

Allegheny West Magazine

MONTOUR EDITION

Vol. 11, No. 62
November/December 2013

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Community Publication

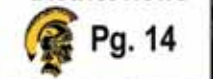


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Pg. 14



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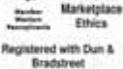
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Jennette Communications Group also publishes the
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Allegheny West Magazine - Montour, is an all positive, good news publication mailed free into the homes and businesses of the Montour School District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

Montour Edition

VOL. 11, ISSUE 62 NOVEMBER/DECEMBER 2013



ABOVE: High school students at Parkway West Career and Technology Center can now enroll in the new Veterinary Technician program. This three-year program prepares students for immediate post-high school employment. Read more on page 43. PHOTO SUBMITTED

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ABOUT THE COVER

David E. Williams Middle School students enjoyed a day of
Indian heritage during Potlatch. PHOTO SUBMITTED

Did You Know?

Founded in 1902, the history of Ingram borough goes back to 1752, when the land was part of Chartiers Township. A grand jury granted a petition to incorporate Ingram as a borough in 1902, and it was named after Thomas Ingram who owned much of the land.

MORE INFO

Allegheny West Magazine-Montour Edition is published in January, March, May, July, September, and November, six issues a year, by Jennette Communications Group, 15 Walnut Street, Suite 101, Imperial PA 15126. Mailed and distributed free to residents and businesses in Ingram, Kennedy, Pennsbury, Robinson, and Thornburg. Extra copies available at municipal offices, schools, libraries, stores, advertisers, hotels, and businesses. Available by mail subscription for \$12 annually. Story ideas welcomed. Community events and announcements from non-profit groups must be received by the 15th of the month prior to publishing date. Announcements are limited to 30 words and must include a contact phone number. Reproduction of any artwork, photographs, or copy prepared by Allegheny West Magazine is strictly prohibited without written consent of Jennette Communications Group. Copyright 1999-2013 Allegheny West Magazine. All rights reserved. Views and opinions expressed by contributors and/or advertisers are the responsibility of the contributors and not those of the publisher of Allegheny West Magazine.

From the PUBLISHER



"The weather outside is frightful..."

Yes, we are seeing the early stages of winter here in our neighborhood. The cold, the wind, the snow, and the ice are reminders, for many, of the hazards and discomfort of this cold weather season.

While I, for one, enjoy my annual countdown to spring once the first day of winter is official, I also know that many others out there appreciate and relish the opportunity to ski, sled-ride, ice skate, and make a good old-fashioned snowman.

Whether it's the cold winter weather or the hope of an early spring, we need to appreciate what we have. During this season of gratitude, as the Thanksgiving holiday kicks off this special time of the year, let's be sure we help others who do not have it as fortunate. While our weather outside might be frightful, the devastation in the Phillipines from the tsunami reminds us, once again, of how fortunate we are to have what we have. You can help those in the Phillipines, where the weather is truly frightful, by making a simple \$10 or more donation to the American Red Cross. Simply text the word "redcross" to the number, 90999, and your cell phone carrier will automatically add a \$10 donation to your bill.

Enjoy the holidays!

Pat Jenette - Publisher/Editor

From the ASST. EDITOR

As this year comes to an end, we here at *Allegheny West Magazine* would like to express our appreciation for the continued support and readership of this publication. We realize we exist because of the relationship we have with the communities we serve, this allows us to continue bringing you stories about local people and organizations we find unique and interesting.

In this issue, we tell the story of a local organization, Global Links, in Greentree, that works with many area hospitals to get perfectly good medical surplus to those who need it most in countries such as Haiti and the Dominican Republic. We share more news of your neighbors that we've received during the fall. As in every edition of this magazine, you will find plenty of good and useful news and informational items inside.

We look forward to bringing you stories about people making a difference in your community in the New Year. Happy holidays from all of us here at *Allegheny West Magazine*.

Doug Hughey, Assistant Editor



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NEW SUPPORT GROUP FORMING FOR AT-HOME MOMS

The MOMS Club of Pittsburgh West hosted a chapter kickoff event at the Shawnee Pavilion at Settlers Ridge Cabin Park this fall.

"With so many mothers working outside the home, it can be extremely hard for stay-at-home mothers to meet each other and network," said Brandi Hugar, founder and president of the new local group. "The MOMS Club allows at-home mothers, including those who have home-based businesses, or who work part time but are home with their children during the day, to get together in a supportive atmosphere."

What makes the group unique - aside from being the only international nonprofit organization specifically for at-home mothers - is the wide range of activities allowed under the MOMS Club banner, Hugar noted.

"For example, we're going to have monthly member socials and meetings with interesting speakers and topics for discussions, outings around town and playdates for mothers and their children, a monthly moms night out, holiday and seasonal activities and crafts, and service projects benefiting needy children in the community," she explained.

Because the MOMS Club is a support group specifically for the mother-at-home, all meetings are held during the day, and mothers may bring children to anything the club does.

"We believe that a woman shouldn't feel isolated just because she has children," she continues.

All at-home mothers and children in the Robinson, Moon, and surrounding airport areas are welcome at MOMS Club activities. For more information, email momsclubpghwest@gmail.com, or visit www.momsclubpghwest.org.



NEW DENTIST JOINS STAFF

A new associate has joined the team of Dr. Judy DiSanti, DMD. Lindsay Jodon, a native of eastern Pennsylvania, moved to Pittsburgh in 2001, where she earned her bachelor's of science degree in biology. She continued on to dental school and graduated in 2009 from the University of Pittsburgh School of Dental Medicine.

LIHEAP APPLICATIONS AVAILABLE FOR HEATING BILLS

Applications for the Low Income Home Energy Assistance Program (LIHEAP) are now being accepted. The federally funded program offers low-income residents assistance in the form of crisis grants as well as cash grants, sent directly to the utility company.

Individuals earning 150 percent of the federal poverty level are eligible for assistance through LIHEAP. That translates to \$17,235 for one person, \$23,265 for a family of two, \$29,295 for a family of three, \$35,325 for a family of four, and \$41,355 for a family of five.

State Senator Matt Smith urges people to contact his office at (412) 262-2260 for an application and assistance filling it out. Applications may also be submitted online at www.compass.state.pa.us or through the county assistance office.

SPC'S COMMUTE INFO PROGRAM SEEKS VANPOOLERS

Are you or someone you know interested in vanpooling? The Southwestern Pennsylvania Commission's CommuteInfo program is currently looking for riders for a vanpool that travels from the Weirton, West Virginia area with stops at the Imperial Park and Ride lot and the Oakland/Lawrenceville area. Riders would arrive for work by 7:20 a.m. and leave work by 4:40 p.m. There are other vanpool and carpool groups for additional commuting locations and times.

If you want to sit back and let someone else drive, contact CommuteInfo for more information at 1 (888) 819-6110 or visit www.commuteinfo.org.

The SPC CommuteInfo® program is designed to increase the number of people who travel to work or school by transit, carpool, vanpool, or bikepool. CommuteInfo operates the region's carpool and vanpool program. Over 1,200 commuters a day ride in a CommuteInfo carpool or vanpool. The goal is for commuters living, working, or attending school within the 10-county SPC region (including Allegheny, Armstrong, Beaver, Butler, Fayette, Greene, Indiana, Lawrence, Washington, and Westmoreland counties) to choose ridesharing at least twice a week.



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CLEARVIEW A 2013 TOP WORKPLACE

Clearview Federal Credit Union has been recognized as a 2013 Top Workplace in the Greater Pittsburgh area by the *Pittsburgh Post-Gazette*.

The Top Workplaces program was set up to recognize companies that have a great workplace and to encourage all organizations to improve the quality of their workplace, according to the *Pittsburgh Post-Gazette*.

Clearview President/CEO Mark Brennan said, "Clearview's recognition is due to the dedication and commitment of our workforce and the employees' desire to assist and improve the personal financial condition of our members and employees."

A survey known as WorkPlaceDynamics was used to analyze the responses of participating companies employing 31,270 people in the region. Any organization with more than 50 employees in the Greater Pittsburgh area was eligible to participate and provide its employees with a 25-question survey. Companies were divided into large, mid-sized, and small categories for separate rankings.

MONTOUR STUDENTS HONORED FOR COMMUNITY SERVICE



Two Montour students were among those honored for their community service on September 28 at the annual Bishop's Tea at St. Paul Seminary.

The Bishop's Tea is one of a series of events leading up to the Medallion Ball, where the St. Lucy's Auxiliary to the Blind honors candidates by presenting them with the Joan of Arc Medallion. The funds raised by the ball are used to help the visually impaired at the Blind and Vision Rehabilitation Services of Pittsburgh in Homestead.

Bishop's Tea Chair Roseanne Wholey says that the mission of Auxiliary is to encourage and inspire a lifetime commitment to volunteer service in young women. This year, 107 candidates will be presented from various sections of the city, all of whom have completed a minimum of 150 hours of volunteer service helping those in need.

Among those honored at this year's Bishop Tea were Montour students Emma Minsinger and Emilie VanDyke.



YOUTH COMPETES IN EQUESTRIAN COMPETITION

Eliana Davin, a third grade student at Burkett Elementary, competed in her first equestrian competition at Horse on Course in September. Eliana and her horse, Butter Me Up, were awarded Horse On Course Hunter Jump Show Champion in the 12 and under age division. She competed against 11 girls. In the six events deciding the overall champion, Eliana brought home two first place ribbons, two third place ribbons, and a fifth place ribbon. Eliana trains at Candy Lane Acres in Sewickley.



ABOVE: Enjoying the annual Focus on Renewal gala last month were, left to right, honoree Father Regis Ryan, Director Emeritus, and Greg Quinlan, Executive Director, Focus On Renewal.

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More Flights and New Destinations



Did you know that airlines are offering more flights and more passenger seats at Pittsburgh International Airport than last year? That's right, the number of flights are up and many of the aircraft are larger now, so that means more seats!

New air service announcements include American Airlines upgrading its aircraft to the E175 on its Pittsburgh-Chicago route and launching new daily nonstop flights from Pittsburgh to Los Angeles. Southwest added new service to Nashville in September. Delta Airlines will add Saturday only nonstop service from Pittsburgh to two Caribbean destinations, Punta Cana, Dominican Republic, and Nassau, Bahamas on December 21.



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Airport in Best Ever Financial Health

The Allegheny County Airport Authority has received favorable ratings on its airport revenue bonds by numerous rating agencies, including Fitch, Standard & Poor's, and Moody's. These ratings reflect a long-term improved and stable financial outlook.

