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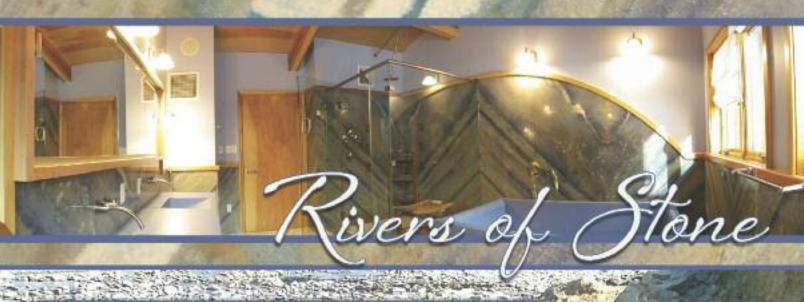
BOLD COLOR IS HOME AGAIN • FENG SHUI



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See Story On Pages 12-14

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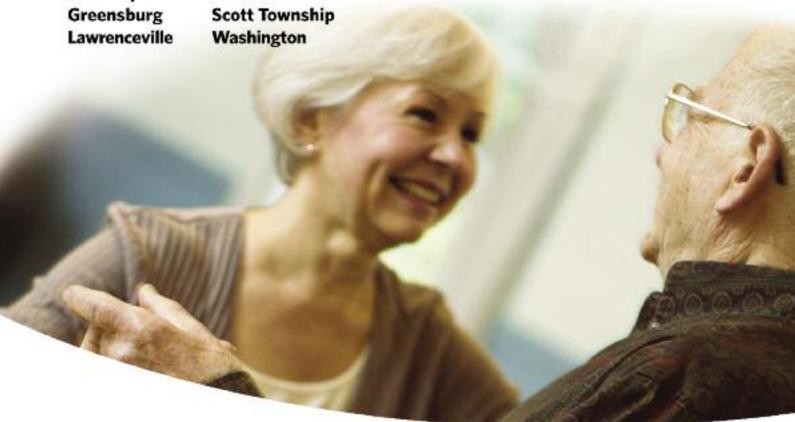
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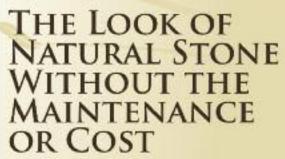
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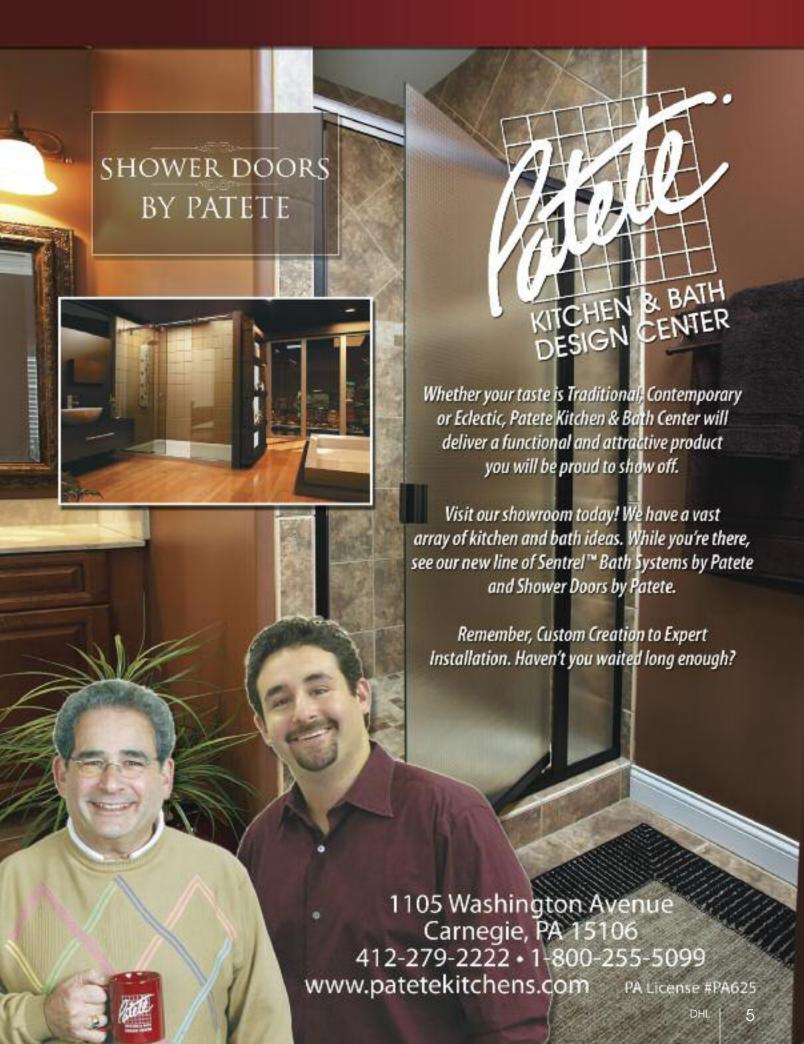




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Spring Issue 2012

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#### SPRING CLEANING. IT GOES DEEPER THAN JUST SURFACES

In today's fast-paced world, there doesn't seem to be enough time to keep on top of clutter...but there's hope. A thorough spring cleaning can set the tone for an entire year of greater joy, health and vitality.

#### BOLD COLOR IS HOME AGAIN: FOUR COLOR TRENDS FOR THE WAY WE LIVE NOW

Individuals who are in the business of predicting color trends know a lot about color's power to engage and delight us. They know that it's one way in which we make sense of what's going on in the world. Color is one of those intangible things that can balance and calm us, or excite and energize us.

#### YOUR HEALTH + WELLNESS

Psychologists say that when we're surrounded by clutter and confusion, our minds tend to race and our blood pressure elevates. We cover some helpful tips for tidying up your "outer space," which will help to clear your "inner space," as well.

#### DESIGNING HOME LIFESTYLE'S FENG SHUI

Here's our introduction to Feng Shui. According to the 5,000-year-old practical science of Feng Shui, your environment can affect your ability to get that job you want, find romance, accept wealth and have peace of mind. Feng Shui's objective is to create harmony and balance in your environment, and how you go about doing that depends on who you are and what you want to have in your life.

#### WESTERN PENNSYLVANIA'S TOP CHEFS

In this issue, we asked our featured chefs to share their favorite shrimp recipes. You'll notice that some decided to "go with the spice." Also, our chefs have reviewed wines that pair well with shrimp. We encourage you to try their recipes and wine selections at home and also visit them at their incredible restaurants to experience firsthand the incredible talent they offer.

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#### On The Cover:

Bridgeville Appliance is a third-generation, family owned and operated business that has been a Pittsburgh institution since 1947. Whether you're an existing or new homeowner, architect, kitchen designer, remodeler or general contractor, Bridgeville Appliance pledges to offer the knowledge, experience and attention to detail that you deserve while selecting kitchen appliances. See pages 12-14.



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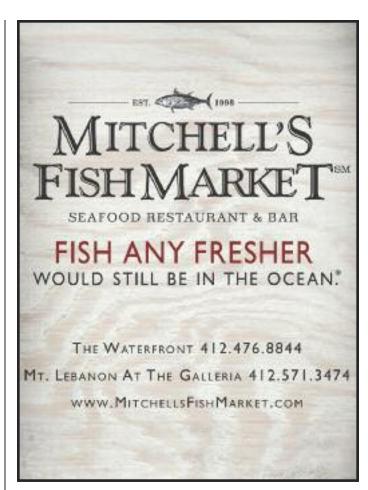


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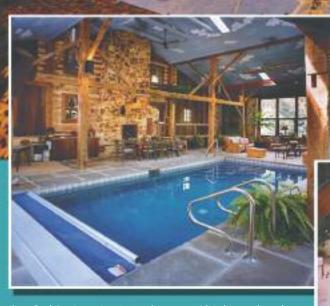
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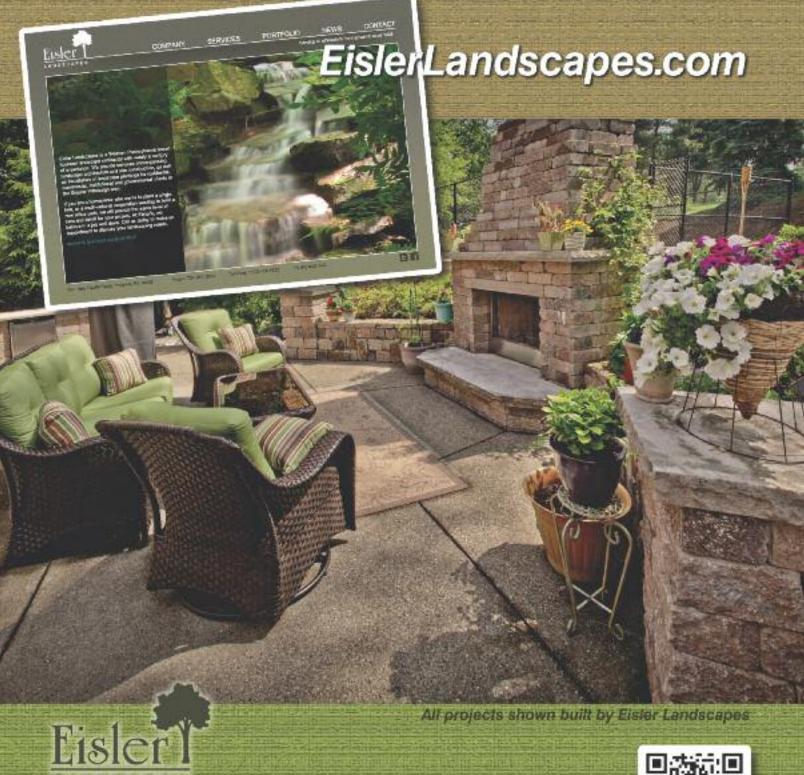


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#### cover story:

# State 1947 BRIDGEVILLE APPLIANCE

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"We take great pride in providing impeccable service and advice to every customer, no matter the size of the project," says Ed Pelino Jr., president of Bridgeville Appliance. "So many of our clients are pleasantly surprised that we deliver exactly when promised, with no additional charge for delivery. Whether it's a simple \$399 range or a \$30,000 high tech kitchen, we deliver what we promise—and we strive to be sensitive to our customers' every need."

Bridgeville Appliance is a third-generation, family owned and operated business that has been a Pittsburgh institution since 1947. Having superb customer service as an integral part of their business philosophy has helped set them apart





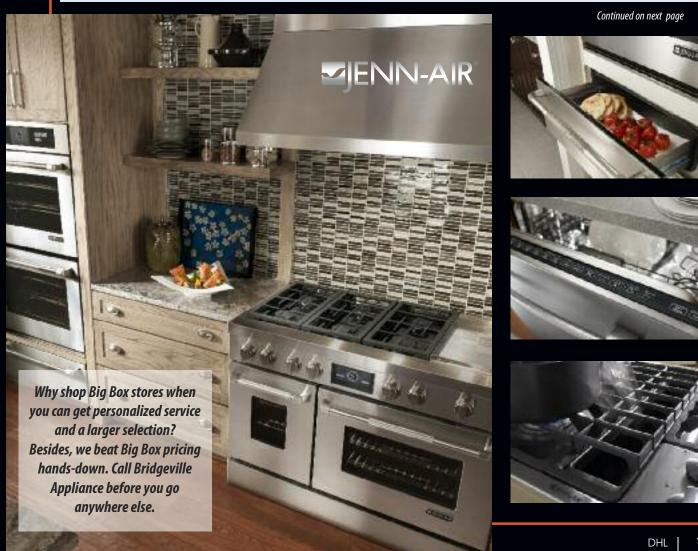
"We take great pride in providing impeccable service and advice to every customer, no matter the size of the project,"

from the competition, and has made them industry leaders in the Pittsburgh region for more than 65 years.

Jim Pelino, general manager of Bridgeville Appliance, shares a customer story: "A contractor got in touch with us a few weeks ago looking for an appliance that they tried to purchase from two other vendors—one locally and the other from a national chain. To his

surprise, not only did we have the appliance in stock, we delivered it the very next morning. The contractor was so pleasantly surprised with our service that he has since given us full responsibility for all of his appliance needs."

If you're ready to build a new home or remodel your kitchen, start your new kitchen's design at Bridgeville





Appliance's state-of-the-art showroom. Since their sales and management team has worked with the area's top builders, contractors and remodelers, they can seamlessly become an integral part of your design or remodeling team. On every job, they provide the high quality products and services that others have come to expect from Bridgeville Appliance—not just builders, but you, the end user. "Our goal is to provide exceptional customer service to every person who walks in the door," Ed Pelino comments.

Bridgeville Appliance is well prepared to offer only the finest products, service and advice. They are part of a national buying group that enables them to offer the best prices, deliver at no additional charge and help their customers make the correct decisions to match their individual lifestyles.

Bridgeville Appliance's delivery teams are specially trained to ensure that the greatest care is taken with every appliance. Their goal of complete satisfaction covers





every aspect of the transaction, including delivery and installation. "We get it right the first time," Jim Pelino says. "Our customers get their

get it right the first time," Jim Pelino says. "Our customers get their appliances on the date and time they are promised, so that the delivery doesn't interfere with their busy schedules. On the rare occasion when problems arise, our customers can rest assured that we will be there to resolve any issue quickly and courteously. You have my word on it."

For more information on Bridgeville Appliance and for a complete list of their product lines, visit www.bridgevilleappliance.com or stop by their showroom.

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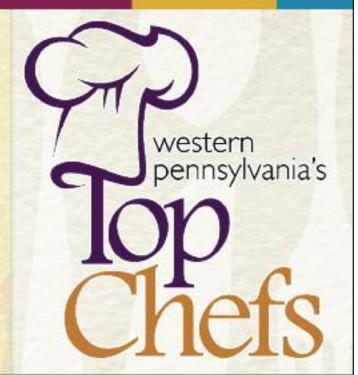
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#### Designing HOME Lifestyles Magazine

Is proud to proud to continue our Western Pennsylvania's Top Chef section where some of our local and most talented chefs share their recipes and wine choices.



Check out pages 60-69 for some incredible recipes featuring Shrimp and our Chef's favorite wine choices.

# SPRING CLEANING

It Goes Deeper Than Just Surfaces





Spring seems like the most natural time of year to clean up your act, and here's a good reason to consider doing so: Household clutter and "daily grime" can be more than just a nuisance; did you know that it can potentially compromise your health and well being, and even prevent you from having the energy to live your heart's desires?

n today's fast-paced world, there doesn't seem to be enough time to keep on top of clutter...but there's hope. A thorough spring cleaning can set the tone for an entire year of greater joy, health and vitality. In the next few issues, we'll share tips for recharging your living spaces—and your life—by staying clean, green and clutter free. Let's begin with the following four steps.

#### Make a Plan

One of the best ways to get your home into shape is to schedule a deadline. Decide what motivates you: Is it getting ready for a special event or overnight guests? Perhaps it's helping a local organization or church raise funds by donating your excess.

After you've set a deadline, make a plan. Whether you're doing a whole house cleaning or just one room or one drawer, the steps are the same: Empty the space completely, clean it and return only what you love. A little preparation and help from a trusted friend or organizing professional (or just your iPod of happy tunes) can all add excitement and clarity to your process. (To hire a trained professional located near you, visit www.NAPOPittsburgh.org.)

#### **Stage and Sort**

Create a staging area in which to put everything—a temporary, safe (preferably empty) space where you transition from clutter to clean. Depending on the size of the job, this could be a box, empty counter, a basket, a spare room or an outdoor tent.

Now it's time to begin sorting your things. This step usually takes the longest because we are often emotionally attached to our "stuff." "Clutter is just unmade decisions," says Pittsburgh-based professional organizer Patty Kreamer. On the road to deciding what is treasure and what is trash, you may experience angst, emotional turmoil and fear. It's no wonder that TV shows about hoarders are popular; we are psychologically linked to our stuff, but there comes an appropriate time to "let go" of it. That alone can speed the process toward living your most healthy and joyful life.

To assist in your sorting process, create four bins, baskets or areas that

"We are happiest when for every something inside us, there is a corresponding something outside."

- William Butler Yeats"

are clearly marked: "Keep," "Donate," "Discard" and "Decide Later."

#### Clean

As the feisty character Ruby in the movie *Cold Mountain* explained, many of us "learned things in the usual way: grandmother knowledge." I grew up with a German grandmother and didn't connect her to the cleaning skills I learned until I once stayed in a bed and breakfast on Victoria Island,

British Columbia run by German immigrants. Something about the sparkle everywhere reminded me of the precision with which my grandmother cleaned. It was, well, next to Godliness! Her secret: touch every surface.

Of course, as children we viewed household chores as prison sentences rather than life skills. We were expected to do our part; in retrospect, it was empowering and gave us a sense of ownership of our living environment.





We cared for our home and it cared for us back, in more ways than one.

As I raised my own children, I was determined that chores didn't have to be miserable. I turned cleaning into a game. Moving boxes became a Pirate's treasure entrusted to our care, for example, and we'd compete to see who could do chores smarter or faster. This works for adults, too. Keeping it fun and lighthearted makes a difference.

For children: "One minute for each year of age" is a rule of thumb that will help instill a lifelong love of clean spaces. For adults: Set a timer for 15 minutes or as long as you think you can stay engaged in the process. For everyone of any age, it's a delight after a long day of cleaning to take a bath and crawl into a neatly tucked bed with freshly laundered sheets.

According to my grandmother, a true spring cleaning would mean starting from the top down (dirt follows the law of

gravity), removing rugs, and cleaning or hand wiping every surface with a damp cloth saturated with the appropriate natural cleaners. Here's what we did in each room:

- Wipe the ceiling, remove and wash light fixtures with a vinegar-water cloth.
- Open the windows, remove and clean the screens. (Place them in the bathtub, rub gently with dish detergent and rinse. Vacuum the tracks into which the screens fit.
- Wash the windows inside and out with clean cloths (old cut-up cotton pillow cases work great).
- Wipe the walls with a damp cloth dipped in water that has a few drops of lavender oil, grapefruit oil or Murphy's Oil Soap, depending on whether the surface is painted, papered or wood. Drag a cloth along the trim, top of doors and baseboards.

