

# IN

An IN Community Magazine

# Fox Chapel Area

## Superintendent Looks to Future

### But Fondly Recalls Time at FCASD



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School District News**

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WINTER 2019  
icmag.com



# Cancer turned Asia's life around – in the best way

When Asia Tansmore, 41, of Eastside, learned she had stage two breast cancer, she thought her life was over. And, by the time she finished treatment, her old life was over. "I used to only care about myself. Now I walk around smiling, caring about others," Asia said.

Asia's medical oncologist, Helen Analo, MD, and her surgeon, Rebecca Fishman, MD, guided her through chemotherapy and surgery. "My whole team genuinely cares for me, as if I was family. The love they give is wonderful. I wouldn't have been able to get through it without them." Asia said.

Asia opted for a double mastectomy with reconstructive surgery to reduce her future risk. "I wasn't going to go through it twice," she said. Plus, she could avoid radiation treatments. On November 2, 2018, she rang the bell, clear of cancer.

"The situation changed my life," she said. "Now I take care of my body. I tell people all the time to get their screenings."

She is grateful for her husband, Wesley Marshman, and her family's emotional support. "It was a mental and physical roller coaster with my hair falling out," she said. "Wesley told me, 'You don't need a wig. You're beautiful inside and out.'"

## 1 IN 8 WOMEN

WILL DEVELOP BREAST CANCER IN THEIR LIFETIME\*


## 3.1 MILLION

BREAST CANCER SURVIVORS IN THE U.S.\*

## 40% DROP

IN DEATHS FROM FEMALE BREAST CANCER  
FROM 1989 TO 2016\*

\*[cancer.org/latest-news/facts-and-figures-2019.html](https://cancer.org/latest-news/facts-and-figures-2019.html)



"I love my oncology  
team. They are the  
best in the world."

ASIA TANSMORE, CANCER PATIENT



# New center helps battle breast cancer

At the new Breast Care Center at West Penn Hospital, women can get innovative therapies for breast health. 3D mammograms pinpoint abnormalities with better clarity, reducing visits for additional imaging by 30 percent\*.

Your comprehensive, multidisciplinary team for breast care includes specialists in plastic surgery, medical and radiation oncology, oncology genetic counseling, lymphedema, social work, and psychology. Angela Keleher, MD, is Director of Breast Surgery, and disease site leader for the Breast Division and AHN. They work together to develop each patient's customized treatment plan.

When symptoms crop up after office hours, patients can come to West Penn's After-Hours Oncology Center, the first of its kind in the region.

At West Penn's newly opened Home for Hope, supported by Glimmer of Hope, women of all ages with breast cancer can get acupuncture, massage therapy, and nutrition counseling. Our goal is to help them relax and regain the strength they need for family and careers while they battle breast cancer.

\* American Journal of Roentgenology. 2009;193:586-591. 10.2214/AJR.08.2031

## Dr. Analo treats the patient, not just the tumor

When medical oncologist Dr. Helen Analo meets new patients, she takes time to understand any barriers that might stand between them and their treatment.

"It could be transportation, job responsibilities, or a lack of family support," she said. "Together with social workers, we make sure patients have everything they need to get through their chemotherapy and cancer journey. We also offer many clinical trials and encourage participation when appropriate."

Dr. Analo knows that other health issues, such as diabetes, heart disease, or mental health, can be affected by cancer treatment. "That's why we have to deal with the whole person," she said. "We have a psychiatrist and gynecologists at West Penn who focus on caring for cancer patients."

Dr. Analo's patients are actively involved in the decision-making process. Their care team includes breast surgeons, medical oncologists, radiation oncologists, specialized chemotherapy nurses, genetic counselors, social workers, dietitians, psychologists, and gynecologists — all working to achieve the best outcomes.

Board certified in Internal Medicine, Hematology, and Medical Oncology, Dr. Analo sees patients at West Penn Hospital and at offices in Monroeville.

**HELEN ANALO, MD, MEDICAL ONCOLOGIST**





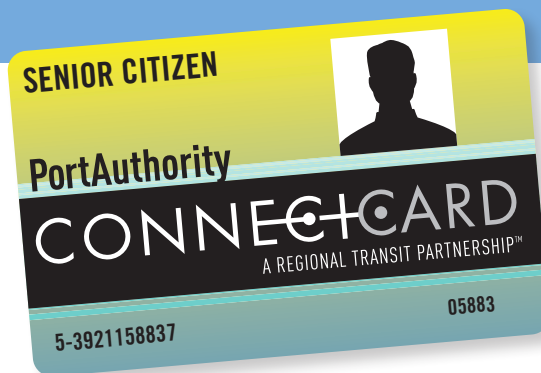


# PORT AUTHORITY'S SENIOR CITIZEN CONNECTCARD OFFERS NEW CONVENIENCE FOR THOSE ON THE GO

Pennsylvania's senior citizens have had a number of options for using the region's transit system, but a new consolidation effort streamlines those options into one free and easy-to-use card for travelling throughout the Commonwealth.

Port Authority's new Senior Citizen ConnectCard will replace the need for Medicare ID cards, or blue and yellow senior transit ID cards, allowing them to tap and go on any Port Authority vehicle. While the blue and yellow senior transit cards will continue to be used indefinitely for those who choose not to make the switch, the use of Medicare ID cards for free transit will be phased out on Dec. 31.

Seniors who want to make the switch to the ease and convenience that the ConnectCard offers can do so at the Port Authority's Downtown Service Center (623 Smithfield Street), where applications and cards can be processed while you wait. They can also apply for ConnectCards at a number of state legislator offices throughout the region, where processing times



may take up to a few weeks. Regardless of their location, riders will need to turn in their previously issued blue or yellow senior transit cards if they elect to register for a Senior Citizen ConnectCard.

"It's a trade up," said Adam Brandolph, Public Relations Manager for the Port Authority.

"This new card gives seniors all the technology and ease of use that the regular ConnectCards already provide. A lot of seniors have reached out to us, asking for the capability to just tap and go like all of the other riders, without having to produce a Medicare ID or senior transit ID. This solves that concern and makes things easier for our senior patrons."

Riders must be 65 or older to apply for the Senior Citizen ConnectCard, which has built in features to help prevent fraud and can be used to receive various discounts at shops and stores throughout the region as part of Port Authority's ConnectRewards program. Regular ConnectCards for those not yet 65 are always available at most Giant Eagle supermarkets and Goodwill stores.

## HERE ARE SOME OTHER HIGHLIGHTS OF THE NEW SENIOR CITIZEN CONNECTCARD ROLLOUT:

- Seniors throughout the Pittsburgh region can now apply for Port Authority's Senior Citizen ConnectCard in several local communities.
- Like the Medicare ID card or blue or yellow Pennsylvania Senior Transit identification card, the Senior Citizen ConnectCard allows seniors age 65 and up to ride public transit for free throughout Pennsylvania.
- Legislative offices across the county are now equipped to process applications.
- Seniors who use a Medicare ID card to ride public transit will be able to use those cards until Dec. 31, 2019. After that, Port Authority will no longer accept Medicare ID cards. The blue or yellow Pennsylvania Senior Transit identification cards will be accepted indefinitely.
- Applicants must apply for the new card in person in order to get a photo taken, and must be 65 years old (photo ID and proof of age required).
- Applications completed at Port Authority's Downtown Service Center will be processed on the same day. Those completed at local legislative offices will take two to four weeks to process, and cards will be mailed back to the offices for pickup.
- The Senior Citizen ConnectCard uses the same technology as Port Authority's ConnectCard, which has been in use for several years.
- If you're not yet 65, you can get a ConnectCard at most Giant Eagle and Goodwill locations, at Port Authority's Downtown Service Center, or at one of the many ConnectCard machines conveniently located throughout the region.
- For more information, please call Port Authority Customer Service at 412.442.2000

## Port Authority

### Contact your Elected Officials Today

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Pittsburgh, PA 15237  
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**Senator Wayne Fontana**  
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Pittsburgh, PA 15226  
**412.344.2551**

Office hours may vary. Please contact your local office for days and times.

**PortAuthority.org**



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Healthy advice for all stages of life.

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From horse-drawn carriage rides and seasonal light displays to craft shows and cookie tours, our 2019 holiday events guide brings cheer to the entire family.



### on the cover

Superintendent Gene Freeman, Ed.D., reconnects with the students who appeared with him on the cover of the spring 2014 IN Fox Chapel Area Community Magazine. Dr. Freeman plans to retire in June 2020. See page 14.

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



Welcome to the winter issue of IN Fox Chapel Area magazine.

With the holidays nearing, be sure to check out our Holiday Events Guide filled with seasonal events and activities in your community and surrounding area. From Nutcrackers to nativities, holiday light displays to train exhibits, there's plenty of family fun to fill your calendar through the end of the year!

This season, as you gather around the table with family and friends, remember that your health habits don't have to take a hiatus during the holidays. Get a head start on your New Year's resolutions with our special section "Building a Better You," with dozens of tips and timely advice to keep you healthy throughout 2020.

As 2019 comes to a close, we'd like to thank our school district and township partners for their continued support. We receive such positive feedback from our readers on the news and information you provide!

We also want to thank our hundreds of loyal advertisers, many of whom have been with us from the start.

The staff at IN Community Magazines wishes you and your family a wonderful holiday season and a happy, healthy New Year!

*Wayne C. Dollard*  
Wayne Dollard

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## RoseCrest Doesn't Just Feel Like Home to Residents—It Is Home.

Jane, an 80-year-old retiree from the area, quickly finished the last hand of a card game and rushed away. Tonight, she had somewhere to be.

It was bowling night at RoseCrest.

She loves her cards. She plays almost every day, however, as with most of those who live at RoseCrest, bowling night is where the action is.

"Watching residents bowl is one of the highlights of working here," said Gina Strasbaugh, Marketing Coordinator for RoseCrest Assisted Living, a memory support center on the campus of St. John Community in Mars, part of the Lutheran SeniorLife system.

"Laughing, cheering, it's always that way, and some of them are still very competitive," she said.

The transition to assisted living is almost always a challenging time for caregivers. How will Mom or Dad do? Will they make friends? Will this help keep their minds sharp? Most simply, will they like it?

"The truth is," one adult caregiver said, "she has never been more active than she is right here. Before coming, not only wasn't she very active... she didn't want to be."

Strasbaugh noted that is a common theme for families, but in almost every situation, families rave about the improvement with their family members.

The secret?

"Oh, it's the staff. It's the activities. They keep the residents busy, and the staff is phenomenal," Strasbaugh said.

One of the main reasons for the success at RoseCrest is the very low staff turnover. "We are blessed with staff who just love to work here."

RoseCrest opened in May of 2011 as the first certified assisted-living facility in Pennsylvania offering memory support.

The amenities outshine most competitors.

RoseCrest is a secure-dementia community with 30 individual suites with private baths, three meals a day, daily activities and demonstrated success in helping residents who are dealing with the effects of Alzheimer's or other memory issues.

RoseCrest is part of the Lutheran SeniorLife continuing care community on the St. John Community campus in Mars, so if a resident needs a higher level of care, he/she can remain on campus in familiar surroundings. That step-up care option in senior living can be a critical component.

Despite all of that, it is the staff and activity schedule that usually captures the interest of those visiting.

"There is constant physical and mental stimulation. Outings, sporting and social events—the activities program is vibrant," Strasbaugh said.

There are two outdoor secured courtyards with gardens, an indoor center and also a private room for family gatherings.

One resident—a retired pastor—has become very involved in the spiritual activities, which includes two services a week plus a rosary service.

There is a 24/7 visitation policy, and families, including children, are welcome to participate in any of the activities.

"It is also a fairly small community, which allows for more one-on-one attention," Strasbaugh added.

As Jane left the card game to head to bowling, she was asked if living at RoseCrest is as nice as living at home.

"This is home," she replied.

For more information, contact Gina Strasbaugh at [gina.strasbaugh@lutherseniorlife.org](mailto:gina.strasbaugh@lutherseniorlife.org).



  
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# FOX CHAPEL AREA

## School News



### Fox Chapel Area School District

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## A MESSAGE FROM THE SUPERINTENDENT

Dear Friends,

When winter comes around, it tends to be a gloomy time of year. There is certainly less daylight, and it is cold and snowy. Winter, however, is the time when our students do some of their most important learning. Our teachers have gotten to know our students quite well by this time of year. They know their strengths and areas of need, and they are able to tailor their lessons to each student. We pride ourselves on the individualized education we provide.

As I near my retirement, I find myself thinking about how fortunate I am to work and live in a district as wonderful as this one. We have parents who are actively involved in their child's education and who are our partners in this journey to develop the whole child. This level of support certainly is not found in every community. We know this, and we are grateful.

We're also fortunate to have dedicated and caring teachers and support staff members, an administration that is second to none, and a community that deeply values the education we are providing.

In addition to a wonderful academic program, we also have exemplary music, arts, athletic, and extracurricular programs. On the following pages, you'll see what a tremendous asset these programs are to our district. In the past five years, these initiatives have expanded and flourished, and have continued to be a hallmark of our district.

As I think about my upcoming retirement in June, I find myself hoping that this culture of educating the whole child continues. It truly helps us develop well-rounded students who go on to achieve great success. I continue to look forward to seeing the new heights that our students will reach this year, and every year thereafter. This community has so much of which to be proud.

Sincerely,

Gene Freeman, Ed.D.  
Superintendent




---

*As I near my retirement, I find myself thinking about how fortunate I am to work and live in a district as wonderful as this one. We have parents who are actively involved in their child's education and who are our partners in this journey to develop the whole child.*

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# HIGH SCHOOL EARNS MIDDLE STATES REACCREDITATION

## *Music, School Counseling & Visual Arts Named Programs of Distinction*

**F**ox Chapel Area High School has earned reaccreditation by the Middle States Association Commissions on Elementary and Secondary Schools (MSA-CES), a worldwide leader in accreditation and continuous school improvement.

“Middle States accreditation serves as an independent validation of the good work we do, and the reaccreditation process again focused our attention on comprehensive planning and continuous improvement practices,” said Fox Chapel Area High School Lead Principal Michael Hower, Ed.D. “We are proud to have earned reaccreditation and look forward to continuing to work with our administrators, teachers, and parents to provide a high-quality education for all students.”

Accreditation is a multifaceted evaluation process that schools and school systems voluntarily use to demonstrate they are meeting a defined set of research-based performance standards. The 12 Middle States Standards for Accreditation are: mission; governance and leadership; school improvement planning; finances; facilities; school organization and staff; health and safety; educational program; assessment and evidence of student learning; student services; student life and activities; and information resources.

The accreditation process, which Fox Chapel Area undertakes every seven years, begins with a self-study that is conducted by the school and requires input from school leaders, teachers, parents, and students. Following the self-study, a team of volunteer educators from Middle States member schools conducts an on-site peer review visit to observe school operations and interview various stakeholders.

In addition to the general reaccreditation, the music, school counseling, and visual arts departments at the high school received Program of Distinction status for the second time. The Middle States Programs of Distinction initiative provides external validation of an accredited school’s accomplishments in specific areas of expertise. It also enables departments to identify strengths and areas for growth, and provides



High school art teacher Sarah Stewart assists a student in a jewelry and glass class.

inspiration and recommendations for maintaining a high-quality program.

Fox Chapel Area High School first received Programs of Distinction in Music and School Counseling in 2012, and in the Visual Arts in 2015. Of note, in 2012, Fox Chapel Area’s school counseling department was the first ever in the history of Middle States to receive Program of Distinction status, and the music department was the first public school to receive the award. Additionally, in 2015, Fox Chapel Area High School was the first school – nationally and internationally – to receive Program of Distinction status in Visual Arts.

“Earning a Program of Distinction is an important accomplishment for any school,” said Lisa Marie McCauley, president of MSA-CES. “Successfully pursuing three Programs of Distinction in diverse fields is an especially impressive feat. We commend Fox Chapel Area and its faculty and staff for their perseverance and commitment to excellence.”

According to the high school counseling department chair, Tara DeComo, the intensive self-study process and thoroughly



The Fox Chapel Area High School counselors are, from left to right, John Baxter, Rachel Machen, Dana Papalia, Tara DeComo, Ben O’Connor, and Tim McLister.





The teachers in the high school music department are, from left to right, Mairi Cooper, Ben Murray, and Daryl Lesnik.

reviewing the school counseling program is a very valuable tool that helps the counselors know that they are providing a comprehensive program that addresses the academic, emotional, and social development of students.

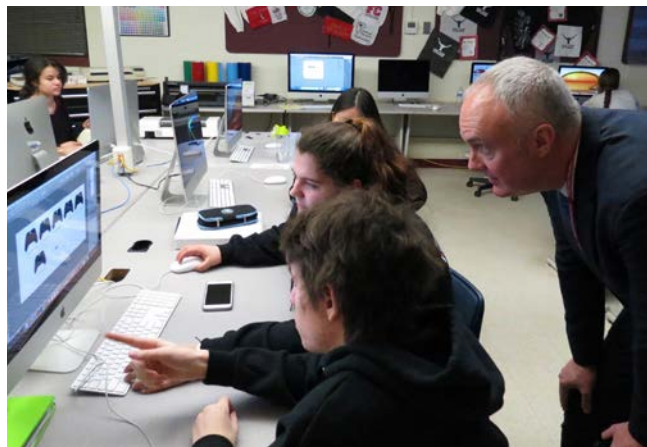
“It shows that we are constantly striving to improve our services and responsiveness to our students,” she said. “Our students are of utmost importance to us – all of our efforts, interactions, programming, and systems revolve around their needs. We are extremely proud to say that our school counseling program is a ‘gold standard’ program that enables our students to be successful both now and in their futures.”

High school music department chair Mairi Cooper said the self-study process involved bringing together various stakeholders, including students, parents, faculty, administrators, and community partners, and analyzing survey data. Middle States visitors also interviewed stakeholders and observed teaching and learning.

“We each feel that we grew through the process and have a clearer vision of the next steps to take in order to provide even more opportunities for our students,” Ms. Cooper said. “The recognition, however, does not reflect solely on the high school faculty, but rather on the entire culture of the Fox Chapel Area music program. This is a recognition of our students, the support of their families, and our community partners. It also reflects the incredible teaching that our music students receive in the elementary and middle school music programs.”



The high school art teachers, from left to right, are Amy Wickman, Mary Jo Montgomery, Sarah Stewart, Joan Marangoni, and Christine Smith.



Middle States visitor Clayton Petry observes a technology education class during the evaluation.

Christine Smith, high school art department chairperson, said that teachers are continually evaluating what they are doing for students and how they can enhance the curriculum.

“We are constantly changing our course structure for the better, continuing to add and tweak our courses, always raising the rigor,” Mrs. Smith said. “We take a lot of pride from K-12 in our art department, and we work hard with the principals on every level to infuse the arts into our student’s daily learning.”

Mrs. Smith also pointed out how all the departments work together at the high school to give students a well-rounded education, with each department contributing their part.

“When we see *all* those things together, it really makes us proud of who we are and what we do!”

### What is a Program of Distinction?

- Schools attaining the Music Program of Distinction foster within students a deep appreciation for music as an expressive, creative art form. Music education is recognized as an essential component of the social and cultural fiber of society and the school.
- The School Counseling Program of Distinction recognizes schools with a comprehensive and coherent school counseling program, which features counselors who advocate for equity in student access to all of the school’s educational opportunities.
- The Visual Arts Program of Distinction identifies programs of superior quality, clearly articulated and comprehensive, led by qualified and talented instructors using research-based instructional techniques and strategies, and allows all students to develop an appreciation for and an understanding of the visual arts as a valuable and expressive fine art form.



