

West Allegheny Edition

# Allegheny West

# Magazine

Volume 17, Issue 101  
April/May 2016

FREE Direct Mail Community Publication

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STEAM maker guide

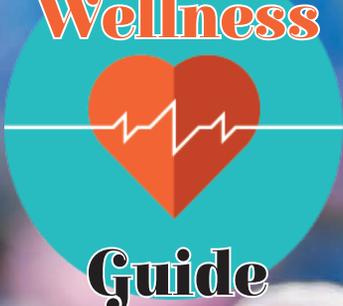
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Brennan Patterson (at center) along with his brother, Bryce, and father, Eric, sort through plastic eggs the brothers picked up during an after-dark Easter egg hunt in Imperial. The event was sponsored by the Walden Woods Community Services Association and organized by Christine Frost and Sherry Romano. It took place on a ball field in the housing development. A twist on the traditional Easter egg hunt, this year marked the event's second and once again attracted well over 200 participants who used flashlights to collect 10,000 plastic eggs in a matter of minutes. The eggs were stuffed with tokens from contributing area businesses and candy.  
**PHOTO BY DOUG HUGHEY**



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# From the Publisher

Dear Readers,

Thank you for picking up our April/May West Allegheny edition of Allegheny West Magazine. As always, we have lots of interesting and useful information to share about the West Allegheny community.

On page 24, read about the newest inductees into the West Allegheny Athletic Hall of Fame. This diverse group has made significant contributions to West Allegheny athletics in a range of sports and eras. We've compiled some biographical information about each of them. Be sure to read more about them and then mark your calendars for the hall of fame banquet on May 21, where each of the inductees will be honored. Tickets are available at the North Fayette and Findlay parks and recreation offices, and at the Oakdale Borough Building.

Next, flip to page 11 and read about how American Legion Post 335 in Imperial is rebounding after nearly dissolving due to lack of membership just a year ago. I'm happy to report that a story we ran about the post has helped to spur renewed interest in it.

On page eight, you'll find a story about the assistant superintendent of Hopewell School District, who also happens to be a Findlay Township resident and has written a book about the STEAM maker movement. This innovative educational movement emphasizes hands-on learning using STEM concepts. The movement is particularly appropriate for our region, which is quickly going from rust belt to tech hub.

In addition, we also have a story about some local first responders who saved a man's life last year and were recently honored for their actions. Read more on page 14. On page 15, we have some sad news to share, as a historic church in Oakdale is preparing to close its doors. Read more about why and how its members are hoping the building can benefit the community in the future.

On page 33, get an update on construction at McKee Elementary School in WA Today, the official West Allegheny School District newsletter. We've also got a wrap-up on winter sports, the latest Scholastic Art Awards honorees and much more.

Finally, on page 44, we've tapped into our network of health experts to bring you our 2016 Spring Health and Wellness Guide. Did you know you can make pizza crust from cauliflower? That and other health-related tips and trends are packed into six pages of this useful guide that you should keep handy as you get healthy for summer.

Look for our next edition in June. Until then, I hope you will continue to reach out to us - your trusted community publication of 17 years now - with your story ideas, announcements, events and more.



Doug Hughey,  
Publisher and Editor



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## ABOUT THE COVER

A blossom on a magnolia tree outside Ma's Ice Cream on West Lincoln Avenue in McDonald marks the beginning of spring. PHOTO BY DOUG HUGHEY

STORY AND PHOTOS SUBMITTED

## WA freshman on hockey club making national championship run

As West Allegheny freshman Kellen Almady and the rest of his teammates on the Pittsburgh Predators hockey team entered the 2015-2016 season, they had high expectations.

The team has since followed through by winning the PAHL Bantam AA regular season championship with a 15-4-1 record, which secured them a spot in the 2016 USA Hockey 14U Tier II Mid-Am District Pennsylvania State Championship tournament. On March 13, the Predators defeated the Arctic Foxes, 3-2, to become the 2016 USA Hockey Mid-Am District Pennsylvania State Tournament champions.

With that victory, Kellen and his Predators teammates have advanced to the 2016 Tier II 14U USA Hockey National Championship Tournament. As of this writing, the team is preparing to play in the national championship tournament, which will be held in Charlotte, North Carolina March 31 through April 4.

Like many area students Kellen's age, the McDonald resident developed a love of hockey early on while playing floor hockey at the North Fayette Community Center gymnasium. His father, Keith, says he further developed his skills while playing for hours on end in their driveway with older boys in the neighborhood.

"Often, the neighborhood dads would join in and play until well after dark," says Keith.

He says that on a Sunday afternoon a man walked by during one of those impromptu games and asked if Kellen would like to try out for the West Allegheny inline hockey team. Soon after, inline skates replaced tennis shoes and an even deeper love for the great game of hockey was born.

Kellen's passion for the game led him to start playing ice hockey at age 10. Though many in the sport consider this a late start, Kellen quickly adapted to ice hockey when given an opportunity to play for the Mt. Lebanon Hornets. Through hard work, determination and the direction of many great volunteer coaches along the way, Kellen earned a position with the Pittsburgh Predators for the 2015-2016 season. He plays as the team's left winger.

The team includes players from eight different Pittsburgh area communities who have formed a bond on and off the ice. That bond has helped them share focus and consistent play, allowing them to overcome many obstacles during a grueling 60-game season of league and tournament games.

Along the way, the team has yet to lose focus of their established goals.



**West Allegheny freshman Kellen Almady, pictured here in a game against the Columbus Capitals, is a member of the Pittsburgh Predators, which is making a championship run in the 2016 Tier II 14U USA Hockey National Championship Tournament.**

## Steubenville Pike Auto to donate cars to families in need

SUBMITTED BY  
STEUBENVILLE PIKE AUTO

Steubenville Pike Auto in Robinson Township has launched a new charitable effort called Steubenville Pike Auto Repair Charity.

Each May and December, the full service auto shop at 6112 Steubenville Pike will donate a quality used vehicle to a local family in need. Steubenville Pike Auto will cover all costs associated with the donation.

The program, which has been in the works for some time now, is the idea of Steubenville Pike Auto owner Jason Pottle. Steubenville Pike Auto is a full service auto business dealing in auto sales, repair, maintenance and towing. It is also a full service oil change and body shop.

Since Pottle took over the business 14 years ago, it has grown from a small repair shop into a five-acre, full service auto business. Steubenville Pike Auto was recently honored as the seventh fastest growing business in Pittsburgh by the Pittsburgh Business Times and listed by Inc. Magazine as one of the 5,000 fastest growing companies in the U.S.

Pottle says he thought the area could use a charity that provides cars to people in need. He says he and his staff are excited about the new venture.

"Hopefully, the program will help recipients have an easier time getting to and from work, doctor's appointments and school events," Pottle explained. "We're proud to be a trusted independent auto repair facility in Robinson Township and we're proud to give back to the community where we live and work."

Steubenville Pike Auto is asking people in the local community to nominate a family in need at [steubenvillepikeauto.com](http://steubenvillepikeauto.com) by May 15, 2016. Simply click on the SPARC icon and fill out the nomination application. An independent committee will process the nomination applications and announce the first recipient on May 30, 2016.



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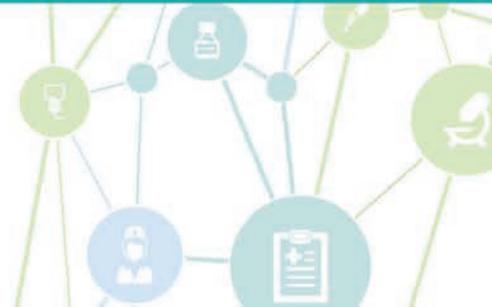


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## Findlay educator pens STEAM maker guide for teachers

STORY BY JILL BORDO  
PHOTOS SUBMITTED



Dr. Jacie Maslyk  
PHOTO BY STUDIO TEN

Elements of change are at work in America, from political positions, to social issues, to expectations for the public education system.

Dr. Jacie Maslyk, a Findlay Township resident and assistant superintendent at Hopewell School District, has witnessed firsthand a shift in education over the past 10 years, as learning has moved away from the traditional book and test format to a more hands-on, learn-by-doing

approach.

Maslyk recently converted her observations into a new publication for educators. Content for the guidebook, which is titled "STEAM makers: Fostering Creativity and Innovation in the Elementary Classroom," was largely inspired by Maslyk's previous experience as a principal at Crafton Elementary School. The school was one of the first in the region to have a dedicated space for STEAM learning made possible through an Allegheny Intermediate Unit grant with the Grable Foundation.

Due in part to the availability of an empty classroom, says Maslyk, Crafton Elementary submitted a request to the Children's Museum of Pittsburgh to be considered for a "mobile version of the MAKESHOP" program the museum was offering. Similar to permanent exhibits at the North Side facility, the mobile MAKESHOP provided kid-friendly building materials and outlets for design and engineering.

Along with Avonworth Elementary, Crafton was selected for the project and, with assistance from museum staff, began to utilize the creative space. According to Maslyk, amazing things began to happen.

The MAKESHOP was not a required class, but could be

reserved for use on a whiteboard calendar. Not only did some teachers begin to design their own lessons and expand on what the museum offered in the MAKESHOP, but students and parents began encouraging teachers who were not taking advantage of the program to use it.

Standardized test scores for elementary students who had access to the MAKESHOP throughout elementary school rose, even as schools were being held to the new Pennsylvania Core Standards. Scores at many other schools dropped, but at Crafton Elementary, test scores for the fifth grade class increased significantly.

Maslyk attributes the higher scores to the fact that the old system did not "put our kids in problem-solving situations." She further states that "maker students are something other than consumers. They are self-directed, independent learners" motivated by self-expression and creativity rather than grades and rewards.

Although there has been increased focus on STEM subjects - science, technology, engineering and math - in education for over a decade, the addition of arts - to create the STEAM acronym - is more recent. Inclusion of the arts has shifted attention slightly away from math and science elements to provide a more accessible entry point for hands-on learning in elementary schools.

According to Maslyk, "western Pennsylvania is a fabulous place to be for this movement." In the book, she writes about maker programs at South Fayette and Elizabeth Forward, where maker components include a special gaming room with both video and board games, as well as a recreational vehicle that has been converted into a traveling maker bus.

School districts throughout the area are now examining spaces within their buildings and deciding what they can buy and do to get on board with the maker movement. Maslyk says that West Allegheny has added elements at both the middle and high school levels. Dr. Chris Assetta, assistant to the superintendent for curriculum and instruction at West Allegheny, confirms that the middle school has implemented small lab innovation and design classes. At the high school, students can take pre-engineering courses designed by Project Lead the Way. Assetta also reports

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that each of the elementary schools now offer a Lego robotics program.

Maslyk's own district has implemented STEAM programs in its fifth through eighth grade classes and is considering adding an outdoor learning center and garden. Maslyk hopes to assist in expanding the maker program to schools throughout the Beaver County area.

The idea to write a book originated during Maslyk's travels over the years to education-based conferences throughout the mid-Atlantic region. As she presented the tenets of the STEAM/maker philosophy at these events, she realized that many educators were unaware of the movement.

For the past 16 years, Maslyk has also reviewed instructional books for Corwin Press - a Sage company - based in Thousand Oaks, California. She was familiar with the procedure for submitting a book proposal and sent Corwin a draft for her STEAM book. The day before Christmas break in 2014, the company sent her a contract for the book with instructions to "write it."

A mother of two young children, Maslyk laughingly recalls her husband questioning how she would find the time to complete such a project.

"STEAM makers: Fostering Creativity and Innovation in the Elementary Classroom," a 168-page guidebook for educators, may be pre-ordered through Corwin or on Amazon for \$28. The book is available for \$32 at Barnes and Noble. At the time of this writing, Maslyk is planning a book signing and some fun maker activities at the Barnes and Noble store in Settler's Ridge on April 14.

The following excerpt was taken from the book: "Imagine a school where students build the classroom furniture, design outdoor landscapes, launch rockets, and create inventions to improve everyday life. What if school learning spaces were

designed with comfortable corners for collaboration and areas to foster informal learning? What if students were given the opportunity to learn what they wanted to, pursuing their own interests within the school day? This is happening in elementary classrooms across the country! There is a shift occurring in education that has the potential to transform teaching and learning."

The guidebook shows districts and school leaders how to build the four essential aspects of education: creativity, collaboration, communication and critical thinking. It also outlines step-by-step processes for educators to develop maker spaces, integrate STEAM disciplines and making into daily practice, differentiate instruction for all learners, and align with Pennsylvania Core Standards and Next Generation Science Standards.

Maslyk is hopeful that school districts throughout the country will purchase the book to gain inspiration and ideas for maker programs in their facilities. She also anticipates that colleges, which have begun to offer STEM certifications, will show

interest.

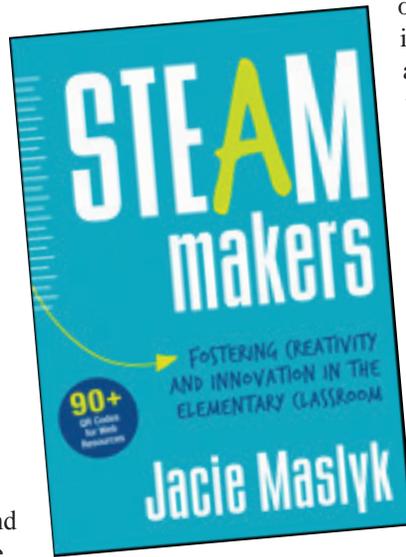
The new author stresses that the maker movement "is for every kid." Though some teachers may find the concept frightening, she says, kids are excited by it.

"Students who have trouble learning thrive in this environment," she says.

Maslyk observes that America's fascination with websites such as Pinterest and Etsy, as well as DIY television shows that focus on cooking and home renovation, indicates a natural tendency toward the maker movement in everyone.

"It's fun to see somebody make something out of nothing," she says.

Maslyk earned her undergraduate and doctoral degrees at Indiana University of Pennsylvania. She earned her master's degree at Robert Morris University. She has worked in education for the past 19 years.



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## Local historic American Legion post finding new life



At one time threatened with closing, American Legion Post 335 in Imperial is now thriving, thanks to a large number of members who have joined within the past year. Pictured are (front row) Jeff Mayo, Conrad Washko, John Crawford, (back row) Rick Kennedy, Aaron Morris, Deanna Morris, Frank Mooney, Scott Rold and Owen Meier.

A nearly 90-year-old American Legion post in Imperial is going through something of a resurgence after it was threatened with having its charter revoked due to lack of interest just a year ago.

At the end of 2014, American Legion Post 335 could count just five members among its ranks. Now it boasts 26, about half of whom are either full or social members of Montour Valley VFW Post 7714, which operates just about a mile away.

The American Legion post's new commander, Conrad Washko, says the post is also working closely with VFW Post 7714 on fundraising and community events to improve its visibility and draw new members. That includes making appearances at local parades and events like the grand opening of the North Fayette Community Center on June 9. The two posts are also holding a joint golf outing on June 18. For more information, see page 53.

Washko was selected as post commander this past October, after a number of social members of the nearby VFW post became interested in helping to save it. That interest was sparked by a story about the post and its impending dissolution in the December 2014/January 2015 issue of Allegheny West Magazine.

"Up until then, we didn't know there was an American Legion post there," says Washko. "A lot of people didn't know."

Members of VFW Post 7714 contacted Charles Magnus, who oversees membership for the American Legion in the district and had taken over as the post's commander. Washko and several prospective members also met with membership committee chairman Paul Kennedy. Both Kennedy and Magnus were featured in the Allegheny West Magazine article.

"They said we needed to come up with 15 members interested in revitalizing the post and that if we could it would not lose its charter," says Washko.

At the conclusion of that first meeting, Washko was sworn in as post commander, Jeff Mayo as adjutant and John Crawford as finance officer. At the post's first official meeting in November, four more members took on post officer duties: Deanna Morris as vice commander, Marty Morris as service officer, Owen Meier as chaplain and Scott Rold as sergeant at arms.

The post is now meeting the third Saturday of each month at 11 a.m. in the same place it always has: in the lower level of Thomas-

Little Funeral Service on Main Street in Imperial. The post, which used to meet at a house at that location, has long operated there thanks to an agreement with the business' original owners. Patrick Konieczny, who now owns Thomas-Little Funeral Service, says that he has renovated the meeting space, which has a kitchen and hardwood floors, within the past decade. He says he remembers a time when the post was still thriving. At one time, it boasted upwards of 85 members.

Washko says he found some minutes from a 2005 meeting that reveal just how bleak the post's situation had become since.

"The notes said he was there for the meeting, no one else was there, so he was adjourning the meeting," says Washko. "It's been pretty much dormant ever since."

Also known as the Wesoloski-Hays post, Washko says it was chartered in 1927 and named after local World War I soldiers John Wesoloski and Vance Hayes. Washko says the post held a rededication ceremony recently to revisit the post's roots.

Membership to the American Legion is open to members of the U.S. Armed Forces who have served during wartime, as well as their sons, daughters and spouses. Check [www.legion.org](http://www.legion.org) for more. Prospective members of American Legion Post 335 can stop by VFW Post 7714 and ask for Jeff Mayo. He can also be reached at (724) 553-0402.

