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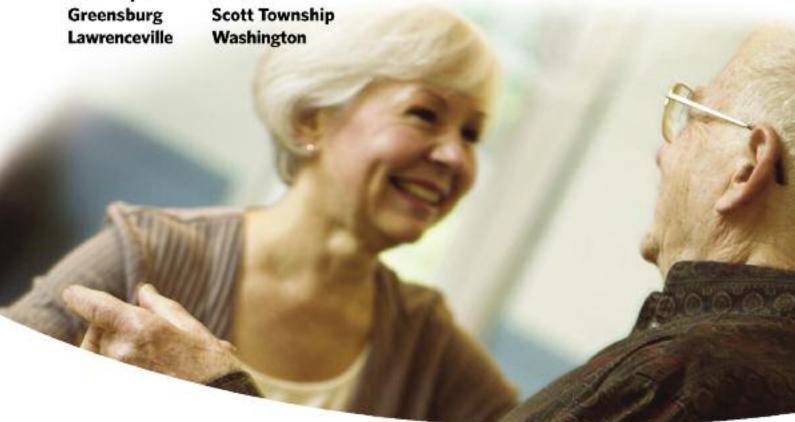
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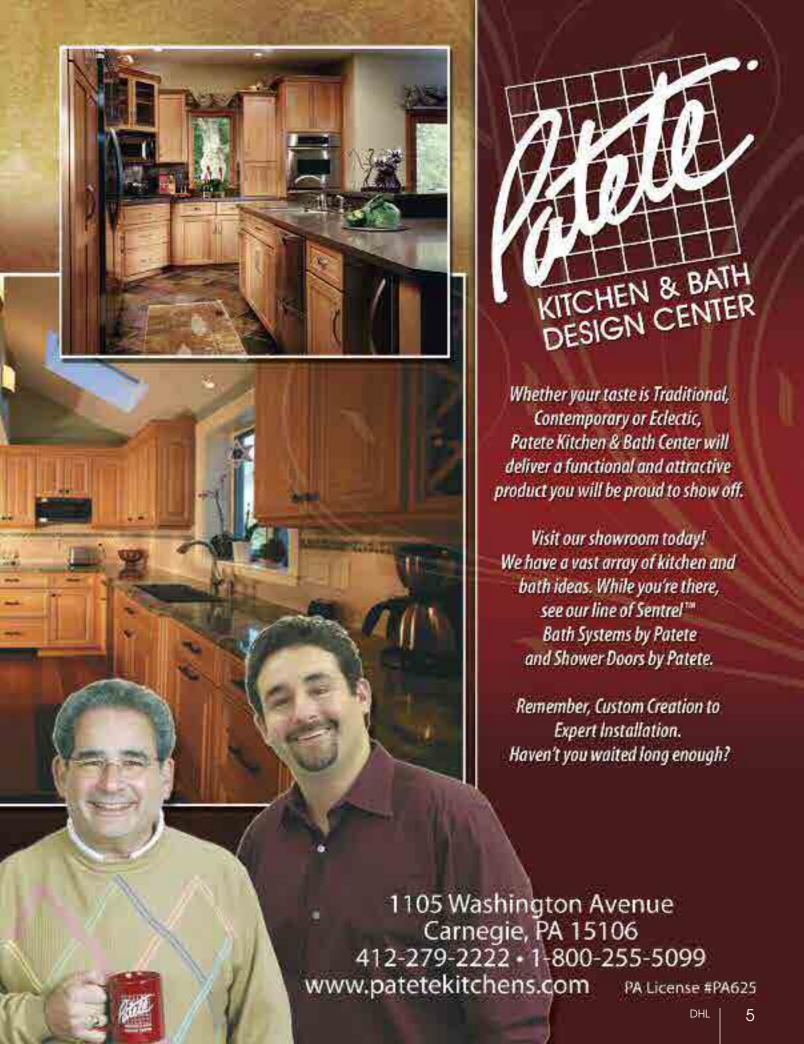
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PUBLISHER/EDITOR

Tom Poljak

SENIOR WRITER

Gina Mazza

CONTRIBUTING WRITERS

Nancy Hoff Barsotti Fawn Chang David Plantowski Mark Berton Kim Epp Frenette Steve Stones

ART & PRODUCTION DIRECTOR

Jim Paladino

ASSISTANT ART DIRECTOR

Laura Twardus

GENERAL SALES MANAGER

Tamara Myers

ADVERTISING SALES

Sophia Alfaras Tina Dollard Laurie Holding Brian McKee Aimee Nicolia Michael Silvert Nikki Capezio-Watson Julie Graf Connie McDaniel Gabriel Negri Vincent Sabatini RJ Vighetti

E-MAIL

info@DesigningHomeLifestyles.com



Black Bear Publishing 5107 Clairton Boulevard Pittsburgh, PA 15236 (412) 819-5152 Fax: (412) 819-5153

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Pittsburgh is a football town and we wouldn't think of entering the stadium without our quarterback. Yet many homeowners don't understand the daily and long-term importance of using an architect on even the smallest project. Read about how one family transformed their residence to the home of their dreams.

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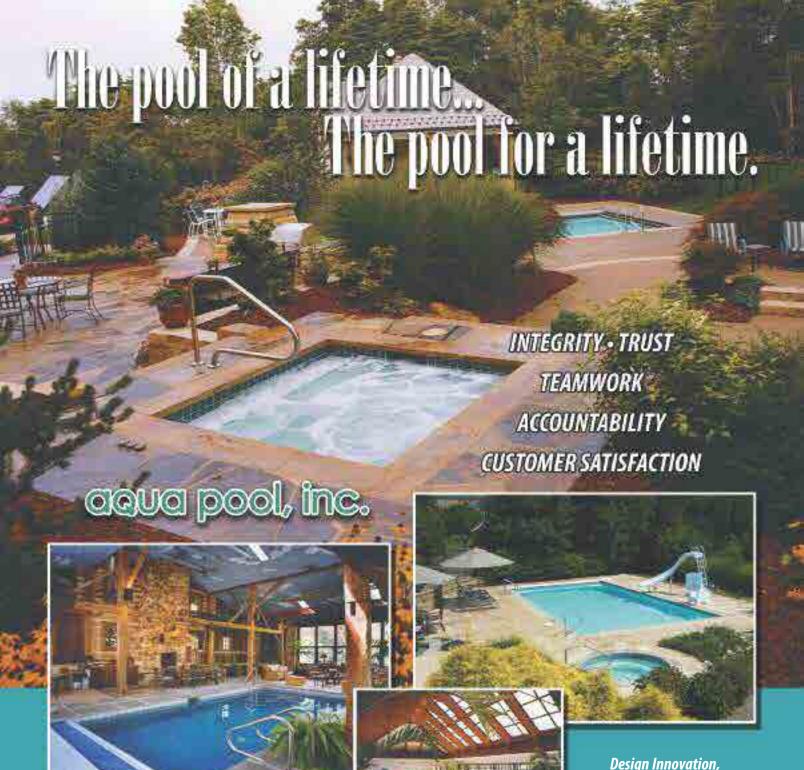
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VLC Landscaping's passion shows in its award-winning designs and attention to details. As far back as high school, Tim Bean of Cranberry Township seemed destined to run his own landscaping and masonry company. Today, Tim and his team serve the northern Pittsburgh region and surrounding counties, and they're having as much fun as ever. See pages 10-12.





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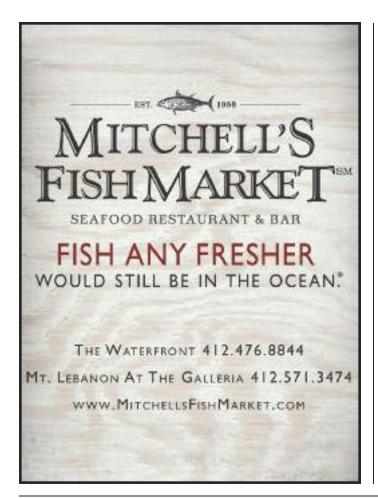
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cover story:



VLC Landscaping's passion shows in its award-winning designs and attention to details

s far back as high school, Tim Bean of Cranberry Township seemed destined to run his own landscaping and masonry company. In 2002, when Tim was 17 years old at Mars Area High School, he and two of his friends from the high school football team decided to start cutting lawns around the neighborhood. They acquired a small personal loan to purchase a 26" Craftsman push mower and formed Varsity Lawn Care. It was the beginning of bigger things to come.

Upon high school graduation, Tim, the oldest of eight children, was off to college where he played football on a scholarship. In spite of his full course load and athletic commitments, Tim didn't just keep the landscaping company alive; he expanded into three counties (Allegheny, Beaver and Butler) and began offering additional services such as mulching, planting and landscape design.

"I employed a number of my friends from the football team in order to keep up with the increased demand," Tim says. Two years later, Tim transferred to Geneva College to complete his football career while studying business. "That's when I found that I really enjoyed working with stone and engineering," he recalls. After Tim completed his college studies three years ago, he relaunched the company as VLC Landscaping (which stands for Valencia Landscape Construction), and the business has continued to grow ever since.

A Passion for Design

One thing that sets VLC Landscaping apart from other contractors is a passion for ingenuity and innovation. This passion shows through the company's award-winning designs and inventively detailed schemes. "I see every job as an opportunity to try something new and get better at what we already do," Tim shares. "On paper, it's easy to put a fireplace here, a waterfall there, a



kitchen off the back patio. It looks nice and neat on paper but nine times out of 10 we see an opportunity to enhance the original layout after the project has commenced. This is one way we work. Instead of a blueprint, which can really limit a design, we offer a three-dimensional conceptual design package. As a team, we've been contracted by the industry leading stone manufacturers to build full architectural showcase displays of every product they manufacture. It's quite easy for us, as contractors, to look at a blueprint and comprehend the final product. Many homeowners are not experienced in this.

Our design package helps our clients really visualize what the project will look like before it starts so that drastic changes aren't needed later because they may have pictured something completely different. It puts the client on the same page as the contractor so that we can both head into the project confident with our expectations. Additionally, while working with you we get a better understanding of your style and preferences. This enables us to really create a space that is fine-tuned to fit your lifestyle. With VLC, our design process doesn't stop on a pdf file; it ends when we ultimately turn the finished project back over to you. In fact, we want the challenging jobs that no one else can do, those custom jobs that can never be replicated, the designs that when people walk up for the first time and see it, they are intrigued at what can be done with an otherwise unusable space."

All members of Tim's crew are encouraged to offer their input. "We work together as a team, and the end goal is a catalog-worthy project that exceeds expectations. With that being said, each of us is expected to carry our own weight and to perform each and every task as well as the next man. That means interacting with



our clients, design management, operating heavy equipment and such. As a team, we have learned to manage our individual strengths and weaknesses collectively, and by doing this we never lose sight of the big picture. Every day is an opportunity to create something better than yesterday. We pay close attention to our client's personalities, likes and dislikes while trying to gain a tangible understanding of what they are visualizing. We'll refine those ideas and work towards a product that truly reflects the lifestyle of each individual client. It's our job to create an outdoor living space that truly feels like a seamless extension of your home, to make something great out of nothing."

One example is a client who really bonded with the VLC crew. "The time came to cast and pour concrete countertops for their two tabletop bars and outdoor kitchen. "We wanted to make them special not only in shape, coping, polish and color, but something that no one else had. Well, inspiration struck when



VLC Landscaping designs and installs:

Concrete Countertops
Dramatic Lighting and Ambiance
Fire Features • Stone Sculptures
Fireplaces and Brick Ovens • Barbeques and Bars
Water Features • Composite Decking
Stone and Concrete Veneer
Outdoor Cooking Areas • Outdoor Living Spaces
Pool Houses and Pavilions







Instead of a blueprint, a conceptual design package is used to generate the design plans. Changes to a design or concept are easily done through this software. Once completed, it gives the homeowner a more realistic view of what the project will look like when finished.





we were cleaning up the site and noticed that our client had a good number of empty beer and wine bottles left over from the holidays." The crew gathered up all the brown bottles they could find, cleaned them, broke each one into small chips and added them to the harvest-wheat-colored concrete mix. When the product had cured, the countertops were flipped over and polished with a high grit diamond-polishing pad. The end result was perfectly balanced specs of dark brown exposed through the pearl-colored aggregate and tan medium. The countertops looked amazing, resembling natural granite, but the real story behind what actually went into the piece was something that meant a lot to our client and their large, growing family. It doesn't stop there, we've turned a family's 100-plus-year-old apple butter kettle into a breathtaking centerpiece waterfall, carved fire pits out of solid boulders, put fiber optics into concrete and the list goes on."

A Dedication to Quality

VLC Landscaping's enthusiasm for design is matched by its dedication to quality and attention to detail. "Every project is built as if it was going in my own house," Tim says. "For us, it's not about the bottom line; it's about the end result. That's why we use only the best materials on the market, like Unilock...and why our tolerances for course bonds, pitch and compaction rates far exceed industry standards set by the Interlocking Concrete Paver Institute and National Concrete Masonry Association. In the end, what drives our business is our reputation for premium craftsmanship."



Tim also keeps a close watch on quality control by decidedly staying small. "Too many companies put an emphasis on how many employees they have, but I have yet to see a direct correlation between success and the amount of employees," he says. "By staying small, the busyness is eliminated, focus is enhanced and human error is minimized. You get a better finished product, in a shorter amount of time, with less waste. Being a small company also enables us to develop great relationships with our clients and their families. It's more common than not that our clients invite our families back over to enjoy, with them, the outdoor living space that we spent so much time creating. It's very gratifying to know that we are welcome at their homes and that our God-given talents have been used to enrich the well being of others."

A Top-Notch Crew

And finally, what sets VLC Landscaping apart is its people. "I've been blessed with a close-knit crew that shares the same passion for stonecrafting and landscape design as I do. Our experiences have shown us that we are most efficient as two- or three-man teams. Each member is fit, energetic, honest, personable, responsible, trained and experienced. They all take pride in their work."

The past two years have been especially defining for VLC Landscaping, as the company has gradually transitioned from being a typical landscape contractor (maintenance, plantings, irrigation and a little hardscape) to full-time custom hardscaping (stonework, fire and water features, lighting, retaining walls, decking, outdoor cooking surfaces and more). "If there was a humble way to say we are the best out there, I'd say it," Tim comments,

VLC Landscaping has won these awards (and more) in just the past two years:

- Unilock Awards of Excellence Runner up for "Most Unique Use of Unilock Products" in 2011
- Unilock Awards of Excellence Runner up for "Best Residential Use of Banding/Accent with Unilock Select Products" in 2011
- Unilock Awards of Excellence Runner up for "Best Use of Banding/Accents with Unilock Select Products" in 2012
- Hardscapes North America Honorable Mention Award for "The Miller Project: Inside Out" in 2012
- Unilock Awards of Excellence First Place Winner for "Best Outdoor Living Area" 2012

VLC also has the following qualifications:

- ICPI (Interlocking Concrete Paver Institute) Certified Installer
- NCMA (National Concrete Masonry Association) Certified Installer
- Unilock Authorized Contractor
- Techo-Pro Certified Installer
- Keystone Certified Installer





"but I can tell you there are very few who can do what we do, the way we do it. And above all, the glory goes to God. He alone has truly blessed this company. The men working with me also share in this core belief."

Today, Tim and his team serve the northern Pittsburgh region and surrounding counties, and they're having as much fun as ever. "It's such a fulfilling job," he concludes. "As a child, every boy liked to drive Tonka trucks, stack Legos, put together complicated puzzles, played in the mud, and was fascinated with water, fire and light. We just never stopped. It's like every work day, we clock in at a grown-up playground."

To learn more about VLC Landscaping, call (724) 400-6006, email vlclandscaping@hotmail.com or visit www.vlclandscaping.com. Like us on Facebook (VLC Landscaping)







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In-Home Spa

Creating your own spa is the ultimate in-home female sanctuary for pampering and relaxation. If your dream is to lounge in a warm, scented tub with a glass of merlot at the end of a long, hectic day, then you would appreciate having such a space in your home. With a little creativity and ingenuity, you can create a luxurious spa experience in your home.



Start by looking at your existing bathroom. Is there room to incorporate spa-type elements such as a sauna or tub with jets, into your existing bathroom? If not, you may want to consider expanding or remodeling the space, or even adding a new room dedicated to your personal dream spa. (Designing Home Lifestyles

Magazine is a great starting point to finding the right contractors and design professionals to help you achieve your relaxing oasis.)

From simply replacing a vanity to engaging in a complete bathroom re-do, here are some ways that you can bring spa style to your bathroom.

Go natural. Spa environments work best when natural textures and materials like wood, stone, tile, granite and bamboo, to name a few, are used. Think about how you see these materials in nature and replicate it; for example, create a pebbled tile floor that feels wonderful under bare feet.

Use clear glass. Another natural material that instantly opens up a space and creates flow is glass. Strategically placed, it can make your room appear much larger, and it keeps the shower stall from visually chopping up the room.

Add shower power: For a better shower experience, having a special jet system can add a light massage to your daily hygiene routine. Create the idea of a steam room by closing off the shower area as much as possible, turning the

heat on high, and inhaling deeply before washing.

Make space for a sauna. With the right wall and floor materials, a large shower area can easily be professionally turned



into a permanent wet sauna. Or, a small extra room near the bath can be transformed into a dry sauna by bordering the entire room with specialized wood and adding a heater. Saunas offer many health benefits, including relaxing tired muscles, improving circulation, alleviating joint pain, increasing immunity and even burning calories.

Continued on next page



Add a "focal point" fireplace. Fireplaces aren't just for dens and great rooms anymore. A sleek gas or electric model can instantly add ambiance and warmth to your spa room, as well as contribute to your aesthetic theme.

