

Montour Edition

Allegheny West Magazine

Volume 14, Number 83
July/August 2017

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Also Inside:

**Montour Trail Council
celebrates two major
completions**

**Community heroes get fit
at the Western Area YMCA**

**Robinson Library awarded
by Pennsylvania Library
Association**

**The importance of political
discourse, not discord**



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School District
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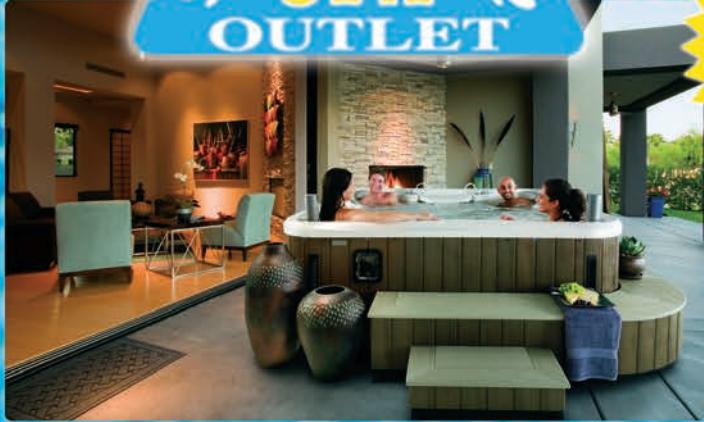


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Allegheny West

Magazine

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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.



From the Publisher

from the Western Area YMCA about a unique program it recently held to get local first responders in shape. The idea for this program came about after our Firebeat columnist Joe Kulik wrote about how it's not always easy for volunteer fire fighters to stay in top shape. The YMCA took on this project not only as a service to them but also to the local communities that those first responders serve. Read more on page 10.

On page 27, we bring you the latest official Montour School District newsletter. Read about the school's recent Summer STEAM Camp and review all the innovative programs instituted over the past year. We've also brought you a listing of the entire graduating Class of 2017 with their post-secondary plans.

On page 40, our writer Jill Bordo takes a look at a unique renovation project in downtown Coraopolis. This project by the Coraopolis Community Development Foundation aims to restore the old train station in downtown Coraopolis and turn it into a new, multi-purpose center. The project has a ways to go but promises to be impressive once finished.

On page 22, state Rep. Anita Kulik writes about the need for bipartisan cooperation

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The Kennedy Township 12U fast-pitch softball team celebrates its championship win over Scott Township in the CVC championship game. The team won by a score of 7-6 and finished the season with an undefeated record of 16-0.

in Harrisburg, despite the tumultuous political climate in Washington, D.C. Then, starting on page 6, we've brought you more stories submitted by our readers, including a piece about two major completions on the Montour Trail.

On page 42, Joe Kulik writes about the psychological weight carried by firefighters and on page 23 we bring you news from area schools. Then be sure to check out all the upcoming area events in our On the Horizon section, starting on page 43 this month.

Look for our next edition in September. That edition will be back-to-school themed and have our annual tear-out academic and athletic calendars. In the meantime, have a great summer.



Doug Hughey, Publisher/Editor

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ABOUT THE COVER

Imperial resident Ken Faux and Coraopolis resident Chris Rolinson stand in front of the old train station in downtown Coraopolis. The two are part of an effort that is working to restore and renovate the building into a community gathering place that will also cater to Montour Trail traffic. Read more on page 40. PHOTO BY JILL BORDO

MTC celebrates two major completions, Trail of the Year honors

STORY SUBMITTED

SUBMITTED BY
OHIO VALLEY HOSPITAL

ABOVE: The Montour Trail Council is joined by local and state officials for an official ribbon cutting to open the Library Viaduct. **BETWEEN:** Ned Williams, president of the Montour Trail Council, accepts a plaque from Cindy Adams Dunn, secretary of the Pennsylvania Department of Conservation and Natural Resources. PHOTOS BY RICK FINKELSTEIN ARTISTRY

The Montour Trail Council held two ribbon cuttings on June 1 to celebrate the official opening of the Montour Trail Library Viaduct and the completion of the trail from the viaduct to Pleasant Street. At the same time, the event honored the Montour Trail's status as 2017 Trail of the Year, as determined by the Pennsylvania Department of Conservation and Natural Resources.



Ned Williams, president of the Montour Trail Council, served as master of ceremonies and said the completion of this section of the trail is yet another great accomplishment for the MTC. He thanked the entire list of speakers for their support of the Montour Trail, starting with Cindy Adams Dunn, secretary of the Pennsylvania DCNR; Dennis Davin, secretary of the Pennsylvania Department of Community and Economic Development; Dr. James Hassinger, executive director of the Southwestern Pennsylvania Commission; state Sen. Camera Bartolotta of the 46th Senate District; state Rep. Rick Saccone of the 39th House District; Jeff M. Kotula, president of the Washington County Chamber of Commerce; Tom Prezel, MTC project manager for the Library Viaduct; and Dave Oyler, MTC project manager for the Pleasant Street segment.

Williams also thanked the numerous companies, governmental organizations and MTC volunteers who helped with the project.

From a handful of visionaries carrying around maps and a slideshow, the Montour Trail Council has grown to encompass seven affiliated Friends of the Trail groups handling local maintenance, improvements and recruiting. The trail now has more than 1,000 contributing members, over 3,000 Facebook followers and an estimated 400,000 out-on-the-trail users per year. Among the council's notable best management practices are a diverse, robust committee structure, consistent strategic planning along one- and three-year time frames, regular maintenance schedules, extensive solicitation and review of user feedback, a volunteer trail patrol, diligent interfacing with all levels of government, and an endowment fund.

For more, visit montourtrail.org.

OVH procedure relieves pain without medication

Ohio Valley Hospital Pain Treatment Center physicians are some of the few performing an outpatient procedure used in place of opioids to improve pain from osteoarthritis.

Osteoarthritis affects more than 30 million Americans each year, according to the Centers for Disease Control and Prevention. It can lead to joint pain, swelling, and stiffness due to the breakdown of cartilage between bones.

The procedure, Coolief Radio Frequency Ablation, has recently been approved by the FDA. It uses radio frequency to freeze pain nerves which typically sense knee pain. Dr. David DeChellis and Dr. Ankur Gosalia began treating patients with Coolief about two years ago and have seen their patients respond with immediate relief and increased function and mobility.

"We felt the procedure is an excellent option for our many pain patients who have these conditions but for whom conservative care - including injections and therapy - have not worked but would still like to avoid pain medications," said DeChellis. "The majority of our patients have responded well to the point that they will tell us there has been a positive change in their ability to tolerate life activities as well as diminish pain without medication."

In fact, Coolief Radio Frequency Ablation is one of the many non-surgical procedures the Ohio Valley Hospital Pain Treatment Center prefers to prescribing medications.

"Our future generations of patients will likely benefit from the advanced technology and regenerative biologics/medicine becoming available in pain management, to the point where opioids will be rarely needed to treat chronic pain," said DeChellis.

DeChellis' office is located in the West Kenmawr Plaza at 500 Pine Hollow Road. For more information or to make an appointment, call (412) 777-6400.



Dr. David DeChellis of the Ohio Valley Hospital Pain Treatment Center examines a patient's knee.

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Locally Sourced

SUBMITTED BY STEUBENVILLE PIKE AUTO

SPARC announces spring recipient of semi-annual vehicle giveaway



Steubenville Pike Auto Repair Charity announced the recipient of its third car giveaway on May 31 as Dorothy Long. She is pictured at left with Steubenville Pike Auto president Jason Pottle, Linda Pottle, Scott Robertson and Russ Pottle.

PHOTO BY DOUG HUGHEY

Steubenville Pike Auto in Robinson Township donated a car for the third time under its Steubenville Pike Auto Repair Charity program in May. SPARC's selection committee chose Dorothy Long of Coraopolis as its first recipient of 2017. Dorothy, a widow on a fixed income, has been without a vehicle for over two years. She has been relying on friends and family for transportation.

Long was presented with a Ford Focus on May 31. She said she is overjoyed that she will be able to visit her grandchildren and drive herself to her doctor's appointments and the pharmacy.

"We learned that Dorothy was walking to Walmart to get prescriptions and depending on others to get her to important doctor's appointments," said Jason Pottle, owner of Steubenville Pike Auto. "Now, Dorothy can easily get to her appointments and get the medication she needs, plus visit her grandchildren as much as possible. She hopes to use her new freedom to help others in a similar situation."

Last year, Steubenville Pike Auto donated the first two vehicles under SPARC. As with those vehicles, Heroes Supporting Heroes again graciously paid the taxes and state transfer fees for Long's vehicle. HSH is a not-for-profit organization that supports stable and safe housing for military members and their families as well as veterans and senior citizens. HSH also provides a variety of support services for service members' families during times of deployment.

For more about HSH, visit www.heroessupportingheroes.org.

Steubenville Pike Auto will be giving away another vehicle to a deserving individual or family in December. Nominations will be accepted starting in November. To nominate, click on the SPARC logo at www.steubenvillepike.com.

Steubenville Pike Auto is a five-acre, full service auto business located at 6112 Steubenville Pike in Robinson Township. The business was named the seventh Fastest Growing Business in Pittsburgh by the Pittsburgh Business Times and one of the 5,000 fastest growing companies in the U.S. by INC magazine.

STORY SUBMITTED

Robinson Library awarded by Pennsylvania Library Association

Millvale Community Library, Robinson Township Library and Western Allegheny Community Library were all recognized by the Pennsylvania Library Association with Best Practice Awards for their outstanding efforts in children's programming.

Robinson Township Library earned the Best Practice Award for School Age Programming for Passport Pals, which provides elementary-aged children with an opportunity to explore other countries and cultures by promoting a sense of inclusion and respect for others outside of the U.S. Each month, children get to "travel" to another country and explore. Children receive their own passport, world map, country fact sheet, recommended book list and country-specific bookmark. They also participate in a variety of activities.

Since 2004, the committee has recognized Pennsylvania libraries for their exceptional services to youth (birth to 18) with the Best Practice Award. Programs considered to be "best practice" support learning and literacy. They are also effective in reaching intended goals, cost-efficient, age-appropriate, easily replicated, favorably received and innovative. Community collaboration and promotion or recognition of PA Forward is a plus as well. Winners will receive the awards at the annual Pennsylvania Library Association Conference, which will take place at the DoubleTree by Hilton hotel in Green Tree in October.

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Community heroes get fit at the Western Area YMCA

Firefighters and police officers are driven to protect the public at all costs. According to the American Journal of Hypertension, approximately three-quarters of all emergency responders also have hypertension or prehypertension. That proportion is expected to increase, given the obesity epidemic.

The YMCA started a new program called The Fittest Hero in order to help community heroes in western Allegheny County live a healthier lifestyle. The Fittest Hero program was a 12-week contest involving fire and police departments from four local communities: Crafton, Kennedy Township, Robinson Township and Stowe Township. The program started Jan. 16 and ended April 9. The goal was to challenge each department to live a healthier lifestyle. Teams competed in a weight loss challenge and were assigned a personal trainer who ran group trainings with their teams. Trainers provided healthy homework and support outside of their training sessions. In addition, all participants completed an eight-week nutrition class. With 70 percent of weight loss results coming from nutrition, this was a very important part of the program.

At the start of the competition, biometrics were taken, including blood pressure, waist measurement, body fat percentage and body mass index. Each participant also provided their goals, which were displayed in the training room as a reminder. The department that lost the most weight was crowned the fittest hero at an awards party April 22. Weight lost was measured as a percentage of the group to ensure a fair result.

This program was a great success, with participants benefiting both physically and mentally. The program's 59 participants lost a total of 414.8 pounds, or eight pounds per person, which is 3.29 percent of their starting weight. As a result, they are stronger, leaner, happier and healthier. They saw reductions in blood pressure, body fat, BMI, weight and waist size. They also achieved an increase in fitness and energy levels. This program paves the way for future competitions with local first responders.

Moon Run was crowned the fittest hero, losing a whopping 129.8 pounds, or nine percent of their starting weight.

In addition to being on the winning team, Will Freker and Marissa Williams lost the most weight among males and females in the program. Each team's top weight loss winner received an award as well. They were: Paul Cunningham of Crafton (5.93 percent), Jim Dupin of Forest Grove (4.72 percent), Scott Gregory of Kennedy Township (9.79 percent) and Scott George of Stowe Township (9.47 percent).

Joe Kulik of Kennedy Township was an advocate of this challenge from the beginning. One of his regular columns in Allegheny West Magazine that discussed the health issues first responders face inspired Jill Cersosimo, Western Area YMCA's healthy living director, to reach out to local first responders and create this challenge. As a result, Kulik received the Challenge Advocate and Inspiration Award.

Fun awards were also given to members of each team. Janet Findlay of Crafton, Nick Hemke of Forest Grove, Bob Hull of Kennedy Township, Eric Onoffrey of Moon Run and Joe Carlini of Stowe won the fun awards.

Since local first responders do so much for our community, the YMCA hosted this program at no charge. In addition to participating, heroes and their immediate family members were awarded a 12-week membership to the YMCA.



Scott Gregory's team from Kennedy Township was coached by trainer Bill Orr.

STORY AND PHOTOS SUBMITTED BY
WESTERN AREA YMCA



Moon Run Fire Department's winning team was comprised in part of Will Freker, fire chief Mike Fashion, Eric Onoffrey and Marissa Williams. They are pictured with trainer Jackie Damp. Not pictured are Brian Luebbe, Ben Bowman and Adam Young.



Jill Cersosimo, healthy living director at the Western Area YMCA, was inspired by a column written by Joe Kulik in Allegheny West Magazine to start the Fittest Hero Challenge.

Local businesses sponsored each of the heroes. The businesses and the teams they sponsored were: David E. Wooster & Associates and Wolbert Auto Body & Repair (Crafton); Ohio Valley Hospital (Forest Grove and Moon Run); Mongiovio & Son (Kennedy); and 5 Generation Bakers (Stowe).

Final Results as of Week 6						
	# of Participants	Starting Weight	End Weight	Total Lbs Lost	% Lost	
1	Moon Run Fire	7	1,442.0	1,312.3	-129.8	-9.00%
2	Stowe Fire & Police	14	3,220.5	3,104.3	-116.3	-3.61%
3	Kennedy Fire & Police	16	3,587.5	3,500.0	-87.5	-2.44%
4	Forest Grove Fire	11	2,250.0	2,208.0	-42.0	-1.87%
5	Crafton Fire	11	2,104.5	2,065.7	-38.8	-1.85%
	Total	59	12,604.5	12,190.2	-414.4	-3.29%

Local businesses also provided gift cards or services to give to the winners of various awards. They were: Applebee's (Robinson Township); Awakenings Healing Touch (Robinson); Bobby D's (Kennedy); Dani's Hair Loft (Kennedy); Downey House (Robinson); Edible Arrangements (Robinson); Giant Eagle Market District (Robinson); Loving Hut Vegan Cuisine (Robinson); Jo's Gentlemen (Robinson); and Styles by Lydia (Kennedy).

"From the start, I have felt a connection to the team members and sense of pride working with the Moon Run and Forest Grove fire teams," says trainer Jackie Damp. "Not only are they great people, but they are team players, give it their all, and have fun doing it - even when I throw my craziest workouts at them. I'm beyond blessed to [have worked] with them."

Joe Buys, who trained the Crafton fire team, says their persistence was evident in the end.

"One step at a time, one foot in front of the other, they continued to make progress," says Buys. "It's been so awesome to see their growth. What a blessing."

Trainer Bill Orr, who coached the Kennedy team, characterizes the experience as an honor.