- Empty all furniture, wipe clean inside and out, top and bottom.
- Remove grates from heating vents, put them in the dishwasher and vacuum inside the air ducts. If necessary, hire a company to clean your furnace and air conditioner, change the filters and clean the ducts.
- Beds should be aired, rugs beaten, windows opened for fresh air, and all linens and draperies should be cleaned and refreshed.
- Remove rugs and steam clean.
   Hand wipe wooden floors with Murphy's Oil Soap.

There's a saying: If you wouldn't put it in your mouth, you shouldn't put it in your body...and you shouldn't put it in your home. It is possible to have a squeaky clean home that is free of health hazards from chemical cleaning products. Use white vinegar, baking soda, lemon, castile and peppermint

soaps, Borax, a little ammonia and essential oils. There are many books available on how to clean green. *The Baking Soda Book* is one of my favorites; it includes recipes for everything from bathroom cleaning to windows. Another good book is *Better Basics for the Home: Simple Solutions for Less Toxic Living* by Annie Berthold-Bond.

There are many green cleaning products on the market nowadays. Some of my favorites are Parsley Plus, Murphy's Oil Soap, BioKleen's Bac-out and Soy Toilet scrub. Health food stores carry essential oils such as lavender, peppermint, rosemary, pine and lemon; these are anti-bacterial, germicidal and anti-fungal and deter insects, as well. Although these substances are edible, it's not recommended that you ingest the concentrated versions.

## Return Only What You Love

After sorting and cleaning, now comes the fun part: Return to your spaces only what you love. Of each item, ask yourself, "Does it uplift me and make me feel good or does it bog me down and add unnecessary clutter to my space?" If something is broken (and can't be fixed), if you don't love it and certainly if you don't use it, it's probably time to let it go.

Your reward for following these four steps will be well worth it: You will be in a clean, fresh space, surrounded only by useful things that you feel good about—and don't be surprised if you feel calmer, clearer and more energized in all areas of your life.

Continued on next page



In the next few issues, stay posted for more on how your living space influences your life. We will discuss the 5,000-year-old (yet totally modern) art of Feng Shui and how to arrange your spaces for a happier, healthier and wealthier life.

#### Five Daily Steps for a Fresh Home

As a rule, your home should always be 15 minutes away from being able to receive guests. Without driving yourself crazy, here are a few daily habits that will help keep your home organized and welcoming for yourself and your family, as well as any unexpected guests.

Make the bed as soon as you get up.
 A crisply made bed will make it less likely that you will let other things pile up.

- Remove the clutter and trash when you leave a room. Remove dishes and glasses, shoes and newspapers; fold blankets and fluff pillows.
- 3. Sort the mail as soon as you pick it up. Set up a mail sorting space with a few relevant in-boxes, trash can or shredder. Possible inboxes for efficient filing: "to be paid," "handle this week," "work," "personal"; code by whatever works for you.
- 4. Clean it when you see it: Wipe sinks and counters as you use them or talk on the phone. As you cook, wash or put dishes in the dishwasher immediately, discard wilting or expired food. Wipe spills when they are fresh. As you move through your house, become a transporter of things that need to go in that direction, even if you only get them closer to their ultimate destination.
- 5. Put the day's clothes away immediately, whether in the laundry or back in the closet. | DHL



#### **DIY Natural Cleaners**

#### **ALL-PURPOSE CLEANER**

- 3 Tbsp white vinegar
- 1/2 teaspoon washing soda
- 1/2 teaspoon vegetable oil-based liquid soap
- 2 cups hot water

Mix ingredients in spray bottle or bucket. Apply and wipe clean. Dry with a clean cloth to avoid streaks.

#### **FLOOR CLEANER**

For greasy, no-wax floors:

- 1 cup white vinegar
- 1/4 cup washing soda
- 1 Tbsp vegetable oil-based liquid soap
- 2 gallons hot water

Combine all ingredients, stirring well to dissolve the washing soda. Mop as usual.

#### LAVENDER FURNITURE POLISH

- Small amount of refined coconut oil
- Few drops of lavender essential oil Mix together. You can apply this with your hands and wipe with a soft clean cloth. Added bonus: nice, soft hands.

#### PINE FURNITURE POLISH

This is a scented polish designed for hydrating old dry wood.

- 1/4 cup olive oil
- 2 Tbsp lemon juice
- 20 drops of pine essential oil Mix all ingredients in a bowl and apply with a cleaning cloth. Be sure to dry thoroughly.

#### **WOOD CLEANER**

- 2 Tbsp olive oil
- 2 Tbsp white vinegar
- 1/4 cup lemon juice

Make fresh each time you use it. Extract juice from the lemon. Mix with oil and water. Apply a thin coat on your wood surface and let sit for five minutes. Use a soft cloth to buff to a deep shine, in the direction of the grain.

#### **GARBAGE CAN DEODORIZER**

- 1 cup baking soda
- 1 teaspoon tea tree oil

Mix together in a small bowl, working out all the lumps with a fork. Sprinkle the mixture in the bottom of the trash can after the liner is removed. Periodically rinse trash container with white vinegar and dry in the sun.

#### **LAMINATE FLOOR CLEANER**

For engineered wood and no-wax floors.

- 1/2 cup white vinegar
- 1 gallon warm water

Mix ingredients. Avoid over wetting the floor by using a spray bottle to apply the mixture to the floor. Mop as usual (cotton or microfiber mops work best).

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# Simple water-saving tips can have a big impact on your wallet

(ARA) - The average household spends as much as \$500 per year on its water and sewer bill, but by making just a few simple changes to use water more efficiently, you could save approximately \$170 per year and help the environment, according to the U.S. Environmental Protection Agency.

From replacing inefficient appliances, to taking small steps at home to eliminate water waste, you can make a huge dent in your water usage and save some cash. Here are some easy tips to follow:

#### **Bathroom blunders**

Did you know toilets are the single largest water-user in a home? A leaky toilet can waste 200 gallons of water per day, and it is estimated that nearly 20 percent of all toilets leak, reports the

EPA. Slow leaks can go undetected for years, but there is an easy way to check yours at home.

Start by adding a few drops of food coloring to the toilet tank. If you have a leak, you'll start to see that color come through in the bowl within 15 minutes. Flush immediately after you're done so you don't stain the porcelain. If you can't fix the leak, consider purchasing a highefficient toilet like the Kohler Persuade two-piece toilet.

What makes this toilet so efficient is Dual Flush technology, which includes a 1.6-gallon flush and an eco-friendly .8-gallon flush option. The Persuade toilet can save as much as 6,000 gallons of water annually over a traditional 1.6-gallon toilet.

#### Kitchen conundrums

Have a leaky faucet in your kitchen? According to the EPA, a drip rate of just one drip per second can waste more than 3,000 gallons of water per year. So even if it seems like a small leak, it could be costing you big time. Many faucets can be easily tightened and fixed to eliminate leaks - otherwise, consider installing a new WaterSense-labeled faucet.

Dishwashers can be another huge water drain. Remember to only run loads when the dishwasher is full, or invest in a dishwasher with a half-load cycle option, like most of the new Bosch dishwashers. Use this cycle or the express wash when washing small, lightly soiled loads. The auto wash programs use sensors to dramatically reduce energy and water consumption every time.

#### Lawn leaks

Having a green, lush yard is something to be proud of, but if you're not watering the smart way, you could be letting your money evaporate into thin air. The average single-family suburban home uses at least 30 percent of its water for outdoor irrigation and as much as 70 percent in dry climates.

If you want an efficient home, consider some smart-watering techniques. Start by only watering your lawn or garden during cool morning hours to reduce evaporation. If you use a sprinkler, make sure it's positioned correctly and not watering the street or driveway.

If you do plant a garden, only select plants appropriate for your region's climate. Native plants can be a great option because they often require little additional water since they grow naturally in your area. Group plants together based on their water needs.

For more smart tips about reducing water waste in your home, visit www.lowes.com/ efficienthome. Remember that saving water can be easy, and you're sure to love the extra savings in your wallet too.

Source: ARAcontent.com

# How Healthy is Your Bedroom?

You spend more than third to half of your life in your bedroom. It makes sense to keep it eco friendly for better health and sleep. But short of totally renovating your room, how do you green the indoor space where you spend majority of your life?

Here are five simple steps.

- 1. Pillows Allergy proof your pillows by using pillow casing to prevent dust mites. And get rid of throw pillows, which can be a breeding ground for dust mites. If you have to buy new pillows, buy natural latex pillows instead of petroleum based synthetic foam or polyester filled pillows. These synthetic pillows will emit volatile organic compounds (VOC's) that can cause headaches, nausea, eye and throat irritation. Some people might even experience asthma attacks due to these toxic chemical emission. Natural latex are allergy proof and will emit no toxic gases.
- 2. Mattress Mattress contain fire retardants (polybrominated biphenyl ethers, or PBDEs.), stain and moisture resistant chemicals that are toxic to humans. In fact, over 71 chemicals are used in making a mattress. It's also treated with a recently classified carcinogen Formaldehyde. Although PVC was banned from being used in crib mattresses in 2009, those that are made prior to 2009 still may contain it. The next time you buy a new mattress, buy natural latex rubber or mattress made with organic cotton. They will have no VOC and no PVC or Pthalates. Mattress will double in size in ten years because of dust mites' feces that stay on the mattress. Nice, huh? So, change your mattress every ten years. Your back will thank you too.
- **3. Linen** Cotton is considered the world's 'dirtiest' crop. Cotton production uses 16% of the world's insecticides that are dangerous to human and animal health. Buy organic cotton sheets or hemp, from natural bedding companies, like nikkidesigns, as pictured. There are discount retailers that sell organic cotton



sheets too but question how they are dyed. It makes no sense to buy organic sheets but are dyed with "unknown" chemicals.

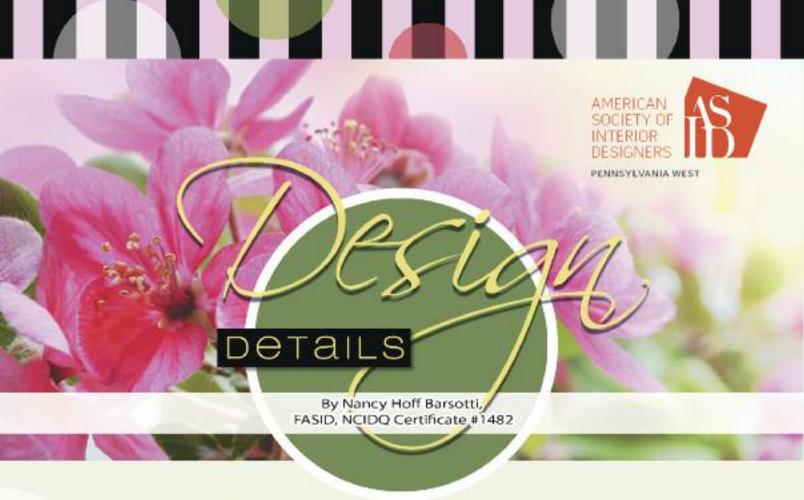
- **3. Lose the Shoes** You shouldn't wear your shoes in the house anyway but if you can't stop the nasty habit, at least take them off before entering your bedroom. They track toxins from the outside world into your bedroom, and onto your bed.
- **4. Unplug** Electronic devices can stress you out and interfere with sleep. Unless you are a doctor on call, you don't need pagers, cell phones or Blackberries near your bed. You also don't need your laptops or iPads. Feng

Shui, an ancient Chinese interior decorating rule for life balance, bans any electronic devices in the bedroom, including T.V.

**5. Set the Mood** – If you want to use candles, um...as mood enhancing elements, use soy candles instead of paraffin wax, which emits VOC's.

So there you have them. Five easy steps to green your bedroom while improving your health! | DHL

Source: GreenLivingIdeas.com



## AT LAST...GRE

t is almost spring and green is finally all around us. I am always amazed at how quickly the flowers and trees come back to life after our long, cold winters.

A recent article in Traditional Home titled, "Green Space, Gentle Footprint" featured a home that was constructed using sustainable green products—the interior, exterior and the landscaping. Following are some of the resources mentioned in this article and a few favorites that I use in many of my design projects.

Upholstery companies such as Tomlinson/ Erwin Lambeth make luxurious seating with sustainable wood frames, soy-based foam cushions and casein-based finishes. Fabrics of recycled materials, even plastic bottles, are great choices for high wear areas such as kitchen chairs and family room seating.

All of the major paint companies – PPG, Benjamin Moore and Sherwin Williams - offer products that cover with fewer coats and have low VOCs. MDC Wallcoverings' "AvantCollection" is made with advance technology featuring

> water- based inks and low-VOC emissions, and are lightweight saving both natural resources and shipping costs.



ecosmart

Our local neighborhoods often suffer power outages during the winter months. So it's not too soon to begin thinking about what might keep us warm if it happens again. EcoSmart Fire makes a vent-less unit that burns denatured ethanol, a renewable and clean-burning fuel.

Continued on page 26



# A World of <mark>Color</mark> is Within Reach...







'Sky background made from Mrage and Blues of the Night Granite images.



At Mont Granite, we travel all over the world to hand select natural stone to beautify your home. Our ever-changing inventory features selections from around the world and is fit for all applications. Whether building a new home or remodeling, you want the best quality and largest variety of natural stone to select from. At Mont Granite, you will personally choose the exact piece that will grace your home. We work closely with you and your industry professional to assure that you are completely satisfied. Visit us and view our large and colorful selection.

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Many manufacturers are featuring eco-friendly flooring materials. Natural Cork has many benefits. It is easy to maintain, comfortable and has both thermal and acoustic insulating properties. Cork is also used in combination with linoleum, which even by itself is a green flooring solution. Reclaimed wood flooring, tile made with recycled glass and terrazzo are also good choices. With all wood products, look for the FSC (Forest Stewardship Council) seal.

I love vintage and antique furniture. Using them means fewer resources are consumed, making new items and sparing landfills. Similar values can be found at Construction Junction in the East End. Not only is it a recycling center, it's a great place for donating and finding building materials, plumbing fixtures (especially colors that are now discontinued), tile, cabinets, doors, mantels, hardware and many other good finds. I recommend a trip there to look for hard-to-find items for older homes.







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#### Abrazo™ freestanding bath

The Abrazo" freestanding bath's unique organic shape makes it a natural focal point. Made from exclusive KOHLER Lithocast" solid-surface material, Abrazo has a matte finish that resembles real stone, but feels warm to the touch.







Green products for kitchens and bathrooms are plentiful. Energy Star rated appliances abound and now is a good time to purchase them, as

many manufacturers are offering rebates. Durable countertop materials such as concrete and "Eco" by Cosentino, made from recycled content, are elegant and





sustainable. Plumbing fixtures with lowflow water consumption are de rigueur. Toto, a Japanese company, is the world's leading manufacturer of toilets. I have been to many of their product launches at their New York showroom. I never realized how much there is to know about the selection of toilets.

As you happily make your way outdoors, you might be planning some landscaping improvements. Permeable paving stones by Belgard allow water to soak into the

soil, preventing storm water runoff. When purchasing plants, choose native species that are drought tolerant, disease resistant and require minimal maintenance and water.

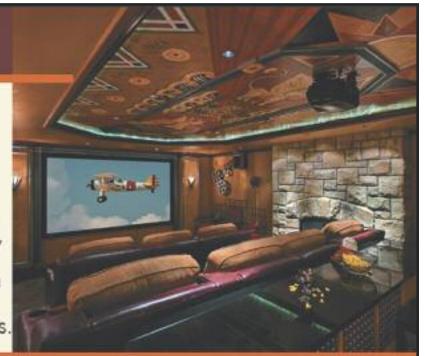
After such a cold winter huddled inside, we are ready to be renewed by the sunshine and our bucolic Pittsburgh neighborhoods. As you enjoy the green outdoors, keep in mind about preserving it for future generations by selecting sustainable products. | DHL

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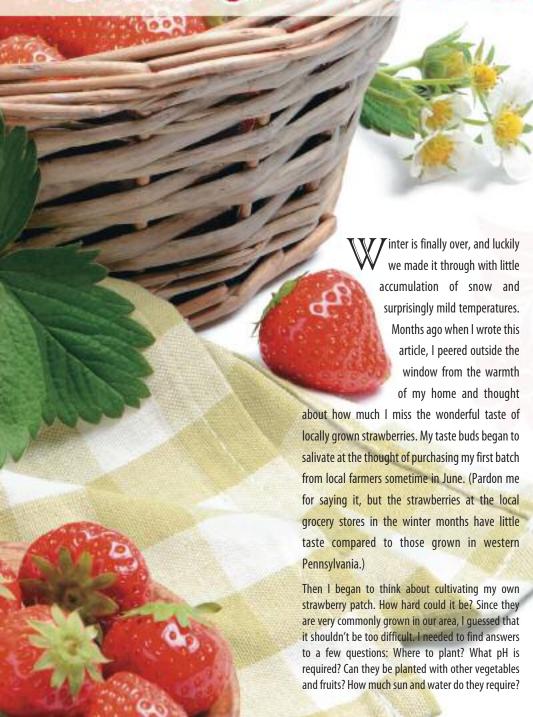
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# STR AWBERRIES



Here's what I found: A pH of 5.8 to 6.2 is optimal. Sandy, well-drained and richly organic soil is best. Avoid planting near tomatoes, potatoes, peppers and eggplants, if possible. Full sun for about six or more hours a day is good. Give about one to two inches of water per week for plump, juicy fruit. Sounds good so far!

If you've read my features in the past, you know what I'm going to say next. Go to your local farm where you ordinarily enjoy buying strawberries, and ask them which plants they use and sell. Ask them what you should do to grow your own. As long as you intend to buy your plants there, they should be more than glad to help you make correct decisions.

Buying your strawberry plants locally will ensure that they are well suited for our climate and growing conditions. If you mail order your plants, you'll have more of a variety but they may not yield as healthy of a crop. However, some mail order sources sell plants that are two to three years old, which means that they will produce for the season planted. So, ordering in April and planting in May most likely will yield results this season; then each succeeding year will yield more fruit, just like fruit trees.

