

# Verona Community News

Volume 1, Issue 4

Summer 2014

## Graduation 2014

**A**s Riverview High School graduates yet another senior class, it is not surprising that the community can look upon the Class of 2014 with pride at all the things they have accomplished this year, in scholarship, in athletics, in leadership, and in service. Below

*(Continued on page 4)*



## Verona Business District Revitalization Project is Well on its Way

*by Donald Worf*

Have you noticed the changes taking place in Verona's main business district? Such changes have been made possible in part by the guidance and support supplied by the mentoring staff of Allegheny County's "Allegheny Together" program, working with the ad hoc Verona Business District Advisory Committee (VBDAC). The VBDAC in turn elicits support from the Verona Council, the Verona Chamber of Commerce, the local Allegheny County COG who supply their expertise, legislative authorities and funding to enable the project's completion.

In an orchestrated effort with the above agencies, the VBDAC has crafted a five year redevelopment plan designed to revitalize the business climate within Verona's central core business district. The long-term goal of the project, when completed, is to increase retail and attract new businesses via a newly revamped and vibrant streetscape.

The plan is broken down into smaller segments or phases, to ensure adequate funding. The VBDAC decided that the initial

*(Continued on page 6)*

## Mural Restored in Time for Summer Season

People are apt to walk around town without really noticing their surround-

ings. They observe damage in the environment...and do nothing. Yet, some Verona residents noticed when repairs, repainting, or litter pick up

needed to be done...and then DID something about it! Frank and Mollie Santucci are a couple with a strong allegiance to Verona who have committed to "doing something about it."

In preparation for the Memorial Day Celebration and Parade, it was arranged that Riverview art students, under the

*Continued on page 4*



*Left: Before, Above: After*

## What's Inside

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## Letter from the Editor

When I first took this newsletter on last summer, I had no idea just how much responsibility I was going to encounter. I was a senior in high school, taking four Advance Placement Courses, two college level STEM classes, leading several extracurricular activities, and working part-time to offset those college woes. But, after four years of walking home from school, the hills of Verona would elicit such a beautiful small town atmosphere that just begged me to pay it back with some kind of service; and the newsletter did just that. As this will be my final newsletter as Editor and Chief, I wanted to take a moment to thank all of those who had contributed physical donations, articles, and advertisements to the newsletter, as well as those who worked tirelessly behind the scenes to make what you hold in your hand today the paper that it is. Special thanks go to the Rizzo family in Hampton Township for printing and proofreading, the Verona Presbyterian Church and Pastor Brian Diebold for hosting our first (and hopefully

not our last!) Spaghetti Diner Fundraiser, all businesses and individuals that contributed to our advertisements and other fundraising efforts, every member of the Verona Newsletter Committee, the Verona Branch of the Postal Service, the Verona Council and Chamber of Commerce, Councilwoman Rhoda Gemellas-Worf for presenting me with this great opportunity, and last but not least, Bob and Julie Steinhaus, without whose love and support none of this would have been possible! So to all the late nights, committee meetings, and continuous community engagement, I give my utmost gratitude to this community, though small in size, is plentiful in heart and pragmatism. While you continue to live and work in Verona, let the Verona Newsletter work for you!

All the best,



Sophie Belch  
Editor In Chief  
[Verona Newsletter](#)

## Letters From the Community

**Thank You** by Kathi Ferguson

If you were at the Memorial Day parade, you may have heard that I fell. Thank you to all who came to my aid, lent me a handkerchief or paper towel to stop the bleeding, shared their water to mop me up, and managed to get the ambulances out of the parade. Many thanks also to those who called several days later to check on me. Someone even called my sons (who met me at the hospital).

After four MRIs and two x-rays at UPMC St. Margaret's, I was sent home to heal. Thankfully I didn't turn black and blue and the scabs fell off quickly. The doctors and dentist said that I healed well. Again, thank you for your help and concern and many acts of kindness.

## IMPORTANT INFORMATION

### Council Meetings

7:00 p.m.—Second Tuesday of each month,  
Borough Building

### Borough Council Workshops

7:00 p.m.—Fourth Tuesday of each month,  
Borough Building

### Verona Chamber of Commerce

7:00 p.m.—Third Tuesday of each month,  
Borough Building <http://verona-pa.com>

### Verona In Progress (V.I.P.)

7:00 p.m.—First Tuesday of each month,  
Borough Building **Verona Historical Society**

7:00 p.m.—Third Tuesday of each month,  
Borough Building

### School Board Meetings

7:00 p.m.—Third Monday of each month in the  
JR./SR. High School Library  
(except in December when it is held the  
first Monday)

### Police Department

376 East Railroad Avenue  
Emergency Dial.....911  
Non-Emergency.....412-828-6034

### Guardian Angels Ambulance Service

Arch Street Emergency..... 911

### Verona Municipal Building

736 East Railroad Street \* Verona, PA 15147  
412-828-8080 FAX-412-828-9083  
OPEN - Monday through Friday  
8:00 a.m. - 4:00 p.m.