"I am proud of the team's results and how much they have progressed, particularly with the workouts," says Orr. "They come enthused and ready to work out every session. I am astonished at what they have accomplished. They are great men and women and it has been a privilege getting to know them and being part of their fitness journey."



For more about The Fittest Hero challenge, see the Western Area YMCA's blog yfittesthero.wordpress.com. Trainers documented the program with videos and photos of their training sessions. They also share tips on leading a healthy lifestyle.



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SUBMITTED BY KENNEDY GARDEN CLUB

Kennedy Garden Club names scholarship recipient, helps beautify The Willows

The Kennedy Garden Club, represented by Anna Jane Bayer, gave a talk on flowers at the Willows Senior Living Facility in Kennedy Township this past June.

Bayer, assisted by activities director Lisa Connor and her sister, Erin, planted petunias, marigolds and ivy in three large elevated planting boxes and in the ground level flower garden. They also planted cherry tomatoes in the large tubs while residents enjoyed the sunshine and watched the activities. Residents were given a small spider plant donated by garden club member Tracey Pedersen.

The Kennedy Garden Club also awarded its annual scholarship to Jalen Council of Sto-Rox High School. Jalen is the son of Yulonda Walker and Frederick Council. He plans to attend Slippery Rock University in the fall and major in sports management. His junior year, Jalen was inducted into the Sto-Rox chapter of the National Honor Society, which holds a very high induction standard. The club awarded Jalen a scholarship of \$1,000.



ABOVE: Anna Jane Bayer of the Kennedy Township Garden Club helped plant these flowers at the Willows Senior Living Facility in June. BELOW: Helen Bihler and Evie Holland of the Kennedy Garden Club's Scholarship Committee present Jalen Council with a scholarship check.



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SUBMITTED BY ALLEGHENY COUNTY AIRPORT AUTHORITY

Condor begins seasonal nonstop service to Germany

In June, Condor Airlines began flying nonstop transatlantic flights from Pittsburgh International Airport to Frankfurt, Germany. Condor will offer the seasonal, nonstop service twice weekly, on Mondays and Fridays, until September.

The aircraft flying the route has two aisles and 259 seats. It is the first wide body aircraft to serve Pittsburgh International Airport in more than a decade. It is also the first time Pittsburgh and Germany have been connected with nonstop service since 2004. As well, the plane will have room for palletized cargo in the belly, creating additional cargo, high-value manufacturing, and logistics opportunities for the region. Condor Airlines' inaugural flight from Frankfurt, Germany arrived June 23 at Pittsburgh International Airport with airport and community officials.

Allegheny County Executive Rich Fitzgerald said that the new service promises to create opportunities for business and leisure travel.

"We're thrilled that Condor Airlines has begun serving Pittsburgh and this region from Frankfurt, Germany, particularly because we have so many companies here with international operations which will use this destination," said Fitzgerald. "Providing this direct flight not only helps those businesses continue to flourish and grow in our region, but could also help attract additional businesses and tourists from Europe because of the connection. We thank Condor for choosing Pittsburgh International Airport and look forward to working with them to serve our business community for years to come."

Allegheny County Airport Authority CEO Christina Cassotis said that adding nonstop service to Germany has been a goal of the airport's for several years and that businesses in Pittsburgh have wanted such a service for more than a decade. German companies operating in the area include Covestro, Bosch, Bayer, Siemens, Aldi and others. As well, Pittsburgh has a number of residents who trace their ancestry to Germany. Paul Overby, board chairman of the Pittsburgh chapter of the German American Chamber of Commerce, called the new service a godsend for Pittsburgh.

"As a result of the flight, we anticipate more investment here by German businesses and even greater profile for our region among European travelers," he said. "This is a fantastic first step, and we are hopeful that the Condor service will expand in coming years."

Jens Boyd, director of Long Haul and Revenue Management, said Condor is pleased to add Pittsburgh to its growing list of U.S. destinations, which now totals 11 cities.

"We are pleased to bring Condor's award-winning, three-class service at attractive prices to Pittsburgh and the tri-state region and give the local people a unique choice for their travels to Germany and beyond," he said. "With our numerous partner airlines, we offer flights beyond Frankfurt to over 120 destinations across Europe."

Condor is the fourth international airline to offer scheduled service to Pittsburgh International Airport and is the third international carrier to add service within the past two years. The leisure airline will offer seats in business, premium and economy classes. All Condor passengers receive complimentary checked baggage, beverages, meals and in-flight entertainment.

To purchase tickets, visit www.condor.com or call 1 (866) 960-7915.

New partnership offers everything a homebuyer needs



Real estate agent Joey Booker (above) has teamed up with mortgage originator Dave Young (below) to help real estate buyers get everything they need and facilitate a smooth transaction.

If there's one thing that Joey Booker of Robinson Township has learned since he joined the team at Howard Hanna at the end of 2015, it's that a real estate agent needs to be readily available to address each client's questions and concerns.

"If you're going to be in a field like real estate, you have to offer quality service," says Booker. "There's so much competition out

there that you have to focus on going above and beyond for clients."

Whether that client is a seasoned professional closing on an investment property or a first-time homebuyer looking for a townhome, condo or house, each situation presents its own unique questions and hurdles. Booker says that's why it's so important to not only respond quickly but also be able to offer the right answers and solutions.



To that end, Booker has developed relationships with a network of individuals who can help provide the best expertise and obtain the best possible outcome for clients, no matter the situation.

"I have been a problem solver from day one," says Booker. "I've surrounded myself with good people, which has allowed me to learn different aspects of the business world. That has helped me provide alternative solutions to my clients in different situations."

If there's one group of people for whom the real estate industry has not gotten any less complicated over the past decade, it's first-time homebuyers. As Federal Housing Authority regulations continue to change, Booker found it was important to consult with the right people to help clients close. That's how he began working closely with a personal friend, Dave Young of Princeton Financial. A 30-year veteran in the industry, Young has worked in mortgage

origination for the past 16 years. Through Young, Booker has been able to help first-time homebuyers not only close on their first property, but also find a mortgage that saves them money.

"Dave's on the forefront of the news for first-time buyers," says Booker. "There are lots of different ways they can get into homes for less money and Dave knows how to make that happen."

Booker says that, given the complicated world of real estate and each person's unique situation, that's why he's found it essential to meet with clients in person when possible.

"I pride myself on my customer service and finding creative solutions for my clients as they work toward achieving homeownership," says Young.

With a comprehensive knowledge of product guidelines and "scenario solution," Young and the team at Princeton Financial are able to help homebuyers avoid unforeseen issues that can arise during the loan process.

A self-starter who at one time operated his own landscaping company, Booker holds an associate's degree in business management from the Community College of Allegheny County. He graduated from Montour High School in 2010. Booker can help clients find the right townhome, condo, residential home, multi-unit or investment property. He can be reached at (412) 477-1204 or at JoeyBooker@HowardHanna.com.

Young can be reached at (412) 564-5858 x 217 or at DGYoung@PrincetonFin.com. For more on Princeton Financial, visit www.princetonfin.com.



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Paragon breaks ground on new Collier Township community

Custom homebuilder Paragon Homes recently broke ground on Parkside Meadows, a new community adjacent to Collier Community Park. Plans call for just 23 lots in this small, walkable community with tree-lined streets and two cul-de-sacs nestled in pastoral, rolling hills and farm fields. Paragon plans to have a road paved and begin welcoming clients over the summer.

Located in Chartiers Valley School District near other Paragon homes in Walkers Ridge and Nevillewood, Parkside Meadows' home plans have plenty of potential for large backyards and porches with bucolic views.

The site also sits just minutes from busy shopping and dining areas in Bridgeville, Robinson Township and South Fayette Township. Greater Pittsburgh International Airport and downtown Pittsburgh are just a short, 20-minute drive away each.

Unlike the one-size-fits-all homes built by some companies, Paragon designs homes around the needs of each homeowner. Many of the amenities

that other builders consider upgrades are standard to Paragon's homes, which have won 30 awards from the Builders and Realtors Association of Greater Pittsburgh and the Washington County Builders Association. The company has won multiple Single Family Home of the Year awards for homes ranging from \$500,000 to \$1 million. Paragon prides itself on crafting quality homes designed around each customer through a process that is



Serving the Pittsburgh area since 1987, Paragon Homes proudly handcrafts custom, high quality homes like the one seen here. The company is dedicated to delivering the home of each client's dreams through an enjoyable experience that leaves them with a well built home that will last a lifetime.



easy and enjoyable for clients.

Parkside Meadows' plan is formulated around the idea of bringing the walkable, tree-lined streets of Shadyside and Sewickley to Collier Township. Each of community's home plans call for unique custom designs, including front porches, gorgeous indoor and outdoor entertaining spaces, gourmet kitchens, and true master retreats with sitting rooms, private balconies, and spa-

style baths. With plans just in the beginning phases, prospective homebuyers have the added benefit of getting in early before construction costs rise.

The site for Parkside Meadows is located at 4069 Thoms Run Road, Oakdale, PA, 15057. For more, visit Paragon online at VisitParagonHomes.com or call them at (412) 787-8807.



Bobby D's offers up smoked barbecue and local flavors

When Mark and Amy DiClemente opened their restaurant, Bobby D's, in the Kenmawr Plaza in Kennedy Township last November, they knew they wanted to focus on burgers and smoked barbecue. While crafting their menu, though, they also knew they couldn't very well ignore their Italian heritage or all the other flavors that have made Kennedy Township home to the two lifelong residents. That includes favorites from the Pine Hollow Inn, which Mark's family ran for 30 years.

The result is a menu that features not only barbecue ribs, chicken, brisket and wings smoked to perfection in-house, but also local favorites like a fried fish sandwich, a Ricci's hot sausage patty sandwich and a stuffed banana pepper hoagie. There's even a sausage egg bomb - a spin on a traditional Scottish egg - and a fried asparagus prosciutto wrap offered as appetizers.

"I never wanted to be that restaurant where you walk in and order a club sandwich or buffalo chicken sandwich," says Mark.

Instead, the couple says they assembled a collection of favorites that are quintessentially local, just like them. Both Amy and Mark graduated from Montour in 1987 and, after college, returned to the area. Mark now serves on Montour's school board while Amy teaches at David E. Williams Middle School. Their three daughters, Marissa, Mia and Marley, also help out around the restaurant.

Amy says that when she was younger, she used to frequent the Pine Hollow Inn and recalls Mark's father - known to locals as "Burp" - serving her baskets of fried shrimp. Mark says some of Bobby D's menu offerings like the sausage patty sandwich come from that restaurant, which the family sold a number of years ago. Their stuffed banana pepper hoagie, meanwhile, was inspired by a popular offering at the softball concession stand at Fairhaven Park. Their macaroni skillet recipe came from a friend who operated a diner in Bridgeville. They've since given the recipe its own twist with a log of smoked gouda. They serve the skillet as a side with their barbecue features. It can also be paired with chicken, Cajun shrimp, brisket or apple wood bacon to create a meal on its own.

Backed by chef Miguel Hernandez, Bobby D's offers regular specials, including a prime rib dinner every Saturday night, Latin-inspired dishes on Tuesday and occasional game fish like swordfish or marlin. Monday through Friday, 5-7 p.m., and on Saturdays, 8-10 p.m., Bobby D's offers a happy hour with \$5 appetizers and half-priced drinks.

Bobby D's ribs, brisket sandwich and maraconi skillet all go great with a cold lemonade.



The DiClemente family paid tribute to the memory of their family member Bobby by naming their restaurant after him. A caricature of him hangs above the bar. Pictured are Amy and Mark with their daughters Marissa, Mia and Marley.

When Bobby D's opened last November, it was both a joyous and somber occasion, as it marked the 25th year since Mark's brother and the restaurant's namesake, Bobby DiClemente, passed away. A 1986 Montour graduate, Bobby was diagnosed with aplastic anemia. The DiClementes say it was their way of honoring the memory of their beloved family member.

Bobby D's is open for lunch and dinner seven days a week. For more, visit bobbydbbq.com. Find them on Facebook by searching "Bobby D's BBQ PA."



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New barbershop opens in Ingram

After remodeling a former dentist's office in Ingram Borough, Rege's Barber Shop is now open for business. The shop is conveniently located at 3 West Prospect Avenue, across from the Ingram Busway. Rege's Barber Shop is locally owned and operated by Regis Leger, who has been working as a barber for the past seven years.

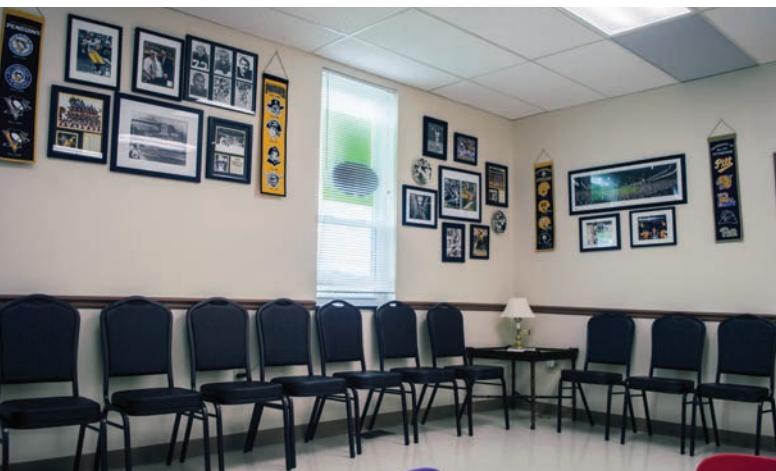
Services offered at the barbershop include haircuts, beard and goatee trimming, and youth cuts. Discounts are available for seniors aged 62 and older.

Leger is a 2007 Montour graduate who studied barbering at the Barber School of Pittsburgh. He now runs his shop with another professional barber, Nick Turturro. A lifelong resident of Ingram, Leger says he couldn't imagine

operating a shop anywhere else. Customers at Rege's can enjoy a sports-themed atmosphere that's fun, professional and family friendly.

Rege's can be reached at (412) 458-5357. The shop is open Tuesday from 10 a.m. to 7 p.m., Wednesday through Friday from 9 a.m. to 6 p.m., and Saturday from 8 a.m. to 4 p.m. No appointments are necessary and walk-ins are always welcome.

It's not too early to start thinking about back-to-school haircuts. Stop in to say hello to Rege and his staff.



STORY AND PHOTOS SUBMITTED BY REGE'S BARBERSHOP



CLOCKWISE FROM LEFT: Regis Leger cuts a ribbon to open his new barbershop in Ingram. Multiple chairs provide faster turnaround during busy hours. Leger is pictured in front of the former dentist office that now houses his barbershop. Rege's spacious waiting area features sports memorabilia.

**Rege's
Barber Shop**

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**Walk-ins Welcome
Adult and Youth Cuts**

**Tuesday: 10 a.m. - 7 p.m.
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Saturday: 8 a.m. - 4 p.m.
Closed Sunday and Monday**

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(Across from Ingram Busway)**

Local chiropractic clinic celebrates one year of offering innovative care

STORY AND PHOTOS
SUBMITTED BY
HOMETOWN SPINE AND SPORT



Dr. Josh Slomkowski (at center) operates Hometown Spine and Sport at 7350 Steubenville Pike with administrative assistants Barb Parsons and Karrie Spencer.

When Josh Slomkowski, DC opened Hometown Spine and Sport at 7350 Steubenville Pike in Oakdale one year ago, he knew he wanted to do more than just treat back injuries. That's why he developed a unique, hybridized treatment model that blends chiropractic, soft tissue massage and rehabilitative exercises to treat common conditions such as carpal tunnel, rotator cuff injuries, elbow tendonitis, runner's injuries, bursitis and more.