#### Before You Go

Before you buy your strawberry plants, do a little research and educate yourself on the type of plants that are available. Basically, there are three main varieties: June Bearing, Everbearing and Day Neutral. June Bearing grows only one large crop, is most commonly grown in this region and will remain productive for about four or five years. Everbearing will produce two or three medium-sized crops per year, last about three years and is not used a lot in this region. Day Neutral plants will produce a few

Continued on next page

berries at a time throughout the growing season and will last about three seasons.

If you love to cook and eat strawberries, go with the June Bearing plants. Most professionals will recommend June Bearing and Day Neutral varieties for western Pennsylvania gardeners. Knowing this basic information will help you when talking to someone from your local farm that sells fruit. Knowing the type of plants you want is half the battle!

#### What to Look For

Make sure you choose healthy looking plants. A healthy plant will have light colored roots, leaves that are neither spotted nor wilted, and large crowns. Healthy plants will give you a better chance of keeping the plants disease free and yielding better fruit. Avoid the temptation to grow strawberries from seed. Choose a supplier with healthy plants.

#### Once in the Ground

Plant your June Bearing plants approximately two feet apart in rows that are three feet apart. Day Neutral plants can be placed much closer together; about a half foot between the plants should work just fine.

It is a good idea to put mulch between your plants after planting. The mulch will keep the soil temperature cool and will deter weeds. It will also keep the fruit off of the soil.

Make sure you fertilize your strawberry plants. If you've started with a rich, organic soil, you can apply a 10-10-10 fertilizer when planting and again after harvest. Be sure that you do not over-fertilize your plants. If you do, you could have excessive leaf growth with poor flowering.

#### The First Year

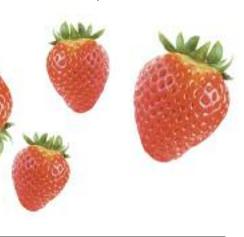
Your first year after planting is used to prepare the plants for the following year. You will have to remove all of the blossoms from June Bearing plants during the first year. Remove the blossoms from Day Neutral plants through early July. They are easy to remove by simply pinching them off.

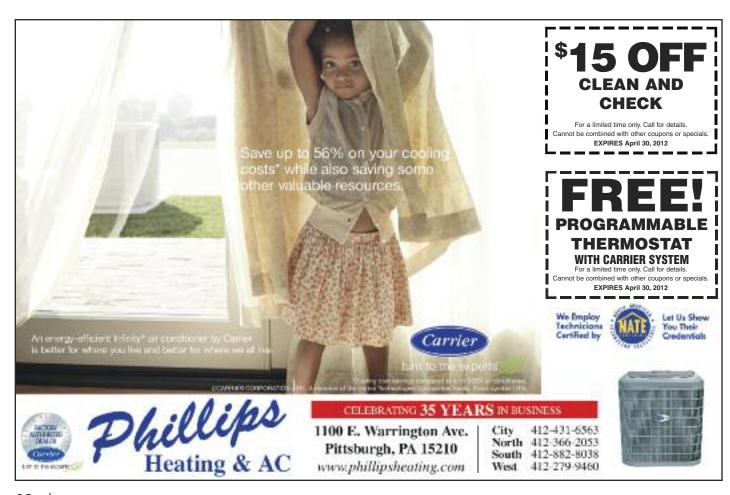
Cover the plants with mulch during the winter months to protect them. Once again, talk to your local farmers for advice. When you go, take a note pad with you with all of your questions written down.

If I've peaked your interest in growing your own strawberry patch and you want to learn more, do a



search online for "strawberry plants" and you'll find an abundance of information. Best of luck to all of you who will be joining me in growing strawberry plants this coming summer. I can hardly wait until June to taste the first batch! | DHL

















Exciting changes are on the horizon at Clark. Until this year (2012) Clark has focused their efforts on the South Hills, but they are branching out from their home territory and are now serving the Greater Pittsburgh Metro suburbs. "Kitchens and Baths are our forte and with our cabinet partner, Schrock's of Walnut Creek, we can offer unparalleled quality at competitive prices," claims Clark. Now Clark Renovations' goal is to make their services and products available throughout Pittsburgh.



They have developed relationships with some of the finest manufacturers, distributors & trade partners to insure what they sell lasts a lifetime. Currently at 14 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, their qualifications, and the services they offer, visit them on the web at www.CLARKREMODELING.com or give them a call at (412) 833-7222.



#### WWW.CLARKREMODELING.COM

# Bold color is home again: Four color trends for the way we live now. What's YOUR color story? By Fawn Chang

ndividuals who are in the business of predicting color trends know a lot about color's power to engage and delight us. They know that it's one way in which we make sense of what's going on in the world. Color is one of those intangible things that can balance and calm us, or excite and energize us.

Whatever is happening around us (the state of the economy, our jobs, our family and friends), as well as inside of us (our hopes, dreams and memories) all creates an emotional need. Marketers know that color is a direct fulfillment of that emotional need and a partial "answer" to our desire for safety, comfort, achievement or just plain fun.

There really are no "new" colors but at certain times, various hues bubble to the surface to become "current." Something about that color or the way it's paired with another color speaks to a fresh new attitude, and our emotional response is piqued and satisfied.

Color trenders watch "street fashion reports", fashion runways, film sets, advertising, graphics and the like. Thanks to technology, a new phenomenon surfaced a few years ago called "speed to market"—giving us the ability to "see it today, buy it tomorrow."

Some fashion trends are fly-by-night fads but interior design trends follow a longer timeline of three to five years, and even longer in tough economic times. Interior designers know that paint will give you the biggest bang for the buck when designing a new look, but paint color is the LAST thing you should choose because paint is the most customizable piece of the design. The perfect color can harmonize all the different aspects of a room or home.

Color is a direct fulfillment of an emotional need...and we do need color right now!

A paint color (its sheen and undertones), when done right, can bring diverse pieces of a room together and make it all look magical.



Photo courtesy of Benjamin Moore

#### Color Forecast: Amp Up or Unplug

The grey and neutral tones prominent in interior design over the past few years reflected our human response to the global economic recession and uncertain times. These subdued tones brought us comfort and helped us camouflage ourselves until



Photo courtesy of Benjamin Moore

we regained our financial and emotional footing. The trend of using unbleached, natural hues also reflected our desire to be more connected with nature, natural fibers and colors.

Now, all of that is changing: We are intensely feeling the need to break out of the doldrums of the last few years. The need for hope and happiness is drawing us to richer, brighter colors. Backgrounds can still be neutral but we're adding some "pop" to remind us that we're alive, well and moving toward a more joyful future. Colors evolve just as we do and the blues, reds, greens and earthy tones are taking on a warmer, brighter personality. It seems



Photo courtesy of Benjamin Moore

as though we are determined to bring ourselves back to life with bits of color that help us feel energized, yet with shades that enable us to "feel protected and allow us to unplug", according to PPG Pittsburgh Paints' brand manager Dee Schlotter.

More than just struggle to survive, we want to boldly thrive, which requires us to focus intensely. "Intensity is a

survival strategy in crisis times and this quest is two-fold: A search for euphoria for some and, for others, a vivid longing for a sense of oneself," Schlotter explains. "For some, it means seeking out extremes of sensation, rebelling against the bland existence that comes with cynicism and disenchantment. For others it means unplugging in order to reconnect with a life they feel is fleeting. As a result, the return to strong color will gain momentum this year. Those of us who were reluctant in the past will take the leap into deep, vivid hues because our world has changed and we've recognized that



there's only one life to live and there's no time to waste. We're looking for intensity."

This intensity—although it may be only transitory—is positive; it brings energy, impetus and a self-sustaining enthusiasm. Living intensely spices up the tastes of the world, while reflecting and reconnecting with its quiet beauty We now appreciate small pleasures and modest instances of happiness, like the scent of moss in the underbrush, the feel of wind, a brilliant sky at sunset and the laugh of a child.

As we seek to amp up the chromatic density of our lives with vivid hues, we

will go for colors that stir the senses and set them in motion. Our color choices will be vibrant and optimistic: deep indigos like Blue Tang, saturated reds like Rum Punch, big purples like Grape Juice and almost-neon yellows like Citrus Spice that pack a punch and can't be ignored. Our spaces will be full of strong contrasts: heavy and weightless, shadow and light, hot and cold.

Right on track with the need to amp up and intensify, Pantone (the world's leading color-matching system) has announced that their color of the year is Tangerine Tango, a happy, sexy orange. If you can only pick one color to update your look this year, orange will do the trick

For those of us who feel our lives have become a race to the future at the expense of the present, we will turn inward, slow down and simplify. We will gravitate towards quiet, understated palettes accented by deep, rich colors that bring mystery and invite intimacy.



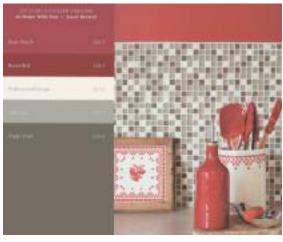
#### **Deco Candy**

Colors awaken the senses. Bringing together vibrant colors and fun design, Deco Candy transforms a home into an intensely joyful playground. A vivid harmony of citrus accented by this year's bright blue, clean green and tangerine, the color scheme is irresistibly optimistic. Stripes and color-blocking bring a sense of organization to what could otherwise be too boisterous a spectrum of hues.

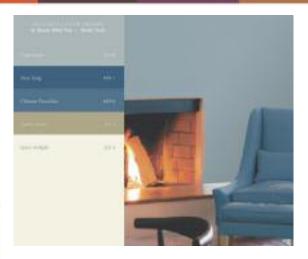
PPG colors in this palette are Mother of Pearl (513-1), Persian Blue (153-5), Hearty Hosta (208-5), Tangerine Dream (123-7) and Citrus Spice (110-7).

#### Local Revival

This trend is about unplugging from a complicated life and living more simply, in harmony with one's community. It's about reconnecting with the rhythm of the seasons, homegrown foods and the materials of the region. Craftsmanship is valued. Materials are strong and classic: leather, wood, aged metal. Design forms are simple and familiar: antique-industrial and retro-mechanical. Folkloric patterns tell the stories of generations. The palette is a mix of red berries, stone gray and solid brown refreshed by a creamy white. PPG colors in this palette are Rum Punch (231-7), Burnt Red (133-7), Pralines and Cream (117-3), Earl Grey (522-5) and Poppy Pods (526-6).



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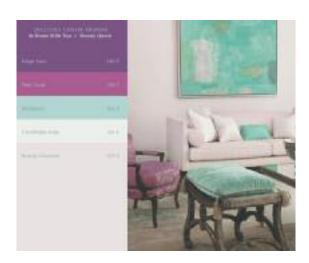


#### **Quiet Tech**

It's impossible to decompress without a place to escape to, so minimalism is the foundation of this trend. Rooms have visual interest without complication. Details and embellishments are kept to a minimum. Pale and mid-tone wood tones don't overpower the space. Shapes are rounded and tactile to keep rooms from feeling barren or cold. In the palette, ink blues play with earthy and calming neutrals. PPG colors in this palette are Gray Stone (517-4), Blue Tang (449-7), Chinese Porcelain (449-6), Earthy Ocher (315-5) and Spice Delight (215-2).

#### **Beauty Queen**

This palette speaks to the unapologetically confident woman. It's the return of glam with disco sophistication. Beauty Queen strikes a feminine note but doesn't exclude her suave, charming man. It's high-intensity color that can turn light and airy on a dime. Lush and mysterious, soft and fresh, girly but not; the built-in contrasts sensation-seekers want. Ultra-slick surfaces like Lucite and mirrors capture the best spirit of the 70s. Sharp fuchsia pink and juicy purple are softened with cosmetic pink and freshened with this year's brighter teal and white. PPG colors in this palette are Grape Juice (240-7), Tutti Frutti (138-7), Whirlpool (202-3), Candlelight Beige (216-1) and Brandy Alexander (535-3).



Looking through the same lens, Sherwin-Williams' names Argyle their 2012 Color of the Year. Their trend palette stays "close to home" with earth-inspired hues of the same colors. Jackie Jordan, director of color marketing for Sherwin-Williams, sees that "a dominant trend in 2012 will be pairing colors within the same color family, be it fiery reds, watery blues, grassy greens or organic neutrals that embrace the sustainable landscape which has become an enduring influence on all aspects of décor and design."

#### Reds, Blues, Greens and Neutrals add Vibrancy and Comfort

According to Jordan, this year's reds are bright, bold and free spirited. The old taboos about mixing passionate reds with vibrant oranges, delicate pinks and rich purples don't apply anymore. The color of raw emotions, Jordan sees not just "a single red but a deep gradation of fuchsias, red-oranges and violets to delicate pinks inspiring soft femininity; from brilliant flowers to glowing embers."

What's new with blue, according to Jordan? "We'll see the darkest indigo to faded-jeans hues, some with violet undertones, as well as the calm, shimmery shades that reflect rivers, lakes and seas. The new greens are lush, complex and connect us to nature: the depths of the sea and forest; leafy motifs, algae, moss and seaweed. And raw materials will influence the neutrals as they go warm: field of grain, pile of pebbles, weathered wood and earthen clay; gold tones that embody the sun; steely grays have given way to a neutral palette of warmer gray and natural tones that create a balanced look."

Benjamin Moore Paints predicts that we'll want to take a softer approach in 2012; we'll be drawn to greys, blues and neutrals as we seek a sense of calm and gravitate to hues that create a serene, restful and stable ambiance. "Blue is an excellent partner to various wood tones, and complements the grays and whites that have become current decorating basics," says Sona Mathew, ASID, IIDA, a senior interior designer with Benjamin Moore.



Photo courtesy of Sherwin Williams



**Argyle, SW-6747,** is one of the greens that Sherwin Williams predicts will fuel our love affair with all things natural. Photo courtesy of Sherwin Williams.

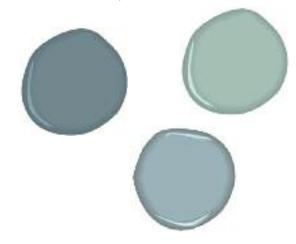
Color trends shadow our societal needs but nothing is more important than your home reflecting your favorite colors and tastes. When you fall in love with a color, you know it's the right "medicine" for your environment. | DHL



According to Benjamin Moore, those of us who consider ourselves "Urbanistas" will tend to kick up the color usage a notch or two with spicier tones and robust, ruddy hues like (1) **Gypsy Love 2085-30** or (2) **Persimmon 2088-40** and (3) Masada AF-220. Photo courtesy of Sherwin Williams.



**Wythe Blue HC-143,** a blue-green hue with a cool gray cast evokes primal elements of earth, sky, water, flora and fauna. Photo courtesy of Sherwin Williams.



**Wythe Blue HC-143,** Nimbus Gray 2131-50, and Montpelier AF-555 are three of the neutrals Benjamin Moore recommends for soft, soothing interiors.





s the preeminent designers and purveyors of high style functional kitchens and 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 & Bath Designer, and his team 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:**

Using a supporting post and beam allowed us to open up the existing kitchen to the breakfast area and sitting room adjacent to the kitchen. By doing this, it allowed natural light from all of the breakfast and sitting area windows to flood the space. The color palate chosen unified the spaces and made them truly feel as one open space.

The kitchen design was largely determined by where the support posts had to integrate with the cabinetry. The posts integrate



seamlessly into the mid height cabinetry facing the breakfast area as well as the oven wall. The left pull out pantry on the oven wall is falsed out to conceal a structural beam but match the functional pull out pantry on the right of the oven. The oven is also flanked by a fully integrated refrigerator and freezer on the right and a concealed desk area to the left. The rustic cherry, painted finishes and door style were selected to give an old world 'casual country' feel to the space. The many custom touches to this kitchen include a drawer customized with a dog food bin and a concealed toaster oven on a roll out shelf.



PRODUCTS USED: Kitchen Design & Cabinetry: Quality Custom Cabinetry – Kitchen & Bath Concepts.

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

Builders
Association
of Metropolitan Pittsburgh

Participation is restricted to builders and remodelers who are members of the association in good standing. Entries are submitted anonymously and are judged on its own merits by a panel of qualified, independent, judges recognized for their expertise in home building and design.

#### The 2011 Winners

Best 50+ Housing, Single Family Attached Under \$250,000

Best 50+ Housing, Single Family Attached Over \$250,000

Best 50+ Housing, Single Family Detached Under \$250,000

Best 50+ Housing, Single Family Detached Over \$250,000

Best Green/Energy Efficient Home Under \$500,000

Best Green/Energy Efficient Home Over \$500,000

Best Multi-Family Home of the Year Under \$250,000

Best Multi-Family Home of the Year Over \$250,000

Bath Renovation Under \$50,000

Bath Renovation Over \$50,000

Best Kitchen Renovation Under \$50,000

Best Room Addition Under \$150,000

Best Room Addition Over \$150,000

Best Multi-Room Renovation Under \$300,000

Best Single Family Home Under \$250,000

Best Single Family Home - \$250,000-\$450,000

Best Single Family Home - \$450,000-\$650,000

Best Single Family Home - \$650,000-\$850,000

Best Single Family Home — \$850,000-\$1,000,000

Best Single Family Home – Over \$1,000,000

Traditions of America, Economy, PA Traditions of America, Economy, PA Traditions of America, Economy, PA Heartland Homes, Inc., Lawrence, PA Heartland Homes, Inc., Lawrence, PA Primrose Homes, Cranberry Twp., PA R.A. Snoznik Construction, Murrysville, PA Signature Homes, Cranberry Twp., PA Sparkle Construction-SPP, Inc., Apollo, PA Master Remodelers, Inc., Pittsburgh, PA TK Carpentry & Construction, Coraopolis, PA TK Carpentry & Construction, Coraopolis, PA Master Remodelers, Inc., Pittsburgh, PA Sparkle Construction-SPP, Inc., Apollo, PA Heartland Homes, Inc., Lawrence, PA S&A Homes, State College, PA Heartland Homes, Inc., Lawrence, PA R.A. Snoznik Construction, Murrysville, PA

Paragon Homes, McKees Rocks, PA

Primrose Homes, Cranberry Twp., PA

Continued on next page



The Housing Excellence Award for the Best Home over \$1,000,000 and Best Green/Energy Efficient Home over \$500,000 was awarded to one of Pittsburgh's finest builders Primrose Homes.