"I think this is a successful result based upon recent events such as the lease agreement for gas drilling at the airport. The ratings agency recognized that Pittsburgh has been successful in converting from a hub to a market where most begin and end their trips here," said David Minnotte, Chairman, Allegheny County Airport Authority.

The higher bond rating is a result of the Authority's new lease agreement with CONSOL Energy for oil and gas drilling rights on airport property.

Zipcars Come to PIT



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Christmas Church Services

The Bible Chapel - December 24, Christmas Eve Services, **7 and 9 p.m.**, "Preparing Our Hearts for Christmas," babysitting available for **7 p.m.** service, meets at Pittsburgh Technical Institute, (724) 941-8990, www.biblechapel.org.

Coraopolis United Methodist Church - November 28, 12-5 p.m., fellowship and a free Thanksgiving dinner in church dining room; **December 21, 3:30 p.m.**, Longest Night Christmas Service, reflective service of light for those experiencing a time of darkness, loss, and grief; **December 24**, Christmas Eve Services, **3 p.m.**, family-oriented service, **7:30 p.m.**, evening service, **11 p.m.**, candlelight service, (412) 264-3727, e-mail: office@coraopolisumc.org, www.coraopolisumc.org.

Forest Grove Community Church - December 24, 7:30 p.m., candlelight service with carol singing and Communion, all are welcome, (412)-680-0241, forestgrovechurch@gmail.com.

Grace Lutheran Church, December 24, 7 p.m., Christmas Eve candlelight worship & Holy Communion, (724) 457-7470, graceevanluth@verizon.net.

Holy Trinity Parish Church, December 15, 1:30 p.m., Making Music Praying Twice Christmas Day Program, children ages up to five with parent, \$8 per family, come sing Christmas music with mom and dad as we tell the story of Jesus' birth, interactive day with song, dance, instruments, parachute play, and more, for even our littlest of babies, stay for refreshments, limited to 20 children, register early, NatalieGawaldo@gmail.com; **4 p.m.**, Christmas Concert, featuring Holy Trinity Choir, Bell Choir, and School Student Choir and Instrumentalists, Caye-An Muldowney, (412) 787-2140 x 112, cmuldowney@holyltrinityrobinson.org, **December 24**, Mass at **4 p.m.**, **6:30 p.m.**, **12 Midnight**, **December 25**, Christmas Day Mass at **9 a.m.** and **11 a.m.**, (412) 787-2130.

Ken Mawr United Presbyterian Church, December 24, 4, 7, and 10 p.m., "The Gift," candlelighting at all services, babysitting available at **4 and 7 p.m.** with special children's story, (412) 331-2863, www.kenmawrchurch.org.

Providence Presbyterian Church, December 15, 6 p.m., Christmas Cantata; **December 24, 7 p.m.**, Christmas Eve Candlelight Service, (412) 788-6100, www.providence-pca.net.

Riverdale Presbyterian Church, December 24, 7 p.m., Candlelight Service with Special Music, "What Are You Waiting For?," babysitting and nursery available, (724) 457-0207, www.riverdalechurch.org.

Resurrection Lutheran Church, December 24, 8 p.m., Christmas Eve Candlelight worship & Holy Communion, (412) 788-4513, rlc10380@verizon.net.

Sharon Community Presbyterian Church, December 8, 4 p.m., Children's Program/Family Night Dinner; **December 4, 11, and 18, 12 p.m.**, Advent Organ Recitals; **December 15, 8:30 and 11 a.m.**, choir program at both services, nursery available **9:45 a.m.-12:15 p.m.** for children through age 4; **December 24**, Christmas Eve Services, **4 p.m.** Children/Family Christmas Eve Worship, **9 p.m.**, Candlelight Service, Lessons, and Carols with the Ringing in of Christmas, (412) 264-7400, secy@sharoncpc.com.

St. Malachy Church, December 24, 4 p.m., Mass with the Children's Choir and St. Malachy School Handbell Choir; **6 p.m.**, Mass with the Contemporary Choir; **10 p.m.**, Mass with St. Malachy Adult Choir and Handbell Choir; **December 25, 8 a.m.** and **11 a.m.** Mass, adult choir and hand bell choir, (412) 771-4483.

St Philip R.C. Church-Crafton, December 24, Christmas Eve Mass, **4 p.m.**, **6 p.m.**, **midnight**; **December 25**, Christmas Day Mass, **7 a.m.**, **10 a.m.**, **12 p.m.**, (412) 922-6300 x 5, www.saintphilipchurch.org.

St. Philip's Church-Moon Township, December 14, 6 p.m.; **December 15, 10 a.m.**, Lessons and Carols, babysitting available; **December 24, 4, 6, 8, and 10 p.m.**, Christmas Eve candlelight services, babysitting available at **4 and 6 p.m.** for infants through fifth grade, cry room available, (412) 264-0169, www.stphilipsonline.org.

This represents information that was submitted by these churches by our deadline. For more information on the individual churches, please refer to the listings on page 46 under Community Connections.



Welcoming Back
Dr. Gustav Eles
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Montour School District

Coach Who Turned Around Football Program Embraces New Role



LEFT: Montour athletic director and head football coach, Lou Cerro, addresses players before the start of the October 11 Project Purple game against Blackhawk. Montour won the game, which was televised on Root Sports, 31-14.

Lou Cerro needed no introduction when he was named as Montour's new athletic director this past August. Montour's head football coach of eight years had already helped revive a fledgling program, and as its facilities director, occupied a desk next to Montour's athletic director of 18 years, Mitch Galiyas. During those eight years, he'd overseen the school's grounds and maintenance crews. He'd also sat in with Mitch on deals netting the school thousands of dollars in free equipment via private sponsorship deals in the wake of the reality show, "Bound for Glory."

The year that show filmed in 2005 marked Lou's first at Montour. After heading up the Seton LaSalle football team, Lou found himself working under former NFL head coach Dick Butkus as head coach in waiting. The premise of the show involved installing Dick to turn around a football program that hadn't made the playoffs in five years.

For some, surrendering those duties might have been a difficult pill to swallow, but not for Lou, says Mitch.

"Lou was a visionary," says Mitch. "He was fine with the show."

The team managed just one win that season, but both Mitch and Lou agree that it sparked renewed interest in the community. Mitch says the number of fans showing up before and during games left ESPN producers wondering if this was really the failing program they'd been led to believe it was.

Even with renewed local interest in the program following that season, though, Lou still found himself inheriting a team that had failed to reach the playoffs for yet another consecutive year.

"We knew it would be a challenge," says Lou. "We had to install discipline and we had to change the culture."

That first year in 2006, the team ended with a 3-6 record, but in its next to last game of the season upset undefeated Blackhawk. It was a game Mitch characterizes as a turning point.

The following season, Montour finished its regular season undefeated, and found itself playing at Heinz Field.

"I think the whole school district was rabid for a winner," says Lou.

Mitch says what made him want to hire Lou was what he observed of him on the sidelines during August games against Seton LaSalle.

"You can tell a lot by watching a person work," says Mitch. "The thing I saw with him was how he handled his staff and how he handled his players."

That ability to manage personnel now translates to an administrative role overseeing over 100 personnel and 1,100 yearly scheduled events, all while continuing to lead a winning football team. It's a role Lou says he's been preparing for under Mitch, who he calls both a great friend and mentor. He characterizes the transition as having gone "very smooth."

"I want every sport to do as well," says Lou, drawing a comparison to the football program. "Championships are great, but seeing the student athletes succeed on the field and especially in the classroom is what we strive to accomplish."

Montour Assistant Superintendent Jason Burik says that Lou has been an asset in a number of ways throughout the district, and one detail that's stood out for him is how he makes his players wear ties to their pregame meals.

"I think that says a lot about his character," says Jason. "Lou has dedicated himself to making sure our student athletes have everything they need to be successful both on and off the field."

District News

District Exceeds Academic Growth Standards

Pennsylvania Value-Added Assessment System (PVAAS) is a statistical analysis of PSSA assessment data, and provides districts and their schools with growth data to add to achievement data. This new lens of measuring student learning provides educators with valuable information to ensure they are meeting the academic needs of groups of students, as well as individual students.

View the public site, <https://pvaas.sas.com>, and compare/contrast Montour School District's scores/rankings. Montour is pleased to share the district earned "dark blue" ratings in reading and math, which indicates "Significant evidence that the district exceeded the standard for PA Academic Growth," as per the Department of Education.

Montour Hosts Regional Conference

On November 22, Montour School District, in collaboration with Project Lead the Way, hosted a regional conference for western Pennsylvania which focuses on STEM education (Science, Technology, Engineering, and Mathematics). Montour High School was selected to host this regional conference due to its robust offerings in the areas of engineering and bio-medical science curriculums. School districts throughout Pennsylvania visited Montour to preview the Project Lead the Way programming and course offerings.

Staff Changes

Joining the district this year in the administrative office are transportation director Bob Wagner, special education supervisor Sielke Caparelli, and business manager Anna Borsos. Ms. Borsos previously was the finance director of South Side Area School District in Beaver County.

Principal Dan DiDesiderio has left Burkett Elementary School for a position with the Seneca Valley School District. Candice Bostick, previously assistant principal at David E. Williams, is now the principal at Burkett. Mike Marvin is now the assistant principal at David E. Williams.

Nurses Distribute Vaccines

Montour School District received free flu vaccines from the Pennsylvania Department of Health, School Flu Initiative. A free student flu clinic was held in October at Burkett Elementary School by the school nurses. Parents appreciated the free service and ease of accessibility. The nurses were happy to play a role in promoting health and wellness in the community.

Further supporting Montour School District's commitment to health and wellness, the nurses organized an employee flu clinic during the October 11 in-service day.

The nurses thank the American HealthCare Group for providing the flu vaccines to 78 participating employees.



Two Teachers Honored as Champions of Change

High school teacher Doug Macek, below, left, was recognized as a 2013 Champion of Change during this year's Connected Educator Month.

Montour School District was chosen to be a part of this inaugural group of leaders in innovation whose creative approach to using technology enhances learning and serves as an example to every classroom.



Doug was nominated for this recognition specifically for implementing an authentic flipped classroom in his Honors Physics courses.

Above right, Bill Griffith, DEW seventh grade math teacher, was also recognized as a 2013 Champion of Change. Mr. Griffith has been very involved in training staff members on Promethean technology. Mr. Griffith has also been at the cutting edge of using new technology in the classroom, including the DOJO classroom management system.