"We are trained to treat more than just spinal related injuries," says Slomkowski. "We also have established numerous relationships with the medical community and we collaborate with each patients' primary care physician or orthopedist to deliver the best possible outcome."

With its first year now behind it, the practice is looking forward to treating more people with common ailments. In the process, Slomkowski says he hopes to help patients either maintain or improve their livelihoods.

"My main goal is to help teach people how to take care of their injuries outside of the clinic with the proper exercise and stretching plan," he says.

Slomkowski founded Hometown Spine and Sport last July after taking over Nicola Chiropractic. Prior to that, he earned his doctorate in chiropractic in 2013 from New York Chiropractic College. A Pittsburgh native, he holds a degree from the University of Pittsburgh and completed his chiropractic training by working as a clinical intern in the New York Veterans Affairs. There, Slomkowski gained advanced clinical experience treating peripheral neuropathies, pain-induced PTSD and other complex pain syndromes affecting veterans.

Slomkowski has advanced training in sports rehabilitation

protocols, post-concussion rehabilitation and chronic pain syndromes. He is one of just a few health care providers in the Pittsburgh area who has training in active release technique, which facilitates healing by breaking up scar tissue left by old injuries.

Slomkowski says he became interested in the field of chiropractic after a chiropractor helped him get almost instantaneous relief from a soccer-related injury he suffered in high school. He continues to pursue an active lifestyle, by competing in triathlons, fishing, enjoying the outdoors and spending time with friends and family.

Hometown Spine and Sport is proud to offer sports-specific rehabilitation training procedures and

is a certified clinic for Department of Transportation physicals. Hometown Spine and Sport offers same day appointments and accepts all major insurances, including Highmark Blue Cross, UPMC, Aetna, Cigna, United and Medicare.

Call them at (412) 490-1700. Find them online and read their blog at www.hometownspineandsport.com. Office hours are Monday and Friday, 9 a.m.-12 p.m.; Tuesday and Thursday, 11 a.m.-7 p.m.; and Wednesday, 1-7 p.m.

Free can of Biofreeze spray (\$20) for all new patients who mention this ad until Sept 30, 2017

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Learning Curves

STORY AND PHOTOS SUBMITTED
BY POOL AND SPA OUTLET

SUBMITTED BY

GEORGE G. HESS, D.P.T, C.O.M.T

Is a swim spa right for my family?

Many families in the Pittsburgh area are turning to Aquatic Training Vessel Swim Spas by Marquis Spas to enjoy the benefits of both a swimming pool and a hot tub at a fraction of the cost to own and maintain both. These self-contained, completely portable vessels require minimum maintenance, are installed in less than one day and only require as much electrical service as a standard hot tub.



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What Is Shoulder Pain?

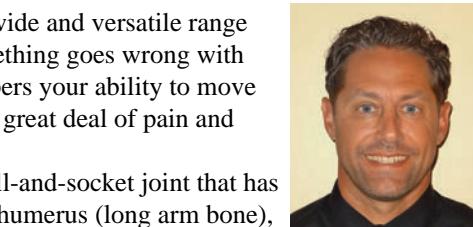
The shoulder has a wide and versatile range of motion. When something goes wrong with your shoulder, it hampers your ability to move freely and can cause a great deal of pain and discomfort.

The shoulder is a ball-and-socket joint that has three main bones: the humerus (long arm bone), the clavicle (collarbone), and the scapula (also known as the shoulder blade). These bones are cushioned by a layer of cartilage. There are two main joints:

- the acromioclavicular joint, which is located between the highest part of the scapula (also called the acromion) and the clavicle.
- the glenohumeral joint, made up of the top, ball-shaped part of the humerus bone and the outer edge of the scapula. This joint is also referred to as the shoulder joint.

The shoulder joint is the most mobile joint in the body. It moves the shoulder forward and backward. It also allows the arm to move in a circular motion, as well as up and away from the body.

Shoulders get their range of motion from the rotator cuff, which is made up of four tendons. Tendons are the tissues that connect muscles to bone. If the tendons or bones around the rotator cuff suffer damage or swelling, you may find it painful and difficult to lift your arm up over your head.



The shoulder can be injured by performing manual labor, playing sports or even by repetitive movement. Certain diseases can bring about pain that travels to the shoulder, such as diseases affecting the liver, heart, gallbladder or cervical spine of the neck.

You are more likely to have problems with your shoulder as you grow older, especially after age 60. This is because the soft tissues surrounding the shoulder tend to degenerate with age.

This information provided courtesy of George Hess DPT, COMT. He is the owner of and a physical therapist at Hess Physical Therapy. He is also the author of the book "Back To Normal." He can be reached at his Kennedy Township location at 566 Pine Hollow Road in McKees Rocks, 15136 at (412) 771-1055, or at his Crafton location at 37 Foster Avenue in Pittsburgh, 15205, at (412) 458-3445. Email him at [George @hesspt.com](mailto:George@hesspt.com).

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July 13th | Summer Gala
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5:30 p.m. - 8:30 p.m.

July 20th | BizBlast@Noon
Hobby Prodigy at the Mall at
Robinson (1st Floor)
11:30 a.m. - 1:30 p.m.

August 10th | Women's Interest Network
DoubleTree by Hilton
Pittsburgh Airport
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PAACC panel discusses outlook on natural gas' economic impact on region

Though the market value of natural gas has suffered a downturn since the Marcellus Shale boom started almost a decade ago, opportunities in the region as a result of it have not.

That was the message delivered by a panel hosted by the Pittsburgh Airport Area Chamber of Commerce on May 19 at the DoubleTree by Hilton hotel in Green Tree. The event, entitled The Nexus Between Energy, Opportunity and Jobs, featured a discussion on a range of regional energy production-related economic issues, from infrastructure and global markets to the impact on local workforces and manufacturing.

Stephanie Wissman, executive director of the Associated Petroleum Industries of Pennsylvania - which operates under the American Petroleum Institute - said that as natural gas prices have dropped, drillers operating in the Marcellus region have increased the efficiency of their drilling rigs. Wissman said that in 2011, an average well produced two million cubic feet of gas per day. She said today, rigs average 14 million cubic feet per day. Wissman pointed to a U.S. Energy Information Administration report that said gas produced from the Marcellus and Utica is expected to drive total U.S. dry gas reserves in the years to come.

However, getting all that gas to market continues to be a challenge and is hurting natural gas values, said Wissman. She called for fewer government regulations, which can drive up costs for drillers and drive away investment dollars that are vital to building the necessary infrastructure to bring gas to more U.S. and foreign markets.

"That is significant to think about," said Wissman, "that there is competition out there for investment dollars."

Christopher Guith, senior vice president of the U.S. Chamber of Commerce's Institute for 21st Century Energy, also called for fewer government regulations and more infrastructure to deliver gas to market, in particular to the Northeastern U.S. Guith said that giving those states access to natural gas could prove vital to economies that are already experiencing higher energy costs as compared to states like Pennsylvania.

Southwestern Pennsylvania, however, is already seeing billions of dollars invested in projects that are creating both jobs and a more localized market for natural gas. Lou Gilberti, who has been a member of the Keystone Mountain Lakes Regional Council of Carpenters for 44 years - and who also spoke during the event - said union carpenters and millwrights are working on 10 different energy-related projects worth over \$5 billion in investments. Nine of those projects are natural gas-powered power plants that are either being built or in the planning phases. Seven of those plants are in Pennsylvania, where several coal-burning plants have closed



Christopher Guith, senior vice president of the U.S. Chamber of Commerce's Institute for 21st Century Energy, talks about the potential economic impact of Pennsylvania-produced natural gas on neighboring regions. Also speaking on the panel was Kathryn Klaber, Lou Gilberti, Stephanie Wissman and George Stark.

in recent years. Most have an output of 1,100 megawatts - enough to power one million homes - each.

Gilberti said that union millwrights are constructing natural gas-fired turbines for the plants while carpenters are pouring concrete pads and constructing scaffolding. He said that those projects, combined with an uptick in other sectors, have converged to create a boom that is unprecedented for the union - at least during his tenure.

"I've been in since 1973, building chemical plants and steel mills," said Gilberti. "Come 1980 that stuff went away due to the downturn in steel... I've never seen it where we're busy across the board. We're building hospitals, universities, retail centers... we're seeing it all peaking at the same time."

Gilberti said that union workers are also constructing a turbine for Shell Chemicals' ethane cracker plant in Beaver County. He said there are 90 carpenters currently working on the plant. By year end, another crew will head there to build scaffolding for union millwrights, who will then piece together the plant's massive turbine. He said Shell will utilize the turbine to power its operations and sell what it doesn't use back to the grid.

George Stark, director of external affairs for Cabot Oil and Gas, said that the Jeannette-based company Elliott Group won the contract to construct that turbine and others.

"The owner of this company said that at one point he wasn't sure what the future of his grandchildren would be," Stark, who led the panel discussion, said. "They now know they will be busy for years to come."

He said the company is responsible for contracts worth hundreds of millions of dollars.

Once completed, Shell's ethane cracker will begin processing ethane from raw natural gas into ethylene, a feedstock for polyethylene pellets. Those pellets can then be used to produce everything from plastic bottles to the plastic that covers dry cleaning. According to Kathryn Klaber, who heads the Klaber Group and previously led the Marcellus Shale Coalition, that could be good news for about 800 manufacturers in the tri-state region that rely on plastics. Klaber shared statistics showing that ethylene, despite the downturn in oil prices, continues to be a cheaper alternative than oil-based naptha.

Shell would seem to agree. Despite depressed oil prices, the company has continued with its planning and site prep over the past couple of years until finally committing to the project last year. The plant is expected to employ about 600 people and create a total regional economic impact of about \$6 billion.

Legislative Update

The importance of political discourse, not discord

June is budget season in Harrisburg. New legislators like myself who don't already know that learn very early on in their term. While budget considerations are addressed at all times, legislators spend most of the month of June working with their committees and meeting with different groups from the Commonwealth who have specific interests in the budget.

At the time of this writing, we have thus far considered pension reform, gaming expansion and liquor licensing expansion. Most of these issues directly relate to budget considerations. Often, it is very easy to tell party lines on these issues. Each side supposes what they envision is a cure, a way to do what is best to bring Pennsylvania out of its financial "black hole." Hopefully, by the time you are reading this article in July, a budget has been adopted and we are not in the awful mess that we have faced in the past, where months went by without an actual budget.

While I can see that oftentimes legislators are on a particular side of the fence, rest assured both sides are working on compromise legislation. Neither party is working toward discord. In the end, it is apparent that, though there are great philosophical differences on budget issues, legislators in the House and Senate understand that compromise is necessary. Frankly, I believe it is what Pennsylvanians want. We all make compromises every day and expect no less from our government officials. It matters not what party affiliation you list. The priority must be to do what is best for the citizens of the Commonwealth.

That brings me to the tragic event that recently occurred in Virginia. This shooting was reflective of a trend in this country

BY ANITA KULIK

of polarization of opinion - of not accepting others' views - and not respecting other people. The mere fact that we may look at issues from different angles is no excuse for violence in any form. It is no excuse to shoot innocent people, it is no excuse to portray the severed heads of public officials, it is no excuse to blatantly portray public officials being murdered and then call it art. We need not belittle others for their opinions or use our authority to change peoples' lives for the worse.

This Commonwealth was founded on the belief of individual freedom and the ability of citizens and government to work together for the common good. We should welcome the opportunity to learn from each other. I see new people every day in this job, and while I may not change my stance on an issue, I welcome the opportunity to put a face on an opposite view. You learn to respect the person even if you do not hold their view. Intolerance of opinion should not be accepted. Respectful discussion brings about change, not scathing monologues, not rioting, not destroying another's property, and not horrific acts of violence. Most of us have seen this in our lifetimes and know that hate does not work. Civility and respect work.

I am happy to say that I enjoy good working relationships with my fellow legislators, regardless of party affiliation. Those of us in Western Pennsylvania, whether Democrat or Republican, work together for the good of the region. We all know that what happens in one area affects the neighboring regions.



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St. Philip School

Carson Scholars

Eighth-graders Ella Wrabley and Liam Cringle were named Carson Scholars for 2017. These students were honored at a ceremony at Heinz Field, where they received medals and scholarships of \$1,000



Emily Costantino, Liam Cringle, Ella Wrabley and Janneselle Umalin were all named Carson Scholars.

that will be invested for their college education. St. Philip alumni Janneselle Umalin and Emily Costantino were named repeat Carson Scholars for 2017. They are among a group of over 4,200 students from around the country who were selected as Carson Scholars. Academic achievements and community service make them stand out as future leaders.

Meet an engineer

As a part of the WQED Design Lives Here project, Paul Alessio, a civil engineer, visited with Thinking Caps students to discuss engineering as a career choice and to help students with an engineering challenge. The class was asked to create a "core sampler" from paper cups, straws, binder clips, rubber bands and tape that could retrieve a "sample" from a potato slice. There were as many designs as there were groups, but all were successful in completing the objective.

Cardinal Wuerl JA Scholarship

Eighth-grader Breeanna Bazeck has been awarded the prestigious Cardinal Wuerl Junior Achievement Scholarship for her participation in the Junior Achievement Program. Students had to submit a detailed application of their grades and school activities, along with an essay explaining the influence that JA has had on them in a diocesan school. Breeanna will receive \$3,000 toward tuition at Bishop Canevin High School.



Breeanna Bazeck



Paul Alessio helps eighth grade students Nevan Crossey and Brennan Hipkiss with their design.

Invention Convention

Seven inventors represented St. Philip School at the AIU Invention Convention at Carlynton High School. They all were winners, not only because of the medals and certificates they earned but because of what they learned through the invention process.



Gianna Marino, Addison Hazuda, Natalie Kirsch, Mia Spezialetti, Rachel Boehm, Jake Johnson and Tavon Lane all participated in the AIU Invention Convention.

In the third grade division, Jake Johnson placed fifth. In the fourth grade division, Tavon Lane earned honorable mention, Mia Spezialetti earned third place and Rachel Boehm finished in second place. Rachel was just one point from first place and had the second highest score in the entire competition. Addison Hazuda and Natalie Kirsch both placed in the top 10. Fifth-grader Gianna Marino tied for third in the fifth grade division.

Principal's Award

The Principal Awards for this school year were awarded to students who earned a perfect 4.0 grade average for the entire year. In all, 11 students were awarded the Principal's Award



This year's Principal's Award winners were: (back) Mac Johnson, Katie Hoff, Kaleigh Costantino, Turner Ciak, Katarina Komorski, (front) Lauren Kirsch, Malley Aiello, Julianna Umalin, Jakob O'Brien, Sean Kelsch and Branden Snaidach.



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St. Philip School Science Olympiad

As part of Science Week Pittsburgh, St. Philip teachers attended the Pittcon Conference and Exposition. Pittcon is a global exposition that offers outreach and support programs for science education. A \$1,750 grant to sponsor a Science Olympiad competition was earned and all students in grades K-8 participated in a day of science activity using those materials purchased from the grant. From paddle boat races to experiments with magnets, animal games, penny bridges, paper ropes, catapults, simple machines, and estimating measurements, students had a fun day immersed in science.

The Elementary School Science Olympiad Program is sponsored by the Spectroscopy Society of Pittsburgh and the Chemical Engineering Society of Pittsburgh. Designed to promote the fun side of science, the Olympiad encourages students to take an active role in exploring scientific disciplines. Students of all abilities are presented a variety of challenges pertaining to earth science, biology, chemistry, physics and engineering.

SUBMITTED BY ST. PHILIP SCHOOL

Graduation and awards

St. Philip graduated 24 students who were recognized with a number of distinguished awards earlier this year.