## ARTS AND MUSIC PROGRAMS FLOURISH AT FOX CHAPEL AREA

For decades, one of the hallmarks of a Fox Chapel Area education has been the district's exemplary arts and music programs. The tradition of excellence remains strong, with the programs and its students amassing a number of awards and honors during the past five years.

The most prestigious recognition during that period is the recent renewal of the Programs of Distinction status of Fox Chapel Area High School's music and visual arts programs by the Middle States Association Commissions on Elementary and Secondary Schools. The music program was first named a Middle States Program of Distinction in 2012. At that time, it was the first public school music program to receive the recognition. In 2015, Fox Chapel Area High School was the first school – nationally and internationally – to receive the Program of Distinction status in Visual Arts.

In 2019, for the eighth consecutive year, the Fox Chapel Area School District was named among the "Best Communities for Music Education" by the National Association of Music Merchants Foundation.

Under the tenure of Fox Chapel Area Superintendent Gene Freeman, Ed.D., the district's arts and music programs, as well as their students, have compiled a number of other accolades as well, and he's worked to expand course offerings and raise the programs' visibility during his time with the district.

"I'm an arts lover myself, so, of course, I wanted to make sure our robust arts and music programs not only continued, but thrived," Dr. Freeman said. "Fostering success in the arts and music programs was one of my goals when I arrived here in 2014."

The high school art department offers a wide range of courses, including ceramics and fibers, computer art, jewelry and glass, photography, and drawing and painting. In recent years, Art History Advanced Placement (AP) and Studio Art AP were added.

Thirteen high school students took AP exams in art and music courses in 2015. By 2019, that number jumped to 36. And, of



A Fox Chapel Area High School ceramics and fibers student works on a clay mask.

those students who took an AP exam in 2019, 94% scored a 3 or higher to be eligible to earn college credit.

Additionally, Dr. Freeman oversaw the development of a student art gallery in the administration office and a number of common areas in the high school. Student works from kindergarten through grade 12 are showcased and routinely rotated.

"We have a diverse fine arts program," said Fox Chapel Area High School art teacher Christine Smith, the chair of the high school art department. "Not only do we have a lot of





Ben Murray, Fox Chapel Area High School choir director, leads the concert choir.



Kerr Elementary School art teacher Becky Meyers instructs a first-grader during a lesson on self-portraits and figure drawing.



Dorseyville Middle School Orchestra Director Jeff Bryer rehearses with some of the eighth-grade orchestra.



Hartwood Elementary School music teacher Rachel Pollard directs third-grade students in a music sign language performance.

medium choices for our students; we have a lot of options for our different learners, giving them the ability to fit either a three-day or five-day option into their busy schedules. We give the students the ability to broaden their scope of learning by taking each course up to the AP level.”

Dorseyville Middle School’s art program also gives students the opportunity to use a wide variety of ever-changing mediums to allow for self-expression in two- and three-dimensional ways. Students use paint, ink, pencil, marker, sculpting materials, fabrics and yarns, and more. With the older students, the middle school art teachers work to help them understand creative vision and ways to develop their own style.

Dorseyville Middle School’s music offerings were expanded for the 2019-2020 school year. A new music course – Music Production and Careers – introduces eighth-graders to music technology and production, as well as exposes them to other non-performance career options.

“This course gives us an exciting opportunity to broaden students’ horizons,” said Amy Beresik, Dorseyville Middle School choral director.

The elementary art curriculum also exposes young students to a variety of techniques and media, with the goal of building foundational art skills. The general elementary music curriculum focuses on singing and movement, as well as note

reading through the use of recorders and Orff instruments, including xylophones.

Several Fox Chapel Area faculty members pointed out that the accomplishments that the district’s programs and students have garnered don’t happen by chance.

“I am very grateful for the administration and School Board’s continued support of the fine arts, and their understanding of the importance that fine arts education plays in the development of our students,” said Jeff Bryer, Dorseyville Middle School orchestra director. “The community members also have been wonderful in making sure that the fine arts, no matter what form, have a critical role in children’s lives.”

“It is crucial for all members of our school community to work together in creating the high-quality program that we have,” echoed Alex Sackandy, elementary orchestra director.

Providing students with a wealth of options from an early age will help the programs continue to flourish, according to Christy Ehman, elementary music department chair.

“In elementary school, students play the recorder, can choose to play a string or band instrument, or if they are interested in singing, they can participate in the elementary chorus program, in addition to instruction in the general music class,” she said. “It is my hope that all of our students develop a love of music for a lifetime.”



## SUPERINTENDENT LOOKING FORWARD TO SPENDING MORE TIME WITH FAMILY

As superintendent of the Fox Chapel Area School District, Gene Freeman, Ed.D., sees children on a regular basis. He admits, though, that some of his attention these days is on a little girl who lives more than 2,000 miles away.

Dr. Freeman became a grandfather in January when his daughter, Alexandra, and her husband, Brad, welcomed Emma Joyce to their family.

It didn't take long after meeting his first grandchild for Dr. Freeman to know he wanted to spend more time with his family. Realizing he wouldn't be able to make that happen with the long hours and other demands that come with being Fox Chapel Area's superintendent, he made what he called a "very difficult decision" to step down from his post in June 2020.

"Being a grandparent has changed my perspective on how I spend my time," Dr. Freeman said. "This certainly wasn't a decision that I expected to make, but I feel that it's the right decision at the right time for me."

Dr. Freeman and his wife, Allison, plan to spend time in Nevada, where his daughter lives and is an elementary school teacher, and also in his home state of North Carolina, where his 84-year-old mother still resides.

While he said he's pleased with the district's solid finances and the working relationship he's had with the staff, Dr. Freeman said he's most proud of the focus on educating the whole child in the five years that he's been at the helm of Fox Chapel Area.

"I'm really proud that when I got here, it was a good district, and I'm leaving it a great district. Our success is noted, and it can't be denied."

Dr. Freeman cites a rise in local, regional, and national rankings, and an improvement in the district's test scores.

For example, in 2019, the Fox Chapel Area School District was named among the top five school districts in the state by the Pittsburgh Business Times. In Niche's 2020 rankings, the district ranked in the top 1% of schools nationally in the categories of Best School Districts, Districts



Dr. Freeman's daughter, Alexandra, with her daughter, Emma.



Superintendent Gene Freeman, Ed.D., with his mother, Joyce; his daughter, Alexandra; and his granddaughter, Emma.

with the Best Teachers, Best Places to Teach, and Safest School Districts.

"I believe that Gene's legacy is the fact he always did what he felt was best for the students in the district, regardless of whether it was a popular decision," said former Fox Chapel Area School Board Vice President Nancy Foster. "He saw the potential in each and every student. He put touchpoints in place to provide frequent feedback to the teachers on each of their students to ensure they were grasping the concepts being covered. He wanted to make sure each student grew year to year regardless of their starting level. The success of this program is evident in the improvement in our rankings."

The benchmarking process that Dr. Freeman implemented shortly after arriving at Fox Chapel Area also garnered praise from parents.

"Dr. Freeman made changes that led to noticeable improvements in our kids' educational experiences," said Susan Buchman of O'Hara Township.

Ashley Constantine, Ed.D., the district's executive director of elementary education and instruction, said another legacy of Dr. Freeman's will be the innovative programs he conceptualized, namely the Pre-Kindergarten and Spanish Immersion classrooms, which opened at Kerr Elementary School at the beginning of the 2019-2020 school year.

"Thanks to Dr. Freeman, both programs are making a significant impact on the achievement and growth of our students," Dr. Constantine said. "We are sad to see him go but wish him the best of luck."



## NEWLY APPOINTED BOARD MEMBER READY TO MAKE A DIFFERENCE

**A**s newly appointed Fox Chapel Area School Board member Adam Goode so aptly puts it, “Public education is one of the best investments a society can make, and the Fox Chapel Area School District is a shining example of this.”

Mr. Goode, a resident of O’Hara Township, was appointed to the Board on October 3, following the resignation of Robert Mauro.

He sees his appointment as a way to make connections with district employees, fellow Board members, and community members.

“There is so much good about the district. I personally love its geography, ranging from urban to rural across only a few minutes’ drive,” he said. “I am impressed by how well run the administration is, especially in how it is able to balance often impersonal requirements and regulations with actual student outcomes that affect individual children and families in very real ways.”

Mr. Goode also has high praise for the district’s “incredible” music program.

“People don’t believe me when I tell them how much musical instruction my children receive from a public school!”

Mr. Goode also understands that sometimes, the work undertaken by school district employees and Board members may not be immediately evident.

“While we can easily see the results of many of our actions, most of what a school district does isn’t visible for years or decades,” he said. “To do this, the Board maintains and cultivates long-term vision and policy, and calls on members of the community to serve toward these goals. I can think of few other activities as gratifying as contributing to such an effort.”

One of Mr. Goode’s particular interests is in reviewing school policies and identifying updates that may be needed.

“I do like to study and understand how policies and social systems work and change, and also how small groups of people can come together to be effective on a large scale,” he said.

Mr. Goode is also particularly pleased to be a part of a school district in which the public can participate and make a difference.

“There is so much enthusiasm, and it is clear that everyone wants to do what’s right for our students and the greater public at large.”

Mr. Goode works at Google in Pittsburgh’s Larimer neighborhood as a site reliability engineer. He has a bachelor’s degree in computer science and psychology from Rensselaer Polytechnic Institute. He also has a master’s of human-computer interaction from Carnegie Mellon University.

Mr. Goode and his wife, Susan Buchman, have lived in the district since 2011. They have two children who attend O’Hara Elementary School, and Mr. Goode has served as a volunteer there.

“I’ve only been on the Board a short while, but I’ve been impressed with the training resources available to me. I’m excited to be learning about how school boards work in detail and look forward to putting it to good use,” he said.



Photo Courtesy Hill's Studio

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*“I am impressed by how well run the administration is, especially in how it is able to balance often impersonal requirements and regulations with actual student outcomes that affect individual children and families in very real ways.”*

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## ELEMENTARY HIGHLIGHTS

### ***Second Step Program Promotes Social-Emotional Learning***

This school year, students in kindergarten through eighth grade are receiving lessons from school counselors using the Second Step program. Second Step is rooted in social-emotional learning, and its goals are to transform schools into more supportive, successful learning environments that encourage children to thrive and to foster a more empathetic society.

“The K-8 lesson scope and sequence focuses on self-management, social awareness, relationship skills, self-awareness, and responsible decision-making for our students,” said Ashley Constantine, Ed.D., Fox Chapel Area’s executive director of elementary education and instruction.

The program teaches students how to be better listeners, fair ways to play, how to resolve conflict, how to better focus attention, and how to recognize and manage their feelings. It also demonstrates how to show empathy, how to problem-solve, how to feel confident, how to be respectful, how to manage worry, and how to include and get along with others.

According to Kerr Elementary School counselor Sue Douglas, the use of



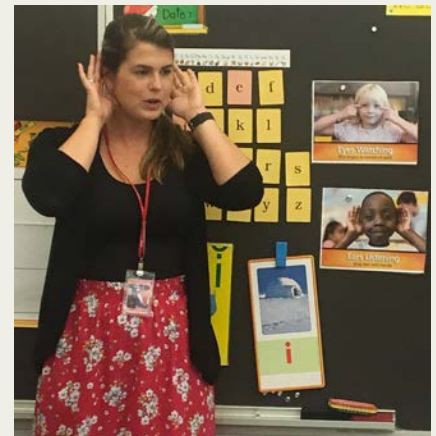
Hartwood Elementary School students practice their listening skills in order to become better learners.

the Second Step program is part of the district’s comprehensive guidance plan. She also said that it’s important for school counselors to visit the classrooms and teach lessons. She particularly likes the Second Step program because it is research-based and used in 30% of the schools in the United States, as well as 70 different countries. Ms. Douglas pointed out that Second Step looks at the whole student, and is not a “behavior” program. It’s a curriculum that helps students learn to recognize and be aware of, not just their own feelings and emotions, but the feelings of others.

“As school counselors, we look beyond just academics. We want all students to become, not just better students, but better people. We feel strongly that this program can help us accomplish that,” she said.



Fairview Elementary School counselor Stefanie Lipke teaches students listening skills as part of the Second Step program. She said students often stop her in the hallway to ask when the next Second Step lesson will be and have even told her it is their favorite part of the day.



Hartwood Elementary School counselor Jacqueline Decker demonstrates listening and learning skills.

### ***Mobile Fab Lab Hits the Road***

This fall, Fox Chapel Area School District’s Mobile Fab Lab traveled to schools, visiting each first grade across the district.

During the visit, students were tasked with making a desk organizer out of a variety of common household items, such as cardboard, foam, and tape.

“I explained to the students that making the desk organizer was going to be the easy part and that the true challenge was figuring out how to work collaboratively with their teammates,” said Stan Strzempek, computer science teacher at Kerr Elementary.

At each stop, students also got to build with the Imagination Playground, which are huge building blocks of various shapes, and each received an engraved name tag as a souvenir of the day’s activities.



These types of lessons are paramount to building lifelong skills, Mr. Strzempek said.

“Being a creator can be stressful on one’s imagination. Failure and frustration are a natural part of the process. It’s important to teach students how to persist and that it is OK to fail as long as they are failing forward.

“It never gets old hearing the kids say, ‘This is the best day ever!’”



## SECONDARY HIGHLIGHTS

### DMS' Moving Tribute to Khaleesia

When Khaleesia Kotyk was born in May 2018, she faced a number of complications since birth, including a stroke. Since that time, the Dorseyville Middle School community has been supporting her family in a number of ways. And now, in true DMS fashion, students and staff have found a way to help not only Khaleesia, but other children as well.

When Khaleesia's mother, Breane DeComo Kotyk, an eighth-grade math teacher at the school, first heard about the GoBabyGo! program offered through Chatham University, she knew she wanted to bring it to DMS. The GoBabyGo! program aims to help children with mobility impairments become more mobile by modifying drivable toy cars. Ms. DeComo was hoping representatives would come and work collaboratively with the students to build a motorized vehicle for her daughter.

DMS' latest way to help was a "penny wars" collection in which each homebase competed to see who could bring in the most pennies. Of course, students could sabotage those efforts by bringing in silver change or dollar bills. More than \$3,000 was collected and presented to Chatham's chapter of

GoBabyGo! on November 8, when a team from the school visited DMS to modify a motorized Jeep for Khaleesia and adapt it to her specific needs. Khaleesia has limited use of her right hand and is still learning to walk.



Dorseyville Middle School students and representatives from Chatham University's GoBabyGo! retrofit a Jeep for Khaleesia.



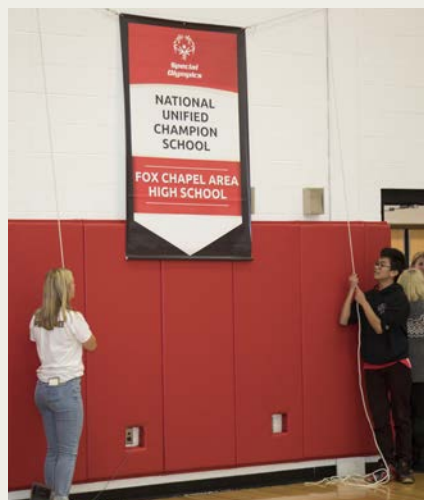
Khaleesia Kotyk is cheered on by her family as she tries out her new wheels!

Occupational therapists from Chatham and DMS students retrofitted the black Jeep, bought by Khaleesia's family, with a big red button on the horn so she can make it stop and go on her own. Foam installed along the back of the seat and along the sides of it help keep Khaleesia, who is small for her age, in place. Gifted education students and student council members made personalized decals and a license plate for the Jeep. The modifications will help Khaleesia keep up with her 5-year-old brother, Kash.

The money raised during the DMS penny wars will purchase supplies for 10 other motorized vehicles to be adapted for children with special needs.

"DMS, of course, exceeded my expectations," Ms. DeComo said, fighting back tears. "All of that money will go toward kids on the waiting list."

### High School Recognized for Inclusion Efforts



On November 14, Fox Chapel Area High School officially became a Special Olympics National Banner Unified Champion School in recognition of efforts that promote inclusion, acceptance, and respect. Fox Chapel Area is the only school in Allegheny County to ever receive this designation, and just one of two schools in Pennsylvania to be honored this year. Of note, Fox Chapel Area is the first school district in Allegheny County to have a Unified Track team, which was established during the 2018-2019 school year. The high school also has had a Unified Bocce team since the 2017-2018 school year.







## 2019 HOMECOMING FESTIVITIES

Fox Chapel Area High School's community homecoming celebration was held October 18 and included the annual carnival prior to the football game. This year's homecoming theme was "All Things Disney." Activities were coordinated and sponsored by the Fox Chapel Area High School Student Government.





## 26 SENIORS RECOGNIZED IN NATIONAL MERIT PROGRAM

**F**ourteen Fox Chapel Area High School seniors have been designated as National Merit Semifinalists in the 2020 National Merit Scholarship Program. The Semifinalists are Paige Asbury, Amelia Bothe, Hanna Chen, J. Oliver Choo, Hazel Cline, Oskar Ernharth, Claire Fenton, Rajeev Godse, Noah Hertzman, Christiana Paljug, Sina Shaikh, Jake Sperry, Felix Vesper, and Aaron Wu. The Semifinalists represent less than 1% of the nation's high school seniors and have the opportunity to advance to the Finalist level and compete for National Merit Scholarship awards worth more than \$31 million to be offered in the spring of 2020.

Additionally, 12 high school seniors were named Commended Students. They are Jackson Boychuk, Rachel Ferris, Evan Gu, Abigail Miller, Zeynep Ozkaya, Leda Perdril-Arons, Anzu Sekikawa, David Shin, Shane Susnak, Ameya Velankar, William Wang, and Michael Weiss. The Commended Students represent the top 5% of the nation's high school seniors.

This year's National Merit Semifinalists and Commended Students were selected based on their 2018 Preliminary SAT/National Merit Scholarship Qualifying Test scores. All the students who take this test are automatically enrolled in the



Photo Courtesy Hill's Studio

The Fox Chapel Area High School 2020 National Merit Semifinalists.

National Merit Scholarship Program. Approximately 16,000 advance to become Semifinalists, and about 34,000 are Commended.

## O'HARA TEAM CAPTURES BATTLE OF THE BOOKS TITLE

**T**he 2019 Fox Chapel Area School District Battle of the Books winning team was the Book Pugs from O'Hara Elementary School. The team members were fifth-graders Pellegrino Cilenti, Holden Driver, Laken Gaspard, and Victor White, and fourth-grader Jonah Driver. The team manager was parent Tracy Driver.

Participating in the Battle of the Books has become a tradition for the district's fourth- and fifth-graders. In fact, 2019 was the 24th year for the tournament, and even some parents in the audience this year had participated in the competition when they were students.

Fifty-eight teams from the four elementary schools competed in the October 29 tournament, which is sponsored by the Fox Chapel

Area elementary school librarians. The students read and study books from a selected book list as part of the seven-week program, and parent volunteers serve as team managers. During the competition, the students answer questions about the books they have read. At the end of the tournament, the winning team takes the Battle of the Books trophy back to their home school for a year.



