

NORTHERN CONNECTION

July
2023



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Also...

Doctors & Physicians Guide | July Events | Thrill of the Grill Trivia

THE LEGACY LINEUP

1 show \$39 5+ shows
2 shows \$64 \$20 per
3 shows \$84 ticket
4 shows \$96

1 to 4 tickets for one show \$39 each
5 to 9 tickets for one show \$31 each
10 or more tickets for one show \$26 each



Saturday, July 22, 2023
2 and 7:30 p.m.
Beach Party Boys
Tribute to the Beach Boys



Saturday, August 19, 2023
2 and 7:30 p.m.
Elton John
TRIBUTE BY JEFF SCOTT



Saturday, September 23
2 and 7:30 p.m.
**The Fabulous
Hubcaps**



Saturday, October 21
2 and 7:30 p.m.
The Corvettes
Doo Wop Revue



FREE MATINEE MOVIES MONDAY, 2 P.M.

**The Banshees
of Inisherin**
(R, 114 MIN.)
July 3, 2023

Uncharted
(PG-13, 116 MIN.)
August 7, 2023

The Lost City
(PG-13, 112 MIN.)
July 10, 2023

Living
(PG-13, 102 MIN.)
August 14, 2023

A Man Called Otto
(PG-13, 126 MIN.)
July 17, 2023

80 for Brady
(PG-13, 98 MIN.)
August 21, 2023

Ticket to Paradise
(PG-13, 104 MIN.)
Monday, 2 p.m.
July 24, 2023

Creed III
(PG-13, 116 MIN.)
August 28, 2023

**Whitney Houston:
I Wanna Dance
with Somebody**
(PG-13, 144 MIN.)
July 31, 2023

Maybe I Do
(PG-13, 95 MIN.)
September 11, 2023

TO BUY TICKETS

Visit TheLegacyLineup.com.

For information on free movies and to RSVP
for free seminars, call 412-635-8080.

Located on the UPMC Passavant campus at Cumberland
Woods Village. Find us on **Facebook: The Legacy Lineup**
or TheLegacyLineup.com

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FREE EDUCATIONAL SEMINARS

Pittsburghese
Tuesday, July 11, 2023
11 a.m.
Speaker: Gail Griffith, instructor
with the Life Enrichment
Program for seniors through
CCAC

**Gen. Ulysses S.
Grant on the Siege
of Vicksburg, 1863**
Tuesday, July 25, 2023
11 a.m.
Speaker: Kenneth J. Serfass,
Gunnery Sgt. USMC, retired and
Ulysses S. Grant first-person
impressionist

**What Every
Professional Should
Know About Elder
Law**
Thursday, July 20, 2023
1 p.m.
Speaker: Colin Adair Morgan,
CELA

**History of
Hartwood Acres
Park**
Tuesday, August 8, 2023
11 a.m.
Speaker: Deaglan McManus,
Allegheny County Park Ranger

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July



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NORTHERN CONNECTION

YOUR COMMUNITY MAGAZINE

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CHANGE THE WAY
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Movers & Shakers

Turning 40 is a more than just a milestone for the **Children's Museum of Pittsburgh** – it's a reason to celebrate a joyful history of serving children and families throughout the region. The Children's Museum was recently ranked #2 in USA Today's 10 Best Children's Museums in the U.S. In June, the museum celebrated 40 years of sharing joy, creativity, curiosity and kindness with all of its learners.



The Allegheny County Library Association (ACLA) and **Carnegie Library of Pittsburgh (CLP)**, in conjunction with the eiNetwork, recently launched a dynamic online resource–The Catalog, Allegheny County Libraries. The new library catalog replaces the existing Library Catalog and delivers users with instant access to online resources including eBooks, eAudiobooks, eMagazines and streaming services for music, TV and movies through hoopla.

On Wednesday, June 21, **AHN Wexford Hospital** had a first day of summer celebration in their courtyard. The Cranberry Township Dairy Queen donated Dilly Bars for the whole campus to mark the occasion, and the hospital provided a duck pond for their employees to choose a duck and win a prize. It was a great day for all!



Run or Walk for Free Care

ST. BARNABAS CHARITIES FREE CARE 5K - August 5, 2023

Help us set the pace for free care as St. Barnabas Charities hosts the 32nd Annual Free Care 5K presented by Paracca Interiors Flooring America on Saturday, August 5. The race will begin at 9AM at the St. Barnabas Gibsonia campus on Meridian Road.

Everyone is invited to go out and run or walk for a great cause. Proceeds from this annual event support the St. Barnabas Free Care Fund, which affords \$6 million in care to patients and residents every year.

Competitive and amateur runners, joggers, walkers, teams, stroller pushers and wheelchair racers of all ages will enjoy a rolling 3.1 mile out and back course. Please no pets, smoking or inline skates. The Free Care 5K also features ChampionChip Timing, elite runners #1-200, start line corral, USA Track & Field certification, as well as medals awarded for all ages.

A post-race party will be held after the race featuring raffle prizes, food and the awards ceremony.

Registration is \$30 per person before August 5 and \$35



**ST. BARNABAS
HEALTH SYSTEM**

per person on race day. Register before July 14th to be guaranteed a race t-shirt and runner's bag.

Not able to attend? Good news...register and still receive a race shirt and runner's bag AND feel good about supporting Free Care at St. Barnabas!

To register, visit FreeCare5K.com or call 724-625-3770. Volunteer opportunities are also available. To donate to the Free Care Fund, TEXT the word GIVE to 41444. ■



The Doctors at Tri-State Neuropathy Centers Give Peripheral Neuropathy Sufferers

HOPE



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Neuropathy Centers

- **One of the largest treatment centers in the country.**
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- **100% dedicated to treating Peripheral Neuropathy.**
- **Most powerful technology on the market today.**
- **Have grown to 7 locations in the Tri-State area.**



Call for your **FREE** consultation to begin your path to recovery. Call Dr. Shawn Richey at **724-940-9000** to schedule your time.

Peripheral Neuropathy occurs when nerves are damaged or destroyed and can't send messages to the muscles, skin and other parts of the body. Peripheral nerves go from the brain and spinal cord to the arms, hands, legs and feet. When damage to the nerves takes place, numbness and pain in these areas may occur. A specialized treatment protocol utilizing brand new technologies is available at TRI-STATE NEUROPATHY CENTERS. It includes the combination of very specific, noninvasive, FDA-approved and painless treatments that are designed to get rid of symptoms of peripheral neuropathy.

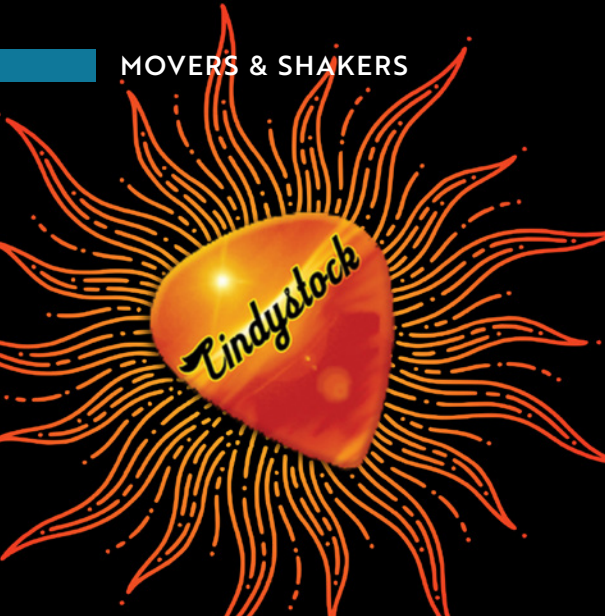
With over 90% satisfaction rate and the experience of seeing over 11,000 patients, they are able to tailor a specific and successful treatment plan for each individual to provide maximum results. If you are experiencing any of the symptoms of peripheral neuropathy, don't wait until they get worse.

Peripheral Neuropathy symptoms can include:

- **Sharp Pains or Cramps in the Feet or Legs**
- **Burning Pain in the Legs, Feet or Hands**
- **Extreme Sensitivity to Touch**
- **Loss of Balance or Coordination**
- **Feelings of Walking on Pins and Needles**
- **Weakness in the Arms and Legs**
- **Numbness and Tingling or Pain in the Toes, Feet, Hands, Arms and Fingers**
- **Dependency on Medications**



If you are experiencing any of these symptoms, don't wait till they get worse. Call today to schedule your **FREE** consultation.



MOVER & SHAKER OF THE MONTH

Cindystock 20

Outdoor Music Festival Celebrates Two Decades
With a Rockin' Two-Day Event

By Paula Green



Cindy Bandula-Yates and Ted Yates

In the words of the late great Stevie Ray Vaughn, “Well, the house is a-rockin’,” as Cindy Bandula-Yates and her husband Ted Yates, once again, welcome folks to their rockin’ house in Wexford with the outdoor music fest Cindystock. Since this year marks the 20th anniversary of the annual fundraiser, a two-day extravaganza will be held on Friday, August 18, and Saturday, August 19.

The story unfolded in 2004, when Ted’s friend Mike Fatigante passed away from pancreatic cancer. “We wanted to do something to support his family, so we held our first concert to help with college funds. Last year Mike’s widow, Linda, two of her sons Michael and Zach and their children all attended our concert. That was a pretty cool thing,” said Cindy.

A fantastic musical line-up will provide hours of entertainment. Friday’s concert performance will begin at 6:30 p.m. with Dan Navarro, followed by legendary Woodstock photographer Henry Diltz, who will give a slideshow from his 55-year career. Diltz photographed musical greats such as Jim Morrison, Crosby, Stills & Nash, and Joni Mitchell. “Henry was our guest for our 10th and 15th year anniversaries as well. He has been supporting our event with donations every year. He will be 85 in September. He just received a Grammy trustees award, we’re so excited to have him,” Cindy said.

Saturday’s festivities begin at 3:30 p.m., featuring *American Idol* finalist Crystal Bowersox, Dan Navarro, Alice Howe, Freebo, and local sensation Johnny Angel. Tickets for a single-day concert are \$50, which includes the concert and buffet dinner. A unique combo ticket for both nights is discounted at \$90 for a limited time. Remember to bring your own chair!

“Our concert attendance has steadily increased each year. We hope to welcome more than 300 to the two-day festival. For 20 years, we’ve been coming together to raise funds for local organizations that provide free cancer screening tests and support services. YOU have raised more than \$439,000 and helped countless people. We are shooting for \$500,000 this year.” Cindy said.

