steelers-Browns game for their accomplishments this year.

LeDonne is personally grateful for the opportunity to coach close to home, having children in the Pine-Richland school system: "We've been here for over 10 years. It's really been great being able to invest in the community where we live."

He's also very invested in the character building of the young men he coaches as well as their athletic accomplishments.

"We're proud of what we accomplished on the field, but we're especially proud of the amount of community outreach and volunteering that we participated in as a team," says LeDonne. The players readily signed up for helping with Easter and Thanksgiving baskets, a Best Buddies event at the high school for kids with special needs, and a toy drive for Children's Hospital among other projects.

Congrats to the Pine-Richland Rams, true champions on and off the field. ■



PHOTOS BY GAMEON PHOTOGRAPHY



Spring THINGS

Shed your winter coat and get started on this list of fun ways to enjoy the NEW SEASON!

BY DEBBIE MOUNTAIN

FAIRS, FESTIVALS AND OTHER EVENTS

Brewhaha

When: March 25

Where: Mayernik Center at Avonworth Community Park, 498 Camp Horne Road, Kilbuck Township

For more info: hollowoak.org

Hollow Oak Land Trust will host the 7th Annual Brewhaha, which will feature 10 of Pittsburgh's finest craft breweries along with a five-course pairings menu by Chef Chaz Smith.

Cavanaugh's Cranberry Bridal Show

When: Feb. 19

Where: DoubleTree by Hilton Cranberry, 910 Sheraton Drive, Mars

For more info: lovestartshere.com

With one-stop shopping for brides-to-be, this show gives attendees the chance to browse all types of wedding vendors including venues, gowns, cakes and more.

Cranfest

When: May 6

Where: Cranberry Township Municipal Center, 2525 Rochester Road, Cranberry Township

For more info: cranberrydiversity.org

Join the Cranberry Area Diversity Network for the 2023 Cranfest, a

celebration of diversity. This popular event brings together residents of all backgrounds and cultures for an evening filled with dancing, food, music, and fun.

Mars New Year Blast Off Dinner

When: Feb. 23

Where: Steamfitters Event Center, 232 Wise Road, Harmony

For more info: eventbrite.com

This event offers dinner, drinks, fellowship and keynote speaker Tara Ruttley, who has spent her career at NASA in human exploration. She is also a neuroscientist.

Millvale Music Fest

When: May 19 & 20

Where: Various locations in Millvale

For more info: millvalemusic.org

Rated Best Music Fest of 2022 in a City Paper Best of Pittsburgh readers poll, this community-organized event supports and showcases local music, art and entertainment.

Northland Garden Gala

When: April 22

Where: Northland Public Library, 300 Cumberland Road, McCandless

For more info: northlandlibrary.org

The Northland Garden Gala offers guests dozens of delicious items from local

restaurants and caterers as well as many spirits, wines, beers and non-alcoholic beverages. There will be entertainment, lots to bid on in the silent auction and much more.

LIVE PERFORMANCES

Butler Symphony Orchestra: The Golden Age of Hollywood

When: April 8

Where: Butler Intermediate High School, 551 Fairground Road, Butler

For more info: butlersymphony.org

The BCSO celebrates the iconic composers who shaped Hollywood's Golden Age. Musical selections include Academy Award-winning classics "Lawrence of Arabia," "Captain Blood," "High Noon," "Gone with the Wind," "Vertigo," "Ben Hur" and much more.

Classical Indian Music Concert

When: April 16

Where: The Hillman Center for Performing Arts, Shady Side Academy, 423 Fox Chapel Road, Fox Chapel

For more info: thehillman.org

The Hillman Center for Performing Arts presents a classical Indian music concert.



'Godspell' at The Strand

When: March 31 through April 8

Where: 119 North Main Street, Zelienople

For more info: thestrandtheater.org

"Godspell," a beloved musical based on the Gospel of St. Matthew, was the first major musical from the three-time Grammy and Academy Award winner Stephen Schwartz. Enjoy the music and the story in the intimate setting of The Strand Theater.

Soul of America: A Tribute to Aretha Franklin

When: March 25

Where: The Legacy Theater,

Cumberland Woods Village,

700 Cumberland Woods Drive, Allison Park

For more info: thelegacylineup.com

Soul of America pays tribute to Aretha Franklin. Listen or sing-along to all of your favorite hits by the Queen of Soul.

Sweetwater Center for the Arts Presents 'Folk February'

When: Every Friday evening in February

Where: 200 Broad Street, Sewickley

For more info: sweetwaterartcenter.org

Sweetwater Center for the Arts will host a concert in the Community Room each Friday evening in February featuring local folk talent and a different Big Spring Spirits cocktail each week.

The Celtic Tenors at The Strand

When: March 6-8

Where: 119 North Main Street, Zelienople

For more info: thestrandtheater.org

Ireland's most successful classical crossover group returns for three days. The Celtic Tenors have been one of the most popular acts to grace The Strand's stage.

'Thespiis' Presented by the Pittsburgh Savoyards

When: April 28 through May 7

Where: Greater Pittsburgh Masonic Center,

3579 Masonic Way, Ross Township

For more info: pittsburghsavoyards.org

This community-based theater company closes its 85th season with a Pittsburgh premiere of Gilbert and Sullivan's very first operetta, "Thespiis."

SPRING INSPIRATION

An Evening with Local Author Dr. Bruce Kelly

When: March 1

Where: Northern Tier Library,

4015 Dickey Road, Gibsonia

For more info: northerntierlibrary.org

Dr. Bruce R. Kelly, author of "The Uphill River," will share stories from a memoir of his time growing up in Creighton and his 33-year career as a physician.

North Hills Home Show

When: March 31 through April 2

Where: North Park Sports Complex,

2318 Wildwood Road, Gibsonia

For more info: northhillshomeshow.com

Explore more than 150 exhibits, attend seminars and demonstrations, and meet local pros close to home. There will also be a hot tub factory outlet store plus a jewelry, home decor and gem sale.

Spring Mighty Moraine Man 2023

When: May 20 & 21

Where: Moraine State Park,

225 Pleasant Valley Road, Portersville

For more info: getfitfamilies.com

The Spring Mighty Moraine Man provides opportunities for all levels and ages of athletes to enjoy a multi-sport race event. This is the first in this series. Each finisher receives a medal, t-shirt, and swag.

FAMILY FUN

Bike Rodeo at Kiwanis Park

When: May 13

Where: Kiwanis Park, 1 Meyer Road,

Glenshaw

For more info: shaler.org

This event is all about safety for young cyclists. There will be a bike obstacle course, bike and helmet inspections, and instruction about the rules of the road. Bring your bike and join in the fun.

Depreciation Lands Museum Opening Day

When: May 7

Where: 4743 South Pioneer Road,

Allison Park

For more info: dlmuseum.org

A fun family adventure awaits you this spring. Every Sunday, friendly interpreters are available to lead you through a tour of the village. This colonial-era living history museum brings the settlers' world to life.

Continued on next page >



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Where: 185 Airport Road, Butler

For more info: visitbutlercounty.com

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SPRING IN THE 'BURGH

American Trailblazer by Pittsburgh Philharmonic

When: May 13

Where: Greater Pittsburgh Masonic Center, 3579 Masonic Way, Ross Township

For more info: pgphil.org

The Young Soloists competition winner will be featured along with George Walker's "Lyric for Strings," Stravinsky's Firebird Suite, and the Pittsburgh premiere of Florence Price's Symphony No. 3.