Biomedical Sciences Program Embarks on Third Year

Students in Audra Tobin's biomedical class at Montour High School are conducting DNA sampling and chemical analyses. They're using digital Promethean boards - interactive white boards not unlike those seen on television shows like CSI and Bones - and scanning the Internet for information on body systems.

By the end of the school year, they will have determined what killed a fictionalized person named Anna Garcia, in part by analyzing her medical records and medications. They'll have determined whether what they found on the first day of class could have been a murder scene, and gained a vital introduction to the biomedical sciences.

"This is tricking the kids into learning," says Audra.

This year marks the biomedical program's third year at Montour, and students who have been onboard since the beginning and completed the two previous classes are now taking the program's third level class, medical intervention. In this class, students are learning oncology, how to suture a wound, and getting an introduction to laparoscopic surgery, where doctors utilize machines.

"It's some very high level stuff," says Audra, a Grove City graduate who studied molecular biology and chemistry.

In the second level class, students learn about human body systems, in part by building the internal organs of a human onto a skeleton. Next year, students will be able to take the fourth level course, where they'll tackle issues related to clinical medicine and biomedical engineering, as well as an independent project with a medical professional.

The starting point, though, is the introductory course, where students utilize gel electrophoresis. The method of breaking down DNA is the same as that used by lab technicians, including those working with police departments trying to compare DNA samples. It's also used to look for genetic diseases.

"I didn't use gel electrophoresis until I was a sophomore in college," says Audra.

Montour's biomedical program was developed by Project Lead the Way, a nonprofit developing curriculums in the STEM courses. PLTW's biomedical curriculum requires teachers to utilize technology. The class's use not just of gel electrophoresis and Promethean boards, but also computers to monitor commonplace medical instruments such as thermometers and blood pressure cuffs, earned the class national recognition. In June, it was listed as a testimonial on the web site for VARtek, which supplies technology support to Montour and schools across the country.



ABOVE: Human Body System students Nicole Benigni and Sydney Vlasach work on creating the muscles of the face out of clay on their "Manikens." They will continue to build all year until their "Manikens" have organs from every body system on them.

David E. Williams Middle School

Recognizing Constitution Day

In honor of Constitution Day, the sixth grade social studies students at David E. Williams Middle School participated in the American Freedom Essay Contest sponsored by the Constitutional Walking Tour of Philadelphia. This contest challenged students to write 300 words on the importance of freedom in their lives. Because this freedom needed to be constitutionally referenced, students spent time researching constitutional freedoms through books, web sites, and other educational resources in order to produce strong essays. While waiting for the Constitutional Walking Tour of Philadelphia to declare its winner, DEW chose a few of its own.

RIGHT: top, left to right: Taylor Froehlich, Nini Corcione, Mackenzie Simcox, Ally Webb, Eliza Zwikl; bottom, left to right: Dustin Geregach, Liam Gallagher, and Eric Jozwiak.



DEW Introduces Internet Safety Program

BY STUDENT WRITER ISABELLA MANNINO

DEW computer teachers Mrs. Heberle and Mr. Stetzer are introducing a web site sponsored by the FBI that tests one's knowledge of Internet safety. It teaches students how to be safe when browsing the Internet. It is comprised of lessons for grades 3-8. There are different themes for each grade level. For example, in one grade, the theme revolves around a volcanic island. If the student answers enough questions correctly, he/she can play six different games. These games require the student to answer a group of questions. If he/she answers correctly, he/she can move onto the next lesson. If the answer is incorrect, the problem provides an explanation why Internet safety rules were not followed. There are a minimum of 14 lessons for each grade level.

Some of the topics that the web site addresses are cyber bullying, cell phone safety, e-mail, passwords, and privacy. They all are important to learn and know. To learn more, visit the URL : <https://sos.fbi.gov>.



Class Dojo!



ABOVE: Dojo winners for September left to right: McKenna Dobrowsky, Rachel White, Reno DiCesare, Liam Gallagher, Benjamin Lander, Emma Dischner, and Alexandra Mannino.

Class Dojo is a classroom tool that helps teachers to improve behavior in their classrooms quickly and easily. It also captures and generates data on behavior that teachers can share with parents and administrators.

Students are assigned a Dojo, which is a small, monster-like avatar. They are given a code which enables them to go online and choose their own avatar. The Dojo board consists of boxes containing each student's name and his/her avatar. Class Dojo keeps a record of both positive and negative behaviors, which can be chosen and modified by the teacher. When a student earns a Dojo, whether it is positive or negative, he/she goes to the Promethean board, clicks his/her name, clicks the positive or negative box, and then clicks on the behavior to which his/her dojo refers.

In Mrs. Chiarelli's math classes at David E. Williams Middle School, Class Dojo is used as a fun incentive. At the end of each month, a Dojo Diva and a Dojo Dude are crowned from each class. They each receive a congratulatory Class Dojo certificate, five tickets to be put in the drawing for prizes at the sixth grade reward/movie day at the end of each nine weeks, and candy or a prize from the stash drawers! Students can receive Dojos in a variety of ways.



DEW Celebrates Red Ribbon Week



BY STUDENT WRITER ALEXANDRA MANNINO

Red Ribbon Week was held at David E. Williams Middle School in October. Red Ribbon Week is sponsored by the Team Leadership Club, under the supervision of the middle school counseling department. Throughout the week, students wore themed clothing to support drug awareness. The first day of this themed week students wore red to recognize the start of Red Ribbon Week. Students received a pencil, and every day during this week they got stickers supporting the theme for that particular day.

On Tuesday, the theme was "I'm Too Bright for Drugs," so students were welcome to wear bright clothing. For Wednesday's theme, "Say Peace out for Drugs," students were invited to wear tie-dyed clothing. Thursday's theme was "Orange You Glad You Don't Do Drugs?" day. The final theme for the week was "Team Up Against Drugs" and "Put a Cap on Drugs," when students were encouraged to wear a team sports jersey and a hat on Friday.



Student-Marine Connections at DEW

Sixth grade social studies students at David E. Williams wrote letters to the Marines of the ECHO 2nd Marine Battalion Platoon in Paris Island during boot camp in order to provide support and encouragement to the brothers of two current sixth grade students, both former Montour graduates. Ryan Tuszynski, step-brother of Ashleigh DiToro, and Brandon Anderson, brother of Adam Anderson, were ecstatic the day they collectively received 270 letters at once during mail distribution time! Ryan and Brandon distributed the letters among their squads for all to feel a boost in spirits. The Marines of the ECHO 2nd Marine Battalion Platoon showed their gratitude by using their only free hour of time to reply to the student writers, all who were thrilled to have their questions answered and to know their words were appreciated.

On October 24, after graduating from boot camp, both Ryan and Brandon visited the students at DEW to share their experiences and answer student questions. They offered inspiring words to the students as they spoke highly of the importance of character qualities such as discipline, teamwork, ethics, and honor. We thank Ryan and Adam for their time, the impact they had on our students, and most importantly, their service to our country.



ABOVE: Left to right, Brandon Anderson, Adam Anderson, Ashleigh DiToro, Ryan Tuszynski.

Montour School District

Potlatch Introduces Authentic Native American Culture



It's rare for anyone in the Pittsburgh area to meet and talk to a Native American. Yet that's exactly what the fifth graders at David E. Williams Middle School did.

The students were not only entertained by dancers from the Council of Three Rivers American Indian Center, but they also learned about Native American artifacts from a guest visitor of the Huron tribe. Additionally, students spent their day sampling Native American foods such as elk, dancing a rain dance, making concho belts, and exchanging gifts. This was all part of their studies on Native American cultures and cultural regions.

Ghost in the Head, also known as Todd Johnson, is a Native American who spoke to the students about Native Americans in the Eastern Woodlands area. His black painted face, partially shaved head, large dangling nose piercing, and shaved eyebrows intrigued the students.

Mr. Johnson, a resident from McKeesport, showed off hundreds of his own unique Native American artifacts to the students. These included authentic tools, weapons, animal hides, wampum, jewelry, and musical instruments. He also shared interesting information such as the fact that Native Americans were the first to introduce gum, snow cones, and chocolate to the Europeans.

The adult dancers and their three small children entertained students with their dances for over an hour, performing traditional Native American dances including the jingle dress dance and the snake dance. The group also encouraged the students and teachers to participate in some of the dances. After talking about Native American cultural traditions and beliefs, the entertainers answered questions from the students.

Overall, the day was fun and educational for everyone involved. Todd said, "I am really impressed by the knowledge of these fifth graders. They have been taught a lot of information about the Native Americans."



2013-2014

Calendar

November 27
November 28-29 & Dec. 2
December 23-31 & Jan. 1
January 20
January 27
February 14
February 17
March 21
April 16
April 17 - 21
May 9
May 26
June 11
June 12

Early Dismissal
Thanksgiving Recess/No School
Holiday Recess/No School
Local Holiday/No School
Teacher In-Service/No Students
Local Holiday/No School
Teacher In-Service/No Students
Local Holiday/No School
Early Dismissal
Spring Break/No School
Teacher In-Service/No Students
Memorial Day/No School
Last Day for Students/Early Dismissal
Teacher Clerical/Last Day for Teachers





DEW Big Winners in First Countywide Sumdog Contest



ABOVE: Left, Jace Chesky took first place in the county. Right, top ten certificate winners in the Allegheny County Contest were, left to right, James Johnson (grade 7), Rachel White (grade 6), Alexander Pretka (grade 6), Jace Chesky (grade 7), Joshua Narehood (grade 5), and Nicholas Alexander (grade 6).

Sumdog is a web-based math site full of free educational games to motivate students in math. Students have the opportunity to play games against other students from all over the world. Teachers can choose skills and have control over what the students learn. Free math contests, both on the national and county levels, are offered, and prizes are awarded.

From October 18 through October 24, Sumdog offered its first

county contest, and DEW got onboard. The school placed second out of 22 schools. Out of the 1,829 students who participated county-wide, 280 DEW students answered 119,504 questions correctly. Out of the top ten students on the leaderboard, six were from DEW, and out of the top 50 students on the leaderboard, 38 were from DEW.

Online Resources Important Tools for DEW Teachers and Students

In the course of their studies at David E. Williams Middle School, students are utilizing a number of online services that provide them with important technological skills and facilitate dialogue with teachers and peers.

