

Montour Edition

Allegheny West

Magazine

FREE Direct Mail Community Publication

Volume 14, Number 82
May/June 2017

OUR ANNUAL

Summer fun guide
to fairs, festivals and more

PLUS

A Mother's Day
gift like no other

Athletes of Action luncheon
gathers area sports icons,
helps local student athletes

A working trip to Cuba



Montour
School District
News
Page 27



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One of 3 Editions Serving 14 Airport Area Communities

Serving Ingram, Kennedy, Pennsbury, Robinson, Thornburg and Montour School District



HERITAGE VALLEY
WOUND CARE

Thomas Michael, MD
& Vidhu Sharma, MD



Heritage Valley WoundCare Open in Moon Township

Heritage Valley WoundCare has moved its Sewickley practice to the Heritage Valley Surgery Center in Moon Township. Appointments for new patients are available!

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**"GOOD NEWS ALWAYS,
MAILED & DELIVERED FREE,
EVERY TIME"**

Allegheny West Magazine - Montour, is an all positive, good news publication mailed free into the homes and businesses of the Montour School District communities of Robinson, Kennedy, Ingram, Pennsbury, and Thornburg to connect communities, promote people, heighten awareness about the richness of the airport region, and build pride in the western suburbs of Allegheny County.



Members of the West Hills Symphonic Band perform during an outdoor concert in Oakdale last summer. We've listed this year's WHSB plain air performances on page 40 in our Summer Fun Guide, which starts on page 38. Check out the guide for more classical, rock and soul concerts taking place in and around the area this summer. PHOTO BY PAUL DEBOR



From the Publisher

Dear Readers,

Thank you for picking up our May Montour edition of Allegheny West Magazine. As usual, we've packed this edition with useful information about the western Allegheny County communities.

Starting on page 38, you'll find our 2017 Summer Fun Guide, with a comprehensive list of fun things to do right in and around the area this summer. In this year's guide, you'll find fairs, cookouts, concerts, cruises, day camps and more. Peruse our guide now so you know what's coming up then keep this edition handy throughout the summer so you'll always know what's going on as the weather continues to improve.

In this edition as well, we've brought you an uplifting story about a Montour graduate who gave his mother - who lives in Kennedy Township - one heck of a gift for Mother's Day last year. Read more on page 18.

Allegheny West Magazine-Montour Edition is published in January, March, May, July, September, and November, six issues a year, by Hughey Publications, LLC, P. O. Box 220, McDonald PA 15057. Mailed and distributed free to residents and businesses in Ingram, Kennedy, Pennsbury, Robinson, and Thornburg. Extra copies available at municipal offices, schools, libraries, stores, advertisers, hotels, and businesses. Available by mail subscription for \$12 annually. Story ideas welcomed. Community events and announcements from non-profit groups must be received by the 15th of the month prior to publishing date. Announcements are limited to 30 words and must include a contact phone number. Reproduction of any artwork, photographs, or copy prepared by Allegheny West Magazine is strictly prohibited without written consent of Hughey Publications LLC. Copyright 1999-2017 Allegheny West Magazine. All rights reserved. Views and opinions expressed by contributors and/or advertisers are the responsibility of the contributors and not those of the publisher of Allegheny West Magazine.



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ABOUT THE COVER

Chloe Kemp, 13, of Crescent Township, scales a climbing wall at Moon Parks and Recreation's Earth Day celebration April 22. We've compiled a big list of fun things like this to do in and around the area this summer in our Summer Fun Guide. Check it out, starting on page 38. PHOTO BY DOUG HUGHEY

Starting on page 6, we've brought you stories submitted by our readers. Then on page 27, we've brought you the latest official Montour School District Newsletter. Learn more about the district's new elementary school as it nears completion and three high school educators who earned some distinguished honors in the last couple of months.

On page 22, state Rep. Anita Kulik writes about her recent trip to Cuba with a Pennsylvania delegation. Then on page 20, we cover the latest Athletes of Action Memorial Scholarship Luncheon.

Look for our next edition in July. In the meantime, I hope you have a great start to your summer.



Doug Hughey, Publisher/Editor

Propel Montour Middle and High School to open in fall 2017

For the 2017-2018 school year, Propel Schools will open a new middle and high school in Robinson Township, thereby expanding their current school, Propel Montour, in Kennedy Township. Propel Montour opened its doors in 2007 and currently serves 400 students in grades K through eight.

“Expansion means greater opportunities for learning,” said Dr. Tina Chekan, CEO and superintendent, Propel Schools. “We are excited to welcome new students to the Propel Montour family and to provide continued education from kindergarten through graduation.”

The Propel Montour Middle and High schools will be located at 5501 Steubenville Pike, which currently serves as Montour School District’s Burkett Elementary School. Montour will be exiting the building at the end of the school year.

Propel believes that creating a unique learning experience for elementary, middle and high school students will help students find and use their authentic voices. Propel Montour on Bilmar Drive will become the designated elementary school and expand to add another classroom at each grade level, K through five. Students in grades six through eight will move into their new home at Propel Montour Middle School.

This unique middle school experience will focus on the academic, social and emotional needs of sixth, seventh and eighth grade students, specifically focused on STEAM, social justice and identity. Students will have the freedom to choose their own electives, some of which include podcasting with the Saturday Light Brigade, PLTW Computer Science App Inventor and BioFitness. The school will be equipped with a media production studio, STEAM lab and 4C studio, which features a blended curriculum that helps students develop lifelong communication, collaboration, critical thinking and creativity skills.

Propel Montour High School will strive to prepare all students for college, careers and the 21st century workforce. Students will be engaged in college and career exploration, and service learning projects. They will have the opportunity to take Advanced Placement courses and dual enroll in local colleges and universities. During the 2017-2018 school year, the high school will house grades nine and 10. Grade 11 will be introduced during the 2018-2019 school year and grade 12 the following year.

“I am very excited that my daughter will be able to continue her education at Propel Montour High School,” said Susan Goob, a parent of a current eighth grade student at Propel Montour. “She has experienced high quality public education with a focus on creative arts and technology since she joined Propel in fifth grade.”

Propel Schools is a network of public charter schools throughout Allegheny County that strives to provide every child with access to tuition-free, high performing schools. It is one of the largest, fastest growing groups of charter schools in the state, with one of the highest levels of student achievement among Pennsylvania public school districts serving low-income communities.

Propel currently has available spaces for some grades for the 2017-2018 school year. For more information, email enrollment@propelschools.org or apply at www.propelschools.org/apply.

Ohio Valley Hospital wound care center recognized with national award

No matter how it happens, when people end up with a wound, they typically try to treat it themselves. While some wounds are fully capable of healing on their own, others may need more than a Band-Aid and time. Those suffering from wounds that won’t go away with regular, at-home treatments may find they need professional help. Such has been the case with patients who visit Ohio Valley Hospital’s The Wound Care Center®.

Recently, The Wound Care Center® was recognized with a national award for clinical excellence. The center earned the 2016 Healogics Center of Distinction award with a patient satisfaction rating above 92 percent and a wound-healing rate of more than 93 percent. The center’s director, Mitch Mize, says that his staff members were elated to have earned this special recognition, and attributes their success to the way they handle their work.

“Our skilled, experienced staff employs a multi-disciplinary approach, utilizing the tried and true gold standard methods, along with the newest innovations in wound care to treat our patients,” says Mize.

The wound center encounters patients with many types of wounds at their Kennedy Township office. Common conditions the wound center treats include diabetic ulcers, pressure ulcers, vascular wounds, and gangrene and trauma injuries. One of their patients, Walter Premru of the North Hills, visited the center with an abscess on his ankle that would not heal with at-home remedies. Premru lives with type 2 diabetes.

“Every time I’ve come here for treatment, I’ve felt that I received the absolute best care possible,” he says.

Premru says he would recommend the center to anyone. Its plan for him worked so well that he finished his treatment a week early.

Treatments are always specialized to the patient, which is why the center’s wound healing rate is so high. Treatments may include negative pressure wound therapy, debridement, cellular-based tissue or skin substitutes to the wound, and hyperbaric oxygen therapy.

“Our healing approach includes vascular surgeons, podiatrists and other specialties to make an individualized plan for each patient to help them heal,” added Mize.

He says seeking professional help for a sudden or slow-to-heal injury is never a bad idea.

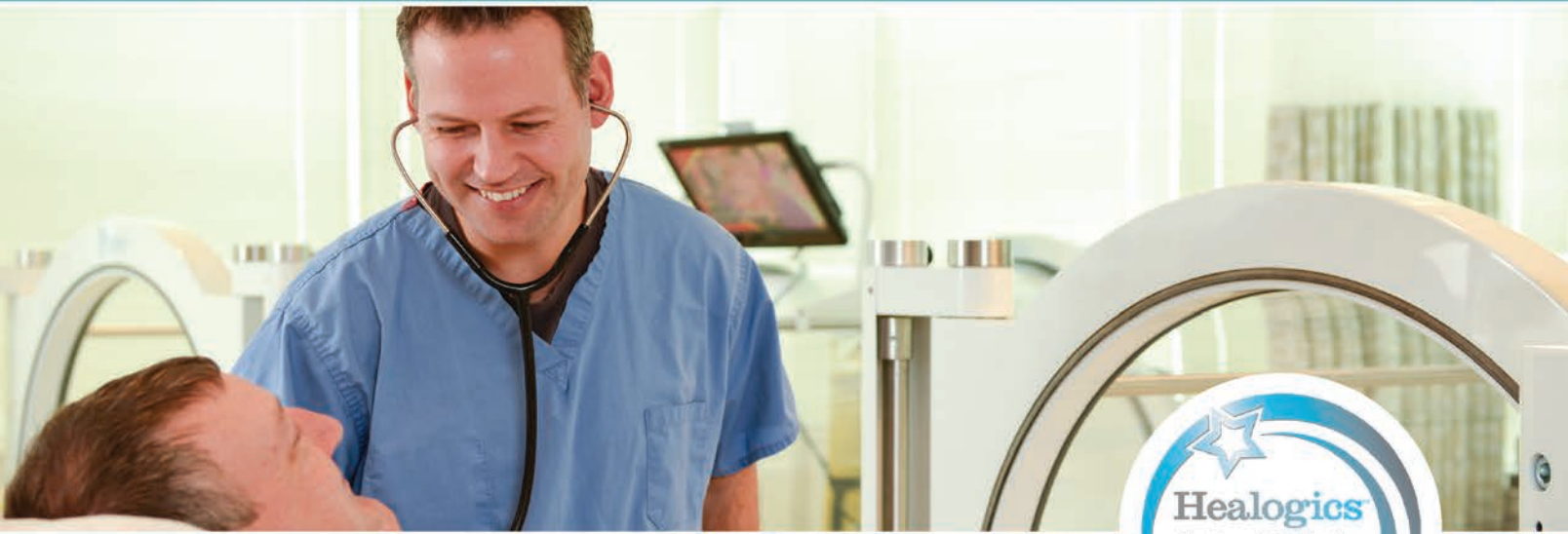
For more information on wound care, contact The Wound Care Center® in Kennedy Township at (412) 250-2600 or visit OhioValleyHospital.org.

Walter Premru (center) is pictured with RN Diane and Dr. Samina Naseer.



THE WOUND CARE CENTER® IN KENNEDY TOWNSHIP
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If you would like more information about The Wound Care Center®, please visit: www.ohiovalleyhospital.org/services/wound-care-center/

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St. Clair Hospital receives “A” for patient safety in Spring 2017 Leapfrog Hospital Safety Grade

The Leapfrog Group, a nonprofit organization committed to driving quality, safety and transparency in the U.S. health care system, today released new Leapfrog Hospital Safety Grades, which assign A, B, C, D and F letter grades to hospitals nationwide. St. Clair Hospital was one of 823 hospitals to receive an “A” for its commitment to reducing errors, infections and accidents that can harm patients. This marks the ninth consecutive “A” grade for St. Clair Hospital.

Developed under the guidance of an expert panel, the Leapfrog Hospital Safety Grade uses 30 measures of publicly available hospital safety data to assign grades to more than 2,600 U.S. hospitals twice per year. It is calculated by top patient safety experts, as well as peer-reviewed, fully transparent and free to the public.

SUBMITTED BY STEUBENVILLE PIKE AUTO REPAIR CHARITY

Steubenville Pike Auto Repair Charity to donate car on Memorial Day, asking for nominees

This coming Memorial Day, on May 29, Steubenville Pike Auto Repair Charity is planning to donate a refurbished, pre-owned vehicle to a local individual or family in need. Giving back is a key value at Steubenville Pike Auto, and after many great years in business, they are continuing to share their blessings through their charity. The donated vehicle is one that Steubenville Pike Auto has serviced by installing new tires and brakes, replacing fluids, updating the Pennsylvania state inspection and emissions test, and detailing to like-new condition. This will be the second car that the charity has donated this year.

Steubenville Pike Auto Repair Charity will be accepting nominations for an individual or family deserving of this opportunity until May 24. The ideal nominee is somebody who thinks of others before themselves, is in need of a vehicle and resides in the local area. The winner will be announced closer to May 29. As with the previous car donation, which took place in December, Heroes Supporting Heroes will once again be covering Pennsylvania state transfer fees.

Nominations can be mailed to: Steubenville Pike Auto, ATTN: SPARC, 6112 Steubenville Pike, Robinson Township, PA 15136. Email nominations to SPARC@steubenvillepike.com or click on the link at steubenvillepikeauto.com. An independent group of trusted community members will review nominations. The recipient must have a current Pennsylvania driver’s license and be able to obtain vehicle insurance.

Nominations must include the name, address, phone number and email of both the nominee and nominating person, along with a statement explaining why the individual or family nominated needs and deserves a vehicle.

Steubenville Pike Auto Charity looks forward to seeing the nominees and Steubenville Pike Auto is available for all of your vehicle needs. To set up an appointment, call (412) 787-9800.

STORY AND PHOTOS SUBMITTED BY KAREN PRUNZIK’S BROADWAY DANCE STUDIO

Broadway Dance Studio earns numerous honors in Access Broadway competitions

Karen Prunzik’s Broadway Dance Studio and Performing Arts enjoyed a successful run at Access Broadway competitions in April, winning eight platinum awards and seven high gold awards for their group, solo and duet performances.

Ashley Yankello, 9, of Coraopolis, won the platinum, first place title, Broadway Star Award for best junior vocalist in the Diva Division for her solo “Opportunity,” vocally coached by Jason Swauger.

Kaylee Schaldenbrand, 11, of Robinson Township, won a platinum, first place title, Broadway Star Award for best junior vocalist in the Debut Division (12 and under) for her solo “I Can’t Do It Alone,” choreographed by Kailyn Henry and vocally coached by Caitlin Luck.

Karen Prunzik’s Broadway Stars Company won the platinum, first place title and Broadway Star Award for best junior dance group in the Debut Division (ages 9-12) for their group number “Baby That Is Rock and Roll,” choreographed by Karen Prunzik.

Andrea Johnston, 10, of Crafton, and Sheridan Evans, 9, of Robinson, won high gold and the second place title for their duet “Forget About The Boy,” which was choreographed by Gabriela Prise.

Gianna Kennelly, 10, of Robinson Township, won the high gold and first place title for her song and dance solo “I Was Born To Entertain,” choreographed by Gabriela Prise and vocally coached by Jason Swauger.

Abbie Greenawald, 13, of McDonald, won the high gold and first place title for her vocal solo “Part Of This World,” vocally coached by Jason Swauger.

Charlie Burcham, 10, of Crafton, won the platinum and first place title for his tap solo “All I Need Is The Girl,” choreographed by Gabriela Prise.

Ava Durigon, 9, and Brooke Bell, 10 - both of Robinson - won the platinum and first place title for their song and dance duet “Sing,” choreographed and vocally coached by Gabriela Prise.

Gelsey Gray, 12, of Scott Township, Abbie Greenawald, Eve Kascak, 12, of Robinson, Kaylee Schaldenbrand and Kaylie Stein, 12, of Imperial, won platinum and the second place title for their song and dance “Brand New You,” choreographed and vocally coached by Missy Graf.

Kaylie Stein and Jillian Shaw, 13, of Upper St Clair, won the platinum and first place title for their jazz dance “Love It,” choreographed by Gabriela Prise.