Dick's Sporting Goods Pittsburgh Marathon Weekend

When: May 6 & 7

For more info: thepittsburghmarathon.com

More than 40,000 people of all ages and abilities participate in the Marathon, Half Marathon, Marathon Relay, 5K, Kids Marathon, Toddler Trot and Pet Walk.

Phipps Spring Flower Show: Five Senses of Splendor

When: March 18 through April 16

Where: Phipps Conservatory and Botanical Gardens, 1 Schenley Drive, Pittsburgh (Oakland)

For more info: phipps.conservatory.org

This annual flower show is always just what flower enthusiasts need after a long cold winter. Tens of thousands of spring blooms including lilies, amaryllis, petunias, daffodils, tulips, and hyacinths make up a sea of blue, yellow, pink, and more. All of your senses will be awakened as you smell the fragrant springtime flowers, feel the unique plant textures around the grand fountain, and hear the colorful chime canopies.

Pittsburgh Home and Garden Show

When: March 3-12

Where: David L. Lawrence Convention Center, 1000 Fort Duquesne Boulevard, Downtown Pittsburgh

For more info: pgghome.com

This show has something for everyone. You will find all the latest ideas and products for your home at the Dream Home Innovation Center. The Kitchen Idea Center is the place to visit if you are considering a kitchen makeover. All green thumbs, from beginner to master gardeners, will find the help and advice they need at the Garden Resource Center. There will also be exhibits focusing on construction, remodeling, home interiors and much more. ■

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PROVIDENCE HEIGHTS ALPHA SCHOOL: Providing an Academic Edge and Developing Students' Potential

By Dina & Peter Muth

When we look back at our daughters' experience at Providence Heights Alpha School, in short, my husband and I feel it was the best investment we've ever made. If asked whether we would make this same decision today, our response would be a resounding "Yes!"

Why, you ask? Academically, Alpha School provides an advanced curriculum coupled with critical thinking assessment activities that increase over time, allowing students to develop highly effective study and organizational skills. This supportive framework, along with a dedicated and talented group of teachers, fosters a love of learning and a positive attitude toward academic achievement. In other words, at Alpha, it is cool to get good grades.

The foundation built at Providence Heights Alpha School made for a smooth transition to high school coursework. Excelling at the high school level seemed to be a universal theme with Alpha graduates, particularly in the areas of science, math, and language arts. It was often that we'd hear from parents from other schools and their high school teachers that the "Alpha kids" had an edge.

Outside of the strong STEM curriculum, Alpha School provides opportunities to participate in a broad array of activities, such as musical theater, basketball, volleyball, soccer, and chess club, just to name a few. The differential factor at Alpha is its small size and that nearly every student is involved in some sort of extracurricular or sports activity. Often, through the encouragement of classmates, students become more confident trying something outside of their comfort zone. Our oldest daughter was a timid athlete to start; however, through her years at Alpha, nurturing parent volunteers coached her so well that she played basketball through high school and eventually at the Division III college level.

While Providence Heights Alpha School is a Catholic school that promotes spiritual growth, there is a welcoming policy open to students of all backgrounds. This creates a diverse student body. Strong values are woven into every facet of the school day, from morning prayer, to respectful and considerate interactions in the classroom, to how the middle school students mentor the younger students in the school's popular Buddy Program.

Last, but certainly not least, are the lifelong friendships that are formed by not only the students, but also the parents. Almost eight years later, my husband and I are fortunate enough to be in touch with Alpha families and keep tabs on their adorable kids who we watched grow up. It is truly a family.



Providence Heights Alpha School is an independent, private, Catholic school located in the North Hills area of Pittsburgh. Founded and sponsored by the Sisters of Divine Providence in 1926, Alpha School provides an exceptional education to children in PreK (4 years old) through eighth grade. Alpha School is open to families of all faiths.

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The Importance of Being Mobile

Dr. Gregory Habib often discusses why freedom of movement is so important in restoring lifestyle.

Dr. Habib sees a wide range of patients from young kids to collegiate athletes to mature patients. Despite their varied demographics, they all have one thing in common: they want to return to their active schedule and start enjoying life again. "I believe in getting people back to their lifestyle. It's not about what we can't do, it's about what we can do. I want to maximize function," he says.

The science-based solutions can range from a wide array of non-surgical options to cutting-edge technologies such as the Maci procedure. In this innovative treatment, an individual's own cartilage cells are harvested and then transported to a lab, where the cells are cultivated into an entire sheet of cartilage. The newly formed cartilage is then implanted into the patient's joint arthroscopically.

Habib is one of the few surgeons in southwestern Pennsylvania performing this groundbreaking technique. This allows patients to utilize their own connective tissue, rather than synthetic or cadaver cartilage.

Not all treatments involve surgery or invasive therapies, however. "We don't rush everyone to the operating room," says Habib. "We will go through the conservative options first. They may be able to be treated with physical rehab, medication, and injections—which include lubricants, platelet-rich plasma (PRP) and bone marrow aspirate injections."

Although musculoskeletal complaints such as hip or knee pain may not seem like a grave concern, a lack of mobility can have a domino effect by limiting a person's ability to exercise, leading to weight gain and eventual cardiovascular problems, born of a sedentary lifestyle.

Habib sees the positive changes that effective treatment can have on someone's life. He was once himself sidelined by a sports injury as a college athlete. The realization that a career in sports wasn't happening left him a bit lost. A counselor at Pitt suggested that he consider a career in medicine. He was then privileged to witness an operation to reconstruct a patient's pelvis.

"I was overwhelmed to see how this person was able to have their mobility restored through surgery," he recalls. "It was fascinating, and I thought, 'This is better than football!' It was fate. From that moment on, I was determined to become an orthopedic surgeon—no matter what, or how hard it was, I was going to make it happen."



Habib has built a practice on getting people back to enjoying doing the things they want to do: "We're a service-oriented organization. The hallmark of our practice is attention to patient care. I want every patient to be comfortable, and never to feel intimidated."

His inspiration for this approach arose from an early experience as a young medical student. He was waiting in the operating room lounge to observe a surgery. After waiting

more than an hour with no surgery happening, he was feeling a bit frustrated and decided to leave. But then an older gentleman came in and engaged him in conversation.

"He asked me who I was and why I was there," explains Habib. "He asked why a career in medicine was important to me. He made me feel comfortable and at ease. As it turned out, he was the world-renowned Dr. Thomas Starzl, the first surgeon to ever perform a liver transplant. I always want my patients to feel comfortable and to know they're important and that their problems matter."

Dr. Habib also sees a lot of patients with work-related injuries. He works independently, rather than being contracted by insurance companies, which translates to treatment that's truly patient-focused.

He adds, "My father always said, 'Do what you love.' I'm blessed to be doing a job that I love."

For more information on Dr. Gregory Habib and Sports Medicine & Joint Replacement Specialists, visit the website at smjrscorp.com. There are locations in Pittsburgh, Warrendale and Greensburg. Dr. Habib participates in all insurance networks and treats all musculoskeletal complaints of the body.



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SPORTS MEDICINE & JOINT REPLACEMENT

S P E C I A L I S T S

Home & Garden Renovation Guide

Spring 2023



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

Ever feel like the grass is always greener someplace else? If your family is growing or you are a recent empty nester, a new home may be in your future. But others' grass might not actually be greener—the real problem may just be that your grass needs some TLC.