Recently, students began acquiring G-mail accounts, and via those accounts gained access to Google Drive. Sixth grade teacher Melissa Palmer says that the e-mail service allows her to contact students regularly to remind them of assignments. Google Drive allows her to assign class work and homework via shared documents, PowerPoint presentations, and videos. Students also e-mail her with a variety of questions relating to assignments.

Melissa says that prior to acquiring e-mail addresses, students were taught e-mail etiquette, and have thus far utilized the new tool very well. She says that students have also responded to questions via Google forms, and that she's been able to share

these questions and answers via Google Drive. Students' responses come back to her in the form of a time-stamped spreadsheet, which allows her to evaluate students' understandings of subject material quickly and efficiently.

Another online resource students are utilizing is Voki.com, which allows them to create their own avatar. Students recently used this tool after researching tourist attractions in the British Isles. They authored a persuasive advertisement about the place they researched and saved it as a Google Drive document. Students attached the paragraph to the Voki and chose from a variety of avatars. The end result was a talking avatar with their tourist attraction in the background. Students practiced their oral communication skills by presenting their avatar to the class.

The project was utilized across the sixth grade social studies classes.

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Montour School District

The Burkett Gazette: 3rd and 4th Graders Speak Up

Last month, the third and fourth graders at Burkett Elementary demonstrated an eagerness to get involved and make a difference in their school. While working hard on schoolwork, homework, and extracurriculars, nearly 30 students have voluntarily taken the time to meet once a week as they eat lunch together to work on articles for the new newspaper. The first issue of *The Burkett Gazette* was released at the end of October, and has been sold in school, with all donations benefitting Animal Friends.



Each student wrote his or her own article for the paper, with various topics including bidding farewell to school principal, Mr. DiDesiderio, interviewing teachers and other school personnel, describing events around Pittsburgh, updating news about sports in the area, retelling of personal experiences, showing results of a poll that was taken, and writing about interesting facts.

The students are proud of the first issue of *The Burkett Gazette*, and look forward to releasing upcoming issues every month, as the newspaper gains popularity. As these determined students continue to write, keep an eye out for more issues of *The Burkett Gazette* to come.



Forest Grove Elementary Students Learn About Fire Safety



Kindergarten students at Forest Grove Elementary had the opportunity to learn about fire safety from former Forest Grove physical education teacher, Jack Carney, as well as firefighters from the Forest Grove, Kennedy, and Ingram volunteer fire stations.

After Mr. Carney talked about the many ways to stay safe in the event of a fire, the students watched a video and the firefighters demonstrated how their gear helps them do their job. The students practiced what they learned how to stop, drop, and roll, and how to crawl to safety if there was a fire. Finally, students headed out to see the fire trucks and extinguish the “fire!” The students were thrilled to have the opportunity to see the trucks and talk to the firefighters about how they are operated. Students got to explore and ask questions of the firefighters.

The staff and students at Forest Grove Elementary want to thank all of the firefighters for teaching them how to be safe and for protecting our communities!

Scientists for a Day!

Forest Grove Elementary School recently had some very special visitors who are accustomed to wearing white lab coats and goggles. Scientists from Bayer came to interact and enrich the second grade students with various experiments. The visit also aligned with the inquiry-based ASSET science program taught in the second grade curriculum.

One experiment was based on chromatography, and it demonstrated “capillary action.” Another experiment used cooking oil, water, and food coloring to create a lava lamp. There were many “Ooohs!” and “Aaahs!” and “Wow, look at this!”

The students listened as one of the scientists explained that they go to school for many years, share information, work cooperatively, and never, ever give up. . . even if the experiments don’t work the first time or the hundredth time! Good advice for us all!





Forest Grove Elementary Students Sign Anti-Bullying Pledge



On October 2, K-2 students from Forest Grove Elementary joined their peers from Moon Area and South Fayette school districts to sign a public pledge against bullying at The Mall at Robinson.

Held in recognition of National Bullying Prevention Month, the event was intended to teach kids to be kind to one another, and to reject bullying behavior. On hand to talk to students about bullying were representatives from the offices of Governor Tom Corbett, Congressman Tim Murphy, Senator Wayne Fontana, and Marc Snider of the Bubba Show and 100.7 FM's Shine a Light on Bullying program.

"No child should ever be afraid to go to school," Marc told students. "School should be for two things: one, to learn, and two, to have an enjoyable learning experience."

Speakers emphasized the importance of addressing bullying, and encouraged students to befriend those who they've witnessed being bullied. Addressing the audience, Forest Grove Principal Jennifer Kosanovich echoed the sentiments of speakers, and said that Montour recognizes the efforts of parents and the community to create an atmosphere of kindness and acceptance.

Principal Kosanovich, along with other principals in attendance, were also given a free bullying prevention S.H.A.R.K. Patrol kit. Named after the acronym Students Help Achieve Respect and Kindness, the kits were handed out with the support of Robinson Township Commissioner Roberta Cegelski.

Designed for grades K-2, the kits encourage children to emulate a cartoon shark who has transformed himself from a bully into a hero, friend, and protector. Malls & Retailers Unite Against Bullying was formed as an extension of the kits, which have been endorsed by Dr. Michele Borba, an internationally recognized author, speaker, and educator on character education and bullying prevention.

National Bullying Month comes in the wake of a number of high-profile bullying incidents that have prompted schools to adopt strict anti-bullying policies and awareness campaigns. Increasingly, studies have shown that bullying causes social and emotional problems for children, including depression, low self-esteem, and anxiety. Without intervention, bullies also suffer. As adults, they commit more crimes, use more mental health services, and have a higher risk of alcoholism.

"There are so many of our children that are affected by bullying on a daily basis and the issue will not just go away on its own," says Shema Krinsky, Director of Marketing at The Mall at Robinson. "We want to contribute to the intervention and the important work our neighborhood schools are doing to eliminate bullying."



ABOVE: Top, Forest Grove Principal Jennifer Kosanovich addresses students as they prepare to sign an anti-bullying pledge, bottom, students sign the pledge.

Montour School District

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INGRAM ELEMENTARY RESOURCE CENTER

(412) 921-2727, ext. 5611

Project Purple Game Bolsters Drug Awareness Message

When Chris Herren came to Montour last year, the former NBA player gave an honest and unapologetic presentation about a life spent hiding a drug addiction that cost him his career, his family, millions of dollars, and nearly his life.

In an effort to reinforce the message Chris delivered last year, and to continue to create an open dialogue about teenage drug and alcohol abuse, Montour held an assembly the day of its October 11 football game against Blackhawk, which aired on Root Sports. Students, teachers, and administrators wore purple, referencing Chris's drug awareness nonprofit, Project Purple, and listened to a presentation from former University of Pittsburgh wide receiver Joe Delsardo.

Much like Chris, Joe was at one time an up and coming talent whose athletic prowess helped hide a serious addiction. Addressing students, Joe talked about how he began taking painkillers after sustaining an ankle injury his senior year of high school so he could continue pursuing an athletic scholarship.

"All that was going through my mind was, what am I going to do about that scholarship, what am I going to do about that scholarship," Joe said.

His addiction took a turn when a fellow teammate introduced him to heroin. For the next five years, Joe battled an addiction that cost him hundreds of thousands of dollars and his athletic career. He signed over monthly scholarship checks for drugs, betrayed his family, and watched fellow addicts, some of whom were friends and teammates, die.

Joe's appearance marked his second at Montour. The first was arranged through former West Allegheny guidance counselor Leon Strimel, who currently heads the anti-domestic violence nonprofit Crisis Center North. Montour marketing and advertising instructor April Fisher says that, after Chris's presentation last year, she and Montour head football coach Lou Cerro talked about the need to continue reinforcing Chris's message. For that, they again approached Joe, who Lou knows from his days coaching him on the Seton LaSalle football team.

"After Chris came, Lou and I talked and said, we've got to keep this going," says April.

For the game against Blackhawk, cheerleaders wore Project Purple shirts while students smeared themselves with

purple paint and waved purple pom-poms. A school whose colors are usually black and gold switched for a night to express unity and awareness about drug and alcohol abuse.

"Some people might be scared to talk about it," says Lou, "but we're going to try to be proactive."

LEFT: An electronic sign is being constructed at the high school entrance on Clever Road. Land preparation has begun for a second driveway to the high school campus, which includes the renovated athletic center and the future site of a planned new elementary school.



NEW ARRIVALS



(left to right) Paul M. Zubritzky, M.D.; Tera S. Conway, M.D.; Patrick T. Christy, M.D.; and Paula A. Duncan, M.D.

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Paul M. Zubritzky, M.D., specializes in obstetrics and gynecology. He earned his medical degree at Temple University School of Medicine and completed his residency at The Western Pennsylvania Hospital where he served as Chief Resident. Dr. Zubritzky is board-certified by the American Board of Obstetrics and Gynecology.

Tera S. Conway, M.D., specializes in obstetrics and gynecology. She earned her medical degree at Northeastern Ohio Universities College of Medicine. Dr. Conway completed her residency in obstetrics and gynecology at The Western Pennsylvania Hospital where she served as Administrative Chief Resident.

Patrick T. Christy, M.D., specializes in obstetrics and gynecology. He earned his medical degree at Jefferson Medical College and completed his residency in obstetrics and gynecology at Lankenau Hospital. Dr. Christy is board-certified by the American Board of Obstetrics and Gynecology.

Paula A. Duncan, M.D., specializes in obstetrics and gynecology. She earned her medical degree at Northeastern Ohio Universities College of Medicine. Dr. Duncan completed her residency in obstetrics and gynecology at UPMC Magee Womens Hospital.

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The Mall at Robinson's "Unofficial" Mayor

ABOVE: Harry and friends (counter clockwise): Shirley Nadeja, Bob Wagner, Pat Wagner, Genevieve Kiefer, Kay Sherbondy, Gerry Safko, Kenny Safko, Bob Nadeja, and center, Harry Sherbondy.

In 2003, after Harry Sherbondy retired from 31 years of teaching at West Allegheny School District, he took up a seat next to a Starbucks in the center of The Mall at Robinson with his wife, Kay. Sitting at a table in the mall's central thoroughfare, the couple got to know the mall's regulars, many of whom were seniors, including World War II veterans.

Ten years later, the former history and psychology teacher has an official seat stamped with his name and a group of about 20 friends who stop and convene at Starbucks on any given day. Taking up residence at the cafe area's couches and tables, they tell jokes, share stories and YouTube videos, jibe each other, and celebrate birthdays and milestones.

"It's through him that everyone started getting together," says Pat Wagner about Harry, who regularly visits with her husband, Bob.

