

PITTSBURGH

Fall 2013  
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# *Designing* **HOME** *Lifestyles*

CHOOSING A COLLEGE THAT'S RIGHT FOR YOU

FUTURISTIC FOODS WITH ANCIENT ROOTS



## Home Buying Power:

Get more bang for your buck  
while interest rates are low

Cover Story On  
Pages 10-15



IN COMMUNITY Magazines and Media





Kitchen design by Heather Wildman Figley

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# Designing HOME Lifestyles



In a few months, *Designing HOME Lifestyles* will celebrate its 10th anniversary. It's been an amazing decade and quite a ride since we printed the first issue in 2004. My staff and I have had the privilege of interviewing and featuring some incredible local people, places and things—please see some of our favorites on pages 73-77.

In honor of DHL's 10-year milestone, we've decided that it's the perfect time to freshen things up for the decade ahead. I am pleased to announce that DHL will re-launch with a new name—*Pittsburgh Home & Lifestyle* magazine—as of the December 2013 issue. It's a change that IN Community Magazines owner Wayne Dollard and myself have wanted to implement for several years, and we're excited that it's coming to fruition.

While our new logo and layout will outwardly reflect our evolution as a publication, the same steady growth of the *IN Community* magazine group—which publishes DHL and 35 other community publications in the Pittsburgh metro area—has resulted in positive internal changes as well. The IN Community staff recently expanded to include its first-ever editorial director, Julie Talerico. Julie has 30 years of professional experience in the publishing industry, including serving as editor in chief of *Pittsburgh Magazine* for the past 10 years. We are thrilled to have an editorial director of such high caliber on our team, and we're confident that she and her team will continue to provide quality content to our readers. The new publication will continue to be the premier guide to stylish living, sophisticated design and the best home resources in Pittsburgh and the surrounding region.

Part of what has made DHL Pittsburgh's longest running home and garden magazine is its vibrant design and layout. The face behind all of the incredible artwork on our pages is Jim Paladino, one of the finest artists and the most loyal person I know. As we change formats, Jim will continue to contribute his 33-plus years of art experience to *IN Community Magazines*. I know his expertise will be a welcomed addition to the art staff. Everyone loves Jim!

I'd also like to thank our writers over the past 10 years and particularly Gina Mazza, who will continue to contribute to our new publication. She has been a joy to work with!

And last but not least, I would like to offer a sincere thank you to all of our faithful advertisers over the years. Some of you have been with us since the beginning. You are what keeps us going and makes what we do so worthwhile. We are forever grateful!

From everyone here at DHL and IN Community Magazines, we whole-heartedly thank our loyal readers for turning to us over the years for ideas and information. Stay tuned! We are excited to debut our new look in the next issue, and we look forward to continuing this wonderful ride with you into the next decade and beyond!

Tom Poljak, Publisher, *Designing HOME Lifestyles*



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# Designing HOME Lifestyles

Fall Issue 2013

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cover story:

# Home buying power: Get more bang for your buck while interest rates are still low

By Gina Mazza

Unless you're someone like Donald Trump, you most probably have a budget that you need to adhere to when buying or building your next property (and even The Donald, we suspect, works with tighter budgets these days). The good news is that the still-low interest rates give us more buying power for our "buck."

Let's take an example. If your mortgage payment is around \$1,500, at today's lower interest rates, you could look at a home valued at \$250,000. If interest rates increase by even one or two percent, you would be looking at homes in the \$200,000 to \$215,000 range to keep your monthly payment the same of \$1,500.

The same holds true if you are building a new home or remodeling an existing one. At today's lower interest rates, you could "afford" more upgrades and still keep your mortgage at your desired monthly amount. Conversely,

higher rates would mean not being able to add in those "extras" and luxury features that you might have been hoping to include in your interior and exterior finishes.

To illustrate this point, we're featuring an actual project on these pages. This local homeowner took advantage of current low interest rates and decided to build. Keeping within their budget, this family was able to choose a more expensive home with upgraded finishes than if the interest rates were higher. Interior upgrades included a built-in sauna, beautiful granite in the kitchen and all bathrooms, premium wood flooring, crown molding, finished game room with wet bar, and a throughout-the-home audio system. But that's not all. For the home's exterior, they were able to afford professional landscaping and hardscaping with a built-in fire pit, as well as retaining walls and a gorgeous deck for entertaining.

Using our featured home as an example, if the interest rate were to rise from four to eight percent and this homeowner needed to keep their monthly payment the same, they would lose about \$140,000 in buying power over the course of a 30-year loan. This family would then need to decide what options or upgrades they could have—and which ones they would have to forego—in order to keep the payments the same with a higher interest rate.

And that is why the time is right to build, buy or remodel... while the interest rates are still historically low!







# Housing market continues its gradual recovery; is it time for your next home build, buy or improvement?

By Gina Mazza



Economic indicators continue to show that the US economy is gradually improving. Stocks are rallying, the unemployment rate is falling, job growth is strengthening and consumer confidence is higher than it's been in at least five years. That's good news, of course. Yet if you're looking to borrow money to build, purchase or renovate a home, you may still be wondering about the best time to make your move. With interest rates due to climb, is this the best time to build your dream home or look for a fixer-upper at a good price? How about that sunroom addition or other home improvement that you've been contemplating—is it better to wait or break ground now?



Photography: Primeshots Inc., Adam Piscitelli

*Continued on next page*





Local housing, real estate and mortgage experts seem to agree that, yes, now is a very good time, while rates are still low. “It’s definitely the right time to buy, build or renovate, if for no other reason than cost,” says Chris Martin, president of the southwest region of Northwest Savings Bank. “Rates are going to continue to go up, and the banks that survived the financial crisis [when the market crashed] are still flushed with cash. That cash is something they would like to put into consumers’ hands. They are ready to lend.”

Nationwide, buyer demand remains broadly robust, according to the Realtors Confidence Index on Realtors.com. While recent increases in interest rates have deterring some potential buyers from purchasing and building residences, it has induced others to move forward quickly in anticipation of additional increases. “Interest rates are as low as they’re going to go,” confirms Renee Rose-Modrak, luxury homes sales and marketing specialist with Keller Williams Real Estate. “We climbed a whole point this past month alone. The difference in that amount of money over 30 years is substantial. You can get a better home for the money now. If you continue to wait it out, it’s just going to cost you more.”

## Build a Home

When making a decision about whether to buy or build, don’t write off the idea of building too quickly. The National Home Builders Association suggests that building your own house has the potential to be easier than ever, particularly with so many developers offering a predefined set of floor plans and options.







Building doesn't just give you the flexibility to design and construct things the way you would like. It also offers opportunities for greater energy efficiency with the use of innovative materials and appliances, as well as a safer home environment that conforms to current building codes and inspections. All of the appliances will probably be new and likely under original warranty. What's more, new homes also designed to accommodate today's busy lifestyles, with open floor plans and flexible spaces for home offices, in-law suites and outdoor entertaining areas, as well as in-home theatres, spas and play spaces. Furthermore, building guarantees that all construction materials and building codes will be up to the latest safety standards.

"We are seeing significant increases in the number of new homes built, which is good but there is another reason to by now: the number of lots available in southwestern Pennsylvania is not keeping pace with this growth," says Jim Eichenlaub, executive director of the Builders Association of Metropolitan Pittsburgh. "Also, labor shortages put pressure on the length of time to build a



home, and waiting will only make getting into that home longer. With the increased threat of interest rates rising by the Fed, delaying any longer is not advisable."

A new home can be purchased in one of three ways: buying a house already built on spec, having a semicustom home built as part of a development (where you can choose from a set palette of finishes and

upgrades), or having a purely custom home designed and constructed to your specifications.

The first steps when deciding to build generally begin with the homeowner shopping to find the best neighborhood to be in or the most suitable land to build on. If you're considering a housing development—be it mixed use, quad

*Continued on next page*





homes, town homes or single family residences—the developer may require you to use certain builders; those builders, in turn, may require that you choose their mortgage company, or they may offer incentives for doing so, such as upgrades on the home. If you pick a single plot of land, then once you define your builder, you would work together with them on your construction plan and apply for construction loan. “Once the home is built, that construction loan

converts to a mortgage,” Chris explains. In terms of timeframe, developers typically quote six to seven months to build from one of their existing floor plans, with another two to three months before the owner can actually move in.

Is there a down side to building your own home? Cost is also a huge factor, as it is almost always more expensive per square foot to build than buy an existing home. New fixtures and upgrades can quickly add up, especially if you want to

decorate your home with all the latest and greatest accouterments. The time commitment involved in the process can also be significant—from meetings with your contractor to sifting through catalogs of lighting, appliances and other fixtures.

## Buy or Sell a Home

“Buying or selling a home always starts with location: where do you want to be?” Chris comments. “Whether you’re looking to upsize, downsize or relocate, it’s a great time to buy and sell. Pricing has stabilized over past few years and the low interest rate environment gives people more purchasing power. The construction market in the southwestern Pennsylvania is on upswing, so that creates inventory on the buy side, but the thing to keep in mind is that that inventory is turning over relatively quickly.”

The good interest rate environment “plays on both sides,” Renee points out. “When you sell your home, someone is getting a mortgage to purchase your home, along with you doing the same to purchase your new home. As interest rates go higher, home values decrease, so it hinges on real estate agents and our industry to keep people apprised of how all these fluctuations will effect when it is the right time to buy and sell.”

## Remodeling

Perhaps you have been thinking of adding a home theater, a sauna, a deck, an upscale bathroom or just upgrading to a more contemporary kitchen. Maybe the family room needs some freshening up with new flooring, cabinetry, lighting and crown molding. “It’s also a good time to remodel or do that home addition,





since the lower rates give us more bang for our buck,” Renee suggests. “Families today prefer to have fun entertaining at home, which is easier on the wallet in the long run.”

This is where a home equity line of credit comes in handy. “Unlike a conventional mortgage, you don’t have a closing,” Chris explains, “and usually a line of credit has a fixed feature to it; when the project is done, you can convert it to a term loan of your choice. In this low rate environment, you’ll want to lock it in if you can.” Another option is to refinance your first mortgage and take cash out of for a second mortgage line of credit; but if you don’t want to touch your mortgage, a home equity line of credit is the way to go, experts suggest. They are a bit more expensive to acquire but are more accessible and easier to do than a mortgage. “The mortgage rate environment is always better than equity rate environment, even though the equity

environment has fantastic rates right now.” Chris comments. “When you’re talking 2.99 percent versus 3.25 percent, it’s measurable but it’s not something that should turn someone off from getting either kind of loan.”

\* \* \*

So whether you decide to build, buy or remodel, “it’s going to be really difficult for rates to get much lower than they are right now,” Renee concludes. “I don’t know for sure where this market is going or where our country’s going, but consumer confidence is much higher than it has been.”

The decision to build, buy or stay put is not an easy one, and the pros and cons should be weighed carefully. Consider your financial situation, job security, desired location and lifestyle and long-term plans for being in the area; and rely in trusted professionals to guide you through the process. “The whole mortgage lending environment is a pretty big community and they work pretty well together with contractors and developers because they want them to be successful,” Chris adds. “In turn, contractors want to put great quality products out there for homeowners. They all have the same goal: for consumers to have a quality living experience here in southwestern Pennsylvania.” | DHL

## Considering building your dream home?

First consider these five steps:

**Make a wish list.** Yes, actually make a physical list of those amenities that you would like to have in your new home. Prioritize them from the items that you absolutely cannot live without to ones that would be nice to have only if they fit within your budget. Consider your approximate budget and what your comfort payment level is, knowing that you will have assistance from your lender for more precise estimates.

**Get pre-approved for funding.** All banks are not the same when it comes to new construction loans. Many lenders have different types of products, and each has their own specialties. A good realtor can assist you in knowing who has the right product for your purpose and can recommend several for you to investigate.

**Find a realtor that makes you comfortable.** Choose a realtor with the experience and knowledge to help you find your lot, and a terrific builder that will take you through the process. You will spend a great deal of time with your realtor and builder; be certain that you are comfortable communicating with them.

**Choose your builder.** Your builder will help you to determine the layout, pricing and amenities that will fit within your budget and your wish list once you determine the cost of the land you would like to purchase. Additionally, your builder will confirm that the land is applicable and can accommodate the home you are considering.

**Get started.** You will purchase your lot while working with your builder and realtor to finalize plans, make selections and build your dream home. The more prepared and organized you are, the more you will save time and money throughout the building process.

*Source: Keller Williams Real Estate*



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Pittsburgh International Airport will host Global Entry Interviews from 8 am to 5 pm, November 4-6, 2013. Global Entry is a U.S.

Customs and Border Protection (CBP) program that allows expedited clearance for pre-approved, low-risk travelers upon arrival in the United States. This is the first time that Global Entry interviews have been available locally. If the schedule for interviews fills up quickly, it is likely that CBP will schedule additional dates.

“This is excellent news for our region’s frequent flyers. Pittsburgh International Airport continues to make our traveler’s needs a priority and having these interviews conducted here will save time and increase the benefits that expedited clearance at airport screening offers,” said Allegheny County Executive Rich Fitzgerald.

All applicants undergo a rigorous background check and interview before enrollment. To apply, fill out the online application (<https://goes-app.cbp.dhs.gov/main/goes>) and pay the \$100 non-refundable application fee. Once your application is reviewed, you will receive a message in your Global Online Enrollment System (GOES) account instructing you to schedule an interview at one of the Global Entry Enrollment Centers, including Pittsburgh International Airport.

Global Entry also provides access to the TSA Pre✓™ pre-screening process, which is currently available at Pittsburgh International Airport where passengers undergo expedited screening, including being able to leave their shoes, light outerwear and belt on and allowing them to keep their laptop in its case. For further information, visit [www.FlyPittsburgh.com](http://www.FlyPittsburgh.com).



## MORE FLIGHTS AND NEW DESTINATIONS

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

New air service announcements include American Airlines upgrading its aircraft to the E175 on its Pittsburgh-Chicago route and launching new daily nonstop Pittsburgh to Los Angeles August 27. Southwest added new service to Nashville in September. Delta Airlines will add Saturday only nonstop service from Pittsburgh to two Caribbean destinations, Punta Cana, Dominican Republic and Nassau, Bahamas on December 21, 2013.

## AIRPORT IN BEST EVER FINANCIAL HEALTH

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

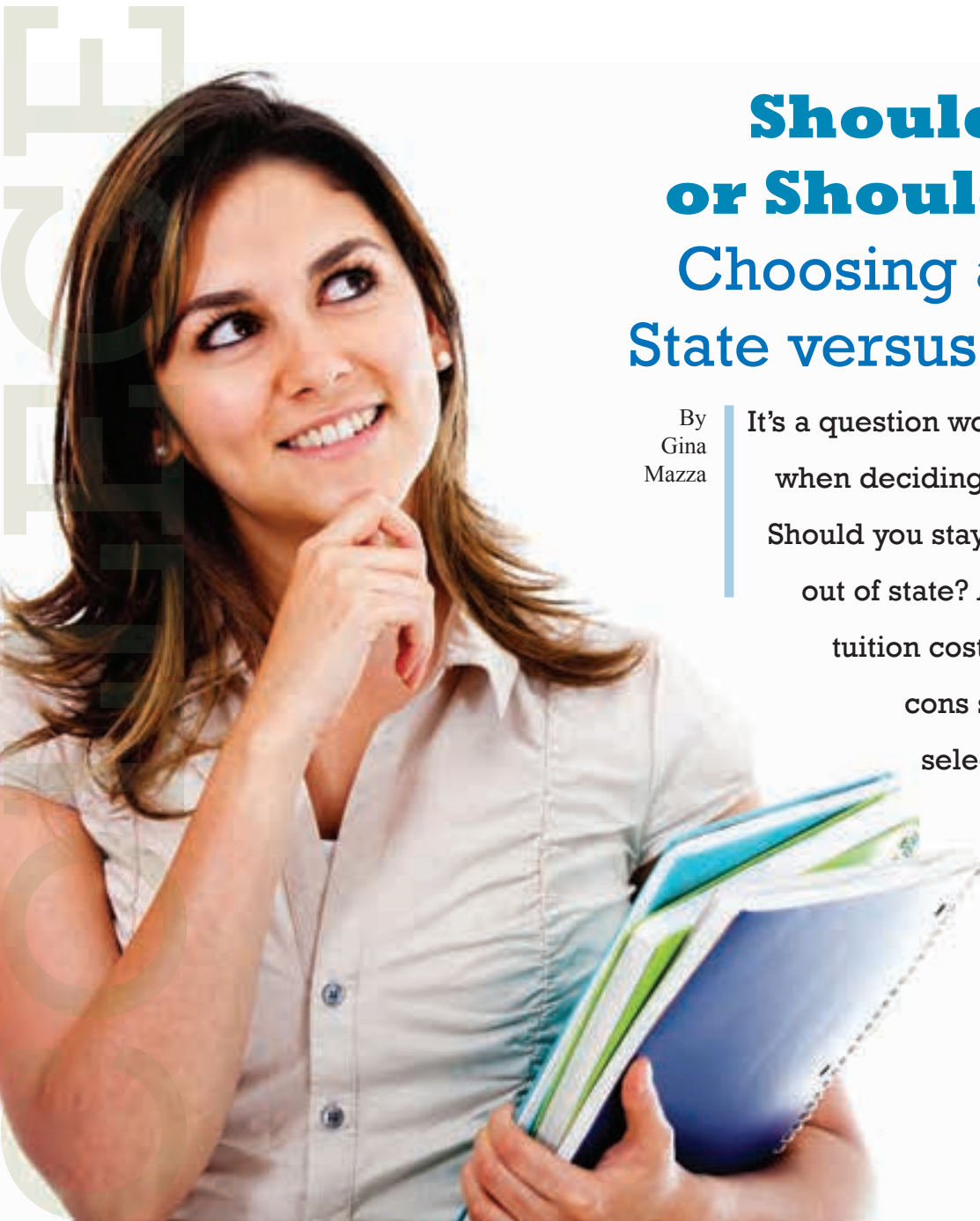
“I think this is a successful result based upon recent events such as the lease agreement for gas drilling at the airport. The ratings agency recognized that Pittsburgh has been successful in converting from a hub to a market where most begin and end their trips here,” said David Minnotte, Chairman, Allegheny County Airport Authority. The higher bond rating is a result of the Authority’s new lease agreement with CONSOL Energy for oil and gas drilling rights on airport property.

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# Should You Stay or Should You Go?