CLOSED ON ALL OFFICIAL HOLIDAYS

### Borough of Verona Website :

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

## Mare's Moments

By Mare Tumelo

On Saturday June 7, Verona sponsored a 5 K race. At the event, I encountered and experienced what Verona is all about-- the fun-loving, unpaid enthusiastic volunteers, the hard-working mayor, the business owners promoting the town, the army of the retired, with purpose in their eyes and gait.

I encountered the winners; the sweaty; the young, the old; determined athletes who were there not participating as opponents, but running enthusiasts, challenging personal goals.

There was a range of all shapes and sizes, tank topped, sun-block slathered, neon specimens, with assortments of accessories, sun glasses, hats, ear buds; some stumbling, some sprinting, most pacing themselves and all determined to finish. I realized that it wasn't for a t-shirt to add to a collection, it was all about accomplishment.

I could feel the energy, feel the desire and the salty sweat, hear the labored breathing, and knew the ache of the muscles being strained. I felt the excitement of the race. Even the last four runners who brought up the rear exhibited this enthusiasm.

*{That's what it's like to be a true Veronian.}*

I'm a retired, wrinkled, older-than-dirt "Veronian wannabe." I've lived in the area with an assigned postal zip code-15147- for the past forty years. This has got to qualify for bragging rights, and has to be acceptable to be considered to be part of our quaint old town family. I volunteered Saturday with only my questionable directional skills, and my love of people, going for me. With my t-shirt on backwards, and my painted arrow sign, I helped, and not one 5 K'er landed in the river. Did I have fun? You betcha!

*(The results of the Verona 5K race will be posted on the runhigh.com website.)*

### CALLING ALL "VERONIANS"!

- ★ If your event happens between Oct. 2014 and Dec. 2014
- ★ Articles and Ad Submission of Fall 2014 Issue:  
September 12, 2014
- ★ For Delivery: September 30<sup>th</sup>

Contact [verona.newsletter@outlook.com](mailto:verona.newsletter@outlook.com)

### Did you know...

It is very important to help keep your yard and our borough clean. Being a part of making Verona beautiful is as simple as P.A.R.K. P-place your trash cans out no earlier than 4 p.m. the day before the garbage men arrive (210-5C <http://www.generalcode.com/ecode360/PA>). A-ask your garbage man or woman what can be thrown out and what needs to be disposed of in another way, like recyclables. R- remove your garbage cans from the sidewalk or alleyway no later than midnight the day of garbage removal (210-5C3 <http://www.generalcode.com/ecode360/PA>). And K- keep your garbage cans out of sight (and smell) of your vicinity (and for the sake of your neighbors). It's good for you and your neighbors to know your code; and when it is easy to follow as P.A.R.K., you too can make a better place for everyone!

### Western Pennsylvania Center for the Arts Summer Camps 2014

300 James Street \* Verona, PA 15147 \* 724-816-8662

Bag of Tricks Magic Camp .....	June 30 <sup>th</sup> -July 3 <sup>rd</sup>
Elementary Rock Orchestra.....	Jun 30 <sup>th</sup> -July 3 <sup>rd</sup>
Robotics for Kids .....	July 7 <sup>th</sup> -July 11 <sup>th</sup>
Video Game Design .....	July 7 <sup>th</sup> -July 11 <sup>th</sup>
3-D Printing.....	July 7 <sup>th</sup> -July 11 <sup>th</sup>
Animation Movie Studio For Kids.....	July 7 <sup>th</sup> -July 11 <sup>th</sup>
Mad Science .....	July 21 <sup>st</sup> -July 25 <sup>th</sup>
Robotics For Kids.....	July 28 <sup>th</sup> -August 1 <sup>st</sup>
Video Game Design .....	July 28 <sup>th</sup> -August 1 <sup>st</sup>
3-D Printing.....	July 28 <sup>th</sup> -August 1 <sup>st</sup>
Animation Studio for Kids .....	July 28 <sup>th</sup> -August 1 <sup>st</sup>
Middle School Rock Orchestra .....	August 4 <sup>th</sup> -8 <sup>th</sup>
HO Scale model Train Camp .....	August 4 <sup>th</sup> -8 <sup>th</sup>

For camp times, age requirements of campers and prices, please go to [www.westernpennsylvaniacenterforthearts.com](http://www.westernpennsylvaniacenterforthearts.com)

### St. Joe's Goes to Penn State

Each year students in Mrs. Mary Chirdon's seventh and eighth grade classes at St. Joseph School participate in the Pennsylvania Junior Academy of Science.

To participate in PJAS the student must follow the scientific method and design and conduct an experiment while researching the chosen topic. Finally a presentation must be written and presented with visual aids before a panel of judges (usually three). The judges are recruited from local universities, scientific organizations, and teachers of students in grades 7 through 12. Approximately 1200 students in seventh through twelfth grade participate in Regions VII. If a student is awarded a first place in the Febru-

*(Continued on page 4)*

### Boy Scout Troop 139

Our local Boy Scout Troop 139 has been active in the Verona and Penn Hills Community for over 75 years. The times have not changed the activity level! Under the current leadership of Scoutmaster Chris Sparacino ([csparacino@Verizon.net](mailto:csparacino@Verizon.net)) and some very active assistant scoutmasters and committee members, the troop continues to provide community services such as the Scouting for Food Drive, road side clean ups, sorting cans for the benefit of Verona, and placing flags on veteran's graves.

