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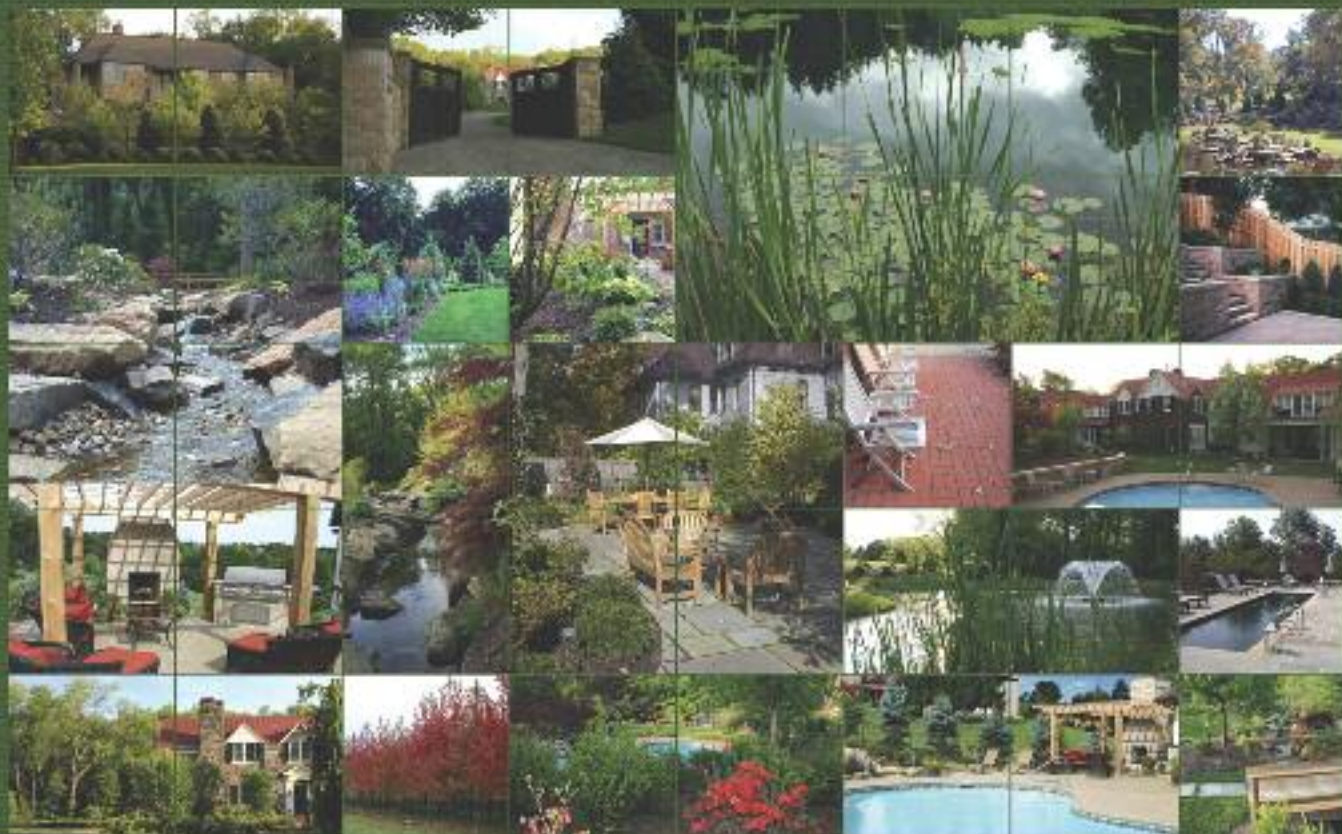
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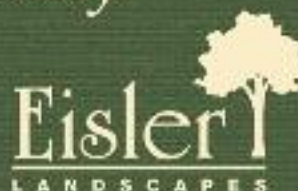
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Designing HOME Lifestyles

Fall Issue 2011

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As we wrap up our series, we find today the kitchen is much more than a place where you cook meals, it's a gathering place. You hang out here with friends during parties. Your kids do their homework here at the kitchen counter. You might even watch your favorite TV show here as you enjoy a piping cup of coffee. And since you're spending more time here, you want it to be a functional, welcoming place that complements the rest of your home. And that's what your potential buyers want, too.

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The ASID Interior Designers from Western PA have a rich tradition of educating and training and the experience to manage all the details of your project. They understand the importance of listening to your ideas and they understand your needs. Whether you are building a new building or simply renovation an existing space in either a home or commercial space, choosing an ASID Designer is your best choice. Designing HOME Lifestyles is proud to have partnered with this fine organization so you can get advice from the "pros" each issue.

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Designing HOME Lifestyles is proud to have partnered with the Builder's Association of Metropolitan Pittsburgh (BAMP) for this special section. Each issue you'll get advice and tips from the experts. Founded in 1938, BAMP 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 Pennsylvania Builders Association providing consumers with a nationwide network of housing services and information.

WESTERN PENNSYLVANIA'S TOP CHEFS

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Welcome to our next installment of our new feature called Western Pennsylvania's Top Chefs. Every issue we introduce you to some of the region's most talented Chefs. Our featured Chefs will share with you in each issue some of their incredible recipes and wine selections. We are honored here at Designing Home Lifestyles to be working with such a great group of talented Chefs and restaurants.

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With football season in full swing and the chill of the autumn air starting to bring us indoors, what could be better than watching the big game or relaxing with a movie in the comfort of your very own home? Well now you can with a custom home theater system from TheaterXtreme. TheaterXtreme specializes in home theater systems with stunning large format high definition video and surround sound audio that offer "best in class" performance and value. See pages 11-12.





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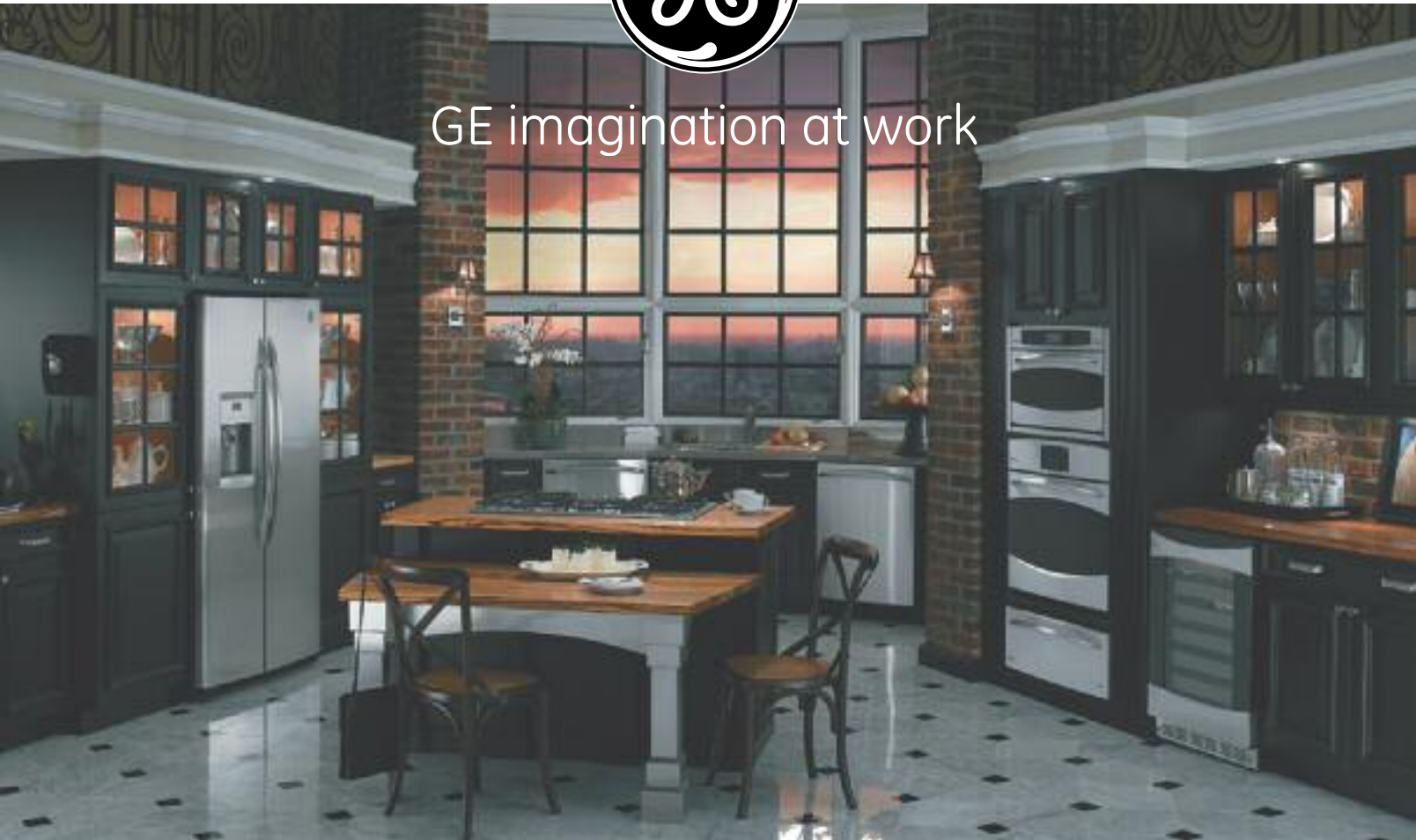
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Check out pages 48-57 for some incredible recipes featuring Jumbo Lump Crabmeat

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Value and Affordability

For years, a home theater was perceived as something only the rich and famous could afford. Today TheaterXtreme makes it possible for anyone to equip their home with the finest in home theater technology and innovation. TheaterXtreme offers affordable solutions to meet all budget needs.

“We offer products from some of the best names in the industry and constantly strive to bring an excellent combination of high performance and value to our customers,” says Tim Ciccone, owner of TheaterXtreme in Cranberry. “We make sure we stay abreast of the latest trends and technological advancements. This is what helps us provide state-of-the-art systems that are both feasible and affordable at the same time.”



Professional Advice

No matter the size or style of your room, TheaterXtreme can design a home theater system to fit your needs. You'll feel a part of the action whether you're enjoying a movie, sporting event, concert or playing your favorite gaming system.

"Some families want a true dedicated theater room while others prefer a system that seamlessly integrates into a game room or multi purpose room setting" says Ciccone. TheaterXtreme professionals are experts at designing all types of theater systems. A current trend is customizing a system that can easily make a theater part of an existing living space. Many families with existing game rooms have wet bars, billiards tables and various other family oriented items they don't want to change. TheaterXtreme can address each of these individual needs and provide solutions that work.

"Our clients are amazed by the different size systems we offer" says Ciccone. "We have screen sizes from 80 inches to over 13 feet that offer high definition and flat-screen capabilities."

Of course, no home theater would be complete without some comfy seating. And the best seats in the house are at TheaterXtreme. TheaterXtreme's Design Center on

Route 19 in Cranberry offers all the latest in theater seating and equipment rack furniture. Select from a number of different recliner colors, fabrics, and arrangements.

When you're looking to accessorize your home theater, choose from TheaterXtreme's large line of accessories, from illuminated poster marquees, wall sconces and popcorn machines, to risers, automated room controls and seating. These unique add-ons add personality to your room and work together to enhance your home theater experience.

Expand Your Experience

In addition to custom home theater systems TheaterXtreme also offers a variety of innovative solutions to provide you with a total home entertainment experience. From audio systems that

Continued on next page

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HOME

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allow you to have music in any room of your choice to home automation systems that provide energy efficient lighting and temperature control in addition to whole house audio and video, TheaterXtreme is your one stop solution to all of your home entertainment needs.

TheaterXtreme services the entire tri-state area and offers free in-home estimates. They cater to both residential and commercial customers, and financing options are available. Visit their showroom today to experience how incredible your entire home entertainment experience can be. TheaterXtreme is conveniently located at 20273 Route 19, in Cranberry Township. Call them at 724-772-3131 or check them out online at txpgh.com.

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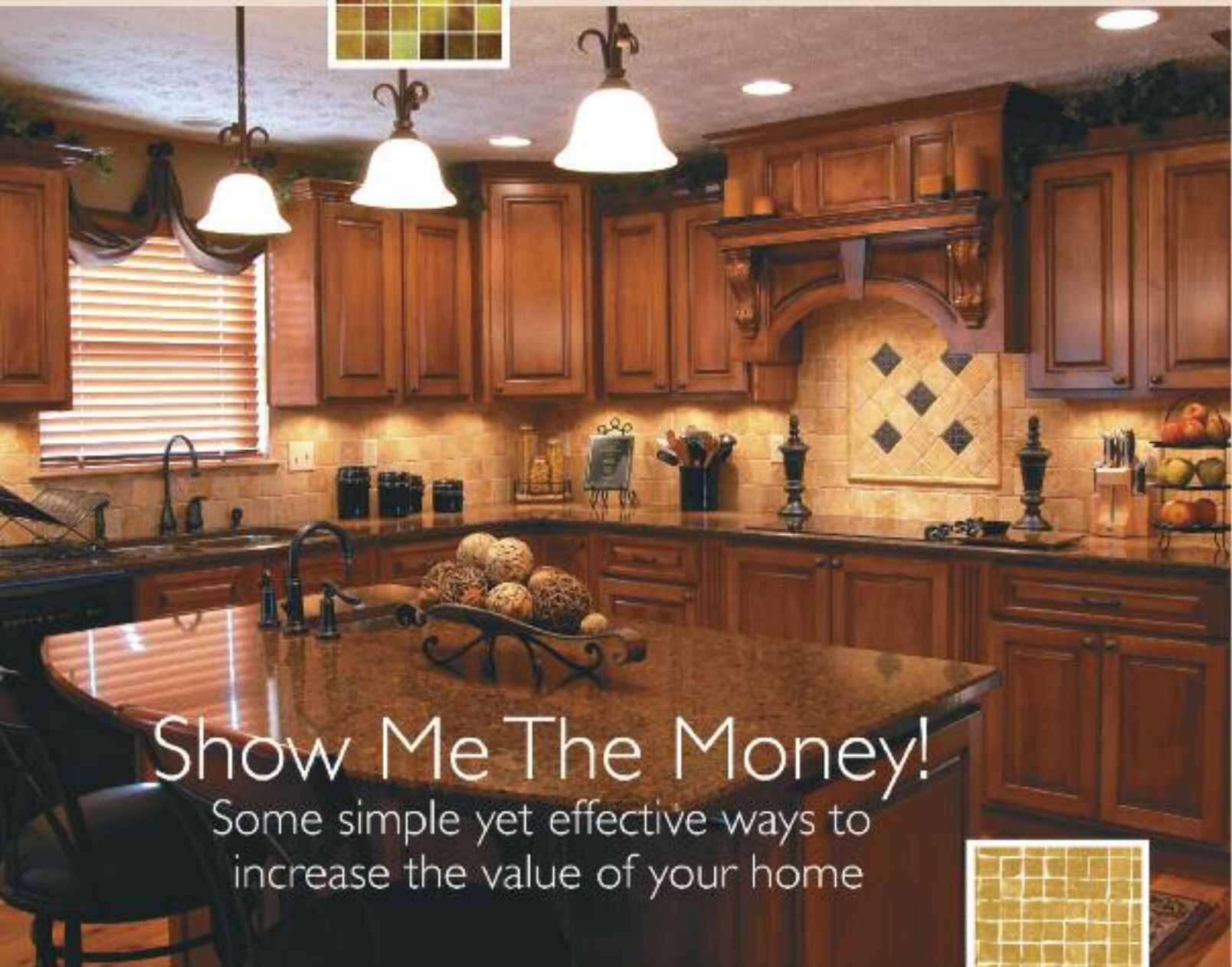
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Show Me The Money!

Some simple yet effective ways to increase the value of your home



By Valentine J. Brkich

Part V – Kitchen Remodeling

When it comes to increasing the value of your home and making it more attractive to potential buyers, there are two places where you can get the most bang for your buck. One is the bathroom, which we talked about in the last issue. The other is a place that traditionally was utilitarian in purpose but that has become one of the most lived-in rooms in your home. We're talking of course about the kitchen.