## Choosing a College In State versus Out of State

By  
Gina  
Mazza

It's a question worth careful consideration when deciding where to attend college: Should you stay in Pennsylvania or head out of state? Aside from differences in tuition costs, various other pros and cons should be weighed when selecting one option over the other. Before you commit, educate yourself on the following suggestions prior to choosing your future alma mater.

### Out of state isn't necessarily more expensive.

Naturally, one of the top considerations for most families choosing a college is tuition costs. Yet it's a misnomer that going out of state is going to cost you more. One reason is that our fine Commonwealth has some of the highest tuition rates in the country—so attending West Virginia University, for example, would be on par with the University of Pittsburgh, as far as your pocketbook is concerned. “It really depends on the college and a lot of factors like whether it's private or public,” explains Rebecca Harmon, an academic consultant based in Mt. Lebanon. “There are certain things that state departments of education have in place that can affect how much you pay. The best advice is to do your research. Do some comparative shopping for not only tuition rates but how much merit and



financial aid might realistically be offered from specific schools. It's not too early to start in ninth or 10th grade of high school to narrow down to three or five schools. Track what each



one has historically done with their tuition and see what those particular states support.”

Depending on endowments for schools in Pennsylvania, students may be eligible for more merit-based scholarships and grants by staying here in the Commonwealth. Again, research will bear out if there is a financial advantage to choosing an in-state university, but experts advise that you should first make sure the school is a good choice from an academics perspective. “It’s really about making sure the school is the best match for the student in all ways—most importantly, academically,” Harmon says.



### Research acceptance rates and consider the diversity factor.

Some state school systems, such as California and North Carolina, are notorious for being difficult to get into for out-of-staters, experts claim. Students who are thinking of leaving the state should be sure to determine their probability of acceptance by looking at the percentage of out-of-state students admitted each year. Schools typically have a particular quota for how many out-of-state students they’ll take, so it may be more competitive applying to an out-of-state school.

On the other hand, while the prevailing assumption is that state schools in particular are usually more generous with their own taxpayers’ children than they are with transplant students, that’s not necessarily the case. “A lot of schools seek diversity in their student roster—and by that I mean not just gender and ethnicity but geography,” Harmon says. “Accepting kids from other parts of the country helps to round out the strength of the freshman class, and this could work to your advantage—especially if you’re a student who isn’t quite as strong academically, to the point where you can command where you want to go and get accepted. A school like Ohio University or UCLA may view you as more desirable than a school from our area because you bring something to the table that will benefit that school.”

### Take a fresh perspective on your hometown universities.

Staying in town may not seem as exciting as venturing out of state, but don’t rule out the great institutions that we have right here in the ‘Burgh—a city renowned for its higher ed. Since schools like Robert Morris, Duquesne University, the University of Pittsburgh and Chatham University are a short drive from home, schedule a campus visit just like you would to an out-of-state college. Make an appointment with the admissions office, take a full tour, eat in the cafeteria and even stay overnight, if possible. Give it the same shot you would any place further away, and you may find yourself reconsidering it.

### Be willing to go the distance.

Being an in-state student affords the option of going home for visits more often, since it doesn’t involve a plane ticket or major road trip; trains, buses (MegaBus traverses Pennsylvania every day) and car rides of less than four hours make it easier to go home, as needed. This comes into play particularly around the holidays and other not-to-be-missed family events.

But going farther away does have its advantages. It can give students the opportunity to live in a new area of the country and experience new lifestyles. By being willing to enroll in non-local schools, students also open themselves up to more academic choices and special programs offered by schools throughout the country—although, it bears repeating that we’ve got plenty of world-class choices right here in the Pittsburgh region. If students know what career direction they want to take, the availability of a specialized major or degree could also influence a decision to venture far and wide, even abroad.

*Continued on next page*







### Remember that college life is a growth experience.

Did you know that 27 percent of students never finish their freshman year? “It’s not that they’re not academically prepared,” Harmon points out. “In many cases, the student is just not used to managing their own time or ready to handle the independence that comes with being on their own. This becomes especially problematic for out-of-state students who aren’t home as often for parents to inquire about how everything is going.” This statistic may be a consideration for parents; moving your child back home from Harrisburg is certainly less challenging than from Wisconsin or Florida.

The college years are a great time for students to break free of high school habits and expand their horizons as they become young adults. When students stay local, they tend to congregate with the same friends and limit their new experiences, experts say. “When you look at a school like Penn State, the freshman class can look like Mt. Lebanon and Upper St. Clair, kind of like ‘high school plus,’” Harmon says. “Going to a less local school can offer a more eclectic mix of students that you can get to be friends with.”

Perhaps the greatest benefit of going to a distant school is the growth in confidence from being away from home while in the supportive community of a college or university. Being pushed out of one’s comfort zone, learning how to negotiate through a new location, and doing so together with new classmates can build character. You won’t earn credits in self-sufficiency but you will come home a more mature, self-confident young adult. If staying in state is necessary for whatever reason, maximize your college experience by living on campus, if budget allows, and get active in campus life.

Creating your personal list of pros and cons of in-state versus out-of-state will help to determine how the benefits and disadvantages

weigh out for you personally. Also take into consideration things like the climate and the campus setting—city, town or rural. “Keep your options open,” advises David Altshuler of the National Association for College Admissions Counselors (NACAC). “Apply to some close to home and some farther away. Go visit. How do you feel about your neighborhood? What are your opportunities? Moving to another state can be a drastic change that may not be necessary in terms of the quality of the school.”

So what’s the most important step before you mail in those applications and wait for the acceptance letters to pour in? Do your homework!

### A Short List of Some of Pittsburgh’s Renowned Colleges and Universities\*

Carnegie Mellon University  
Chatham College  
Community College of Allegheny County  
Duquesne University  
Geneva College  
Grove City College  
Indiana University of Pennsylvania  
LaRoche College  
Pennsylvania State University  
Point Park University  
Robert Morris University  
Saint Vincent  
Seton Hill  
Slippery Rock  
University of Pittsburgh  
Washington and Jefferson College  
Westminster College

*\*nonprofit institutions only*





# Going Private versus Public: Reasons to Choose a Private School for Your Child

The Pittsburgh region has plenty of above-average public school districts, and yet for some parents, making the decision to enroll their children in a private, parochial or charter school is the right move. As the school year kicks into gear once more, here are some things to consider when determining where to enroll your child.



## Academics

The school's curriculum, educational philosophy and teaching methods are perhaps the most important determinants. Since private and charter schools offer all kinds of educational styles and approaches ranging from traditional to progressive, choosing one that matches your own objectives is crucial. As a rule, private schools are not required to teach to a test, which means that they can instead focus on teaching your child how to think, as opposed to what to think. Furthermore, private schools don't have the pressures of outside accountability, as public schools do. Yes, they must meet or exceed state curriculum and graduation requirements, but they are accountable only to the families they serve. Especially in a tuition-based learning environment, parents demand high standards and it is up to the school to respond accordingly.

## Class Size

Most parents want their children to have as much personal attention as possible, particularly in the primary school years. One advantage of private schools is smaller class sizes—as few as 10 to 15 students per teacher. Parochial schools have slightly larger class sizes, typically 20 to

25 student range. With these low student-to-teacher ratios, instructors can give each student more one-on-one attention.

## Extracurriculars

Mostly everyone would agree that school is more than academics. What happens outside the classroom goes a long way in offering a balanced learning experience. In private schools, nearly every student is required to take part in some kind of sports or

extracurricular activity, and these programs can vary greatly from school to school—with some being as professional as those at the collegiate level. When checking out potential schools, review each one's sports and extracurricular activities as carefully as you do their academic curriculum, making sure that your child's interests and needs will be properly met. Be aware that intramural sports and most extracurricular activities are coached or supervised by a faculty member at private schools.

## Parental Involvement

In the private school setting, parents are expected to be actively engaged in their child's education. How parents choose to be involved varies greatly and depends on one's time, talents and experience. For some, it may be volunteering in the school library or organizing an annual picnic or field day. For others, it could mean serving on special committees or being a chaperone on class trips.

## Everything Else

Aside from all of the above, think about what you most want for your child's academic experience. Refine your search by considering what's important to you. Is it art or math? Foreign languages and world culture? Religious training? After-school care or special education resources? Partnerships with local colleges?

*Continued on next page*





## First, Pay a Visit

A good place to start your research is by looking online and attending school fairs, if they are offered. If not, call and ask to schedule a pre-enrollment visit and tour of the school. While there, meet the principal, teachers and other parents. Check out the work on the walls, how adults and children interact and other cues. Ask what the school's expectations are for students, and consider whether they match your expectations for your child. Don't be shy about inquiring how the teachers are trained and tracked, how much homework and projects are given, and how the school handles discipline problems.

## Apply and Enroll

While on the school tour, ask about deadlines for applications, enrollment, lottery sign-ups and possible financial aid. Specialty schools like the Pittsburgh School for the Creative and Performing Arts (CAPA) and Lincoln Park Performing Arts Charter School (see list) might require an audition, portfolio of work or letters of recommendation. You may also need to sign up early for things like transportation, certain activities or after-school care. As with any school, you'll also need proof of your child's identity and age, place of residence and vaccination records. And finally, consider having a backup plan in case your child does not get into your top choice of school.

Good luck and happy school year! | DHL



## Consider the Alternative: Pittsburgh area private and charter schools

The Pittsburgh area offers a variety of options for independent K-through-12 schools.

**Campus School of Carlow University, Oakland:** An urban, independent, coeducational Catholic elementary program for K-through-eight; and a Montessori preschool program for ages three to five.

**CAPA (Pittsburgh School for the Creative and Performing Arts), Downtown:** For grades six through 12 to study the arts for their intrinsic, aesthetic, historical and cultural values.

**City Charter High School, Downtown:** A tuition-free, 21st Century school that provides a technology-oriented learning environment for students and teachers.

**The Ellis School, Point Breeze:** An independent K-through-12 college preparatory school dedicated to the education of young women.

**Fanny Edel Falk Laboratory School, Oakland:** Its primary purpose is to provide excellent educational experiences for its children, as well as serve as a campus laboratory school for research at the University of Pittsburgh.

**Lincoln Park Performing Arts Charter School, Midland:** A tuition-free public charter school that offers world-class training in music, theater, dance, creative writing, media, health science and the arts for students in grades eight through 12.

**River Valley School, Wilkinsburg:** Originally a home schooling cooperative, this private school offers an experiential-based curriculum for pre-K through grade four that supports a child's natural curiosity and ability to learn by doing.

**Seton-La Salle High School, Mt. Lebanon:** A four-year, co-educational diocesan high school that has a widely recognized reputation for a strong Christian community, as well as quality academic, athletic and extracurricular programs.

**Sewickley Academy, Sewickley:** A reputable coeducational, college-preparatory day school for grades pre-K through 12.

**Shadyside Academy, Shadyside:** Pittsburgh's largest independent co-ed school for K-through-12, including five-day boarding students in grades nine through 12.

**St. Edmund's Academy, Squirrel Hill:** A private, independent, non-denominational, co-ed day school enrolling students in pre-K through eighth grade.

**Kiski School, Saltsburg:** This traditional seven-day, all-boys boarding school accepts no more than 250 students per year.

**Vincetian Academy, North Hills:** Affiliated with Duquesne University, this school is a Catholic International Baccalaureate High School partnership.

**Waldorf School of Pittsburgh, Shadyside:** This school offers the Waldorf method and curriculum to families seeking a truly progressive educational experience for preschool and elementary education.

**Winchester Thurston School:** An independent, coeducational, non-sectarian day school serving students pre-K through grade five at the Allison Park campus and pre-K through 12 in Shadyside.





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# Lakeshire Estates

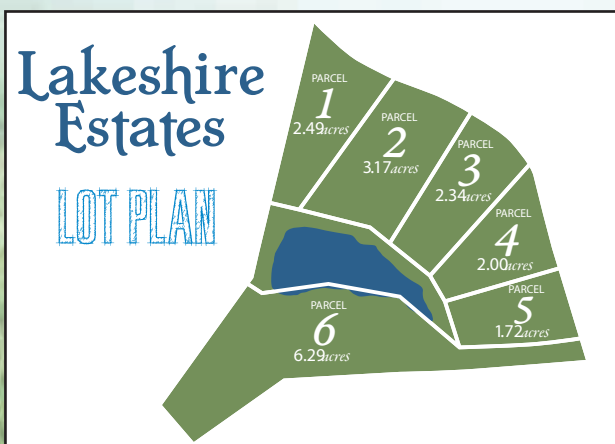
## Getting Back to Nature in Peters Township

When it comes down to it, homeowners in western Pennsylvania have few options when they desire home ownership with views of the water combined with views of natural woodlands. But a new development in Peters Township is one of the rare finds that will allow a homeowner to enjoy both. **Lakeshire Estates** a 38 acre parcel located along Springdale Road plans to put the "estate" back in real estate for homeowners by offering each new home owner exclusive access to a 3.4 acre lake while enjoying untouched natural woodlands.

"The land belongs to one family and they have taken great care in preserving its natural character," said Realtor Lisa Browell. "Due to the lay of the land, development will require minimal disturbance to the environment," said Browell.

"Of the 38 acres available, 18 have been subdivided to allow for 6 homes with parcel sizes from 1.7 to 6.2 acres," Browell said. "We welcome interested buyers to set up an appointment to walk the property so they can see for themselves how beautiful it will be to build a home here."

Accomplished architect and land designer Stephen Victor of Victor-Wetzel Associates is serving as the landscape architect for the development, which has received final plan approval from the township. Browell said, "the lot widths and depths, along with minimal site preparation will give a potential buyer more flexibility when designing their home, whether they desire a first floor master with attached multiple garages or a stately 3-story stone/brick home with a governor's driveway."



Since 1983, property owners Ed and Susan Courtney have labored to make the property a true natural preserve. The spring fed lake draws wildlife from miles around and the abundance of fauna is the reward. Duck, owls, bluebirds, and a resident heron are just a few of the feathered friends that call the lake home. No agricultural runoff ensures their viability. "A unique opportunity to experience a quiet and serene enclave in the heart of Peters Twp.," said Ed Courtney. "A touch of the old Peters Township"

When you walk the property its hard to believe that an area this beautiful is located within a 15 minute drive to I79. Certainly the 3.4 acre lake, stocked with bass, trout and sunfish, will make you want to lay out a blanket open the picnic basket and cast your fishing line. Browell said, "I can vouch for the stocked lake and its serenity after spending one morning there fishing, as soon as I cast my line, I was pulling out a fish!"

"I like to think of it as an 'un-development,'" said Ed Courtney, whose background is in land reclamation. "The goal is to minimize the environmental impact. One can only help nature's course. Not even the best can do better."

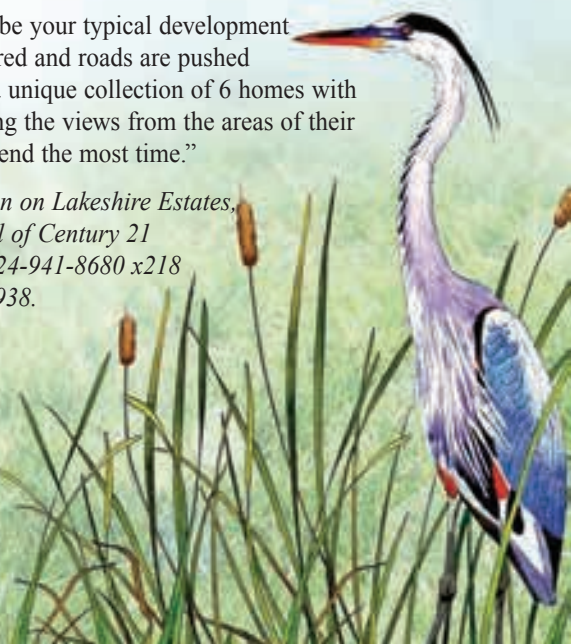


The Courtneys have spent many falls at the lip of that lake, watching the sun set over a shawl of turning leaves, or out on their paddleboat, floating in the water. But now, with their children grown, they want to spend more time traveling, and let someone else enjoy the land they've called home for more than 30 years.

Given its charm, Browell doesn't think it will be long before she has lot deposits on each lot.

"This isn't going to be your typical development where trees are cleared and roads are pushed through, but rather a unique collection of 6 homes with homeowners enjoying the views from the areas of their home where they spend the most time."

For more information on Lakeshire Estates, contact Lisa Browell of Century 21 Frontier Realty at 724-941-8680 x218 or direct 412-491-2938.







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# ALL ABOUT BABY

Articles reprinted from Healthy Child Healthy World (HealthyChild.org)



## Give Your Diaper Bag a Makeover

When you're the parent to a baby, your diaper bag is your lifeline. Without it, chaos ensues. Want healthier, eco-friendly

baby products and a safer diaper bag? Try this diaper bag eco-makeover to save your sanity, help your baby stay happy and healthy, and protect the Earth.

First off, start with a good bag. If you buy new, look for Earth-friendly textiles like organic cotton, hemp, bamboo, or recycled plastic. If you're looking to re-use (the most sustainable and affordable option), avoid PVC, which can leach phthalates and lead.

What should you fill it with?

### Diaper Bag Must-Haves:

- Non-toxic Diapers – Chlorine-free, flushable or cloth
- Baby Wipes – Chlorine-free, unscented, refillable tubs, homemade
- Baby Lotion – Botanical-based, certified organic, or extra virgin olive oil works well.
- Diaper Cream – Botanical-based, certified organic, zinc oxide for rashes

- Bottle – Glass, stainless steel or BPA-free plastic
- Teething Biscuits – Whole grains, organic
- Snacks – Reusable containers; organic, whole foods
- Baby Food – Jarred, frozen, or homemade; organic whole foods
- Toys & Teethers – Natural materials like solid woods or organic textiles
- Pacifier – BPA-free, Natural rubber or clear silicone
- Burp Rag – Organic cotton, reusable plastic bag or container for sanitary storage
- Bib – Organic textiles
- Blanket – Organic cotton, wool or bamboo linen
- Sunblock – Non-petroleum based, non-nano, SPF 30 (or higher) (Zinc is the only sunscreen approved for children under 6 months old)

This is a dream list just to get you thinking about things, so don't feel bad if



you can't do everything. You're already well on your way to using safer, eco-friendly baby products! You should only be losing sleep because your baby keeps you up, not because you bought the wrong lotion.

\* \* \* \* \*

## 12 Tips for Choosing Safe & Eco-Friendly Toys

You're probably careful about avoiding choking hazards and other common safety issues with toys, but did you know there are a wide variety of synthetic chemicals and heavy metals that could be in them? From lead and cadmium in paint, plastics, and jewelry to xylene, toluene, and phthalates in play cosmetics – when did toy boxes become a toxic minefield?