Reconsider your commode. These days, stylish toilets are quite the rage, from hatbox designs and wall-mounted versions to models that look like works of art or museum pieces. Upgrading your toilet instantly upgrades the entire room.

Install a vessel sink. Vessel sinks continue to be popular, and for good reason. They instantly add flair and a spa-like feel to the room. Again, choose natural textures like stone or clear glass.

Finishing Touches

Once you've achieved creating your dream spa, you can begin adding personal touches to the room that give it a relaxed, sensuous feel and warm, comfortable glow.

Use calming colors. If you are painting or wallpapering the room, choose a calm, soothing color palette like neutral brown, taupe or grey, or cool blues. Or opt for crisp white; nothing says "high end spa" like bright, clean walls. Then add color with a whimsical shower curtain, throw rugs and plump, colorful towels or bath sheets.

Add decorations sparingly. When it comes to spa décor, think minimalist. Add a simple striking orchid to the vanity or streamlined row of tiny candles along the bathtub. Keep the room clear of all clutter, but have the essentials like fresh, stacked towels and a fluffy, terrycloth robe within easy reach. If expensive fixtures aren't in your budget, create a few sparkling glass and

metal canisters filled with sand, seashells, glass rocks or baubles. Place artwork on the walls of your home spa that has a "natural" feel, as well: water flowing over rocks, a beautiful landscape scene or close-up photographs of colorful flowers.

Indulge in bath and beauty products. Next, stock your spa with an assortment of bath products, beauty treatments and skin/hair care specialties. Round up some bubble bath or bath salts in your favorite scents, body scrubs to exfoliate the skin and moisturizing bath oils to seal in moisture apres-bath. While your





lounging in the tub, slather a conditioning treatment in your hair and smooth a pore-tightening mask on your face. Rub your skin with a loofah and scrub calloused feet with a pumice stone. After you dry off from your bath, spread a rich moisturizing lotion on your skin. This is also the perfect time to give yourself a quick manicure and pedicure. Go ahead, you deserve it.

Cue the music. For the finishing touches, put dimmers on the light fixtures and play soft, soothing classical or ambient music.

Pamper Yourself From Head to Toe

In addition to relaxing in the bath, your in-home spa can be used to take good care of your skin, hair and nails with special treatments, just like you would receive at a professional spa. Here are some quick tips and inexpensive DIY tricks for beautifying yourself.

Facial Rejuvenation: Open your pores by placing your face over a bowl of steam (make sure the water isn't too hot),







or simply saturate a small towel with warm water and place it gently on your face. Cleanse with a gentle facial wash; add in some lightly ground oatmeal to create a gentle scrub. Follow up with a non-alcohol toner such as witch hazel or lemon juice to restore your skin's natural acid balance. Wrap up your facial with a trick of the spa trade called cryotherapy: Place an ice cube inside of a small plastic bag and gently rub over the face and eye area for several minutes to tighten pores, and plump up and tone the skin.

Body Scrubs and Skin Polishing: Create a body scrub called a "gommage", or salt glow, by mixing one ounce of ground sea salt with 12 drops of a stimulating essential oil such as juniper, grapefruit, lemon or thyme. Make a paste by adding enough water to spread easily. Before your morning shower,

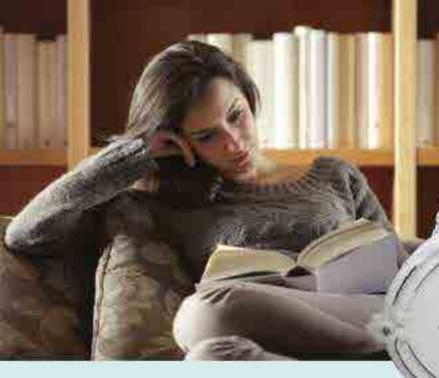
gently dry brush the skin to with a loofah or terry washcloth in brisk circular strokes to increase circulation, exfoliate dead skin cells, cleanse the pores, activate capillaries and stimulate the lymphatic system to eliminate toxins and excess water. Done correctly, your skin with glow with renewed radiance.

Hair Care: Essential oils like rosemary and lavender can make invigorating scalp massages. To make dry hair shiny add 1/4 ounce of lemongrass or rosemary to 16 ounces of shampoo. Massage your scalp as you wash your hair.

Foot Therapy. Soak your feet in a basin of water to which you've added 2 to 4 tablespoons of sea salt and a few drops of the essential oil of your choice (peppermint is especially deodorizing and cooling for the feet). Afterwards, dust your feet with homemade foot powder made from a few drops of peppermint added to baking powder.

By following some of these basic elements, you should be able to create a home spa experience that will melt away stress and leave you feeling pampered and relaxed. But what if soaking in water just isn't your thing?





Please Do Not Disturb

A Secret Reading Nook

When asked what you long to do in your spare time, do you say, "Curl up with a good book"? Then a private reading nook is the perfect gal-cave for you. Look around your home. Do you have a spare closet or quiet corner of a bedroom or study? Older homes have nooks and crannies built in under the eaves of an attic that are mini-secret retreat spaces. A closet under a staircase is a great place to hide from the world. Furnish it sparingly with your favorite things: a comfy fabric chair and ottoman, a good reading light, a lush mohair throw or wool comforter, and a night stand or tea tray to set a cozy cup of tea next to your favorite novels. When your reading corner is complete, just close the door, turn off the phone, put on some soothing instrumental music and get lost in that excellent story line.



A Crafty Space Just for Crafts

Are you obsessed with scrapbooking? Sewing? Making wreaths or holiday decoration? Your perfect gal-cave would probably be a room dedicated to all of your crafting supplies. This doesn't have to be an entire room; it could be an artfully used crafting table or desk in a portion of another room, or a space in the attic, basement, hallway, and alcove or even a closet.

To arrange your space, invoke your creative skills and get crafty with

how you find items for this space. Scan thrift shops and consignment stores for second-hand furniture, architectural salvage stores, or places that specialize in DIY projects like IKEA. Focus on pieces that can be used for storing or organizing your many crafting accessories like peg boards, bins and baskets, and wall shelves. If the space doesn't have natural light,



be sure to add a few good lamps or a strand of task lighting. Finish with a "do not disturb" sign on the door so your loved ones will know to let you enjoy peace and quiet while you happily become absorbed in your favorite hobby.



Okay, ladies, claim your space and get ready to unwind in that special spot that is yours alone. You might be pleasantly surprised at how easy it is to escape without going anywhere. | DHL

Lending a Hand

How one local bank's history of service, award-winning track record, and desire to make responsible loans is making the difference right here in Greater Pittsburgh.

"WHILE MANY OTHER BANKS CONTINUE to find it challenging to help customers get the loans they need, we are actively lending," says Chris Martin, Southwest Region President at Northwest Savings Bank.

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Northwest Sevings Bank received the highest numerical score among retail cenks in the Mid-Atlantic region in the propository J.D. Power and Associates 2010-2012. Retail Banking Sersauction Studies. "I Study based on 5 (1966 fotal responses measuring 31 providers in the Mid-Atlantic region (OE, MD, NC, MV, RV, W.B. Wash, D.C.) and measures opinions of consumers with their primary banking provider. Proprietory study easilits are hasted on exclarations and perceptions of consumers surveyed January-February, 2012. Your experiences may vary, visit jipower.com. Menther FDIC.



hen it comes to fashion, it's quite possible that "green" is the new black. Not only is the manufacturing of eco-friendly clothing on the upswing, so is consumer interest in purchasing it. Yet with so many terms abounding—everything from certified organic, sustainable, Fair Trade and low-impact to local, ethical, artisanal and repurposed—it's no wonder there's still a lot of gray area between green and black.

Furthermore, finding "sustainable fashion" can be challenge, as can sorting out which "green" claims by manufacturers are legit. Currently, there are no standards in place to measure and promote sustainable supply chains in the apparel industry, but the trend is toward producing clothing that considers the environmental and social impact of the production process. If you are interesting in exploring greener clothing choices, here are some basics to consider.

What is Eco-Friendly Clothing?

Environmentally friendly clothing is made from natural materials—think cotton, fleece, bamboo and hemp—that are recycled, organic or do not wreck havoc on the environment. For example, if cotton is used, the cotton plants are not grown using pesticides, only animal manure or compost; and toxic materials such as heavy metals and chemical inks or dyes are not utilized in the manufacturing process. Inks and dyes are typically vegetable-based. Buying organic cotton makes it more likely that you are supporting farmers who don't use as many potentially harmful chemicals. And most would probably agree that wearing garments that have less or no toxic chemicals is a bonus for your health.

Be aware, however, that even clothing made from natural fibers can still have an adverse impact on the environment. That same cotton, for instance, could be treated with fungicides; in fact, a huge amount of

fertilizers and pesticides are used on conventionally grown cotton. In other words, just because it's cotton doesn't mean it's eco-friendly. Clothing labels typically list what fibers were used to make a garment, but what they don't list are the chemical finishes applied to the items.

Adding confusion to the mix, some manufacturers offer clothing made from fabric blends—cotton with recycled fibers, such as polyester—or from a combination of recycled materials like foam and rubber.

So is eco-clothing good for the planet? Well, a great number of factors need to be considered when looking at the sustainability of a material—most notably, the source of the fiber, how this raw fiber is turned into a textile, the labor conditions of the employees producing the materials, and the material's total carbon footprint. Most of us are far removed from the manufacturing process, so we may not think about the social or environmental impact of what we wear: the amount of energy needed for mining and processing natural and synthetic fibers, turning these fabrics into finished products and shipping them



Photos courtey of international designer

By Gina Mazza

Bonnie Siefers of Jonano



throughout the world, just to name a few. And then there's the added toll to the planet from the use of toxic chemicals such as pesticides, dyes and bleaches. Taking all this into account, you may feel as though it's too huge of an issue for you to make an impact—but you can, simply by starting with your own wardrobe.

How to Look for Eco-Friendly Clothing and Where to Buy It

First, let's look at purchases you may be making now or in the future. Look for clothes made from natural fibers found in nature, such as cotton, hemp, bamboo, jute, flax, ramie, abaca, soy, corn, banana, wool, silk, angora, alpaca, llama, vicuna, cashmere and mohair. Shy away from petroleum-based fibers like acrylic, nylon or anything containing plastics. Also steer clear of no-iron fabrics and highly flame-retardant fabrics, which are treated with formaldehyde finishes. And no matter what you buy, it's always wise to launder new clothing before you wear it to remove excess finishes.

Eco-fashion has come a long way since its hippie-hemp days in the 1990s. With designers like Stella McCartney integrating sustainable practices into their production processes and A-list celebrities like Cameron Diaz wearing it, eco-conscious clothing is becoming increasingly chic. But you don't have to jet off to fashion week in Manhattan, Milan or Paris to check out some cutting-edge attire.

Pittsburgh is home to a haute eco-friendly fashion house: the Scandinavian/American brand Jonäno, founded in 2006 by international designer Bonnie Siefers. The company's philosophy is shaped by

Siefers' passion for the environmental movement, sociology and world affairs. "Jonäno's concept of 'organic essentialism' underpins the collection," says Siefers, who studied renewable clean energy resources and international affairs at Stockholm University in Stockholm, Sweden. "We believe that style and quality are essential to sustainable design. Our company's mission is to create cohesive collections that attract both those devoted to style and fashion, as well as the environmentally conscious consumers." The fabrics used in Jonano collections come from crops of bamboo, flax, cotton, hemp, waste corn and wild "peace" silk. "They are carefully selected for their luxury and quality, as well as their value-added sustainability factors."

Jonäno's "ecoCouture" has caught on both in the United States and internationally, partly because it appeals to a broad range of women from all lifestyles and ages. The brand has been featured in *WWD*, *The Wall Street Journal, Spa Magazine* and others, and has been requested for events like Mercedes Benz Fashion Week and Sundance Festivals. To check out their collections, visit.www.jonano.com.

If you have a favorite clothing company, get in touch with them directly and inquire about their commitment to sustainable clothing. Let your voice be heard.

Not Going Green? How to Make the Most of the Clothes You Have

Now let's talk about clothing purchases you've already made. Sure, you may not want to clean out your wardrobe and switch completely to eco-friendly clothing, but you still want to do your part in saving the planet. What can you do? Here are some quick tips that can have an enormous impact.

Keep wearing your old clothes: There's no need to have a new wardrobe for school every year or to always be up on the latest fashion trends each season. Consider repairing some of your damaged clothing rather than throwing it out, or buy used clothing at higher-end consignment shops such as Plato's Closet. Since all clothing has a fairly hefty impact on the environment, using them longer is one of the best and easiest things you can do to make your clothing more eco-friendly.

Clean up your laundry routine: Wash in cold water, air-dry whenever possible

How to Care For Your Eco-Friendly Clothing

To make the most of your eco-friendly clothing, it is important to care for it properly. Take these steps to treat the natural materials gently and extend your garments' lives.

- As always, read the label for care instructions. Items with natural fibers like organic cotton require special care, as they are more apt to shrink. Air dry or dry at lower temperatures.
- Don't defeat the purpose of buying eco-clothing by washing them in harsh, toxin-laden detergents. Opt for eco-friendly brands, which, these days, are available at grocery stores such as Whole Foods Market and retail chains such as Target and Wal-Mart, as well as local food co-ops. Look for the Environmental Protection Agency's "Design for the Environment" label, or "DfE."
- •Hand wash your items and eliminate the dryer from your laundering process. Not only are dryers tough on clothing, they use energy and release emissions into the air.
- Wash naturally dyed clothing in cold water to avoid color bleeding from natural dyes.



(use an inexpensive collapsible metal rack), buy only phosphate-free detergent, and use an energy efficient front-loading washer and ventless dryer.

Recycle, recycle, recycle: When your clothes are truly worn out, find a place that will recycle them (such as thrift shops and charities) or get crafty by making new stuff out of them.

Yes, you really can help the environment by being conscious of what you wear and how you care for your clothing. By doing so, you'll not only look good on the outside, you'll feel good on the inside. | DHL







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Rome is at the top of the list of places people connect to from Paris when they fly nonstop Pittsburgh to Paris and beyond. Other top destinations are in Hungary, Poland, India and Germany.

NONSTOP PITTSBURGH TO PARIS ON DELTA AIRLINES RESUMES SATURDAY MAY 11

Nonstop Pittsburgh to Paris is the fastest way to get to Europe and beyond. At Paris Charles de Gaulle Airport (CDG), you can connect to 100-plus destinations in Europe, Asia, India and the Middle East on Delta and their Skyteam partners Air France/KLM. The flight returns May 11 and flights can be booked today at delta.com.

Nonstop transatlantic Pittsburgh to Paris service lifts travelers above the chaos and congestion of connecting at east coast airports.

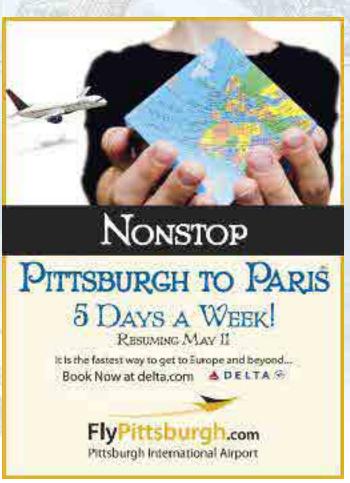
This service offers air travelers convenient departure and arrival times at PIT to make this flight the preferred route to Europe and the world beyond. Now, with a new departure time from Paris, travelers can depart from airports such as London Heathrow, Rome and Madrid at 2 pm and be in Pittsburgh by 5 pm when connecting through Paris CDG. Passengers traveling back to the United States now have more connection options with this new departure time.

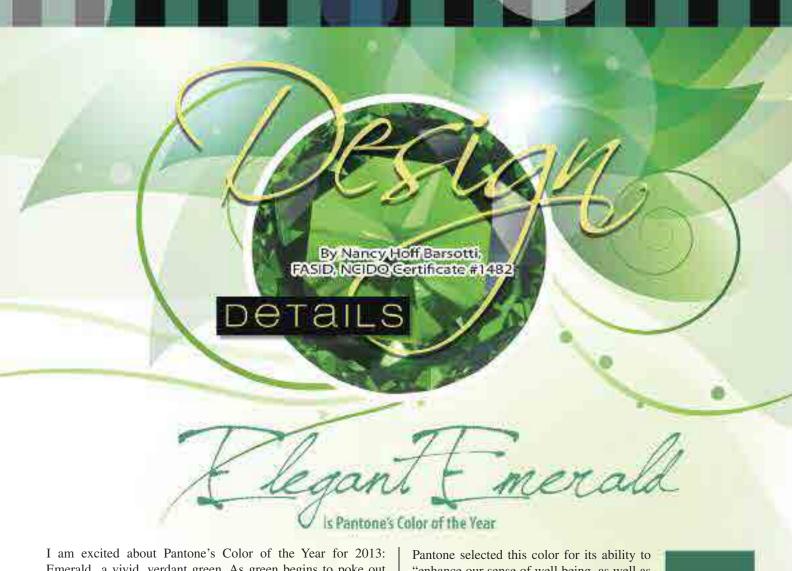
Also new this year, the Paris flight operates five days a week. Formerly the flight would fluctuate between four and five days a week. This improved frequency will make booking the nonstop easier. "Delta's five-day-a-week service to Paris is the most expedient and convenient way to travel to Europe, especially thanks to the reach of Delta, the world's largest airline, and its partner, Air France," said David Minnotte, Chairman, Allegheny County Airport Authority.