Your home is most likely the largest investment you'll ever make. It's the place where you make most of your 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.

Whether you're ready for a new home or to revamp your current residence to better fit your lifestyle, the options are endless. Be sure to do your research to make the most of your next move.



A Few Key Upgrades That Can Really Pay Off

Pittsburgh is considered one of the most affordable U.S. metro areas to buy a home, according to the National Association of Home Builders/Wells Fargo Housing Opportunity Index. In addition, millennials—falling in the prime first-time homebuying age of mid-20s to late 30s—are the largest generation in America and looking to make their next move with growing families. If you're planning to sell your home now or in the not-too-distant future, you might want to check out the following upgrades that can help make your house more attractive to potential buyers.

Adding Square Footage or the Appearance of More Space

Many companies are offering remote work opportunities, reaffirming the need for a home office—a room that often went unused prior to 2020. But adding square footage of any kind is looked at as an upgrade. There may be unused or misused space just under your nose!

- Create home office space. A dedicated space for working could prove valuable for any number of buyers. Whether it's a family with a parent(s) working from home, or a family with kids who could use the space for virtual learning, the area could be used in a variety of different ways. A home office could also be used for hobbies. This versatile room gives buyers space for their specific needs.
- Spruce up or add outdoor entertaining space. A 2022 study showed that the percentage of homes with patio space rose to 63%, proving that an outdoor entertainment area is in high demand. Whether you have a little space or a lot, the opportunity to tidy up outside could pay off. Having your outdoor space set up to give potential buyers an idea of what could be may be a selling point.
- Finish your basement. Basement space isn't just for storage and should be taken full advantage of if you're looking to sell. Even just adding insulation, drywall, and flooring to create a finished look could interest buyers. Unfinished rooms may look like more work to potential buyers, so putting some funds toward finishing them prior to placing your home on the market may be a good investment.

Continued on next page >

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Lush Landscapes

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 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 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 is a must, and one great way to do it is incorporating 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, but also delivers superior design flexibility and aesthetic appeal to any landscape.
- **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 lasting beauty.
- **Think year-round.** One of the biggest mistakes a homeowner 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 good, visually interesting plant life in the winter, such as holly shrubs or bayberry bushes.

Home Sweet 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 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.

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 like 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 for a home office doesn't mean you can't have a dedicated workspace. Even a closet can be transformed into a workspace 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 also 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, they can create an intimate atmosphere of privacy when needed for yourself or for 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 for some helpful suggestions on choosing the right chair that will work best for you.

Dream Decks

One way 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 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 percent.



For a wood frame house, wooden, composite or PVC decks can match the trim of the home. Since wood can be painted, a wooden deck 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. Experts say there are cost differences, but PVC and composite decks require less maintenance in the long run.

The costs of materials for a deck have risen dramatically over the past few years, running anywhere between \$15 and \$35 per square foot depending on the type of material. Wooden decks are attractive, but they do require more maintenance and will have to be resealed every few years to give them maximum life. Both PVC and composite decks require significantly less work but aren't entirely hassle-free. You should be sure to power-wash your deck 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.

Homeowners are especially keen to add a fire feature 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 who don't have the space for a fireplace, fire pits or fire tables make a great feature, with some creating a beautiful flame that glows through crystal rock. Tables are available in three different heights, with a lower coffee-table height, dining table, and bar height. Homeowners also have the option of selecting wood- or gas-burning fire pits.

Kitchen in the Great Outdoors

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 to maintain a cool house. This simple idea can really help keep your home comfortable 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.

Continued on next page >

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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. Having a cover for rainy days and outdoor heating available, it can be done virtually year-round. Although just a simple oven and grill can change the way you live, a sink with running water and a 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.

Make Your Bathroom a Great Escape

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 this sound like a fantasy? Maybe not. 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. And the choices for today's bath are incredibly enticing. 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 upgraded in style and functionality. 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 putting your blow dryer neatly away and stackable storage options for all of the essentials. And while you're standing in front of that vanity, 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.



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Slate and marble tile are always elegant options for bathrooms, but one of the latest 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 can really warm 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 can offer a return on investment of more than 100 percent!

Refresh the Hub of Your Home

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. Regardless of lifestyle, you'll probably spend a significant amount of time each day in your kitchen.

Though it's a substantial investment to update a 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 percent.

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 use computer-aided design 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 decor, 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. Mosaic tiles are frequently used and can be laid in customized patterns for a uniquely personal look.

Although cherry wood cabinets are classic, white cabinets are also popular. Cherry will give your kitchen a warm feel, while white cabinets will brighten the space and have a clean appearance.

As for flooring, experts say you can't go wrong with natural stone, and travertine is still popular. 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. ■



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Aging and Elder Care

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Planning for your future is important at any age, but when you're close to retirement, you'll want to make sure you're set up for success. If you feel overwhelmed or are looking for some guidance, there are financial advisors and legal counsel who are available to assist you every step of the way, allowing you to feel comfortable and confident in your retirement.

Retirement Financial Planning

Retirement planning helps to ensure that you are set up to live comfortably during your retirement years. Every dollar you save leading up to your retirement contributes to a successful future. When preparing to live off a fixed income, it's important to establish a plan with your spouse, partner, or loved one who will share in your retirement. Knowing that your goals and dreams are aligned will make planning that much easier.

When you put some thought behind your retirement plans, you can start by asking yourself these questions:

- What age do I want to retire and where do I want to live?
- What will my lifestyle look like?
- What do my retirement incomes equal? (Social Security, 401k, IRA, pension, etc.)

The answers will provide you with a good baseline for determining what is needed for your retirement and how you can adequately prepare.

In addition to the questions above, it's essential to think about what you'll be spending in retirement. You'll want a good understanding of what your daily spending habits total, or if there are times of the year you spend more or less. As you age, you'll also want to factor in unexpected health care costs. This could include copays, out-of-pocket costs, or even dental care and assisted living costs. According to NerdWallet, you should prepare to replace approximately 70-90% of your annual pre-retirement income for retirement expenses. For example, if you make \$90,000 per year before retirement, you'll likely want to plan to

have between \$63,000 and \$81,000 in retirement. This income would be made up of both savings and Social Security payments.

Finally, you'll want to look at your housing situation.

Are you going to stay where you are? Downsize? Find a retirement community? Sell your house and move somewhere tropical? The possibilities are endless, but you should identify all your viable options and look into costs associated with each to plan accordingly.

Retirement Living

Retirement communities offer those entering retirement (or as young as 55+), and beyond, a community designed to fit the lifestyle of older adults. Homes are typically fit to satisfy smaller families of one to two people, offer single-level living or condo-style homes, and are low- or no maintenance, offering several amenities. Many people choose to sell their larger homes and downsize to a retirement community for the built-in neighborhood, making socialization easy and fun. The social interaction seniors receive from living in a retirement community provides them with a higher quality of life and even potentially reduces the risk of dementia.

When looking into a retirement community, ask friends or family who may already live there what they like about it and see if it's a lifestyle you'd like for yourself. When deciding on a specific community, think about where you'd want to live. Do you want to stay close to family or move somewhere warmer? Do you want to move close to the city or out to the suburbs? You'll also want to look at the activities and amenities offered at each community to see what piques your interest. If your faith is what grounds you, you may find a retirement community that's rooted in religion. Or if you want to maintain your active lifestyle, look for a community offering outdoor activities, yoga, or walking groups. There is something for everyone; you just have to put in the time to search for a community that suits you.