Best Green/Energy Efficient Home Over \$500,000: Living Room/Entry. Below — Master Bath





Best Green/Energy Efficient Home Over \$500,000: Above — Kitchen.

rimrose owner Jeff Martin has always been on the cutting edge of homebuilding in the Pittsburgh region. Over the years he has also "built" a strong reputation and is continuously sought after by individuals who want only the finest in quality construction.

Jeff actually got into building homes by accident. He started helping a friend work on a new home that they were building because they run out of space and needed a larger house. This friend's family actually lived with Martin's family during the last five months of the project, since they'd sold their previous house before the new one was completed. "We'd work on the house almost every night of the week and on weekends," says Martin. "I simply fell in love with the building process."

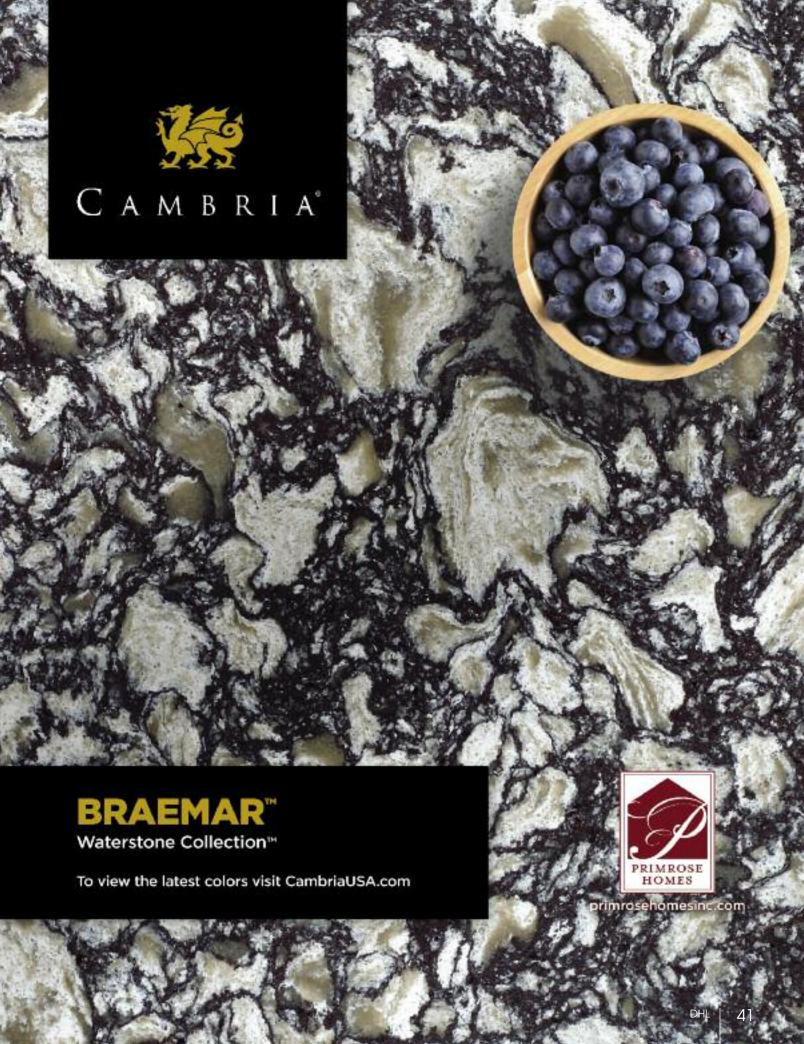


Best Green/Energy Efficient Home Over \$500,000: Above - Rear View of Home with Built-In Swimming Pool. Below — Family Room.



Eventually, Jeff and his wife, Margaret, decided to build a new home of their own. Two years after the completion of that home, they decided to do it all over again. Despite mild objections from Margaret, they started building and actually never moved into that new home. As it turns out, someone else wanted to buy it. Thus,

Continued on page 42





**Best Single Family Home – Over \$1,000,000:** Above – Kid's Space. Below – Entry Staircase.



Primrose Homes' many clients, Jeff followed his dream to fruition.

The 2011 Housing Excellence award-winning green home is certified to the Gold Level of the National Association of Home Builders 2009 Green Building Standard. It is the first spec home built in western Pennsylvania to that standard. "We constantly strive to be a better builder and drive greater value into our clients' homes," Martin comments. A green-certified home is necessarily a very well built home. It uses the best energy and water conservation techniques available, and strives to make more efficient use of resources. It also endeavors to maintain a high standard of indoor air quality. An independent verifier certifies that the builder has established, implemented and executed a plan that will cause the home to be certified at the gold level.

Congratulations to Primrose Homes and all of the winners of this year's Housing Excellence Awards.

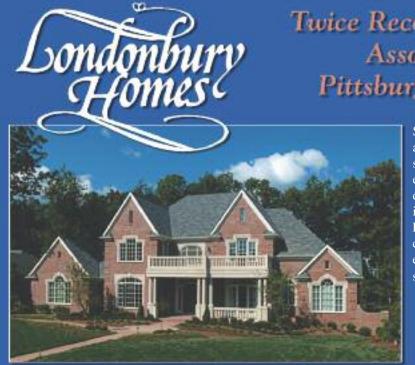






**Best Single Family Home — Over \$1,000,000:** Top — Entry. Middle — Family Room. Above — Kitchen.





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It's that time of year again, the season to sweep behind the sofa, dust the blinds, wash the windows and flip the mattresses. Yet spring cleaning, if you think about it, offers benefits far beyond just having a clean house. Psychologists say that when we're surrounded by clutter and confusion, our minds tend to race and our blood pressure elevates. Here are some tips for tidying up your "outer space," which will help to clear your "inner space," as well.

#### **UNCLUTTER YOUR HOME**

Your home should be a place of refuge and peace, somewhere to unwind and restore your mind, body and spirit. It can, however, also be a source of numerous toxins that subtly prey on your health over the long term. Indoor air pollutants can range from dust, smoke and airborne bacteria to vapors released by paints, solvents, dyes, glues and household cleaning products. Take these steps to clear and purify your environment:

#### Clean heat, pure water, sure fire.

Spring is the perfect time to service your furnace, change the filter and check for possible carbon monoxide leakage. Switch out your water filter or install a water purification system. If you have a fireplace, vacuum the ash and sweep the flue.







#### Breath of fresh air.

Open your windows for at least 15 minutes each morning and evening.

#### Clothes call.

Be ruthless and get rid of unused, ill-fitting clothing. If you haven't worn it in two years, toss or donate it to Goodwill Industries. Brighten your closet so you can see all the clothes you keep (battery-powered stick-on LEDs work well under shelving).

#### Get your green on.

Fill your home with live plants. Golden pothos, nephthytis and spider plants can remove substantial amounts of chemical contamination from the air, including formaldehyde, benzene and trichloroethylene.

#### Pare down and regroup.

Pare down that favorite collection of books, teacups or vintage perfume bottles to only the items you truly love (share the rest with loved ones who will appreciate them). Display your chosen pieces in "visual vignettes," grouping by size, color or shape, rather than scattering them about.

#### Garage ban.

Fifty percent of garage clutter is garbage. Hire a dumpster service, take everything out and make "keep," "donate" or "dump" decisions on the spot. Reorganize your "keep" pile by usage: seasonal items in one place, for example, and paint supplies in another.



#### **UNCLUTTER YOUR MIND**

The relentless feast of information in our high tech, social media world—and the warp speed at which we can access it through mobile devices—can lead to what is called "infobesity." This gluttony of data can cause long-term stress that may be a key factor in many diseases, from ulcers to coronary disease. Here are some ways to cut back on information overload and give your head a rest.

#### Be prepared.

Take five minutes each evening to prepare for the next day. Don't make lengthy "to do" lists; instead, determine what has priority, list only those items and plan accordingly.

#### See the big picture.

On a grander scale, think about what's really important in your life. If family is number one and you're spending most waking hours at work, for instance, envision how to create better work-life balance then take small steps every day that make it a reality.

Continued on next page





#### Use your imagination.

Choose a calming visual image—a swaying palm tree, a woodland path—and focus on this when you start to feel tense.

#### Disconnect.

You may not be able to get through your day without your mobile phone but try a day without TV, or enjoy silence during your commute instead of listening to the news on the car radio.

#### Get a head start.

Wake up a little earlier than usual, and before you even move, notice your rate of breathing. Be aware of your lungs as they fill then empty; slowly stretch your body. Think of the day ahead as an adventure filled with possibilities.

#### Unsubscribe.

Mail and email can be a culprit with mental clutter. To stop junk mail, visit www.CatalogChoice.org or the Direct Marketing Association at www.dmachoice.org to opt out of direct mail. With email, unsubscribe to lists you don't want to receive.



#### Mean business.

The average person uses only 20 percent of what's on their desk to accomplish 80 percent of their work, reports the U.S. Census Bureau. Nothing affects productivity more than piles of paper and notes. Set aside just 20 minutes to sort, consolidate and trash items in your workspace. Switch to paperless and manage most of your finances with e-bills and online payments. Use a document shredder to dispose of personal papers.

#### Get moving.

Exercise is a fail-proof way to alleviate stress and depression, stave off aging and reduce your risk of disease. Pick whatever form best suits your lifestyle and capacities; start with two days a week then add from there. The benefits are amazing, and exercise will give you an immediate endorphin rush, which triggers positive, happy feelings. | DHL



## YOU CAN'T EAT JUST ONE.

by Gina Mazza

While potato chips may rank as one of America's favorite snacks, they'll certainly never be known as a health food. Or will they?

For anyone wishing that chips weren't so unhealthy, munch on this: Alternative chips made from good-for-you vegetables may be the answer to your craving.

Exotic vegetable chips like thinly sliced sweet potatoes, burdock, eggplant, artichoke and lotus root— which have been an Asian mainstay for years—are currently trending in the United States, and for good reason: they taste delicious. Brands like Terra and 365 can be found locally on the shelves of Whole Foods Market, Giant Eagle Market District and McGinnis Sisters. Most are made with natural or organic ingredients and cooked in healthier oils. Many brands use sea salt instead of regular salt for its health and taste benefits. To be sure your brand of chips is the real deal, check the ingredients; look for mostly vegetables with no additives or dyes.

Exotic chips are also showing up on menus at local restaurants as appetizers, side dishes and bar treats made from taro, carrot, yucca, plantain, boniato (Cuban sweet potato) beet and even pineapple.

Making your own veggie chips is easier than you might think. You may want to invest in a mandoline (around \$15), which will quickly and uniformly slice your veggies to various thicknesses. No matter what vegetable you're using, the process is essentially the same—lay slices on a baking sheet, brush with olive oil, sprinkle with salt then bake for about 30 minutes. Your homemade chips will stay fresh in an airtight container for several days, so make a large batch for plenty of guilt-free snacking. | DHL

#### **Baked Kale Chips**

Kale, a leafy green power-veggie, turns crispy and frilly when baked. This snack is quite addictive.

- 1 bunch kale (8 to 10 cups)
- · 2 cloves garlic, finely minced
- 2 tablespoons olive oil
- Salt

Preheat oven to 275 degrees F. Wash and thoroughly dry kale. Pluck leaves from the stems. Discard stems, tear leaves into bite-size pieces and place them in a large bowl. Add olive oil and garlic; liberally sprinkle with salt. Toss to evenly coat all pieces. Place kale in a single layer on either two cooling racks or two siliconelined baking sheets. Bake 25 to 30 minutes, rotating halfway through. Remove from oven and cool.



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the strength suggested on your particular type of fertilizer. First and foremost, never fertilize a plant in dry soil; this can burn the tender root hairs and impede future growth. Use water to moisten the soil then give a second watering with the fertilizer.

Remember, too, that plants don't like to have their feet chilled, so using tepid (room temperature or slightly warmer) water will allow them to absorb the moisture more rapidly.

There are different types of fertilizers available and, for the most part, all manufacturers are the same. Before using any fertilizer, review the number factor associated with it (N-P-K). The first number noted is the level of nitrogen, the second number reflects the amount of phosphorous, and the third number is potassium. A good balanced fertilizer for most plants is 20-20-20—meaning, 20% nitrogen, 20% phosphorous and 20% potassium, with the balance being inert trace elements such as boron, cobalt, iron, manganese, zinc, calcium and magnesium.

These ingredients are used in very small quantities by the plants. Nitrogen provides



plants with the ability to produce more chlorophyll, which in turn allows plants to grow more quickly. Phosphorous aids in root development and increases flowering ability and bloom size. (Fertilizer manufacturers label these as "bloom boosters.") Potassium has many functions; it helps guard the plant against disease, drought protection and cold. It also aids with root growth and photosynthesis.

As spring approaches, most plants require more water and fertilizer to maintain and develop growth. It's a good idea to increase the fertilizer strength as days grow longer, as well as increase watering when the plants need it. Don't exceed the manufacturer's recommendations. Over-fertilizing can be harmful and could result in the death of the plant. This can be seen by new growth that has shriveled or totally collapsed. Noticing white-yellow crystals around the rim of the container is also a sign that you may be over-fertilizing; you will need to flush the soil with water after removing the salt. This will help the plant's roots to recover.

## Consider pruning and crop rotation

Now is a good time to review your seed catalogues and your previous years' vegetable plantings. Crop rotation is a good method to keep your plants producing well; it also eliminates soil destruction and disease. Order new seeds in March and prepare your indoor seed planting now. Keep in mind



## PITTSBURGH SPRING LIFESTYLES MUSEOMICIO W



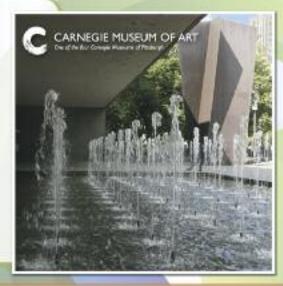


#### Carnegie Museum of Art

4400 Forbes Avenue • Pittsburgh, PA 15213 412.622.313 • web.cmoa.org

Carnegie Museum of Art offers a distinguished collection of contemporary art that includes film and video works. Other collections of note include works of American art from the late 19th century, French Impressionist and Post-Impressionist paintings, and European and American decorative arts from the late 17th century to the present. The Heinz Architectural Center, opened as part of the museum in 1993, is dedicated to the collection, study, and exhibition of architectural drawings and models. The Hall of Architecture contains the largest collection of plaster casts of architectural masterpieces in America and one of the three largest in the world. The marble Hall of Sculpture replicates the interior of the Parthenon.

Open: Tuesday—Saturday: 10 a.m. to 5 p.m.; Thursday: 10 a.m. to 8 p.m.; Sunday: noon to 5 p.m. Closed Mondays and major holidays. Open: Martin Luther King, Jr. Day, Presidents' Day, and Mondays in the summer between the 4th of July and Labor Day, 10 a.m. to 5 p.m.





#### Carnegie Museum of Natural History

4400 Forbes Avenue • Pittsburgh, PA 15213 • 412.622.3131 www.carnegiemnh.org

At Carnegie Museum of Natural History, dinosaurs are just the beginning. Discover prehistoric sea creatures which inhabited oceans during the Cretaceous period. In Hillman Hall of Minerals and Gems see the spectacular beauty of our gem and mineral collections and discover how they tell

the life story of our planet. Visit Walton Hall of Ancient Egypt and explore the mysteries and vibrant everyday life of a society that continues to intrigue both expert and armchair archaeologists alike. Explore the Hall of North American Wildlife, which features some of the continent's most amazing animals in natural habitat dioramas depicting the major ecosystems. And, take part in hands-on activities that make scientific discovery come alive.

Tuesday–Saturday: 10 a.m.—5 p.m.; Thursday: 10 a.m.—8 p.m.; Sunday: noon—5 p.m. Closed Mondays.

Open: New Year's Eve, Martin Luther King, Jr. Day, Presidents' Day, Mondays in July and August (closed July 4), and Christmas
Eve. Closed: New Year's Day. Easter Sunday. Independence Day. Labor Day. Thanksgiving Day. Christmas Day



#### The Frick Art and Historical Center

7227 Reynolds Street • Pittsburgh, PA 15208 • 412-371-0600 www.thefrickpittsburgh.org

One of the four Camagia Mysaums

of Pittrourgn

The museum and its collections are the legacy of Helen Clay Frick, daughter of Henry Clay Frick, one of America's greatest industrialists and art collectors. During your time at the Frick, you can view fine and decorative arts and artifacts, magnificent exhibitions and vintage cars and carriages...take part in educational programs and concerts...enjoy fine dining and more.

The Car and Carriage Museum presents not only the Frick family's personal collection of cars and carriages, but also interweaves the history of the automobile with that of western Pennsylvania's early auto enthusiasts and manufacturers. It also contains many vehicles from the collection of Pittsburgh industrialist G. Whitney Snyder.

Open: Tuesday—Sunday, 10 a.m. to 5 p.m. Closed Monday. The site is closed on the following holidays: New Year's Day; Martin Luther King, Jr. Day; Easter Sunday; Memorial Day; Independence Day; Labor Day; Thanksgiving Day; Christmas Eve day; and Christmas Day.

This spring, why not enjoy what our wonderful city has to offer. Our museums are by far, some of the best in the country. Take a weekend and visit our local museums or visit them over the course of a few months. There are quite a few to visit. Here are just a few for you to get you started.

-----

#### the warhol

#### Andy Warhol Museum

117 Sandusky Street • Pittsburgh, PA 15212 412.237.8300 • www.warhol.org

Experience contemporary art and popular culture by one of the most influential American artists of the 20th century, and a Pittsburgh native. The museum houses the world's most comprehensive collection of Andy Warhol's work and memorabilia as well as extensive permanent collections of art and archives, changing films, public programs, exhibitions and performances.

The Warhol Café, open during Museum hours and accessible without Museum admission, serves seasonal light meals — soups, salads, sandwiches and homemade pastries.

Open: Tuesday 10am—5pm; Wednesday 10am—5pm; Thursday 10am—5pm; Friday 10am—10pm;
Saturday 10am—5pm; Sunday 10am—5pm. Monday closed.





#### The Mattress Factory

500 Sampsonia Way • Pittsburgh, PA 15212 • 412.231.3169 www.mattress.org

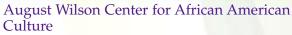
The Mattress Factory is a museum of contemporary art that presents art you can get into — room-sized environments, created by in-residence artists.