Photos Courtesy Heidi Freund Stanczak



# 2019 NATIONAL HONOR SOCIETY INDUCTEES

**F**ox Chapel Area High School held its annual National Honor Society (NHS) induction ceremony on August 26. The keynote speaker was David Short, a 1977 graduate of Fox Chapel Area High School. Mr. Short served as chairman of the board and co-CEO of the American Funds Group. Among other things, he has an honorary doctorate from John Carroll University, which he graduated from in 1981. He also completed a cross-country bike ride from San Diego to Hilton Head, South Carolina. Mr. Short resides in Indiana Township and he and his wife, Beth, have four children, all of whom are Fox Chapel Area High School graduates. As part of his speech, Mr. Short described how he implements the four pillars of the NHS (scholarship, service, leadership, and character) into his daily life. He also reminded inductees that while effective leaders are capable and intelligent, they also must possess a strong character and have a desire to serve their communities.

This year, 140 students were accepted in the Fox Chapel Area High School NHS. Those inducted were seniors Ryan Billings, Nicole Blackwell, Nicolina Damian, Margaret Gaddess, Harrison Hamm, Annamarie Hart, Keith Haw, Henry Jacques, Joseph Johnson, Jacob Kosak, Cameron Mackey-Piccolo, Matthew Mattioli, Anna Meyer, Emily Noonan, Oscar Oliva, Thaleia Papapetropoulou, Nicolas Perico, Joseph Rhodes, Lukas Sarra, Thomas Traub, Abigail Troutman, and William Urso. Juniors inducted were Suparna Agrawal, Arda Akinci, Kaya Akinci, Nathan Anderson, Kent Baldauf, Emma Begg, Lyle Blaylock, Zoe Boychuk, Melina Bradley, Elena Bradley, Garrett Bradley, Katherine Caracciolo, Allison Carey, Rachel Chang, Kathryn Chivinsky, Ian Cohen, Elizabeth Conroy, Elena Conway, Alexa Correnti, Annabelle Cullen, Jean Daniher, Margaret Dean, Ella DeCecco, Domenica Delaney, Maria DeMotte, Cassandra Denny, Noah Diamond, Erin Doherty, Ryan Doherty, Samantha Dunlap, Colin Elder, Emily



The Fox Chapel Area High School National Honor Society officers with keynote speaker, 1977 Fox Chapel Area graduate David Short.



Fera, Ethan Flanders, Madelyn Francis, Meredith Francis, Sara Friday, Shane Funk, Amulya Garimella, Ainsley Good, Isabella Hamm, Hanna Harris, Catherine Heidenreich, Lauren Himmel, Nathaniel Hines, Rachel Horne, Ravi Hughes, Clayton Humbert, Aidan Ireland, Luke Johnson, Kenzi Kavalir, Ava Kazmierczak, Maggie Kelly, Ryan Kenyon, Isabella Krisky, Wyatt Krisky, David Kronman, Nathanael Kuhns, Nathaniel Lazzara, Emily Li, Isabella Liberto, Erika Litwin, Lucy Markovitz, Jessica McCann, Nora McDougall, Maximus McQuarrie, Jose Morales, Marissa Moretti, Jocelyn Morningstar, Alexandria Morton, Jacques Moye, Madeline Myerburg, Anthony Nguyen, John Nury, Aidan Oehrle, Sophia Oehrle, Xavier Perry, Neena Pietropaolo, John Polcyn, Mark Puthenpurayil, Alexis Quackenbush, Kimia Rafiee, Todd Resek, Justin Rice, Abigail Rickin-Marks, Benjamin Rickin-Marks, Cecilia Rike, Marissa Ritter, Jackson Romero, Thayer Russ, Brooke Ryan, Vinisha Sant, Elizabeth Schwartzman, John Scott IV, Sanjay Seshan, Vivian Shao, Anthony Shin, Dong Hyun "Simon" Shin, Emma Shiner, Sadie Simpson, Benjamin Siri, Olivia Smith, Nishi Thawani, Christine Thomas, Mary "Libby" Thompson, Aaron Tien, Isabelle Uhl, Michael VanDemark, Lexie Wagner, Joey Wang, Emma Wecht, Tyler Weinberger, Ethan Werner, Kaylee Werner, Alwyn Williams, Nathaniel Yerge, Annabella Zgurzynski, Zoey Zoschg, and Matthew Zytnick.

Students in their sophomore year who have an unweighted cumulative Quality Point Average (QPA) of 3.5 or higher are invited to apply for membership in the NHS. Applicants

must also have a minimum of two service activities and be involved in at least two additional clubs and/or groups. They must exhibit leadership qualities and provide character references. Once they are inducted, they must maintain their QPA and continue their community service work through NHS-sponsored projects and other organizations.



Photos Courtesy Hill's Studio

*Fox Chapel Area High School senior Claire Fenton contributed to this story.*





Warm wishes to  
you and your family  
this holiday season.

Fox Chapel Area School District

Fox Chapel Area School District  
Holiday Card 2019  
Artwork by Cameron Swack ~ Grade 7  
Background Pattern by Ava Persichetti ~ Grade 7  
Dorseyville Middle School





## DREAMS COME TRUE FOR GIRLS TENNIS

After the girls tennis team plowed through the regular season undefeated in its section, and then went on to become the WPIAL Class 3A runner-up, Coach Alex Slezak knew his squad had a chance of winning the state championship. The Foxes certainly were ready to fight for the title, as it was something the coach and his past and present players had dreamed about over the 11 years he's been at the helm. But, when it actually happened – the team beat Downingtown West, 3-2, in the finals – Coach Slezak was pretty much at a loss for words, other than to say, “Wow!”

It was the first time since 2004 that the Lady Foxes won the state title.

As it turned out, that wasn't the only time Coach Slezak had that reaction that week. On November 2, Charlotte James, the Foxes' top singles player and 2019 WPIAL Class 3A singles champion, fought her way through the state individual singles championships to become the new PIAA 3A runner-up.

However, before Charlotte earned her own state medal, all season she had used her experience and leadership skills to help out the young team. It was no different at the PIAA team finals. Charlotte got the competition off to a great start for the Foxes when she overpowered her opponent, 6-2, 6-0.

Then, sophomore Carissa Shepard staged a tough come-from-behind performance to win, 2-6, 6-2, 6-3. According to Carissa, “I was very nervous. I was overthinking things, and I was trying to finish points too soon. I realized I needed to just look for opportunities, instead of trying to force points, and that helped me come back in the second and third sets.”

With the two schools tied at 2-2, freshman Catherine Petrovich stepped onto the court for the final match. Fairly new to competitive tennis, she had not even played the sport until about two years ago. However, her prior experience of competing at the state level as a gymnast prepared her somewhat for the pressure-packed tournament. After a comeback similar to Carissa's, she won her three-hour match, 3-6, 7-6, 6-3. After the win, she said, “I was under a lot of pressure. I knew I had to win because I was the deciding match. I just kept telling myself, ‘You got this,’ and I could hear Charlotte cheering and trying to help me from the sidelines. That really helped a lot.”

“I am lucky to have a lot of experience and knowledge from playing this sport for so long that I can share with the team,” Charlotte said. “Although I try to help where I can, no one can teach you certain aspects of competing. The girls, and especially Carissa and Catherine, gutting out three-setters in the finals, showed such mental toughness and composure. It was so exciting for me to watch, and it is incredibly promising considering they have a few years of high school tennis ahead of them.”

Other members of the team were senior Amanda Schilcher; juniors Molly Dean, Alexandria Morton, and Paige Theoret; sophomores Baylin Bitar, Anna Ferris, and Katherine Voigt; and freshmen Emilia Cody and Diya Reddy. The team manager was junior Emily Fera.



Charlotte James and girls tennis coach Alex Slezak.

“I'm just so happy for the kids, because they work so hard and make big sacrifices. They understood what they had to do, and they did it,” said Coach Slezak. “But the making of champions is not something that happens overnight. When I took over the team, I set out to get the culture right, and then past players set the bar and raised it a little bit each year. We've been close a number of times, but this group is special. They were able to get us over the hump, and the memories from this experience will last forever. We will learn from it and grow from it, and, with such a young group, we will be prepared to go at it again next year.”



The Fox Chapel Area High School state gold-medal winning girls tennis team.



# DONE DEAL!

## Boys Golf Wins State Championship

**O**n October 23, a beautiful, sunny day that was perfect for a round of golf, the Foxes' boys golf team won the PIAA Class 3A championship like no other team had before them. They not only won the tournament for the first time in Fox Chapel Area history; they also set a state team scoring record. Additionally, senior Scott Bitar and junior Aidan Oehrle shot a pair of two-under-par 69s and tied for first place among the 30 players who represented six teams.

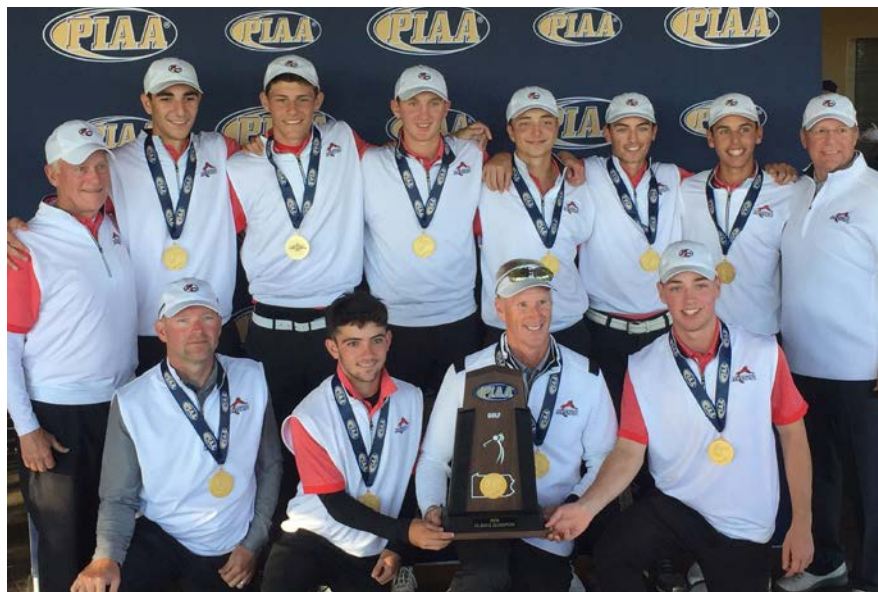
As Coach Bryan Deal said, "We didn't just win; we won with an exclamation mark!"

The team finished with the low score of 284 and dominated the course all day long, from the moment Aidan birdied his first hole, until they learned they had beat Unionville High School's 2017 record of 292 and shattered the previous team record by eight strokes. This year's runner-up, Cumberland Valley, was a distant second with a score of 308.

"The players had tremendous focus, commitment, and the perfect demeanor and mindset," said Coach Deal of his group, who also won the WPIAL team championship, finished undefeated in their section, and were 21-2 overall this year. "I could just see the determination in their eyes. Their exceptional discipline got the results we wanted. We had the lowest four scores of the entire day."

Aidan added, "It was probably the most amazing feeling I've ever felt. After being through so much with this team, being so close so many times, and finally getting it done, not to mention breaking the record by eight shots and winning by 24, it was just amazing. I am extremely proud to say we are state champions."

For Scott, who was named to the exclusive 2019 American Junior Golf Association Scholastic Junior



The Fox Chapel Area High School boys golf team with their first-place PIAA medals and trophy.

All-America team, it was a day of redemption after he had a disheartening finish at the PIAA Class 3A individual championships. Coach Deal said it was a tremendous show of Scott's character for him to come back in such a commanding way after playing 36 holes the day before.

The other boys who also played that day – seniors Will Livingston, Matt Mattioli, and Amani D'Ambrosio – also contributed in big ways.

"Will had the round of his high school career," added Coach Deal. "To shoot a 72, one over par, and end up third among all of the 3A team finalists, was impressive."

Matt and Amani also contributed to the historic season and the dominant victory at the state level. Matt shot a 74, three over par at the PIAA tournament, and had it not been for Amani's impressive performance at the WPIAL Class 3A team championship the week before, the team would not have even qualified for states.

Other contributors to the team's success included seniors Jack Flanagan, Brevin Urso, and Arnold Vento, and sophomores Owen Delaney and Zachary Paper.

"That was a day everyone will remember forever," said the coach.

"When they come back to Fox Chapel Area High School 20 years from now, they can show their kids their pictures on the Wall of Fame and tell them all about the team and the day they won the state championship."

The team will play together one final time at the invitation-only 2020 High School Golf National Invitational in June at Pinehurst Resort in Pinehurst, North Carolina. The three-day event will feature the top boys golfers from across the country.



Fox Chapel Area High School senior and member of the 2019 American Junior Golf Association Scholastic Junior All-America team, Scott Bitar.



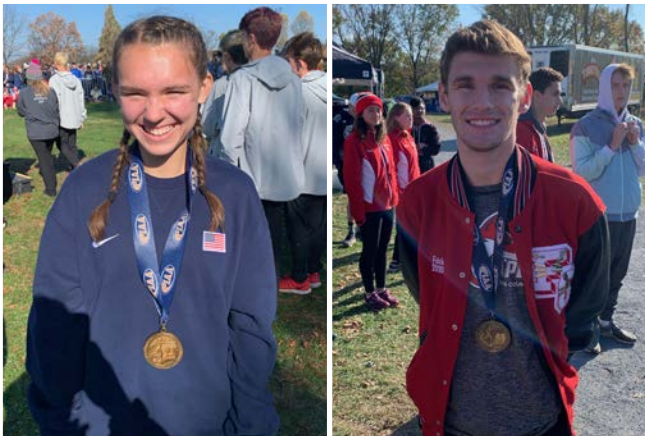
# FALL 2019 ATHLETIC HIGHLIGHTS

## CROSS COUNTRY

Elite senior runners Grace Sisson and Christian Fitch put the finishing touches on their high school cross country days by medaling at the PIAA cross country championships, eighth and 11th, respectively, and earning all-state second team honors. Both runners were four-time PIAA qualifiers, as was fellow senior Brooke Krally. All three runners improved their times over last year. Brooke and Grace were the final members remaining from the 2017 team, which won the school's first girls cross country championship.

"Obviously, they are elite athletes, each having won multiple state medals, but more importantly, they are just outstanding people, hard workers, and nice, compassionate kids," says Coach Tom Moul. "It's fun and inspiring to be around people like that. I'll savor this year's trip to states, for sure, but, hopefully, there will be a couple more trips for them to state championship meets in indoor and outdoor track before the end of the school year."

Another highlight of the season was when the boys team won the WPIAL Class 3A Section 4 championship with an 8-0 record. The team members were seniors Christian Fitch, Keith Haw, and Oscar Oliva; juniors Shane Funk, Ryan Kenyon, and Jose Morales; and sophomores Owen Carter, Jordan Gwin, Jack Lorence, and Ethan Napolitan.



## FOOTBALL



Coach Tom Loughran led the Foxes football team to the WPIAL Class 5A playoffs for the second time in three years and also earned his 200th career victory. Ten players were named to the Big 56 All-Conference team – the most in many years – including five athletes who were voted to the first team and two to the second team. Three additional players were honorable mention selections.

Senior quarterback Shane Susnak, who was one of the WPIAL's top-10 passers, threw for 1,940 yards and broke Billy Urso's former single-season passing record of 1,600 yards set in 2013. He was, consistently, one of the best passing quarterbacks in the WPIAL this season. Sophomore wide receiver Lorenzo Jenkins hauled in 39 receptions for 573 yards, the most during Coach Loughran's five-year tenure.





## GIRLS GOLF

With the help of strong senior leadership, the girls golf team, once again, finished undefeated in its section, 10-0. They then advanced to the finals at the WPIAL Class 3A team championships.

Sophomores Nina Busch and Erin

Drahnak qualified for the individual WPIAL playoffs for the second year. This season, Nina finished as the runner-up, which gave her the opportunity to compete at the PIAA West Region championships.



"It's a tremendous accomplishment for the team to go undefeated in section play again this year," said Coach John Broderick. "On an individual note, the progress of both Nina and Erin has been wonderful to witness. And, while we are sad to see our seniors move on, we are excited to see what our returning players have in store for us next season."

Other team members were seniors Chloe Bennett, Madilyn Harajda, Molly Mozurak, Kyrie Nestel, and Emily Scheffler; juniors Kathryn Chivinsky, Elizabeth Conroy, Maggie Kelly, Erika Litwin, and Zoey Zoschg; sophomores Lauren Childs, Francesca Heidinger, Eleanor Peterson, and Grace Rygelski; and freshman Jordan Geidel.



## BOYS SOCCER

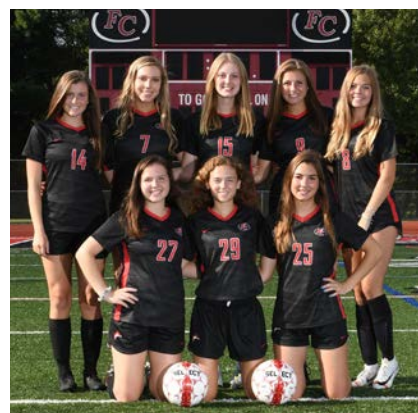
A solid group of seniors led the boys soccer team to an overall 12-4-3 record and put them in the mix for the WPIAL Class 4A playoffs for the seventh consecutive year. After a commanding win in the first round, the team advanced to the quarterfinals but was defeated in overtime by Canon-McMillan, the eventual 2019 WPIAL champions.

To cap off the season, senior forward Zane Ingram was named to the Pennsylvania Soccer Coaches Association All-State Team.



## GIRLS SOCCER

This season marked the second year that the girls soccer team played a very competitive schedule in one of the most difficult sections in WPIAL Class 4A. After an injury-filled season last year, the team returned to the playoffs with a 10-8-1 record – and with a vengeance. In the first round, they knocked off favored Upper St. Clair in an upset, and then showed true grit when they were matched up against top-ranked Norwin in the quarterfinals. In a heartbreaking conclusion, the team lost, 4-3, in overtime. Still, the tenacity shown by a young team when playing some of the toughest schools bodes well for the future.





## SUPERINTENDENT SEARCH UNDERWAY

The Fox Chapel Area School Board has taken the first steps to begin the search for a new superintendent. School Board President Somer Obernauer Jr. established a committee of Vice President Marybeth Dadd, Ron Frank (committee chairperson), Adam Goode, and Lisa Rutkowski to lead the search.

The Board is expected to appoint a search firm at its January meeting, and a nationwide search will begin.

Representatives from the firm will reach out to the general public, administrators, teachers and other district employees, and members of the site-based teams to talk about what important qualities

they are looking for in a superintendent. With that input, a qualifications letter will be written, and the position will be advertised.

The Board committee will review the applications, and the entire Board will interview worthy candidates. The Board, as a whole, will then choose three candidates to present to the community, and their names will become public. Community members will have the opportunity to meet these three candidates, ask questions, and find out more information about their backgrounds and qualifications. The School Board will consider community input in making its final decision on the district's next superintendent.



Newly elected School Board member Ron Frank is the chairperson of the Board's superintendent search committee.