The American Legion Awards for Scholarship and Citizenship from Frank R. Kirk Post 145 were awarded to St. Philip eighth-graders Matthew Mell and Ella Wrabley. Christian Leadership Awards were presented to Abby Aiello, Arabella Sargent, James Benke and Liam Cringle. Recipients of both awards were chosen by vote of the students and St. Philip faculty.

Liam Cringle, Matthew Mell, Arabella Sargent and Ella Wrabley received the Principal's Award for a perfect 4.0 average all four quarters this year. A reception for students and parents followed.

The 24 graduates honored that night will attend Bishop Canevin, Our Lady of the Sacred Heart, Central Catholic, Montour, Carlynton or Cornell. Eighty-four percent chose a Catholic high school.



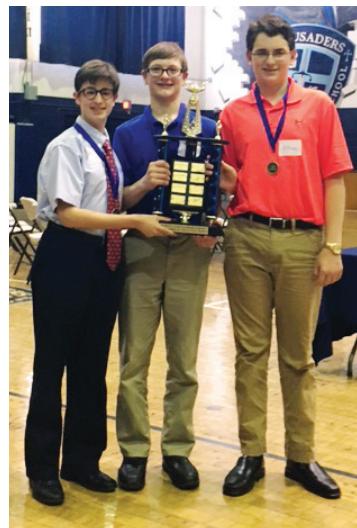
James Benke, Arabella Sargent, Liam Cringle, Matthew Mell, (front) Ella Wrabley and Abby Aiello graduated with 24 other St. Philip students earlier this year and were recognized with awards.

Holy Trinity Catholic School

SUBMITTED BY HOLY TRINITY CATHOLIC SCHOOL

Students claim school's fifth quiz bowl championship

Holy Trinity School sent two teams to compete in the Bishop Canevin Crusader Jr. High Quiz Bowl on May 6. Twenty-four teams from 14 elementary schools competed, including the Holy Trinity Team A which won with a score of 400 points after eight rounds. Their closest competitor finished with 330 points.



A team comprised of Gabriele Gerbino, Ian Lecker and Ethan Williams won the Bishop Canevin Crusader Jr. High Quiz Bowl in May.

The winning Holy Trinity team consisted of Ian Lecker, Ethan Williams and Gabriele Gerbino. This is the fifth time Holy Trinity School has won the Bishop Canevin Crusader Jr. High Quiz Bowl.

Holy Trinity Team B consisted of Audrey Flanagan, Nicholas Paluso and Alex Paluso. The Holy Trinity academic team is coached by Alan Betten Sr.

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Athletes win gold at diocesan championship

Members of the track team wrapped up a successful spring season earlier this year at the diocesan championship at the Robert Morris University Island Sports Center. The team also achieved success at a number of other meets leading up to the championship. In April, at the Diocese of Pittsburgh South Track Meet at Bethel Park High School, a number of honors went to novice runners. Mia Crofford took first in the 100M and Chloe Hornyak took first in the 200M. In junior varsity, Tyler Gaffney won the 100M and 400M. Luca Michnowicz won the long jump and Evie Minzer won the girls 200M and 400M. The JV boys team also took first in the 4x100M and 4x400M relays and first overall. On the varsity team, Kai Roberts won the 100M and 200M. Joseph Rees won the 400M. Varsity girls won the 4x400M relay and varsity boys won the 4x400M relay.

Kai Roberts won gold in the 100M, 4x100M and 4x400M varsity events at the diocesan championship. At North Allegheny on April 22, Kyle Janas won the shot put and turbo javelin while Sasha Planinsic, Kai Roberts and Chloe Hornyak won the 100M. Also winning individual events were Collin Cimino (400M), Ryan Gehring (400M), Tyler Gaffney (200M), Kai Roberts (200M) and Luca Michnowicz (long jump).

In May, Holy Trinity's student athletes participated in the 2017 track and field diocesan championship. Holy Trinity's 4x400 relay team, comprised of Collin Cimino, Alan Betten, Tyler Gaffney and Samuel Gaffney, won with a time of 4:42. Kai Roberts won gold in the 200M and won medals in the 100M, 4x100M and 4x400M varsity events. Holy Trinity JV boys team finish third overall in points and claimed a total of 29 medals.



Kai Roberts won gold in the 100M, 4x100M and 4x400M varsity events at the diocesan championship.

The 4x400 relay JV team consisting of Collin Cimino, Alan Betten, Tyler Gaffney and Samuel Gaffney won at the diocesan championship in May.



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Graduates and award-winners honored



Pictured is the Holy Trinity Class of 2017.

Holy Trinity graduated 28 students May 30. Rev. Ken Kenne was the celebrant of the Mass. During an academic ceremony, students were awarded diplomas and honor roll awards. High honors went to Mara Fryer, Ross Gardner, Luca Iacchetti, Alexis Moran, Sasha Planinsic, Alexa Santucci, Sophia Wegrzynowicz and Natalie Zurbola. Honors went to Savanah Abbott, Herbert Ashbaugh, Lydia Bell, Jacob Boyd, Nathan Chezosky, Casimir Friend, Ryan Gehring, Clara Lucas, Jack Mickle, Charle Moore, Nicholas Paluso, Marissa Trizzino and Reagan Walsh.

Charles Moore was the recipient of the Junior Achievement Cardinal Wuerl Scholarship and will attend Our Lady of the Sacred Heart High School. Lydia Bell received a scholarship award from Oakland Catholic High School. Seth Moore was presented with the Crossroads Scholarship and will attend OLSH. The American Legion awards were given to Jack Mickle and Sasha Planinsic. The Knights of Columbus scholarship recipients were Alexis Moran and Ross Gardner. Alexis will attend OLSH and Ross will attend Central Catholic High School. Knights of Columbus essay winners were: first place, Ryan Gehring; second place, Sophia Wegrzynowicz; and third place, Clara Lucas.

The Father Kris Award was given to Gabriele Gerbino and Sophia Wegrzynowicz for Christian service to school and community, as well as being strong in faith and moral values.

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Montour School District

A year of innovation at Montour

By Justin Aglio, Director of Innovation

The 2016-2017 school year was nothing short of exceptional for the staff and students of Montour School District. Before Montour looks to the 2017-2018 school year, let's take a moment to reflect on just some of the many accomplishments and achievements of this past school year at Forest Grove Elementary, Burkett Elementary, David E. Williams Middle School and Montour High School.

The school year kicked off during National Week of Making with Montour's Annual Summer STEAM Camp. Over 170 campers explored potential career paths through hands-on activities such as Minecraft, robotics, Lego education, cooking and many more.



Allegheny Intermediate Unit's transformED West center at the high school continues to be a regional draw for professional development programs, many of which focus on technology in the classroom.

In the fall of 2016, Montour was one of 19 new school districts from across the nation that was accepted into the League of Innovative Schools. The district was recognized by the league based on its partnership with Carnegie Mellon University, which has now expanded to two other districts through funding by the Grable Foundation to provide an in-house, regional educational research center called the LearnLab.

In addition, Montour has implemented a Virtual Immersion Lab, a commitment to digital citizenship and an emphasis on high-quality, professional development.

Currently, Montour hosts the Pennsylvania Google Summit, Three Rivers Educational Technology Conference, Western Pennsylvania Project Lead The Way workshop and Camp EdInsight. It is also home to the Allegheny Intermediate Unit's transformED West.

One of the highest academically achieving middle schools in western Pennsylvania, David E. Williams Middle School is customizing learning experiences through 1:1 learning for all students. Middle school students were also recognized regionally through the arts. They have continued to explore entrepreneurship opportunities and taught other students through the school media department the "do's and don'ts" of social media. The district's social media awareness has been recognized nationally as a Common Sense Education Certified District for Digital Citizenship.

Montour's accomplishments are not only recognized regionally, but also internationally. In the spring of 2017, Forest Grove Elementary was honored to represent the U.S. as it hosted five Japanese government representatives participating in a project entitled Development of Industry in the Era of Information Revolution. Also, Colin Angevine, maker learning

coach from Digital Promise - which is based in Washington, D.C. - visited Montour. Angevine remarked, "Montour has a reputation for being a pioneering, innovative district."

High school principal Todd Price was selected by the Pennsylvania Elementary and Secondary School Principals organization as the 2017 Principal of the Year. Price will represent Pennsylvania as a national candidate for the 2018 NASSP Principal of the Year award. In addition to the staff accomplishments at the high school, Tina Frank was named a 2018 Pennsylvania Teacher of the Year finalist.

Some of the many student highlights at the high school include a grant funded by Duquesne University and Heinz Endowments to support Education Uncontained, along with a grant funded by The Pittsburgh Foundation to support Social Justice change efforts within local high schools. Also, students launched a series of podcasts on Spartan Express, in collaboration with Saturday Light Brigade, to express youth voice.

As well, students and staff participated in Spartan Personalized Learning Time during the middle of the school day to spark student and staff learning interest.



Fourth-grader Alyssa Francis holds LED lights that are part of a Hummingbird Robotics Kit. Students got to experiment with the kits during Spartan Personalized Learning Time.

What's next for Montour in 2017-2018? Construction is almost complete on a new, versatile, state-of-the-art elementary school scheduled to open in the fall of 2017. It is located on Montour's high school campus and will serve K-4 students throughout the district. The school will feature a two-story library and makerspace, Chromebooks for every student, flexible music and art rooms, and an outdoor amphitheater, just to name some of its amenities. In addition, students will participate in Spartan Personalized Learning Time, during which they will be able to explore interests such as Community Service Club, Hummingbird/Robotic Petting Zoo, Minecraft/Lego club, American sign language club, drama club, poetry corner, digital design and production, garden club, puppet making and performance, and many more.



Montour School District News

Summer STEAM Camp returns for third year

While a lot of middle school and elementary-aged children were easing into their summer break the first week of June 19, hundreds of students from Montour and surrounding school districts showed up at the high school every morning to learn about math, robotics, physics, architecture, the culinary arts and more.

This summer marked the third year for Montour's popular Summer STEAM Camp, which again saw an increase in participation numbers. Last year, about 150 students participated. Its first year, the camp attracted around 70 students.

"I think it's remarkable that we had over 230 students give up a significant portion of their summer to come back to school and learn," says Dr. Christopher Stone, Montour's superintendent. "It says a lot about our evolving school district, the community and our collective commitment toward excellence in education."

This year's camp offered 12 different courses that were once again designed and taught by Montour educators. Courses encouraged learning about STEAM concepts through hands-on activities that mixed learning with fun. Jason Burik, who will be the new elementary school's principal this fall, says that in addition to adding several new courses to this year's camp, Montour educators also enhanced previously offered ones. He credits the district's dedicated parents, students and teachers with the camp's continuing success, and says he even had one parent tell him this year that the camp made their child excited for school for the first time.

Throughout the week, it wasn't just students who were learning. Stone says the camp also helps Montour educators as they develop new programs focused on STEAM learning for the district. For Linda Ewonce, the camp gave her an opportunity to teach a class for the first time with Hummingbird Robotics Kits, which allow students to build robots out of everyday items. Among Ewonce's students were Dante Baron and Leo Matthews, both of whom worked collaboratively to build a rhinoceros out of cardboard tubes and a Kleenex box. They gave their creation a wagging tail and LED lights that could be programmed. They even created a program to make their robot complete a series of actions. Ewonce says students caught on so quickly that she had to reevaluate her teaching model on the fly.

"I had a whole lesson plan and had to abandon it pretty early," she says.

Amanda McDermott, meanwhile, taught another new class this year called It's Electric that introduced students to electrical engineering. Using copper tape, watch batteries

and LED lights, students crafted unique designs out of simple circuits. One student created an American flag. Others used a kit known as Makey Makey, which turns electrical fields into control mechanisms, to control a Pac Man game using tangible objects.



Some of the activities offered at this year's Summer STEAM Camp were (clockwise from top) bridge building, Hummingbird Robotics Kits, Lego building, balloon art, culinary arts and graphic design.



and spinner cookies. A roller coaster course geared toward students in grades K through two also returned. In that course, students learned about concepts of physics, including momentum and force, by designing roller coasters and then constructing them out



of pipe insulation, marbles and blocks. A Minecraft course returned as well, along with a design course taught by Braden Jasen that introduced students to the same Adobe design software used by professional graphic designers.

An art course instructed by Kim Roehn taught students how to make balloon art and jewelry. A different type of art course taught by Jean Lowden had students creating art using math.

In a Lego course, meanwhile, students were challenged with various building tasks. Another Lego course taught students about elements of architecture. Students even built a life-sized, functional couch out of large Legos called Temper Blocks. The course was again taught by Melissa Palmer, Dena Baron and Nicole Stagl, and overseen by Burik.

"It is my hope and desire that we were able to ignite students' interests in Science, Technology, Engineering, Art and Math," says Burik, "and we look forward to another great camp next summer."





What to look for as Montour's new elementary school finishes construction

By Dr. Christopher Stone, Superintendent

The Montour School District is just a few short months away from opening the new Montour Elementary School. While the MES building is certainly impressive structurally, what will be occurring academically promises to be even more impressive.

The building will be divided into two communal neighborhoods consisting of approximately 500 students each. The neighborhoods will help students develop stronger relationships with peers and allow teachers to have a better understanding of each student's unique learning styles. Throughout the course of each day, there will also be multiple opportunities for students from both neighborhoods to interact.

The new building's academic vision embraces the same traditions that have made Montour such a wonderful district for so many years. There will be an intense focus on strong language arts programs and development. "Newer" pedagogical focuses will also be infused into the scope and sequence, including cross-curricular technology integration and "maker-movement experiences." This will allow students to develop higher level thinking skills and 21st century soft skills, which are germane to post-secondary education and careers.

As construction finalizes, we are tentatively scheduling several key events for the community and students. These events include a community presentation and question/answer session with administration; guided grade level tours; and a formal ribbon-cutting ceremony. Dates will be posted on the district website, as well as emailed to all elementary parents.

Montour's elementary teachers are incredibly excited to accept our first group of students into the Montour Elementary School in early September.

Remember, please continue to check the Montour School District website for updates throughout the summer months.



This view from the vestibule in Montour's new elementary school looks toward its cafeteria, library and second-floor makerspace.

Googlers invade Montour for two-day summit

By Justin Aglio, Director of Innovation

Educators from five states gathered at the high school in June for the second annual EdTechTeam Pennsylvania Google for Educators Summit. The summit was held in partnership with the Allegheny Intermediate Unit, with support from PAECT and PASCD. This high-intensity, two-day event featured inspiring keynote speakers Tracy Prudy and Kern Kelley. There were also empowering, hands-on breakout sessions and fun activities, including a high-energy demo slam.

Attendees chose from compelling sessions that focused on different apps in the G Suite for Education, including Drive, Docs, Slides, Sheets, Drawings, YouTube, Classroom, Maps and more. Sessions also went beyond the tools and touched on cutting edge best practices in educational technology and great teaching.

Breakout sessions included Google Classroom: Moving Up STREAM, Shine up your Chrome, Coding in the Classroom, The New Google Sites, G Suite and PBL - The perfect learning team, Digital Photography Workflow, Advanced Google Forms and Data Analysis, Animation Creation with Presentation, Digital Portfolios using Google Tools, and YouTube in the Classroom.

Montour is planning another summit next year. For more, visit edtechteam.com.



Educators take part in the second annual EdTechTeam Pennsylvania Google for Educators Summit at Montour High School in June.

MONTOUR SCHOOL DISTRICT NEWS

DEW and high school ranked among top 20 in region

The high school and David E. Williams Middle School are among the top 20 schools of their type in the Pittsburgh region, according to Niche.com. The website ranked schools in the region based on a number of factors, including standardized test results, surveys, attendance, Advanced Placement enrollment and other factors.