Recently, the group celebrated the final day of work for Genevieve Kiefer, a mall customer relations associate who worked in the adjacent mall information booth. Just like with many of the group's occasions, it was celebrated with cake.

Harry says that for a while, their numbers were up to 20, but

that in recent years they've lost a few who passed on, five of whom were war veterans. Before he started teaching, Harry, too, served in the military, in the Special Forces, and as a paratrooper in the 82nd Airborne Division. He attended Fort Monmouth, and for a time was a member at the 171st Air Refueling Wing in Moon. In addition to teaching at West Allegheny, he also coached wrestling for 13 years, spent 27 years heading up the school's summer paint crew, and ran the football clock for 25 years.

For a long time, Harry joked with mall manager Beth Edwards that his seat should have his name stamped on it. In lieu of his 72nd birthday, Beth gave the go-ahead, and Harry's request was granted.

"We joked about his designated seating at the mall for so long, that I decided he finally deserved to have an official seat," says Beth. "He is the mall mayor who has brought together tenants and shoppers, as well as a very close group of friends."

She says they've celebrated numerous birthdays, anniversaries, and other occasions over the years, and become good friends. According to Beth, Kay makes a delectable German chocolate cake, but only once a year on Harry's birthday.

KULIK LAW OFFICES TO OPEN ADDITIONAL LOCATION

Anita Astorino Kulik and Joseph M. Kulik, principals of Kulik Law Offices, are pleased to announce that the firm will be opening a new satellite office in Greentree at 1653 McFarland Road, in the building known as the Murovich Building. This location is also the home of the Maniet Financial Services network.

This location will allow the firm to provide more convenient service to its many clients in the Carnegie, Scott, and South Hills areas.

Jonathan M. DiLorenzo, a 2012 graduate of Duquesne University School of Law, will be the primary attorney at the new location.

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ABOVE: Montour junior Amanda Brusceci won the MAC (Midwestern Atlantic Conference) girls tennis for the "No. 1 Singles" division. Sixteen teams participated. Amanda defeated Cam Beer of Moon in the final match, with a score of 10-3.

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GLOBAL LINKS OPENS NEW LOCATION AND KICKS OFF ITS 25TH YEAR



ABOVE: Kathleen Hower, center, sorts donated medical supplies with volunteers at Global Links' new headquarters in Greentree.

Global Links CEO Kathleen Hower has been looking for a new warehouse, one big enough to sort and process the truckloads of perfectly good medical equipment and supplies her nonprofit rescues from landfills and sends to developing countries each year.

In October, after several years of searching, Global Links opened the doors to that new warehouse in Greentree, just in time to begin its twenty-fifth year in operation. Along with aisles upon aisles of equipment and supplies, the new center also houses offices, prep rooms, and a lunchroom for volunteers. The organization relies heavily on volunteers, from churches, civic organizations, universities, corporations, and others, to sort through bags full of surplus medical supplies gathered at hospitals. Last year, Kathleen says over 2,000 people donated over 10,000 hours, and that was with a three-month waiting list because of space constraints at their old location in Garfield.

"I am constantly in awe of our volunteers," she says. "They are incredibly dedicated."

Global Links started around a kitchen table, as finance officer Don Tinker puts it. Kathleen and the nonprofit's other two founders were talking about the amount of medical surplus that gets thrown away from hospitals and figured someone should work out a way to utilize it. All three women already worked for a supply aid organization.

Since then, the organization has grown to work with 58 hospitals and related facilities, many of them local. Donations range from supplies like gloves, catheters, sutures, and syringes, to office furniture, wheelchairs, and blood pressure monitors. Hospital staff put supplies in donation bags placed in hospitals, and the bags in turn are taken to Global Links. There, volunteers sort through the bags, boxing appropriate supplies and discarding opened or expired ones and any medications. Short-dated materials are put aside and sent with individuals traveling to do medical volunteer work.

A combination of ever-improving technologies, changing guidelines and laws, liability concerns, and economics all play a part in Global Links' existence. Kathleen says there are many reasons why they get what they do. She explains that when a hospital changes vendors, it often has to remove inventory not supplied by the new vendor, even if those supplies are still good. Inventory analyst and distribution manager Kristi Dellinger points out that supplies set up for surgery must be discarded if the scheduled surgery doesn't take place. Recently, an announcement by Medicare that it would no longer pay for hospital-acquired bedsores resulted in Global Links acquiring an influx of mattresses, says Kathleen.

"We're always paying attention to what is happening in the medical field and how it might impact our work," she says.

In contrast, clinics and hospitals in countries where Global Links sends aid are often forced to reuse gloves, and mattresses are sometimes little more than pieces of foam. Kathleen says she's visited those countries, and seen disposable gloves washed and hanging out dry, and hospitals burning their old mattresses after receiving new ones from her organization. She once noticed a group of nurses at a hospital in Bolivia cutting down compromised latex gloves to use as wound drains.

"Nothing is wasted," she says.

In order to best place supplies, Kathleen says they meet with national health authorities, and focus their efforts on nine countries in the Caribbean and in South and Central America. She says doing so allows them to understand the particular needs of the country, and to be more culturally aware. The organization also meets with health ministers and hospital personnel.

"We provide more than material aid," she says. "Our work is more involved and collaborative at many different levels."

Kathleen says they prefer to work on projects within a public health framework, like updating and improving an area's health posts. They also focus on primary care, which, according to the World Health Organization, is the most effective means of preventing more serious health problems.

Recently, Global Links took on a project collaborating with the government of Haiti to help improve the mobility of people with disabilities. The organization is sending shipments of canes, crutches, wheelchairs, and walkers, prepared and refurbished by volunteers. Global Links has worked in Haiti for many years, increasingly so after the devastating 2010 earthquake. The organization has also long provided aid to Santiago, Cuba, increasingly so after Hurricane Sandy. Global Links also recently worked to upgrade the emergency room at a Nicaraguan hospital along a major thoroughfare where car accidents are common.

Through its work, Global Links has also benefitted the environment. Its efforts to cut down on land filling nondegradable materials has been recognized by Practice Greenhealth, an environmental organization comprised of health professionals.

"This is 100% gain," says Kathleen. "Otherwise, all of these materials would be going into a landfill."



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New Fireplace!

The plaza adjacent to the Bayer Welcome Center now displays its new stone fireplace. This structure helps to frame the plaza. An outdoor kitchen, the Wedding Garden, and the large indoor event space complete the frame for this spacious area. The working fireplace will give respite to future cross-country skiers and winter visitors and help to extend the garden's rental season.

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PENNSBURY GETS NEW MANAGER



ABOVE: Renee Fremer has taken over the reins of managing Pennsbury Village from Irv Foreman, who filled the role for 26 years.

This past June, Pennsbury Village, the tiny borough of condos nestled in between Robinson Township and Rosslyn Farms, got a new manager.

It was the first time in almost three decades that the borough, which split from Robinson in the late 1970s following a bitter dispute over sewage treatment fees, had someone else overseeing the municipality. The former manager, Irv Foreman, filled that role for 26 years. The manager immediately following him lasted two weeks.

Now sitting in the Pennsbury manager's chair every Tuesday and Thursday is Renee Fremer. A former Pennsbury resident herself, Maureen, or Renee as her friends call her, retired a few years ago from PPG's purchasing department. Before that, she worked at EIMCO, which gave her experience in the one field that allows Pennsbury to remain its own, independent borough: wastewater treatment.

"When our guys talk about aerators and clarifiers, I know what they're talking about," she says.

Pennsbury contracts with Carnegie for its police, fire, and animal control, but otherwise handles its own maintenance, including snow and trash removal, as well as tax collection and sewage treatment. Irv says the borough of 500 condo units and 807 residents contains a mix of people, from young couples to seniors, and that people feel comfortable approaching the borough office in such a small community.

For Renee's part, she says she enjoys, among other things, playing referee between neighbors. Irv points out her accounting background also qualifies her to oversee the borough's finances. Before studying accounting, Renee was studying as a concert pianist in college, a discipline she says made her very detail oriented.

"She's a really good appointment for a lot of different reasons," says Irv.

NORTHWEST SAVINGS BANK INVESTS IN CHILDRENS' CREATIVITY AT FOCUS ON RENEWAL

Focus On Renewal (FOR) has received a \$15,000 charitable donation from Northwest Savings Bank through the Educational Improvement Tax Credit (EITC) Program of the Pennsylvania Department of Community and Economic Development (DCED). Under the program, FOR's Father Ryan Arts Center is approved as an Educational Improvement Organization (EIO), qualifying the agency to receive donations.

Focus On Renewal will apply Northwest Savings Bank's contribution to support arts education classes and workshops for children at the Father Ryan Arts Center. Children, youth, and teens from the economically disadvantaged Sto-Rox community will be encouraged to participate in the many classes and workshops offered year-round at the arts center.

Greg Quinlan, executive director of Focus On Renewal, said, "We're so grateful to Northwest Savings Bank for supporting kids' creativity in this community. This remarkable gift helps the Father Ryan Arts Center offer affordable arts classes that engage and enrich children and families."

Eric Dalton, manager of the bank office that serves the McKees Rocks and surrounding communities, said, "At Northwest Savings Bank, we call ourselves the bank where people make the difference, but it's a true pleasure for us to be able to support Focus on Renewal. They and their programs will truly make a difference to the Sto-Rox community and we're proud to be able to help."



ABOVE: Eric Dalton, manager of Northwest Savings Bank in McKees Rocks, presents a check to F.O.R.'s executive director, Greg Quinlan.



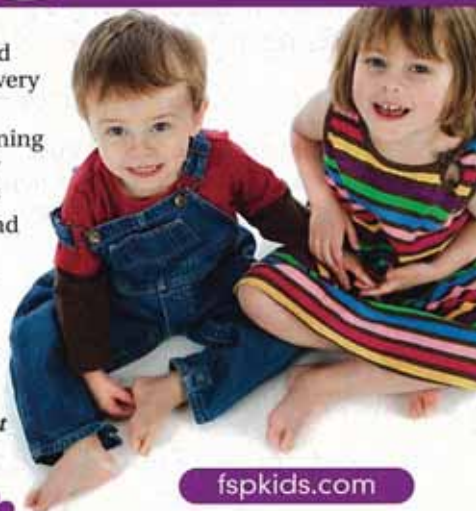
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Your address: _____

City, State, ZIP: _____ Do you own your home? Yes No

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Directions to your home from **West Allegheny Middle School** (please be as specific as possible): _____

Describe the work you would like to have done: _____

Signature: _____ Date: _____

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BY JULIE M. DIPERT, DPT

What to Look for in a Physical Therapy Clinic

If you find yourself in need of physical therapy due to an injury or condition, there are several things that you should keep in mind when choosing a treatment location. First, and most importantly, realize that you do get to choose where you want to attend physical therapy. Spend the time to research physical therapy locations. Here are several suggestions for questions to ask your physical therapist to ensure that you are in a clinic that is the best fit for you:

1. Will you receive one-on-one, individualized care at physical therapy? As a patient, you are unique and so are your physical therapy needs. You should receive high-quality care in a location where you and your treatment are not being juggled with numerous other patients by one therapist.

