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PUBLISHER/EDITOR

Tom Poljak

CONTRIBUTING WRITERS

Nancy Hoff Barsotti Fawn Chang
Gina Mazza Pamela Palongue
David Plantowski Steve Stones

ART & PRODUCTION DIRECTOR

Jim Paladino

ASSISTANT ART DIRECTOR

Laura Twardus

GENERAL SALES MANAGER

Tamara Myers

SALES MANAGER

Derek Bayer

ADVERTISING SALES

Sophia Alfaras Nikki Capezio-Watson
Brian Daley Tina Dollard
Julie Graf Laurie Holding
Connie McDaniel Brian McKee
Jeff Mercer Gabriel Negri
Aimee Nicolia Annette Petrone
Vincent Sabatini Michael Silvert
Karin Turkovich RJ Vighetti

E-MAIL

info@DesigningHomeLifestyles.com



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

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Office Manager – Leo Vighetti

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Designing HOME Lifestyles

Fall Issue 2012

contents

MAN CAVE MANIA

16

Man Cave: A room in a house, basement, garage or workshop where the male species convenes to socialize or hang out. Activities may include eating bacon, belching freely, debating the QB, swilling beer, yelling at the TV screen, and scratching where it itches. - Gina Mazza gives the female perspective on what should be every man's entitlement. A Man cave!

CONTEMPORARY FURNITURE FROM AROUND THE WORLD

24

The *International Contemporary Furniture Fair* is held every May in New York. Arriving in the United States after the prestigious Milan Furniture Fair, it features innovative furnishing and designs pavilions from around the globe. See and read what is popular this year from our interior design expert Nancy Hoff Barsotti.

YOUR HEALTH + WELLNESS

40

Open the doors to your kitchen pantry and look around. What do you see? If you want to get healthy, it might be time to ditch the potato chips, cookies and sugary breakfast cereals. In their place, restock your shelves with more nutritious staple ingredients that you can use to make fresh, healthy, easy meals every night of the week.

IS AUTUMN THE NEW SPRING?

45

When planting your gardens, you have not three seasons to think about but four. Yes, even winter can add color and dimension if you think of plants that have brightly colored branches and stems. But before winter begins, we have autumn to enjoy; and with some planning, after the summer flowers have started to fade you will have color and enchanting blooms that herald the next season with flash and excitement.

DESIGNING HOME LIFESTYLES FENG SHUI

54

For many of us, September is a time for "back to school" and "back to work." The glorious sunny days of summer are behind us and it's now time to "buckle down" to the tasks at hand. Because the colors, images, shapes and layout of things around us in our daily lives can subtly direct our behaviors and habits, it makes sense to use the change of season into autumn as a time to rethink, rearrange and reenergize your living space to support your goals for the new "school year."

departments

PET LIFESTYLES

68

AT HOME WITH - Pittsburgh: City of Bridges

73

YOUR NEIGHBORHOOD LIFESTYLES - Bethel Park

78

COCKTAILS AT HOME - Very Berry Cocktails

80

On The Cover:

Daryl and Donna of Hershey Miller Painting would be the first to agree that paint and color aren't just for walls anymore.

While their company deftly handles all types of interior and exterior painting for homes and commercial spaces, Hershey Miller Painting also specializes in adding beauty and durability to floors with techniques such as epoxy floor coatings, concrete staining and concrete resurfacing. See pages 10-13.

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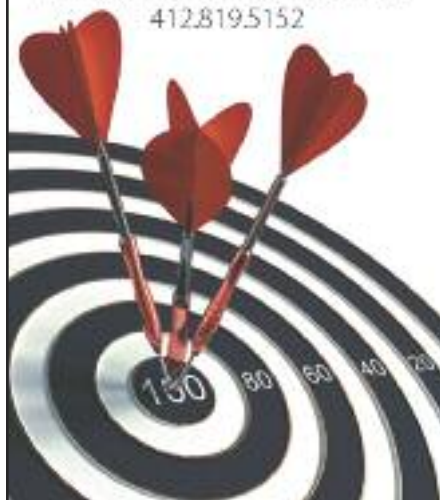
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Daryl Miller and Donna Hershey-Miller
Photo by Sarah Arndt Photography

Daryl and Donna of Hershey Miller Painting would be the first to agree that paint and color aren't just for walls anymore. While their company deftly handles all types of interior and exterior painting for homes and commercial spaces, Hershey Miller Painting also specializes in adding beauty and durability to floors with techniques such as epoxy floor coatings, concrete staining and concrete resurfacing.



“You will be amazed at how exceptionally attractive, cost-effective and practical it is to create floors in your home, office or industrial space that can look like works of art,” Daryl says.

Owned by husband-and-wife team Daryl Miller and Donna Hershey-Miller, the company has been in business for 24 years. They work throughout the Pittsburgh area, including Cranberry Township, Wexford, Fox Chapel, Butler, Sewickley and Oakdale.

“I was trained by an Old World painting craftsman, and that’s the standard I always uphold,” comments Daryl. “No matter what type of project we take on, whether it’s an epoxy floor, concrete staining, painting or concrete resurfacing in your home, business or commercial building, we are master painters with an eye for aesthetics at very affordable rates.”

Daryl, Donna and their crew specialize in the following types of floor treatments:



Concrete Staining on Exterior Patio

Epoxy flooring has a wide range of uses, from industrial to commercial office buildings, airplane hangars, car showrooms, basements, garages, gym floors, restaurants and more. This type of floor is easy to maintain and cost effective, and at the same time is a high-performance floor that stands up to the demands of everyday use. “Don’t let the beauty of epoxy floors fool you in terms of its durability,” Donna points out. “Epoxy floors are highly attractive, and

Continued on next page



Office Building with Epoxy Paint Chip System



Manufacturing Facility with Thin Mil Epoxy Floor System



Porch with Epoxy Quartz Sand System



Airplane Hanger with High Wear Epoxy System and Logo Installed in Floor

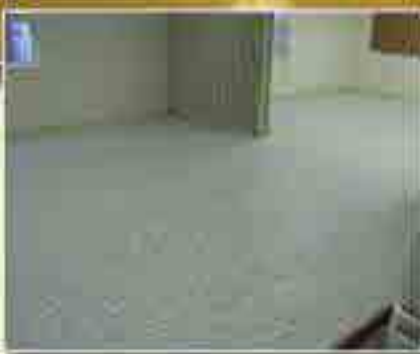
there's a wide variety of colors available to suit anyone's tastes and needs."

The basement and garage are two of the most desirable areas of the home to use epoxy flooring. "A garage, for example, is not just a place to park the car anymore; it can be a multi-functional play area for the kids, an ultimate man cave for dad or a great work space," Daryl points out bare concrete is a porous surface that harbors dirt and concrete dust, stains and possibly bacteria, so why not imagine instead a decorative epoxy floor with lasting beauty that's as easy to maintain as your kitchen floor but significantly more durable?"

Concrete staining can be used to create beautiful, one-of-a-kind floors for both commercial and residential projects. The possibilities include using this technique for swimming pool decks, sidewalks, commercial stores, hair salons and restaurants. "With concrete staining, you can let your imagination run wild because there is broad range of colors to choose from that can create a long lasting, durable and quite gorgeous floor," Daryl explains. "Concrete staining is a cost-effective technique that can actually be like a work of art on your floor. The design possibilities are endless."



Above: Commercial Building with Concrete Staining System



Left: Epoxy Paint Chip System in Church Building



Exterior House Painting



**HERSHEY MILLER
PAINTING CO., LLC**



Interior Painting



New Construction Painting

Concrete floor resurfacing is Hershey Miller Painting's newest service. Daryl explains: "We use an advanced polymer self-leveling concrete for resurfacing, smoothing and leveling of horizontal surfaces in the home or commercial space. Its unique formulation creates an excellent bond to porous and non-porous surfaces like ceramic, quarry tile, porcelain, VCT, wood and concrete floors. This saves you both time and money from having to remove old flooring." Due to its fast cure rate, this technique can also be used to resurface anything with foot traffic, such as sidewalks, and also accepts epoxy, stains, dyes and other types of flooring.

Whether you work with Hershey Miller Painting to beautify your floors or paint the interior or exterior of your home, you will find Daryl, Donna and their crew to be knowledgeable professionals whom you can trust to get the job done right the first time. "We know you have a choice when it comes to painters, and sometimes it's difficult to know who to trust to do the job right, and do right by you," Donna comments. "This is what makes our company great and why customers refer us to their family, friends and business associates. We've been in business since 1989, so we know that a successful paint job requires much more than just being able to put paint on a wall. As master painters, we understand proper surface preparation, protecting job sites with drop clothes and plastic, and how to pick the proper types of paint and epoxy to avoid future problems. We use only the best paint's, epoxies and stains available to ensure the quality result you are looking for."

Daryl personally manages each work site to guarantee the complete satisfaction of each customer and to ensure the least amount of disruption to customers' lives while their projects are in process. "We complete the project in a timely fashion so that our clients can get on with their lives quickly."

Last but certainly not least, Hershey Miller Painting prides itself on being dependable and reliable. "We show up as

promised! "Daryl confirms. "We listen to our customers, provide accurate estimates, return phone calls in a timely manner and arrive on time for your job. We follow through and do exactly what we say we are going to do as agreed upon."

Hershey Miller Painting is fully insured and licensed, and has been listed on the Angie's List website since 2011. To learn more or to receive a free estimate, call Hershey Miller Painting at (724) 492-4902 or (412) 407-4079, by email at dempaint@hotmail.com or by visiting www.hersheymiller-painting.com.

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MAN CAVE MANIA

**WHAT GOES WITH THIS TREND OF MEN
HAVING THEIR OWN ROOM TO DO
WHAT?**

By Gina A. Mazza

MAN CAVE:

A room in a house, basement, garage or workshop where the male species convenes to socialize or hang out. Activities may include eating bacon, belching freely, debating the QB, swilling beer, yelling at the TV screen, and scratching where it itches.

The man in my life has already informed me that, should we happen to cohabitate someday, he will require a room dedicated to his masculine hobbies, habits and pursuits. Of course, as a current *bona fide* bachelor, his entire residence is set up for this: one room for chess, another for classical music, yet another strictly for cigar smoking, scotch tasting and HDTV watching. From this vantage point, squeezing all of his accouterments into one area of a house would be quite a sacrifice—one that he would gladly make, but a challenge nonetheless.

His request got me thinking: Has there always been such a thing as a “man cave” or is this a recent testosterone-induced phenomenon? My father had his niches: a basement bar with trophy bass and war relics; a garage converted to a home office for his estate jewelry hobby-turned-business; a shed with every tool known to, well, man. And my brother has dedicated a room in



every home he's owned—a black-and-gold shrine, really—to his beloved Pittsburgh Steelers, with some Pens memorabilia and a few Big Fish catches of his own thrown in.

Yet any follower of modern pop culture would probably agree that in the past five years or so, the man cave has come out of the closet and into the hallowed light of home interior decorating. No longer is the master of the domicile relegated to a lonely





stool in the garage while watching a game or partaking in other decidedly “guy” stuff. According to a recent survey by a national home improvement company, 53 percent of men now have a personal refuge of their own where they can escape the pressures of family or work and be surrounded by their most prized possessions.

From the female perspective, which I naturally feel inclined to express here, this trend is taking hold in part because women support the notion; we see the value of a man room and can happily lend our ideas to the creation of them—

just as we do with the rest of the home. In fact, the same aforementioned survey reports that two-thirds of women have no problem giving up a room for their guy. As a girlfriend explained to me recently: “I totally embraced the idea because I don’t have to see the mess, hear the noise or smell the cigar smoke. He can laugh his way through *Superbad* for the hundredth time while I catch up on my TiVo’d episodes of *The Good Wife* in the family room.” Enough said.

So exactly what does a man cave consist of? A few distinctions set the boys apart from the men when it comes to the



design of an exclusively dude room. First and foremost, it’s not the style of couch or color of paint that matters most; it’s all about the gizmos. Men don’t care whether the drapes are damask or striped, or if the tangerine or aubergine walls in the nearby kitchen clash with the colors of their collegiate team’s wall pennants. Their decorating style tends towards functionality, not form, and probably includes at least some of the latest hi-tech gadgets, a few comfy leather chairs and a beer fridge.

Man Cave Must Haves

Here’s an unofficial list of items that make for a respectable man cave:

- Wide, flat-screen TV with video game hook-ups
- Comfy seating like recliners, modular sofas or leather wingback chairs

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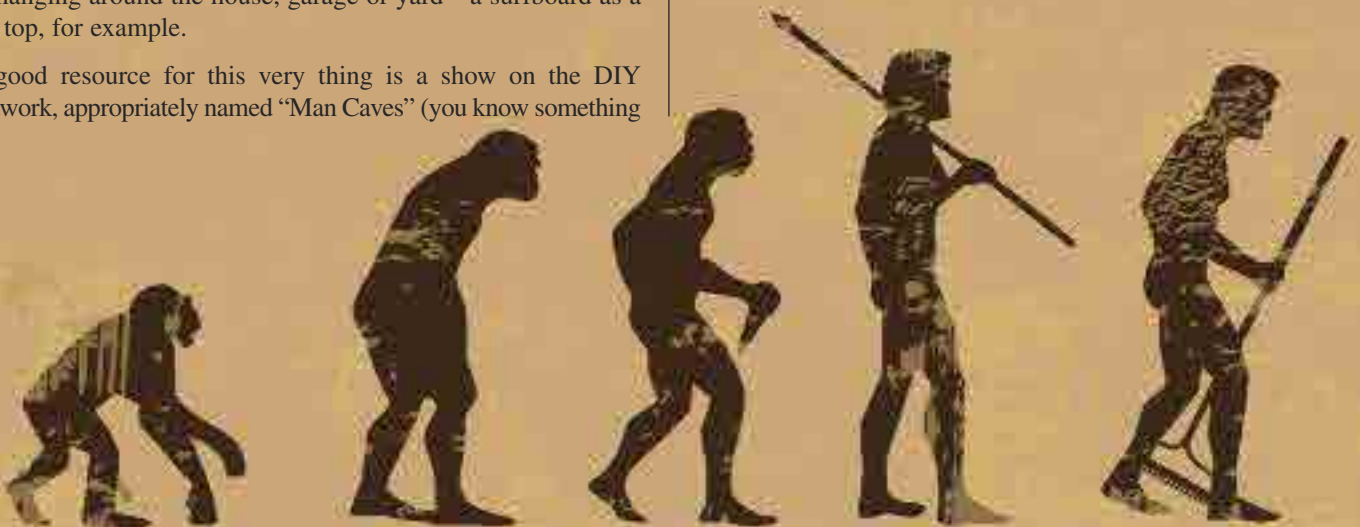


- Refrigerator (mini, at least, for beer) or wine cooler cabinet
- DVD or Blu-ray disc player
- Wireless network connection and a computer, or at least an iPad lying around
- Bar or beverage center with drink-related accessories
- Stereo (with surround sound, ideally)
- Picture of a buxom blonde with a “How-can-I-serve-you,-baby?” look on her face (optional)

Creating the perfect man-tastic room doesn’t have to mean spending a fortune. It can be done on a budget of \$5,000 or less, assuming that some of the above items can be begged or borrowed from other rooms of the home. With a little ingenuity, other accessories can be made from repurposed items that may be hanging around the house, garage or yard—a surfboard as a bar top, for example.

A good resource for this very thing is a show on the DIY Network, appropriately named “Man Caves” (you know something

is trending when it reaches cable TV show status). During each episode, the hosts create a man room for one lucky guy, then offer ideas and expert do-it-yourself instructions to help homeowners everywhere construct their own spaces. The TV show’s website is useful, as well (DIYnetwork.com/man-caves), with guidelines on projects like making a coffee table from old hockey sticks or how to properly hang a punching bag so that you don’t wail on it and accidentally end up shattering your treasured collection of shot glasses from around the world.





Man Cave Motifs

Before dragging out the power tools, though, take time to think about a possible theme for the room. Man caves are all about chilling out in an atmosphere where you feel most comfortable, happy and “at home.” Do any of these strike your fancy?

- Den with library and roaring fireplace
- Biker bar, with a Harley Davidson only parking spot
- Rock star room (think Hard Rock Café)
- Home theatre with reclining chairs and popcorn machine
- Alpine lodge with trophy game on the walls
- Golfer's paradise, with a virtual reality driving range
- Favorite sports team(s)
- Pool hall with dart board and built-in bench seating
- Gaming arcade with slot machine, jukebox and Black Jack table
- Anything that is your favorite hobby

Not all man caves are created equal, just as no two men are. Whether the room is massively hi-tech and fantastically creative, or a simple, pared-down DIY version, one thing remains constant: it's a space that allows a guy to self-indulgently stake his claim in his own abode, an area where the fridge is stocked with his favorite tastes and the remote is not only always his but is pre-programmed to his top-watched stations.