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## Findlay Township woman publishes first book about living simply and with grace



Every day of each person's life is part of a master plan, according to Findlay Township resident Joanne Jamis Cain. In Cain's own busy world, circumstances have been unfolding and falling into place for years. She believes that there are no

coincidences in life, only moments of grace that should be viewed through a "spiritual lens."

Joanne expounds on this philosophy in her first book, "Ordinary Is Extraordinary," a short, inspirational work now available on Amazon. The book was launched in conjunction with a women's empowerment retreat held in Ligonier in early April, at which Joanne was a featured speaker.

One of the topics covered by the new author, both at the retreat and in print, is her ability as a "recovering perfectionist" to help others relax, be flexible and let events happen as they were meant. Everyone should strive to simplify his or her life and work through challenging, stressful events, says Cain.

A Findlay resident, Cain began her writing endeavor several years ago by blogging. She wrote about her children, things she feared in life, concerns about the health of her ailing mother and occurrences that strengthened her spirituality. Cain's long-term plan was to write a book and she believed her chances would be better if she developed a blog following.

She says she has been greatly influenced by the nonfiction works of Anne LaMott and, in the same style, attempted to make her blog universal, writing as a Christian but not necessarily about Jesus.

After developing enough of an audience that she was able to "self host" her blog, Joanne tried to proceed with a book of her favorite posts, but was not motivated. Last fall, she met with a friend who was planning a women's empowerment retreat in the spring. Cain committed not only to being a speaker at the event but also to launching an accompanying book there.

The writer abandoned the idea of a publication about blogs and began fresh, writing 10,000 words between Christmas and early February. "Ordinary Is Extraordinary" encourages readers to find joy in everyday life and can be read in one sitting or in small doses of daily inspiration.

Readers will find chapters with names such as "God is in the parking spaces." The book also recounts the author's life-changing events and a visit to Greece she took with her mother and sisters.

In a chapter titled "Beautifully Imperfect," Joanne provides meaning for the book cover's subtitle: "Reframing my life in purpose and gratitude." Describing the help she received from a counselor, Cain writes, "When I saw any little relationship issue with anyone as a potential personal attack on me, [she] reframed it to point out the other person's possible point of view. She did this

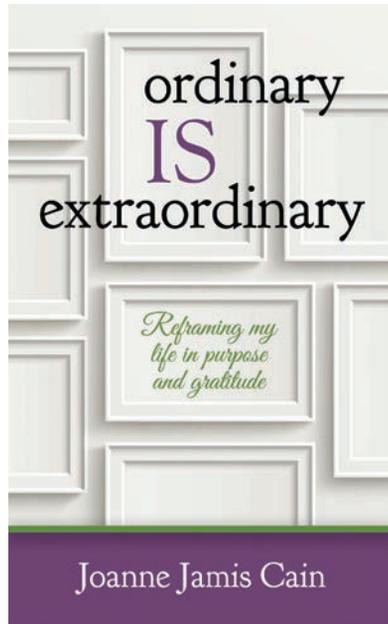
over and over."

The book may be purchased for \$9.95 by accessing a link on Cain's website, [katherinesdaughter.com](http://katherinesdaughter.com). "Ordinary Is Extraordinary" was edited by a blogger friend of Cain's from Washington state. The cover was designed locally by Karen Captline of Better Be Creative, a graphic design and branding company.

Cain already has parts of a second, similar book in mind, but has much more research to do before beginning it. She honors her love for her faith by blogging for the Orthodox Christian Network and hopes to do future speaking engagements for appropriate groups and events.

In addition to her writing, Cain started an events planning business three years ago called Katherine's Daughter Events, in honor of her mother. She primarily handles weddings, saying she is privileged to help brides and their families have a beautiful day without any stress.

The author and her husband of 34 years, Jim, live in Clinton. They have a daughter, Michelene, a son, John, and two grandchildren.



### SPRING SPECIALS

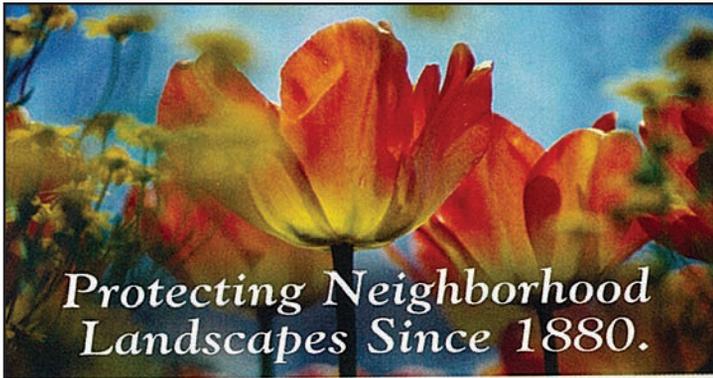
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## Local first responders honored for saving man's life

STORY AND PHOTO BY DOUG HUGHEY



A number of first responders helped save the life of Gary Tarr (pictured at center) after he collapsed at a local gym last year. Pictured with him are a number of those individuals. They are: Kevin Logue, Tom Curtis, Ben Shephard, Sgt. Shelley Smith, Cpl. Harold Pollinger and officer Drew Janectic.

Three North Fayette police officers, three emergency medical technicians and two good Samaritans were honored during a ceremony March 11 at the North Fayette Municipal Building for helping to save a man's life after he suffered cardiac arrest last year.

The event was arranged by Cheryl Rickens, co-chair of the Sudden Cardiac Arrest Association and an AED program manager for UPMC. In remarks, Rickens said that each of the individuals being honored played key roles in the first response phase of treating individuals who have suffered cardiac arrest. As is often the case, the people on the scene even before first responders arrived played key roles in the patient's survival.

One of those individuals, Kevin Logue of Imperial, was working out at PA Fitness West on Aug. 3 when he noticed a man next to him collapse. That man, Gary Tarr, 61, of Burgettstown, had been curling 90-pound dumbbells.

"Gary was working out like a mad man," says Logue. "He was putting up so much weight. I heard him breathing heavy."

Tarr, who weighed 320 pounds at the time, was taking a break between sets when he collapsed to his knees and then fell to the

ground, hitting his mouth. Logue managed to catch Tarr and roll him onto his back. Formerly a lifeguard at the Green Tree borough pool for 15 years, and an assistant principal at Oakland High School in Hancock County, West Virginia, Logue had been trained in CPR but started to panic. That was when Tom Curtis, a trainer known as "TC" at the gym, stepped in to help. While Curtis gave Tarr mouth-to-mouth, Logue started chest compressions.

"TC didn't even care that his mouth was bleeding," says Logue.

For the next 35 minutes, the two continued giving Tarr CPR, even after EMTs arrived. Rickens says it took seven shocks to revive Tarr.

Ben Shephard, one of the responding EMTs, says that giving Tarr CPR made all the difference.

"I've done a lot of these," says Shephard. "It makes a difference if someone's there. I've only done one successful resuscitation when someone wasn't there."

Shephard says that the chest compressions in particular help keep oxygen-rich blood circulating to vital organs until a shock can be administered that restarts the heart. He says first responders have been trying to get the word out to people who might otherwise be squeamish about giving mouth-to-mouth.

Rickens says giving cardiac arrest patients early chest compression triples the rate of survival.

Tarr, who has since made a full recovery, says that when he collapsed he was trying to set a new personal record for dumbbell curls. He says he's been powerlifting since college. Now, he's slowly getting back into the gym but won't be powerlifting anymore. He jokes that he wanted to make a t-shirt to wear to the gym that reads "Lift 'till you drop."

The March 11 event marked the first time that Tarr had met some of the first responders who had saved his life.

"It was wonderful," he says of seeing, and in some cases meeting, those individuals.

Also recognized at the event were EMTs Dillon Jackson and Jay Lynn, as well as North Fayette police officers Sgt. Shelley Smith, officer Drew Janectic and Cpl. Harold Pollinger.

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## Noblestown United Methodist Church looking to pass the torch

On an evening in March, three lifelong members of Noblestown United Methodist Church gathered in the cozy sanctuary to share the history and mission of the church, to reminisce, and to express their hope for the future of the building.

The numerous mission projects for which the church is noted were all around them, from greeting cards for shut-ins waiting to be messaged, to collection boxes for groups such as the Washington City Mission, the local food pantry, and The Rock youth center in Oakdale.

Ironically, the small white church will reach two very different milestones this year. In April, the congregation will celebrate its 120th anniversary. Shortly thereafter, Noblestown UMC will stop holding services.

As with many older, traditional churches across the country, membership at Noblestown UMC has been whittled down to several dozen parishioners, some of whom are too frail to leave their homes.

The decision to close the church has been coming for the last five years, but no one wanted to face the finality of it, members said. However, over the past year, the church has lost half of its congregation, either to relocation or the passing of elderly members.

It was the consensus of the remaining members to close with dignity while finances were still healthy enough to be able to donate the property. As a tribute to the church's vitality in its heyday, the group hopes to find either another church or Christian-based ministry that will be able to make use of the building and benefit the community for years to come.

"Mission outreach has always been a very vital part of this church," said one of the members, who like the others present asked that they not be referred to by name. "...no matter how many or few were attending, it was the heart of who we were."

They also mentioned that as the church's attendance numbers dwindled, its coffers seemed to grow - a testament to the commitment of those who remained.

Another example of the church's good will is its use of the empty parsonage next door. For the past four years, the congregation has offered the house at very low rent to three different single mothers and their children. It seemed that within a month of one renter getting on their feet and moving on, another who needed assistance would emerge, members said.

Historical records show that the Noblestown area became a preaching place for Methodist itinerants between 1843 and 1850. As the town's population grew with the oil boom of the early

1890s, more and more parishioners crowded into services until some were forced to sit on the pulpit with the minister.

Land was purchased and, after a series of changes within the conference circuit, the present church building on Noblestown Road was dedicated on April 12, 1896. During World War I, the rear of the building was badly scorched by a fire at the nearby Aetna Chemical plant.

The 20-year period between 1951 and 1971 was a time of numerous renovations and upgrades at the church, including the addition of both a social hall/Sunday school wing and an educational unit. New siding was installed, as well as new carpeting, lights, gas furnaces, an electric organ and a baptismal font. During this prosperous time, the congregation also purchased folding tables and chairs, choir robes, hymnals, and silverware and china.

Regular events held by the church included an annual flea market - proceeds from which were always donated to charity - retreats, crop walks and dart ball tournaments. Additional mission projects included the collection and

assembly of health kits, school supply boxes and donations to the Nothing But Nets project, an international effort to eradicate malaria in third-world countries.

United Methodist Women was an important presence at Noblestown UMC, as was its ministry of music. At one time, a

traditional robed choir of both youth and adult members filled the choir loft. This later transitioned to a singing group with a more blended style.

Concerts were widely attended and holiday cantatas involved a large number of singers and musicians. A concert held in 1996 for the 100th anniversary of the church included both current and alumni choir members. It was the highlight for many in attendance.

Current members say that the church has tried a number of ideas to attract new members, without success. Parishioners handed out bottles of water on the Montour Trail and cookies at parades in Oakdale. They held a free spaghetti dinner for the community, but only two new people stopped in to eat - after they had attended services at another church.

All of the remaining members of the congregation believe that the church's last mission should be to gift the facility to a group that will use it to serve individuals in need. No deadline has been established for the church's closing, but a final celebratory service will be held after the legalities have been handled.

Christian-based groups with an interest in using the facility are asked to call the Noblestown UMC office at (724) 693-2755.



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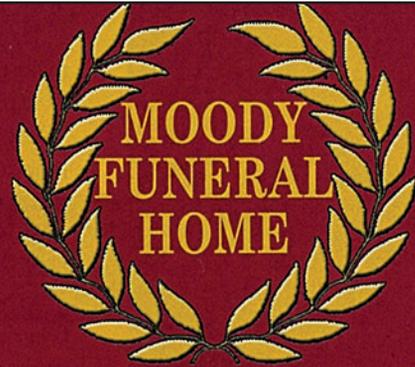
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STORY BY DOUG HUGHEY  
PHOTO SUBMITTED

## PTA purchases Smart Boards for Donaldson



Kindergarten teacher Denise Cartisser and her students pose for a picture with a Smart Board purchased for the classroom by the Donaldson PTA.

Thanks to several fundraising efforts spearheaded by the Donaldson PTA, 10 classrooms at Donaldson Elementary School have been upgraded with digital interactive Smart Boards.

The Smart Boards utilize a combination of a digital projector and a touch screen, allowing classes to collaboratively use software, share online content and create digital drawings.

“Smart Boards can be used in all areas of education and support a wide variety of learning styles,” says Donaldson PTA board member Sherry Romano. “It allows the teacher to have easy access to online information and quickly share with the class. It also has some interactive capabilities that make it great for use at the elementary level.”

Romano says the PTA purchased the boards using credits earned

through two years’ worth of Scholastic book fairs. The PTA hosts three of the book fairs each year and increased its profit margin by accepting credits from Scholastic, known as Scholastic Dollars, instead of cash. The Smart Boards were part of a catalogue of items that can be purchased using the credits.

According to the Scholastic website, accepting credits increases book fair profit margins by around 50 percent.

Romano says the PTA also raised funds to purchase projectors and speakers for the boards through dine and donate nights at Angelia’s Pizza, Buffalo Wild Wings, Central Diner and Grille, and Buca di Beppo.

Romano says that five of the boards were purchased last spring. The remaining five were purchased this past winter and installed in February. In addition to Romano, Donaldson PTA board members who worked to purchase the boards are

Kristi Gunderson, Pamela Rineer, Dana Chandler and Christa Nicholson.

Kindergarten teacher Denise Cartisser has found numerous uses for the board in her classroom at Donaldson. Interactive features allow her to visually add a subject by moving pictures. They utilized the board for Dr. Seuss Day activities and use a reference feature through a digital version of Scholastic’s Let’s Find Out reader during science and social studies lessons. For “brain breaks,” she uses GoNoodle, a Google app with Zumba sessions. During a reward party, they used it to watch “The Good Dinosaur.”

“As you can tell, I love my Smart Board!” says Cartisser.

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# North Fayette Township Community Center Grand Opening!



**Join us for the Grand Opening of the North Fayette Township Community Center at Donaldson Park, 580 Donaldson Road, 5:30 p.m. – 8:00 p.m. on Thursday, June 9th, 2016.**

**Local VFW Post 7714 along with Local American Legion Post 335 will be conducting the flag raising ceremony at 5:30 p.m. followed by:**

- **Guided and self tours of the Community Center**
- **Police K-9 demonstration with Corporal Heufelder and K-9 Nevo**
- **Activities and fun in the gym with "Find Some Flow"**
- **Crafts in the Education rooms with the Preschool Teachers**
- **Music by Zach Reeder & Refreshments in the Grand Room**

**The North Fayette Township Board of Supervisors and Staff would like to thank you in advance for attending the Grand Opening of the North Fayette Township Community Center at Donaldson Park.**

***\*Be our guest and help your neighbor. There will be a donation box in the front lobby for the West Allegheny Food Pantry. Thank you for your Support.\****



# Leagues/Programs Forming Summer/Fall 2016

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Youth, Women's and Co-Ed Adult Leagues



## **Softball**

Co-Ed Adult League (Fall/2016)

## **Basketball**

Youth, Teen and Adult Men's  
Leagues (Summer/2016)



## **Futsal Soccer**

Youth Leagues (Fall/Winter 2016)



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### **Preschool (ages 2, 3 and 4)**

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### **Kit's Camp (ages 4-5)**

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## St. Clair Hospital offering cost transparency to patients

SUBMITTED BY  
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St. Clair Hospital has launched a cost transparency tool on their website at [www.stclair.org](http://www.stclair.org) that allows prospective patients to calculate out-of-pocket costs for medical treatments, diagnostic tests and surgical procedures. The tool is intended to allow consumers to make more informed decisions about their healthcare and to comparison shop just as they would for other major expenditures.

According to Richard C. Chesnos, St. Clair senior vice president and chief financial officer, the tool meets the needs of healthcare consumers who, as a whole, are becoming smarter and more proactive about their healthcare.

“Consumers are seeking both quality and cost information to help guide their decision making,” says Chesnos. “With healthcare reform, patients have greater financial responsibility for their healthcare: they may have higher deductibles, co-payments and co-insurance. This added responsibility and interest is driving consumer demand for more openness about healthcare costs. At St. Clair, the quality of our care is well known; St. Clair consistently scores above national benchmarks for quality and safety and is one of the highest rated hospitals in the U.S. for patient satisfaction. The hospital provides high value healthcare; now patients will be able to learn for themselves what that care is going to cost before services are rendered. It’s empowering for the patient.”

The pricing transparency tool is available 24/7 at [www.stclair.org](http://www.stclair.org). To use it, select the option “Financial Tools” and follow the easy-to-use prompts.

Chesnos characterizes the cost transparency tool as a welcome departure from tradition.

“In the past, the healthcare industry did not share this information with patients,” he says. “They were in the dark about what their costs were going to be until they received a bill - long after they had the procedure. With St. Clair’s pricing transparency tool, patients can make informed choices. Perhaps most importantly, they can receive the care and treatment they need with greater peace of mind, focused on their health, knowing that there will not be any surprises about out-of-pocket costs.”

Although the majority of hospitals are not yet providing cost transparency, it is a growing national trend that is likely to become standard practice within the next few years.