The latter event was conducted on May 18th as 22 scouts and adults placed over 1,000 flags at the Homewood and St. Joseph's Cemeteries. This humbling experience is one of the troop's favorite service projects, for both the history lesson and the recognition of a soldier's honor. The troop also marched in the Verona-Oakmont Memorial Day Parade with its neighboring troop, Troop 854 from Oakmont. This past spring, the troop also did caving and camping at Laurel Caverns. Other activities planned for the summer include: canoeing on the Kiski River, whitewater rafting, climbing, a week long summer camp at Heritage Reservation and zip-lining.



If you or your son is interested in joining Troop 139 for some great fun experiences, contact Mike Forbeck, Committee Chair at [mentormiketnt@yahoo.com](mailto:mentormiketnt@yahoo.com).

### Summer Lunch and Fun Camp

A Community Ministry Sponsored by Twin Boros Health Ministry

Eight weeks of breakfast and lunch provided for children in the area who are 18 years old or younger. This food for the body is complemented with nourishment for the mind, spirit, and soul.

SLFC began operation on Monday, June 16th and will close Friday, August 8th, 2014. It runs from 8:30 am until 2:00 pm.

Crafts, staff stipends, drinks, snacks, and activities are provided through donations to the TBHM and the generosity of members of our communities including local businesses and corporations.

For further information, please call Judy Myers at 412-828-7394.

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## Class of 2014

(Continued from page 1)

is a considerable, but only a partial, "year in review" of this year's ninety-one stellar seniors.

Leading the Class of 2014, Brett Rogalsky served as class president, Jason Anthony as class secretary, and Jeffrey Munion as class treasurer. Angela Ashbaugh, Hannah Barnes, Sophie Belch, Bailey Conroy, Lacey DiYanni, Claire Dunning, Margot Flowers, William Hatok, Marc Hazur, Ailis Hill, Christopher Jarrett, Allison Kelly, Niomi Phillips, Jenna Redovan, Brett Rogalsky, and Shulai Yang all remained consistently on the High Honor Roll. Additionally, these seniors and Nicholas DiBucci, Maeve Hassleman, Zachary Lesnick, Daniel Milberger, Jeffrey Munion, Amanda Preston, Corine Shook, and Victoria Tibbens were inducted into the National Honor Society, with Margot Flowers as President, Angela Ashbaugh as Vice-President, Marc Hazur as Secretary, and Brett Rogalsky as Treasurer. The class Valedictorian was Verona's own Marc Hazur, and the Salutatorian was Oakmont's Margot Flowers, both of whom delivered speeches at Commencement, which was held on June 5th.

Among the graduates, Rose Daniels-Wagoner, Joseph Gent, Briana Gonnella, Malik Gunter, Alecia Jackson, Nichole Lang, Richard Rihn, Robert Schlager, Alyssa Singhose-Painter, Morgan Tarasi, Todasha Thomas, and Jessie Wetmore graduated also from Forbes Road Career and Technology Center. Briana Gonnella and Nichole Lang were both inducted into the National Technical Honor Society.

Each department selected their outstanding seniors based on demonstrated ability and accomplishments over their four

years of high school. In Art, Olivia Rehak demonstrated superior creative talent and drive. In Business, Zachary Lesnick's economics savvy took his team far into the stock market competition and gave his Model United Nations game a definite advantage. In Consumer and Family Sciences, Nicole Anderson used her culinary skills to take Riverview's food team to new heights in various competitions. In English, Calvin Luchs' command of the language earned him the highest possible score on the Advanced Placement Language and Composition Test. In Mathematics, Ailis Hill received much recognition in the American Math Competition while Shulai Yang scored a perfect 800 in Math on the SAT. In Band, Daniel Milberger placed high in Allegheny Valley Honors Band each year and placed first in this year's PMEA District Band on trumpet. In Chorus, Niomi Phillips was a part of the inaugural women's chorus "The Grace Notes". In Orchestra, Sophie Belch placed in the top 50th percentile of the violins in PMEA All-State Orchestra consistently for three years, and served as school orchestra concertmaster. In Physical Education, Niomi Phillips and Brett Rogalsky excelled on the track and on the golf course, respectively. In Science, Mark Hazur took all Advanced Placement science offerings in addition to Physics II, and earned the highest possible score on the AP Chemistry Test. In Social Studies, Sophie Belch placed first in Pittsburgh and Pennsylvania and earned a place at Nationals in the 2012 National History Day competition for Historical Performance. In Technology, Joseph Brown was a standout in the classroom and in Sports and Entertainment Management.

It has also been announced that Ellie Barbaro and William Novakovic have made the decision to join the ranks of the United States Army upon their graduation. Malik Gunter and Michael Johnson have also chosen to continue on to a military career after high school. To these four seniors, we salute you.

Congratulations to the entire Class of 2014, and best wishes for your future journeys!