So in the future, should I need to consider such matters with my man, I will go out on a limb and say right here in print that I am all for the idea of him having a space of his own, to do whatever. If it's true that a man's home is his castle, it's appropriate that he feel like a king, or at least a knight or a bishop (using his favorite hobby of chess by analogy).

And given the unlikely scenario that I don't care for his man cave, no worries. After all, I still have the rest of the house.

Continued on next page





Man cave essential number one: the right screen for your space

Okay, you've got your "man cave" plans under way. As you undoubtedly know, it's not a question of "Should I get a big screen TV?" but rather a question of "How BIG of a screen should I get?" That depends on a number of factors—including room size, location and planned usage—but we consulted with Tim Ciccone of TheaterXtreme to help you narrow down the vast array of choices that are available on the market today.

TVs: When it comes to flat panel televisions, you basically have two main options: plasma and LED. Plasma screens, which are primarily manufactured in sizes up to 65-inch, are best for sports. They have excellent motion handling, deeper black levels and a wider viewing angle. LED screens are now made in sizes up to 90-inch. LEDs offer the thinnest, most lightweight design and have a bright overall picture.

Projection Screens: If you have a large enough room, you might want to consider a projection screen, as opposed to a flat panel TV. These are typically two-piece systems consisting of a projector and a wall-mounted screen that can range in size from 92 inches to more than 150 inches. Projection screens are ideal for the true movie theater experience, and are also great for sports and gaming systems. They work better in lower level rooms with some degree of light control.

Audio options: Of course, if you have a great picture, you'll want comparably great sound. Again, your options are basically to go with stereo or surround sound. A stereo, primarily for music listening, usually has at least two speakers to provide true stereo playback. With surround sound, the speakers (usually a 5.1 or greater speaker system) are strategically located throughout the space to provide the best overall sound experience. A "sound bar", or single-speaker enclosure with multiple channels is another option that can provide a streamlined solution with surround effects. | DHL

For help choosing what's best for your man room, connect with Tim Ciccone, owner of TheaterXtreme of Pittsburgh, or one of his expert design consultants located at 20273 Route 19 in Cranberry Township. Tim and his team can be reached at 724-772-3131 or by visiting www.txpgh.com

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BIRD FEEDER BATTLES: WINNING THE WAR AGAINST SQUIRRELS

For bird lovers, the sight of a bushy tail hanging off the side of a feeder means just one thing: war.

Sure, squirrels have to eat, too, and no one wants to harm the persistent critters. But that doesn't mean you have to put up with squirrels scarfing down the seed you put out for the birds, damaging your feeders and bumping up your blood pressure. It's possible to discourage squirrels - and even outsmart them - with the right seed mix and some nature-friendly squirrel-control tactics.

PLANT THE SEED

Birds, like people, are selective - even picky - when it comes to food. Seed is the best option to attract the most birds to your feeder. Unfortunately, squirrels also love seed. And while birds will sort through mixed seed to find what they like - and ditch the undesirable filler, (like red milo) on the ground below the feeder, squirrels are not so picky. They'll eat the cast-offs on the ground and then move on to the good stuff in the feeder, and devour that, too.



To entice birds, avoid brands that wash or coat seeds with chemicals and mineral oil. Look for brands manufactured by companies that focus on bird feed, like Cole's, rather than treat it as a sideline business. Some feed mixes are full of cheap filler seeds, crop leftovers and the lowest quality oil sunflower. Cole's uses only high quality seeds, and each blend is designed to attract specific groups of birds.

Taste aversion - serving seed that birds find delicious but squirrels consider down right distasteful - is an effective way to keep squirrels out of bird feeders. Check out a squirrel-proof birdseed blend that uses hot spicy flavor to repel squirrels. Cole's offers "hot" products that are designed to appeal to birds while dissuading squirrels. Its Hot Meats blend infuses top-quality sunflower meats with a Habanero chili pepper and Safflower oil that birds find delectable, but squirrels simply detest. Or, you can opt to add Flaming Squirrel Seed Sauce to any Cole's blend. It's a safe, effective and human way to feed birds and thwart squirrels. Learn more at www.coleswildbird.com.

SQUIRREL-PROOF YOUR BIRD FEEDERS

Another option is to try to make your feed less accessible to squirrels, although that can be hard to do since squirrels are smart problem-solvers. You may find

the best results from a combination of methods, including:

- Locate feeders far from trees, wires, porches or other launching points to make it more difficult for squirrels to reach the feeder. Remember, squirrels can jump distances of 10 feet or longer. Mounting feeders on a smooth metal pole at least 6 feet high with no surrounding branches or bushes within 12 feet may also work.
- Place a wire cage around the feeder with openings just large enough to admit birds but too small for squirrels to fit through. This can also help keep larger birds, such as starlings or pigeons, from accessing the feeder.



- Try specially designed feeders that have doors that close when triggered by a squirrel's weight on the feeder. The doors keep squirrels from reaching the seed. And if you've had plastic feeders gnawed to destruction by squirrels, try switching to metal, which they'll be less likely to chew through.

IF YOU CAN'T BEAT 'EM

Sometimes you just can't win the war and the squirrels refuse to leave. Or maybe you have a soft spot for those fluffy-tailed felons. When you can't convince squirrels to vacate your yard, another option is to serve them something they'll find even more appealing than bird seed. If you can lure them away from your feed, squirrels can be an amusing addition to your backyard landscape.

Squirrels love whole, dried corn-on-the-cob and loose dried corn. Cole's offers Critter Munchies, a blend of whole yellow corn, striped sunflower, peanuts in the



shell, black oil sunflower and raw peanuts. Serve on an open platform-style feeder. Or place an ear of dried corn on a stick. A stake or pinecone can be coated with peanut butter.

Set up your squirrel feeding station away from bird feeders and make it as easy as possible for the squirrels to access their feeder filled with temptations like nuts, corn and berries.

If you can make peace with the squirrels, these intelligent characters and their antics can be a welcome sight in your backyard.

20 "GREEN" TIPS FOR FALL

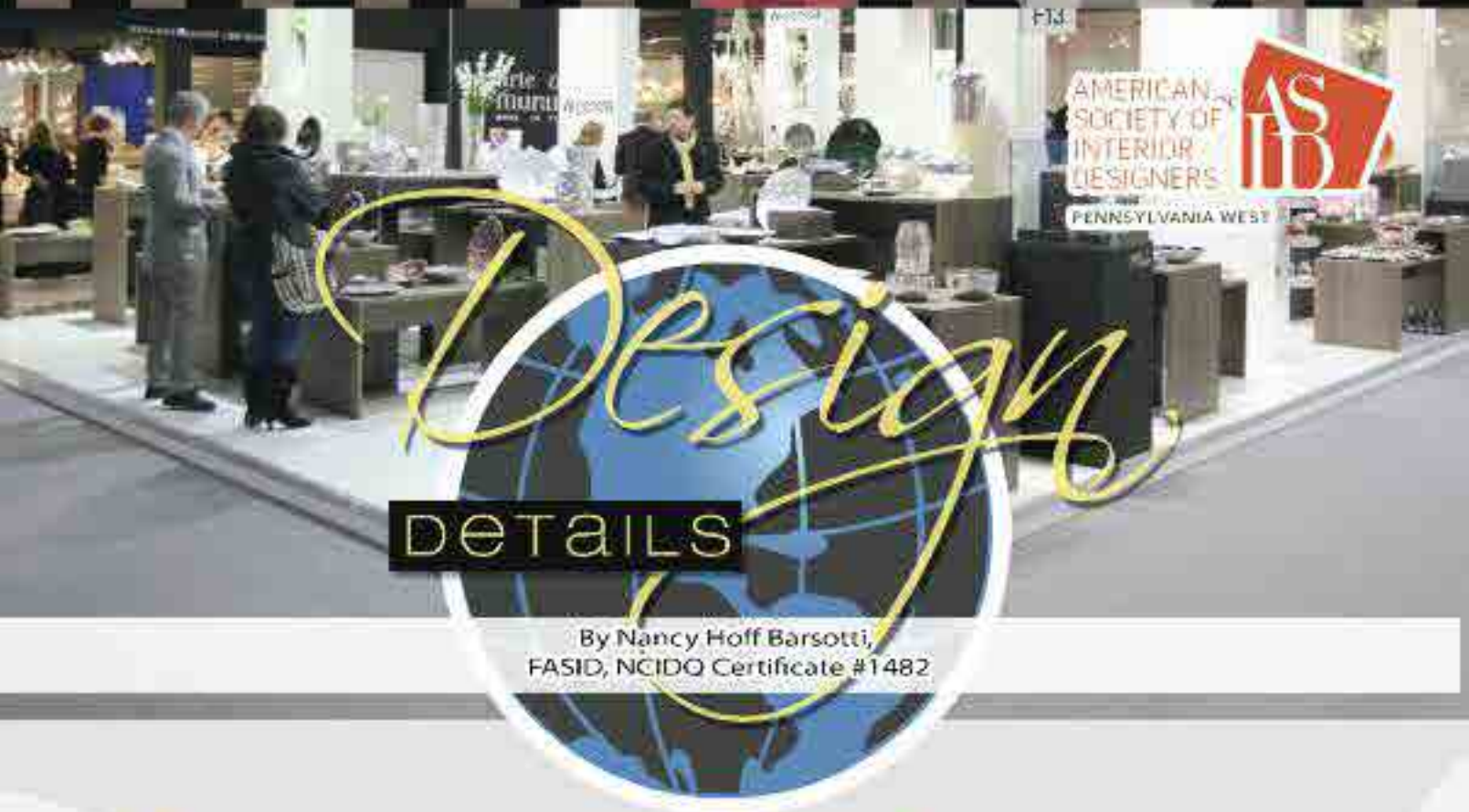
Soon it will be September 22, the first day of autumn...the Autumnal Equinox. In many areas the temperatures are beginning to drop and soon leaves will begin to fall. Autumn is the perfect time for planting and landscaping. It turns out that this time of year is perfect for other eco-friendly activities, as well. Here are some ideas:

1. Check the air pressure in your tires. Cooler temperatures lower tire pressure and that, in turn, lowers fuel efficiency. So check your tires and make sure that they are properly inflated.
2. Clean and test the furnace. Did you know that your furnace needs cleaning? It collects all kinds of dust and debris, which not only affects its performance but could cause a fire. Before you really need the heat, get out your owner's manual for instructions on how to clean it. No manual? Call a furnace maintenance company. If you have a gas furnace, have it professionally inspected once a year.

3. Move furniture or any obstructions from vents, baseboard heaters, registers on the floor or radiators so that air moves freely. This is also a good time to vacuum these areas to remove any dust or debris. If you have a radiator, place a reflecting panel behind it. Purchase one at a home center or make one yourself with a plywood panel and aluminum foil.
4. Remove window air conditioners for the winter. If they can't be removed, seal them with caulking or tape and cover them with an airtight, insulated jacket.
5. Vacuum the refrigerator coils to keep the compressor running efficiently. It's also a good time to check that the refrigerator is level; the door should automatically swing shut instead of staying open. Check the seal on the door; try closing it on a dollar bill. If you can pull the bill out easily, it's time to replace the gaskets. Also, don't overfill your fridge. Allowing room for cool air to circulate will keep everything at the right temperature.
6. Clean the ducts and area behind the dryer. And don't forget, clean the filter after every use and every once in awhile, give it a good wash.
7. Check windows for proper caulking. If you have single-pane windows, add storm windows. Even a plastic film over windows will reduce heat loss.
8. Check doors for weather stripping and replace as necessary. If drafts sneak in under exterior doors, replace the threshold or block the drafts with a rolled-up towel or blanket.
9. Check your roof for any missing or damaged tiles or shingles.
10. Clean the roof gutters and make sure downspouts are pointed away from the house. Now would also be a good time to install a rain barrel; rather than allow water to drain into one spot, a rain barrel would allow you to direct the water to where it's most needed.
11. Electrical outlets, especially on outside walls, and light fixtures are prime places for cold air to leak into your home. Add foam gaskets behind covers and switch plates, and use safety plugs in unused outlets. Be sure to shut off the power at the fuse box or circuit panel before doing this.
12. Install foam covers over outside water spigots to prevent freezing.
13. Check for water leaks both inside and outside.
14. Wrap the water heater in an insulating blanket.
15. If you have a ceiling fan, reverse the direction. The fan should be run in a clockwise direction (stand under the fan and if you feel a breeze, reverse the direction so that air is being drawn upwards). This pushes the air up against the ceiling and down the walls, to gently re-circulate the warm air without creating a cooling "wind chill effect."
16. Do you have a fireplace? This is a good time to have the chimney cleaned and get vent systems checked.
17. If your home has no sidewall insulation, place heavy furniture like bookshelves, armoires and sofas along exterior walls, and use decorative quilts as wall hangings. This will help block cold air.
18. Bring in any houseplants that have spent the summer outdoors. They'll help clean the air.
19. As the autumn leaves begin to fall, consider raking them up rather than using a blower. Once raked up, use them as mulch to protect plants throughout the winter or add them to a compost pile.
20. Before packing away those summer clothes, go through them and determine which items to keep, which items to repurpose into something else (cleaning rags, craft projects, etc.) and which to donate.

A little effort in the fall will ensure that the chilly months ahead are warm and "green." | DHL

Reprinted from Reduce Footprints. <http://reducefootprints.blogspot.com/2009/09/20-green-tips-for-fall.html>



CONTEMPORARY FURNITURE FROM AROUND THE WORLD

The *International Contemporary Furniture Fair* is held every May in New York. Arriving in the United States after the prestigious Milan Furniture Fair, it features innovative furnishings and design pavilions from all over the globe.

It also gives students and budding designers the opportunity to show their latest creations, as well as hope that a major manufacturer might agree to market their products.

A trend that has continued for the last several years are tables constructed from salvaged wood. The tops are often irregularly shaped with rough-hewn edges. They are quite beautiful and would fit into any décor. *Woodrich* and *Asian Art Imports* are two of the manufacturers.

Chairs are always the highlight of the show. The “*Wings of Steel*” by *Laurie Beckerman*, transforms her Lucite “butterfly chair” into an otherworldly steel rendition. Although it is quite comfortable, its

sculptural quality would be an elegant addition to any room. It is available in a variety of colors and can be used outdoors.

The *Edge* chair received the 2012 international RedDot design award. Made by *Novague* in the Czech Republic, its design is simple, durable and stackable. It is all-aluminum and can be used indoors or outdoors. The style is based on origami and is manufactured by high tech robots in several steps. Laser cuts out the metal plate, then bent, welded and finished in bright colors. It is also available with a removable upholstered seat.



“Wings of Steel” by Laurie Beckerman
www.lauriebeckerman.com



red dot design award
winner 2012



“The Edge”
All-aluminum,
stackable chair
www.novague.com



Many people find the need to shrink their living spaces and make rooms serve more than one purpose. *Clei*, manufactured in Italy, combines beautiful form and function with their array of sleek furnishings – a desk disappears as a double bed tilts down; a sofa folds under a bed; or a table rises up as a bed unfolds below. The furnishings are comfortable and visually appealing in an array of striking colors as well as white.



Sofa with a storage space underneath and integrated with a shelving element, it transforms into a double bed always ready to use. www.resourcefurniture.com

Lighting is always at the forefront of contemporary design and LEDs are literally the bright light from every resource. *Koncept* leads the way. Since their introduction of the *Z-Bar* in 2005, they continue to refine and innovate. This years introductions were the *Equo* and *Mosso* LED desk lamps. They too have received the

RedDot design award. Simple, green, safe and high quality, they are the perfect choice for a task area in any home or



reddot design award
winner 2012

Z-Bar™ LED Desk Lamp

Mosso™ LED Desk Lamp

www.koncept.com



Tile+Light is ceramic tile with LED light, the world's newest tile innovation. *Kano Ceramic Tile Company of Japan* created patterns with tubes of LEDs set into their black and white tile. They can function as an artistic statement, or as directional signage for stairways, corridors and exits. It is a dynamic solution suitable for kitchens, bathrooms, living areas, public spaces and even outdoors.



Functional, beautiful and unique, the combination of LED and tile provides multiple configurations for indoor and outdoor lighting solutions for both commercial and residential usage. www.tilelighting.com



2 Ninety Series Suspended Luminaire

Nuvo presented *Geocentric*, combining bold geometric shapes with LED technology to create unique sculptures. The circles, squares, rectangles and flat planes that make up the luminaires can be suspended, flush mounted or wall mounted. They also are kinetic and the position can be adjusted to suit one's preference.