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April 21 - BizBlast@Noon  
11:30 a.m. - 1:30 p.m. at the Rumfish Grille in Bridgeville  
May 6 - Breakfast Briefing: Energy Policy  
7:30 - 10 a.m. at the Club at Shadow Lakes  
May 20 - Breakfast Briefing: What's Happening in D.C. and Harrisburg!  
7:30 - 10 a.m. at the Montour Heights Country Club

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## AACA seniors spice it up using bacon dust and salted caramel

STORY SUBMITTED BY PTI

American Academy of Culinary Arts kitchens were buzzing with activity prior to a senior luncheon March 19 at Pittsburgh Technical Institute. Chopping, slicing, mixing and baking all started well before family and friends arrived for the event, which allowed AACA culinary students at PTI an opportunity to showcase menus they had spent weeks creating.

Nineteen students prepared their chef-d'œuvre with a variety of dishes, regional specialties and cooking techniques they had mastered over the course of 18 months. Once the menu was selected, students tested their recipes, added refinements, perfected presentations and finally received the green light from AACA chefs.



**ABOVE:** Robert Loehrer of Imperial, a senior in the American Academy of Culinary Arts program at Pittsburgh Technical Institute, is pictured here during a luncheon that allowed seniors in the program to showcase their skills. **RIGHT:** Students prepared beef Wellington for one of their dishes. **PHOTOS BY PTI GRADUATE CHRIS BOMBARDO**

In addition to three standout entrées, students chose three appetizers, two salads and three desserts. Hors d'oeuvres included pan-seared scallops with apricot gel sauce and bacon dust, crab cakes with avocado sauce, and béarnaise deviled eggs with caviar and fried shallots to kick off the feast.

The salad station presented a unique twist on two salads: a Waldorf salad with julienned ingredients and a grilled Caesar salad. Homemade rolls and a Parmesan-crust focaccia accompanied the salads.

The entrée station saluted the students' flair for international fusion. They served a ricotta-stuffed, rolled eggplant with marinara sauce, a miso-ginger glazed salmon with shrimp and vegetable fried rice, and a beef Wellington with green bean Polonaise.

"When I learned this class wanted to include beef Wellington on the menu, I was nervous. That is one of the hardest dishes to do well," said chef Amanda Flesch, an AACA instructor at PTI. "But I'm proud of this group. They pulled it off."

Tiffoni and Marcie Loehrer, wife and mother of student Robert Loehrer of Imperial, each had their favorites.

"I really liked the grilled tomatoes on the Caesar salad. That was a nice twist," said Tiffoni. "I enjoyed that dish very much."

Marcie said her son is the son and grandson of French chefs who owned Rolland et Pierre in St. Petersburg, Florida. A self-declared béarnaise maniac, she said the sauce prepared by the AACA senior students was delicious, but she couldn't quite identify the tang. That chef's secret is one she will have to pry from her son.

"I am really very proud of Robert. Aviation and cooking have been his two loves. It's remarkable how much he has enjoyed his time here," said Tiffoni.

For about an hour, family and friends loaded their plates with



tastes of each students' dishes. While guests dined to their content on appetizers, salads and entrées, everyone found room for dessert. It was hard to resist red velvet cake topped with cheesecake mousse and blueberry compote, brownie a la mode with coconut ice cream in a white chocolate dome, and what seemed to be the popular favorite: salted caramel pretzels.

Pride was evident all around after the luncheon concluded and a medal ceremony began in the a la carte kitchen. As each student came forward to receive a medal from AACA Chef Director Norman Hart, he commented "does prep work faster than anyone," "moves like an antelope in the kitchen," "helped classmates grow up," and "over-the-top exciting talents." Adorned with shiny new medals, students received their starched toque blanche and a warm hug from Flesch.

The luncheon ended with these words of advice from Hart:

"Flavor, flavor, flavor; practice, practice, practice; always pay attention to details. That's the difference between good and great."

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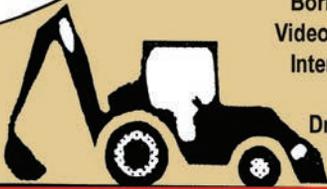
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# West Allegheny Athletic Hall of Fame

## Class of 2016

# The

West Allegheny Athletic Hall of Fame Board of Directors has announced its inductees for the class of 2016. Inductees will be honored at the fifth annual hall of fame induction ceremony May 21 at SNPJ Lodge 106 in Imperial. A social hour will begin at 5 p.m., with dinner served at 6 p.m. Tickets are \$50 per person or \$350 for a table of eight. Sponsorships are also available. Funds raised help financially support West Allegheny athletic programs. Tickets can be purchased at the North Fayette Township and Findlay Township parks and recreation offices, and at the Oakdale Borough Municipal Building.

The following inductees were chosen based on their achievements at the secondary, post-secondary and professional levels. All inductees are nominated via written letters from the public. Individuals must have at least two letters of recommendation. To nominate an athlete, coach/administrator, patron/contributor or team, fill out a nomination form at [www.awmagazine.com](http://www.awmagazine.com).

### Amanda Yothers Yriberri -

Athlete

Amanda Yothers Yriberri was nominated for her outstanding swimming record while she was a student at West Allegheny High School. During her high school swimming career, Yriberri was a three-time MAC champion in the 100 backstroke and 100 butterfly. She was also

a two-time WPIAL champion in the 100 butterfly. She qualified for the PIAA state meet all four years of her high school career, finishing six times among the top 10 in the state.

During her freshman year, Yriberri finished third in the MAC in the 100 backstroke and second in the 100 butterfly. She also finished seventh in the WPIAL in the 100 butterfly and 10th in the butterfly at the PIAA state meet. According to her coach Bob Miller, she was the first WA swimmer to reach finals at the state meet.

Her sophomore year, Yriberri registered her first MAC championships in the 100 backstroke and 100 butterfly. She also finished third in the 100 butterfly and sixth in 100 backstroke in the WPIAL. At the state meet, she improved on her previous year's performance by finishing sixth in the 100 butterfly.

Her junior year, Yriberri repeated as MAC champion in the 100 backstroke and 100 butterfly. She also finished as the WPIAL champion in the 100 butterfly and in sixth place in 100 backstroke. At the state meet, she again improved on her previous year by finishing fifth in the 100 butterfly. She also finished fourth in the 100 backstroke.

Her senior year, Yriberri again repeated as MAC champion in the 100 butterfly and 100 backstroke, and as WPIAL champion in the 100 butterfly. She finished third in the WPIAL in the 100 backstroke. At the state meet, she finished a career-high third place in both the 100 butterfly and 100 backstroke. That season, she also set a school record that still stands for the 100 butterfly.

Due to her success as a student athlete, Yriberri received a number of awards, including the DAR Good Citizen Award, WA Academic Athlete Award, a Society of Women's Engineers award and the U.S. Army Reserve National Scholar Athlete Award. She was also a Wendy's High School Heisman state finalist, earned a WPIAL Scholar Athlete Scholarship and was named an all-star achiever by the Pittsburgh Post-Gazette. Four times she was named MVP of her team and an all-state swimmer. In addition to holding a school record in the butterfly, she also set records in the 200 IM and 100 backstroke. Two of the relay teams she swam on also set school records.

After graduating from WA, Yriberri attended Virginia Tech University on a swimming scholarship and majored in aerospace engineering. While studying at Virginia Tech, she swam with the team for two years before experiencing a career ending injury. She

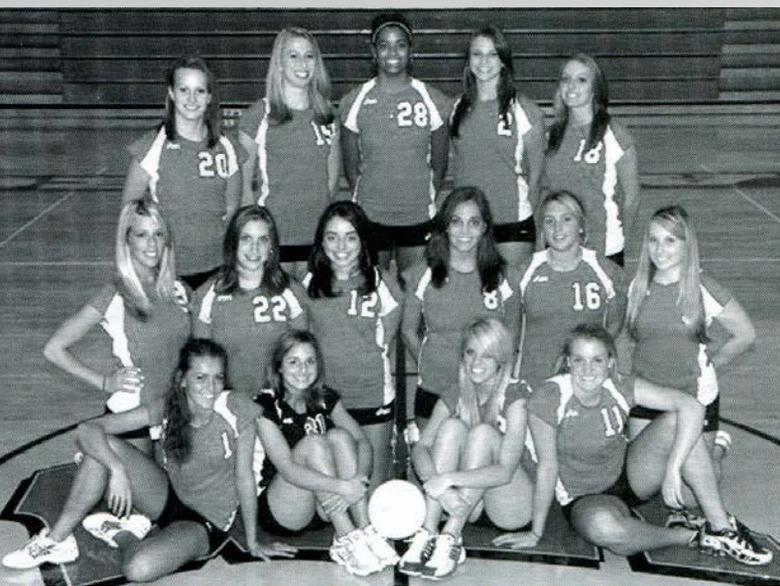


served as a student coach during her junior and senior years.

Yriberri went on to accept a program engineering position at Northrop Grumman but returned to Pittsburgh with her husband and now 18-month-old daughter to complete a nursing degree at the University of Pittsburgh.

While reflecting on her swimming career, Yriberri wanted to express her appreciation to the WA Athletic Department and coaches Bob Miller and Angela Post for helping to “mold her” into a successful competitive swimmer. However, she is especially grateful to her parents, Herb and Linda Yothers, and her brother, Tim, for their unconditional love and support.

## 2006 girls volleyball team



The 2006 West Allegheny girls volleyball team can be described as one of destination and distinction. Capturing their third straight section title, and going undefeated in the process during the regular season, served them well as they entered post-season competition. The WPIAL playoffs were handled by the team with quick precision, but they hit a snag as they lost in the WPIAL finals to Greensburg Salem.

Undaunted, they again qualified for the PIAA Class AA finals at Central York High School, where they came out of pool play to defeat Greensburg Salem in the semi-finals and advance to the championship game. Facing a Brandywine Heights team that had won the District 3 championship was a tall order, but one that did not prove insurmountable for this resilient team. By winning that match, the team became just the second state championship-winning team in school history. The first was the 2001 football team. The 2006 girls volleyball team was the first girls team in WA school history to win a state title.

That historic team was led by seniors Courtney Holdreith, Carley Lang, Kristen MacMillan, Chelsea O'Donnell, Amy Palko, Lauren Roberts and Nicole Traupman. Four players on that team continued their athletic careers at Division I college programs.

For this achievement, the 2006 PIAA-winning girls volleyball state champions were nominated and are being recognized as inductees into the 2016 West Allegheny Athletic Hall of Fame.

## Matthew Majocka

- Athlete

Matt Majocka achieved plenty during his time at West Allegheny, in the classroom, on the basketball court and on the football field.

His junior year, he lettered both as the starting running back on the varsity football team and as the starting point guard on the varsity basketball team. During his senior year, Matt was nominated as the team captain for both the varsity football team and basketball team. On the football team, he was the starting running back, punt/kick returner and defensive back. During that same year, his team won the first WPIAL AAA football championship in school history. In addition, Majocka was named to the Pittsburgh Post Gazette West Top 22, the first team Parkway Conference as a running back, the Allegheny Times All Conference Top 22 and the Tribune Review All Conference first team. He was also a Penn/Ohio All Star participant, a Big 33 Football Classic nominee and an official school nominee for the Norelco Reflex Action Tripleheader Scholarship.

Matt graduated from WA as a four-year scholar/athlete. It is plausible that Majocka could have accomplished even more, had it not been for a season-ending ACL injury he suffered during a pre-season football exhibition game his sophomore year.

Majocka went on to play for three seasons at Allegheny College, lettering two of those years. Once again, he may well have accomplished more were it not for yet another season-ending knee injury he suffered his junior season. Majocka graduated as a scholar athlete from Allegheny.

While reflecting on his playing career, Majocka says that while he felt those major knee injuries impacted his overall high school and college athletic careers, overcoming those injuries made him both stronger and more determined. He says he is grateful for his parents' support.

Currently, Majocka and his family are WA residents. He takes great pride in considering himself a lifelong WA booster. In fact, he clearly remembered that head football coach Bob Palko impressed on him and his teammates that they always needed to set a high level of expectation for themselves as players representing their community. Palko encouraged them to eventually return and support future WA athletes to continue the legacy that helped them develop as players in the program.

Majocka says that were it not for Palko, he never would have played football. It was Palko who encouraged him as they sat together one night on Majocka's family swing talking about the value of playing football. As Palko predicted, football did help Majocka develop the discipline and determination to graduate with honors from WA, gain a scholarship and eventually graduate from a prestigious college.

Majocka is now pursuing a highly successful professional career as a central station manager for Guardian Protection Services. He is raising his own son and continuing to give back to the community, just as Palko stressed he should those many years ago.



## William Hager - Athlete



William Hager was nominated for his success as a West Allegheny athlete but is being inducted for how he applied those athletic skills he developed at WA toward a highly successful high school basketball coaching career.

In high school, Hager played three years of baseball at WA. His senior year, he pitched a no hitter, striking out 19 players in a game against Coraopolis High School. He also played for the Little Pirates and was eventually drafted by the Pittsburgh Pirates in 1967. Additionally, Hager played both basketball and

football. He was named first team all conference in basketball and earned a Black Hills Conference honorable mention in football his senior year. As a result of his high school athletic success, he received the Dapper Dan Curbstone Coaches Award.

Upon graduation, Hager was offered a baseball scholarship at the University of Iowa and lettered three years during his college career.

Despite his impressive playing credentials, Hager's induction recognizes the skills he developed at WA and how he applied those skills toward a successful basketball coaching career at Franklin Area, Jamestown and Maplewood school districts, where his teams won a combined 22 conference championships. As a result of his teams' successes, Hager earned conference coach of the year honors seven times. In 2001, he led the Franklin Area boys basketball team to a PIAA Class AAA state championship, earning District 10 coach of the year and Pennsylvania Big School Coach of the Year honors.

In all, his teams reached the state playoffs 17 times, with four appearances in the final four, seven in the elite eight and 11 in the sweet sixteen. His teams won a combined 672 games and recorded just 273 losses.

Even though Hager did not coach at WA, he says he felt indebted to the coaches who served as role models for him while he was a WA player. Coaches who he felt especially impacted him include Alex Kramer, Ed Sarachine, Joe DeMichela, Charlie Burin and George Schmidt.

As proud as he is of his basketball coaching career, Hager says he is especially proud that he coached three of his four children and that they later went on to their own successful college playing careers. Two of his sons are now also head college basketball coaches, one at Regis College in Boston, Massachusetts and the other Bethany College in West Virginia.

At the present time, Hager and his wife, Maureen, whom he considers "critically important in his life," live in Franklin. Though Bill retired from teaching eight years ago, and from coaching three years ago, he is still actively involved in coaching basketball through Achieve Your Dreams, an AAU Basketball program, at Edinboro University. His mother still lives in Imperial, where he visits her weekly.

## George Allison - Coach/Administrator

George Allison was nominated for his dedication to the development of successful sports programs, initially as a physical education teacher and coach of all sports at Findlay Vocational High School, and eventually as athletic director of the newly formed West Allegheny School District.

Allison graduated from Waynesburg College in 1919 and began his teaching/coaching career at Findlay, where he coached football, baseball and basketball. His basketball teams were especially successful, winning the their section in 1936 and Class B section basketball championships in 1947 and 1949. Between those championship years, he left school to serve as an officer in the U.S. Navy during World War II. After the war, Allison returned to teach and coach at Findlay before becoming the first athletic director of the newly formed West Allegheny School District, where he served until he retired in 1967.

Former students characterize Allison as a role model. Sam Wilkinson states that he would definitely have quit school long before graduation were it not for the fear of losing Allison as a role model. Pete Cain remembers him as a "man's man" and a "father to everyone." Fellow 2016 West Allegheny Athletic Hall of Fame inductee Bill Hager refers to him as a "class act." Allison always expected his teams to handle themselves with pride and be disciplined as players, whether it be on the field or in the classroom.

Among his players was his own son, Pat, who played for his dad and earned the title "Mr. Basketball" for his outstanding basketball skills. However, George never gave Pat an A grade because he always felt it would look unprofessional if he gave his own son anything higher than a B grade in his class.



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## New Paradise Paws salon offering high quality grooming for pups

“I’m living my dream,” Jennifer Belas Kuzma gushed at her new shop, Paradise Paws, which recently opened its doors at 7055 Steubenville Pike in North Fayette Township just off the Tonidale Exit on Route 22/30. “I love all kinds of animals, especially dogs, and I love the beach, so now I’m grooming pups in paradise!”



Paradise Paws, that is, which provides high quality dog grooming service and satisfaction for dog owners.

Kuzma, a 2004 graduate of Moon Area High School and Parkway West Career and Technology Center, brings almost 10 years of dog grooming experience to the business. In addition, she holds a cosmetology license, which enhances her dog grooming skills and small business background.

“Owning my own business has been a dream since high school,” stated Kuzma while clipping one of her favorite clients, Roxy. “About a year ago, things just seemed to fall into place, especially with the support of my husband, Dylan, and my family. Locating my business in North Fayette Township is an added bonus, since I live in the township and my daughter Ava attends Donaldson Elementary School in the West Allegheny School District.”

Kuzma’s 18-month-old son, Dylan, will attend Donaldson someday, too.