## NOTICES TO PARENTS OF CHILDREN WHO RESIDE IN THE FOX CHAPEL AREA SCHOOL DISTRICT

### **ANNUAL PUBLIC NOTICE OF SPECIAL EDUCATION SERVICES AND PROGRAMS, SERVICES FOR GIFTED STUDENTS, AND SERVICES FOR PROTECTED HANDICAPPED STUDENTS**

#### ■ IDEA – Chapter 14

In compliance with state and federal law, notice is hereby given by the Fox Chapel Area School District that it conducts ongoing identification activities as a part of its school program for the purpose of identifying students who may be in need of special education and related services. Child Find refers to activities undertaken by public education agencies to identify, locate, and evaluate children residing in the state, including children attending private schools, who are suspected of having disabilities, regardless of the severity of their disability, and determine the child's need for special education and related services. The purpose is to locate these children so that a Free Appropriate Public Education (FAPE) can be made available. Identification Activities are performed to find a child who is suspected as having a disability that would interfere with his or her learning unless special education programs and services are made available. These activities are sometimes called screening activities. The activities include: review of group data, conducting hearing and vision screening, assessment of a student's academic functioning, observation of the student displaying difficulty in behavior, and determining the student's response to attempted remediation. Input from parents is also an information source of identification. If your child is identified by the district as possibly in need of such services, you will be notified of applicable procedures.

Individualized services and programs are available for children who are determined to need specially-designed instruction due to the following conditions: autism/pervasive development disorder, blindness or visual impairment, deafness or hearing impairment, deaf blindness, orthopedic impairment, developmental delay, multiple disabilities, traumatic brain injury, other health impairment, emotional disturbance, specific learning disability, and/or speech or language impairment. We offer a continuum of services for students with disabilities that begins with full inclusion in the child's home school and class, to separate programs within other schools in which peers without disabilities would not participate.

If you believe that your school-age child may be in need of special education services and related programs, or your child (ages three to school age) may be in need of early intervention, screening and evaluation processes designed to assess the need of the child and his/her eligibility are available to you at no cost, upon written request. You may request screening and evaluation at anytime, whether or not your child is enrolled in the district's public school program. Requests for school-age evaluations and screenings are to be made in writing to: Special Education Department, Fox Chapel Area School District, 611 Field Club Road, Pittsburgh, PA 15238. Requests for children ages three to school age should be made in writing to: Project DART, Allegheny Intermediate Unit, 475 East Waterfront Drive, Homestead, PA 15120.



## Potential Signs of Developmental Delays and Other Risk Factors that Could Indicate a Need for Special Education Services

Some indications that your child may be a child with a disability who is in need of special education are:

- Exhibition of an emotional disturbance over a long period of time which affects your child's ability to learn;
- Consistent problems in getting along with others;
- Difficulty communicating;
- Lack of interest or ability in age-appropriate activities;
- Resistance to change;
- Difficulty seeing or hearing that interferes with the ability to communicate;
- Health problems that affect educational performance including attention problems;
- Difficulty performing tasks that require reading, writing, or mathematics; and
- When, a child who is at least three years of age but before he or she has started school as a beginner, scores on a developmental assessment device, on an assessment instrument which yields a score in months, which score indicates that the child is delayed by 25 percent of the child's chronological age in one or more developmental areas, or if the child is delayed in one or more of the developmental areas, as documented by test performance of 1.5 standard deviations below the mean on standardized tests.

### Section 504 – Chapter 15

In compliance with state and federal law, the school district will provide to each protected handicapped student, without discrimination or cost to the student or family, those related aids, services, or accommodations which are needed to provide equal opportunity to participate in and obtain the benefits of the school program and extracurricular activities. A protected handicapped student must be school age with a physical or mental disability which substantially limits or prohibits participation in or access to an aspect of the school program. You may request screening and evaluation for Chapter 15 services at any time, whether or not your child is enrolled in the district's public school program. Requests for evaluation and screening are to be made in writing to: Pupil Services Department, Fox Chapel Area School District, 611 Field Club Road, Pittsburgh, PA 15238.

### Gifted Education – Chapter 16

In compliance with state law, services designed to meet the unique needs of gifted students are provided. Students are identified individually based on state law and district policy, and those students who possess superior intelligence scores or meet multiple criteria indicating gifted ability may receive services. If you believe that your school-age child may be eligible for gifted services, screening and evaluation processes designed to assess his/her eligibility are available to you at no cost, upon written request. You may request screening and evaluation at any time, whether or not your

child is enrolled in the district's public school program. Requests for evaluation and screening are to be made in writing to: Pupil Services Department, Fox Chapel Area School District, 611 Field Club Road, Pittsburgh, PA 15238.

### CONFIDENTIALITY

All information gathered about your child is subject to the confidentiality provisions contained in federal and state law. The district has policies and procedures in effect governing the collection, maintenance, destruction, and disclosure to third parties of this information. For information about this, as well as the rights of confidentiality and access to educational records, you may contact, in writing: Pupil Services Department, Fox Chapel Area School District, 611 Field Club Road, Pittsburgh, PA 15238.



### PUBLIC NOTICE – STUDENT RECORDS

As a parent of a student in the Fox Chapel Area School District, you have certain rights in regard to your child's school records. These rights are guaranteed by the Family Educational Rights and Privacy Act (FERPA), 1974, and the Pennsylvania State Board of Education Regulations. These rights apply whether your child is exceptional or nonexceptional.

The district protects the confidentiality of personally identifiable information regarding exceptional and protected handicapped students in accordance with state and federal law and the district's student records policy.

You have the right to review, inspect, or obtain a copy of your child's records. Records are also open to school officials who have a legitimate educational interest in a child. You may make a written request for copies of your child's records at a fee not to exceed duplicating costs. If you believe that any information is inaccurate or misleading, you may challenge the contents of the records. You have the right to refuse individual consent where such permission is needed for releasing certain student information. Should you feel the district is not providing these rights, you may file a complaint with the Student Privacy Policy Office (SPPO), U.S. Department of Education, 400 Maryland Ave. S.W., Washington, D.C. 20202.





If a child transfers to another school system, records will be forwarded after notification of enrollment is received from the new school.

According to the FERPA, 1974, various nonconfidential information can be released to outside agencies without your consent. This directory information consists of student's name; address; telephone number; email address; photograph; date and place of birth; major field of study; dates of attendance; grade level; participation in officially recognized activities and sports; weight and height of members of athletic teams; degrees, honors, and awards received; the most recent educational agency or institution attended; and other similar information.

If you do not want directory information about your child released, please notify the Fox Chapel Area School District Deputy Superintendent, in writing, at the beginning of each school year at 611 Field Club Road, Pittsburgh, PA 15238.

### **EVERY STUDENT SUCCEEDS ACT REPORT CARD**

In the fall of 2018, the Pennsylvania Department of Education (PDE) released the first edition of the Future Ready PA Index, a comprehensive progress report that provides parents and community members with easy-to-understand information about Pennsylvania schools and student success. For more information and to view the Future Ready PA Index and all Pennsylvania school results, visit <https://futurereadypa.org>.

### **ARMED FORCES/MILITARY RECRUITERS/MILITARY SCHOOLS**

Both federal public law 107-110, section 9528 of the Elementary and Secondary Education Act, and state laws require that school districts provide military recruiters access to secondary school students. The No Child Left Behind Act of 2001, the National Defense Authorization Act for Fiscal Year 2002, and Pennsylvania Act 10 (The Armed Forces Recruiting Act) reflect these requirements. They collectively require school districts to provide military recruiters the same access to secondary school students as they provide to post-secondary institutions or to prospective employers. This would include the student's name, address, and telephone number. However, the law also allows parents/students the right to opt-out from this by requesting that the district not release information to armed forces, military recruiters, and/or military schools. The school counseling department offers a "Military Release of Information Opt-Out Form." The completion and return of the form serves as a parent's/student's request to withhold private information. Parental permission is required for those students under 18 years of age. Students 18 and over may sign for themselves. For further information, parents/students should contact the Fox Chapel Area High School counseling office at 412/967-2438 prior to the beginning of each school year.

### **ASBESTOS REINSECTIONS**

In compliance with the U.S. Environmental Protection Agency (EPA) Asbestos Hazard Emergency Response Act, the EPA requires the district to perform reinspections of asbestos materials every three years. In December 2019, accredited asbestos inspectors will perform these reinspections and a certified asbestos management planner will review the results. The results of the reinspections will be on file in the school district administration office as part of the asbestos management plan. The management plan is available for viewing by the public during regular school hours (Monday-Friday from 8 a.m.-4 p.m.).

### **MEDIA NOTIFICATION**

Our students, educational programs, school events, and community-oriented activities are sometimes made the subject of recording by video, audio, photography, and the like for use as instructional and informational tools. Since the schools are public buildings, students are frequently the subject of video and audio recording, interviewing, and/or photographing. In addition, our students' work is sometimes published in print and/or the electronic media.

The district will allow students to be recorded, interviewed,

and/or photographed and students' work to be published for legitimate public purposes.

Throughout the school year, students may be recorded, interviewed, and/or photographed by representatives from

newspapers, television stations, and radio stations, as well as district communications office personnel or their designees and these items may be publicly displayed. Students and their work and photographs may also appear in print media and/or electronically on places such as public websites, social media, and through broadcasts.

If parents/guardians object to such publication, a written objection must be filed. The district will not deliberately publish a child if a written objection has been filed. The district will also make a reasonable effort to avoid publication by any third party. It is understood that the district certainly has no control of the news media or others outside of the school organization. Student participation in school activities, especially athletics and other competitive events, increases the likelihood of publication of stories and images of those students.

Written objections must be filed at the beginning of each school year with the Coordinator of Communications, Fox Chapel Area School District, 611 Field Club Road, Pittsburgh, PA 15238. If a written objection has been filed in the past, a new letter of objection must still be filed each year. If parents/guardians do not file a written objection, their silence will serve as implied consent.





# FOX CHAPEL AREA SCHOOL DISTRICT DIRECTORY

## District Administration

611 Field Club Road  
Pittsburgh, PA 15238  
412/963-9600  
[www.fcasd.edu](http://www.fcasd.edu)  
Superintendent: Gene Freeman, Ed.D.  
Deputy Superintendent: David McCommons, Ed.D.  
Business Manager: Kimberly Pawlishak

## District Resource Staff

Executive Director of Elementary Education and Instruction: Ashley Constantine, Ed.D.  
Executive Director of Secondary Education and Instruction: Matthew Harris, Ed.D.  
Director of Special Education and Pupil Services: Timothy Mahoney  
Executive Director of Instructional and Innovative Leadership: Megan Collett, Ed.D.  
Director of Literacy: Dana Simile  
Director of Student Achievement and Instructional Verification: G. Daniel DiDesiderio III, Ed.D.  
Director of Ancillary Services: Daniel Breitreutz  
School Safety and Security Coordinator: Joseph Kozarian  
Director of Athletics: Michael O'Brien  
Coordinator of Communications: Bonnie Berzonski  
Community Engagement Specialist: Jill Leonard

## FOX CHAPEL AREA SCHOOLS

### Fairview Elementary School

738 Dorseyville Road  
Pittsburgh, PA 15238  
412/963-9315  
Principal: Stephen Edwards

### Hartwood Elementary School

3730 Saxonburg Boulevard  
Pittsburgh, PA 15238  
412/767-5396  
Principal: Rachel Fischbaugh, Ed.D.

### Kerr Elementary School

341 Kittanning Pike  
Pittsburgh, PA 15215  
412/781-4105  
Principal: Paul Noro, Ed.D.

### O'Hara Elementary School

115 Cabin Lane  
Pittsburgh, PA 15238  
412/963-0333  
Principal: Kristy Batis  
Interim Assistant Principal:  
William McClarnon

### Dorseyville Middle School

3732 Saxonburg Boulevard  
Pittsburgh, PA 15238  
412/767-5343  
Principal: Jonathan Nauhaus  
Program Principal: Laura Miller

### Fox Chapel Area High School

611 Field Club Road  
Pittsburgh, PA 15238  
412/967-2430  
Lead Principal: Michael Hower, Ed.D.  
Program Principal (A-L):  
Daniel Lentz, Ph.D.  
Program Principal (M-Z):  
John McGee, Ph.D.

For the latest information on school activities and weather-related delays and cancellations, visit the Fox Chapel Area School District website at [www.fcasd.edu](http://www.fcasd.edu).

The athletic events calendar can be found on the Fox Chapel Area School District athletics website at [www.fcasdashletics.org](http://www.fcasdashletics.org).

## COMPLIANCE STATEMENT

The Fox Chapel Area School District is an equal rights and opportunity school district. The school district does not discriminate on the basis of race, color, age, creed, religion, gender, sexual orientation, ancestry, national origin, or handicap/disability. The district shall make reasonable accommodations for identified physical and mental impairments that constitute disabilities, consistent with the requirements of federal and state laws and regulations.

Additional information pertaining to civil rights, school district policies, and grievance procedures can be obtained by contacting the compliance officers listed below between 8 a.m. and 4 p.m. Monday-Friday. This notice is available from the compliance officers in large print, on audiotape, and in Braille.

Title IX: David P. McCommons, Ed.D.  
(412/967-2456)  
Section 504 and ADA: Timothy A. Mahoney  
(412/967-2435)  
Address: Fox Chapel Area School District  
611 Field Club Road  
Pittsburgh, PA 15238

Photo Courtesy Hill's Studio



First row (left to right): Eric G. Hamilton, Treasurer (2023 - Region I); Marybeth Dadd, Vice President (2023 - Region III); Somer Obernauer Jr., President (2021 - Region I); and Edith L. Cook, Ph.D., Assistant Secretary (2021 - Region III)

Second row (left to right): Dharmesh Vyas, M.D., Ph.D. (2021 - Region II); Vanessa K. Lynch (2023 - Region II); Adam G. Goode (2021 - Region III); and Lisa M. Rutkowski (2023 - Region I)

Third row (left to right): Paul J. Giuffre, Esq., Solicitor; Kathleen Anuszek, Board Secretary; David P. McCommons, Ed.D., Deputy Superintendent; and Ronald P. Frank (2023 - Region II)

Not pictured: Gene Freeman, Ed.D., Superintendent

Region I covers all of Sharpsburg Borough and Wards 2, 3, and 4 of O'Hara Township; Region II covers Districts 2, 4, and 5 of Fox Chapel Borough and all of Indiana Township; and Region III covers all of Aspinwall Borough, Blawnox Borough, Wards 1 and 5 of O'Hara Township, and Districts 1 and 3 of Fox Chapel Borough.

School Board meetings are usually scheduled for the first and second Mondays of each month at 7 p.m. The public is invited to attend.



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MLS# 1426439  
Jane Herrmann • 412-418-0602



\$779,625  
37 Wood Duck Trail  
MLS# 1425547  
Jane Herrmann • 412-418-0602



\$695,000  
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Jane Herrmann • 412-418-0602

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# Five Ways to Help Your Home Sell Quicker in Any Market

As spring weather hopefully approaches soon, many homes will be hitting the real estate market. That's great for buyers everywhere, right? But, what if your home is listed among some stiff competition? You want to be as appealing to prospective buyers as possible.

## **HERE ARE FIVE THINGS YOU CAN DO TO HELP YOUR HOME SELL QUICKER THIS SPRING:**

- 1. SET THE RIGHT PRICE.** The first few days on the market are crucial for a home, which means that setting the right price from the beginning is paramount. Of course, you want to get the most you can for your home, but you must be reasonable when you are setting a price. How can you strike the right balance when it comes to your listing price? Enlist the help of Jane Siddons Herrmann, your trusted real estate agent, who can complete a comparative market analysis. She can review similar homes in your area that have recently sold to make sure your home is accurately priced to sell.
- 2. FRESHEN THE APPEAL.** No matter what time of year you decide to list your home, curb appeal is important. If the exterior of

your home does not look inviting, buyers may not even consider coming inside. In spring, your yard should be brimming with well-manicured new greens. A fresh floral wreath is also a nice touch.

That freshness must be kept up inside too. This means applying a new coat of paint and making sure your home is clean and uncluttered—at all times. You want to give prospective buyers a clean palette where they can envision their future.

- 3. MAKE MINOR REPAIRS.** Note the word "minor" here. When you list your home, you may feel like you need to upgrade some features in order to quickly sell. In most instances, that is simply untrue. Instead of upgrading countertops or installing hardwood floors, just pay attention to the leaky faucets, discolored grout or drafty windows and doors. While high-end countertops and other fixtures are sure to entice buyers, they are not likely to pay off. A clean home in great condition is sure to appeal to every buyer.
- 4. STAGE EACH ROOM.** When you're living in your home, you can do whatever you'd like with each room. Maybe you are using a spare bedroom as a child's toy

room. Maybe you've turned your formal dining room into a casual game room. Let me repeat that *when you are living in your home, those choices are great*. But, when you're trying to sell your home, you're going to want to give each room a traditional purpose.

This tip goes for your listing photos too. If you want to sell your home as quickly as possible, it may pay to hire some professional help in staging each room. If that means you have to store some of your extra items.

- 5. BE FLEXIBLE WITH SHOWINGS.** Finally, if you want your home to sell quickly—in any market—you've got to make it available to prospective buyers. In addition to holding open houses, you should try to allow buyers to see your home whenever it is convenient for them.

*Selling Houses. Creating Homes.*



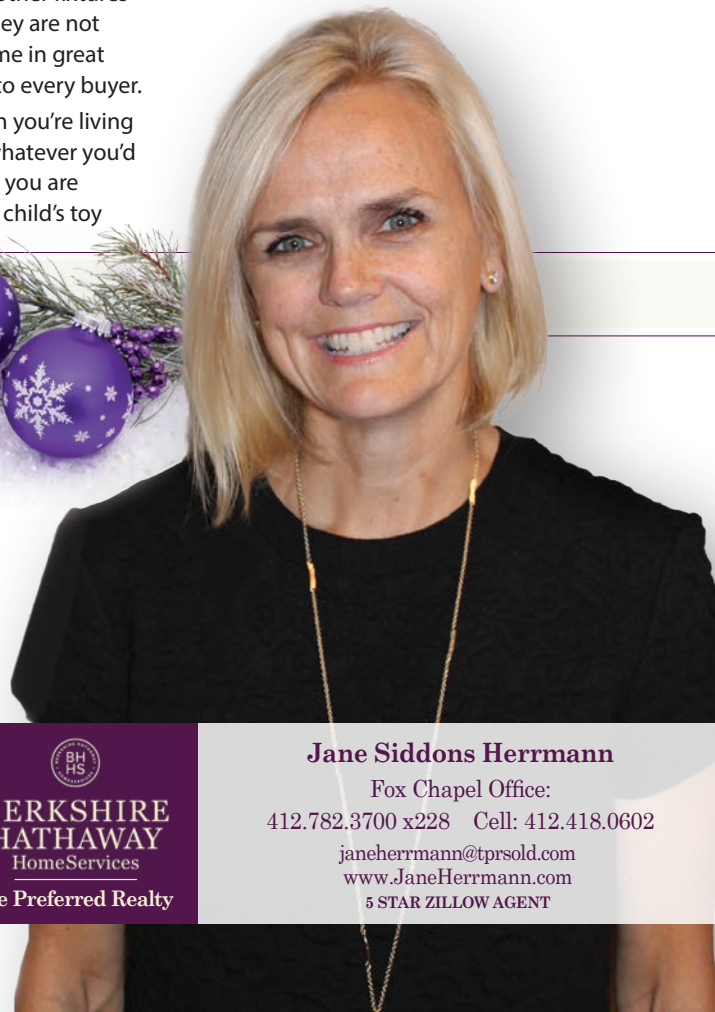
**251 W Chapel Ridge Drive, Fox Chapel, PA 15238**

Bedrooms 5, Bathrooms 4 Full / 1 Half - MLS ID 1415961



**120 Marvelwood Place, Fox Chapel, PA 15215**

Bedrooms 5, Bathrooms 4 Full / 1 Half - MLS ID 1422282



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# LOOP

IN

THE

WHAT'S NEWS IN FOX CHAPEL AREA

## MICRO-GRANT AWARDED TO SUPPORT NEIGHBORHOOD GARDENS

### Grant one of dozens made possible through new PA Farm Bill

As communities large and small look to create sustainable, healthy environments for their residents, an award from a new round of state micro-grants will support neighborhood gardens in the triboro area of Millvale, Etna and Sharpsburg, state Rep. Sara Innamorato, D-Lawrenceville. "Volunteering in my community garden was how I met my neighbors, put down roots, and became active locally," Innamorato says. "We can create healthy, civically-engaged communities by investing in urban agriculture. These beautiful spaces foster connection, stewardship, and mutual care."