1 Eighty Series Ceiling / Wall Luminaire

3 Sixty Series Suspended Luminaire



Continued on
next page



www.Precious-Piece.com

Innovative materials add an exciting element to any room. *Precious Pieces Washi*, is plant-based parchment made from sustainably harvested bark fiber and organic pigments. Made in Japan, it is handcrafted to almost any specification and color variation. Your imagination can run wild to create many uses. It is most often used for wall coverings and murals, room dividers, doors and sliding screens, window treatments, lighting and even laminated between glass for furniture.



Barkskin from Caba is also a natural, hand made wood material, created with an environmentally sustainable process that dates from pre-Columbian times. The patterns feature subtle tones and textures. It is made

in New Mexico in many dimensions – solids, woven and laces – from earth tones to designer colors.

Nani Marquina from Spain introduced her latest area rugs based on the work of the artist Eduardo Chillida. His sculptures range from human forms to abstract and massive public art pieces. Marquina has interpreted his work into her own designs of sculpted textures in neutral wools.



www.vallivalli-us.com

Another recent design award went to *Valli&Valli* for their electronic door handle, *Vitalia*. It only opens with your own personal code. It offers a simple solution for offices and archive storage and is also a means of child security and protection.



www.nanimarquina.com

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BLUE THUMB GARDENER

By David Plantowski



Convert Your Garage from Clutter Haven to the Ultimate Man Cave

I have to admit, I was snooping around the office at Designing HOME Lifestyles in search of a topic for this issue and I came across our cover story. I noticed Daryl Miller did more than just painting; he helps to convert garages into special places. That got me thinking about how to do the same at my house.

After doing some research, I've concluded that one of the trendiest (and most common-

sense) things you can do with an existing or new home is to turn the garage into a mini-oasis. Since the women in our lives are infiltrating our "man caves", the garage seems to be a man's last safe haven, for goodness sake!

These newfound sanctuaries for "us guys" are a must, in my opinion. TV's, stereos, epoxy floors, killer tool boxes and tough-looking storage units in a garage are something most of us wouldn't have even dreamed of when we were growing up—but we can enjoy all of this now with a little planning.

There was a time when you had to go to a specialist to convert your garage into a more finished "room." Other than calling someone like Daryl for a specialty floor, that is not the case anymore. Many home

and garden centers (as well as various websites) sell products that will help you organize your garage in the manliest way you can imagine.



Organizing and Storage Systems

You definitely have options when organizing your garage. These systems make it very easy to take control of your garage and turn them into a neat, organized space without having to hire a specialist. As long as you're willing to have a budget for it, you can transform your garage into quite an awesome room, with everything having a home or hiding space (instead of it just looking cluttered).

Many of the products from Gladiator, Craftsman and Rubbermaid are pricey



Above Images from Gladiator.

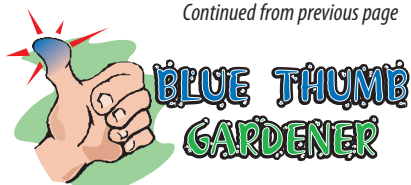
but, oh, so cool looking. They are perfect for storing (hiding) tools and other items. You can very easily save money by installing these yourself. Most systems

offer tracks that can be mounted to walls horizontally with screws. Most sell attachments that help you hang tools and hoses to keep them tidy and out of the way. Even sporting equipment and bikes can easily be stored with these unique, easily installed systems.

Most of the organizing systems on the market offer matching shelving and storage cabinets that will assuredly make you the envy of all your guy friends. Some come with matching woodwork surfaces that can either be placed on top of waist-high cabinets or sold separately as a worktable. These products have come a long way and are very easy to assemble; some are even completely assembled.

Shelving units are an inexpensive means of organizing any garage area. Some of the plastic models can be assembled in a few minutes and don't require tools for assembly. Most have a grated bottom so that dust and dirt will not accumulate on the shelves. These units come in various sizes and shelf depths.

Continued on next page



The Toolbox

Another piece of equipment that complements any garage is the heavy-duty toolbox on wheels. These can be very costly but, boy, do they look good! Some are three-tiered and even come with built-in stereos. Let's try and keep this a secret from the women so they don't feel the need to encroach on our sanctuaries. I mean, we want them to at least ask for permission before borrowing a screwdriver once we have a place for every tool we own, right?



Flooring

If you are like me, you've checked out what's available to cover up that old concrete floor. Many homeowners are deciding to place either epoxy or a concrete stain on their garage floor to make it look unique.

Garages can be more than just a place to throw your lawn tools and old paint cans. The trend nowadays is to make the garage area multifunctional. Maybe yours can be a game room or area for entertaining. After reading our cover story, it seems that Daryl Miller agrees with me. The incredible epoxy floors in various colors are the perfect complement to a dream garage come true. These floors are more than just showpieces; yes, they are beautiful, but also very durable and easy to maintain.

For a more moderate price you can spruce up your garage floor with a concrete stain. This option also enables you to get creative, and the end result is a beautiful yet economically designed floor.

I honestly believe that once you install a new surface in your garage it will inspire you to keep your garage more organized by incorporating some of the shelving systems that I mentioned above. And you'll definitely want to show off your new masterpiece to all of your soon-to-be-envious buddies.

Have a wonderful fall, everyone! I know what I'll be doing this season: totally decking out my garage in the manliest of fashion! | DHL



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FLORIDA – THE MOST POPULAR DESTINATION

Attention all Pittsburgh Snowbirds. It is you who have made Florida our region's most popular destination!

About 360,000 passengers boarded planes to Florida at Pittsburgh International Airport from October 2011 through March 2012.

And there are plenty of nonstop reasons why. Pittsburgh International Airport offers 104 nonstop flights to the sunshine state per week. Orlando has the highest amount of daily flights with six per day on Southwest/AirTran.

- Orlando – Southwest/AirTran – www.Southwest.com
- Tampa – Southwest/AirTran – www.Southwest.com
- Fort Myers – AirTran – www.AirTran.com
- West Palm Beach – Southwest (starts 2/14/13) – www.Southwest.com
- Fort Lauderdale – AirTran – www.AirTran.com
- Miami – American – www.AA.com

Another benefit to snowbirds is that fares from Pittsburgh are 10 percent below the national average and 26 percent below fares from Cleveland's airport. That is due to the low cost carriers including Southwest/AirTran and JetBlue.

STAY IN TOUCH

Even when in Florida, no need to lose touch with what's happening at the airport. Fare alerts are released weekly by the Allegheny County Airport Authority. They feature international destinations, tips on how to book lower fares and the latest sales from all the airlines that fly from PIT. You can sign up to have these alerts emailed to you at FlyPittsburgh.com. You can also like/follow us on [Facebook.com/PITairport](https://www.facebook.com/PITairport) and twitter.com/PITairport.

DELTA TO NEW YORK

Important for business travelers: In July, Delta Air Lines started six daily flights between Pittsburgh and New York, LaGuardia (LGA). Flights can be booked at www.Delta.com. The new flights provide Pittsburgh flyers with more choice and options

when flying to New York for business travel. New York is an important destination to the Pittsburgh region. Additionally, Delta offers Pittsburgh-New York JFK air service.



FASTER SCREENING FOR FREQUENT FLYERS

Pittsburgh International Airport will be implementing the new Transportation Security Administration (TSA) Pre-Check program this fall, which will allow certain pre-screened travelers to pass more quickly through security checkpoints. TSA is partnering with U.S. Customs and Border Protection (CBP) as well as U.S. air carriers as part of this pre-flight screening initiative. Certain frequent flyers from Delta Air Lines, American Airlines, United and US Airways are being contacted by their airlines to apply.



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WHY JOIN YOUR LOCAL ROTARY CLUB?

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

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

PROFESSIONAL NETWORKING

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

SERVICE OPPORTUNITIES

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

INTERNATIONAL AWARENESS

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

FRIENDSHIP

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



GOOD CITIZENSHIP

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

FAMILY FOUNDATIONS

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

ENTERTAINMENT

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

ETHICAL ENVIRONMENT

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

Of the things we think, say or do:

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

LEADERSHIP DEVELOPMENT

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

DIVERSITY IN MEMBERSHIP

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

**The mission of Rotary International
is to provide service to others,
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world understanding, goodwill, and
peace through its fellowship of
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ABOUT THE PROJECT:

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





The stone bump outs found throughout the space not only brought the style of the exterior stone façade to the interior but also creatively concealed the structural supports required to open up the space. New hardwood that coordinated with the existing flooring in the adjacent spaces tied all of the areas together as one. The tin ceiling was used to spread the natural light throughout the room as well as create an architectural element enhancing the time period of the home.

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

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



PRODUCTS USED: Perimeter Tops: Vangura Surfacing Products. Backsplash Tile: Ceramiche Tile & Stone. Remodeling: Aspen Valley Contracting. Photography by Craig Thompson.

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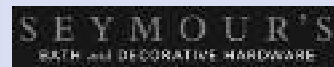
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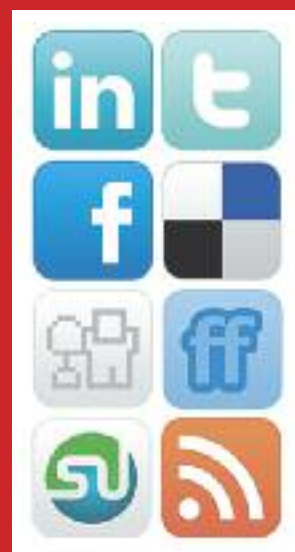
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The Builder's Association of Metropolitan Pittsburgh (BAMP) was founded in 1938. It is the only professional home Builders Association in the Metropolitan Pittsburgh region (Allegheny, Beaver, Butler and Westmoreland counties) that is part of the National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

Checklist for Finding and Hiring a Builder or Remodeler

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

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

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

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





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Stacey Pope, Owner
Veronica Sutyak, General Manager

CHANGE YOUR PANTRY. CHANGE YOUR LIFE

By Gina Mazza

Open the doors to your kitchen pantry and look around. What do you see? If you want to get healthy, it might be time to ditch the potato chips, cookies and sugary breakfast cereals.

In their place, restock your shelves with more nutritious staple ingredients that you can use to make fresh, healthy, easy meals every night of the week—things like rice, beans, lentils, whole-wheat pasta, canned tomatoes, canned tuna and low-sodium chicken broth.

On this page is a list of essential items that should always be in your pantry, ready to grab at a moment's notice as the makings of a nutritious family meal. Because these items all store well and can be purchased in large quantities, you can stock up when they are on sale at your local grocer and not have to worry about them spoiling. Consider taking a trek to your local Costco or Sam's Club for things you might want to purchase in quantity. A breeze through the isles of Whole Foods Market or Giant Eagle Market District might be in order

for some of the "healthy alternative" items on this list, and to give you even more ideas and options for pantry staples that can make your daily cooking and eating routines into a much healthier affair.

CONDIMENTS, OILS AND VINEGARS

Interesting condiments and good quality oils and vinegars are essential for any home cook. Buy the highest quality oils you can find at a reasonable price; it's worth the investment. Olive oil is best for cooking, and coconut oil is a terrific, healthy option for both cooking and baking. Flavorful nut and seed oils such as toasted sesame oil and walnut oil are great for salad dressings and stir-fry seasonings.

- Extra-virgin olive oil, preferably cold-pressed in dark bottles.
- Ghee, as a healthy alternative to butter, can be stored in the pantry for months.
- Vinegars: balsamic, rice vinegar and apple cider are good choices.
- For an Asian-flavored flair: reduced-sodium soy sauce, hoisin sauce, oyster sauce, chile-garlic sauce and curry paste. Keep these in the refrigerator after opening.



- Other helpful condiments to have on hand: sea salt, black pepper, Dijon mustard, capers, Worcestershire sauce, horseradish and anchovies.

HERBS AND SPICES

Some herbs are better fresh—parsley, cilantro, basil and rosemary, for example—but others are okay to stock up on.

- At the very least, make sure you have cinnamon, cayenne pepper, chili flakes, ginger, allspice and a good Cajun blend like Old Bay on hand. Other choices that will spice up your meals include caraway seeds, dry mustard, nutmeg, paprika, turmeric and cumin.
- Dried herbs that keep well: bay leaves, dill, sage, thyme, oregano, tarragon and Italian seasoning blends.

GRAINS AND LEGUMES

Whole grains can go a long way in preparing healthy meals, and legumes are some of the healthiest foods on the planet, though notoriously under-appreciated. For heart-healthy breakfasts, always have whole grain cereals like Muesli to grab from the pantry; add fresh fruit and a touch of coconut or almond milk.

- Rolled oats are useful for a number of recipes, and delicious by itself. Bulgur, barley and hemp seeds are healthy sources of protein, as well.
- Brown rice, Basmati rice, quinoa and couscous are all good choices, as are whole-wheat pasta and yellow corn meal.
- Lentils are a great source of protein and incredibly low-cost. Try the red and green variety, in addition to brown.
- Beans are fresher and tastier in bags (although you have to soak them) than in cans. Stock up on cannellini, great northern, chickpeas, black beans, butter beans and red kidney beans.

Continued on next page



NUTS, SEEDS AND DRIED FRUITS

- Nuts are healthy, filling and can turn a recipe from average to fabulous. Toss some cashews in your stir-fry or slivered almonds in with your green beans. Pistachios and walnuts make healthy snacks and are easy to eat on the go, as are dried fruits.
- Hazelnuts, macadamia nuts, pecans, pine nuts, Sesame seeds round out the list. Natural peanut butter and nut butters like almond butter and hazelnut butter are delicious as a filling midday snacks. (Nut butters need to be refrigerated after opening.)
- Lots of fruits come in the dried variety: apricots, prunes, cherries, cranberries, dates, figs and raisins. For a healthy snack alternative, try chocolate covered prunes, yogurt-covered peanuts or almonds nestled inside of fresh dates.

CANNED FISH, TOMATOES AND OTHER STAPLES

- Diced tomatoes are on the top five list of must-have-at-all-times pantry items. Keep at least one 28-oz. can of diced tomatoes on the shelf as a base for various soups, stews and other dishes. Keep tomato paste handy, too, for sauces and other uses.
- Tuna and salmon come in different varieties these days; reach for the kind in flavor-sealed pouches mixed with interesting spices and seasonings. Sardines are a great choice because, like tuna and salmon, they are incredibly rich in omega-3s and vitamin D.

- Bouillon cubes—essentially dried, concentrated broth—are perfect to keep handy for soups, stocks and rice dishes. Bouillon comes in vegetarian varieties, as well. Boxed broth is also very convenient and lasts for at least up to a year.

SWEETENERS

With so many choices on the market these days for sugar substitutes, which ones are the healthiest to keep on hand?



- The best health-conscious sweeteners to store in your pantry: Sugar in the Raw (unprocessed, pure sugar), agave nectar, pure honey, real maple syrup and Stevia (an all natural herbal sweetener).
- Coconut milk is wonderful in smoothies, baked goods, and Asian curries and soups.

So there you have it, a basic shopping list that you can take to the grocery store on your next trip. The more you keep these healthy items at arm's length, the less likely you'll be to grab for processed convenience foods that are tough on both your wallet and waistline. Make it a goal to stock your pantry well this fall. | DHL

PANTRY MEALS MADE EASY

By
Gina Mazza

Now that you've stocked your pantry with ample supplies of nutritional food staples, just wait and see how it easy it is to make meals on the fly simply by pulling items off those shelves. Here are just a few super easy, delicious family meals that incorporate pantry staples.

LINGUINE WITH SPICY RED CLAM SAUCE

Pantry ingredients: olive oil, onion, garlic, canned tomatoes, herbs. This delish contemporary Italian recipe is quick and filling with a side salad and garlic bread. Turn up the heat, if you'd like, by adding extra cayenne.

- 1 (9-ounce) package fresh linguine
- 1 T olive oil
- 1/2 cup chopped onion
- 1 T bottled minced garlic
- 1/2 t crushed red pepper
- 2 t tomato paste
- 1 (14.5-ounce) can no-salt-added diced tomatoes, undrained
- 2 (6.5-ounce) cans minced clams, undrained
- 2 t chopped fresh parsley
- 1 T chopped fresh basil
- 1 T chopped fresh oregano

Cook pasta according to package directions. Heat olive oil in a large nonstick skillet over medium-high heat. Add onion, garlic, and crushed red pepper to pan; sauté three minutes or until onion is lightly browned. Stir in tomato paste and tomatoes; cook four minutes or until thick, stirring constantly. Stir in clams; cook two minutes or until thoroughly heated. Remove from heat; stir in parsley, basil, and oregano. Serve with pasta.

VEGETARIAN CHILI

Pantry ingredients: oil, onion, garlic, canned beans, canned tomatoes. This extra hearty chili works well as a meal for a family with dietary restrictions, since it's vegetarian- and vegan-friendly. Add a loaf of crusty bread and fresh butter.