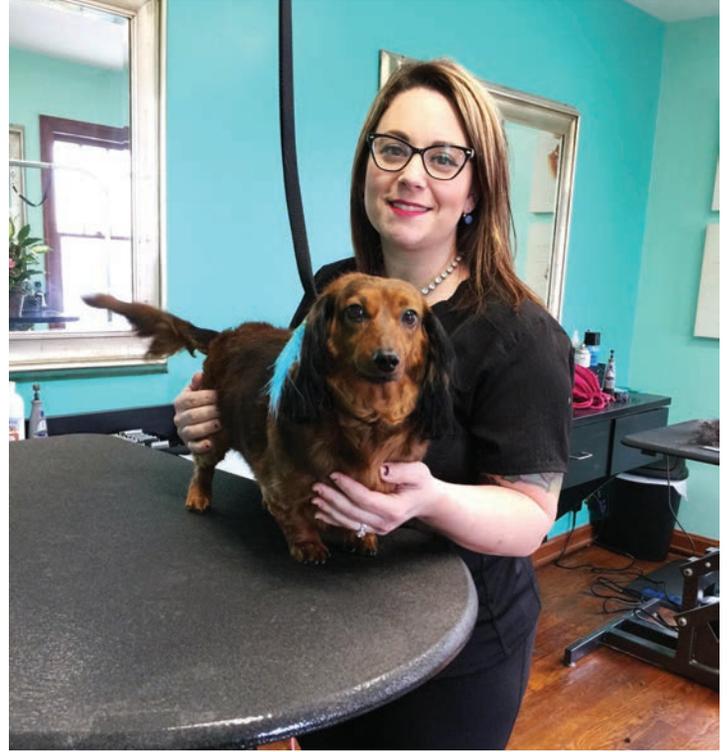
“I know that Paradise Paws LLC will add to the economic growth of North Fayette Township and will help to enhance the community,” she says. “As a resident I am proud of that.”

Kuzma recommends scheduling grooming appointments by calling ahead to (412) 489-6480. However, she also welcomes walk-ins. She promises that Paradise Paws will do everything to exceed each client’s dog-loving expectations. In addition to a variety of valuable dog grooming services performed by experienced and compassionate employees in a clean and safe environment, the more fashion-oriented dog owner can browse Paradise Paws’ wonderful selection of dog collars and other pet supplies.

Future plans for the shop include a partnership with PWCTC to provide internship experiences for students in the Veterinary Assistant Technology Program. Kuzma says her experiences as a former PWCTC student, along with the school’s close proximity to her shop, provides a win-win situation. Kuzma’s already underway with another project: the collection of slightly worn animal collars, leashes and pet clothing to be donated to animal shelters in the area.



Paradise Paws is open Tuesday, Wednesday and Friday from 9 a.m.-5 p.m., Thursday from 10 a.m.-8 p.m. and Saturdays, 8 a.m.-4:30 p.m. The shop is closed on Sunday and Monday. More information on hours can be found at [www.paradisepawslc.com](http://www.paradisepawslc.com). Check out some of the “ParadisePups®” on Facebook at Paradise Paws LLC Dog Grooming.



Jennifer Belas Kuzma is pictured here at her new grooming salon Paradise Paws just off the Tonidale Exit on Route 22/30 in North Fayette Township.



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## WA alumni behind up-and-coming folk rock band November Blue

The emerging genre of folk rock is one that seems to have come into existence in part for the reason that it's kind of an oxymoron. Helped along by a resurgent interest in bluegrass, folk rock takes things up a notch, with driving bass lines and rhythms that have at times merged with elements as diverse as punk rock to give rise to national acts like Chuck Ragan.

The nebulous genre has also captured the tastes of Tom Currey and Dylan Lindemuth, two talented vocalists who graduated from West Allegheny High School and are now studying music at Duquesne University. The two formed a band called November Blue while they were still in high school and have been making appearances at venues around the area since.

Most recently, they beat out four other bands at a battle of the bands competition at Duquesne University, with a full accompaniment that included an upright bass and drums.

The two met in show choir at WA, where Currey also performed in WA musicals, including 2014's "Catch Me If You Can." His performance earned him a Gene Kelley nomination. Lindemuth says the two met shortly after Currey moved to the area from West Virginia, which was just prior to Currey's junior year.

"We met at a show choir party during the summer and realized we had a lot of the same musical tastes," says Lindemuth, who was a class behind Currey.

The two started playing together and writing their own music, which has been largely inspired by a folk rock band out of North Carolina named The Avett Brothers.

The band sports a cello, double bass and violin in its lineup. The title to one of their songs gave November Blue their name.

"They kind of defy a genre," says Lindemuth.

The two got their start at Celebrations, after Currey and Lindemuth approached the venue's owner with an offer to play for free.

"They said we could come up and play, and if you're successful, we'll book you once a month," says Lindemuth.

They've been a recurring act there since, playing a mix of original music and twists on rock covers that range from the Eagles to Taylor Swift. They've also played at festivals for North Fayette and Findlay townships, The Hard Rock Café in Station Square, the Smiling Moose in the South Side, Latitude 360, Walnut Grill and the Moon Shadow Café in Maryland.

Patty Ellis, a North Fayette Parks and Recreation board member, says she booked the band for the township's Fall Festival in 2014 after hearing them play at Celebrations. The band was invited to perform again that following summer at the township's Community Days festival. She says that what struck her about the band was that they played music that was appropriate for all ages, from current music to classic rock.

"They relate to the crowd well and play a range of music," says Melissa Gnoth, chairperson of the North Fayette Parks and Recreation Board. "And they have a following. At the fall festival, it was cold, but they had people staying until the end."

Lindemuth says that at the smaller venues where space is limited, it's usually just him and Currey playing. For festivals and the recent battle of the bands competition at Duquesne, they can play with a full lineup of up to four.

Now, they're looking for even more opportunities over the summer before classes start up again at Duquesne, where Currey is studying music technology and Lindemuth is studying music education. They are currently booking private parties, weddings, graduation parties, festivals and more. They can play either as a two-piece band or with a full accompaniment. Anyone interested should email: [Novemberblueband@yahoo.com](mailto:Novemberblueband@yahoo.com).

Find them on YouTube at November Blue band Pittsburgh, and on Facebook, Instagram, and Twitter @novemberblueband.



Recent West Allegheny graduates Tom Currey (at center) and Dylan Lindemuth (at right) are now Duquesne University students studying music and heading up a professional folk rock band. They are pictured here with fellow band mate Ben Cardine on upright bass.



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**Adult Event No one under 21 admitted Valid I.D. required at the gate**

## SPRING COMMUNITY CLEAN-UP

Saturday, April 23, 9 a.m.-Noon

Meet at Findlay Township Activity Center  
 310 Main Street/Imperial / LOWER LEVEL

Findlay and North Fayette townships are joining together once again to organize a community clean-up day. Come out and donate a few short hours to make our community a place of which we can be proud.

We encourage any youth groups or high school students to come out and accumulate some community service hours.

If you would like to volunteer, please call Darlene at the township office.

If you are interested in volunteering, call Kelly at 724-693-9740.

Bags, gloves and vests will be provided.

If possible, volunteers need to provide their own transportation to and from their clean-up site.



## FINDLAY TOWNSHIP "SHRED IT" DAY

Saturday, June 4, 10 a.m.-Noon

Findlay Township Municipal Building Parking Lot / 1271 SR 30 / Clinton

Do you have too many documents to shred at home or do not have access to a shredder? If so, come to the Findlay Township Municipal Building and get rid of them for FREE. Iron City Workplace Services, a professional shredding company, will be here to take your sensitive documents and dispose of them in a safe and quick manner.

**Please note: This is for private homes not businesses.**

**NO BUSINESS DOCUMENTS WILL BE TAKEN. PLEASE REMOVE ALL RUBBER BANDS, PAPER AND BINDER CLIPS BEFORE SHREDDING.**  
 Cardboard and plastic bags cannot be shredded.

# Findlay Spring Cleaning Events!



## COMMUNITY TIRE COLLECTION PROGRAM

Saturday, April 16, 9 a.m.-Noon

Findlay Township Public Works

1058 Clinton Road (off of SR 30 at light in Clinton)

Do you have old tires that you need to get rid of?

Well, here is your chance to do so.

The Independence Conservancy in conjunction with Findlay Township will be holding its annual tire collection. Last year's effort collected over 800 tires from residents and non-residents. This non-profit foundation has been restoring and protecting our local land and water since 1999.

All of the tires are sheared, and rims are hauled away for recycling.

Donations for tire disposal:

\$2 per passenger car or light truck tire - rim size: 12", 13", 14", 15", 16", 16.5" & 17"

Additional \$2 for any of the above that are on a rim

\$20 per tractor trailer - 19" to 22" - No rims.

\$20 per farm tractor rear tire - No rims.

## Principles versus practice

I once read a news article about a homeless man who contacted police to turn in a bag that he found in the parking lot of a mall. When police looked in the bag, they were stunned to see that it contained almost \$42,000 in cash and travelers checks. When word of the story broke, people were amazed that this man, who was literally sleeping on the streets, did not keep the money. Even in his most desperate moment, this man's sense of right and wrong remained steadfast. The fact that this man's principles were so strong surprised many.

In reality, we all have principles that we live by and which motivate our behaviors. In fact, for most people, conflict begins to arise when we feel that others are violating our principles or asking us to violate our own. We all can probably think of times when we were engaged in a conflict "out of principle." Sometimes, we might not even remember exactly what the conflict was but rather only that it was "based on principle."

In my work as a psychologist, I frequently see couples heading toward a separation



or divorce because they feel that they are no longer on the same page and/or no longer share the same values. In reality, this is rarely the case. Oftentimes, while discussing the difficulties they are experiencing, it becomes clear that the source of much of their conflict is not a difference in principles but rather a difference

in practice. Even couples who share the same principles may disagree about how to implement them into everyday life.

Likewise, parents usually agree that children need rules and discipline. However, they may disagree about what those rules should be and/or what the consequences are should those rules be broken.

Conflict typically arises when people become hyper-focused on practice and lose sight of the principle that drives the practice. The good news is that individuals who share common principles can usually come to some common ground with regards to practice.

## So, how can this be applied in your own life?

When you experience conflict, ask yourself if the difference is related to principles or practice. In other words, do we disagree about what needs done or do we disagree about how to do it? Attempt to use shared principles to find common ground and then work together to determine how to best apply this principle. For instance, you both may agree that a child needs to learn responsibility but might not agree on how to teach them this. Understand that compromising a practice is not the same as compromising your principles. You can change the way you do something without changing your beliefs.

*Dr. Andrew Ward is a clinical psychologist and co-owner of Associates in Behavioral Diagnostics and Treatment (AIBDT Psychological Services). To reach the practice, call (412) 329-7778. Visit them online at [www.aibdt.com](http://www.aibdt.com).*

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## High school students earn Scholastic Art Awards honors

Twenty-nine high school students won a total of 31 awards in the visual art and photography categories during the 2016 Scholastic Art and Writing Awards program. Nine students were awarded Gold Keys, eight were awarded Silver Keys and 12 were recognized with honorable mentions.

High school art teachers Leah Shuck and Mike Short, along with media arts teacher Mike Shaffer, coordinated the efforts



of 90 students who submitted entries in the visual arts, photography, digital art, film, animation and poetry categories. All artwork earning gold keys, silver keys and honorable mentions were on display in February at La Roche College. Artwork selected for Gold Key Awards is forwarded on and judged at the national level.

### Award winners were:

#### Gold Key

Francesca Fedorka - Digital Art  
Alison Mroczkowski - Digital Art  
Victoria St. Claire - Digital Art  
Lacey Wilkinson - Photography  
Amber Clemens - Drawing and Illustration  
Mara Ojeda - Drawing and Illustration  
Tori Brennen - Drawing and Illustration  
Baleigh Hopkins - Drawing and Illustration  
Melina Lynn - Drawing and Illustration

#### Silver Key

Sydni Ellis - Photography  
Victoria St. Claire - Digital Art  
Catherine Wheatley - Digital Art  
Stephanie Berhosky - Drawing and Illustration  
Hannah Charlton - Drawing and Illustration  
Avia Rettmann - Drawing and Illustration  
Gabrielle Prevade - Drawing and Illustration  
Alisha Beiber - Drawing and Illustration

#### Honorable Mention

Mariah Blair - Photography  
Abbey Layden - Digital Art  
Catherine Wheatley - Digital Art  
Lacey Wilkinson - Two in Photography  
Amber Clemens - Painting  
Tara Coulter - Drawing and Illustration  
Abby McLean - Drawing and Illustration  
Gabrielle Pervade - Drawing and Illustration  
Quinn Roth - Drawing and Illustration  
Kaylee Fisher - Drawing and Illustration  
Alexis Fleet - Drawing and Illustration  
Carolyn Macek - Drawing and Illustration



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## Marching Pride takes on Disney

Members of the high school Marching Pride traveled to Orlando, Florida from February 27 to March 2 to perform in a parade at Magic Kingdom Park in Walt Disney World. A total of 92 students led by band director T.J. Fox and 13 chaperones made the biennial trip. Boosters and students raised funds for the trip by hosting a viewing of the film “The Polar Express” in December and the Cavalcade of Bands marching band competition in October.



“The band’s Disney trip has always been one of my favorite trips. I enjoy the fact that I can spend time with my friends and do different things with them than we would normally do. I think that this trip is also a great learning experience. The parade that we perform in, which goes down Main Street in Magic Kingdom, lets us experience performing for a much larger crowd than we [would] normally.”

~ Abby Scheers, Senior

“This was my first trip ever to Disney World. It was even better than I expected. I got a chance to hang out with my friends, which was a plus. The food was amazing, too. It was a good experience to perform for such a large crowd. I can’t wait until my senior year when we go back.”

~ Steven Abbott, Sophomore

“While Disney is already known as a happy and magical place, being with the band on our trip exceeded those expectations. Marching in Magic Kingdom, down Main Street with the Castle in the background, took our marching experiences to another level, as we became part of bringing that magic to families from around the world.”

~ Madison Heidenreich, Junior

## Students gain STEM experience through real world design challenge

Through a newly formed partnership between Penn State Center Pittsburgh, the Energy Innovation Center and Parkway West Career and Technology Center, high school students from West Allegheny, Chartiers Valley, Moon and Montour school districts are taking part in real world design challenges.

At the kick off to this unique partnership, students were tasked with creating a solution to an actual water run-off problem at the EIC in Pittsburgh. Specifically, students had to look at the EIC building’s landscaping, art and technology issues. Since the building has been completely renovated to be a clean, efficient, green and sustainable building, and since it’s still undergoing changes, it provided a perfect laboratory for students of architecture, engineering, mathematics, design and landscaping.

While visiting the EIC, students took pictures, notes and measurements. They then went back to their respective schools

to create solutions. Students will later meet as a group, share their ideas and develop a consolidated proposal, which they

will pitch to the EIC and a team of judges from Penn State University.

According to Norton Gusky, a local educational technology broker, this project “allows them to apply their knowledge and it sticks. It’s learning that goes beyond the surface level and becomes what we call deeper learning. This is a really great chance to give the kids that opportunity. What the students here are doing used to be done at the college or post graduate level, and now we’re pushing it down to the high school.”

Under the guidance of teachers Amy Schweinsberg and Ron Neurohr, WA students involved in

the project are: Brandon Dale, Jessica Packer, Lexi Vogt, Lucia Bruschi, Ashton Pietroboni, Megan Ye, Andrew Roberts and Morgan Kutzavitch.



Students review building layouts in an effort to design solutions to the problem of building water run-off at the Energy Innovation Center in Pittsburgh. PHOTO BY NORTON GUSKY

# Superintendent's Message

Anyone who has ever taught, attended or even visited McKee Elementary prior to its renovations would have a difficult time recognizing the school in its current state. Gone are the dark, cramped and outdated spaces, which have been replaced with colorful, inviting and naturally illuminated rooms that combine functionality and technology with collaboration and academic stimulation.

Most notable to McKee visitors is the extensive restructuring of the floorplan. The main entrance and office have been relocated to accommodate parking and transportation, while the library and the majority of classrooms have been relocated. As well, students and staff now have access to the new:

- **cafeteria and full-service kitchen** with state-of-the-art appliances, allowing fresh, hot meals to be prepared at McKee.
- **library** that inspires creativity, curiosity and an appreciation for research and reading.
- **computer lab** with managed wireless access.
- **dedicated classrooms** with supplemental natural lighting.
- **individualized lockers** for privacy and organization.

.....

The work at McKee is currently ahead of the anticipated construction schedule, with the project approximately two-thirds complete. One reason for this timely progress was our decision to revisit the demolition schedule and reprioritize the project, which has been less disruptive to classes. The reprioritization of the project has allowed students and teachers to remain in their school, eliminating the need to relocate classes to another school for the year. This has saved the district considerable money that would have been lost to transportation shuttles. More importantly, it has eliminated lost instructional time that would have been used while transporting

McKee staff and students.

We are currently in our second to last construction phase of the project, with a projected completion date of mid-May. Once the current phase of construction is complete, first-grade classrooms - along with three kindergarten classrooms with designated restrooms - will be ready for occupancy. All new energy-efficient and environmentally friendly HVAC, electrical and plumbing systems will be installed and functioning throughout the designated phase. There will be technology improvements as well, including a high-speed data network with classroom-based wireless access and a new school-based telephone system as part of a district-wide upgrade.

The final phase of construction will be completed by the end of August of 2016. This area will include the:

- **collaboratory**, a bright, open space that will welcome students and teachers to come together to collaborate in a creative and comfortable setting.
- **renovated gymnasium**, which will offer students a full-sized, dedicated physical education space with hardwood floors.
- remaining dedicated classrooms.
- roadway and parking lot replacement.