Here are 12 ways you can reclaim the fun and reduce worry when it comes to playtime. Make your toy box healthier for your child and the planet.

1. **Go au natural.** Look for safe toys made of natural materials like solid woods (with no finish or a non-toxic finish) and organic textiles (cotton, wool, felt, etc).
2. **Simplify.** Buying fewer toys is much more eco-friendly. It's better for the planet (and your pocketbook!)



3. **Re-purpose.** Can something you already have be used as a toy? An empty box or set of stainless steel bowls can provide hours of happy play.
4. **Look for items that will last.** High quality toys may cost a bit more, but they will last much longer and can be handed down to younger children. Likewise, you're more apt to get money back out of them if you decide to sell.
5. **Read labels.** What's this toy made of? Where does it come from? Get to know a toy before you buy it.
6. **Look for local.** Reduce greenhouse gas emissions by buying local and eco-friendly. If you're looking at global supplies, opt for European, Canadian or Japanese imports, as other countries may have lax toy regulations.
7. **Opt for open-ended toys.** Look for items that encourage creativity and are capable of being used for many different types of play. Wooden blocks, colorful scarves, smooth stones, and even cardboard boxes are fun, safe toys that can be the foundation for innumerable creative adventures.
8. **Avoid cheap jewelry and kids' cosmetics.** Both of these types of dress-up products are high-risk. Cheap jewelry often has high lead levels and kids' cosmetics can have any number of questionable chemicals.
9. **Purge plastics.** Okay, this is near impossible these days, but make your best effort. If you do buy plastic, look for safer plastics like those labeled #1, 2, 4, or 5 in the chasing arrows symbol usually found on the bottom of the product. Not labeled? Call the manufacturer.
10. **Text for Healthy Toys.** HealthyToys.org is a database to help you find safer toys. You can even access it from your mobile phone. Just text keywords and you'll receive information immediately regarding any testing that's been done to determine whether or not a particular toy is safe.

11. **Sign-up for recall alerts.** The Consumer Product Safety Commission posts recalls online, as does the website recalls.gov. If a toy you own is recalled, take it away immediately and follow the company's instructions on how to get a safe toy replacement.

12. **Have fun!** Play time isn't about what you have, it's about what you do. Get down and dirty with your kids. Laugh and simply enjoy spending time together.

\* \* \* \* \*



## Keep Keys from Kids

For decades, keys have been a quick, emergency baby toy. But, keys make lousy pacifiers.

Most brass keys contain lead in their alloys (lead in brass makes it more pliable). And, lead is a potent neurotoxicant that can have irreversible impacts on a child's health. Doctors now say there is no safe level of lead in a child's body.

This Easy Step couldn't be easier – keep keys from kids. And, make sure you wash your hands thoroughly after handling keys or digging in your purse if your keys are buried at the bottom, especially if you are pregnant. | DHL





# Design

## DETAILS

By Nancy Hoff Barsotti,  
FASID, NCIDQ Certificate #1482

## The Season for Shades of Orange

**Tangerine Tango**  
**PANTONE 17-1463**

As the fall months and the season of Halloween approaches, all things seem to turn to orange. Even though it was Pantone's Color of the Year for 2012, the influence of Tangerine Tango has been very prevalent in design throughout this year; so I decided that it's not too late to talk about the many shades of this warm, inviting color.

Pantone chose this color—termed “a spirited, reddish orange”—to provide the energy

boost needed to recharge and move us forward. Reminiscent of the radiant shadings of a sunset, Tangerine Tango marries the vivaciousness and adrenaline rush of red with the friendliness and warmth of yellow to form a high visibility, magnetic hue.

I can attest to their marketing strategy, as the color really attracted me when it appeared in the stores. Although I am not usually a slave to trends, I was like a bug drawn to light and I happily succumbed to an orange handbag and orange patent sandals. Just like a tango, it takes two! I especially liked my new orange accessories in pairings with one other color. I found the vibrant hue to be a great



Photo compliments of Benjamin Moore





Photo compliments of PPG The Voice of Color.

pop of color when wearing white, black or neutrals. I also paired it with orange's complimentary color of turquoise.

In a home setting, the same would be true. It works well with neutrals, especially chocolate. In addition to its blue shades as compliments, its many shades work well with greens and purples.

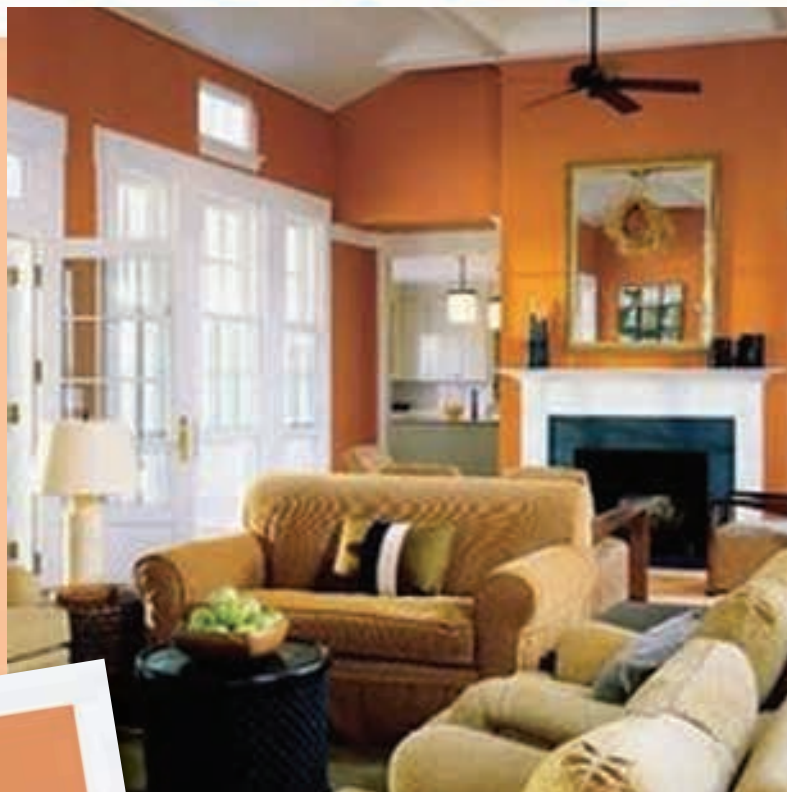


Photo compliments of PPG The Voice of Color.



As the natural light begins to dim into the colder months, orange tones really brighten up a room. As Pantone noted, it can be “sophisticated, dramatic and has a lot of depth.” In perusing the paint charts, there are many choices to add some of this energetic color to your home. Pittsburgh

Paints has a collection called “Hacienda Style”, and Cazuela and Ticul would be welcoming in a foyer. Fragrant Cloves and Pumpkin Bar would spice up a kitchen, especially as a backdrop to dark wood cabinets. Benjamin Moore has two colors for children's rooms that sound seasonal but are fun anytime of the year: Pumpkin Picking and Soft Pumpkin. Their deeper tones of Burnt Caramel, Orange Parrot and Fall Harvest would be great behind neutral furnishings.

Once considered a color for summer or autumn, the right combinations of orange with some of your other favorite colors will make a statement all year around. It's time to tango with your paintbrush and add some heat to your home. | DHL





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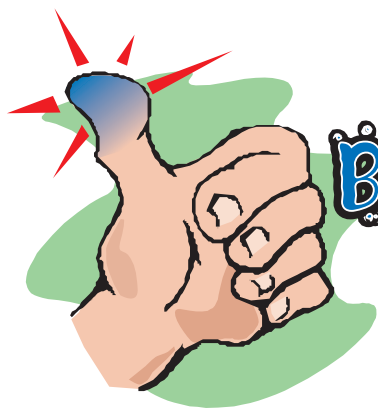
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# BLUE THUMB GARDENER

By David Plantowski

*For about the past 10 years, I've enjoyed communicating to you, our dear readers, in our Blue Thumb Gardener column. It has been fun and, hopefully, some of my suggestions have inspired you to improve your home. We've covered everything from protecting your residence from burglary to caring for your lawn. I must say that my favorite all-time topic was "Zen and the Art of Motorcycle Maintenance." For that reason, we are reprinting my first column from the DHL spring 2005 issue. Take care of yourselves, my friends! Ride on.*



Blue Thumb Gardener signs off with his final column:

## "I ride again!"

Do you remember sometime around the end of November last year, when you felt pretty good about putting the lawnmower in the garage for that last time? You were probably thinking that there wouldn't be a need to think about it again until April or May.

When the time does finally come, you'll probably wheel it out, pull the cord and expect it to start instantly. Good luck.

If you're my age, you may remember reading, or at least hearing, about the book *Zen and the Art of Motorcycle Maintenance*, written by Robert M. Pirsig, published in 1974. It was one of those culture defining works to tell us how to live. I read it and liked it. As a matter of fact, it turned me into a motorcyclist for some reason, but that's another story.

But for those of you who have not read it, the book explained how the craft of motorcycle maintenance could somehow lead to a beautiful process for reconciling science, religion and humanism for those who pay close attention to maintenance schedules and machine requirements. For someone like me, with little mechanical skill or interest in the subject, I was quite impressed with how it could become someone's guide to life.

The protagonist in *Zen* paid very close attention to both the recommended schedule of maintenance and the actual needs of his motorcycle during a cross-country trip with his young son.

He was constantly adjusting, readjusting, cleaning and caring for the mechanical components of his motorcycle. I, on the other hand, have taken many extended cross-country trips on my motorcycle without knowing even a little bit of technical expertise about my bike and have (usually) survived without mechanical incident. I used to attribute that to my "karma" or "feeling" I had about my bike. But, of course, that's all nonsense. I know it's all been a matter of "luck" and my "day" is due.

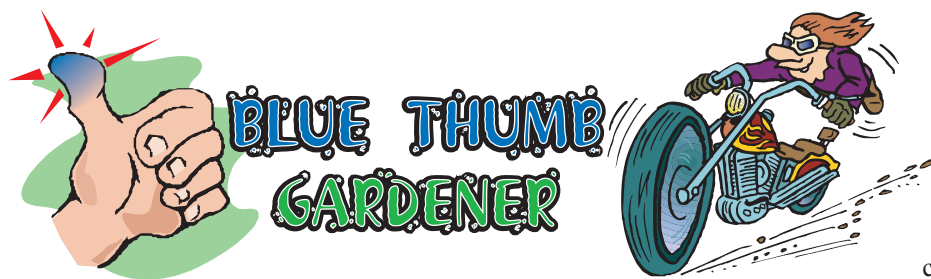
Nevertheless, somehow in my ignorance, I continue on my path of blind "trust" <sup>n.1</sup> with my machine, never expecting it to fail me at the most inopportune moment. But, as I have aged, I've come to appreciate Pirsig's approach of being a stickler for maintenance and having a technical appreciation of (his) machinery.

In fact, we can all learn something from Pirsig's experiences, even after we've put away our Harleys or Hondas and have ignored or denied our wanderlust. We can apply those lessons learned to machinery that maybe doesn't exactly influence or inspire us - our power lawnmowers.

*Continued on next page*

n.1. It's not "trust" but ignoring (or accepting) my lack of knowledge (ignorance) about the functions of machinery.





The basic lawnmower motor is not very different from the two-stroke motor in Pirsig's motorcycle. In other words, it needs basic gas and oil. But that part is simple. We all do that, because if you don't, the motor won't run.

But here is what else you should (need) to do. Each season you should remove and clean the air filter - same as you do for your car when changing its oil.

The air filter on a lawnmower is a small piece, usually a cylinder or small box or rectangle with a filter paper on the inside. It's normally easy to remove. If not, consult your machine's manual. It is an inexpensive item and easy to replace. Even for me!

The spark plug is another item. It should be serviced yearly. It can be removed easily with a wrench and cleaned with a metal solvent cleaner (even WD40). If it can't be cleaned, it should be replaced, but that is unusual for at least a few years.

Of course the oil should be kept cleaned and filled. The engine and the mower should also be cleaned regularly. Grass

accumulation and residue should be removed after each use.

But the most important maintenance of your mower is the blades. Without fail, each year remove and sharpen them.

This is relatively simple and easy. You can do this with a good metal file and knife or sharpening tool. Or once removed, they

can be taken to a machine shop for a professional job. Sharp blades make for a clean cut and better lawn. Even if you don't want to do it, get your mower blades sharpened regularly and you will notice a difference. Otherwise, the dull blades will "tear" instead of "cut" the grass, causing it serious injury. Imagine if your barber didn't sharpen his scissors before cutting your hair - same deal.

Take care of your lawnmower and it will take care of you (or at least serve you well) for this spring season and those to come. Pirsig's theory in "*Zen and the Art of Motorcycle Maintenance*" was to never take your machinery for granted.

I have my motorcycle rider friends, to this day who, in my opinion, give an inordinate amount of attention (maybe unnatural) to their bikes. I don't necessarily think that is inappropriate. However, I have come to learn and to respect my machinery. I have learned that not only will basic maintenance serve you and your machine well, but it will also satisfy and benefit both you and your lawn in the long run. | DHL

A large advertisement for OutdoorLights.com. The background is a photograph of a two-story brick house at night, illuminated by warm outdoor lighting. In the top right corner, a green box contains the text "Save BIG on LED OUTDOOR LIGHTING". Below this, on the right side, is a circular logo that says "CELEBRATING 10 YEARS", "OUTDOORLIGHTING", and "IN THE PITTSBURGH AREA". At the bottom left, text reads "Call today for a free night time demonstration at your home 412-787-5439". At the bottom right, the website "OutdoorLights.com" is listed. A large black banner at the very bottom features the text "\$400 OFF \$2500 or More Purchase" and "Offer Ends November 30, 2013".





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*-Ed Davis,  
retired postmaster*



*"I've been so happy since I came here.  
I wouldn't change a thing."*

*-Dorothy York, retired flower show judge*



*"There's so much going on here.  
It's easy to stay busy."*

*-Marie Davis,  
mother, grandmother, and great grandmother*



UPMC Senior Communities offers dynamic and affordable retirement living with a focus on improving and enriching each resident's life. For more information or to schedule a complimentary lunch and tour, call 1-800-324-5523. Or visit [UPMCSeniorCommunities.com](http://UPMCSeniorCommunities.com) for a virtual tour of any of our 14 UPMC Senior Communities locations.

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Designing HOME Lifestyles Magazine Has been proud to bring to you our western Pennsylvania's Top Chef section where some of our local and most talented chefs have shared their favorite recipes.

This issue is out last issue that we will be featuring our Top Chefs section. Please enjoy these recipes, but most importantly, visit our chefs at their restaurants and continue to sample some of the finest cuisine the area has to offer.



Check out pages 56-63 for some incredible recipes from our talented Chefs. This issue it's Chef's Choice.



## KITCHEN & BATH CONCEPTS

P I T T S B U R G H

**PRODUCTS USED:**  
**Cabinetry:**  
Quality Custom Cabinetry - KBC  
**Perimeter Tops:**  
Vangura Surfacing Products  
**Backsplash Tile:**  
Ceramic Tile & Stone  
**Remodeling:**  
Aspen Valley Contracting  
**Photography:**  
Craig Thompson



### 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.

Principle designer Thomas D. Trzcinski, Pittsburgh's only Certified Master Kitchen and Bath Designer, along with Certified Kitchen Designers Emily Miller and April Spagnolo team with our highly qualified and experienced support staff to 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 PROJECT:

Built in the early 1900's, this historical stone home had a closed-in choppy floor plan. Four small rooms were opened up to create a free flowing "live-in" kitchen comprised of a living room, desk area, kitchen, and butler's pantry/wet bar area.

The stone bump outs found throughout the space not only brought the style of the exterior stone façade to the interior but also creatively concealed the structural supports required to open up the space. New

hardwood that coordinated with the existing flooring in the adjacent spaces tied all of the areas together as one. The tin ceiling was used to spread the natural light throughout the room as well as create an architectural element enhancing the time period of the home.

With close attention given to proportion, balance, and symmetry the white perimeter cabinetry has subtle detail within itself while keeping the kitchen light and airy. This also provided a neutral backdrop to enhance the room's architectural elements and focal point island. The island's heavy distressing and custom antique painted finish used in combination with the double thick countertop helps to carry its weight to stand-alone in the space while creating elegant detail.

Lastly, the creation of an "ante" room with integrated cabinetry paneling between the kitchen and dining room created a transitional bridge between the classic yet comfortable kitchen space to the true formal dining room.



## KITCHEN & BATH CONCEPTS

P I T T S B U R G H

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**412-301-8000** [www.kbcpittsburgh.com](http://www.kbcpittsburgh.com)



# ***Futuristic Foods*** with **ANCIENT ROOTS**

By Gina Mazza

**T**his modern, high-tech-high-touch world that we live in has dramatically impacted our relationship with food. It's easier than ever to get our hands on convenience food anytime, anywhere—which begs the question: Do we “eat to live” or “live to eat?” Our meals increasingly consist of fare that is commercially prepared, automated and genetically engineered. What's next? Push-button food machines to dispense programmed meals, like the Jetsons had in their Sky Pad Apartment?

Perhaps a return to our nutritional roots is in order. In fact, a sub-culture of food purists is emerging from the GMO soup to advocate tried-and-true dietary offerings that have the power to return us to a more natural, healthy diet. While you may be hearing about the following items for the first time, they have all been around for thousands of years—which is more than we can say for sugary sports drinks and so-called nutrition bars.

## **MUSHROOMS: REISHI AND CHAGA**



Mushrooms are sprouting up everywhere in the culinary world it seems, and with good reason. The Chaga and Reishi varieties are just two 'shrooms with remarkable medicinal properties. Reishi may be the most researched plant in the history of the world (although technically, mushrooms are a fungus, not a plant). Revered in Asia for more than 2,000 years, Reishi is considered an elixir of immortality for its ability to significantly improve immune system functioning. Ingesting them protects us from viruses, bacteria, pollution, chemicals, molds and other environmental toxicities.

Interestingly, Chaga grows in living birch trees throughout the northern hemisphere's temperate forests, and contains the highest amounts of anti-mutagenic compounds of any other natural food substance. Betulin, betulinic acid and lupeol serve as a triple threat to fight cancer tumors, while its phytochemicals, trace minerals and free-radical scavenging antioxidants (especially melanin) nourish the body.