In addition to the music fest, Cindy and Ted also sponsor a “Hope on Wheels” bike ride. This year’s ride was held on June 21 on the summer solstice.

Months and months of preparation go into the planning and implementation of Cindystock every year. The Yates no sooner finish with one festival, then they turn right around and start working on the next year’s event. But according to Cindy it is all worth it “Every year when we see the audience of cancer survivors and friends and supporters all together for the candlelight ceremony, every ounce of effort is worth it!

All proceeds from Cindystock benefit UPMC, AHN, and Adagio Health – all free cancer screening programs, Cancer Bridges, Hair Peace Charities, and 412Thrive, all providing free cancer support services. To purchase tickets and for more information, visit www.cindystock.org. ■



The Fatigante family



2023



**11th Annual
4K & 8K Run/Walk**

Friday, Aug. 11, 2023

North Park
Pool Loop
(Allison Park, PA)

5 PM Registration
7 PM Race Start

Timed by:
The Runner's High
Timing Service

**Family Wellness
Run/Walk*
& Kids' Fun Run**

Saturday, Aug. 12, 2023

UPMC Passavant
Sportsplex
at Graham Park in
Cranberry Township, PA

9 AM Registration
10 AM Kids' Fun Run Start
10:30 AM Family Run/Walk Start

* 5K Distance

**Register today for any of the 2023 Passavant Hospital Foundation
4K/8K Family Wellness Run/Walk events**

Join us for an exciting opportunity to run, walk, socialize with old friends and make new ones during Passavant Hospital Foundation's annual and all-new Run/Walk events this year!

Register at: <https://runsignup.com/RacePA/AllisonPark/11thAnnualPassavantHospitalFoundationRunWalk>

All proceeds support Passavant Hospital Foundation's mission of advancing the health and wellness for all in our community through education, outreach and grant making.

4K/8K Registration Fee: \$30
Family Wellness Run Registration Fee: \$30
Kids' Fun Run Registration Fee: \$10
Foundation Legacy Runner Registration Fee: \$50 (registration for both Friday and Saturday events)

Learn more about this year's events and the Foundation's impact! Scan this QR Code or visit PassavantHospitalFoundation.org



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TAKE CONTROL

As the American health care system continues to adapt, there is a bigger emphasis on taking medications correctly and on time. This is known as “medication adherence” and can be defined as taking medications exactly how your physician has prescribed them. The opposite of medication adherence, or medication non-adherence, can result in unnecessary emergency room visits, hospitalizations, and unexpected costs. Despite the negative impact of medication non-adherence, there are many different reasons why individuals may not be taking their medications as prescribed. Some potential reasons include forgetting to take medications consistently, the medication is too costly, experiencing intolerable side effects, or confusion about what the medication does or how it is supposed to be taken. Becoming adherent requires open communication between the patient and their health care team. This article will discuss what you can do to take better control of your own health as it relates to your medications.

How is Genesis Helping Patients?

Our providers are dedicated to recognizing recurring patterns and reasons for non-adherence and working diligently with clinical pharmacists on staff to help patients overcome barriers and improve health. Each patient has unique reasons for medication non-adherence, and this often requires frequent collaboration and conversations to address any barriers to non-adherence. The goal in addressing medication

non-adherence is to improve health and wellbeing, thereby preventing avoidable disease progression and hospitalizations.

Forgetting to take medications regularly?

Forgetting a dose of a medication here or there can lead to negative outcomes or treatment failure. There are many solutions to solve this barrier to adherence, starting with notifying your provider. Our clinical pharmacists can review medication lists and help to simplify medication regimens which may improve compliance. Genesis medical offices and pharmacists can connect patients with various local and national resources including mail order and courier-style pharmacies or pre-packaging pharmacies which can help deliver medications into weekly or daily blister packages. These types of services can save patients and caregivers time and money in the long run.

Medications are unaffordable?

Some of the most common disease states such as diabetes, chronic obstructive pulmonary disease (COPD), and congestive heart failure (CHF) require treatment with brand name medications. These medications tend to be very expensive with some copays costing hundreds of dollars a month. When patients are on multiple of these brand-name medications, the cost adds up, and adherence to the medications may decrease due to the inability to pay these high prices for medications each month. Genesis clinical



OF YOUR HEALTH

pharmacists work to tackle the issue of medication unaffordability through ensuring that patients are receiving the most cost-effective therapies, offering copay cards, and working with drug manufacturers to enroll patients in patient assistance programs. It is important to let your provider know if a medication is unaffordable which is interfering with your adherence to the medication so that a more appropriate option can be found.

Possible Medication Side Effect?

Although not common, side effects to medications can happen. If you are experiencing any sort of side effect that you believe may be medication-related, it is important to communicate this to your provider as early as possible. Your provider can triage the symptoms you are experiencing and determine potential causality with your medications. Your physician can intervene by adjusting medications if necessary. This conversation does not have to wait for a formal appointment or your next annual visit. If the side effect is preventing you from taking the medication as prescribed, your doctor should know about it!

Care Plan Clarity?

An understanding of specific goals of medication therapy, why certain medications are prescribed and how they work, and how to manage your diagnosis outside of medications is crucial to maintaining adherence to treat-



ment plans. Genesis clinical pharmacists work hand-in-hand with physicians to help bridge gaps between appointments. Our pharmacists can provide high-quality education including disease state education, medication education including a drug's mechanism of action, dose, warnings, and other important information. Our pharmacists can also check in periodically to monitor blood sugars or blood pressures and make medication adjustments after consultation with your physician. Let your physician know if you would like additional support from the Genesis team to discuss your condition and treatment plan.

Medications exist to help combat illness and keep you healthy – do not let questions, access, or cost get in the way of taking them! Speak to your provider today to learn how they can help and take control of your health. ■



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Genesis Medical Physicians

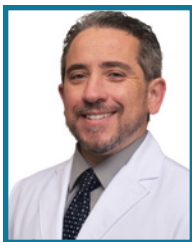


Karen Bucher, DO is a Pittsburgh native and received her Bachelor of Science degree in Biochemistry from Allegheny College. She attended medical school at the West Virginia School of Osteopathic Medicine in Lewisburg, WV and completed her Family Medicine Residency training with the U.S. Air Force at Eglin Air Force Base in Florida. She is board certified in Family Medicine and has a special interest in women's health but is also passionate

about treating the whole family and patients of all ages. Dr. Bucher worked as a staff physician and medical director of the 19th Medical Group, Family Health Clinic on Little Rock Air Force Base, AR and served active duty in the U.S. Air Force for 7 years. Dr. Bucher is the Medical Director at Kane-Ross Nursing Home and is on the medical staff at UPMC Passavant Hospital. Dr. Bucher received one of the Top 40 Physicians under 40 Awards for Pennsylvania in 2022 by PAMED. She prides herself on individualized, high quality and evidence-based patient care, as well as authentic collaboration with each patient regarding their medical care. Dr. Bucher resides with her husband, Jonathan and their son in Mars, PA.



Jessica Buriak, DO is one of the newest members of Genesis Medical joining earlier this year with Primary Care Associates. She has been practicing with Primary Care Associates since 2014. She is board certified in internal medicine. She received her doctorate at Lake Erie College of Osteopathic Medicine and did her residency at Allegheny General Hospital. She enjoys running, reading, gardening and baking. She is married with 4 children.



Joshua Dalessio, MD is new to Genesis Medical Associates and is Board Certified in Fis Board Certified in Family Medicine. He was born and raised in NJ where he did his undergraduate studies at Rutgers University with a major in Chemistry and a minor in music. He then attended Robert Wood Johnson Medical School (then part of the University of Medicine and Dentistry of NJ). He completed his Family Medicine residency at Hunterdon Medical

Center, whereupon he finally moved out of NJ to Pittsburgh and has been here ever since. He worked as a hospitalist at UPMC Passavant for 12 years but wanted to get back to his Family Medicine roots and was excited to have the opportunity to join Northern Area Family Medicine, a division of Genesis Medical Associates. He is on the medical staff at UPMC Passavant and Kane-Ross Nursing Home. He also serves as the Medical Director for the new Physician Assistant program at Carlow University. Outside of medicine he enjoys learning about the history of many different eras, particularly

because of what we can learn about human nature and the nature of causality. He is married to his beautiful wife Samantha and is raising his three children to be Steeler's fans.



Ashim K. Dayalan, MD attended Bangalore University Medical College as well as St. Joseph's College and graduated in 1988. He completed a residency in Internal Medicine and is currently a member of the American Board of Internal Medicine, the Pennsylvania Medical Society, and the Allegheny County Medical Society. Dr. Dayalan is also certified by the American Academy of Addiction Society to treat patients in the throes of the opiate

epidemic and drug addiction. Dr. Dayalan currently serves as a preceptor for both the Duquesne University School of Pharmacy and the Duquesne University School of Nursing, Graduate Program. He has also attained recognition in diabetic care and office systems under the "Bridges to Excellence" program. Services provided within his practice include primary care, wellness, chronic disease management, behavioral health, addiction treatment, osteoporosis management and joint injections. Dr. Dayalan is the proud father of his son Raj, and in his free time enjoys playing squash, cooking, bike riding and sports cars.



William DiCuccio, MD is a board-certified family medicine physician who feels privileged to see patients in the Butler office. He is a graduate of Butler High School with high honors, and subsequently matriculated to St. Vincent College where he graduated valedictorian in 1997. He completed medical school at Thomas Jefferson Medical College in Philadelphia in 2001. He completed residency in Family Medicine at Latrobe area Hospital in

2004, serving as Chief Resident in his final year. He was presented with the Excelsa Health Latrobe Hospital Family Medicine Residency Graduate of Distinction award in 2018. He is a member of the American Academy of Family Physicians and is board certified by the American Board of Family Medicine. He enjoys continuing his family legacy of providing service and care to people in his hometown of Butler and the surrounding areas. His grandfather served as a barber in the Butler community beginning in the 1930s. His father opened a primary care practice in the 1970s, which ultimately grew to the practice known as Primary Care Associates of Butler. The maintenance of the relationships formed through three generations of "Bill DiCuccio's" has been the greatest professional calling he could have imagined. He feels there is no greater privilege than caring for the community that raised him. When out of the office, he cherishes spending time with his wife Jennifer and daughter Delaney, and their three rescue dogs..