- vegetable oil
- 2 cups chopped onion
- 1/2 cup chopped yellow bell pepper
- 1/2 cup chopped green bell pepper
- 2 garlic cloves, minced
- 1 T brown sugar
- 1-1/2 T chili powder
- 1 t ground cumin
- 1 t dried oregano
- 1/2 teaspoon salt
- 1/2 t black pepper
- 2 (16-ounce) cans stewed tomatoes, undrained
- 2 (15-ounce) cans black beans, rinsed and drained
- 1 (15-ounce) can kidney beans, rinsed and drained
- 1 (15-ounce) can pinto beans, rinsed and drained

Heat oil in a Dutch oven over medium-high heat. Add onion, bell peppers, and garlic; sauté five minutes or until tender. Add sugar and remaining ingredients, and bring to a boil. Reduce heat; simmer 30 minutes.



REFRESHING MACARONI

Pantry ingredients: onion, chicken broth, macaroni and herbs. This macaroni dish has a light, refreshing taste, with no heavy sauce weighing it down. It's also the perfect way to get rid of any vegetables that might be leftover in your refrigerator. Add chicken from the freezer and you've got a complete meal.

- 1/4 cup Italian dressing
- 2 chicken breasts, chopped
- 1/2 onion, diced
- salt and pepper, to taste
- 1 (10 oz.) can chicken broth (or 1-1/4 cups)
- 2 cups macaroni
- 2 cups frozen, fresh or canned vegetables of your choice
- 1/4 cup fresh basil, chopped (4 teaspoons dried)
- 2 T fresh oregano, chopped (2 teaspoons dried)
- 1/4 cup finely grated Parmesan
- 1/2 cup grated cheese of choice

Heat dressing in a large saucepan or skillet over medium heat. Add chicken, onion, salt and pepper. Cook until no longer pink on the outside. Meanwhile cook macaroni to al dente, in boiling water, according to package directions. Drain. Stir chicken broth and vegetables into chicken mixture. Bring to a simmer and cook until vegetables are heated and meat is cooked through. Remove from heat. Stir in macaroni, herbs and Parmesan until well combined. Season with additional salt and pepper, if needed. Sprinkle with cheese. Cover and let sit until cheese is melted. | DHL

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Beef and our Chef's favorite wine choices.

Is Autumn the New Spring?

By Steve Stokes

When planting your gardens, you have not three seasons to think about but four. Yes, even winter can add color and dimension if you think of plants that have brightly colored branches and stems. But before winter begins, we have autumn to enjoy; and with some planning, after the summer flowers have started to fade you will have color and enchanting blooms that herald the next season with flash and excitement.

Continued on next page





Hardy perennial mums are the most reliable for fall color and usually what everyone knows as true heralds of the autumn season. With some extra care from spring sprouting to fall flowers, you will get more bang for

your buck. Planting them in the spring will give them plenty of time to grow strong roots. If they have flowers on them, remove them so that the plants direct their energy to the roots and branches. If you have older plants in the garden, spring is the time to divide them, removing any of the old woody centers and replanting young sprouts. They enjoy full sun and a well-draining soil; over-moist areas will rot the crowns. Mums are also heavy feeders, so from start to finish a well-balanced 10-10-10 granular fertilizer will help; however, never feed them past mid-August because you will want them to flower and wind down for the winter. To get them to be more compact, when the plant is four to six inches, pinch off the top inch of the stem to encourage branching, then pinch again once or twice, stopping mid-July; this

will give you a spectacular mound of color.

After the flowers have faded, leaving four to six inches of old growth over winter (rather than trimming them to the ground) helps the plants survive better. Covering them with mulch or straw will keep the roots protected, as well as giving you a location so you don't disturb them if you are planting spring bulbs. Don't remove the covering too early in spring, as cold snaps can kill the tender new growth.

Your late season grasses should be in full swing now as well, providing some focal points with their large flower heads popping out of the mounds and covering any of the waning summer flowers. I usually leave these untouched all fall and winter, as some birds enjoy the seeds and in the spring they will use the foliage and flower heads for their nests. But after the forsythia have bloomed, I use my hedge trimmer to remove all the old grasses





about three to four inches from the ground, giving a newly sheared look and allowing the clump to rejuvenate.

Many of the summer flowers are in need of cutting back and removing the dead growth. If there are flower heads still attached, shake them vigorously to spread any seeds so that the birds can eat them or let them

alone to germinate by Mother Nature's hand.

In the fall there are many other beautiful flowering plants that entice us to keep watching. The hardy cyclamen (*C. hederifolium*) with its pink-to-purple tones and silver-gray foliage, along with the autumn daffodil (*Sternbergia lutea*) with its yellow blooms, both love alkaline and well-drained soil and show up when other perennials are fading. Purple fountain grass (*Pennisetum setaceum* 'Rubrum') will be three to five feet tall and its showy plumes will be a welcome to your birds and eyes. If you planted dahlias and zinnias, they will be begging to be shown off in a vase indoors. If you trimmed your black-eyed Susan and coreopsis after their first show, they will be stepping up to the plate now, too. Most sedums are in show and providing bees with plenty of food; these "succulents" will thrive just about anywhere.



Many climbers and vines are enjoying some rejuvenation after some major summer heat and starting to provide some fall color. Think of the many clematis varieties such as *Paniculata* (also known as *C. terniflora*) with its beautiful small, fragrant white flowers; passion flower (*Passiflora* varieties) with its ornate purple flowers that have an almost overwhelming

fragrance (these are considered tender plants and need to be brought in over winter if you'd like to keep them); or my favorite, white night-blooming moonflower vine, with its vines of eight to 15 feet of large leaves and stunningly fragrant white blooms of up to eight inches in diameter (grown as an annual). There's also the morning glory clan, which show off early in the morning and are a massive contender in the vine family; trumpet vines (*Madame Galen* or *Campsis Radicans*) also provide the major wow factor that any garden would be happy to provide to the flying feathered friends or human passersby.

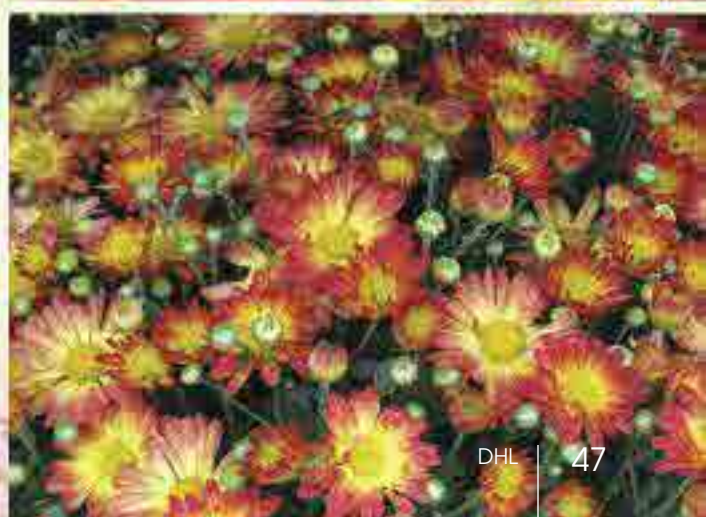
Finally, there are some bushes that can provide color now and even over the winter. Shrub dogwoods range in color from acid yellow to the ruby



red. Winter sweet, witch hazel and winter red holly will provide color and some winter snacks for the birds. While you should have both male and female hollies around to make the berries happen, they are showy and very tolerant and need to have their own space. Keep in mind, our ever-present green conifers also add welcomed color in the long winter white-outs and provide

some cover for our feathered friends at the same time. | DHL

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



FALL LIFESTYLES 

Halloween Happenings

FAMILY FRIENDLY HALLOWEEN EVENTS IN THE PITTSBURGH AREA



Halloween ranks among Pittsburgh's most popular holidays. To get the scoop on the most fun kid-friendly Halloween happenings in the greater Pittsburgh area, check out this list of family-friendly Halloween haunted attractions and events near you.

KENNYWOOD PHANTOM FRIGHT NIGHTS

We dare you to experience the shocking sensations of Phantom Fright Nights at Kennywood. After the park closes for the winter, a ghastly and horrifying force takes over the fair grounds. We have absolutely no control over the Phantom, or what he chooses to do in Mortem Manor, Voodoo Bayou, the Kennyville Cemetery, Gory Park or his other terrifying haunts. You'll need to watch your back on the midway itself and on many of the rides inhabited by the Phantom if you dare to challenge him. There are also plenty of other thrills and screams after the sun goes down on favorite Kennywood rides like the SwingShot, Jack Rabbit, Exterminator, Thunderbolt, Sky Rocket, Racer and, of course, Phantom's Revenge. Classic rides like Noah's Ark are also open. Please do not come alone. You are far better off accompanied by a large group of brave but daring friends. Phantom Fright Nights is not recommended for children under 13.

Friday and Saturday nights,

September 28-October 27, 7pm-1am,
Sunday, October 7, 7-11pm
www.phantomfrightnights.com

HALLOWBOO AT IDLEWILD

It's the Idlewild you know and love...with a fun, happy Halloween twist! Idlewild opens for weekends in October with specially themed rides and attractions, costumed characters and favorite fall foods. Enjoy all of your favorite Idlewild games, rides and attractions, including Olde Idlewild, Raccoon Lagoon, Jumpin' Jungle and Hootin' Holler. The Trick-or-Treat trail through Story Book Forest is where children can receive treats from Mother Goose and all their other favorite characters from children's tales and nursery rhymes. Also featuring live Halloween themed entertainment, themed rides and attractions, Hay Bale Maze and more! Enjoy the autumn splendor in the beautiful Laurel Highlands with the entire family!

October 6 & 7, 13 & 14, 20 & 21, and 27 & 28
www.idlewild.com

ANIMAL FRIENDS HOWL-O-WEEN

It's the 19th annual Howl-O-Ween pet parade and costume party, where happy dogs, cats and rabbits will gather in their Halloween attire. Enjoy pet photos, a pet costume contest and parade, refreshments, games for the whole family and goodies for pets and people. Costumes for both pets and their people are

strongly encouraged. Prizes will be awarded for best costumes in a number of categories. All pets in attendance should be both people and animal-friendly and up-to-date on vaccinations. Dogs must be secured on a leash (no retractable leashes, please!); cats and bunnies should arrive in carriers.

Sunday, October 14, 12pm-2pm,
Vietnam Veteran Shelter - Schenley Park, Oakland
One Pet - \$20, Two or Three Pets - \$25
www.thinkingoutsidethecage.org

FRICK ENVIRONMENTAL CENTER BUMP IN THE NIGHT

Families, scouts and youth organizations enjoy this fall evening of experiencing the shadowy sights and sounds of nature at night. Meet a nocturnal animal, take a short night walk, celebrate fall by carving a pumpkin to take home and join others in a spirited sing-along while enjoying refreshments. This program is designed for all to enjoy—rather than fear—the night.*

Fridays and Saturdays, October 12, 13 and 19, 20,
7pm - 9pm

Adults (ages 12 & up) - \$11 (\$10 adult fee for FEC family-level member)

Children (ages 3-11) - \$9 (\$8 child fee for FEC family-level member) (Mail-in registration is required)

A mail-in registration form will be available in late summer. *Please Note: The structure and activities in this program are not appropriate for children under 3 years of age.

www.city.pittsburgh.pa.us/parks/frick_center_programs.htm

PHIPPS HALLOWEEN HAPPENINGS

Bring costumed kids for a spooktacular time in the gardens as we offer a host of fun family activities and healthy snacks. All activities are free with Conservatory admission. Also enjoy the Fall Flower Show featuring blooms in shades of yellow, orange, fuchsia, and green surrounded by burgundy, purple and soft brown foliage.

www.phipps.conservatory.org

ZOO BOO

Dress up your favorite ghouls and goblins while local Pittsburgh organizations provide Halloween treats for kids. Take part in the Halloween parade and costume contest, hop aboard the Halloween Train Ride, and stop by the Gymkhana Haunted Hideaway or the Docent Council's Haunted House. While costumes are not required, they are certainly recommended! There is even a costume contest at

Water's Edge. What's Halloween without trick-or-treating? Lots of candy stations will be set up along the zoo path where you can collect treats. Treat bags will be provided to children under the age of 13 until 3 p.m. The animals aren't left out of the Halloween celebrations! They get special treats, toys and pumpkins during the ZooBoo event. Have fun watching the animals enjoy the holiday, too!

October 20, 21, 27, & 28, 11am -4pm

Free with general admission



THE GATEWAY CLIPPER HALLOWEEN FUN CRUISE

The Gateway Clipper Fleet celebrates Halloween with Halloween Monster Party Cruises for children. Come aboard for a kids' costume party with frightfully friendly characters, like Frankenstein, Dracula and a witch plus tons of fun prizes, raffles and other treats!

Saturday, October 27 (two sailing times)

Board: 10:30am | Sail: 11am - 1pm

Board: 1:15pm | Sail: 1:30pm - 3:30pm

Adults - \$25 | Children - \$12

www.gatewayclipper.com

HICKORY APPLE FESTIVAL

Mt. Pleasant Township Volunteer Fire Company will host the 29th annual Hickory Apple Festival. Located at the firehall grounds on Main Street in Hickory. Come enjoy homemade food and crafts, live entertainment and many activities for children including apple bobbing, apple pie eating contest, petting zoo, hay rides, face painting, balloon animals, moon walk, fire safety house and much more.

Saturday and Sunday, October 6-7, 10am-6pm | www.hickoryapplefest.com





Pittsburgh Cultural Trust

CULTURAL EVENTS

What Else To Do?

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Pittsburgh Symphony Orchestra – Heinz Hall

600 Penn Avenue, Pittsburgh, PA 15222
(412) 392-4900
www.pittsburghsymphony.org

Year of the Dragon
September 15, 2012

New World Symphony
September 21 – 23, 2012

Matthew Morrison & The PSO
September 29 – 30, 2012

Fiddlesticks Family Concert – Celebrations Around the World
October 6, 2012

Olga Kern Plays Rachmaninoff
October 5 – 7, 2012

Honeck Presents Mozart's Requiem
October 12 – 14, 2012

Queen Latifah
October 25 – 26, 2012

Stomp
October 30 – November 4, 2012

Chicago
November 8 – 11, 2012

Classical Mystery Tour
November 15 – 18, 2012

Honeck & a Waltz Tradition
November 23 – 25, 2012

Lisa Ling
November 29, 2012

CLO Cabaret Theater

719 Liberty Avenue, Pittsburgh, PA 15222
(412) 281-3973
www.pittsburghclo.org/cabaret

Dixie's Tupperware Party
September 6 – October 4, 2012

Craft Beer School: German Influence on Beer
September 18, 2012

Wednesday Wine Flight: Vigorous Varietals
October 3, 2012

Craft Beer School: Lancaster Brewing
October 16, 2012

A Grand Night for Singing
October 25, 2012 – January 20, 2013

Wednesday Wine Flight: Italian Islands
November 7, 2012

Thank You, Jimmy Stewart!
November 11, 2012

Craft Beer School: Craft Pittsburgh Magazine
November 20, 2012

FEATURED

Jersey Boys
Presented by PNC Broadway Across America
Venue: Benedum Center
September 4 – 23, 2012

STREB
Presented by Pittsburgh Dance Council
Venue: Byham Theater
September 28 – 29, 2012

Celtic Thunder
Presented by Cohen & Grigsby TRUST PRESENTS Series and WQED
Venue: Benedum Center
September 30, 2012

Esperanza Spalding
Presented by Cohen & Grigsby TRUST PRESENTS Series
Venue: Byham Theater
October 5, 2012

If You Give a Mouse a Cookie & Other Story Books
Presented by Pittsburgh International Children's Theater
October 14 – 21, 2012

Mary Poppins
Presented by: PNC Broadway Across America – Pittsburgh
Venue: Benedum Center
October 16 – 21, 2012

Akram Khan Company "Vertical Road"
Presented by Pittsburgh Dance Council
Venue: Byham Theater
October 20, 2012

Alfie Boe
Presented by Cohen & Grigsby TRUST PRESENTS Series
Venue: Byham Theater
October 30, 2012

Capitol Steps
Presented by Cohen & Grigsby TRUST PRESENTS Series
Venue: Byham Theater
November 4, 2012





The Pittsburgh Symphony Orchestra

Acoustic Africa

Presented by Cohen & Grigsby TRUST
PRESENTS Series
Venue: Byham Theater
November 8, 2012

The Ugly Duckling & the Tortoise and the Hare

Presented by: Pittsburgh
International Children's Theater
November 11 – 19, 2012



WarHorse

Presented by: PNC Broadway Across
America – Pittsburgh
Venue: Benedum Center
November 13 – 18, 2012

Gilberto Gil

Presented by Cohen & Grigsby TRUST
PRESENTS Series
Venue: Byham Theater
November 15, 2012



Citizen Cope

Presented by Cohen & Grigsby TRUST
PRESENTS Series
Venue: Byham Theater
November 20, 2012



B.B. King

Presented by: Drusky Entertainment
Venue: Benedum Center
November 21, 2012



Buddy Valastro Live!