Today the kitchen is much more than a place where you cook meals, it's a gathering place. You hang out here with friends during parties. Your kids do their homework here at the kitchen counter. You might even watch your favorite TV show here as you enjoy a piping cup of coffee. And since you're spending more time here, you want it to be a functional, welcoming place that complements the rest of your home. And that's what your potential buyers want, too.

Other than adding additional square footage to your home, remodeling your kitchen will help you get the greatest return on your investment. Most home-buying decisions are based on feeling. When a potential buyer walks into your house and finds an outdated kitchen, they don't see potential; they see how much time and money they'll have to put into it in order to get it up to date. But if they walk into a warm, inviting kitchen with updated cabinetry and appliances, they know that they won't have to invest any money into "renovating. And that means they'll have more money to put towards the purchase price of your home.

Every once in a while you'll find a homebuyer who's looking for a more old-fashioned, retro-style kitchen. But these types of buyers are far and few between. The vast majority are looking for a modern kitchen with modern appliances, and one that reflects the current trends for kitchen design and décor.

When you're looking to renovate your kitchen, there are various things you can do to make it more appealing. And despite what you may have seen on television, the D.I.Y. option isn't always the best choice. Your safest option is finding a qualified professional to help make sure your renovations are done right the first time.

One way you can improve your kitchen's appeal is by adding more light, both natural and artificial. If possible, consider having a skylight installed. Doing so will not only brighten the space, but it will also make it appear bigger, which is always a plus for homebuyers. Of course, you also use your kitchen at night, when there is no natural light. A great way to give your kitchen some added warmth is with recessed or under-the-cabinet lighting.

When it comes to your kitchen's décor, stainless is still the king for

Continued on next page



Photo courtesy of Patete Kitchen & Bath Design Center

"The kitchen is the heart of the home for most people, and a welcoming, warm and modern kitchen is an overwhelming factor in the decision to buy one house over another."





appliances. For the rest of the space, natural materials like hardwood and granite are very inviting. Glass can also be an eye-catching design element when done correctly. Glass tile backsplashes, for instance, can give your kitchen that added "Wow!" factor that attracts potential buyers.

Kitchens are easily cluttered, so be sure to consider ways you can improve the organization of yours. An island can be a great addition, if there's room, but most existing kitchens just don't have the space for one. Instead, you may want to consider adding a peninsula.

The green kitchen is very popular today, too. No, we're not talking about the color. By green we mean sustainability and energy efficiency. Your kitchen requires more power than most other rooms in your house. Therefore, it's important that your appliances are up-to-date and energy-efficient in order to keep your utilities low. Again, this will make your kitchen and home even more attractive to homebuyers. After all, who doesn't want to save money?

Look at your appliances. If they're old and out-dated, more than likely they're wasting energy and costing you extra money to operate. Consider purchasing

newer appliances with the Energy Star rating, which can save you a lot of money on your gas and electric bills.

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You can save water and money too by having a low-flow faucet installed. These are becoming more and more popular and, as a result, there are many styles and finishes to choose from, including bronze, nickel, and brushed chrome.





*Photo courtesy of
Bridgeville Appliance.*



These are just a few ways that you can create a dream kitchen that will increase the value of your home and make it easier to sell in this challenging market. Of course no one knows kitchen renovation better than Pittsburgh's own **Patete Kitchen and Bath Design Center.**

Located on Washington Avenue in Carnegie, Patete epitomizes the idea of a "family" business. Over the years they

have become one of the most trusted and respected kitchen and bath design centers in the region. Their staff of experts can guide you through each and every phase of your kitchen renovation project, from custom creation through expert installation. They pay attention to details and take care of every aspect of your job.

"Our goal is your complete satisfaction," says Patete President Steve Erenrich. "We make a point to listen to you and really understand what it is you're

trying to create. Then we work closely with you throughout the entire process in order to make sure that your vision becomes a reality."

At Patete, they believe in getting it right the first time. Their designers come to your home to measure and take a complete survey of your project. Next, they return to their showroom and combine your specifications and your suggestions onto the drawing board in order to conceptualize a "custom

Continued on next page



Photo courtesy of
Patete Kitchen and Bath Design Center



Photo courtesy of
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creation” of your project. Then they share this design with you when you come in for your appointment. Throughout the entire process, they continue to work with you until they make it a perfect fit for you and your lifestyle.

For more, visit them online at patetekitchens.com.

So that’s it—the final installation of “Show Me the Money,” our special ongoing feature about increasing your home’s value and making it more attractive to potential buyers. We hope that you’ve enjoyed this feature as we’ve touched on the many things that you can do in order to improve your home. We also hope that you’ll support our various sponsors who have dedicated their time and knowledge in order to provide some valuable guidance. 🌀



Photo courtesy of Patete Kitchen and Bath Design Center

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BLUE THUMB GARDENER



CARING FOR YOUR LAWN

By David Plantowski

I'm often amazed at the lack of attention people give to their lawns. For example, we've just come off a brutally hot summer this year in western PA, and it came with many challenges. And in trying times like these, water management is extremely important. I personally maintained a green front lawn this year that didn't break the bank.

Some of my neighbors, however, would rather complain about their yard than do anything about it. These people wouldn't think twice about buying a \$200 bottle of wine with dinner, but they'd never even dream of watering their lawn for a few moments late in the day in order to keep the grass from "stressing" during the dog days of summer.

So now that the summer is winding down and fall is quickly approaching, what can we do to help the health of our grass? First take a good look at your grass. What do you actually see? (Hopefully it's not grubs.) If you look at your grass and notice a spongy-type substance between the soil surface and your grass, it might be thatch.

TO THATCH OR NOT TO THATCH?

Thatch is a layer of organic debris made up of dead and living stems, crowns, blades, and roots of the grass that build up on any well-maintained lawn. The grasses that form thatch include Kentucky bluegrass and some red fescues. A little thatch is nothing to cause alarm. If it is approaching or over a half-inch, however, you might want to consider removing the thatch.

If your thatch is under a half-inch, consider core aerating. This method pulls cores of soil from your lawn and leaves them deposited on your lawn surface. The cores breakdown over time and, as they do, the microbes from the cores sift down through the grass and into the thatch. This will help break down the existing thatch or degrade it.

I suggest using a professional for core aerating and dethatching. Aerating is not that big of a deal, but the equipment is expensive, and you'll want someone who will use the equipment properly. As for dethatching, you can cause a lot of damage if done improperly, and many factors should be considered before trying yourself. You'll need to select

the proper equipment, the correct time of year, and consider over-seeding if necessary.

AERATING

Aerating helps promote a healthy root system, which is crucial to a good lawn. This process will help to loosen compacted soil, break up thatch, improve drainage, increase oxygen and nutrient supply, release carbon dioxide, and encourage new and deeper root growth.

Core aeration is the best method for home lawns. This requires the use of hollow tines that remove plugs of soil. This method is the most destructive, but in the long run it will yield the best results. Between the months of September and October is a great time to aerate your yard. You can also aerate in March or April if autumn doesn't work for you. It isn't bad to aerate twice a year, and in fact, that is the best method.

If you're a golfer, just think about when your local club aerates. It's usually in March, before the golfers start play, and in October, once play has slowed. If your local club aerates twice a year, why wouldn't you do the same on your own lawn?

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Continued from page 21

BLUE THUMB GARDENER

The aerator holes should be three inches deep and about three inches apart. The circumference of the holes should be about three quarters of an inch in diameter. To maintain the best lawn possible, aerate twice a year, since carbon dioxide continuously builds up and needs to be released from the soil.

Aeration will help build a healthy root system, which is crucial to a good lawn. It helps loosen compacted soil and breaks up thatch. It improves drainages and allows water and other nutrients to seep into the soil. It also allows for an increased oxygen supply and will help encourage a stronger, deeper root system for a lusher and healthier lawn.

As I mentioned earlier, we've had a brutally hot summer with stretches of no or minimal rain. Aeration will help build a deeper root system that will make your lawn more heat and drought-stress tolerant.

It is not hard to have one of the nicest lawns on your street. Just remember to:

- **Make sure you have a weed-and-feed program in place for the entire season**
- **Mow your lawn at its highest setting and cross-cut when possible**
- **Consider using a mulching mower and allow the clippings to help feed your lawn**
- **Water when needed**
- **Treat for grubs every year**
- **Implement a twice-yearly aeration program**

Until next time, enjoy what's left of the pleasant weather before winter is upon us. We hope you have a healthier lawn come spring. 🌟



WHY YOU
SHOULD HIRE AN

interior

Designer

By Nancy Hoff Barsotti,
FASID, NCIDQ Certificate #1482

So you're thinking of hiring an interior designer, but you're just not sure what it is exactly that they do and if you really need one.

A professional, experienced interior designer can be valuable in so many different ways. First of all, they will be objective about your space and bring knowledge of proportion, color, line, scale and balance to your home. Since "eclectic" is not always a good design solution, a designer can bring knowledge of styles and a clear idea of what works together, pulling from a broad range of sources.

A designer will also tap into your personality and tastes, and recommend excellent, experienced contractors to accomplish your mutual goals for the project. They will bring creativity and solutions to the space that you never dreamed of.

When I have completed a design concept for a room or home, I have a vision in my mind of how the room will look right down to the accessories and artwork. This ability to conceptualize comes from years of experience and careful thought about the right furnishings for the particular client.

In fact many times in my career a client has said to me, "Wow! I never would have thought of that!" And in my line of work, it doesn't get any more satisfying than that.

But don't interior designers cost a lot?

Actually, no. In fact, most designers can actually save you money. Because we have so much experience and knowledge of sources, designers serve as an invaluable part of the project.



First off, we are the best shoppers in the world. Hands down. Designers can save you money if you just put your faith in them and trust them with your design purchases. A pro will know how to get the most out of your interior design dollars.

Most of the time my design fees are a small part of the project, but it gives my clients the assurance that what I choose will be the right fit for their room and their particular style. Just choosing a paint color is a real talent.

On the other hand, when you choose to do it yourself and end up being dissatisfied with the choices you've made, just think of the time and money you've wasted. A few hours with a professional designer can help you avoid such mistakes and assure a better outcome. Personally, I specialize in helping you set priorities and design a "grand plan" that can be done a little at a time.

Most professionals now charge a retainer at the beginning of a project—an hourly fee and cost plus percentage for merchandise. This fee can vary, depending on the project and how much time is required. Furthermore, shopping for fabrics, furniture, and antiques takes time. You have to consider how quickly you make decisions, and if you'll be able to trust the designer's advice.

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All of these factors can affect the designer's final fee, so be sure to use their time wisely. When you meet with them, be prepared to discuss your actual budget, priorities, and what you like. This saves everyone both time and money.

What do furnishings cost?

When you embark on a new design project, you have to be realistic about your budget. My design philosophy is "Do it once, do it right, and don't do it again."

When you're considering your furnishings, be sure to buy the best you can afford. In fact, you may want to even delay some purchases if necessary until you can afford what you really want. Take some time and come up with a clear budget and discuss it with the designer before the project begins.

Project management

Project management involves allowing the designer to make site visits to observe work being performed by contractors. This is an invaluable service for construction and renovation projects. A professional designer will make sure you are getting what you wanted and what has been designed for the project.

I have had many years of experience working with every type of project, from single bath renovations to whole homes from the ground up. I know how to work with multiple contractors at one

time and to organize their work to get the job done correctly, on time and on budget.

People are always asking me what they should do first, who comes last, when the painting should be done, when the carpet should be installed, and so on. These types of questions can all be handled with ease by a professional designer who is managing the project and looking out for your best interests. It will save you headaches and exasperation in trying to arrange all these details yourself.

Building and renovating

One of the best pieces of advice I can give you is to get the designer involved early on in the project, while the plans are still flexible. Professional designers like me can even help you select the finishes. Did you know that large bathtubs have to be ordered well in advance so that they can be placed in the home before the studs are installed? Therefore the design has to be completed early, too.

Knowledge of the furniture plan is important, too, because of location of outlets and light switches. After all, no one likes to find the thermostat in the center of the living room wall. It is never too early for a designer to assess your current furnishings, your goals for your new room or home, and look over the builder's or architect's plans to help you make informed decisions. If you have not made decisions on time, it slows down the project. If you are unhappy with something while the project is being done or after installation, change orders cost extra money. These are the kinds of

Continued on page 28



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things that a professional interior designer can help you avoid and will save you money.

You may have noticed I have used the word “professional” to describe what I do as an interior designer. That’s because it is a profession, just like an accountant, an attorney or a doctor. A professional designer has years of education, experience and has also passed an exam given by the National Council for Interior Design Qualification (NCIDQ). The NCIDQ exam tests competency and knowledge of such things as design, building codes for safety and welfare of the public we serve, construction, electrical, and plumbing. It’s a rigorous, two-day exam that prepares us to do the very best job we can for our clients.

As a professional member of the American Society of Interior Designers (ASID), there is a strict code of ethics as well as the ability to further our educations with



mandatory continuing education classes. Professional designers will draft scaled space plans, drawings for built-in cabinetry, window treatments, and many other custom features to make your home unique. So make sure your designer has ASID after their name as well as their NCIDQ certificate number.

Also, when working with a designer, always expect a detailed letter of agreement or contract, spelling out all financial obligations, followed by written purchase orders and communications about the status of your project. I take my responsibility to

my clients very seriously and stake my reputation as a good business person with every project.

Many times people will ask me what I do. When I tell them I’m an interior designer, their response is, “Oh that must be fun!” My response is yes, it can be fun. The opportunity to meet people, many of whom become loyal clients and good friends, and work with them to create a home of their dreams is the most wonderful part of this profession.

However, I also tell them that this is a very serious business. It is enjoyable to go through the process of selecting the many furnishings that go into the project. But the hard part is getting it done—handling the purchase orders, working with contractors, coordinating deliveries and overseeing the final installation. I am tenacious in making sure my design is accomplished for my clients. After all the effort and money has been invested, I want my clients to be happy with their investment and enjoy the outcome for many years to come. 🌀

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TIPS TO green your kitchen every day



The mantra of the green earth movement - reduce, reuse, recycle - can easily be adapted in your kitchen. No need to redo your entire kitchen with bamboo floors, the newest energy efficient appliances, counters made of recycled paper and yogurt containers, and locally made antique cabinetry. In fact, the greenest option is to keep the kitchen you already have and adopt some new practices.

Stocking your kitchen

"The most important starting point is to stock your kitchen with simple basic foods so you can cook at home when possible," says chef Anthony Mandriota of The Art Institute of Tennessee - Nashville. "And try to incorporate locally produced, unrefined, and organic foods into the pantry whenever possible."

You'll need olive or canola oil, different vinegars, salt, pepper, dried herbs and spices, rice, pasta, beans (preferably

dried), and if you intend to do some baking - flours, sugar or other natural sweeteners, baking powder and baking soda (also useful for cleaning). Perishable items include basic vegetables like onions, garlic, carrots and celery, seasonal vegetables (including salad greens) and fruits, milk, eggs, butter or natural margarine, cheese, nuts, bread and meat, poultry and fish.

For locally sourced produce, consider joining a CSA (Community Supported Agriculture), which is a group of people who support a farming operation in order to receive fresh fruits and vegetables each week as they are produced. There are many different models; research what's available in your area on the Internet or ask at your local organic food market.

Chef Noel Ridsdale of The Art Institute of Jacksonville says: "Locally sourced ingredients,

whether from a farmer's market, CSA, or your local food store, offer great taste and freshness as well as a lower carbon footprint than food that's been flown across the country or from the other side of the world."

Kitchen clean up

You don't need to sacrifice sanitation and food safety to make your kitchen green. "Make sure you avoid cross contamination," warns chef Jim Gallivan of The Art Institute of Atlanta. "Use warm soapy water to wash knives, utensils and cutting boards between preparing poultry, meat or fish and vegetables or fruit."