Barbara Fardo, DO is a Doctor of Osteopathic Medicine who specializes in Family Medicine at Genesis Medical Associates in Cranberry Township, PA. Dr. Fardo is board certified by the American Academy of Family Medicine. She also serves as a medical director for the East Liberty Women's Care Center. Her focus is to engage patients to participate in self-health as part of their care. She has a holistic approach to patient care and disease prevention,

for patients from conception until death. She has been selected as the Community Choice Award Winner - Best Physician name in the Cranberry Eagle for 2013, 2014 and 2015 as well as being awarded as one of Pittsburgh Top Doctors in 2021, 2022, and 2023.



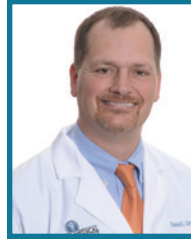
Jesse Gabriel, MD joined Koman and Kimmell Family Practice in 2022, bringing with him a wealth of experience spanning over a decade. Originally from western PA, Dr. Gabriel completed his medical schooling and internship at the University of Pittsburgh before pursuing family medicine training at Eisenhower Army Medical Center in Augusta, GA. He served on active duty in the US Army Medical Corps for 6 years and then transitioned to civilian practice

in Santa Fe, NM, where he worked in a non-profit, community health clinic and served in the NM National Guard. Deployments to austere and combat environments provided him with invaluable clinical skills, capabilities, and leadership opportunities. And providing care to diverse groups – from elite soldiers and their families to veterans; from the underserved and economically disadvantaged to influential leaders – has been a humbling and grounding privilege. Dr. Gabriel adheres to a clinical philosophy focused on preventing or slowing chronic diseases, alleviating suffering, and promoting wellbeing. He is adept at employing complex medical treatment regimens and holistic natural and lifestyle approaches across all stages of life. During his leisure time, Dr. Gabriel treasures moments spent with his young children, Sophia and Lucas, his wife Emily, and their extended family. He indulges in a variety of hobbies, including reading, gardening, home restoration and backcountry adventuring.



Eric S. Griffin, DO, MPH has been a physician with Genesis Medical Associates since 2014 and was once again selected as one of Pittsburgh Magazine and Castle Connolly's Top Doctors this year. He was educated at the Rowan University School of Osteopathic Medicine (formerly University of Medicine and Dentistry of New Jersey) and completed his residency at UPMC St. Margaret's Hospital. He is board certified in family medicine.

Before his doctorate, he served as a public health volunteer for the United States Peace Corps and earned his Master of Public Health degree from the University of Pennsylvania. Dr. Griffin realized medicine was his calling during his Peace Corps service where he created health programs for preventative care and traffic injury prevention in Kiribati. His experience during this formative period started him down the path to his medical career. Dr. Griffin is married with two children. When not working, he spends time with his family and enjoys hiking, swimming, and gardening as well as attending the theatre, a museum or sporting event. Dr. Griffin was previously recognized as one of the Top 40 Physicians Under 40 in the state by the PA Medical Society. When asked what keeps him motivated in his career he stated, "I am passionate about preventative health, immunizations and putting into practice the concept of Value and Quality Based Healthcare."



Daniel K. Grob, MD is celebrating his 25th anniversary with Genesis Medical Associates this year and was once again selected as one of Pittsburgh Magazine and Castle Connolly's Top Doctors this year. He was educated at the University of Pittsburgh and completed his residency at UPMC St. Margaret's Hospital. Dr. Grob serves as Medical Director at Concordia at Rebecca Residence in Allison Park and is Board Certified in Family Medicine and a

Certified Medical Director in Long Term Care. Dr. Grob is married to Carla, and they have three children who keep him busy, but he does find time to hunt and fish, often with one or another of his children joining in the fun. He sought opportunities in high school and college to learn more about medicine and at each step his passion for medicine was confirmed and grew. It was the director at St. Margaret's Family Practice Residency, Dr. J. Ferrante, which showed him the rewards of long-term relationship caring for entire families across generations.



Kurt Heil, MD is a Pittsburgh native. He attended high school at North Allegheny where he was part of the Western Pennsylvania championship wrestling team. Outside of school, he was an Eagle Scout and active leader in the Boy Scouts of America. This helped forge his love of the outdoors. He attended the University of Notre Dame, went on to Jefferson Medical College in Philadelphia and completed medical training at the

Fairfax Family Practice residency program of Northern Virginia. He is proud to be part of Northern Area Family Medicine, a division of Genesis Medical Associates for over 20 years. He enjoys practicing family medicine for the great joy it brings him to care for multiple generations, seeing them through good times and bad. Medicine has gone through many tremendous changes lately, but the shift has favored primary care, allowing him to focus on preventive medicine and promote quality healthcare. Dr. Heil is on staff at UPMC Passavant and Allegheny General Hospitals, Kane-Ross Regional Nursing Home, and The Haven Assisted Living Facility.



Louis Heyl, MD is a second-generation family practice physician at Heyl Family Practice. Beginning his career alongside his father Dr. Frank Heyl, in 1982, Dr. Heyl has spent nearly forty years providing care to local families in the northern suburbs of Pittsburgh. Over the span of his career, Dr. Heyl has held many roles within the medical community including his position as past president of Genesis Medical Associates, Inc. Currently, Dr. Heyl is

an active member of the Allegheny County Medical Society, the American Medical Association, and the Pennsylvania Medical Society. Last year, Dr. Heyl and his team at Heyl Family Practice earned the "Best of the Best" designation in the Tribune Review's Community Choice Awards for the North region of the city. In his free time, Dr. Heyl enjoys spending time with his wife (Mary), his two sons (Scott and Brad) and his three beautiful grandchildren. When he's not working and spending time with his family, he is traveling and fly fishing!

(Continued on next page)



Scott Heyl, MD is a third-generation family practice physician at Heyl Family Practice, following in his father and grandfather's footsteps. Dr. Heyl joined the practice in July 2016. Over the last few years, Dr. Heyl has earned various accolades in the medical field including Top Physician Under 40 in 2019 by the Pennsylvania Medical Society and Top Doctor designation the last two years. In addition to that, he individually earned the "Best of the Best" designation in 2020 and earned it collectively with his team at Heyl Family Practice in 2021. As a board-certified practice physician, he combines his passion for quality patient care with his focus on furthering effective patient care management and preventative measures. When he is not in the office, Dr. Scott Heyl, and his wife (Dr. Rachelle Atrasz) enjoy spending time with their two children. He also enjoys spending time on the golf course.



Joseph Kimmell DO is a Family Medicine physician and is board certified by the American Osteopathic Board of Family Physicians. Dr. Kimmell has been with Genesis Medical Associates since 2007 and currently serves on its board of directors. Dr. Kimmell was born and raised in the Pittsburgh area and is married with two children. Osteopathic medicine provides all the benefits of modern medicine including prescription drugs, surgery, and the

use of technology to diagnose disease and evaluate injury. It also offers the added benefit of hands-on diagnosis and treatment. Osteopathic medicine emphasizes helping each person achieve a high level of wellness by focusing on health promotion and disease prevention. DOs are trained to look at the whole person from their first days of medical school, which means they see each person as more than just a collection of organ systems and body parts that may become injured or diseased. This holistic approach to patient care means that osteopathic doctors integrate the patient into the health care process as a partner.



Christopher G. Koman, MD, CMD, FAAFP has been a member of Genesis Medical Associates since 1998 and is a graduate of Washington and Jefferson College and the University of Pittsburgh School of Medicine. He completed his residency in Family Medicine at IJPMC Shadyside, is board certified and is also a Fellow of the American Academy of Family Physicians. He is a certified medical director in long-term care by the American Medical

Directors Association and serves as the medical director of Vincentian Home and Vincentian Personal Care. His professional interests are in family medicine, geriatrics, and healthcare quality. His practice is a Level III Patient-Centered Medical Home, and he has been selected as a 2021 'Top Doctor' for several years in Pittsburgh Magazine. Dr. Koman and his wife have four children and are active in their parish. He also enjoys outdoor activities, volunteering with the Boy Scouts of America and is a private pilot.



Matthew Macken, MD has been part of the Heyl Family Practice team since 2017. Dr. Macken is a member of the Allegheny County Medical Society, the Western Pennsylvania Geriatric Society, the American Society of Family Physicians, and the Pennsylvania Academy of Family Physicians. Additionally, Dr. Macken currently serves as the medical director of Reformed Presbyterian Home. His affiliation with

these organizations further reinforces his dedication to patient care at every stage of life. Additionally, Dr. Macken has earned various accolades during his tenure at Heyl Family Practice including designation as a Top Doctor and Rising Star on Castle Connolly's Top Doctor List the last two years. Dr. Macken resides in Wexford with his wife and three children.



John Rocchi, MD, FAAP, FACP, CMD is a Pittsburgh native. He was educated at the West Virginia University School of Medicine and completed a combined internal medicine and pediatric residency at The Ohio State University and Nationwide Children's Hospitals. He is board certified in pediatrics, internal medicine and hospice/palliative care. He is also a board-certified medical director through the American Board of Medical Directors. He has

practiced in Butler, PA as a member of Primary Care Associates in the same location for the past 25 years. He is also the medical director at Sunnyview Nursing and Rehab Facility and a hospice medical director. When not at work, he enjoys spending time with his wife, Janet, and sons, Nick and Jake as well as fishing and exercising.



Stephen Sargent, MD is Board Certified in Internal Medicine and Pediatrics. He has worked in the Butler area since 1988. He is a new member of Genesis Medical joining this year with Primary Care Associates. He attended Temple University School of Medicine where he received his doctorate and did his residency at Mercy Hospital in Pittsburgh. He is a fellow of the American Academy of Pediatrics, the American Board of Internal Medicine,

the Pennsylvania Medical Society and the National Ski Patrol. He volunteers at Hosanna Industries Construction as well as a Seven Springs Ski Patrol. He enjoys golf, hiking, biking, skiing, scuba diving, sailing and running. Dr. Sargent is married with 4 grown children and 3 soon to be 4 grandchildren.



Tad D. Scheri, MD has been a member of Genesis Medical Associates for more than 20 years and President of Genesis since 2019. He was once again selected as one of Pittsburgh Magazine and Castle Connolly's Top Doctors this year. Dr. Scheri was educated at the University of Pittsburgh and completed his Bachelor of Arts in Chemistry at the University of Virginia. He completed his residency at UPMC St. Margaret's Hospital. Dr. Scheri serves as the Chair

of Primary Care at UPMC Passavant Hospital. He achieved the rank of Eagle Scout in the Boy Scouts of America. Dr. Scheri is married to Dedee and they have two children. He enjoys gardening, hiking, camping, traveling, and cooking.