Presented by Cohen & Grigsby TRUST
PRESENTS & Mills Entertainment
Venue: Benedum Center
November 28, 2012

Pittsburgh Public Theater

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

Born Yesterday

September 27 – October 28, 2012

Good People

November 8 – December 9, 2012

Pittsburgh Ballet Theatre

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

Giselle with the Orchestra

October 26 – 28, 2012



Gallery Crawl in the Cultural District

Art. Music. Dance. Architecture. Film.
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The Gallery Crawl is a free quarterly showcase of art and entertainment in the heart of the Cultural District. All events take place at a variety of galleries and spaces and are FREE and open to the public. The event is ongoing between 5:30 and 9:00 pm, and patrons may start at any location.

Venue: Throughout the Cultural District.
September 27, 2012

The Fall Lifestyles Section of Designing HOME Lifestyles Magazine is dedicated to promoting the growth and development of Cultural and Tourism related businesses in Western Pennsylvania. Please contact us at info@DesigningHomeLifestyles.com 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.

What Else To Do

Phipps Conservatory
www.phipps.conservatory.org

Carnegie Museum of Natural History
www.carnegiemnh.org

The Warhol Museum
www.warhol.org

Carnegie Science Center
www.carnegiesciencecenter.org

Carnegie Museums of Pittsburgh
www.carnegiemuseums.org

Mattress Factory
www.mattress.org

Dining Out Around Pittsburgh

MITCHELL'S FISH MARKET

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(412) 571-3474
www.MitchellsFishMarket.com

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NOLA ON THE SQUARE – (412) 471-9100

PARIS 66 – (412) 404-8166

SEVICHE – (412) 697-3120

SONOMA GRILLE – (412) 697-1336

THE ORIGINAL FISH MARKET –
(412) 227-3657

DHL'S FREE APPS GUIDE

OUR FAVORITE APPS THAT MAKE YOUR LIFE EASIER.



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



WEATHER BUG

Extreme weather can strike at anytime, anywhere. Benefit from the most advanced early warning system and pinpoint forecasts in your neighborhood and around the world. Weather Bug is the world's largest network of real-time weather sensors for forecasts, alerts and more. Visual forecasts are accurate and easy to read so you can get the essential weather information you need quickly and easily. Features include WeatherBuzz, which enables you to share weather alerts on Facebook; Interactive maps w/ Doppler radar so you can track storms yourself; and Pin-Point Conditions, where you can drop a pin on the map anywhere in the U.S. and view current conditions.



YELP

Looking for a burrito joint open now? An Irish pub nearby? A gas station you can drive to before your tank hits empty? Yelp can help. Use it to search for places to eat, shop, drink, relax and play then read reviews from an active community of locals in the know. Find great deals offered by your favorite local business and make reservations on OpenTable without missing a click!



EVERNOTE

This app was inducted into Apple's "App Hall of Fame" and is a *NY Times* "Top 10 Must-Have Apps". Stay organized to the max! Evernote helps you remember anything and everything that happens in your life, either professionally or personally. Use it to take notes, save web pages, create to-dos and shopping lists, attach images and PDFs, and more. Evernote synchronizes from your Mac to your smartphone, tablet and the Web. Can be used for research, meetings and class notes.



HULU PLUS

This app is great for unlimited instant streaming of current hit TV shows. Watch the full current season of popular shows like *Modern Family*, *The Office*, *Family Guy* and more, or enjoy classic reruns. Watch over WiFi, 3G or 4G.

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



THE OFFICIAL PITTSBURGH PENGUINS APP - FREE

This app offers many features that allow fans to stay in touch with the team anytime, anywhere while also enjoying unprecedented in-arena interactive experiences. Check real-time scores, stats, standings, news, live Twitter feeds of fans and bloggers, roster and schedule information. Exclusive in-arena content includes live video camera angles and instant replays from multiple views that are available two to five seconds after a play. Customize your game experience and watch the game in a richer, more interactive way!



PAC-MAN Lite for iPad

Relive this classic with PAC-MAN Lite for iPad! Dodge pesky ghosts by tilting or rotating your iPad in Accelerometer Mode. Navigate through the mazes by touching the onscreen Joystick in Joystick Mode. Chomp on dots with the swipe of a finger in Swipe Mode. Munch fruits and other items for big points. Avoid Blinky, the leader of the ghosts, and his fellow ghosts Pinky, Inky and Clyde.



MR. BARTENDER

Drink up with more than 8,000 drink recipes. Want to know what kind of drink to get at a bar? Out and want to snap a picture of your favorite drink to share with others? With plenty of visual drinks to choose from and great descriptions, this app provides everyone with something to quench their thirst and tickle their taste buds.



WebMD

This app can help you with your decision-making and health improvement efforts while on the go. Tools include Symptom Checker, Drugs and Treatments, First Aid Information, Local Health Listings and Pill Identification. Create custom lists based on your health history and review your saved information anytime and anywhere.



WEATHER UNDERGROUND

The Internet's first ever weather site, Weather Underground has built a reputation for providing the most reliable and in-depth weather data for locations across the world. With their unique network of 24,000+ neighborhood weather stations, their app provides the most localized weather information available.



INSTAGRAM

Pick from one of several gorgeous filtered effects or tilt-shift blur to breathe a new life into your mobile photos. Transform everyday moments into works of art. Share your photos in a simple photo stream with friends to see, and follow your friends' photos with the click of a single button. field. Instant sharing to Facebook, Twitter, Flickr, Tumblr, Foursquare and Posterous.



FLASHLIGHT

Flashlight is the best, only and last Flashlight app you will ever need on your iPhone. This Flashlight App has been tested and perfected, and has become the number one choice for iPhone users. You won't believe how bright it is!

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



FENG SHUI: Design Your Home For “Back To School” Success All Year Long

By Fawn Chang, CFSC

For many of us, September is a time for “back to school” and “back to work.” The glorious sunny days of summer are behind us and it’s now time to “buckle down” to the tasks at hand. Because the colors, images, shapes and layout of things around us in our daily lives can subtly direct our behaviors and habits, it makes sense to use the change of season into autumn as a time to rethink, rearrange and reenergize your living space to support your goals for the new “school year.”

Let’s focus on three key areas of the home that will help you create a smooth transition to a “back to school” routine: the entryway, the kitchen and the bedroom(s).

Entryway Tips

Entries, especially the ones we use each day, create a transition between the “outside world” and the private, nourishing environment of the home. Setting up the space so that coats, shoes, backpacks and sporting equipment do not invade the rest of



our personal space ensures organization and order. Confidence is linked to organization; our ability to prioritize, feel grounded and be successful can be thwarted by clutter and chaos. Imagine if a surgeon were riffling through a pile of instruments to find the right scalpel during surgery; it's not much different when we don't have all our school supplies, work necessities and other tools organized and available. Entering the home through a messy garage or laundry room adds tension to our days; think about how you can reorganize these areas to restore order. Begin by analyzing what you carry in and out of your home every day, and in what order you "drop" them; for instance, keys are usually in hand, so that would be the first thing to accommodate with a hook or wall-hung bin; your mail is next, so use storage spaces such as cabinets and bins to hold this correspondence until you can look at it.

If you don't have space for a mudroom, consider using part of the garage for this. Give everyone a cubby for seasonal outdoor wear and shoes. Add a shelf or basket for cell phones with a charging dock. Install hooks or a basket for keys, lip balm, school IDs and other everyday items. You may want to hang a white board or blackboard so that everyone in the family can write notes or reminders. Another nice touch would be a full-length mirror for that final "out the door" check. If there's room, place a bench nearby to create a pause and some comfort while putting on shoes and grabbing last-minute essentials.

Kitchen Tips

Kitchens are undoubtedly the heart of the home. Studies indicate that families who snack and dine together live, love and perform better. In one study, for example, students who ate with their families four or more times a week performed dramatically better in school than those who spend three or less meals with family. Nutrition and relationships were markedly better, as well—no big surprise.



Design a kitchen space to sit with your children for a few moments to focus on them, enjoy a snack and then get them reading to head off to the homework space. Remember to stock your kitchen and pantry with healthy, brain-building snacks. A drawer in the refrigerator or shelf in the pantry with high-protein, low-carbohydrate snacks goes a long way in providing vitality. In the computer room, place the computer screen where Mom or Dad can see it.

Bedroom Tips

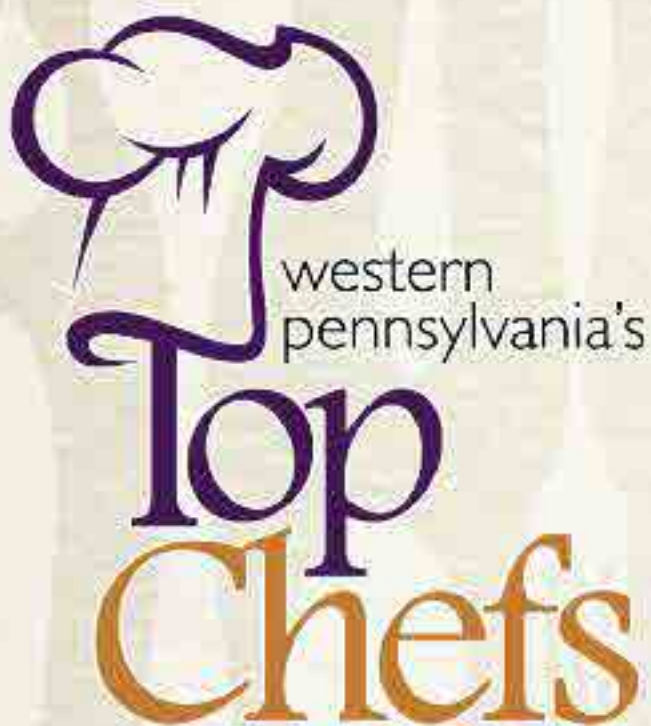
Sleep deprivation is nearly an epidemic in our society. Learn to develop a healthy before-bed routine: take a bath rather than a shower, avoid eating several hours before bed, wind down with 20 to 30 minutes of reading then lights out. You can also design your bedroom space to support deep, nourishing sleep.



Remove electronics, the TV and the computer from the bedroom. Sleep in a dark, comfortable environment in colors that are warm and nourishing (yellows or tans) or cool and relaxing (blues and greens). Avoid vibrant colors and high contrast. Change your mattress and pillows often; softly patterned or solid-colored sheets are the most restful. Place your bed in a "comfortable" position (meaning, not directly across from the door, not between a door and window and not pushed up against the wall, if possible) and remove all clutter and storage underneath. Take a good look at your lighting; bright, center-ceiling lights are "activating", whereas softer perimeter lighting (lamps) calms the space. If you use a night light, be sure that the color is warm yellow or pink, not blue nor LED white. Place recent photos of you and your child in the room; this will subconsciously remind them of the guidance, support and care that you give. Many children love to collect things but limit these collections, if possible. Out-of-date or cluttered collections can be an energy drain and distract from clear thinking. Help your child "curate" their collections, storing them in labeled bins and rotating the few items that they will keep out on display.



Using these simple tips, we can reorganize our homes to help us prioritize and focus, build good habits and foster healthy routines as we step back into the classroom or office after a fun summer. By designing our living spaces with these goals in mind, we also nourish our relationships and build a stronger foundation for success in whatever we do. | DHL



Welcome

to another installment of our feature,
Western Pennsylvania's Top Chefs.

Summer is ending and fall will soon be
here. It's time for heartier meals—
primarily, beef. There is nothing quite like
a fresh cut of beef grilled to perfection.

Our Top Chefs have shared some of their favorite recipes and the wines that pair well with a good piece of beef.

Choosing the type and grade of meat is the first step. Retail meat comes in three basic grades: Prime, Choice and Select. Prime is the most expensive. The grading system is based on the amount of marbling (fat) in the meat; this marbling is what gives the meat its great taste. Prime is mostly sold to restaurants.

Choice is the most commonly found grade of meat in grocery stores and is perfectly fine to serve to your family, as it is much more economical than Prime. Select meat has very little fat, resulting in less flavor and the lowest cost.

Don't forget to visit our Top Chefs' restaurants for some Prime cuts of beef. They welcome you to take a break from home cooking and experience something special.

If you are cooking at home, grilling fresh cuts of meat is wonderful in the fall season. Nothing goes better together than a Steelers football game and grilled beef. Whether tailgating or having friends over for the game, nothing guarantees attendance quicker than saying, "We're grilling steaks." Enjoy!

Meet Our "Top Chefs" and experience their favorite Beef

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

Fillet Chimichurri Panzanella Salad

CHIMICHURRI INGREDIENTS

1/4 cup Cilantro	1 Each Jalapeno Pepper (Seeded)
1/4 cup Parsley	1 Each Poblano Pepper (Seeded)
1/4 cup Mint	2 Tbsp Honey
6 Cloves Garlic	1/4 cup Lime Juice
3 Each Green Onion	1/4 cup Olive Oil
3 Tbsp Pickled Ginger	Salt and Pepper to taste

Combine all ingredients in blender, and blend for 15 seconds.

FOR SERVICE:

- 1 small French bread cut in to 1-inch cubes place on cookie sheet pan and bake in oven at 350° F till lightly toasted.
- Half of a small red onion, julienned
- 1 tomato small diced
- 1 cup Manchego cheese, shredded

5 oz. Fillet Mignon

- Salt and pepper fillet grill to desired temp.
- In a large mixing bowl combine bread, onion, tomato and enough chimichurri to coat ingredients just before serving.

Recipe Provided by:
Chef Caleb J. Longacre,
Seviche



Sonoma Grille
Jim Rogers– Executive Chef

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



Paris 66
Giuseppe Di Gristina– Executive Chef

Voted "Best French Restaurant" for three consecutive years, Paris 66 is happy to announce the addition of Executive Chef Giuseppe Di Gristina to its award-winning culinary team. He has used his Sicilian roots to create incredible food at various award winning restaurants in California.

Before Paris 66, Giuseppe was Chef/Owner of Raviolis! Italian Bistro which won Best Restaurant 3 consecutive years from 2007-2009 in Wildomar, CA. He brings with him a passion for incredible European food making him the perfect fit for Paris 66.

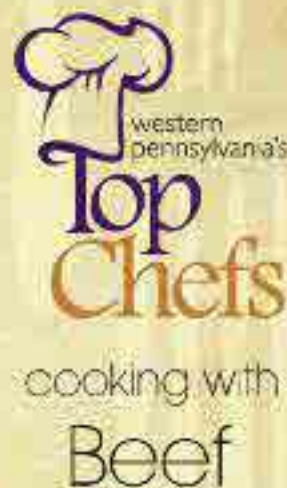


Seviche
Caleb J. Longacre – Executive Chef

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



Grilled 14 oz Bone-in Ribeye with Local Corn and Potato Croquettes, Scallion Vinaigrette, Wilted Spinach, Poblano Corn Cream and Bacon Demi-Glace



INGREDIENTS

1 (14-16 oz) Ribeye Steak (Bone-in)	2 each Poblanos (Peeled, seeded and chopped fine)
3 Idaho Potatoes	8 oz. Spinach (Fresh and Clean)
1 oz. Scallion Vinaigrette	Butter (for cooking)
1 cup Corn Kernels (Fresh)	Crispy Chopped Bacon
2 Tbsp Sour Cream	Natural Veal Stock Reduction
2 Tbsp Scallions (Sliced)	Panko Bread Crumbs
1 cup Heavy Cream	Flour
2 oz. Bourbon	Eggs (3 each whipped with a little milk)
1 each Egg (Scrambled)	

Recipe Provided by:
Chef Jim Rogers,
Sonoma Grille

PROCEDURE:

- Make standard vinaigrette with vinegar and oil and blend in scallions and Dijon mustard and honey.
- Peel and blanch potatoes until soft, run through a food mill, and then cool.
- Fold in 1/2 cup corn kernels, 2 Tbsp chopped scallions, 2 Tbsp sour cream and then salt and pepper to taste. After seasoning is checked, add in 1 scrambled egg and let cool for an hour.
- While cooling, in a large sauté pan heat up 2 Tbsp butter until slight browning, add in 1/2 cup corn kernels and poblanos and sauté.
- Turn off flame, add in bourbon (liquor will ignite so be careful, if flame gets too big shut off fire to pan).
- When bourbon is evaporated, add in heavy cream, and reduce by half.
- Blend this mixture in a blender until smooth and salt and pepper to taste. Keep hot.
- Now you can shape the cooled potato mix into 1 oz. balls (croquettes), and then dip in flour, next egg wash, next panko breadcrumbs, and set aside.
- Mix veal reduction and crispy bacon together and keep hot. (bacon demi-glace)
- Season and grill Ribeye to desired temperature.
- Fry croquettes until golden brown in deep fryer.
- Wilt spinach in butter, season with salt and pepper.
- On the plate, lay down a pool of corn cream, place fried croquettes and a few dots of scallion vinaigrette, next to it place wilted spinach, followed by grilled ribeye. Finish the dish by topping it with bacon demi-glace, and enjoy!