2. What type of training does your PT have? Not only does this include the schooling that your PT has received, but also what type of additional, specialized training your PT has completed.

The more education your PT has received, the more effective treatment options they can offer during your rehabilitation process.

3. What is the environment of the PT clinic? If you are attending physical therapy, it is likely that you are experiencing pain. While attending physical therapy may not always be an ideal situation; a fun, relaxed, peaceful environment will help to ease any stress and anxiety that often accompanies a painful injury. Feel free to ask plenty of questions about what to expect and take the time to look around and observe how the patients and staff are working together to obtain optimal outcomes.

Patient care is individualized and will likely include some form of manual therapy, many types which have required advanced training that therapists have successfully completed. These techniques include ASTYM, ART, Kinesio Taping, and Vestibular Rehabilitation, and other specialized techniques.

This information is provided courtesy of Julie M. Dipert, DPT. Julie is a physical therapist at Hess Physical Therapy. She can be reached at Hess Physical Therapy's Crafton office: 37 Foster Avenue, Pittsburgh PA 15205, (412) 458-3445 or Kennedy Township: 566 Pine Hollow Road McKees Rocks, PA 15136, (412) 771-1055

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Best Wishes for a Very Safe Christmas Season!



I absolutely love the coming holidays. Thanksgiving is such a special time with family and friends, and Christmas gives us a chance to celebrate all the good things we have in our lives. No matter what may have happened in the past year, the New Year always brings the promise of good things to come. I enjoy being invited to visit with family and friends. It is magical to see folks

decorate their homes, inside and out, and add some festiveness and brightness to the neighborhoods.

Unfortunately, this is also the time when many fires occur. According to the National Fire Protection Association, U.S. fire departments respond every year to an average of 300 home structure fires that start with Christmas trees. Those fires cause approximately 15 deaths, 30 injuries, and \$17 million in direct property damage. In addition, one in three home Christmas tree fires are caused by electrical problems related to lights used on trees.

Years ago, I decided to switch to an artificial tree, because I was worried about the potential for fires with a real tree (especially because I want to have as many lights as possible!). However, a few basic suggestions can diminish or alleviate the concern over having a real tree to enjoy.

Pick a healthy tree with fresh, green needles that do not fall off when touched. Cut approximately two inches from the base of the trunk before placing the tree in a stand, so as to remove the sap layer and allow the tree to hydrate. Trees should be kept at least three (or more!) feet away from any heat source. Make sure the tree is not blocking an exit. Add water to the tree stand on a daily basis. If the needles are falling off easily, the tree has been out too long, and is certainly a fire hazard.

Never, and that means never, have lit candles as a tree decoration, nor should candles be in close proximity to a tree! Any type of open flame near a tree is a recipe for disaster.

All holiday lights, especially those on a tree or near any form of flammable decorations, should be inspected each year for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets, and excessive kinking or wear. Many inexpensive light sets are advertised, but only lighting listed by an approved testing laboratory should be used.

It is very important to not overload electrical outlets, or to connect too many lights. Experts recommend not linking more than three light strands. If you must connect strings of lights to an extension cord, make sure it is an appropriate one. A small indoor extension cord should not be used to connect all the lights on the Griswold's roof! Strings of lights should be connected to the extension cord BEFORE plugging the cord into the outlet. And, it is important to periodically check the wires – the wires should not be warm to the touch.

Finally, do not leave holiday lights or other decorations unattended!

Enjoy the holidays! Light the tree, and light the yule log! Have the chestnuts roasting on the open fire! I hope that, if you do invite any of your local firefighters over to your house, it is not with us arriving on a truck with sirens blaring!

Have a happy and healthy holiday season, and best wishes for a blessed Christmas!



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BY PATTY DIETZ

Healthy New Year's Resolution Success

Too early to think about New Year's resolutions? No way! Not if you want to be successful. Too often, those resolutions fall by the wayside not long after the ball drops in Times Square. If those resolutions are health related, the holiday season has already created all sorts of challenges. With proper planning and a determined spirit, we can be ready to meet those New Year's resolutions with great resolve. Do not think that on January 1 you will just start with your healthy lifestyle. For goals to be reached, a plan must be set. An effective exercise program and a healthy diet won't just happen. Think it through, do some research, maybe even hire the services of an expert. Keep in mind: a good plan does not have to be all or nothing. A good plan allows for the lows as well as the highs, and includes

things that you like and will not find to be a great burden. An effective exercise will be progressive, challenging, and fit into your lifestyle. A healthy diet will include foods you like and are accessible. Neither one has to be excessively time consuming if, as I already said, you make and keep to a plan. And a good plan starts with an assessment of your current lifestyle. How active/sedentary have you been for the past year? What exercise have you tried and found not to be for you? What is your eating style? Where are you making mistakes in your diet? What trendy diets have you tried for a short time just to find that you can't stick to it?

If you would like to make living a healthier lifestyle your New Year's resolution, now is the time to start planning...for success!

This information is provided courtesy of Patty Dietz, owner of Discover Fitness & More in Kennedy Township. Contact her at (412) 354-9089, www.discoverfitnessandmore.com.

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Robinson Township Community Library

HOLIDAY EVENTS

The Littlest Elf - Tuesday, December 3, 6 p.m. Books Come Alive presented by Stage Right, return to the library with the tale of Oliver, the littlest elf who has a big desire to discover his very special job in Santa's workshop!

Holiday Visit from Mrs. Claus - Thursday, December 12, 6 p.m. Perennial favorite Mrs. Claus will be here telling stories, answering questions, and posing for pictures!

Friends of the Library will also hold a Children's Book Sale during this time.

CHILDREN & TEENS

Morning Family Storytime - Mondays at 11 a.m. Ongoing program of stories, songs, rhymes, and crafts for children 6 and under.

Evening Baby Lapsit - Mondays at 6 p.m. Stories, songs, and fingerplays for babies under two (older siblings are always welcome).

Sing and Dance Along - Tuesdays at 11 a.m. Singing and dancing for babies through preschoolers and their caregivers.

Evening Family Storytime - Tuesdays at 6 p.m. Stories, songs, rhymes, and crafts for children 6 and under.

Mother Goose and Toddler Too Storytime - Wednesdays, 10:15-10:45 a.m. (thru December 11). Babies birth to age 3 with a caregiver, rhymes, songs, and fingerplays.

Preschool Storytime - Wednesdays, 11-11:30 a.m. (thru December 11) Ages 3 to 5, stories, songs, and fingerplays.

Wiggle, Giggle, Bounce - Thursdays at 11 a.m. Singing with musical instruments for ages up to six.

Anime Club - Thursdays, 6-7:25 p.m. Tweens and Teens Ages 11+, watch anime, eat snacks, and talk about manga!

Baby LapSit - Fridays at 11 a.m. Ongoing program, stories, songs, and fingerplays for babies under two (older siblings are always welcome).

Renovations have been completed on the Robinson Township Library Programming Center, located on the second floor above the library. All are invited to an Open House on **Tuesday, December 17** from 6 to 8 p.m. to showcase our new space!

ADULTS

Sit and Knit - Wednesdays, 6 p.m. Needleworkers of all skill levels are invited to join this group to learn new techniques and improve old ones!

Book Discussions - There are six monthly book discussions sponsored by Robinson Library:

Niko's Coffee House/Steubenville Pike - One Monday a month, 7 p.m.; **December 2**, "The Christmas Wedding" by James Patterson; **January 6**, see www.robinsonlibrary.org for details.


Robinson Library Mystery - Second Tuesday, 2 p.m.; **December 10**, "Christmas at the Mysterious Bookshop" by Otto Penzler; **January 14**, see www.robinsonlibrary.org for details.

Morning Book Club - Third Wednesday, 10 a.m.; **December 18**, "Shepherds Abiding" by Jan Karon.

Historical Fiction - Third Thursday, 6:30 p.m.; **December 19**, "A Christmas Garland" by Anne Perry.

Winery at Wilcox/Settlers Ridge - Second to Last Wednesday, 6:30 p.m.; **December 18**, "A Winter Dream" by Richard Paul Evans.

Robinson Library Fiction - Last Tuesday, 7 p.m.; **December 17**, "Home for Christmas" by Andrew Greeley.



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E-Mail: robinson@einetwork.net
www.robinsonlibrary.org



Coming Up . . .

December 6 – JingleFest 2013
Montour Heights Country Club
11 a.m.-2 p.m.

January 16 – Annual Celebration of Excellence, Hyatt Regency
Pittsburgh Intl. Airport, 11 a.m.-2 p.m.

Member Milestones

- 35 Years
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- 10 Years
Eat n' Park Restaurant – Robinson
- 5 Years
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Ribbon Cuttings and Celebrations

PICTURED, RIGHT: On October 3, Deer Creek Winery enjoyed their official ribbon cutting ceremony with Chamber ambassadors.

CENTER: Global Links was joined by Chamber ambassadors for their official ribbon cutting ceremony on October 4.

BOTTOM: The Sheraton Pittsburgh Airport Hotel held their official ribbon cutting ceremony on October 9 with Chamber ambassadors.



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The Smoke Stack Passes Along Knowledge



Before Josh Egal opened his new cigar lounge at the Smoke Stack on University Boulevard in Moon this past January, he owned a number of businesses, including a roll your own cigarette operation. That venture ended in July of 2012, when federal laws effectively labeled such shops manufacturing operations, requiring them to obtain a manufacturer's license and FDA approval. Despite strong opposition across the country, the additional legislation made the fight moot, prompting Josh to depart on a new venture.

"I just decided to stop fighting and follow my passion," says Josh.