Flight information: DL 631 departs PIT at 6:35 pm and arrives at Paris CDG at 8:35 am (next day). DL 632 departs Paris CDG at 2:00 pm and arrives at PIT at 5:00 pm. The PIT departures days are Monday, Wednesday, Thursday, Saturday, and Sunday. The Paris CDG departure days are Monday, Tuesday, Thursday, Friday, and Sunday.

The top ten destinations for travelers from PIT connecting through CDG include Rome, Amsterdam, Budapest, Bengaluru, Berlin, Barcelona, Prague, Bombay/Mumbai, Istanbul and London. World travelers connecting via CDG to PIT are coming mostly from Rome, Barcelona, London, Athens, Bengaluru, Berlin, Bombay/Mumbai, Bucharest, Stockholm and Nice.

- Flights can be booked at delta.com
- · Learn more at FlyPittsburgh.com/Europe





Emerald...a vivid, verdant green. As green begins to poke out from under the snow and we begin to see nature's rejuvenation, what better time to think about this brilliant color than spring? Green is the most abundant hue in nature and our eye sees more green than any other color in the spectrum. It conjures up gems,

dollar bills and the Emerald City in "The

"enhance our sense of well being, as well as promote balance and harmony."

Most often associated with brilliant, precious gemstones, the perception of emerald is sophisticated and luxurious. What woman would not love an emerald as a piece of jewelry? More precious than diamonds, an

> emerald was the engagement ring of Jackie Kennedy and certainly Elizabeth Taylor had several.

But emerald's special radiance has many applications in home décor and design. I am always encouraging clients to use color on their walls, and emerald can

Benjamin Moore Ming lade

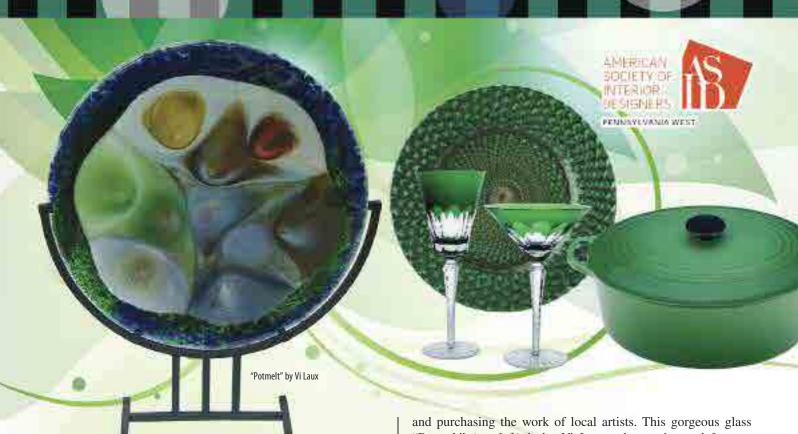
Sherwin Williams Green Bay

PPG Jewel Green

really make a room come to life. When looking through color selections of the paint companies for their shades of emerald, I found PPG's Jewel Green, Sherwin Williams' Green Bay and Benjamin Moore's Ming Jade.

Often paired with other jewel tones of ruby and amethyst, emerald works well with many other colors. I believe it could be considered a vibrant neutral, as it is a very easy color to live





with. I have never tired of the emerald green grass cloth walls in my living room. It is a unifying color throughout my home's first floor, with green and beige wall covering in the foyer, hints of it in all the Oriental rugs, and the green leaves in the floral dining room drapery fabric. At the Frick Museum in Point Breeze, the background for their permanent collection of masters' paintings is emerald green velvet.

While I tend to like the boldness of the color, you might feel that a whole room of emerald could be a bit too risky. Here are some more subtle ways to emerald's vibrancy to your home.

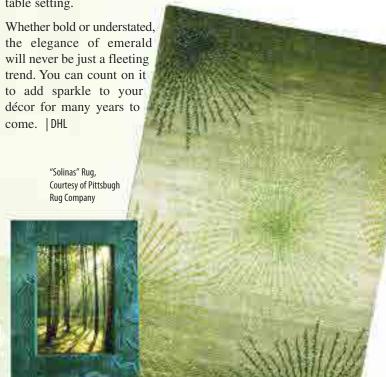
Emerald can be combined with other shades of green. In fact, green is the only color family whose various hues combine well together. Try using it with lime green and the even darker shade of forest green. Since it has a blue undertone, it also works very well with navy and turquoise. In contemporary interiors, it adds a fresh touch to a room of neutral tones, including black and grey. In more traditional settings, it is the perfect color with the other jewel tones of reds and purples, and the wood tones of antique furnishings.

Some ways to add the lushness of emerald to your décor can be as simple as houseplants with dark green foliage. Accessory items such as Jonathan Adler's white and green pillows and Anthropologies' green glass dresser knobs are stunning.

Malachite accessories like small boxes, picture frames and art objects connote a sense of antiquity. Beautiful fabrics featuring a pop of emerald can be found in the collections of Brunschwig & Fils, Kravet and Schumacher. And what better way to add green than by being "green"

and purchasing the work of local artists. This gorgeous glass "Potmelt" (top left) is by Vi Laux, glass artist, and features emerald with navy and yellow. The piece is created from recycled glass.

Even appliance companies are thinking emerald. De'Longhi has introduced a stove in the color. Many companies are featuring enamel cookware in emerald, and houseware items such as glassware and charger plates add brilliance to an otherwise neutral table setting.





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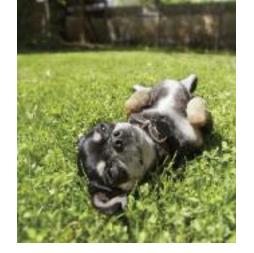
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Keep Your Pets Happy and Safe by "Dog-Scaping" Your Yard





Continued from previous page



So, what to do? We're in luck. There are actually "green" products that are pet friendly, as well as many home remedies that you can try. The key is keep a nice lawn without using chemicals that could hurt your pets or the environment. If you insist on using chemicals, at the very least, keep pets off of

treated grass for at least 48 hours or longer. Do your homework, search the Internet, visit your favorite local nursery and ask questions until you determine what will work best for you and your pet to keep them safe and happy.

Plan Your Landscaping with Fido in Mind

The next aspect of having a pet friendly yard is realizing that our pets (depending on the breed) can be extremely intelligent. We need to consider this before planning our landscaping and gardening.

While researching this article, I came across an interesting media personality who is sort of a horticultural "rock star." Maureen "Mo" Gilmer has published many books on a wide range of subjects, including why homeowners should take into consideration their pets' behavior and habits before executing a landscaping plan. "If your pets ruins your prized plants or wears a path in the yard, it is probably more

your fault than theirs," she says. Pet owners can stop the destructive behavior with a little common sense. Below are some tips from Gilmer's e-book, *The Dog-Scaped Yard*

- Provide a cool, damp spot for your dog to lie on warm summer days. Many dogs
 labeled "problem diggers" are really just trying to keep cool. Select a shaded
 location and dig a shallow pit large enough for your dog to lie in comfortably. Line
 it with sand, which is much cleaner than regular dirt. Keep the pit damp with a
 sprinkler or hose.
- Keep 18 inches around the border of your yard plant-free. Dogs are territorial
 creatures and will walk their boundary lines daily. They will trample any plant
 that grows in this trail, Gilmer points out.
- Locate your dog run in a place that has an optimum view of the yard. We tend to
 put dog runs in "unused side yards and out-of-the-way places. This makes the
 dog feel like he or she is in lock-down," says Gilmer. To avoid this and having your
 dog act out as a result, give him or her a view of the yard and the people in it. Your
 dog will feel more included and be more content while in the run.

Gilmer covers many other great tips for dog-scaping your yard, including homemade recipes for various needs. If this topic is of interest to you, I strongly recommend finding Gilmer on the Internet.

Just remember, the goal is to keep your pets safe and ask yourself how you think they will interact with the environment. If you do this, you are well on your way to a pet friendly yard. Try to think like your pets and predict what you think they'd enjoy in the yard. In doing so, you will create an outdoor retreat not only for yourself but your pets, as well. | DHL

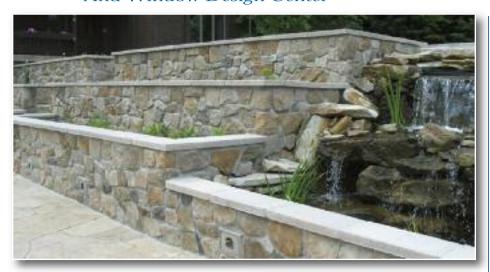
You can download a PDF of Maureen "Mo" Gilmer's e-book, The Dog-Scaped Yard by searching online for the title.



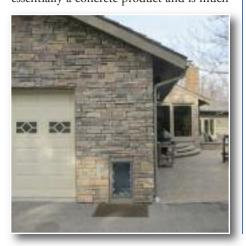




Cultured Stone®



ne of the hottest building materials amongst contractors and home owners these days is Cultured Stone®. It seems like wherever you go, there are renovations and new homes going up involving stone veneer. Whether it's the entire exterior, an accent around the main entrance, the foundation, a new addition, a fireplace or interior walls, Cultured Stone is a wonderful option to consider. It is a cost effective, maintenance-free alternative to other more traditional materials. It is obviously very durable, provides a level of thermal and sound insulation and there is a plethora of stone choices. The beauty of Cultured Stone is that you need no substantial structural requirements to add stone to your house like a brick ledge. Cultured Stone is essentially a concrete product and is much





lighter than real stone so it can be added over virtually any vertical surface.

Five Star Stone specializes in Cultured Stone. Located in Harmony, just north of Zelienople, Five Star Stone has a beautiful showroom with 3,000 sq. ft of different stone on display. Its a great way to choose your stone and to see how the stone actually looks. They also have a 12,000 sq ft warehouse close by and much of the stone immediately available. Five Star Stone has expertise in design and installation and can provide design assistance, stone only or turn key solutions, including professional installation.

Cultured Stone has been around for about 50 years. The best stone is ICC certified

and is manufactured under very stringent conditions and comes with a manufacturer's warrantee. However, "buyer beware." There are a number manufactures (some local) that do not necessarily manufacture their stone to the same standards. If the stone is not manufactured according to these standards, there are a number of risks including spalling, deterioration and discoloration. One of the brands that Five Star carries is Boral®. Boral Cultured Stone is the undisputed brand leader and



preferred name in the manufactured stone veneer products industry. In fact, they own the brand name "Cultured Stone" which has become the generic term used when discussing manufactured stone. Boral Cultured Stone exceeds ICC requirements and comes with a 50 year warrantee.

Let Five Star Stone help you design and install your next project to give your home a beautiful custom look. It's time you've gotten the look you've been waiting for!



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WHY JOIN YOUR LOCAL ROTARY CLUB?

Rotary's main objective is service — in the community, in the workplace, and around the globe.

The 1.2 million Rotarians who make up more than 33,000 Rotary clubs in nearly every country in the world share a dedication to the ideal of Service Above Self. Rotary clubs are open to people of all cultures and ethnicities and are not affiliated with any political or religious organizations.

PROFESSIONAL NETWORKING

A founding principle of Rotary was to meet periodically to enjoy camaraderie and enlarge one's circle of business and professional acquaintances. As the oldest service club in the world, Rotary club members represent a cross-section of the community's owners, executives, managers, political leaders, and professionals – people who make decisions and influence policy.

SERVICE OPPORTUNITIES

Club members have many opportunities for humanitarian service, both locally and internationally. Service programs address such concerns as health care, hunger, poverty, illiteracy, and the environment. Rotarians experience the fulfillment that comes from giving back to the community.

INTERNATIONAL AWARENESS

With more than 33,000 clubs in over 200 countries and geographical areas, Rotarians gain an understanding of humanitarian issues through international service projects and exchange programs. One of Rotary's highest objectives is to build goodwill and peace throughout the world.

FRIENDSHIP

Rotary was founded on fellowship, an ideal that remains a major attraction of membership today. Club members enjoy the camaraderie with like-minded professionals, and club projects offer additional opportunities to develop enduring friendships. Rotary club members who travel have friendly contacts in almost every city in the world.











GOOD CITIZENSHIP

Weekly Rotary club programs keep members informed about what is taking place in the community, nation, and world and motivated to make a difference.

FAMILY FOUNDATIONS

Rotary sponsors some of the world's largest youth exchange, educational exchange, and scholarship programs. Rotary clubs provide innovative training opportunities and mentoring for young leaders and involve family members in a wide range of social and service activities.

ENTERTAINMENT

Social activities give Rotarians a chance to let loose and have fun. Every Rotary club and district hosts parties and activities that offer diversions from today's demanding professional and personal schedules. Conferences, conventions, assemblies, and social events provide entertainment as well as Rotary information, education, and service.

ETHICAL ENVIRONMENT

Encouraging high ethical standards in one's profession and respect for all worthy vocations has been a hallmark of Rotary from its earliest days. In their business and professional lives, Rotarians abide by The Four-Way Test:

Of the things we think, say or do:

- 1) Is it the TRUTH?
- 2) Is it FAIR to all concerned?
- 3) Will it BUILD GOODWILL and BETTER FRIENDSHIPS?
- 4) Will it be BENEFICIAL to all concerned?

LEADERSHIP DEVELOPMENT

Rotary is an organization of successful professionals. Team building, fundraising, public speaking, planning, organization, and communication are just a sampling of the leadership skills that club members can exercise and enhance. Being a Rotary leader provides further experience in learning how to motivate, inspire, and guide others.

DIVERSITY IN MEMBERSHIP

Rotary's classification system ensures that a club's membership represents a variety of the community's professional men and women, including leaders in business, industry, the arts, government, sports, the military, and religion. Rotary clubs are nonpolitical, nonreligious, and open to all cultures, races, and creeds.

The mission of Rotary International is to provide service to others, promote integrity, and advance world understanding, goodwill, and peace through its fellowship of business, professional, and community leaders.





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2 HOULD YOU USE AN ARCHITECT FOR YOUR RENOVATION PROJECT? By Fawn Chang

Pittsburgh is a football town and we wouldn't think of entering the stadium without our quarterback. Yet many homeowners don't understand the daily and long-term importance of using an architect on even the smallest project. An architect can deliver a touchdown that will increase your home's value, as well as your daily enjoyment of it—and even save you time, money and future problems.

Of course, a DIY home renovation is always an option but increasingly homeowners are becoming aware of the pitfalls of attempting this alone. A project can begin simply enough but quickly turn to distress, if not disaster, when non-professionals attempt to navigate the construction situation. It's a vicious cycle that can end up costing not just dollars but even relationships.

Engaging professionals at the beginning of the project can actually net greater results, with less time and money spent. An option called "design-build" has become increasingly popular. Here is a quick explanation from the American Institute of Architects:

- · Design-build-contractor: The architect and contractor work together to develop a set of bid documents from which a client may choose and then build them according to the contractor's prescripts.
- Design-build-architect: The architect designs and capitalizes a project, then engages the necessary labor to bring it to completion.
- Bridging: The client engages an architect to conceptualize a design, then hires a design-build firm to develop the concept and build the project under the supervision of the original architect.
- Construction management: The client makes separate contracts with both an architect and a contractor, then gives construction management responsibility to a third party.

Whichever option you might choose, you will probably be more pleased with the end result for years to come, including increased resale value. | DHL



By Fawn Chang

LOCAL COUPLE EMBRACE HOME RENOVATIONS

WITH HELP FROM AN AIA ARCHITECT

imber Hill Lane is a picturesque property located in the hills high above the Ohio River Valley, north of Pittsburgh. Juergen and Renate Mross fell in love with the residence and horse stable, formerly owned by their good friends. Envisioning a place that their grandchildren could enjoy, the couple decided to renovate with the help of an AIA architect.

The home was in fairly good condition but had some structural issues and site constraints as a result of many poorly planned previous renovations. AIA Architect William Childs, Jr. found himself challenged to accommodate this client's wish list, as the house had 20" thick exterior masonry walls, 12" thick terra cotta block interior walls, stringent site restrictions and historical dictates.

Childs' goal was to provide the family with expansive views surrounding the home. The beautiful view in the back of the property and a private pond overlooking the valley and hills beyond were about the only things left of the









Continued on next page









and stucco walls reiterate the main house's original design precisely. A slate roof, copper gutters and downspouts add Old World charm. A large cupola with windows at the center of the intersecting gable roofs casts beautiful light and shadows upon the entry foyer.

The exterior also includes the existing lake, which was drained and relined with barn stone along its perimeter. The use of timber beams and posts on the front entry, rear balcony and terrace pergolas are embellished by handcrafted lanterns that are custom made to fit the home's style and period.

original property after design and demolition got under way. The entire house was gutted and the severely out-of-plumb walls necessitated that the first floor be formed, poured-in-place concrete. Many of the original materials were salvaged when possible and duplicated in the final design.

The house had limited areas to expand due to site constraints and local building codes, yet Childs was able to incorporate a new addition of a carriage house. This was positioned to make possible an intimate terrace area that takes advantage of the extensive landscaping and pond views. Two cars are welcomed by custom, carriage-style doors, and the large overhang above the doors is supported by brackets to the house's entry with timbers, mortise and tenon detailing. Short- or long-term guests and grandchildren have separate, private access to the cathedral-ceiling studio apartment above the garages in the carriage house. A new driveway and circular cobbled auto court showcase the newly defined, two-story entry.

More than a century after the original home was built, the exterior's elegant and spacious redesign with stone wainscot

The Mross' desire for an open floor plan gave Childs the idea to use natural materials to open up walls and use the roof for natural lighting, design dormers of energy efficient windows with tinted glass, and incorporate a geo-thermal heating system. In-floor heating, spray foam polyurethane roof insulation, energy efficient appliances, an 880-amp generator and an elevator







make the home green and livable for many generations.