See page 11 for a complete list of scholarships and awards.



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## St. Joe's

(Continued from page 3)

ary Regionals, he/she is eligible to participate in States in May.

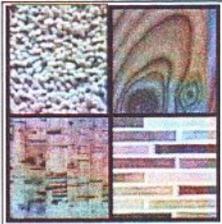
This year six students qualified for States by earning a first place in Regionals. States are held at Penn State in May.

Students awarded second place were: Joey Ciniello ("Does

Adding a Solute Affect Boiling Point?); Stephanie Skeba ("Male/Female Gender Bias"); and Julia Maisto ("What Teeth Whitening Strip Works Best?").

Earning first place awards were: Olivia D'Andrea ("Does Handwashing Affect Blood Glucose Readings?"); Meredith Willard ("Stoop Effect"); and Alice Bowser ("What Noise is Most Distracting?").

Special kudos to Angela Santucci, a St. Joseph alumni and senior from Oakland Catholic High School, who participated in PJAS from 7th through 12th grades and earned a first place in States each year. What a remarkable achievement!



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## Benevolent Bocce Bunch

Allowing for the vicissitudes of the weather, Verona Bocce has started. Teams will play bocce every Wednesday at 6:30 pm and 7:15 pm during June, July, August, ending August 27<sup>th</sup>. This year we have increased our numbers to 28 members.

"Why Benevolent Bocce Bunch?" you may ask. It has been decided that since there is no fee to play, every player is requested to bring a can of food each time they play. The canned foods collected will be donated to the Verona Food Bank at the Verona United Methodist Church.

## Concerts in the Park Summer Series

Picture this: A warm breeze wafting about, relaxing in a comfy lounge chair or blanket with a snack and/or drink handy, and area musicians playing for your enjoyment. All this can be yours...for free! Snacks and drinks are available on site.

**Patti Tumminello and Mary Ann Yingling** have arranged a summer music concert series that will be presented in Verona Railroad Park throughout July. Featured musicians are: Wednesday, June 25: **Band Alexander Folk Music** 7-9 pm; Thursday, July 10: **Charlie Hustle and the Grifters** 7-9 pm; Thursday, July 24: **Delmont Community Band** 7-9 pm.



*Beth Docherty and band*

for knowing  
community matters.



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## Vacation Bible School

"Workshop of Wonders" is the theme for a Vacation Bible School being held Monday, August 11th through Friday, August 15<sup>th</sup>, 2014 from 6-8:30 pm.

VBS is a shared ministry of Verona and Rosedale United Methodist churches. The program will be held in the Verona United Methodist Church located on the corner of Herron and Center avenues. The conclusion of VBS will be a program and picnic on Sunday, August 17th at 9:30 am.

Youngsters and adults are invited to imagine and build with God. So, spread the word! Invite a neighbor and bring a child! Volunteers are needed!

## Calling all Verona History Buffs...

Did you know that there was a neighborhood in Verona called Hollywood? It was along the Allegheny River, somewhere near the present location of Robroy. If anyone has information or pictures of it, please contact the Verona History Society. The Verona History Society is very interested in the Hollywood neighborhood as it is a unique aspect of Verona history. The homes were wooden and some were on stilts because they were so close to the river!

## Farmers' Market

Fresh veggies, local honey, spices, a variety of crafts, live music to enliven the atmosphere and delicious food such as gyros, french fries, and more by Village Grille to take home for dinner will be available at the Farmers' Market.

The Farmers' Market is located in Verona Railroad Park on East Railroad Avenue and will be open for business from 2 until 6 pm each Thursday. Vouchers will be accepted.

### Love *Verona Newsletter*?

**Want to get involved? Interested writers, editors, business-people, service people, or anyone who wants to serve Verona are welcome to join the *Verona Newsletter* committee, contribute articles, pictures, advertisements, and/or classifieds by contacting (412)-517-8921 or [vero-](mailto:vero-)**

### Mural

*(Continued from page 1)*

direction of Riverview art teacher, Karen Davidson, repainted and restored the Verona Mural at the steps across from the Verona Cannon Monument. Ms. Davidson first took on the project with her art students to design and paint the mural. The restoration was completed prior to the Memorial Day parade, and was enjoyed by all. Take notice of the hard work our students accomplished.



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Not only am I a proud 13 year resident of Verona, I am an experienced professional who is actively involved in promoting the Verona community.

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FOR THE BEST WAY HOME, GO NORTHWOOD™

## Kennywood Picnic

by Al Delach

The 102<sup>nd</sup> annual Verona and Oakmont Community Picnic at Kennywood will be held on July 9th, 2014. This picnic began in 1912. The Chambers of Commerce of Verona and Oakmont are sponsors of this event. Oakmont's chairperson is Ginny Young and the Verona chairperson is Al Delach.

Free bus transportation will again be provided with the purchase of an Oakmont and Verona Community Day Picnic ticket. All those purchasing tickets from another source will be charged \$3.00. The ticket must be shown when boarding the bus. This year the buses will leave Oakmont at 10:15 am and will line up in the Riverview High School Parking lot on 3rd Avenue. The return trip in the evening from Kennywood will leave at 9:00 pm sharp, and will be the only return buses available.