When deciding on a new home, be sure to research costs. While the price of the home may fit nicely into your price range, the extracurricular activities associated with retirement communities may have additional fees. You'll want to



know all costs up-front to make sure you're setting yourself up to maintain your quality of life.

Assisted Living

Assisted living caters to those requiring assistance with daily tasks such as bathing, getting dressed, and using the bathroom. There are still several amenities offered at assisted living facilities such as activities, on-site restaurants, and social gatherings to keep aging seniors active and entertained. Those in assisted living don't require 24-hour assistance and care, just some aid when and where they need it, so there is freedom to go about their daily activities.

There are certain requirements for assisted living facilities, so it's important to look into what the admissions process entails. Most facilities want to understand medical history and what a typical daily care plan would look like.

The decision to move parents or loved ones to an assisted living facility isn't always easy, but when they are unable to fully care for



Continued on page 30 >

Aging and Elder Care SPECIAL SECTION



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Overbrook Pointe

St. John Community Opens New Apartments: ACCEPTING APPLICATIONS

With the completion of St. John Community initiative, middle-income seniors now have an affordable, all-inclusive opportunity to live in a continuing care retirement community with all the amenities of home.

"It felt like home to me," said Mary Ackerman, who recently moved into The Residence at St. John from another community to be closer to her children and 11 grandchildren.

It has been a little more than a year since the first shovel broke ground to expand residential and personal care living options at the St. John Community. The project includes a new and modern personal care neighborhood—Edgewood Grove—built on a foundation of quality care. It also created 27 new residential living apartments—The Residence at St. John.

The Residence at St. John offers one-bedroom, independent living apartments equipped with a well-appointed kitchen, laundry, walk-in showers, and ample closet and storage



The Residence at St. John

RoseCrest Assisted Living



spaces. Other amenities include a library, lounges, fitness room and chef-prepared meals for those who choose to dine in. The Residence at St. John is located in the quaint borough of Mars, with easy access to places of worship, shopping, restaurants, banks, pharmacies and more.

"I'm starting a new phase in my life," said Ackerman. "I don't have to do housekeeping; there is no cooking, no food shopping. It's great!"

The absence of housing for middle-income seniors prompted Lutheran SeniorLife to launch a new growth initiative. "As a result of the initiative, we successfully expanded our existing housing opportunities for those seeking residential living and personal care options," said David Fenoglietto, president and CEO of Lutheran SeniorLife. "Our new apartments and supportive programs fill an unmet need

in our community."

One of the first residents to move into Edgewood Grove, personal care is 90-year-old, Alice Vogel, the grandmother of Samantha Rapuk, executive director of the St. John Community. "It's a real blessing to have my grandma so close to me," explained Rapuk. "We have such a close bond and I know she is being cared for by the best team."

The St. John Community is a continuing care community, and includes The Residence at St. John and Overbrook Pointe, residential living, Edgewood Grove, personal care, RoseCrest, assisted living with memory care, and St. John Specialty Care, skilled nursing. To schedule a tour, call 724.742.2249, or to learn more about Lutheran SeniorLife, visit lutheranseniorlife.org.

themselves, moving to a place that is able to offer the care they need is often the right choice. Making this decision may be hard, but having to care for an aging parent at home isn't always feasible.

When searching for a location for your aging loved one, it's important to consider cost. The costs associated with such close care are significant, but cover housing, transportation, housekeeping, meals, and utilities, and additional fees may be incurred for other activities or amenities. It's important to understand what all is covered. There are some options available to save on costs for assisted living such as VA benefits and certain life insurance plans, and Medicaid and Medicare could assist in paying for care.

Elder Law

Having a legal professional assist in elder law planning will set you and your loved ones up for success in later years. Elder law planning helps ensure that seniors are financially prepared for their aging care and often helps navigate the complex legalities of state and federal regulations regarding their aging care decisions. Attorneys who specialize in this type of law aid in anticipating future medical needs, financially preparing for long-term care solutions, protecting assets from Medicaid spend-down, and can assist with qualifying for long-term benefits.

When aging parents or loved ones are deemed incapable of making responsible decisions on their own, they may have a "guardian" appointed to make decisions for them, as granted by the court. This guardian will take ownership of decisions including legal, financial, and health care and can work closely with an elder law attorney to make sure the loved one is well cared for. There are also alternatives to guardianship should a person be able to make some decisions, including power of attorney, representative, conservatorship, or revocable trust. These options should be considered, if possible, as they are less restrictive to the aging individual than guardianship.

Creating a relationship with an attorney early on in your elder care can allow you to gain trust and a mutual understanding of your wishes as you age. This professional will be most apt to provide you with the knowledge you need to navigate the challenging waters of elder law.

Estate Planning

No matter your age, you should be prepared for what will happen to your assets should you die. Focusing on wills and trusts, estate planners can assist you in laying out a road map for your children, pets, home, and other assets to ensure that everything is taken care of the way you intended. Estate planning starts with a solid relationship with an attorney who understands your financial state and your wishes for how your assets should be distributed. Estate planning is typically fluid and could change often with births, deaths, marriages, divorces, and other large life events.

Estate planning can also assist you in identifying a power of attorney who could handle your affairs should you be incapacitated, and creating an advance health care directive to name someone who could make health care decisions if you're unable to do so yourself.

Younger families may choose to focus their estate planning on building a living will and naming guardians and trustees should both parents die unexpectedly, while aging adults focus more on estate planning and Medicaid issues. Whatever your circumstances, it's important to find a legal professional you can build a relationship with and trust with your future.

Setting yourself up to be financially sound could make your golden years exceedingly more enjoyable. Knowing that you and your loved ones will be well cared for makes the time and effort you put into researching and educating yourself on the ins and outs of retirement planning, elder law, and estate planning all worth it. ■



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Saturday, April 1, 6:00 PM
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Maundy Thursday
Communion Service
April 6, 7:00 PM



Good Friday
Open Prayer Time
April 7, 7:00 AM - 7:00 PM



Family Easter Celebration
April 8, 9:30 AM



Easter Services
April 8, 6:00 PM
April 9, 7:30 AM, 9:00 AM, & 11:15 AM

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Sweet SPOTS

BY MANDIE GIAMBRONI

You don't have to be a kid to love these local candy shops.

Need a sugar fix? Visit our **favorite candy stores** and feast your eyes on the most decadent, creative confections in your own backyard.

North

Anderson's Candies

Address: 1010 West State Street, Baden
Contact: andersonscandies.com or 724.869.3018

Stop by to see how the delicious candy is made and buy for someone special in your life.

Betsy Ann Chocolates

Address: 322 Perry Highway, West View
Contact: betsyann.com

Try a truffle or cordial strawberry from Betsy Ann's, an American tradition since 1938 bringing the finest specialty chocolates and candies to West View.

Boulevard Sweet Shoppe

Address: 614 Allegheny River Boulevard, Oakmont
Contact: 412.517.8696

Offers the finest gourmet fudge and chocolate candy, located in the heart of Oakmont.

Catoris Candies

Address: 981 5th Avenue, New Kensington
Contact: 724.335.4371

Catoris Candies makes and sells the finest handmade candies with the same old-world craftsmanship used in the early 1900s.