Niche.com ranks the high school 19th in the region and 48th in the state for STEM education. The website ranks DEW 15th in the region and 27th in the state for best teachers. It gives both schools an overall grade of "A," including for academics and teachers. The high school also earned an "A" grade for club and activity offerings, college readiness, and health and safety.

For more, visit www.niche.com.



Montour celebrates Teacher Appreciation Week

The week of May 1, Montour celebrated Teacher Appreciation Week with a series of activities, including a super sleuth contest, picnic lunch and teacher appreciation week assembly. Students also held a car wash for teachers.

For the super sleuth contest, teachers were asked to share a little known fact about themselves. Faculty members were given all of these facts and had to try to figure out which fact belonged to which teacher.

During the teacher appreciation week assembly, several teachers were honored with various awards. Montour Core awards were presented to Luann George and Marcia Chauvet, both whom retired at the end of the school year. A yearbook dedication was awarded to Jeff Braidic and teacher of the year awards presented to both Luann George and Christy Brennan, since voting ended in a tie.

Also during the assembly, teachers participated in a Family Feud-style game that pitted departments against each other. Students were

surveyed on a variety of questions such as "Which teacher is the most likely to win 'American Idol?'" and "Which teacher is the least likely to give a free day?" Teachers then needed to think like their students in order to guess the correct answers. The overall winner of the game was the English department.

Luann George and Marcia Chauvet (at right) are recognized with Montour Core awards at an assembly during Teacher Appreciation Week in May. George, along with Christy Brennan (pictured at top right), was also awarded teacher of the year honors. Jeff Braidic (at left) was recognized with a yearbook dedication.



Art students create mural for sensory room

Last year, life skills teacher Tracy Blyzwick created a sensory space within her life skills classroom. Since then, life skills students have been helping develop the space. Earlier this year, a couple of senior advanced art students lent a hand by painting a mural on the wall to help create a soothing background for the space. Deanna Gray and Jenna Stavish spent time both during their class and outside of it to paint the mural. They demonstrated pride in the work they did and precision in their skills. The wall has added comfort to the sensory area and a relaxing mode for the students in the life skills classroom.

This fall, Gray will attend Clarion University, where she will study English and information technology. Stavish plans to attend the Community College of Allegheny County in order to complete her general education courses. She then plans to study history at a four-year college. Both plan on continuing their art interests.

Marcia Chauvet was the art teacher at the high school. Both Gray and Stavish contribute their love of art to her and their former art teachers Anita Marsico and Kim Roehn.

The life skills students and Blyzwick are happy to have had this experience and look forward to enjoying the mural for years to come.



Advanced art students Deanna Gray and Jenna Stavish painted this mural in the life skills classroom at the high school.



Seniors awarded social justice grant

Four Montour High School students applied for and were awarded a grant through the Social Justice Change Agents Program, which was held at the LUMA Institute. The program is sponsored by The Pittsburgh Foundation.

Students Amanda Ramirez, Eric Macadangdang, Lindsay Bosco and Cassie Schiffhauer spent two-and-a-half days engaged in human-centered design thinking activities with peers from other high schools in the Pittsburgh region. Students were charged with developing a culminating social justice project that they could start at their schools. Students could also apply for grant funding to implement their project.

Students from Montour wrote an essay examining the treatment of students with mental health problems. They were awarded a \$10,000 grant from The Pittsburgh Foundation to implement a project that addresses those students' needs.



Graduating senior awarded full music scholarship

Alexander Bednar, who graduated in June with the rest of the Class of 2017, will attend Duquesne University this fall to study music technology and composition on a full scholarship. Bednar was awarded the Chancellor's Award to attend the Mary Pappert School of Music at Duquesne.

A member of the National Honor Society and Tri-M at Montour, Bednar graduated with high honors and 15 PMEA medals in band and choir. He reached both the PMEA regional- and state-level bands twice. In choir, he reached the regional level three times. His father, Robert, says that Alexander could have also sang in the PMEA statewide chorus this past year but instead chose to play in the all-state wind ensemble.

Alexander plays French horn, drums and piano. At Montour, he was a member of the marching band and played in the pit for the high school musical. During this year's musical production, he also played a piece on stage as a character in the production.

Alexander was joined by family and friends to celebrate his scholarship achievement April 28 at the high school.



Alexander Bednar



Want more good news about Montour?

Search #MontourProud on Twitter.

CHS environmental science students create museum exhibit

Students in Christina Ferko's college in high school environmental science class were recognized during the grand opening of the Green City Remix exhibit at the Senator John Heinz History Center in May. Ferko's students teamed up with peers from City Charter High School to create an exhibit representing the impact of air quality measures that were instituted in Pittsburgh during the mid-twentieth century. Their exhibit, entitled "Pittsburgh Portals," consists of several "windows" containing artifacts superimposed over a picture of the modern Pittsburgh skyline.

Students created the artifacts after conducting archival research



on Pittsburgh's smoke abatement program and visiting art installations at the Mattress Factory. Students also worked with local artist Danny Bracken and Montour librarian Pam Dilanni, who served as an advisor on the project.

The Green City Remix involved high school students from across the area and the Green Building Alliance.

The exhibit will be on display throughout the summer.



Pam Dilanni (at center) and Christina Ferko (at right) advised Montour students Anthony Sobeck, Madison Corcoran, Nicole Brautigam, Luke Trohaugh, Taylor Bobak, Alex Jozwiak, Dane DiFiore and Bishal Sherpa while they were constructing a museum exhibit (pictured above).

MONTOUR SCHOOL DISTRICT NEWS

CLASS OF 2017 • POST-SECONDARY PLANS

Fadwa Kanaan Alkanaan ~

Robert Morris University, Nuclear Medicine

Gabriel Kice Amer ~

Community College of Beaver County,
Aviation Science Center

Carlyn Brooke Amon ~

Bethany College, Biology, Presidential
Scholarship

Kaylee Rose Apicella ~

Community College of Allegheny County,
Pediatric Nursing

Emanuel Sloan Azzaretto ~

Slippery Rock University, Business
and Accounting

Antonia Nicole Barbaro ~

Slippery Rock University, Early
Education

Alyssa Bailey Barthelemy ~

West Virginia University, Nursing,
Academic Scholarship

Cassidy Lynn Bartoletti ~

Slippery Rock University, Early
Childhood Education

Alexander Haven Bednar ~

Duquesne University, Music
Technology, Chancellor Award

Michelle Lynn Benchoff ~

University of Pittsburgh, Dental
Hygiene

Rosh Bharthi ~

University of Pittsburgh,
Biomedical Engineering, United
States Presidential Scholars
Program, Certificate of Merit from
Pennsylvania Higher Educational
Assistance Agency (PHEAA),
University of Pittsburgh Cancer
Institute (UPCI) 2016 Academy
Scholar, University of Pittsburgh
Chancellor's Nominee Scholarship

Brandon James Boburka ~

Community College of Allegheny
County, Education

Lauren Ashley Bosco ~

Grove City College, PreK-8 Elementary &
Special Education

Lindsay Anne Bosco ~

Messiah College, Christian Ministries &
Music

Samantha Jo Bottali ~

Community College of Allegheny County

Jacob Wayne Bowman ~

Employment, Telecommunications

Jamie Angeline Brautigam ~

Robert Morris University, Nursing

Carly Michelle Bruscemi ~

Duquesne University, Pharmacy or Pre-
Medicine

Jenna Elizabeth Buckley ~

Air National Guard

Corey Alexander Burkes ~

Youngstown State University, Business
Administration, Pre-Law, Athletic
Scholarship

Harper Anne Butler ~

University of Pittsburgh, Pre-Physical
Therapy

Jacob Thomas Cain ~

United States Army

Nicole Emily Cardillo ~

Clarion University, Pre-Pharmacy

Haley Noel Casperson ~

Penn State University, Finance

Chance Charles Castellano ~

Community College of Allegheny County,
Criminology

Dina Emelia Condeluci ~

University of Pittsburgh, Biological Sciences

Ryan David Connell ~

Slippery Rock University, Criminology

Savannah Leigh Cope ~

Community College of Allegheny County,
Nursing

Madison Elizabeth Corcoran ~

Point Park University, Secondary Education

Aaron James Crist ~

Penn State University, Finance

Matthew Alexander Cross ~

Lancaster Bible College, Worship
Ministry

Brandon Jeffrey Czorchara ~

West Virginia University, Computer
Science

Matthew Armand D'Amore ~

University of Akron, Information
Systems Management

Annamarie Dalmas ~

University of Kentucky, Nursing

Samantha Danielle DeFrank ~

Employment, Salon/Spa

Austin Frank Deutsch ~

Waynesburg University, Nursing

Jacob James DeVos ~

Ohio State University, Microbiology,
National Buckeye and Trustee's
Scholarship

Grace Angelique Marie Diehl ~

Community College of Allegheny
County, Nursing

Angelica Ella Diffendal ~

Robert Morris University, Nursing,
Business, Athletic Scholarship

Dane DiFiore ~

University of Pittsburgh – Johnstown,
Biology

Alyssa Irene Dobrowsky ~

Community College of Allegheny
County, Criminal Justice

John Paul Dukewich ~

Penn State University, Electrical Engineering

Devin Andrew Dunn ~

Virginia Commonwealth University,
Business, Athletic Scholarship

Clayton Mack Edwards ~

Carnegie Mellon University, Engineering,
Commonwealth of Pennsylvania Certificate
of Merit

Coleton Ray Edwards ~

Community College of Allegheny County,
Point Park University, Theatre

Brandon Cole Eisel ~

Plumber's Union

Zachary Alan Ellenberger ~

Employment

Nicole Lauren Emmerling ~

Carlow University, Nursing

Alexandra Nicole Faith ~

Indiana University of Pennsylvania,
Education, Sutton Scholarship, Athletic
Scholarship



Anthony Joseph Catanzarite ~

Robert Morris University, Cyber Forensics

Luke Ryan Cavanah ~

University of Virginia, Chemistry

Nicholas Thomas Cellone ~

Community College of Allegheny County,
Business and Marketing

Hayden Scott Chieffo ~

Junior Hockey League

Mason James Cholewa ~

University of Central Florida, Criminal
Justice, Athletic Scholarship

Michelle Anna Ciamacco ~

Mercyhurst University, Intelligence Studies

Jason William Clark ~

Employment, Community College of
Allegheny County

Ashley Renee G. Coffield ~

Community College of Allegheny County,
Occupational Therapy

Cameron Henry Colliers ~

Clarion University, Athletic Scholarship



Montour School District News

Emily Michelle Feitt ~

Undecided

Christian Guiseppe Ferraro ~

Point Park University, Education

Mark Alan Fleiner, II ~

Slippery Rock University, Business

William Richard Flint, Jr. ~

Slippery Rock University, Sports Management

Kemper Olivia Foster ~

Penn State University, Criminology

Collin Hunter Funkhouser ~

Waynesburg University, International Business, Presidential Scholarship

Jason Edward Gallagher ~

Penn State University – Behrend, Mechanical Engineering

Andrew Wright Gardner ~

Duquesne University, Finance

Benjamin Francis Gardner ~

Community College of Allegheny County, HVAC Program

Joshua Franklin Gasper ~

Community College of Allegheny County, Automotive

Ashleigh Irene Geier ~

Vocational Training

Grant Robert Geregach ~

University of Florida, Psychology

Trey Evan Gieg ~

Community College of Allegheny County, Business

Alexandra Nicole Gielas ~

Community College of Allegheny County, Psychology

Diana Opal Gill ~

Employment, Nursing

Elena Marie Glozzer ~

Employment

Damian Alexander Gonzalez ~

Indiana University of Pennsylvania, Pre-Chiropractic

Jimmy Anthony Gonzalez ~

Community College of Allegheny County, General Studies

Rachel Renee Goss ~

Community College of Allegheny County, General Studies

Brett Howard Gossard, Jr. ~

Robert Morris University, Mechanical Engineering, United States Army Reserves

Scott David Gracy, Jr. ~

Slippery Rock University, Marketing

Deanna Nicole Gray ~

Clarion University, English and Information Technology

Sierra Anne Gregory ~

Community College of Allegheny County, Anesthesiologist Technologist

Riley Grace Grenick ~

Penn State University

Clara Groskova ~

Community College of Allegheny County, Nursing

Emery Britton Haefeli ~

Carlow University, Communications, Future Scientist and Technologist Leaders Award

Megan Rose Hanlon ~

University of Louisville, Marketing

Dawson Stevens Haffner ~

Undecided

Shae Lynn Harrison ~

University of South Carolina, International Studies & French

Victoria Helen Hartman ~

Ohio State University, Mechanical Engineering

Jada Nikayla Hatcher ~

Community College of Allegheny County, Early Childhood Development

Brandon Robert Hatton ~

Undecided

Mercady Marie Hazlett ~

Community College of Allegheny County, Sports Science

Alexis Leandra Herman ~

Duquesne University, Business

Maura Eileen Hickey ~

Walsh University, Biology, MAC Student Athlete Award, Athletic Scholarship

Zachary Tyler Higgins ~

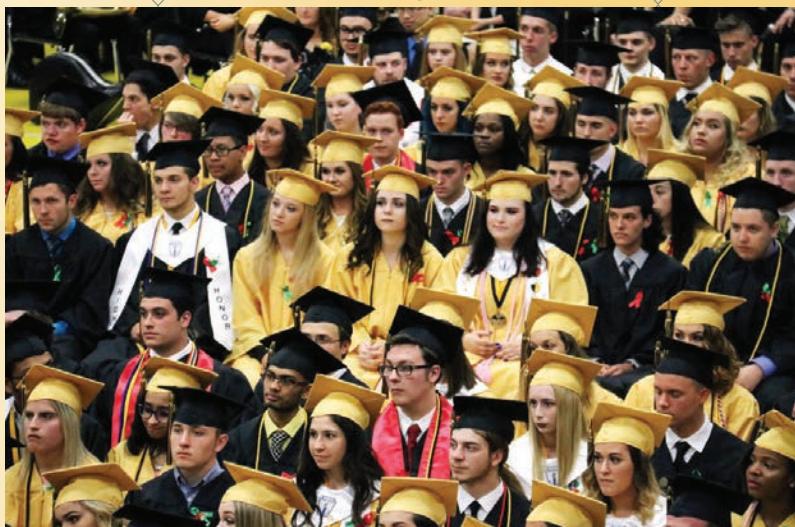
Community College of Allegheny County, Music Technology