## **GRAINS: QUINOA**

Quinoa is one of the most protein-rich and fiber-dense foods we can eat. Replete with all nine essential amino acids, as well as iron, lysine, magnesium, riboflavin and manganese, it aids in relief of constipation, high cholesterol and glucose levels, and even migraines. This wonder grain also helps with heart disease by reducing high blood pressure and diabetes; its fiber content may aid weight loss. But that's not all: quinoa keeps red blood cells healthy, increases brain function, helps with the formation of healthy bones and teeth, and speeds tissue growth and repair. It's a perfect protein, in more ways than one.







## BEANS: CACAO

Only one thing trumps the Chaga in its antioxidant content, and that is cacao. The raw cacao bean is one of nature's most potent forms of antioxidants and minerals like magnesium chromium, anandamide (the bliss chemical), theobromine, manganese, zinc, copper, vitamin C, omega-6 fatty acids, PEA, tryptophan and serotonin. Contrary to widespread belief, cacao contains very little caffeine and does not elevate blood sugar, although it is a highly effective natural energy enhancer and aphrodisiac.

## SEA PLANTS:

### SPIRULINA AND MARINE PHYTOPLANKTON

Jacques Cousteau once said that the future of nutrition can be found in the ocean, and he may very well have been right. Marine phytoplankton makes up one quarter of the Earth's vegetation and, according to NASA, provides up to 90 percent of the oxygen we breathe. This superfood is an excellent source of energy because it contains nucleotides that bypass digestion and go directly into our cells, flushing them with energy. It is particularly good for anyone who is working in a high-stress environment without sleep but needs long-term energy and focus without stimulants.

Spirulina was a diet staple for Mexican Aztecs and for centuries has been the principle source of protein for the Kanembou tribe in Africa. This photosynthetic blue-green algae is rich in protein and essential amino acids isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan and valin. Because Spirulina lacks cellulose in its walls, it is easily digested and assimilated in the body. It also produces significant amounts of polysaccharides, carotenes and unsaturated fatty acids. Polysaccharide compounds are one of the most important stimulants of the natural immune system. Carotene could help prevent cancers of the throat, stomach, colon and gastrointestinal tract. Fatty acids are essential for promoting cholesterol normalization and cell growth.



## MINERALS:

### HIMALAYAN CRYSTAL SALT

Salt has always been essential to life but our modern table salt has become toxic to our bodies because it is heated to high temperatures and cleaned chemically, leaving only sodium and chloride. To neutralize this sodium and chloride content, the body sacrifices water from the cells. While sea salt is a better alternative, our oceans are polluted with mercury, lead and other chemicals that are also toxic when ingested.

Himalayan crystal salt is a pure, hand-mined salt derived from ancient sea salt deposits, and it is believed to be the purest form of salt available. These salts came into existence 250 million years ago when the Himalayan Mountains were being formed, and are mined from the foothills. It contains 84 natural elements needed by the body. These days, Himalayan salt is preferred by holistic chefs, spas and health professionals for its wide range of nutritional and therapeutic properties. Externally, it can be used to relax the body, lower blood pressure, soothe sore muscles and remove toxins. Regular consumption of Himalayan salt provides essential minerals, trace elements, balances electrolytes and pH, supports proper nutrient absorption, normalizes blood pressure and increases circulation.



## HERBS: GYNOSTEMMA

Gynostemma has been identified "as the most medicinal of all the Chinese herbs. It contains 120 saponins—or, immune-modulating molecules that are fat soluble on one side and water soluble on the other—all of which possess specific health-giving properties. One of these 120 saponins, called Gypenoside 49, has been scientifically identified as a telomerase activator that youthens us genetically. The Gynostemma herb can be imbibed as a daily tea. Its benefits accrue the more you consume it, so drink up!





## SEEDS: BLACK SEED

You may have heard of black seed because of its famous connection to King Tut. It was discovered in his tomb and has been used to make medicine for more than 2,000 years. Now, it's as common in the Middle East as ketchup is in the United States. Black seed is from a plant that grows wild. Historically, it is used for headaches and toothaches, pink eye, nasal congestion, abscesses, intestinal worms and parasites. Today, black seed is used to treat digestive tract conditions such as gas, colic, diarrhea, constipation and hemorrhoids, as well as respiratory conditions like asthma, allergies, cough, bronchitis and flu. It has also been said to lower blood pressure and cholesterol, fight cancer and ease the side effects of chemotherapy. In the kitchen, it is used as a flavoring or spice. Egyptian black seed is the best quality but Turkish black seed is typically easier to find and purchase online.



## FRUITS:

### CAMU CAMU AND GOJI BERRIES

Camu camu, a purplish-red berry about the size of a large grape that grows in the Amazonian rain forest of Peru, is one of the most nutrient dense foods on the planet with considerable disease-prevention benefits. The camu berry is best known for its unusually high vitamin C content, a powerhouse antioxidant that has many uses for preventing not just colds and flu but many chronic diseases. By comparison, the camu provides 50 times more vitamin C than an orange, ounce for ounce. It also gives an energizing and mood-lifting boost through amino acids serine, valine, and leucine as well as calcium, phosphorus, potassium and iron. Camu Camu also helps to maintain healthy gums, eyes and skin, as well as support strong collagen, tendons and ligaments.



The Goji berry is considered the number one medicinal herb in Chinese medicine, which has a 5,000-year history of about 8,000 herbs. This miracle berry is a complete protein source with extraordinary levels of antioxidants and carotenes. It assists with the digestion of other food and is the only nutrient known to improve our ability to secrete HGH (human growth hormone), which is vital to slowing the aging process.

## SPICES: TURMERIC

The Ayurvedic and Traditional Chinese Medicine communities have known about the power of this plant for centuries. The Indian spice Turmeric, used to give curry powder its yellow tint, is known to treat many conditions, including skin ailments, digestive disorders and liver problems. Recent medical research has shown that it may have the ability to treat and even prevent prostate cancers. When the curcumin in Turmeric partners with phenethyl isothiocyanate (PEITC)—a substance that occurs naturally in broccoli, Brussels sprouts, kale, cauliflower and cabbage—its cancer-fighting properties are at their highest. For your next side dish, sauté some kale and toss in some Turmeric.



The good news about our high-tech lifestyle is that it affords us the ability to quickly research and learn about nutrition, health and wellness topics. Any of the above superfoods can be easily added to your diet. Begin with one or two that you're drawn to and go from there. Sprinkle Himalayan salt on your vegetables, mix some black seeds in your favorite salad dressing or substitute quinoa in your next rice dish. Used consistently, you might start noticing that your energy level increases, your digestion is smoother, your mind is clearer or you're sleeping more soundly. | DHL



# The Morel of the Story:

## Exotic Mushrooms Add Character in the Kitchen

The selection of wild and rare mushrooms at grocery stores and farmer's markets seems to have proliferated in recent years, causing otherwise sane people to shell out 20-plus dollars a pound to feature these exotic, earthy beauties in culinary main courses. And with all of this fungus among us, why not? Mushrooms are easy to cook, very good for you (see feature in this issue about the reishi and chaga varieties) and have a deliciously rich, meaty taste that can serve as a great vegetarian substitute.

More than 10,000 types of mushrooms exist on the planet, and less than five percent are safe to eat. The various kinds of edible mushrooms all have different flavors, shapes and textures, so it's wise to use the right 'shroom for the right dish.

### White (Button)

These immature, unopened mushrooms are probably the most common. They can be eaten raw or cooked in almost any dish, but their flavor intensifies with cooking. Bigger button mushrooms can be left whole and stuffed for an appetizer.

### Baby Bella (Cremini)

These are a darker, more flavorful version of the white button and can be used in all the same ways.

### Portobello

These are the grownup versions of the baby bella. They can be sliced and sautéed, but are often left whole and roasted. They have a meaty texture that's likened to steak. Their tough stems should be removed before cooking.

### Oyster

These fan-shaped mushrooms grow on the sides of trees and look like an oyster. They have a mild taste and work well in stir-fries, soups and sauces. Cut off the base of the mushroom then separate its layers before cleaning them.

### Shiitake

If you like Asian food, you've probably tasted these in miso soup, sushi or Chinese stir-fries. They have white stems, brown caps and typically sprout off logs. Shiitakes add a deep, smoky flavor and chewy texture.

### Enoki

These long, crisp mushrooms are usually used in soups, but can also go in salads and sandwiches. They can be eaten raw or cooked. Cut off the roots before using.

### Maitake (Hen of the Woods)

Clustered around the base of trees, these feathery fungi can grow very large. Used in China and Japan for medicinal purposes, they have a strong, woodsy flavor and meaty texture. They work well in stir-fries.

### Porcini

Prized in Italian cooking, these large-capped mushrooms typically grow in Europe and North America. Because of their meaty texture, they can be grilled and sautéed much like portobellos. They are often available dried in bags, and after being soaked in water, can be added to soups, sauces, stews and risottos.

### Morel

The morel is a distinctive mushroom that has a honeycomb-like appearance, with a network of ridges with pits between them. They are highly prized by gourmet cooks, particularly for French cuisine. Commercial value aside, morels are hunted by thousands of people every year simply for their taste and the joy of the hunt.

Although the nutrient profiles vary from type to type, most mushrooms are good sources of B vitamins, selenium, iron and other minerals. Best of all, mushrooms contain antioxidants that are not deactivated or destroyed by cooking. Wild mushrooms can also be purchased dried and are best used in making soups and casseroles. Their immune boosting compounds aren't affected by drying so you can get the same benefit from dried and powdered mushrooms as you do from fresh. If you're interested in the health benefits of mushrooms but don't like the taste or texture, they can be purchased as a dietary supplement.

The best way to prepare them is by sautéing. First, rinse off all dirt and other debris and cut about one-quarter inch off the stem. Chop them into pieces, trying to preserve the character of their shape. Some just need a slice in half; others can be slivered thinner. When sautéing, be vigilant in your watch; if cooked too long, and they will become bitter. The goal is to cook them until they have a golden brown exterior. | DHL





# **CLARK** (412) 833-7222 Renovations, Inc.

Clark Renovations is a family owned, full service remodeling firm based in the South Hills of Pittsburgh. "We've been making our customer's dreams come true for more than four decades," says Steve Clark, the company's general manager. "For 43 years we've worked very hard to make sure our customers were delighted with their home improvement projects."

"Kitchens and Baths are our forte and with our cabinet partner, Schrock's of Walnut Creek, we can offer unparalleled quality at competitive pricing," claims Clark. They also specialize in windows and doors with offerings from Pella and Andersen. "If you are looking for a one of a kind front entry door, we do that too!"

They have developed relationships with some of the finest manufacturers, distributors & trade partners to insure what they sell lasts a lifetime. Currently at 16 employees, Clark has the resources available to make certain your project is started on time, runs smoothly, and finishes on schedule. "We have a fantastic customer base of very loyal clients who recommend us often," says Clark. 80% of their business every year comes from repeats and referrals. In order to keep that number where it is, Clark Renovations focuses on communication, cleanliness, and quality.

Clark's customers asked for straight answers, honest pricing, and a simple design and selection process. In response, their 8 step design/build process was developed:

(1) Upon your inquiry, we'll schedule the initial consultation where we spend time gathering your input and developing the concept.

- (2) We'll part ways and use the information you provided to make base selections, develop specifications, and create a budget estimate.
- (3) About a week after the initial consultation, we'll meet to present the project, specs, and budget.
- (4) Utilizing your time frame, you approve the concept, sign the contract, and submit your deposit.
- (5) We'll have you back in the office to make final selections.
- (6) We take care of applying for, and obtaining, any required permits.
- (7) We'll hold a pre-production meeting where we'll schedule a start date.
- (8) We then simply start the project on the start date provided you.

Once you become a customer, Clark Renovations offers services not available to the general public. Their Specialized Services Division offers a very unique solution to all your home maintenance needs. With one call, you can have your "to-do" list completed quickly, correctly, and with the same attention to detail Clark's reputation has been built on. In addition, they've worked with their suppliers to extend special discounts to existing customers.

To learn more about Clark Renovations and the services they offer, visit them on the web at [www.CLARKREMODELING.com](http://www.CLARKREMODELING.com) or give them a call at (412) 833-7222.



**WWW.CLARKREMODELING.COM**





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*Continued on next page*

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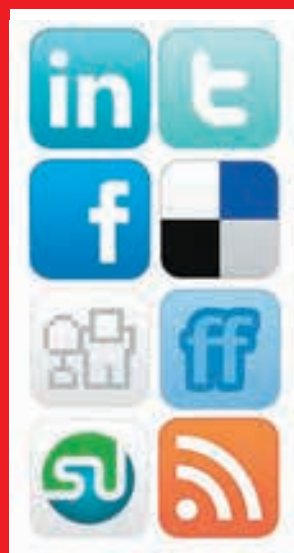
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# The Importance of Choosing a Professional Contractor or Builder for All Your Remodeling Needs

## Go with the Pros!!!

**The Builder's Association of Metropolitan Pittsburgh (BAMP) was founded in 1938. It is the only professional home Builders Association in the Metropolitan Pittsburgh region (Allegheny, Beaver, Butler and Westmoreland counties) that is part of the National Home Builders and the Pennsylvania Builders Association. BAMP provides consumers with a nationwide network of housing services and information.**

### ***Checklist for Finding and Hiring a Builder or Remodeler***

*Doing your homework will help you have a more successful experience.*

*Use this checklist to help you select a home builder or home remodeler to work on or build your home.*

- Contact your local home builders' association for the names of member builders and remodelers: [www.pgghomebuilders.com](http://www.pgghomebuilders.com). You can also ask family, friends or coworkers for recommendations.
- Make sure the builder or home remodeler has a permanent business location and a good reputation with local banks and suppliers.
- Find out how long they have been in the building business. It usually takes three to five years to establish a financially sound business. You want to make sure they will be around after the construction is complete to service any warranties.



- Check out the company's rating and if there have been any complaints filed with your local Better Business Bureau: <http://www.bbb.org/>.
- Make sure the builder/remodeler has sufficient workers compensation and general liability insurance. If not, you may be liable for any construction-related accidents on your premises.
- Ask the builder/remodeler to provide you with names of previous customers. If they won't, beware. If they do, ask the customers if they would hire the builder/remodeler again.
- Ask if you can see the builder/remodelers work, both completed and in progress. Check for quality of workmanship and materials.
- Do you feel you can easily communicate with the builder/remodeler? Remember you will be in close contact with them throughout the construction process and afterward as you live in your new home.
- Make sure the builder/remodeler provides you with a complete and clearly written contract. The contract will benefit both of you. If you are having a new home built, get and review a copy of the home warranty and homeowner manual as well.
- Be cautious of unusually low-priced bids. If the builder/remodeler is unable to pay for the materials and labor as the project proceeds, this may indicate a potential problem. Keep in mind that less expensive does not necessarily mean better!





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## UPMC HEALTH PLAN



#HeresThePlan





# FALL IS A GOOD TIME TO REFLECT ON YOUR GARDEN ENDEAVORS

BY STEVE STONES

End-of-summer reflections on what did great and not so special in the garden is what this time of year is all about. It's time for taking account of those seeds that didn't grow exactly into what you thought they might, and those that made the list of spectacular plants that you want to grow again and again. There are also those annual flowers and perennial plants that will need some attention now, too, especially if they didn't flower abundantly or have overtaken their respective places in the garden. Dividing herbaceous perennials and giving them to friends or finding new homes for them in your own garden is a late summer or early fall activity that can rejuvenate and provide some activity in the garden, along with removing the dead flowers and stems that some annuals have produced over the summer months.

*Continued on next page*



First, some annuals have done their show for the season and need to be replenished with other additions to the garden that will give some color for fall. Most garden centers have annuals and perennials available at great discounts, or you can sow those annual seeds now for some late summer blooming. The annuals that provided you with cut flowers and visual delight all summer will have some mature seed pods that you can scatter about for either the birds or other crawling creatures to enjoy; with that sprinkling, you might find that flowers will show up again next year as surprise guests! Some annuals will benefit from removing



old flower heads to provide yet another lush growth of color. If the seed heads are mature, you can dry them for storage over winter and start the process all over again in the spring with your special cache of seeds. I tend to have some annuals in pots sitting about that need to be placed in the garden, so I do changes in the mobile containers with chrysanthemums or plant some

lettuce, spinach or other quick germinating seeds that will add diversity and won't mind the cooler temperatures that lie ahead.

Second are those perennials that have done their good deeds in the garden and should be trimmed back to either send out a second flush of flowers or be prepared for dividing. I like to remove the dead and yellowing foliage to reduce the chances of molds and bacteria from developing from decaying leaves. Using a sharp blade or other pruning tool is best, as it will provide a clean cut and you won't be pulling the plant from the soil, root ball and all. Daylilies, hostas, irises and ornamental grasses will probably benefit from division. You can tell if the plants need to be divided if their overall vigor has decreased—such as fewer flowers, which is the most dramatic signal, or the smaller and less healthy leaves are prevalent. These are a few signs that you are about to do some digging and transplanting.

Most perennials are fine to divide right after they have done their flowering, except for ornamental grasses that do their show later







in the season. I first give the plants that are targets a well-deserved drink with fertilizer (diluted to half strength), and within a couple of hours or the next day, start the activity. Early in the day is best. First choose the new location, prepare a new hole and add some organics. When you have dug up the old plant, either split the root mass with a multi-tined fork or cut it with a knife or spade, providing enough root mass for both plantlets. If you can't transplant immediately, cover the roots with damp newspaper and store in a cool-shaded location, but don't let them go for more than a couple of days. Dehydration is a major factor in failure and this stress can reduce the chance of survival.

Now that you have the new plants ready, place the plantlet in the new hole, at the same or a little higher level as it was before you dug it up. Spread the roots out and fill with soil and tamp it down, providing a recession around the new transplant so the water can pool. Then provide a healthy drink. If the weather is going to be hot and they'll be under strong sun, provide drinks almost daily and, if necessary, you can cover them with shade cloth or tented cardboard to give some protection.



Once these new transplants become established and you have helped them settle into their new homes, they will grow vigorously until the cooler weather arrives. I usually remove any flower heads that start to form or were on the plant when you started the transplanting process. This gives the plant the chance to develop roots rather than use all their energy in flowering and seeding. During their first winter they should have some mulch provided to help them through and then removed at the first warmer temperatures in the spring. Heaving from the repeated freeze and thaws that winter can provide will be reduced by adding mulch; but always review them in the spring and either add some more soil or tamp it down again gently. This is a simple process that can provide additional plants for you and your friends. | DHL

*Steve Stones is a professional horticulturist and president of an interior landscaping company.*





# Fall lifestyles

## **Horseback riding in the 'Burgh:** *See autumn from a new perspective*

**A**utumn in western Pennsylvania is one of the most beautiful times of the year to enjoy outdoor activities. With fall leaves in full-color regalia and the air crisp and clear, why not enjoy nature's last hurrah before the cold weather arrives?