Filet with Morel Demi-Glace

6/8 oz. Filet Medallion
 Salt/Pepper to taste
 Grill or pan sear to your liking

Fresh Thyme
 Season filet medallion with thyme, salt and pepper

Chestnut Pommies Puree

1-1/2 lbs Yukon Gold Potatoes (peeled and quartered length-wise)
 1/2 tsp Salt
 4 Tbsp Heavy Cream
 2 Tbsp Butter
 1 Tbsp Milk
 To Taste Salt and Pepper
 1 cup Oven Roasted chestnuts/cut into pieces
 A potato masher

Recipe Provided by:
 Chef Giuseppe De Gristina –
 Paris 66

METHOD:

1. Put potatoes into a saucepan. Add 1/2 teaspoon salt. Add water until potatoes are covered. Bring to boil, reduce heat and simmer, covered, 15-20 minutes, or until done - a fork can easily be poked through them.
2. Warm cream and melt butter, together, either in microwave or in a pan on the stove. Drain water from potatoes. Put hot potatoes into a bowl. Add cream and melted butter. Use potato masher to mash potatoes until well mashed. Use a strong spoon to beat further, adding milk to achieve the consistency you desire (Do not over-beat or your potatoes will get gluey). Chestnut pieces Salt and pepper to taste. Yield: Serves 4.

Morel Demi-Glace

Mushroom mix - sliced
 Shallot - chopped
 Cognac (brandy)
 Morel soaking liquid

Morels - sliced and cleaned
 Demi-glace - from white wine
 Cream

METHOD:

Saute mushroom mix in pan with shallot. Lower heat and add morels (morels should not be exposed to high heat), add brandy and flame, reduce to half. Add white wine demi-glace, reduce to proper consistency. Finish with morel soaking liquid and cream.



Filet of Beef with Creamed Spinach and Potatoes 4 Servings

Creamed Spinach & Potatoes:

PREP:

- 1 Leek: Use the bottom white and light green, not the top dark green (cut into medium dice, float in water then drain).
1 lb. Idaho Potatoes: Peel, cut into medium dice. Place in pot of cold water, small amount of salt, bring to boil and cook until tender. Drain and chill.
1 lb. Baby Spinach: Blanch in boiling, salted water, 1 minute, shock in ice bath. After cold, place in colander and press to squeeze out water.
2 Cups Heavy Cream plus 3 cloves garlic (peel and smash). Bring to simmer and reduce by one quarter.
1 tsp Butter (unsalted)
Salt & Pepper
- In medium saucepan, melt butter, add leeks and cook until soft. Add reduced cream and simmer.
 - Add cooked potatoes and blanched spinach, season to taste with salt and pepper.

Beef Filets:

- 7-8 oz. or your choice of weight
Season with salt and pepper
Grill or Pan Sear and finish to desired doneness, 135-140° for Rare, 160° for Medium.
When done brush with melted unsalted butter and light sprinkle of quality Sea Salt.

PLATING:

Place creamed spinach mixture in center of plate and place filets on top.



Recipe Provided by:
Chef Greg Alauzen
Cioppino



Ibiza

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). He enjoys working at Ibiza as it allows him to serve various types of cuisine from all around the 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.



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?"



western
pennsylvania's
**Top
Chefs**
Wine
pairings
for Beef



**TARENTUM
STATION GRILLE**

Don Miguel Gascón Malebec

Chef Joe Ross of JG's Tarentum Station Grill chose Don Miguel Gascón Malebec a rich, dark, robustly fruitful wine that is the king of Argentine wines. Don Miguel Gascón wines reflect Argentina's rich winemaking history, capturing the true expression of the country's most renowned grape, Malbec. The high altitude vineyards in the famed Mendoza region produce Malbec grapes with extraordinary color, body, aroma and structure. The result is an elegant Malbec with concentrated flavors and exceptional balance.

Don Miguel Gascón Malabec is a full bodied wine with a deep violet color, showcasing flavors and aromas of blackberry, blueberry, plum, dark cherry and a hint of mocha. The wine is elegant and rich in texture, with soft, round tannins and a long velvety finish.

Chef Joe chose this wine because it pairs well with grilled red meats, wild game and pasta dishes.

He recommends a bottle of Don Miguel Gascón Malebec paired with the Italian Pork Chop at JG's Tarentum Station Grille.

—Wine available at Tarentum Station Grille



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.



**TARENTUM
STATION GRILLE**



The Original Fish Market Restaurant
Jason Huzzard – Executive Chef

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





Viña Mayor Ribera Del Duero Tinto Roble

In the heart of wine and monastery country, is the location of Viña Mayor. The winery is surrounded by vineyards and completely integrated into the landscape overlooking the sinuous turns of the Duero River as it passes through Quintanilla de Onésimo. The red wines made in this region are aromatic with fruit flavors and vivid red colors when young, the best becoming soft velvety wines of rich elegance.

The color of this wine is a deep black cherry red continuing with elegant notes of ripe red fruits combined with well-integrated oak on the nose. On the palate, this is a full-bodied and well-balanced bottling that is very fleshy with perceived sweet tannins. The finish is lengthy, round and smooth. This wine spent 3 months in American oak barrels. This wine goes very well with grilled meat.

—Wine available at Ibiza



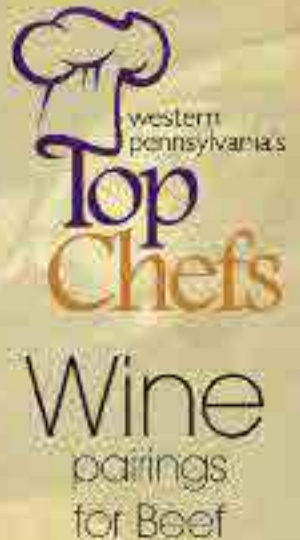
2007 Peju – Cabernet Sauvignon – Napa Valley

This vintage was sourced from two estate vineyards; the originally farmed Rutherford Vineyard and sustainably framed Persephone Vineyard in the northeast corner of the Napa Valley. After harvest, the fruit spent extended maceration time on the skins for deeper color and complex flavor components. It was then aged 18 months in 40% new French and American Oak. The 2007 vintage is comprised of 79% Cabernet Sauvignon, 12% Merlot and 9% Petit Verdot.

On the nose you'll find a mix of berries, bright cherry, cocoa powder and hints of caramel and butterscotch. On the palate, you find a nice balance of richness with flavors of boysenberry, Bing cherry, nutmeg and toffee with a round full finish.

This wine pairs well with all beef dishes.

—Wine available at Nola On The Square

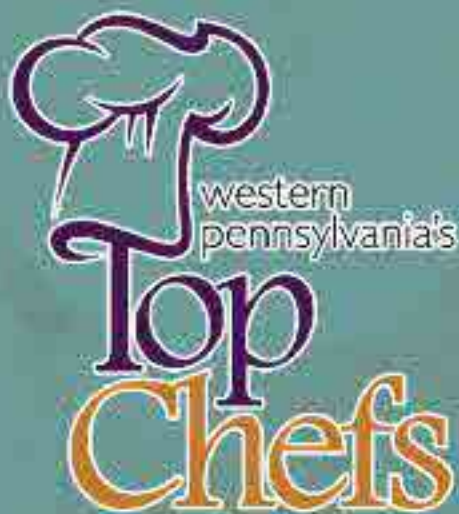


One Hope Zinfandel

ONEHOPE California Zinfandel, created in partnership with Rob Mondavi Jr., starts with the foundation of an all-American grape, then custom blended with Syrah from select vineyards throughout Napa, Sonoma and the Central Coast of California. ONEHOPE Zinfandel is a rich red color with loads of juicy dark fruit flavors including plum and black cherry, with hints of pepper and a spicy finish. This delicious wine is versatile and pairs well with dishes such as grilled beef, pizza, barbeque ribs and lamb.

ONEHOPE donates 50% of profits generated from the sale of every bottle of its Zinfandel to Snowball Express, an organization that supports families and children of fallen soldiers. Since September 11, 2001 more than 8,000 children have lost a U.S. service-member parent as a result of ongoing conflicts in Iraq and Afghanistan. Snowball Express brings families together to provide hope for the future during the difficult loss of a loved one.

—Wine available at The Original Fish Market Restaurant



**TARENTUM
STATION GRILLE**

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



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



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.

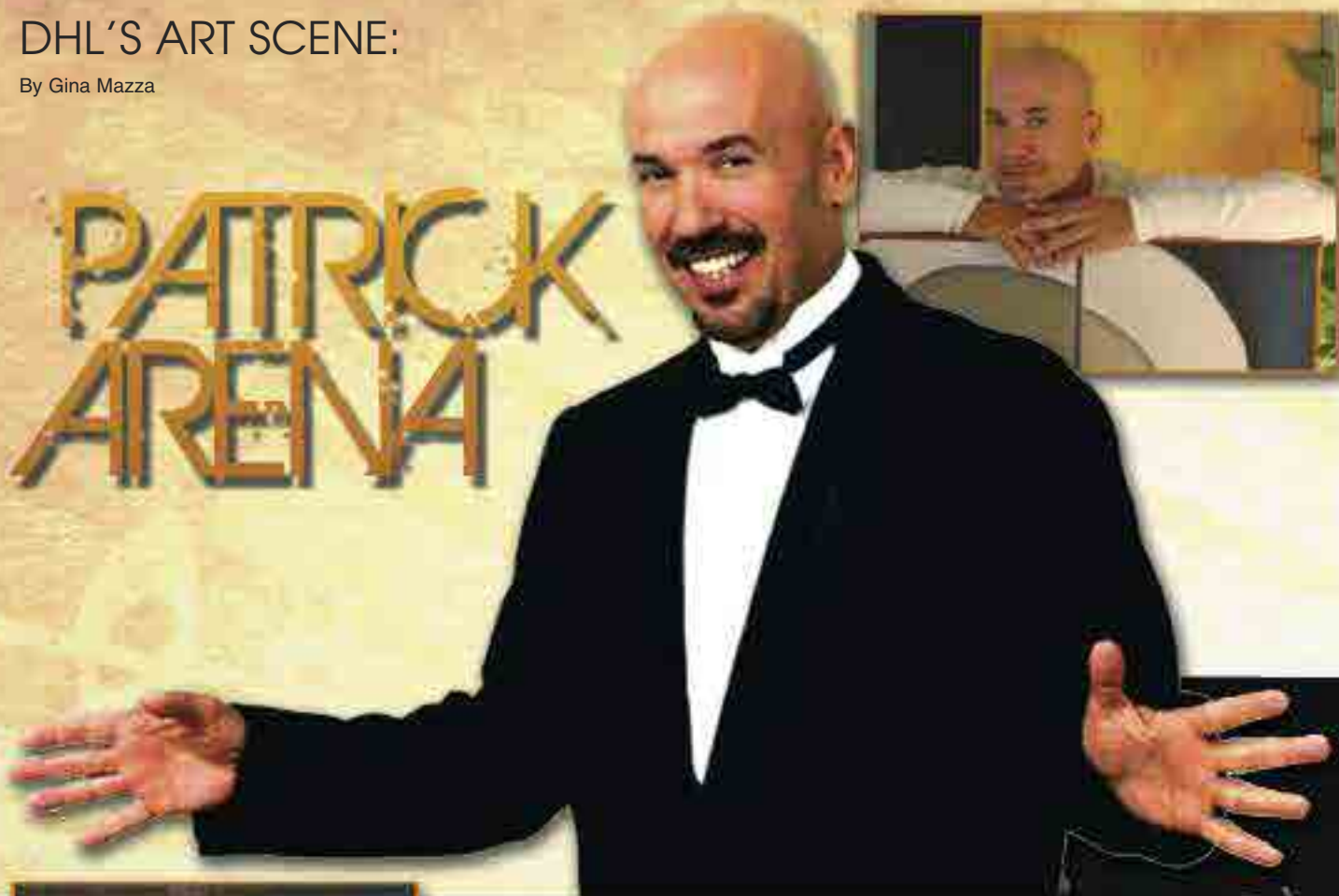
2350 Railroad Street
At The Cork Factory
Pittsburgh, PA 15222
412-281-6593

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



DHL'S ART SCENE:

By Gina Mazza



Catch Patrick's soulful riffs at Jazz at Andy's in the Fairmont Hotel, downtown, from 8 to midnight on Saturday, October 20.



By the time Patrick Arena of Washington County was eight or nine years old, he was already a jazz fan. "My musical influences go back to the 1920s and 1930s because my parents were older and that's the music they were listening to when I was growing up," he says. Patrick began singing jazz and other music around age 10 and soon was a featured entertainer at the Steel Pier in Atlantic City, New Jersey. He went onto make a career out of it. "Singing quickly

took over my whole life," he reflects. "It's the only thing I've ever wanted to do."

Since then, Patrick has carved his own niche in the world of jazz entertainment. While he performs a wide variety of music, he does it all through the viewpoint of jazz. "I treat any kind of music that I'm working on in a loose, improvisational way so that it all becomes jazz," he explains. "Whether it's a legitimate jazz song like 'Centerpiece' or a song that you wouldn't expect to hear in a jazz set, like 'Do You Know the Way to San Jose?', my approach is that all music can be done in an improvisational jazz way."

While Patrick pens his own material, another part of his artistic talent is his unique arrangements of time-honored songs. "I consider great standards written by someone else as the canvas, then what

I do with it is my art. I reshape something that is already there—whether it's tried-and-true songs like 'Night and Day' or other classics. I do a samba version of 'Over the Rainbow', for example, which works really well. I bring rhythms to songs that weren't originally done that way, and part of the art is finding what suits the song and makes it new."

Patrick returned to his hometown of Pittsburgh from New York City in 1999 to help his aging father, and he quickly



became known as a respected performer and vocal coach while studying classical voice technique at Duquesne University. He has performed at the Andy Warhol Museum, The Sanctuary, Shadow Lounge, Schenley Park, East Liberty Presbyterian Church and the Shadyside Arts Festival, among others, and has sung with the Pittsburgh Renaissance City Men's Choir.

This year, Patrick began to wear another hat: that of radio host. Listen in on WNJR 91.7 FM every Friday from 7 to 10 p.m. to hear BIGDADDY Jazz Radio, or stream it on the web at www.wnjr.org. "I have a wide range of musical and jazz knowledge now that I'm older and have been through a lot of music, and the show allows me to use all of this knowledge. So, I play a wide variety of music and we talk about it. I've had some guests in to play live and be interviewed."

and pull up a song on YouTube from their youth. We listen to it and get the conversation started around music, which helps them to open up and talk."

Patrick will be giving a keynote at the Allegheny HealthChoices, Inc. wellness and recovery conference this month in Pittsburgh. "I sing during my presentation, which definitely gets people's attention," he says.

Patrick spent most of his career in the New York City nightclub and jazz renaissance front of the 1970s, 80s and 90s, appearing at places like Ted Hook's Backstage, Copacabana, The Duplex, Reno Sweeney, Don't Tell Mama and The Ballroom. He has opened for Lewis Black, Julie Wilson, Jaffe Cohen and Holly Hughes. On the jazz scene, Patrick performed a series of concerts with Abbey Lincoln and Fred Hersch at the New York Jazz Coalition, and



The show is steadily gaining a listenership, as Patrick points out. "What's really great is that we've been able to pick up some of the slack on the airwaves from loss of our region's former jazz station, WDUQ-FM. I keep it light and fun with the 'Big Daddy' persona."

Patrick has also been a contributing music and theater writer for a variety of Pittsburgh publications.

When Patrick is not on the radio, writing, recording or performing at public and private events, he can be found at his "day job" as a certified peer specialist with AMI, Inc. "I've found that I like this work. I help people who've suffered from mental illness reintegrate back into society." Like everything else in his life, Patrick has found a way to bring music into his role as a mental health counselor. "I deal with individuals who struggle with everything from depression to bi-polar to schizophrenia. Music helps me to connect with them or them with me. I bring my laptop computer

has made music with illustrious musicians such as Joe Negri, Harold Mayberrn, Hilton Ruiz, Barry Harris, Gil Goldstein, Herman Foster, Steve Sandberg and Kirk Nurock. With Cobi Narita of the Jazz Center of New York, he produced many of his own concerts and helped to develop Voices, Inc., a support organization for jazz singers.

As a songwriter, Patrick recorded a live CD in 2004 of his concert at the Uptown Theatre in Washington. His debut recording "Night Cap" with Andy Monroe won the GLAMA award in 2000. Recently, Patrick has begun to feel another wave of songwriting coming on—something that he's looking forward to having time to focus on. "I've really been ignoring my writing and it keeps knocking on my head. When I'm driving, I have to pull off the road to write down a lyric. I've been doing that with increasing frequency lately, so I know it's time to focus on writing."