The grant, a \$8,600 state Urban Agriculture Grant, was awarded to the Triboro Ecodistrict Partnership. It will be used to purchase supplies and seedling to support the partnership's community gardens.

"The accessibility of healthy foods in our food desert community is an issue that affects all of us who live here, especially people without cars," says Brittany Reno, the Sharpsburg Neighborhood Organization executive director.

"This grant will allow the Sharpsburg Community Garden to expand its growing capacity into a new community market garden which, in partnership with the Gardens of Millvale and the Etna Community Garden, will be able to sell produce affordably to local residents and businesses. Working collaboratively with our neighbors will allow the gardens to maximize their efficiencies in growing different types of produce, which will help immensely in closing the gaps in our local food system in a sustainable way."

"The Gardens of Millvale is at the center of Millvale's strategy to reverse its status as a food desert. The support from the state will allow for the Gardens to build stronger partnerships with our neighboring communities as a way to help it take the next step in its growth

and development," says Zaheen Hussain, Millvale sustainability coordinator director of sustainability at New Sun Rising. "As an all-volunteer organization, being able to utilize state investment can help it start to think about infrastructure that can increase revenue generation while also providing healthy produce for those in our communities that need it the most."

The grant was part of a new grant program made possible by the new PA Farm Bill which was signed into law this July by Gov. Tom Wolf.

"Urban agriculture is about more than just growing food; it's about growing our communities and our economy, it's about increasing quality of life," Wolf says. "In addition to urban gardens providing places to work and learn, they aggregate fresh, local products to combat food insecurity and improve access to healthy, nutritious food."

For more information on the Pennsylvania Farm Bill, visit [agriculture.pa.gov](http://agriculture.pa.gov).



## ONE-OF-A KIND CAR DONATION PROGRAM

Community Auto, a program of The Lighthouse Foundation, is a non-profit, low-income car ownership program that accepts donated cars, and repairs and inspects them if necessary. The car is then sold to qualified, working, low-income people at discounted prices, as compared to a regular used car dealership. This is the only organization of its kind in Western Pennsylvania that puts your car back into the hands of a family in the Greater Pittsburgh area.

The used car sitting in the garage that you didn't sell because it was a hassle, or the car that didn't get the trade-in value you wanted, or that one the kids used

for school and is no longer needed, is the perfect car to donate. Your generous donation is the fuel for the program and is tax deductible.

Contact Community Auto today at [communityautolico.org](http://communityautolico.org) or at 724.538.5081 to find out just how easy it is to donate your car and give a family a hand toward self-sufficiency.

## THE PITTSBURGH CONCERT CHORALE ANNOUNCES 2019-2020 SEASON!



PITTSBURGH  
CONCERT  
CHORALE

The Pittsburgh Concert Chorale has announced its 2019-2020 concert schedule, which celebrates 35 years of singing.

Upcoming concerts include:

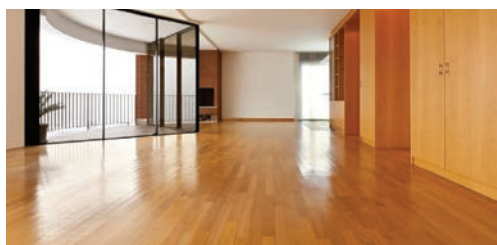
- *Carmina Burana*, 7:30 p.m. Friday, Feb. 28, at Ingomar United Methodist Church and 4 p.m. Sunday, March 1, at Carnegie Music Hall in Oakland. The epic masterpiece by Carl Orff will be performed by the PCC with Orff's authorized arrangement for two pianos and percussion.
- In April, the PCC celebrates 35 years with a Gala Celebration! From a silent auction to a dessert bar, this will be an event not to be missed. Further information for this Apr. 17 event will be posted on the website soon.
- *35 Years of Favorites*, 7:30 p.m. Saturday, May 2, at Fox Chapel Presbyterian Church, and 4 p.m. Sunday, May 3, at Ingomar United Methodist Church. The concert will feature favorite songs suggested by singers and audience members from the past 34 seasons.

Individual concert tickets are available for purchase in advance or at the door. Prices are: Adults – \$20 (\$23 at the door); students – \$8; and no admission cost for children 11 and under. *Festival of Choirs and Messiah Sing* admission is free. All tickets may be ordered online at [PCCSing.org](http://PCCSing.org) or by calling 412.635.7654. ■





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## OUR STORY

We are an Abbey Carpet dealer with an all-inclusive flooring showroom representing reputable products from all facets of the flooring industry. From carpet to tile, we can assist you in making an idea or concept into a reality!

## WHY RIVERVIEW?

We are a very experienced residential and commercial flooring dealer who has grown through referrals rather than advertising. As a small independent retailer since 1972, we keep our overhead low, enabling us to pass on savings to you. As a member of the Abbey buying group of 800 member stores, we have buying power and selection. We have become a destination rather than just a location for many interior designers, architects and customers with our unique product offerings as well as everyday items.

Our lifetime residential installation warranty is second to none. Our staff is knowledgeable and experienced. We realize when people come to us it is to find a flooring solution from someone they can trust. We will only sell products for specific areas where they will perform. We won't sell you a product that wouldn't be right for your application just to make a sale. We spend our efforts on satisfying the customer for referrals to get our next job rather than on advertising that the consumer ultimately pays for. Also, our in-home estimates are always free!

## SERVICES WE OFFER

- Installation of all the flooring products that we sell
- Flooring repairs (patch carpet, repair damaged vinyl, etc.)
- Wood baseboard installation
- Remove carpet to expose hardwood floors
- Restretch carpet
- Cut and bind carpet
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## Courtney Yates, Owner, Sewickley Tavern

### Sewickley Tavern

409 Beaver Street, Sewickley;  
412.356.2332, sewickleytavern.com

#### On the Menu:

Modern, yet casual American fare from small plates to entrées. With a changing menu, the unexpected dishes range from Fish and Chips and Reuben Sliders on house-made marble rye to Sesame Seared Tuna. Tastefully crafted scratch sauces and salad dressings accent dishes that also reflect Asian fusion and Italian cuisine. There is a variety of American spirits, a wine list and six to eight taps for beer.



#### Describe Sewickley Tavern.

We're a casual place for quality food—in a more casual, easy-going setting. It's delicious comfort food,

served comfortably. We have such a beautiful architectural design executed by Studio St. Germain. The aesthetic is modern with an old tavern flair—from brass, brick and wallpaper to wainscoting, with a modern feel that fits into today's interior design. It's been a dream to work with Nathan [Nathan St. Germain, RA, CPHC, RESET™AP]. I would recommend him for any design project in Pittsburgh—and beyond.

#### What led you to opening Sewickley Tavern?

My chef, David DeVoss, and I wanted a new challenge from Cocothé (pronounced Cocoa-

tay), the French restaurant I owned previously. We wanted to do something focused on a broader audience, since Cocothé had a more refined menu and an overall formality. I wanted to bring the dining experience to a more casual setting for more people to enjoy. With the opening happening in December, construction was done in October with seating to include 55 inside and 55 on the patio.

#### What path did you take from school to a Sewickley-based restaurant?

It's been a progression. Originally, I'm a native of New Mexico. When it was time to attend college, I first enrolled at the University of Denver and became interested in cooking—especially pastries. It was then I decided to become a student at the Cambridge School of Culinary Arts in Boston. I graduated in 2010. A few years later I opened a chocolate shop in Sewickley called Cocothé in 2012. Shortly thereafter I transitioned from chocolates to fine dining and kept the business the same name.

#### What is your favorite dish at Sewickley Tavern?

Tavern Baked Oysters with bacon crumb, pernod butter and hollandaise sauce. It's really, really good.

#### What is your favorite quick meal to prepare at home?

Enchiladas is one of my favorite things to eat, usually. My roots are based in Mexican food.

#### What is your favorite go-to ingredient?

Chili peppers with fresh peppers and green chilies from Santa Fe. My mother, Brenda,



A rendering of the Sewickley Tavern's exterior by Studio St. Germain.

would make family dinners and she taught me about good food, so I wanted to continue that innate ability to cook and share that love of food with others. My mom is a natural cook.

#### What kitchen tool can't you live without?

I couldn't do much without a sharp chef's knife. However, my role is to manage the kitchen and restaurant. Dave DeVoss is our Executive Chef and Julie Lauhon is our sous chef—they're amazing at what they do.

#### Other than Sewickley Tavern, where's your favorite place to eat in Pittsburgh?

I like Maiku Sushi and Vietnam Pho on Penn Avenue in the Strip. Their Pho noodle dishes are the best in Pittsburgh.

#### What advice can you share with a novice?

Enjoy what you're doing and don't take the business too seriously. It should not be so stressful that you become unhappy. Learn as much as you can and start working at a restaurant from the bottom—all the way up.

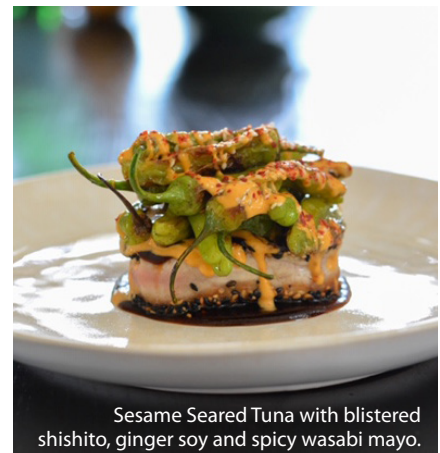
#### What's the next big food or dining trend?

I see restaurants offering small plates with very few entrees, or entrée sharing for two to four people. ■

—Reese Randall



Reuben Sliders on house-made marble rye.



Sesame Seared Tuna with blistered shishito, ginger soy and spicy wasabi mayo.



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## ASPINWALL'S LIGHT UP THE WALL 2019

The Aspinwall Chamber of Commerce sponsored its annual Light Up The Wall holiday event on Saturday, December 7, from 5 to 7 p.m. Residents and friends enjoyed a beautiful, brisk night of holiday activities for all ages. The event culminated with a fantastic fireworks display at 7 p.m. in front of the municipal lot.

PHOTOS BY PRIMETIME SHOTS







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# Winter

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## *In Fox Chapel*

### **Hartwood Acres Park**

200 Hartwood Acres,  
Hampton/Indiana Twps.;  
412.767.9200, or [allegHENYcounty.us](http://allegHENYcounty.us)

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

### **Beechwood Farms Nature Reserve - Fledglings: Holiday for the Birds**

December 12

614 Dorseyville Road, Fox Chapel;  
412.963.6100, or  
[aswp.org/pages/beeCHWOOD](http://aswp.org/pages/beeCHWOOD)

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

## *In Hampton*

### **North Park Skating Rink**

301 Pearce Mill Road, Allison Park;  
724.935.1280, or [allegHENYcounty.us](http://allegHENYcounty.us)

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

**Before cabin fever  
sets in, check out these  
fun (and mostly free)  
winter activities  
for your family.**





## North Park - Christmas Bird Count

December 28

East Ingomar Rd. and Babcock Boulevard, Allison Park; 724.935.2170, or [alleghenycounty.us](http://alleghenycounty.us)

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

## In Mars

### Adams Township Community Park

698 Valencia Road, Mars; 724.625.2221, or

[adamstwp.org/parks-and-recreation/](http://adamstwp.org/parks-and-recreation/)

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

### Moraine State Park

225 Pleasant Valley Road, Portersville; 724.368.8811, or [dcnr.state.pa.us](http://dcnr.state.pa.us)

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

## In North Allegheny

### Knob Hill Park - Sledding Day

January 18

415 Knob Road, Wexford;

724.935.3090 or [twp.marshall.pa.us](http://twp.marshall.pa.us)

Make some memories with your family and friends at Marshall Township's Sledding Day, which includes hot cocoa and snacks! To register, and for other information, visit the website.

## In Ross

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

1000 Ross Park Mall Drive, Ross Twp.; [llbean.com](http://llbean.com), or 1.888.552.5571

Learn how to snowshoe, camp in the winter, or take a guided winter hike or stargazing adventure at a local park. L.L. Bean offers in-store clinics and outings at local parks that are free or affordable. Check the website for more information.

## In Cranberry

### North Boundary Park

1171 North Boundary Road, Cranberry Twp.; 724.776.4386, or [twp.cranberry.pa.us](http://twp.cranberry.pa.us)

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

### Succop Nature Park - Birds and More Naturalist-Led Hike

Thursdays year round, except for holidays

185 W. Airport Road, Butler; 724.586.2591,

or [aswp.org/pages/succop](http://aswp.org/pages/succop)

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

## In Sewickley

### Fern Hollow Nature Center

1901 Glen Mitchell Road, Sewickley;

412.741.6136, or [fhnc.org](http://fhnc.org)

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

### Robert Morris University Island Sports Center

7600 Grand Avenue, Neville Island; 412.397.4454, or [rmuislandsports.org](http://rmuislandsports.org)

Winter is the best time for all ages to learn how to skate, play hockey, or just enjoy an afternoon of affordable skating at a public skate session. Visit the website for rates, available days and times.

## In Pine-Richland

### Irwin Run Conservation Area

Jackson and Irwin Roads, Gibsonia; 412.741.2750,

or [alleghenylandtrust.org](http://alleghenylandtrust.org)

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

### Pine Park

100 Pine Park Drive, Wexford; 724.625.1636, or [twp.pine.pa.us](http://twp.pine.pa.us)

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



# Building a Better You!

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**O**ur bodies are all different from head to toe, and staying healthy and feeling your best is important at any age. And healthy bodies make us happy—and happiness is good for your health.

## SLEEP YOUR WAY TO A HEALTHIER YOU

By now, you've most likely heard the news on the numerous benefits of sleep on overall health. From improving brain

function to assisting in weight loss, getting the recommended hours of sleep fit for your age is essential to staying healthy. The message is loud and clear to adults, who still fight sleep to watch late-night television or finish one more chapter of a good book. You may let children do the same: stay up to finish homework or to play a little while longer. You may think you are making your child happy with the extra time awake, but the

Continued on page 42 >





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effects are ultimately hurting their ability to fully function during the day.

The National Sleep Foundation recommends that children between the ages of 6 and 10 get 10-11 hours of sleep per night, while 11 to 17-year-olds should get 8.5 to 9.5 hours. A poll done by the foundation last year revealed that children were falling short and losing out on the benefits of a good night's sleep. Research shows that less sleep leads to learning and behavior problems, directly affecting cognitive ability, concentration, and problem-solving skills. Many families have seen the negative effects and often assume they are symptoms of ADHD, when these distracting behaviors could likely be reduced or even eliminated by an earlier bedtime.

**Make Sleep Matter**

- **Set bedtimes and wake times.** You can start to make sleep a higher priority for your kids by setting a good example and getting enough sleep yourself. Start by setting bedtimes and wake-up times that you can adhere to on both weekdays and weekends. Creating a pattern will help your body understand its sleep cycle, allowing for more restful nights.
- **Create wind-down activities before bed.** The half-hour before bed should be free of high-energy activities. Start a bedtime routine that includes calming activities like bathtime or reading.
- **Make a bed sanctuary.** As adults, nothing is better than a comfortable place to sleep at night. Make your children's beds the same for them. Add

extra pillows for comfort and a favorite stuffed animal to keep them company at night. Keep lights down to a dim lamp or nightlight to make the room dark enough for sleeping.

• **Keep electronics out or off.**

Electronics produce a blue light that sends a signal to your brain to stop the release of melatonin, making it harder to fall asleep. On top of wanting to text with friends or check social media, children and teens will give any excuse to stay awake. Electronic devices are best left in the dark at bedtime.

**BAD HAIR DAYS?**

If you seem to be having a stint of bad hair days, maybe your body is trying to tell you something. Poor hair condition could be a sign of physical or psychological issues.

**Keeping an Eye on Your Hair**

- **Increase water intake.** Dehydration becomes evident in many forms, but one lesser known form is brittle hair. Increasing water consumption has many benefits, including improving the look and feel of your hair.
- **Hair loss may be a sign of bigger issues.** It is normal to lose 80-100 hairs per day. Feel like you are losing more than that? Stress and anxiety could be the cause. If you can't identify specific stressors, talk to your doctor. Excessive hair loss could be a sign of other health problems.

Continued on page 44 >





## What's New with You?

**T**he human body is an amazing thing, so it's no wonder we can actually heal ourselves from within. By now you have probably heard of PRP/PRF somewhere...maybe it was Kim Kardashian's post about getting a vampire facial or Kobe Bryant having it injected into his knee for joint support? But what exactly is this mysterious potion everyone is raving about? Spoiler alert: it's your OWN BLOOD!

### WHAT IS PRP/PRF AND WHERE DO YOU GET IT?

The process of getting PRP/PRF is actually quite simple. A clinician does a blood draw and the sample is spun down in a centrifuge until it separates into a platelet-rich layer. This layer consists of concentrated human growth factors and platelets, which encourages healing and cell growth. The blood sample in its most natural form is PRF; when you add anticoagulants to the process, it then becomes PRP. Both are used for different purposes throughout the body.

### HOW DO WE USE PRP/PRF?

At my wellness-based practice I have been using PRF/ PRP in my surgeries for almost a decade now, whether it's bone grafting, implants, or treating gingival recession. Adding PRP into the surgical site increases collagen production and vascularization, which promotes rapid healing. I've witnessed firsthand how adding PRP to my surgeries helps people heal almost twice as fast. I am such a firm believer in it that my team and I have been training in advanced PRF/PRP Facial Esthetics to learn what else it can be used for. I am excited to share that we will now be offering our patients several new procedures using their own blood!

**Anti-Aging in Facial Esthetics** – We use PRF in our micro needling treatments, also known as collagen induction therapy. This treatment is highly sought after due to its ability to smooth skin and reduce wrinkles, fine lines, acne scars, and stretch marks. The approach employs small needles that puncture the skin and stimulate local collagen production. When PRF is added to this treatment, the growth factors are delivered deep into the skin for even better results. At Fox Chapel Advanced Dental Care we use the popular DermaPen for this treatment, which is known for its "stamping" technology and is most effective and safe. When using topical numbing gel, this is a pain-free procedure with almost no downtime!