Holman Candies

Address: 538 State Street, Baden
Contact: 724.869.0680

Delicious fine chocolates to fulfill your candy needs!

JD's Popcorn

Address: 1890 Conway Wallrose Road, Freedom
Contact: 724.910.9030

Offering popcorn, nuts, and candy to satisfy any craving.

Oh, How Sweet It Is

Address: 1331 Freeport Road, Suite 100, Cheswick
Contact: 724.715.7826

Old-school candy shop brimming with retro candy favorites.

Pollak's Candies

Address: 352 Butler Street, Etna
Contact: pollakscandies.com or 412.781.1499

Family-owned since 1948, Pollak's Candies uses high-quality ingredients that make chocolate lovers come back for more. An assortment of fudge, chocolate caramel apples, and you can build your own box of chocolates from an array of flavors.

Sinful Sweets Chocolate Company

Address: 1517 7th Avenue, Beaver Falls
Contact: sinfulsweetsspgh.com or 412.709.4203

Try the gourmet edible cookie dough—an eggless dough safe to eat without having to bake it! Or try any of the other sweet treats, all handmade in Beaver Falls.

Sweet Market

Address: 348 Beaver Street, Sewickley
Contact: sweetmarketpgh.com or 412.259.8092

Owned by two Pittsburgh natives, check out the extensive selection of chocolates, retro candy, and even something sweet for those with food allergies or sensitivities.

Yetter's Candies

Address: 504 Grant Avenue, Millvale
Contact: yetters-candies.myshopify.com or 412.821.1387

Yetter's Candies is a third-generation family-owned candy maker and shop, serving up delicious seasonal candies and chocolate-covered favorites.

South

Gene & Boots Candies

Address: 2939 Pittsburgh Street, Perryopolis
Contact: 724.736.2701

Run by the third generation of family, Gene & Boots uses only the best quality ingredients for chocolate treats for any occasion.

Grandpa Joe's Candy Shop

Address: 4 West Pike Street, Canonsburg, or 695 Washington Road, Mt. Lebanon
Contact: 724.338.2666

Home to more than 250 candy bars and 100 bulk candies to satisfy any sweet tooth.

My Favorite Sweet Shoppe

Address: 1597 Washington Pike, Bridgeville
Contact: myfavoritesweetshoppe.com or 412.564.5416

The place to go for custom chocolate and sweet designs, bringing your favorites to life.



Sarris Candies

Address: 511 Adams Avenue, Canonsburg
Contact: sarriscandies.com or
724.745.4042

Check out more than 100 yards of chocolate, penny candy, ice cream, and life-like plush toys at this hometown favorite.

Sugar and Spice

Address: 5200 Clairton Boulevard, Baldwin
Contact:
sugar-and-spice51.squarespace.com or
412.882.7326

Satisfy all your candy-making needs at Sugar and Spice. And grab an ice cream cone while you are there!

TC Candy

Address: 101 Brownsville Road, Pittsburgh (Mt. Oliver)
Contact: tccandy.com or 412.488.6358

Offering high-quality and unique handmade chocolate candy.



Boulevard Sweet Shoppe

Address: 614 Allegheny River Boulevard, Oakmont
Contact: 412.517.8696

Offers the finest gourmet fudge and chocolate candy.

The Chocolate Moose

Address: 5830 Forbes Avenue, Pittsburgh (Squirrel Hill)
Contact: thechocolatemoosepgh.com or 412.422.2208

With imported and domestic chocolates and more than 250 bulk candy offerings, there is something for every taste.

Dorothy's Candies

Address: 1228 Long Run Road, White Oak
Contact: dorothyscandies.com or
412.678.2723

Swiss chocolates with a hint of vanilla give chocolate lovers a treat they come back for time and time again.

Eureka Chocolate & Gifts

Address: 735 Copeland Street, Suite 1, Shadyside
Contact: eurekagifts.com or 412.576.6591

Stop by for the finest chocolates and unique gifts for someone special in your life. Or treat yourself!

Gene & Boots Candies

Address: 522 Fallowfield Avenue, Charleroi
Contact: 724.483.8634

The third generation is still using the best quality ingredients for a variety of chocolate treats.

Luehm Candy Company

Address: 46 Buttermilk Hollow Road South, Irwin
Contact: 724.863.3890 or
luehmcandy.com

Want to surprise your guests with a sweet candy buffet? Luehm Candy Company has treats of all colors and flavors to satisfy any sweet tooth. The outstanding bulk candy selection is sold to stores all over Western PA.

Rocket Fizz

Address: 255 West Bridge Street, Homestead
Contact: rocketfizz.com or 412.461.6462

If you're in the mood for candy and soda, look no further than Rocket Fizz, with the largest selection available in one store!

S&S Candy & Cigar Company

Address: 2025 East Carson Street, Pittsburgh (South Side)
Contact: sscandycigar.com or 412.481.6577

Offering a variety of sweets from saltwater taffy to rock candy, gumballs to gummy bears.

Valos Chocolates

Address: 2009 Freeport Road, Arnold
Contact: 724.339.2261

A local favorite for specialty chocolates with decades of experience in all the "art forms" of the candy business.



Andy's Candies

Address: 9717 Old Steubenville Pike, Bulger
Contact: andyscandiespgh.com or
724.899.2953

Home of the legendary "Pecan Bar," stop by for chocolates created by hand daily from the finest ingredients.

Grandpa Joe's Candy Shop

Address: 485 3rd Street, Beaver
Contact: 724.888.2541

Home to more than 250 candy bars and 100 bulk candies to satisfy any sweet tooth.

Sweet Market

Address: 348 Beaver Street, Sewickley
Contact: sweetmarketpgh.com or
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An extensive selection of chocolates, retro candy, and even something sweet for those with food allergies or sensitivities!

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Address: 914 Beaver Grade Road, Coraopolis
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Grandpa Joe's Candy Shop

Address: 2124 Penn Avenue, Strip District
Contact: grandpajoescandyshop.com or 412.904.3623

Whether your sweet tooth needs to be satisfied with candy or ice cream, Grandpa Joe's has it all.

Mon Aimee Chocolat

Address: 2101 Penn Avenue, Strip District
Contact: monaimeechocolat.com

Located in the heart of the Strip District, enjoy delicious drinking chocolate that can be enjoyed at the store or purchased to make at home along with other premium chocolates goodies. ■



If we missed your favorite candy store, please let us know. Email editors@icmags.com and we will include it in a future issue.

What is Happening This Spring at the Library?

Northern Tier Library

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Library Hours:

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

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Bookmobile Hours:

Pine Tree Shoppes in Wexford
Friday 12:30 to 2:45 p.m.

Pine Community Center

PRHS, 700 Warrendale Road,
Gibsonia, PA 15044
724.625.5655

Hours:

Wednesday from 10:30 to 11:30 a.m.

HISTORIC STRUCTURES OF NORTH PARK

Tuesday, Feb. 21, 6 to 7 p.m.

Explore the unique historic structures that are hidden in plain sight with park ranger Deaglan McManus. Learn some interesting tidbits about North Park and find out where all these hidden gems are located.

This program is intended for adults, but all ages are welcome to attend. Registration is required.

Deaglan McManus has been a park ranger for Allegheny County since 2017 and specializes in educational programs offered to schools, libraries, and community groups. Deaglan has a strong interest in the history of the parks, facilitating programs for diverse audiences, and improving the accessibility of public natural resources, and holds a bachelor's degree in community organizing and a master's degree in public history.