Brooke Bell, Charlie Burcham, Ava Durigon, Summer Fulmer, 10, of Robinson, Ella Hoffman, 8, of Robinson, and Gianna Kennelly won the platinum award and second place title for their Broadway dance number “Nicest Kids in Town,” choreographed by Kailyn Henry.

Access Broadway workshop scholarships were awarded to Kaylie Stein, Kaylee Schaldenbrand, Gianna Kennelly, Ava Durigon, Andrea Johnston and Gelsey Gray. These individuals will be performing live on stage in the “Best of BDS... Celebrating 10 Years” show

June 10 and 11 at the Carlynton High School auditorium. Tickets are on sale at www.tututix.com/ Karenprunzik.



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St. Clair Hospital is consistently rated as the market leader for quality, patient safety, patient satisfaction, value, and cost transparency. These accomplishments reflect St. Clair's culture of continuous improvement, one that has been recognized by a host of independent third-party evaluators. It's patient-focused care that is propelling us to not only be the best regionally, but among the best in the nation as well. It's all part of our pledge to provide *the* best health care to our patients.



Sources: *Comparion Medical Analytics; The Leapfrog Group; Press Ganey; CMS*





How can a physical therapist help with my balance?

Physical therapists offer numerous options for treating balance problems, which can be caused by a number of different conditions. Physical therapists are trained to evaluate multiple systems of the body, including the muscles, joints, inner ear, eye tracking ability, skin sensation and position awareness in the joints (proprioception). Physical therapists are experts in prescribing active movement techniques and physical exercise to improve these systems, including strengthening, stretching, proprioception exercises, visual tracking and inner ear retraining.

Your physical therapist can help treat your balance problems by identifying their causes and designing an individual treatment program to address your specific needs, including exercises you can do at home. Your physical therapist can help you with the following.

Reduce fall risk - Your physical therapist will assess problem footwear and hazards in your home that increase your risk of balance problems or falling. Household hazards include loose rugs, poor lighting, unrestrained pets and other possible obstacles.

Reduce fear of falling - By addressing specific problems that are found during the examination, your physical therapist will help you regain confidence in your balance and your ability to move freely, which includes performing daily activities. As you build confidence in your balance and physical ability, you will be better able to enjoy your normal daily activities.

Improve mobility - Your physical therapist will help you regain the ability to move around with more ease, coordination and confidence. Your physical therapist will develop an individualized treatment and exercise program to gradually build your strength and movement skills.

Improve balance - Your physical therapist will teach you exercises for both static balance - sitting or standing still - and dynamic balance, which is keeping your balance while moving. Your physical therapist will progressively increase these exercises as your skills improve.

Improve strength - Your physical therapist will teach you exercises to address muscle weakness, or to improve your overall muscle strength. Strengthening muscles in the trunk, hip and stomach - i.e., core - can be especially helpful in improving balance. Various forms of weight training can be performed with exercise bands, which help avoid joint stress.

Improve movement - Your physical therapist will choose specific activities and treatments to help restore normal movement in any of your joints that are stiff. These might begin with "passive" motions that the physical therapist performs for you and progress to active exercises that you do yourself.

Improve flexibility and posture - Your physical therapist will determine if any of your major muscles are tight and teach you how to gently stretch them. The physical therapist will also assess your posture and teach you exercises to improve your ability to maintain proper posture. Good posture can improve your balance.

Increase activity levels - Your physical therapist will discuss activity goals with you and design an exercise program to address your individual needs and goals. Your physical therapist will help you reach those goals in the safest, fastest and most effective way possible.

Your physical therapist may recommend that you consult with other medical providers, including:

- An eye doctor, to check your current vision needs.
- An ear doctor, to check your outer and inner ear status.
- Your personal physician, to review your current medications to see if any of them may be affecting your balance.

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Attention Seniors and Baby Boomers

Balance and Fall Prevention Workshop Reveals How To Prevent Falls And Improve Your Balance.

- ✓ Have you fallen in the past?
- ✓ Are you afraid of falling?
- ✓ Has your balance become more unsteady?
- ✓ Has your walking become more difficult?
- ✓ Have you started using a cane or walker recently? (Or have been told to... but are resisting?)

If you have answered yes to any of these questions (or have a stubborn spouse or parent who is in denial) – the Balance and Fall Prevention workshop may be a life changing (and possibly life saving) event for you.

So, by request, we are hosting a Balance and Fall Prevention Workshop **Tuesday, June 13th at Noon at Hess Physical Therapy in the Kenmawr Plaza 500 Pine Hollow Rd., McKees Rocks, PA 15136**

If you're confused about what to do and are looking for answers... here's some of what you'll learn:

- ⇒ Who is most at risk of falling.
- ⇒ The 5 most common reasons people fall.
- ⇒ Quick, do-it-yourself balance tests to determine your risk of falling.
- ⇒ How medications can INCREASE your risk of falling.
- ⇒ Where the most common location for falls is in the home.
- ⇒ What you can do to make your home safer TODAY.
- ⇒ What the best assistive device is (such as a cane, walker, etc.) for YOU.

How Do I Register for the Balance and Fall Prevention Workshop?

Call our office at **412-771-1055**

We only have 25 seats available for the event...and this will be going out in our monthly newsletter, as well as our postcards, so spots will fill up fast!

So if you would like to attend, be sure to register now. Call **412-771-1055**

How Much Is It To Attend?

This event is completely free of charge for anyone who registers in advance.

Looking *forward* to seeing you on **Tuesday, June 13th at Noon at Hess Physical Therapy, in the Kenmawr Plaza, 500 Pine Hollow Rd., McKees Rocks, PA 15136.**

George Hess
Hess Physical Therapy

PS – The first 10 people to call and register at 412-771-1055 will receive a Hess PT shirt and a tube of biofreeze.

PPS – This event is limited to the first 25 people to register. When you register, you can bring a guest (we do this because many people request to bring their spouse or other family member).

Hess Physical Therapy

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 The Kane at Gray's Landing
 Waterfall Catering

Upcoming Events

May 19th | **Breakfast Briefing**
 DoubleTree by Hilton Green Tree
 7:30 a.m. - 10:00 a.m.

May 25th | **BizBlast@Noon**
 Robert Morris University
 11:30 a.m. - 1:30 p.m.

June 2nd | **Golf Outing**
 Quicksilver Golf Club
 7:30 a.m. - 2:30 p.m.

June 7th | **Education Series Seminar**
 North Fayette Community Center
 8:00 - 10:00 a.m.

Ribbon Cutting Ceremonies



March 31

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Email: mkreutzer@paacc.com Telephone: (412) 264-6270



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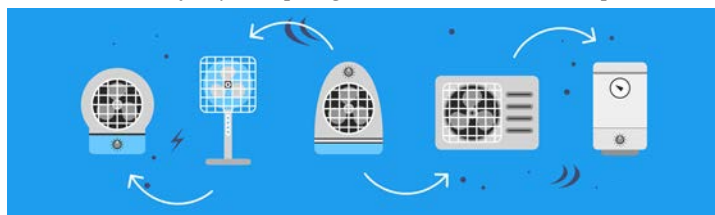
An air conditioner checkup is an important way to make sure you get long lasting and efficient performance from your air conditioner.

The biggest threat to a piece of machinery - especially one as big and complex as your air conditioning system - is buildup of dirt and grime. Cleaning is one of the most essential functions of an annual maintenance check since dirt tends to accumulate most on the blower components and evaporator condenser coils. Also, an undercharged system can increase your utility bill by 20 percent.

There are two main reasons to schedule annual air conditioner maintenance:

- **Saving money** - A maintenance visit greatly increase the chances that your air-conditioning technician will catch small problems before they become big ones. You will also be ensuring that your air-conditioning system is working at optimal efficiency. When your air conditioner is running well, it uses less energy to cool your house and lowers energy use. That translates into bigger savings for your monthly utility bills.
- **Avoid the hassle** - Don't wait for a hot day to find out that your air conditioner isn't working properly. Sure, life is busy, but is it worth letting the inevitable occur? An air-conditioner checkup will not only provide you with peace of mind and potentially a lower electric bill, but also ensure comfort during the hot summer days ahead.

Start saving money now by calling H&L Heating & Cooling at (412) 403-4900 for your spring air-conditioner check-up.



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Judy Dewey's Notary Messenger changes hands, but not name or mission

STORY AND PHOTOS
SUBMITTED BY
JUDY DEWEY'S
NOTARY MESSENGER

A West Allegheny graduate assumed the reins of a well-known area notary service in March. North Fayette resident Brian Kurtz, a well-versed businessman who most recently worked for 12 years as an executive in the manufacturing industry, now heads up Judy Dewey's Notary Messenger. The name of the business, which operates at 7900 Essex Plaza on Steubenville Pike in Imperial, remains the same.

Founded in June of 1997 by local resident Judy Dewey, the business has grown exponentially year over year. Judy Dewey's Notary is a Pennsylvania online messenger that offers a range of online motor vehicle services, including title transfers, license plates, registration renewals and notary services. It also offers property and casualty insurance. The business is able to fulfill requests immediately for most services, as opposed to the multiple weeks it takes to fulfill these services through the mail. It is currently one of only a few services in Allegheny County offering online motor vehicle transactions. In addition to motor vehicle registrations, the business also handles ATV and boat transactions.



Brian Kurtz (pictured above at right) recently took over Judy Dewey's Notary Messenger in the Essex Plaza (pictured below) in Imperial. The business was started 20 years ago by Judy Dewey (pictured above left). Its name, mission and services remain the same.



Dewey founded the business after working for state Rep. Huck Gamble in Oakdale, where she gained the necessary knowledge. In 2014, Dewey became an online messenger for PennDot and began issuing camera cards, restorations and fulfilling other motor vehicle registration needs.

While its online services have allowed it to differentiate itself from other similar businesses, Dewey feels just as much that its success has relied on the way she treats her clients. Dewey says her mother taught her to treat others how she wanted to be treated.

"I believe that has been the key to success of Judy Dewey's Notary Messenger," she says.

Dewey says she plans to retire but will remain with the business throughout much of the year. She says she feels comfortable handing over the business to Kurtz.

"Brian is very knowledgeable and in tune with our customer needs," she says. "He will continue to provide the quality and service to which customers have become accustomed."

Judy Dewey Notary Messenger can be reached at (724) 695-1899 or by email at deweynotary@gmail.com. Their fax number is (724) 695-8415. Visit them online at www.judydeweysnotary.com.

In March, the business expanded its operating hours. It is now open six days a week, Monday through Saturday. On Monday, Wednesday and Thursday, they are open from 10 a.m. to 7 p.m. On Tuesday and Saturday, they are open 10 a.m. to 3 p.m., and on Friday from 10 a.m. to 5 p.m.



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STORY SUBMITTED BY
BAKD CORKS AND BREWS
PHOTOS BY DOUG HUGHEY

Bakd Corks and Brews now serving up drinks, custom pizzas and more

For the past year, Bakd Pizza in the Robinson Court plaza off Route 60 has been serving up fast and delicious custom pizzas in a casual setting.

Earlier this year, Bakd got a serious upgrade when owners Robert and Crystal Keenan consolidated the business with an upscale Italian restaurant that they were also operating just a mile away. In so doing, the Keenan's transferred the restaurant's liquor license and beefed up its menu of artisanal pizzas and family-inspired recipes, including appetizers, hoagies, pasta, seafood and entrées.

"There's a little something for everyone," says Robert.

Bakd is also pouring 20 beers on tap, two house wines and 60 beers in the can and bottle - along with 30 different bottled wines, most from boutique wineries that aren't sold at Fine Wine and Good Spirits.

"It's something that I really wanted to do for awhile," says Robert about Bakd's new concept.

The restaurant, now called Bakd Corks and Brews, doesn't skimp on creativity or guilty pleasures. Among its creations is the Burke BBQ, a pizza layered with grilled chicken, cheddar cheese, barbeque sauce, bacon, gorgonzola and grilled sweet onions, finished with a ranch drizzle. Another pizza, The Stoner, combines traditional Italian ingredients such as sweet bell peppers, fresh basil, meatballs and sausage balls.

Bakd is also continuing to offer pizza deliveries, but with a twist, thanks to its new liquor license. Along with pizzas, customers can now order six-packs of beer and bottles of wine. It's even possible to order a single can of beer with a pizza.

To make ordering easier, Bakd has not only set up an online ordering system on their website at bakdpizza.com but also created an app for mobile devices.



The Stoner is just one of Bakd Corks and Brews' many pizza creations, all of which can be enjoyed with a small-batch wine, signature cocktail or tasty microbrew.

Amid a sea of chain restaurants surrounding it, Bakd is family-owned and independently operated. Several of its pizzas are named after family members, including some after the couple's children. Because Bakd is independent, the Keenan's can be picky about their ingredients, and that helps to make great pizza, says Robert.

"Pizza is an ingredient-derivative food item," he says. "If you have great ingredients, it makes for a great pizza."

He says they use only organic, fresh ingredients and source locally when possible. For those with gluten allergies, Bakd offers pizzas made with gluten-free flour.

In addition to its robust offering of beers and wines, Bakd also pours custom and traditional cocktails from its fully stocked bar. A happy hour with drink and appetizer specials takes place Monday through Friday from 5 p.m. to 7 p.m.

Call Bakd at (412) 788-BAKD and follow them on Facebook, Google Plus, Instagram and Twitter.



Robert and Crystal Keenan are serving up artisanal pizzas, boutique wines, microbrews and more at Bakd Corks and Brews in the Robinson Court Plaza in Robinson Township.



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Dr. Neha Kumar assumes Fedorchak practice in Moon Township

A well-known Moon Township dental practice changed hands at the end of 2016. The practice of Dr. Rodney Fedorchak, located at the intersection of Beaver Grade Road and Thorn Run Road Extension, is now Moon Diamond Dental, which is operated by Dr. Neha A. Kumar, DDS. Area residents may know Kumar from her time working for another Pittsburgh area practice. She and her husband, Adam Tarovisky, live in Moon Township with their five-month-old son, Ari.



Dr. Neha Kumar (at center) recently opened Moon Diamond Dental in Moon Township. She's pictured here with associates Lorie Geary and Patty Wagner.

Kumar earned both her undergraduate and doctorate degrees from West Virginia University. Upon graduating, she worked in the pediatrics department at WVU. She has been living in Moon Township for

the past five years and practicing dentistry for the past six years.

Fedorchak, who established his practice at the location 25 years ago, says he and Kumar operate on similar philosophies. He calls her an “asset” to Moon Township.

“Our philosophies on TLC and treatment care are very similar,” says Fedorchak. “Probably the key is we’re not running a business, we’re providing a service.”

Fedorchak calls Kumar’s resume “impeccable,” saying that he believes she has more talents than he does. Fedorchak retires after practicing dentistry for 46 years. Patients of Moon Diamond Dental, though, will likely recognize familiar faces, as Fedorchak’s staff have stayed on with the new practice.

Kumar says that she is now in the process of updating the practice’s equipment and materials to better serve patients and minimize its environmental impact. Those upgrades include digital x-rays, paperless charting and the newest dental materials, such as composite fillings, non-metal crowns and fluoride varnish. The new x-rays, says Kumar, provide a number of benefits. Not only do they eliminate the need for developing chemicals, but they also allow x-rays to be enlarged on a digital screen so patients can see them better.

The goal of the practice, says Kumar, is to create flawless smiles. To that end, Moon Diamond Dental offers restorative and cosmetic services, such as whitening, tooth color restorations, veneers and crowns to help patients achieve their smile goals. They also offer one-hour dental hygiene appointments.

Kumar says that the best way to help patients create a healthy smile, however, is through preventative care.

“We believe prevention is the best medicine,” says Kumar. “We want to teach families how to maintain a healthy smile through nutritional counseling, oral hygiene instruction and preventative measures. We want the little ones to go from cradle to adulthood cavity free.”

Kumar says she and her staff take the time to listen to patients’ concerns and answer questions so they can accurately diagnose and tailor a treatment plan to meet expectations and needs.

Moon Diamond Dental is located at 995 Beaver Grade Road, Suite A2 in Moon Township. They can be reached at (412) 262-3707. Visit them online at MoonDiamondDental.com.

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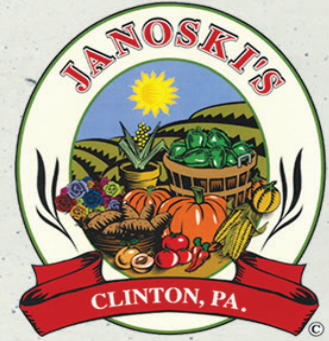
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A Mother's Day gift like no other

Twenty-eight years ago, Joanna Simmons of Robinson Township experienced the first symptoms of a disease that would plague her for the rest of her life. That disease, known as systemic lupus erythematosus - or SLE, a chronic autoimmune disease - would attack her healthy organs and tissues, and nearly take her life.