Natural and luxurious materials were used throughout. The floor of the powder bath on the first level is finished in a mosaic pattern of marbles and onyx. A magnificent custom-designed wrought iron railing enhances the main staircase and wraps the upper landing. The entire area is beautifully finished with paneled, custom-designed stained walnut. The entry foyer offers a stunning view up three stories to the newly built cupola. From there hangs a hand-wrought iron chandelier. The lower floor walls are finished in Venetian plaster.

In the living room and study, existing fireplaces were replaced by custom ones and ceilings were made more casual with the addition of ceiling beams. In the study, a handsome cigar bar of dark walnut is elegantly capped with an exotic onyx top. LEDs light the bar and reflect mirrored features on the rear wall.

The second story presented design issues of its own, including situating a laundry room in the small existing space. By reworking the existing first floor kitchen and second floor master bedroom windows and doors along the rear of the house, Childs created a grand view to the back of the property. An intimate yet grand master suite was created, complete with "his" and "her" bath/dressing suites and a balcony facing the lake. The baths are clad in Calcutta gold marble inlaid with intricately designed mosaic marble tiles and fixtures. When all was said and done, Childs was able to accommodate three bedrooms, an office/studio, four full baths and the laundry room upstairs.

Situated to enjoy the fullest view of the lush landscape, the large multi-functional kitchen, dining, breakfast and sitting rooms can all be accessed from the courtyard foyer. French patio doors swing open to the secluded dining patio.



In the end, the renovation went smoothly, and Juergen and Renate can now enjoy hosting their family and friends in their new home. | DHL

Architect on this project:

AIA Architect William Childs, Jr., www.childsarchitects.com

Design/build team on this project:

Builder/contractor: Jeffery C. Ott Contracting, Sewickley Interior designer: Godfrey Design Consultants, Winter Park, Florida Landscape architect: Werley Associates Landscape Architects, Pittsburgh Lighting consultant: Hilbish McGee Lighting Design, Sewickley Plaster and stucco: Allegheny Plaster and Stucco Company, Sewickley

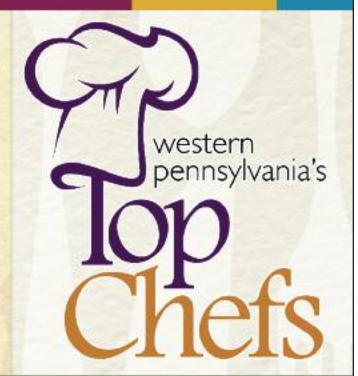
Materials and furnishings:

Pond stone: Van Ness Stone, Newbury, Ohio Millwork and some cabinetry: Rino's Woodworking Shop, Willoughby, Ohio Lanterns: Bevolo Gas and Electric Lights, New Orleans, Louisiana Metal railings/ironwork: London Pattern Metalworks, Pittsburgh



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PRODUCTS USED IN THE ABOVE PROJECT:

Kitchen Design: Kitchen & Bath Concepts of Pittsburgh, LLC

Kitchen Cabinetry: Quality Custom Cabinetry

Stone Backsplash & Caesarstone Countertop: Ultimate Granite

Aged Copper Top: PMI

Rutcherblock Top: Grothouse Lumber
Plumbing Fixtures: Watermark - Crescent Supply
Custom Iron Hardware: Redstar Ironworks
Photography: Simone Associates

KITCHEN & BATH CONCEPTS

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NEW SHOWROOM

ABOUT KBC:

As the preeminent designers and purveyors of high style functional kitchens & interiors, the national award winning Kitchen and Bath Concepts of Pittsburgh, LLC melds unparalleled personal service and attention to detail with the highest quality cabinetry accommodating a wide range of budgets.

The design team of Principle Designer Thomas D. Trzcinski, Pittsburgh's only Certified Master Kitchen & Bath Designer, and Senior Designers Emily Miller, CKD, and April Spagnolo, CKD, create time-tested one-of-a-kind living spaces where value is found in the personalization of the design and quality of the products that enhance your lifestyle.

ABOUT THE SHOWROOM:

After 39 years in business and 26 years at our previous business location in the North Hills on Perry Highway, KBC was presented with an opportunity to purchase a stand-alone building less than 3 miles from that location that supports their business and design needs to a "T".

The new space allows KBC to effectively show their design capabilities and products in full room/multi-room "Living Space" settings and has afforded KBC the luxury of updating its showroom with the most current and cutting edge equipment and integrated technology. This is evident in our "Tansu" concept kitchen shown above.

KBC was commissioned by Quality Custom Cabinetry to design their 2012 concept kitchen. This display not only shows true "fusion" design melding classic Japanese design aesthetics with contemporary style and high function but also integrates the latest in interior technology, cutting edge appliance integration and unique finish techniques.

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Exercise: The Best Health Tonic Ever Ten excuses for not exercising and how to

Overcome them By Gina Mazza

magine if there was something you could buy that was guaranteed to slow the effects of aging, promote weight loss, reduce your risk of heart disease and cancer, stave off osteoporosis and adult-onset diabetes, alleviate depression and sleep problems, make your brain work more efficiently, and generally make you feel better both physically and mentally. How much would you pay for such a "cure"?

Well, there IS something that is totally free and available to everyone that delivers all of these benefits and more. It is called—drum roll, please—exercise!

Despite it's impressive list of benefits, surveys show that about 25 percent of US adults get no regular exercise. With the warmer weather upon us and "shorts season" quickly approaching, now is the ideal time to think about treating yourself to regular doses of this miracle drug called "moving your body." Now, before you can even think of an excuse to not exercise, do yourself (and your body) a favor and read through the rest of this article. It just may get you re-thinking that your reasons for not incorporating even a little bit (30 minutes a day, ideally) of aerobic activity into your lifestyle aren't really that valid.



Excuse #1:

I don't have time. Yes, everyone's schedule is jam-packed but if something is a priority (religiously watching Modern Family or Mad Men every week, for example), you will make time for it. So make time for exercise. And if 30 minutes seems like a lot of time to exercise each day, think about how much time you spend sitting and being inactive. Schedule it into your smartphone or day planner the same way you plan meetings or other commitments. Don't worry if you can't find a block of time to exercise. Use time-saving strategies, such as interval training. Or just integrate moderate-intensity activities into your day, such as brisk walking, taking stairs rather than elevators, and raking leaves. Opportunities to get physical are everywhere: Park your car in the far corner of the mall parking lot, walk down the hall to speak with a co-worker rather than sending an email or text, jump rope during TV commercials, clean your house.



Excuse #2:

Exercise is boring. The best way to avoid being bored is to find an activity that doesn't bore you. Don't like to run? Don't do it. Bike, box, row, dance, garden or do whatever gets you moving and not thinking of it as "exercise." Moving your body doesn't have to be drudgery; exercise outdoors in interesting surroundings, or play music or listen to books on tape while doing your workout. If you do get bored with any one type of exercise, vary your activity; for example, climb stairs one day and swim at your community pool another day.

Excuse #3:

I'm too old: You are never too old to build muscle and improve your stamina. Studies show that even frail, sedentary nursing home residents in their nineties showed significant improvement in both of these areas after just eight weeks of strength training. Training with weights or resistance machines is a good first step for older adults or the truly out-of-shape to build the muscle necessary to support more aerobic exercise.

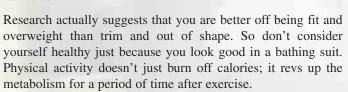


Excuse #4:

I don't have the energy. Did you know that exercise actually increases your energy? So if you feel run down, recharge your batteries by moving around. If necessary, start with just five minutes a day of aerobic activity, and gradually build up to the goal of 30 minutes each day.

Excuse #5:

I don't need to exercise because I'm not overweight. Being lean is definitely associated with better health but exercise has independent benefits that you can't get simply by keeping your weight down. Lack of exercise increases your risk of heart disease and other ailments whether or not you are overweight. And even if you are in a healthy weight range, you may have an excess percentage of body fat, or what is called TOFI: thin outside, fat inside.



Excuse #6:

I'm too fat. As with age, extra pounds are rarely an excuse for not exercising. Just be sure to start gradually—walking, swimming, biking, or other exercises that don't involve a lot of pounding are great. And all of us, not just the overweight, need to remember that exercising is not a free pass to eat a lot more.





YOUR WELLNESS





Excuse #7:

I don't have the discipline. Consider exercising with a buddy. Research suggests that this doubles your changes of keeping at it. Another possibility is to establish an "unthinking" routine, such as exercising first thing in the morning before you're really awake and can talk yourself out of it. Or try giving yourself a reward for meeting your fitness goals. You may have to force yourself at the beginning but if you stick with it for a few weeks, it eventually becomes an enjoyable habit because you can feel the benefits.



Excuse #8:

My kids get in the way. Work around your kids' schedule as best you can; waking up before they do may not sound appealing, but many parents say it's the only time they can be sure to get in an uninterrupted workout and some much-needed alone time. Alternatively, work out with your children—try hiking, walking, biking, or playing an outdoor game.



Excuse #9:

I can't afford to get fit. You don't need to join a gym or buy home fitness equipment to get in shape, although some people find that the investment motivates them to actually work out. You can become pretty fit through walking alone, with the only expense being a good pair of shoes. In addition, adult education programs and YMCA's offer low-cost fitness classes of all sorts.



Excuse #10:

I have arthritis. Strengthening, stretching and aerobic exercises build up muscles and remove strain from the joints, which greatly benefits anyone with arthritis. Exercise also helps to keep off the excess weight that can exacerbate painful symptoms. If you have arthritis or have had cancer or a stroke, talk with your doctor before beginning any exercise routine.

So, get a move on and begin reaping the benefits of exercise, a magic and very accessible health tonic for all ages. | DHL

Despite it's impressive list of benefits, surveys show that about 25 percent of US adults get no regular exercise.

Tet's Move Pittsburgh





Childhood obesity is officially a national epidemic, according to the Centers for Disease Control and Prevention. The number of overweight children in the United States has more than tripled in the past 30 years, and one in three children and adolescents are now overweight or obese. This has both immediate and long-term effects on a young person's health and well being. Left unchecked, it can lead to diabetes, high blood pressure, high cholesterol and other diseases—not to mention that it adversely contributes to a public health crisis whose cost, in terms of dollars and lives, can be devastating.

Exercise is a big part of reversing this trend, and so is the importance of a healthy diet. While a lot of terrific local nutrition resources exist, one Burgh-based initiative is decidedly "on the move" in terms of fostering better eating habits among local families. Let's Move Pittsburgh is a collaborative of organizations, parents, policymakers, healthcare providers and caregivers who are committed to making our region one of the healthiest places in the nation for children to live. It is modeled after First Lady Michelle Obama's Let's Move campaign.



TAKE THE 10,000 TABLES PLEDGE

How can you and your family get involved? Part of the local initiative is 10,000 Tables, a pledge that encourages households in our region to prepare and eat at least one homemade meal together—at a table and not in front of a TV or other electronics—each week for one year. The 10,000 Tables initiative is happening now through October 2013.

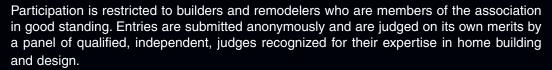
"We launched the 10,000 Tables pledge because we know that kids in families that eat home-cooked, screen-free meals together are healthier and have a better chance of developing good habits that will last them a lifetime," comments Richard Piacentini, executive director of Phipps Conservatory and Botanical Gardens and director of Let's Move Pittsburgh. "Ultimately, our hope is to help give our region's children the bright future they deserve by encouraging them to eat healthy, increase their physical activity and decrease screen time."

If you decide to participate in the pledge, you will be able to receive a lot helpful resources for making smart shopping choices, growing healthy ingredients at home, and cooking more nutritiously for yourself and your family. Free community events with partnering local organizations are on tap throughout the year, as well, and your household will have a chance to offer feedback on your progress. To sign up, simply visit www.letsmovepittsburgh.org. The website offers further information on the benefits of healthy foods, screen time reduction and increased physical activity in curbing childhood obesity, and much more.

AND LET'S MOVE PITTSBURGH!



Recently, the Builders Association of Metropolitan Pittsburgh announced the winners of its annual Housing Excellence Awards. The Builder's Association of Metropolitan Pittsburgh (BAMP) began the Housing Excellence Awards program in 1996 to showcase the outstanding craftsmanship of building and remodeling professionals in the metropolitan Pittsburgh area.





The 2012 Winners

AWARD WINNING COMPANY	GENERAL CATEGORY	PRICE CATEGORY
TK Carpentry & Construction, Inc.	Best Kitchen Renovation	Under \$75,000
TK Carpentry & Construction, Inc.	Best Kitchen Renovation	\$75,001-\$150,000
TK Carpentry & Construction, Inc.	Best Room Addition	Over \$300,001
TK Carpentry & Construction, Inc.	Best Room Addition	\$150,001-\$300,000
TK Carpentry & Construction, Inc.	Best Multi-Room Renovation	Under \$300,000
Master Remodelers, Inc.	Best Multi-Room Renovation	\$300,001-\$750,000
Primrose Homes, Inc.	Best Multi-Room Renovation	Over \$750,001
Eichenlaub Inc.	Best Outdoor Living Project - Existing Home	
Traditions of America	Best 50+ Housing Single Family Attached	Under \$250,000
Traditions of America	Best 50+ Housing Single Family Attached	Over \$250,000
Traditions of America	Best 50+ Housing Single Family Detached Home	Under \$250,000
Suncrest Homes, Inc.	Best 50+ Housing Single Family Detached Home	Over \$250,000
Signature Homes	Best Multi-Family Home of the Year	Under \$500,000
S & A Homes	Best Green/Energy Efficient Housing	Under \$500,000
Primrose Homes, Inc.	Best Green/Energy Efficient Housing	\$500,001-\$850,000
John Hobart Miller, Inc.	Best Green/Energy Efficient Housing	Over \$850,001
Traditions of America	Best Single Family Home of the Year	\$251,001-\$350,000
Heartland Homes, Inc.	Best Single Family Home of the Year	\$351,001-\$450,000
S & A Homes	Best Single Family Home of the Year	\$451,001-\$650,000
Suncrest Homes, Inc.	Best Single Family Home of the Year	\$651,001-\$850,000
Primrose Homes, Inc.	Best Single Family Home of the Year	\$1,000,001-\$2,000,000
John Hobart Miller, Inc.	Best Single Family Home of the Year	Over \$2,000,001





his home, situated in front of a beautiful 10-acre lake in suburban Pittsburgh, is a modern-day masterpiece, complete with four living levels and numerous amenities throughout the home.

The kitchen contains custom cream maple painted and glazed cabinetry, hidden appliances, two dishwashers, and an 8'x3' island. The intricate details of the cabinetry truly make this home a showcase, from the built-in china closet to the floor-to-ceiling custom cabinetry. Organizational features such as spice racks, canned goods storage, and a message center round out the kitchen functionality and ease of use.

This home features a fourth-level master suite, which includes a living area (complete with kitchen), large master bedroom, gorgeous marble and tile-laid shower, lush jacuzzi tub within its own room, walk-in closet, and two outdoor living areas. Two fireplaces (one indoor and one outdoor) complete this suite, which offers spectacular views of the lake.

The lower level contains a fully-equipped theater, a custom bar with stained cherry wood, pub and lounge style design, exercise room, playroom, and full bathroom. The design allows for multiple groups to utilize it at the same time.

Continued on next page



The intricate details throughout the home focus on the Tuscan theme – cathedral-style doorways, hardwood ceilings and floors, and rich brown and cream colors. Ornate crystal chandeliers are seen throughout the home, from the entryway and dining areas all the way to the master suite and walk-in closet.

The exterior completes this home's European look with its Spanish tile roof, brown and cream color palate, and cultured stone. There are four outside living areas that all boast gorgeous views of the lake. One contains a gazebo for dining and relaxing. Lastly, the home is uniquely nestled into the lot to provide privacy.

Some of the personal and creative features added to this house include an elevator, marble flooring on the first floor, two laundry rooms, radiant heating, whole house water filtration system, and home automation controls. Artistic designs were created within the floors – two in the porcelain entryway, one inlaid in the hardwood in the master suite, and one brick-laden one within the driveway. DHL





SEED STARTING IS THE FOUNDATION OF ANY TRUE GARDENING INDEPENDENCE STORY.
STARTING YOUR OWN SEEDLINGS GIVES YOU THE CHANCE FOR MORE VARIETIES (INCLUDING ORGANIC) AND LESS COSTLY OPTIONS THAN THOSE FROM THE GARDEN CENTERS.

In general, seeds aren't difficult to start, and any benefits to starting your own vegetables and ornamentals definitely outweigh the challenges. The biggest one is figuring out when and how far in advance to start the seeds before planting them in the garden. Not all seeds germinate at the same intervals or require the same conditions. If you start some too early, you will have leggy and unmanageable seedlings that will grow improperly in the garden or die once you've transplanted them into the warm earth. Some require special handling, such as chipping (scarifying) and soaking; others germinate only with bottom heat and still others require some chilling before they know when to germinate.

Let's start with some basics. All seeds need a medium that is sterilized—that's to say, not garden soil with pathogens that can kill seedlings in the wink of an eye (this is called "damping off"). Purchasing seed starting soil mixes is a great start or if you have older potting soil that you



can water down (absolutely must be moistened to the point of puddles forming when you press your finger into it). An alternative would be to place your soil in your oven on a cookie sheet at a low temperature (pre-heated 275 degree F) and sterilize (or pasteurize) it for an hour or so. But with today's choices on the market at a relatively low cost, why take this extra step and make your kitchen smell like burning earth?