Karen L. Schogel, MD is a board-certified internist who has practiced in the Cranberry area since 1994. She has cared for multiple generations of families over the years and finds this to be the most fulfilling part of her practice. She served the UPMC Passavant Medical Staff in multiple leadership roles for over 10 years. She spent 15 years leading Genesis Medical Associates Health Information endeavors. She is now a member of the Genesis Board of Directors. Dr. Schogel has been named one of "Pittsburgh Top Doctors" for the past 3 years. She was honored with "Legacy of Caring Award"

from the Passavant Hospital Foundation in 2022. In the community she is a board member of the UPMC Passavant Hospital, the Passavant Hospital Foundation, Grace Community Church and is a Medical Director of Choices Pregnancy Services. Her most valuable title is to be called Nana by her grandchildren..



Thomas Shetter, MD is a board-certified general internist caring for patients in Butler since 1987. He is a new member of Genesis Medical, joining this year with Primary Care Associates. He attended Gannon College, graduating in 1978. He attended the University of Pittsburgh and graduated in 1982. He completed his internal medicine training at Mercy Hospital of Pittsburgh in 1985. He has been on staff at Butler Memorial Hospital since 1987. He has

served numerous leadership roles at the Butler Hospital including Chairman of the Utilization Review committee, Chairman of the Department of Medicine, Medical Staff President and has been a long-term member of the Credentials Committee. In his free time, he likes to exercise and spend time with his wife and 3 adult children.



Donald Shoenthal, MD has been part of the Heyl Family Practice team since 1990. Dr. Shoenthal holds many accolades including his most recent designation as a Top Doctor on Castle Connolly's Top Doctor List the past two years and a board-certified director through the American Board of Family Medicine. He is also a member of the American Academy of Family Physicians, the American Medical Association, the Pennsylvania Medical Society, and the Allegheny County Medical Society. He currently serves as the Medical Director of Sherwood Oaks Retirement Community in Cranberry alongside his duties at the McCandless and West View offices. When Dr. Shoenthal is not in the office, he is spending time with his wife and daughter traveling.



Prashan Thiagarajah, MD is a Board-certified physician in internal medicine. Dr. Thiagarajah joined Genesis Medical in 2019 after working within the Allegheny Hospital Network for 10 years. After receiving his undergraduate degree from Yale, followed by graduate studies at Columbia University, he received his medical degree from the Ross University School of Medicine. Dr. Thiagarajah has a strong background in patient education, preventative medicine, and continuity of care. He is a strong proponent of patients being engaged with their healthcare. Outside of medicine, Prashan enjoys spending time with family and friends.



Michael R. Trotta, MD is a Board Certified Internist and a Board Certified Pediatrician who has practiced in Butler since 2000. He is now one of the newest physicians at Genesis Medical as part of Primary Care Associates, joining earlier this year. He graduated with a Bachelor of Science in Chemistry from West Virginia University, then stayed in Morgantown to attend the West Virginia University School of Medicine. He trained in Internal Medicine and



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Pediatrics at the University of Kentucky before practicing, initially, in Erie, PA. He is a member of the American Medical Association, the America College of Physicians, and the American Academy of Pediatrics. Dr. Trotta has dedicated his time to serving his community as a member of Seven Fields Borough Council. He is married and has four grown children.



Nicole Waltrip, MD has been a gynecologist with Genesis Medical Associates since 2018 and was once selected as one of Pittsburgh Magazine and Castle Connolly's Top Doctors this year. She was educated at Johns Hopkins School of Medicine in Baltimore, MD after graduating as valedictorian at Kalamazoo College in Michigan. She then completed her residency at Magee-Women's Hospital in obstetrics and gynecology. Dr. Waltrip is board

certified by the American Board of Obstetrics and Gynecology and has been practicing gynecology in the Pittsburgh region for the last 23 years. She has a true passion for providing quality patient care and actively involving patients in decision making. Dr. Waltrip is married to Robert Waltrip, MD who practices orthopedic surgery and they have three children in high school and college. In her spare time, she enjoys cycling, water skiing, and activities with her family and church.



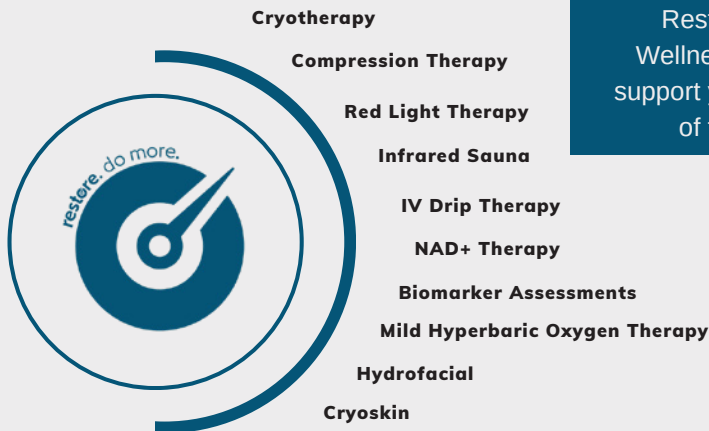
Mark Woodburn, MD solidified his desire to enter medicine when his mother passed away of breast cancer at age 43 (when he was nine). Born and raised in Pittsburgh, he graduated from North Allegheny High School. The first one to go to college in his family, he received a full scholarship to attend Denison University in Ohio, then went on to attend Drexel University College of Medicine. Dr. Woodburn returned to Pittsburgh and completed family

medicine residency at UPMC St. Margaret's. Board certified in family medicine; he enjoys caring for patients of all ages including geriatrics. He has a special interest in dermatology and sports medicine and injections. Dr. Woodburn currently lives at home with his wife Kiley (who has a harder job than he does as a stay-at-home-mom) in Wexford, where their three children are in the Pine Richland School District. He currently is the medical director at both North Hills Skilled Nursing and Rehab and ProMedica Arden Courts North Hills. Dr. Woodburn was once again selected as one of Pittsburgh Magazine and Castle Connolly's Top Doctors this year. He was previously voted as the top medical provider in Wexford by the Cranberry Eagle and recognized as one of the Top 40 Physicians Under 40 in the state by the PA Medical Society.

More Than Morning Sickness: The Physical and Emotional Effects of Hyperemesis Gravidarum

By Maura L. Johnson, LCSW, PMH-C

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Many who have experienced pregnancy can relate to the nausea, fatigue and heartburn during the first trimester (and sometimes beyond). While just about everyone is familiar with "morning sickness" (or all-day sickness for some of us), a less common, debilitating condition affects roughly 1-3% of pregnant women. Known as Hyperemesis Gravidarum (or HG), this condition is a potentially life-threatening pregnancy disease that may cause weight loss, malnutrition, dehydration and debility due to nausea and vomiting, and may carry risk of long-term health issues for both mother and baby (Source: HER Foundation). Patients who are considered very severe may be hospitalized multiple times, which accounts for the 1-3% statistic mentioned earlier. However, very little research has been done in the area of HG, meaning the number affected is likely much greater.

Women coping with HG often report difficulty obtaining a proper diagnosis and/or trouble having others validate their struggle. Because morning sickness is such a common symptom of pregnancy, women are often given suggestions that may alleviate mild to moderate nausea in pregnancy but will do nothing to touch HG. While others may be well meaning in their advice, this can come across as dismissive to the person suffering from HG. In differentiating HG from pregnancy/morning sickness, any rapid weight loss (1-2 lbs. a week or more) due to severe nausea and vomiting warrants prompt medical attention and assessment for HG. Delaying treatment can increase risk to both the mother and fetus, and morning sickness can progress to HG if care is inadequate (Source: HER Foundation). While some may notice HG alleviating in the second trimester (similar to morning sickness), it is not uncommon to suffer for the duration of the pregnancy.

This condition does carry a number of physical and mental health risks, only serving to underscore the need for prompt, effective treatment. Those who have a history of prior HG pregnancy, a current twin/multiple pregnancy, first pregnancy, family history of HG or a history of motion sickness are at a higher risk of developing HG. Physical health risk factors include dehydration, electrolyte imbalances, weight loss, dental issues due to excessive vomiting and exhaustion. While treatment is available, many patients may find they have to advocate strongly on their own behalf to receive what is needed. These include anti-nausea medications, such as Ondansetron, Promethazine or Metoclopramide, to name a few. IV hydration, vitamin and electrolyte replacement and, in more severe cases, nutrition via feeding tube may also be indicated.

With the incredible physical strain, life disruption and prolonged illness caused by HG, the mental and emotional impact can be devastating. Suffering from HG during pregnancy is considered a risk factor for postpartum depression (PPD) and postpartum anxiety (PPA), as well as post-traumatic stress disorder (PTSD). Sufferers are often mostly confined to their homes, struggling to eat, work, socialize and take care of any existing children. Depression is common, as the condition can quickly lead to isolation, exhaustion and feelings of hopelessness. The experience of vomiting so much each day can result in anxiety around eating and drinking, which can persist even after a baby's arrival. Normal bodily sensations can trigger panic attacks, such as a twinge of an upset stomach, salivation or temporarily losing your balance. The loneliness sufferers feel can be crushing, particularly as they mourn the pregnancy experience they may have imagined.



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So how can one cope if they are suffering with HG? Most importantly, DO NOT minimize your symptoms to your health care team. We may feel the urge to do this due to others making light or perhaps our own preconceived notions of this being “normal” during pregnancy. Be honest and upfront with your physician about how this is affecting you. Do not hesitate to go to the hospital, if necessary. Encourage them to discuss all viable medication options with you and how these may improve your quality of life. Rest when you can and find what foods/drinks are tolerable. If it seems as though none of them are, discuss this with your treatment team. Connecting with other HG sufferers can help buffer the isolation and reinforce that you are not alone, and you will get through this. Consider seeking therapy to cope with the mental and emotional struggles that often accompany this condition. Telehealth appointments are more available than ever since the COVID-19 pandemic, which may be necessary. As the support person(s) of someone with HG, do your best to validate, comfort and accommodate them. For additional information and support, please consider the following resource:

HER Foundation – The Global Voice for Hyperemesis Awareness and Support
<https://www.hyperemesis.org/> ■



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How to Find a PCP You Can Trust

By *Janice Lane Palko*

Even before the onset of the COVID-19 pandemic with all the ensuing controversy surrounding how the medical community responded to it, Americans, according to a 2018 article in *The New York Times* by Dhruv Khullar, a physician at New York-Presbyterian Hospital and researcher at the Weill Cornell Department of Healthcare Policy and Research, had already lost confidence in the medical community. He stated, “the proportion of Americans who ‘had great confidence in medical leaders’ has dropped from more than 75% in 1966 to just 34% today. In fact, Americans are less likely than those in other developed nations to trust their physicians, with just 25% of Americans overall saying they feel confident about the health system.”