.....

If the work continues to progress as scheduled, we anticipate teachers will have access to all classrooms in the final phase



of construction several weeks before the start of next school year. Students will return to a brand new facility to start the 2016-2017 school year on August 30. Special recognition and accolades are extended to former superintendent Dr. John S. DiSanti and assistant to the superintendent Dr. William

Continued on page 36

**"I told this class that they are very special to me, as they are the last class in our old, open rooms and the first class to be in the new classroom. The students and I are thrilled over our new 'home.' The students are better able to concentrate in the tranquil, closed environment. We also feel freer to make noise when needed for science and group activities, and have begun to incorporate brain-building routines such as morning exercise, classical music and chess tournaments. We love the natural light, which itself is thought to boost brain productivity."**  
~ **Ginny Belko, Fifth Grade Teacher**



## Superintendent's Message: cont.

Englert, as well as past and current board members for their amazing vision and commitment to this expansive project at both Wilson and McKee. Together, their passion for completing renovations at both elementary schools will provide state-of-the-art facilities, enhanced technology and innovative, collaborative school environments with enhanced safety features for generations of young learners. Special recognition is also extended to Kenneth Fibbi, director of buildings and grounds, who has been invaluable and instrumental in the planning, implementation and completion of both Wilson and McKee. In addition to managing two major construction projects, Mr. Fibbi continues to oversee the day-to-day demands of all of our district facilities and operations. We are extremely proud and excited to share the schools with the West Allegheny community.



.....  
*Dr. Jerrí Lynn Lippert,*  
Superintendent

**“This construction process has gone much smoother than I anticipated. The construction company has been very responsive and mindful of teachers and students. As well, our entire McKee community has been very receptive and flexible and is looking forward to starting off the 2016-2017 school year in a completed facility. The students really like the new library, cafeteria and especially having their own lockers. The needs of 21st century learners almost require the new technology, flexibility and collaboration that our renovated school will provide.”**  
**~ Tom Orr, McKee Elementary School Principal**

## Seniors sign to play at next level



Terence Stephens, Reanna Turner, Lexi Cogis, Hannah Charlton and Cooper Amos all have signed letters of intent to continue their athletic careers at the college level.

The West Allegheny Athletic Department hosted a National Letter of Intent/College Commitment Day ceremony on February 3. The following senior athletes were awarded scholarships to play at the college level:

- **Cooper Amos** - Soccer - California University of Pennsylvania
- **Hannah Charlton** - Swimming - Niagara University
- **Lexi Cogis** - Softball - Wheeling Jesuit University
- **Terence Stephens** - Football - Bowling Green State University
- **Reanna Turner** - Basketball - Carlow University

Students were joined by family members, school officials and coaches.

## WA speech and debate students advance

West Allegheny was well represented by the speech and debate team at both the state and national qualifiers. At state qualifiers on February 27, Morghann Simon and Kaitlyn Kariman placed first and third respectively in the poetry category. Taylor Schmac placed fourth in humorous interpretation and Sean Collins placed fourth in commentary. These students will move on to state competition at Susquehanna University in April.

At the National Catholic Forensic League national qualifying tournament March 5, Morghann Simon placed first in prose and poetry, Kaitlyn Kariman placed second in prose and poetry and Catherine Wheatley placed fifth in dramatic interpretation, securing their advancement. Qualifying as alternates for nationals, Lucia Bruschi placed sixth in original oratory and is first alternate. Renae Roscart placed seventh in declamation and is second alternate. Nationals will be held at the end of May in Sacramento, California.

At qualifiers for the 2016 National Speech and Debate Tournament on March 12, Catherine Wheatley placed fourth in humorous interpretation. She is the second alternate for NSD tournament, which will take place in June in Salt Lake City, Utah.



Morghann Simon, Renae Roscart, Lucia Bruschi, Kaitlyn Kariman and Catherine Wheatly proudly display their NCFL National Qualifier awards.

## Senior advances to states in SkillsUSA

West Allegheny senior Jason Faux has advanced to the state round in the SkillsUSA competition. Faux, who is a student at Parkway West Career and Technology Center, advanced after placing first at the district level. Faux is a third-year automotive technology student. The SkillsUSA Championship is a showcase of the best career and technical students.

## WA represented at honors concert band festival

Twenty-six high school band members participated in the Western Allegheny County Area Honors Concert Band Festival held at Cornell High School on January 6 and 13. Approximately 130 students from eight area schools came together to rehearse and perform a concert under the direction of Dr. Jason Worzbyt from Indiana University of Pennsylvania.

Representing WA were sophomores Steven Abbott, Michael Bagnell, Stephanie Berhosky, Dana Bodnar, Katie Borgo, Tori Crawford, Amy Nolte, Morgan Swasey and Jeremy Taranto; juniors Sarah Behr, Alisha Beiber, Max Bruce-Rudge, Madison Heidenreich, Shawn Holl, Kress Oliver, Claire Shemon and Sydney Spath; and seniors Allison Banas, Janghyen Cho, Tristan Cox, Hunter Evans, Sean Rutch, Abby Scheers, Kayla Stevens, Spencer Steward, Reanna Turner and Reilly Zimmerman.



## DAR recognizes WA senior



Senior Carolyn Stout was recently nominated by high school staff to represent West Allegheny in an essay contest hosted by the Daughters of the American Revolution. Stout earned fourth place in the state for her submission titled "Our American Heritage and Our Responsibility for Preserving It." Stout was one of three local students recognized with the DAR Good Citizens Award at a tea event on March 5. The tea was hosted by the Jacob Ferree Chapter of the DAR.

Carolyn Stout is pictured here with Margaret Everly of the Daughters of the American Revolution. Stout was awarded the DAR Good Citizens Award at a tea on March 5.



## Eighth graders benefit from guidance on moving up

The high school has made the process of moving up much easier for incoming freshmen and their parents, in part by hosting several information sessions with the guidance office and administration. On March 14, guidance counselors visited the middle school to outline the new Academic Program of Studies and to share important scheduling tips. That evening, parents were invited to a comprehensive introduction session as well.

Incoming freshmen were also invited to attend an annual academic fair February 5. The fair introduces students to clubs and activities offered at the high school.

Eighth-graders were also given the chance to be high school

students for a day March 18 by completing their academic scheduling and participating in a school-wide scavenger hunt led by high school peer leaders. As students had the opportunity to tour the school, they visited several key stations where a host of questions were addressed, such as:

Why should I take honors courses?

What is the dress code?

How much time is there between classes and how long is each class?

How can I get involved in extracurricular activities?

Through this new inclusive process, both students and parents are introduced to the vast offerings available to students as they embark on their high school years.



High school students lead freshmen on guided tours of the building during a scavenger hunt intended to introduce them to the high school.

## Preschoolers learn safety from new school resource officer



West Allegheny's new school resource officer, Sgt. Mike Hayes, visited with students from the high school's 3-year-old preschool program to teach them about home and school safety. Hayes was a huge hit with the preschoolers and will continue his outreach with students of all ages.

Three-year-old preschoolers gather around school resource officer Sgt. Mike Hayes during his safety talk.

## New Mr. West Allegheny crowned

The West Allegheny Chapter of the National Honor Society sponsored the 14th annual Mr. West Allegheny pageant February 9. Seniors Janghyen Cho, Dakota Marty, Ashton Pietroboni, Connor Roesse and Noah Skowron participated, with Cho claiming the Mr. WA title and Marty winning Mr. Congeniality.

Contestants competed in a number of categories, including casual wear, formal wear and talent. They were also required to answer questions during an interview portion of the pageant. The event raised \$1,000 to benefit Charity Water, which was selected by the winner.

Lauren Barry and Lynn Birnie serve as the NHS faculty sponsors.



Lauryn Long (NHS member) Janghyen Cho (crowned as Mr. WA) Ashton Pietroboni, Noah Skowron, Connor Roesse, Maria Capo (NHS member) and Dakota Marty (crowned Mr. Congeniality) celebrate after the awards ceremony.

## Students interview award-winning author

Several eighth grade students had a unique opportunity February 29 to participate in a video conference with Jacqueline Woodson, author of *Brown Girl Dreaming* and



**ABOVE:** Eighth-grader Samantha Cox was one of six middle school students who interacted with Woodson through a videoconference interview.

many other award-winning literary works. Students asked Woodson questions about her writing process, how she begins a story, creates specific characters and more. West Allegheny was joined by Woodland Hills Intermediate, North Hills Middle School, the Campus School of Carlow University



**ABOVE:** Author Jacqueline Woodson answers questions posed by students from five area middle schools via videoconference.

and CAPA. Woodson was in Pittsburgh as part of the Pittsburgh Arts and Lectures Series. The videoconference opportunity was arranged by middle school teacher Jacob Minsinger.

## Middle school students apply STEM skills at SeaPerch Competition

On February 20, four middle school Horizons students traveled to Carnegie Mellon University to participate in the region's first SeaPerch Competition, sponsored by the U.S. Navy and Penn State University. Under the guidance of middle school teacher Bonnie Sikorski, students Rain Greene, Cerina Wichryk, Mason Palaima and Sara Sawford competed against 10 high school and eight middle school teams.



**ABOVE:** Middle school students test a remotely operated vehicle they built as part of an engineering competition in the high school pool.

SeaPerch is an innovative underwater robotics program that equips teachers and students with the resources they need to build an underwater remotely operated vehicle. Students were tasked with building the ROV from low cost, easily accessible parts and following a curriculum that teaches basic engineering and science concepts with a marine engineering theme.

The West Allegheny team utilized skills such as soldering wires to create and make the controller, drilling holes, measuring and cutting PVC pipe for the body of the

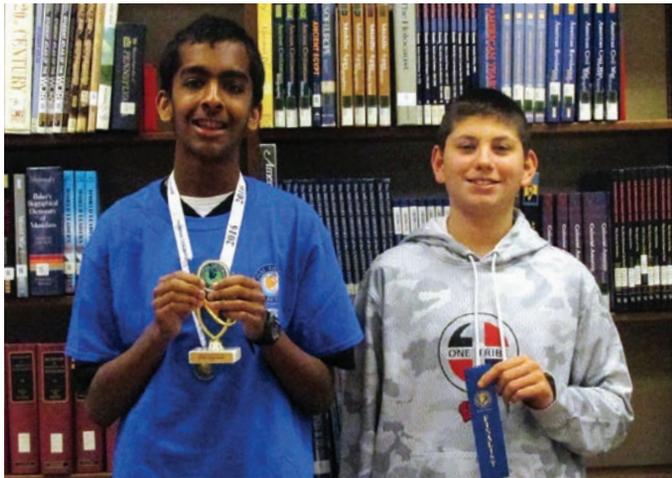
ROV, waterproofing, and soldering wires to the motors. Students also painted and designed the overall look of the ROV. Once at the competition, students were required to drive the ROV and complete two underwater obstacle courses that involved rings and orbs. They also created a poster presentation in which students explained their process and understanding of how the ROV operates, what science was behind it, and what obstacles they faced as they built and tested it prior to the competition. Throughout the project, students learned engineering concepts, problem solving, teamwork and technical applications.

The WA team was awarded a trophy for best outreach and team spirit. They also took runner up for their performance in the underwater orb challenge.

**BELOW:** Rain Greene, Cerina Wichryk, Mason Palaima and Sara Sawford display their design and presentation.



## Middle school geography bee names champion



Vishaal Saravanan, left, was named geography bee champion while Robert Moran, right, was runner up.

The middle school hosted its annual geography bee, sponsored by the National Geographic Society, on January 15. With near perfect rounds, eighth grader Vishaal Saravanan was named this year's champion while Robert Moran was runner up. All middle school students took a qualifying exam at the beginning of December. The top 20 scorers competed in the initial rounds until only 10 students remained. World Geography teachers Nancy Watkins and Valerie Meehan organized this year's contest, which was hosted by Jeff Kiser.

As the district winner, Saravanan received a t-shirt and a trophy. He will now take a written test to determine if he will move on to a state championship in April. Should Saravanan win at the state level, he would qualify for a national competition that will be held in Washington, D.C. The national winner will receive a \$25,000 college scholarship and a trip.

## Middle school students and staff showcase talent

Students and staff from the middle school took command of the stage during the 2016 talent show, which followed the theme "Downtown." Held January 28 and 29, the show kicked off with a group performance and featured 23 acts that ranged from music and dance to comedy. The show closed with a special performance by the WAMS Rubber Band, a rock group made up of teachers. The event was coordinated by middle school teacher Dana McCaskey and a host of staff and student volunteers.



## New spelling bee winner named



Finalists in the 2016 Spelling Bee were Keilanni Hernandez, Rain Greene, Morgan Shansky and Vishaal Saravanan.

Seventh-grader Rain Greene claimed first place in the middle school spelling bee February 17 and will move on to represent West Allegheny at a county-level bee. Morgan Shansky took second place and Keilanni Hernandez and Vishaal Saravanan tied for third place.

The spelling bee was sponsored by middle school ELA teachers Katie Troup and Anita Berich. Leda Niccolai and Jeff Kiser served as judges.



LEFT: Jamie Sheppard takes to the stage with her rendition of "Blackbird."

ABOVE: Teachers Jessica Henry and Ray Lanich perform their version of "Everything has Changed."

BELOW: Ronnie Barrett and Kizmin Hatcher share their beats in an original performance.



# Donaldson team rocks Battle of the Books

Elementary schools hosted their annual Battle of the Books competition March 17, with a total of 40 teams participating. Teams of fourth and fifth grade students read six books each from a selected list and came together at the tournament to answer questions.

At West Allegheny, the Rock 'n' Roll Readers, a team made up of Donaldson students, came out on top. The competition was organized by elementary school librarians Kathy Denniston, Denise Medwick and Beth Schultz.

## The winning teams were:

### Champions: Rock 'n' Roll Readers (Donaldson)

Reese Bielecki  
Libby Hitchings  
Makynlee Martin  
Kate Miller

### Runner-Up Teams: Venomous Readers (McKee)

Hope Fronczek  
Natalie Larkin  
Connor Stern  
Noah Luffe  
Ben Moore

### Riptide Readers (McKee)

Jacob Kent  
Dev Linko  
Shaun Linko  
Jase Smith



ABOVE: Donaldson Elementary students Reese Bielecki, Libby Hitchings, Makynlee Martin and Kate Miller wear the medals they won for finishing atop in the district's elementary Battle of the Books competition.

### Full House Five (Wilson)

Taylor Eannace  
Olivia Ginocchi  
Anna Sawford  
Nathan Spokart  
Max Tepsic

### Rainbow Readers (Wilson)

Nico Colaizzi  
Nathan Dalgaard  
Domenic Maritato  
Chase Schepis  
Blake Schwarz

BELOW: Forty teams from Wilson, McKee and Donaldson competed in the district's annual Battle of the Books competition, during which family and friends were invited to cheer for them.



# Read Across America celebrated at elementary schools

It was that highly anticipated time of year again, when the West Allegheny Education Association celebrated the importance of reading during Read Across America Week from February 29 through March 4. Teachers and students in the district participated in the national celebration created by the National Education Association with a host of Dr. Seuss-themed educational activities.

Elementary school librarians sponsored the Drop Everything And Read program each day while school board members,



BELOW: Donaldson librarian Beth Schultz shares her enthusiasm for Dr. Seuss with students.



ABOVE: Superintendent Dr. Jerri Lynn Lippert and assistant to the superintendent Dr. Christine Assetta read to McKee students.

administrators and other guests visited classrooms to read to students. At lunch, students also enjoyed a favored tradition of eating green eggs and ham.

Festivities concluded March 5 with arts, crafts, face painting, cookies and Dr. Seuss stories at The Mall at Robinson.

Mariann Bertocchi and Christina Pratt served as WAEA Read Across America co-chairs. The Read Across America celebration was a

collaborative effort between the WAEA, the West Allegheny School District and the West Allegheny Education Support Professionals Association.

RIGHT: Wilson students listen to school board member Chip McCarthy read a few Dr. Seuss favorites.



# Winter sports teams advance to post-season play



West Allegheny's winter sports teams wrapped up their respective seasons the week of March 16 through 19. Six members of the boys and girls swimming and diving teams competed at the PIAA Swimming and Diving Championships at Bucknell University. Michael Kocher finished third in the 200-meter IM and sixth in the 100-meter backstroke. The girls program won the MAC team title while the boys swim team finished in second place at the WPIAL championship.

Boys basketball witnessed a historic season as they captured the section basketball title for only the second time in school history. The last time the team did so was in 1994. The team went on to the WPIAL playoffs and represented the program very well.

The wrestling team was once again competitive in a tough AAA section. Five West Allegheny wrestlers qualified to compete at the WPIAL finals at Penn Hills High School, where each had a strong showing but did not advance to states.

The varsity hockey team clinched their section with a 13-2 win over Wheeling Central Catholic and advanced to the semi-finals



of the WPIHL playoffs for the Penguins Cup.

In its inaugural year at West Allegheny, the gymnastics club team earned medals at the WPIAL team tournament. The team came in first place in the silver division at the prestigious PA Classic Invitational held at Moon Area High School.

Boys and girls bowling witnessed individuals moving on to the WPIBL Western Regional playoffs after the girls team garnered the MAC team title for the season.