Songwriting and singing is something that Patrick plans to do well into the future. "For me, singing has always been a healing experience. That's why it's lasted a whole lifetime for me. I'm 61 years old now so I've been singing for 50 years, and it's still exciting. There's a spiritual aspect that I can't let go of. What it does is indefinable because it's different for everyone. I just know that it's necessary in my life." | DHL

To learn more, visit www.reverbnation.com/arenamusic.

Patrick can be reached at (724) 263-0848 or arenamusic@aol.com.



DHL's

pet Lifestyles

By Renee Butor

BREED PROFILE:

Rough Collie



Friendly, loving and highly intelligent, Collies are gentle and loyal friends to the entire family—including other pets.

Originating from Scotland, this breed dates back to the early 1800s. England's Queen Victoria took a special liking to them and sponsored a Collie kennel, which in turn established a reputation of royalty for the breed. The Collie is an extremely loyal companion that will protect her family with her life, especially the smallest members of the household.

These highly intelligent dogs make wonderful herders. They were used frequently in the past by farmers to herd their livestock then take them into the markets.

Collies are very social animals that thrive on human companionship. They get along well with other dogs, strangers and even cats. There are many stories of Collies who risked their lives to come to the aid of people, especially children in distress.

Collies are very easy to train, and need a fair amount of play and attention. They enjoy playing with the kids in the yard along with training exercises. Though fairly active, Collies are able to adapt to

living in an apartment, as long as there are daily exercises, such as a brisk walk, jog or games in the park.

The long-coated, or Rough Collie, can have a tendency to be sensitive to the heat, so plenty of water and shade should be provided on hot summer days.

Collies may bark frequently due to their protective natures, and may require some training to limit the behavior. A Collie should always have a home indoors, due to the fact that it thrives on human companionship.

Rough collies require frequent brushing to keep their long, beautiful coats in top condition. There are four recognized Collie coat colors; sable and white, tri-color, blue merle and white. These loving canines have a fairly long lifespan of about 13 years.



BREED PROFILE: Main Coon



Known as the gentle giants of the cat world, Maine Coons are more than just impressive in size. These cats will win you over with their playful, intelligent natures.

Maine Coons were first documented in Colonial America, though many theories exist about their true origin. Some include even biologically impossible notions that a house cat bred with a racoon! However this beautiful breed began, it is recorded that the Maine Coon was the first recognized American cat breed.

The largest of the domestic cat breeds, males commonly weigh anywhere from 13-18 pounds, and females slightly smaller. Every characteristic of the Maine Coon has adapted to fit its former survival in the harsh northeastern American forests. Their silky, long coats are water resistant and heavier on the belly, which protects it from brush and cold. Even their big, round tufted feet can serve as a natural snowshoe. Main Coons can be a variety of color patters, though traditionally, the cat is a brown tabby. Eyes are typically green, gold or copper.

Maine Coons are very good-natured cats, and retain much kitten-like energy through their adult lives.

Main Coons will typically follow their owners around the house, casually investigating the activities of the day. They are not a very vocal breed, though they use their distinct chirping to express themselves when necessary.

Many Maine Coons can be easily trained to fetch cat toys, or even take walks outside with their owners on a cat leash. They have affectionate, clown-like personalities, and are well suited for life in large families with children. Many are also very tolerant of other pets and dogs.

Though typically easy to groom, they do require a good frequent brushing to keep unwanted tangles and mats away.

With the proper care and nutrition, a Maine Coon has a long life-span of about 13-15 years. Though large in size, these beautiful cats are not overbearing, and will provide a loving companion to cat lovers everywhere.



Doggie Daycare



A Play-Date for Your Dog

Thousands of pet owners work all day, and this requires leaving your dog at home while you work. Often these owners come home to a stressed out dog, and rampant destruction, either of the house, or the yard, and neighbors who complain of barking and howling, due to separation anxiety.

One of the top 10 reasons given at an animal shelter for owner turn-ins is "he destroys my things when I'm not home." This could be prevented so easily with either crate-training, exhaustive exercise or day care.

Pet day care works just like day care for human babies. Drop your dog off in the morning on the way to work, and while you slave away, your precious pooch is pampered. Depending on both your dog's activity level, and the curriculum set out by the day care owners, he may enjoy his day by playing with other dogs, playing with people, inside or outside, or he may be the type to while away the hours ensconced on somebody's couch, getting loving attention.

Cost of Doggie Day Care

The cost can vary between \$8 and \$35 a day, depending on the provider, whether the day care is operated out of a private home or a fully-staffed facility.

In-Home, Private Dog Day Cares

In-home, privately-owned dog day cares are often cheaper, and are restricted to a low number of dogs being cared for at any given time. If your dog is of the anti-social type, this may be the better option for you and your dog. In-home, private day care operators offer your dog a home environment and more human-to-dog contact.

Staffed Commercial Dog Day Cares

A fully-staffed facility offers much for the social dog. Often the number of dogs on a day at these places can be from 10 to 20 dogs,



all ready to make friends. Trained staff keep the dogs busy in outdoor play, or even, in some cases, happily munching snacks (healthy, of course!) watching movies made just for the entertainment of dogs. Activities might include "hide and seek" or "tag" or anything that canine minds can come up with. Staff is often trained to deal with any outbreak of aggression that might result, and also has a standing agreement with a local veterinarian should an emergency arise.

In both private and commercial day cares, dogs must present proof of current vaccinations, and all must be healthy, to prevent the spread of infectious diseases and parasites.

The Best Choice For Your Dog

Where do you feel more comfortable leaving him? Where do you feel your dog will be most happy? Talk to the operators, and go with your instincts. You'll know by the time you pick your dog up at the end of the day that you made the right decision.

Find a Doggie Day Care In Your Area

Most private facilities are listed in the local newspaper in the classified ads. For a full facility, check your phone book or do a search online. Ask your friends who also have pets; a recommendation is the best way to choose a day care that you and your dog will love.

From Krista Mifflin, former About.com Guide



BEFORE YOU DRIVE WITH YOUR DOG: CAR SAFETY TIPS FOR DOG OWNERS

By Jenna Stregowski, RVT, About.com Guide

If you drive a car or rely on others to drive you places, it is inevitable that your dog will need to ride in the car from time to time. Many owners are unaware of the many risks associated with dogs and car travel. Even a five-minute car ride can be risky for you and your dog. Fortunately, there are several safety precautions you can take before you drive with your dog.

KEEP DOGS RESTRAINED

Many drivers allow their dogs to move freely about the car. Some even allow their dogs to ride in their laps. The distraction of a dog can easily take your attention away from driving, leading to an accident or, at the very least, a close call. Even if your dog is a perfect angel, an accident can still occur. If your dog is unrestrained, he can easily be thrown from the car (or thrown around the car). In addition, he may become a dangerous projectile, potentially injuring you or other drivers. Always keep your dog restrained with a car harness, crate or barrier. Never allow him to ride in the front seat, as he can be injured by air bags or thrown into the windshield.



Doctors Foster & Smith®

AVOID LEAVING DOGS IN CARS

In general, it is a good idea to refrain from leaving your dog alone in the car. The major reason for this is heat stroke. Even on a moderately warm day, a car can heat up to dangerous temperatures in a matter of minutes. This not only goes for cars in the sun, but for those in the shade as well, even with the windows open. In addition to the risk of heat stroke, a dog left alone in a car may become bored or anxious, leading to destructive behavior. The dog might ingest something harmful and/or injure himself. Finally, a dog left in the car is at risk for becoming lost or stolen. He may escape on his own or be taken by a thief.

Many dogs love going for a ride in the car while others dread it. If your dog is the latter, you are in for trouble. Dogs may become fearful of cars for a variety of reasons. Some become carsick, others get anxious. These behaviors can lead to distractions for the driver. If your dog is not a fan of car rides, you will need to use extra caution when driving. For dogs who get car sick, avoid feeding a meal for several hours before and ask your vet about anti-nausea options. If your dog becomes fearful or anxious, a calming herb like Rescue Remedy or a pressure vest like the Thundershirt might help. For severe cases, your vet may need to prescribe a sedative. However, in many cases, the best way to handle this problem is through training and behavior modification. | DHL



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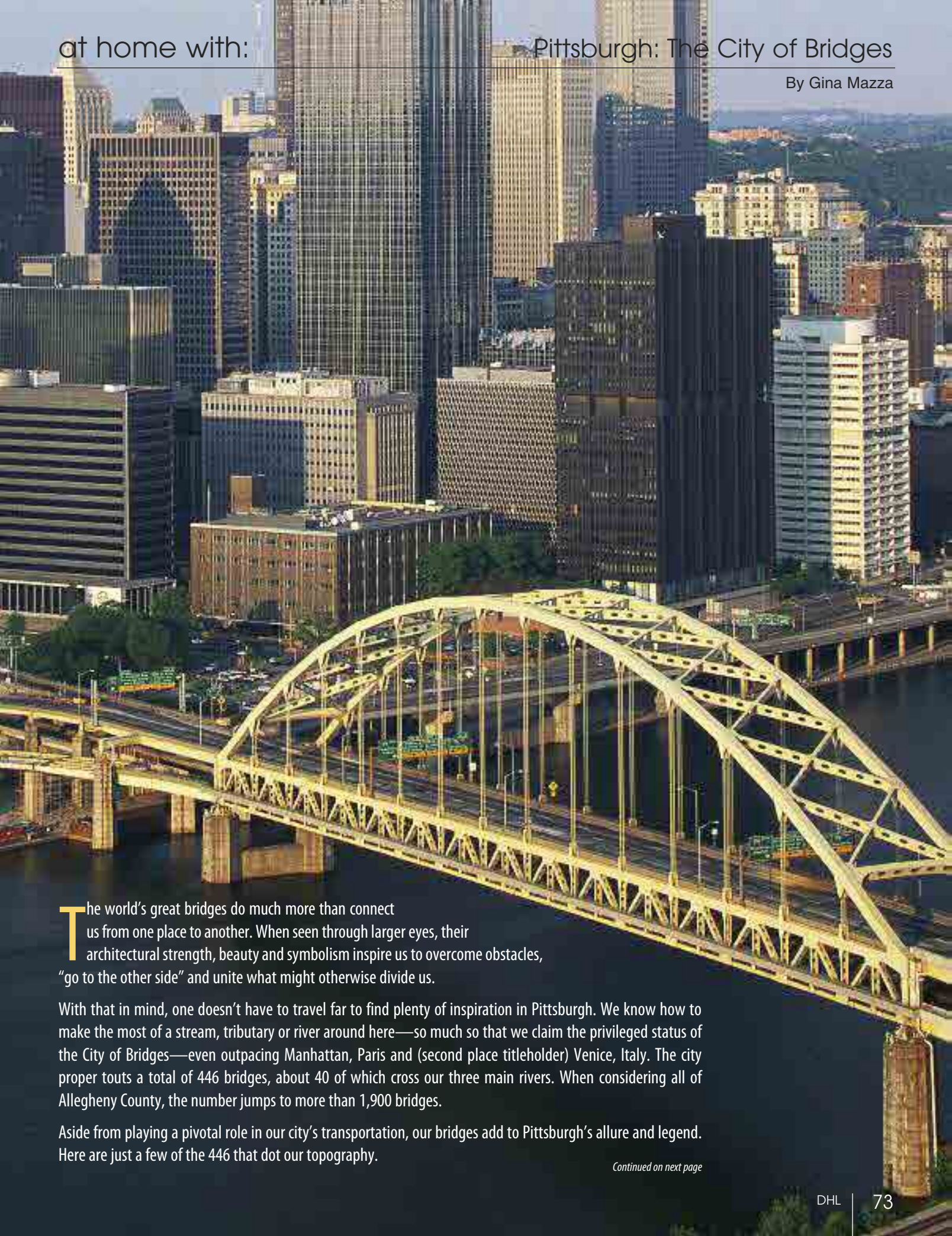
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Pittsburgh: The City of Bridges

By Gina Mazza

An aerial photograph of Pittsburgh, Pennsylvania, showing a dense urban skyline with numerous skyscrapers and high-rise buildings. In the foreground, a prominent yellow arch bridge spans a river, with its intricate steel truss structure clearly visible. The bridge has multiple lanes of traffic and is supported by several piers in the water. The city's topography, with hills and valleys, is partially visible in the background.

The world's great bridges do much more than connect us from one place to another. When seen through larger eyes, their architectural strength, beauty and symbolism inspire us to overcome obstacles, "go to the other side" and unite what might otherwise divide us.

With that in mind, one doesn't have to travel far to find plenty of inspiration in Pittsburgh. We know how to make the most of a stream, tributary or river around here—so much so that we claim the privileged status of the City of Bridges—even outpacing Manhattan, Paris and (second place titleholder) Venice, Italy. The city proper touts a total of 446 bridges, about 40 of which cross our three main rivers. When considering all of Allegheny County, the number jumps to more than 1,900 bridges.

Aside from playing a pivotal role in our city's transportation, our bridges add to Pittsburgh's allure and legend. Here are just a few of the 446 that dot our topography.

Continued on next page

PITTSBURGH BRIDGE

By Gina A. Mazza © 1987, originally
appeared in the *Pittsburgh Post-Gazette*

The eloquent Smithfield Street Bridge (1883) was one of the first major bridges in the United States built primarily of steel, and the first to incorporate a lenticular (lens-shaped) truss design. It remains the oldest river bridge in Allegheny County. Here is an ode to it.

Many nights in my youth I walked this arc
suspended above the Mon,
wondering where life's current
would deliver me.
I wished to flow away like the river,
alive and unapologetic
of its power.
Back then it was easy to feel
so far away.

Years fuse and drift forward.
A faithful longing calls across the distance.
I listen, wanting to be unburdened.
Life circles like a whirl
and suddenly
I am home again.

I find a fresh skyline,
faces that reflect me,
and this bridge,
welcoming as a mother's arms.

I know this silent totem remembers
the words I spoke to it long ago,
yet I couldn't know then
the strength of its steel beams
to beckon me back.

Tonight I walk the arc, amused as the wind
lifts and whips my winter scarf.
Memories rise from quiet waters below,
memories forged from
an urgent fire and
a restless heart.

I shall remain,
so long as this river sings in me.



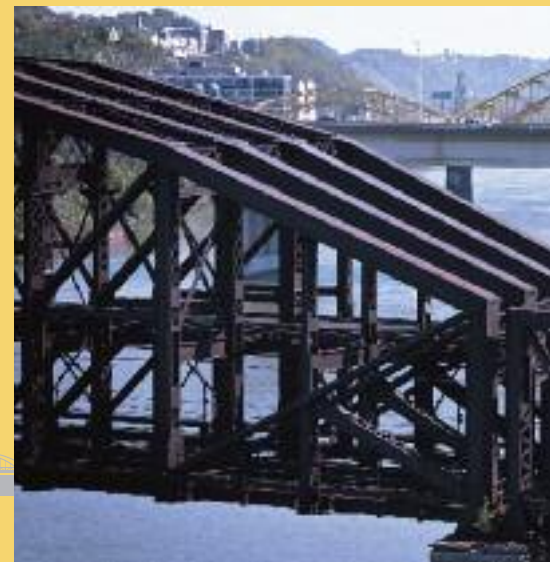
Frontpage / Shutterstock.com

BRIDGE WITH A VIEW

Arguably, the **Fort Pitt Bridge** is one bridge that gets much of the glory. Visitors from around the globe who find themselves traveling west on I-279 through the Fort Pitt Tunnels may be astonished by the view before them as they emerge from the mountainous portal: the Golden Triangle bursts forth, seemingly from out of nowhere, framed by the bridge's yellow bowstring arch. The Fort Pitt Bridge has been featured in ad campaigns for Pittsburgh-headquartered corporations, and movie casts (including the 2012 release, *The Dark Knight Rises*) have shot from its double-decked expanse. Even the *New York Times* has called Pittsburgh "the only city in America with an entrance", and the confluence of the Monongahela and Allegheny Rivers below make it all the more magnificent.

MONONGAHELA RIVER BRIDGES

Along the Monongahela River, several bridges embellish the landscape between Station Square and the South Side. The historic **Smithfield Street Bridge**, built in 1881, is the oldest surviving lenticular steel truss in the United States. A National Historic Civil Engineering landmark, downtown workers can be seen walking across the "Mon" on this





bridge every day after parking their cars near Station Square along East Carson Street.

The **Monongahela River Bridge**, or “Panhandle Railroad Bridge”, was built in 1903 as a rail line for the Pittsburgh and Steubenville Railroad Company; it ran west to Steubenville, Ohio, crossing the panhandle of West Virginia. After several alterations to the bridge over the years, the bridge is now used as part of the Port Authority of Allegheny County’s “T” light rail system.