Unless you are immortal, at some time, you will need to utilize the medical field. So how to find a physician you can trust with your health and essentially your life? It all starts with your primary care physician, who, along with you, is essentially the captain of your health care team. Often, they are the first medical professional a patient consults. A PCP gets to know a patient’s overall health. They provide preventative care, treat common illnesses, monitor chronic conditions, and refer patients to specialists when needed.

There are several things to consider when choosing a PCP—practical considerations such as do they accept my medical insurance or are they affiliated with a hospital in my network? Do they have convenient office hours and someone on-call when they are unavailable? Do they offer walk-in times or tele-health consultations.

Beyond that, there are other things to consider when placing your care in the hands of a physician such as do they listen to you? Does your PCP take the time to get to know you, your lifestyle and circumstances and understand your concerns and take them seriously? Do you feel comfortable with your PCP? It may not be a deficiency on the part of your PCP. Sometimes, personalities just don’t jibe and it’s best to feel relaxed with your physician.

Finding a PCP that you can trust is similar to interviewing for a job. It should be a give-and-take between the physician and patient to see if the relationship would be beneficial to both parties. ■

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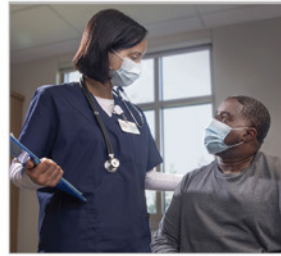
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Six Fall Prevention Tips from St. Barnabas Health System

As a person ages, the likelihood of falling increases as does the chance of serious injury. Each year millions of adults fall, causing moderate to severe injuries, such as back injuries, hip fractures, or even head trauma.

According to the Centers for Disease Control and Prevention (CDC), falls among adults 65 and older caused over 36,000 deaths in 2020, making it the leading cause of injury death for this group.

The dedicated St. Barnabas Health System Clinical Team understands the importance of preventive “steps” to decrease the chance of a fall. Here are six tips to incorporate into your fall prevention plan for you or a loved one:

EXERCISE – Staying active is very important in preventing falls. With a doctor’s approval, consider practicing exercises that increase leg strength and promote stability.

FALL-PROOF HOME – If you or a family member are living alone, make sure the home is fall-proof. Reduce fall hazards by installing grab bars in the shower

or next to the toilet. Improve lighting, and make sure that all rugs are safely fastened to the ground and other tripping hazards are removed from the primary walkways.

LIGHTING – Proper lighting is very important in preventing falls. Consider placing night lights in the bedroom, hallways, and bathrooms. Place a lamp within arm’s reach of the bed and make sure to turn on the lights before going up or down the steps. Finally, storing flashlights in easy-to-reach places in case of a power outage is another way to prevent falls within the home.

MEDICATION – Some medications can cause dizziness or drowsiness, which can lead to falls. If you or a family member has been experiencing these symptoms, ask a doctor or pharmacist to review current medications to determine if a certain prescription is causing an issue.

SHOES – High heels, some slippers, and shoes with no traction, can cause a person to stumble and fall. It’s a good idea to have a pair of shoes that fits properly, is sturdy, and has anti-skid soles that help reduce the chance of slipping and falling.

EYESIGHT – As a person ages, his or her vision usually decreases. Always schedule an appointment with the eye doctor at least once a year to maintain good vision health.

Remember, it’s a good idea to speak with your physician about a fall prevention plan, or contact us at St. Barnabas Health System for fall prevention assistance. ■

Sources: <https://www.cdc.gov/falls/index.html>
<https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/fall-prevention/art-20047358?pg=2>

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At St. Barnabas, Preventing Falls Is Serious Business.

Did you know falls are a leading source of hospitalizations for seniors? Falls are preventable and there are simple steps you can take to stay safe.

- **Exercise** – Staying active is very important in preventing falls.
- **Fall-proof your home** – If you or a family member are living alone, make sure the home is fall-proof.
- **Choose the Right Shoes** – Shoes with no traction, can cause a person to stumble and fall.

Years of experience and working with people who are prone to falls has given St. Barnabas special expertise in this area. Call today to learn more.



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Brite Wellness Aids Those With Mild Cognitive Decline

By Janice Lane Palko

No one wants to hear from a physician that they or someone they love is experiencing a cognitive decline. Until recently, those patients were sent home with the general directives to eat right, exercise, and remain active and little else.

Now, those with mild cognitive disorders have more resources than ever with the expansion of the Brite Wellness Program. The program opened in November of 2016 and was developed and founded by Dr. James T. Becker, a professor of psychiatry, neurology, and psychology at the University of Pittsburgh; Dr. Oscar L. Lopez, director of Pitt's Alzheimer's Disease Research Center; and Dr. Elizabeth Skidmore, Associate Dean for Research at the university's School of Health and Rehabilitation Sciences and Professor of Occupational Therapy.

"We realized that there were many programs for those with more advanced Alzheimer's and dementia," said Dr. Lopez, "but nothing for those exhibiting mild to even moderate cognitive symptoms." Dr. Lopez described examples of mild symptoms as things like forgetting to pay bills or taking medications.

Brite Wellness Program was modeled after a successful program in Spain that was created to respond to the demand of aging populations in Europe.

"The Spanish program began in 1994, so they were ahead of the U.S. in developing programs for those with mild cognitive issues," said Dr. Lopez. Experts from Fundació ACE Barcelona Alzheimer Treatment and Research Center in Spain collaborated with Brite Wellness to bring their nonpharmacological programs that help to stimulate cognitive, behavioral, and physical functions to improve social and occupational functions to Pittsburgh. Grifols

International also provided funding for Brite Wellness.

The innovative program incorporates music therapy, creative expression, movement/fitness and cognitive stimulation. Brite differs from other wellness programs in that it supports activities based on their beneficial effects on the brain. Members do not participate in a single class; rather, they engage in 3-4-hour sessions, encompassing all classes, three days each week.

"We have found that those with mild cognitive decline when they use a single program like dancing or music in isolation that there is no impact," said Dr. Becker. "Everybody is different; there is no single recipe to help cognition. However, Brite Wellness offers a variety of activities that work together to strengthen weakness and challenge the brain in different ways."

Dr. Becker also stressed another aspect of the program that may on the surface seem insignificant, but factors deeply in mental health and that is social interaction. "There's time for members to socialize between classes, and that has proven to be crucial. Many people feel alone when they are dealing with cognitive issues, and through the program, they can connect with others and enjoy themselves at the same time."

Those interested in participating in the Brite Wellness Program undergo an initial evaluation. Data collected during the assessment is used to craft a wellness profile focused on four areas: cognitive, emotional, physical, and social health. A patient baseline is



established that can be used to help patients track their progress as they move through the program.

“Quantitatively, we can show that those participating in the program are holding their own,” said Dr. Becker.

When Brite Wellness debuted, it had one location in Oakland, since then that location has closed but three others have opened: Glenshaw Valley Presbyterian Church, Homewood Brushton YMCA, and their most recent one in Chicago.

“With the onset of COVID, things changed greatly,” said Paul McComb, Brite Wellness’s executive director. “Since the program couldn’t meet in-person, we quickly scrambled to move the program online.”

That proved to be a stroke of luck. “Since adding the online program, we’ve been able to reach more people,” said Mr. McComb, who emphasized that the online program is not only beneficial for individuals, but that it also is a great asset for senior facilities. “The increased foot-traffic into senior facilities for those utilizing the Brite Wellness Program is a real benefit for them as well.”

“The original Brite model was a place-based facility where our members would come three days a week. Research indicates the prevalence of subjective cognitive decline (SCD) is 1 in 9 adults. We knew if we were going to make a significant impact on the well-being of these individuals who have mild cognitive impairment, that we needed to make our programs available across the country. It was two years in the making and Brite is now the only program of its kind in the United States,” stated Dr. James T. Becker, Founder and CEO

To bring the Brite Wellness Program to a larger population, it has partnered with the Homewood-Brushton YMCA and expanded their renowned Lighthouse Project to include state-of-the-art High-Definition (HD) live broadcast and video production capabilities. “We record classes and add them to our on-demand catalog of programs, which can be accessed by individuals in their own home or at a senior facility,” said Mr. McComb. “We record between 6-9 classes per week, and we’ve recently rolled out the program in Chicago, and we hope through the uses of the internet, to be able to provide Brite Wellness throughout the country.”

Some may wonder if the online experience still provides that social connection that members find so beneficial, and the answer

is yes. “We have a member experience specialist who provides live interaction, and the beauty of being online is that you can take Brite anywhere, even on vacation or if you miss a day, you can just log on and pick up where you left off,” said Mr. McComb.

Another benefit of Brite Wellness that may be overlooked is the benefits it provides to caregivers. “The nine-hours per week that a member is involved in the program provides time for caregivers to carve out time for them to tend to their own needs,” said Dr. Becker. “And not only that, but the caregiver’s quality of life is improved when they see that their loved one is excited to participate in Brite Wellness. That makes them feel better too.”

Brite Wellness offers a variety of membership levels and a one-week, free trial membership. “We are a nonprofit and aim to never turn anyone away because of financial hardship,” said Mr. McComb.

“With our program, we hope to provide physicians with another resource for aiding their patients with mild cognitive decline,” said Dr. Lopez.

“Our goal at Brite Wellness is to help people extend the period of highest quality of life and optimize their lives through physical, social, and cognitive functioning,” said Dr. Becker. ■



brite Wellness Program

For more information on Brite Wellness Program, visit the website at: www.britewellness.org.



Medicare and Employer Coverage: Do You Have to Apply for Medicare?

By Crystal Manning

If you have health care coverage through your employer, you may choose to delay Medicare open enrollment when you turn 65. You may be able to sign up for Medicare later through a Special Enrollment Period, without facing a late-enrollment penalty.