Cut down on waste by using dishtowels instead of paper products as much as possible, and by recycling what you can't reuse. Save water by running water only when absolutely necessary. Save energy by letting the dishes in the dishwasher air dry with the door open. Use

environmentally-friendly cleaning solutions - they are almost always less toxic to your family and pets, too. Antibacterial soaps are not usually necessary. Did you know that baking soda can scrub pots and pans without scratching?

If you have even a small yard, you can compost vegetable and fruit scraps, egg shells and leftover grains. (Don't include any meat or fish products to avoid attracting pests.) See your local garden center or visit your state extension service's website for information. Compost is great for shrubs, flowers, and vegetables. Source: www.aracontent.com

WHY BUY LOCAL FOODS? We've got 10 good reasons



1. Locally grown food tastes better.

Food grown in your own community was probably picked within the past day or two. It's crisp, sweet and loaded with flavor. Produce flown or trucked in from California, Florida, Chile or Holland is, quite understandably, much older. Several studies have shown that the average distance food travels from farm to plate is 1,500 miles. In a week-long (or more) delay from harvest to dinner table, sugars turn to starches, plant cells shrink, and produce loses its vitality.

2. Local produce is better for you. A

recent study showed that fresh produce loses nutrients quickly. Food that is frozen or canned soon after harvest is actually more nutritious than some "fresh" produce that has been on the truck or supermarket shelf for a week. Locally grown food, purchased soon after harvest, retains its nutrients.



3. Local food preserves genetic diversity.

In the modern industrial agricultural system, varieties are chosen for their ability to ripen simultaneously and withstand harvesting equipment; for a tough skin that can survive packing and shipping; and for an ability to have a long shelf life in the store. Only a handful of hybrid varieties of each fruit and vegetable meet those rigorous demands, so there is little genetic diversity in the plants grown. Local farms, in contrast, grow a huge number of varieties to provide a long season of harvest, an array of eye-catching colors, and the best flavors. Many varieties are heirlooms, passed down from generation to generation, because they taste good. These old varieties contain genetic material from hundreds or even thousands of years of human selection; they may someday provide the genes needed to create varieties that will thrive in a changing climate.

4. Local food is GMO-free.

Although biotechnology companies have been trying to commercialize genetically modified fruits and vegetables, they are currently licensing them only to large factory-style farms. Local farmers don't have access to genetically modified seed, and most of them wouldn't use it even if they could. A June 2001 survey by ABC News showed that 93% of Americans want labels on genetically modified food - most so that they can avoid it. If you are opposed to eating bioengineered food, you can rest assured that locally grown produce was bred the old-fashioned way, as nature intended.

5. Local food supports local farm families. With fewer than 1 million Americans now claiming farming as

their primary occupation, farmers are a vanishing breed. And no wonder - commodity prices are at historic lows, often below the cost of production. The farmer now gets less than 10 cents of the retail food dollar. Local farmers who sell direct to consumers cut out the middleman and get full retail price for their food - which means farm families can afford to stay on the farm, doing the work they love.

6. Local food builds community. When you buy direct from the farmer, you are re-establishing a time-honored connection between the eater and the grower. Knowing the farmers gives you insight into the seasons, the weather, and the miracle of raising food. In many cases, it gives you access to a farm where your children and grandchildren can go to learn about nature and agriculture. Relationships built on understanding and trust can thrive.

did you know?

• Hawaii imports 90% of its food.

• In 1866, 1,186 varieties of fruits and vegetables were produced in California. Today, California's farms produce only 350 commercial crops.

• Communities reap more economic benefits from the presence of small farms than they do from large ones. Studies have shown that small farms re-invest more money into local economies by purchasing feed, seed and other materials from local businesses, whereas large farms often order in bulk from distant companies. Large factory livestock farms also degrade local property values because of the intense odors they emit and other environmental problems they cause.

• A typical carrot has to travel 1,838 miles to reach your dinner table.

• In the U.S., a wheat farmer can expect to receive about six cents of each dollar spent on a loaf of bread—approximately the cost of the wrapping.

• Farmers' markets enable farmers to keep 80 to 90 cents of each dollar spent by the consumer.

• About 1/3 of all U.S. farms are located within metropolitan areas, comprising 18% of total U.S. farmland.

Source: www.sustainabletable.org/issues/eatlocal/#what

7. Local food preserves open space. As the value of direct-marketed fruits and vegetables increases, selling farmland for development becomes less likely. You have probably enjoyed driving out into the country and appreciated the lush fields of crops, the meadows full of wildflowers, the picturesque red barns. That landscape will survive only as long as farms are financially viable. When you buy locally grown food, you are doing something proactive about preserving the agricultural landscape.

8. Local food keeps your taxes in check. Farms contribute more in taxes than they require in services, whereas suburban development costs more than it generates in taxes, according to several studies. On average, for every \$1 in revenue raised by residential development, governments must spend \$1.17 on services, thus requiring higher taxes of all taxpayers. For each dollar of revenue raised by farm, forest, or open space, governments spend 34 cents on services.

9. Local food supports a clean environment and benefits wildlife. A well-managed family farm is a place where the resources of fertile soil and clean water are valued. Good stewards of the land grow cover crops to prevent erosion and replace nutrients used by their crops. Cover crops also capture carbon emissions and help combat global warming. According to some estimates, farmers who practice conservation tillage could sequester 12-14% of the carbon emitted by vehicles and industry. In addition, the habitat of a farm - the patchwork of fields, meadows, woods, ponds and buildings - is the perfect environment for many beloved species of wildlife, including bluebirds, killdeer, herons, bats, and rabbits.

October Local food is about the future. By supporting local farmers today, you can help ensure that there will be farms in your community tomorrow, and that future generations will have access to nourishing, flavorful, and abundant food. Source: www.greengrow.org




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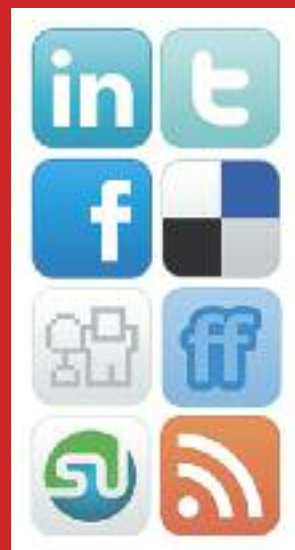
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Checklist for Finding and Hiring a Builder or Remodeler

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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creating the
SMALL
GARDEN

by Richard Liberto

having a small outdoor garden space
whether it's a balcony, rooftop, or terrace, can beautify your yard,
rejuvenate your souls, and provide a sanctuary where you can escape the pressures of daily life...

Continued on next page

SMALL GARDEN

When you think of your garden as a room, it makes the task of garden planning more approachable.

The key to creating the perfect outdoor room is to first ask yourself how you want to use it. Once your objective is clear, you can set out to make it a pleasant and inviting place.

Focus on making your outdoor garden a space that's not just for summer but the remaining seasons as well. Also, make sure that your outside room works visually from inside your home. Consider what it will look like from various windows, whether from a formal dining room, living room, entertainment room, or kitchen window.

Accessorize your outdoor space by installing features such as night-lighting, pergolas or trellises, statuary, or even a small pond. When selecting the plants, don't overlook those with decorative berries (holly, beautyberry, crabapples) or interesting bark (river birch, oak-leaf hydrangea) or evergreen species (fir, spruce, chamecyparis).



When you think of your garden as a room, it makes the task of garden planning more approachable. And don't feel discouraged or overwhelmed. The same principles are similar to that of designing a larger landscape or even an interior space.

So how do you go about establishing a harmonious outdoor space and connection between the inside and outside?

Planning is the single most important stage in the process of transforming a garden. It



truly is worth investing the time beforehand so that you find a design that is satisfactory in the long run, thereby saving, time, energy, and money. There is no "blue-print" design that works in every small garden, since there are so many variables such as the way you wish to use the space, your likes and dislikes, the limitations of the site, and your total budget for materials and plants. Therefore, you will need to take all of these factors into consideration and then find a

way to incorporate them all in a single design that fits the bill.

Do not be hung up on style, which seems to be a regular occurrence when I initially meet with clients. Style is clarity of purpose derived from an aesthetically pleasing arrangement of shapes, patterns, and functionality. Some styles may not be to your particular taste, but identifying some sort of style makes for a harmonious and cohesive end-result.

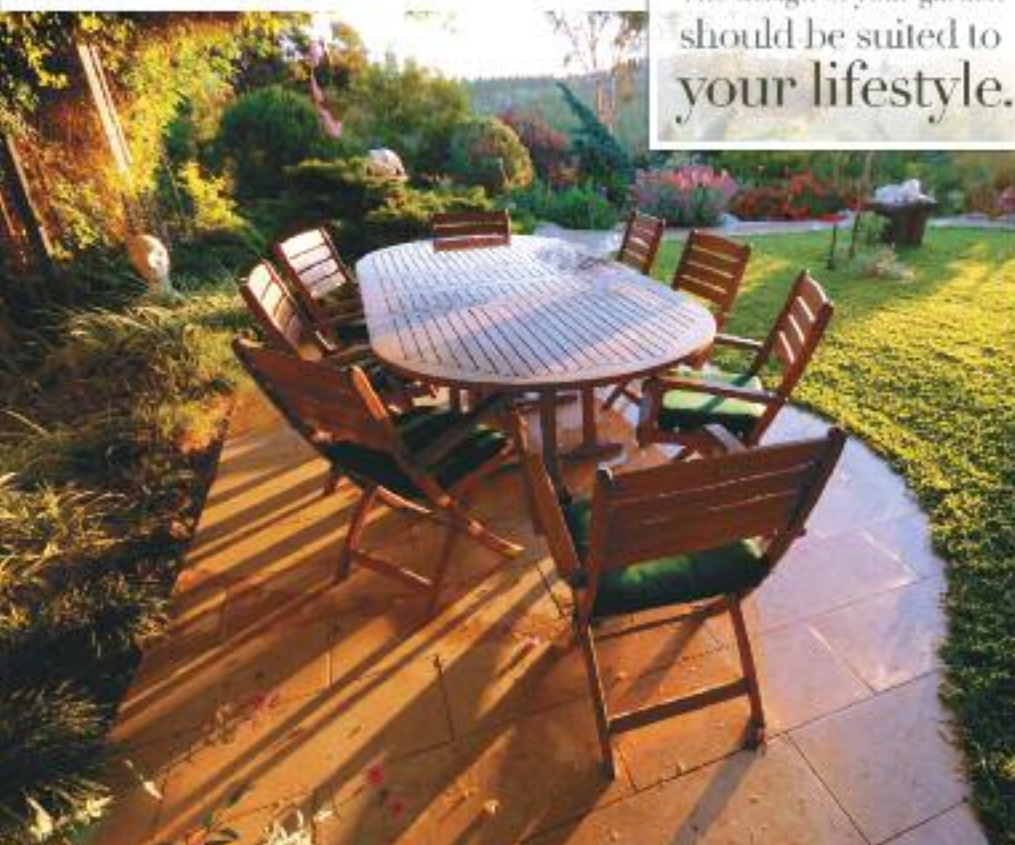
So how do you interpret the many variables that go into the creation of a garden? The art and craft lies in treating each element of the garden—be it the walls, steps, outdoor furniture, an arbor or water feature—as part of a single design. Always keep in mind how one element relates to another in terms of color, shape, texture, and function. A piecemeal approach and lack of proper planning will result in a mishmash or hodge-podge effect. And, most likely, at some point you would have to start all over.

A successful small garden, whether it be at ground level, a balcony, or roof-top, is one

in which all the elements are united and in harmony. If your space is limited, then consider combining just a few effective characteristics. You might, for example, group a few well-planted pots together, or add a few interesting rocks, a birdbath, or perhaps some sort of whimsy, like a gargoyle or other interesting statue.

SMALL GARDEN

The design of your garden should be suited to your lifestyle.



The design of your garden should be suited to your lifestyle. Be brutally honest with yourself in terms of your available time. If you enjoy gardening and have sufficient time for appropriate maintenance, then by all means be ambitious with the planting. If, on the other hand, your schedule is hectic and leaves little time for maintenance, or if you spend a good deal of time away from home, you would be better suited to a garden of low-maintenance that relies more heavily upon structure, such as pergolas or hardscape and/or numerous potted plants.

Decide also how you want to use your outdoor space. Do you enjoy entertaining outdoors and will require seating areas, a barbecue, and night-lighting? Do you need some space for your children to play or for the dog to run? There are many ways of accommodating outside space so that you can get maximum benefit from it. A seasoned designer once told me that, "A garden design is not limited by its lack of space, but rather the lack of creativity for that space." I couldn't agree more.

A garden, no matter how small or large or awkward the location, should be a place where plants reign supreme. The best small garden space is one wherein its structures—walls, steps, furniture, seating areas—become attractive features in their own right and its plants, rather than dominating the garden, are used as decoration.

Don't be intimidated about installing a small garden space. Just start by putting pencil to paper and get your new garden growing! 🌱

Richard A. Liberto is a landscape designer, horticulturist and consultant. He can be reached by calling: 412-321-4427



PITTSBURGH AREA Farmer's Markets

AMBRIDGE FARMERS MARKET, St. Mary's Byzantine Catholic Church, 624 Park Road off Route 65. 4 to 7 p.m. Thurs. May 5 to Nov. 17; open Nov. 22.

BEAVER FARMERS MARKET, courthouse lot, 4th and Market sts. 10 a.m. to 1 p.m. Sat. May 7 to Dec. 17.

BEAVER FALLS FARMERS MARKET, new location 1911 Seventh Ave. 4 to 7 p.m. Mon. May 2 to Nov. 21.

BEECHVIEW (CITIPARKS) FARMERS MARKET, temporarily in the lot at Beechview and Broadway aves., then back to St. Catherine's Church lot, Broadway Ave. and Belasco St. 3:30 to 7:30 p.m. Thurs. June 9 through Oct.

BELLEVUE FARMERS MARKET, Hawley Ave. between Lincoln Ave. and Citizen Way. 3 to 7 p.m. Weds. May 25 through Oct.

BETHEL PARK FARMERS MARKET, Bethel Park Community Center Playground, 5151 Park Ave. 3 to 7 p.m. Tues. May 3 to Oct. 18.

BLOOMFIELD (CITIPARKS) FARMERS MARKET, Immaculate Conception school, Cedarville St. and Friendship Ave. 3:30 to 7:30 p.m. Thurs. May 12 to Nov. 17.

BRIDGEVILLE FARMERS MARKET, 431 Washington Pike (behind Northwest Savings Bank). 4 to 7 p.m. Tues. June 14 into Sept.

BUTLER FARMERS MARKET, at intersection of Chestnut, Race, and Shore Sts. 7:30 a.m. to noon Sat. May 7 into late fall (may go all year). Also 2 to 6 p.m. Mon. and Weds. starting in June through fall.

CARRICK (CITIPARKS) FARMERS MARKET, Carrick Shopping Center, 2100 Brownsville Road and Parkfield St. 3:30 to 7:30 p.m. Wed. June 1 to Nov. 23.

CORAOPOLIS FARMERS MARKET, Presbyterian Church, Broadway St. and Fifth Ave. 3:30 to 6:30 p.m. Mon. July 11 (delayed from what was planned) to Oct. 24.

CRANBERRY FARMERS MARKET, behind municipal building on Rochester Road, 3:30 to 6 p.m. Fri.; lot behind fire station on Mashuda Dr., 10 a.m. to 1 p.m. Sat. June 10 through Oct.

DERRY: KEYSTONE FARMERS MARKET, 1150 Keystone Park Road off state Route 981. 10 a.m. to 2 p.m. Sun. July 10 through Oct.

DORMONT FARMERS MARKET, tennis courts, Banksville Road at Dormont Ave. 4 to 7 p.m. Mon. June 27 at least through Oct.

DOWNTOWN: (CITIPARKS) CITY-COUNTY BUILDING, 400 Grant St., 10 a.m. to 2 p.m. Fri. May 6 to early Dec.