Anyone who lives or works in the South Hills knows the **Liberty Bridge** intimately. Constructed in 1928, it connects the boroughs and townships south of the city through Mt. Washington and the Liberty Tubes.

The **10th Street Bridge**, built in 1921, boasts the longest span over the Mon River. Have you noticed the animal figures on the top of the bridge’s south tower? Each figure, painted by an unnamed artist, is about six feet tall and can be seen from the north shore of the Mon River.

The **Birmingham Bridge**’s 1,700-foot, six-lane highway can be traversed at East Carson Street between 22nd and 23rd Streets. Originally

planned as part of a highway system that would connect the Mon Valley and Route 28 in the Allegheny Valley, plans were revised and in 1977, the current bridge was constructed. On the north end at the junction of Uptown, the Hill District and South Oakland, ramps at the main span deck level link to Fifth Avenue (which is one way into downtown). Ramps from Forbes Avenue (one way leaving downtown) angle upward to meet the deck. Access to the bridge isn’t exactly a straight shot for travelers on either Parkways, and the streets leading below it to Second Avenue are somewhat challenging to navigate, especially for out-of-towners.

Continued on next page





Less than a mile upstream from the Birmingham Bridge, the history of the **Monongahela Connecting Railroad Bridge** and **Hot Metal Bridge** dates back to the mid-1800s and is closely linked to the rise and fall of the iron and steel industries in the region. Both bridges reemerged at the turn of the 21st Century with new purpose. After a \$12 million renovation and conversion to a two-lane bridge for motor vehicles, the “Mon Con” Bridge reopened in 2000 as an easy connection between the South Side and South Oakland. (It somewhat solved the maze of the Birmingham Street Bridge access because of its proximity to the Bates Street interchange of the Parkway and Second Avenue.) As the downstream side structure of the Mon Con Bridge, the Hot Metal Bridge enjoyed a \$10 million renovation in 2007, when it was reopened to bicyclists and pedestrians.

ALLEGHENY RIVER BRIDGES

Connecting Pittsburgh to the North Shore are the “Sister Bridges”, three parallel, self-anchored suspension bridges built in the 1920s that cross the Allegheny River at Sixth, Seventh and Ninth Streets. Pittsburgh has kept it all in the family by renaming these three siblings after famed Pittsburgh residents. Now battling at Sixth Street is the **Roberto Clemente**

Bridge, renamed in 1998 as part of a compromise after the Pittsburgh Pirates sold the naming rights to PNC Park to PNC Financial Services. (A groundswell of enthusiasm by residents had taken root for naming the park after Clemente.) The Seventh Street Bridge was rechristened the **Andy Warhol Bridge** in 2005 as part of the 10th anniversary of the Andy Warhol Museum on nearby Sandusky Street. And it seemed only natural to rename the Ninth Street Bridge after **Rachel Carson** on Earth Day in 2006. (Carson’s farmhouse birthplace is 18 miles up the Allegheny River, now called the Rachel Carson Homestead.) The bridges are noteworthy in that they are the only trio of nearly identical bridge self-anchored suspension





spans— built in the United States. All three replaced former bridges; in fact, the original Sixth Street Bridge burned in the late 1800s because the bird's nests in its beams caught fire from the smoke stacks of passing steamboats.

The bridges that cross the Allegheny River near downtown Pittsburgh and the Point include the **Ft. Duquesne Bridge**. Constructed in 1969, it gained notoriety as "The Bridge To Nowhere" due to delays in construction, which left the northern end of the span hanging in midair until it was connected with the North Shore Expressway in 1986. The **Fort Wayne Railroad Bridge** near the D. L. Lawrence Convention Center was built 1904. After various renovations and extensions, the bridge now serves Conrail freight traffic, as well as Amtrak passengers embarking at Union Station, located at Liberty Avenue and 11th Street. A relative newcomer to the Pittsburgh landscape is the 1,050-foot, eight-lane **Veteran's Bridge**, which opened in 1987 as the final missing link of Interstate 579/Crosstown Boulevard. The **16th Street Bridge**, built in 1923, is distinguishable by its bronze-winged seahorses, armillary spheres and "fish" frieze designed by New York sculptor Leo Lentilli. The 62-foot-high pylon sculptures are based on a fountain on Avenue de l'Observatoire, bringing a bit of Paris to Pittsburgh. The bridge includes a pedestrian walkway. If you walk the bridge, look for stone carvings of Poseidon/Neptune and a woman on each end of the bridge. And finally, the **West End Bridge**, which crosses the Allegheny, was the first bridge on



the Ohio River heading toward the Mississippi River. Built in 1932 about a mile below the confluence of the Allegheny and Mon Rivers, it connects the West End to the North Side. While the bridge has undergone massive change over the years, it remains an important part of Pittsburgh's legacy.

BRIDGES NEAR AND FAR

Beyond the 412, Pittsburgh has had great influence on bridges built elsewhere in the world. Pittsburgh natives and others who came here and dedicated their work to the design, engineering and construction of bridges eventually went on to design other famous expanses. German-born John Augustus Roebling, for example, who designed the Brooklyn Bridge and Niagara Falls Suspension Bridge, spent years working in Pittsburgh, with operations based in Saxonburg, Illinois

native George Washington Gale Ferris, Jr., best known for his invention of the Ferris Wheel, lived on the North Side and founded G.W.G. Ferris & Co. in Pittsburgh. To this day, major bridge conventions are held here, with engineers attending from around the globe to see the bridge works in our fair city.

Pittsburgh has come a long way since the early 1800s when its river bridges were made mostly of wood. Since then, nearly every type of bridge—arches, cantilever, suspension—has risen above the terrain, most built from locally produced steel. Only one thing could make our bridges even more home grown than that. You guessed it: painting them in the 'Burgh's official colors of black and gold. | DHL



BETHEL PARK

is everyone's neighborhood

By Pamela Palongue

Bethel Park is one of those rare places that feels like it's everyone's neighborhood...and in a way, it is.

This community draws many people from surrounding areas with its diversity of shopping, entertainment and restaurants. People come into the borough from neighboring Mt. Lebanon, Upper St. Clair, South Park and elsewhere to spend the day because there's always something fun to do.

South Hills Village Mall is one of the nicest shopping areas in Pittsburgh and—for better or worse—has the traffic at



Christmastime to prove it. Anchored by major department stores Macy's and Sears, the mall offers shopping for any budget. Unlike many other malls, the food court at South Hills Village is bustling with restaurateurs in a wide variety of cuisines from Japanese and Cajun to Italian and American bistro. If you feel like having dinner and a movie, the village has the 10-screen Carmike Cinema. If you have children, the South Hills Village Barnes and Noble is a great place to keep them entertained for a couple of hours with all sorts of educational toys, story books, puzzles, games and gadgets. The store offers a storytelling time for young children and, of course, a café with great Starbucks coffee.

Bethel Park is also home of the Heritage Players of Bethel Park, a community theater group with a long and colorful history. Formed in 1962, the group moved to Carnegie in the early 1980s and the lights in the theater went dark in Bethel Park. After a 15-year absence, live theater



returned to the area in the mid-1990s at Schoolhouse Arts Center on South Park Road. The performances were popular but the older building could not accommodate the troupe's technical needs. Eventually, the Heritage Players moved to Bethel Park Community Center, where their wonderful productions have a loyal following. The 2012 season includes *Bedroom Farce*, *Night Watch* and *The Sound of Music*.

Though the Heritage Players left the historic school house on South Park Road for more modern technology, the classic brick structure proved to be the perfect



location for South Arts, a nonprofit group that promotes art through gallery exhibits and classes. Membership is open to anyone who desires to enhance creativity in themselves, others and the community.

The Bethel Park Historical Society works to preserve the borough past and how it still relates to residents' lives every day. For example, if you happen to drive down Fort Couch Road, you would be traveling on a road named after one of Bethel Park's founding fathers. Nathaniel Couch was a farmer who settled in the area in the 1760s. A former British soldier, Couch fought with General Forbes and General Braddock, two other names that are recognizable to Pittsburghers. His farm covered the area that is now the Brookside Farms neighborhood, and a house that he built as a wedding present for his daughter in 1763 still stands today. Couch also figured prominently in the Whiskey Insurrection



and lived the remainder of his days in the Bethel Park area.

Bethel Presbyterian Church's origins date to the 18th Century, as well. It houses local artifacts, furniture and documents that can be viewed by appointment only.

Another source of pride for local residents is the Bethel Park School District, which consistently ranks as one of the top school districts in the country by national organizations, as well as local publications such



as the *Pittsburgh Business Times*. Besides having the standard curriculum, Bethel Park offers instruction in art, music, information technology and world languages.

And finally, Bethel Park lives up to its moniker with three major parks in the



Above courtesy of www.bethelpark.net, all other photos on this page courtesy of Tamara Myers.

borough where residents of all ages can play baseball, softball, soccer, lacrosse, tennis and volleyball. The community also has several small parks scattered throughout the neighborhood. Speaking of physical exercise, Bethel Park Community Center is



a great place get in shape or stay that way. Equipped with an indoor walking track, exercise studio and a gym, residents have a safe, climate-controlled environment in which to keep fit.

Whether you're looking for a new place to call home or just a great way to spend the afternoon, feel free to enjoy Bethel Park's convenient urban living, and you'll know why so many locals like to say that it's their neighborhood...or at least one of their favorites. | DHL

cocktails at home:



VERY BERRY

Cocktails

Autumn is a berry good time to enjoy the season's ripest harvests of strawberries, cranberries, raspberries and blackberries. It's even better when these freshly picked, power-packed mini-spheres of nutrition are mixed into libations (the healthy omega-3s and antioxidants they contain cancel out the alcohol content, right?). Enjoy these drinks on a crisp fall evening under a harvest moon or near a fire pit scented with cherry logs.

Strawberries IN THE SNOW

1 oz. strawberry schnapps
2 oz. half and half
1-1/2 T. sugar
3 strawberries

Place schnapps, half and half, sugar and 2 cups of crushed ice in blender and blend at high speed. Add 2 of the strawberries and blend for 10 seconds. Pour into a parfait glass; top with the other strawberry and serve with a straw.

Raspberry LEMON DROP

2 oz. vodka 2 t. sugar
1/2 oz. chambord lemon slice
2 t. lemon juice

Moisten the rim of a chilled cocktail glass with a little lemon juice and dip in half of the sugar to frost. Mix vodka and remaining lemon juice and sugar in a shaker with ice. Shake well and strain into the cocktail glass. Float the chambord on top. Drop in a fresh raspberry for garnish.

Chocolate Raspberry MARTINI

1-1/2 oz. raspberry vodka
1 oz. white creme de cacao
fresh raspberries

Chill vodka and creme de cacao. Pour into chilled martini glass. Garnish with a sliver of chocolate and a fresh raspberry.

Amaretto CRANBERRY KISS

2 cups cranberry juice cocktail 3 Tbs fresh orange juice
1 cup vodka ice cubes
1/2 cup amaretto orange segments

Mix cranberry juice, vodka, amaretto and orange juice in a pitcher. Cover and chill until ready to serve. To make 2 drinks once ready, fill a cocktail shaker with ice cubes. Pour in about 1 cup of the vodka mixture. Cover and shake vigorously. Strain into 2 martini glasses. Garnish each with an orange segment. Serves six.

Strawsmopolitan

1 oz. triple sec 3 oz. cranberry raspberry juice
1 splash lime juice 1 slice lime
3 oz. strawberry vodka

Put all the liquid ingredients into a shaker with ice and shake. Pour into cocktail glass. Garnish with a slice of lime.

Cranberry OLD FASHIONED

8 oz. fresh or frozen cranberries 2 t. orange zest
2 t. sugar 2 oz. bourbon
2 dashes angostura bitters

Muddle cranberries, sugar, bitters and orange zest with water in a medium glass until sugar dissolves. Pour in bourbon; add ice cubes and serve.

Raspberry Goddess

1-1/2 oz. raspberry vodka 2 oz. orange juice
1 oz. chambord 2 oz. grapefruit juice
1 oz. peach schnapps ice cubes

Pour liquors over ice. Mix orange juice and grapefruit juice in a separate container. Combine the juice and liquors; stir well and serve.

Blackberry Martini

1 cup plus 1 T. sugar superfine sugar
2 cups blackberries 1 cup gin or vodka
1/4 cup creme de cassis 2 T. triple sec
4 lemon wedges 2 T. fresh lemon juice

1. In a small saucepan, combine one cup of the sugar and one cup water. Bring to a boil and stir until the sugar dissolves. Set aside.
2. In a food processor, puree the berries, brandy and remaining tablespoon of sugar until smooth
3. Prepare 4 martini glasses. Rub the rims with lemons, then pour a layer of superfine sugar on a plate and twirl the glasses in it. Place them in the freezer.
4. Fill a shaker with ice, then add the gin or vodka, triple sec and lemon juice. Add 2 T. of the sugar syrup and 1/4 cup of the berry puree. Shake vigorously for 10 seconds and strain into the glasses. Serve immediately.

Please drink responsibly.

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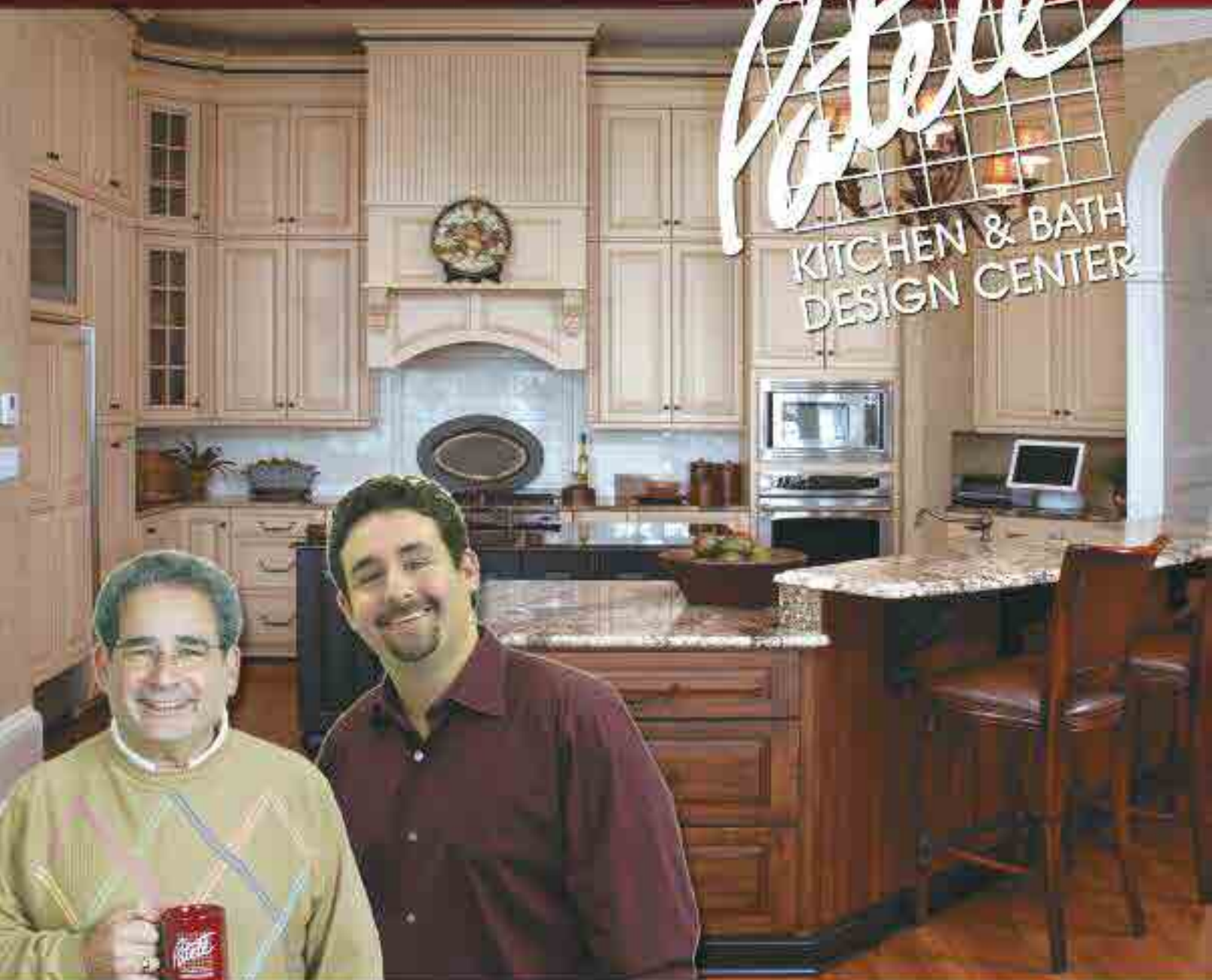
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