Before you apply for Medicare, be aware that you might have several insurance options. For example, you may be able to:

- Drop your employer coverage and enroll in Original Medicare, Part A and Part B.
- Choose to have both Medicare and your employer coverage.
- Stay with your employer coverage and apply for Medicare later.

Later, when your employer coverage ends, you can apply for Medicare Part B. To avoid a late enrollment penalty for enrolling in Medicare, make sure you apply for Medicare during your Special Enrollment Period.

It's important that you contact your employer-based health plan administrator to find out how the plan works with Medicare.

If you apply for Medicare, and keep employer coverage, what are the out-of-pocket costs?

When considering Medicare open enrollment, there are a lot of things to factor in. If you apply for Medicare, be aware that it's not free.

Deciding whether to apply for Medicare or keep employer coverage.

Review the deductibles and coinsurance cost-sharing amounts of your employer coverage. Increasingly, employer coverage might also include deductibles and coinsurance or copayment amounts.

If you or your spouse are working and covered through an employer, you can also decide to keep this coverage and enroll in Original Medicare, Part A and/or Part B to get additional health coverage. If you are receiving Social Security benefits, in most cases you will be automatically enrolled into Medicare Part A and Part B at age 65. If you decide to enroll in Medicare Part A and/or Part B while keeping your employer coverage, there is a process in place to determine which insurance will be considered the primary payer called "coordination of benefits."

Medicare and employer coverage: coordination of benefits

The size of the employer helps determine who pays first.

If you work for a company that employs 20 employees or more, your employer coverage usually pays first.

If you work for a small company of fewer than 20 employees, Medicare usually pays first, and your employer coverage is the secondary payer.

Do you have questions about your Medicare coverage options and how to compare costs with your employer coverage? Contact Crystal Manning Licensed Medicare Advisor at 412-716-4942 or email crystalmannig33@gmail.com. ■

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A Little Competition Never Hurt Anyone!

By Sofya Stearns

Summer is all about cookouts and gatherings with neighbors, friends and family. So why not spice it up, make your next gathering into a little competition? It's fun, entertaining, creative and can be totally mouth-watering.

Come up with a theme, the dish, find one to three judges and go for it. Most importantly, don't make it too complicated; it's not about being a skilled chef. It's all in the name of fun in the sun, games, and creativity. Most importantly, don't forget to include the kiddos. Give them a chance to be creative, and at the same time, teach them a lesson, that competition is not all about winning. It's all about working together and cheering for each other.

For many, many years now, food has been my forte, and the key to my success for each dish is that I create by colors. I know what every ingredient tastes like on its own, so pairing it with another ingredient is no brainer to me, and I always remember, less is more. So, always make sure every dish has a star ingredient and that it's not overpowered by other ingredients. Also, a few pointers. When working with tomatoes and wanting to impress your guests with everyone's fave, caprese salad, never ever

salt the tomatoes in advance. Do it right before guests arrive because tomatoes produce juice the minute you shower them with salt. Another tip, love that watermelon and feta salad? Remember, never ever combine two ingredients in advance, assemble it right before guest's arrival, unless you like watermelon soup. Love bruschetta but not a big fan of mushy bread? Here are two keys to your success: double toast the crostini and don't put anything runny. This way, the bread will hold its crunch.

And finally, I would never leave you hanging without any recipes since the July column is all about healthy competition. Here are some delicious and easy recipes you can try to compete with - PANZANELLA SALAD and NASU NIBITASHI WITH A TWIST.

As you finish reading this article, put your thinking cap on, come up with a dish or use mine. Invite your close peeps and go out there and have fun. And when done, make sure to email or text or tag me to your pictures. HAVE FUN! GOOD LUCK! BON APPETITE!

La Dolce Vita! ■

Sofya



JAPANESE CUISINE: NASU NIBITASHI WITH A TWIST

INGREDIENTS:

2-1/2 C Rice, cooked
4 Large Eggplants, cut into bite size cubes.
3 Zucchini, sliced into bite size cubes
2 Tbs Ginger root, grated
2 Tbs Mirin
8 Scallions, chopped
Soy Sauce
2 TBS Vegetable Oil

DIRECTIONS:

In a large skillet, combine eggplant and oil. Cook until half cooked.
Add zucchini and ginger. Cook until tender.
Add scallions, soy sauce, mirin and rice. Make sure the dish is mixed really well.



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School Movers & Shakers

Providence Heights Alpha School



Providence Heights Alpha School students celebrated the end of the school year with a foaming party on their recent Field Day held on June 5. Thanks to Foam Party Pittsburgh, Alpha students enjoyed an opportunity to cool down by frolicking in foam after a morning filled with competitive games and sporting activities.



Sewickley Academy



Sewickley Academy's Class of 2023 is proud to announce that 63 students graduated on Friday, June 9. The ceremony was held on campus in Rea Auditorium.

Nazareth Prep

Nazareth Prep celebrated their sixth senior class commencement on June 8 as 28

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students graduated. Founded in 2014, the independent, Catholic high school uses creative strategies to bridge the education-to-employment skills gap for students of all backgrounds.

Mars Area

Abby Latona, head coach of *Mars Area High School* Girls Varsity Lacrosse Team, was named a 2023 Western Pennsylvania Positive Athlete “Most Positive” Coach.



Three *Mars Area High School* students were selected to receive Society of Women Engineers – Pittsburgh Section Certificates of Merit. **Shannon Sticinski**, **Reva Kalbhor**, and **Ashley Haslett** were selected for their outstanding ability and high achievement in mathematics and science as well as their interest in pursuing careers in STEM (Science, Technology, Engineering and Mathematics) related fields.

Mars Area High School junior **Daisy Snow** was crowned as the 2023-2024 Butler County Dairy Princess at the 49th annual Butler County Dairy Promotion Pageant on May 27.



An experiment designed by *Mars Area High School* sophomore **Carson Mahan** was selected to be launched into space as part of the iEDU Inc Cubes in Space program. The experiment traveled aboard a sounding rocket as part of the “RockOn! 2023 Student Launch.” The liftoff was held on Thursday, June 22, at NASA’s Wallops Flight Facility (Virginia).



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The Learning Never Stops

Carnegie Science Center

The *Carnegie Science Center* announced the following local students were honored at the Pittsburgh Regional Science and Engineering Fair. **Landon Colarisi**, Pittsburgh Allderdice High School – 3rd Place Grand Award, Systems Software; 1st Place Special Award, National Security Agency Research Directorate. **Daniel Levin**, Pittsburgh Allderdice High School – Top Award, and 1st Place Grand Award Microbiology; Dudley R. Herschbach SIYSS Award. **Arvind Seshan**, Fox Chapel High School – 4th Place Grand Award, Computational Biology & Bioinformatics; Honorable Mention Special Award, Association for the Advancement of Artificial Intelligence. **James Terrell**, Sewickley Academy – 2nd Place Special Award, Patent and Trademark Office Society. **Grace Wang**, Franklin Regional High School – 2nd Place Grand Award, Chemistry; 3rd Place Special Award, YM American Academy.





THE THRILL OF THE GRILL TRIVIA

By Paula Green

It's grilling season, and it is a wonderful time to be creative and utilize your culinary skills. This month, we'll look at grilling, barbecuing, marinades, and condiments that add that extra zest to our cuisine. Cooking outdoors soared after World War II. The expansion of the suburbs in the postwar boom years fueled the rise of the backyard cookout as an American tradition.

While cooking outdoors, it is common to use the terminology grilling and barbecuing interchangeably, but there is a difference. Barbecuing simmers food at a lower temperature and often incorporates sauces or marinades. Meanwhile, grilling cooks ingredients quickly and is done at higher temperatures, resulting in a crispy, charred, caramelized surface.

The classic hamburger is the most popular BBQ food that Americans like to cook on their grill. It's a crowd-pleaser; even the most inexperienced griller can cook them. Other well-loved BBQ meats include steaks, hot dogs, chicken, pork chops, ribs, and sausages.

Seafood is another terrific option; folks enjoy grilling shrimp, scallops, halibut, salmon, swordfish, bass, flounder, and tuna. Vegetables are amazing when tossed on the grill; popular ones include – peppers, onions, zucchini, corn, carrots, asparagus, tomatoes, potatoes, mushrooms, and eggplant. Don't forget the fruit! Pineapples, peaches, apples, plums, apricots, watermelons, and bananas are tasty when they touch the grill.

Let's sauce it up with marinades – top picks for barbecuing/grilling are soy sauce, teriyaki, Worcestershire sauce, balsamic vinegar, pesto, liquid smoke, barbecue sauce, and beer. Not only does beer add flavor, but it also contains enzymes that break down the fibers in meat, making it more tender. Condiments spread flavor – prevalent choices include ketchup, mustard, relish, hot sauce, salsa, mayonnaise, Buffalo sauce, AI Steak sauce, ranch dressing, and Italian dressing.

Catsup was founded in China as a fish sauce. Fortunately, in 1876, Henry Heinz introduced Pittsburgh and the rest of the world to the tomato version, which he called "ketchup." Heinz is the number one selling ketchup. Hellman's tops the list in the mayo department, and French's Classic yellow mustard is the best-seller in that category.

Since we've sizzled around charcoaling facts, we must now grill through this barbecue query get set to heat things up, because it's time to get a little trivial.