DOWNTOWN: MARKET SQUARE FARMERS MARKET in the new square, Forbes Ave. and Market Pl. 10 a.m. to 2 p.m. Thurs. May 12 to mid Nov.

EAST LIBERTY (CITIPARKS) FARMERS MARKET, 5800 Penn Circle West. 3:30 to 7:30 p.m. Mon. May 9 to Nov. 21.

EAST LIBERTY: FARMERS MARKET COOPERATIVE, 344 N. Sheridan Ave., by Home Depot. 5 a.m. to noon Sat. year-round. farmersmarketcooperativeofeastliberty.com.

EMSWORTH FARMERS MARKET, in the lot at 84 Center Ave. 9 a.m. to 1 p.m. Sat. May 7 to Oct. 15.

ETNA FARMERS MARKET, across from the borough building at 437 Butler St. 3 to 7 p.m. Thurs. June 23 to Oct. 6. etnalive.org.

FOREST HILLS FARMERS MARKET, Forest Hills Presbyterian Church lot on Ardmore Blvd. 4 to 7 p.m. Fri. June 3 through Oct.

FOX CHAPEL FARMERS MARKET, at Shady Side Academy, 423 Fox Chapel Road 3 to 6:30 p.m. Weds. June 15 to Oct. 19.

GREENSBURG: DOWNTOWN FARMERS MARKET, 221 N. Main St. at the Westmoreland Museum of American Art. 3 to 6 p.m. Tues. May 10 at least through Oct.

GREENSBURG: FARMERS MARKET AT LYNCH FIELD, at Route 819. 9 a.m. to noon Sat. May 7 into Nov.

GREEN TREE FARMERS MARKET IN THE PARK, Green Tree Park, Greentree Road. 4 to 7 p.m. Thurs. May 19 through Oct. greentreeboro.com.

HARMONY FARMERS MARKET, at the end of W. Mercer St. at the boat launch. 4:30 to 7:30 p.m. Thurs. June 2 to mid-Oct. shophistoricharmony.com.

LATROBE FARMERS MARKET, Memorial Stadium lot, 2 to 6 p.m. Tues. June 7 through Oct.

LAWRENCEVILLE FARMERS MARKET, Goodwill lot at 118 52 St., 9:30 a.m. to 1 p.m. Sat. July 9 through Sept. 24.

LIGONIER COUNTRY MARKET, Springer Road and W. Main St. 8 a.m. to noon Sat. May 21 to Oct. 8. ligoniercountrymarket.com.

MARS FARMERS MARKET, 225 Crowe Ave. in Woodland Valley Church lot across from post office. 9 a.m. to noon Sat. May 7 at least through Sept.

MONROEVILLE LIONS FARMERS MARKET, Gateway High School. 9 a.m. to 12:30 p.m. Sat. May 7 to Nov. 19. monroevillefarmersmarket.com.

MT. LEBANON UPTOWN FARMERS MARKET, 600-750 Washington Road. 9 a.m. to noon, Sat. May 14 through Oct. <http://themtlebanonuptownfarmersmarket.yolasite.com>.

MT. LEBANON LIONS FARMERS MARKET, United Lutheran Church lot, 975 Washington Road. 4 to 7 p.m. Weds. June 1 to Oct. 19. mtlebanonlionsfarmersmarket.com.

MOUNT PLEASANT FARMERS MARKET, lot behind Levin furniture at Smithfield and St. Clair sts. 2 to 6 p.m. Weds. June 29 to Oct. 19.

NEW BRIGHTON FARMERS MARKET, lot at 5th Ave. and 12th St., 4 to 7 p.m. Tues. June 21 through Oct.

NEW STANTON TURNPIKE PLAZA FARMERS MARKET, Pennsylvania Turnpike West Mile 77.6. Dawn to dusk daily. Around Memorial Day through Nov.

NORTH HUNTINGDON: FARM MARKET ASSOCIATION OF CENTRAL WESTMORELAND AT TEDDY'S RESTAURANT, 8695 Route 30. 8 a.m. to noon Sat. Probably June to Oct. (opening date not yet set).

NORTH SIDE (CITIPARKS) FARMERS MARKET, E. Ohio St. and Cedar Ave. across from Allegheny General Hospital. 3:30 to 7:30 p.m. Fri. May 13 to Nov. 18.

OAKLAND: FARMERS AT PHIPPS, Phipps Conservatory and Botanical Gardens lawn at Schenley Dr. 2:30 to 6:30 p.m. Weds. June 1 through Oct. Certified organic and naturally grown produce.

OAKLAND FARMERS MARKET, Sennot St. between Atwood St. and Meyran Ave. Noon to 5 p.m. Fri. July 8 to Nov. 18.

OLDE TOWN GROVE CITY FARMERS MARKET, in Festival Park lot between 118 and 138 S. Broad St. 3 to 6 p.m. Thurs. June 2 through Oct. entertainment.oldetowngrovecity.com.

PLEASANT HILLS FARMERS MARKET, Pleasant Hills Presbyterian Church, Caryl Drive lot. 3:30 to 7 p.m. Thurs. May 19 to Oct. 13. "Music in the Markets" on 1st and 3rd Thurs. June 2 to Oct. 6.

SARVER: BUFFALO CHURCH FARMERS MARKET, 678 Sarver Road. 9 a.m. to noon Sat. July 9 through Oct.

SAXONBURG FARMERS MARKET, at the VFW at 572 Main St. 5 to 8 p.m. Tues. June 7 into Oct.

SEWICKLEY: ST. JAMES FARMERS MARKET, St. James Parish lot, 200 Walnut St. 9 a.m. to 1 p.m. Sat. April to Nov. 19.

SLIPPERY ROCK FARMERS MARKET, starting in a new location at the Macoskey Center, 247 Harmony Road, before moving in July to Rock Falls Park, Route 173. 9 a.m. to noon Sat. May 28 into Oct.

SOUTH FAYETTE/CECIL: ORIGINAL FARMERS NIGHT MARKET, Route 50, 5 miles west of Bridgeville exit of Interstate 79, at Route 978. 5:30 to 7:30 p.m. Fri. in May; 5:30 to 8:30 p.m. Mon., Wed. and Fri. June through Oct.; 4:30 to 7:30 p.m. Mon., Wed., Fri. in Nov.

SOUTH SIDE (CITIPARKS) FARMERS MARKET, new lot at Sidney and 20th sts., 3:30 to 7:30 p.m. Tues. May 10 to Nov. 22.

STRIP DISTRICT: FARMERS @ FIREHOUSE, 2216 Penn Ave. 9 a.m. to 1 p.m. Sat. May 7 to Nov. 19. Mostly organic and naturally grown produce, local meat and poultry. Chef demos weekly. Sponsored by Slow Food Pittsburgh.

STRIP DISTRICT: PITTSBURGH PUBLIC MARKET, 2100 Smallman St. 10 a.m. to 6 p.m. Fri., 9 a.m. to 5 p.m. Sat., 10 a.m. to 4 p.m. Sun. year-round. pittsburghpublicmarket.org.

UPPER ST. CLAIR FARMERS MARKET, in the lot at Westminster Presbyterian Church at 2040 Washington Road (Route 19). 4 to 7 p.m. Thurs. June 2 through Sept.

VERONA FARMERS MARKET, 736 E. Railroad Ave. 2 to 6 p.m. Thurs. June 16 to Oct. 13.

WASHINGTON: MAIN STREET FARMERS MARKET, municipal lot at 139 S. Main St. 3 to 6 p.m. Thurs. May 12 through Oct. msfm.org.

WASHINGTON: WASHINGTON CROWN CENTER FARMERS MARKET, 1500 W. Chestnut St. Noon to 8 p.m. or sellout Mon. through Sat., noon to 5 p.m. or sellout Sun. July 1 through Sept.

WEST VIEW FARMERS MARKET, 456 Perry Highway behind West View Savings Bank. 4 to 7 p.m. Tues. May 3 through Oct.

WHITEHALL FARMERS MARKET, at Caste Village Shopping Center at Baptist and Grove roads. 3 to 7 p.m. Mon. June 6 to Oct. 24.

WILKINSBURG FARMERS MARKET, behind the South Avenue Methodist Church, 733 South Ave. 3 to 6 p.m. Thurs. June 16 to Nov. 17.

Locations and times are subject to change.



A photograph of the interior of the Metropolitan Opera House. The view is from the audience, looking towards the stage. The most prominent feature is the large, ornate, domed ceiling, which is covered in a pattern of circular medallions and a central circular skylight. A large, multi-tiered chandelier hangs from the center of the ceiling. The seating area is filled with rows of empty, upholstered seats, mostly in shades of brown and gold. The stage area is visible in the distance, with a blue backdrop. The overall atmosphere is one of grandeur and elegance.



Pittsburgh Cultural Trust



The Pittsburgh Symphony Orchestra



PromoWest North Shore - Stage AE

400 North Shore Drive
Pittsburgh, Pennsylvania 15212
www.promowestlive.com
(412) 229-5483 (LIVE)

September 13, 2011
Youth Lagoon

September 21, 2011
Umprey's McGee

September 22, 2011
Jamey Johnson

September 27, 2011
WYEP Presents Ray LaMontagne &
The Pariah Dogs

September 28, 2011
Chromeo with Mayer Hawthorne &
The County

October 2, 2011
The Rehab Tour featuring Lecrae with
Trip Lee & C-Lite

October 4, 2011
Pretty Lights

October 7, 2011
An Evening with Primus

October 8, 2011
Teal Ribbon Comedy:
A Benefit for Ovarian Cancer Research

October 10, 2011
WXDX Presents Bush and Chevelle

October 14, 2011
Chris Higbee

October 17, 2011
Parachute with Kate Voegele

October 18, 2011
Arctic Monkeys with Smith Westerns

October 20, 2011
Butch Walker and the Black Widows

October 28, 2011
Lotus

Carnegie Museum of Art

4400 Forbes Avenue
Pittsburgh, PA 15213
(412) 622-3131 • www.cmoa.org

Palladio and His Legacy: A Transatlantic Journey

September 3 – December 31, 2011
The Heinz Architectural Center

A once-in-a-lifetime opportunity to view original drawings by one of the most influential architects of the last 500 years

Andrea Palladio (1508–1580) was one of the most influential architects in the Western world. Fascinated by Roman ruins and the work of the ancient Roman architect/engineer/



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.

theorist Vitruvius, Palladio designed public and private buildings that incorporate classical design elements while exploiting Renaissance advances in engineering and construction. Palladio's architectural theory, widely disseminated through his *Four Books on Architecture* (1570), reached the United States by the 18th century and influenced Thomas Jefferson and the design of monumental buildings in Washington, DC. Through rarely seen drawings and books from the collection of the Royal Institute of British Architects, modern bas-relief models, and specially commissioned models of buildings that Palladio studied, designed, or influenced, Palladio and His Legacy documents this transatlantic migration of architectural thinking.

Palladio and His Legacy: A Transatlantic Journey is a traveling exhibition organized by the Royal Institute of British Architects Trust, London, in association with the Centro Internazionale di Studi di Architettura Andrea Palladio, Vicenza.

Dining Out Around Pittsburgh

HOULIHAN'S

Galleria of Mt. Lebanon (412) 379-4811
Station Square (412) 232-0302
Mall at Robinson (412) 787-7050
Monroeville Mall (412) 373-8520
www.Houlihans.com

MITCHELL'S FISH MARKET

SEAFOOD RESTAURANT & BAR

The Waterfront – (412) 476-8844
Mt. Lebanon at the Galleria
(412) 571-3474
www.MitchellsFishMarket.com

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



Andy Warhol Museum

What's Hot

MOTHER EARTH

The bright colors found in nature continue to be the main inspiration for fashion as well as home interiors. Today's neutrals represent fields of grain and weathered woods. Reds are the brilliance of flowers and the colors of fire. Blues are crystal clear blue waters, faded American denim and crisp blue skies. Greens are the depths of sea and forest, moss and foliage, and finally, yellows are the sun, wild flowers and autumn leaves. Countless color possibilities lie within the values found in the different color families. Value refers to the lightness or darkness of a color and is one of the most important and sometimes least understood concepts. Professional Interior Designers are schooled and trained in this aspect. Finding the right hue and value within a color can express the uniqueness found in everything from individual style to moods. Color is always moving and changing, but for now the landscape is offering us palettes designed and inspired by Mother Earth.



GLAMOUR

Glamour is a feeling and spirit that is timeless and classic, capturing a magical beauty and charm that never overwhelms, but is simply stated. If you look toward the runway, you see a return to days gone by when both men and women are once again focused on striking details that add a touch of glamour to their look. For both, the concept is a "thought about look" that is put together, but not contrived. To wit, there is a return to dramatic details, shiny metallics, and bronze and gold tones. Most often our personal style dictates the style of our homes. Today, natural beauty is considered glamorous because it is never trying to force a look, but rather looking effortless in the attempt.

The Blind Side Saturday Hours

The Blind Side will be open on Saturdays beginning September 10th! Hours will be 10AM-3PM.

We can help. Stop in or call us at 412-826-1850 to schedule a free consultation with one of our design staff.

Coming soon...The Blind Side's Treasured Designs

The Blind Side's new online shopping site will be here soon!

What's In

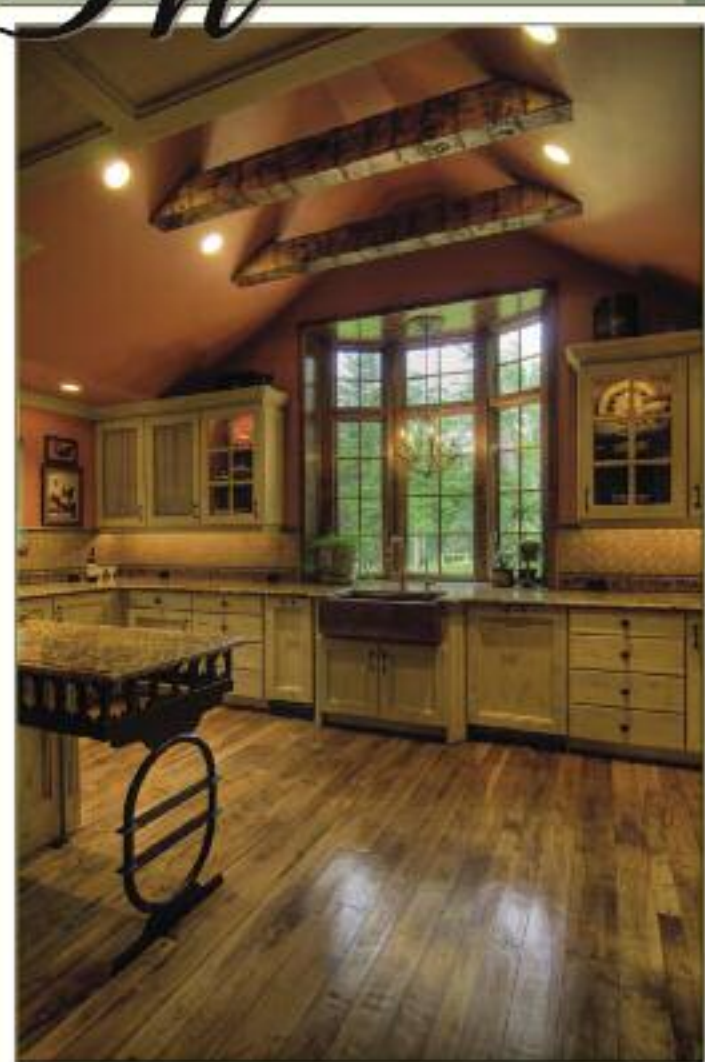
THE KITCHEN:

AMERICA'S NEW LIVING ROOM

If you are like most of us, your kitchen speaks volumes about you, your family and the way you live, and serves as the center of activity in your homes. Large or small, most kitchens do not have a lot of wall space. This creates great opportunities for unique colors or surfaces (use of stone or tile in a backsplash) or other bold statements can work without overwhelming the room. Color choices found in nature never go out of style because we see them everyday and, as a result are comfortable with them. Table and seating options take a cue from Mother Nature using reclaimed woods, wrought iron and other natural elements. Many tables offer unique seating options, additional storage solutions, and also function as extra workspace. Finally, beautiful and purposeful accessories are the finishing touches needed to make this space functional and efficient. (P.S. Don't forget, the holidays will be just around the corner!)