Tayla Pearl Rose Hirth ~

Community College of Allegheny County, Dietician, Nutrition

Kaylee Joyce Hogan ~

Franklin University – Switzerland, International Marketing



Tyler Emil Holzapfel ~

Undecided

Zackary Robert Householder ~

Community College of Allegheny County, Electrical

Samantha Nicole Hrubes ~

Community College of Allegheny County, Child Development

Elaina Marie Huntley ~

University of Pittsburgh

Riley William Curtis ~

Jacoby ~

Community College of Allegheny County

Christopher Charles ~

Jarrett ~

Undecided

Alex Matthew Jozwiak ~

Grove City College, Mechanical Engineering, Athletic Scholarship

Dominic Joseph Julian ~

Duquesne University, Pharmacy

Amanpreet Kaur ~

Clarion University, Psychology

Amanda Linn Keck ~

Community College of Allegheny County, Radiology

Sean Michael Kelly ~

Community College of Allegheny County, Automotive or Criminal Justice

Belal Ahmed Khan ~

Camden County College, Biology

Bhavya Kheterpal ~

Kent State University, Fashion Design

Yagmur Ece Kocaoglu ~

Temple University, Criminal Justice

Cameron Joseph Kostelac ~

Robert Morris University, Actuarial Science

Mackenzie Margaret Krall ~

Slippery Rock University, Exercise Science

Tara Marie Kumanchik ~

Community College of Allegheny County, Nursing

Alexa Marie Kushner ~

Robert Morris University, Political Science

Brett Riley LaBarge ~

Slippery Rock University, Management Information Systems

Kristina Marie Lang ~

Penn State University

Alexandra Kristee LaPaglia ~

Community College of Allegheny County, Criminology

Kylie Marie LaSota ~

Indiana University of Pennsylvania, Interior Design

Sarah Ann Lau ~

University of Kentucky, Biology, Education

Jennifer Nicole Lautenschlager ~

Robert Morris University, Biology

Benita Elizabeth Lippold ~

Veterinary Technician

Haley Nicole Lorenzi ~ Slippery Rock University, Elementary Education/Special Education	Benjamin Robert Minsinger ~ Kent State University, Aeronautics-Flight Technology	Nupur Tarunkumar Patel ~ Penn State University – Beaver Campus, Accounting/Business
Miranda Bethany Lynn ~ University of Pittsburgh	Alana Susan Morrison ~ Bella Capelli Academy, Cosmetology	Ronak Mahendrakumar Patel ~ Penn State University – Beaver Campus, Computer Science
Eric Seka Macadangdang ~ University of Pittsburgh, Biology	Miles Anthony Moses ~ Duquesne University, History	Dakota Ryan Pease ~ University of Dayton, Computer Science
Roman Andrew Macek ~ Duquesne University, Nursing, Athletic Scholarship	Orion David Moses ~ Duquesne University, Sports Information and Media	Eric Michael Pease ~ Penn State University, Forensics/Criminal Justice
Nicholas Anthony Madia ~ Indiana University of Pennsylvania, Criminal Justice	Sahara Eve Moses ~ Carnegie Mellon University, Chemistry	Cassandra Marie Peterson ~ Carlow University, Art Therapy
Valerie Ann Malinsky ~ University of Pittsburgh, Chemistry	Jayda Chante' Moyer ~ Youngstown State University, Pre-Law	Jonathan Michael Petrick ~ Community College of Beaver County, Air Traffic Control
Samantha Ann Maraccini ~ Community College of Allegheny County, Sonography		
Michael Stephen Maslakowski Penn State University, Electrical Engineering	Olivia Ann Muha ~ West Chester University, Criminal Justice	Allyson Lynn Pinto ~ Penn State University
Michael Benjamin Mastrianni ~ Ohio State University, Business	Matthew Alexander Muzik ~ West Virginia University, Civil Engineering	Mackenzie Rose Polk ~ Slippery Rock University, Business
Anthony Nicholas Mattucci ~ Community College of Allegheny County, Business Management	Sarah Marie Narehood ~ Emory University, Biochemistry	Katherine Elizabeth Porto ~ Saint Francis University, Physician Assistant Science
Meagan Victoria Maurer ~ Duquesne University, Music Therapy	Max Allen Neff-Cigan ~ United States Air Force	Andy John Pretka ~ Robert Morris University, Business
Leslie Ann Mayer ~ Slippery Rock University, Petroleum and Natural Gas Engineering	Richelle Justine Nestler ~ Slippery Rock University	Antonio Nicholas Pugliano ~ Washington & Jefferson College, Pre-Dental, Washington and Jefferson Scholars Award
Raymond Alexander McCleary ~ J James Madison University, Engineering	Dominica Marie Niccolai ~ Indiana University of Pennsylvania, Business Entrepreneurship	Nicoma Bradley Quinn-Sabat ~ Undecided
Katlin Marie McDonald ~ Community College of Allegheny County	Gabrielle Celene Nichie ~ West Virginia University, Petroleum Engineering	Malini Rajam Rajasekaran ~ Youngstown State University, Journalism
Shawn Johnston McDonald, Jr. ~ Undecided	Kaitlyn Maryann O'Malley ~ University of Pittsburgh, Pre-Med	Amanda Marie Ramirez ~ University of Notre Dame, Political Science, International/Relations, Social Justice
Travis Joseph McGee ~ University of Pittsburgh – Johnstown, Mechanical Engineering	Nicholas Paul O'Malley ~ City of Pittsburgh Fire Department	Change Agent Grant Awardee, Education
Zachary John McGowan ~ California University of Pennsylvania, Athletic Scholarship	Kellie Lauren O'Toole ~ University of Virginia, Biochemistry	Uncontained Team Leader Grant Awardee
Katelyn Ann McGregor ~ Community College of Allegheny County, Early Childhood Education	Halie Rae Onoffrey ~ Ohio Valley Hospital School of Nursing	Jared Michael Ranalli ~ University of Pittsburgh, Computer Science, University of Pittsburgh Air Force ROTC Scholarship
Kaitlyn Taylor McKissick ~ Duquesne University, Biology	Nathan John Onoffrey ~ Community College of Allegheny County, Nursing	Nathan Thomas Ratliff ~ Community College of Allegheny County
Noah Dustin Meehan ~ Penn State University, Accounting	Austin Richard Parrish ~ Slippery Rock University, Biology	Tanner Dub Reinhardt ~ Penn State University – Beaver Campus, Meterology
Lydia Ann Miley ~ Robert Morris University, Actuarial Science	Meetkumar Manishbhai Patel ~ Penn State University - Beaver Campus, Computer Science	Mark Anthony Riccardi ~ Slippery Rock University, Computer Science
Crystal Ann Miller ~ Texas A&M University, Zoology		Emily Lynn Richardson ~ Duquesne University, International Business and Spanish
Karly Michele Milton ~ Penn State University, Biological Anthropology		Tara Morgan Riddell ~ Carlow University, Nursing
Tessa Ann Minear ~ Employment, Tina's Hair Design		Alyssa Lynn Ritchie ~ West Virginia University, Occupational Therapy
		Shawn Harrison Rose ~ University of Florida, Mechanical Engineering
		Bailey Matthew Rotellini ~ Point Park University, Computer Information Management



Montour School District News

Brieonna Nicole Rumble ~
Employment, Salon/Spa
Noah William Russell ~
Geneva College, Applied Mathematics
Mary Elizabeth Sabol ~
University of Dayton, Biology
Philip Joseph Santucci ~
Restaurant Owner
Madison Lynn Scanlon ~
Indiana University of Pennsylvania,
International Business
Jordan Thomas Schmidt ~
Community College of Allegheny County,
Pre-Med
Mason James Schrenker ~
Waynesburg University, Computer Security
and Forensics
Rachel Dyan Schwartzmiller ~
Duquesne University, Early Education,
National Honor Society High School Scholar
Recipient
Bishal Sherpa ~
Penn State University – Beaver Campus,
Astronomy
Abigaile Elizabeth Shick ~
Edinboro University, Speech Pathology
Julia Lee Shutika ~
Gannon University, Occupational Therapy
Alexa Rae Sinatra ~
Robert Morris University,
Hospitality & Tourism
Jacob Michael Skirpan ~
Potsdam State University of
New York, Nursing
Mason Joseph Skoff ~
Community College of
Beaver County, Homeland
Security
Jamie Nicole Skeptach ~
Penn State University -
Behrend, Forensic Science
Domenick Thomas Sleva ~
Shippensburg University
Alazia Simone Smith ~
United States Army Reserves
Camron Gallagher Smith ~
West Virginia University
Rachel Sophia Christy Staley
Community College of Allegheny County,
ASL and Nursing
Jenna Marie Stavish ~
Community College of Allegheny County,
General Studies
Jason Steimiller ~
Community College of Allegheny County,
Building Maintenance Training
Kennedi Alexandria Stevenson ~
Seton Hill University, Elementary Education
Andrew Riley Stewart ~
Slippery Rock University, Business
Alyssa Jordan Suehr ~
Electrician Training Program
Casey Jordan Suehr ~
Employment
Miranda Catherine Trageser ~
Undecided

Tia Lynne Trapuzzano ~
Penn State University – Beaver Campus
Dannon Odessa Travis ~
Esthetics
Ashley Rea Trax ~
Undecided
Crystal Ava Trieshock ~
Employment
Dante Angelo Trizzino ~
Community College of Allegheny County,
Computer Science
Gemma Antonia Trizzino ~
Kent State University, Exercise Science
Mitchell Steven Vacco ~
Penn State University, Biotechnology
Tyler Reed Varas ~
Employment
Austin Jesse Veal ~
Robert Morris University, Business
Management
Trent Jacob Vietmeier ~
Louisiana State University, Construction
Business Management, Athletic Scholarship
Drew Nicholas Vith ~
Community College of Allegheny County
Leah Madison Vith ~
Slippery Rock University, Exercise Science

Zachary Bryce Wittebort ~
Penn State University
– Behrend Campus,
Engineering
Hunter Douglas Wodzenski
Missionary Project in El
Salvador and Costa Rica,
Archeology
Grant Duncan Wolfe ~
Duquesne University, Supply
Chain Management, Academic
Scholarship
Alyssa Marie Yoder ~
California University of
Pennsylvania, Athletic Training
Ernest James Yokley ~
Community College of Allegheny
County, Slippery Rock University,
Psychology
Hannah Christine Yost ~
Duquesne University, Athletic
Training and Physical Therapy
Zachary Scott Zahniser ~
Community College of Allegheny
County, Welding
Lily Ann Zhong ~
Penn State – Behrend, Engineering,
Gold Level Achievement
US Figure Skater
Graduating Seniors
Award
Jason Michael Zombeck
United States Air Force



Robert Glenn Walker, III ~
Westminster College, Pre-Med, Dean's
Scholarship
Noah Anthony Weber ~
Undecided
Johnpaul Alexander Wegley ~
Community College of Allegheny County,
Business Management
John Anthony Weyant, Jr. ~
Employment
Melissa Lynn Wharton ~
Employment
Rachel Marie Wheeler ~
Penn State University, Engineering
Griffin Michael White ~
Community College of Allegheny County,
Software Development
Le'Quay Aubrianna Willis ~
Penn State University, Forensic Science, The
President's Volunteer Service Award

**Congratulations
and
Good Luck
Grads!**



DEW performs “All Shook Up!” for annual musical

By Student Writer Meghan McNabb

In the spring of each school year, David E. Williams Theatre Productions puts on a musical. This year, on March 23-26, DEW seventh and eighth grade students put on the musical “All Shook Up.” The musical is based on a number of songs made famous by Elvis Presley. The musical takes place in the 1950s, somewhere in middle America, where one girl’s dream and a surprise visit from a mysterious, leather-jacketed, guitar-playing stranger help a small town to discover the magic of romance and the power of rock’n roll.

Among the 24 songs featured in the score are classics like “Heartbreak Hotel,” “Love Me Tender,” “Don’t Be Cruel,” “Can’t Help Falling in Love,” “Devil in Disguise” and, of course, the title tune.

After each performance was finished, many people were dancing and singing along to these popular Elvis tunes. Josh and Brittany Morgan, along with Missy Nowakowski, were the show’s directors.



Alania Marks named Carson Scholar

Submitted by Student Writer Casey Vallecorsa

What makes someone dedicated and selfless? The Carson Scholars Fund believes that it is when a student has good grades and has devoted much of his or her time to the community.

Alania Marks is one of these impressive people, and because of this, she was awarded a \$1,000 scholarship from this program. Alania earned this scholarship because she is a well-rounded individual. Alania heads the community service committee at David E. Williams and volunteers for numerous hours at her church. Even while doing all of this, Alania was able to make honor roll each of the nine weeks.

The Carson Scholars Fund was founded by pediatric neurosurgeon and former presidential candidate Ben Carson, who is now the U.S. Secretary of Housing and Urban Development.



Alania Marks

24 competition goes very far

Submitted by Student Writer Gia Booze

On May 15, there was an Allegheny 24 Competition at the Allegheny Intermediate Unit. Joey Uhler from fifth grade, Gavin Rawski from sixth grade and Blake O’Malley from seventh grade all represented Montour at the competition. Blake and Gavin both advanced to the semifinals while Gavin advanced to the finals before advancing to state competition.

A state-wide competition was held on June 14 in Harrisburg.

PTA Sports Day

Submitted by Student Writer Meghan McNabb

On May 5, students and staff enjoyed an afternoon in the gymnasium watching some of their fellow peers and teachers face off in basketball and volleyball games. Sports Day opened with seventh grade student Sophia Trevenen singing the National Anthem. Afterward, a raffle for two sets of Pirates tickets was conducted. Students had the opportunity to enter this raffle throughout the week by purchasing books from the Scholastic Book Fair. Fifth grade student Samantha Staab and sixth grade teacher Janet Thomas won the Pirates tickets. Then, there was a surprise during the assembly. Chester Cheese Pierogi visited DEW.

The volleyball and basketball game took place following the raffle. There were six periods for each game and teachers pulled out a win over the students for each period. After the games concluded, students could participate in a half-court shot contest. The winner was sixth grade student Drew Sleva.

Sumdog contest

Submitted by Student Writer Marlo Cyanovich

Four-fifths of all students who placed in the top 10 during a recent countywide Sumdog contest came from David E. Williams. These students placed in the top 10 out of 1,110 students. They are, along with their place, Mia Cyanovich (first), Oguz Kocaoglu (second), Danielle Caliguiuri (third), Marlo Cyanovich (fifth), Jerry Lin (sixth), Joseph Uhler (seventh), Riley Bregon (eighth) and Riley Ripple (10th). Nicolette Lysick finished 11th.

Of the four classes that finished in the top 10, three were from fifth grade math teacher Dana Rongaus.

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[www.montourschools.com!](http://www.montourschools.com)



Sixth grade Phipps Challenge

Submitted by Student Writer Nathan Knause

Along with school districts throughout the state, Montour sixth grade science classes participated in the annual Fairchild Challenge administered by Phipps Conservatory. The challenge is a yearlong commitment that begins in September and concludes in May. Each challenge dealt with environmental awareness and promoted conservation. Students were given challenges throughout their science class and would submit the best projects to Phipps, which compared their projects with those from other schools and scored them.

The first challenge consisted of the entire class teaming up to create a grand nature binder. Their binder consisted of 20 different types of trees found around the David E. Williams school campus. In the binder, there was a vast amount of information about each sample. The binder also included many detailed, hand-drawn pictures by students.

For challenge two, students were supposed to create an app that would either connect students to nature or encourage them to live healthier lifestyles. Allison Zane, Sarah Lugaila and Katelyn Walzers' entries were submitted. Their app listed and gave a variety of ideas for activities in nature.

In challenge three, students were required to create a specifically labeled diagram that showed how insects positively impact

plants. Diagrams by Abby Mitchell, Katrina Li, Frankie Diaz, Mackenzie Frederick, Ivy Li, Chloe Sadowski, Jadyn Weatherspoon and Chase Schaltenbrand were entered into the competition. The other aspect of this challenge was writing a paragraph that explained the insect-plant relationship in full detail.

Challenge four was a written assessment that students completed in their ELA classes. Students had to write about a current environmental issue. They also had to include their opinion on the issue and how it should be solved. Sarah Lugaila and Lucas Swearingen were chosen to represent Montour in this challenge.

To top off the event, the following Montour students were awarded honorable mentions at a final Phipps assembly: Ryan Dawkin, Jack Rogers, Isabella Hoffman, Mackenzie Frederick, Saveria Ulizzi, Natalia Catarisano, Wilbert Murray, Riley Hensley, Francesca Diaz, Katrina Li, Abigail Mitchell, Drew Sleva, Peter Chacon, Gavin Rawski, Danny Ditzengerger, Savannah Nelson, Tema Faerovitch, Aidan O'Donnell, Adam Weber, Emmet Pargeon, Chloe Sadowski, Ivy Li, Jaden Weatherspoon, Lucas Swearingen and Chase Schaltenbrand.