**Filler for Face and Lips** – PRP can be used as an all-natural filler to treat deep wrinkles or the loss of volume in the face and lips. The process takes about 30 minutes, and has little to no negative side effects. The benefit for many people is the option to use their own body's natural pathways to improve their skin, rather than injecting anything artificial into their body. Plus, Botox and other filler treatments break down with time, but the Platelet Rich Plasma lasts and looks better for as long as 18 months to two years.

*Call us today to schedule your PRF/PRP service!!*



This **Industry Insight** was written by Dr. Kevin Pawlowicz.

Dr. Kevin Pawlowicz is a second-generation dentist in Western Pennsylvania who has spent the last 10 years of his 25-plus year career developing his cutting-edge, technology-driven practice. This, along with his full-service CAD/CAM-based lab, allows him to bring unique insight to his passion for teaching and dentistry. Dr. Pawlowicz is a graduate of The Ohio State University with post-graduate training at the institutes of Las Vegas, Dawson, Seattle and Misch. He is a sustaining member of the American Academy of Cosmetic Dentistry, accredited with the Academy of Laser

Dentistry, affiliated with the ADA and PDA, and a member of the ISCD and ACCD. Dr. Pawlowicz lectures both nationally and internationally, and is the author of numerous articles on dental materials and techniques. In addition to lecturing, he aids in the development of new dental products and technology and continues to be on the advisory board of many companies.



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- **Eat well for luscious locks.** Think your diet has nothing to do with the way your hair looks? Think again. Hair quality can change over time with continual consumption of processed foods. Keep a healthy diet full of nutrient-rich foods including healthy fats, dark leafy greens, and fish and you'll be on your way to radiant hair.

## HEAR ALL ABOUT IT

Although hearing loss is most commonly associated with aging, it could happen at any time and can be caused by environmental conditions like working in a noisy environment, earwax buildup, or inner ear damage. According to the National Center for Health Statistics, the average person waits six years after the first signs of hearing loss to get checked by a doctor. Hearing problems are considered an undertreated issue for reasons including patient denial, vanity, and less awareness of issues associated with hearing loss. With the oldest Baby Boomers entering their 70s, an age at which many individuals only start seeking medical attention for hearing ailments, it is important to take charge at the first signs of trouble.

A study on the psychological effects of hearing loss was done for the American Psychology Association and focused on mental health in patients who suffer from hearing loss. The National Council on Aging study found that 2,304 people who suffered from hearing loss but used no form of treatment were 50% more likely to suffer from sadness or depression than individuals who wore hearing aids. It revealed that individuals not using hearing aids showed more signs of anger, anxiety and frustration, causing them to be less involved in social activities than those who wear aids. The risk for dementia also increases in patients who suffer from hearing loss, due to sensory loss and growing social isolation, pointed out in a study conducted by the Archives of Neurology.

Start becoming aware of the signs of hearing loss, and consult your doctor or audiologist if you start to notice some of the symptoms:

- Trouble hearing over the phone
- Vertigo, causing dizziness, pain, or ringing in the ears
- Mumbled voices

- Having to ask others to repeat themselves often
- Avoidance of social situations
- Having a family medical history of hearing loss

Individuals with hearing loss may often be reluctant to face the reality, but may not know about the deeper implications of letting it go untreated. If you or someone you know may be experiencing some of the symptoms of hearing loss, be sure to understand and share the benefits of seeking treatment.

## TAKE CARE OF YOUR SKIN

As we learned in grade school, our largest organ is our skin. Our skin regulates body temperature, protects against the elements, and gives us the feeling of different sensations. Since our skin does so much for us, it is important to take care of it. A skin care routine is important for men and women of all ages, although it will vary throughout the years.

### Teenage Years

When starting your first skin care routine, it's important to first determine your skin type. It's pretty simple to figure out whether oily, dry, or combination. Between breakouts and blemishes, think about how your skin feels on a day-to-day basis. Here are some do's and don'ts about treating your skin during your teens:

- **DO:** Pick a cleanser, scrub, toner, and moisturizer that are meant for your skin type. Labels make it easy to choose between the different

brands. Many brands have a line of products developed especially for oily, dry, or combination skin. It is still important to put on moisturizer if you have oily skin, but be sure to look for one that is oil-free.

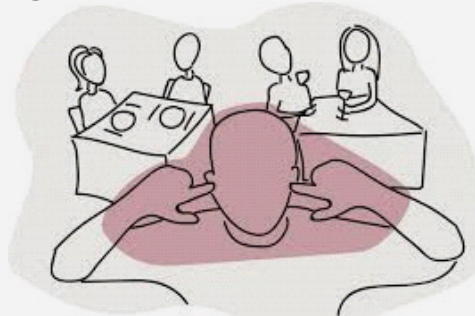
- **DO:** Look for a moisturizer or foundation that has SPF! It is important to keep something with SPF on whenever you go outside to protect your skin from the damaging effects of the sun now and in the future (you'll be so glad you did).
- **DON'T:** Pick! You can pick your friends, but don't pick your stubborn pimples! Although you might want to rid yourself of whiteheads and blackheads, resist the urge. This could lead to long-term damaging effects on your skin.
- **DON'T:** Leave makeup on overnight. As tempting as it is to crash after a long day, be sure to give your pores a rest from makeup. Makeup-removing wipes are a quick way to at least get a majority of products off your face.
- **DO:** Be sure to wipe down your cell phone. Bacteria can live on the surface and cause major breakouts on your cheeks and chin if not properly sanitized.

Continued on page 48 >





# TIPS FOR HEARING IN A NOISY RESTAURANT THIS HOLIDAY SEASON!



Both Zagat and Consumer Reports surveys have found that excessive noise is among the top complaints diners have, ahead of service, crowds, or even food issues. Specifically, Zagat's 2016 America's Top Restaurants Survey showed that a noisy restaurant is the #1 complaint from diners. Even for those with normal hearing, following a conversation in a loud restaurant can be a challenge. But when you have hearing loss, the clanging dishes, music, and voices in a large open area can make hearing when dining out nearly impossible.

However, these tips will help you make your next night out on the town more enjoyable!

- 1.) If you have a choice between a table or a booth, pick a booth.
- 2.) Check where you are seated. Are you sitting directly under the air conditioner, fan or music speaker? Loud music is not your friend! If you ask, sometimes the restaurant will agree to turn down the volume of the music.
- 3.) Most hearing aids have directional microphones (two microphones instead of one) — put the greatest amount of

noise behind you. Directional microphones are designed to reduce sounds from the side and the rear, and focus on sounds in front of you. Think of it this way: Directional microphones will focus your hearing aids wherever your nose is pointing. So if you are facing into a noisy restaurant, the directional microphones will be focusing on the greatest amount of background noise. That is not good! When your hearing aids have directional microphones, the best spot to sit is where the room noise will be behind you.

- 4.) If you are dining with a larger group, try to avoid sitting at the ends of the table. It is very difficult to hear from one end to the other, so try to sit in the middle. Be realistic. You are not going to hear everyone, so sit next to people you like!
- 5.) Don't sit near the kitchen, bar or host area. The ambient noise from these locations will be distracting.
- 6.) Look at the person who is talking. When you are in a challenging listening situation, like a restaurant, you are going to need to use some visual cues.

Restaurants over the past two decades have reduced acoustical dampers such as tablecloths, carpet and drapery. The shift to casual dining from formal has also been seen in the industrial architecture, with use of concrete, stone, tin ceiling and tile—all increasing noise pollution! Choose your eatery wisely; your time and hearing are valuable!

Sources: "I can't hear you" by Julia Belluz, "Hearing Loss News" by All American Hearing

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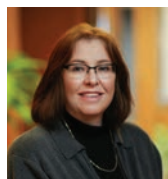
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This **Industry Insight** was written by Beth M. Kenny, AuD, who earned her undergraduate degree in Communication Science & Disorders at the University of Pittsburgh and a Master of Arts in Audiology from the University of Pittsburgh. She completed her clinical doctorate in Audiology from A.T. Still University in 2005. Beth is certified by the American Academy of Audiology and has been practicing since 2003.



Debra L. Greenberger is the owner of Eartique. She received her master's degree in Audiology (Hearing Science) from Washington University in St. Louis, Missouri, and she is certified by the American Speech and Hearing Association. Debra has been diagnosing hearing loss and fitting hearing aids for over 25 years.



Leslie A. Dunst, MS/CCC-A, is a Clinical Audiologist who has enjoyed providing diagnostic testing and rehabilitative services for over 25 years. She earned her Bachelor of Science degree in Speech Pathology and Audiology and her Master of Science in Audiology from West Virginia University. Leslie is also certified by the American Speech-Language-Hearing Association. Her diverse background spans three states (Ohio, West Virginia and Pennsylvania) and includes private practice, ENT offices, and clinical and hospital settings. Leslie is dedicated to providing quality service to her patients and committed to helping improve their quality of life by helping them to hear their best. She resides in Peters Township with her husband and son.



## SKIN LOGIC DERMATOLOGY

### The Logical Place for All of Your Skin Care Needs

**D**r. Kimberly Rau, M.D., founder of Skin Logic Dermatology, has served the North Hills area as a board-certified dermatologist for over 14 years, maintaining one of the few independent practices in the region.

With patients ranging from children to adults, Skin Logic Dermatology excels at helping to find solutions for acne, warts, moles, skin tags, rashes and infections, as well as skin cancer diagnoses and treatments. One of the growing components of the practice is cosmetic dermatology. Skin Logic Dermatology provides Dysport treatments (similar to Botox) as well as restorative volume fillers to help create a more youthful appearance, and three different types of specialized skin peels, which enhance and rejuvenate the complexion. Additionally, the practice sells a line of creams, lotions, cleansers, and sunscreens to fight acne and aging skin at a fraction of the price of many prescriptions.

Dr. Rau and Jillian Kelly, PA-C (Physician Assistant-Certified) perform skin cancer screenings with the emphasis on early detection and treatment. When a skin lesion appears abnormal, the providers take a sample of it to be analyzed by a dermatopathology lab. If the lesion is subsequently diagnosed as a skin cancer or abnormal mole, it can usually be treated in the office with one of many short procedures.

"People tend to think that skin cancer results from getting too much sun, but every person over the age of 30 should schedule a screening," notes Dr. Rau. "Melanoma can develop anywhere on the body, not just areas that are regularly exposed to the sun." Skin Logic Dermatology welcomes new pediatric and adult patients and accepts most forms of insurance.

Please visit [skinlogicdermatology.com](http://skinlogicdermatology.com) for more information about products and services, or call 412.492.7546 today to schedule an appointment.



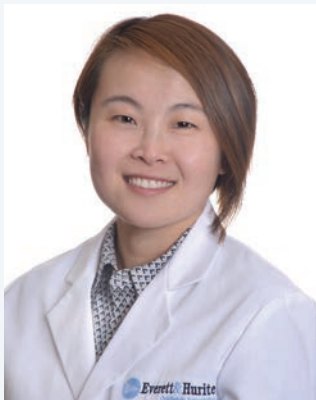
## Everett & Hurite

Ophthalmic Association

### Welcomes

Jenny Yu, MD, FACS

Oculoplastics, Aesthetics, Orbital & Reconstructive Surgery



Dr. Jenny Yu (Will) is a specialist in the field of oculoplastics. For over 10 years Dr. Yu has been in clinical practice with a focus on aesthetic, reconstructive, and orbital surgery in both adults and children.

Dr. Yu's primary clinical focus areas include restoring a youthful appearance through a combination of minimally invasive techniques (graceful aging), being part of a multidisciplinary team that treats thyroid eye disease from diagnosis to restorative surgeries, and secondary reconstructive surgeries for post trauma, facial nerve palsies, and Moh's surgery patients.

#### SEEING PATIENTS AT:

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# Your Guide Through Change

We are serving the first “death-free” society. Due to distance and time, few people have experience of death and what death entails. In the past, people died at home surrounded by family and friends, because people usually lived close to where they were born.

Today, it is very different. Death occurs in a hospital, nursing home or hospice. Family are scattered across the country or world. Therefore, there may be no close association to the death. We recently served a family where the spouse had never been in a funeral home much less planned and arranged for a funeral.

We also understand that distance between families does not mean diminished love. We all have family and friends who when separated by distance and time can pick up their relationships right away. The denial of any viewing or gathering or service can be devastating to survivors. Psychologists have repeatedly stated the value of the funeral...of some sort.

Not knowing what to do may cause families to choose efficiency over effectiveness. Some chose to do very little or nothing with a direct burial or cremation. This may be efficient but is this choice effective? We have found that due to distance and time, some surviving family members just need to see for themselves. They have the need to know through evidence. There is a disconnect between what people want and what families need.

Many funeral directors are order takers. They only do what the family asks. Families then find out later that they could have done



something different if only that funeral director gave them options. The family is not satisfied with the outcomes provided by that funeral director.

The Perman difference is that we are constantly learning about new ideas, options and understanding the funeral consumer. Our consistent and ongoing training to understand and respond to changing consumer demands is very important. We view our role as the family's trusted advisor.

Why?

We serve families with no previous funeral or funeral arranging experience. Loved ones don't know what to do, how to do it, or even why they should do it. We understand that arrangements start long before we meet with a family. Information is messaged, texted or faxed in advance to begin the arrangement process. Some of our arrangement conferences have taken up to three hours. We take the time to explain the value of having something—a viewing, services, a private family goodbye, memorial services or even the big party, to say goodbye. We take the time to explain options. Your family's funeral experience needs to be effective and memorable.

Our facility also reflects your changing demands. The funeral home becomes “the family home”. Our funeral home is large with 9000 square feet of dedicated space. We have television monitors, digital music system, kitchen facilities, WiFi and on-site banquet space for 125 persons. Our space is also modern, flexible and open. We have ample parking at the funeral home. Our space becomes your family's comfortable place.

Our staff understands that the funeral is an infrequent purchase that no one wants to make. We will explain options based on the life story of your dead, time and cost. Please use our experience in dealing with death. If you want the “big party”, have it. If you want the ash scattering at the beach, do it. We can and will help.

Delivering the outcomes that families need, even if they don't know what they need at the time is what we do. I always say, “An educated consumer makes the best decisions.” If new options, new facilities and new ideas are what your family needs, find out what Perman Funeral Home can do for you.



**Please bring your old worn, torn or faded flag to Perman Funeral Home**

The flags collected will be retired in a dignified manner by local members of the Boy Scouts of America and the Veterans of Foreign Wars.

*US Flag Code: The flag when it is in such condition that it is no longer a fitting emblem for display, should be destroyed in a dignified way, preferably by burning.*




**Perman Funeral Home**  
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This **Industry Insight** was written by Frank Perman, FD, Supervisor, CFSP, CPC, CCO, CFC. He is the owner of Perman Funeral Home and Cremation Services Inc., 923 Saxonburg Boulevard at Rt. 8 in Shaler Township. Mr. Perman believes an educated consumer makes the most personal, affordable and memorable decisions. Inquiries may be made to him at 412.486.3600 or emailed to [frank@permanfuneralhome.com](mailto:frank@permanfuneralhome.com).



### Prevention Years

As a young adult, it's important to continue good habits of caring for your skin. This is the prime age to prevent unwanted wrinkles that you may start to face in the next five to 10 years. Now is the time to take charge by:

- **Wearing eye cream.** We have seen the commercials about preventing wrinkles. But when do you have to start? NOW! The skin around your eyes is very thin and just a short amount of sunlight could cause lasting wrinkles.
- **Applying SPF products to face, neck, and hands.** Skipping the protection of an SPF could throw off your entire routine. Find a good moisturizer that combines protection with moisture and apply it to your face, neck, and hands. The neck and hands are often overlooked, but prime spots for the sun to hit and cause wrinkles.
- **Quitting bad habits.** Now is a better time than ever to kick the bad habits you formed in high school and college. The number of benefits to canceling your package at the tanning salon and quitting smoking would take up this entire article, but for skin's sake, give them up!

### Treatment Years

Now is the time to treat the years of damage that the sun and other elements have caused to your skin.

- **Put the right nutrients into your body.** It's important to make sure your body is getting all the nutrients it needs on the inside for radiant skin on the outside. This includes lots of water!
- **Take cover when heading outside.** SPF products shouldn't be skipped at this age either and should be applied daily. Try adding a hat and cover your skin to prevent overexposure to the harmful rays of the sun, even in the cooler months.
- **Find a good retinoid.** Derived from vitamin A, retinoids boost collagen

production in the skin to stimulate blood vessels and unclog pores.

## SEEING INTO THE FUTURE

Twenty-first century children will be looking beyond genetics as a cause for needing corrective eyewear, according to the American Optometric Association (AOA). In the Digital Age, children are exposed to electronic devices their whole lives as an integral part of social and educational practices. Teachers are continuing to increase the amount of digital technology used in the classroom, and it is expected that computer simulations will account for much of the learning style in the future. Both teachers and parents are finding that children are adapting well to the use of technology in the classroom, making learning more interactive and current than most textbook learning.

The AOA's 2015 American Eye-Q survey stated that 41 percent of parents say their kids spend three or more hours per day using digital devices, and 66 percent of kids have their own smartphone or tablet. As technology becomes more of an essential part of modern life, it is important for parents to facilitate balance in their children's digital usage. Electronic devices, including televisions, give off blue and violet light that may affect vision by causing eyestrain and discomfort. If your child has to do homework using a computer or tablet, then keep the television and other devices off during dinnertime and enjoy

conversation together. Optometrists also researched the importance of natural sunlight exposure to the eyes and say that a lack of exposure to natural light could affect the growth and development of vision.

### Digital eyestrain symptoms

- Burning
- Itchy or tired
- Increased headaches
- Fatigue
- Blurry vision
- Head and neck pain

The best way to properly monitor eye and vision health is to make sure your child gets a comprehensive eye exam every year.

## KEEP YOUR TEETH & GUMS HEALTHY

A big smile can say a lot about your overall health, so if you've been skipping out on the dentist, you may want to schedule your visit. A yearly dental visit protects against poor oral health that can lead to greater problems down the road. Good oral hygiene, including brushing at least twice a day with a fluoride toothpaste and flossing, can protect against the damaging effects of gum disease. Gingivitis is a mild form of gum disease that is due to plaque and tartar buildup on teeth, leaving gums red, swollen, and irritated. When left untreated, gingivitis can advance to periodontitis. A more serious and painful disease, periodontitis causes gums to

Continued on page 50 >





# Christopher Spearman, M.D.

Joins

## Scott & Christie Eyecare Associates

**NOW SEEING PATIENTS  
AT THE CRANBERRY & FOX CHAPEL  
LOCATIONS**



Christopher Spearman, M.D.

Christopher Spearman's journey has taken him full circle since he left home in Marshall Township to attend Penn State University to study biochemistry and molecular biology. From there, he moved on to medical school at Thomas Jefferson University, where he discovered his love for ophthalmology. His next stop was at Lankenau Medical Center for his internship before moving on to the University of Wisconsin where he completed his professional training with a residency in ophthalmology.

A member of the American Academy of Ophthalmology (AAO) and American Society of Cataract and Refractive Surgery (ASCRS), Dr. Spearman is also the newest addition to Scott & Christie Eyecare Associates. While he is happy to have returned to his roots with his wife and daughter, Dr. Spearman also asserts, "I'm so excited to be a part of the amazing tradition that has been established here at Scott & Christie. And that means maintaining the highest standard of patient care as well as staying at the very forefront of ophthalmology."