Continued on next page



Another great choice is to buy peat pots that you can plant directly into the garden. You can see the roots emerging from the peat and can gauge moisture requirements easier, as well. They are more earth friendly than plastic seed six-packs, unless you already have some in the garden shed or garage waiting to be used. If you do decide to reuse these, you will need to sterilize them, too, by washing the six-packs in a warm solution of bleach water. Even egg cartons and other kitchen discards can be used but they must be cleaned thoroughly. Cleanliness is the key to the best germination percentage!

Some seeds germinate fast and others are on their own timetable and can't be rushed. Most seed packages give you the approximate time from germination to your first picking; they also give you the time it takes from planting the seed to its emergence from the soil, along with the depth of seed planting and light and space requirements. Your timetable depends on when your area has its last killing frost. Seeds like onions and peppers can be started first, as they can be planted indoors eight to 14 weeks before the last frost, where eggplants and tomatoes should be six to eight weeks, and leafy greens should be five to six weeks. Cucumbers and melons start their life fast, as do Zinnias and Marigolds; you should start these two to four weeks before the last frost.

Plant the seeds sparsely. When you overpopulate the medium with seeds, you will have to do some thinning when they germinate, and you risk damaging their fragile roots, stems and first leaves. This can be a challenge with small seeds. Try using tweezers and placing no more than two or three seeds per planting area. If you are up to the challenge, tap the seed envelope gently over the medium. I suggest testing your skills by doing the latter over a piece of white paper first to see how many seeds you tap out. Large seeds can be picked up and placed on the medium to ensure good coverage.

Average First and Last Frost Dates for Pennsylvania

City	Spring	- Patt
Alkentown	5/5	10/2
Gerrysburg	574	9/29
Harrishurg	5/4	10/4
johnstown	5/14	9/26
Meadville	5/29	9/24
Philadelphia	4/14	10/20
Anshurgh	5/26	9/20
Ridgway	6/7	9/13
Screenant Home of Dunder Millie	5/21	9/24
Williamsport	5/16	9/10

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Spring Lifestyles FESTIVAL BOUNDUP Spring is the Perfect Time To Feroundoors and Have Fun

Feeling a little cabin fever? With record snowfalls and long stretches of below-freezing temperatures, the winter months certainly kept us indoors—possibly more than we wanted. How that spring is in our midst, it's time to break out, take a drive and have some fun. Luckily, the Pittsburgh area has lots to offer in the coming months in terms of festivals and markets with cultural themes and more. Shake off those winter blans and check out one or more of these community events.

33rd Latin American and Caribbean Festival

Saturday, March 23, noon to midnight University of Pittsburgh Wesley W. Posvar Hall, Galleria, First Floor, Pittsburgh

Features music, food, dance, arts, crafts and children's activities from Latin America and the Caribbean. To learn more, call (412) 648-7392 or visit www.ucis.pitt.edu/clas/festival.

47th Annual Ukrainian Easter Egg Sale

Sunday, March 24
Sts. Peter and Paul Ukrainian
Orthodox Church
220 Mansfield Boulevard, Carnegie
Marvel over handcrafted Ukrainian Easter
eggs, embroidery and other crafts from
Eastern Europe. Enjoy ethnic foods,
basket raffles, door prizes and church and
museum tours. To learn more, call,
(412) 527-5359.

Pittsburgh Folk Festival

Friday, April 19 and Saturday, April 20 4141 Fifth Avenue, Pittsburgh

Enjoy an exciting adventure around the world filled with ethnic cuisine, live entertainment and cultural presentations for all ages. Watch live dance and music performances and visit the marketplace. To learn more, call (412) 278-1267 or visit www.pghfolkfest.org.

JFilm Festival

Thursday, April 11 – Sunday, April 21 SouthSide Works Cinema 425 Cinema Drive, Pittsburgh

Celebrating its 20th anniversary, the
JFilm Festival (formerly the Jewish Israeli
Film Festival) brings authentic Israeli movies,
customs and cuisine to Pittsburgh. Movies
are shown in various theaters throughout
Pittsburgh, including SouthSide
Works Cinema, Carnegie Mellon
University and the Frick
Fine Arts Building. To learn more, call
(412) 992-5203 weekdays 1-3 p.m. or

visit www.jfilmpqh.org.

May Market
Friday, May 10
Phipps Conservatory and Botanical Gardens
One Schenley Park, Pittsburgh

Browse a wide selection of plants for your garden, including organic herbs and vegetable seedlings, botanical specimens grown in Phipps' greenhouses, native perennials and more.

To learn more, call (412) 622-6914.

Maple Syrup Festival
Saturday, April 6 and Sunday,
April 7, 8:30 a.m. to 4:30 p.m.

April 7, 8:30 a.m. to 4:30 p.m. The Lodge at Bradys Run Park Route 51, Fallston

Go back in time and enjoy antique machinery displays, traditional crafters, Civil War reenactment, children's tent, and music and live performances. The festival's famous "All You Can Eat" buttermilk or buckwheat pancake breakfast is not to be missed. Take home some 100% pure maple syrup, as well as fresh-ground buckwheat, corn meal and wheat flour. Free admission, parking and shuttle service.

To learn more, call (724) 378-1701.

Film Festival

Saturday, April 27, 10 a.m. to 7 p.m.
100 North Main Street, Washington
This second annual festival features
independent films and screenplays of
less than 30 minutes. On tap are speakers
with diverse filmmaking experience.
Proceeds benefit the Highland Ridge
community and supports HRCDC,
which seeks to discover and provide
exposure for independent
artists of all ages. To learn more,
call (724) 678-4225 or
visit www.washpaelmstreet.org.

Ambridge Nationality Days Festival

Friday, May 17 to Sunday, May 19 Ambridge, Beaver County

This festival has been a celebration of ethnic pride for 48 years.
Enjoy mouth-watering local foods, live entertainment, crafts and children's attractions.
To learn more, call (724) 266-3040.

Waynesburgh Sheep and Fiber Festival

Saturday, May 18 and Sunday, May 19 Greene County Fairgrounds

This festival celebrates the heritage of sheep, wool and fibers in Greene County. Check out juried crafts, a sheep-to-shawl competition, shearing, spinning, weaving, live music, a lamb cook-off, shepherding dog demonstrations, a photography contest, children's activities, fiber arts classes and more. To learn more, call (724) 451-8406 or visit

www.sheepandfiber.com.

Pittsburgh Wine Festival Thursday, May 9

Heinz Field 900 Art Rooney Drive, Pittsburgh

Considered "one of the top 10 wine festivals in the country", this event is host to some of the world's finest wine makers, educators and chefs. To learn more, call (412) 281-2681 or visit www.pittsburghwinefestival.com.

Silk Screen Asian American Film Festival

Friday, May 10 to Sunday, May 19
Hosted at various theaters around the
City of Pittsburgh, this festival highlights
diversity and multi-cultural appreciation
through film, with an emphasis on
Asian and Asian-American art.
To learn more, call (724) 969-2565 or
visit www.silkscreenfestival.org.

Pittsburgh Cultural Trust



CULTURAL EVENTS

What Else To Do?

Take in a show, dine with family and friends, it's all about enjoying the culture in one of America's true great cities – Pittsburgh, PA!

VISUAL ARTS



Wood Street Galleries

Through an agreement with the Port Authority of Pittsburgh, The Pittsburgh Cultural Trust leases the upper floors of the former Max Azen Company building, above the Wood Street subway station, and operates the Wood Street Galleries. Opened in 1992, the galleries feature two floors of exhibition and performance space, and subsidized office space for emerging performing arts organizations throughout Pittsburgh.

Gallery Hours:

Wednesday and Thursday: 11am-6pm; Friday and Saturday: 11am-8pm; Sunday: 11am-5pm



SPACE

Voted the 2012 BEST GALLERY FOR LOCAL ARTISTS by Pittsburgh City Paper!

A vital component of The Pittsburgh Cultural Trust's Visual Arts programming, SPACE presents five to six exhibitions annually, offering emerging artists an opportunity to advance projects in a supportive setting. While SPACE does not actively commission new works, many artists that exhibit work at SPACE are provided with resources – labor, technology and guidance, as well as funding to execute their ideas.

By encouraging and facilitating artistic collaboration, SPACE contributes to a robust Cultural District art scene and is helping to build diverse visual arts' audiences. SPACE creates a platform for artists to meet other like-minded artists from across regional, national and international borders: On average, events at SPACE attract more than 1,500 people on a single night, ever dedicated to

increasing exposure for visual arts in the Cultural District.

Gallery Hours:

Wednesday and Thursday: 11am-6pm; Friday and Saturday: 11am-8pm; Sunday: 11am-5pm



707 & 709 Galleries

A project of The Pittsburgh Cultural Trust and managed by the Trust's Education and Community Engagement department, 709 Penn Gallery features exhibits by local and regional artists working in multiple disciplines. 709 Penn Gallery is located at 709 Penn Avenue near the intersection of Penn and Seventh Street.

Gallery Hours:

Wednesday and Thursday: 11am-6pm; Friday and Saturday: 11am-8pm; Sunday: 11am-5pm



943 Gallery

In late 2008, The Pittsburgh Cultural Trust transformed the last standing adult bookstore on Liberty Avenue into a dedicated arts space. Built in the late 1920s, over the years 943 Liberty Avenue housed a variety of retail businesses, from home furnishings to hardware and for a brief time, during the 1960s, this space was an arcade and then used as an accordion school.

Now owned and operated by the Trust, the 943 Liberty Avenue showcases exhibitions curated by the Trust's visual arts department.

Hours:

Saturday 11:00-8:00; Sunday 11:00-5:00



The Spring Lifestyles Section of Designing HOME Lifestyles Magazine is dedicated to promoting the growth and development of Cultural and Tourism related businesses in Western Pennsylvania. Please contact us at info@DesigningHomeLifestyles.com for information on how to participate in future editions. Dates and pertinent information of events are subject to change. Please contact each organization directly to confirm all dates, times and availability. The included events are only a portion of cultural events in Western Pennsylvania. For additional information and other events try visiting The Pittsburgh Cultural Trust at www.pgharts.org.

Pittsburgh Symphony Orchestra – Heinz Hall

600 Penn Avenue, Pittsburgh, PA 15222 (412) 392-4900

www.pittsburghsymphony.org

Lord of the Dance March 9, 2013

The Wizard of Oz March 14–17, 2013

Slatkin, Ax & Mozart March 22–24, 2013

Elvis Lives March 29–30, 2013

The Brandenburg Concertos April 5–7, 2013

Bell Plays Bernstein April 12–14, 2013

Anything Goes April 16–21, 2013

Beethoven's Ninth, "Ode to Joy" April 26–28, 2013

Disco Days & Boogie Nights May 2–5, 2013

Benedetti & Tchaikovsky May 10–12, 2013

Elgar, Grieg & Ravel May 17-19, 2013



FEATURED

Priscilla Queen of the Desert Venue: Benedum Center March 5–10, 2013

Elaine Paige

Venue: Cabaret at Theater Square March 12, 2013

Slask Song & Dance Ensemble of Poland Venue: Byham Theater March 19, 2013

Juan De. Marcos & Afro-Cuban All Stars Venue: August Wilson Center March 21, 2013

Paige in Full: A B-Girls Visual Mixtap Venue: Trust Arts Education Center

March 22-23, 2013

Bubble Time

Venue: Byham Theater March 22–23, 2013

The Book of Mormon Venue: Benedum Center March 26–April 7, 2013

Les Ballets Trockadero Venue: Byham Theater April 5, 2013

Gabriel Iglesias: Stand-Up Revolution Tour Venue: Benedum Center

April 13, 2013

Artie Lang

Venue: Byham Theater April 13, 2013

Anything Goes Venue: Heinz Hall April 16–21, 2013

Bettye LaVette

Venue: Cabaret at Theater Square April 23, 2013

Sandra Bernhard Venue: Byham Theater April 27, 2013 Disco Days & Boogie Nights Venue: Heinz Hall May 2–5, 2013

Mark Morris Dance Group Venue: Byham Theater May 4, 2013

Iarzan

Venue: Byham Theater May 9–19, 2013

Elgar, Grieg & Ravel Venue: Heinz Hall May 17–19, 2013





What Else To Do

Phipps Conservatory www.phipps.conservatory.org

Carnegie Museum of Natural History www.carnegiemnh.org

The Warhol Museum www.warhol.org

Carnegie Science Center www.carnegiesciencecenter.org

Carnegie Museums of Pittsburgh www.carnegiemuseums.org

Mattress Factory www.mattress.org

Dining Out Around Pittsburgh

MITCHELL'S FISH MARKET SEAFOOD RESTAURANT & BAR The Waterfront – (412) 476-8844 Mt. Lebanon at the Galleria (412) 571-3474 www.MitchellsFishMarket.com

Please visit the Chefs and Restaurants in our Western Pennsylvania's Top Chef section:

NOLA ON THE SQUARE (412) 471-9100
PARIS 66 (412) 404-8166
SEVICHE (412) 697-3120
SONOMA GRILLE (412) 697-1336
THE ORIGINAL FISH MARKET

(412) 227-3657





Think of anything that you might need to know or do...and it's probably true that "there's an app for that." The term *app*, short for *application*, dates back to the 1980s but is suddenly ubiquitous—due in great part to the popularity of the iPhone. Here are some fun, free apps that you may find useful.



CLASH OF CLANS

Lead your clan to victory in this epic combat strategy game. Build your village, train your troops and battle with thousands of other players online. Clash of Clans is an addictive mixture of strategic planning and competitive fast-paced combats. Raise an army of barbarians, war wizards, dragons and other mighty fighters. Join a clan of players and rise through the ranks, or create your own clan to contest ownership of the realm. Driving back the goblins is just the first step; your quest isn't over until your clan reigns supreme over all others.



PANDORA

Create your own radio stations that play only music you like with this app, and listen wherever and whenever you're in the mood for great music. Enjoy all of your stations right from your Android, BlackBerry, iPhone, iPad, iPod, Nook or Kindle Fire. This Pandora app is fully integrated with Pandora on the Web, so everything you create and personalize on your device appears next time you're back on the Web.



STUMBLEUPON

This app is the easiest way to discover new and interesting things from all corners of the Web. Stumble whenever or wherever you want through interests like humor, music and photography to entertaining web pages, photos, videos and more. Swipe through slides to quickly browse content recommended for you based on your interests.



ZITE

Zite is a personalized magazine that delivers all the great news, articles, blogs and videos you want and helps you discover new stuff that you'll love.

Zite personalizes your content automatically and gets better the more you use it.

Create your magazine your way with thousands of sections and a smart auto-suggest.

Interact with the articles you read on Zite by thumbing them up or down and watch your magazine get more and more personalized.

Can be synced with your Twitter and Google Reader accounts.

The number of apps for Smartphones and other mobile devices has exploded in recent years. These innocuous little programs have changed the way we use our mobile gadgets and apparently make our lives easier. In two seconds flat, you can use an app to inform, entertain or educate yourself about virtually anything. When it comes to apps, wonders never cease!



PBS VIDEO

Watch the most popular and current PBS programs free and with minimal interruption on your iPhone or iPad. Features more than 300 videos, including full-length episodes, segments and previews with new content updated daily. Includes popular PBS primetime programs, such as Antiques Roadshow, Frontline, History Detectives, Masterpiece, Nature, Need to Know, Nova, Secrets of the Dead, PBS News Hour segments and Austin City Limits song performances. Create reminders for favorite shows right in your iCal calendar app.



FIND MY IPHONE

If you misplace your iPhone, iPad, iPod or Mac, this app will let you use another iOS device to find it and protect your data. Find My iPhone helps you locate your missing device on a map, play a sound, display a message, remotely lock your device or erase all the data on it.

If the iPhone, iPad or iPod you want to locate is running iOS 6, Find My iPhone also includes Lost Mode, which locks your missing device with a 4-digit passcode and can display a contact phone number right on the lock screen. While in Lost Mode, your device will keep track of where it has been and display its recent location history when you check in with this app.



GILT TASTE

Buy the top names in food and wine at up to 60 percent off retail, plus read exclusive stories and recipes from famous chefs and award-winning food writers.

Flip through delicious recipes without mucking up your iPad, even if your hands are covered in sauce; simply wave your hand across the camera to move from step to step. Shop for new deals every day on amazing food, drink and ingredients hand-picked by Taste editors and shipped directly from the artisans who create them.



PODCAST ADDICT

Manage all of your video and audio podcasts from this single app on your Android device. Import your podcasts subscriptions from an iTunes or Google Reader OPML export file, or use the embedded search engine to browse the app's database. Copy and paste your podcasts' RSS feeds in order to subscribe. This app will soon be available on tablet devices.



NPR ADDICT

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THE BAGUA GRID

Fortunate Blessings Wealth & Prosperity	Fame Reputation	Marriage Partnership Relationship
Health & Family Ancestors & Inspiration	Life Force Ch'i / Energy	Children Creativity
Knowledge & Self-Cultivation Wisdom	Journey Life's Purpose Career	Helpful People & Travel

Align Entrance Along This Plane -

Neighborhood

Feng Shui recommends choosing the best most vibrant neighborhood possible. For instance, look at the trees and plantings; are the healthy and alive? Look at the streets, sidewalks, businesses and the people; do they look as though they are flourishing and happy? Are the streets well cared for? If your home is in a decaying neighborhood, do the best you can to uplift your individual property and engage with your community.

Surroundings

If a home fits well into its surrounding neighborhood but is just different enough to attract attention, it is said to have good Feng Shui. If your home is at the end of a T-intersection or if your neighbor's driveway faces your front door, Feng Shui sees this as being akin to living at the bottom of a waterfall; too much energy coming toward your home will exhaust you and bring more opportunities than you have time or resources to take advantage of. Other energy drains include fast moving waterways, highly traveled roadways, power lines and cell towers. Feng Shui also recommends that we look at the buildings around our home and the activities that occur there to determine how it may be affecting our own life force. A hospital, factory or even a church, for example, may drain your energy.