Elementary students celebrate historic final days at both buildings

Students at Burkett and Forest Grove elementary schools celebrated their final days at their respective school buildings earlier this year. This fall, as incoming fifth-graders move on to attend David E. Williams Middle School, students in grades K-4 will attend classes in the district's new elementary building, which is being constructed on the high school campus.

At Burkett, fourth-graders celebrated their historic final day of school June 8 in part by creating a time capsule. Students filled the capsule with objects that were meaningful to them, as well as items that reminded them of Burkett Elementary. Some items included a singing clock from Kristen Brown's homeroom, a Let's Go Pens towel, a photograph of the entire grade, books that they had read together as a class, schedules and descriptions of what life was like on an average day at Burkett, and, of course, a fidget spinner.

The capsule will be placed in a display case at the new elementary school and opened when incoming fifth-graders graduate in 2025.

At Forest Grove, students said their own farewell to the building back in April with a school-wide celebration that featured different activities in each area. Students and staff in the gym played with balls, scooters, hula hoops and jump ropes. In the library, students danced with books and in the courtyard they blew bubbles. In the main hallway, students played with beach balls, balloons, glitter poppers and pom-poms. In the second grade hallway, they constructed a giant "M" balloon arch.

Finally, everyone outside held "we love FG" signs. The entire celebration was filmed for a video, during which students lip-synced to "Can't Stop the Feeling" by Justin Timberlake.

To view the video, go to montourschools.com.



ABOVE: Forest Grove students pose with a balloon arch while celebrating their final days at the school.
BELOW: Burkett students gather around the bell outside the elementary school on the last day before summer break.



ADMINISTRATION

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and K-12 Innovation
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Mr. Darryl Yonkers
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Burkett pilots Spartan PLT program

This past May, students at Burkett Elementary participated in a pilot program called Spartan Personalized Learning Time. Each Tuesday and Thursday afternoon, students pursued one of 19 courses of study. Courses offered included American sign language, basketball fundamentals, community service club, digital designs, drama club, gaming, garden club, Hummingbird Robotic Petting Zoo, Minecraft and more.

Students were immersed in their selected activity for eight class-time hours. While the community service club wrote letters to children in Uganda and collected pop tabs for the Ronald McDonald Foundation, the drama club designed costumes and a set for a production of "Pout Pout Fish." Experimentation class designed and launched balloon rockets and Hummingbird Robotic Petting Zoo students created robots from common classroom materials.

The program was piloted at Burkett with the intention of integrating it into the elementary curriculum at the new elementary building. Starting the second trimester of the coming school year, students in grades K through four will have the opportunity to sign up for one class each trimester. Teachers will instruct the same PLT class topic all year. PLT classes are not graded and students will only select PLT classes with teachers who teach their current grade level. PLT will take place on the following days for the following grades from 2:20 to 3 p.m.: K on Monday; fourth grade on Tuesday; third grade on Wednesday; second grade on Thursday; first grade on Friday.

"Spartan Personal Learning Time classes give students an opportunity to pursue learning experiences that reflect their personal interests," says elementary principal Jason Burik. "It is our hope that students will learn important life-long lessons and enjoy taking these classes."

To see video highlights, visit the Montour Channel at www.montourschools.com.



Fourth-grader Ava Huff (above) creates a tie-dye pattern while Jim Welsh's students (below) create balloon rockets during an experimentation class. Both courses were offered during Spartan Personalized Learning Time at Burkett.



Burkett announces students of the month for March and April

Burkett fourth-graders Connor Hlasnik and Kara Fraser were chosen as students of the month for March, along with third-graders Brayden Vlasach and Teagan Schaltenbrand. Third-graders Ciara Ernst and Gavin Foley, along with fourth-graders Donovan Hopkins, Emma Shaw, and Olivia Caputo, were chosen as students of the month for April.

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



ABOVE: Connor Hlasnik, Kara Fraser, Brayden Vlasach and Teagan Schaltenbrand were chosen as students of the month for March. BELOW: Ciara Ernst, Gavin Foley, Donovan Hopkins, Emma Shaw and Olivia Caputo were chosen as students of the month for April.





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July 15 - UFO Championship SLM, PLUS RLM, LMS, & Big Block MODIFIEDS, plus RUSH Modifieds, No HS, YG, Open4.
July 22 - Tony Stewart's Arctic Cat All Star Circuit of Champions Sprint Cars presented by Falconi's Moon Township Automotive with RUSH LN Sizzler, RUSH MODS. No SLM, LMS, HS, YG, Open4.
July 29 - AE, Alternative Power Sources Allegheny Sprint Tour, Precise RUSH Dirt LM Sizzler, SLM, LMS, HS, YG, Open4.
Aug 5 - AE, Wee Willie White Memorial PENN/OHIO Pro Stock Series SLM, RLM, HS, YG, Open4.
Aug 12 - Jook George 28th annual STEEL CITY Classic for RUSH LMs, SLM, LMS NO HS, YG, Open4.
Aug 19 - NO RACING, PPMS Employee August Vacation
Aug 26 - UFO Championship SLM, PLUS RLM, LMS, HS, YG, Open4.
Sept 2 - 410 Outlaw Winged Sprints, Alternative Power Sources Allegheny Sprint Tour, RLM, LMS, HS, YG, Open4.
Sept 9 - AE, AAA KIDS BIKE RACES! RLM, LMS, HS, YG, Open4, CarSmile Wiperblades 'Thunder on the Dirt' Vintage Racing Series.
Sept 16 - "Modasaures X" for Big Block Modifieds! RUSH Dirt LM Sizzler, HS, YG, Open 4, SUP 6.
Sept 23 - OPEN Wheel Mania - Autumn "Wing Fling" - Alternative Power Sources OUTLAW 305 Sprints - any 305, any tires ok, RUSH Modifieds, RLM, LMS, HS, YG, Open 4, SUP 6.
Sept 30 - Tune Up 20 for DIEHL Super's! RLM, LMS, HS, YG, Open 4, SUP 6, RUSH Modifieds. POINTS END.
Oct 6 - Qualifying events for the 29th Annual Pittsburgher 100, #1 Lucas Oil Late Model Dirt Series, RUSH Dirt Late Model Touring Series, Bill Hendren Memorial Marquee Event & PENN/OHIO Pro Stocks.
Oct 7 - "Pittsburgher 100" - 100 laps - \$20,000 to win! The #1 Lucas Oil Late Model Dirt Series. "Cruise America PENNNational" - PENN/OHIO Pro Stocks.

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SETTLERS CABIN PARK AQUATIC PROGRAMS

Yoga Introduction

- Mondays & Wednesdays, August 7-16, 6:00-6:45 pm
- \$20 for county residents; \$25 for non-residents.

Sun Salutations Yoga

- Tuesdays, Thursdays, Fridays, August 8-18, 6:00-6:45 pm
- \$30 for county residents; \$38 for non-residents.

Aqua Soundtrack Sizzlers

- Tuesdays, Thursdays, Fridays, August 8-18, 7:00-7:45 pm
- \$30 for county residents; \$38 for non-residents.

ADULT

YOUTH

Preschool Aquatics - Red Cross Levels 1-3

- Monday-Friday, August 7-18, 9:00-9:45 am
- \$25 for county residents; \$31 for non-residents.
- Ages 4-5

Swimming Lessons - Red Cross Levels 1-3

- Monday-Friday, August 7-18
- 10:00-10:45 am or 11:00-11:45 am
- Free!
- Ages 6 & up

Kid Boot Camp

- Monday-Friday, August 7-18, 12:00-12:45 pm
- \$30 for county residents; \$38 for non-residents.
- Ages 7-12



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Coraopolis

Save Our Station!

Coraopolis train station project taking shape



COUNTER CLOCKWISE FROM TOP RIGHT: Andrew Faux removes crumbling plaster from lath in the train station in downtown Coraopolis; Ken Faux, Dan Frederick and Shawn Reed place new floor joists in the station. Ron Faux secures framework inside the station. Ken Faux, Sam Jampetro and Shawn Reed confer at the site. Mike Faux removes plywood protecting a transom window at the entrance of the station. PHOTOS BY CHRISTOPHER ROLINSON. Construction fencing surrounds the station on the corner of Mill Street and Neville Way in Coraopolis.

Train enthusiast and Coraopolis resident Chris Rolinson relishes the memory of a train rumbling past Station Square in Pittsburgh as his wedding ceremony took place there. The Coraopolis Community Development Foundation board member is hopeful that, one day, other railroad buffs will be able to experience that same rumble at their own marital celebrations when they are held at the newly-renovated Coraopolis train station on Mill Street and Neville Way.

Weddings, corporate events and community meetings are a few of the future gatherings envisioned at the station by members of the CCDF. Once completed, the group also hopes to capitalize on the station's proximity to the Montour and Ohio River Greenway trails by offering a café for trail users.

The Pittsburgh & Lake Erie passenger station was designed by the H.H. Richardson Company and built by the firm Shepley, Rutan & Coolidge in 1896. The CCDF purchased the structure in 2006. After 10 years of debate over what to do with the building and how to fund a renovation project, the group finally began reconstruction 20 months ago to avoid irreparable deterioration to the structure from winter weather.

A small nucleus of people, including Rolinson, CCDF Executive Director Sam Jampetro, board chairman Shawn Reed, and Imperial resident and business owner Ken Faux, initiated the fundraising process. An Indiegogo campaign in 2014 fell far short of the \$75,000 goal set by the committee, but achieved the important objective of raising awareness and rallying the town

around the project.

Subsequent donations and a \$290,000 grant from the Allegheny Foundation provided enough funding to finish two phases of the project. The total cost of the entire project is expected to exceed \$1.2 million.

Phase I included stabilization of the structure with replaced floor joists, repairs to the roof and cleanup of debris.

Phase II brought corrections to the nine-foot overhang around the outer perimeter of the building and final repairs to the roof. All of the doors and windows in the station are currently being replaced.

Faux, who is serving as project manager through his company Imperial Construction Services, said that renovations have been paced according to grant funding. Considering that much of the work has been completed sporadically by volunteers, Faux feels that the group "has made good progress."

Faux commented that the CCDF board, which includes grant writer Stacey Christe, has developed a better understanding of what is needed in a request for funds and a more polished and professional approach in the application. He believes that a "big grant is coming soon," one that will propel the project to the finish line.

A veteran of project management and grant procurement, Faux has been integral to the progress of the train station endeavor. The West Allegheny resident stated that he "has tried to be the balance" in the project, at times sacrificing authenticity without

compromising the character of the building.

Among Faux's accomplishments are renovations to 17 of the libraries in the Carnegie Library of Pittsburgh system. The Homewood Branch project included the restoration of 176 double-hung windows. That library experience served Faux well several years ago when he oversaw the renovation of the new West Allegheny Community Library project.

Though contracted for the work, he estimates that he's also logged 1,000 hours of volunteer work on the WACL building.

Faux, members of his family and dozens of other volunteers from the Coraopolis area still have numerous hours ahead of them at the train station, a fact that seems to motivate rather than intimidate all of those involved.

It is Rolinson's belief that the train station project has become "bigger than Coraopolis itself" with thousands of Facebook followers, train enthusiasts, preservationists and history buffs from beyond the area showing interest in it.

Several Community Day open houses have attracted hundreds of visitors. Social media campaigns prompted residents to reminisce about the station and what it meant to them when they attended the open houses.

P & LE trains traveled from Beaver Falls to Pittsburgh several times per day for 139 years. As such, locals have strong memories of the station. It's where people in Coraopolis departed for work each day and young men departed for war. A local VFW or American Legion group handed out toiletry packages to all those soldiers leaving the station during the Korean War era. A Coraopolis family still had a kit and donated it to the CCDF to display in a museum that's planned for the station.

Artifacts unearthed at the station include thousands of ticket stubs, bottles and 50 original blueprints of the building. Rolinson mentioned the discovery of numerous American Express bills, which show a robust system of credit was used for items delivered to the station. He hopes that these logs of resident purchases can eventually be used for genealogy studies.

Another recently discovered feature of the station may provide a unique safety measure for Coraopolis. An intact tunnel with a hatch in the cement pad near the Mill Street portico extends beneath the rails toward the river. At one time, a second opening existed on that side of the tracks.

Faux and Rolinson said that CSX engineers inspected

the underground passage and conveyed the opinion that the tunnel would be a safety benefit to the station, the trail and the community. At least six railroad crossings exist in town. Several pedestrians have been killed over the years and, on at least one occasion, a stalled train prohibited paramedics from attending to a medical emergency. If the second opening was reestablished, the tunnel would allow access to both sides of the tracks in future similar situations.

Phase III of the project will focus primarily on the interior remodeling of the Richardson Romanesque-style station. An area historian is assisting with the period design elements. Though not many interior photographs of the station exist, a train station in Beaver, modeled after the Coraopolis station, has been renovated and is being studied for design ideas.



CLOCKWISE FROM ABOVE LEFT: Dan Fredrick, Andrew Faux and Ken Faux work on scaffolding; Michael Faux removes debris. Ken Faux tests one of the old windows in the station. PHOTOS BY CHRISTOPHER ROLINSON
BELOW LEFT: Plans call for the old ticket booth to be used to pass food through to a central area in the cafe, which will have a counter with seats. PHOTO BY JILL BORDO



A "Market on Mill Street" open house was held at the station on the morning of June 17. Antique vendors from the town set up tables for the event and the building was open for tours and questions.

Rolinson reported that residents and supporters will soon be able to sponsor new building materials such as bricks and windows. Followers should also watch the website for the opportunity to own an historic piece of the station for a \$100 donation. One such example is the original slate pieces removed from the roof overhangs.

"Once those are gone, they're gone!" said Rolinson.

When completed, the station will house a full kitchen, a central counter with seating that wraps around the former ticket window of the station and space for at least 120 guests for venues.

"The town needs an event space," said Rolinson, adding that there are not enough party venues in the immediate area.

Both Rolinson and Faux stressed that all proceeds from the café and events held at the station will support the work of the CCDF, which provides emergency support for local families in crisis as well as assistance to the Coraopolis Food Bank, the community garden house, and more.

The mission statement of the CCDF says that it is "dedicated to the awakening and rebirth of the once vibrant Coraopolis community."

The Coraopolis train station was listed on the National Register of Historic Places by the Pittsburgh History and Landmarks Foundation in 1978. Renovations to the station are expected to be completed by the end of 2018.

The overall health of firefighters

Recently, area police officers and firefighters took part in the Western Area YMCA's The Fittest Hero challenge. The program challenged area first responders to lose weight, reduce body mass, lower blood pressure and learn how to live healthier lifestyles. The program consisted of exercise programs and classes that taught us how to eat better. The challenge to improve our physical well-being was accepted and met by the men and women who participated. While some participants achieved substantial losses in weight, even the small losses experienced by most of us showed that the program had great value for anyone who chose to be involved.

Jill Cersosimo, director of healthy living at the Western Area YMCA, said she got the idea after reading an article I had written about health and fitness - or, rather, the lack of health and fitness - among firefighters. I am honored and humbled that the leadership of the YMCA gave me credit for starting the program.

There is no question that physical health among firefighters is extremely important. Firefighters work under extreme conditions and there is little opportunity to "warm up" before strapping on 80 pounds of gear and equipment. While wearing all that gear, we may need to climb a ladder while carrying a chainsaw and wearing an air tank. We may need to carry a person out of a house, cut metal or help lift a vehicle. Encouraging first responders to stay in shape is therefore critical, as it could save not only the lives of the people they are rescuing but possibly even their own.