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# Health and Wellness Guide

## Earning it back

By Bob Amic, CFT, ISSA

It's been a long winter and you've been off your workout routine. Maybe you've been less active because of the winter weather, or maybe you're still recovering from an indulgent holiday season.

Now, though, spring is on the horizon, and after a warm day here and there you're thinking it's time to get back on a workout routine. Getting motivated can be difficult, though, especially with today's busy lifestyles. It takes a lot of motivation to drag yourself out of bed to go to the gym before heading off to a day of work, or to come home from work ready to hop on the treadmill, take a group class or hit the weights.

If you're struggling with motivation, here are a few tips to help get you back on track and regain your fitness lifestyle:

**Do something you enjoy.** If you hate running because you find it boring or it hurts your knees, don't do it. There's nothing less motivating than dreading your workout. Make sure your fitness routine is something you enjoy and doesn't cause unnecessary pain.

**Keep it convenient.** Make a workout routine a convenient part of your daily routine. Take advantage of nearby amenities like trails. If you're looking for a gym, consider one with 24/7 operations and a nearby parking lot like Body Systems Fitness in McDonald.

**Take your time.** If you've been off of your fitness routine for a short while or are just beginning a new or more intense workout, don't go full blast right away. Besides possibly injuring yourself, it won't be any fun. There's no shame in going slow, as long as you're moving.

**Hire a trainer.** You may think it's expensive to hire a personal trainer, but it's a great way to get and stay motivated. First, you won't want to miss training sessions because you're paying good money for them. Second, you'll want to impress your trainer so he or she thinks you're the hardest working person in the gym. Third, it's pretty fun - and even a bit flattering, even if you're paying

## EXERCISE WELL

### Stay motivated by signing up for these area 5K runs

Getting back into the routine of running after the long winter break? Community races are a great way to stay motivated while enjoying the weather. Sign up for these upcoming races now so you have a goal that keeps you going from spring through late summer.

**35th Annual Ohio Valley Hospital/Kennedy Township 5K, May 14, 8 a.m.,** rain or shine, course starts and finishes at OVH, submission of pictures and memorabilia from past races requested for display in hospital lobby on race day, submit by **April 22**, awards for first through third place, shirts for first 200 registrants, register at [www.active.com](http://www.active.com), for memorabilia: [kcampbell@ohiovalleyhospital.org](mailto:kcampbell@ohiovalleyhospital.org).



them - to have another person investing in your fitness goals and designing personal workout plans just for you!

**Avoid the out-of-sight, out-of-mind conundrum.**

If you have a gym membership, make sure the key tag for the gym is on your main set of keys where you'll see it every time you start your car or unlock your front door. Keep your workout clothes where you see them every day. Place your shoes near your bedroom door and hang your workout clothes on a door handle or other place where you can't avoid seeing them.

**Grab a friend or two.** Friends hold you accountable. It's an especially good idea to pick a competitive friend because you won't want to look lame to the other person. I have the good fortune to work out with a great group of guys every morning. We hold each other accountable. We notice when someone's missing. We even compare our attendance records every few months and verbally chastise the one whose attendance is lacking. We accept no excuses while making friendly competition.

**Keep track of your progress.** In today's world of technology, there are abundant tools to help you track important details about your exercise routine. Monitoring your progress is also a great way to set visual short and long-term goals. I recently bought a Fitbit activity tracker that I wear on my wrist every day. It tracks my steps, miles, sleep patterns and much more. I can also get immediate feedback about my daily progress on my smart phone or laptop.

**So, get yourself into to a fantastic fitness program. Set goals and, when you accomplish them, earn something that you deserve: better health and better fitness.**

*Bob Amic is a contributor to the Body Systems Fitness newsletter and blog. Body Systems Fitness is located in McDonald and offers numerous types of cardiovascular, strength and stretching equipment, as well as group classes and certified trainers. It is open 24 hours a day, seven days a week. Give them a call at (724) 492-1386, check them out online at [bodysystemsfitness.com](http://bodysystemsfitness.com), or visit them at 106 West Lincoln Avenue.*

## Township of Moon Firecracker 5K Run and

**Walk, July 2, 7-8 a.m.** registration, **8:30 a.m.** start, Moon Park, out and back looped course featuring challenging hills and gently rolling roads, water station at 1.5-mile mark, awards for top three male and female finishers, age group awards, \$20 run, \$10 walk, \$5 more after **June 1**, [www.moonparks.org](http://www.moonparks.org), (412) 262-1703.

## North Fayette Township Community Days 5K,

**Aug. 6**, starts and ends by the North Fayette Municipal Building, out and back course on country roads and paved trail, challenging hill mid course, \$10, two-mile kids' run and family fun walk coincides, \$5, awards, participants get a t-shirt, (412) 788-4888.

## Findlay Township Semi-Great Race, Aug. 19,

hilly race starts and finishes at Findlay Township Community Park, starts **7 p.m.**, \$10, registration forms available at municipal building, online soon, (724) 695-0500.

## Exercising with a disease or disability

*By Patty Dietz, MS, Exercise Physiologist*

There are so many exercise trends these days that there is quite literally something for everyone. With adaptations, this can be true even for people with chronic disease, physical disabilities, chronic pain and other types of limitations.

For people in the above-mentioned population, exercising can mean the difference between living the highest quality of life possible and just surviving by going through the motions. Participating in a program of aerobic, strengthening and flexibility exercises can allow a person with, or at risk of, a medical issue to realize health benefits in the following ways:

**Prevention:** Regular exercise can aid in the prevention of many chronic conditions, including, but not limited to, heart disease, high blood pressure, cancer, osteoporosis, obesity, diabetes and injuries.

**Enhancement:** Regular exercise can enhance health, strength, endurance, physique, performance, energy levels and mood, leading to better balance and mobility. This in turn can contribute to enhanced engagement in daily activities and recreational pursuits while improving or maintaining independence.

**Management:** Regular exercise is useful for the management of pain, blood pressure, osteoporosis, arthritis, weight, depression and even mental function. In some cases, it has been known to reverse conditions.

**Compensation:** A properly planned exercise program allows an individual with conditions such as Parkinson's, multiple sclerosis, arthritis, chronic injury and other conditions to remain active, thereby improving the body's potential to compensate for these challenges.

**Recovery:** Exercise has proven to aid in recovery from cancer, orthopedic surgeries and low back pain, among other issues.

Whatever the case, there is an exercise option for everyone. Adapting exercises or using adaptive equipment, having a custom program and closely monitoring the body's responses are all ways to achieve the perfect program.

Any program should be comprehensive, with exercises for cardiovascular endurance, muscular strength and flexibility. On top of that, any exercise program should take into account an individual's needs and weaknesses, addressing those as best as possible. Most importantly, the program should be safe and progressive. It should proceed at the best pace for the person.

Medical conditions and the research-based recommendations should be taken into account. An educated and experienced trainer can help with a program. Be sure that they know you, your condition and all restrictions.

*Patty Dietz holds a master of science in exercise physiology and is the owner of Discover Fitness and More in Kennedy Township. Dietz provides professional services to people dealing with chronic injuries and conditions. She can be reached at (412) 480-5379. Visit them online at [www.discoverfitnessandmore.com](http://www.discoverfitnessandmore.com).*

## EAT WELL

## USDA says cut down on added sugar

*By Erika Sheffield, RD, LDN, RN, BSN*

Many of us make New Year's resolutions that involve taking better care of ourselves through diet and exercise. The updated USDA's "2015-2020 Dietary Guidelines for Americans," which emphasize health promotion and disease prevention, can help you meet those goals. The guidelines are revised every five years and apply to everyone 2 years of age and older. Not only do they provide the framework for a nutrient-rich, whole foods diet, they also give guidance on items that should be used less generously in our diets.

One such item is sugar - specifically, added sugars. For the first time, the guidelines now recommend limiting added sugars to 10 percent of our total daily calories. For example, 10 percent of a 1,600-calorie diet would equal 40 grams (160 calories). That can be met by consuming just one 12-ounce can of Coca-Cola®!

A naturally occurring sugar is a structural component of nutrient rich foods like milk, fruit, vegetables, legumes and whole grains. Added sugars, on the other hand, are sweeteners that are added to foods. These added sugars find their way into our food during the manufacturing process by commercial food companies.

Home-prepared items, especially baked goods like cakes, cookies and muffins, are another source of added sugar. The liberal use of added sugars encourages excess calorie intake and displaces nutrients (think fiber, vitamins and minerals) needed for health promotion and disease prevention.

So, the next time you visit the grocery store, read the labels and ingredient lists and start making small changes. Buy cold cereals or cereal bars with less added sugars. Try decreasing the amount of sugar in recipes and in that daily cup of coffee. Access the website [www.choosemyplate.gov](http://www.choosemyplate.gov) and try some of the on-line resources for activity and diet tracking. Doing so will help you make those 2016 resolutions stick!

*Erika Sheffield is a dietitian, nurse and lifestyle coach coordinator in the Heritage Valley Health System LifeSmart program. For more information, call 1 (866) 326-8389.*

## Trends in nutrition: fiber

By Susan Zikos, RD, LDN, CDE

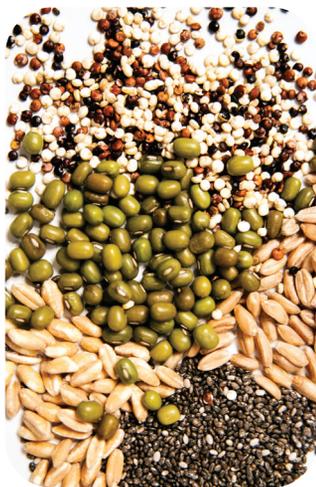
The “2015-2020 Dietary Guidelines for Americans,” which is published by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture, recommends that adults consume 18 to 25 grams of fiber each day.

Sadly, though, the readily available processed foods that surround us in every day life don’t contain the fiber we need for proper digestion. Real foods, like whole wheat breads and pastas, whole grain nuts, berries, fruits and vegetables, do. Here are some new eating trends that are helping people get the fiber they need in their daily diets.

### Ancient grains for modern diets

When my office first opened, I had a poster with 40 different grains pictured on it hanging on my wall. I had only heard of 10 of them. Now I look at those grains and I can say I have personally tried 35, including quinoa, buckwheat, flax and several different kinds of lentils.

I had thought that many of these grains were extinct, or at least not worth growing anymore. I was wrong. While some of them may sound like “ancient grains,” you may have read about them on a healthy foods website. Most can be bought right off a shelf at your local grocery store. These grains have always been grown but have just not always been widely available. Luckily for you and me, they’re now considered to be trendy, which means we can have easier access to them. Part of the reason for this is because these grains are now in everything from breakfast cereals to breads, yogurt to salads, and even in smoothies. These grains offer us a diet full of fiber, vitamins, minerals and iron in greater quantities than similar white flour products.



### Cauliflower

Along the same lines of growing ancient grains is a new dietary trend that involves decreasing starchy foods, especially white flour. While eating veggie wraps, veggie chips and veggie burgers can help cut down on calories and carbohydrate intake, the problem with those foods is the processing. Processed foods

tend to add fat and salt while taking out fiber and vitamins, which defeats the purpose of eating vegetables in the first place.

The newest veggie trend, however, counteracts earlier, processed, unhealthy trends by utilizing cauliflower. This new age super food has proven particularly versatile, with the ability to replace high carbohydrate foods. Cauliflower processed



into small pieces can pose as bread, rice or even pasta. It can also be mixed with egg and spices then molded into a very tasty pizza crust.

The biggest benefit of using cauliflower as a replacement for breads and pasta is that it allows for consumption of fewer calories without sacrificing the taste most people associate with starchy foods.

Want to expand your veggie diet even further? Try a hearty soup with roasted or sautéed vegetables in a meat broth. The broth adds flavor and helps fill you up without a lot of calories. Soups also figure into the next trend, called “souping.”

### Smoothies and new soups

“Souping” has evolved from a long line of liquid-based dieting. First there was “juicing,” and then came smoothies, which overcame “juicing” because smoothies were more filling and offered up lots of fruit and veggie benefits. Now the new craze is “souping,” a sit-down meal with fruit, yogurt and nuts. Instead of a blender, the smoothie-like mixture goes into a bowl and gets topped off with berries, nuts, granola and whatever else you like. It can be served hot or cold, eaten as a breakfast or lunch, or even be a dessert.

One advantage of the new smoothies and soups is how they retain fiber the body needs.

### Probiotics for gut health

An estimated 80 percent of your immune system is located in your gut, and probiotics - or “good bacteria” - play a crucial role in the operation of this system. These “good bacteria,” like *L acidophilus*, *L plantarum*, *L rhamnosus* and *L reuteri*, are found in yogurt, kefir and yogurt-like products. Thanks to their recent popularity, it’s becoming more common to find probiotic-fortified foods and beverages such as orange juice and cereals. There also are vegan butter spreads made from virgin coconut oil that have probiotics added. Probiotics have even been added to high-protein muffins, organic fruit and vegetable juices sweetened with maple syrup.

### Other fermented foods

Much like yogurt, pickles and sauerkraut are fermented, too, and filled with good bacteria like those touted in probiotic products. They also contain helpful enzymes. Bacteria “predigest” certain food components, making them easier for the gut to handle and for nutrients to be absorbed. People who are lactose-intolerant usually tolerate yogurt or kefir because the lactose sugar in these products has been partly broken down by the bacteria in them.

Vegetables also can benefit from fermentation. For instance, making cabbage into sauerkraut or kimchi increases glucosinolate compounds believed to fight cancer. Be wary, though; before you start stocking up on pickles, sauerkraut and other fermented staples, be aware that not all fermented foods contain probiotic bacteria. High-heat processing can kill some of these benefits. Just don’t forget about the potential downsides of some of those products, such as high sodium and added sugars. That’s why making your own is the best way to ensure you are keeping good bacteria alive and free from processing.

## When to choose between conventional and organic produce

By Barb Kleyman, Certified Chef

Plenty of grocery stores and even big box stores now offer a variety of organic and conventional produce. It might not always be clear, though, when it's better to pay extra money for more expensive organic produce or to save a little by buying conventional produce.

Conventional produce comes from a farm that likely uses manmade pesticides and fertilizers. Some come from massive mono-crop farms using soil supplemented with chemical fertilizers. Organic produce comes from a farm using no manmade pesticides. These farms also tend to be smaller, have more diverse crops and employ practices such as self-fertilization with the goal of reaching sustainability.

Some produce that reaches grocery store shelves has been shown to contain higher levels of pesticide residues than others. The Dirty Dozen and the Clean Fifteen are lists compiled by the Environmental Working Group that identify which produce shows elevated levels of pesticide residues. The EWG gathers their information from the U.S. Department of Agriculture Food Safety Research Information Office and peer-reviewed research. The organization also conducts their own research and works with the FDA.

### What are the risks of residual pesticides in food?

According to the World Health Organization, pesticides have plenty of benefits. They protect food crops from insects, fungi, weeds and other pests. They are also used to control tropical diseases by managing mosquito populations. The WHO, though, also says that pesticides are potentially toxic to humans. Pesticides may induce adverse health effects, including cancer, and may affect the reproductive, immune and nervous systems.

Mitigating the amount of toxins we consume is not easy. Toxins are everywhere. They're in the air we breathe, the beauty items we use on our skin, the food we eat and sometimes the water we drink. For instance, dermatologists have determined some lotions contain toxic ingredients such as retinyl palmitate, which has been linked to skin cancer. A common goal should be to decrease the pesticides/toxins load on our bodies and the environment by controlling the things we can. The air we breathe is tough to avoid and beauty items require research on individual products. So, we make choices. The water we drink can be filtered and we can make informed choices when shopping for the food we eat.

The **Dirty Dozen and Clean Fifteen cards** can help when it comes to deciding whether to buy organic or conventional produce. Consider purchasing organic when shopping for produce on the Dirty Dozen list, which contains produce that has been shown to contain higher levels of pesticides. Conventional produce on the Clean Fifteen list can be purchased with the assumption that they contain very low amounts of toxins.

### Dirty Dozen

Apples	Potatoes
Celery	Snap Peas
Cherry Tomatoes	Spinach
Cucumbers	Strawberries
Grapes	Sweet Bell Peppers
Nectarines	Hot Peppers
Peaches	Collard Greens

### Clean Fifteen

Asparagus	Onions
Avocados	Papayas
Cabbage	Pineapples
Cantaloupe	Sweet Corn
Cauliflower	Sweet Peas (frozen)
Eggplant	Sweet Potatoes
Grapefruit	
Kiwi	
Mangoes	

## Create a balanced eating plan

By Bob Amic, CFT, ISSA

With summer cookouts, beach drinks and vacation eating binges ahead, it's time to focus on establishing a healthy diet with protein-packed, calorie-controlled meal plans. You want a healthy eating plan that provides enough calories to fuel your workouts but the right energy deficit for weight loss will help you lose those extra pounds that you packed on over the winter.

### Calculate your calorie needs.

Figure out how many calories you need each day to stay healthy. For best results, you should also find out how many carbs and the right amount of protein to consume each day. There are numerous websites with detailed calculations to help you determine your caloric needs.

### Plan healthy breakfasts.

A healthy breakfast is low in sugar, filled with fiber and packed with metabolism-boosting protein. The Internet is full of recipes and tips on how to make a 300-calorie breakfast in under 10 minutes.