Joanna's son, Ben, who now lives in Moon Township, was only 3 when she started getting sick. Little did either know he would eventually be the key to saving her life - on Mother's Day, no less.

Joanna says the first symptoms of SLE felt like nothing more than the flu. Those symptoms were followed by joint pain and swelling in her hands and legs, which made it difficult not only to work but also to care for Ben. She was working as a registered nurse at the time.

"It got to the point where [Ben] was in preschool...and I had to crawl on the floor to get him dressed," she says.

Joanna says she "doctor hopped" for a while. Not sure of what was happening, she sought medical advice from several physicians.

"At that time, little was known about lupus," says Joanna.

What causes lupus is still not entirely clear, though researchers believe it could be sparked by anything from hormones to an infection. When Joanna began suffering symptoms of the disease, experts were still revising the criteria by which to diagnose it. According to "The Lupus Encyclopedia: A Comprehensive Guide for Patients and Families," the American College of Rheumatology revised its list of diagnosis criteria twice between 1971 and 2009.

Eventually, Joanna was referred to a primary care physician who diagnosed her with lupus nephritis, a serious complication which occurs when lupus causes the immune system to attack the kidneys. The doctor prescribed a treatment of high-dose steroids known as prednisone, an immunosuppressant, which took a significant toll on her.

"It's very hard on your body and also your personality," she says. "There are a lot of physiological changes."

Over the next 23 years, Joanna says she tried a number of treatments and medications, among them, a type of chemotherapy drug known as cytoxin. She says she read about a doctor at the Cleveland Clinic using the drug to treat lupus while waiting in a doctor's office. She approached that doctor and began treatments. While the drug helped stabilize her condition, there were significant side effects, among them, menopause. Ben would be the last child she could ever have.

The cytoxin also made working difficult so, after 25 years as a nurse, she and her husband, John, decided it was time for her to retire.

In 2004, Ben graduated from Montour High School, where he'd been a member of the National Honor Society, president of the student council and played on the golf team. In 2010, he graduated from Duquesne University with his doctorate in pharmacy.

That same year, his mother suffered a heart attack, a condition



Ben Simmons gave his mother, Joanna, the necklace she's wearing the night before he gave her a kidney.

she says was caused by SLE. She had a stent inserted and made a full recovery. A couple of years later, however, she began to suffer a series of ailments and injuries that would mark the end of her general run of good health. First, she suffered a broken hip, a condition that resulted from osteoporosis brought on by years of using prednisone. After having the hip replaced, she found out during a checkup that she had broken the other hip and would need another hip replacement. Not long after that, Joanna suffered a shingles outbreak, which she says was caused by

prednisone suppressing her immune system.

Ultimately, though, it was a subsequent bout with the flu that nearly cost Joanna her life.

"Every time you have an illness, it can affect your kidneys [if you have lupus]," she says. "[In May of 2015], I had gotten a viral infection that caused severe dehydration and that caused more damage to my kidneys."

Subsequent tests revealed in November of 2015 that Joanna's kidneys were failing and that she would likely need a transplant.

"I was very close to dialysis," she says.

Joanna has two sisters, but both were past the age where they could donate, she says. Ben began getting tested to see if he could donate at the end of February. If he wasn't a match, Joanna would likely need to start dialysis and join the 121,000 people currently awaiting a kidney in the U.S. According to the National Kidney Foundation, people awaiting a kidney make up 83 percent of all people on transplant lists in the U.S.

For Ben, he says getting tested was his way of helping his mother, who he had watched suffer from both SLE and the drugs used to treat it throughout his entire life.

"I never really thought about it," he says. "The opportunity arose and I did it."

The hardest part, he says, was waiting to find out if he could donate. A couple of weeks before Mother's Day of that year, they found out he could. Their surgery date, by no planning of their own, was scheduled for May 6, the Friday before Mother's Day.

As they waited for that date to come, and Joanna's condition continued to deteriorate, John and Ben tried to find ways to keep her spirits lifted.

"He calls me 'Gert,'" says Joanna about Ben. "He'd say, 'Gert, just wait until you get my kidney, you're not going to know what to do with yourself.'"

The night before their surgery, he gave her a kidney-shaped necklace.

"He said, 'Do you want your Mother's Day present?'" says Joanna. "I said, 'You're already giving me a present.'"

The day of the procedure, she says she remembers doctors wheeling Ben down the hall, his fingers held high in the air. John waited with friends and family during the procedure.

"Ben went into surgery at 7 a.m.," John says. "By 11 a.m., his kidney was in her and functioning normal. We got it done on

a Friday. He came home on Sunday and Joanie came home on Monday. It's unbelievable."

Ben says the worst part for him came right after surgery.

"I went to sleep feeling like Buddy Love and woke up feeling like Professor Clump," he says, referring to characters in the film "The Nutty Professor."

He says two weeks afterward, his condition improved significantly. The hardest part after that, he says, was sitting around and waiting for his incision to heal.

Kidney transplant recipients have been known to feel better immediately following surgery, but that wasn't the case for Joanna. Instead, in the weeks following the procedure, she began experiencing symptoms of her body rejecting the kidney. Joanna says that, for awhile, she felt so bad that she wasn't sure if she would make it. Throughout the process, she says John was her cheerleader, always finding ways to keep her spirits up and support her. When she started feeling the symptoms of rejection, that was the first time she saw him look really concerned, she says. For a while, they were both afraid she would lose the kidney.

Doctors prescribed an extremely high-dose treatment of anti-rejection medication and steroids. Joanna's condition improved, but she still didn't feel right. A stress test revealed another blockage in her heart. She had a second stent inserted last October. Since then, her husband says, the change has been dramatic.

"Her energy levels went way up," he says.

Today, Joanna remains on immunosuppression and anti-rejection medications. She will have to take both for the rest of her life. She says, though, that she feels better than she has in years. She attends cardiac rehabilitation at Ohio Valley Hospital and walks regularly. She was recently elected vice president of the Kennedy Township Garden Club and volunteers at her church, St. Malachy.

In April, Ben graduated with his second post-secondary degree, an MBA from Waynesburg University. Joanna calls him "my hero."

"On Nov. 9, 1985 I gave life to my son and on May 6, 2016 my son gave me life," she says. "There is nothing more beautiful than that."

For more on kidney donations, including both living and deceased donations, visit www.kidney.org.

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Athletes of Action luncheon gathers area sports icons, helps local student athletes

In a room jam-packed with people who turned out for the annual Athletes of Action Memorial Scholarship Luncheon recently, few were likely more thankful than Justin Kappert.

Sure, many in the crowd of nearly 300 were happy to reconnect with old friends or break bread with people who've been part of their lives for decades, but Kappert was among those who benefited in a different way.

The 2016 Sto-Rox High School graduate was among six students who received a \$1,000 AOA scholarship a year ago. Kappert and another 2016 scholarship recipient, Montour High School graduate Cecilia Esposito, had the opportunity to thank the organization and those in attendance at the April 1 event, which was held at Holy Trinity Parish's Social Hall in Robinson Township. Bob Priddy, a McKees Rocks High School graduate who went on to play parts

of nine seasons in Major League Baseball - including two with the Pittsburgh Pirates - served as the keynote speaker. Several others were recognized for their athletic accomplishments, including Tom Nolan, a 1961 Montour graduate who was this year's legacy honoree.

In addition to receiving a \$1,000 AOA scholarship last year, Kappert also benefited from a \$500 Palahunik Family Memorial Scholarship this year. The scholarship came courtesy of the family of George Palahunik, who led Sto-Rox to a WPIAL football title in 1966, the year longtime rivals Stowe and McKees Rocks merged to become one high school.

It was Palahunik who, in a roundabout way, fueled the creation of AOA. When Palahunik died in 2010, upwards of 100 friends and family - including former players - attended a wake in his honor.

"I was sitting there with the basketball coach, a couple of football coaches and two or three teachers, and all I kept hearing was, 'All we ever do is see each other at a funeral,'" recalled Bob Zitelli, who played for Palahunik on that first Sto-Rox team in the fall of 1966. "I said to one of them, 'Why don't you guys do something about it?'"

One of Zitelli's old coaches turned the tables on him.

"He said, 'Bobby, why don't you do something about it?'" Zitelli said. "It kind of wore on me. I thought to myself, 'When the heck am I going to see these guys again?'"

So Zitelli, who went on to play football at West Virginia, work for the International Brotherhood of Boilermakers in Pittsburgh and carve out a second career as teacher - at rival Montour, no less - brought up the idea to his wife, Nancy, and his two sons, Emmett and Nick. They encouraged him to plan a get-together "and see what happens."

The net result was AOA, an organization created to promote Christian values, honor and perpetuate the legacies of coaches and athletes, and raise scholarship funds for student-athletes from Sto-Rox and Montour high schools.

Yes - rival Montour even shares in the spoils. It only made sense, though, as Nancy Zitelli taught in the Montour district for years and Bob Zitelli put in 10 years in the classroom at Montour High School. Both of the Zitelli children also graduated from Montour - but it goes beyond that connection, Bob said.

"Many people who live in Kennedy and Robinson, their roots go back to McKees Rocks and Stowe Township," he said. "When I look at the names of kids involved in athletics and their parents in church, many of those names are so familiar to where we grew up over the years. It's just a very unique situation."

Many of those now involved in AOA were teammates - and sometimes rivals - on the playing fields of their youth. David Rudison, for example, graduated from Montour but played on the same Little League and Pony League teams as Zitelli.

When Zitelli first mentioned the AOA idea to Rudison, he was only too happy to help.

"He was another beam - a bridge - between the two school districts," said Zitelli, who referred to Rudison as his "right-hand man" in helping to organize AOA events, which include a fall golf outing and a bocce tournament - all to raise funds for scholarships. "He's been so helpful in bringing in some more Montour people. The original perception was that this is a Stowe thing, but that's wrong."

Rudison, a 1965 Montour graduate, said he enjoys helping.

"Any time I can get people from the past together - old friends - that's a nice deal," he said.

This year's eighth annual scholarship luncheon set an all-time attendance high with upwards of 290 people - 25 more than last year. AOA netted nearly \$8,000, which it will use to fund scholarships for students from each of the schools. Recipients will be determined by AOA's scholarship committee sometime in late May.

Kappert knows how useful the scholarship funds can be - and he's most thankful he was among the recipients, given the cost of college these days. As part of the application process, Kappert had to write an essay that talked about how being a student athlete affects one in school - and how it makes one a better person.

Kappert certainly had a story to tell, and it was one that he shared at this year's scholarship luncheon. He started playing baseball at age 4, branched out to hockey two years later, added football to his repertoire at 8 and signed up for soccer at 12. By the time he enrolled at Sto-Rox, Kappert knew he wanted to play college football one day.

He was well on his way when a stray hockey stick interrupted those plans. While playing in a hockey game, Kappert laid a hit on an opposing player whose stick hit Kappert in the neck. The net result was a dissected carotid artery - one of four main arteries that carry blood to the brain.

Kappert spent 11 days at Children's Hospital of Pittsburgh and what he saw left a lasting impression on him that would ultimately change his life's direction. When Kappert was finally ready to be discharged, doctors delivered a blow that eclipsed anything that Kappert had ever absorbed on a football field or hockey rink. They told him he could never play contact sports again.

"I'd never been so heartbroken in my life," Kappert said.

He spent the next several months feeling sorry for himself, but then flashed on the other children he'd seen at Children's Hospital - the ones who would never be able to resume a normal life. He drew upon the strength and determination that he had developed during this year's Athletes of Action Scholarship Memorial Luncheon keynote speaker was former Pittsburgh Pirate Bob Priddy, pictured here with the Pirate Parrot.



ABOVE: Zitelli family members and Athletes of Action founders Bob, Nancy, Emmett and Nick pose for a photo at the organization's recent scholarship luncheon.



ABOVE: Cecilia Esposito, Justin Kappert and Dontez Ford pose for a photo with Elaine Palahunik.



BY JOE KULIK



Home fire risks you may not consider

A friend of mine recently sent me an article that ranked beautiful Detroit, Michigan as having the highest risk of home fires among 100 cities. This study, done by the Hartford Insurance Company, establishes a “home fire index” ranking, based on information from the U.S. Fire Administration’s National Fire Incident Reporting System.

I did not read the article when I first received it. When you consider the number of older buildings, and the large number of vacant buildings in a city known for its “devil’s night” activities, the idea that Detroit may rank near the top in fire issues did not surprise me. I discovered, however, that the report actually deals with common issues found in many homes.

The study looked at simple things such as leaving a room while a candle is burning or leaving a kitchen while something was cooking on the stove. A large percentage of people admitted to doing this. A fire started by a candle tipping over or because of something on the stovetop could spread very quickly. Look at your own kitchen. Are there cupboards above the cooking surface? Are they made of wood?

Similarly, most candles are placed on tables or near flammable material like drapes and furniture. When you leave the room, your pet or infant may feel that is the perfect opportunity to explore that candle and topple it. The same applies to a pot on the stove. An infant or pet could easily knock that over, or cause a spill that results in a fire. Sources of combustion should never be left unattended.

Another area of note is leaving a phone or laptop plugged in overnight, often on or near a bed. Electric flowing through any sort of cord can give off heat, and that does not even take into consideration what could occur if there was a lightning strike. A friend of mine commented to me that he leaves his phone under his pillow so he can hear it easier when it rings. Heat in conjunction with fabric is not a good combination.

Recently, one of our local departments posted a video about closing your bedroom door at night. Last year, Underwriters Laboratories started a campaign to encourage people to close their bedroom doors at night. It was noted that, after a decade of research by UL’s Firefighter Safety Research Institute, the simple act of closing your bedroom door could save your life in the event of a fire. A room with an open door during a fire reached temperatures of over 1,000 degrees, while a room with a closed door recorded temperatures of only 100 degrees.

The studies proved that a closed bedroom door provided a layer of protection between occupants and a fire. This could particularly be important at night when you are asleep and have little time to react. Firefighters know that a closed door helps limit oxygen flow, which may prevent a fire from growing.

Even little things like battery storage can be done more safely. Believe it or not, a nine-volt battery can be dangerous. Because of their construction, the positive and negative posts are close together. It is very easy for a metal object to touch both posts, cause a short circuit and create enough heat to start a fire. It is unsafe to store nine-volt batteries in a drawer near paper clips, coins, pens, other batteries or any other form of metal such as steel wool, aluminum foil or keys.

All of us can take simple steps in and around our house to prevent fires. Often, there are things such as those mentioned in this article that we do not even consider. The bottom line is that you do not want the fire department visiting you for a fire that easily could have been prevented.

Joe Kulik has been a member of the Kennedy VFD since 2002 and serves as the department’s safety officer.

his years as an athlete and rededicated his life to helping others. After graduating from Sto-Rox, Kappert enrolled at Robert Morris University, where he is finishing up his freshman year as a nursing major while working as a nursing associate at Ohio Valley Hospital. Ultimately, he plans to become a pediatric nurse practitioner and one day open a clinic abroad to provide health care to people who otherwise would not have access to it.

Even though Kappert never got the chance to fulfill his dream of playing college football, he said sports certainly impacted his life “in so many ways - emotionally, physically and, most certainly, mentally. Sports have driven me to become a better person, work harder than other people around me, help other people around me, and take control of my emotions and overcome adversity.”

Esposito, meanwhile, thanked the audience and AOA for helping her pursue her education at St. Francis University, where she is pursuing a double major in occupational therapy and psychology, along with a minor in American Sign Language - all while serving as a middle hitter on the Red Flash varsity volleyball team.

“Every member of this group knows the importance of team spirit, building community bonds and leading by example,” Esposito said. “Because these are the qualities that make our communities what they are today.”

Also attending this year’s event was Sto-Rox graduate and University of Pittsburgh football standout Dontez Ford, who expressed similar sentiments.


“We’re extremely grateful for everything you’ve done for us,” he told the audience. “I can speak for all the athletes from Sto-Rox and Montour. That’s what makes this community so special. We’re hard-wired - we have that in our brains to help each other, to lend a helping hand whenever you can.”