To that end, Dr. Spearman will be providing the latest in glaucoma treatment. Known as MIGS (micro-invasive glaucoma surgery), it is generally performed in conjunction with cataract surgery. Looking beyond glaucoma, Dr. Spearman also specializes in the diagnosis and treatment of other eye ailments including those associated with cataracts, macular degeneration, diabetes, and dry eye. A skilled surgeon, patients will look to him to perform laser-assisted cataract surgery, multifocal-lens implants, and astigmatism-correcting procedures.

Doctor Spearman is excited to partner with ophthalmologists William Christie and Daniel Zimmer in caring for patients at both Scott & Christie Eyecare's locations in Cranberry Township and Fox Chapel. He looks forward to the opportunity to develop long-term relationships with patients. "Being able to take care of someone's vision throughout their life is an incredible privilege," in his words.

When he's not indoors taking care of his patients, chances are you'll find Dr. Spearman outside enjoying scuba diving, snowboarding, hiking, and of course, spending time with his family.

To inquire more or to schedule an appointment, call 724.772.5420 or visit [www.scottandchristie.com](http://www.scottandchristie.com).



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pull away from teeth, allowing bacteria to build in the pockets between. Due to the infection and inflammation, your body's natural reaction is to fight the bacteria, which can lead to breakdown of the bones and tissue around your teeth.

Studies also suggest that poor oral health is related to systemic diseases including diabetes, oral cancer, stroke, and heart disease. Routine visits to your dentist can identify oral problems before they become painful and more serious. So how can you protect your pearly whites against long-term health concerns?

- Schedule routine checkups with your dental professional.
- Brush your teeth twice a day.
- Floss daily (you may not see immediate benefits, but you'll be saving your gum health in the long run).
- Eat a balanced diet to get the proper nutrients your teeth and gums need to stay strong.
- Drink lots of water!
- Quit smoking; it is one of the most significant risk factors in developing gum disease.

- Replace your toothbrush every three months.

## NO BONES ABOUT IT

Is your job a pain in the neck? If you work in a sedentary environment, your response is probably yes. Musculoskeletal pain is caused by excessive sitting throughout the day, leading to slouching, hunching over, and muscles in your body going without use for hours. Studies are finding that although a regular workout routine helps, it won't combat the constant weight on your rump. Although some offices are moving toward healthier options, such as convertible stand up/sit down desks or treadmill desks (if you have the skill to think and walk at the same time), most of us have to face our chairs every day. What a pain!

There are ways to prevent the negative effects, such as stiffness and poor circulation, of constant sitting:

- **Get up and move!** If you find yourself sitting for extended periods of time, you need to break the habit. Schedule

an alarm for every 30 minutes to get up and take a lap around your office.

- **Manage your time effectively** by going to pick up your paper from the printer or grabbing a glass of water. Even better? Visit a co-worker to talk about a project instead of sending an email.
- **Establish proper sitting habits.** Keep your back straight, feet at 90 degrees, and eyes level with the top of your computer screen. Make sure your shoulders aren't hunched when resting your elbows on your desk to type.
- **Stretch in place.** Adding stretching to your daily routine is beneficial for anyone. Stand up and do a few stretches at your desk to get your muscles loosened up and moving. Feeling spunky? Add a few jumping jacks in to get your heart rate pumping for some extra energy.
- **Realize how much sitting you do.** Sitting for eight hours at your job has negative effects on your body, but going home and sitting on the couch

Continued on page 53 >



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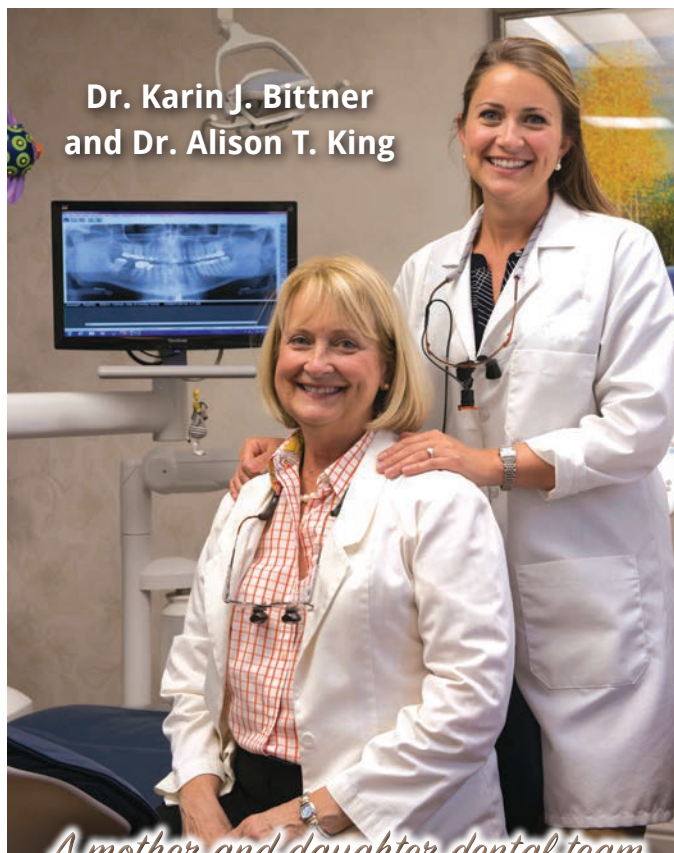
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*A mother and daughter dental team*



# Associates in Ophthalmology: First Practice in Western Pennsylvania to Implant the New AcrySof® IQ PanOptix® IOL



PanOptix is already one of the leading presbyopia-correcting IOLs in more than 70 countries.

It is designed for today's active lifestyles, from viewing mobile devices and computer screens to high-quality distance vision in a range of lighting conditions. The new lens uses ENLIGHTEN® Optical Technology, a proprietary design that optimizes intermediate vision without compromising near and distance vision. Available in spherical and toric designs, PanOptix is built on Alcon's proven AcrySof IQ IOL platform that has been implanted in more than 120 million eyes globally.

*"We are proud to bring this new class of IOLs to the largest eye care market in the world," said David J. Endicott, Chief Executive Officer of Alcon. "We are leveraging Alcon's years of experience with PanOptix in other countries to provide the best possible training and support for U.S. surgeons. Our goal is to ensure optimal outcomes for cataract patients looking to correct their vision at all distances, with the vast majority of them never needing to wear glasses post-surgery."*

- PanOptix delivers an exceptional combination of near, intermediate and distance vision and substantially reduces the need for glasses.
- More than ninety-nine percent of PanOptix patients in the FDA clinical study said they would choose the same lens again.

*"My early results with PanOptix have been more than encouraging!" - Dr. Cibik*

More than 4 million cataract surgeries are performed each year in the U.S., which is projected to increase by more than 16 percent by the end of 2024. The presbyopia-correcting IOL market is expected to grow 60 percent by the end of 2024.

Cataracts are the most common age-related eye condition and the leading cause of preventable blindness. Twenty million people in the U.S. age 40 and older have cataracts. Cataracts are treated by removing the eye's cloudy natural lens and surgically replacing it with an intraocular lens or IOL. More than 98 percent of cataract surgeries are considered successful, and patients typically can return to their normal routines within 24 hours.

Become a PanOptimist and seize life without cataracts with the PanOptix® Trifocal Lens. To learn more about your cataract surgery options and if the PanOptix® Lens is right for you, give us a call to schedule your consultation.

**O**n Thursday, September 5, 2019, Associates in Ophthalmology's Lisa M. Cibik, MD, FACS, Director of Cataract Services, was the first ophthalmologist in Western Pennsylvania to implant the AcrySof® IQ PanOptix® Trifocal Intraocular Lens (IOL).



AIO is excited to continue to be the leader in technology on the western side of Pennsylvania in the ophthalmology industry by introducing new innovative technology to their practice.

Alcon, the global leader in eye care, announced the Food and Drug Administration (FDA) approval and its initial commercial launch of AcrySof® IQ PanOptix®

Trifocal Intraocular Lens (IOL), the first and only

trifocal lens for U.S. patients undergoing cataract surgery. PanOptix is clinically shown to deliver an exceptional combination of near, intermediate and distance vision while significantly reducing the need for glasses after surgery.



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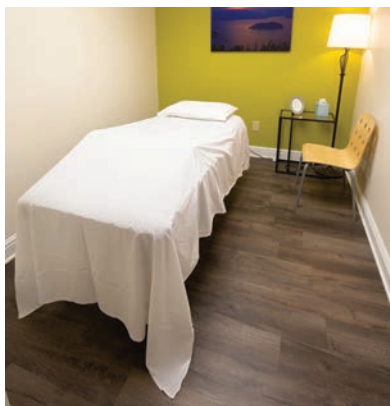


## *Supporting Your Journey on the Path to Complete Health*

Celebrating 10 years of helping clients feel their best through traditional Chinese medicine, WAY Wellness Center sees a bright and fruitful future ahead.

As a growing health and wellness facility, WAY Wellness Center relocated to Old Freeport Road last year in order to better serve clients with a more accessible location in Fox Chapel. But it's what happens inside that makes all the difference.

"We offer the full gamut of traditional Chinese medicine, from acupuncture, massage and bodywork to herbal medicine, Qigong energy work, and movement exercise," said Daniel Johnson, DMQ, LAc, Clinical Director for WAY. "We have three licensed acupuncturists and two licensed massage therapists on staff. One therapist is one of only two in the Pittsburgh region certified in Neural Reset Therapy (NRT), a popular technique favored by professional sports athletes."



Within all of its practices, WAY Wellness Center strives to relieve the immediate symptoms of pain, stress and anxiety, while focusing on the long-term outlook for patients. The team works in tandem, compiling a profile of each individual client, determining where they are on their path of health, setting individual client goals, and designing an integrated treatment plan.

"Our practitioners help folks to make better choices for maintaining their overall health going forward, and supporting them along that journey," Johnson explained. "We try our best to get to root causes of the unique issues our clients present to us. We want our clients to have a greater level of confidence regarding the role they play in their own health. Initially, the treatment plan may include several consecutive visits over a few weeks. We love the idea of transitioning folks to the point where they only come in every month for preventive support, or a few times a year as the seasons shift. But



Trish Podgorski, Lisa Facinelli, LAc, Daniel Johnson, DMQ, LAc, Robert Bastress II, MMQ, LAc, Dan Gehret, LMT, CNRT-M, Karen Henery, LMT, CPS

the optimal goal is for folks to get better and experience less acute pain, illness, or stress."

And just because WAY Wellness Center practices traditional Chinese medicine doesn't mean it's not on the forefront of technology. WAY combines ancient and modern techniques to help clients eliminate allergies, perform nutritional response surveys to pull out hidden allergies and sensitivities, and even has a fertility enhancement program. Its herbal pharmacy offers everything from medicinal supplements and topicals, to CBD and hemp oil products. The pharmacy can also compound over 300 different, customizable formulas of traditional Chinese herbal supplements for clients, to help them heal from virtually any malady.

As the largest acupuncture clinic in Western Pennsylvania, WAY Wellness Center accepts coverage under several major insurance carriers and is constantly looking to bring more into the fold for clients. As an approved community care provider for the VA Health System in the Pittsburgh region, WAY is proud to provide support to those who have served the country. It's also a hub for athletes looking to integrate acupuncture into their sports medicine and recovery regimens.

For more information on all of the ways WAY Wellness Center can get you back on a path to health and wellness, go to the website at [waywellnesscenter.com](http://waywellnesscenter.com). WAY Wellness Center is located at 1360 Old Freeport Road, Suite 1A, 15238. You can also call at 412.772.1461 or email at [waywellnesscenter@gmail.com](mailto:waywellnesscenter@gmail.com) with any questions or to make an appointment.

Mention this article to receive **\$20 OFF** first acupuncture appointment for new clients -OR- **\$10 OFF** massage appointment for new clients only. Offer good for first treatment only, one per person. Offer expires end of 2020.



for the rest of the night doubles those effects, increasing cause for concern. If you have a sedentary job, make a point of taking a walk when you get home or spend some time on your feet with your kids or at the gym. Keeping active during breaks and on the weekends will help combat negative effects from the workweek.

## HEART HEALTH—SKIP THE SUGAR!

Heart disease is the number-one killer of all Americans, but awareness of the disease and its causes has allowed for a decrease in the number of deaths associated with it in recent years. Eating well and exercising are obvious ways to prevent the onset of heart disease, but a recent study by the Journal of the American College of Cardiology looks at another culprit that has damaging effects on your heart: sugar (fructose). According to the study, one to two servings of sugary drinks per day raises a person's risk of heart disease by 35 percent.

It is important to be cognizant of sugar intake, as it can often sneak into your diet unnoticed. Men should only consume about 37.5 grams of added sugar (think coffee drinks, sodas, yeast breads, cereals, fruit drinks) per day, while women should stay around 25 grams. Starting out the day with a latte, frozen beverage, or soda could add anywhere from 20 to 63 grams of sugar in just 12 ounces! Make sure to stop and think before you consume added sugar for the sake of your heart health because sugar isn't as sweet as it seems.

## BEST FOOT FORWARD

After hours of physical abuse from constant pounding and tapping, your feet deserve a break! Feet take a constant beating every day and we often blame foot pain on a long day on our feet or shoes with poor support, but foot pain may be caused by other problems in your body that shouldn't be ignored.

### Keep tabs on your feet by:

- examining them regularly
- wearing comfortable shoes that fit properly and offer plenty of support
- keeping your toenails trimmed straight across
- allowing your feet to air out after being in shoes

### Talk to your doctor if you are experiencing:

- joint stiffness
- tingling or numbness
- swelling
- discoloration or bruising
- inability or limiting of physical tasks due to foot pain ■



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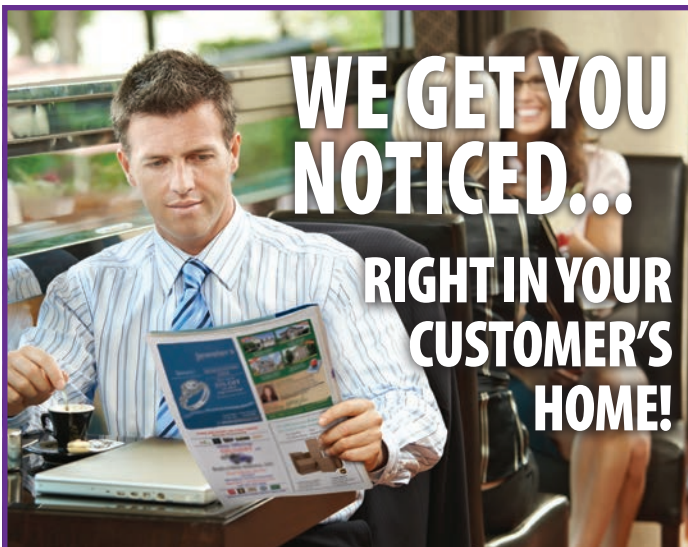
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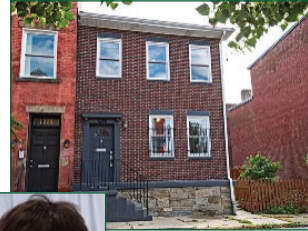
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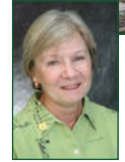
215 Hillcrest Roads  
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**Meredith Ward Ley/  
Trudy Ward**  
412-559-7905



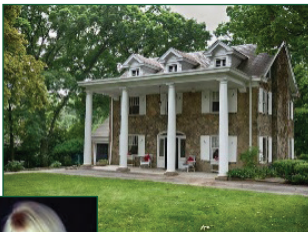
879 Route 910  
\$350,000  
**Sharon Wallace-Platt**  
412-889-4528



1226 Sherman Avenue  
\$319,999  
**Michele Williams**  
412-889-3359



2 Autumn Path  
\$745,000  
**Barbara Pfendler**  
412-916-2005



6 Windsor Road  
\$595,000  
**Jhonnie Sims**  
412-980-3724



119 S Pasadena  
\$399,000  
**Wendie Zimmerman**  
412-999-6481



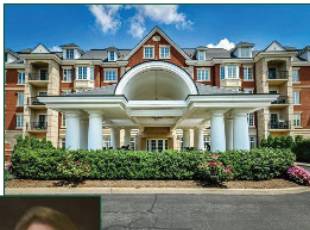
One Meadowood Court  
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**Charlotte Gibbons**  
412-491-9020



920 Fox Chapel Road  
\$1,600,000  
**Laura Sauereisen/  
Lauren Mohn**  
412-720-1112



340 Fox Chapel Road  
\$3,290,000  
**Stephanie Veenis**  
412-551-9117



100 Vista Circle 509  
\$950,000  
**Jean Bongiovanni**  
412-414-7085



412 Wickford Drive  
\$549,000  
**Laura Sauereisen/  
Lauren Mohn**  
412-720-1112



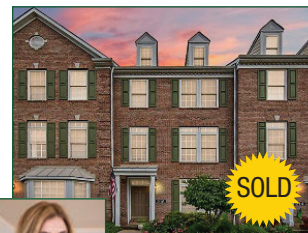
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**Michele Williams**  
412-889-3359



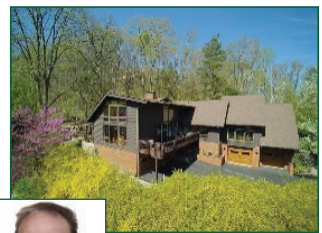
207 Sweet Gum  
\$529,000  
**Meredith Ward Ley/  
Trudy Ward**  
412-559-7905



2119 Middle Road  
\$1,100,000  
**Charlotte Gibbons**  
412-491-9020



216 Park Square Lane  
\$389,900  
**Molly Finley**  
412-427-9668



160 Lakeside Drive  
\$1,200,000  
**Bob Friend**  
412-576-3444

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Vice President,  
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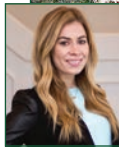
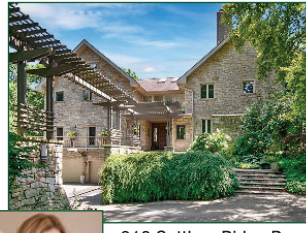
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**412-401-7240**



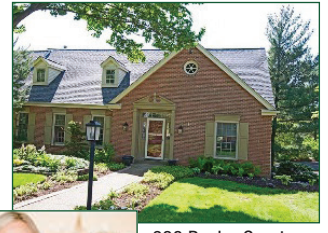
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412-427-1198



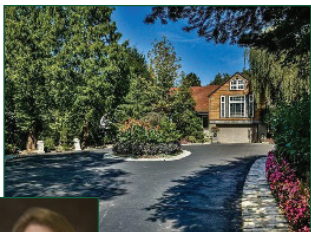
18 Wedgewood Lane  
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**Lauren Mohn/Laura Sauereisen**  
412-901-9415



918 Settlers Ridge Road  
\$1,850,000  
**Molly Finley/Bob Friend**  
412-427-9668



638 Poplar Court  
\$585,000  
**Trudy Ward/Meredith Ward Ley**  
412-849-5767



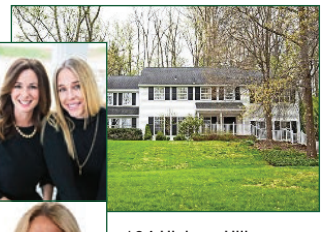
100 Hillcrest Road  
\$1,895,000  
**Jean Bongiovanni**  
412-414-7085



245 Alpine Village Drive  
\$169,500  
**Michele Williams**  
412-889-3359



413 Dorseyville Road  
\$259,000  
**Jhonnie Sims**  
412-980-3724



104 Hickory Hill  
\$1,250,000  
**Lauren Mohn/Laura Sauereisen/Roz Neiman**  
412-889-5488



27 Windsor Road  
\$925,000  
**Leigh Friday**  
412-977-3310



606 Woodvalley Drive  
\$974,900  
**Lauren Mohn/Laura Sauereisen**  
412-901-9415



81 Chapel Ridge Place  
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**Sue Kamal**  
412-352-7051



552 4th Street  
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**Ross Molinaro IV**  
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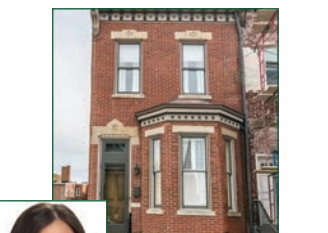
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\$249,000  
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240 Kettering Circle  
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# Holiday Magic!