1. Heinz introduced this steak sauce 90 years ago, it's dark orange and yellow in color, and is made up of spices and tomato puree.
2. This refers to cuts of meat from a pig – the shoulder and upper leg were reserved for the wealthy. The peasants ate lower cuts such as trotters and pork belly.
3. Kraft introduced this product in 1933, it's a cheaper version of mayonnaise with less oil, and contains water, sugar, and a unique blend of spices.
4. This grilled dish consists of chunks of cubed meat, usually beef, chicken, or shrimp with vegetables like onions, peppers, mushrooms, and pineapple on a skewer.
5. The American Royal World Series of BBQ is the world's largest barbecue competition. It is held in which mid-west U.S. city each year?
6. This barbecue flavor is lighter and sweeter than hickory smoke, and is popular in southwestern and Texas-style barbecue.
7. Filet mignon is taken from what cut of beef?
8. What were the last names of the two pharmacists that created Worcestershire sauce in England during the first half of the 19th century?
9. Name the boxing legend who has indoor grill named after him.
10. Brushing sauce on meats as it cooks on a grill is referred to as _____?
11. A blend of herbs and spices that gets patted into the meat is called a _____?
12. This outdoor cooking tool is excellent for slow-cooking large pieces of meat, such as roasts.
13. Which condiment is made of mayonnaise, chopped pickles, and herbs such as tarragon and dill?
14. May is National Barbecue Month, but which date in May is National Barbecue Day?
15. What is America's most popular grilling holiday? ■

Sources: www.allrecipes.com/article/history-of-ketchup/, blog.cheapism.com/grilling-quiz, beersauceshop.com/bbq-trivia/, foodchamps.org, fun-trivia.com, www.grinningcheektocheek.com/15-fun-facts-about-bbq-and-grilling-you-probably-dont-know

Answers: 1. Heinz 57 Sauce 2. "High on the hog" 3. Miracle Whip 4. Shish Kabob 5. Kansas City, Missouri 6. Mesquite 7. Tenderloin 8. Lea & Perrins 9. George Foreman 10. Basting 11. Rub 12. Smoker 13. Tartar sauce 14. Sixteenth 15. The Fourth of July



Weathering Thru Mother Nature in July

By Ron Eichner

Hey folks, July 1 marks the halfway point of the year, and it generally starts the “dog days of summer,” which means hot, humid days and minimal rainfall. I can’t buy or sell the global warming hype as a fourth-generation, full-time farmer. For decades and centuries, all four seasons have had temperature swings of cold and hot. And this summer is no different.

Farmers direct-sow their fields with seeds yearly with crops like corn, beans, vine crops, root crops, and pumpkins. Soil moisture is essential for the success of seed germination.

Our farm market customers love our bi-color sweet corn. This year’s weather has been a challenge. I plant 12 fields of sweet corn each season and a field every seven days. So, the “theory” is to harvest sweet corn for

a 12-week season. Organized planning is constantly interrupted by Mother Nature each year. I delayed two weeks this year because the soil was wet and soil temperatures were very cold. Our first three plants were on schedule; then, from mid-May through early June, we had hot weather and no rainfall for three weeks. When I was planting the fourth and fifth sweet corn a week apart in dry soils, the germination was slow, so I had to skip a week to plant my sixth sweet corn field because, without rain, I could have three sweet cornfields come in at once. So, with the early cold, damp soils and then skipping a week because of dry soil, I used up all of my mulligans for the season to get 12 fields planted.

I hope the drought of the last two weeks of May and the first ten days of June are the droughts of the growing season. When you direct-sow the fields yearly with crops like corn, beans, vine crops, root crops, and pumpkins, moisture or rain is essential for successful seed germination. However, this year the drought conditions were excellent for farmers trying to cut and bale their first cutting of hay, then hoping for adequate rains to have the hayfields grow for a second and maybe third cutting. Grazing animals like dairy cows, cat-

(Continued on next page)

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tle, sheep, goats, and horses need their pastures to continue to grow, and droughts can be brutal on pastures when they stall growth, just like the lawns in the area.

Mother Nature impacts how we grow fruits and vegetables, and wildlife pressures like deer, ground-hogs, rabbits, and raccoons look at the farm fields and home gardens as salad bars for grazing. Decades ago,



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deer were a problem, according to my grandpa and dad. The seed was set when Allegheny County formed North Park and brought in Michigan white-tailed deer. Then all of the subdivisions in the area and the safety zones created because of houses give the deer population safe havens to rest during the day and graze all night and early morning.

The drought continues because we got a few rain showers after this spring drought and three weeks with no rain. We need several rains over a few weeks to turn the corner. It seems the easiest way to handle a drought period; one can water or irrigate the garden, yards, and farm fields. I often think irrigation is an easy word to say, maybe a hard word to spell correctly, and comes at a cost and much extra work. When a farm irrigates, it is because of drier conditions in the 80s or 90s.

Most people take rain for granted, which may add some appreciation for a 100-square-foot garden, one inch of rain equals 62 gallons of water, and in a one-acre field, one inch of rain equals 25,174 gallons of water.

During drought periods, farmers are irrigating each field at least once a week. Early season droughts mean more irrigation, and late season droughts generally less irrigation because early crops have been harvested. Watered up gardens and farm fields turn into a destination salad for deer, groundhogs, rabbits, and nature's foliage is also stressed.

Fruit and vegetables will be inconsistent when harvested, and fruit can be smaller. The ever-popular local sweet corn is grown at our farm market and Kaelin's, Shenot's, and Soergel's farm markets. As I've always said, "We are here to support our community; all we need is community support."

Our greenhouses can be a des-



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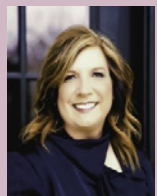
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tinuation if you need mid-season planting of radiant flowers or vegetable plants. I want to ask if you can rescue a colorful flat of annuals and cluster them in your yard; it can give an average yard some colorful life.

Don't forget the Fourth of July, and display some American flags for Independence Day for three reasons 1) God truly made us all equal in his eyes, but uniquely different 2) For government roles are to protect our rights, and not take them away

3) If government tries to withhold our God-given rights, then people are free to revolt and defend our rights. If our schools and colleges don't expose our kids our God-given Constitutional Rights, then it becomes our vital job to do so.

Our farm family wants to wish everyone a blessed Fourth of July. Feel free to stop by Eichner's Whole Farm and Greenhouses at 285 Richard Road in Wexford and get "the rest of the story." ■



Mind Games

By Janice Lane Palko

In grade school, the boys, to tease me, often called me “lanebrain” because my maiden name was “Lane.” It wasn’t until much later that I realized that they were actually mistaken as the correct term was “lamebrain” to describe someone as stupid. I wasn’t stupid, but when it comes to the brain, I do feel rather inadequate when contemplating what it is and does.

I go to a yoga class and recently, our instructor added a new exercise. While on all-fours, she had us cross one hand over the other then lift one of our back legs off the floor. It sounds simple, but for some reason, most of us in the class had difficulty maintaining our balance. I don’t know what about doing this that tangles the wires in the brain, but it was quite funny watching all of us wobble, struggle, and try to not topple over. Try it and see how you do.

When I was younger, I loved to draw and paint. During the lockdown, I thought it a great time to pick up my pencils and start drawing again. I found a very interesting instruction book called, *Drawing on the Right Side of the Brain*, by Betty Edwards, and in it, the author explains that different hemispheres of our brain are responsible for different activities. For instance, the left side of our brain is more analytical, verbal and sequential, while our right side is more visual, spatial and creative. Often, when one tries to draw, the left analytical side kicks in and stifles the right side of the brain. To illustrate this, she tells you to copy a line drawing of Pablo Picasso, which is in the book. Most people have some difficulty because the left side of the brain being analytical starts chiming in saying, “That’s Picasso, here’s what he should look like.” This usually results in less than stellar results. Then Edwards instructs you to turn the book upside down and draw. This shuts off the analytical side and lets the right side only see shapes and not Picasso, and it gives a much better drawing as the brain is free to perceive what is actually on the paper and not what the left side believes you should see.

For our sister publication, *Pittsburgh Fifty-Five Plus*, I recently wrote an article about Brite Wellness, a program that helps people with mild cognitive decline to preserve their faculties. Through using music, creative endeavors, movement/fitness, and other brain stimulating activities, the program helps their members, but the brain researchers aren’t able to pinpoint exactly what it is about these activities that make them so beneficial.

There’s so much we don’t know about the brain and how it works. If you look at a picture of a human brain, had you not known what you were gazing at, it may seem like a piece of weird-looking meat. However, this three-pound mass controls all our bodily functions; it’s from where creativity arises, it is home to our emotions, and how we perceive ourselves and the world around us.

It’s quite incredible to think this mass of fat and protein according to the *National Geographic*, “is more complex than any other structure in the universe.” There’s a lot we don’t know about the brain, but one thing is for certain, it’s a wondrous, miraculous organ – you’d have to be a lamebrain not to see that. ■

The Ingomar Garden Club Maintains the Beauty of David Councill Park

By Paula Green

If you drive past the intersection of West Ingomar and Ingomar Heights Roads in McCandless Twp., you see the beauty of David E. Councill Memorial Park. For the past 69 years, The Ingomar Garden Club has planted flowers and maintained the horticultural upkeep of this small park.

David Councill was a World War II veteran who attended West View Grade School and Perry High School. He enlisted in the Army Air Corps, earned his wings in July 1941, and achieved the rank of Captain. Councill's specialized training was four-engine bombers. On December 8, 1943, Capt. Councill flew a B-24 heavy bomber 1,500 miles from Dakar, Senegal, to Casablanca, Morocco. The military plane crashed into a mountainside within 125 miles of its destination; it disintegrated upon impact. Councill was only 23 years old when he heroically lost his life.

In 1952, the Bell family donated the 1.3 acres to McCandless with the instructions to use it for a park in Councill's memory. Their son was best friends with Capt. Councill, and they wanted to memorialize his memory.

Years ago, the garden club purchased a sundial monument to honor Capt. Councill and other military members. "The sundial is our focus area for seasonal plantings, and we plant various annuals. A new highlight added to the park this year is a tall solar-lighted flagpole erected to honor veteran heroes. Our abled bodied members take turns working at David Councill; it's a club objective. We start working in early spring/April and finish-up around November," said Ingomar Garden Club President Julie Barnes.

"Another essential addition to the park is a watering station. The superintendent of the McCandless Township Department of Public Works, Jeff Schoeneman, was instrumental in providing us with a watering source. Last year, he arranged for us to have a shed with portable water. This season Jeff was able to give us pressurized water. Before that, club members had to bring in water jugs to water the flowers by hand. This addition has made an enormous difference. We also have an Ingomar Garden Club marker at the park, which has been there since 1956, and due to the weather and years of wear and tear, it is starting to crack. Fortunately, we are now working with a restoration company that will repair and give it a much-needed makeover," said David Councill chairwoman Eileen Miller.

The Ingomar Garden Club cares for another small military ground in McCandless. "We do plantings at Edith's Garden, which is in the upper entrance area of Northland Public Library. It is named in memory of one of our deceased members Edith Lohrman. At that garden, there is a Blue Star Memorial By-Way marker, which is a tribute to the Armed Forces of America," said Julie.