The FUNDAY PASS ticket will be sold at a discounted price of \$27.00 each. These tickets may be used any weekday at no extra charge and any weekend date with a \$10.00 surcharge. At the park they will cost \$42.00 every day of the week.

For those who are 55 years of age and older, a SENIOR FUNDAY PASS ticket can be purchased. We will be selling these for \$17.00 and they are good for the date stamped on the ticket. If they are used on any other date, a \$4.00 surcharge is paid at Kennywood. If the person using this ticket is less than 55 years of age a \$17.00 surcharge is added at the park. You must show I.D. at the park with this ticket. At Kennywood, this ticket will cost \$22.00. This pass entitles a person to ride all day.

## Revitalization Project

(Continued from page 1)

phase of the project would involve replacement of the streetlights coupled with new tree plantings within the core business district along with building-façade upgrades. This phase is now well under way. Trees suited for growing in an urban environment are already seeing their second season of growth, and new plantings are planned as well. Paint, supplied free to any business within the core business district of Verona by the Verona-based Avalotis Corporation, has given a refreshing appearance to the façades of local establishments. Energy-saving LED streetlights will be shining their welcoming glow within a few weeks.

Future phases envisioned by the VBDAC will emphasize sidewalk improvements, new street benches, waste receptacles, and innovative pedestrian crosswalks. The project's

culminating phase envisions the erection of a community pavilion, initially designed by Rauso Landscape Architects at the steps that enter Verona's Railroad Park.

After the last phase of the project is completed, Verona will have taken on a new appearance that will serve as a welcoming beacon to an estimated 15,000+ vehicles that pass daily along busy Allegheny River Boulevard and Verona's main business district.

## Verona Businesses ... Support your Community!

The Verona Newsletter has opportunities for your business to advertise in your Community Newsletter. Business card sized ads begin at \$30.00 for the quarterly edition. Help us to help you! Get your ad and specials in for the upcoming edition. Contact us at [Verona.newsletter@outlook.com](mailto:Verona.newsletter@outlook.com) before Sept. 1<sup>st</sup>. The next newsletter is our last edition for 2014 so if you want to advertise any holiday specials or send a 'thank you' to your customers, now is the time to do so.

## Verona Flower and Garden Club

Have you noticed the flowers gracing the business district? The Verona Flower and Garden Club has been busy planting, watering, and beautifying the boulevard and viaduct.

VFGC members Bob and Mariann Brayer, Nancy Carpenter, Angela Occhipinti, Rhoda Gemellas-Worf, Denise Gemellas,

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**Michael R Vento, President**

### FREE 96 Gallon Recycling Cart to Each Home!!

Based on the demand and response from the residents, Verona will



join the ranks of communities such as Oakmont, Plum, Aspinwall, Penn Hills, Blawnox, Lower Burrell and offer curbside recycling to its residents !!!!!

### VERONA Starts Curbside RECYCLING in SEPTEMBER!!!

Response to the Borough's pilot drop-off recycling program has been an overwhelming success!!!



Save 5% on your refuse bill if paid annually **and you won't pay extra if you and your family recycle.**

**Better yet,** the Borough will be rewarded from the PA DEP for every ton of material



that we all recycle. That money can help to support other community programs for Verona residents. So, the more you recycle, the more you and the community will benefit!

ITEMS THAT WILL BE RECYCLED EVERY 2 WEEKS INCLUDE:

- Glass, Plastic, Metal
  - Jars, Bottles, Cans, Jugs
- Paper
  - Newspaper, Cardboard, Magazines, Junk Mail

**More details to come in your mail!**

## New Pastor in Town

Pastor Linda Grace Harrison has come to town to shepherd the congregations of Verona and Rosedale United Methodist Churches.

Pastor Linda was born and raised in Pittsburgh and attended Taylor Allderdice High School, the University of Pittsburgh, and Duquesne University. In college she majored in German, Russian, and Spanish and in graduate school she studied Humanities Education and Educational Administration. Postgraduate work was done in counseling. Then God called her into full time ministry, and she attended Asbury Theological Seminary in Wilmore, Kentucky.

While attending seminary in Kentucky, Pastor Linda served as the pastor to West Homestead United Methodist Church in Pittsburgh...now that was a commute each week! She has also served as pastor to West Alexander Methodist Church in the Washington District; her next appointment was to the South Hills Partnership of United Methodist Churches. She left that position to come to Verona and Rosedale.

This is just the start of the story of an accomplished, interesting newcomer to town. When you meet Pastor Linda, you can also inquire about her teaching experiences, her cats, and what Philippians 2:10 means to her.

## Boulevard Gallery Summer Schedule

Summer can afford one the time to walk through museums and art displays. If you can't get into Oakland or Pittsburgh museums, take some time to stroll through the Boulevard Gallery (736 Allegheny River Blvd) or Four Directions (722 Allegheny River Blvd).