Located in the historic Mexican War Streets of Pittsburgh's North Side since 1977, the Mattress Factory is one of few museums of its kind anywhere.

Each exhibition is paired with a variety of engaging and inventive educational programs including hands-on art projects, workshops, lectures, and tours. The Mattress Factory encourages all viewers, regardless of their background, to discover connections between art, creativity and their everyday lives.

Open: Tuesday-Saturday: 10AM—5PM; Sunday: 1PM—5PM. Closed Mondays, New Year's Day, Easter, Memorial Day, Independence Day, Thanksgiving, Christmas Eve, Christmas Day and New Year's Eve.





980 Liberty Avenue Pittsburgh, Pennsylvania 15222 p: 412.258.2700 www.augustwilsoncenter.org



The August Wilson Center for African American Culture engages regional and national audiences in its mission of preserving, presenting, interpreting, celebrating and shaping the art, culture

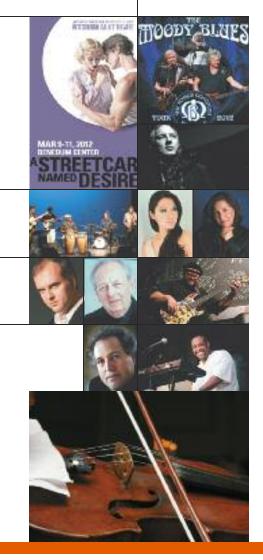
and history of African Americans utilizing the rich history, legacy and culture of African Americans from Western Pennsylvania as a foundation.

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Open: Tuesday through Saturday: 11 a.m. to 6 p.m.







#### 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!

#### Pittsburgh Symphony Orchestra –

Heinz Hall 600 Penn Avenue, Pittsburgh, PA 15222

March 9 – 11, 2012

A St. Patrick's Pops with Natalie MacMaster March 15 – 18, 2012

Sarah Chang & West Side Story March 23 - 25, 2012

March 30 - April 1, 2012

Disney's Beauty and the Beast April 3 -8, 2012

April 12 – 15, 2012

April 20 – 22, 2012

April 27 - 29, 2012

May 4 - 5, 2012

May 11 and 13, 2012

May 12, 2012

"Meet the Orchestra"

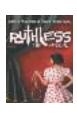
May 19, 2012

May 25, 2012

#### Pittsburgh CLO

719 Liberty Ave., Pittsburgh, PA 15222 (412) 281-3973 • www.pittsburghCLO.org

Ruthless! The Musical Now Through May 6, 2012



#### **Featured**

La Cage Aux Folles March 13 - 18, 2012 Venue: Benedum Center

Spirit of Uganda March 18, 2012 Venue: Byham Theater

Diespace by PIPS:lab March 23 - 25, 2012

Venue: Trust Arts Education Center

The Moody Blues April 2, 2012

Venue: Benedum Center

Gregory Porter April 3, 2012

Venue: Cabaret at Theater Square

Last Touch First April 6 – 7, 2012

Venue: August Wilson Center



#### Pittsburgh Public Theater

621 Penn Avenue, Pittsburgh, PA 15222 (412) 316-8200 - Box Office (412) 316-1600 www.ppt.org

Freud's Last Session March 1 – April 1, 2012

Jules Verne's Around The World in 80 Days April 12 - May 13, 2012

Noël Coward's Private Lives May 24 - June 24, 2012



#### **Pittsburgh Ballet Theatre**

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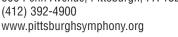
March 9 - 11, 2012

Coppélia with Orchestra

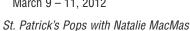












A Cinderella Suite

Do You Hear the People Sing

The Romance of Classical Music

The Magic of Paris

Debussy & Ravel's Bolero

An American in Paris

Cirque de la Symphonie

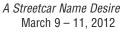
Second Grade Schooltime -May 17 - 24, 2012

Spring into Summer

Ben Folds







April 13 – 15, 2012





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

#### JazzLive!

Presented by: Trust Education and Community Engagement Department.

JazzLive is a year-round FREE live jazz series taking place at The Cabaret at Theater Square, Backstage Bar and Katz Plaza. \*Open to the public, this popular Pittsburgh Cultural Trust music series showcases some of the region's finest jazz musicians every Tuesday 5pm-11pm in the heart of the Cultural District.

\*From September to May, all performances take place in the Backstage Bar. In the summer, live jazz moves outdoors to Katz Plaza from 5pm-7pm and in the Backstage Bar from 7pm-10-pm.

Kenia

March 13, 2012

Fric Johnson March 13, 2012

Alton Merrell March 20, 2012

Tom Wendt

March 20, 2012 Jared Wilson

March 27, 2012

Don Aliquo March 27, 2012











Mark Lucas April 3, 2012

George Jones New View Trio April 10, 2012

Brett Williams April 17, 2012

Dwayne Dolphin April 24, 2012

Salsamba May 1, 2012

Michele Bensen May 1, 2012

Roger Humphries May 8, 2012

Tania Grubbs May 8, 2012

Kevin Howard May 15, 2012

Jared Wilson May 15, 2012

Tim Stevens May 22, 2012

Kenia May 29, 2012

Gerald Haymon May 29, 2012

#### **National Jazz Appreciation Month**

In April, join us for a celebration of National Jazz Appreciation Month with four, special, ticketed performances.

Gregory Porter April 3, 2012

Chuchito Valdes Trio April 10, 2012

Cory Weeds Quartet with Joey DeFrancesco April 17, 2012

Rachelle Ferrell April 24, 2012















#### What Else To Do

Phipps Conservatory www.phipps.conservatory.org

Carnegie Museum of Natural History www.carnegiemnh.org

The Warhol Museum www.warhol.org

Carnegie Science Center www.carnegiesciencecenter.org

Carnegie Museums of Pittsburgh www.carnegiemuseums.org

Mattress Factory www.mattress.org

#### **Dining Out Around Pittsburgh**

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Andy Warhol Museum

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of it. Now, however, you might be surprised to learn who uses Feng Shui: many *Fortune 100* companies, Donald Trump, Bill Gates, Rupert Murdock, Richard Branson, Madonna, Oprah, George Clooney, Tommy Hilfiger, FedEx, Hyatt, Intel, Citicorp, Disney, Shell and many others.

#### THE ESSENCE OF FENG SHUI: IT'S ALL ABOUT YOU

On one level, Feng Shui is what I call "space psychology"; on another level, it's a complex science of blending color, shape, placement and people. To the do-it-yourselfer, an initial investigation of Feng Shui can be confusing, especially such a lot of conflicting information is available in print and online. Amazon alone carries more than 5,500 books on the topic. In this column, I hope to make the use of Feng Shui fun and easy. Some of the suggestions that I will make will seem like common sense; others will be "symbolic" in that they will influence your subconscious and help you to change old patterns.

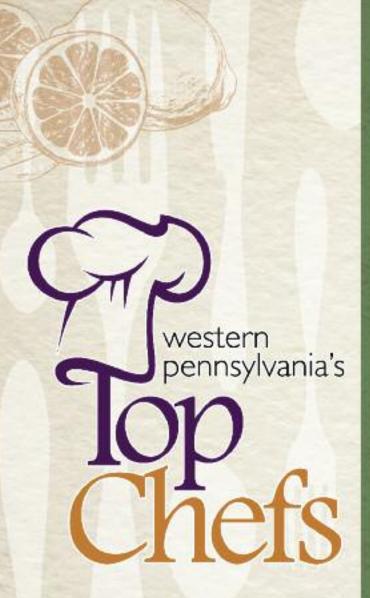
For your home, I'll share tips such as how to set up your front entrance to find your life's purpose and passion, and how to tell if your bedroom is keeping you single or leading you towards a divorce. You'll discover the energy you bring to the environment, which colors support you and how to look at your home through "Feng Shui eyes" to know how energy flows through it. We'll see what might be draining your income or relationships, what can be done to better nourish you and how to make simple changes in your home for lasting results. You'll learn which is the "most important room in your life," how to treat your kitchen, laundry and bathrooms for more wealth and health, how your house's shape may determine the state of your marriage, wealth and community support, and even how the numbers of your address influence your home's energy.

#### TIP: WHERE YOUR EYE GOES, ENERGY FLOWS.

If you walk into your home and your eyes lead straight out the back of the house, this means that you have what the Chinese call "rushing chi." It is like living in the middle of a river of fast moving energy. Your life might be too busy to enjoy. You might feel exhausted and the happy parts of your life might not be getting enough support. What can you do? Place something between the front door and the back window. Give the eye something to catch that is beautiful, like a piece of art, a rug or a chandelier. Make the entry a place of calm introduction to you and your interests.

Your home is not only a sanctuary but a partner in creating your life. Check back to this column for more tips on using Feng Shui to support your home environment and your life. | DHL

Fawn Chang is an interior designer and Feng Shui expert. She can be reached at www.fawnchang.com.



elcome to another installment of our feature, Western Pennsylvania's Top Chefs. *Designing HOME Lifestyles* is proud to introduce you to some of the most talented chefs in the Pittsburgh region. For this issue of DHL, each featured chef has contributed their favorite shrimp recipe. You will see that some decided to "go with the spice!"

But first, a few shrimp basics. There are many different types and sizes of shrimp; the flavor and texture of each type is influenced by the waters in which they are caught. When purchasing shrimp, avoid buying the "peeled and deveined before freezing" variety. This can cause a loss in texture and flavor, as the shell helps to protect the meat and add flavor while cooking. In the United States, shrimp is sold by the count; for example, if you buy 21-25 count shrimp, it means that you are purchasing 21-25 shrimp per pound. The smaller the number, the larger the shrimp. Usually, larger shrimp commands a higher price per pound. If you see a "U" in front of a number when buying shrimp, it means "under" that number per pound.

#### **Care of Shrimp**

Always thaw shrimp in the refrigerator or in ice cold water. Never thaw at room temperature or in the microwave. Be sure to devein the shrimp before or after cooking. (Do a search online to learn how if you are unfamiliar with this procedure.) The black vein that runs along the back of the shrimp is actually its digestive track; it is edible but isn't very appealing. If you are planning to sauté your shrimp, remove the vein before cooking. If you are making shrimp cocktail or similar items, devein after cooking.

Our featured chefs encourage you try their tested recipes in your home kitchen. They also invite you to visit them at their restaurants to experience firsthand the incredible talent they offer.



recipes and their favorite wine choices on the following pages...



Shrimp

#### Jumbo Grilled Shrimp

4 each Shrimp (16-20 Count or Larger)
3 ounces Wakame Seaweed Salad

1.5 ounces Chili Lime Aioli

Aioli

2 ounces Egg Yolks (Pasteurized) 6 ounces Sweet Chili Sauce

2 ounces Lime Juice (Fresh Squeezed from Two)

As Needed Vegetable Oil

#### METHOD:

Mix egg yolks, chili sauce and lime juice on high speed in a blender. Slowly drizzle in the oil until sauce starts to thicken to a mayonnaise consistency.

The Wakame Seaweed Salad makes an excellent garnish to this dish.

Recipe Provided by: Chef Armand Colarusso – Ibizza





JG's Tarentum Station Grille Joseph Ross – Executive Chef

Chef Joe is a native Pittsburgher originally from the Penn Hills and later the Natrona Heights communities. He accredits his strong culinary passion to several great Chef Mentors he has had over the years during his culinary training, especially those at the Eastwood Inn and the Pittsburgh Press Club. Overall Joe has been the Executive Chef at JG's Tarentum Station Grille for thirteen cumulative years. Joe specializes in all cuisines but prefers a Mediterranean dish with an Italian concentration. His love for food and the culinary arts has been a stable and enthusiastic presence at the restaurant.





Paris 66 Larry Laffont – Executive Chef

Although Chef Larry Laffont is not a native Pittsburgher, his decade-long, award winning career as chef here sure makes him right at home. He started his career in Bordeaux, France where his classical French training began. Since moving to Pittsburgh in 1998 Chef Laffont has won numerous awards at the restaurants where he was Executive Chef; 1998 — Le Perroquet (Best New Chef and Best French Rest.), 2002 — Osteria Italian Tapas (Best Restaurant), 2003 — Mallorca (Best Spanish), and 2005 — Ibiza (Best Tappas). In January 2011, Larry brought his award-winning talents to Paris 66. It is no surprise that in his first year as Chef, Paris 66 was awarded Pittsburgh's #1 Best French and #3 Best Brunch.

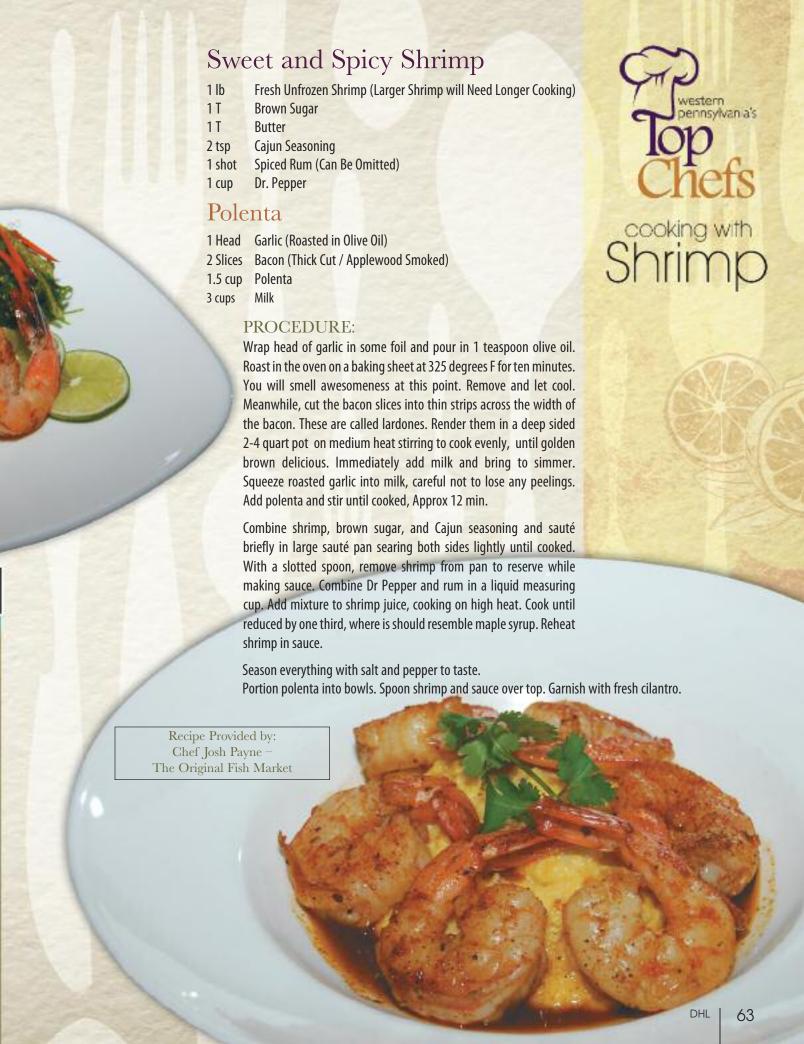


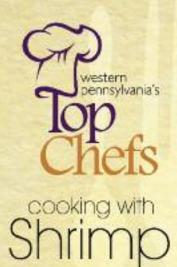


Seviche
Max Charles Scribner – Executive Chef

Max grew up in Somerset, PA where he worked at various local restaurants. His father taught him a lot about the culinary world including how to grow a garden and many basic skills needed to become a chef. It was those early days with his father that he realized that he wanted to be a chef. In 2009 he moved to Pittsburgh to train at Le Cordon Blue. He worked his way through school and ended up working at Seviche. His hard work paid off becoming Executive Chef of one of the best restaurants in the heart of downtown Pittsburgh. "I've always been grateful of my opportunities and I always take full advantage of them!"







#### Jerk Shrimp – Sonoma Grille Chef Jason

#### Papaya Seed Dressing

1 T + 1 tsp Toasted Papaya Seeds (Ground)
1 T Green Peppercorns (Minced)

1 T + 2 tsp Passionfruit Puree
1 cup Mayonnaise
1 cup Sour Cream
2 tsp Kosher Salt
Whip all ingredients together.

Recipe Provided by: Chef Jason Huzzard – Sonoma Grille

#### Jerk Marinade

3 each	Harbanero	1T	Lime (Zest)
1/2 cup	Ginger (Minced)	1/4 cup	Lime Juice
4 cloves	Garlic (Minced)	1/6 cup	Tubinado Sugar
1/2 cup	Thyme	1 cup	Tomato Puree (6 in1)
1 tsp	Nutmeg (Ground)	1 pint	Extra Virgin Olive Oil
1.5 tsp	Cinnamon (Ground)	1.5 T	Black Pepper (Ground)
1T	All Spice (Ground)		

Puree all ingredients in a blender.

Marinade your cleaned and deveined shrimp in the Jerk Marinade. Remove from the marinade and cook the shrimp in a hot skillet until properly cooked. The dressing is used as cooling agent.



#### Shrimp and Goat Cheese Risotto

1 quart chicken broth

3/4 pound medium shrimp, shelled and deveined

1 tablespoon unsalted butter

2 tablespoons extra-virgin olive oil

2 garlic cloves, minced

1 small onion, finely chopped

1 cup arborio rice

1/2 cup dry white wine, such as chardonnay or sauvignon blanc

1/2 cup chopped fresh basil leaves

1/4 cup soft fresh goat cheese

2 tablespoons freshly grated Parmesan cheese

1/4 teaspoon freshly grated fresh ginger

1/4 teaspoon finely grated lemon zest

Salt and freshly ground pepper

Recipe Provided by: Chef Greg Alauzen – Cioppino

In a medium saucepan, bring the stock to a simmer. Add the shrimp, cover and simmer over moderate heat until just cooked, about 2 minutes. With a slotted spoon, transfer the shrimp to a plate to cool. Cover the stock and keep it at barely a simmer.

In a medium saucepan, melt the butter in the olive oil. Add the garlic and onion and cook over low heat, stirring, until softened, about 4 minutes. Add the rice and cook over moderate heat, stirring, until coated with oil, about 1 minute. Add the wine and simmer until almost evaporated, about 3 minutes.