The club is also responsible for plantings at the main entrance of UPMC McCandless, the Passavant Foundation Building, and a terrace/patio near the ICU section of the hospital. For more information on the Ingomar Garden Club and their planting projects, visit www.ingomar-garden-club.com/. ■

Sources: www.westernpennsylvaniahistory.org, www.ingomar-garden-club.org



July Events

Cindystock 20 Music Festival, 6:30 p.m., Aug. 18 & 3:30 p.m., Aug. 19, at the Wexford home of founders Cindy and Ted Yates. All proceeds benefit local cancer screening and support programs. For details, visit www.cindystock.org.

Cranberry Township 55+ Club meets 1 p.m. the 2nd Tuesday of the month at the Cranberry Township Municipal Center. Members must be residents of Cranberry Township. The Club features activities, social opportunities, and visits to nearby points of interest. For info, contact Bill at (724) 776-1933.

Cranberry Twp 55+ Club trip, Tues, Aug. 22. Round trip to Sugarcreek/Walnut Creek, OH. Cost: \$152/Person Due by July 10. Trip includes Amish Country Theater, Ship Carver Tour, Brown Bag Lunch, Dinner at Amish Home & Extras. For details, call Bill at (724) 766-1300.

Do you like to knit or crochet? You're invited to join the Busy Hands group at the Olive Branch Fair Trade Store in Wexford. We meet the first and third Monday of each month from 9:15-11:15 to make items for charity. For more information, call the store at (724) 299-8700.

FIT4MOM Stroller Strides classes, 9:30 a.m. Weds., on the McCandless Crossing Town Green (between Old Navy and Ethan Allen). Sign-up at northhills.fit4mom.com/schedule. To learn about FIT4MOM call Erica at (412) 303-3674 or email ericastrnad@fit4mom.com.

Flea Market, 8 a.m.-1 p.m., July 8 & 9 a.m.-noon, July 9, Saint Aidan Parish – Activity Center, 10090 Old Perry Hwy., Wexford. Kitchen items, toys, jewelry, books, sportswear, books, and much more! For info, visit saintaidanparish.org.

Flea Market, 8 a.m.-3 p.m., July 14 & July 15 with half-price sale 1-3 p.m. on 7/15, Sts. Martha and Mary Parish at St. Richard Church Social Hall, 3841 Dickey Rd, Gibsonia, PA. Huge selection of kitchen and dining items, jewelry, purses, books, toys, holiday and home decor, and much more.

Free Matinee Movies on Mondays: 2 p.m., July 3, *The Banshees of Inisherin*; July 10, *The Lost City*; July 17, *A Man Called Otto*; July 24, *Ticket to Paradise*; July 31, *Whitney Houston: I Wanna Dance with Somebody*, at the Legacy Theatre at Cumberland Crossing in McCandless Twp. For details, visit TheLegacyLineup.com.

Gently Used Clothing Drop Off, July 22-28, St. Aidan Parish at St. Alphonsus Church, 221 Church Rd (lower gym). Used clothing sale to be held 9 a.m.-3 p.m., Aug. 4-5, St. Alphonsus on Church Rd. For info, visit saintaidanparish.org.

Glenshaw AARP 3744 meets at Elfinwild Presbyterian Church, Mt. Royal Blvd. 2 p.m., second Tuesday of the month. Picnic on July 11 at the church. Covered dish and hot dogs provided. September 12 first regular meeting of the season. (412) 487-1041 for more info.

Greater Pittsburgh Civil War Roundtable, 7 p.m., Monday, July 17, Hampton Township Community Center, 1301 McCully Rd, Allison Park. Reenactor Bob O'Conner presents, Mr. Ward Lamon; Body Guard to President Abraham Lincoln. Lecture is free and open to the public.

Ingomar Garden Club monthly meetings 10:30 a.m., meeting, light lunch and guest speaker, March through November at Northmont Church, 8169 Perry Highway, Pittsburgh 15237. For details, visit www.ingomar-garden-club.com for additional information.

(Continued on page 36)



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Saint Alexis Festival
 Wednesday, July 12 & Thursday, July 13, 6-10 p.m., and
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 Rides, games, entertainment, great food and family fun.

Giant Flea Market
 Saturday, July 8, 8 a.m.-1 p.m. &
 Sunday, July 9, 9-12 noon, (half off sale), at Saint Alexis old church.

Saint Alphonsus Church
 221 Church Road, Wexford

Gently Used Clothing Sale
 Friday, August 4 & Saturday, August 5, 9 a.m.-3 p.m.
 at Saint Alphonsus Church
 Collection dates: July 22-28 in the lower gym (beneath the church)

Annual Harvest Home Dinner
SAVE THE DATE – Sunday, September 10, 12:30-6:30 p.m.
 For a delicious home-cooked meal

For more information, visit saintaidanparish.org or call (724) 935-4343.

Eichner's Whole Farm & Greenhouses

As a multi-generation family farm since 1897, Eichner's Whole Farm & Greenhouses are nestled in a Wexford valley off of Richard Road. Ron and his dad, Dick, have always seeked out what else can be nutritionally added to the laying feed for the hens to produce their exclusive high-energy eggs. For example, an average whole egg has 14 minerals, and with the addition of ground kelp, the mineral count increases to 80 minerals. Eggs are a nutrient-dense food packed with complete proteins, good fats, vitamins, minerals, and antioxidants that protect the eyes. In 21-days, a fertilized egg can be developed into a little chick.

Recently studies show that eating a couple of eggs per day doesn't seem to change cholesterol levels on heart disease risk factors. The attacks on the incredible edible egg started in the 1960s with the encouragement of a high carb, low-fat diet that led to putting processed cereals on the breakfast table, which now is being challenged nutritionally. We are now told that low carb and good fats can improve health in a number of ways, promoting weight loss and decreasing body fat. Also, it benefits many health conditions including diabetes, heart disease and neurological condition like Alzheimer's.

If you want to step up and support our laying hens, come by our farm market to purchase and enjoy the high-energy eggs and add some of our lean homemade sausages and a sliced slab of Canadian bacon, which can be a "breakfast for champions!"

We are open seven days a week. Feel free to stop by and experience our super sweet bi-color sweet corn. Bring a friend and be a friend. Our family farm supports our community, and we welcome your community support. ■



Eichner's Farm Market & Greenhouses



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Poultry • Smokehouse • Herbs
Jellies • Preserves • Honey
Homemade Pies & Cookies • Milk

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Little Sisters of the Poor Rummage Sale, 9 a.m.-3 p.m., July 14 & 15, 1028 Benton Ave, Brighton Heights. Clothing, furniture, household items, jewelry, books & assorted items. Saturday is the "Bag Sale." Proceeds benefit the elderly Residents living at the Home. This is their only sale this year. For info or directions, call (412) 307-1100.

Northland Library has numerous events scheduled for July. For a complete list of events, visit northlandlibrary.org.

Pittsburgh Collage Collective Art Exhibit, July 15 to August 17 at Shaler North Hills Library during Library hours. The exhibit kicks off 10 a.m.-4 p.m., July 15. Nearly 90 hand-cut collages will be on display at the library, and there will be collage-making opportunities for the public, with tools, supplies, and materials provided. For info, visit www.shalerlibrary.org.

Raleigh Ringers concert, 7 p.m., Friday, July 14, at North Catholic High School, 1617 Route 228 in Cranberry Township. Sponsored by Ring Pittsburgh. The Raleigh Ringers are an internationally acclaimed, advanced community handbell choir based in Raleigh, North Carolina. The group has performed in 39 states, the District

of Columbia, Canada, England and France during its tours. For tickets, visit ringpittsburgh.org/event-ticket.

Rummage Sale, 8 a.m.-2 p.m., July 1 & 11 a.m.-2 p.m., July 2, St. Matthew Parish at St. Aloysius Church, Mt. Troy Rd., in Reserve Twp. Huge selection of kitchen items, jewelry, books, seasonal items, clothing etc. Bake goods available on Saturday. If you have furniture to donate, call Deb at (412) 337-1713 or Claire at (412) 360-9866.

Saint Aidan Parish Festival, July 12-15, at St. Alexis Church, 10090 Old Perry Hwy, Wexford. Games, dinner, rides, entertainment, prizes and family fun! For details, visit saintaidanparish.org.

Summer Concerts by Chamber Music Pittsburgh (CMP), 7:30 pm, Hugo Cruz & Caminos August 9 (rain date: August 10); Tania Grubbs Quintet,

August 16, (rain date: August 17); Anqwenique Presents the Summer Send Off, August 23, (rain date: August 24), at The Highline, 339 McKean St, Pittsburgh, PA 15219. Concerts are free. Bring lawn chairs or a blanket.

Vintage Market is a nonprofit store in Shaler that benefits The Blessing Board. Open 10 a.m.-3 p.m. every Th/F/Sat in the Shaler Plaza, 880 Butler Street & Rt. 8 (look for the gray door between Rite Aid & Planet Fitness).

Wexford Garden and Pond Tour, 9:30 a.m.-4 p.m., July 8 includes six-select kitchen tours, meet at the Whole Foods plaza. This event is also supported by "Inspired Women Paying It Forward" and the Greybrooke Garden Club. For tickets or sponsorship contact, Debra@Inspiredwomen.com or go to visit www.WexfordPondTour.com

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JUNE 4	CHRIS JAMISON (POP)
JUNE 11	RIVER CITY BRASS
JUNE 18	FATHER'S DAY CAR CRUISE FOLLOWED BY CONCERT FEATURING THE JAGGERZ (OLDIES)
JUNE 25	BILLY PRICE (RHYTHM & BLUES)
JULY 2	PITTSBURGH SYMPHONY (STARTS AT 8:15PM)
JULY 9	MARTY STUART & HIS FABULOUS SUPERLATIVES (COUNTRY)
JULY 16	WAR (FUNK, SOUL, LATIN)
JULY 23	FITZ AND THE TANTRUMS (INDIE POP)
JULY 30	HOMETOWN NIGHT @ HARTWOOD (ROCK)
AUG 6	SOCCER MOMMY (ALTERNATIVE)
AUG 13	LOS AMIGOS INVISIBLES (LATIN)
AUG 20	PITTSBURGH BALLET
AUG 27	JOHN SCOFIELD (JAZZ)
SEPT 3	COUNTY MUSIC FESTIVAL MEN WITHOUT HATS (80'S POP)

ALL CONCERTS ARE FREE & BEGIN AT 7:30PM UNLESS OTHERWISE NOTED. FOOD TRUCKS, HOP FARM BREWING COMPANY CRAFT BEER, & BELLA TERRA VINEYARDS AT ALL CONCERTS BEGINNING AT 6PM




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