If you're looking for a fresh perspective from which to view the season, try the one from atop a horse. A ride along some of the scenic trails and nearby parks throughout the Pittsburgh area can be romantic, exciting and fun for nature lovers of all ages. So, saddle up! Here are the best the places in Pittsburgh to go horseback riding.



### **Blue Ribbon Farms**

384 Cowpath Road  
Aliquippa, PA 15001  
(412) 974-1650  
[www.blueribbonfarmsinc.com](http://www.blueribbonfarmsinc.com)

Blue Ribbon Farms is one of the premiere training facilities in the Pittsburgh area. Everyone from first time riders to advanced equestrians are welcome. English, Western, Jumping, Poles and Barrels are some of the many riding styles covered at Blue Ribbon Farms. Many of the lesson horses are past World and National champions.

### **Rolling Hills Ranch**

677 Hickory Grade Road  
Bridgeville, PA 15017  
(412) 221-9926  
[www.rolling-hills-ranch.com](http://www.rolling-hills-ranch.com)

Rolling Hills Ranch has been a cornerstone of the Pittsburgh area horseback riding scene for 50 years. The ranch's secret to longevity is simple: the staff provides everyone that visits with a first-rate experience. The Moonlight Rides are a particular favorite; they begin with a western-style horseback ride and finish with a fireside catered dinner.



### **Classic Equestrians**

150 Neiman Lane  
Sewickley, PA 15143  
(724) 467-0530  
[www.classicequestrians.com](http://www.classicequestrians.com)

Classic Equestrians has established itself as the preeminent training facility for Hunter/Jumper-style riding over the past 20 years. The riding school and boarding facility welcomes riders of all skill levels. All lessons are conducted under the expert supervision of Sara Dooney, owner and head trainer. To learn more, email [dooneysl@hotmail.com](mailto:dooneysl@hotmail.com).

### **Horses Unlimited**

1875 Stoltz Road  
South Park Township, PA  
(412) 835-7726  
[www.horsesunlimitedstables.com](http://www.horsesunlimitedstables.com)

Horses Unlimited specializes in English riding lessons, horseback riding birthday parties and “pony” camps. The English riding lessons are designed for young riders starting at age four. Pony parties are a particular delight for children; ponies, soda and pizza are all provided all in the safe confines of the indoor facility.

### **Silver Crest Equestrian Center**

332 Overbrook Road  
Valencia, PA 16059  
(724) 898-0003  
[www.silvercrestequestriancenter.com](http://www.silvercrestequestriancenter.com)

Silver Crest Equestrian Center is one of the most renowned training facilities in the area. Disciplines include Jumping, Cross Country and Dressage. Silver Crest has an exceptional staff of trainers to meet the needs of even the most serious competitors. But training and instruction are only a part of what makes this a premiere equestrian center. Many of the programs and activities are dedicated to simply having fun. Summer camps and family friendly events attract riders from age five to 85. | DHL





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!



For four dizzying weeks in the fall, Pittsburgh will set the stage for international companies and artists premiering works never before seen in the United States. They will capture your imagination, challenge you to think BIG, and leave you seeing the world in an entirely new way. Theater, dance, music, performance, visual arts, the real and the surreal merge. Deep breath. Get ready.

The Pittsburgh Cultural Trust presents its third installation of ground breaking, U.S. premieres intimately staged in downtown Pittsburgh's Cultural District, the Allegheny Riverfront and the North Shore. Join us for some of the most exciting new works being created in the international contemporary performing arts and visual arts fields. Be first in line to experience art never before presented in the U.S. until now.



### The Rubber Duck Project

September 27 – October 20, 2013  
Location: Floating on the Allegheny River by Point State Park

Artist Florentijn Hofman wants to bring joy with his giant duck, which he claims helps reconnect people with their forgotten childhoods, "My sculptures cause an uproar, astonishment and put a smile on your face. *The Rubber Duck* knows no frontiers, it doesn't discriminate and doesn't have a political connotation. The friendly, floating, four-story-high Rubber Duck has healing properties: it can relieve mondial tensions as well as define them."



### Compagnie Marie Chouinard

September 28, 2013  
Location: Byham Theater

Marie Chouinard creates dance conceived from primeval dreams—earthy and strong, yet shaped by irrepressible secrets and unseen dimensions in time. *Program contains nudity.*



### Kiss & Cry

October 2, 3, 4, 2013  
Location: New Hazlett Theater

A poetic piece that blurs the boundaries between artistic disciplines, Kiss & Cry brings together a diverse group of Belgian artists to create this sweeping, romantic work. A unique event told with tender and poignant eloquence, Kiss & Cry is an unforgettable experience.



### The Pigeoning

October 9, 10, 12, 2013  
Location: 937 Liberty Avenue

A full length live performance that uses bunraku puppetry, video and original music to explore the ideas of obsessive compulsion, safety, and order in the context of the end of the world. The Pigeoning invites the audience to laugh at our clinging to safety and order in the face of the end of the world that is always and never coming.







The Pittsburgh Symphony Orchestra

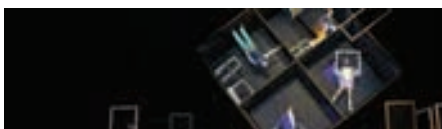
The Fall Lifestyles Section of Designing HOME Lifestyles Magazine is dedicated to promoting the growth and development of Cultural and Tourism related businesses in Western Pennsylvania. Please contact us at [info@DesigningHomeLifestyles.com](mailto:info@DesigningHomeLifestyles.com) for information on 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](http://www.pgharts.org).



### It's Dark Outside

October 9, 10, 12, 2013  
Location: Pierce Studio  
805-807 Liberty Ave.

A heartfelt, fearless, and inventive adventure about aging, getting lost, and trying not to be found. Puppetry, mask, animation, and live performance are all expertly intertwined by the Perth-based, superbly talented cast to create a grand epic western about adventure, redemption, and dementia. Audiences will be drawn in by the perfect mix of enchanting, beautiful, and uplifting moments that are woven throughout this must-see theater event.



### Zimmermann & de Perrot

October 18 & 19, 2013  
Location: Byham Theater

Seven performers inhabit a topsy-turvy world where, at any moment, the ceiling can become a floor, a floor can become a wall, and a door can become a chasm. A gigantic, rotating four-room box is the dizzying place where these loose-limbed actors, dancers, and acrobats dodge falling furniture and tumble their way to acrobatic virtuosity, always with impeccable timing.



### Measure Back

October 22-26, 2013  
Location: Baum Building, Fifth Floor  
818 Liberty Avenue

What does it mean to say we are at war? What is the mass media's role and function in response to war, and what is ours? Can we, as "non-combatants", change the course of war? The visceral and thought-provoking theatrical work *Measure Back* seeks a path between the citizen-as-spectator and the citizen-as-participant.



### The God That Comes

October 24-26, 2013  
Location: The Cabaret at Theater Square  
655 Penn Ave., Pittsburgh, PA 15222

Sex, wine and rock and roll. An intoxicating one-man cabaret, pop and glam rock hybrid. In a world ruled by a greedy and oppressive king, the lesser classes let loose in a hedonistic spiritual revolution fuelled by wine, ritual madness and ecstasy. The party, however, comes to a halt when the king orchestrates a violent confrontation against his protesters. *Contains strong language.*



### Hive

September 27 – December 31, 2013  
Location: Wood Street Galleries  
601 Wood St., Pittsburgh, PA

Hive is a 3D-animated audiovisual installation where gallery visitors confront a swirling mass of amorphous figures, appearing as a genderless collective of matter as opposed to individual beings. Choreographed motion, light and sound form an immersive and dynamic figurative landscape without a beginning or an end. Moment by moment, the computer-generated Hive takes on a life of its own, creating an artificial organism in eternal motion and interplay.



### Granular Synthesis

September 27 – October 20, 2013  
Location: SPACE  
812 Liberty Avenue, Pittsburgh, PA

Large scale installations that fuse sight and sound into one medium and challenge human perception, conditioning, and consciousness.



### Zee

September 26 – October 27, 2013  
Location: 943 Liberty Avenue

Chicago-based Austrian artist Kurt Hentschler invites visitors to explore an enclosed space filled with a dense, odorless fog that completely obscures the gallery walls, floor and ceiling. A droning soundscape intensifies this full-immersion experience, which shifts dynamically according to changes in the color, frequency and intensity of the light. Exhilarating as well as meditative, the pulsing, stroboscopic audiovisual journey that is ZEE pushes the boundaries of human perception. *Due to intense strobe effects, this exhibition is restricted to 18+.*

### Dining Out Around Pittsburgh

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

NOLA ON THE SQUARE (412) 471-9100

SEVICHE (412) 697-3120

SONOMA GRILLE (412) 697-1336

THE ORIGINAL FISH MARKET (412) 227-3657



# DHL'S FREE APPS GUIDE

OUR FAVORITE APPS THAT MAKE YOUR LIFE EASIER.



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.



## Dots

In this puzzle game, connect as many dots of the same color as you can in 60 seconds. Players can stop the clock for five seconds, shrink a dot off the board and remove all of one color.



## Evomail

With Evomail, use simple swipe gestures and filter your way through your inbox. Instantly access emails to archive, trash and label. Share emails through Facebook, SMS, Twitter or anywhere on the web.

Have a presentation coming up? Attach files from Dropbox or Box.net. Evomail has a built-in feature where you can search through your Gmail inbox to find important emails.



## Glasses.com

Glasses.com allows you to virtually try on thousands of glasses and sunglasses to see how you look from any angle in photo-realistic 3D. Try on frames from Ray-Ban, Burberry, Oakley, Versace, Maui Jim and

more—scaled to fit your face correctly. Adjust the glasses up or down your nose or over your ears. Share your favorite styles and ask friends to vote on what looks best on you.



## HBO Go

This streaming service from HBO lets you enjoy your favorite HBO shows, movies, comedy specials, sports and documentaries, plus behind-the-scenes extras and more. Watch everything you

love about HBO, including HBO original programming, hit movies and shows, such as *True Blood*, *Game of Thrones*, *Veep*, *The Newsroom*, *Curb Your Enthusiasm*, *Entourage*, *The Sopranos*, *Sex and the City* and more. Free with your HBO subscription through participating television providers.



## Mirror

Who needs a Mirror when you have a cell phone? The inventor of the Mirror app promises a "crystal-clear high-definition vanity mirror." The Mirror app for iPhone and Android takes advantage of the front

facing camera on the phone and simply acts as a mirror, with a few extra digital features throw in. The app will make color corrections and has light filters to allow people to put in their contact lenses, freshen up their makeup or fuss with their hair in low light settings.

Apps may not be available on all portable devices. Please check with your phone's App Store to verify if these apps are available for download on your specific device.



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!



### Yahoo! Fantasy Football

Yahoo Fantasy Sports Football managers can sign up, draft a team and win the league championship wherever you are. Mobile drafting lets users pick players, set their queue, check the results, and chat with other managers to plan a strategy or execute a trade.



### Hometalk

Browse through thousands of inspiring ideas and save photos to a virtual clipboard on this app. Ask experts for help or advice on anything related to your home or garden, and gather ideas and inspiration along the way. Search for local contractors and get advice on an upcoming project.



### Khan Academy

Khan Academy allows you to learn almost anything for free. Search this app's library of over 4,200 videos that cover a massive number of topics, including K-12 math, biology, chemistry, physics, the humanities, finance and history. Spend an afternoon brushing up on statistics or prepare for the upcoming SAT. It doesn't matter if you are a student, teacher, home schooler, principal or an adult returning to the classroom; Khan Academy's materials are a great resource right at your fingertips.



### Kraams

The Kraams app places product images on cards, which any sales person can shuffle, group and swipe away to get a reaction from clients. Use multi-touch to drag, pick, pinch, rotate and swipe. Kraams can be saved in the card library or on Google Drive. Users can follow-up with clients and offer a summary or link to content from sales meeting. This free app is perfect for small businesses.



### Viewer for CloudAPP

With Viewer for CloudApp, iPhone users have the ability to view and upload files from their CloudApp account. Easily upload photos, videos and listen to favorite music. Uploading multiple images is easy: just upload files as zip archive and hit send.



### Vine

Vine is the best way to see and share life in motion. Create short, beautiful, looping videos in a simple and fun way for your friends and family to see. Instantly post videos on Vine, then share to Twitter and Facebook. Explore trending posts, featured hashtags, editor's picks and more.



### TV Guide Mobile

Download the app *USA Today* calls "invaluable" and Time lists as one of 50 Must-Have Apps.

TV Guide's new official app is a one-stop, 24/7 TV companion. It makes TV simple again. Highlights include a personalized TV Guide to organize your favorite shows, sports teams, movies, and actors and find where you can watch them: on TV, on demand, streaming and DVD. Watch TV and movies instantly on ABC, ABC Family, HBO Go, MAX Go, iTunes and more. See what's new in prime time with three handy filters: Set up alerts and never miss a live airing.



By Fawn Chang, CFSC

## FENG SHUI: Feng Shui Your Dorm Room For a Successful School Year

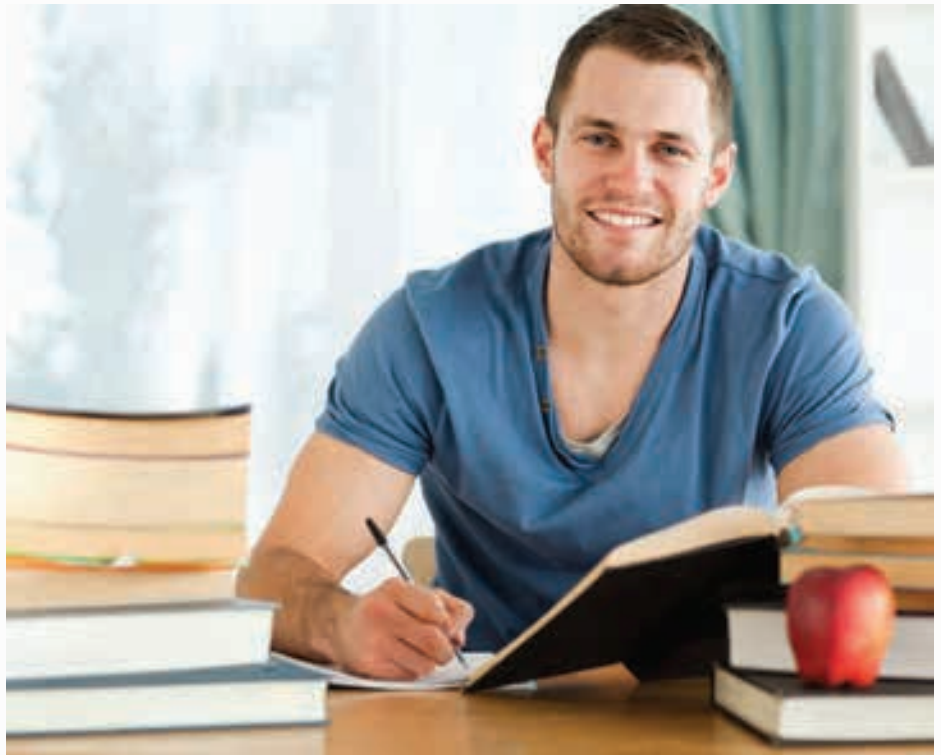
**H**ey, college students! If you really want to improve your odds for success this year, take a few minutes to review the setup of your dorm room through “Feng Shui eyes.” The proper arrangement of your room—which creates the best flow of energy—will keep you organized, boost your mental outlook on life and even help you in your future career.

In *Blink: The Power of Thinking Without Thinking*, Malcolm Gladwell explains our surroundings, among other things, can influence our behavior. In a chapter titled, “Secrets of the Bedroom”, he cites studies

done by a social psychologist who predicts the link between a person’s dorm room and how well they’ll perform in school and in their career. “You can learn as much or more from one glance at a person’s private space than you can from hours of exposure to a public face,” Gladwell suggests.

Organization of your dorm room is one attribute that can indicate success. Feng Shui takes this idea even further by addressing how your entire living space can affect your ability to be safe, creative, relational and self-expressive. A cluttered room can lead to non-productivity and lack of effectiveness.





Here are some important tips to get you started:

**Keep electricity away from your head.**

Keep electrical fields such as TVs, radios and computers as far away from your head and body as possible. Don't sleep with your phone or other mobile devices! At the very least, cover your electronics by placing them inside a cabinet or desk drawer.

**Get in your power position.** Place your body in a position in your room that feels "safe." If we don't feel safe, we are essentially on alert; our animal brain takes over and prevents access to our creative and rational thinking mind. A power position is always furthest in the room, back to a wall, with a full and commanding view of the entire room—not in the "line of fire" between a door and a window.

You do not want your bed to be directly across from the door or in front of a window, for example. If this is not possible, make sure that there is something solid placed between the head or foot of the bed and the door or window. Use a mirror to reflect the view

behind you or the view of the door in order to further enhance positive experience of safety, which leads to easier access to brighter thinking. Never place a mirror so that it reflects the person sleeping in the bed. The same treatment applies to your desk chair. If you cannot see the door from your chair, place a mirror so that you can see who is entering the room, but don't let the mirror reflect you.

**Don't block your ch'i.** If you face a wall when you study, place a poster on that wall of something with a long view; for instance, a view of the horizon or a nature scene like mountains or the ocean. This will open you up to opportunities, as well as calm the body and mind.

**Keep it open.** Speaking of "opening up", make sure that your doors are able to open completely, with nothing blocking them. However, be sure to close the door to the bathroom before you go to sleep. This will help you sleep more deeply and awake refreshed.

**De-clutter every day.** Straighten up and clear your space each night before going to bed and each morning before leaving for class. Be sure that the center of your desk and room stay open and clutter free; this will bring better health and connection to others. Little habits like keeping your laundry bag in the closet and grabbing the trash on the way out the door are simple things that can save you time and effort in the long run.

**Bring nature indoors.** Add a water feature, such as a desk fountain, to calm your energy, or place a houseplant in your space to help remove toxins from the room. A fish bowl with a beta fish also introduces a positive flow of "aliveness"; just make sure you take care of your pet fish!