AN EVENING WITH LOCAL AUTHOR DR. BRUCE KELLY

Wednesday, March 1, 6:30 to 7:30 p.m.

Local author Bruce R. Kelly, MD, will share his life story with us. The author of "The Uphill River" will share stories from a memoir of his early life growing up in Creighton and 33-year career as a physician up to his retirement. Kelly says he likes to use humor in his work and presentations. There will be time for questions and, of course, personalized books for sale. Registration is required.

SPRING BIRD MIGRATION

Monday, April 17, 6 to 7 p.m.

Join speaker Leah Fulton from the Latodami Nature Center to learn the who, what, where, when, and why of spring bird migration! Many bird species are only here for certain seasons, or just make brief pit stops in the area. Find out what birds to expect and when, and how to attract them to your property, as well as how to protect them on their great journey north. This program is intended for all ages; registration is required.

Leah Fulton joined the Latodami Nature Center team as an assistant naturalist in 2021 after spending the summer as an intern. In addition to conducting educational programming, Fulton can be found on the trails of North Park, closely admiring bugs and educating park guests about their great importance. In her free time, she enjoys bird watching, hiking, and sketching in her nature journal.

NONFICTION BOOK DISCUSSION GROUP

Tuesday, Feb. 21, 1 p.m.

This new book group will meet on the third Tuesday of the month at 1 p.m. and will focus on reading nonfiction books concerning a variety of topics, both historical and contemporary. Economics, self-help, travel, religion, politics and much more are on the potential reading list.

"The Dressmakers of Auschwitz" by Judy Batalion:

In a secret studio located inside Auschwitz, 25 young inmates were forced to create beautiful garments for elite Nazi women. This "utterly absorbing, important, and unique historical read" by New York Times bestselling author Judy Batalion follows the fates of these seamstresses, whose skills enabled them to survive and resist.

BRIDGET'S BOOK CLUB

Typically held the 2nd Wednesday of every month from 6:30 to 9 p.m.

For a specific date of the meeting or to see what the book of the month is, check out our events calendar.

TEEN DISCORD GAME NIGHTS

Hey teens! Do you use Discord and enjoy playing online games with friends? Then check out our Discord Game Nights!

Teens ages 13 to 18 are welcome to join our Discord server for a weekly event. Please fill out the form located at tinyurl.com/discgaming to participate, and a librarian will email you an invitation link to join.

Every game night is on Tuesday or Wednesday and starts at 7 p.m.

MAKER MONDAYS AT THE PINE CENTER

Hey teens! Join us on select Mondays at our Pine Center location from 2:45 to 5:30 p.m. to create fun projects related to arts, crafts, electronics, sewing and more!

BLOCK PARTY

Explore our block and toy collection in the company of others! The program room will be set up for Block Party on the first Wednesday of the month from 4:30 to 6:30 p.m. This is a drop-in program for children of all ages, but we ask for registration so we know you're coming!

ROBOTICS & CODING CLUB

Engage with a variety of tools to develop your skills in robotics, coding, and programming. This self-guided program is available on the third Monday of the month from 4:30 to 6:30 p.m. This is a drop-in program for children of all ages, but we ask for registration so we know you're coming.

TECHNOLOGY HELP

Get help with technology! In these one-on-one 30-minute sessions we can focus on basic skills for using computers, smartphones, eReaders and more.

Wednesdays, 2 to 4 p.m.

Thursdays 10:30 a.m. to 12:30 p.m.

Registration is required. Please include the specific topics you need assistance with during registration.

KNIT LIT

Knitters, crocheters, and yarn art enthusiasts are welcome to join us on the third Wednesday of the month at 6:30 p.m. in the new book area of the library. If you are working on a project, bring it along with you! We'll talk about life, books we've read, and projects we're never going to finish. Hope to see you then! Registration is required.

WAYS TO SUPPORT THE LIBRARY

AmazonSmile – Choose the Northern Tier Regional Library as your AmazonSmile charity so that 0.05% of the price of your eligible purchases are donated to the library! To use AmazonSmile, simply go to smile.amazon.com on your web browser or activate AmazonSmile in the Amazon Shopping app on your iOS or Android phone within Settings or Programs & Features menu. On your web browser, you can add a bookmark to smile.amazon.com to make it even easier to return and start your shopping with AmazonSmile.

Amazon Charity Wishlist – We would greatly appreciate your help in purchasing items for the library! You can visit our Amazon Wishlist at tinyurl.com/ntrlamazonwishlist to select some art supplies to support our weekly craft projects for children. Or you can purchase items to keep the library clean, and help our new carpet look nice for years to come.

Memorial & Honor Program – Memorialize or honor a loved one, friend, family member or business associate with a contribution to the Northern Tier Regional Library.

NTRL BOOK STORE – Browse multiple collections from fiction to nonfiction, kids to young adult, DVDs to CDs, plus vintage collectables, puzzles and more at ntrlbooks.myshopify.com. All proceeds benefit the library.



ARE GRIEF GROUPS HELPFUL?

Bereavement and grief are common human experiences.

Connecting with others is a key coping strategy for grieving people. Sharing experiences of loss is a powerful way toward healing. Research shows that attending a grief support group may help you through these feelings and other difficult emotions that arise from the loss. These peer-centered groups offer the necessary social supports to help people process their grief and work toward a renewed sense of direction and self-identity.

WHAT IS THE PURPOSE OF A GRIEF GROUP?

Grief groups serve several important purposes:

1. **To process the event of the death:** Sharing stories of the loss help participants work through the reality of the death.
2. **To validate feelings and experiences:** Coming together as a group helps to normalize the experience.
3. **To provide a sense of hope:** Those who are further along in their grief process can be a beacon to those whose loss occurred more recently.
4. **To connect to internal and external resources**
5. **To provide a framework for understanding grief:** Support groups are often led by facilitators with training in the stages of grief.

WHAT TO EXPECT IN A GRIEF SUPPORT GROUP:

When you arrive at a grief group, you can expect to find participants who are actively engaged in mourning. They are processing their grief externally by sharing details of the death, life changes, and situations bringing their grief to the surface. Participants also share coping mechanisms and external resources. The sessions will generally have 6-12 participants, and the meetings tend to last 60-90 minutes.

You may also expect periods of silence and introspection. Participants are not forced to talk. These periods of silence are welcomed and embraced by the group – it's okay not to feel at ease right away.

To get the most out of a grief support group, it's a good idea to:

1. Do your homework and make sure you're choosing a group that represents the type of loss you've endured (ex: spousal, sibling, child, friend, etc.)
2. Be on time, present, and stay until the end of the session.
3. Listen carefully. Empathy and learning both start with a listening ear; listening to others carefully establishes a sense of care.
4. Give it a chance: The first couple of sessions may be challenging. It's beneficial to give yourself about three visits before deciding if a group is right for you.