GLOBAL TEXTILES

Travel the globe with textiles that come from around the world! Inspiration from antique textiles has led some of the premier fabric lines to search the world over for their collections. These traditional designs are now infused with current shapes, natural colors and a hint of glamour, and are beautiful on everything from stylish period pieces to today's heirlooms. One of these antique textiles, linen, is manufactured from the flax plant, which is one of the oldest agricultural plants in the world. Egyptian mummies were wrapped in linen as it was seen as a symbol of light and purity, as well as a symbol of wealth. Many antique textiles are versatile for use as utility fabrics as well as luxury fabrics in the home having reliability and durability that makes them like no other. The Blind Side has more than 10,000 fabrics on display in our East Railroad Avenue showroom. Make an appointment to see what fabrics fit *your* home and *your* lifestyle.



751-753 E. RAILROAD AVE.
VERONA, PA 15147
PHONE: 412-862-1850
FAX: 412-862-8698
WWW.THEBLINDSIDE.COM
INFO@THEBLINDSIDE.COM
MONDAY-FRIDAY 9AM-5PM
SATURDAY 10AM-3PM





western pennsylvania's Top Chefs

Welcome to the next installment of our new feature called Western Pennsylvania's Top Chefs. *Designing HOME Lifestyles* is proud to introduce you to a sampling of some of the most talented Chefs in our region. Our featured Chefs are going to share with us each issue some of their incredible recipes.

Pittsburgh has a great tradition of famous Chefs and this new breed of young and talented chefs are keeping that tradition alive. Our "Top Chefs" have a passion for food and will introduce you to some unique and interesting food and flavors. You'll be able to share some of that passion each issue.

Our featured Chefs encourage you to cook at home and try some of their tested recipes. They also invite you to come visit them at their restaurants to experience first hand the incredible talent they offer.

Each issue our "Top Chefs" will feature a different food. In this issue we feature Colossal and Jumbo Lump Crabmeat.

There are very few items that you can take straight from a can and serve as a delicacy. Colossal and Jumbo Lump Crabmeat are two! Even the novice cook can make a stunning appetizer with choosing one of these two crabmeats. Both are large chunks of meat that connect to the swimmer fins on the blue crab. There are only two of these muscles per crab, which is why it is expensive.

The only difference between Colossal Lump (also known as Mega Jumbo or Super Jumbo) and Jumbo Lump is the size of the crab. Both come from the same exact muscles and are excellent to eat straight from the can and served with drawn butter.

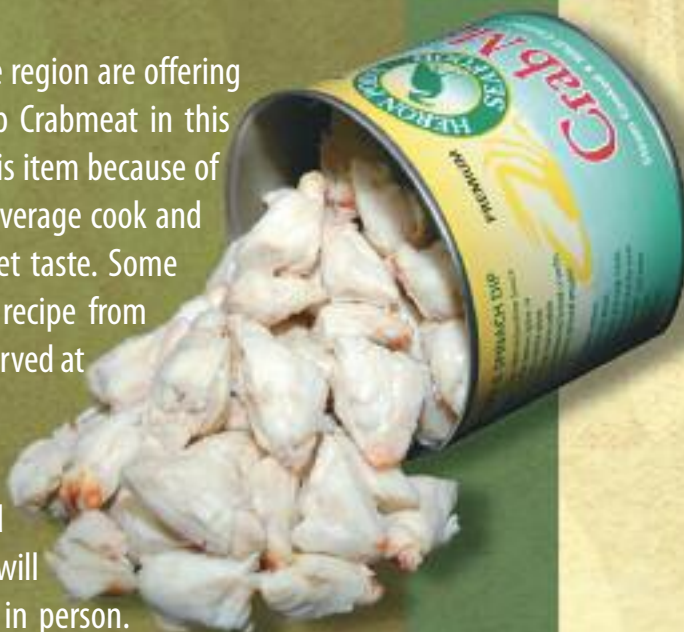
The nice thing about Jumbo Lump Crabmeat is that it is relatively inexpensive in this region compared to others. You can find Jumbo and Colossal Lump for just under \$30 per pound. This might sound very expensive, but you will have zero waste and you'll find no shells in either Jumbo or Colossal Lump. You'll want to be very careful when opening the can and removing the crabmeat so it doesn't break into smaller pieces.

Meet Our "Top Chefs" and experience their favorite Crabmeat recipes and wine pairings on the following pages...

Some of the finest chefs in the region are offering recipes featuring Jumbo Lump Crabmeat in this issue. They chose to feature this item because of its ease to work with for the average cook and its incredible texture and sweet taste. Some of our chefs have included a recipe from one of their signature dishes served at their restaurants.

Please do yourself a favor and try some of our featured chefs' recipes. We guarantee it will make you want to visit them in person.

They are excited to have you try their recipes at home and to come to their restaurants and enjoy their other specialties. Enjoy!



western
pennsylvania's
**Top
Chefs**

cooking with
**Colossal
and
Jumbo
Lump
Crabmeat**



Indicated in red,
these are the Swimmer Fins where the
Lump Crabmeat comes from.





cooking with
Colossal
and
Jumbo
Lump
Crabmeat

Avocado Tian

INGREDIENTS

5 each Avocado (Ripe and Medium Dice)
1 cup Roma Tomatoes (Small Dice)
1/2 cup Red Onion (Bruniose – Very Small Dice)
1/2 cup Cucumber (Small Dice)
1/2 cup Scallion (Thin Slice)
2 T Cilantro (Chopped)
1/4 cup Lime Juice (Fresh Squeezed)
4 T Extra Virgin Olive Oil
1/2 t Tabasco
1-1/2 T Kosher Salt
1-1/2 Black Pepper
1 lb Jumbo Lump Crabmeat (Added Separate)

At Sonoma Grill we combine all ingredients and store in a refrigerator until needed for service. We combine the Jumbo Lump Crabmeat when

ordered. One pound of Crabmeat is good for the recipe above. These ingredients are served on a Sesame Crostini with Spicy Mayo, Chili Oil and with a sliced Cucumber garnish. This recipe is also very good served with toasted Flatbread. The Avocado Tian is one of the most popular items on our menu.

We serve this dish at Sonoma with Sesame Crostini, Spicy Mayo, Chili Oil its also good with toasted flatbread.



Recipe Provided by:
Chef Jason Huzzard
Sonoma Grill



Sonoma Grill

Jason Huzzard – Executive Chef

Chef Jason graduated from Pennsylvania Culinary Institute in his native Pittsburgh before moving to Boulder, Colorado for eight years. There, he explored the diverse indigenous culinary culture and achieved his first Chef position. After moving back to Pittsburgh, he continued to refine his skills at several esteemed restaurants in the city. He started at Sonoma Grille in 2008, and eventually earned the title, Executive Chef. He has helped to cultivate the Farm to Table concept at Sonoma, and his focus continues to be on fresh, local, and sustainable foods. He says, "Sourcing food from local farmers brings a sense of community back to the culinary world."



The Original Fish Market Restaurant

Sean Davies – Executive Chef

Executive Chef of The Original Fish Market since 2009, Sean Davies has kept the downtown Pittsburgh restaurant true to its concept of delivering fresh fish flown in from around the world daily. Davies, who has 20 years of culinary experience, sources sustainable seafood through diligent research, personal travel and dialog with fisherman, and association with organizations such as Monterey Bay Aquarium's renowned Seafood Watch Program and Pittsburgh Zoo and PPG Aquarium's Partnership Program. He seeks out seasonal ingredients from local growers to enhance his international seafood discoveries and deliver the fresh taste and socially conscious menus that modern diners crave.



Rockwell's Red Lion Restaurant

Orrie Rockwell III – Executive Chef

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



Jumbo Lump Crab Cakes

INGREDIENTS: (Serves 4-6)

1 lb Jumbo Lump Crabmeat
1 lb Lump Crabmeat
1/2 cup Mayonnaise
2 Eggs
2 oz Butter (Melted)
2 tsp Old Bay Seasoning
1 tsp Tabasco Sauce
1 tsp Worcestershire Sauce
1 tsp Green Peppercorns (Crushed)
2 tbsp Parsley (Fresh and Minced)
1/4 cup Panko or Coarse Unseasoned Breadcrumbs

METHOD:

Since these Crabcakes consists mainly of crabmeat with very little filler and a light amount of seasoning enhancement, the quality of the finished product starts and ends with the crabmeat itself. We use Lump Crabmeat with the Jumbo Lump, as they are smaller pieces and help the cakes stay together without having to use much breadcrumb.

In a large mixing bowl, beat the eggs, then add the rest of the ingredients.

Using your hands, gently mix with a folding motion back and forth and around the bowl. Work the mixture until all ingredients are incorporated, but be careful to not break the larger lumps. The mixture will feel loose at first, but it will tighten up as the breadcrumbs soak up the excess liquid. Let set for at least 30 minutes. The mixture can be covered and refrigerated overnight.

Form Crabcakes into the shape of a puck in 3-4 oz portions depending on desired size. We serve one 4 oz cake for lunch and two 4 oz cakes for dinner. If the mixture won't hold together, mix a bit more to break up the crabmeat further.

Heat a non-stick pan or griddle to medium heat and cook the cakes with a drop of oil about 5 minutes per side until golden brown.

At the Original Fish Market, we serve our Crabcakes with deep fried polenta sticks and a spicy chipotle aioli, but you can be creative with the accompaniments.

Recipe Provided by:
Chef Sean Davies
The Original Fish Market



cooking with
Colossal
and
Jumbo
Lump
Crabmeat





cooking with
Colossal
and
Jumbo
Lump
Crabmeat

Stuffed Lobster Tail

INGREDIENTS:

4 Lobster Tails (3 oz)
12 oz Jumbo Crab Meat
4 oz. Cream Cheese
2 Shallots (Very Fine Chop)

1 Garlic Clove (Very Fine Chop)

Salt and Pepper to Taste

Parsley Flakes for Garnish

METHOD:

Take the Lobster meat from the shell and use the shell as support for the meat. In a bowl, gently mix the crabmeat and cream cheese, then add shallots and garlic to the crab mixture. Cover the lobster shell with the mixture and bake for approximately 12 minutes at 375 degrees. Serve with lemon and drawn butter. Garnish with Parsley Flakes.

Recipe Provided by:
Chef Larry Laffont
Paris 66



Crab Ceviche

INGREDIENTS:

1 lb Jumbo Lump Crabmeat (1 can)
1 each Red Bell Pepper (Diced)
1 each Red Onion – Small (Diced)
1 each Papaya – Ripe (Diced)
1 each Jalapeno (Minced)
1/4 cup Cilantro (Chopped)
1/4 cup Scallion (Chopped)
2 each Lemons (Squeezed)
2 each Limes (Squeezed)
To Taste Cumin, Coriander, Salt and Pepper

METHOD:

Mix all ingredients together and let sit in the refrigerator for about 2 hours.

Serve on top of forbidden rice salad.

Forbidden Rice Salad

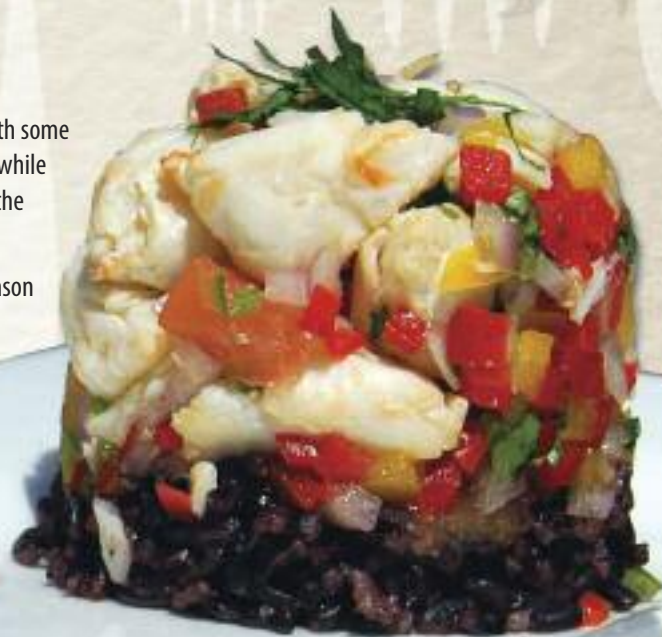
INGREDIENTS:

1 cup Black Rice (Forbidden Rice)
12 oz Coconut Milk
16 oz Water
To Taste Salt and Pepper
1/4 cup Mint (Chopped)
1/2 cup Lychee (Chopped)

Cook rice in coconut milk and water with some salt. You may need to add some water while cooking. Your rice should be similar to the consistency of risotto.

Let cool, then mix mint and lychee. Season with salt and pepper to taste.

Recipe Provided by:
Chef Armand Colarusso
Ibiza



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.



Seviche

Max Charles Scribner – Executive Chef

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



Ibiza

Armand Colarusso – Executive Chef

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





cooking with
Colossal
and
Jumbo
Lump
Crabmeat

Crab Cocktail

INGREDIENTS:

3 oz. Jumbo Lump Crab
Fine Herbs
Chapagne Vinaigrette
Salt and Pepper
Artisan Lettuce

VINAIGRETTE:

4 oz. Champagne Vinegar
1 oz Extra Strong Dijon Mustard
4 Brunoise Shallots
12 oz Extra Virgin Olive Oil
Salt and Pepper

FINE HERB:

2 oz parsley
1 oz thyme
1 oz tarragon
1 oz chives

Wash all herbs and finely chop separately.
Combine Arisan Lettuce. Wash and Spin Dry 3
Heads Baby Lettuce.



Recipe Provided by:
Chef Greg Alauzen,
Cioppino



Paris 66

Larry Laffont – Executive Chef

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



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?"



Joseph "Joey" DiSalvo

DiSalvo's Station

DiSalvo's Station has a rich history of incredible chefs. With owners Certified Executive Chef Gaetano DiSalvo AAC and Joseph DiSalvo leading the team, the experience is like no other.

Join Joey and his team of talented chefs for his "The Taste of the Good Life" event October 27th from 7pm-10pm. This year's event will benefit Wesley Spectrum Services. The event is \$135 per person. Come and enjoy great entertainment, food, spirits, cigars and friendship at this can't miss event.





2009 Redtree Chardonnay

Redtree "Rooted in California." Owner, Roy Cecchetti was enjoying a wine of glass with his 22 year old daughter when she commented on how much she loves the beautiful Oak tree growing in the middle of the yard. "It was a symbol of the beautiful moments that nature provides for us here in California. Wine is a way of capturing those moments," said Cecchetti.

This Redtree Chardonnay offers a very consistent fresh quality medium bodied wine at a very economical price. Because of its incredible balance it will pair well with shellfish and particularly goes well with Jumbo Lump crabmeat.

This Chardonnay opens with wonderful aromas of lime and kiwi fruit and just a hint of French oak. On the palate, the wine is balanced with fresh fruit flavors of peach, pineapple, pear, apple and a touch of lemon and honey. You'll notice a hint of mint, nut and pepper at the finish.

Available at:



2010 Stags' Leap Viognier Napa Valley

This elegant and refreshing wine features aromas of orange blossom and peach. The wine is highlighted by a bright acidity with flavors of grapefruit, fresh apricot and white peach. It has a lengthy finish that makes it pair well with Crabmeat or Seafood dishes.

The 2010 growing season was cooler than usual and that allowed for great aromatic freshness and ideal acid development in the grapes. Late in the season they had warmer than usual temperatures that allowed for a longer growing season and gave the grapes ample time to develop its rich flavors.

Viognier is harvested by hand and the fruit is pressed and fermented in neutral French oak barrels. This wine is very pleasant and dry which helps it complement shell fish meals perfectly.