As I wrote in that previous column, the hectic schedule of volunteer firefighters - many of whom have jobs outside of their volunteer work - makes staying in shape difficult. Firefighters are also affected by witnessing severe injury or even death up close.

Over the years, I have been on calls that involved situations that no one wants to experience. One involved a person who was completely burned. Another involved a person who had been dead in their bathtub for several days. I remember a very bad accident involving a young lady I knew, and how difficult it was to try to focus on the duties at hand while trying not to get caught up in my own emotions. The same week

I wrote this article, we were called out to help recover the body of a young man who had taken his own life.

Another accident involved a terrible rollover, where one of the responders was convinced he had

just lost a relative, and was even calling other family members. It turned out that, while there were great similarities relating to the vehicle in question, it was not his relative after all.

All of these matters can lead to stress and mental trauma. Some of our younger firefighters - such as those who serve in our quick response service - have to see blood and death on a constant basis. These experiences can contribute to post traumatic stress disorder, similar to what is experienced by veterans.

Undoubtedly, such experiences are more constant, and more severe, for professional firefighters. While a suburban volunteer department may get a handful of fire calls during the course of a year, a big city department may have several such calls in any given week. A firefighter in a large urban setting may be exposed to gunshot deaths, or even shot at, which is something that many rural or suburban departments may not face.

Yet, while hopefully such experiences are few and far between, they do occur, and can lead to depression, or worse. According to information provided by In Public Safety, more firefighters have died since 2015 from suicide than any other "line of duty" cause.

As with anyone having such experiences, it can be beneficial to discuss them, and to confront the feelings that are involved. However, this can be quite problematic when it comes to the mentality of a firefighter. The man or woman handling such incidents has to be strong in the moment and after if they are going to carry out their duties. This can make discussing what was seen difficult, and so the emotions are internalized.

This can be compounded by the perception that the public is not appreciative of the efforts being made. I remember one incident where a grandfather seemed more concerned about us removing the roof of his vehicle, which had been involved in an accident, than his grandson trapped inside the vehicle.

A firefighter also has a desire to, and trains in order to, save lives. When there is a fire involving the death of an occupant, each man or woman questions, to varying degrees, if something more could have been done. Comments like, "I don't know why it took them so long to get here," or the like, only add to the burden.

Fortunately, assistance programs are available to firefighters and first responders. I would like to think that anyone feeling such stress would take advantage of the opportunity to discuss their feelings and concerns.

The burden that firefighters carry should also be remembered by members of the general public, who should know that their displays of support - such as at parades and through programs like The Fittest Hero - are both appreciated and important.



Joe Kulik has been a member of the Kennedy VFD since 2002.

On the Horizon

Republican Committee of Robinson Township, meets last Tuesday of each month except in November and December, Pub at Tonidale, 7 p.m., looking for Robinson Township residents to share ideas and goals, Rita Wirth, rrwirth@comcast.net.

American Legion West Hills Post 924 meetings, third Mondays except in December and July, 7 p.m., 412 Mulberry Street, always looking for new members, Jack Cairns, Jrcairns68@gmail.com.

American Legion Ken Mawr Post 464 meetings, third Tuesdays except January-March, 7 p.m., 229 Herbst Road, Kennedy Township, men and women veterans welcome, Rich Spanard, RJSPANARD@COMCAST.NET.

Kennedy Garden Club, meets second Tuesdays, 11 a.m. except in August, Ken Mawr UP Church, lunch, guest speakers, free event but reservations required, Judy Fritzes, (412) 331-6175, www.kennedygardenclub.com.

Greater Pittsburgh Aero Radio Control Society, 80 Model Airport Road, Burgettstown, meets Thursdays, 5 p.m., through summer, fly model airplanes, learn about the hobby, www.gparcs.org.

Greater Pittsburgh Football Officials Association, seeking new officials for youth, scholastic, college and semi-pro levels, Mike Conlon, (412) 398-6545.

TGIF, social group for high functioning adults on the autism spectrum, ages 18-40s, Fridays, 7-9 p.m., Youth Community Center at Sharon Presbyterian Church, food fun and fellowship, free, Terry Doughty, (724) 457-1088, TGIF.ASGroup@gmail.com.

AARP Chapter #2203 Monthly Meetings, fourth Tuesdays, Kennedy Township Fire Hall, meeting at noon followed by refreshments and bingo, entertainment every other month, seniors 55 and older, (412) 771-5183.

Singers Wanted for Sounds of Pittsburgh Chorus, rehearses Mondays, 7-9:30 p.m., Coraopolis United Methodist Church in Coraopolis, premiere women's a cappella chorus, www.soundsofphg.org, (412) 945-SING.

Montour Trail monitors needed, Jesse Forquer, jjforquer@comcast.net.

ICTUS (Ingram, Crafton, Thornburg United In Song) singers wanted, adult community choir looking for new members, men and women 18 years and up in Pittsburgh area, rehearses Mondays, September through May, 7-9 p.m., Crafton United Presbyterian Church, (412) 716-1113 or Ride_ICTUS@yahoo.com.

Ingram Days Celebration, July 15-16, Ingram Park, food, games, crafters, vendors, local bands, face painting and airbrush tattoos 5-7 p.m., balloon artist 6-8 p.m., bands start 7:30 p.m., Zambelli fireworks display Sunday, 9:30 p.m., www.facebook.com/IngramDays.

Montours Church Flea Market, July 22, 29, Montours Presbyterian Church, 3151 Montour Church Road, (412) 787-1050.

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

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

Holy Trinity Festival, Aug. 9-12, Holy Trinity Catholic School, nightly, ethnic food booths, carnival games, rides, live entertainment, benefits Holy Trinity Catholic School, www.holy-trinity-school.org.

54th Annual Moon Township Rotary Club Corn Roast, Aug. 15, Rotary Shelter in Moon Park, 5-8 p.m., \$20 at door, corn on the cob, burgers, hot dogs, sweet and hot sausage, potato salad, baked beans, desserts, beer, soft drinks, benefits West Hills Food Bank, Robert Morris University Scholarship Fund and other Rotary charities, Andy Keppel, (412) 264-8072.

Sharon Community Presbyterian Church Bicentennial Celebration,

Aug. 20, 3 p.m., celebration of first church founded in Moon Township, with dignitaries from Pittsburgh Presbytery, Pittsburgh Seminary, West Hills Ministerium, local and state government, bagpipers, commissioned music, special guest speakers, (412) 264-7400.

Feastival, Aug. 26, 3-9 p.m., downtown McKees Rocks, food trucks, kids' activities, live music featuring: Leftover Salmon, TheCause featuring Jeff Mattson of Dark Star Orchestra, Starship Mantis, Lyndsey Smith & The Soul Distribution, bring blanket and chairs, www.pghfeastival.com.

Robinson/Montour 12th annual Reunion Picnic, Aug. 26, starts 2 p.m., Clever Park Rotary Shelter, \$20/person, send checks to: Pete Caristo, 69 Cowan Road, Carnegie, PA 15106, include year and e-mail address, Joann, (412) 264-9026.

Rosedale Technical College Third Annual Car Show, Aug. 29, 10 a.m.-2 p.m., Rosedale Technical College, 215 Beecham Dr., free admission, family friendly, open to the public, dash plaques for first 100 vehicles, food vendors, entertainment, register vehicles and view categories at www.rosedaletech.org, Sean Barrett, (412) 855-9956, sean.barrett@rosedaletech.org.

Robinson Township's 15th Annual Autumn Festival, Sept. 9, noon-11 p.m., Burkett Sports and Recreation Complex on Daniel P. Tallon Memorial Field, closes with **Pyrotecnico Fireworks show at 10 p.m.**, vendors, food, beer tent, games, rides, live entertainment throughout the day, Robinson Township Historical Society display with raffle, www.townshipofrobinson.com.

DAR Jacob Ferree Chapter Meeting, Sept. 9, 11 a.m., Montour Heights Country Club, RSVP by Sept. 5 to Ruth Pickett, (724) 538-4623, rpickett12351@embarqmail.com.

Historical Log Homes Tour, Sept. 26, self-guided tour of five area log cabins, interpreters at each cabin, www.pioneerswesthistoricalsociety.org.

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On the Horizon

Settlers Cabin Park

Aquatic Programs, Yoga Introduction, Sun Salutations Yoga, Aqua Soundtrack Sizzlers, Preschool Aquatics, Swimming Lessons, Kid Boot Camp, see page 39 for details.

Farmers' Markets

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

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

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

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

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

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

Golf Outings

26th Annual Gridiron Golf Classic, July 29, The Club at Shadow Lakes, 7 a.m. registration, 8:30 a.m. shotgun start, four-man scramble format, awards ceremony, Chinese auction, prizes, contests, sponsorships available, register by July 27, supports Moon Area football program, bparsons815@gmail.com, (412) 292-7521.

St. Columbkille Annual Golf Outing, Aug. 7, Ft. Cherry Golf Course, scramble format, foursomes, singles welcome, prizes, dinner to follow at St. Columbkille, 18 holes, \$80, benefits West Allegheny Food Pantry, www.saintcolumbkilleparish.org.

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

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

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HealthSouth Support Groups

Meetings take place at HealthSouth Rehabilitation Hospital of Sewickley. For more information, call Michelle McCann, (412) 749-2388. Call to confirm meeting dates on holidays.

Brain Injury & Stroke Support Group, third Wednesdays, noon-1:15 p.m., free lunch provided, call in advance if dietary modifications are required.

Amputee Support Group, third Wednesdays, 4-5:30 p.m., third floor boardroom, RSVP to Michelle McCann, (412) 749-2388.

Networking Groups

Greater Pittsburgh Business Connection, Wednesdays, 7:15 a.m., Eat'n Park on Rt. 60, find new leads and make more sales, (412) 364-6446 x 302, www.gpbc-pgh.org.

Toastmasters International City of Bridges, odd Thursdays, 12-1 p.m., Robinson Township Eat'n Park on Rt. 60, become a more confident speaker and leader, www.d13tm.com.

Women's Business Network, meets first and third Tuesdays, 7:30 a.m., Panera Bread meeting room in North Fayette, Barb Dull, (412) 608-3616.

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Summer Reading June 12-Aug. 12

Everyone is invited to sign up for our Summer Reading Program. Participants will be eligible for prizes and enjoy numerous community activities. They will also be invited to our pool party.

Summer Weekly Schedule

- Monday Family Storytime:** 11 a.m. All ages.
Arts in the Parks: Mondays, 2 p.m. Children of all ages are welcome to make crafts.
Clever Park/Playground shelter: June 12, July 3, 24.
Fairhaven Park/Wm Andrews Shelter: June 19, July 10, 31.
Settlers Park/Seneca Shelter: June 26, July 17, Aug. 7.
Tuesday Morning Storytime: 10:30 a.m. All ages.
Wise Walk: Wednesdays, 8:30 a.m. Meet at the Montour Trail Access Point, 136 Old Beaver Grade Road, Coraopolis, PA 15108.
Musical Storytime: Wednesday, 11 a.m. All ages.
Wacky Wednesdays: 2 p.m. Ages 6-12.
Thursday Morning Storytime: 10:30 a.m. All ages.
Open Playtime: Tuesdays and Thursdays, 11 a.m.
Baby LapSit: Fridays, 10:30 a.m. Stories and songs for babies under 2 (older siblings are always welcome).

Summer Special Events

- Fun Factory Puppet Show:** July 17, 6 p.m. All ages are invited for a fun puppet show presented by Pgh Puppet Works.
Sid the Science Kid: July 18, 10:30 a.m. Pre-K children will enjoy this Inquire Within science-themed program!
Carnegie Science Center - Rockets: July 19, 2 p.m. Ages 6-12 are invited to learn about rockets. Registration required.
Passport Pals: July 26, 2 p.m. Ages 6-12 will learn about different countries and cultures through fun activities.
Nature Cat: July 27, 10:30 a.m. Pre-K children will enjoy this Inquire Within nature-themed program!
Dennis Bowman's Severe Atmosphere: Aug. 3, 2 p.m. Ventriloquist (and everyone's favorite TV meteorologist) Dennis Bowman brings along his quick-witted, hilarious, wooden alter ego to entertain and teach about severe weather and storm safety. Visit includes a four-foot tall tornado simulator. All ages.

Natural History Museum - Baby Animals:

Aug. 7, 11 a.m. Children will enjoy this presentation about baby animals! Registration required.

Allegheny County Parks - Bugs & Insects:

Aug. 9, 2 p.m. Ages 6-12. Learn about bugs!

Block & Lego Party: Aug. 14, 6 p.m. Children of all ages are invited to play with our wooden block and Lego collection.

Passport Pals: Aug. 16, 2 p.m. Ages 6-12 will learn about different countries and cultures through fun activities.

Allegheny Co Parks - Camp Fire: Aug. 23, 7-9 p.m. All ages will enjoy a camp fire with s'mores and stories. Registration required.

Book Discussion

Winery at Wilcox at Settlers Ridge: 6:30 p.m. Aug. 9, "Invincible Summer" by Alice Adams, Sept. 13, "The Hours Count" by Jillian Cantor

Mystery Book Club:

2 p.m. Aug. 8, "Beach House" by James Patterson Sept. 12, "Gone" by Mo Hayder

Books & Brews at Bronze Hood Lounge:

6:30 p.m. Aug. 21, "One Summer" by David Baldacci September 18, "The Shack" by William Young

Summer Favorites:

7 p.m. Aug. 1, "Ladies' Night" by Mary Kay Andrews Sept. 1, "The Sweetness at the Bottom of the Pie" by Alan Bradley

Movie Matinee:

1 p.m. Aug. 15, "Inheritance" Sept. 19, TBA

Robinson Township Library

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First Steps Pediatrics, p. 24, 412.788.1999, www.fspkids.com

Greater Pittsburgh Aero Radio Control Society, p. 43, <http://www.Gparcs.org>

Heritage Valley, p. 2, 1.877.771.4847, www.heritagevalley.org

Hess Physical Therapy, p. 18, 412.771.1055

Hometown Spine and Sport, p. 17, 412.490.1700, www.hometownspineandsport.com

Imperial Tax, p. 23, 724.695.7354, www.imperialtaxandaccounting.com

Janoski's Farm and Greenhouse, p. 46, 724.899.3438, www.janoskis.com

Minds Open Studio, p. 25, 412.600.1125, www.openmindsstufio.com

Montour School District, p. 27, 412.490.6500, www.montourschools.com

Montours Presbyterian Church, p. 25, 412.787.1050, www.montourschurch.org

Ohio Valley Hospital, p. 7, www.ohiovalleyhospital.org

Pittsburgh Airport Area Chbr. of Commerce, p. 20, 412.264.6270, www.paacc.com

Padgett Business Services, p. 11, 412.458.0639, www.padgettbusinessservices.com

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Pittsburgh Technical College, p. 26, 1.800.784.9675, www.ptcollege.edu

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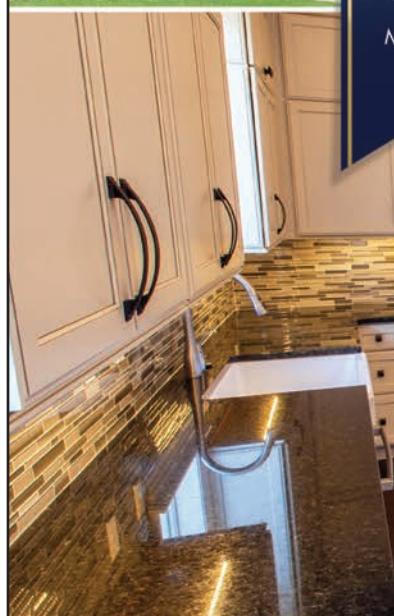
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