Boulevard Gallery's regular hours are Friday and Saturdays. It also holds monthly receptions to introduce the featured artists for the month. This summer's schedule includes:

- Saturday, July 5th, 2012: Nancy Smith and Jeanne Adams "Making a Splash" opening reception, 6 to 9 pm.
- Saturday, August 2nd, 2014: Elaine Bergstrom and Charles Sawyer opening reception 6 to 9 pm
- Saturday, September 6th, 2014: LeaAnn Grill, Nancy Bernheisel, and Denise Gemellas, 6 to 9 pm
- Saturday, October 4th, 2014 East Suburban Art League opening reception, 6 to 9 pm.

If you are interested in additional information, or to view the fine art available, go to [www.BoulevardGallery.com](http://www.BoulevardGallery.com).

### Garden Club

*(Continued from page 6)*

and Irene Myriantoulos placed flowers in the baskets on the viaduct and at the gazebo. All the large concrete planters along the business district have been "adopted" and planted by Loretta and Diane Williams, Sandy Drabicki-Bell, Mary Alice Sprajcar, Anita Tebeau, Sharon Conte, Mary Ann Yingling, Patti Tumminello, Bob and Julie Steinhaus, Gina Duczak, LeaAnn Grill, Kier Ewing, Bridget Seery, Bob Geiselhart, and Rick and Linda Romick. These volunteers maintain the planters throughout the summer.

# English

SINCE 1895

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## National Honor Society Induction

The National Honor Society was established in 1921 by the National Association of Secondary School Principals (NASSP) to recognize and encourage scholastically outstanding high school students. Its founders viewed education as a total experience and the honor society as more than just an honor roll – they emphasized the promotion of scholarship, along with leadership, service, and character. The Riverview Chapter of the National Honor Society has been in existence since 1971. It is now under the guidance of faculty members Ken Kubistek and Brian Ludwig.

Membership in the National Honor Society is a privilege which is earned by students who excel in the qualities of scholarship, character, leadership, and service. As such, a thorough selection process is undertaken each spring to elect eligible students for NHS membership. The initial scholarship requirement for eligibility is a minimum cumulative grade percentage average of 89%. The eligible candidates from grades 10, 11 and 12 are then selected for membership by a five-member faculty council appointed each year by the building principals. The faculty council gathers information regarding the character, leadership, and service of the eligible candidates from the students and their teachers and then uses this information to determine if an eligible candidate will be selected for National Honor Society induction.

### Congratulations to the new inductees:

#### 2014

Bailey Conroy  
Zachary Lesnick  
Corine Shook

#### 2015

Sean Blacksmith  
Jared Culligan  
Olivia Dolan  
Matt Hammel  
Aubrianna Patsey  
Brooke Riscoe  
Raymond Rogers  
Gina Santoriello

#### 2016

Daniel Fawcett  
Andrew Galata  
Samuel Glasser  
Jordan Joseph  
Molly Kennedy  
Madeline Kocur  
Gretchen Loeffler  
Sophia Miguez  
Mackenzie Osborn  
Martha Stock  
Alexis Teitelbaum



## Gene Kelly Award

Congratulations to the Lighting crew from Riverview High School for winning the Gene Kelly Award for Best Lighting Design in Budget Category 2, beating out Hampton and Central Catholic.

The lights were designed by Oakmont resident Scott Weston but run entirely by students. The student team consists of student lighting designer Jerry Lyons, as well as Sophia Miguez, Devan Ketterer, Paige Fichte, Issac Brunner, Daniel Weight and Jake Glaser. The students are under the direction of the technical director Stacey Galata. Congratulations Riverview!



Jerry Lyons & director  
Stacey Galata

## Let's Be Healthy Naturally!

### Verona Newsletter's Health Advice Column

By Sylvia Provenza

We all know that our health is our greatest wealth. And there is no question that maintaining a nutritious diet and proper exercise can help keep your body healthy. But when it comes to which foods can specifically benefit which body parts, science remains surprisingly sketchy. But nature gives us a big clue as to what foods help what parts of our bodies. Here are ten foods that mirror the body parts they provide nutrients for.

For example, brain-boosting walnuts actually look like a brain. Coincidence? Maybe. Though the following healthy foods are beneficial to the whole body, the list is a reminder of what to eat to target specific areas. Remember, these are best and more powerful when eaten raw.

Let's start with the following foods:

The close-up of tiny green tips on a broccoli head looks like one hundred cancer cells. A team of researchers at the US National Cancer Institute found a weekly serving of broccoli was enough to reduce the risk of prostate cancer by forty-five percent.

Ginger looks like the stomach and it also aids in digestion. Residents of India and China have been using it for over 5000 years to calm the stomach and cure nausea and motion sickness. It also can slow down the growth rate of bowel tumors.

A mushroom, when sliced in half, resembles the shape of the human ear. Mushrooms improve hearing abilities since they contain Vitamin D, which is healthy for bones, especially the three tiny bones in the ear that transmit sound to the brain. Since mushrooms are a fungus food, some people have an allergy to them.

Onions look like the body's cells. Research shows onions clear waste materials from all of the body's cells. They even produce tears which wash the epithelial layers of the eyes. They also break up mucus, normalize the nervous system for sympathetic dominance, and stimulate beneficial bacteria.