To mitigate such issues, try placing something between your home and the "offending" energy, such as a line of beautiful trees, bushes or shrubbery, or a well-maintained fence or sculpture. Another "cure" would be to use a mirror faced toward the energy drain to deflect it away from your home.

Topography

The best position isn't necessarily always the most expensive or exclusive. For instance, being on top of a mountain can be energetically depleting to the residents because of the wind and weather. Being near the base of the mountain is not the most optimal either, as water

tends to pool. The best position in Feng Shui, (whether for your lot, desk or bed) is called the Power Position or the Armchair Position: Your back is supported and a slight protective barrier is on either side, with a full command of the view (sort of like sitting in an armchair).

According to Feng Shui, if your lot slopes downward in the back, you are losing access to much of your wealth, and your reputation and relationship energy could be draining away from you. Nearly half the homes in western Pennsylvania have backyards that slope away, directly opposing to our sense of safety and security. Luckily, we can use landscaping, lighting, attention-gathering items and color to redirect what might not start out as the optimal property. For example, to elevate the energy of a slope, use anything that draws the eye upward. Place something tall behind the house to act as a barrier or secure backing (such as trees), a light that shines upward toward the house or wind catchers that effectively stop the downward progression of energy.

Lot Shape

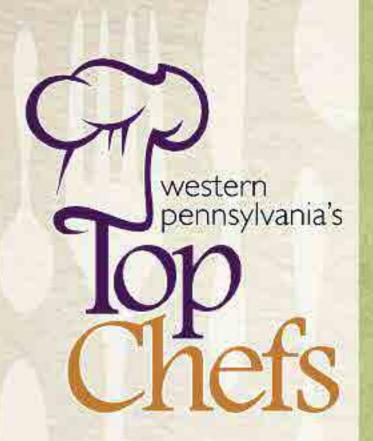
In Feng Shui, the most stable shape is a rectangle or square. For thousands of years, Feng Shui has used the Bagua Map (see graphic), which shows how energy flows through spaces and corresponds to aspects of life. Placing this map over your lot's footprint, you will see how

your property's energy fares. Stand at the entrance to your property, as tagged by the Postal Service, which will fall along the bottom of this Bagua. The shape will be somewhat rectangular but not necessarily square; the places where your home plan doesn't touch the sides of the rectangle will be what Feng Shui calls "missing areas", or places where you "don't have support." But there are ways to "square off" a property to be able to access all the energy to fuel your life.

Reclaim that support by incorporating "cures." One abstract yet very powerful ways to square off your lot is by using mirrors. Place the mirrors (facing outward) so that they would seem to draw a laser line completing the rectangle of the Bagua; that is, face them outward to essentially draw a line of intersection.



Feng Shui is not magic, nor is it a miracle. It's a way of interacting with the energy, shapes, colors and people so that we may live with more support and, therefore, more joy. Consider the above ideas when selecting a lot for your property or enhancing the one where you already live. A few small changes can make a big difference. | DHL



elebrate spring (and prepare for summer)
with nutritious, colorful salads

Pot roast. Mashed potatoes. Hearty stews. Bonewarming chili. These heavier menu options worked well for us during the winter months. Now it's time to lighten up and celebrate the spring season with refreshing, nutritious salads. When spring has sprung, an inevitable question is waiting right behind it: How many days until I need to fit into my bathing suit?

Salads can be satisfying while helping you shed some winter pounds; just go easy on the dressing. Like anything else, make sure that you add ingredients in moderation. Raw vegetables are mandatory; after all, that's what a salad is! Many of us who don't like eating vegetables by

themselves enjoy them in salads. The health benefits of eating raw vegetables are well worth it.

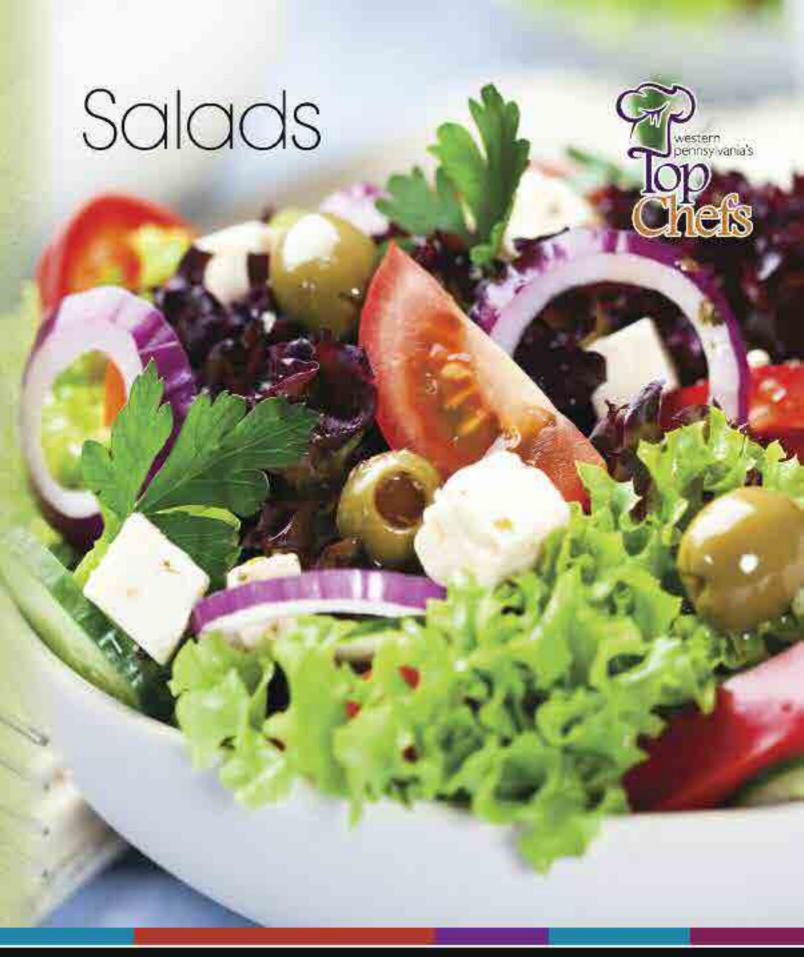
Consider going a little fruity, as well! By adding fruit to your salad, you can create some wonderful taste sensations. In fact, you might be surprised how interesting certain combinations in salads can be. Cranberries, blueberries, strawberries, pears, grapes, apples, avocados (yes, it's a fruit), even dried bananas and papaya are all good choices. Again, the nutrition factor—especially vitamins and antioxidants—adds a bonus.

When considering the health benefits of salads, think visual. Strive to have as many colors of the rainbow represented in your salad—from deep greens to yellows, reds and oranges from vegetables, and even white and blue from cheddar, brie, goat and bleu cheeses. Create a culinary piece of art!

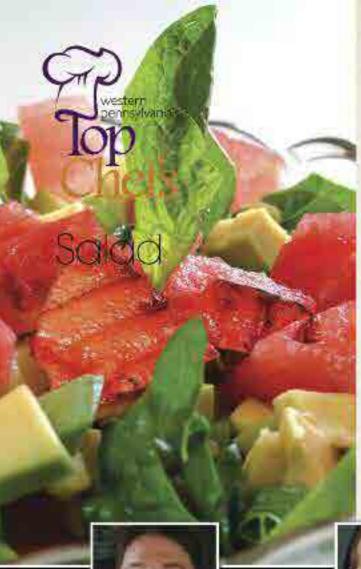
For tasty and fun salad combinations, search the reputable recipe websites online, or check out the food category on Pinterest; this social networking site makes it super easy to create your own recipe board so that, when you're at the grocery store, you can quickly scan your board for needed ingredients. It also makes it easy to share your favorite recipes with your family and friends.

Dining out? That doesn't have to spell disaster for your figure. Visit our chefs' restaurants in this section for some of the most interesting and unique menu items you'll find in Pittsburgh. They are proud to serve you the finest and freshest ingredients you'll find anywhere. On every menu, you'll find salads that are tantalizing enough to steer you away from heavy meals.

So dig into spring salads, do it often and watch your waistline shrink. When you finally do put on that bathing suit, the mirror will thank you.



favorite Salad recipes on the following pages...



Grilled Endive Salad

INGREDIENTS:

Endive - 4 heads split in half
Seedless watermelon - 2 large slices
Carrots - 2 each shredded
Scallions -1 bunch, thin sliced
Goat cheese (Chevre) - 3 oz crumbled

Balsamic - 2 tbsp EV00 - 1/4 cup Salt - 3 tsp Pepper - 1 tsp

PROCEDURE:

Toss the endive halves in olive oil and grill on a char grill until marked (1 minute per side).

Drizzle olive oil on watermelon and grill on both sides for 2 minutes.

Julienne the endive, cut the watermelon in cubes (about 1.5 inch cubes).

Combine with the rest of the ingredients except chevre, toss well.

On a large platter arrange the salad so there is some height, top with chevre.

This salad goes very well with grilled shrimp or chicken.

Recipe Provided by: Chef Jim Rogers – Sonoma Grille



Sonoma Grille
Jim Rogers – Executive Chef

Jim grew up in Clarksburg, WV and started cooking at a young age. His family cooked every day and that is where he developed his passion for fresh food and ingredients. He graduated from Le Cordon Bleu in Pittsburgh and started working at Sonoma Grille while attending school. After a short externship he returned to Sonoma Grille and was recently promoted to executive chef. He is proud to serve the freshest of ingredients while creating meals that are incredible and unique.



Paris 66 Mason Arthurs – Executive Chef

Mason grew up in a family where cooking played a large role in his childhood. These early experiences and his love for cooking became his inspiration.

His mission is to continually learn everything he can about as many different foods as possible, how to prepare them and where the foods and preparation techniques originated. Also, wants to share any and all of his experiences with as many people as possible. Not only to enlighten aspiring chefs but also to share his love of food and cooking.

He also believes it is essential to be surrounded by a professional and dedicated team. He is fortunate at Paris 66 to be surrounded by just that.





Seviche Caleb J. Longacre – Executive Chef

Born and raised in Scott Township, PA, near Scranton and began cooking at the age of 10 with his father who was a cook at a children's camp. This fueled his passion for cooking and had him focused on a culinary career at an early age. After high school Caleb joined the Army as a food service specialist and entered into an advanced culinary program. After the Army he graduated from Le Cordon Bleu Institute of Culinary Arts and began working at Seviche, a Big Restaurant. He started as a line cook, then sous chef and recently was promoted to executive chef.



Shrimp and New Potato Remoulade with Fresh Herb and Asparagus Salad

1# Wild Shrimp

1 Gallon Water

1# New Potatoes

1 package Crab Boil

1 Lemon (cut in half)

FOR DRESSING

1 T Roasted Garlic

1 T Smoked Paprika

2 T Tomato Paste

1/4 c Lemon Juice

1 tsp Lemon Zest

2 T Whole Grain Mustard

1/4 c EV00

1 T Red Wine Vinegar

1 tsp Tabasco

1/2 tsp Cayenne

1 c Mayo

2 tsp Sea Salt

1 tsp Black Pepper

FOR HERB SALAD

1 bunch Asparagus (blanched)

1 bunch Parsley (picked)

1 bunch Mint (picked)

1 bunch Cilantro (picked)

1 bunch Chives (cut in 1" pieces)

1 T Lemon Juice

3 T EV00

1 tsp Sea Salt

1/4 tsp Black Pepper

Recipe Provided by: Chef Andrew Hebson – Nola on the Square

In large sauce pot add water, crab boil, lemon and potatoes. Bring to simmer and cook until potatoes are tender. Add shrimp and cook until just barely cooked through. Drain and spread on a baking sheet to cool. In a small fry pan cook garlic, tomato paste, smoked paprika and cayenne in EVOO. Allow to cool. Combine all ingredients in food processor. Toss shrimp and potatoes in dressing. Serve with herb and asparagus salad on top.



Salad





Salad

Roquefort Pear Salad

INGREDIENTS:

1 head leaf lettuce, torn into bite-size pieces

3 pears - peeled, cored and chopped

5 ounces Roquefort cheese, crumbled

1 avocado - peeled, pitted, and diced

1/2 cup thinly sliced green onions

1/4 cup white sugar

1/2 cup pecans

1/3 cup olive oil

3 tablespoons red wine vinegar

1-1/2 teaspoons white sugar

1-1/2 teaspoons prepared mustard

1 clove garlic, chopped

1/2 teaspoon salt

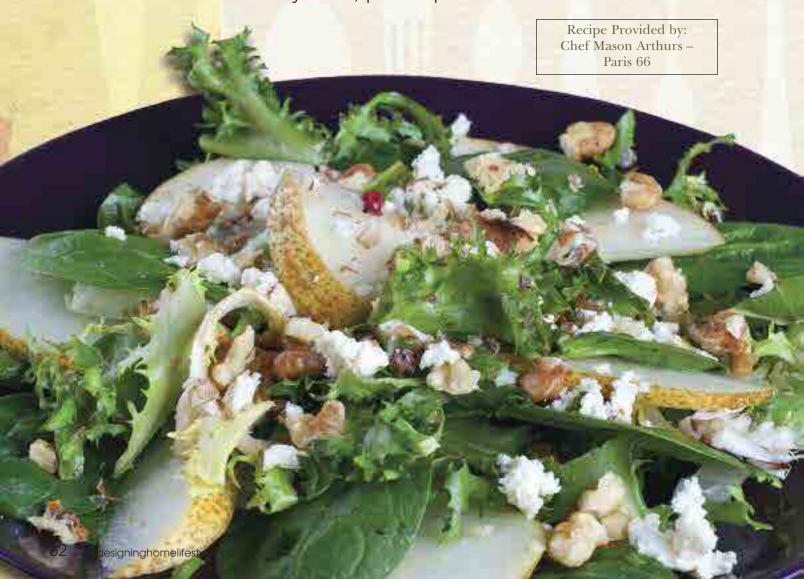
Fresh ground black pepper to taste

DIRECTIONS:

In a skillet over medium heat, stir 1/4 cup of sugar together with the pecans. Continue stirring gently until sugar has melted and caramelized the pecans. Carefully transfer nuts onto waxed paper. Allow to cool, and break into pieces.

For the dressing, blend oil, vinegar, 1-1/2 teaspoons sugar, mustard, chopped garlic, salt and pepper.

In a large serving bowl, layer lettuce, pears, blue cheese, avocado and green onions. Pour dressing over salad, sprinkle with pecans and serve.



Salad Wedge

This classic salad is a treat from my childhood. It's simple to make, but satisfying at the same time.

INGREDIENTS:

1/2 head of Iceberg lettuce cut in half

1 Roma tomato quartered

1/2 carrot grated or peeled thin-like ribbons

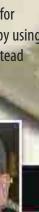
1/4 lb Applewood smoked bacon

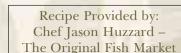
(cut into 1/2 inch pieces and rendered until crispy)

Gorgonzola dressing

Assemble the wedges of iceberg lettuce on a plate, cover with dressing and add vegetables.

Any vegetables can be used for variations; this is also good by using blanched brussel sprouts instead of iceberg.







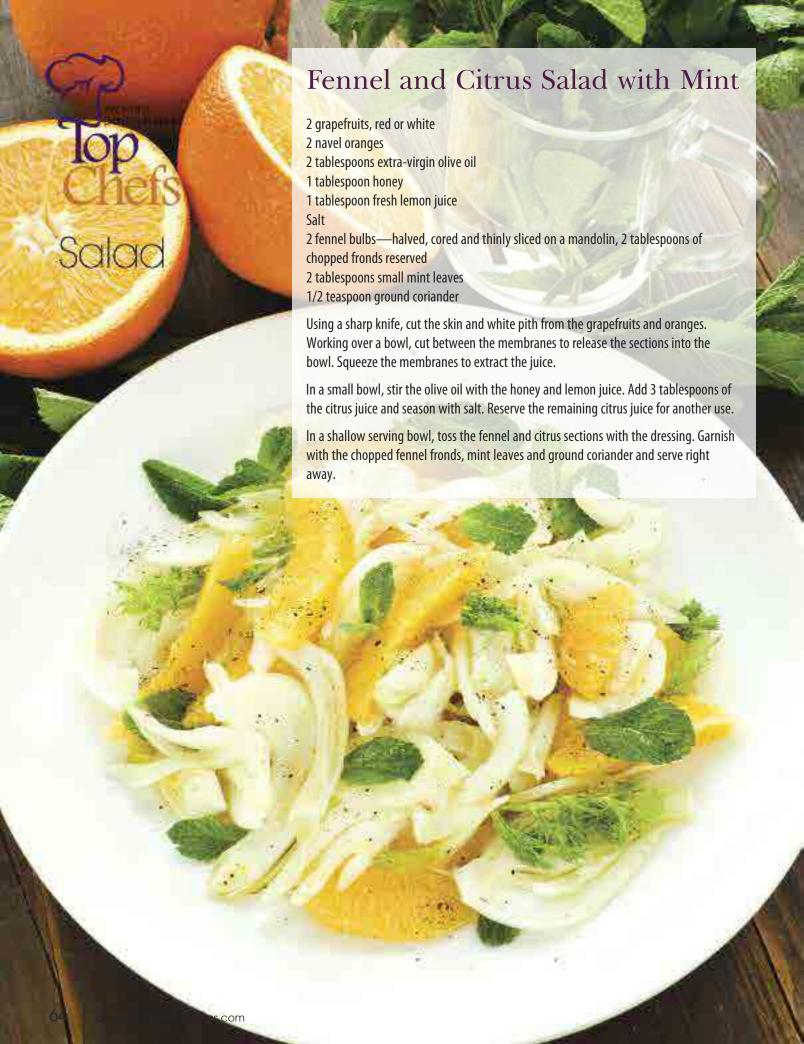
The Original Fish Market Restaurant Jason Huzzard – Executive Chef

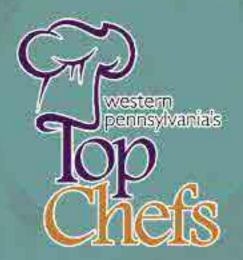
Chef Jason graduated from Pennsylvania Culinary Institute in his native Pittsburgh before moving to Boulder, Colorado for eight years. There, he explored the diverse indigenous culinary culture and achieved his first Chef position. After moving back to Pittsburgh, he continued to refine his skills at several esteemed restaurants in the city. He is bringing his years of experience at some of the finest restaurants to The Original Fish Market. His incredible skills and talents will be highlighted by seafood and non-seafood items on his menu. He enjoys seeking out seasonal ingredients from local growers, farm-raised and fresh-caught fish and seafood and the finest meat and poultry he can find.