Available at:



2009 Rombauer Carneros Chardonnay

Rombauer Vineyards' Carneros Chardonnay has earned a reputation for being the benchmark for California Chardonnay. The 2009 vintage continues with that tradition.

This wine is rich and full of vibrant tropical fruit flavors. You'll find flavors of peach, pear, pineapple, papaya and a touch of creamy vanilla. This Chardonnay is full-bodied and has a velvety and lingering feel. This wine offers a great buttery, spicy, ripe and rich taste that glides across the palate. Hints of citrus and light oak with a touch of apple highlight this wine's lingering finish.

If you like Chardonnay with shellfish, you'll love this wine with recipes that include Jumbo Lump Crabmeat. Crab Cakes and Jumbo Lump Crabmeat served with drawn butter pairs perfectly with this Chardonnay.

Available at:



Wine
pairings
for crabmeat





Great food, great cigars, great ambiance...welcome to the "Good Life!" Joey DiSalvo is your gracious host and welcomes you to enjoy your experience. The restaurant has been given The Award of Excellence from the Distinguished Restaurants of North America (DiRona). The restaurant is located East of Pittsburgh in Latrobe. If you looking for a romantic evening or a night out with "the boys" downstairs at Joey D's Cigar Bar. You're in for a treat at DiSalvo's Station.

325 McKinley Avenue
Latrobe, PA 15650
724-539-0500

www.disalvorestaurant.com
Hours: Tuesday – Friday 11am-10pm,
Saturday 4pm-11pm, Sunday 10am-7pm



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-1pm,
Saturday and Sunday 4pm-1pm



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

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

www.thesonomagrille.com
Hours: Lunch Daily 11am-3pm,
Dinner 5pm-11pm



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

6018 Penn Circle South
Pittsburgh, PA 15206

412-404-8166

www.paris66bistro.com

Hours: Monday – Thursday 11am-10pm,
Friday – Saturday 11am-11pm,
Sunday Brunch 10am-3pm



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

201 South Second Avenue
Elizabeth, PA 15037

412-384-3909

www.rockwellsredlion.com

Hours: Monday – Thursday 11am-9pm,
Friday and Saturday 11am-10pm



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 Gallery:

By Valentine Brkich



"Blue Jay"

mark mclaughlin

A jar of olives beside a pair of eyeglasses on a table. An expressionless boy and a silhouetted church behind him in the distance. A simple barn and field along a country road. Each image is unique—some are solemn; others are full of light and color. And regardless of what emotion they inspire in the viewer, each one of these paintings has a story to tell.

These are just some of the many beautiful and thought-provoking works of local artist Mark McLaughlin.

McLaughlin's paintings have been displayed in many respected galleries including Pittsburgh's Panza Gallery, Semisuite Boutique, Slaughterhouse Gallery; the Bird In The Hand Gallery in Sewickley;

the Mendelson Gallery in Shadyside; the Glass Grower's Gallery in Erie; and the Yellow Ribbon Trading Post in Marrowbone, Ky. In addition, his works have been shown in various exhibitions across the state and around the country, including ones at the Pittsburgh Cultural Trust Gallery, the Logan Gallery (Chautauqua, N.Y.), the Erie Museum of Art, the Hoyt Institute of Fine Art (New Castle, Pa.), and the Prairie Art Alliance (Springfield, Ill.) McLaughlin's work can also be found in many private collections.

Like many people who are passionate about what they do, McLaughlin has strong opinions about the state of art today, and he's not afraid to share these opinions, as demonstrated on his website, markwmclaughlin.com.

"There is a lot of baggage that can be brought into an artist's statement, let alone artwork itself," he says. "I fear that many artists today have lost sight of the role of artist, especially with regards and relevance to the present culture we live in."

McLaughlin feels that much of today's artwork "has become shallow" and focuses too much on the negativity inherent in modern social issues and politics.

"I reserve the campaigning and vocalization of these issues to the writers, activists, religious leaders, and unfortunately to the politicians of our day," he says. "I prefer to not remind the unsuspecting public of the drudgery that is often present in the day to day of living."



"Grazing Horses"



"Lulu's Barn"



"Preview of a Life"

McLaughlin believes that, on a more personal level, when it comes to art people are looking for "something greater than themselves – something beautiful, something beautifully sad, beautifully simple, a retreat into what could be. He also feels



strongly that the act of making art comes with a responsibility.

"The art viewing public is often under-challenged or subjected to work that seeks the lowest common denominator of subject matter, information, and morality," he says. "It's as though our overall body of visual artwork is comparable in quality and aesthetic to the top 40 radio stations we hear in our cars or the prime-time dramas and sitcoms we see on television."

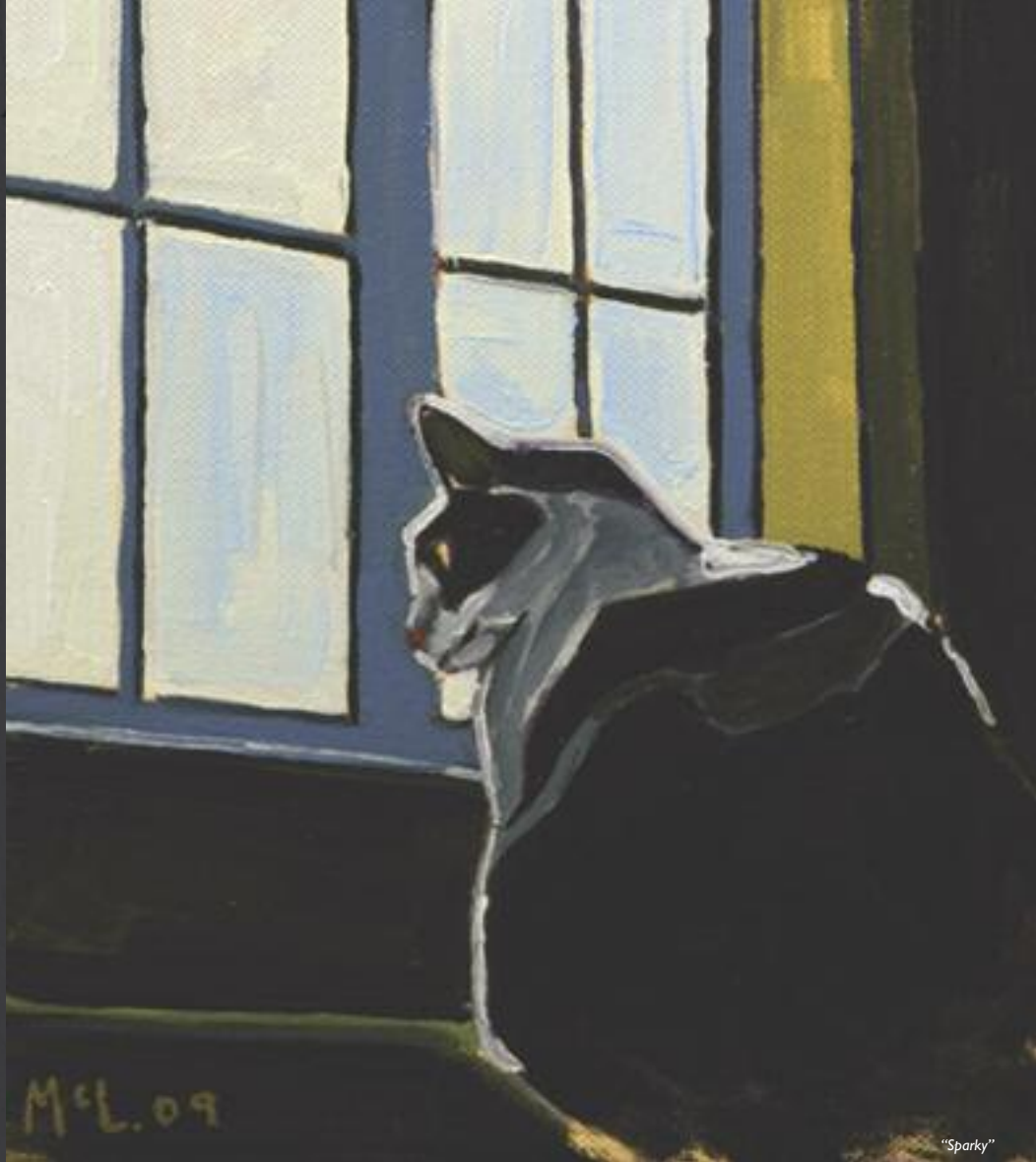
McLaughlin points out, however, that he doesn't put artists up on any kind of moral pedestal; however, he does feel that, in general, artists are "sensitive people, finding their voice, expression or language in the visual arts, writing, music, theater, dance, etc."

"There is no discrimination when it comes to the human condition of selfishness, greed, corruption, immorality, and even laziness," he says. "However, artists (as well as non-artists) also have the potential to produce greatness, beauty, hope, and in some instances, awe."

McLaughlin's driving passion is creating oil paintings that are either "beautiful, sad, or both."

"There is something to be said about charging an image with emotion," he says, "since all people share the language of emotions. Depending on the piece of work, I may attempt to do something as straightforward as creating a beautiful image for the sake of my own and others' enjoyment. Or I may attempt to explore emotions, psychology, or my thoughts through representational images. I have a strong opinion that a simple impulse is reason enough to make the painting. By doing so, I've been able to chronicle the chapters of my life and the things I've seen throughout the years, bringing a sense of reflection and permanence to this quickly passing world."

McLaughlin wants his work to inspire powerful emotions within the hearts and minds of its viewers and to provide a spark for profound, meaningful



conversation. And deep down he feels honored to share his talent with the world.

"I consider it a privilege to have the opportunity to paint and to share this work with others." ☀

**For more on Mark McLaughlin
visit his website at
www.markwmcLaughlin.com**

DHL's

pet Lifestyles

all about geckos

So you've decided to get a gecko! Good choice! Geckos are excellent pets that are relatively easy to keep compared to a cat or dog. You can keep geckos in a small space in your home, they don't have any fur or feathers to make you sneeze, and they don't need to be walked!

Pet Shop Basics

There are several things to remember when shopping for the gecko of your dreams. First, are the geckos healthy? Ask if the geckos are captive bred. Captive-bred geckos should be your first choice because they are less likely to have health problems than wild caught geckos. Are healthy geckos being kept in the same cage with sick geckos or other sick reptiles? If so, look elsewhere—the healthy appearing ones may be sick, too. You do not want to start out your gecko-keeping experience with a sick gecko; this usually is much more expensive in time, energy and vet bills than most people realize.

Healthy geckos are alert and responsive to stimulation. For example, the gecko should respond to handling by alertly looking at you and moving with vigor. A healthy gecko also has good body condition and weight. Unhealthy signs include skinny body, hips protruding, sunken eyes, skin wrinkles (from dehydration), incomplete skin shed, skin tears, jaws warped or kinked tail (possible metabolic bone disease), unresponsive. Don't rule out that stumpy tailed gecko! A tailless gecko can still be a good candidate for a pet because most geckos regenerate new tails or live happily without their tails.

Giant Day Gecko

Giant day geckos have all the qualities of an excellent terrarium display gecko: diurnal (day active) behavior, acrobatic glass climbing abilities and bright green and red coloration. The giant day gecko may grow up to 12 inches and live up to 30 years in captivity (McKeown, pers. comm.), further increasing its appeal as a terrarium pet. This hardy tropical gecko from Madagascar is best kept individually or in a pair of one male and one female (McKeown, 1993). Sex may be accurately determined after the age of 4 months. Males have enlarged femoral pores located on their undersides just before their vents, and hemipenile bulges after the vent. Females have smaller femoral pores than males, and the hemipenile bulges are absent.

A tropical terrarium with plants and full-spectrum lighting is ideal for giant day geckos. A 20-gallon tall terrarium or larger is adequate for a pair of adults, vertical space being more important than horizontal

space for these arboreal geckos (McKeown, 1993). Terrarium furniture should consist of at least 2-inch bamboo, similar shaped PVC pipe or wood placed diagonally and/or horizontally, so the lizards can rest comfortably under a basking lamp that reaches about 86 degrees Fahrenheit during the day. A nighttime temperature drop is good, although nighttime temperatures should be no lower than the high 60's (Fahrenheit) range. There should be plants in the terrarium such as pothos (*Epipremnum aureum*) that the geckos can hide behind.

You may also use sturdy plants strong enough to support the weight of the geckos, such as snake plant (*Sansevieria*). It is good to provide day geckos with a variety of resting places. Use 2 to 3 inches of potting soil or sphagnum peat moss covered with medium grade orchid bark as the ground surface, and sit your plants in pots on top of this substrate. To increase beneficial humidity for your giant day geckos, plant your plants directly in the substrate.

To provide water to day geckos, spray the sides of the terrarium and plants once or twice daily depending on your home's humidity; if it is on the dry side (below 50 percent), spray more often. To measure humidity you need an instrument called a hygrometer, which often is available at home electronics stores in a convenient combination with a temperature gauge. The giant day gecko will lick the sprayed water droplets from the leaves and sides of the terrarium surfaces. Feed these geckos 3- to 4-week-old crickets as a regular diet. Mealworms, wax worms, super worms, large fruit flies and fruit baby food or puree are great as occasional snack foods. If well fed, they reach sexual maturity in seven to nine months. They are very easy to breed and may lay as many as 36 eggs a year!





Should it be necessary to move your giant day gecko when cleaning its terrarium or for medical care, handle it indirectly with bird nets. If you grab them, their skin may tear off and they may lose their tails. Their skin and tail will grow back, but will not be as beautiful. Think of day geckos as you do tropical fish—they are best observed and admired, not held.

White-Lined Gecko

The white-lined gecko (*Gekko vittatus*) is a mild-mannered relative of the popular tokay gecko (*Gekko gecko*) with few of the tokay's aggressive tendencies. This large, slender green or brown gecko with a white stripe running down its back is also sometimes called the skunk gecko because of its appearance. Native to the tropical Indo-Australian Archipelago, this agile gecko climbs about trees and human dwellings with large toes designed for maximum grip (Henkel and Schmidt, 1995). This attractive gekkonid sometimes exhibits an interesting behavior by curling its tail when disturbed.

The white-lined gecko, which reaches a total length of about 10 inches, may live in the same type of tropical terrarium set-up as the giant day gecko (Henkel and Schmidt, 1995). A pair can live in a tall 20-gallon or larger terrarium, a trio may be kept together in 35-gallon or larger terrarium. Humidity should be about 75 percent and temperatures should be in the mid-80's Fahrenheit range during the day (Henkel and Schmidt, 1995). Sex determination and feeding is the same as with the giant day gecko, crickets as the regular diet. Breeding of this gecko requires little effort, and beginning keepers with no previous experience often are successful.

Central American Banded Gecko

The Central American banded gecko (*Coleonyx mitratus*) is a tropical forest floor dweller that ranges from Guatemala southward to Costa Rica (Grismer, 1997). This slender, attractively patterned, nocturnal gecko reaches a total length of about 6 to 7 inches (Tytle and Stevens, 1993). Breeders have found the Central American banded gecko hardy and easy to keep (Hiduke and Gaines, 1997). These geckos tolerate handling in small doses.

A traditional glass terrarium or plastic shoebox set-up is suitable housing for this secretive gecko. If using a glass terrarium, a 10-gallon is more than adequate for a breeding pair of adults.

Sexually mature male geckos can easily be differentiated from females by the presence of hemipenile bulges at the age of 6 to 9 months. Central American banded geckos do not climb glass, so you don't have to worry about them escaping unless you give them a "ramp" to the top of the terrarium! Terrarium furniture should include hiding places. These hiding places offer a gecko needed security by not being visible to the outside world. A small plastic margarine tub with a gecko-sized entrance hole on top works well for this purpose. Fill the container with 3/4-inch of moist vermiculite and it will serve multiple purposes—an ideal place to hide, shed skin and lay eggs.