A tomato has four chambers and is red in color; the heart is red and has four chambers. Research has confirmed that tomatoes are loaded with lycopene and it is indeed pure heart and blood food. Tomatoes are also beneficial for the prostate because of the lycopene content.

A sliced carrot looks like the human eye. According to science, eating carrots enhances blood-flow to the eyes. Carrots get their orange color from a plant chemical called beta-carotene, which reduces the risk of developing cataracts. The chemical also protects against macular degeneration, an age related sight problem that affects one in four individuals over the age of 65. If one tries to pop a pill of beta-carotene, it doesn't have the same effect, say researchers at Johns Hopkins Hospital in Baltimore, MD.

Kidney beans actually heal and maintain kidney function and are shaped exactly like the human kidneys. Kidney beans provide a variety of minerals and vitamins, and so are generally beneficial for your health. If your kidneys are healthy, kidney beans can- when consumed as a part of a balanced diet- contribute to your kidney health. If the kidneys are diseased, you might need to moderate your intake

*(Continued on page 9)*

## Blessings in a Backpack Launch for Verona Children

*How one Verona woman is making a difference in our community*

The thought of children being hungry is unconscionable to Verona resident Debbie McCarthy. Knowing many youngsters going without meals are living right in her borough is, in a word, tragic. That is why this fall McCarthy is voluntarily launching Blessings in a Backpack at Verner Elementary School in Verona.

Blessings in a Backpack is a non-profit national program designed to feed elementary school children whose families qualify for the federal Free and Reduced Price Meal program and who, quite possibly, have little or no food on the weekends.

In the past eight years PA public school enrollment dropped by 73,249 to 1.78 million students; however, the number of children qualifying for free lunches increased from 149,195 to 666,393. The number of students receiving subsidized lunches increased from 34.8% to 42.9%. On average, 62 percent of American school children depend on school-provided lunches as their primary source of nourishment, meaning they may not eat from Friday afternoon until Monday morning during the school year. Better test scores, improved reading skills, positive behavior, enhanced health and increased attendance have all been attributed to the success of Blessings in a Backpack.

As the local coordinator McCarthy is raising funds to purchase food for the backpacks. Every Thursday volunteers will pack bags with food staples that require little or no preparation for the Verner staff to distribute Friday before the children leave for the weekend.

Since retiring last August, McCarthy has been searching for a way to volunteer and give back to the borough which has been good to her and her family for the past 30 years. This program is a perfect fit.

One hundred percent of the donations will be used for the Verner program. Just \$80 feeds one child in the program for an entire 38-week school year. To donate, visit the program website, [www.blessingsinabackpack.org](http://www.blessingsinabackpack.org), or text BACKPACK to 85944 for an automatic \$10 contribution. Indicate the school name, Verner Elementary – Verona, PA. This summer, consider what a moment of your time could mean to a child entering school with the advantage of having a good start.



## It Was the Best of Times at “Taste of Two Towns”

The “Taste of Two Towns” event held in May was an extraordinary exhibit of what culinary expertise our Twin Boros offer. Due to the communities’ generosity, the Oakmont Carnegie Library was able to raise over \$10,000 for library operations. The event was made possible by

the time and efforts of Brr-Kee’s Ice Cream, Freedom Square Diner, Gia Visto, Hofstott’s, Hula Bar and Grill, Mighty Oak Barrel, Oakmont Bakery, Oakmont Country Club, Oakmont Deli, Pittsburgh Thai Restaurant by Boris, Rivertowne Inn, Twirly Girl Baking Company and What’s Cookin’ at Casey’s. A huge thanks from the Library Board and Staff to everyone who attended, making this night a success!

### Let’s be Healthy

*(Continued from page 8)*

of kidney beans.

Eating a banana will cheer you up and put a smile on your face. This popular fruit contains a protein called tryptophan, which, when digested, gets converted into a neurotransmitter called serotonin, a mood regulating chemical in the brain. Bananas are also good for the heart and muscles and high in potassium.

Next time you are at the grocery store, make sure to pick out one of these foods that mirror your body. Until next time, here’s to your good health!

*“This column is for educational purposes only. It is not intended to diagnose, treat, cure, or prevent disease. If you have any health concerns, see your healthcare provider.”*

Sylvia Provenza  
Vice President  
National Health Federation



Partakers in Twin Boro fare at The Taste of Two Towns event

**420 North Avenue, Verona, PA**

This charming fixer-upper features two story family living with three bedrooms, one bath, and a full basement. It also features a full covered front deck, rear covered full porch, and rear level fenced yard. Main level full bath with some updates including jet-spray tub, ceramic tile shower and ceramic tile flooring. This 104-year-old house, listed at \$11,000 and in the Riverview School District, can be inquired about by contacting Angela Occipinti at [aoccipinti@northwood.com](mailto:aoccipinti@northwood.com).



**Summer Real Estate Listings**

**851 Second Street, Verona, PA**

This single family home features three bedrooms, one bath and one partial bath, and a covered front porch. Listed at \$16,000, this 113-year-old abode welcomes offers. Contact Angela Occipinti at [aoccipinti@northwood.com](mailto:aoccipinti@northwood.com).