ANCHORPOINT OFFERS A GRIEF GROUP FOR SPOUSAL LOSS IN THREE DIFFERENT LOCATIONS/TIMES:

1st & 3rd Tuesday of every month • 7:00-8:30 PM @ Saints John & Paul, Wexford

2nd & 4th Wednesday of every month • 1:00-2:30 PM @ Anchorpoint, Suite 602

1st & 3rd Thursday of every month • 12:30-2:00 PM @ Christ Episcopal Church, North Hills

**IF YOU'RE INTERESTED, GIVE US A CALL AT
412-366-1300**

We offer individual, family, and couples counseling as well as multiple support groups:
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



Gianna Rotelli and Chief Michael Gasparetto

Senior Receives Air Force J-100 Scholarship

Senior Gianna Rotelli, a JROTC cadet, was selected to receive an Air Force J-100 Character-in-Leadership Scholarship. She is one of 100 cadets nationwide to receive this scholarship. The J-100 program provides recipients with four years of paid tuition at any college or university with an AFROTC detachment, \$10,000 annually for university housing, an annual \$675 book stipend and a monthly cadet stipend. Gianna plans to attend the University of Louisville.



AFJROTC

Cadet Senior Airman Blake R. Thompson, a Pine-Richland High School junior, was awarded the Air Force Junior Reserve Officer Training Corps Silver Valor Award on November 22. The Silver Valor Award is the second-highest award a cadet can receive and is awarded for a voluntary act of heroism. Blake was nominated for saving a swimmer from drowning this summer. On June 23, Blake reacted and leapt into action, with total disregard for his own safety, to help save the life of a stranger who had become caught in rough waters and a rip tide off the shores of Bethany Beach, Delaware. Blake saw a man in obvious distress and immediately swam from the safety of shallower water toward the individual and, upon reaching him, assisted in stabilizing the man onto a surfboard. While in rough water and fighting off the rip tide, Blake stayed with the individual in distress, reassuring him that additional help was on the way. Once the lifeguards arrived, everyone swam back to the safety of the shoreline. Once there, Blake was thanked by the lifeguards for his quick thinking and efforts to help someone he did not know.



L to r: Cale Klaff, Andy Forrester, Luke Anderson)

Three PRHS Students Named Young Ambassadors

Three Pine-Richland students were named Young Ambassadors of Pennsylvania by the Pennsylvania Department of Transportation and Keep Pennsylvania Beautiful: senior Cale Klaff, junior Andy Forrester and sophomore Luke Anderson. The program, new to Pennsylvania, aims to build community stewardship by inspiring, engaging and empowering young Pennsylvanians to keep their communities clean and beautiful. The students have committed to eight months of service as an ambassador while representing and upholding the mission and values of KPB. From October through May 2023, they will also develop civic leadership skills and experience to champion and advocate for clean and beautiful communities across Pennsylvania.

Pennsylvania School Libraries Association Outstanding Administrator

The Pennsylvania School Libraries Association announced that



Mrs. Kelly Gustafson, principal of Wexford Elementary School, has been named their 2023 Outstanding Administrator. Mrs. Gustafson was chosen for her outstanding leadership in significantly improving school library services. She exceeded award criteria in the six American Association of School Librarian's National School Library Standards: Inquire, Include, Collaborate, Curate, Explore and Engage. PSLA noted that Mrs. Gustafson's "leadership and passion are exemplary for school libraries." She was nominated by Mrs. Beth Shenefiel, librarian at Eden Hall Upper Elementary School, and Mrs. Andrea Clarkson, librarian at Wexford Elementary School. Mrs. Gustafson will be awarded at the 49th annual Pennsylvania School Librarians Association Conference on March 31, 2023.

Student Earns Highest Pennsylvania Score on Piano Exam

Seventh grader Tisha Joshi earned the highest score in the state of Pennsylvania on a Level 4 practical piano performance examination administered by the Royal Conservatory of Music in Toronto. The nationally standardized piano examination requires students to memorize three pieces of solo piano repertoire from different time periods, play technical requirements such as scales and etudes, and sight read, and also tests ear training.



L to r: Ian Hurt, Elizabeth Shaffer and Luke Kastner

Students Compete on KDKA's Hometown High Q

Seniors Elizabeth Shaffer (captain) and Luke Kastner and sophomore Ian Hurt bested teams from Brentwood and Fox Chapel on KDKA's Hometown High Q competition on December 31.

Beattie

PJ Dick-Trumbell-Lindy Paving Corporation and UPMC Passavant, in a partnership with The Challenge Program, gave \$2,000 in awards to 10 A.W. Beattie students. The Challenge Program is a nonprofit organization that connects education and business by developing a skilled and motivated future workforce. The award recipients included two Pine-Richland seniors: Connor Berg, for attendance, and Mark Wolfe, for STEM.

Junior Alexis Nickl was named secretary of Skills USA.

Three Pine-Richland students were named Student of the Month for September/October: juniors Nathan Bateman and Logan Trembulak and senior Jeffrey Tourney. Students of the month for October/November include Pine-Richland seniors Layney Chapman and Grace Neuhart for advertising design, junior Adam Zwastetsky for automotive collision technology, and senior Connor Berg for robotics engineering technology. Students of the Month for November/December include junior Alexis Nickl for advertising design and senior Austin Kruljac for automotive technology.



Seventh Graders Take First in Lego League

Pine-Richland Middle School seventh graders Piya Dargan and Keerthana Visveish, along with five other area students, took first place in the Western Pennsylvania FIRST Lego League Championship. The girls advanced to the Razorback Open Invitational in Arkansas, which will be held in May 2023.



First row l to r: Asher Landis, Owen Henne, Anthony Ferraro;
second row l to r: Caroline Gentile, Gianna Koss, Ava Boyd, Emma Van Meter, Kyriaki Tziouvannis; **third row l to r:** Hannah Young, Stephanie Cornelius, Madelyn Laird, Kaili Doctor, Gianna Rotelli, Natalie McLean, Mary Dziubek



L to r: Sarah Pifer, Joseph DeRenzo and Breanna Franchak

Rich-Mar Rotary Students of the Month

Seniors Sarah Pifer, Joseph DeRenzo and Breanna Franchak were recognized by the Rich-Mar Rotary Club as Students of the Month in November for their outstanding community service and dedication to improving their school and communities.

National Signing Days

On National Signing Day in November, 15 students signed letters of intent, including:

- Ava Boyd, Soccer, Michigan State University
- Stephanie Cornelius, Soccer, St. John's University
- Kaili Doctor, Volleyball, North Carolina A&T State University
- Mary Dziubek, Lacrosse, Kutztown University of Pennsylvania
- Anthony Ferraro, Wrestling, Edinboro University
- Caroline Gentile, Lacrosse, Lafayette College
- Owen Henne, Baseball, Seton Hill University
- Asher Landis, Rowing, Hobart and William Smith Colleges
- Kyriaki Tziouvannis, Rowing, Duquesne University
- Gianna Koss, Soccer, University of Kentucky
- Natalie McLean, Cross Country/Track and Field, Georgetown University
- Emma Van Meter, Soccer, University of Pittsburgh
- Madelyn Laird, Basketball, Shippensburg University
- Gianna Rotelli, Track and Field, University of Louisville
- Hannah Young, Lacrosse, Mercyhurst University