Succulent plants like aloe or snake plant work well in a gecko terrarium. (Plastic plants are good for those

of us who can't keep plants alive!) Use 2 inches of a 70-percent sphagnum peat moss to 30-percent play sand mixture for the bottom of the terrarium (Tytle and Stevens, 1993). Breeders have also had success using cypress mulch, because this allows tunneling, a natural behavior, and provides adequate moisture (Hiduke and Gaines, 1997). Both types of substrates provide the necessary humidity the Central American banded gecko likes. The warm side of the terrarium should be 76 to 84 degrees Fahrenheit during the day. If using a shoebox, drill at least two 1/4-inch holes on each side of the box. You may use heat tapes or reflector lamps (in glass terrarium only) to provide heat. Full-spectrum lighting is not necessary. Spray the



sides of the terrarium with water once daily to provide the gecko with a drink, and feed 3-week-old crickets three to four times weekly. Wax worms are appreciated as an occasional treat.

Madagascar Ocelot Gecko

Madagascar ocelot geckos (*Paroedura pictus*) are nocturnal terrestrial geckos from the dry regions in southern Madagascar (Henkel and Schmidt, 1995). During the day they can be found hiding under rocks, loose bark, leaf litter or burrowed in sand. They reach a total length of about 5 inches (Bartlett and Bartlett, 1995). They are also known as "big-headed geckos" because of their large heads. There are two color pattern types, striped or banded. Sex is determined at the same age and manner as the Central American banded gecko.

Like the Central American banded gecko, a breeding pair or trio (one male and two females) of Madagascar ocelot geckos are well suited to life in a plastic shoebox or 10-gallon terrarium. Since the Madagascar ocelot gecko is from a drier climate than its Central American cousin, use a drier 2-inch mix of 30 percent sphagnum peat moss to 70 percent sand. Daily temperatures should be 82 to 88 degrees Fahrenheit (Bartlett and Bartlett, 1995). Again, 3-week-old crickets should be the staple diet three to four times weekly, with mealworms and other live food items previously

mentioned given as snacks. Use a water dish or spray the sides of the terrarium with water daily.

This gecko is a prolific breeder. Females lay their fragile eggs, up to 20 to 30 of them per season, directly in the sand in the bottom of the terrarium (Glaw and Vences, 1994) but these geckos will utilize a nest box if one is present. Calcium supplementation is very critical to high-frequency egg layers like the Madagascar ocelot gecko. Without adequate calcium reserves, a female quickly uses up her supply laying the large quantities of eggs, putting her life at risk.

The next step in setting up your Roborowski's gecko terrarium is to set up a reflector lamp with an incandescent bulb that will provide a surface temperature of 95 to 100 degrees Fahrenheit daily. Nighttime temperatures should be from 68 to 72 degrees Fahrenheit. In the winter, Roborowski's gecko is accustomed to hibernation, so gradually lower winter temperatures to 50 to 60 degrees Fahrenheit for a three-month period, then gradually warm the geckos in the spring. A temperature drop in the winter is necessary if you wish your geckos to breed in the spring.

Your Gecko's First Day Home

Once you have selected your gecko, the first day home should be a quiet one. Often it will take a few days for the gecko to adapt to its new home. Offer food on the second day. If the first few crickets or mealworms are not eaten within a one-hour period, remove them and try again the next day. Avoid leaving too many crickets in with your new gecko because this causes stress to the gecko, and the crickets soon lose their nutritional value since there is nothing for them to eat in the terrarium.

Quarantine and Veterinary Care

If you are planning to introduce your new gecko to a terrarium with geckos already in it, be sure to first quarantine your new gecko away from the established lizards for two to three months until you are sure it is healthy. You do not want to infect your geckos by introducing a new specimen you are not sure is ill, even if it looks healthy. A fecal exam by a veterinarian familiar with reptiles is a good way to verify a gecko's health. It is wise to have the name and number of a veterinarian handy so you will not have to scramble finding one in case of an emergency.

These great pet shop geckos are outstanding choices for pets and should provide you with many years of enjoyment. There are, however, many more great gecko choices, because this is an incredibly large and diverse group of reptiles. There is a gecko to please everyone!

printed in part from:
<http://www.reptilechannel.com/lizards/lizardcare/pet-shop-geckos.aspx>

Pet Birds

GUIDE TO THE MOST COMMON BREEDS



Some tips on choosing the right feathered friend for you and your family....

Canary

Canaries are the quintessential pet birds. Many bird enthusiasts have been charmed by their melodic song and charming nature. There are three popular types of canaries in the US: color bred, type canaries and song canaries, which all originate from the same species. Their personality is very active, alert and happy. The canary tends to thrive in flocks, and does not pay much attention to humans, which make this breed perfect for a bird admirer but one who would prefer minimal interaction. Canaries should be kept in a cage at least three feet away from a window in indirect sunlight far from drafts, which is the #1 killer of these feathered friends. A healthy canary can live for up to 10 years.



Cockatiel

These extremely popular Australian members of the parrot family are affectionate, playful and opinionated. Well known for their whistling and singing abilities, they have been known to make lots of random quirky sounds as in mimicing the ringing of a telephone, and other household items. Cockatiels enjoy both cuddling up underneath your chin and wandering around the house calling out to "intruders." They have a milder temperament than some other parrot species, and are increasingly available in many unique color combinations. They have an average lifespan of 15 to 20 years.





Conure

Naturally playful and affectionate, the conure is perfectly suited for a bird enthusiast looking for true companionship. Conures are very social birds and thrive best with owners who are willing to spend a lot of time with their feathered friend. Sometimes when a conure feels neglected they can become “screamers” and can even resort to destructive behavior if left alone for long periods of time. They love to be in the middle of the action and will work to win over your heart. Known to bring attention to important situations, some have been known to be excellent “watch birds.”

African Grey

Known to be the most intelligent of birds, (some having a vocabulary of up to 2,000 words) the african grey enthralles its enthusiasts with its great sensitivity and inquisitive nature. The african grey has an uncanny ability to mimic many sounds around them. Because of this intellect, they need lots of mental stimulation, including challenging puzzles, games and toys, along with an owner who can provide the bird with plenty of meaningful interaction. A healthy African Grey has a very long lifespan of between 50 - 70 years of age.



Macaw

These Central and south American natives are commonly known as the gentle giant of the parrot species. Being the largest of that species, they need a home where they can be provided with lots of space to move around in their comical, friendly ways. Because of this size, they are capable of very loud vocalizations, so may they may not be the best choice for apartment living or those with small children. They are very quick, willing learners and will form strong bonds with their family members.

Parakeet

The Parakeet, also known as the Budgerigar, makes a perfect pet for those who are new bird enthusiasts, or children wanting their first pet bird. They are hardy little birds who come in a variety of rainbow colors. Despite their small stature, they are quite intelligent and some have even been known to learn a few words. They also require less space than larger bird species, and have a life span of up to 12-14 years.



red eared sliders

Scientific Name:

Trachemys scripta elegans

Family:

Emyridae

Adult Size:

Generally 8 to 10 inches in size, females are slightly larger than males.

Habitat:

The red-eared slider is a habitat generalist and can be found in permanent ponds and floodplain swamps, as well as slow-moving rivers.

Probably no other turtle has been kept as a pet by more people than the red-eared slider. This hardy species was perhaps one of the first turtles that stimulated the interests of many turtle hobbyists. Red-eared Sliders are easily maintained in captivity in aquaria of moderate depth. Adequate basking sites must be provided to allow the turtle to completely dry its carapace and plastron. A basking light that provides a temperature of approximately 80 degrees Fahrenheit will be a necessity. Plastic grating or egg crate material provides a good basking platform, as the plastic will not be abrasive to the turtle's plastron, and the grating will allow the plastron to dry, reducing the chances of shell fungus and rot.

Red-eared sliders are omnivores and will consume virtually any aquatic plant and animal matter. Captives will readily consume turtle pellets. Juveniles are more carnivorous but seem to switch to more plant material as they mature.

Red-eared sliders can be maintained in shallow-water unfiltered aquaria, but the water must be changed frequently, and turtles should be fed in a separate container to avoid contamination of the living environment.

<http://www.reptilechannel.com/reptile-species/turtles-and-tortoises/profiles/red-eared-slider-2.aspx>

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WELCOME TO PITTSBURGH COACH!

Photo by Duane Reider

"We want to be fast, we want to be efficient and we are going to be explosive. I want people who come to Heinz Field to not sit down in their seats.

That's the type of football we're going to play."

– PittsburghPanthers.com

Immediately after being hired by Athletic Director Steve Pederson on January 10, new Pitt football Head Coach Todd Graham made it clear what his goals were for the team.

"We want to be Big East champions," he said. "We want to be BCS champions. We want to be national champions."

For some, that might sound overly ambitious. But Coach Graham can afford to be confident; he's got the resume to back it up.

Continued on next page



PITT

2011 - 2012 FOOTBALL SCHEDULE

This is Graham's third collegiate head coaching job. In Tulsa he posted three 10-win seasons in four years and went undefeated in all three bowl games they reached. Prior to that he served as the head coach at Rice for one season in 2006, where he was named the Conference USA Coach of the Year.

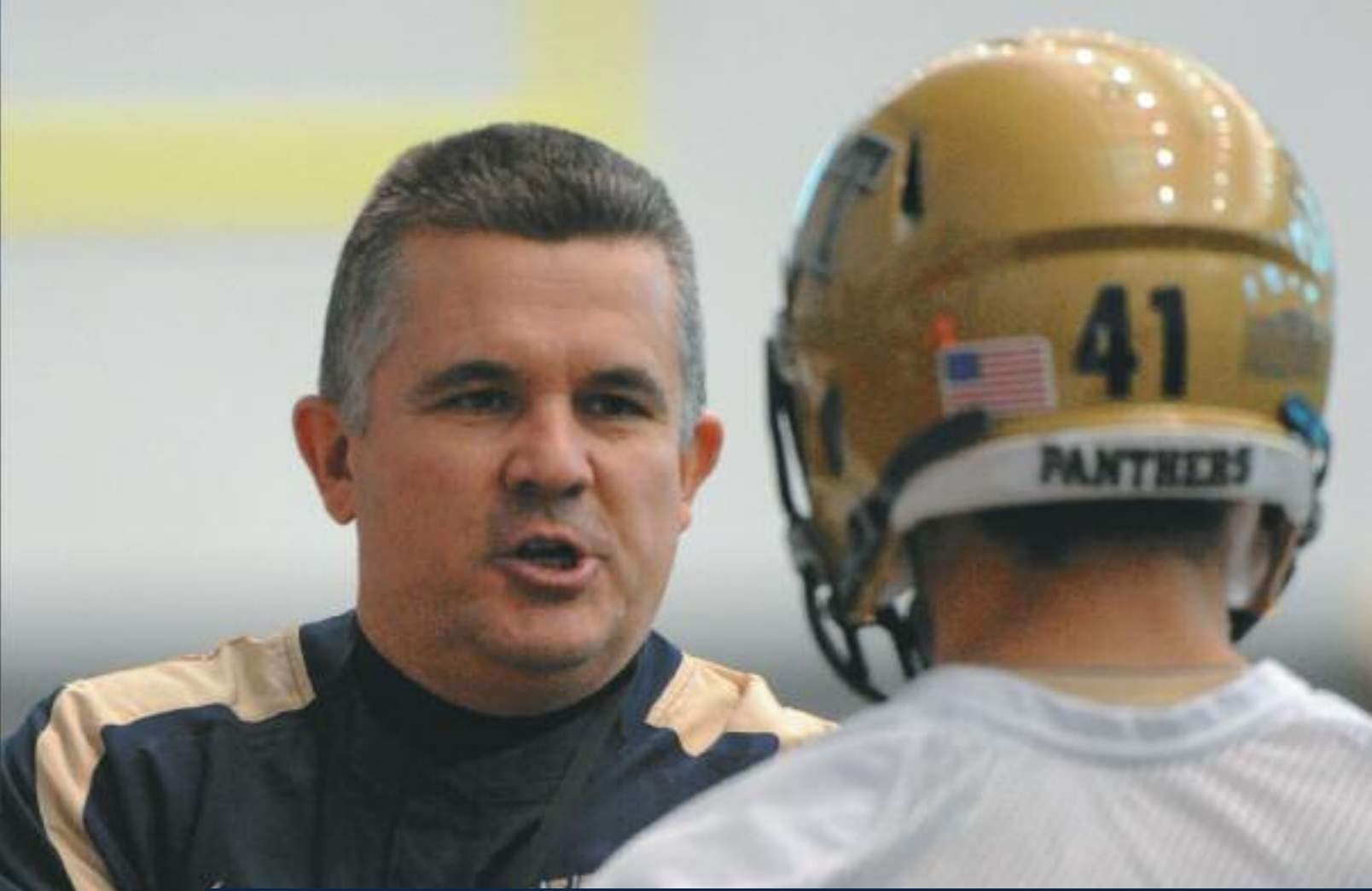
Graham brings a new "high-octane" style of football to Pitt, one that's built on

speed and power. "We'll be fast, efficient, explosive," he said. "The fans at Heinz Field...they won't want to sit down with the type of football we play."

This year Graham certainly has a challenging season ahead of him. The Panthers' 12-game schedule, which features at least six nationally televised games, includes games against eight opponents coming off of bowl game appearances.

| Date | Opponent (TV) | Site | Time |
|-------------------|--------------------------------------|-------------------|-----------|
| Sept. 3 | Buffalo (ESPN3.com) | Pittsburgh | 6 p.m. |
| Sept. 10 | Maine (ESPN3.com) | Pittsburgh | 1 p.m. |
| Sept. 17 | at Iowa (ESPN, ESPN2) | Iowa City, Iowa | Noon (ET) |
| Sept. 24 | Notre Dame (ABC, ESPN, ESPN2) | Pittsburgh | Noon |
| Sept. 29 (Thurs.) | USF* (ESPN) | Pittsburgh | 8 p.m. |
| Oct. 8 | at Rutgers* | Piscataway, N.J. | TBA |
| Oct. 15 | Utah (HC) | Pittsburgh | TBA |
| Oct. 26 (Wed.) | Connecticut* (ESPN) | Pittsburgh | 8 p.m. |
| Nov. 5 | Cincinnati* | Pittsburgh | TBA |
| Nov. 12 | at Louisville* | Louisville, KY | TBA |
| Nov. 25 (Fri.) | at West Virginia* (ABC, ESPN, ESPN2) | Morgantown, W.Va. | TBA |
| Dec. 3 | Syracuse* (ESPN, ESPN2) | Pittsburgh | Noon |

*Big East game; (HC) Homecoming; Due to television, TBA kickoff times will be announced at a later date.



"There is a championship standard in Pittsburgh. We understand that and embrace that high standard. I want our opponents to feel like they just stepped into a 300-degree steel mill from the opening whistle to the final gun at Heinz Field. That's what a packed stadium will do for a team."

On September 17, the Panthers will have to travel to Iowa to battle the Hawkeyes. Then, on September 24, the Fighting Irish will come to town. Just five days later, the University of South Florida, a perennial Big East foe.

On October 15, Utah will visit Heinz Field as the Panthers attempt to avenge their 2010 loss to the Utes. They'll have another challenge as they host defending Big East Champs Connecticut on October 26.

In November, Cincinnati will come to Pittsburgh looking to make a statement. And on December 3 the Orangemen of Syracuse, coming off of a bowl victory over Kansas State, will try to spoil the holidays for Pitt in the Panther's final game of the regular season.

It would be a challenging schedule for any head coach, let alone one in his first season. But Graham is up for the challenge.

"We have one of the toughest non-conference schedules in the country," says Graham. "Any competitor wants to be tested by the best and we will have that opportunity this year. I think that provides extra incentive during our preseason workouts. To achieve at the highest level you have to make sure your preparation and work ethic match that level."

And Graham's past experience allows him to be confident going into this season. During his first two seasons at Tulsa, he led the Golden Hurricane football team to an impressive 21-7 record, the best start ever by a coach at the university.

Graham is originally from Mesquite, Texas, in the Dallas-Fort Worth area. Following high school, where he was an all-state defensive back, he went on to play at East Central University, where he was a two-time NAIA All-America defensive back and three-time all-conference performer.

Continued on next page



But although he has Southern roots, he is no stranger to the Pittsburgh region.