**Pay attention to details.** The things that we live with can determine the course of our lives. Look at the artwork, colors, words and shapes in your space, and make sure they reflect who you are and what you want to achieve in your academic life. |DHL







western  
pennsylvania's

# Top Chefs

**H**ere at DHL, we have been blessed over the years to work with some of the finest chefs in the Pittsburgh region. They truly are Pittsburgh's Top Chefs! Not only have they served up some great recipes over the years, they offer consistently outstanding food at their respected restaurants.

We've enjoyed getting to know these incredible food artists and sampling some of the most outstanding cuisine found anywhere—not just in taste but in presentation. They've each been gracious to share some of the more popular recipes from their restaurants, and we thank them for that!

Since this is the last time we are featuring Top Chefs in DHL, we asked our Top Chefs to come up with their favorites. Try these dishes...and more importantly, patronize these restaurants. Enjoy!



## Chef's Choice

*Meet Our "Top Chefs" and experience their*



*favorite recipes on the following pages...*





Chef's  
Choice

## Black Bass Ceviche

### INGREDIENTS:

2 oz. Citrus Juice (1/2 Orange, 1 Lime and 1 Lemon)  
1 oz. Olive Oil  
1 tsp. Red Curry Paste  
1 tsp. Salt  
Pinch Black Pepper  
Red Onion (Julienne Cut)  
Jalapeño (Brunoise Cut)  
Scallion (Sliced)  
2 oz. Black Bass  
Micro Cilantro  
Plantain Chips

Recipe Provided by:  
Brian Kennedy –  
Seviche

### METHOD:

Place bass, onion, jalapeño, scallion, salt, pepper, curry paste, citrus juice and olive oil in a stainless steel bowl. Mix well and marinate. Top with micro cilantro and serve with plantain chips.



**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.



**Seviche**

**Brian Kennedy – Executive Chef**

Brian grew up in a family where cooking played a large role in his childhood. Memories of cooking with his sister and mother at Thanksgiving are some of his favorites. After working several positions at various restaurants he gained the passion for the industry after becoming a line cook at a local Country Club. After that experience he was hired by Chef Andrew Hebson at Sonoma Grille where he was surrounded by those who shared his passion for cooking. He worked his way through the ranks at Sonoma and earned and was promoted to the position of Executive Chef at Seviche. He welcomes you to visit his restaurant and share in his passion for food!







western  
pennsylvania's  
**Top  
Chefs**

Chef's  
Choice



**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.





## Seared Ahi Tuna with Grilled Peach and Basil Compote, Arugula, Chantrelle Mushrooms and Balsamic Reduction

### INGREDIENTS:

6 Peaches (split and deseeded)	1 lb. Chanterelle Mushrooms
1 Red Onion (sliced thin)	1/2 lb. Arugula (fresh)
1/2 cup Basil (chiffonade)	3 lb. #1 Ahi Tuna (no blood line or skin) cut into 8 oz. peices
2 cups Balsamic Vinegar	1/4 lb. Butter
1 cup Sugar	

### METHOD:

1. Start by grilling the peaches with olive oil and salt and pepper, just to mark the peaches. Let the peaches cool then toss with basil, red onion, 3 T olive oil and 3 T balsamic.
2. Sear the tuna in a hot pan with salt and pepper on all sides (1 minute per side). Let rest for 5 minutes then slice thin.
3. Heat a pan to medium heat and add the butter, heat until brown and nutty. Add the Chanterelle mushrooms and cook the mushrooms untill the are brown and crispy. Toss with arugula, salt and pepper and a dash of sherry vinegar.
4. Heat the balsamic and sugar in a sauce pot until a light syrup forms and cool.
5. Assemble by placing warm peach compote on the plate, lay the tuna across the peaches dress with salad of arugula and mushrooms. Drizzle with balsamic syrup.

Recipe Provided by:  
Chef Jason Huzzard –  
The Original Fish Market





# Smoked Shrimp and Tomato Jam Bruschetta with Raita

## SMOKED SHRIMP AND TOMATO JAM

### INGREDIENTS:

- |  |                              |
|--|------------------------------|
| 1 lb. Large Wild Gulf Shrimp (peeled and deveined) | 2 Whole Cloves               |
| 2 cans Diced Tomato (very well Drained)            | 3 T Whole Mustard Seed       |
| 3/4 cup Sugar                                      | 1 tsp Whole Black Peppercorn |
| 1/2 cup Red Wine Vinegar                           | 1/2 Cinnamon Stick           |
| 1 Lime Juice                                       | 1 tsp Marjoram               |
| 1 Lime Zest  | 2 T + 1 tsp Kosher Salt      |
| 6 Bay Leaves                                       | 2 T EV00                     |
| 4 Whole Allspice                                   | Pecan or Hickory Chips       |

### METHOD:

- Season shrimp with 1 T kosher salt and EV00
- In smoker, smoke shrimp until medium well
- In sauce pan, cook sugar until very light caramel
- Add all other ingredients and simmer until it reduces to a light syrup consistency
- Pour hot liquid over shrimp and chill
- Serve with grilled French bread and raita

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

## RAITA

### INGREDIENTS:

- |                                |                           |
|--------------------------------|---------------------------|
| 2 cups Greek Yogurt            | 1 tsp Ground Cumin        |
| 1 Seedless Cucumber            | 1 Lime Juice              |
| 1/2 cup Red Onion (small dice) | 1 Lime Zest               |
| 1 Tsp Garlic (minced)          | 1/4 cup EV00              |
| 1 Jalapeno (minced)            | 1 T Honey                 |
| 1/4 cup Mint (chiffonade)      | 2 T + 1 tsp Kosher Salt   |
| 1/4 cup Cilantro (chiffonade)  | 1 tsp Ground Black Pepper |

### METHOD:

- Grate cucumber on box grater, combine with onion, season with 1 T Kosher salt, allow to sit for 10 minutes
- Thoroughly squeeze all moisture from cucumber and onion
  - Mix drained cucumber and onion with all other Ingredients
  - Place in refrigerator for 1/2 hour before serving



Chef's  
Choice







Chef's  
Choice

## Chicken Cacciatore

This is my favorite way of making my favorite childhood dish using boneless chicken breast with a light egg batter and a quick pan sauce made with seasonal fresh produce.

### INGREDIENTS:

4 Boneless skinless chicken breast – butterflied in half	2 Tbsp Basil (fresh chopped)
1 Cup Flour	2 tsp Salt
4 Eggs (scrambled)	1 tsp Pepper
4 oz. Shiitake mushrooms (thin sliced – Caps only)	3 Tbsp Butter
2 Red Bell Pepper (cut in 1-inch squares)	1 Tbsp Olive Oil
1/2 cup Onion (sliced)	1 Cup White Wine
3 cloves Garlic (minced)	1 Cup Chicken Stock
8 oz. Cherry Tomatoes (cut in half)	1/2 Lb. dry box Fettucini (cooked)

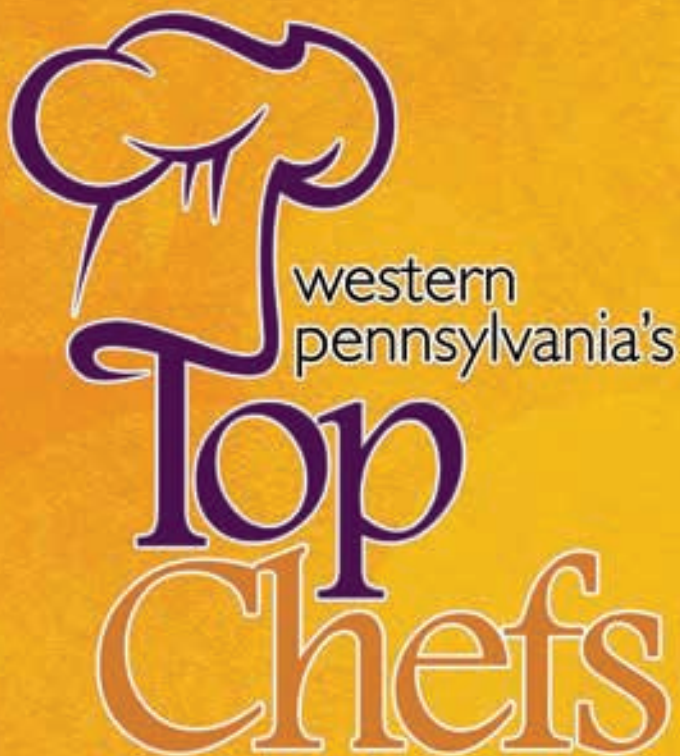
### PROCEDURE:

- In a large nonstick or cast iron pan, heat up 1 Tbsp of the butter and 1 Tbsp of the olive oil until just before it smokes (butter and olive oil smoke quickly).
- Season chicken with salt and pepper, dip in flour, then egg wash, then place directly into hot pan. When you notice it start to brown on bottom flip it over carefully due to the delicate breading. When chicken is cooked, remove from hot pan and set aside. In same pan, add in everything else (except the wine, chicken stock, cooked fettucini and remaining butter). Sauté vegetables until they caramelize (3-4 minutes on high heat). Then add in chicken stock and reduce by 3/4, then add white wine and reduce the same. Add back in the chicken and stew for 2 minutes, carefully stirring, then remove chicken again. Stir in butter, then cooked fettucini, stir until hot (1-2 minutes) then turn off heat. (Check seasoning and adjust to taste).
- Serve chicken over pasta and spoon some of the excess sauce over the chicken. Garnish with grated parmesan and serve with garlic toast. Enjoy.

Recipe Provided by:  
Chef Jim Rogers –  
Sonoma Grille







# western pennsylvania's Top Chefs



You start with a grand looking space in the heart of Pittsburgh's cultural district and dress it up with a warm South Beach Art Deco interior. Season with exciting Nuevo Latino Cuisine and colorful Mojito cocktails. Add a dash of Cuban artwork and mix vigorously with searing hot salsa rhythms. Welcome to Seviche! Tapas and fun at its best!

930 Penn Avenue  
Pittsburgh, PA 15222  
**412-697-3120**

[www.seviche.com](http://www.seviche.com)

Hours: Monday – Thursday 5pm-12am,  
Friday and Saturday 5pm-1am

Visit Our Chefs in Person...tell them you saw them in Designing Home Lifestyles!



Yves Carreau has done it again! Pittsburgh's hottest new restaurant is Nola on the Square. This new concept screams New Orleans with his Jazz Brasserie. It is located in the newly renovated Market Square. A breathtaking transformation of the storied 1902 Landmark Tavern, a Nouveau Creole menu featuring Bourbon Street cocktails, live jazz and blues music at least twice a week. If you've not experienced this "Big Easy" vibe you're in for a surprise.

24 Market Street  
Pittsburgh, PA 15222  
**412-471-9100**

[www.nolaonthesquare.com](http://www.nolaonthesquare.com)  
Hours: Monday – Saturday,  
Lunch 11am-3pm, Dinner 5pm-11pm



If you looking for the finest Fish and Seafood in downtown Pittsburgh – you've found it! This is a wonderful restaurant with a fun atmosphere. If you are a wine lover they have a Winekeeper that keeps wines fresh as the moment they were opened. This system allows the restaurant to offer fifty-two wines by the glass. This restaurant is a "must visit!"

1000 Penn Avenue  
Pittsburgh PA 15222  
**412-227-3657**

[theoriginalfishmarket.com](http://theoriginalfishmarket.com)  
Hours: Monday -Friday 11am-1am,  
Saturday and Sunday 4pm-1am



Welcome to a West Coast kitchen and wine bar, where food and wine are celebrated everyday. Sonoma is a sophisticated, casual restaurant with an airy dining room displaying vivid colors and a warm atmosphere. It has an international cuisine with a California twist. Each dish highlights local, organic or sustainable food in the peak of their season.

647 Penn Avenue  
Pittsburgh, PA 15222  
**412-697-1336**

[www.thesonomagrille.com](http://www.thesonomagrille.com)  
Hours: Lunch Daily 11am-3pm,  
Dinner 5pm-11pm



## DHL Artist Profile:

By Gina Mazza

### Elizabeth “Betty” Asche Douglas

Beaver County’s  
“First Lady of the Arts”



As an artist and art educator, Elizabeth Asche Douglas of Rochester Township has come a long way since receiving her very first set of oil paints as a young girl. “It was on my 10th birthday,” she recalls, “Around that same age, I wrote my first paper about Rembrandt titled, ‘Rembrandt: Soul Painter.’ I saw in this master’s work an interest in the interior of a person. His paintings breathe with a spiritual life. That captivated me.”

“Betty” has been retired as a full professor from Geneva College since 1996 but her life is abundant with artistic and creative endeavors of all kinds. Are you ready to read on about this powerhouse woman? Your head might spin, so pull up a chair and get comfortable.

Born and raised in Beaver County, Betty attended Beaver Falls High School and went on to earn a BFA in painting and design from Carnegie Mellon University, then called the Carnegie Institute of Technology. “I began my career during the Civil Rights Era when you had to fight tooth-and-nail to get a position in anything,” she says.

Betty’s dream was to work in the commercial art world like many of her classmates, who had secured jobs in the design or display at large department stores,



*“Regal Duo” is an ultrachrome and acrylic-on-canvas portrait of my daughter Andrea paired with a classic portrait sculpture from the ancient African Kingdom of Benin. Won an award in the first Merrick Masters regional exhibition, “Confluence” at the Merrick Art Gallery, a historic museum in New Brighton, PA.*

which were flourishing at that time. “It so happened that when I took my portfolio around, I wasn’t acknowledged as being hireable,” Betty recalls. “My one friend, who was white, couldn’t believe it, especially since I had graduated at the top of my class. She decided to take my portfolio around and was offered several jobs. So I guess my brown face is what made them not hire me.”

#### Art Educator and College Professor

Betty’s response was to forge ahead, no matter what. She took an assembly line job at a former Westinghouse manufacturing plant in order to earn enough money to attend



ABOVE: “Spirit Dance” is an acrylic impasto relief painting on birch panel. RIGHT: “Block Beauty” is an assembled composition of three ultrachrome and acrylic-on-canvas paintings of concrete blocks.







*"Ooblahdee" is an acrylic-on-board acrylic impasto abstract-expressionist painting—title from a Dizzy Gillespie bebop jazz tune called "The Land of Ooblahdee"*

graduate school—her rationale being that if she couldn't be a practicing artist she would work in academia. Betty graduated from the University of Pittsburgh with an MFA in art history/criticism, and later did some pre-doctorate work at the University of Pennsylvania in Philadelphia.

Her first few jobs were at historically black colleges in the South. Eventually, she made her way back to Pennsylvania; and she did so in unprecedented fashion, becoming the first black teacher at Beaver Area Junior High School then the first black female teacher at Rochester High School. Along the way, she met her match in William R. Douglas. "My husband was the first black teacher and first black principle in the Rochester Area School District, and he was always my biggest fan," she emotes. The couple went on to be married for 40 years and raised three daughters.

Early on while teaching in Beaver County, Betty attended Geneva College in order to earn her Pennsylvania education/teaching credentials. While studying there, she impressed the dean of the education department. "He offered me a job teaching education majors how to teach art in the elementary schools," she says. Soon afterwards, Betty became a regular college faculty member and went on to teach there for more than 30 years. After her retirement, she continued to be a guest lecturer in art and music (yes, more on that in a moment). Then in 2003, her academic

career at Geneva College came full circle, when the school honored her with a tribute banquet and retrospective exhibition to launch a fund in her name. "The funds are being raised for the new Geneva College Center for the Arts," she explains. "To have the building named after me is quite humbling."



*Elizabeth Asche Douglas with pastel painting "Dispossessed" in exhibition at the American Jewish Museum, Pittsburgh*

### **Artist, Art Curator and Art Gallery Owner**

Throughout her years of teaching, Betty pursued her own art in a variety of styles and media. "I believe that we were created to be creative beings," she philosophizes. "The arts provide an outlet for expressing things about your experiences that are unique to you. When I discover something about something I see or have been through, I like to share it with others. In most of our life endeavors, we desire to share and it's up to us to find the best way to do that. The 'other'

*Continued on next page.*



*"Freedom Dance" is an ultrachrome and acrylic-on-canvas painting that shows a view of downtown Pittsburgh, with the now defunct Civic/Mellon Arena behind the figure of "The Spirit of Freedom" that is part of the Freedom Monument at Freedom Corner the demarkation landmark of the historic Hill District.*





"Bridge of Sighs" is an ultrachrome and acrylic-on-canvas painting showing parts of the historic Allegheny County Courthouse and Jail, with a young African American male seated in front of prison bars through which the scene is viewed. This piece won an award in a "History Through Art" exhibition at the Southern Alleghenies Museum of Art.

who takes in the work is just as important as the maker of the work. It isn't fully realized until someone has read it or seen it."

In addition to her paintings being purchased for private collections in the United States and abroad, Betty's work has been professionally exhibited over the span of five decades and has won numerous awards, beginning with one at the Associated Artists of Pittsburgh 42nd Annual at the Carnegie Museum. "The most important award I've ever won was the juror's award at the Appalachian Corridors Exhibition in Charleston, West Virginia in 2005," Betty notes. In 2008, she was among 250 artists selected for an exhibition and catalog published to honor Pittsburgh's 250th anniversary. She was also one of 24 artists chosen statewide for the 2008-2010 traveling exhibition "Celebrating Visual Traditions", sponsored by the Pennsylvania Council on the Arts. "And last year, I won the Southwestern Pennsylvania Council on the Arts exhibition in Westmoreland County titled 'History Through the Arts'," she explains. In 2011, Betty's work was included in exhibitions at the American Jewish Museum and August Wilson Center in Pittsburgh, and the African American Museum in Philadelphia.

Betty and her work have been featured in *The Beaver County Times*, *The New Pittsburgh Courier*, *Carnegie Mellon Magazine*, *Christians in the Visual Arts Directory*, *Designing Home Lifestyles*, *Pittsburgh Magazine*, *Soul Pitt Quarterly* and more.

"I also enjoy curating exhibitions for special events and serving as a juror for art shows," she adds. In spring of this year, the Pittsburgh Cultural Trust presented one of Betty's curated shows, titled "Feminine Aesthetics" at 709 Penn Gallery in downtown Pittsburgh. It explored the question, "What is Beauty?" In 2006, she received the Service to the Arts Award from the Guild Council of the Pittsburgh Center for the Arts for her tireless devotion to serving as an art curator.

If all of those artistic pursuits weren't enough, Betty also runs her own gallery, Douglas Art Gallery, in Rochester, Beaver County (open

by appointment only) and an Internet business through which she sells her art. To learn more about either, visit [Douglasartgallery.com](http://Douglasartgallery.com).