Add 1 scant cup of the simmering stock and cook, stirring constantly, until it is absorbed. Continue to add the stock, 1 cup at a time, stirring constantly, until it is absorbed.

The risotto is done when the rice is tender but still slightly firm and creamy, about 25 minutes total. Stir in the shrimp. Remove the risotto from the heat and stir in the basil, goat cheese, Parmesan, ginger and lemon zest. Season the risotto with salt and pepper and serve. Makes 4 servings.



#### lbiza Armand Colarusso – Executive Chef

Armand grew up in Mahopac, New York. He discovered his passion for food in high school and further developed his skills here in Pittsburgh at Pennsylvania Culinary, which he graduated from in 1998. He worked at the Hyatt Regency at the Orlando International Airport and Greenwich, Connecticut. He also spent time working at the prestigious Abigail Kirsch Catering Company in New York. His family brought him back to Pittsburgh and Ibiza. He's been working at this Award-Winning restaurant since 2007. "I love the people and friendly atmosphere at Ibiza. It's fun creating a different cuisine with an Asian Flair."



#### Rockwell's Red Lion Restaurant Orrie Rockwell III – Executive Chef

Orrie is a fourth generation businessman from Borough of Elizabeth, PA. He was born and raised in Elizabeth and attended Johnson and Wales College in Providence, RI. He graduated in 1988 with a Bachelor Degree in Food Service Management. After working at various establishments to gain additional experience, Orrie returned to his family's restaurant in 1992 where he took over as Executive Chef. His love of food and service injected a new excitement into the restaurant. With his creative menu and interesting food, his family restaurant transformed to a very successful upscale restaurant. Rockwell's Red Lion attracts quests from all over the Pittsburgh area.

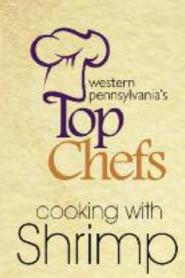




#### Nola on the Square Dan Calve – Executive Chef

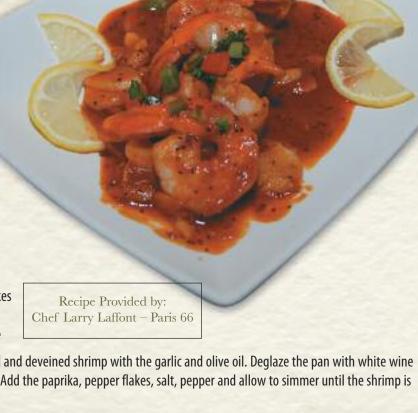
Dan is 31 years old and was born and raised in Eastern Pennsylvania. He's been working in the food and beverage industry since he was seventeen. It was those early days when he inspired to be a chef. He worked in Denver and Manhattan to learn different cuisine and to hone his skills. His first Sous Chef position was with Yves Carreau's restaurant group. He has worked in three of his restaurants being promoted to Executive Chef at Nola. "I enjoy my work, and I'm excited to continue to grow with our company. Can't wait to see what our next concept will be. Can it get any better than this?"





#### Spicy Paprika Shrimp

8 shrimp (16/20) 1/2 cup Marinara 1 teaspoon paprika 1 pinch pepper flakes White wine 1 sliced garlic clove



Sautee your peeled and deveined shrimp with the garlic and olive oil. Deglaze the pan with white wine and add marinara. Add the paprika, pepper flakes, salt, pepper and allow to simmer until the shrimp is properly cooked.

We recipe goes nicely served with a side salad.



#### Sonoma Grill 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 started at Sonoma Grille in 2008, and eventually earned the title, Executive Chef. He has helped to cultivate the Farm to Table concept at Sonoma, and his focus continues to be on fresh, local, and sustainable foods. He says, "Sourcing food from local farmers brings a sense of community back to the culinary world.



#### Cioppino **Greg Alauzen – Executive Chef**

Heading the creative team at Cioppino Restaurant and Cigar Bar is Executive Chef Greg Alauzen. He was formerly the Executive Chef of the Steelhead Grill and nationally lauded for placing Pittsburgh on the dining map. He's a graduate of the Culinary Institute of America, in Hyde Park, NY and alumna to several high profile New York restaurants, including Aureole in Manhattan. Alauzen's work has been praised in Esquire, Pittsburgh Magazine, The Wall Street Journal and the Pittsburgh Post Gazette. Chef Alauzen's menu draws from the Italian tradition of seasonally prepared dishes featuring local ingredients. His unique approach to food is creating quite a buzz in Pittsburgh.





#### The Original Fish Market Restaurant Josh Payne - Executive Chef

As a young child Josh was inspired more by Julia Child than Sesame Street and that early love for food is what made him pursue his interest in a career in Culinary Arts. He started his journey in a vocational culinary program in high school. From there he found great pleasure in finding new and unexpected unique flavor

After graduating from Culinary School he traveled the world to perfect his craft. He also spent time at some of Pittsburgh's finest restaurants before finding his dream job at the Original Fish Market. "I've been winning the hearts and stomachs of our patrons since I've been here," said Josh.





#### 2010 Adelsheim Vineyard Pinot Gris

This Pinot gris is a perfect pairing for a spicy shrimp recipe! This wine is crisp with bright flavors that have always been the hallmark of Adelsheim Pinot gris. In this 2010 you'll find hints of fruits such as papayas, apples, pears and a hint of peaches. The wine is grown in Oregon's Willamette Valley and is something that I think you will enjoy.

The reason why I feel this wine is perfect for spicy food is that it is crisp and clean with a long finish. Not only is this Pinot gris great with shellfish, it goes very well with poultry.

Wine review by Chef Dan Calve — Nola on the Square



#### 2009 J. Lohr Estates Riverstone Chardonnay

Chef Joe Ross of JG's Tarentum Station Grille recommends J. Lohr Estates Riverstone Chardonnay. A California native that is buttery, rich and round with an elegant strawyellow color. Its apple and pear flavors provide a smooth balance of fresh fruit acidity.

J. Lohr Estates Riverstone Chardonnay is a true California gem and reflects the rich wine country. Its name is derived from the "riverstones" deposited over thousands of years by the Arroyo Seco River which provide a rooting zone that keeps vegetative growth stable. Also, Salinas Valley's cool climate prolongs the growing season enhancing the grape's natural acids providing the wine's its intense character.

Chef Joe recommends a bottle of J. Lohr Estates Riverstone Chardonnay paired with the Shrimp Louie at JG's Tarentum Station Grille.





#### 2011 LaPlaya Chardonnay

This golden, yellow Chardonnay offers a fresh fruit-friendly nose that suggests ripe pear, pineapple and peach. On the palate you'll find fresh tropical fruit flavors of apricot and mango combined with a hint of ripe bananas. This medium-bodied wine has a good structure, balanced by a pleasant crisp acidity is what makes it perfect for shellfish.

Stop by Rockwell's with your friends and family for a glass by itself or to accompany one of our shellfish specialties. We hope to see you soon!

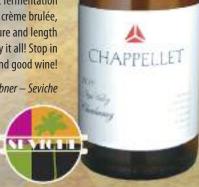
Wine review by Chef Orrie Rockwell III – Rockwell's Red Lion Restaurant

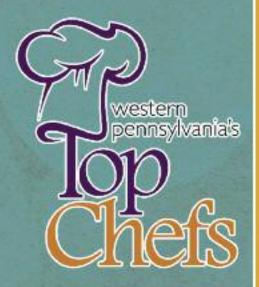


#### 2010 Chappellet Chardonnay

I think you are going to enjoy this wine! The nose is bursting with floral and tropical notes including ripe pineapple, guava and lemon zest. You'll find hints of brown sugar and nutmeg spice from the barrel aging that add complexity to the fruit. On the palate, this wine is toned and vibrant, with flavors of tropical fruit, alongside layers of quince and nectarine. French oak and creaminess from the malolactic fermentation contribute nuances of vanilla bean and crème brulée, with crisp acidity adding structure and length throughout. The wine maker's notes say it all! Stop in Ceviche for good friends, good food and good wine!

Wine Review by Chef Max Charles Scribner — Seviche







JG's Tarentum Station Grille, located in a fully renovated Pennsylvania Railroad train station in Tarentum, is a unique destination for continental cuisine. For a special occasion, or just a relaxing night out in an unexpected setting, JG's offers the right ambiance, menu and wine considerations to make for an unforgettable experience. The upstairs, once used as the conductors' office is now a cozy dining area that may also be reserved for private parties. Call to reserve your upcoming event or your special event today.

101 Station Drive Tarentum, PA 15084 **724-226-3301** 

www.jgstation.com Hours: Monday — Thursday 11am-9pm, Friday - 11am-10pm, Saturday 5pm-10pm Closed Sunday.



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 Hours: Monday — Saturday, Lunch 11am-3pm, Dinner 5pm-11pm

#### Visit Our Chefs in Person...



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 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 Hours: Lunch Daily 11am-3pm, Dinner 5pm-11pm



Fred and Lori might be the nicest couple that own a restaurant...period! Paris 66 is an ambient eatery focused on "everyday French cuisine" in a traditional bistro-style setting. Paris 66 is both a crêperie and bistro. Coming Soon! French Pastry Chef, David Piquard is arriving June 15th. He is bringing his award winning recipes straight from France. We don't know about you...but we can't wait!

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

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



Located in a building dating back to 1906 that was originally a First National Bank. You'll find a quaint historic restaurant in the heart of Elizabeth, PA's business district. The restaurant is only a few hundred yards off of the Elizabeth bridge exit. The lower level is open on the weekends and features a wood-burning fireplace.

Elizabeth, PA 15037
412-384-3909
www.rockwellsredlion.com
Hours: Monday — Thursday 11am-9pm,
Friday and Saturday 11am-10pm

201 South Second Avenue



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

#### tell them you saw them in Designing Home Lifestyles!



At this award-winning restaurant, they offer over 45 tapas from all around the world. As the seasons change, so does the dining experience. The seasonal menus showcase the freshest seafood, meat, vegetables and fruits you'll find anywhere. You'll be delighted by the flavors of European and South American regional cuisine.

2224 E. Carson Street Pittsburgh, PA 15203 **412-325-2227** 

www.ibizatapasrestaurant.com Hours: Monday — Thursday 4pm-1am, Friday — Saturday 4pm-2am Closed Sunday

## Cioppin O

Great location, incredible food, magnificent ambiance, fantastic bar and service offering an eclectic dining experience perfect for any occasion is what you'll find at Cioppino. The separate Cigar Bar is a great place to unwind after dinner or a great place to meet for a drink. The "Tuscan-Inspired" menu features their namesake dish Cioppino, chophouse fare and various incredibly fresh fish features.

2350 Railroad Street At The Cork Factory Pittsburgh, PA 15222 **412-281-6593** 

www.cioppinoofpittsburgh.com Monday — Saturday 5pm-11pm



#### DHL Gallery:

By Gina Mazza



## Leslie Nutting

Inspired by Appalachia:
Artist Leslie Nutting captures life
in our region

It was a sign of things to come, artistically speaking: As a little girl, Leslie Nutting occasionally took to drawing all over the walls of her home with crayons, much to her mother's chagrin. These days, the world is her canvas.

"I find it very important to draw and paint from life as much as possible, painting en plein air and honing my observational skills," explains Leslie, who has lived in Wheeling, West Virginia since 1988. "So much of painting is about really seeing. The world is incredibly beautiful and I want to capture and focus what I experience."



Farmer | oil on linen | 18" x 24"

A native of California and an avid traveler who has lived in Canada, New Mexico, New Jersey, Massachusetts, West Virginia, Hong Kong and





Washington, DC, Leslie has always been fascinated with people and landscapes. Her series titled "Our Land," for example, focuses on national, state and local parks; other works include the desert southwest and California coast. "I seek out special places and enjoy sharing them in my paintings," she says.

Upon relocating to West Virginia, Leslie became captivated by Appalachia. "The rust belt region of coal mines and dominating steel plants along the Ohio River," from Leslie's artistic vantage point, "symbolize America's industrial decay and my belief that the people who suffer from this situation are known mainly through stereotypes. But these are individuals, not stereotypes. They are my distant neighbors. People who live and work here are uniquely tied to the Ohio Valley and its industrial and

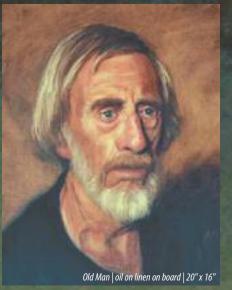
rural heritage. I wanted to cast a light on this area, to really look closely and think about what I see around me."

Through portraiture, figurative compositions and landscapes, Leslie illustrates this "long-suffering but proud population: tied to the land, coal plants, factories and small family businesses in a world apart and left behind." Aptly titled "Distant Neighbors," the series interprets "gritty industrial scenes, bucolic farms and the people who experience life here."

Leslie also finds plenty of inspiration for her work in the Pittsburgh region and other parts of Pennsylvania. "I explore my subjects in a sympathetic way that reflects my personal interest in them as individuals or as archetypes in their community. I intend my paintings to be

honest and approachable. They speak to our common humanity and current issues, while also celebrating individuality. In my landscapes, I revel in ever-changing light effects and the impossible beauty I find wherever I look."

Leslie's artistic style is a combination of realism and abstraction, loose and expressive, with an emphasis on the sensuality and texture of oil paint. She begins with a foundation of quality materials, techniques and craftsmanship, then often integrates abstract elements, symbols or words. "I have even embroidered over a portrait," she says. "This kind of freedom is both the allure and terror of art making. So many choices! I continue to explore, searching for the tools and knowledge I need to best express my ideas in paint."







Soccer Dad | oil on linen | 20" x 16"

Leslie earned a bachelor of arts degree in history and Asian studies from Williams College in 1985. Upon graduation, she entered government service as a foreign affairs officer, which offered ample opportunity to travel and sparked her interest in people and cultures around the globe. Then came marriage and three children, yet a deep wellspring of emotion drove Leslie back to painting.

Following that passion, Leslie developed her skills by taking classes with Elizabeth Castonguay at the Carnegie Museum of Art

and several great teachers at the University of Pittsburgh. She went on to earn her master's in fine arts/painting from Academy of Art University in San Francisco in 2010. Leslie is a member of Associated Artists of Pittsburgh, the Oil Painters of America and Portrait Society of America.

In addition to painting full time, Leslie has been training to be a docent at the Carnegie Museum of Art and has assisted with "In the Moment," an art experience for individuals with Alzheimer's disease and their families. "The museum is a wonderful place and I love talking

to people about art!" She is also involved with Frank Lloyd Wright's Fallingwater and community organizations such as local public libraries.

"I love engaging with Pittsburgh's rich and varied arts and cultural opportunities. From the start, this region has been the heart and soul of my work, and I know it will continue to be. For me, the joy is in the action of making art, solving the many challenges of each painting and getting to that magical point where a piece says what I need it to say. It is also incredibly motivating and encouraging to discover that people feel moved by my work, that a painting can make a powerful connection with someone.

"A painting is a window out of my physical world and into a world of my own making," Leslie goes on to explain. "I enjoy the adventure and physicality of painting, the unabashed sensuousness of the art form, and the freedom to explore abstraction, realism, and anything in between." | DHL

Leslie's current work can be viewed at www.LeslieNuttingFineArt.com.

She can be reached at (304) 280-4724.

## et Lifestyle By Renee Butor

saltwater fish angelfish

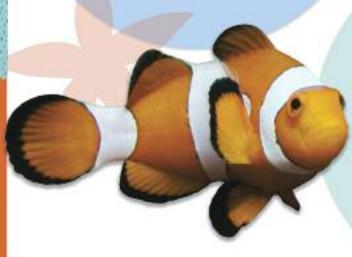
Saltwater angelfish are among the most beautiful of all reef creatures. Their colors are deep and rich and often cleverly painted by Neptune into stripes and spots. These fish are found in all the world's oceans, although the greatest diversity of this group is found in the Indo-Pacific Ocean in rocky areas and reefs, where they feast on the abundant coral. Although these species can be rather territorial, they are among the most popular aquarium fish. Despite their delicate appearance. once acclimated to your tank, angelfish are incredibly hardy and can be long-time residents of your aquarium.

#### lionfish

Lions are hardy fish that will adapt well to life in a home or office aquarium. Provide lion fish with live rock or other items to provide ample hiding places. For a diet in the aquarium, include frozen meaty foods such as live shrimp, live fish and occasionally crustacean flesh. Because lionfish usually prefer live foods, when first introduced into the aquarium, use live saltwater feeder shrimp to entice your lion to eat. While acclimating to its new home, expect your lions to be shy and hide, but they are generally found out in the open once accustomed to their surrounds. Be warned that lions may eat smaller fish, shrimp and other crustaceans in the tank.



Clown fish are some of the most popular fish in the saltwater aquarium hobby. They are very beautiful and fun to watch. They quickly catch the eye and many marine enthusiasts enter the hobby because of an attraction to these colorful beauties. You will often see clown fish nestled in an anemone. While other fish avoid its stinging tentacles, it will cause you to wonder what relation a clown fish and a sea anemone have. In the wild, Clown fish live in symbiotic relationships with certain anemones. In captivity, anemones are not necessary to keep a clown fish; clown fish will readily adapt without them and frequently find a substitute host in a coral, rock structure or other invertebrate.





aquarium needs to be kept around 70 to 75 degrees at all times. Though they are not avid swimmers, you may want to get them some live rocks for their new home. Since most other fish do not live in the required conditions, sometimes it is best to reserve an aquarium specifically for them alone. Seahorses typically need fed between four and eight times per day. Brine shrimp is a favorite meal of these beauties of the sea.

on the reefs of the Atlantic, Indian and Pacific Oceans, there are approximately 120 species. Butterfly fish look like smaller versions of angelfish but lack preopercle spines at the gill covers.

They easily adapt to living with other fish and can be kept in any size group. Since they have a small mouth and need to peck at food at all times, it is vital to provide them with frequent small meals. In captivity, butterflies grow very slowly so they rarely have the problem of outgrowing their aquariums.

# yellow tang

The yellow tang is a grazing fish with a diet of almost anything that is green (algae, grass, lettuce). It is not unheard of for the fish to eat meat. Even though it is generally an herbivore, the tang has been known to eat shrimp and other smaller animals. This varying diet may even include excrements from other fish. This small fish is very territorial especially in the presence of other tang fish.