In 2001-02 Graham served as an assistant coach at West Virginia University. Now he will be on the other side of the field when he leads the Panthers down to Morgantown on November 25 in the 104th installment of the “Backyard Brawl.”

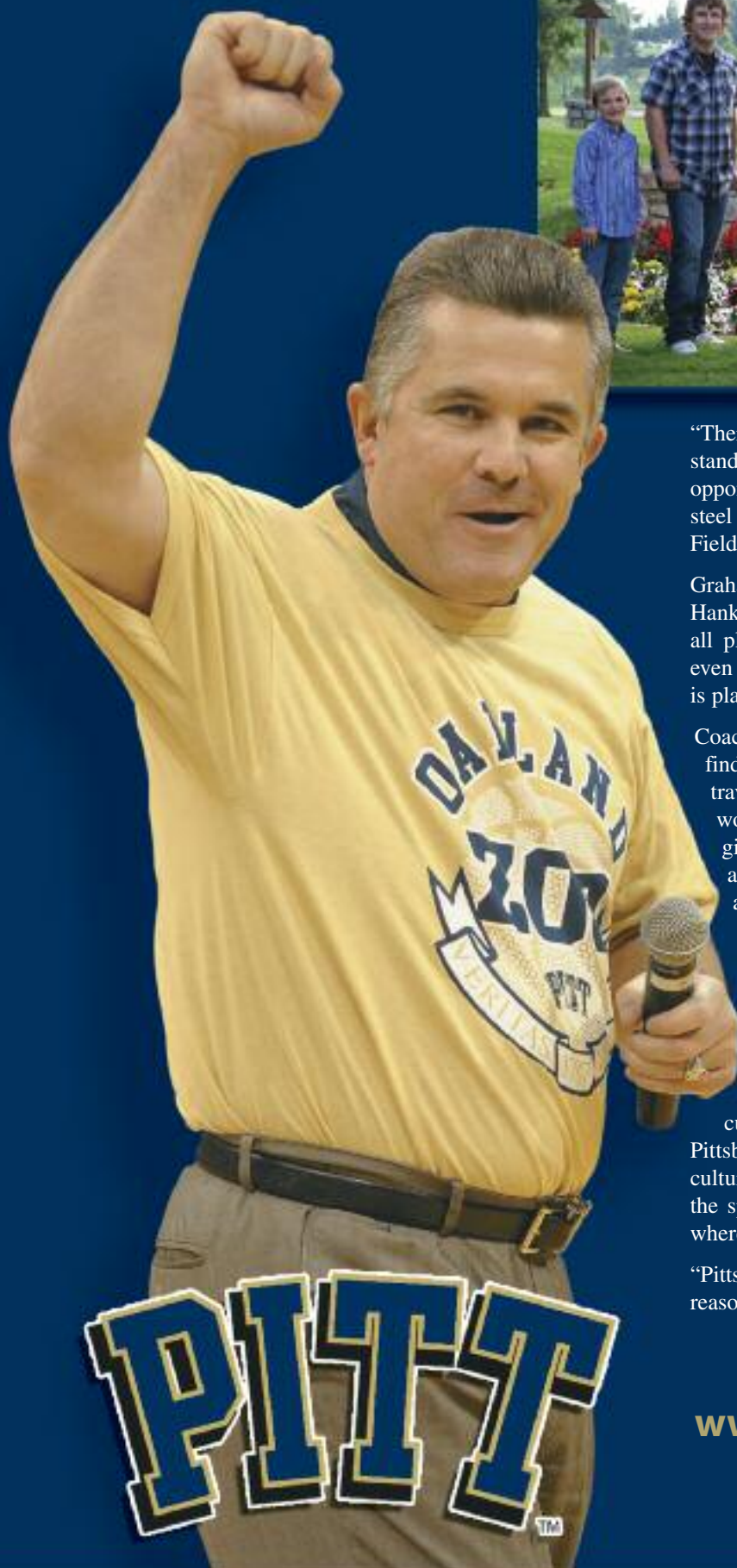
“What makes college football great is the traditional rivalry games,” says Graham, “and the Backyard Brawl is one of the very best. People across the country know and love this game because of the history and passion. Certainly this is a game our players, coaches and alumni look forward to every year.”

Graham says the thing he likes best about Pittsburgh is the people. “Western Pennsylvania people are incredibly genuine, down to earth and they are passionate about their sports,” he says. “This is just a tremendous sports town. It’s the City of Champions! My family and I have really enjoyed going to Pitt basketball games, Pirates games at PNC Park, and Pens games at the new arena. We couldn’t ask for a better next-door neighbor in the Steelers, who have won six Super Bowls. We are proud to be part of a great sports family in Pittsburgh.”

“I love the standards of excellence in our city. This is the best coaching job I’ve ever had. I’m with a program that can not only compete for national championships but also win them. I’m a teacher and a coach, and I want to make a difference in our young men’s life, but I’m also very competitive.”

Graham is doing what he can to help Pitt football get to the next level. And he says that Pitt football fans can play a big part too. “We want packed houses on game day,” he says. “We want to make Heinz Field the most difficult to place to play in, not only in the Big East but in all of college football.”





"There is a championship standard in Pittsburgh. We understand that and embrace that high standard. I want our opponents to feel like they just stepped into a 300-degree steel mill from the opening whistle to the final gun at Heinz Field. That's what a packed stadium will do for a team."

Graham and his wife, Penni, have six children: Bo, Natalie, Hank, Haylee, Dakota, and Michael Todd Jr. Their kids have all played multiple sports growing up; their two youngest even play hockey, and they love it. Their youngest, Michael, is playing Char Valley football this fall.

Coaching Pitt keeps Graham pretty busy. But when he does find some free time in the off-season, he enjoys golf and travelling with his family. "We've been blessed to see some wonderful places—Greece, Italy, Israel, parts of France. It gives you a wonderful perspective on this great big world and its people. And I play a little bit of golf when time allows."

So what does Graham and his family think of the 'Burgh so far? "We all absolutely love it," he says. "This region has so many wonderful people and traditions."

One of the best things they like about our city is that, in addition to sports, Pittsburgh has so many great cultural and educational attractions. "The University of Pittsburgh is like a city itself with the diversity of people and cultures in the Oakland community," says Graham. "We love the sports, The Strip, the weather—you have to remember, where I come from, 100-degree days in August are the norm."

"Pittsburgh is a tremendous place to call home for so many reasons." 🌟

www.pittsburghpanthers.com

HIGHLAND PARK

By Pamela Palongue

Many Pittsburghers have heard of Highland Park, and many of them drive right by the signs directing them to this scenic neighborhood. What most people may not realize is that Highland Park really is a park. Besides being a thriving, diverse neighborhood with intense community involvement, Highland Park offers a wonderful space for outdoor activities and a variety of attractions for both locals and visitors from other parts of the city.

The park itself almost functions as an art gallery for the internationally famous Giuseppe Moretti, a Florence-trained sculptor from the 19th century. The park's main entrance features twin columns, each with a Moretti bronze sculpture perched atop its peak. The Stanton Avenue entrance depicts athletic youths with wild, rearing horses on pedestals. The overall effect is mildly reminiscent of the entrance of the Jardin du Luxembourg in Paris, with powerful, ancient figures frozen in time.



Counterbalancing the strong masculine images in bronze is a lovely Victorian-style fountain and gardens, which creates a place for quiet reflection and enjoyment of the outdoors. The park also has a 7/10-mile walking track, walking trails, and a swimming pool to help make exercise a little more fun. A huge wooden play area in

Maple Grove called “Super Playground” was constructed in 1991, and is specifically designed for the community’s smallest residents. It is periodically renovated to replace wood deterioration and offers a maze of climbing apparatus dotted with colorful spires.



Other historic attractions in the park include a farmhouse that is nearly 200 years old, built by Mary Berkstresser Negley, the wife of one of the original inhabitants of the area. The farmhouse can be rented for special events in the community.

A park project known as “The Babbling Brook” is a beautiful rock waterfall and stream near Reservoir No. 1. The park is also home to a public swimming pool and several picnic pavilions. An area called Heth’s Run was once just a parking area, but plans are currently transforming the space to include public areas with easy access to the river and walking paths along the water’s edge.

For entertainment and dining, locals and visitors alike enjoy the Bryant Street area, where commerce is exploding with unique eateries and ethnic fare. Manno’s Italian Market is a local mom-and-pop store that still believes in doing things the old-fashioned way. A neighborhood fixture for 20 years, it offers some Italian specialty items and serves up handmade sausages, hoagies, pizza, and salads.

The Bryant Street Market is a friendly, neighborhood grocery and deli that specializes in offering local sources for their coffee, produce, cheeses, and other items. The owner believes in the freshness of items grown locally and supporting the nearby farmers, dairies, and coffee merchants.

Park Bruges Café brings Belgian dishes to Pittsburgh with Flemish four onion soup and the Belgian staple of mussels. Their menu offers a wide range of taste experiences with healthy choices.

A relatively new addition to the Bryant Street mix is the Smiling Banana Leaf, a Thai restaurant that brings originality to their dishes in addition to traditional Thai fare. Also new to the scene is Park Place



Pub, a neighborhood hangout that serves pub grub along with the beer.

If you’re hosting a party, you might consider calling the highly recommended caterers, Food Glorious Food. If you like what you taste, they also offer classes in creating their delectables.

Enrico’s Tazza d’Oro serves up local food and milk, pastries, Panini sandwiches, and soups, along with their “Cups of Gold” coffee choices in a European atmosphere.

If you’re looking for a great place to host that next business meeting, The Nuin Center has facilities available for confer-



ences or family gatherings. “Nuin” is the Celtic word for “ash tree,” and the ash tree is viewed as a representation of the world. The center offers yoga classes, acupuncture, Reiki therapy, Chinese herbal medicine, and many other wellness practices for enriching life and maintaining or restoring health.

Highland Park is home to several great schools. Dilworth Elementary is a magnet school with an emphasis on the arts and humanities. Fulton is also a magnet school

offering special instruction in languages and French international studies. Highland Park Preparatory Academy is a private school that has prepared students for college for more than thirty years.

Highland Park is a great place to visit and a great place to live, with fun things to see and do and a healthy lifestyle that appeals to all ages. So, next time you’re driving by, stop and visit for a while.

For more information on Highland Park, visit the Highland Park Community Council website at www.highlandparkcc.wordpress.com.



cocktails at home:

Creepy cocktails

The background image shows two martini glasses filled with a vibrant green liquid. The rims of the glasses are coated with a thick, dripping red sauce. The glass in the foreground is garnished with a small white ghost figurine on the rim and a small red worm-like garnish hanging from the rim. The glass in the background is also garnished with a similar ghost figurine. The glasses are set on a silver tray, and the background is a dark, textured surface.

From a **mysterious** witch's Brew to a worm-filled margarita, these eerie elixirs will be a **hauntingly** delicious addition to your adult Halloween festivities.

DHL's witch's brew

INGREDIENTS:

- 1 (6-ounce) package lime gelatin
- 2 cups boiling water
- 3 cups chilled pineapple juice
- 1 (2 liter) bottle chilled lemon-lime soft drink or ginger ale
- 2 cups chilled vodka

SPECIAL EQUIPMENT:

- 1 large black plastic cauldron (available at party or craft stores)
- 1 punch bowl that fits in the cauldron
- 1 plastic hand (available at party stores; sterilized in hot water)
- 1 block dry ice (see below for dry ice info)

Pour the gelatin mix into a large bowl. Slowly stir in the boiling water. Stir at least 2 minutes, until the gelatin is completely dissolved. Stir in the pineapple juice. Let cool to room temperature.

Wearing heavy duty gloves or using tongs, place the block of dry ice in the bottom of the cauldron. (Dry ice will burn skin, so handle it with gloves and tongs and keep it away from kids and pets!) Use an ice pick to break the block into smaller chunks, if necessary. Fill the cauldron with just enough water to cover the dry ice. It will begin to "steam."

Place the punch bowl inside the cauldron, on top of the dry ice. The cauldron will appear to be magically smoking. Entrap the sterilized rubber hand between the cauldron and the punch bowl, squeezing it tight so the hand appears to be reaching out of the mist for help. Hot-glue the hand to the cauldron, if necessary, to hold it in place.

Carefully pour the drink mixture into the punch bowl. Slowly add the chilled vodka and lemon-lime soda or ginger ale. Stir gently to mix.

WORKING WITH DRY ICE

- Use cotton gloves, towels or potholders to move dry ice.
- Use in a ventilated location.
- Children should be supervised by an adult when using dry ice.

The temperature of dry ice is -109° F, cold enough to freeze skin cells and cause an injury similar to a burn. Always handle dry ice with protective gloves or a towel.

Store dry ice in an insulated container. Do not store ice in a container that is completely airtight. As the ice changes to CO₂ (carbon dioxide) gas, it will cause an airtight container to expand and possibly explode.

Dry ice gives off CO₂ into the air, so if dry ice has been in a closed car, van, or room for more than 10 minutes, open the doors and windows before entering. Otherwise, you will experience difficulty breathing. Leave the area immediately if you start to breathe quickly or have any difficulty breathing.

Gummy Worm Margarita

INGREDIENTS:

- 3 Bottles of tequila
- 1 Bottle of cointreau or triple sec
- 1 Gallon of sweet and sour mix
- 2 Pounds of gummy (jelly) worms, as many colors possible!
- large bag of ice

- Use a large bowl, preferably a clear glass bowl
- Pour all ingredients in the bowl
- Add a bag of ice
- Toss in the gummy worms
- Stir very well with a ladle and serve to guests.

Black Widow

INGREDIENTS:

- Cream de Cassis
- fresh lemon juice
- Vodka
- Pomegranate juice
- triple sec
- licorice strings

For two cocktails (or one cocktail shaker): 2 parts cassis, 3 parts vodka, 1 part triple sec, 1 part lemon juice, 1 part pomegranate.

Mix and pour into 2 martini glasses. Place licorice strings coming out over the edge of the martini glass like the legs of a spider. Enjoy!

Slime Rickeys

INGREDIENTS:

- 2 cups seedless green grapes
- 8 cups club soda
- 2 cups sugar
- 1 cup gin
- 1 cup fresh lime juice (from about 10 limes)

1. Freeze grapes until firm, about 1 hour. Meanwhile, in a small saucepan, stir together sugar and lime juice; bring to a boil. Simmer until sugar has dissolved and liquid is syrupy, about 2 minutes. Let cool completely, 30 minutes.

2. In a punch bowl or pitcher, stir together lime syrup, club soda, frozen grapes, and gin. Serve immediately.

Shrunken Heads Cider

INGREDIENTS:

- 2 cups lemon juice
- 2 tablespoons coarse salt
- 8 large Granny Smith apples
- 32 whole cloves
- 2 gallons apple cider
- 2 (12-ounce) cans frozen lemonade concentrate, thawed
- 2 cups spiced rum (optional)

1. Preheat oven to 250 degrees. Line a baking sheet with parchment paper; set aside. In a medium bowl, mix together lemon juice and salt; set aside.

2. Peel apples and cut each in half through the stem; remove seeds and core. Using a sharp paring knife, carve a face, as desired, on the rounded side of each apple half. Place apples in lemon mixture for one minute; transfer to paper towels to drain.

3. Place apples, face-side up on prepared baking sheet and transfer to oven. Let bake until apples are dry and begin to brown around the edges, about 90 minutes. Remove apples from baking sheets and press cloves into the "eye" sockets.

4. Combine cider, lemonade, and rum (if using) in a large punchbowl; float shrunken heads on top.

Ghost in the Graveyard

INGREDIENTS:

- 2 ounces black vodka
- 1 scoop vanilla ice cream
- 2 ounces creme de cacao or coffee-flavored liqueur
- Pinch of finely grated nutmeg, for garnish

In a glass, combine vodka and creme de cacao, and set aside. Place a scoop of ice cream in a highball glass, and slowly pour vodka mixture over ice cream. Garnish with nutmeg; serve immediately.

Please Drink Responsibly.



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