### **Jazz Vocalist**

But wait, there's more to Betty's artistic sensibilities than just painting, sculpting and other visual media. Throughout her life, she has also kept alive her passion for music. "I guess you could say I had an artistic upbringing, starting at the age of five when I began studying piano," she says. "Both of my parents had musical talent. My father was an 'Irish' African American tenor, and my mother was a contralto who played piano and was a church choir director for a while."

Betty's first musical love is jazz, and she is still going strong as a jazz vocalist and pianist in "Artistry in Song." Performing by the name "Betty Douglas", she often entertains at jazz clubs, music festivals and other public and private events. No doubt, she inspires other older adults when she lends her vocal gusto to entertain residents at retirement communities in Sewickley, Zelienople and other locations. She is a member of the Pittsburgh Jazz Society and was inducted into the Beaver Valley Musicians' Hall of Fame in 2003. Betty also sings in the choir and is a soloist at St. Stephen's Church in Sewickley.

### **Community Volunteer**

To round out her contributions to her community, this "First Lady of the Arts", as Betty is often called around Beaver County, finds time to serve on several boards of directors, including Merrick Art Gallery Associates, Lincoln Park Performing Arts Charter School, Beaver Valley Local, American Federation of Musicians and the Midland Arts Council. She is the scholarship chair and newsletter editor for the Rochester Chamber of Commerce, and is on the advisory board of both the Sweetwater Center for the Arts and the Guild Council of the Pittsburgh Center for the Arts.

### **Mother and Grandmother**

Even with all of this creative energy swirling around her, Betty concludes that her greatest joy is watching her three daughters flourish in succeho just started college, is interested in being video game designer." | DHL

*Originally printed in Pittsburgh Senior News.*



"Two Piano Quartet" is a free-standing found object sculptural assemblage.



# Feng Shui: The Art of Art: HOW THE COLOR, SHAPE AND SUBJECT OF YOUR ARTWORK INFLUENCE YOUR LIFE

By Fawn Chang, CFSC

Your walls are talking to you. Whether you realize it or not, the art and images that you surround yourself with every day actually influence your life. From a Feng Shui perspective, what you hang on the walls of your home describes your life—past, present and future. Take a look at what your art is “saying” then decide if it’s hindering or helping you achieve lasting happiness, vitality and wealth of all kinds.

According to current science, your subconscious mind reads everything in our environment, and your brain and body adapts to find and deliver more of the same. Feng Shui has known this for thousands of years; color, shape, subject and placement all impact your life. Think of it as “house psychology.” Learn to decode the language of color, shape and items in your home, as well as how to make changes so you can live your best life.

You’ve found a piece of art and you love it. Perhaps you hang it in your bedroom and forget about it. Unless you have studied Feng Shui, it’s unlikely that you will associate that art selection with the notion that, a few months later, for instance, your significant other starts acting squirrely, you begin to lose touch and next thing you know, you are both “back on the market.” Or, you begin to lose interest in life, gain weight, have digestive issues or any number of other struggles. The principles of Feng Shui would suggest looking carefully at the art and images you’ve chosen. How to begin?

Really look at the piece then describe it to yourself. Decide if you want to be living that description. One woman called me for advice because she had lost interest in the one thing that previously brought her joy: playing the piano. When I walked into the room, I asked her to describe the painting hanging in front of her piano. “I see a young woman carrying a sickle. She’s dirty from working hard in the field all day. She looks poor, unhappy,

sad and tired.” Obviously, her subconscious mind was associating these emotions with her beloved hobby.

The metaphorical meanings of images influence us, as well. For instance, if an executive had a grand piece of artwork behind her desk, we would subconsciously adjust our response based on that image. A painting of a stalking panther, soaring hawk, stampeding horse and a soft bunny all evoke different meanings. If that same executive had a portrait behind him of four generations of company owners, that would convey a different message. Consider the number of people in an image. Artwork with two or more people sends the brain a message that you want to be part of relationships. It’s also interesting to note that if you have photos of your family around your house yet the picture taker is missing from the photos, it won’t be long before this person will begin to feel “out of the picture.” So make sure everyone in the family is represented.

Shapes are often less easily deciphered than images of people, yet the lines and blocks of color often send messages to our subconscious. Advertisers have known this for decades. Review your paintings for the shapes they contain, some that might not be obvious at first. For instance, a jagged abstract or even a realistic painting could have within it the shape of a knife. A painting such as this hanging over your bed could have a significant influence in nightmares, headaches or even in arguments between couples.

The Feng Shui energy of shapes tells us that square shapes are grounding and nourishing, but too many will keep us overly detail-oriented and make us feel lethargic. Triangles move energy in a fiery fashion. Vertical stripes help us to be more independent, trusting and possibly overly romantic and ungrounded. Ovals, circles and spheres keep us accountable, as they move us quickly into community, duty and social responsibility.

Color influences our bodies and activates our hormones in ways that motivate behavior, as well. Red, orange and yellow are colors that motivate action, so artwork with these colors will create activity, passion and fast-moving energy. You might notice that fast food restaurants use red, orange and yellow to move patrons along faster. Red in a bedroom can increase passion but too much can cause stress and an inability to sleep deeply. Consider using soft pink to inspire unconditional love. Orange and yellow are more social colors. They increase lively conversation and playfulness, yet too much yellow can create indigestion and crankiness.

Light green and blue will inspire upward movement and independence; softer earth tones will instigate rest, relaxation and independence. Black is the most mysterious and powerful color, one that the Chinese associate with water, depth and self-protection. It’s not recommended that black artwork be used in the dining room or kitchen, as it can inhibit digestion and conversation. Black in a bedroom can cause you to sleep too deep, resulting in sleep hangovers. Teens are often drawn to black to help them go deep into their own experiences and help form their own personalities, separate from their parents’.

These are just a few suggestions of how to review the influences in your home and how they impact your life. The art of art is a science, and one that you can master by engaging your own body wisdom and a bit of Feng Shui knowledge. | DHL

*Fawn Chang is a Feng Shui and color expert. To learn more, visit [www.FawnChang.com](http://www.FawnChang.com).*





DHL's

# pet Lifestyles

## Natural, balanced and beyond: Making sense of dog food labels



Dogs are man's best friend, so it's only natural to want to give him the best care—from the veterinarian you choose, right down to the food you put in his bowl every day. In a world filled with an ever-expanding array of pet food choices, it can be hard to make sense of it all. Getting to know the meaning behind the labels you see at the pet store will make it easier to give your four-legged friend the food he deserves.

"Making sense of dog food labels can be a challenge and many owners aren't sure where to start when it comes to choosing the best food for their pets," says Jessica Vogelsang, DVM of Pawcurious.com and a petMD contributor. "A single, seemingly simple word can have a much more complex meaning, but learning the story behind those words will tell you a lot about what you're feeding your dog."

Vogelsang points out a few key words that dog owners should pay attention to:

**"Natural":** When it comes to dog food, the Association of American Feed Control Officials (AAFCO)—which sets voluntary standards for the pet food industry—defines "natural" as "a feed or ingredient derived solely from plant, animal or mined sources." In practical terms, this means that a natural dog food like Hill's Ideal Balance contains no chemically synthesized ingredients (aside from vitamins).

**"Balanced":** Pet food is formulated to be the sole source of your pet's nutrition so it's the ingredient ratios that are essential in making the food complete and balanced. It has to strike the right balance between macronutrients like carbohydrates, fat, and protein, and micronutrients. Macronutrients provide calories, and both the amount of calories and the ratios of carbs, fat and proteins to one another are important for optimum pet health. Micronutrients are vitamins and minerals that the body uses in smaller amounts, but they are no less important; calcium and phosphorous, for example, are essential to bone health. Provided in the wrong amounts, they can cause health problems for your pet.

**"Grain-free":** Like people, some dogs have food allergies and sensitivities and can benefit from a grain-free diet.

"When you shop, read labels carefully and consider the source," Vogelsang says. "For instance, Hill's has a long history of making leading dog foods, and their Ideal Balance has been formulated by a team of pet nutritionists to provide your pet with natural ingredients perfectly balanced."

Providing your pup with healthy food is one of the best ways to ensure that you'll share a long, happy life together. To learn more about feeding your dog well, visit [petMD.com](http://petMD.com) or [Pawcurious.com](http://Pawcurious.com).







## Pets make powerful partners in weight loss

Lives. Homes. Furniture. Even beds. People share a lot when a dog or cat is part of the family. Unfortunately, one trait that far too many pets and their owners have in common is excess weight. In fact, two-thirds of U.S. adults and 55 percent of pets are considered overweight, according to the Association for Pet Obesity Prevention.

The silver lining is that while many pets and their owners are tipping the scales, losing weight is something they can do together, as people and pets make great weight loss partners for reasons both scientific and psychological.

Jenny Craig and Purina have pooled their resources to help people and their pets lose weight together. "Support while losing weight is invaluable," says Jessica Collins, a local spokesperson for Jenny Craig. "A four-legged weight loss buddy can be the perfect partner, as they won't judge and will provide great motivation to keep active by walking."

"Pets love exercising with their owners and can even help boost their owners' time and intensity level," adds Purina certified weight coach Heather Prendergast. Studies show that dog owners walk nearly twice as much as people without dogs and their walking speed increases 28 percent.

Collins and Prendergast offer the following tips for people and pets during weight loss:

**Walk before you run.** If you and your pet are new to an exercise program, set short-term, manageable goals and gradually increase the level of difficulty and duration as the two of you work together toward your activity goals. Jenny Craig offers free walking plans at [www.jennycraig.com/heart-walk](http://www.jennycraig.com/heart-walk).

**Play together.** Dogs love to play fetch. Throw the ball and do lunges or squats while your dog runs to fetch, or



race to get the ball first. Cats love chasing toys, too, and can even be taught to retrieve.

**Connect mealtime with exercise.** Before breakfast or dinner, squeeze in a short walk. Teach your dog to earn his treat by performing a trick first. Have your cat hunt for his food by hiding kibble in different places around the house.

**Embrace snacking.** Snacks for people and treats for pets can be built into a healthy meal plan and can serve as protection against binge eating. Frequent small meals can also boost metabolism and keep hunger away.

**Drink up.** Don't forget to hydrate before and after exercise and throughout the day. Sometimes thirst can be confused with hunger, so make sure you and your pets always have a full water bowl.

**Get a checkup.** Consult with your physician and veterinarian before beginning a weight loss, diet or exercise program.

The Power of Two program created by Jenny Craig and Purina includes additional healthy lifestyle tips for pets and owners, rebates for veterinary services, free counseling and other offers for participants. To enroll in the program, visit [PowerofTwoProgram.com](http://PowerofTwoProgram.com).

*More Pet Lifestyles on next page.*







## Help your pet shed unhealthy weight

Are you killing your pet with kindness? We're not talking about the compassion that motivates us to vaccinate our furry friends, or keep them warm in cold weather. Kindness can be harmful to pets if it comes in the form of an overabundance of food and treats. The all-too-common result is a four-legged companion that becomes overweight or even obese.

A 2012 survey by the Association for Pet Obesity Prevention found 52.5 percent of dogs and 58.3 percent of cats to be overweight or obese by their veterinarians. This translates to nearly 80 million dogs and cats in America with a weight problem. Dr. George Banta, chair of the Veterinary Technology department at Brown Mackie College in Akron, and Dr. Mary Jo Wagner, attending veterinarian at Argosy University in Twin Cities, offer useful information for pet owners.

How can you tell if your pet is overweight? "It's not the number of pounds, it's how the animal carries the weight," says Banta. "The number on the Body Condition Score is more important than pounds." The Body Condition Score offers a way to assess the condition of an animal, usually on a scale from one to five, taking into account height, weight and relative proportions of muscle and fat.

With a little knowledge, you can use sight and touch to figure your pet's general condition. "When looking down on a dog or cat from above," says Banta, "the body

should slim to a discernable waist. An animal is too thin if you can see the spine or ribs; however, you should be able to feel them beneath the fur." An animal of ideal weight will also display a pelvic tuck when viewed from the side.

"Just like humans, when animals overeat, they face increased risk for health problems like diabetes, heart disease, gastrointestinal problems and cancer," continues Banta. The risks also include a shortened life expectancy.

Many owners feed pets according to the manufacturer's suggested amounts; however, this instruction may not be right for your pet. "These guidelines are meant to cover all animals of a certain weight range," says Wagner. "An owner must consider the age and activity level of each pet. The more active they are, the more calories they will burn in a day."

Metabolism rates vary in animals the same way they do in people. Metabolism is the body process in which food is broken down for energy; this is another factor that affects the amount of food a pet needs. Wagner advises owners to keep an eye on body condition to judge whether a pet is eating properly. "If your pet shows signs of being overweight, simply cut back the amount of food given at each meal. Then weigh the pet in two or three weeks to see if it has made a difference," she says.

Choosing the right food for your pet is important, as well. Different brands of pet food contain varying amounts of protein, fat, carbohydrates and calories. "As a general rule, young, active dogs need high protein food," says Wagner. "Older dogs need higher fiber to keep the gastrointestinal tract moving." Ingredients listed on the package appear in descending order of volume; the first item on the list is most abundant in the food.

Most of us love to give treats, but many of us don't realize how many we offer each day, "Wagner comments. "A 40-pound dog is one quarter the size of a 160-pound person. They have smaller stomachs. Look at calories in everything your pet eats. After that, it's simple math."

"Table scraps are a definite no. Zip, zilch, nada," says Banta. "They are not good for two reasons. First, foods like chocolate, caffeine, grapes and raisins can be toxic to dogs. Second, the high fat content associated with table scraps, especially holiday trimmings, can lead to the onset of acute pancreatitis, which can be fatal." Banta recommends offering a carrot instead of a cookie.

Pets do enjoy treats as a reward; however, attention from you is also a reward. It's important to praise your animal. "In some ways, spending time with them is better than a treat," Wagner says.



## Ant Farm History

The history of the ant farm and Uncle Milton Industries, which dates back to 1946, shows how the simple concept of selling live ants made the company millions of dollars and captured the imaginations of children worldwide. "Milt" was an active duty sergeant who built bridges for the U.S. while stationed in Germany. His interest in ant farm started when he returned home from active duty.

Milt's brother-in-law Joe Cossman was a marketing whiz who liked to sell items with a twist. Joe and Milt got together in 1952 and created a mail order company on the West Coast for balloons, plastic army men and spud guns that shot potatoes. Orders were coming in left and right for these and other crazy items that they sold. Then in 1956 at a Fourth of July family barbecue, Milt came upon the idea of the ant farm.

Observing ants moving back and forth during the festivities, he had a brainstorm about how he could profit from an insect so abundant but still considered to be a pest. Children love to watch the ants, he surmised, as watching them interact intrigued even him. So he asked Joe, "Why don't we come out with some kind of observation toy so kids can watch ants at home?"

The ant farm was born and the brothers began test marketing it through the Los Angeles Times. It basically consisted of a plastic box, bag of sand and a vial of live ants. Orders came flying in at a speed that



the brothers could not anticipate. Procuring a huge quantity of ants became a problem, so they devised a plan. They placed a classified ad for ant pickers, paying one cent per ant. Eventually they connected with a gentleman named Kenneth Gidney to pick live ants. The Gidney family continued to provide ants to Uncle Milton Industries for the next 30 years.

As the supply of ants went up and the demand for ant farms increased, the brothers decided to change the design of the toy for mass production. The new version was made of clear injection-molded plastic with a green art-deco frame and stand. The toy was more of a fun, kid friendly insect habitat, complete with a barn, silo, windmill, farmhouse and barnyard animals in high detail. Sand was replaced with clean, white volcanic gravel. The name "Ant Farm" became a registered trademark.

Today, ant farms are sold throughout the world and these insects continue to fascinate children of all ages. | DHL

Source: [www.insectkits.com](http://www.insectkits.com)



## TREAT RECIPE

Dog Treat Recipe  
That Kids Can Make

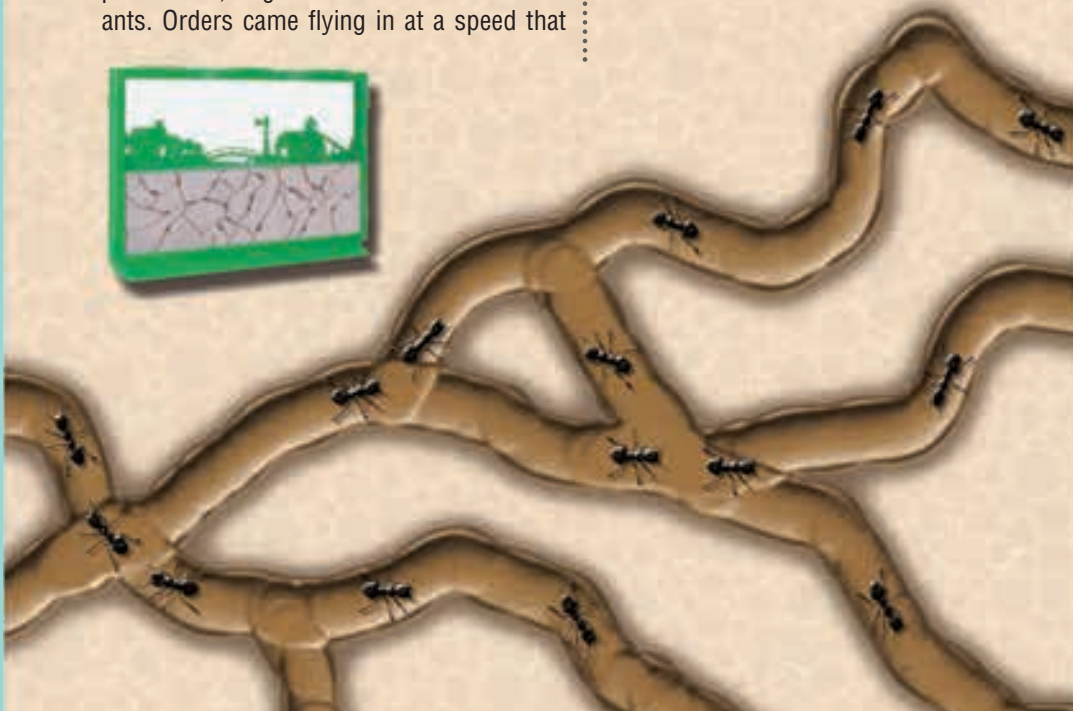
### Banana Bites

When you think of foods that make your furry friend flip, bananas probably don't immediately come to mind. While it's true that fruit isn't usually at the top of a dog's list of favorite fare, using bananas in baking is a great way to create delicious and healthy treats. The best part about banana bites is that your children can eat them, too.