Nola on the Square Andrew Hebson – Executive Chef

Andrew grew up in Miami, FL, went to high school at Baldwin and traveled the country for about three years after high school. He ended up back at Pittsburgh and graduated from the Pennsylvania Culinary in 2000. He did his externship in Vail, CO. He furthered his career at various high-end restaurants and hotels in the region. He finally found a solid home with the Big Y Group and was quickly promoted and continued to grow with the company. He helped open Nola as the Executive Chef and Partner and is currently the Corporate Chef for the group. He takes great pride in providing only the finest of food and ingredients to his guests.







Fred and Lori might be the nicest couple that own a restaurant...period! Paris 66 is an ambient eatery focused on "everyday French cuisine" in a traditional bistro-style setting. Paris 66 is both a crêperie and bistro. French Pastry Chef, David Piquard offers his award winning recipes straight from France. He offers the finest desserts for the perfect ending to a perfect meal.

6018 Penn Circle South Pittsburgh, PA 15206 **412-404-8166**

www.paris66bistro.com Hours: Monday — Thursday 11am-10pm, Friday — Saturday 11am-11pm, Sunday Brunch 10am-3pm



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Stacey Pape, Owner Veronica Sutvak, General Manager



Det Lifestyles



SIAMESE FIGHTING FISH



docile Betta though; they generally have many encounters with other people during their day, and may simply be resting.

 Overall health. Are its fins in good condition, or are they torn or otherwise damaged? Are the Betta's eyes in good shape? Do you see any odd lumps (parasites) on its body? If you see anything highly out of the ordinary, consider another Betta.

Prepare your Betta's home. You should always have a proper set up ready before bringing home your new pet. Here are some points to consider:

In the wild, Bettas inhabit Thai rice paddies. Hence, they are fitted to living in relatively shallow but spacious environments. However, consider giving your Betta a decent sized tank to help prolong its life. Though Bettas only require a liter of water to survive, more space doesn't hurt; several gallons is not necessary.

 Add the necessary equipment. The average Betta bought in a pet store has been bred to withstand a lot of the hassles of a pet lifestyle.
 Make sure to get a heater with a thermostat. Bettas like water temperatures between 76 to 82°F. Filters are not necessary in tanks smaller than five gallons, but if you do have one make sure the current is not too strong for your Betta.

 Avoid jagged rocks or sharp decorations, such as hard plastic plants, as they may tear Betta fins when rubbend against them. Be safe and use silk plants or real plants.

 While live plants aren't necessary, they are a great addition to Betta tanks. They're prettier than fake ones, and Bettas love lounging on the leaves



HOW TO TAKE CARE OF A BETTA FISH

Siamese fighting fish, also known as Bettas, are popular pets recognized for their aggressiveness, interactiveness, and relatively low cost for maintenance and care. Betta fish can prove to be man's best friend for up to four years. Follow these tips to make sure your new pal has a happy and healthy life. They are not to be placed with other fish because of their extreme territorial behavior. They don't take a lot of space. They also enjoy real plants in their habitats.

Research. Consider researching online at sites like bettafish.com, bettatalk.com, ibcbettas.org, etc. You should have a general understanding of what to look for before buying. When purchasing your Betta fish, think about these main things:

- Color. Is the Betta's color bright and vivid, or is it very dull and pale?
 Bettas come in a variety of colors, but blues and reds (dark colors in general) are most common.
- Receptiveness. Does the Betta respond to your movement? Does it swim
 around rapidly when seeing you, or does it merely sit at the bottom?
 Don't repeatedly tap container, as it agitates them. Try moving your
 finger in front of the Betta instead. Don't be afraid to buy a somewhat

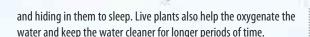












Prepare the water. Use a de-chlorinator (also known as a water conditioner) (sold in the fish department) in the tank to remove chlorine and chloramines as they can harm Bettas, as well as kill off all beneficial bacteria housed in the filter. It is a not a good idea to use bottled water because this deprives your fish of necessary minerals and is not "safe." Treated tap water is cheaper and a better alternative.

Fill your tank. If your tank is without a top cover, fill it about 80 percent high to ensure your fish won't leap out. Bettas are very active and can jump over three inches.

Add your Betta. Being careful, slowly tip the container in which you received your Betta into the new habitat so that the new water and old water can mix, making it easier for your fish to adjust. This way, if you're habitat water is much colder or warmer than the previous water, it will not put the fish in shock. You can also float the bag or container in the water for about 15 minutes so they it becomes the same temperature of the tank.

Feed your Betta. Your Betta's diet should consist primarily of pellets specially formulated for them. For variety, feed frozen brine shrimp or dried blood worms on occasion. Tropical fish flakes, goldfish flakes, etc. are not sutible for Bettas.

Feed your Betta no more than three pellets every other day. This is
very important, as overfeeding is the number one cause of death.
Bettas will continue eating as long as you feed them and will eat
themselves to death. Also, overfeeding can cause bloating. Though,
not serious, it can cause bladder problems later on that can be fatal.
Remove any extra food that your Betta does not eat.

Clean your Betta's tank. Place your Betta in a container filled with the old water while washing its regular tank. Be sure to cover so it won't jump out. Simply wash the main tank with hot water, as some soaps will harm your Betta. If your habitat has rocks or decorations, rinse them thoroughly. Fill the habitat half way with fresh tap water, return the Betta and some of the old water, and then fill the rest with tap water again.

 Be sure to add a water conditioner to the water; this will remove the harmful chlorine and chloramine that is in tap water that could kill your fish and filter bacteria. Be sure that the water you are changing is the same temperature as the old water the Betta was in to avoid temperature shock which can be deadly to your Betta. Use an in-tank thermometer to check the water temperatures.

 In order to test water parameters (pH and ammonia levels) each week you will need a fresh water test kit. This will allow you to monitor your aquarium and take readings. These can be found in the fish department of your pet store.

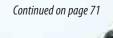
Have fun with your new friend. Do not provoke your Betta fish by tapping the glass; instead, play with it by moving your finger around the tank and watching it follow you.

TIPS AND WARNINGS

- Bettas are members of the Anabantoid family (Gouramis are also in this family) and have a back-up breathing system that allows them to breathe surface air; however, they still require a filtration system in their tanks. Bear in mind that long-finned varieties do best with as little current as possible.
- Bettas may require a heater in some cases. Mini heaters are ideal and are available for Betta tanks between one and three gallons.

Bettas recognize their owners and will actually learn faces and games.
 Keep your Betta company and say "hi" once in a while, so it learns who you are. Bettas can and do recognize people (mainly because they associate you with feeding time).

 Male Betta fish build bubble nests when happy!





DHIS DETLifestyles



Size: About 2 inches
Expected Life Span: Up to 15 years

Lifestyle: Terrestrial (lives on the ground)

Level of Care: Good for beginners

Fire-Bellied Toad

The Oriental Fire-Bellied Toads (Bombina orientalis) get their name from their bellies that have fluorescent orange spots. They have grass-green colored backs with black spots, large eyes and heart shaped pupils. The males tend to have a rougher texture to their skin and have fat front legs compared to females.

Knowing your toad and understanding how to cater to its unique needs is important when you get one as a pet. They are called a "pet" but toads are not actually a pet you "play with." Rather, they are to be appreciated in the habitat similar to watching a fish tank.

Fire-Bellied Toads need both land and water in their habitat. They are very active and hop around alot, making these little critters very interesting to watch. They are native to southern and southeastern Asia. In the wild they live together in groups so you should have several in your habitat. These toads like their privacy. They dislike being touched and disturbed so they love to have a hiding spot in their habitat. If they can't access the hiding spot they tend to get into the water and stay at the bottom when they are frightened.

Make sure you don't keep any other species of frogs or toads with your Fire-Bellied Toads as they have toxins in their skin that can kill other frogs. There are cases when some frogs died just five minutes after they became the toad's new neighbor.

These toxins are their defense mechanism. Make sure you wash your hands immediately afterwards if you pick them up for any reason,



especially before touching your face or any sensitive area. The toxin seldom does any more harm than a mild rash or irritation to human skin. But also remember, hand lotion on your skin or even the oils in your skin can do a lot of harm to the toad, so not touching them is also for their protection.

These toads need to eat two to three times a week. The Fire-Bellied Toads are not particular on their food...if it moves and they can catch it, they will happily eat it. They do need movement to recognize food, so they will not eat dead food sources. Crickets, worms and other small creepy crawlies form the bulk of the toad's diet. They have been known to eat small fish like guppies. They can recognize routine; if you feed them at the same time every day you'll start to find them waiting for their lunch. Any uneaten prey should be removed from the enclosure the next day to prevent dead insects from polluting the toad's environment. Every other feeding it is suggested you sprinkle a little calcium or multivitamin powder onto the bugs before you drop them into the habitat.

These toads don't have extendible tongues like most frogs and other toads- instead they grab their prey with their mouths. Then they use their front legs to push their victims into their mouths.

Red-Eyed Tree Frog

The Red-Eyed Tree Frog (*Agalychnis callidryas*) is an amazing animal that is well known around the world for its bright red eyes and its exotic colors. As its name suggests, it has bright red eyes with vertical, ellipse-shaped black pupils. They usually have bright green backs and legs, a bright blue side and orange toes. This blue coloration extends along the forearms of the Red-Eyed Tree Frog. This species of frog has a wide variation in color depending on where they are found. The white to gold stripe on the sides appears and disappears according to the species, and some variations include orange colored thighs.

The Red-Eyed Tree Frog is highly arboreal, meaning that it likes to climb. Be sure to provide lots of things to climb on in their habitat like branchy sticks, driftwood, slabs of cork bark, plastic plants/vines or bamboo poles.



The Red-Eyed Tree Frog is delicate and does not like to be touched too often. This will make it feel threatened and this distress leads to illness; so do not touch them unnecessarily. Hand lotion on your skin or even the oils in your skin can do a lot of harm to the frog.

This frog is nocturnal which means it is active at night. During the day it stays in hiding or lays inactive in a corner of the habitat to sleep. However, during the night you can watch it become more active.

The Red-Eyed Tree Frog likes being in the company of its own kind, so it would enjoy having a companion or two in the habitat. However, no more than four is recommended.

These frogs need to eat three to four times a week. They are not particular on their food...if it moves and they can catch it, they will eat it. They also need movement to recognize food, so they will not eat dead food sources. Crickets, worms and other small creepy crawlies form the bulk of the frog's diet. They can recognize routine —if you feed them at the same time every day you'll start to find them waiting for their lunch. Any uneaten prey should be removed from the enclosure the next day to prevent dead insects from polluting the frog's environment. Every other feeding it is suggested you sprinkle a little



Caring for your frog or toad:

First and foremost, remember that your new friend is a big jumper...you want to make sure you keep the lid firmly on your frog's habitat at all times.

Temperature: Frogs and toads are cold-blooded, meaning they can't regulate their body temperature on their own. A heater is not usually necessary as these frogs are comfortable in room temperature, but if your home is cold, you should consider a small heat light for extra warmth.

Humidity: These frogs like high humidity. You can help keep the humidity high by using a plant mister to spray the habitat with water once a day or more. Air conditioners lower the humidity of the room so if you have one on, you must give your frog's habitat a few more sprays of water to make sure he doesn't get dehydrated. Coconut husk bedding is good to use because it helps to retain moisture in the habitat.

Cleaning: Make sure the habitat is always clean. If you move the frog into another container to clean its habitat, gently lift it with your fingers being careful not to poke, pinch or squeeze. You must also be very careful when you clean its habitat. They are extremely sensitive to soaps and detergents. Using only hot water, rinse the habitat and décor. Remove dirty substrate bits or replace the entire substrate. Always wash your hands after handling the habitat contents.

These frogs and toads live a long time. If there's ever a reason you can no longer take care of it, please do not release the toad outside. They can not survive outside temperatures and they may not have learned to hunt on their own. Some suggestions: find a friend or neighbor who would like a pet frog, donate it to a school for a wildlife display, or give it to a local pet shop owner who can possibly find it a home.



- Remember that your Betta is fragile. Many people say they are "hardy" fish and assume that they can keep rearranging the tank or remove the Betta often for cleaning, but this is not true. Bettas are only "hardy" to different water types such as hard and soft water; meaning you can not change the water or rearrange the aquarium often.
- Most people keep Betta fish in bowls or small tanks—this is not ideal for them, it is recommended to have a larger cycled tank with filter.
- Male Bettas cannot live with other male Bettas.
 They are named Siamese Fighting fish for a reason!
 In an aquarium setting, they will fight to the death in order to protect their living space, regardless of the size of the tank. If your tank does not have a partition, do not risk losing one or both of your Bettas by allowing them to live together.
- If you have a relatively large tank, you might consider having other fish to coexist with your Betta. Avoid purchasing other fish that are brightly colored (such as fancy Guppies), or fish with long flowing fins (again; Guppies, Goldfish etc.) where your Betta might mistake it for another Betta. Also avoid other aggressive fish or fin-nippers such as Barbs. Danios, some Tetras and most Rasboras will work. Bottom feeders such as Corydoras and Ottos (Otocinclus) are also good choices.
- No matter what the pet store staff or anybody else may say, don't put your Betta in a tiny bowl, vase or cup! Place it in at least a five gallon aquarium or larger if it will share the tank with other fish. Your fish will enjoy having room to move around and it will get more exercise. You will also enjoy watching it more if it can move around and play a bit. | DHL

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Darieth's daily routine is quite full. "Each day is different, she says. "All of the parts are moving and as long as there is no monkey wrench that gets thrown in..." Darieth pauses to

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acknowledges the inevitable. "There are wrenches, but you kick them out of the way and get going with it."

A typical day might be like this: Up by 8:30 a.m.: an hour reading local news and emails; squeeze in a workout; work on her other career (owner of Fullbody Fitness Club). Mid-day: pre-make an evening meal for the family; around 2:30, get to the TV station to prep for the "First at Five" news show then go on the air. Early evening: shoot story segments, fulfill speaking engagements, check in at Fullbody or make a quick stop home. By 9:30 pm: back to the station for the 11 o'clock news and go on the air again. Arrive home around midnight.

"I think I would be a miserable person if I didn't absolutely love the fullness of my life," Darieth concludes. "The





Photos Above and Below: Wylie Images



things I do really make me happy."

A native of Detroit, Darieth moved to Pittsburgh in 1993 to continue her broadcasting career at WPXI. Her husband, Dr. Arnold Tarpley, is a podiatrist with a practice in Uniontown. They reside in Jefferson Hills in an attempt to split the commute.

In an arrangement that could be the stage for a modern sit-com, the household includes their teenage son, Arnold's





"The family is very proud of what we've created. It came from a thought and to see it actually come into being...I think we all get a sense of pride from that. We all had so much to do with it. My husband came in and laid the floor, my father-in-law was there with his walker, and my sister, cousins and uncle came in from Detroit."

Darieth's mom now helps extensively with day-to-day aspects of the business—another potential sit-com situation, but Darieth says she "loves, loves, loves" working with her mother. "We balance each other so well. I am a big picture person. Everything about me is like a big paint brush and she is very much about the detail. My husband is that way, too. They both tend to ground me in some ways, or else I'd be out there flying around!"

Like many working mothers, Darieth has occasional guilt pangs about lack of time with her son and her busy career choices. "Sometimes I wish that he and I would do something together but he is so busy doing other things. Probably I'd be home and he'd be someplace else. He has no intention of 'spending time with Mommy' and he tells me that all the time, as much as he tells me he loves me, but it still tugs at me. In fact, I would venture to say that every mom struggles with that, especially when doing something like building a business. We just can't be in

enough places all the time, so that's a challenge. Yet if I was always at home, I would probably say, 'I wish I had been following my passion and my dream'."

Having made the choice to follow those dreams, Darieth concedes that a few things have had to give. "I am the true 'type A' in every sense of the word—very motivated, very driven," she explains, "but I have learned it is okay to leave dishes in the sink for days, if necessary. I used to be like, 'Guys, don't you see the dishes?' Now I don't see them, either! I've just found there are so many other things that are important. So yes, my closet is a mess. I have more than one junk drawer. At home I am a lot more loose and relaxed, not as 'polished' as I am on camera. I think people would be surprised because what I look like at home is nothing like what you see on TV, but deep down inside I am the same person."

Darieth contends she has pretty much always been a "just do it, let's go, let's make it happen" kind of person. While that is certainly part of her success in many areas of her life, she also attributes achievement as her life philosophy. "I believe the only thing that stops most of us from getting to whatever it is we want is fear. When





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we live our lives in fear we immediately cut off any sense of our goal happening. When we say, 'what if, what if, what if', we stop the process. If we just believe that the pieces will fall into place, that we can do it, then at least we allow things to happen."