Zitelli said it’s heartening to watch youngsters like Kappert, Esposito and Ford grow into responsible young adults who appreciate what they’ve been given.

“We plant the seedlings,” Zitelli said, “and watch our scholar-athletes mature.”

For more on AOA, visit www.athletesofaction.com.





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STORY AND PHOTOS SUBMITTED BY
STATE REP. ANITA KULIK

A working trip to Cuba

I am by no means a world traveler. I have a passport that I obtained because of a planned trip to Windsor, Canada. I always figured that the first stamps on my passport would be from Italy or some other European country. I never imagined the first stamp would be from that tiny island nation just south of Florida - Cuba.

The opportunity to travel to Cuba arose out of a meeting I attended at Duquesne University. I was invited because I am a member of the Pennsylvania House Liquor Control Committee. There was a press meeting announcing not only boxing matches in Cuba between young Americans and Cubans, but so much more. Members of the Liquor Control Board and the House Liquor Committee were invited to come on the trip to meet with and

discuss trade with the Cuban government. I felt this was a trip I had to make, not only from a personal standpoint, but particularly to be an effective representative for my constituents.

The delegation to Cuba consisted



Pennsylvania legislators look on as the president of the University of Havana and Michael Adewumi, vice provost for global education at Penn State University, sign an historic accord for cooperation and exchange between the two universities.

of members of the Pennsylvania House and Senate, Penn State University officials, members of the LCB, the boxing team and some other interested citizens. We traveled on the first nonstop flight from Pittsburgh to Havana since 1959.

Landing in Havana was much what I envisioned. We landed away from the main terminal, in a setting similar to a tropical jungle. We were, however, met by a very hospitable delegation. In Cuba, the appearance of government officials is still a very big deal, and we were treated as such. After a receiving line of officials and interpreters, we passed through customs in a separate, rough, little building. As we came out, though, it seemed like paradise. We were greeted by more representatives of the Cuban government and driven in a new, pristine bus that would take us around the country during our visit. Driving through Havana was like stepping back in time. While there were many beautiful, old buildings with magnificent architectural details, the reality is that the majority of the buildings were in need of repair. The cars were primarily what I expected - hundreds of older 1950s era cars, most in amazingly good shape. There were also many smaller cars that were of Russian make, but overall there were not that many cars, as many Cuban citizens cannot afford them.

We stayed at the Hotel Nacional, a landmark where many Hollywood celebrities and foreign leaders have stayed over the years. Many rooms were marked with photos of dignitaries who had stayed there and often requested particular rooms. As with most other structures I saw, the hotel itself was in need of repair, but you could feel the timelessness of the hotel and the property.

The purpose of our delegation's visit was to meet with government officials connected to the rum industry. We met with

Cuba's minister of rum, the head of the chamber of commerce, and many other government officials. We discussed a very simple, but important, goal - to bring Cuban rum into Pennsylvania in exchange for agricultural products. The country imports a vast majority of its food items and the sale of rum could result in huge profits for our commonwealth, which would help the state avoid tax increases. Agriculture is Pennsylvania's number one industry, and the trade of our products for theirs would be mutually beneficial in many ways.

The U.S. is currently the only country that prevents its people, and companies, from doing business with Cuba. While former President Barack Obama made some changes that opened up travel and limited personal purchases, major trade agreements are still forbidden. European, Asian and other countries all enjoy free travel and trade with Cuba, as do our friends in Canada.

One of the most enjoyable parts of the trip was the opportunity to take part in the historic signing of a Memorandum of Understanding between Penn State University and the University of Havana. As the daughter of a law school professor and a teacher, education is very important to me. This agreement, and the programs that will result, will lead not only to great educational opportunities but also, I believe, improved relations between our countries.

While in Cuba, we also visited our "sister city" of Matanzas, which is known as the city of bridges in Cuba because it has three rivers. It is a beautiful, eclectic city, much like Pittsburgh. We met with numerous government officials in an event covered extensively by the Cuban press. I was able to spend a good deal of time talking with a woman who is in a position similar to our lieutenant governor. She told me that she was happy to see a woman as one of the elected officials in our delegation, since most of the officials they have met from the U.S. have been men. In Cuba, 52 percent of government officials are women.

The biggest difference between the U.S. and Cuba is, obviously, our government structures. Cuba is socialist, which means the government owns and controls almost all of the business and trades. Citizens are paid the same wage, whether they work as a doctor, lawyer or mechanic. They are given a food allowance,

Pennsylvania state representatives Paul Costa, Anita Kulik, Adam Harris and Mark Mustio pose for a picture outside the University of Havana during a recent trip to Cuba to discuss trade relations.



free education and many other benefits that are not free to U.S. citizens.

Many things we take for granted in Pennsylvania are beyond the reach of most Cubans, however. They cannot go into a store and hope to purchase a television, cosmetics and toiletries like we can. Grocery stores seem barren in comparison to our stores. Yet, somehow, these people find a way to earn a little extra money and obtain those "luxuries." Several people I spoke with admitted to using a black market to obtain small "luxuries" such as pirated television shows, sports broadcasts and music from the U.S.

The people we met, not only in our meetings but also in the street, were welcoming and kind. They want what we want, to meet their basic needs, provide for their families and hope to somehow enjoy some of the little "luxuries" of life. They love their country just as we love ours. The people we met were not anti-American, though they do long for a day when there is no longer an embargo.

I believe that the U.S. is the greatest country in the world and I believe in our capitalist system. Yet I was very impressed by what I learned, not only from the government and business leaders, but also from the people I encountered. Cuba needs us, economically speaking. Yet, in many ways, we cannot ignore that Cuba has so much to offer to us. For instance, my visit to a cancer biotechnology center made me wonder why the FDA has only recently approved trials of treatment programs that Cuba has had in place for years. They have educated people, such as doctors, scientists and the like, from whom we can learn much. I sincerely believe that the time has come for our government to realize that

there is a large economic and social benefit to interacting with our close neighbors to the south.

State Rep. Anita Kulik represents Pennsylvania's 45th District. She can be reached at (412) 264-4260.

Pennsylvania State Rep. Anita Kulik, who is a member of the House Liquor Control Committee, discusses trade issues with a member of a Cuban delegation.





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St. Philip School

Computer Fair Winners

Thirty-one St. Philip students competed in a computer fair sponsored by the AIU at the Senator John Heinz History Center. A digital movie project created by students James Benke and Julian Paul titled "The Broke Man" took second place in that category. Abby Aiello, Naomi Caparelli and Ella Wrabley won third place for their animation project "Tree Seasons."

Golden Apple Award

For the seventh time, a member of the St. Philip School faculty has been recognized by the Diocese of Pittsburgh with the Golden Apple Award. Fifth and sixth grade science and reading teacher Jeff Aiello received the special honor and will be honored at a dinner in May. Aiello is the president of St. Philip's athletic association and moderator of the student council.



Jeff Aiello works with a student at St. Philip School.

Second place at America Bowl

Arabella Sargent, Danny Begg, Ewan Foley and Nevan Crossey took second place at the America Bowl held at Baldwin High School. Students answered questions about U.S. geography, Pittsburgh trivia, U.S. government, U.S. landmarks and presidents. Also representing SPS with a fine showing were Alex Petrak, James Benke, Matthew McDevitt, Branden Sniadach, Ashley Boehm, Lilliana Peterson, Everett Sargent, Natalie Kirsch and Addison Hazuda.

Battery car racers excel

Branden Sniadach and Matthew McDevitt took second place in the sixth grade battery car race held at Duquesne University. Branden and Matthew had the fastest time ever recorded in the 25 years of the race and received the fastest time trophy. Katarina Komoroski and Ava Gaitens finished close behind, taking third place in the sixth grade competition.

St. Philip seventh and eighth grade battery car teams also took first and third places overall, along with numerous awards for speed. Matthew Mell, Nevan Crossey, Brennan Hipkiss and Carmen Worrall took first place overall by scoring high in the racing heats and on the design document. The team was also awarded a trophy for the fastest car. Taking third place overall were Turner Ciak, Jake Gamble and Liam Carnahan. Arabella Sargent, Katie Hoff, Ella Wrabley, Abby Aiello and Kaleigh Costantino went undefeated in every heat, and earned medals for the girls. Lauren Kirsch, Audrey Wrabley, Malley Aiello and Grace Avery reached the semi-finals.

Sixth-graders Branden Sniadach, Matthew McDevitt, Ava Gaitens and Katarina Komoroski celebrate their strong finishes in a battery car race held at Duquesne University.



Holy Trinity Catholic School

Eighth-graders place in statewide academic competition

Holy Trinity participated in the Thinking Cap Quiz Bowl Northeast America Answers competition in February. The eighth grade team answered 84 percent of its questions correctly and scored 1,072 points. The Holy Trinity Academic Team finished 19th in the state of Pennsylvania and 29th among participating schools in the northeastern U.S. Students followed that performance up by finishing second in Pennsylvania and 54th nationwide in an America Answers online quiz in April.

Holy Trinity's team is coached by middle school teacher Alan Betten Sr.



Gabriele Gerbino, Ian Lecker, Ethan Williams, Chiara Golomb and Tony Cicchino finished second in the state in the America Answers online quiz in April.

Students compete at science competition

Ten Holy Trinity Catholic School seventh and eighth grade students participated in the Pennsylvania Junior Academy of Science 83rd Annual Regional Competition at Duquesne University. Students were required to present an experiment they had conducted to a panel of professional judges.

Ian Lecker took the first place award for his project titled "Alternative Fuels for Use in Heating." Ian will now move on to participate in a statewide competition at Penn State University in May. Chiara Golomb finished second in the behavioral science category. She conducted an experiment titled "How Different Types of Music Affect Your Heart Rate." Anthony Cicchino and Braehm Brown both finished second in the botany category. Gabe Miller finished second in the chemistry category, along with Audrey Flanagan and Natalie Zurbola. Ethan Williams and Sasha Planinsic both received second place awards for their engineering-based experiments. Renee LaGrosse received a second place award for her ecology entry titled "The Effects of Acid Rain on Aquatic Life." Mrs. Ford, PJAS sponsor, prepared students for the competition.

Students who competed in a recent Pennsylvania Junior Academy of Science competition were: (row one) Braehm Brown, Tony Cicchino, Sasha Planinsic, Renee LaGrosse, Audrey Flanagan, (row two) Natalie Zurbola, Chiara Golomb, Ian Lecker, Ethan Williams and Gabe Miller.



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Montour School District



MONTOUR SCHOOL DISTRICT NEWS

New elementary school nearing completion

On Sept. 6, elementary students from across Montour School District will set foot for the first time in a new elementary school on the high school campus. The state-of-the-art building, which is now nearing completion, will feature a two-story library and makerspace, LED Promethean boards in every classroom, Chromebooks for every student, flexible music and art rooms, and an outdoor amphitheater, just to name some of its amenities.

Dr. Christopher Stone, Montour's superintendent, says that the school utilizes many ideas that have been piloted at Burkett and Forest Grove.

"One thing our teachers have really been great with is taking risks and thinking outside of the box," says Stone, "rethinking their classrooms and engaging students in different capacities."

He says teachers played a big role in helping to design the school. The new elementary makerspace, for example, will have much of the same technology already being used at both elementary schools, including 3D printers, laser etchers and simple materials like cardboard that students can use to prototype ideas. This makerspace, however, will be much larger, big enough to hold three classes. It will also have an entire wall of glass to let in tons of natural light.

Throughout the school, retractable partition dividers help make spaces flexible, thanks to a unique system that allows them to be retracted into the ceiling. Both of the school's new art and music rooms will have dividers.

"You could co-teach a cohort of third grade students or put the partition down and have a jewelry-making class on one side and an oil painting class on the other," says Stone about the art room.



ABOVE: This photo shows the view of the vestibule in Montour's new elementary school from the school's cafeteria. **BELOW:** This view from the second-floor makerspace looks down onto part of the library and its two floors of windows. **BOTTOM LEFT:** This area at the rear of the school will feature an amphitheater stage and large, grassy play area.



Another large partition in the cafeteria, which sits at the end of the school's vestibule, will separate it from the new gymnasium. The divider will be able to be opened to let students blow off energy after lunch in the gym - where a rock-climbing wall is to be installed - or left closed to be used as a movie screen.

Throughout the school, there will be numerous flex spaces outside suites of classrooms that can be used for small group instruction or tutoring. The largest of these spaces sits in

a rotunda outside of the kindergarten suites at either end of the school. Both of these areas are lighted by a skylight. Throughout the school, windows and skylights have been placed to maximize natural light. The cafeteria's towering ceiling lets in tons of light, as do two stories of windows in the library.

As with other parts of the school, its library will also have multiple uses. Its design calls for both reading nooks and large spaces with creative, collaborative seating, which in some ways goes against the grain of traditional library design. It will also have a fireplace to enhance story time reading. The library's windows look out onto an amphitheater with 13,000 feet of grassy space big enough for 225 elementary students.

In all, the school will have seven innovation rooms that provide teachers with flexible spaces to do creative projects. It will have two STEM rooms, two art rooms and a sensory room for students with a developmental disorder or behavioral issue, or who are on the autism spectrum. Educators piloted the idea for a sensory room at Burkett two years ago.

Should the new school need to grow in the future, there is space available on the first floor roof to add eight to 10 additional classrooms, says Stone. Plans initially called for a green roof design with gardens and grass to absorb heat from sunlight. That green roof could still be built.

An official opening with community members is planned for late summer. Watch for details at MontourSchools.com.



Japanese government representatives visit Forest Grove

On April 11, Forest Grove Elementary was honored to represent the United States of America as it hosted five Japanese government



ABOVE AND BELOW: Justin Aglio, Montour's director of innovation (pictured above at left), tours Forest Grove with a delegation of Japanese government officials evaluating how technology impacts public sectors in the U.S.

representatives participating in a project entitled "Development of Industry in the Era of Information Revolution." The participants were invited to the U.S. under the auspices of the Department of State's International Visitor Leadership

Program. They included: an investigator from the Japan Fair Trade Commission; an official from the Ministry of Health, Labor and Welfare; a chief official of the Ministry of Land, Infrastructure, Transport and Tourism; and two assistant directors from different divisions of the Ministry of Economy, Trade and Industry.

The theme of the project in Pittsburgh focused on how different industries are employing technological innovation to increase productivity and what academic, business and public sector entities are promoting technological innovation to increase productivity. Forest Grove Elementary was selected to showcase its innovative programs to represent innovation in American schools.

Some of the highlights of the tour included: a first grade, 1:1 digital classroom using coding to tell a story in literacy class; students using Ozobots in the school's makerspace; self-organized learning environments - or SOLEs - in the media center; mixed-virtual reality; educational technology research through the district's partnership with Carnegie Mellon University; and digital citizenship through Common Sense Education.

Joining the tour of the Montour School District was acting superintendent, Dr. Christopher Stone, and director of innovation, Justin Aglio. In addition, many teachers interacted with the Japanese representatives, including first grade teacher Lyndsay Aleski, librarian Dan Evans, ESL teacher Jean Lowden and resource teacher Jim Lach.

Students in art class, under the guidance of art teacher Anita Marsico, showcased the school with Japanese culture decorations.



National education journal cites Montour's maker efforts

An online educational journal quotes Montour educators in two different articles published earlier this year that are aimed at helping teachers cultivate and create makerspaces. Both articles cited ideas from educators across the country, putting Montour in the national conversation when it comes to talking about exposing students to STEM subjects through hands-on maker activities.

In the article "7 Tips for Planning a Makerspace," author Leila Meyer quotes Justin Aglio, Montour's director of innovation, and kindergarten teacher Jennifer Kosarych in several sections, including how to cultivate a maker culture, planning a makerspace, involving stakeholders and selecting tools. Meyer traces Montour's makerspace journey, which started with establishing a maker culture and moved on to sourcing ideas from the Children's Museum of Pittsburgh Makeshop. Meyer writes that Montour invited a representative from the museum to talk with PTA members and chose making equipment that could be integrated into the school's current curriculum.

A follow-up article, also by Meyer, "After the Planning Phase: 7 Tips for Implementing a Makerspace," again quotes Aglio and Kosarych. Meyer quotes both while suggesting tips such as: finding teachers to champion the movement; allowing teachers to borrow equipment; and keeping the makerspace organized. Both articles can be read at thejournal.com.