3 cups oatmeal  
1-1/4 cup of flour  
2 eggs  
1/4 cup oil  
1/2 cup honey  
1/2 cup milk  
2 mashed bananas

Mix all the wet ingredients together then add flour and oatmeal until batter is smooth. Pour onto a lightly greased cookie sheet and bake at 325 degrees for 25 minutes. Once your banana bites are cool to the touch, use a knife or pizza cutter to slice them into bite-sized squares.

Dogs really go bananas for these yummy snacks but don't let your pet eat too many, as they can be fattening. Particularly if your dog is prone to pudginess, be sure to limit him to just a few treats per day. Keep them refrigerated. | DHL





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# The Best of At Home With:

Shortly before DHL began publication, we decided to add a column called At Home With. Our idea was to seek out and feature exceptional people, places and things that can be found right here in Pittsburgh. Over the years, we've had the pleasure of meeting some incredible people and reporting on wonderful local treasures. Some of them are hidden gems; for others that are more well known, we've enjoyed giving a fresh, behind-the-scenes glimpse. This is our "finale" for the At Home With column, so we thought you might enjoy seeing some of our most-loved columns from past issues of DHL.

*Continued on next page*

The Andy Warhol Museum,  
Summer 2004, Premier Issue





Stephanie Marie Zungre  
Fall 2004



The National Aviary  
Spring 2005

Ms Ealynn Voss, Summer 2005



One of our “favorite” favorite places is The Andy Warhol Museum on the North Shore. (Given his eccentricism, Warhol may have liked our double use of a word in one sentence). We featured the iconic museum in 2004, the year of its 10th anniversary. Its former director, Thomas Sokolowski, shared with us his thoughts about how Pittsburgh’s art scene measures up with likes of places like New York City. “There is a wealth of art right around us. I only wish we could get the people who aren’t interested in the arts to understand that what they have here is so interesting...but we are seldom tourists in our own city, or our own country, for that matter,” he commented. For more information, visit [www.wharhol.org](http://www.wharhol.org).

Another popular Pittsburgh jewel highlights another type of art altogether: that of Mother Nature. The National Aviary on the North Side began in the late 19th Century as Pittsburgh’s first plant conservatory. It was destroyed



in the late 1920s by a natural gas explosion, and rebuilt in 1952. The venue continued its steady growth as a bird sanctuary until 1991, when it almost became extinct itself due to municipal budget cuts. A year later, it was privatized and in 1993, the US Congress declared it as the renamed National Aviary in Pittsburgh. That's when things really took flight—literally and figuratively—and the nonprofit made conservation and education its main focus. Learn more at [www.aviary.org](http://www.aviary.org).

Did you know it's all happening at the zoo? (I do believe it's true!) The Pittsburgh Zoo and PPG Aquarium in Highland Park was featured in our fall 2010 issue. The popular attraction houses everything from Komodo dragons to polar bears in its seven unique exhibit areas: the Asian Forest, Bear Row, Kid's Kingdom, PPG Aquarium, the Tropical Forest and Water's Edge. While the zoo takes giant elephant steps to make sure its visitors are entertained, it views the education of its guests to be equally important. "Most of animals are endangered and threatened," explained the facility's PR manager Tracy Gray. "By teaching our visitors about these animals, we help them become interested in getting more involved. Check out [www.pittsburghzoo.org](http://www.pittsburghzoo.org) or [Facebook.com/pghzoo](https://www.facebook.com/pghzoo).

We've also interviewed and featured some amazing local folks with big talent. Visual artists Burton Morris and Johno Prascak come to mind. Growing up in Churchill, Morris was positively



Bill Deasy, Winter 2005



Johno Prascak, Summer 2006

influenced by Fred Rogers (like so many children of his generation) and captivated by the exciting escapades that leapt from the page of comic books created by Marvel Comic's Stan Lee. Morris graduated from CMU and quickly began to develop his recognizable post-pop style. His work has become immortalized in images from the 76th Annual Academy Awards, the 38th Montreaux Jazz Festival, the 2004 Olympics in Athens and the 2006 MLB All Star Game here in Pittsburgh, among many other prestigious projects. We found Morris to be approachable, unpretentious and as endearing as his colorful, eye-popping work. Prascak's style stems from his unique renditions of Pittsburgh cityscapes and sports legends. "The Chief," "Terry Bradshaw," "Steeler Sunday," "Heinz Field" and "Three Rivers" all hang in the NFL Pro Football Hall of Fame in Canton, Ohio. His paintings unleash an energy that ignites both a deep sense of admiration and amusement. Many more of Prascak's works can be found in his South Side art studio. "I am inspired by life—the people I meet and what's happening in the here and now," he told us back in 2006.

We have delighted in meeting and showcasing many other types of artists over the years, as well, and two stand out as particularly memorable, partly because they are such nice people. Penn Hills native and

*Continued on next page*





Tamara Tunie,  
Winter 2006



singer-songwriter Bill Deasy shared with us that he became fixated on Elvis Presley when he was just six years old. “My dad would get me a different Elvis single every weekend,” he remembers, “probably for his own sanity, because I would listen to the same songs over and over again everyday when I got home from school.” Yet Deasy’s style is far from Presley’s, and we’re glad for it. His voice is soothing yet gruff, gentle yet powerful. His lyrics evoke an ethereal yearning to reach beyond himself to someone or some other place. Deasy has gone onto write songs for Howard Jones, Billy Ray Cyrus, Kim Richey, Martina McBride, The Clarks and many others. His feel-good anthem, “Good Things Are Happening” became the theme for Good Morning America. As a performer, he has shared the stage with Bob Dylan, Norah Jones, Patty Griffin, John Mellencamp and Bruce Springsteen, among many others. “My greatest accomplishment is that I’m still doing it,” he says.

Another performing artist—this one in the form of dance—also captured our hearts. Stephanie Marie Zungre of Jefferson Hills (born in Amsterdam, the Netherlands) had dreams of being a world-class ballerina from a young age.



Burton Morris,  
Spring 2008

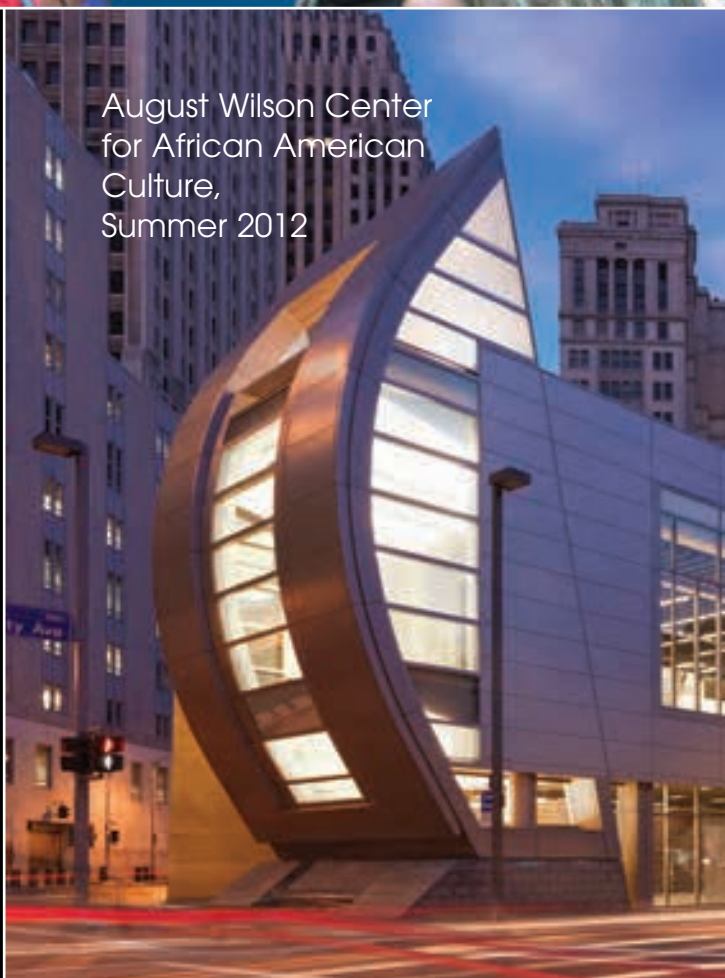




Pittsburgh Zoo &  
PPG Aquarium,  
Fall 2010



Darieth Chisolm,  
Spring 2013



August Wilson Center  
for African American  
Culture,  
Summer 2012

She got her shot when New York City Ballet's artistic director Peter Martins discovered her talent in 2002 and plucked her from the Pittsburgh Youth Ballet to join the company. We spoke with Zungre when she was 19, and were struck by her combination of calmness and high energy. Being chosen by the NYC Ballet, she said, is "exciting and scary at the same time. I am so thankful to have been so blessed."

McKeesport native, former Homestead resident and CMU grad Tamara Tunie—who we profiled in 2006—is a sweetheart, as well. Her tenacious work ethic and sincerity make her one of the most sought-after actresses in the theater-film-TV business. You may recognize her from "Law & Order: Special Victims Unit." And who doesn't love Darieth Chisolm? Since speaking with her for our Spring 2013 issue, Darieth has announced her decision to leave her long-standing position as news anchor with WPXI-TV and focus on her Fullbody Fitness Club and other entrepreneurial ventures.

Even the "diva" we interviewed was a delight! South Hills resident and dramatic soprano Ealynn Voss captivated us with her grace, humility and sense of humor. "I too am in awe of the power of the human voice to evoke such life heralding emotion," she conveyed. "I always saw myself in a celebratory role, truly thankful to have a gift to contribute."

And all of us at DHL could add that we, too, are thankful to have been blessed to interview and report on so many fascinating local people, places and things. We hope you've enjoyed it, as well. | DHL



## Calling It Home:

# PLEASANT HILLS

By Heather Holtschlag

Photos by Tom Poljak

What used to be part of the Province of Virginia now boasts about 3,500 households and is home to more than 9,000 residents. Pleasant Hills has gone through many changes since one of its historic landmarks, a log home dating back to 1774, was built.

Though little is known about this home, some of the pieces of the outdoor summer kitchen and an apple orchard still remain. Not very much is known about the owner or builder, though some believe he was to be a German immigrant, which may help explain its three story construction.

Pleasant Hills, which spans three square miles, has taken up residence as part of several different counties – Yohogania, Westmoreland and Washington County – before finally landing in Allegheny County. The area is located about eight miles southeast of Pittsburgh.

The first landowner of record in Pleasant Hills was John Reed Jr., who named the area Reedsburg and built a log cabin on what is now Orchard Drive. Reed's brother-



in-law, William Walker, soon followed and settled on a farm that he named Pleasant Hill Farm.

The first plan of residential streets and homes of Pleasant Hills opened in 1929 along Airport Road, which today is known

as Lebanon Church Road. This paved the way for future development, even during the Depression, and included new homeowners on Betty Rae Drive, Melvin Drive, Old Lebanon Church Road and Pleasant Hills Boulevard. In 25 years, the Borough of Pleasant Hills had grown from 837





homes and a population of 2,500 to 2,630 homes and a population of 10,500. Its residents earned their livelihoods in many diverse occupations including the steel industry, the medical, legal and accounting fields and small business owners.

Today, Pleasant Hills is home to many popular landmarks, including the Pleasant Hills Presbyterian Church; the Pleasant Hills Public Library; Mowry Park; Bill Green Shopping Center; the Arboretum, which boasts 200-year-old trees that make for an attractive display of vibrant colors every fall; and a children's playground called Pleasant Kingdom. Perhaps one of the best kept secrets of Pleasant Hills, though, is an establishment called the Pleasant Bar, where many recreation little league drafts take place.



Pleasant Bar



Pleasant Hills Presbyterian Church



Bill Cherpak. Photo credit: Thomas Jefferson High School Athletics/West Jefferson Hills School District

And if you know anything at all about Pleasant Hills, then you are likely familiar with Thomas Jefferson High School and the name Bill Cherpak, who is considered one of the greatest football coaches in WPIAL history.

You might also be aware, then, of Pleasant Hills Community Day, which takes place in August and kicks off with a hometown parade that is followed by great food, fun and games and ends with a fireworks display.

It is not uncommon for children who were raised in the community of Pleasant Hills to return to their roots later in life, where they raise their families. Neighbors often stick around long enough to really get to know each other and often long enough to enjoy the lifetime celebrations of the neighborhood children – from baptism celebrations to wedding ceremonies. And if a house does go on the market, it will likely be sold quickly, as it's also not uncommon for houses to sell even before they are listed. It is quite a popular destination for everyone from first time home buyers to retired professionals and everyone in between. And there's no sign that its popularity is going to decrease anytime soon. | DHL



Pleasant Kingdom



cocktails at home:

# Apple Cider

## COCKTAILS

It's sweater weather once again, time for jumping into a pile of crimson, yellow and orange leaves. Autumn brings with it the wonderful taste of fresh apple cider, which makes a great foundation for many fall-inspired cocktails. Whether you're looking to impress company at your Halloween or Thanksgiving gathering, or just warm yourself by the fire after a brisk walk in the woods, these delicious cider recipes are cozy, sexy and sure to fit the occasion.





## *AmARe t t o*

### *Su n Se t*

- 1/2 jigger triple sec
- 1/2 cup apple cider
- 3 fingers amaretto
- 1/2 cup ice cubes
- almond liqueur

Shake ingredients in bartender's mixer quickly. Strain ice and serve in glass immediately with a slice of orange. It should taste orangey, almondy, appley, all together and should be just a drop below room temperature. For a fireside drink, eliminate ice and warm cider for 30 seconds in microwave.

## *h o t But t e Red Cide R*

- 7 cups apple cider
- 4 sticks cinnamon
- 1 lemon peel cut into strips
- 1/3 cup brown sugar
- 1.5 cups rum
- 1 tsp. whole allspice
- butter
- 1 tsp. whole cloves
- thin apple slices

Combine apple cider and brown sugar in a large saucepan. For spice bag, tie cinnamon, allspice, cloves and lemon peel in a seven- inch square of cotton cheesecloth. Add spice bag to cider mixture. Bring cider mixture to boiling. Reduce heat and simmer, covered, for 15 minutes. Remove and discard spice bag. Stir in rum. Pour cider mixture into mugs. Float about 1/2 tsp.. butter or margarine on each. Top each serving with one or two thin apple slices. Makes about 10 servings.

## *h o t Appl e St Ru del*

- 1-1/2 oz. Rumple Minze
- hot apple cider

Fill a mug with hot apple cider and add the Rumple Minze.

## *h o t Go l d o n Ay A GRo G*

- 1-1/2 oz. Stolichnaya Cinnamon Vodka
- 1 cinnamon stick
- 4 cloves
- 6 oz. apple cider
- 1 orange

Heat vodka, apple cider and orange peel in a saucepan, but do not boil. Pour into a preheated mug and garnish with cinnamon stick. To serve cold, pour into a container with a tight-fitting top and refrigerate. Serve in chilled highball glass with several ice cubes and garnish with cinnamon stick.

## *t RiCk -o R-t ini*

- 1-1/2 oz. Absolut Ruby Red Vodka
- 1/2 oz. lime juice
- 1/4 oz. orange juice
- 1/4 oz. ruby port
- 1 oz. apple cider

Combine all ingredients, shake well and pour into chilled martini glass. Sink the ruby port to the bottom and garnish with a flamed orange peel, and freckle with nutmeg.

## *Bo o GA Bo o GA*

- 1/2 oz. vodka
- 1/2 oz. apple cider
- 1/2 oz. raspberry iced tea
- 1/2 oz. orange juice

Mix in a highball glass over two ice cubes. This drink should have a lovely brown color, if mixed properly.

## *h o t Appl e t o d d y*

- 2 oz. whiskey or apple brandy
- lemon wedge
- cinnamon stick
- 1 tsp.. sugar
- 2-3 whole cloves
- hot apple cider

Coat the bottom of an Irish coffee glass with honey. Add the whiskey or apple brandy. Fill with hot apple cider. Stir well. Garnish with the lemon, cinnamon stick and cloves.

## *Cide R mARt ini*

- 1 oz. rum
- sugar
- 2 oz. apple cider
- 1 slice orange
- cinnamon

Run orange slice over the rim of the martini glass and dip rim in cinnamon sugar. Combine rum and apple cider in a shaker with ice. Strain into a martini glass and garnish with the orange slice. Also can be served in a tall glass on the rocks.

## *WiCked Wit Ch Appl e pu n Ch*

- 1 bottle passion fruit vodka (750 ml)
- 1 bottle apple cider (750 ml)
- 1 bottle cranberry juice (64 oz.)
- 1 bottle ginger ale (1 liter)
- 2 cups pineapple juice
- 1 red apple

Combine all ingredients in a large black witch's cauldron with ice and stir. Garnish with large slices of red apple floating on top and dry ice.

## *k Ah l u A*

### *Cin n Amo n*

### *SpARk l e R*

- 1-1/2 oz. Kahlua Cinnamon Spice Liqueur
- 3 oz. sparkling apple cider
- 1 lemon

Shake Kahlua Cinnamon Spice and a squirt of lemon over ice. Top with sparkling apple cider. Grate nutmeg on top.

## *CAn dy Appl e*

- 1-1/2 oz. acai spirit
- 1/4 oz. simple syrup
- 1 oz. apple cider
- caramel apple
- 1/2 oz. apple liqueur

Add all ingredients to a cocktail shaker with ice and shake very well. Strain over ice into an old-fashioned glass. Garnish with a caramel covered apple slice.

## *Cide R Cup*

### *pu n Ch*

- 16 oz. apple cider
- 6 oz. club soda
- 2 oz. brandy
- 4 tsp. sugar
- 1 oz. triple sec

Stir over ice cubes in a large pitcher. Garnish with fruit of the season, a sprig of mint and two rinds of cucumber and serve in large wine glasses. Makes 6 servings.

## *SCh nide R*

- 10 oz. apple cider
- 1 part vodka
- 1 part gin
- 1 part rum

Shake in a mason jar and serve. Garnish with a slice of apple.

## *Appl e Cide R*

### *Ru m t ini*

- 1-1/2 oz. white rum
- juice of 1/2 lime
- 4 oz. apple cider
- dash of cinnamon
- 1/2 oz. simple syrup

Combine rum, apple cider, simple syrup, lime juice and cinnamon. Shake with ice. For the sugar rim, wet outside rim of the glass with a piece of lime. Combine sugar with a dash of cinnamon in a medium plate or wide-lipped bowl. Dip glass into the cinnamon sugar. Serve chilled in a martini glass, or over ice in a highball.



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