The tang fish does not require a lot of space in which to live but it needs a constant flow of water. This helps the fish stay in shape and keeps the fish in good health.

# mandarin dragonet

The mandarin, a.k.a. green mandarin, is absolutely stunning in appearance, with its incredibly colorful, sweeping shapes of red, blue and green throughout its body. It is a very peaceful creature that likes to hop and hover throughout the aquarium looking for copepods and other live food. They should be introduced into established aquariums with live rock, as this is where their best food source breeds. These fish have small protruding mouths designed for capturing microfauna. The dragonets have two separated dorsal fins, with the male dragonet having an elongated dorsal spine.



# DHIS DET Lifestyles Hamsters

Hamsters are native to Syria and were primarily used for research. In 1948, Albert Marsh, a highway engineer, introduced them as pets. Hamsters are chunky-bodied, thick-furred, short-tailed rodents with cheek pouches. They are secretive burrowers and hoarders. Being nocturnal creatures, they usually sleep during the day and play and explore at night.

# Hamsters as Pets

Hamsters have no detectable body odor. They are inexpensive to buy, and outside of cage cleaning and proper food, they are relatively maintenance free. Hamsters are subject to very few health problems and diseases. Since they sleep during the day, they are active at night when most people are home. A hamster can be a wonderful family member and an excellent pet.

# What do I need for my pet hamster?

Now that you have decided on a pet hamster you should have all the supplies necessary ready before bringing your pet home. This care sheet will guide you in having everything you need. Remember, hamsters are chewers, wanderers and burrowers, so choose the home accordingly.

# **Habitat**

- You will need a cage or aquarium that is at least 15 inches long by 12 inches high for one hamster or two dwarf hamsters. Get the largest size possible. The bigger the cage, the happier your pet will be.
- Provide bedding or substrate for the bottom of the cage where your pet can burrow and hide.
- Also include a water bottle or water dish. You will have less mess to clean up if you use a stoppered bottle in place of a water dish.
- · A food dish.
- · Create hiding and sleeping areas for your hamster.
- Toys such as an exercise wheel, ramps, and tunnels will enable your pet hamster to exercise and explore.
- Of course, you will need food and supplements



hamster's diet provides everything it needs is to buy the best prepared hamster food you can find. Then supplement its diet with pieces of fresh fruits and veggies, throwing in an occasional mealworm

or cricket. A varied diet is as important to hamsters as it is to people. Below are many of the foods that you can feed to your hamster.

# **Pellets**

Pellets are a hamster food where the ingredients are ground up, mixed and formed into little pieces. The requirement to gnaw on pellets and the balanced nutrition of pellets make them a suitable part of a your pet's diet.

# Mixed Seeds and Grain

Mixed seeds and grain are a food mixture of seeds and grains. Some mixed foods include a variety of dried fruits, nuts, and seeds. This type of food provides a variety of choices for your hamster to enjoy and is an excellent part of its diet.



# Timothy Hay and Alfalfa

Timothy hay, alfalfa or a mix of the two are a nice addition to your pet's diet. In the wild, hamsters are grass eaters and may enjoy nibbling on some hay. Not all hamsters will eat it, but it is worth a try.

# Fresh Foods

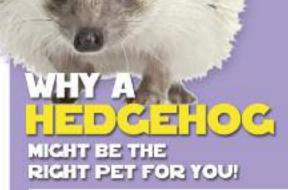
To add some variety and nutrition to your hamster's diet there are many fresh foods you can try: acorns, apples, bananas, green beans, broccoli, cabbage, carrots, cauliflower, celery, corn, zucchini, cucumbers, grapes, kale, oranges, peas, spinach, sweet potatoes, and turnips. The key with fresh food is to supply it in small portions since hamsters store away excess food. Rotten fruit is not something you want in your pet's cage.

# **Snacks and Treats**

There is an amazing variety of hamster snacks and treats that you can offer to your pet a couple times per week. These treats, although very enjoyable to your hamster, are not a well-balanced diet, so use them sparingly. Most treats are sweetened foods like seeds, nuts and dried fruits and vegetables that your pet will love. Alternatives to store-bought hamster treats are scrambled or hard boiled eggs, dog biscuits, sugar-free cereal, whole wheat bread and uncooked pasta. You can even feed him mealworms or crickets.

# **Dietary Supplements**

Commercial hamster food is supposed to have all the nutritional requirements necessary for a healthy pet, but supplements are a good way to guarantee a well-balanced diet. Dietary supplements are available with vitamins, minerals and calcium; they come in flavors that a hamster will enjoy.



Other than the obvious "cute factor," there are many reasons why you may consider owning a hedgehog:

# Hedgehogs do not spread dander

If you are allergic to cats and dogs, you are most likely allergic to the dander. Hedgehogs do not spread dander and will not trigger allergies. However, it is possible that you could be allergic to hedgehog related items, such as hedgehog food.

# Hedgehogs are quiet

If you listen, you will hear a hedgehog make heavy breathing noises, a sort of snuffling. When excited or upset, a hedgehog will grunt and pop. Rarely, a hedgehog will make a soft chirp. All in all, most hedgehogs are very quiet.

### Hedgehogs are small

If you live in an area that only allows small pets, a hedgehog will likely be allowed. There are restrictions in some areas against owning a hedgehog (and other pets termed "exotic"). Keep in mind that just because a hedgehog is small does not mean that it wants a small place to live. You need to give your hedgehog as much room to run around as possible.



Courtesy of www.hedgies.com

# DHL's Det Lifestyles



# COULD THIS BE YOUR NEXT PET PROJECT?

By Fawn Chang

Feeling creative? Want to surround yourself with something personal, meaningful and fun? Why not change up the fabric, wallpaper or flooring in your home or office?

Last spring, while at San Diego's Coronado Beach, I made a design discovery that delighted me. At a restaurant called Sapori—which I expected to be Japanese cuisine—I laughed out loud when I saw the most amazing décor and wallpaper, which immediately gave me a clue that I was not going to be ordering Sushi. I asked the owner where she found such a great design: a gold metallic background with bright, ruby red lips slurping pasta. "We designed it ourselves online," she told me.

The world is on fire with the trend for all things personal and handmade; oddly, the not-so-face-to-face Internet has made it possible. Sites like Ponoko and Etsy allow us to design our own widgets and sell them to the world. Technology makes it possible for us to have beautifully designed and personalized décor—from fabrics to wall coverings to flooring—for often the same price as mass produced varieties. Designers and homeowners can now personalize projects with the perfect image, logo or precise color scheme needed to express themselves. Rather than spending hours, days

or months looking for the perfect design or color, within minutes we can create our own perfect fabrics to enliven our living environments. On a smaller scale, we now have the same power that was formerly reserved

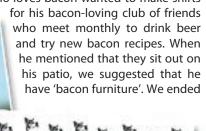




# "The things we love, love us back over and over again and tell the beautiful story of who we are . . . to ourselves and others."

for major manufacturing. You can design it—or have someone else design to our taste—at just the quantity you need, all at a price that may amaze you.

With the very same process that major designers use, you can even turn your drawings and photographs of your beloved pets—or even your hobbies and passions—into a captivating design. For instance, a visit to Spoonflower.com will yield 105 prints of greyhounds alone; and if you still can't find the one that you like, you can upload your puppy's image and they'll help you design it. Rysa Pitner, founder of Fabricondemand.com shares this story: "A customer who loves bacon wanted to make shirts



up creating t-shirts and patio furniture adorned with bacon. It was a ton of fun!"

For other customers, Pitner's projects have been diverse—everything from using 20 yards of custom satin to make a scarf for one of the royal elephants in India, to a custom fabric for a five-star Caribbean resort, to decorative panels for the National Gallery in Washington, DC. "We find ourselves smiling daily with the stories of special gifts being made and life-long dreams brought to life on fabric," she says. "Every design is reviewed by a design mechanic to make sure that it's suitable for printing, and we have a design team that helps DIYers' creations and imaginations come to life."

For flooring, options also exist for the DIYer and custom designer. Harveymaria.com has hundreds of inspiring and whimsical designs—or, once again, you can design it yourself.

Wallpaper? Options abound! Wallwords.com offers the opportunity to print logos or inspirational quotes that can be easily applied to your walls. DesignYourwall.com has thousands of original designs; or, design your own using your child's handwriting or artwork.

# Surrounding yourself with things that you love is one key to loving your home and your life!

Send us your PET projects: Anything that brings the joy of your life into your home, or any design that you have to make living with beloved four-leggeds easier for you, your pet and your design to: fawn@designinghomelifestyles.com



While you might know Wet Pets & Friends as "THE" place to go for all of your fish and small pet needs, the family has taken their love of all things aquatic and took it outdoors with a new pond

& waterfall installation and maintenance business that will make your yard the envy of the neighborhood.

The Taimuty's began their venture into the retail pet industry in 1992, with a 2,400-square-foot storefront in Waterdam Plaza. Their store, mainly aquatic, has many other critters such as reptiles, small animals, kittens and exotic birds. Within three years, more space became available, and they expanded to 4,800-square-feet. At that time, with double the space, they

added an extensive line of pond products for sale. Soon, customers began asking about pond maintenance and pond services. Ed Jr. stepped up to fulfill these requests. After renting for 12 years at this location, the Taimuty family purchased the land next to McDonald's on Rt. 19 and built their 10,000 sq. ft. super store which includes a full size greenhouse to accommodate their growing pond and water garden business.

A graduate of the Art Institute with vast artistic ability and enthusiasm for embellishing customers' existing ponds, Ed began to build waterfalls and waterscapes that have wowed his clients. His experience with fish, plants and filtration enhanced his skills to construct a beautiful water garden that is also ecologically designed.

Ed will go to a site, look at the lay of the land and then start sketching up plans that match the existing landscape and the homeowner's concept.

Ed said that ponds generally range from \$3,000 and upward

depending on many variables, such as excavation, site availability, size, etc. but the return on the property is immeasurable.

"We had one job where a gentleman had one of our waterfall ponds in his backyard and the people who bought his home bought it mainly because of that feature. It literally sold the house" Taimuty said. Wet Pets also does corrective work for jobs that may look nice, but issues of sustainability have not been addressed.

"A lot of times, some inexperienced landscapers and pond installers will create ponds that are biologically incorrect. They







may lack proper filtration, among many other variables related to keeping the pond beautiful. What we create are small biological ecosystems in addition to just landscaping focal points" Taimuty added.

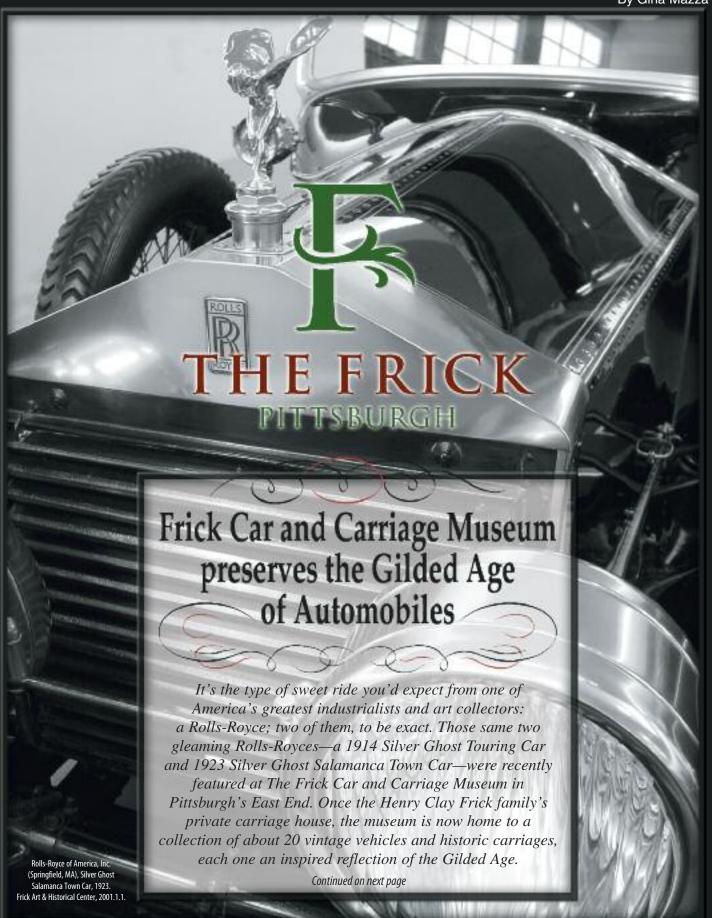
Wet Pets has all the supplies you need to build your own pond, as well as koi, pond goldfish and a large array of water plants to enhance its beauty. If you want a quote for Wet Pet's Pond Crew to build your pond, call to get on their list. Stop in to see a piece of their artistry in pond designing. There you will find a 3,000-square-foot greenhouse, stocked with all of the necessities for building and maintaining a pond - 45 millimeter Firestone rubber liner, pumps, tubing, water clarity products, fish and plants. Ponds require very little maintenance once they are up and running, however, homeowners will need to feed the fish, prepare the ponds for winter and keep up with algae so that it doesn't overrun the pond. Keeping up with algae can be as simple as just adding the proper water treatments a few times a year.

As for preparing the ponds for winter, Wet Pets can and does offer this service for their clients.

To winterize, we shut the pumps down and clean out all the leaves and other debris. We then place a thermostatically controlled pond deicer in the water to keep a small area of the pond from freezing over. This allows for the exchange of oxygen to take place when the temperatures drop and the surface freezes over.

For more information visit us on our website at www.wetpet-sandfriends.com or give us a call at (724) 942-4442. You can also follow them on Facebook, Twitter and MySpace.

By Gina Mazza





Of all the vehicles ever produced, nothing quite says "status" and "fine taste" like a Rolls-Royce, and Henry Clay Frick (1949-1919) had both. The 1914 Silver Ghost is a British-made Rolls-Royce that boasts custom features added at Mr. Frick's request. The 1923 Salamanca is especially rare since it has an American-made body that was produced by Rolls-Royce's short-lived American subsidiary, Rolls-Royce of America, Inc., which operated in Springfield, Massachusetts from 1920 to 1934. The car company quickly earned a reputation for sparing no expense to offer the best in car design, materials and technology.

American Austin Car Company, Butler, Pennsylvania, American Austin Coupe, 1931. Frick Art & Historical Center. 1999.1.13.

ninghomelifestyles.com

Rolls-Royce's impeccable standards are perhaps best exemplified by its iconic mascot, the Spirit of Ecstasy, which celebrated its centennial last year. Designed by British artist Charles Sykes (1875–1950), the Spirit—also known as the "Silver Lady" and "Flying Lady"—was initially available as an option and became a standard feature in the early 1920s. The figure has evolved over the years but has remained one of the most prestigious ornaments in automotive history.

No doubt, the early 20th Century was an era in which the development of the automobile profoundly changed American life. In the Car and Carriage Museum, visitors can travel back in time to this heyday of the automobile, still ripe in its infancy. Also on display are some of the first horseless carriages to be driven on the streets of Pittsburgh. In addition to the two Rolls-Royces and Howard Heinz's gorgeous 1898 Panhard et Levassor Tonneau (reputed to be the first car in Pittsburgh), visitors can feast their eyes on these vintage vehicles:

c. 1882 Brougham
c. 1897 Pony-size Spider Phaeton
1903 Baker Electric Stanhope
c. 1903 Country Omnibus
1906 Outing Wagon
1909 Bailey Electric Phaeton
1909 Keystone Six-Sixty Roadster
1911 Penn 30 Touring Car



1914 Ford Model T Touring Car

1917 Standard Model E Touring Car

1924 Auto Red Bug Flyer

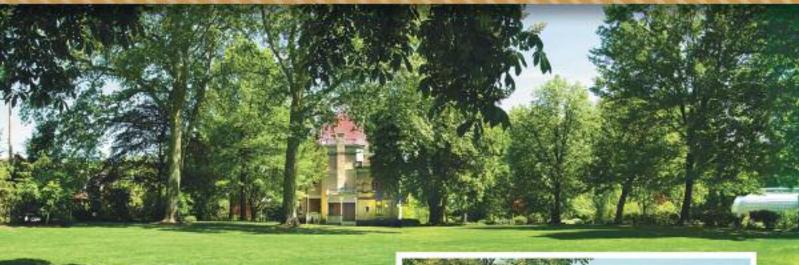
1931 Lincoln Model K Sport Phaeton

1940 American Bantam Convertible Coupe

alternates throughout the day with a short film, "The Stanley Steamer." Through archival film, original footage and interviews, visitors are taken on a humorous and fascinating ride through the early years of automotive history and Pittsburgh's particular role in it.

While visiting the Car and Carriage Museum, why not spend the day and tour the entire Frick Art & Historical Center. Comprised of several historic buildings that house its multiple





Frick Grounds - Panoramic View. **Below:** Standard Steel Car Company, Pittsburgh, Pennsylvania, Model E Touring Car, 1917. Gift of the Estate of G. Whitney Snyder. **Right:** Frick Grounds - Entrance Gate.

collections, it is the legacy of Helen Clay Frick, daughter of Henry Clay Frick. The Frick Art Museum houses a collection of Italian Renaissance and 18th Century European art. Special exhibitions are presented on a regular basis, many of which are organized by the Frick's curatorial staff.

And then there's Clayton, the restored Frick family home and its beautifully landscaped gardens, which opened to the public as a fully restored historic house museum in 1990. A bit of



history is in order: In the spring of 1881, Henry Clay Frick met Adelaide Howard Childs (1859-1931) and by the end of that year, they were married. After returning from their wedding trip, the Fricks purchased "Homewood," an 11-room, Italianate-style house located at the corner of Penn and South Homewood Avenues. Pittsburgh architect Andrew Peebles was hired to make interior and exterior modifications to the home, which was renamed "Clayton." Clayton would serve as the family's primary residence from 1882 to 1905.