Dr. Katie Mercadante earns doctorate

Astronomy, meteorology, chemistry and physics teacher Dr. Katie Mercadante reached a major milestone in May. In addition to wrapping up her sixth year at Montour, she also earned her Ph.D. in instructional management and leadership from Robert Morris University. Her thesis is entitled "From Standards to Standard Practice: An Evaluation of the Perceptions and Process of Integrating the Next Generation Science Standards in the Nation's Schools."



Dr. Katie Mercadante

At Montour, Mercadante teaches multiple levels of astronomy and meteorology, as well as fundamentals of chemistry and physics. She is also the SADD and student council co-advisor, and works with Montour's Women in STEM partnership with Industrial Scientific.

Outside of Montour, Mercadante serves on the Pennsylvania Association of Student Councils' State Board of Directors and on the National Weather Association Education Committee.



Todd Price named principal of the year

The Pennsylvania Association of Elementary and Secondary Schools Principals has named high school principal Todd Price as the 2017 PAESSP Principal of the Year. Price is currently in his 10th year as high school principal and previously served as assistant principal at David E. Williams Middle School. He holds a bachelor's degree in education from Temple University and a master's degree in educational leadership and curriculum instruction from St. Joseph's University.



Todd Price

In addition to his duties at the high school, Price has held a position with the Allegheny Intermediate Unit's Math and Science Collaborative since he relocated to the area from Philadelphia in 2005.

As the winner, Price will be eligible to be named 2018 National Principal of the Year by the National Association of Secondary School Principals.

"A school district would be hard pressed to find a harder working principal who always has the best interest of children in mind," says Dr. Christopher Stone, Montour's superintendent who has worked with Price at Montour for 11 years. "Mr. Price has embraced the district's core values of a growth mindset and putting children first in his implementation of the high school's Personalized Learning Time. This type of calculated risk taking demonstrates Mr. Price's forward-thinking educational mindset and commitment toward the students of Montour."

Tina Frank named finalist for teacher of the year

Longtime high school chemistry teacher Tina Frank is among 12 teachers in Pennsylvania being considered for teacher of the year honors.

The Pennsylvania chapter of the National Network of State Teachers of the Year will bestow that title upon one teacher at its annual banquet in Harrisburg this December.



Tina Frank

Frank has taught at Montour since 1992 and now teaches AP and college in high school chemistry courses. In 2008, Frank formed the Cure Finders club at the high school after she was diagnosed with breast cancer. Since then, the club, which is largely made up of students, has raised \$120,000 for cancer research. She has also both chaired and served as a spokesperson for the Pittsburgh Susan G. Komen Race for the Cure.

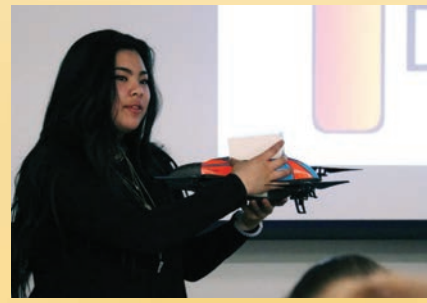
Students work with Industrial Scientific on real-world design challenge



ABOVE: High school students Haley Casperson, Kaylee Pierce, Veronica Weddle and Holly Jordan give a presentation at Industrial Scientific.

BELOW: Leandra Mancini holds a drone carrying a sensor that she programmed to communicate with a mobile app. BOTTOM: Abby Minzer presents on an app that students tested.

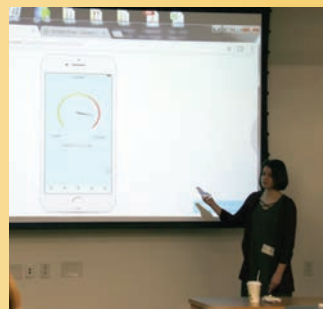
For the third consecutive year, high school students were partnered with mentors at Industrial Scientific and challenged to create a solution to a real-world problem through the Industrial Scientific Women in STEM program. This project-



based learning design challenge was open to female Montour students in grades nine through 12 who have a strong interest in science, mathematics, computer sciences and/or engineering. A total of

13 students split over three sub-system teams collaborated on the final project.

This year's design challenge tasked students with designing a sensor, delivery device and mobile app that could be used to detect unsafe levels of gases in a used shipping container. Leandra Mancini designed and built a sensor and casing, then wrote computer code to make the sensor communicate with an app. Haley Casperson, Dina Condeluci, Holly Jordan, Madeline Minsinger, Abigail



Minzer, Kaylee Pierce and Veronica Weddle designed, coded and user tested the app. Madalyn Lubinski, Makayla Miller, Sahara Moses, Gabrielle Nichie, Cassandra Schifffhauer and Sarah Walters developed the delivery system, a drone.

Students worked on the project for a year. On April 10, they presented their designs at Industrial Scientific. Montour faculty mentors for the program were Pam DiIanni, Emily Eiben, Braden Jasin, Jesse Langman, Lauren Langman, Dr. Katie Mercadate and Jamie Stephans.

Pitt students and faculty help simulate medical emergency for students

High school students in the college in high school biology, CHS anatomy and physiology, honors chemistry, CHS chemistry, and AP chemistry courses participated in a unique, hands-on medical simulation experience in March made possible by the University of Pittsburgh School of Pharmacy.

During the presentation, five students were selected by a team of Pitt pharmacy students and faculty to perform the roles of a physician, nurse, pharmacist and two emergency medical technicians caring for a lifelike manikin. The purpose of the exercise was to simulate the experience of assessing, managing and treating a patient who is experiencing a heart attack caused by an opioid overdose.

The manikin used during the exercise was a high-fidelity human simulator known as SimMan. The manikin can replicate many of the physiological conditions that different types of patients might experience. As students maneuvered through the guided presentation, the patient - Denny - was able to react to their actions, both verbally and through vitals collected and displayed through SimMan software.



High school students participate in a simulation exercise facilitated by students and faculty from the University of Pittsburgh School of Pharmacy. The exercise included treating a mannequin known as the Sim Man, which can simulate human responses. To view additional photos of this presentation and other events occurring at Montour High School, visit Spartan Snapshots located at www.montourschools.com.

“This was a unique opportunity for our students to gain first-hand information on the various career opportunities available to students with a PharmD degree. Typically, when we think of pharmacists, we think of those professionals who work at the local CVS or Giant Eagle who are primarily responsible for dispensing medication,” said Dustin Kerr, guidance counselor at Montour High School. “Today, our students learned of additional pharmacy careers that are out there, which include pharmaceutical development, specialty pharmacy, clinical pharmacy and biochemical pharmacology, to name a few.”

The Pitt pharmacy team consisted of ambassadors Marisa Postava - a 2015 Montour graduate and first year pharmacy student - and Rebecca Wytiaz - a Thomas Jefferson High School graduate and third-year pharmacy student - under the guidance of Dr. James Stevens - assistant professor at the University of Pittsburgh School of Pharmacy. Larry Kobulinsky, Pitt instructional development specialist, and Suzanne Mannino, Pitt student program administrator, also visited with the team.

Montour teachers again dominate My Favorite Teacher essay contest

Montour teachers once again dominated an annual essay contest sponsored by Barnes & Noble that asked students from area schools to write about their favorite teachers.

According to Selina Blinn, Barnes and Noble’s community business development manager, of the approximately 300 essays submitted to this year’s contest, all but about 50 came from Montour students. Most of those essays concerned Montour teachers, though some of the essays were written about teachers from other area schools that those students had attended.

Among those teachers was Darci Smith of Holy Trinity Catholic School, who was written about by Montour student Abby Minzer. Before Minzer enrolled at Montour High School, Smith taught her at Holy Trinity. Smith’s essay was announced as the winner of the contest at an April 4 event hosted at the Settlers Ridge Barnes & Noble store, where authors of the top 10 essays chosen read them aloud to a crowd of family, friends and educators. Each of those 10 essays were chosen as honorable mentions. Of the selected essays, eight were written by Montour students, and Montour teachers were the subject of all but four of them.

Blinn says that half of the decision to award an essay is based on qualities stated in the essay. One-quarter of judges’ decisions are based on the sincerity

of the essay and one-quarter on writing quality. Overall winners from the regional competition go on to compete at higher levels.

Last year, an essay written by Montour student Chelsianna Havko about Montour teacher Anita Marsico won the contest. The top 15 essays given honorable mentions were all written by Montour students.

Teachers written about in essays that received honorable mentions by Montour students in the Barnes & Noble My Favorite Teacher essay contest were (starting lower left): Tina Frank, nominated by Max Rose; Darci Smith (Holy Trinity Catholic School), nominated by Abby Minzer; Rhonda Marasco, nominated by Brittney Seibert; Sommer DeRose, nominated by Noah Kendall; Mike Philips, nominated by Caitlin O’Toole; Kristin DeLuca, nominated by Connorlee Duran; and Diamond Linn (of South Fayette), nominated by Alessia Labate. Not pictured are George Walker (St. Malachy School), nominated by Mackenzie Wissner; and Beth Deley, nominated by Marissa Deltondo.



Kindness Week

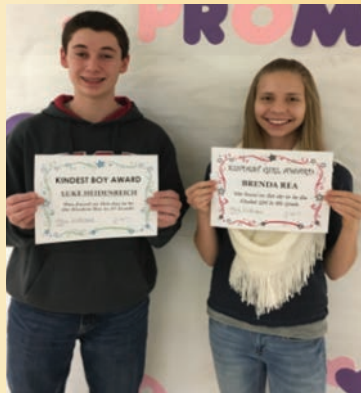
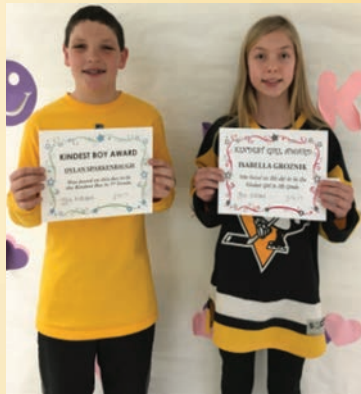
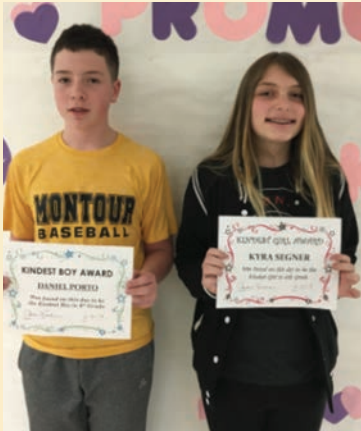
The David E. Williams Counseling Department and TLC sponsored Kindness Week during the second week of February. Their purpose was to spread kindness throughout the school.

To kick off the week, Monday was “It’s Cool to be Kind” and “Think B4 You Post.” Students and staff members participated by wearing white clothing and were given “Think B4 You Post” pencils. Additionally, students attended an informational presentation by prevention specialist Ryan Klingensmith on cyber bullying. He also discussed how not being careful with digital media can affect students’ lives.

Tuesday’s theme was “Kindness Makes a Difference.” Students and staff wore red clothing and were given “Kindness Makes a Difference” stickers. In their science or social studies class, students wrote nice statements about each other on paper hearts. Students either hung the hearts on their lockers or took them home to share with their families.

“Be a Hero” was Wednesday’s theme. Students and staff wore camouflage clothing or superhero t-shirts. Homeroom teachers distributed “Be a Hero” wristbands, and to add to the theme, students completed a writing activity describing their hero during their social studies or science classes. Nominees for the kindest boy and kindest girl in each grade were announced at the end of the day.

On Thursday, students and staff wore jerseys or black and gold clothing to “Team Up Against Bullying.” Teachers distributed “Team Up Against Bullying” stickers and students participated in team building activities during their social studies or science classes.



Each day during Kindness Week, a boy and girl were chosen as kindest boy and kindest girl from each grade at the middle school. They were (starting at top) fifth grade: Jake Wolfe and Jordyn Wolfe; sixth grade: Daniel Porto and Kyra Segner; seventh grade: Dylan Sparkenbaugh and Isabella Groznik; eighth grade: Luke Heidenreich and Brenda Rea.

DEW students win American history bowl

Submitted by student writer Emily English

A small group of eighth grade Montour students recently visited Baldwin High School to participate in the 2017 America Bowl. During the competition, students from different schools and age groups competed against each other in order to find out who had the best knowledge of American history and geography. Age groups were separated into elementary and middle school levels. Questions were categorized into different parts, such as state knowledge, Pittsburgh knowledge and more. Even though many schools competed in the competition, first place winners for the middle school category - the tougher of the two categories - were a group of eighth-graders from Montour. This group consisted of Domenic Hoffman, Joe Palamidis and George Francis. The team received a t-shirt for their efforts.

Digital Media Safety Assembly

By Student Writer Josh Knapp

On Feb. 13, prevention specialist Ryan Klingensmith and Montour’s pupil services coordinator Cindy Caliguire visited David E. Williams Middle School to talk to students about student assistance programs and digital media safety. Klingensmith and Caliguire explained that the student assistance program at Montour covers a wide variety of categories, including academic struggles, bullying, depression, and home problems, or just about anything else that students have a problem with that interferes with their daily lives and their school life. They also talked about digital media safety, especially on social media apps like Facebook, Instagram and Snapchat. They further discussed how students should be safe when posting things online by watching what they post so it doesn’t come back to harm them later.

The assembly kicked off Kindness Week at the middle school.

Students win science bowl

Seventh-grade gifted students competed in a science bowl at the Carnegie Science Center on Jan. 26. Students had to compete in four different hands-on challenges. Past competitions have required students to design a skyscraper using newspaper, create a new roller coaster and even launch straw rockets. This year’s competitors from Montour were Dylan Sparkenbaugh, Nicholas Trojan and Nicholas Zezza. The team came in first place.



Elementary PTA Schedule

For more information on any of the following, email Jamie Conrad, Elementary PTA president, at MontourElementaryPTA@gmail.com.

May

- 19 - Art Show, 6 p.m., Montour Athletic Center
- 20 - Montour Night at the Riverhounds
- 22-26 - Burkett BOGO Scholastic Book Fair
- 23 - PTA Meeting, 6:30 p.m., Burkett Cafeteria
- 26 - Box Tops Turn-in Deadline for May

June

- 4 - Little Guy and I at the Washington Wild Things
- 6 - Forest Grove Field Day
- 7 - Burkett Carnival Day
- 8 - Last Day of School for Students / Fourth Grade Breakfast

Burkett announces students of the month for January and February

Burkett fourth-graders Kayla Molitoris, Cale Schwartzmiller and Dexter Wissinger were chosen as students of the month for January, along with third-graders Jaden Pockl and Cyprian Slifkey. Third-graders Rachel Stasko, Sal Magliocco, Ian Cessna and James McMurtrie were chosen as students of the month for February, along with fourth-graders Anthony Dalessandri and Anna Stevens.

Students of the month are chosen for exhibiting appropriate behavior, performing random acts of kindness, demonstrating improvement in academic areas and exhibiting self control. A deserving student with a quiet disposition can also be recognized.



Burkett's students of the month for January were (above) Kayla Molitoris, Cale Schwartzmiller, Dexter Wissinger, Jaden Pockl and Cyprian Slifkey. Students of the month for February were (below) Ian Cessna, Anthony Dalessandri, James McMurtrie, Rachel Stasko, Anna Stevens and Sal Magliocco.



Burkett raises over \$7,000 for American Heart Association



Burkett students collected donations for the American Heart Association in February. Students pictured each raised \$50 or more.

During the month of February, Burkett Elementary students scoured couch cushions for coins, emailed friends and family, and worked hard to collect donations for the American Heart Association. They also participated in Jumpathon activities with Lois Buttray in gym classes and completed physical challenges during their daily recess.

Together, Burkett's third and fourth graders collected \$7,360.04 for the American Heart Association, which is \$1,100 more than they collected last year. Top collectors in third grade were Joslyn Heckathorne and Anna Varner. Top collectors in fourth grade, who also tied for first place in the school by collecting \$390 apiece, were Logan Richardson and Nicole Pollard.

Forest Grove classroom finishes second in Penguins decorating contest



Summer Keaton's first grade homeroom class at Forest Grove finished second in a Pittsburgh Penguins decorating contest in April.