### Plan a healthy lunch.

Your lunch choice can make or break the entire day's eating plan. Why is this meal so important? We often eat lunch on the go or when we are at work and we make distracted decisions. Your best bet is to make a healthy sandwich or pack a fitness-friendly lunch at home before you head out the door.

### Plan healthy dinners.

Many evening exercisers are too tired to make a healthy dinner when they come home from the gym. So your best bet is to have a healthy dinner planned in advance. Many fitness programs detail how you can make an entire week's worth of meals with a few basic groceries and just an hour of preparation.

## Self-esteem and children

By Sarah Bartko, MS, LPC, NCC

As a mental health therapist, I hear all too often from parents, "I am concerned about my child's self-esteem." Parents become alarmed when they hear their children utter phrases such as, "I can't do anything right," "I'll never be good enough," or, the heart wrenching, "I hate myself!" How you respond as a parent or caregiver is important, as your response can impact how your child learns to communicate with you.

While your first response may be to worry about your child's self esteem or overall happiness, negative self-statements don't necessarily mean this. So, first it is helpful to try to understand why your child is making these statements. Are they testing your response to gain attention? Are they engaging in a power struggle with you? Perhaps they are desperately trying to gain affection from you. Or could it be that they are modeling what they hear another family member saying about themselves?

The next time you hear negative self talk in your house, try to refrain from arguing, showering with praise or immediately reassuring your child after such statements.

Instead, try the following tips to help understand where the statements are coming from and to model appropriate communication while supporting development of positive self-esteem.

1. Repeat back your child's phrase in a calm voice without judgment. For example, "I just heard you say that you can't do anything right." Repeating the negative phrase in a calm tone of voice will help your child gain perspective or think about the irrational statement.
2. Ask open-ended questions. An open-ended question is a way to ask a question that leads to more than a yes or no answer. For example, asking "What would make you feel better?" "How can we change your thinking?" or "I wonder what made you say such a thing?" will allow your child to explore their thoughts and process the emotions underlying the negative statement. Also, having your child come up with solutions will promote autonomy by encouraging them to problem solve their emotional distress. The child will also feel supported with your undivided attention and presence.
3. Encourage your child to contribute to others. What can your child or adolescent do well for others? Allowing your child to contribute to others will give them a sense of purpose and help them develop their identity, which will increase their overall value of self. Encourage your child to choose a simple chore or act of kindness to do for neighbors or relatives. Finally, support your child with praise as they continue to contribute to others, which may help you see your child develop an identity full of purpose, confidence and selflessness.

*Sarah Bartko is a licensed professional counselor at Associates in Behavioral Diagnostics and Treatment (AIBDT Psychological Services), locally serving Moon and Robinson townships. To reach the practice, call (412) 329-7778. Visit them online at [www.aibdt.com](http://www.aibdt.com).*

## What would life be like without headaches?

By Dr. Kevin Hartung

For many people, headaches or migraines are a daily occurrence. Headaches or migraines can range in severity from a minor annoyance to a debilitating and dreaded daily routine. Severe migraines can leave sufferers isolated to a quiet dark room for entire days at a time. Although less intense, chronic tension or cluster headaches can affect concentration, making it difficult to complete simple tasks. It can also make us irritable with friends, family and coworkers.

Managing triggers is one way to mitigate and treat headaches. Here are some common ones to look out for and strategies on how to manage them:

**Dietary Sensitivities:** Many times, headaches or migraines can be triggered by certain foods or a lack of certain nutrition. Try keeping a journal on everything you are eating and drinking. Make note of what you eat or drink on days when you experience symptoms. After you narrow down potential triggers, try eliminating those triggers one at a time to determine if that is a causative factor.

**Dehydration:** Even when mild, dehydration can often lead to chronic headaches and trigger migraines. The old idea that we need eight glasses of water a day may not be correct for every individual. In fact, we need to put our body weight into the equation. As a general rule of thumb, we should be drinking a half ounce of water per pound of body weight. For example if you weigh 150 pounds, you should strive to consume approximately 75 ounces of water daily.

**Caffeine:** This is a big player as well. Many people experience headaches as a symptom of caffeine withdrawal. However, this symptom can be more intense and bothersome for those who suffer from chronic headaches. Regulating your caffeine intake closely, and making changes to that intake gradually, will help.

**Stress Management:** This is also key for many people. Often, a period of high stress brings about a spike in frequency and intensity of headache or migraine symptoms. Be aware if this is a trigger for you and take action to prevent these stress-induced symptoms. Taking short, frequent breaks while working; limiting screen time; and exercise are all great ways to help manage stress.

**Chiropractic care** is also very effective at treating patients with chronic headache or migraine symptoms. Many times, the structure and function of the neck can lead to head pain and trigger migraines. Many times, patients who have not seen improvement with other treatment options can find relief through gentle, safe and natural chiropractic treatment. Signs that your headaches may be related to a neck problem include: neck pain or tightness during or before periods of headache or migraine; changes in symptom with head or neck movement or position; waking with head pain in the morning or during the night; spots, tenderness or soreness in your neck and shoulders.

*Dr. Kevin Hartung holds a doctorate in chiropractic care. He is the owner and clinic director at Family Chiropractic Center. He can be reached at (412) 787.3320.*

## Treating shoulder pain with massage

*By Allegheny Muscle Therapy and Massage*

Shoulder pain is one of the most common complaints our clients have when they come to us for treatment. Some of these clients have shoulder problems caused by a recent injury. Other times their pain is the result of years of chronic inflammation and overuse from every day activities like work and exercise. **Massaging the affected muscles breaks up adhesions caused by injury.** It also relieves tightness by releasing lactic acids and knots trapped in the muscle. This helps blood flow back into the muscles and tendons, which helps the muscles heal and the shoulder to move more freely and with less pain.

**When we treat shoulder injuries we work with many muscles,** some of which are farther from the shoulder than the client realizes. Oftentimes, these muscles are overlooked.

One immediate area of focus are the extrinsic muscles of the back - which are associated with upper extremity and shoulder movement. Another are intrinsic muscles, which deal with movements of the vertebral column. Intrinsic muscles are also responsible for posture.

A less recognized common problem area are the pectoralis major and minor muscles. **Injuries to the pectoralis major can cause other muscles responsible for shoulder stability to try to compensate,** particularly during activities like weight lifting.

Yet another overlooked muscle often responsible for shoulder pain is the teres major, which is part of the rotator cuff. This muscle is used in numerous activities, including rowing, throwing or pitching a ball, swimming, chopping wood, driving, shoveling snow and cutting grass. It is also used in any exercise that involves pulling up - like chin ups - or pushing down - like push ups - with the arms. The teres major is also used when reaching forward or overhead repetitiously.

When the teres major is injured, we usually hear clients complain about pain in the back of the upper arm when they are reaching forward and up. They may also experience pain in the back of the shoulder and upper arm when resting elbows on a table. An injury to the teres major can also cause pain in the back of the arm that skips the elbow and continues down to the back of the forearm.

When shoulder pain is present, keep in mind that many muscles can be associated, including those mentioned here. Treating these and others with massage can help you get your shoulder feeling great again!

*Allegheny Muscle Therapy and Massage can be reached at (724) 695-5300.*

## • What causes back pain?

• *By George Hess, DPT, COMT*

• Three of the most common causes of lower back pain are arthritis, stenosis and disc degeneration. Each of these conditions are treatable but it is important to understand what they are and to have a working definition of them.

• The Greek derivative of arthritis literally means “joint inflammation.” Stenosis is the narrowing of the canals or tunnels in the bones where nerves travel. Degenerative disc disease occurs when the space between the bones in the spine decrease. Rarely does a person who has degenerative disc disease not also eventually experience stenosis and arthritis. The three are closely linked and generally cause the same symptoms.

## • How It Works

• In a healthy spine there is plenty of space between the bones, or vertebrae. As we age, though, or encounter injuries, this space narrows. This is degenerative disc disease. As this space closes, the hole narrows where the nerve branches off of the spinal cord. This is stenosis. As the space decreases and the area becomes inflamed, arthritis forms in the joint.

## • Symptoms

• First, realize that most people over the age of 50 will show signs of degenerative disc disease, stenosis or arthritis on an x-ray or MRI.

• Second, people suffering from back pain caused by degenerative disc disease, stenosis or arthritis have difficulty standing or walking for long periods of time. They usually find relief sitting or bending forward. Often, you will see them leaning on a shopping cart when walking through the grocery store.

## • If you have arthritis, degenerative disc disease or stenosis, will your condition get worse?

• If you do something about the condition, it can improve. It will not if you do nothing. Successful treatments for arthritis, degenerative disc disease and stenosis do exist. Most people can experience a complete or partial reduction in pain. Proven treatments include spinal traction, hands-on treatment and specific exercises.

• *George Hess DPT, COMT is the owner of and a physical therapist at Hess Physical Therapy. He is also the author of the book “Back To Normal.” He can be reached at his Kennedy location at 566 Pine Hollow Road in McKees Rocks, PA 15136, at (412) 771-1055. He can also be reached at his Crafton office at 37 Foster Avenue in Pittsburgh, 15205 at (412) 458-3445. Email him at George@hesspt.com.*



**3-D Archery Shoot,** McDonald Sportsmen's Club, registration 7 a.m.-1 p.m., April 16, 17, 24 (traditional archery shoot), May 21, 22, June 18, 19, July 16, 17, Aug. 20, 21, Sept. 17, 18, Sept. 24, 25, (724) 796-2271, mcdonaldsportsmen.com.

**Montour Trail monitors needed,** to patrol trail sections, contact director of trail security, Jesse Forquer, jforquer@comcast.net.

**Greater Pittsburgh Football Officials Association Seeking New Officials,** GPFOA has officials working at the youth, scholastic, college and semi-pro levels, new applicants learn the rules and mechanics associated with serving as an official so as to assist them in obtaining PIAA certification, certified officials who have obtained PIAA certification and are not already affiliated with another chapter are encouraged to join, GPFOA President Mike Conlon, (412) 398-6545.

**Impact Christian Church Spring Children's Clothing Swap,** April 16, 9 a.m.-noon, Rhema Christian School, donate new or gently used spring and summer children's clothes, shoes, toys, baby items, maternity clothes, etc.; items distributed free to public on day of event, extra items donated to local charity, www.impactpittsburgh.com.

**"The Little Mermaid" dramatic play,** April 22-24, Andrew Carnegie Music Hall in Carnegie, 8 p.m. Friday and Saturday, 2 p.m. Sunday, \$15 adults, \$12 students and seniors, group rates available, (412) 279-8887, www.carnegieperformingartscenter.com.

**Carry the Fallen Ruck March,** April 24, 11:30 a.m., starts at Walker's Mill Station on Panhandle Trail in Collier Township, 7.6-mile loop to Oakdale or 4.8-mile loop to Gregg Station, \$10, intended to raise awareness about veteran suicide and identify veterans who need help, benefits Active Heroes Military Family Retreat, West Allegheny student senior project, (724) 926-9601, https://fundraise.activeheroes.org/events/carry-fallen-coller-township-pa/e72596.

**West Hills Symphonic Band Concert,** May 1, 3 p.m., West Allegheny High School, "Spring Luster."

**35th Annual Ohio Valley Hospital/Kennedy Township 5K,** May 14, 8 a.m., rain or shine, course starts and finishes at OVH, submission of pictures and memorabilia from past races requested for display in hospital lobby on race day, submit by April 22, awards for first-third place, shirts for first 200 registrants, register at www.active.com, for memorabilia: kcampbell@ohiovalleyhospital.org.

**West Allegheny Athletic Hall of Fame Banquet,** May 21, SNPJ Lodge 106, 2016 inductees to be recognized, see page 24 for list of inductees, includes dinner, cash bar, supports WA athletic programs, \$50 per person, \$350 for a table of eight, (724) 695-0500.

**Third Annual A Victorian Tea,** May 22, Club at Shadow Lakes, 1:30-3:30 p.m., coincides with Tee Time Golf Classic (see golf outings listing on page 53), auction, golf outing and tea participants meet back up for cocktail hour and dinner, \$40 tea only, \$60 tea and dinner, benefits Hope Grows, www.hopegrows.net/victorian-tea-tee-time/.

**Youth Tennis Clinic,** May 24-25, 5:30-7 p.m., rain date TBD, grades 3-8, West Allegheny High School tennis courts, hosted by WA girls tennis teams, three hours of tennis instruction on basic skills and form, benefits WA Girls Tennis Boosters, (724) 695-7887, reserve by May 7.

**McDonald Borough Summer Tennis Program,** June 14-Aug. 4, Heritage Park, Tuesdays and Thursday evenings, eight weeks/16 lessons, learn to play or improve your game, classes for ages 5-adult, high school tennis team prep, \$50 first child, \$25 each additional, \$60 adults, register by June 1, forms available at: McDonald Pharmacy, Heritage Public Library, McDonald Borough office, China Dragon restaurant; (724) 926-4266.

**Jacob Ferree Chapter DAR Events** reservations can be made by contacting Margaret Everly at (412) 720-4602.

**Social/Chapter Business Meeting,** May 7, Sewickley United Methodist Church, 11 a.m., chapter officers and committee chairmen report on chapter activities, officers and chairmen must submit a yearly report in writing to the regent on or before this date, everyone invited to bring their favorite dish, tableware and beverages will be provided, no fee, reserve by May 3.

**Operation Troop Appreciation,** June 11, Montour Heights Country Club, 11 a.m., reserve by June 7, \$21.

## Findlay Township Parks and Rec.

For more information or to register for an event contact Darlene Larson at (724) 695-0500 or dlarson@findlaytp.org, unless otherwise noted. Activities take place at the Findlay Township Activity Center unless otherwise noted.

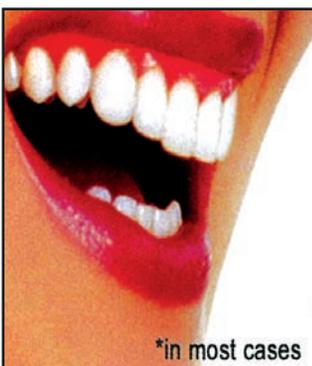
**WALK Live Classes,** Tuesdays and Thursdays through the end of May, 6-7 p.m., Donna Kuzio opens doors to a better way of health and weight loss, \$5 per class, kuziofr@gmail.com.

**Young Living Essential Oils Make and Take Classes,** 1-2 p.m., ages 16+, three classes cover benefits of oils and allow students to take home their own creations; June 11, Summer Surprise, TBA; \$25 per class, checks payable to Imperial Dragon, register by calling (724) 695-1976 at least one week prior to class.

**Photography Workshops,** open to residents and non-residents, contact Sherry Remaly for more information or to register, (724) 695-7947, remalys@gmail.com, **From Composition to Post Photography Workshop - Part 2, Mondays, April 18-May 9, 6:30-9 p.m.,** \$99, for intermediate and experienced photographers, activity center upper level.

**Spring Mother's Day Brunch Cooking Class,** May 3, 10 a.m.-12 p.m., prepare a savory brunch with local spring ingredients and dessert under the instruction of a registered dietician, crafts for toddlers, \$7 per person.

**End of School Year Relaxation Day,** June 2, 12-2 p.m., enjoy one last stress-free and relaxing hurrah before the kids are on vacation, BYOB wine tasting, make a wine cork key chain, cheeses, chocolate dip/dessert, \$6.



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**Trip: "Samson" at the Sight and Sound Theater in Lancaster, June 21-22**, leave early Tuesday, Amish dinner at Plain and Fancy Restaurant, chalk talk art demonstration, shopping at Kitchen Kettle Village, **11 a.m.** showing of "Samson," lunch at Shady Maple Smorgasbord, \$299 double, \$279 triple, \$239 quad, \$359 single, includes: bus, three meals, shows, taxes and gratuities; payments due **June 1**, checks payable to Findlay Township.

**Pickleball**, courts are located at the Recreation and Sports Complex at Leopold Lake beside the skate park, free clinics offered **April 26, 10 a.m.-noon, April 28, 7-9 p.m.**, call to register for clinics.

**Cruisin' in the Woodlands, June 3, 5-9 p.m.**, rain date **June 10**.

**Dads and Donuts, Father's Day, June 18**.

**Free Concerts in the Park**, tentative dates: **June 21, 28, July 12**.

**Bloomin' Bingo, May 13**, doors open **9 a.m.**, bingo starts **10 a.m.**, \$10 per packet, \$5 additional packets, \$1 coverall jackpots will be sold separately for \$1 each, dobbers available for purchase.

**Yoga for Beginners and Beyond, Fridays through May 27, 6:30-7:30 p.m.**, yoga for all levels, benefits whole body with exercise, stretching and meditation, \$5 per class, Julia Harvey, (724) 695-1976.

**Senior Yoga and Qi Gong, Thursdays, 11:30 a.m.-12:15 p.m.**, chase away the winter chill with a mixed yoga and Qi gong class, mixed levels for all participants, great for older adults, (724) 695-1976 or info@idtsd.net, \$3 per class or free to Findlay seniors 55+.

## Findlay Kids' Programs

**Time for Toddlers, 10:15-11:15 a.m., April 18, 19, May 9, 10, 23, 24, June 13, 14, 27, 28**, for children under the age of 4, hour of movement, music, activities and snack, meet other families and toddlers, adult must stay with child, registration required, \$3, sessions cancelled if West Allegheny cancels due to inclement weather.