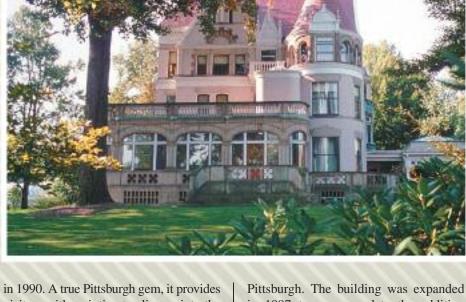
The Fricks moved into Clayton in 1883 and their son, Childs (1883-1965), was born shortly thereafter. Two years later, a daughter, Martha, arrived (1885-1891), followed by Helen Clay Frick (1888-1984) and a fourth child, Henry Clay Frick, Jr., who died shortly after birth in 1892.

Although the Fricks left Clayton in 1905, the home was never sold and remained a part of their family life. In 1908, Helen returned to Pittsburgh and Clayton for her debut into society, although she continued to live in New York and travel the world for most of her life. After Henry Clay Frick's death in 1919, Helen inherited \$38 million, making her America's richest heiress at the time. Like her father, Helen was a passionate art collector. To house her growing collection of fine and decorative art, she built The Frick Art Museum, which was opened to the public in 1970.

In 1981, Helen returned to Clayton to live full time, and stayed there until her death in 1984. She left provisions for the family home to be restored and opened to the public. Following a fouryear restoration project, Clayton was opened as a museum home









Right: Clayton, the restored turn-of-the 20th-century home of the Henry Clay Frick family at The Frick Art & Historical Center, Pittsburgh, PA.

Above: Visitors at The Frick Art Museum, Frick Art & Historical Center, Pittsburgh, PA.

in 1990. A true Pittsburgh gem, it provides visitors with an intimate glimpse into the illustrious lives of the Frick family and insight into late 19th-Century life. More than 90 percent of Clayton's furnishings are original. It is especially gorgeous around the holidays, when the house is decked out in its holiday finery for tourists to enjoy.

The Frick compound has continued to grow in the years following Clayton's opening. In 1994, The Café at the Frick debuted on the site and in 1997, the Car and Carriage Museum went on public display. The original "carriage house" portion of the Car and Carriage Museum was used to store the collection of carriages and antique cars that Helen brought to

Pittsburgh. The building was expanded in 1997 to accommodate the addition of automobiles from the collection of G. Whitney Snyder (1921-1999).

From cars and art to the café and more, The Frick remains one of Pittsburgh's most important historical, cultural and educational assets. Take a gander over to the East End and check it out. Cameras are not permitted in the museum. | DHL

The Frick Art & Historical Center is located at 7227 Reynolds Street in Pittsburgh's Point Breeze neighborhood. Free parking is available in the Frick's off-street lot or along adjacent streets. The Car and Carriage Museum is open during regular site hours: Tuesday through

Sunday from 10 a.m. to 5 p.m. There is no charge for admission. Seating at Café at the Frick is available at 5:30 and 7:30 p.m.; reservations are recommended but walk-ins are welcome, space permitting.

For details, call (412) 371-0600 or visit www.TheFrickPittsburgh.org.





Environment is probably one of the single most significant factors in influencing our mood. And apparently the founders of Forest Hills borough understood this basic idea.

When this area, seven miles east of Oakland, was incorporated in 1919, the streets were laid out with wide, tree-lined



boulevards. In addition, almost one-quarter of the borough's 1.5 square miles was designated for parks. This dedication to the preservation of nature and green spaces has netted the borough annual recognition by the National Arbor Day Foundation for over 20 years. They even have their own arborist. Now that's something you won't find in every borough in Pittsburgh.

The sharp, steep hills that comprise Forest Hills ensure that it was aptly named. Fortunately, an attentive public works crew keep the roads passable in the winter months. Dining is definitely one of Forest Hills' strong points. Vincent's Pizza Park is famous for their "Vinnie Pie," which has even been shipped to other states. Jodi B's is a great place for breakfast or lunch and serves café-style fare with a friendly wait staff. For dessert, there's the recently reopened Heaven Scents Bakery, which bakes all of its delicious pastries onsite, including specialty cakes. And nothing tastes quite as good with pastry as a good cup of coffee. The Forest Hills Coffee Company is an intimate little gourmet coffee shop that also serves gelato.



Speaking of gourmet, the Simple Gourmet is an upscale sandwich shop that offers diners unique menu choices in an artsy atmosphere. Little Dishes Gourmet carries sweets such as fudge and chocolates to take home for later.

If you would like to get some exercise after a great meal, Forest Hills Park is a beautiful place to walk. Bordered by Pennsylvania limestone walls, a lush lawn, and of course, more trees, the park features a pool, tennis courts, and a playground with lots of seating for adults. There are also two great lodges for party rentals and meetings—one with timbered ceilings, and the spacious Westinghouse Lodge, which has a fireplace.

If you would rather shop to work off your lunch, Antiques on Ardmore has great period antiques at reasonable prices. Two accomplished local artisans, Gerry Florida and Memphis George, are opening a workshop/boutique on Ardmore Boulevard, where their jewelry creations will be available for purchase.

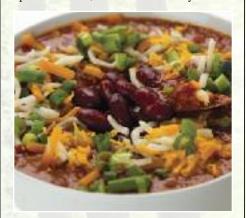
After spending a few afternoons in Forest Hills, if you find that you've fallen in love with the area and want to make your visit permanent, there are many well-built craftsman-style bungalows and beautiful

Tudor-style homes. The borough is located along I-376, which makes morning commutes to Oakland and downtown convenient. And since it's just 10 minutes from Monroeville, the Pennsylvania Turnpike is also very accessible.

Local residents enjoy a plethora of festivals and neighborhood-style celebrations throughout the year.



One of the largest is the Fourth of July Community Day, which features a biathlon and swim races. The borough also sponsors a hayride in the fall for children and a Light-Up Night for the holiday season. Many local clubs and churches also sponsor events, such as the Rotary Club's



Annual Chili Cook-Off and the St. Maurice Church Festival, which is usually held in June and goes on for days.

For a small geographic area, Forest Hills is blessed with a wide array of educational choices, including Woodland Hills High School, known for their knack of producing great football teams, religious schools and several private institutions of learning, including Pace School, which serves children with special emotional needs.

Despite the fact that Forest Hills was not incorporated as a borough until 1919, the town has enjoyed an interesting and varied history. For example, it was once the home

of a locally famous chinchilla ranch, operated from the basement of a local couple. It was also the location of the first industrial atom smasher as part of the Westinghouse research facilities. The borough was also a hotbed for barbershop quartets, a tradition that has continued to the present day with the Steel City Harmonizers, who can be found practicing every Monday night in the borough.

If you are looking for a place with a friendly neighborhood atmosphere, a strong sense of community, and civic pride, then Forest Hills might be the place for you. If you would like more information on the Borough and their events, visit their website at www.foresthillspa.org. | DHL



# 2012: A POWERFUL YEAR OF CHANGE...FOR THE BETTER

By Fawn Chang

# It promises to be a year of direct communication, deep emotion and (it's up to you) positive outcomes.

anuary 23, 2012 marked the beginning of the Chinese Year of the Water Dragon. In the Chinese Zodiac, dragon years bring prosperity, change and an intangible sense that something great is happening. Whatever that happens to mean in your life, be sure to look deeper than first impressions to get the whole story before committing your time, money or (in this presidential election year) your vote.

In the East, dragon energy is associated with benevolent life force, power, great luck and support. A symbol of the emperor, the dragon is ambitious, dominant, passionate, enthusiastic, kind and nourishing. Dragon years bring energy that propel change and disruption, but not always for an unwanted outcome; when properly harnessed, this energy creates new life and growth. Dragon energy usually heralds change and good fortune but requires integrity.

# THE CHINESE ZODIAC

For thousands of years, the Chinese have studied and qualified the cyclical nature of human affairs and packaged them in

In 1952, the last Year of the Water Dragon,
Queen Elizabeth II took the throne. The second longest reign in the histories of Britain,
Canada, Australia and other countries, she will celebrate 60 years as Monarch, with her Diamond Jubilee.

metaphorical terms for easy understanding. The years follow a 12-year cycle of animals and their characteristics, and a 60-year cycle of nuances attributed to the elements of water, wood, fire, earth and metal. Having taught elementary school, I saw an amazing trend: children born in certain years exhibited the best qualities attributed to that year's animal zodiac. For example, I noticed that children born in 1992 were facile, joyful, social and clever—just like the monkey; children born in 1991 were methodical, quiet and ingenious—just like the goat, and so on.

# WATER DRAGON EXPECTATIONS

In general, we'll find that this Year of the Water Dragon will be grand, exciting and hopeful. The Chinese warn that in the Year of the Dragon, grand fortunes can spiral out of control without proper research and attention to completion of one project at a time. No matter how good things seem, the water nature of this dragon year will inspire us to step back, investigate and thoroughly evaluate in order to make smart decisions.

The need for harmony at all costs will be replaced by our desire

to be clear and accurate with our agreements both verbal and contractual. Water signifies what is deep, flowing, emotional and spiritual, and we may find that we have a more emotional response to situations; but we'll also find ourselves wanting and needing to speak clearly, especially about the details of any endeavor.

Dragon energy can also bring out arrogance, aggressiveness and violence. In 2012, things will most likely seem larger than life and blown out of proportion. The best advice for this Water Dragon year: Respond, don't react. Take a deep breath, step back and consult your gut feelings; be clear and kind.

Those born in the Year of the Dragon (1904, 1916, 1928, 1940, 1952, 1964, 1976, 1988, 2000 and 2012) are leaders: innovative, enterprising, flexible, self-assured, brave and passionate. The other side of the coin is that their focus can lead them to seem conceited, tactless and quick-tempered. Some famous people born in the Year of the Dragon





Postal Forever Stamp: Year of the Dragon

are Reese Witherspoon, John Lennon, Martin Luther King, Jr., Florence Nightingale, Susan B. Anthony, Sigmund Freud, Sandra Bullock, Jose Conseco, Keanu Reeves, Liam Neeson, Nicholas Cage and Gregory Peck.

The Chinese New Year doesn't begin January 1; instead, it begins at the second new moon after the winter solstice. If you were born in January or February, you may be a "different animal"; consult the Internet for information about when Chinese New Year began in the year you were born.

# FLOURISHING IN THE YEAR OF THE WATER DRAGON

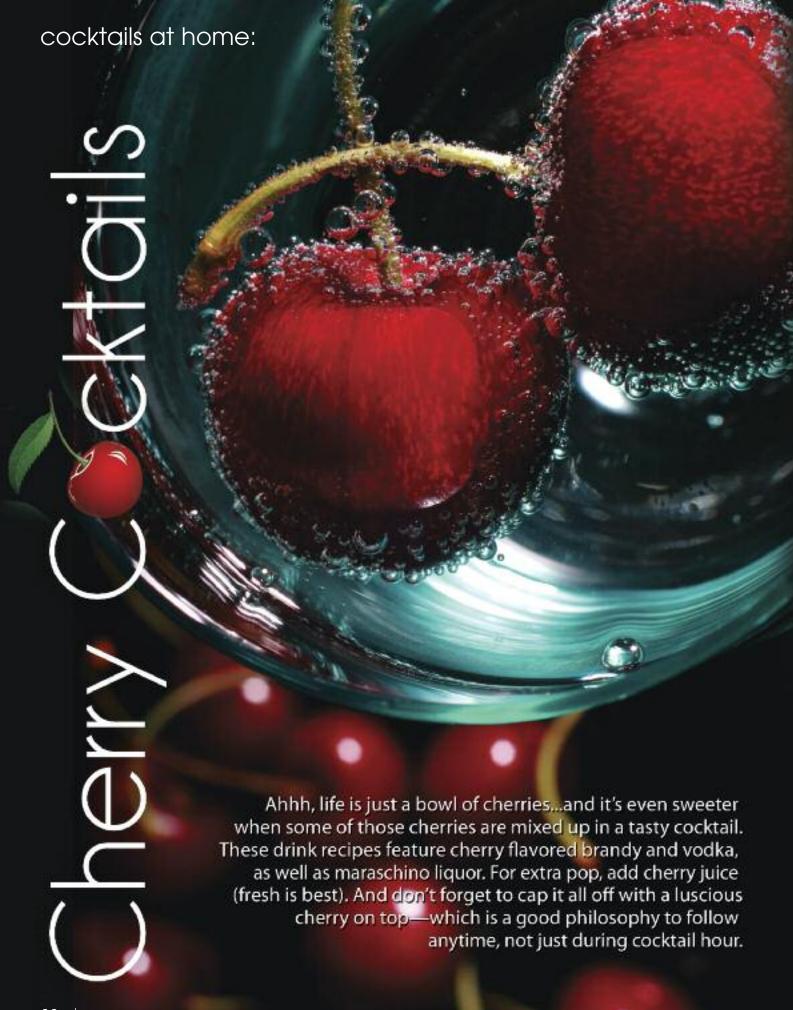
How can you flourish in the Year of the Dragon?

- Be clear, honest and ruthless with the questions you ask yourself, and be proud that you are asking them. "Am I on target with my heart's desires?" "Is there anything that I am living with that I need to release as far as emotions, perceptions or expectations?"
- Keep your cool; do your research and don't believe everything you see or hear.
- Our relationship to community will play a larger role in our lives. Get involved; be a mentor.
- · Take a few calculated risks.
- Tend to your own "water" issues:
  - Check your home plumbing, especially when doing a bathroom or kitchen remodel.

- Check "water under earth"; keep an eye on gutter drains and water lines.
- Check your car's engine to make sure it's in good shape.
- Make sure your front door and all the doors to your home and office work perfectly and open into a beautiful view of your personal décor.
- Tend carefully to your body and your emotions:
  - Support your kidneys and adrenals, bladder, reproductive organs, blood and spleen.
  - Get plenty of rest. Gently exercise to move your lymph and stay flexible. Balance work and personal time. Drink pure water; limit alcohol and coffee.
  - Acknowledge your feelings and act from compassion.

This year is sure to be a powerful one filled with change—some more easy to accept than others but always, ultimately, for a positive outcome. We could easily discover the depths of love for ourselves, our families, our friends and our world. | DHL

新年快乐



# Black Forest

### **INGREDIENTS:**

I oz creme de cacao

I oz cherry liqueur

I oz cherry brandy

I oz cream

Shake ingredients together and pour into glass. Add a little more cream as a floater, then add a cherry

# Bob Cocktail

# **INGREDIENTS:**

I oz cherry brandy

l oz amarétto almond liqueur

I oz banana liqueur

3/4 oz. orange juice

Pour the cherry brandy, amaretto, banana liqueur and orange juice into a cocktail shaker half-filled with ice cubes. Shake well, strain into a chilled cocktail glass and serve.

# **Cherry Kiss**

### **INGREDIENTS:**

I-I/2 oz gin

3/4 oz maraschino liqueur

2 oz pineapple juice

3 dashes grenadine syrup

Shake all ingredients well and strain into a chilled martini or cocktail glass. Dust with grated nutmeg and serve.

# Cherry**Limeade**

### **INGREDIENTS:**

2 oz cherry vodka

I oz lime juice

4 oz sprite

1/2 oz cherry juice

I maraschino cherry

Fill a 16 ounce glass with ice. Add first 4 ingredients. Stir. Garnish with a cherry if desired.

# Cherry Cosmo

### **INGREDIENTS:**

3 oz cherry vodka

1/2 oz triple sec

I oz crandberry juice splash of lime juice

Shake all ingredients with ice into a chilled martini glass. Garnish with a cherry if desired.

# Cherry Cola

# **INGREDIENTS:**

I oz cherry brandy I/2 oz maraschino liqueur

4 oz cola

Pour the cherry brandy, maraschino liqueur and cola into a highball glass almost filled with ice cubes. Stir well, garnish with a maraschino cherry and serve.

# Happy Youth

# **INGREDIENTS:**

I oz cherry brandy

I oz sugar

I tsp orange juice

3 oz champagne

Pour the cherry brandy and orange juice over the sugar in a champagne flute. Add the champagne and serve.

# **CherryLove**

### **INGREDIENTS:**

3/4 oz creme de bananes

3/4 oz cherry vodka

3/4 oz whipping cream

I tsp. grenadine syrup

Shake, strain into a cordial or liqueur glass and serve.

Please Drink Responsibly.

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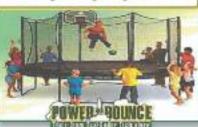
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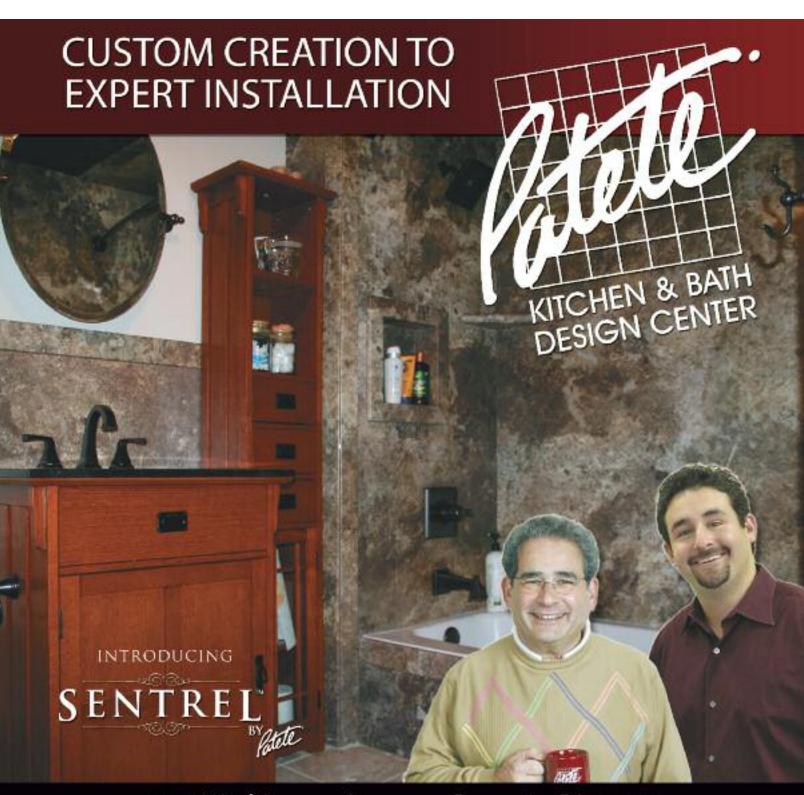
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