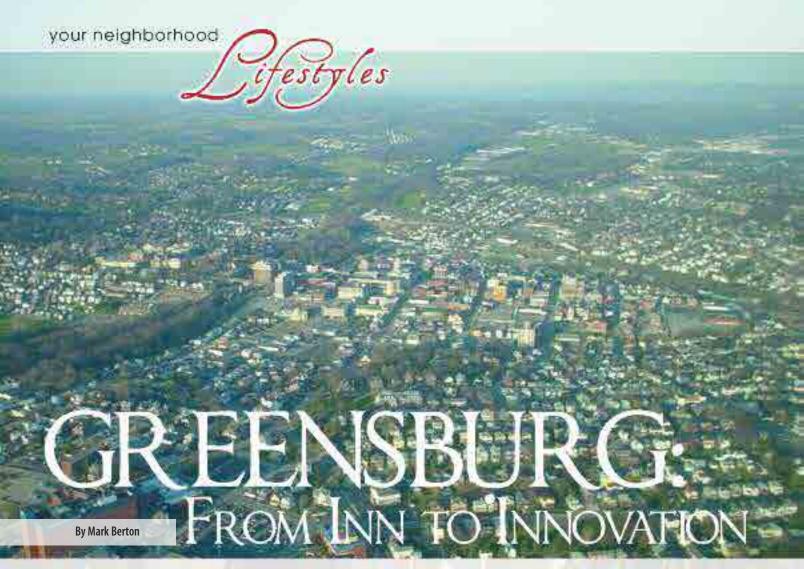
Darieth adds that when your job is talking for a living, talking to yourself isn't that much of a stretch. So, Darieth gives herself a daily morning pep talk. "Even before I get out of bed, I have a conversation with myself in which I preplan my day so I can get up and get going without feeling overwhelmed. I go through 'I am' statements: I am patient today. I've got a lot on my plate but I can handle it. It's going to be successful. This may sound a little wacky but I am serious when I say that when I don't take time to do this, my day is a mess!"

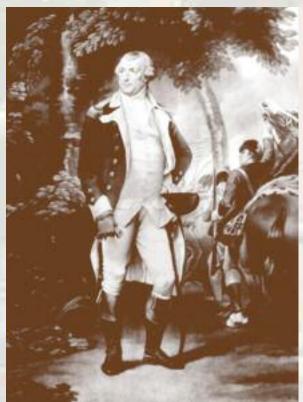
Just as she wraps ups the nightly news for us each evening, Darieth makes it a



habit to do some nightly personal reporting. "I kind of reward and thank myself at the end of my day when I am in bed. I say, 'Good day, Darieth!' And then I get up the next morning and do it all again." | DHL

Kim Epp Frenette is the founder of Wise Women e-Journal, an Internet publication for and about interesting, dynamic women in Pittsburgh's South Hills. Visit Wise Women at www.wisewomenlife.com.





Nathanael Greene, by Charles Willson Peale

ew cities can claim to have started as a humble inn that serviced wagons travelling between Philadelphia and Pittsburgh, but those are the roots of Greensburg.

Originally known as "Newtown", the pre-Greensburg wagon stop was officially incorporated in 1799 with the name Greensburg, after General Nathanael Greene, a Revolutionary War hero who was considered second only to George Washington for his military prowess.

After its incorporation as a borough, Greensburg's growth was generally stagnant. It enjoyed the small-town accouterments that one would expect—shopkeepers and innkeepers—but it wasn't until coal was discovered in the region that Greensburg's rise to prominence took place. After mergers and annexation of several outlying municipal entities, Greensburg finally graduated to become an official city in 1928, and the early 20th Century brought Greensburg some jewels that still shine bright today.

Much like its analog Duquesne University in neighboring Pittsburgh, Seton Hill University is a Catholic university on a hill, occupying 200 acres of Greensburg. Founded in 1885, Seton Hill's programs are guided by the teachings of Elizabeth Ann Seton, who founded one of the nation's first academies for young women. While her intentions were just, Seton struggled against anti-Catholic attitudes that were popular at the time. Because of her educational work, as well as her charity and religious work, Seton became the first US citizen canonized by the Roman Catholic Church. Seton Hill University's programming reflects Seton's dedication, ethics and call to action. The university boasts more than 80 academic programs for its more than 2,500 students,



garnering Seton Hill several national recognitions from sources including US News and World Report.

In keeping with intellectual pursuits, Greensburg also is home to the Westmoreland County Museum of American Art, which specializes in art created between the mid-1700s to mid-1900s. It was founded at the bequest of Mary Marchand Woods in 1949, when she left the museum her entire estate. By 1959, her dream had become a reality and the museum was greeting patrons for the first time. Today, the Westmoreland Museum of American Art is much more than just a museum 35 miles outside of Pittsburgh; it's a destination for tourists, as



well as state and federal funding. Their exhibits are diverse and some of them draw as many as 22 percent of their visitors from out of state. In 2009, the museum celebrated its 50th anniversary and while it was a time of celebration, museum officials used the milestone to focus on the future, planning its second expansion as well as continueing its robust fundraising campaigns.

Of course, intellectual gems need a welleducated population to appreciate their offerings. In that regard, children of the region have no better vehicle to prepare their growing minds than the Greensburg-Salem School District. Serving nearly 3,000 students, the Greensburg-Salem School District has been recognized locally by the *Pittsburgh Business Times* for exceeding academic expectations across the curriculum, and nationally by both US News and World Report and Standard and Poors for student achievement and outpacing peers, respectively. For the 2010-11 school year, Greensburg-Salem's students ranked 43.9 percent advanced and 38 percent proficient on the Pennsylvania System of School Assessment (PSSA) scale. Nearly 60 percent of graduates attend four-year colleges or universities. Outside of the classroom, the district offers more than 30 teams or programs for sports and activities, and seniors have the opportunity to work with Seton Hill University on dual enrollment programs.



And what's a city without recreation? Greensburg residents have several outlets available to them, and they use them. The historic Palace Theatre is not only home to the Westmoreland Symphony Orchestra but to many live acts that draw crowds from neighboring cities. Originally called the Manos Theatre, the Palace was designed by Leon Lempert & Son, an architectural firm from New York, and opened its doors in 1926. It has been operated by the Westmoreland Cultural Trust since 1990 and has been renovated in 1996 and 2004, adding both amenities and seating all while keeping the majority of the original interior and exterior design intact. Because of the stewardship and care taken with the Palace, the venue can boast attracting acts like Stomp, Tom Jones, Primus' Les Claypool, King Crimson and more. The revered late comedian George Carlin even took a bow at the Palace.



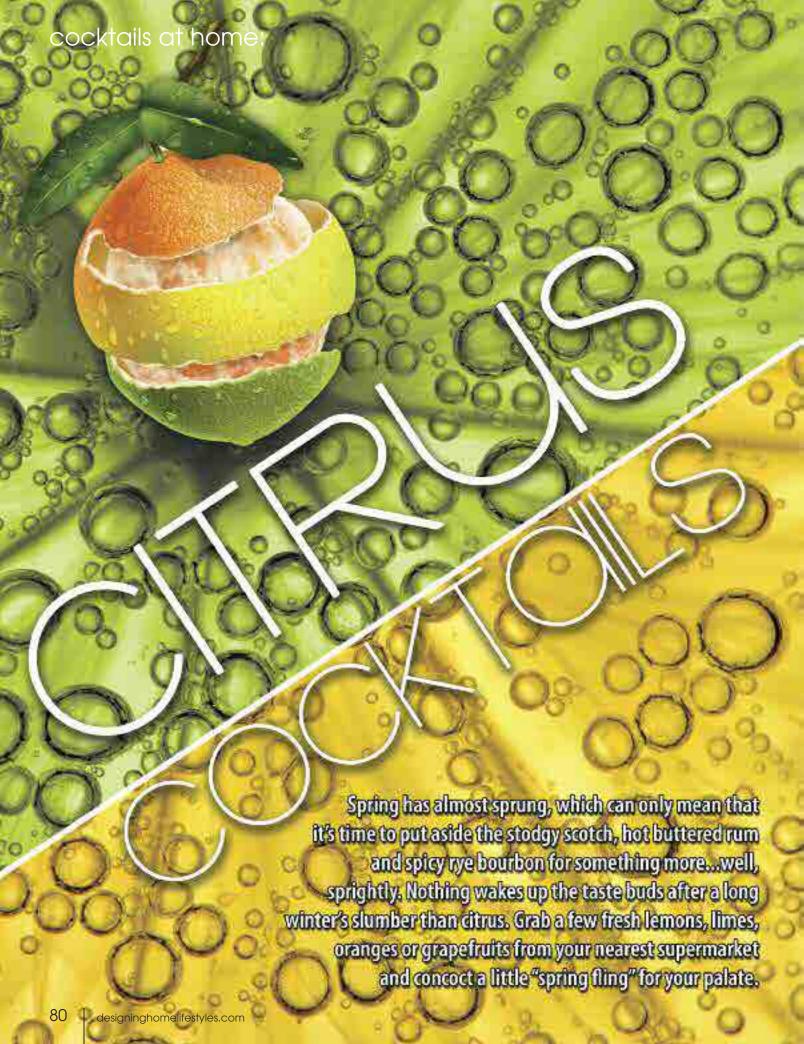


Greensburg also is home to one of the few municipally owned golf courses in western Pennsylvania. The Mt. Odin Golf Course is an 18-hole, par-70 course that welcomes all skill levels at a modest price. Mt. Odin also has a driving range for golfers who just want to hit a few balls and don't have the time to play a full round. Golfing season at Mt. Odin begins in March and lasts through December.



Finally, when the last putt of the season is sunk - hopefully for a birdie - you can head over to Greensburg's Kirk S. Nevin Arena to hit the ice. The arena offers customers both learn to play hockey programs, as well as public skating times. Because it is a municipal amenity, ice time for public skating is nominal: \$5 for adults, \$4 for children and seniors. Skate rental is \$2. Hockey stick times are just \$7. In addition to skating for fun, the Kirk S. Nevin Arena is also a destination for birthday party packages, which, for just \$10 per child, includes admission, skate rental, pizza and a soft drink. The arena is the home of the Westmoreland Hockey Association, Greensburg Figure Skating Team and Greensburg-Salem Hockey team.

As you can see, there are a lot of offerings to those living in and around Greensburg from a city that started as a one-inn pit stop between Pittsburgh and Philadelphia. Those who have worked so hard over the years to grow Greensburg in the face of adversity and changing times have much to be proud of. You may still find yourself passing through, but you'll never be sorry that you stopped by this unique and welcoming city in the Laurel Highlands. | DHL





1. Citron Lemon Drop

- 13 parts citron vodka 4 parts triple sec
- 4 wedges lemon • 9 parts lemon juice
- 7 parts simple syrup

Fill a pitcher glass with ice cubes. Add all ingredients. Garnish with lemon.

2. Pink Grapefruit Fizz

• 6 parts pink • 2 parts soda water grapefruit juice • 1 wedge grapefruit

Fill a highball glass with ice cubes. Add all ingredients. Stir. Garnish with grapefruit.

3. Key Lime Martini

- 3 parts gin simple syrup to taste
- 2 parts orange • 1 slice lime

brandy • 3 parts lime juice

Fill a shaker with ice cubes. Add all ingredients. Shake and strain into a chilled cocktail glass. Garnish with lime.

4. Greyhound Cocktail

- 1 part vodka • 1 wedge grapefruit
- 3 parts pink grapefruit juice

Fill a rocks glass with ice cubes. Add all ingredients. Garnish with pink grapefruit.

5. Grapefruit Tonic

- 1 part tonic water • 1 slice grapefruit
- 1 part grapefruit juice

Fill a chilled highball glass with crushed ice. Add all ingredients. Stir. Garnish with grapefruit.

6. Sweet Lime Cocktail

- 2 parts vodka
- · 2 teaspoons sugar,
- 4 slices Lime superfine

Muddle lime and sugar, superfine in a shaker. Fill with crushed ice. Add vodka. Shake and pour into a chilled rocks glass. Garnish with lime.

6. Loretto Lemonade

- 2 parts bourbon • 1/2 Part melon liqueur
- 2 parts apple juice, ginger beer fresh pressed • 1 wheel lime
- 3/4 part lime juice

Fill a chilled highball glass with ice cubes. Add bourbon, melon liqueur, lime juice and apple juice, fresh pressed. Top up with ginger beer. Garnish with lime.

7. White Wine Sangria

- 1 bottle of white wine 2 oz. brandy
- 2/3 cup white sugar (optional)
- 3 oranges (sliced)
 - 1/2 liter of ginger
- 1 lemon (sliced)

- ale or club soda
- 1 lime (sliced)

Pour wine in the pitcher and squeeze the juice wedges from the orange, lemon and lime into the wine, add brandy if desired. Toss in the fruit wedges (leaving out seeds if possible) and add sugar. Chill overnight. Add ginger ale or club soda just before serving. If you'd like to serve right away, use chilled white wine and serve over lots of ice.

8. Summertime Soda

- 3 parts orange juice • 1 part lemon juice
- 2 parts soda water
- 1 slice orange
- 2 parts pink
- 1 slice lemon
- grapefruit juice

Fill a highball glass with ice cubes. Add all ingredients. Stir. Garnish with lemon and orange.

9. Grapefruit Zang

- 8 parts vodka
- 8 parts ruby grapefruit juice
- 8 parts lemon-lime soda
- 4 parts lemon juice
- 4 parts simple syrup

Fill a pitcher glass with ice cubes. Add all ingredients.

10. Twin Hills Cocktail

- 6 parts bourbon 1 part Benedictine DOM
- 1 part simple syrup 1 part lime juice
- 1 part lemon juice 1 wedge lime

Fill a shaker with ice cubes. Add all ingredients. Shake and strain into a chilled rocks glass filled with ice cubes. Garnish with lime.

11. Fresh Sea Breeze

- 12 parts vodka • 10 parts white
- 10 parts ruby cranberry juice grapefruit juice • 8 wedges lime

Fill a pitcher glass with ice cubes. Add all ingredients. Garnish with lime.

12. St. Clementine Crush

- 4 wedges lemon • 3 parts gin
- 2 parts mandarines 1 slice mandarin liqueur

Muddle lemon in a chilled highball glass. Fill with crushed ice. Add mandarines liqueur and gin. Stir. Garnish with mandarin.

13. Moonlight Cocktail

- 1 part cognac • 2 parts cream
- 3 parts coffee • 1 part simple syrup
- 2 parts mandarines 1 peel orange

• 1 peel mandarin

Fill a shaker with ice cubes. Add all ingredients. Shake and strain into a chilled cocktail glass. Garnish with mandarin and orange.

14. Citrus Rum Cooler

- 2 parts light rum • 3/4 part triple sec
- 2 parts lemonade
 - 1 wheel lime
- 2 parts orange juice 1 slice orange
- 1 part lime juice

Fill a highball glass with ice cubes. Add all ingredients. Stir. Garnish with orange and lime.

15. Citrus Cream Cocktail

- 4 parts orange juice 1 part simple syrup
- 2 parts grapefruit • 1 part grenadine

2 parts cream

Fill a shaker with ice cubes. Add all ingredients. Shake and strain into a chilled cocktail glass.

16. Citrus Martini

- 4 parts citron vodka
 1 part simple syrup
- 2 parts triple sec
- 1 peel lemon
- 2 parts lemon juice

Fill a shaker with ice cubes. Add all ingredients. Shake and strain into a chilled cocktail glass. Garnish with lemon.



















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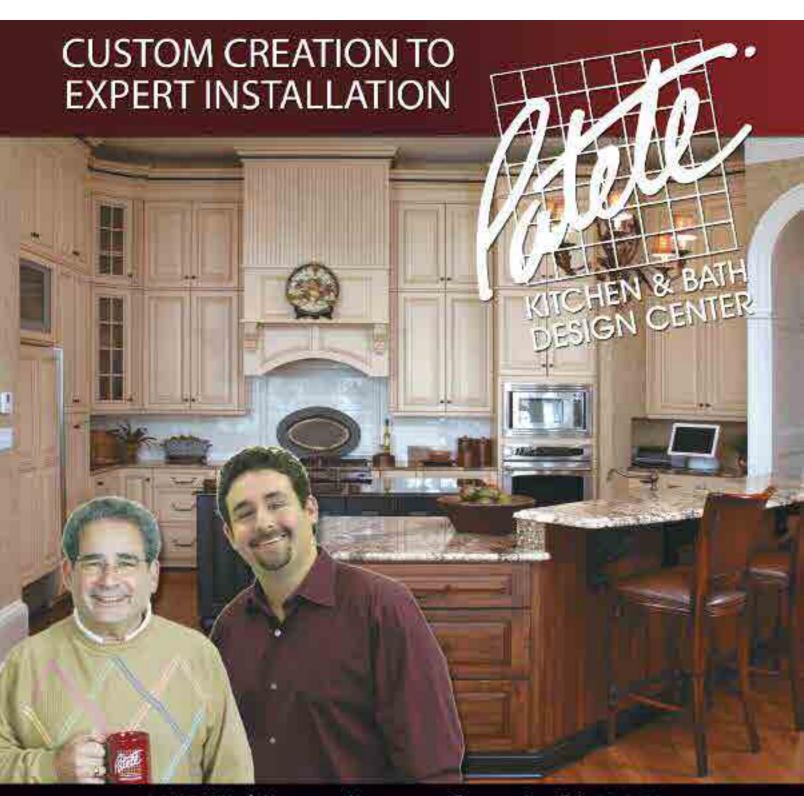






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