**Fishing Derby, May 28, 7-11 a.m.**, Leopold Lake on Rt. 30, open to Findlay Township residents 15 and under, prizes awarded for biggest fish in four age categories, free event, must bring: fishing rod, reel and bait; adult supervision mandatory for ages 9 and under.

## North Fayette Parks and Recreation

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

**Piyo, Tuesdays, 6-7 p.m.**, \$5 per class.

**Open Gym, Monday-Friday, 7:30-9 a.m.**, stay out of the cold and take in a morning walk.

**Water Walking**, Donaldson Elementary School Pool, **Monday-Thursday, 6-8 p.m.**, \$2 per session, ages 18+.

**Water Aerobics**, Donaldson Elementary School Pool, **Tuesdays and Thursdays, 5-6 p.m.**, \$2 per class or medical insurance card, ages 18+.

**Senior Luncheon, May 11**, North Fayette Volunteer Fire Hall, LaFayette Room, doors open **11 a.m.**, \$5 lunch.

**Senior Trip to a Pirate Game, June 23**, \$40 per person, limited to first 30 paid.

**Summer Employment Opportunities**, lifeguards and concession workers, ages 15+, summer camp counselors, ages 18+.

**North Fayette Summer Camp Registration, grades 1-5, \$45**, registration now open, registration night: **May 21**; Meet the Staff Night: **June 4**.

**P.A.L.S.**, Providing Assistance Love and Support, contact Parks and Rec. Dept. for event info.

**Afterschool Programs, 3:30-5:30 p.m.**, K-8, programs designed to provide a safe environment for children to come to after school. **Mondays-Wednesdays**: After School Program; **Thursdays**: Weird Science; **Fridays**: dodgeball; transportation provided from school to community center when school is in session.

**New Leagues and Programs**, see page 19 for more information.

As a community publication, Allegheny West Magazine encourages complimentary submissions of informational school news, and informational (non-promotional) news from community groups, nonprofit organizations and churches. Please submit via e-mail to: info@awmagazine.com.

## SNPJ Club

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

**Bar Bingo**, for members and guests, **second and fourth Thursdays**, early bird games start **6:30 p.m.**, regular games **7 p.m.**, play until **9 p.m.**, kitchen open.

**Polka Classics, April 23, 7:30-11 p.m.**, featuring Rob Deblander from Detroit, first-ever performance, kitchen will be open, musicians welcome.

**Car Cruises, noon**, with live entertainment, food, drinks, 50/50, level paved parking, door prizes, air conditioned clubroom, bikes welcome, car cruise schedule magnets for the first 100 cars, **May 15**, Cool Change, **July 17**, The Messengers, **Aug. 14**, Elvis Lives: A Tribute to the King, **Sept. 18**, **Black and Gold Car Cruise**, first 100 cars receive Terrible Car Cruise Towel, dash plaques for first 50 cars, bikes welcome.

**Slovene Radio Program Picnic / Dance, July 31**, Frank Stanger Band, food booths, extra entertainment provided throughout SNPJ Lodge 106 grounds.

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# Community Connections

## MUNICIPALITIES

**Findlay Township**  
1271 Route 30, Clinton, PA 15026  
(724) 695-0500, [www.findlay.pa.us](http://www.findlay.pa.us)  
**North Fayette Township**  
400 North Branch Road, Oakdale, PA 15071  
(412) 788-4888, [www.north-fayette.com](http://www.north-fayette.com)  
**Oakdale Borough**  
6115 Noblestown Road, Oakdale, PA 15071  
(724) 693-9740, [www.oakdaleborough.com](http://www.oakdaleborough.com)  
**McDonald Borough**  
151 School Street, McDonald, PA 15057  
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## PUBLIC & PRIVATE

### SCHOOLS K-12

**West Allegheny School District**  
110 Bruno Lane, Imperial, PA 15126  
(724) 695-3422, [www.westasd.org](http://www.westasd.org)  
**Parkway West Career & Technology Center**  
7101 Steubenville Pike, Oakdale, PA 15071  
(412) 923-1772, [www.parkwaywest.org](http://www.parkwaywest.org)  
This list includes only those public and private schools located within the municipalities served by the West Allegheny Edition of Allegheny West Magazine

## COMMUNITY ORGANIZATIONS

**AI-Anon, West A area**, (412) 683-4279  
**American Legion Post 171 Oakdale**, (724) 693-8759  
**American Legion Post 335 Imperial**, (724) 695-0491  
**Boy Scouts-Grtr. Pgh. Council-Frontier**, (412) 325-7971 or 7995  
**Faith in Action**, (724) 921-0027  
**Findlay Athletic Assn.**, (412) 874-9348  
**Findlay Garden Club**, (724) 350-9837  
**Girl Scouts WPA**, (724) 774-3553  
**Heritage Public Library-McDonald**, (724) 926-8400  
**Kiwanis Club of the Pittsburgh Airport Area**, [PAAKiwanis@gmail.com](mailto:PAAKiwanis@gmail.com)  
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**Senior Citizen Groups:**  
- **Findlay Township**, (724) 695-0500  
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**VFW Post #7714 Imperial**, (724) 695-8866  
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**West Allegheny Ministerium**, (724) 693-8950  
**West Allegheny Booster & PTA Groups**, [www.westasd.org](http://www.westasd.org)  
**Western Allegheny Community Library**, (724) 695-8150  
**West Allegheny Aqua Club**, (412) 608-4583  
**West Allegheny Inline Hockey**, (412) 334-2640  
**West Allegheny Youth Assn.**, [www.westayouth.net](http://www.westayouth.net)  
**West Allegheny Youth Soccer Assn.**, (724) 693-8073  
**West Allegheny Youth Wrestling**, (724) 695-8132

## CHURCHES

**Church of The Living Christ**  
220 West Allegheny Road, Imperial, PA 15126  
(724) 695-7188, [www.cotlc.com](http://www.cotlc.com)  
**Church of the Nazarene**  
(moved to Florence) 1080 Steubenville Pike, Burgetstown, PA 15021  
(724) 947-9223, [www.nazarene.org](http://www.nazarene.org)  
**Clinton UP Church**  
25 Wilson Road, Clinton, PA 15026  
(724) 695-7993  
**Clinton Wesleyan Church**  
1022 Clinton Road, Clinton, PA 15026  
(724) 695-7076  
**Covenant Family Church**  
P. O. Box 15533, Pittsburgh, PA 15244  
(724) 263-7147, [www.covenantfamily.cc](http://www.covenantfamily.cc)  
(meets at Courtyard Pgh. Airport)  
**Cross Connections Alliance Church**  
201 Valley Street, McDonald, PA 15057  
(724) 926-2453, [www.crossconnectionsac.org](http://www.crossconnectionsac.org)  
**Crossroads Methodist Church**  
1000 Crossroads Drive, Oakdale, PA 15071  
(412) 494-9999, [www.crossroadsumc.org](http://www.crossroadsumc.org)  
**First Baptist Church**  
141 N. McDonald Street, McDonald, PA 15057  
(724) 926-4216  
**Hebron Presbyterian Church**  
1767 Route 30, Clinton, PA 15026  
(725) 899-2276  
**Independent Bible Presbyterian Church**  
112 Dempe Street, McDonald, PA 15057  
(724) 926-3355  
**Montours Presbyterian Church**  
3151 Montour Church Road, Oakdale, PA 15071,  
(412) 787-1050, [www.montourschurch.org](http://www.montourschurch.org)  
**Mosaic Church**  
140 Imperial Plaza Dr., Imperial, PA 15126  
(724) 695-3129, [www.mosaicpgh.com](http://www.mosaicpgh.com)

**Noblestown United Methodist Church**  
7313 Noblestown Road, Oakdale, PA 15071  
(724) 693-2755  
**Noblestown United Presbyterian Church**  
7427 Noblestown Road, Oakdale, PA 15071  
(724) 693-8250  
**Oakdale United Presbyterian Church**  
62 Hastings Avenue, Oakdale, PA 15071  
(724) 693-8950  
**Rivers of Living Waters Church**  
7120 Steubenville Pike, Oakdale, PA 15071  
(412) 787-1888, [www.rwlwc.tripod.com](http://www.rwlwc.tripod.com)  
**Resurrection Lutheran Church**  
7600 Steubenville Pike, Oakdale, PA 15071  
(412) 788-4513  
**St. Columbille Church**  
103 Church Road, Imperial, PA 15126  
(724) 695-7325, [www.saintcolumbilleparish.org](http://www.saintcolumbilleparish.org)  
**St. Patrick's Church**  
7322 Noblestown Road, Oakdale, PA 15071  
(724) 693-9260, [www.saint-patrick-parish.com](http://www.saint-patrick-parish.com)  
**The Church of Jesus Christ**  
57 Moore Road, Imperial, PA 15126  
(724) 899-3935  
**The Bible Chapel**  
@ Pittsburgh Technical Institute  
(724) 941-8990, ext. 124  
[www.robinson.biblechapel.org](http://www.robinson.biblechapel.org)  
**Valley Presbyterian Church**  
237 Main Street, Imperial, PA 15126  
(724) 695-0300, [www.valleychurchweb.com](http://www.valleychurchweb.com)  
**West Ridge Christian Community Church**  
100 Gorwood Drive, Coraopolis, PA 15108  
(724) 695-7500, [www.westridge.cc](http://www.westridge.cc)

## Heritage Public Library

Located at 52 4th St. in McDonald. To register for events, stop by the library or call: (724) 926-8400, heritagelibrary@comcast.net, www.washlibs.org/heritage.

**Summer Reading**, starts **May 23**.

**Board meetings**, April 13, May 11, June 8, 6:30 p.m.

**Friends Group**, April 20, May 18, June 15, 11 a.m.

**Book Discussion**, April 12, May 10, June 14, 1-2 p.m.

**Family Fun Night**, April 27, May 25, June 22, 6:30 p.m.

**Tail Waggin' Tutor**, April 14, 28, May 12, June 9, 6:30 p.m., read to Millie the Therapy Dog, also at Family Fun Night

**PreSchool Story Time**, May 6, 13, 20, 27, 10:30 a.m.

**Fit Club**, April 18, 25, May 2, 16, 23, June 6, 20, 27, 7 p.m.

**Learn about Adoption and Fostering a Child**, May 3, 11:30 a.m.-1 p.m., May 11, noon-1:30 p.m.

**Friends Spring Auction**, through **May 5**, drawing and bake sale **May 5**.

## Golf Outings

**Helping Teens Help Others Golf Outing**, presented by Holy Trinity Youth Ministry, **April 24**, Seven Oaks Country Club, **11 a.m.** registration, **1 p.m.** tee time, 18 holes, lunch on course, dinner buffet, additional "member for a day" privileges in 2016; games, auctions, sponsorships available, \$100 per person, \$25 dinner only, benefits youth mission trips and community outreach, htymgolfouting@gmail.com, (412) 432-9381, htymgolfouting.wix.com/home.

**Crafton-Ingram Rotary 15th Annual Golf Outing**, **April 29**, Fort Cherry Golf Club, **9:30 a.m.** registration, **10:30 a.m.** shotgun start, **3 p.m.** dinner/awards, includes 18 holes and dinner buffet; scramble format, door prizes, 50/50, cash bar, mulligan sales, raffles, skill contests, sponsorships available, golf@cirotary.org, www.cirotary.org/golf/Brochure%202016a.pdf.

**Tee Time Golf Classic**, Club at Shadow Lakes, **May 22**, coincides with Third Annual A Victorian Tea, **8 a.m.** check-in and continental breakfast, **9 a.m.** shotgun start, **2:15 p.m.** \$100,000 and \$1 million shots, **3 p.m.** meet back up with tea party-goers for cocktail reception and dinner, \$100 per person, benefits Hope Grows, www.hopegrows.net/victorian-tea-tee-time/.

**42nd Annual Pittsburgh Airport Area Chamber of Commerce Golf Outing**, **June 3**, Quicksilver Golf Club, in partnership with It's About the Warrior Foundation, **7 a.m.** registration, **7:15 a.m.** driving range and pro clinic, **8:30 a.m.** shotgun start with scramble format, **1:30 p.m.** cash bar, **2:30 p.m.** lunch, prizes, auctions, sponsorships available, \$199, \$45 lunch only, web.paacc.com/events/42nd-Annual-Golf-Outing-2464/details.

**24th Annual McGuire Memorial Celebrity Golf Classic**, **June 6**, Allegheny and Montour Heights country clubs, **June 6, 8 a.m.** registration with breakfast and open practice, **10 a.m.** shotgun start, lunch served on course, **3:30 p.m.** cocktail hour follow by dinner with entertainment and awards at Allegheny Country Club, sponsorships available, https://mcguirem.ejoinme.org/golfsponsor.

**Montour Valley VFW Post 7714 and American Legion Wesoloski-Hays Post 335 Annual Golf Outing**, **June 18**, Indian Run Golf Club in Avella, **1 p.m.** shotgun start, four-player scramble, \$85, includes lunch, dinner, beer, non-alcoholic beverages, prizes, benefits area veterans and disabled veterans, Nancy, (412) 496-1475.

**Harry Quinn-Ralph Schorr Memorial Golf Classic**, **July 16**, Quicksilver Golf Club, **2 p.m.** shotgun start, **6 p.m.** dinner, cart, snack, drink at turn, gifts, prizes, Chinese auction, register by **July 5**, \$95, \$25 dinner buffet only, sponsorships available, benefits scholarships awarded to regional students by the Greater Pittsburgh Football Officials Association, (412) 974-2473.

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## Library offering camps and other new summer programs



Summer at the library is going to look very different this year. In the past, libraries have arranged their summers around a reading competition that rewards readers for reading as much as they can. While WACL's love of books continues, and will remain an integral part of the summer months, its focus will also be on creating life-long learners.

Each week, the library will be hosting four-day camps, held Monday through Thursday, with themes like gardening, circuitry, engineering, stop animation and animals. The goal of these new camps is to create meaningful learning moments that can be instrumental in preventing the dreaded summer learning slump. In addition to the camps, there will be other programs throughout the week.

Don't worry, WACL hasn't forgotten reading! This summer, all reading program participants will contribute to a community Lego structure, which will become a 3D info graphic of how much each age group is reading. WACL wants reading to be more interactive and this is just one of the ways the library is taking the solitude out of reading.

This summer the library is creating the kind of engagement that leads to a robust curiosity about the world. That drive to know is what builds a life-long learner and a life-long library user. Look for summer reading activities to kick off at the end of May and summer camps and other programs to begin mid-June. Visit [www.westernalleghenylibrary.org](http://www.westernalleghenylibrary.org) to learn more.

## Calendar of Events

### Adult

**Dine Out to Donate @ Mad Mex**  
Thursday, April 21, 7 p.m.

**Money Smart eResources**  
Monday, April 25, 6:30 p.m.

**Planning for Healthcare Costs in Retirement**  
Tuesday, April 26, 6 p.m.

**Social Security, The Choice of a Lifetime**  
Wednesday, April 27, 6 p.m.

**Gardening Series: Annuals & Perennials**  
Wednesday, April 27, 6:30 p.m.

**eBook Evenings**  
Thursday, April 28, 6:30 p.m.

### Youth and Family

**"Cinderella"**  
**Presented by Resonance Works**  
Saturday, April 16  
Check website for time

**Kite Making**  
Sunday, April 17, 2 p.m.

**Geek Club**  
Tuesday, April 26, 4:30 p.m.

**Tabletop Game Day**  
Saturday, April 30, 1 p.m.

### Location and Hours

**181 Bateman Road, Oakdale PA 15071**  
Monday – Thursday: 9 a.m. – 8 p.m.  
Friday – Saturday: 9 a.m. – 4 p.m.  
Sunday (Sept–May): 1 p.m. – 5 p.m.

## ONGOING PROGRAMS (THRU APRIL)

### Adult

**Crochet Club**  
Saturdays, 9:15 a.m.

**Cookbook Club**  
First Tuesdays, 7 p.m.

**Adult Coloring Group**  
Second Tuesdays, 6:30 p.m.

**Bookworms**  
Second Wednesdays, 1 p.m.

**YA @ Heart**  
Third Tuesdays, 6 p.m.

**Bingo @ the Library**  
Third Tuesdays, 12 p.m.

**Anime and Manga Club**  
Fourth Tuesdays, 6 p.m.

**Pinterest Playground**  
Fourth Tuesdays, 6:30 p.m.

**Youth and Family  
Preschool Storytime**  
Mondays, 10:30 a.m.

**Lego Club**  
Mondays, 4:30 p.m.

**Drawing Club**  
April 12 and every other  
Tuesday after, 4:30 p.m.

**Baby Circle Time**  
Wednesdays, 9:30 a.m.

**Toddler Storytime**  
Wednesdays, 10:30 a.m.

**Family Storytime**  
Thursdays, 6:30 p.m.



For more information visit [www.WesternAlleghenyLibrary.org](http://www.WesternAlleghenyLibrary.org) or call 724.695.8150

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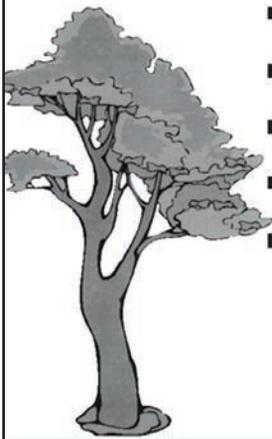
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