## Holiday Festivities & Fun

### Kids' Christmas Bird Count at Beechwood Nature Reserve

Date: Dec. 28  
Time: 10 a.m. to 12 p.m.  
Address: 614 Dorseyville Road, Fox Chapel  
Contact: aswp.org (Registration in advance is required.)

A family-friendly bird count guided by a naturalist! Children must be accompanied by a responsible adult. Register online.

### Cooper-Siegel Library Chinese New Year Celebration

Date: Jan. 25  
Time: 10:30 a.m.  
Address: 403 Fox Chapel Road, Fox Chapel  
Contact: coopersiegelcommunitylibrary.org, or 412.828.9520 (Registration is required.)

Xin Nian Hao Ya! (Happy New Year!) This is the year of the Rat. Wendy Huang and Doug Eng share traditions and customs of the Chinese New Year. Registration is required.

### Fun Fore All Holiday Lights Mini-Golf Festival

Dates: Through Jan. 7  
Address: 8 Progress Avenue, Cranberry Township  
Contact: funforeall.com, or 724.779.1800

Up your mini-golf game in the winter by adding some holiday lights!

### 'A Very Merry Pittsburgh' at Heinz History Center

Dates: Through Jan. 5  
Address: 1212 Smallman Street, Pittsburgh (Strip District)  
Contact: heinzhistorycenter.org

A special exhibit about winter holidays in Pittsburgh – play with retro toys, see artifacts from former downtown stores, and learn about various traditions and celebrations of Pittsburghers through the years.

### Kennywood Holiday Lights

Dates: Dec. 26-30  
Address: 4800 Kennywood Boulevard, West Mifflin  
Contact: kennywood.com, or 412.461.0500

"America's Finest Traditional Amusement Park" decks its halls (and rides) with nearly two million twinkling lights, highlighted by the tallest Christmas tree in the state of Pennsylvania. Enjoy holiday songs, see spectacular light shows, and more!

### Lumaze: Lost in Lights

Dates: Through Jan. 4  
Time: 4-10 p.m.  
Address: 31st Street Studios, 77 31st Street, Pittsburgh (Strip District)  
Contact: lumazelights.com/pittsburgh-christmas/

A magical family-friendly indoor wonderland of lights where you can enjoy interactive gardens, illuminated structures, festive food and drink and entertainment.

### Oglebay Winter Festival of Lights

Dates: Through Jan. 1  
Address: 465 Lodge Drive, Wheeling, WV  
Contact: oglebay.com, or 877.436.1797

The Winter Festival of Lights is a longtime tradition for many inside and outside the region and one of the nation's largest holiday light shows! It features 300 acres of lights over a six-mile drive throughout the Oglebay resort.

### Phipps Holiday Magic: Winter Flower Show and Light Garden

Dates: Through Jan. 12  
Address: 1 Schenley Drive, Pittsburgh (Oakland)  
Contact: phipps.conservatory.org, or 412.622.6914

Over 10 acres of gardens and lights to explore! With the Festival of Trees, a floating forest, a frozen forest and a rainbow glow tree, Phipps' unique display space offers sights you won't see anywhere else!

### Shadrack's Christmas Wonderland

Dates: Through Jan. 5  
Time: 6-10 p.m.  
Address: Big Butler County Fairgrounds, 1127 New Castle Road, Prospect  
Contact: shadrackchristmas.com/pittsburgh-pa, or 866.856.8444

Tune in your car radio and watch the magic of hundreds of thousands of brilliant LED lights! The journey ends at kid-friendly Santa's Village.

From horse-drawn carriage rides and holiday light displays to craft shows and cookie tours, our holiday events guide brings cheer to the entire family.





### Silvester New Year's Eve Celebration

Date: Dec. 31

Time: 3:30-6 p.m.

Address: Downtown Harmony

Contact: [harmoniymuseum.org](http://harmoniymuseum.org), or 724.452.7341

A 5K race, dinner, tree toss, and a ball drop to usher in the new year, on German time!

### Western Pennsylvania Model Railroad Museum Holiday Train Display

Dates: Through early January

(Check the website.)

Address: 5507 Lakeside Drive at Route 910, Gibsonia

Contact: [wpmrm.org](http://wpmrm.org), or 724.444.6944

Visit the holiday train display of one of the oldest model railroad organizations in the nation!

## Upcoming Shows

### Blackwater Celtic Concert

Date: March 14

Time: 7:30 p.m.

Address: The Hillman Center for Performing Arts, 423 Fox Chapel Road, Fox Chapel

Contact: [thehillman.org](http://thehillman.org), or 412.968.3040

High-energy Celtic music blending folk, classical and contemporary influences!

### Gemini Children's Theater: 'Alice in Wonderland'

Dates: Jan. 18-Feb. 2

Address: 420 Chartiers Avenue, McKees Rocks

Contact: [geminitheater.org](http://geminitheater.org)

Interactive show for children adapted from the classic tale you know and love.

### January Ice Jam

Dates: Jan. 10 & 11

Address: Butler Days Inn, 139 Pittsburgh Road, Butler

Contact: [januaryicejam.com](http://januaryicejam.com), or 724.452.6814

A ton of bands playing traditional, contemporary and gospel bluegrass music! Proceeds from the event are donated to efforts to keep this kind of music accessible.

### Legacy Theatre Show: The Skyliners

Date: March 21

Times: 2 p.m. and 7:30 p.m.

Address: 700 Cumberland Woods Drive, Allison Park

Contact: [thelegacylineup.com](http://thelegacylineup.com), or 412.635.8080

Take a stroll down Memory Lane with hits such as "Since I Don't Have You," "Stardust," "This I Swear," and many others!

### 'Home' Presented by Mariposa Theatre for Young Audiences

Dates: Through Dec. 28

Address: 527 Lincoln Avenue, Bellevue

Contact: [mariposatheatre.org](http://mariposatheatre.org)

An intimate show for ages 3 to 6... a wonderfully concrete and yet infinitely playful meditation on the meaning of home.

### North Park Ice Show

Date: March 9

Time: 7 p.m.

Address: North Park Ice Rink, 1200 Pearce Mill Road, Wexford

Contact: [alleghenycounty.us](http://alleghenycounty.us), or 724.935.1971

An annual themed show featuring the students who have taken ice skating lessons at the park!

### Pittsburgh Children's Theater Series Presents 'The Magic School Bus'

Date: Jan. 9

Times: 5:30 p.m. and 7:30 p.m.

Address: Marshall Middle School, 5145 Wexford Run Road, Wexford

Contact: [trustarts.org/pct\\_home/events/series/childrens-theater-series](http://trustarts.org/pct_home/events/series/childrens-theater-series)

Hop on the Magic School Bus for a ride in this new musical adaptation! When the class gets lost on the way to the planetarium, Ms. Frizzle saves the day by blasting into outer space for an epic interplanetary field trip.

### Pittsburgh Concert Chorale: 'Carmina Burana'

Date: Feb. 28

Time: 7:30 p.m.

Address: Ingomar United Methodist Church, 1501 West Ingomar Road, Ingomar

Contact: [pccsing.org](http://pccsing.org), or 412.635.7654

The epic masterpiece by Carl Orff will be performed with his authorized arrangement for two pianos and percussion.

### Pittsburgh Historical Music Society Candlelight Concert

Date: Feb. 22 (Tentative; check the websites.)

Address: Depreciation Lands Museum, 4743 South Pioneer Road, Allison Park

Contact: [facebook.com/pittsburghhistoricalmusic/](http://facebook.com/pittsburghhistoricalmusic/), [depreciationlandsmuseum.org](http://depreciationlandsmuseum.org), or [mary@pittsburghhistoricalmusicsociety.org](mailto:mary@pittsburghhistoricalmusicsociety.org) (Reservations are required.)

An 18th century style concert at the museum (period attire welcome)! Pre-paid reservations are required.

Continued on next page >

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Holiday *Magic!*

### Pittsburgh Philharmonic: Heartbreak at the Symphony

Date: March 20

Time: 7:30 p.m.

Address: Quaker Valley Middle School, 618 Harbaugh Street, Sewickley

Contact: pghphil.org

Hear different composers' takes on Shakespeare's tragic love story "Romeo and Juliet" including Tchaikovsky's Romeo and Juliet Fantasy Overture, operas by Charles Gounod and Frederick Delius, and Richard Wagner's "Tristan und Isolde." American composer Howard Hanson's Romantic Symphony No. 2 rounds out the program.

### River City Brass Celtic Connections IV

Date: March 6

Address: Carson Middle School, 200 Hillvue Lane, McCandless

Contact: rivercitybrass.org

River City Brass bridges old and new with songs from Ireland, Wales and Scotland and American country music.

### Riverfront Theater Company Special Winter Musical Event

Dates: Feb. 12-15

Address: Aspinwall Riverfront Park, 285 River Avenue, Aspinwall

Contact: riverfronttheaterco.org

"I Love You, You're Perfect, Now Change" updated for the 21st century! A hilarious revue celebrating the journey of romantic relationships.

### 'Broadway Meets Motown' at The Strand

Dates: Jan. 24-26

Times: 8 p.m. (Fri./Sat.); 2 p.m. (Sun.)

Address: The Strand Theater, 119 North Main Street, Zelienople

Contact: thestrandtheater.org, or 724.742.0400

An exclusive showcase of the various songs and groups that made a tremendous impact on Broadway and pop culture, including your favorite Motown hits.

### Guided Winter Night Hike at Hartwood Acres

Date: Jan. 10

Time: 7 p.m.

Address: 4000 Middle Road, Allison Park

Contact: alleghenycounty.us/parks or 412.767.9200 (Registration is required.)

Join a park ranger for a nighttime wintertime hike! Be sure to have water and a flashlight and wear appropriate shoes. Please register.

### Hit the Trail for a Hike (Beginner) at Hartwood Acres

Date: Feb. 2

Time: Noon

Address: Mansion Lot, 200 Hartwood Acres, Allison Park

Contact: alleghenycounty.us/parks or 412.767.9200 (Registration is required.)

A fun hike with a ranger! Please register.

Those age 8-12 can explore the Very Merry Pittsburgh exhibition and learn the basics of game design! Advance registration is required on the website.

### L.L. Bean Dog Day Hike at



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### Hartwood Acres

Date: Feb. 2

Time: 1 p.m.

Address: Middle Road Parking Lot, Allison Park

Contact: [alleghenycounty.us](http://alleghenycounty.us), or 888.552.5571 (L.L. Bean)

Get some exercise and enjoy the outdoors with your pooch! All dogs must be on leash for this short hike around the grounds. For ages 8 and up. Call for registration information.

### Full Moon Hikes with L.L. Bean

Dates: Jan. 10 and Feb. 8

Time: 6 p.m.

Address: Pie Traynor Field Parking Lot, North Park

Contact: [alleghenycounty.us](http://alleghenycounty.us), or 888.552.5571 (L.L. Bean)

An exciting hike during the full moon on the trails at North Park! (14 and under with parent or guardian.) Call for registration information.

### L.L. Bean Family-Friendly Hike at North Park

Date: Jan. 19

Time: Noon

Address: Pie Traynor Field Parking Lot, North Park

Contact: [alleghenycounty.us](http://alleghenycounty.us), or 888.552.5571 (L.L. Bean)

Join in a family-friendly hike, stopping along the way to explore nature! Call for registration information.

### Latodami Nature Center Maple Syrup Making Demonstrations

Dates: Feb. 22 and March 21

Times: 10 a.m. and 1 p.m.

Address: Latodami Nature Center, North Park

Contact: [alleghenycounty.us](http://alleghenycounty.us), or 724.935.2170 (Registration is required.)

Learn how to identify and tap trees, collect and boil down sap, and make table-ready syrup! Ages 5 and up; dress well for outdoor weather. Registration is required.

### 'Pens in the Park'

Date: Jan. 11

Time: Noon to 4 p.m.

Address: Ice Rink, 1200 Pearce Mill Road, North Park

Contact: [alleghenycounty.us](http://alleghenycounty.us), or 724.935.1971

Through the Penguins Foundation Give Hockey a Shot program, try on hockey equipment and hit the ice with former Pittsburgh Penguin Tyler Kennedy! Iceburgh will be there for part of the time too and there will be kids' activities to enjoy. Regular rink admission applies.

### Skate with Parker, the Chipmunk, at North Park!

Date: Dec. 27

Time: Noon to 4 p.m.

Address: Ice Rink, 1200 Pearce Mill Road, North Park

Contact: [alleghenycounty.us](http://alleghenycounty.us), or 724.935.1971

Skate along with Allegheny County Parks mascot Parker! Other activities to enjoy as well. Register on the website.

### Guided Winter Nature Hike at North Park: Animal Tracks

Date: Jan. 26

Address: Check at registration for exact location and time.

Contact: [alleghenycounty.us/parks](http://alleghenycounty.us/parks) or 412.935.1971 (Registration is required.)

Join a park ranger for an educational wintertime hike! Bring water and wear appropriate shoes. Please register.

### Hit the Trail for a Hike (Intermediate) at North Park

Date: Feb. 29

Time: Noon

Address: 461 McKinney Road, North Park

Contact: [alleghenycounty.us/parks](http://alleghenycounty.us/parks) or 412.935.1971 (Registration is required.)

Join in an approximately 5-mile hike on the trails! Please register.

### North Park Free Ice Skating Lessons, Tuesdays or Thursdays

Dates: January

Time: 4:40 to 5:20 p.m.

Address: Ice Rink, 1200 Pearce Mill Road, North Park

Contact: [alleghenycounty.us](http://alleghenycounty.us), or 724.935.1971 (Registration is required.)

Instruction is for beginning skaters (ages 5 and up) to learn the correct skating techniques and basic skills. Includes a 30-minute group lesson with five-minute free skate immediately following. Start times may vary slightly depending on inclement weather/ice conditions. Register on the website. ■

\* Didn't see your favorite holiday event or activity listed? Help us include it next time! Email [editors@icmags.com](mailto:editors@icmags.com) with the information.

\* We do our best to make sure the events listed are accurate, but always check the website for the most updated information.



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### WINTER READING CHALLENGE!

Programs for both Kids and Adults,  
January 3 through February 29  
Win prizes! Sign up online.



### Minecraft Mondays!

Mondays beginning January 6,  
runs for 8 weeks, 5:30 to 7:30 p.m.,  
Ages 10 to 15



### Code Club!

Wednesdays beginning January 8,  
runs for 8 weeks, 5:30 to 7:30 p.m.,  
Ages 8 to 14

## CHILDREN'S



**Chess Classes** 6-week session on Sundays  
begins January 5 at 1:30 p.m.

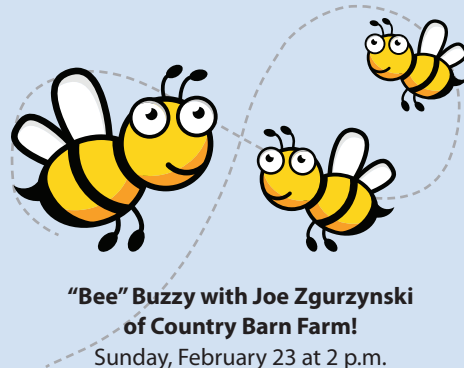
**Who Was Day!** Sunday, January 12 at 2 p.m.



**Chinese New Year Celebration!**  
Saturday, January 25 at 10:30 a.m.



**Valentine Tea Party!**  
Saturday, February 8  
at 11 a.m.



**"Bee" Buzzy with Joe Zgurzynski  
of Country Barn Farm!**  
Sunday, February 23 at 2 p.m.

## ADULTS

**After Hours Game Night**  
Saturday, January 4 from 5 to 9 p.m.

**Calligraphy and Copperplate**  
8-week sessions on Mondays  
begin January 6

**Nuttin' But the Truth  
Nonfiction Book Club**  
Mondays 2 to 3 p.m. (1/27, 2/24, 3/23)

**Mahjong Club**  
4th Tuesdays 1 to 4 p.m.

### SHARPSBURG COMMUNITY LIBRARY EVENTS AND PROGRAMS:

1212 Main Street, Sharpsburg, PA

**Music For Everyone with Achieva**  
Weekly on Thursdays, 1 to 2 p.m.

**Speculative Fiction Book Club**  
Wednesday, January 12 at 7 p.m.

**Mystery Book Club**  
Monday, January 27 at 7 p.m.



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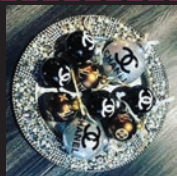
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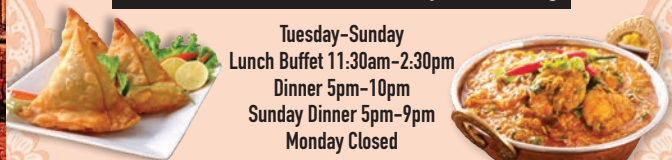
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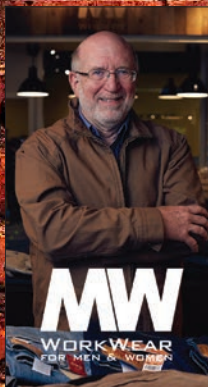


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## *Congratulations* to the Winners of the North **Halloween Pet Costume Contest!**



**Sewickley's Sunny** (dressed as a pirate), was submitted by owner Lari Sochka. "Sunny, a short-hair tabby, survived a long ride in a towed car from Santa Monica, CA, to Los Angeles as a kitten," Lari says. "When mechanics discovered Sunny in the car, they had to take apart half of the engine to get him out! He is now a joyful 4-year-old who has lived in multiple states and is the most grateful, sweetest kitty. The inspiration behind the costume represents Sunny's playful, curious, and sneaky-sided personality...Arrrrr!"



**Oakley from Ross** (dressed as Super Shih Tzu) was submitted by owner Mimi Lelinski.


*To see all the dogs and cats in costume, visit us on Facebook @icmags!*

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We're looking to publish your best neighborhood and community photos from your Instagram, iPhone or camera! Please email your photos to [editors@icmags.com](mailto:editors@icmags.com). Be sure to include your name, the specific location where the photo was taken and any other information you would like to include. The photo must be from the Fox Chapel area (Aspinwall Borough, Blawnox Borough, Fox Chapel Borough, Indiana Township, O'Hara Township, Sharpsburg Borough).

\*To be considered for publication, all high-quality photos must be original size, digital format (1MB or larger) and highest resolution possible, 300 dpi preferred. Please put "Fox Chapel Photo" in the subject line of the email.





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