That passion has since translated into a new lounge at the Smoke Stack featuring 400 unique cigars. Visitors can saddle up to a wrap-around bar or relax in comfortable leather seats in front of a flat screen television. They can also bring a bottle of scotch or cognac, or even beer or wine, so long as the bottle doesn't leave with them. The Smoke Stack opens daily at 9 a.m. and closes at 9 p.m. Josh, though, says that, if someone comes in at 8:30 and lights up a cigar, "I'm not going to kick you out until it goes out."

If visitors call ahead, they can set up an introductory Cigar 101 class with Josh and his lounge manager, Ed Brandyberry.

"We teach you how not to be intimidated and how to pick a cigar," says Josh.

Meant to educate the newly anointed, Ed, though, points out that even savvy smokers have learned a thing or two.

This past June, Josh and Ed took their expertise to Latitude 40, when the entertainment complex opened its own cigar lounge. As Latitude 40's exclusive consultant and supplier, Josh has been training staff and hosting events with major brands. Two on the schedule include a Montecristo event on December 14, held to unveil a new Gen2 St. Luis Rey, and a Kristoff event on January 25.

In addition to Ed, Josh also gets help running the shop from his mother-in-law, Laurie Lewis. Josh and his wife, April, and daughter, Finley, live in Moon.

"It was a really scary moment," Josh says about when they departed on the new venture, "but I'm enjoying it and all the interesting people."

Allegheny Muscle Therapy and Massage

Renee Swasey thinks people have the wrong idea about what they can gain by visiting massage clinics like the one she just opened in July on West Allegheny Road.

"People look at it like it's a luxury," she says, "but actually, if you're hurting, you need to treat your muscles for them to heal."

During her 20 years of working as a massage therapist and instructor, Renee, a Findlay resident and married mother of two, has helped a lot of people with legitimate and significant musculoskeletal conditions. These aren't people who are just looking for a relaxing massage. They're looking to relieve chronic pain and stress, which is oftentimes the result of car accidents, playing sports, and working. When asked about what she does at her business, Renee gives a much more descriptive term for what massages are accomplishing for individuals with chronic stress and pain.

"This is muscle re-education," she says.

By retraining the musculoskeletal system and reintroducing proper blood flow to knotted muscles and strained tendons, clients emerge over time with less pain, increased motion, and better health.

Though visitors to Allegheny Muscle Therapy and Massage might not go in looking for a relaxing massage, they do get just that, in a soothing and relaxing environment. Renee's business features three massage rooms in a newly remodeled space with classic wooden floors and earth tone painted walls.

On December 13, from 11 a.m. to 6 p.m., visitors can get a free, 15-minute massage and \$10 towards a full session if they bring a bag of canned goods to the location. All donations go to the West Allegheny Food Pantry, and visitors will come away feeling good, both for a generous deed and having benefitted from a therapeutic massage.

Appointments at Allegheny Muscle Therapy can be made by calling (724) 695-5300, by visiting www.alleghenymuscle.massagetherapy.com, or via e-mail at muscletherapyandmassage@gmail.com.

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Parkway West CTC

New Programs Off to a Great Start

Electrical Systems Technology is one of four construction related programs for students to explore. Students who elect to continue their education in this program will learn the basics of electrical systems, through layout, assembly, installation, wiring, maintenance, and trouble-shooting for residential, commercial, and/or light industrial locations. In addition, students will be educated on PLC's and transformers. Safety is first and foremost in this class. Adherence to the National Electric Code is emphasized as well as trade safety.

The new Veterinary Technology program teaches students how to keep proper medical records, schedule appointments, and offer client education. In addition, students will practice laboratory procedures, assist with nursing duties, prepare for surgeries, and assist during a routine exam. Students will also acquire the skills appropriate for grooming and daily care of an animal.

New Certifications Added to Programs

PWCTC's Health Assistant program offers many options for future health professionals. These include CPR for health care providers, PA State Nurse Aid Registry (CNA), and Personal Care Home Direct Care Staff for first and second year students. Finally, first year senior students may take courses to earn either their Pharmacy Technician certification (CPHT) or Phlebotomy Technician certification (CPT). Juniors and seniors in the program will work with real patients at real medical sites with real professionals.

In addition, select Health Assistant and Public Safety Technology students may qualify to attend CCAC two days a week and earn college credits while attending PWCTC. The courses can be used to get a jump start on an associate's degree from CCAC or be transferred to most colleges in the region and across the state.

Students wanting to be nail technicians can enroll as a Nail Tech student through PWCTC's Cosmetology program. Students can acquire the amount of hours needed to sit for the PA State Board Licensing exam to be a certified Nail Technician. Learn basic manicures, pedicures, and nail art. Also learn to apply acrylics and to adhere gels.

Many students have gone through PWCTC's Cosmetology program and have earned their PA Cosmetology Licensure after acquiring the needed 1,250 hours to sit for the state board exam. For an additional 500 hours, students may continue their education to acquire their cosmetology teacher's license, should they want to teach their profession. Should a nail tech student earn licensure, they too would be eligible at a state approved school to teach students how to become nail technicians.

Robinson Township Christian School

Helping Out Through Hat Day

A Robinson Township Christian School student was diagnosed with a brain tumor in June and has been fighting ever since. In October, the entire school participated in Hat Day. Students and teachers donated \$2 for the privilege of wearing a hat all day at school. The school raised more than \$700, which they donated to Children's Hospital. The family was very grateful, and the student is successfully undergoing treatments.



Holy Trinity

Fourth Grade Completes Bubble-ology

Holy Trinity fourth graders have been learning concepts in chemistry and physics and recently completed Bubble-ology as part of their STEM curriculum (Science, Technology, Engineering, and Math). In Bubble-ology, students make a bubble solution using three different brands of dishwashing detergent then carry out a scientific investigation. The students formulated hypotheses about the solutions, then measured the diameter in centimeters of the bubble domes they blew with each one. After four trials, they had to calculate the average and use technology to graph the results. Once they completed their investigations, they had to check their original hypotheses to see if they selected the most effective dishwashing liquid.

Author and Alumnus Returns to Discuss Book

In October, Frank Garland, author of *Willie Stargell: A Life in Baseball*, traveled from Gannon University to address grades 6-8. He discussed his experiences as a writer and journalist and shared life experiences that helped shape his career path. The children were fascinated by his stories and were also surprised to learn that Mr. Garland was an alum of Holy Trinity! They eagerly asked questions about his work and his book and also about their school when he attended. They thought it was "cool" that he was once a student just like them. They even found his picture on a basketball team photo in the gymnasium lobby.



PWCTC Career Exploration Days

Career Exploration Days are set aside for visiting students to try a potential career of interest at Parkway West CTC. Students from 12 sending school districts will visit two programs of their choice either on Tuesday, November 26 or on Wednesday, February 5. Visitors will have about an hour in each selected program to experience different forms of education and learn about PWCTC. Hands-on related activities are created for each of the visitors to experience. It's an excellent experience for any student, as they will have the opportunity to network with industry professionals who just happen to teach their intended careers. PWCTC offers industry certifications, additional scholarship opportunities, and best of all, there's no tuition cost. Visit parkwaywest.org for more information.

Western Area YMCA



Personal Nutrition Coaching

To schedule an appointment: (412) 787-9622. A personalized Highmark program designed by a registered dietician to address the needs of an individual seeking nutrition counseling related to weight management, heart health, and diabetes.

Insanity

Visit www.westernarea-y.org for class dates and times.

Group exercise class that uses MAX Interval Training for insane results, free to facility members, \$60 for 10 classes for program members.

Tai Chi

Visit www.westernarea-y.org for class dates and times.

Ancient practice that uses movement and breathing to reduce pain and improve mental and physical well-being, free to facility members, \$60 for 10 classes for program members.

After School Child Care

Every school day from dismissal until 6 p.m. YMCA of Greater Pittsburgh offers quality school-age child care programs in the Montour School District, programs held at Burkett and Forest Grove Elementary for children in kindergarten through fourth grade, contact Andy Keaton, akeaton@ymcapgh.org. For more information on these programs, call (412) 787-9622.

Ongoing

Western PA Kidney Support Group, second Sunday monthly, 2:30-4:30 p.m., King's Restaurant, Imperial, (724) 796-1603.

2013-2014 West Hills Symphonic Band Season

now in its sixth season of residency at West Allegheny High School, Stewart Morgan Auditorium, free admission, **December 8, 3 p.m.**, "That Christmas Feeling," **March 2, 3 p.m.**, "Verdant Pathways," **May 4, 3 p.m.**, "The Heart of Spring," www.whsb.org.

Listen Locally:

Chamber Music Series,

Andrew Carnegie Free Library and Music Hall, **November 25**, Academy Chamber Ensemble, (music for string duo, quartet, and quintet), **February 24**, Freya Quartet (string quartet), **March 31**, Ferla-Marcinzyzn Guitar Duo with contralto Daphne Alderson, **April 28**, Matt Murchison Mutiny (euphonium, flute, piano, bass, drums), (412) 276-3456.

Fridays

TGIF Airport Area Adult Social Group for ASHF

every **Friday, 7-9 p.m.**, Sharon Community Presbyterian Church, University Boulevard, Youth Community Center, food, fun, fellowship, Terry Doughty, (724) 457-1088 or e-mail: TGIF.ASGROUP@gmail.com.

Daily through

December 15

10th Year U.S. Marine Corps Toys for Tots Drive,

coordinated by the Kennedy Township Police Department, accepting new, unwrapped toys for children birth-10 years old, bring toys to Kennedy Township Police Department, 340 Forest Grade Road, daily, **7:30 a.m.-11:30 p.m.**, (312) 331-2408.

chances to win, cash prize every 15 minutes, benefits the Harry Quinn-Ralph Schorr Memorial Scholarship Fund and local high school students, (412) 787-5422.

November 24

Montour Band Spaghetti Dinner, 12-6 p.m.

Rockefeller's Grille, supports band's spring trip

to New York City, takeout available, bake sale, Chinese auction, \$9, (412) 956-6222, oneone2@verizon.net.

November 25

Academy Chamber Ensemble, 7:30 p.m.

Carnegie Free Library and Music Hall, performing works by Mendelssohn, Martinu, and Mozart, with conductor Warren Davidson, \$15, (412) 276-3456 x 7, www.carnegiecarnegie.org.

November 28

Community Thanksgiving Dinner, 12-5 p.m.

Coraopolis United Methodist Church, the church will be providing a Thanksgiving dinner on Thanksgiving Day for individuals and families in the West Hills area in need or who want to share fellowship and friendship, free, register by November 25, (412) 264-3727, office@coraopolisumc.org.