Summer Keaton's first grade homeroom at Forest Grove placed second in the Pittsburgh Penguins Foundation Playoff Classroom Decorating Contest in April. Voting closed April 20, the same day that the Penguins defeated the Columbus Blue Jackets to advance to the semifinals of the Stanley Cup playoffs to play the Washington Capitals. Votes were cast by Facebook users who "liked" photos of Pittsburgh-area classrooms posted on the Pittsburgh Penguins Foundation's Facebook page. Keaton's classroom, which garnered over 1,000 "likes," was one of five finalists in the contest. Each of the finalists will receive a Pens Pride package and Keaton's class is planning a celebration.

Elementary students celebrate Read Across America Day

Students at Burkett and Forest Grove elementary schools celebrated the life of much-beloved children's author and illustrator Dr. Seuss on March 2. The day coincided with the nationwide celebration Read Across America, which celebrates the importance of reading.

At Burkett, over 100 students dressed in costume as their favorite Seuss characters, including Cat in the Hat, Things 1 and 2, Cindy Lou Who and Sam I Am. Students recited a reader's oath, in which they promised to read whenever they had the opportunity. A book swap, organized by school librarian Marrianna Greenaway, gave students the opportunity to bring in a gently used book from home and "swap" it out for another book that they might like to read. Over 150 students went home with a new "used" book to enjoy.



ABOVE: Janine Zozos' class dressed up as Dr. Seuss characters in honor of Dr. Seuss' birthday.

At Forest Grove, meanwhile, the building looked like Whoville, with a new and exciting Dr. Seuss theme each day of the week. Anyone walking through the halls might have bumped into those same Seuss characters. The halls echoed with the voices of students reading classic Dr. Seuss books. Even Clifford the Big Red Dog came for a visit and joined in on the fun. In honor of the Grinch, students and faculty dressed in "Grinchy" green and sampled delicious green snacks. To celebrate Fox in Socks, students wore silly socks and slippers and enjoyed a blue treat. After reading "What Pet Should I Get?" the students shared pictures and stories of their own pets and brought in their favorite

stuffed animals. There were also crazy hats, costumes and hair styles reminiscent of Dr. Seuss characters.

Forest Grove was especially honored to host celebrity guest readers, including Allegheny County Executive Rich Fitzgerald, Jordan Kline from WISH 99.7 FM, amazing parents and faculty members. At both elementary schools, it was a "Seusstastical" celebration.

CLOCKWISE FROM UPPER LEFT: Erin Hric's class dresses as Dr. Seuss characters. Teachers Jennifer Fisher, Lynne Jones, Corissa Robb and Lyndsay Aleski, along with director of innovation Justin Aglio, dress as Seuss characters. Allegheny County Executive Rich Fitzgerald reads to students in the library. Students browse through used books brought in to school by students.



MONTOUR School District NEWS

Burkett students participate in Battle of the Books

Fifty-six fourth-graders from Burkett Elementary School recently participated in the Battle of the Books, a trivia competition that encourages students to read good books and have fun while competing with their peers.

The process began in November, when school librarian Marianna Greenaway selected five novels from a variety of genres for students to read. Thirteen teams had 11 weeks to read the books and meet regularly as a group to discuss and study them. Each team was led by a dedicated parent who served as its coach, setting up meetings and reviewing team members' work at each meeting.

"For the team members and coaches involved, Battle of the Books is a substantial and meaningful commitment," says Greenaway. "The preparation for a March competition begins in November. This event promotes a love of reading in kids and exposes them to titles and authors that they might not encounter otherwise."

During the competition, 13 teams were asked to write answers to 45 questions about the books. Teams, for example, could be asked about a specific event or detail in the book. Students would then have to write their answer, along with the name of the author of the novel.

"The battle inspires teamwork and good sportsmanship in an atmosphere of friendly competition," says Greenaway.

This year's champion team was the Word Wizards, made up of Quinn Dalverny, Evan Jennings, Michael Muto and Olliver Wovchko. Second place honors went to the Summarizing Superheroes, made up of Ava Durigon, Ava Huff, Dylan Huff, Eliana Knause and Sophia Sinicrope. Third place honors went to the Literature Llamas, made up of Allison Armitage, Ivy Freshwater, McKenna Pierce, Mary Kate Tracy and Jade Schrenker.



ABOVE: First place winners were the Word Wizards. **BELOW:** Second place honors went to the Summarizing Superheroes.



Burkett celebrates International Day of Happiness

On March 20, Happiness Walls were decorated all over the world in celebration of International Day of Happiness. Instead of visiting a wall somewhere else, teachers and students at Burkett again thought they would start their own at Burkett, as has been tradition at the school for the past three years.



ABOVE AND BELOW: Students at Burkett Elementary celebrate International Day of Happiness in March.

Typically, the day is celebrated by students and staff posting messages on their Happiness Wall in the cafeteria that start with, "I am happy because..." or, "I will spread happiness by..."

While students always enjoy Eat'n Park smiley cookies as part of the celebration, their favorite part is a dance party in front of the wall. This year's celebration looked a little different, however, as teacher Amanda McDermott spearheaded an effort to spread the celebration over two weeks.

"I think we have so much to be happy about at Burkett that we couldn't limit the celebration to just one day," said McDermott.

In addition, information was sent home to parents so they could help spread happiness throughout the community and not keep it contained in the building. During those two weeks, Burkett focused on the 10 Keys to Happier Living, as provided by www.actionforhappiness.org. Burkett students focused on one key per day for two weeks and had students set goals for actionable steps toward achieving each key.

Throughout Happiness Week, students received happiness-themed pencils, journals, tokens, stickers and - of course - smiley cookies.

One day, students posted their happiness declarations on the Happiness Wall. Another entire day was dedicated to the highlight of the week: a dance party. Though some were shy in the beginning, most of the students were up and dancing at some point.

Happiness is something that should be focused on every day, not just one time each year. The joy Burkett faculty saw students exhibit during the week is a great reminder of that fact.

To join the movement, visit www.dayofhappiness.net for information and resources about spreading happiness in the community and world. Share efforts on Twitter with: #MontourProud, @AMascellino, @ActionForHappiness and #HappyActs.



Seven more students sign letters of intent



Five members of this past season's football team, one player from the girls' soccer team and a member of the Spartan softball team all recently signed letters of intent to continue their athletic careers in college. The former members of the Spartan football squad celebrated their signings in March. They and their schools are as follows: Alex Jozwiak, Grove City College; Antonio Pugliano, Washington and Jefferson College; Mason Schrenker, Waynesburg University; Bobby Walker, Westminster College; and Noah Russell, Geneva College.



Alex Jozwiak, Antonio Pugliano, Mason Schrenker, Bobby Walker and Noah Russell (all pictured above) recently signed letters of intent to play football in college. Alexandra Faith (at left) signed a letter of intent to play soccer for Indiana University of Pennsylvania and Carly Amon (at right) to play softball for Bethany College.



Alexandra Faith, a four-year starter with the girls' soccer team, also recently signed a letter of intent to continue her academic and athletic career at Indiana University of Pennsylvania. Faith spent two years at midfield and two years on defense during her varsity career. She was also a four-year letterman and named an all-WPIAL player. Her performance in the classroom has been no less impressive, as she maintains a 4.0 GPA.

Three basketball players earn all-star honors

Courtney Tomas, Dom Sleva and Kennedy Stevenson were all recently named to the Big 5/6 first team all-star team for girls' and boys' basketball. All three student athletes were celebrated at a banquet attended by over 300 people at the Doubletree in Monroeville.



Basketball players Courtney Tomas, Dom Sleva and Kennedy Stevenson display plaques they received for earning all-star honors.

Carly Amon also signed a letter of intent to play softball for Bethany College. In addition to playing softball, Amon was a member of the marching band, the Future Educators Association and the Cure Finders club at Montour. As well, she was the secretary for the high school musical and the outreach program. She is a member of the Tri-M Music Honor Society and an honor roll student with a 3.7 GPA. She will attend Bethany on a full academic scholarship.

Macek sets two school records, finishes third in PIAA championship

Senior Roman Macek achieved what no other wrestler in Montour history had when he finished in third place at the PIAA wrestling championships in Hershey in March. His performance at the championships brought his overall career to 119-29 after completing a season in which he recorded a 39-3 record, which was another school first for most wins ever by a Montour wrestler in a single season.

During the season, Macek also wrestled in the prestigious Pittsburgh Wrestling Classic at the University of Pittsburgh Fitzgerald Field House and placed third at the WPIAL championship. Macek will be attending Duquesne University on a football scholarship this fall.



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June 19 - 23, 2017
9:00 a.m. - 12:00 p.m.
Montour High School

Register online at:
www.MontourSteamCamp.com

Science - Technology - Engineering - Arts - Math

Event and courses contingent upon number of registrations.

Glass Mosaics - grades 4-12

Campers will work collaboratively to create a glass mosaic of the new elementary building. This will complete the final architectural rendering in the mosaic series of Montour School District buildings, which will be on permanent display in the new elementary building.

Coding - grades K-4

Students will be introduced to computer programming through a series of three different activities.

1. Puzzlets a game interactive video game
2. Bee-Bot a programmable robot
3. Bitsbox a programming website to create apps.

Math Art- grades K-4

Students will use mathematical principles and measurement to produce amazing math artwork using tessellations, symmetry, spirolaterals, sunburst and circle weaving.

Foods - grades 5-12 (only 12 spots!)

Students will learn the history, culture, chemistry, and nutritional value of foods while learning how to cook and of course sample them! *(People with food allergies are strongly discouraged from participating in this course.)*

Lego Building - grades K-2

Students will learn how to master the basics of Lego building. They will use their imagination to solve problems by working cooperatively and participate in fun building contests.

Lego Architecture - grades 3-8

Students will learn advanced Lego building techniques, architecture, and design skills while constructing a huge piece of furniture made out of over-size building blocks!

It's Electric! - grades 4-6

Learn the basics of electric circuitry by creating projects with Little Bits, Drawdio, & Makey Makey, Squishy Circuits, Snap Circuits, & more. Make your own LED keychain or wearable!

iPad Music Ensemble - grades 7-12

Students will compose and perform music through an iPad. *Students must be able to read music.*

Alice 2.2 - grades 5,6,7

Basic Introduction to Computer Programming using Alice 2.2. Alice 2.2 is an object based educational programming language where you can use drag and drop methods to create stories, worlds, and games.

Roller Coaster, Incline and Pulley System / Bridge and Boat Making - grades K-2

Students will engage in the following:

1. Design a working replica of a roller coaster .
2. Explore Pittsburgh's inclines and the pulley systems.
3. Design ideas into construction of a bridge and test the strength of their completed structure.
4. Design and build their own boats to show the understanding and effects of buoyancy and water displacement.

Digital Graphic Design - grades 4-12

Students will learn tools within Adobe Photoshop and will be introduced to Screen Printing and custom T shirt design. Students will have the opportunity to use Laser Engravers and CNC controlled machines to make custom projects.

Hummingbird Robotics - grades 5-8

Using visual programming software, Hummingbird Robotics Kits, and everyday items, students will use the engineering design process & creativity to build a robot! Students will create using technology, science, and art to make a robot that can light up, move, & make noises!

Body Movements - grades 5,6,7

Students will engage in activities that involve inventing games, physical activity videos, pedometer and heart rate monitors, and inventing an app to get more kids active

Power Building with Renewable Resources - grades 6-8

Students will build their own renewable resource mechanism to take home as well as a group project that utilizes a renewable resource demonstration all having to do with generating power. Examples would be lights generated solely by hydroelectric or solar mechanisms.

Jewelry Making - grades 4-12

Students will learn the basics of beading, stringing, crimping, wire bending, and other various techniques to create various types of jewelry.

Balloon Art - grades 5-12

Students will learn the basics of creating various creatures and structures in balloons and will work together as a class to create a final large culminating piece to display for parents.

MineCraft - grades 3-6

Students will work collaboratively to solve fun engineering challenges using Minecraft. Students will participate in a variety of contests and activities.



Registration Deadline
Friday, May 26, 2017
Cost
\$100 first child/\$75 second child/
\$50 for additional siblings
Presentations
Friday, June 23rd, 10:00 a.m.
Held in the Athletic Center

Go to the website to register now!
www.MontourSteamCamp.com

Student drop-off & pick-up at the high school cafeteria.

Stay up to date at
www.montourschools.com!

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May not be combined with any other offers.
Prior sales excluded. Expires 6-21-17.

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pool cleaner
with select pool packages
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ROBINSON/NORTH FAYETTE

No further discounts apply. Prior sales
excluded. Coupon must be presented at
time of purchase. May not be combined
with any other offers. Expires 6-21-17.

Summer Fun Guide

The lowdown on fun summer happenings in and around the area.

Festivals and cookouts

Celebrate July 4 all week long at McSummerfest, July 1-8

Can't wait to celebrate Independence Day? Then head to McSummerfest on July 3 to enjoy a Zambelli Fireworks show a day early. Show up before dusk to grab a spot on the hillside overlooking Heritage Park or head down into the festival to enjoy carnival rides, games, fair food, beer and more.

Bucking the trend of celebrating July 4 on a day other than the holiday has long been a tradition of this regional celebration, which helps the McDonald VFD avoid competing with other area July 4 festivities and draw its largest crowd of the weeklong event. Throughout the week, it's been estimated that McSummerfest attracts around 20,000 people, which helps the department raise a big portion of its annual operating budget by selling fried Oreos, fried Twinkies, fry buckets, beer and more. Check it out throughout the week for the attractions mentioned above, including nightly live entertainment. Stay tuned to www.mcdonaldfire.com for a complete schedule.

Sip local wines by the water at

Janoski's Harvest Wine Festival, July 15, 3-8 p.m.

Local wine aficionados will be able to again sample wines from premier regional wineries at the fifth annual Harvest Wine Festival at Janoski's

Farm in Clinton in July. This open-air wine tasting regularly features over a half dozen wineries pouring around 100 varietals ranging from riesling-style chocolate sweet wines, to crisp, unoaked chardonnays, to robust merlots.

Janoski's also serves a buffet of fresh food for the event, much of it grown on the farm. For \$39 (or \$49 at the gate) attendees get a souvenir wine glass for tastings, unlimited access to a home-cooked food

buffet, unlimited wine tastings and a chance to win a basket donated by the wineries. Once you find a wine you like, buy a bottle, grab a spot on the deck by the pond and enjoy live music.

Tickets can be purchased in advance at Janoski's Farm and on Eventbrite.com by searching Janoski Farms Harvest Wine Festival. This adult-only event takes place rain or shine and is sponsored by Janoski's and Volant Mill Winery. Visit the Facebook page Harvest Wine Festival for updates. Search #harvestwinepgh on Twitter for updates.



McSummerfest in McDonald annually draws a nice crowd by holding fireworks around July 4, but on a night other than the holiday. PHOTO BY ELMO CECCHETTI

Satisfy your fair food craving at Holy Trinity Festival, Aug. 9-12

Family fun, food and games return this year at the Holy Trinity Festival during the second week of August. The fair will once again take place nightly at Holy Trinity Catholic School in Robinson Township. Count on festival staples like ethnic food booths, carnival games, rides and live entertainment.

The fair benefits Holy Trinity Catholic School. Stay up to date at www.holy-trinity-school.org.

Feast at the 38th Annual Parkway West Rotary Steak and Ale, June 7, 5-8 p.m.

This annual cookout event helps the Parkway West Rotary raise funds to help support its various causes, including the Western Area YMCA, Citizen Care, Boy Scouts of America, West Hills Meals on Wheels, college scholarships, toy drives, food drives and more. Come hungry and ready to feast on a huge spread that includes steak, kielbasa, beer, soda and desserts. This year's event will feature brews from Coal Tipple Brewery from Burgettstown. There will also be games of chance, with over \$2,000 in prizes, and a Chinese auction.

Tickets are \$25 per person and can be bought at the event at the Rotary Shelter in Clever Park. For more information, visit www.parkwaywestrotary.com or call Marcy McKitvitz at (412) 292-4140.

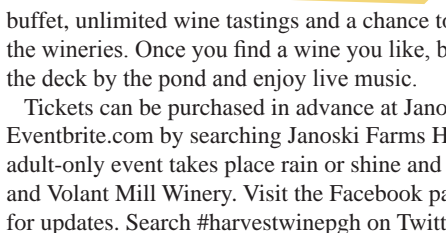
Catch live music, fireworks and more at this year's Ingram Days Celebration, July 15-16

This annual community event will once again take place in Ingram Park at the corner of Ingram and Foster Avenues across from the Crafton-Ingram Shopping Center. Expect a variety of food, games, crafters, vendors and performances by local bands. Both nights, there will be free face painting and airbrush tattoos from 5-7 p.m. and a balloon artist from 6-8 p.m. Bands start around 7:30 p.m. Sunday night will be capped off with a stunning Zambelli fireworks display, starting at 9:30 p.m.