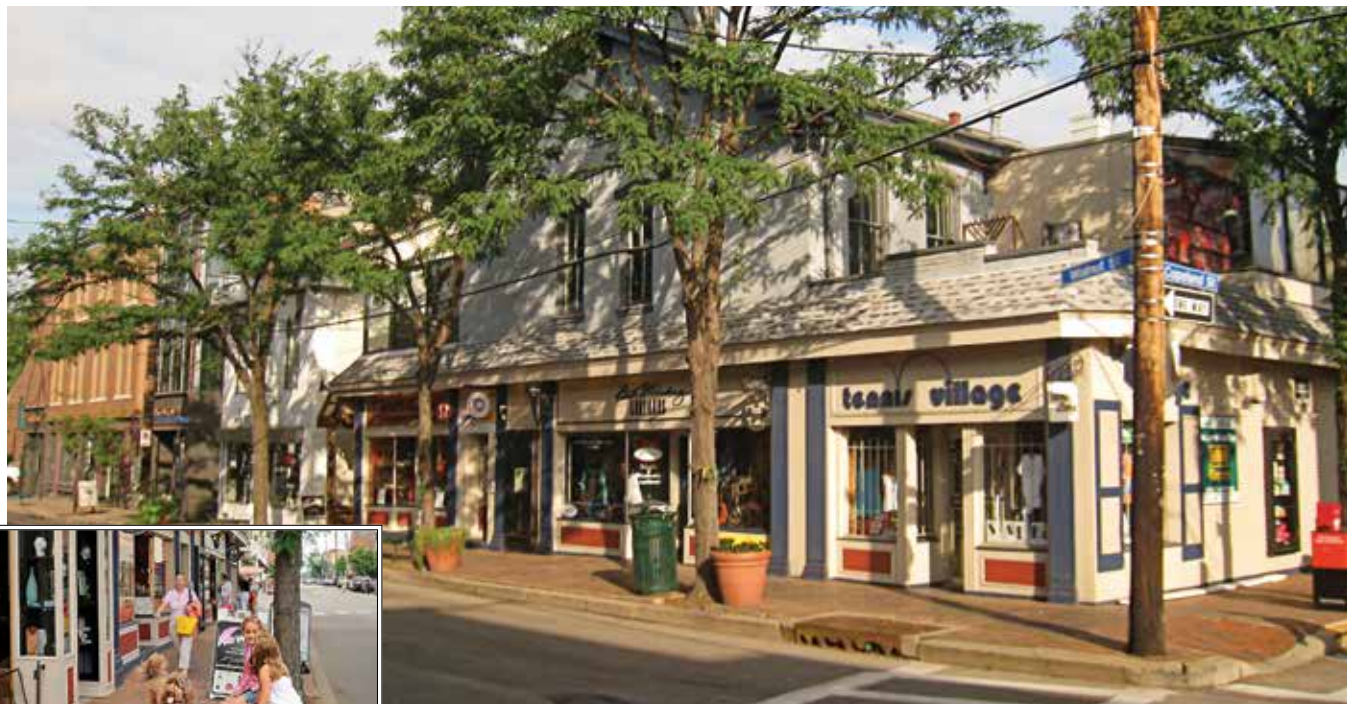


Athletics

The Girls' Cross-Country team placed 14th in the PIAA state championship on November 5. Senior Natalie McLean placed first in the individual race with a time of 18:46 and is the first state cross country champion in Pine-Richland school history.

Four Pine-Richland fall teams won WPIAL championships: Girls' Field Hockey (fourth consecutive WPIAL title), Boys' Soccer, Girls' Volleyball and Boys' Football. The football team won the PIAA State Championship.

IN THE *Burgh*



Shadyside

Bounded roughly by Centre Avenue on the north and Fifth Avenue on the south, this eclectic area offers a diversion for any sunny spring weekend.

With warmer weather on the way, Shadyside is a unique day trip destination, with art and music festivals, unusual boutiques and a bohemian vibe in a walkable area—always a plus when parking is scarce.

The picturesque little area was inhabited by the prominent Aiken family, and was named “Shadyside” in honor of their estate.

It quickly became a favorite neighborhood for the influential of the late 19th century. Their stately Victorian mansions coexist today with trendy coffeehouses and new age restaurants. The home of one former baron of Pittsburgh’s Golden Age has been converted into a boutique hotel, Mansions on Fifth. This early 1900s home is a luxury stay and the only hotel located within Shadyside proper for those who want to extend their day in the city to a weekend.

In May, Walnut Street becomes an outdoor art gallery with The Art Festival on Walnut Street. It will take place May 27-28 in the heart of Shadyside, with both local and national artists from every genre imaginable exhibiting. The street party atmosphere makes it one of the most popular events in Pittsburgh, and art will be available for purchase. If you can’t make the Art Festival that weekend, the Pittsburgh Center for the Arts has featured art exhibits through the year, and there are plenty of art galleries on Ellsworth Avenue and Walnut Street to browse.

June marks the start of Jam on Walnut, a summer concert series that features local

and regional bands outdoors, usually held in the vicinity of Walnut and Bellefonte streets. These monthly concerts run through September and benefit a variety of causes, including Animal Friends.

If crowds are not your thing, Shadyside can be a hip place to hang out on any given weekend. It’s a place where history is intermingled with new age, and mature couples happily lunch alongside college students. Historic Victorian homes serve as the backdrop for chic, urban eateries. Traditional stores like 130-year-old Henne Jewelers is right up the street from the Pittsburgh Tattoo Art Museum, which just opened a year ago. And while you’re there exploring the neighborhood, be sure to stop by Roslyn Place, a little cul de sac located just off of Ellsworth Avenue. It features what may be the only remaining wooden street in the country, which is over 100 years old.

If you need more of a reason to visit, maybe your best friend would like to get out of the house for a change. There are more than 50 establishments in Shadyside where your dog will be welcomed. ■

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.

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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
107 Bluebird	2018	\$2,068,000	108 English Farm Dr	2013	\$839,000
503 Ridge Ct	2019	\$1,435,000	217 Pine Crest Court	2013	\$830,000
209 Pin Oak Dr	2019	\$1,350,000	322 Balsa Drive	2017	\$830,000
4400 Bakerstown Rd	2019	\$1,350,000	307 Honeybee Dr	2005	\$830,000
2010 Cherry Road	2021	\$1,285,000	7006 Oak Park Dr	2001	\$810,000
251 Timothy Road	1974	\$1,275,000	111 W Wild Cherry Dr	2006	\$810,000
202 Emerald Fields Dr	2022	\$1,250,000	116 Rabold Dr.	2006	\$800,000
706 Parkview Dr	2003	\$1,200,000	103 Curtis Drive	2022	\$799,990
402 Wynstone Dr	2008	\$1,168,000	308 Scarlet Cir	1995	\$790,000
218 Whetherburn Dr	1998	\$1,070,000	320 Macintosh Drive	2007	\$788,000
201 Whetherburn Dr	1999	\$1,008,000	157 Windwood Dr	2001	\$780,000
202 Kilclare Ct	2017	\$985,000	5708 Oakhill Rd.	1995	\$750,000
8002 Falcon Ct	2002	\$960,000	7022 Oak Park Dr.	1998	\$747,319
9007 Peregrine Dr.	2004	\$939,500	121 Northbrook Dr	1988	\$729,900
104 Lyndhurst Cir	1997	\$930,000	509 Warrendale Rd	1988	\$725,000
215 Greenwood Drive	2003	\$921,000	108 Oakhaven Dr	1998	\$720,000
106 Lyndhurst Cir	2001	\$915,000	2005 Condor Lane	2002	\$718,000
704 Mulkerrin Ct	2020	\$900,000	326 Banbury Crossing	1993	\$715,000
102 Miller Dr	2019	\$899,999	313 Balsa Dr	2017	\$710,000
103 Field Brook Ln	2019	\$899,000	5749 Oakhill Road	1994	\$682,750



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