November 29-30

First-Ever Model Train Show, 11 a.m.-5 p.m.

Findlay Township Activity Center, 310 Main St., Imperial. Paul Linko, Jr., a train enthusiast for over 50 years, will share his collection of rare tracks and scenes which date from 1930-1960, also a raffle auction and bake sale, \$5 adults, \$3 children 12 and under and senior citizens 65+, \$10 a family, all proceeds benefit West Allegheny Food Pantry, (724) 695-0500.

December 6-15

"Nutcracker" as presented by the Carnegie Performing Arts Center, for two weekends beginning

Friday, December 6, and ending

Sunday, December 15, Andrew Carnegie Music Hall, 300

Beechwood Avenue, Carnegie. Performances at **8 p.m.** on Fridays and Saturdays and **2 p.m.** on

Sundays, tickets at the door: \$15 adults, \$12 seniors and children,

(412) 279-8887 or www.carnegieperformingartscenter.com.

December 6

Visit from Santa and Mrs. Claus, 6:30-7:30 p.m.

Forest Grove VFD delivers Mr. and Mrs. Claus to Clever Road Park in Robinson Township with sirens blaring, (412) 788-8120.



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December 6

Robinson Township Christian School presents "Charlotte's Web," 7 p.m. Lessons of friendship, loyalty, and truth bind this story together and show that friends come in all shapes and sizes. \$7 adults, \$3 children ages 5-18, for tickets, (412) 787-5919.

December 7

Moon Township Garden Club Greens and Things Holiday Sale, 9 a.m.-1 p.m., Robin Hill Park, decorative holiday centerpieces, wreaths, and swags, holiday door prize, proceeds benefit garden club philanthropies, (412) 262-4719.

December 7

Polar Express Movie Night, West Allegheny High School, 6-9 p.m., West Allegheny Marching Pride will show the movie, "Polar Express." Come dressed in your pajamas and slippers, bring a blanket, hot chocolate, cookies, and popcorn will be served. Santa will make an appearance at intermission when parents can visit crafter/vendor tables, \$5 child, adults free with food donation for the food pantry, (412) 527-5771, angelaandericyoder@hotmail.com.

December 14

The Sounds of Pittsburgh Chorus, Sweet Adelines International Annual Show, 7 p.m., REA Auditorium at Sewickley Academy, chorus, chorus quartets, guest quartet The Hot Air Buffoons. Women are encouraged to join for an appearance in the show singing carols, Mary Ann, (412) 279-6062.

December 15

Kennedy VFD Pancake Breakfast Fundraiser, 9 a.m.-1 p.m., Kennedy Fire Hall, French toast, sausage, and more, benefits department, visit from Santa and Mrs. Claus, face painting, fire station tours, \$7 adults, \$3 children 10 and under, (412) 787-5422.

December 15

Third Annual Holiday Pancake Breakfast and Cookie Walk, 9 a.m.-12 p.m., Moon High School cafeteria, hosted by the Moon Area High School Marching Band and Orchestra, \$6 adults, \$4 children/seniors, includes pancakes, sausage, juice, coffee, \$9 large container of homemade cookies, www.moonband.org.

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Moon Community Access Television offers a free, four-week television production training course for local communities. Classes begin Tuesday, **November 26**, and continue on **Tuesdays, December 3, 10, and 17** from **6:30 to 8 p.m.** in the MCA-TV studio located at 1700 Beaver Grade Road, Suite 140. Participants must complete all four classes to become a volunteer. The class is open to Moon Township residents and residents of surrounding communities looking to advance their knowledge of studio, camera, audio, and technical training. Successful completion of the course provides the opportunity to be an official MCA-TV volunteer. Active MCA-TV volunteers are given camera and studio equipment privileges as well as the opportunity to be a part of shows produced for and aired on MCA-TV.

Moon Township residents who successfully complete the course can become a community producer. Community producers provide the original and entertaining productions of MCA-TV's programming schedule. Several MCA-TV original shows have won national and state-wide awards, including "The Doctor Is In," produced by Dr. Marc Schneiderman, and "Soak it Up: A Storm Water Documentary." These award-winning shows express the evident value of community-produced programming.

Anyone interested in attending this course should contact Communications Director Alexis Sergeant at asergeant@moontwp.com or call (412) 269-1191.



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As a neighborhood based and community focused publication, *Allegheny West Magazine* encourages complimentary submission of informational school news, as well as informational (non-promotional) news from community groups, nonprofit organizations, and churches. Please submit via e-mail to: alleghenywestmagazine@comcast.net.

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John 3:3

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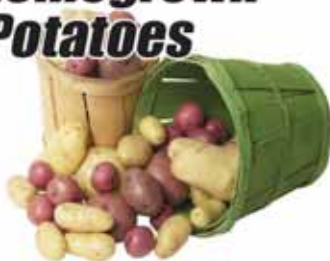
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MUNICIPALITIES

Ingram Borough

40 West Prospect Street
Pittsburgh, PA 15205
(412) 921-3625

Kennedy Township

340 Forest Grove Road
Coraopolis, PA 15108
(412) 771-2321

Pennsbury Village

1043 Pennsbury Boulevard
Pittsburgh, PA 15205
(412) 279-7876

Robinson Township

1000 Church Hill Road
Pittsburgh, PA 15205
(412) 788-8120

Thornburg

545 Hamilton Road
Pittsburgh, PA 15205
(412) 921-3713

PUBLIC & PRIVATE SCHOOLS K-12

Holy Trinity School

5720 Steubenville Pike
McKees Rocks, PA 15136
(412) 787-2656

Montour School District

223 Clever Road
McKees Rocks, PA 15136
(412) 490-6500

Parkway West Career &

Technology Center

7101 Steubenville Pike
Oakdale, PA 15071
(412) 923-1772

Propel-MONTOUR

340 Bilmar Drive
Pittsburgh, PA 15205
(412) 539-0100

Robinson Township

Christian School

77 Phillips Lane
McKees Rocks, PA 15136
(412) 787-5919

St. Malachy School

343 Forest Grove Road
Coraopolis, PA 15108
(412) 771-4545

stmalachyschool.net
This list includes only those public
and private schools located within
the municipalities served by the
Montour Edition of Allegheny West
Magazine.

CHURCHES

Ascension Lutheran Church

1290 Silver Lane, McKees Rocks, PA 15136
(412) 859-3711
www.ascensionlutheranchurchofpa.com

Ascension Roman Cath. Church

114 Berry Street, Pittsburgh, PA 15205
(412) 921-1230
<http://www.ascensiondiopitt.org>

Church of Jesus Christ

227 Herbst Road, Coraopolis, PA 15108
(412) 771-1335

Church of the Nativity Episcopal

33 Alice Avenue, Pittsburgh, PA 15205
(412) 921-4103

Covenant Family Church

P.O. Box 15533, Pittsburgh, PA 15244
(724) 263-7147, www.covenantfamily.cc

Crafton Hts. 1st UP Church

50 Stratmore Street, Pittsburgh, PA 15205
(412) 921-9024, www.chup.org

Crafton United Methodist Church

43 Belvidere Street, Pittsburgh, PA 15205
(412) 921-3381
www.gbgn-umc.org/craftonumc/

Crafton UP Church

P.O. Box 15533, Pittsburgh, PA 15205
(412) 921-2293, <http://craftonup.com>

First Baptist Church of Crafton

1 Oregon Avenue, Pittsburgh, PA 15205
(412) 922-5382

Forest Grove Community

20 Williams Drive, Coraopolis, PA 15108
(412) 788-1081
www.forestgrovecommunitychurch.org

Hawthorne Avenue

Presbyterian Church

90 Hawthorne Avenue, Pittsburgh, PA 15205
(412) 921-2504

Hillside Christian Community

1050 Campbells Run Road, Carnegie, PA
15106, (412) 279-2996
www.hillsidechristiancommunity.com

His Disciples Outreach Ministries

1 Crafton Square, Pittsburgh, PA 15205
(724) 498-6326

Holy Trinity PNC Church

200 Grace Street, McKees Rocks, PA 15136
(412) 331-6459

This list includes those nonprofit organizations which are all-volunteer and are located within the municipalities served by the Montour Edition of Allegheny West Magazine.

COMMUNITY GROUPS

AARP 2203 McKees Rocks, (412) 771-5183
American Legion Post 464 Kennedy, (412) 771-3188
American Legion Post 145 Crafton, (412) 921-9307
American Legion Post 618 Sto-Rox, (412) 331-9083
American Legion Post 862 Robinson, (412) 787-1113
Boy Scouts, Grtr. Pgh. Council-Frontier, (412) 471-2927
Boys and Girls Club, (412) 771-0428
C.I.T. Baseball and Softball, (412) 922-7808
Coraopolis Sportsmen Assn., (412) 264-9920
DAR Coraopolis, www.dar.org
Forest Grove Sportsmen Assn. (412) 269-0942
Girl Scouts, WPA, (724) 774-3553
Hilltop Seniors, (412) 331-2752
Hollow Oak Land Trust, (412) 264-5354
Ingram Girls Softball, (412) 922-6931
Ingram Historical Society, (412) 919-0779
Ingram Women's Civic Club, (412) 937-9737
Kennedy Baseball, (412) 559-8472
Kenmawr Seniors, (412) 771-0867
Kennedy Twp. Firemen's Club, (412) 331-9189
Kennedy Garden Club, (412) 331-6175

Kennedy Twp. Horsehoe League, (412) 269-7257
Meals on Wheels (Crafton-Ingram-McKees Rocks),
(412) 922-0909
Meals on Wheels (Sto-Ken-Rox), (412) 771-4304
Montour Run Watershed Assn., www.mrwa.info
Montour Youth Soccer Assn., www.montoursoccer.com
Montour Trail Council, (412) 257-3011
Robinson Lions Club, (412) 264-9234
Robinson Twp. Basketball, www.robinsonbasketball.com
Robinson Twp. Girls Softball, www.rtgsl.com
Robinson Twp. Library, (412) 787-3906
Rotary - Crafton-Ingram, www.craftoningramrotary.org
Rotary - McKees Rocks, (412) 777-4406
Rotary - Parkway West, (412) 287-9273
Ruffed Grouse Society, (412) 262-4044
Sounds of Pittsburgh Sweet Adelines,
membership@soundsofpg.org
Thornburg Community Club,
<http://tinyurl.com/mtgmjpr>
VFW Vesle Post 418, (412) 771-7034

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