For more, visit www.facebook.com/IngramDays.

Food trucks and soul music return for Feastival, Aug. 26, 3-9 p.m.

This hip and family-friendly urban festival returns in August for its fifth year to downtown McKees Rocks. Once again, there will be food trucks and live music, with beer for the adults and fun activities for the kids. On the entertainment schedule for this year is a soul concert featuring Leftover Salmon, TheCause featuring Jeff Mattson of Dark Star Orchestra, Starship Mantis, and Lyndsey Smith & The Soul Distribution. Feastival takes place on the municipal lot behind Hollowood Music from 2:30-9:30 p.m. Bring a blanket and chairs. Stay up to date at www.pghfeastival.com.



Township Fairs

Moon Township Parks and Recreation's 50th Anniversary Celebration, July 4 weekend, kicks off with Firecracker 5K Friday (see 5Ks listing), Community Day celebration **July 2, noon start**, classic car cruise coincides, live music by Jaggerz, **July 3** battle of the bands, **July 4** festivities, music, food, children's activities, fireworks, vendor spaces available for social organizations and businesses, (412) 262-1703, bbrozovich@moontwp.us.

Kennedy Township Community Days, Aug. 9-12, Aug. 9-10, 6-10 p.m., Aug. 11-12, 5-11 p.m., lower fields in Fairhaven Park, **West Hills Symphonic Band concert Thursday 7 p.m., Saturday evening fireman's parade followed by fireworks at 10 p.m.**, (412) 771-2321.

North Fayette Township Community Days, Aug. 5, starts 1 p.m., live music throughout the day, fair food vendors, beer tent, inflatables, pony rides, petting zoo, dunk tank, clowns, games, Zambelli fireworks show, **kickoff parade Aug. 4, car cruise Aug. 6**, organizations wishing to participate should contact the North Fayette Parks and Recreation Department, (412) 788-4888, www.north-fayette.com/199/Recreation.



Inflatables are part of the fun at North Fayette Township Community Days.

Findlay Township Fair in the Woodlands, Aug. 18-19, 6-10 p.m. Friday, 10:30 a.m. parade Saturday, fair opens 11:30 a.m., 10:15 p.m. fireworks show, community booths, fair food, live entertainment, art and agricultural contests, dunk tank, petting zoo, pony rides, live music, pie eating and hoola hoop contests, Darlene Larson, (724) 695-0500 x 246, www.findlaytwp.org/184/Parks-Recreation.

Robinson Township's 15th Annual Autumn Festival, Sept. 9, noon-11 p.m., Burkett Sports and Recreation

Complex on Daniel P. Tallon Memorial Field, closes with **Pyrotecnico Fireworks show at 10 p.m.**, vendors, food, beer tent, games, rides, live entertainment throughout the day, www.townshipofrobinson.com.

Robinson Township Events

For more information or to register, go to www.townshipofrobinson.com or email jTallon@townshipofrobinson.com.

Robinson Pool, opens May 27, closed June 10, closes Aug. 13, pass and swim lesson registration on **Saturdays, 10 a.m.-4 p.m., pool hours: Sunday, noon-7 p.m., Monday-Saturday, 11 a.m.-7 p.m., closes 4 p.m. May 29 and July 4.**

Pets on Parade, June 17, 10 a.m.-noon, Settlers Ridge, kid- and pet-friendly activities, \$10 donation per pet, owner look alike and sports fan contests, supports pets in need.

Summer Camp, see page 4.

Fourth of July Fireworks, July 4, Burkett Sports and Recreation Complex, Pyrotecnico Fireworks display, **festivities begin at dusk**, show up early for a good space.

Autumn Festival, see above.

Robinson Township's Fourth Annual Car Cruise, Sept. 30, Robinson Town Centre.

More festivals and cookouts

McDonald Lions Club Rib Cookout, May 20, June 24, July 29, Aug. 26, Sept. 30, pickup at McDonald Trail Station, 161 South McDonald St., **starts selling at 9 a.m.** and sells until all are sold, \$9 one-pound boat, call to pre-order, Caryll, (724) 926-9541, benefits McDonald Lions Club charities.

Oakdale Hose Company Street Carnival, July 22-29, downtown Oakdale, **parade July 28**, www.oakdaleborough.com.

Crafton-Ingram Rotary Rib and Chicken Fest, Aug. 3, 4-7 p.m., Crafton Park, raffles, auctions, llamas, door prizes, \$20 baby back ribs dinner, \$18 chicken dinner, includes corn, baked beans, coleslaw, hot dog, dessert, beverage, \$20 llama plop tickets, \$1,000 prize, (412) 922-8824.

54th Annual Moon Township Rotary Club Corn

Roast, Aug. 15, Rotary Shelter in Moon Park, **5-8 p.m.**, \$20 at door, corn on the cob, burgers, hot dogs, sweet and hot sausage, potato salad, baked beans, desserts, beer, soft drinks, benefits West Hills Food Bank, Robert Morris University Scholarship Fund and other Rotary charities, Andy Keppel, (412) 264-8072.



The SNPJ Button Box Group performs at the Moon Township Rotary Club Corn Roast last year.

Join a community band

The Ohio Valley Community Band, sponsored by Keith-Holmes VFW Post 402, kicked off its summer season May 1 with its first practice. Throughout the summer, the band will be playing concerts and parades throughout the Pittsburgh region.

The band has members of all ages. Members need be at least a sophomore in high school to join. There are no auditions.

Those interested can email info@OhioValleyBand.org. Practices take place at the VFW Post 402 in Coraopolis.



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Farmers' Markets

Farmers' markets are great for finding fresh, locally grown vegetables. They also offer the occasional surprise, like crafts, honey, meats, wines, cheeses and even ice cream. Check out these ones running throughout the summer.

Robinson Farmers' Market, runs **June 5-Oct. 2, Mondays, 4-8 p.m. through August, 5-8 p.m. after Aug. 21**, Holy Trinity Church parking lot off Steubenville Pike, assortment of vendors, Simmons Farm, produce, food truck, live music, farmersmarket@holyltrinityrobinson.org.

Moon Township Farmers' Market, **Wednesdays, June-September, 3-6 p.m.**, Municipal Building, 1000 Beaver Grade Road, prepared foods, veggies, meats, herbs, dog treats, art vendors, accepts credit cards and SNAP benefits, (412) 262-1703.

St. James Farmers' Market, St. James Catholic Church in Sewickley, 200 Walnut St., **Saturdays through November, 9 a.m.-1 p.m.**, vegetables, organic farm products, meats, honey, pierogies, pasta, more, (412) 741-6650, www.saintjames-church.com.

The Original Farmers' Market, starts **5:30 p.m.**; open **Fridays only in May**; open **Mondays, Wednesdays and Fridays, June-November**; Bridgeville area; take left on Route 50 off Bridgeville I-79 South Exit; www.theoriginalfarmersmarket.net.

McDonald Trail Station Farmers' Market, **Saturdays, July 8 through late September, 9 a.m.-noon**, McDonald Trail Station parking lot in McDonald, 161 South McDonald St., fresh local vegetables, fruits, local honey, home-made baked goods, jams, jellies, fresh farm eggs, preordering of locally raised and butchered beef, specialty animal treats, local crafts, (724) 926-4617.

Free Concerts

Check out these free lunchtime concerts at Robin Hill

Make the most of your lunch hour and head to Robin Hill Park in Moon Township for these free lunchtime concerts:

Brother Rick and the Doo-Wop All Stars – June 21

RML Jazz – July 19

Steven Vance Electric Guitar – Aug. 16

Frank Vieria – Sept. 20

The Blue Bombers perform at Robinson Township's Autumn Festival last year.



Area 5Ks

Running on one of the area's various rail trails can get lonely over the summer, so sign up for these area 5Ks for a little competition and community atmosphere. They're also great for motivation and goal setting. Cheering provided with registration fee.

Township of Moon Firecracker 5K Run and Walk, July 1, 7 a.m. registration, 8:30 a.m. start, looped course featuring challenging hills and gently rolling roads, giveaways and prizes following the event, \$20 before June 1 \$25 after, walkers \$10 before June 1 \$15 after, www.moonparks.org.

North Fayette Township Community Days 5K, Aug. 5, begins and ends by the North Fayette Community Center in Donaldson Park, out and back course with large climb up Donaldson Road to finish, prizes for top male and female finishers as well as age groups, \$10 entry fee, race starts **9 a.m.**, one-mile kids' run and family fun walk coincides, register at community center, (724) 307-3725

Findlay Township Semi-Great Race, Aug. 18, starts and finishes at Findlay Township Community Park, **race starts 7 p.m.**, hilly course, \$10 entry fee, awards for top male and female finishers as well as age groups and top finishing Findlay Township resident, two-mile fun walk coincides, dlarrison@findlaytwp.org, (724) 695-0500.

Friends of the Poor 5K Walk/Run, Sept. 30, 8:30 a.m. registration at Harmon Thomas Pavilion at Fairhaven Park, Kennedy Township, sponsored by St. Malachy and St. Vincent de Paul Society, walkers, runners, sponsors welcome, benefits needy families in parish community, LWR7139@outlook.com.

Classical Music

Enjoy a plein air classical band concert

The West Hills Symphonic Band is made up of local musicians of all ages who play because they love music. This summer, they'll again be playing several plein air events. Count on hearing some familiar, and maybe some not so familiar, scores and adaptations. Though details are still in the works, a tribute to the last days of Ringling Brothers and Barnum & Bailey Circus could be included.

June 16, Moon Park, **7:30 p.m.**

June 23, Oakdale Business District, **7 p.m.**

July 16, Mellon Park in Shadyside, **10:30 a.m.**, "Bach, Beethoven and Brunch"

Aug. 10, Fairhaven Park, **7 p.m.**, Kennedy Township Community Day



The West Hills Symphonic Band performs in Oakdale last summer.

Looking for more free concerts? Peruse our listing of fairs and festivals at the beginning of this guide. Most have live entertainment. Check the websites listed for more.

Day Camps

Sign up for Montour's Summer STEAM Camp, June 19-23

Four years ago, Montour School District started hosting a summer day camp aimed at elementary and middle school students that encouraged them to pursue an area of interest in the STEAM - science, technology, engineering, arts and math - disciplines.

Just how, you might ask, did Montour's faculty keep students interested in physics and architecture well after school had let out for summer? They did it by designing courses that utilized hands-on activities and encouraged learning, even if that's not what campers necessarily realized they were doing.

This year, the Montour Summer STEAM camp returns **June 19-23** and takes place daily, **9 a.m.-12 p.m.**, at the high school. The camp is open to anyone in grades K-12 and courses range from robotics and cooking to glass mosaics and computer coding. Campers can make balloon art and jewelry or study architecture by building with Legos. There's even a rollercoaster design course for grades K-2 that introduces students to concepts of physics. Other courses cover robotics and graphic design.

A student presentation will once again take place on the last day of camp on **June 24 at 10 a.m.** Be sure to sign up by **May 26** at www.MontourSteamCamp.com.



Robinson Township Summer Camp, June 19-June 30, 9 a.m.-noon, registration required, socialize, swim, tennis, basketball, crafts, more, \$45/first child in family, \$5 discount for second and third additional child, **pay by May 24**, proof of residency required.

Sports Camps

Brush up on your skills or just have fun at these sports camps this summer.

McDonald Borough Summer Tennis Program, Tuesdays and Thursdays, June-August, Heritage Park tennis courts, ages 5+, four age divisions, high school prep class, adult classes, private lessons available, 16 lessons over eight weeks, all experience levels, residents and non-residents, **register by June 1**, for more and to register download form at www.mcdonaldtrailstation.com, (724) 926-4617.



Western PA Baseball Camp, Moon Park, June 26-29, 9 a.m.-3 p.m., ages 6-12, have fun while learning and playing baseball, campers work on an individual basis to improve: hitting, bunting, pitching, catching, fielding, throwing and base running; grouped by age, \$125, Ray Bosetti, (412) 264-4721, raybosetti@verizon.net.

Youth Volleyball Camp, July 17-20, 9 a.m.-noon/2 p.m., times vary by day, Moon Area High School, grades 4-8 and ninth-graders who did not play last year, all skill levels, daily awards, led by Moon Area volleyball coaches, \$100, **register by June 2**, sims1008@comcast.net, (724) 759-0095.

Racing

Take in a race at Pittsburgh's Pennsylvania Motor Speedway and check out Lantern Fest on July 8

Since the late 1970s, souped-up racecars have been entertaining families on Pittsburgh's Pennsylvania Motor Speedway's half-mile, oval dirt racetrack. Once located in Heidelberg, the track moved to the area after its former site was sold and destined to become the site of a shopping mall. The Miley family started operating the track in the mid-1980s and continues to do so today. PPMS, meanwhile, continues to be a destination for racecar drivers and enthusiasts, as well as families looking for some affordable fun on Saturday nights **through October 7**. Check out the upcoming schedule below and visit ppms.com for a complete schedule.

Be sure also to check out **Lantern Fest** at PPMS on **July 8**. Thousands of revelers are expected to show up to witness this dramatic lantern release. Gates open at **5 p.m.** and parking is \$10. Enjoy food trucks and concessions. Be sure to bring a blanket or chair. There will also be live music, face painters, s'mores, balloon artists and more leading up to the big moment. Purchase tickets at eventbrite.com.



DIEHL Auto Super Late Models race around the track at Pittsburgh's Pennsylvania Motor Speedway. PHOTO BY FRANK WILSON

Affordable Family Fun
Every Saturday Night
May through September
in 2017

**Log on to www.ppms.com
for 2017 racing schedules and special offers!**

May 20 - 410 Outlaw Winged Sprints, SLM, RLM, LMS & RUSH MODS!
NO HS, YG, Open4.

May 27 - AE, DIEHL Automotive Night, Driver Autograph Night!
Alternative Power Sources Allegheny Sprint Tour, SLM, RLM, LMS, HS, YG, Open4.

June 3 - AE, Homak Manufacturing 6th Annual Ed Laboon Memorial PENN OHIO Pro Stock Series. RLM, HS, YG, Open4. NO SLM.

June 10 - 410 Outlaw Winged Sprints, SLM, RLM, LMS, HS, YG, Open4.

June 17 - ULMS VS UFO DIEHL SUPERS Herb Scott Memorial,
Big Block MODIFIEDS, RUSH Modifieds, RLM, LMS. NO HS, YG, Open4.

June 24 - NO RACING, PPMS EMPLOYEES JUNE SUMMER VACATION!

July 1 - BOSS OUTLAW SPRINTS + Berks/Nickles \$1 Dogs, RLM, LMS, HS, YG, Open4, Twin State Night.

July 8 - LANTERN FEST! Lanterns symbolize good fortune, families and friends can dance to the music, roast marshmallows for their s'mores, munch on snacks & send off their lanterns and watch them float away in a spectacular release. NO Racing.

July 15 - UFO Championship SLM, PLUS RLM, LMS, & Big Block MODIFIEDS, plus RUSH Modifieds, No HS, YG, Open4.

July 22 - Tony Stewart's Arctic Cat All Star Circuit of Champions Sprint Cars presented by Falconi's Moon Township Automotive with RUSH LM Sizzler, RUSH MODS. No SLM, LMS, HS, YG, Open4.

July 29 - AE, Alternative Power Sources Allegheny Sprint Tour, Precise RUSH Dirt LM Sizzler, SLM, LMS, HS, YG, Open4.

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Cruises and Rides

Show off your ride at these cruises, or just show up to drool

Whether you restore classic cars, tune imports or just like gawking at custom rides, these car cruises are for you. Awards entitle winners to bragging rights, but the real fun is getting up close to these great cars and talking with customizers. Cruises are free to spectators and usually free for car owners. Many benefit good causes.

SNPJ Lodge 106 Car Cruises, noon, with live entertainment, food, drinks, 50/50, level paved parking, door prizes, air conditioned clubroom, bikes welcome, dash plaques for first 50 cars, **May 21**, American Pie, **June 11**, HEDGG Band, **July 16**, The Messengers, **Aug. 13**, Elvis Lives: A Tribute to the King, **Sept. 10**, Renewed Memories II, (724) 695-1411.



Wheels, Wings and Wishes takes place at The Hangar.

Paradise Island Bowl, 5 p.m., Tuesdays, Paradise Island Bowling on Neville Island, oldies from the 1950s and 1960s, (412) 537-7447.

Fifth Annual McDonald Scouting Annual Steak Fry and Car Cruise, May 21, West Lincoln Ave. in McDonald, **1-7 p.m.**, prizes awarded, dash plaques for first 50 cars registered, (724) 554-2046, rmgwill@hky.com.

Coraopolis VFW Hometown Heroes Car Cruise, May 20, 11 a.m.-3 p.m., 412 Mulberry St. in Coraopolis, DJ Rick Wirth, local personalities, 50/50, door prizes, dash plaques, (422) 848-0302, Jrcairms68@gmail.com.

Coraopolis Car Cruise, May 27, 1-5 p.m., Fifth Ave. in Coraopolis, classics by DJ Uncle Al, food and drink for purchase, benefits Coraopolis police K-9 unit, (724) 375-3752, djuncleal48@comcast.net.

Diehl of Robinson 4th Annual Car Cruise, June 4, 12-4 p.m., DJ, 50/50, benefits local charity, (412) 722-1800, q@diehlauto.com.

The Robinson Township Car Cruise regularly draws a nice turnout.



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Armstrong Healing Heroes Bike Run, June 10, noon, starts and ends at The Mousetrap, stops at Hookstown American Legion, Hopewell VFW, McDonald VFW, cars and trucks welcome to follow, Chinese auction, live music by Snarfunkle Band and Beaver River Band with Bobby Eaton, food, 50/50, \$20 bike/car, \$10 passenger, helps provide service dogs to disabled veterans, (724) 255-9880.

Pep Boys Summer Cruisin', June 25, 12-4 p.m., 50/50, giveaways, DJ Danny Brown, dash plaques for first 50 cars, (412) 279-6803, norbs40s@comcast.net.

PALS North Fayette Annual Car Cruise, Aug. 6, noon-4 p.m., 580 Donaldson Park, dash plaques for first 100 cars, door prizes, 50/50, DJ, benefits PALS, provides recreational opportunities for children with disabilities, (412) 496-2540, bmg1160@gmail.com.

Crescent Fire House Cruise, Aug. 10, 5-9 p.m., 79 McGovern Blvd., (412) 812-4152, glenkriger@comcast.net.

CLC Old's Cool Hot Rod Showdown, Aug. 12, 4-7:30 p.m., Christ Church at Grove Farm, 249 Duff Rd. in Sewickley, benefits Christian Leadership Concepts, call for cost, (724) 935-0727, dparker@clchq.org.

Robinson Township's Fourth Annual Car Cruise, Sept. 30, Robinson Town Centre, jTallon@townshipofrobinson.com.

Wheels, Wings and Wishes 3, July 30, noon-6 p.m., The Hangar in Moon Township, \$10, includes food, soft drink, entertainment, proceeds benefit Make-A-Wish, music by Tuned Up, 50/50, Chinese auction, trophies.

Golf Outings

Get out on the course, play some golf and network while enjoying the weather at one of these outings. Best part is, you'll be benefitting a good cause.

Hope Grows Tea and Tee, May 21, Club at Shadow Lakes, combines fourth annual A Victorian Tea and second annual Tee Time Golf Classic, tea party includes hors d'oeuvres, purse raffle, auction, limited-edition signature tea blend, performance by St. John Neumann String Ensemble, **1:30 a.m.-2 p.m.**, \$40, \$60 with optional dinner with golfers, Tee Time Golf Classic, 18 holes, four-person scramble, starts **9 a.m.**, skill contests, \$100,000 and \$1 million shots, \$100/golfer, includes breakfast, lunch, cocktail reception, dinner, benefits Hope Grows, www.hopegrows.net or call (412) 369-4673.

43rd Annual Pittsburgh Airport Area Chamber of Commerce Golf Outing, June 2, Quicksilver Golf Club, **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.

25th Annual McGuire Memorial Celebrity Golf Classic, June 5, Allegheny and Montour Heights country clubs, with Tony Dorsett, **10 a.m.** shotgun start, lunch served on course, cocktail hour to follow with dinner, entertainment, awards at Allegheny Country Club, sponsorships available, mcguirem.ejoinme.org/golfsponsor.

American Legion Wesoloski-Hays Post 335 Golf Outing, June 10, Indian Run Golf Club in Avella, **1 p.m.**, shotgun start, four-player scramble, \$85, includes lunch, dinner, beer, non-alcoholic beverages, prizes. Proceeds benefit area veterans and disabled veterans, Nancy, (412) 496-1475.

Bob Pompeani Charity Golf Classic, June 19, Chartiers Country Club, **9 a.m.-7 p.m.**, registration and brunch, 18 holes, four-person scramble format, skills contests, prizes, four \$100,000 chance shots, \$1 million shot, Pebble Beach Golf Vacation prize, more, non-golfers invited to 19th hole reception on veranda, benefits Citizen Care/Partners for Quality, provides day services and employment opportunities for adults with intellectual disabilities, sponsorships available, pfq.org.

St. Columbille Annual Golf Outing, Aug. 7, Ft. Cherry Golf Course, scramble format, foursomes, singles welcome, prizes, dinner to follow at St. Columbille, 18 holes, \$75 by **June 23**, \$80 after, benefits West Allegheny Food Pantry, www.saintcolumbilleparish.org.

Second Annual Fighting Fore Roman Golf Outing, Aug. 19, Quicksilver Golf Club, **7 a.m.** registration, **8 a.m.** shotgun start, scramble format, beer served on course, buffet lunch to follow with Chinese auction and raffle, sponsorships available, \$125 per golfer, benefits Children's Tumor Foundation, FightingForeRoman@gmail.com, register by **July 1**.

Seventh Annual PALS Charity Golf Outing, Sept. 9, Quicksilver Golf Club, **7 a.m. registration, 8 a.m. shotgun start, 1 p.m. lunch and awards**, hole-in-one, closest to the pin, skins, raffles, prizes, gift auction, lunch, \$125 per golfer, in conjunction with North Fayette Township, provides recreational opportunities for children with disabilities, sponsorships available, (724) 307-3725.

● **Catch some air at Findlay Township's massive skate park**

- When Findlay Township
- constructed its sports complex at Leopold Lake, it didn't skimp on amenities. Its huge skate park is
- now a draw for skaters and stunt bikers from across the region. The park sports a quarter pipe,
- half pipe, flow bowl, pool, half pipe, quarter pipe spine ramp, fun
- box, picnic table and more. The park is open **8 a.m.-11 p.m. daily**
- **through October** and located at 810 Route 30 in Imperial. For more, visit www.findlaytp.org.
- **Jacob Pijar performs a stunt at the skate park in Findlay Township.**



Get Outdoors

Fly with the Greater Pittsburgh Aero Radio Control Society

Since the mid-1970s, members of the Greater Pittsburgh Aero Radio Control Society have been making the trek out to a remote airfield in Hillman State Park to fly model airplanes.

Today, the Kirkland Leroy Irvis Radio Control Model Airport is still home to the group, which shows up there on **Thursdays at 5 p.m.** to fly everything from planes made out of Styrofoam to ones that run on jet fuel. Its remote location means there aren't any overhead power lines or buildings to obstruct flight paths, nor annoying neighbors to complain about the sound of gas-powered engines.

Model airplane enthusiasts have the airstrip's namesake, Kirkland Leroy Irvis, to thank for its construction. It was built

with \$20,000 in funds secured by Irvis, who was not only the first African American to serve as speaker of the house in any state, but also a longtime aviation enthusiast.

Today, anyone can fly a radio-controlled plane at the airstrip, so long as they are a current member of the Academy of Model Aeronautics and follow the AMA National Safety Code. AMA membership requires pilots to purchase a special type of liability insurance.

GPARCS membership, however, has its own benefits, especially for beginners.

"The biggest advantage we offer is assistance to new pilots," says club member Paul Dunn. "You'd be surprised how many people come out here and have their controls reversed."

Club members describe the hobby as a great father-son bonding experience. Some have even watched their sons grow up to become commercial pilots. That's not to say, of course, that it doesn't also make for a great father-daughter hobby as well.

The airstrip is located at 80 Model Airport Road in Burgettstown. For more, visit www.gparcs.org.



GPARCS
Greater Pittsburgh Aero Radio Control Society
Come Fly With Us

Learn to build and fly remote control airplanes,
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Visit us on the web [Http://www.gparcs.org](http://www.gparcs.org)
80 Model Airplane Rd Hillman State Park Burgettstown Pa. 15201

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8-Week Season
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June 19-August 7

For ages 2-8

\$105-\$115 per child
depending on age. Register at
soccershots.org/pittsburgh

Get Outdoors



Go camping

Want to get a night or two of camping in without driving too far? Check out these parks and campsites in the region, all within an hour or two of the airport area:

- | | |
|--|--|
| Raccoon Creek State Park, Beaver County | Indian Brave Campground, Harmony |
| Bear Run Campground, Portersville | Mountaintop Campground, Tarentum |
| Buttercup Woodlands Campground, Butler | Washington KOA, Washington |
| Campers Paradise Campground, New Castle | Butler North KOA aka Peaceful Valley Campground, Sunbury |
| Coopers Lake Campground, Slippery Rock | Wheel-In Campground, Shelocta |
| Crawford's Camping Park, Darlington, Beaver County | Willow Farm Campground, Marion Center |
| Crooked Creek Horse Park, Ford City | Yogi Bear's Jellystone Park at Kozy Rest, Harrisville |
| Rose Point Park, New Castle | In Ohio: |
| Ryerson Station State Park, Greene County | Austin Lake Park & Campground, Toronto |
| Farma Family Campground, Greenville | Salt Fork State Park, Cambridge |
| Shenango Valley RV Park, Transfer | A1-Twin Valley Campground, Carrollton |
| Grove City KOA, Grove City | In West Virginia: |
| Moraine State Park, Portersville | Tomlinson Run State Park, New Manchester |
| Pymatuning State Park, Jamestown | Smith's Landing Campground, Chester |
| Pine Cove Beach Club & RV Resort, Charleroi | Creekside Camping LLC, Triadelphia |
| Breakneck Campground, Portersville | Friendship Park, Smithfield |
| Firehouse RV Park, Jefferson | Chestnut Ridge Park, Bruceeton Mills |
| Four Seasons Resort, West Finley | Sand Springs, Morgantown |
| Harts Content Campground, Beaver Falls | Cheat Canyon Campground, Albright |

Go fishing along the Montour Trail, or bike its 36 continuous miles

Over the past 20 years, the condition of the Montour Run tributary, which follows the first 10 miles of the Montour Trail, has improved considerably. The Montour Run Watershed Association has attributed this to a number of factors, including the airport no longer using certain de-icing chemicals on aircraft. Now, the Pennsylvania Department of Conservation and Natural Resources even stocks the stream with trout - sometimes with the help of local high school students.

Cyclists, meanwhile, can now bike 36 continuous miles of trail, thanks to the Flyover Bridge in Cecil and the Valley Brook Bridge in Library. The two bridges, which opened in late 2015, circumvent busy intersections and roads from Groveton to Library. History abounds, so watch signs by Bryan Seip, president of the Montour Railroad Historical Society. Enjoy 70 historic railroad bridges, including a dramatic ride over the McDonald Trestle, a 960-foot long bridge that hovers hundreds of feet above the Panhandle Trail, at Mile 17. At approximately Mile 29.5, there's the old Montour Railroad Rail-Mounted Maintenance Crane. The asphalt-paved Arrowhead section of trail starts around Mile 30.5 in Peters Township. There are also various places to eat along the trail, like the Tandem Connection Bike Shop around Mile 27 and the Simple Greek in Peters Township. For a detailed, interactive map, visit www.montourtrail.org.



Longtime Coraopolis resident Joe Dubois displays a trout he caught near Mile 0 on the Montour Trail. PHOTO BY JESSE FORQUER

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visit our website for theory class dates and on-line theory



Wanted:
We need a few good Men and Women interested in becoming MTC Trail Monitor Patrols. Our Patrols are there to provide presence and help people! We are also ambassadors for the trail. Our current group is made up of people from all walks of life including walkers, runners and bikers. The one thing we all have in common is that we love the Montour Trail. If you are interested in finding out more about our Patrol Program please contact me via email at: jjforquer@comcast.net.

I look forward to hearing from you,
Jesse J. Forquer
Director of Montour Trail Security

Robinson Township Library

Summer Reading

June 12 - August 12



WEEKLY SCHEDULE

| | | | |
|--------------------|---------------------------|--|--|
| Mondays | Family Storytime | All ages | 11 AM |
| | Arts in the Parks* | All ages | 2 PM |
| Tuesdays | Tuesday Family Storytime | All ages | 10:30 AM |
| | Open Playtime | All ages | 11 AM |
| Wednesdays | Wise Walk** | All ages | 8:30 AM |
| | Musical Storytime | All ages | 11 AM |
| | Wacky Wednesdays | Ages 6 - 12 | 2 PM |
| Thursdays | Thursday Family Storytime | All ages | 10:30 AM |
| | Open Play | All ages | 11 AM |
| | Sit & Knit | All ages | 2 PM |
| | Nature Storytime*** | All ages | 2 PM |
| Fridays | Baby Lapsit | Birth - 2 | 10:30 AM |
| *See park schedule | | **Meet at Montour Trail Access Point 136 Old Beaver Grade Rd Coraopolis PA 15108 | *** Settlers Cabin Park: Seneca Shelter |

Arts in the Parks ~ Mondays @ 2 PM Creative fun for all ages!



Clever Park
Playground Shelter
June 12, July 3 & July 24

Fairhaven Park
Wm Andrews Shelter
June 19, July 10 & July 31

Settlers Park
Seneca Shelter
June 26, July 17 & August 7



SPECIAL EVENTS

*Registration required for select events.

| | | | |
|--------------------|---|-------------|--------------|
| Monday, June 12 | Block & Lego Party | All ages | 6:30 PM |
| Friday, June 16 | Touch-A-Truck | All ages | 11 AM - 1 PM |
| Monday, June 19 | American Girl Picnic | Ages 5+ | 6 PM |
| Tuesday, June 20 | Carnegie Science Center - Duplo Math | Pre-K | 10:30 AM |
| Wednesday, June 21 | Party Snakes | All ages | 6 PM |
| Monday, June 26 | Carnegie Science Center - Bugs | Pre-K | 11 AM |
| Monday, June 26 | Passport Pals | Ages 6 - 12 | 6 PM |
| Wednesday, June 28 | Natural History Museum - Ancient Egypt* | Ages 6 - 12 | 2 PM |
| Thursday, June 29 | Dino Romp - Verna McGinley | Pre-K | 10:30 AM |
| Friday, June 30 | Pgh Zoomobile | All ages | 1 PM |
| Monday, July 10 | Block & Lego Party | All ages | 6:30 PM |
| Wednesday, July 12 | Birds of PA - Verna McGinley | All ages | 6 PM |
| Friday, July 14 | Stuffed Animal Sleepover Drop Off | All ages | 10 AM - 4 PM |
| Saturday, July 15 | Stuffed Animal Sleepover Breakfast | All ages | 10 AM |
| Monday, July 17 | Pgh Puppet Works - Fun Factory | All ages | 11 AM |
| Tuesday, July 18 | Sid the Science Kid | Pre-K | 10:30 AM |
| Wednesday, July 19 | Carnegie Science Center - Rockets* | Ages 6 - 12 | 2 PM |
| Wednesday, July 26 | Passport Pals | Ages 6 - 12 | 2 PM |
| Thursday, July 27 | Nature Cat | Pre-K | 10:30 AM |
| Monday, July 31 | Pool Party* | All ages | 6 PM |
| Thursday, Aug 3 | Dennis Bowman's Severe Atmosphere | All ages | 2 PM |
| Monday, Aug 7 | Natural History Museum - Baby Animals* | All ages | 11 AM |
| Wednesday, Aug 9 | Allegheny Co Parks - Bugs & Insects | Ages 6 - 12 | 2 PM |
| Monday, Aug 14 | Block & Lego Party | All ages | 6:30 PM |
| Wednesday, Aug 16 | Passport Pals | Ages 6 - 12 | 2 PM |
| Wednesday, Aug 23 | Allegheny Co Parks - Camp Fire* | All ages | 7 - 9 PM |

Check our website for more information and new events!

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Please submit via e-mail to: info@awmagazine.com.

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