**330 West Railroad Ave, Verona, PA**

This home has many new features and updates, including a three-car detached garage, a new kitchen, three bedrooms with walk-in closets, a new roof, 95% high efficiency furnace, new plumbing, and new electric. Step out into the large, level backyard, and enjoy the river and the shopping center all within walking distance. Listed at \$125,000, this is an absolute must-see for a family interested in a great house in Riverview School District. Contact Angela Occipinti at [aoccipinti@northwood.com](mailto:aoccipinti@northwood.com).



**209 Penn Street, Verona, PA**

Large rooms constitute the first floor of this 104-year-old beauty, whose spacious covered front porch and walkway greets you. The house includes a master bedroom and three additional 11X12 bedrooms, a partial bathroom and a full bathroom. A kitchen with ample cabinet space is paired with a cozy living room that features a stone fireplace. All this and more for \$89,000. Contact Angela Occipinti at [aoccipinti@northwood.com](mailto:aoccipinti@northwood.com)



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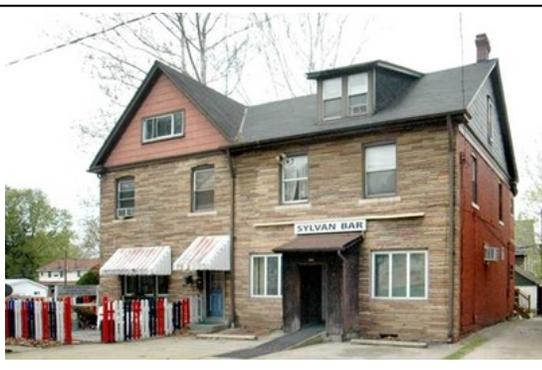


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Do you have anything you want to announce, possibly a community service, an event or maybe a wedding announcement? Contact the Verona Newsletter and let us know. Email us before Sept. 1<sup>st</sup> at [Verona.newsletter@outlook.com](mailto:Verona.newsletter@outlook.com)! We'd be happy to let everyone know what you have going on.

**300-302 E. Railroad Avenue, Verona**

This unique fourplex offers a great opportunity for a business owner looking to operate a commercial property on the first floor and live in or rent residential units on the second floor. There are four residential units and a full commercial bar/restaurant (formerly the Sylvan Bar). Listed at \$180,000, additional information can be found by contacting Angela Occipinti at [aoccipinti@northwood.com](mailto:aoccipinti@northwood.com) or Frank Amato at [frankamato@howardhanna.com](mailto:frankamato@howardhanna.com).



## Local Scholarships and Awards

Dollar Bank Scholarship ..... Hannah Barnes  
 Dunlay Family Scholarship ..... James and Jeffrey Munion  
 Fred and Sarah A. Favo Scholarship ..... Sophie Belch  
 Regis Hughes Memorial Scholarship ..... Carly Rami  
 MORA Scholarship ..... Marc Hazur  
 Oakmont Garden Club Scholarship ..... Madison Long  
 Oakmont Community Foundation Scholarship ..... Leah Lake  
 Oakmont Historical Scholarship ..... Dante DiPietro  
 Oakmont/Verona Rotary Scholarship ..... Briana Gonnella  
 Tammy Preece Memorial Award ..... Angelica Kopsahilis  
 Riverside Women's Association Scholarship .....  
 ..... Angela Ashbaugh, Hannah Barnes, and Bailey Conroy  
 Riverview Athletic Administration Award .....  
 ..... Zachary Lesnick & Niomi Phillips  
 Riverview Athletic Association ..... David Anderson  
 Sports Award ..... Jason Anthony and Jacob Paradise  
 Riverview Dance Club Award .....  
 ..... Bailey Conroy, Allison Kelly, & Alexis Soilis  
 Riverview Education Association Scholarship .....  
 ..... Hunter Collier, Margot Flowers, Ailis Hill, Daniel Milberger, Jake  
 Morgan, Amanda Preston, Brett Rogalsky, Corine Shook, Noah  
 Stumpf, & Shulai Yang  
 Riverview Education Association Scholarship, Charles Erdeljac Award  
 for Literature, Education and Humanitarianism ..... Sophie Belch  
 Rotary Club of Pittsburgh ..... Hannah Barnes  
 Donald F. Sucheovich Memorial Scholarship, Verona Vol. Fire Dept. ....  
 ..... Rachael Sucheovich  
 Francis P. and Estelle C. Sullivan Memorial Scholarship .....  
 ..... Lacey DiYanni  
 Verona Chamber of Commerce Scholarship In Honor of Charles  
 McKinley .....  
 Nicholas DiBucci, Claire Dunning, Marc Hazur, Jacob Paradise &  
 Casey Smith  
 Verona Fall Festival Scholarship ..... Dominic Conte, Joseph Gent,  
 & Shane Larkin  
 Verona Fall Festival Scholarship in Memory & Honor of the Verona  
 Panthers ..... Carly Rami  
 John and Vasiliki Viore Memorial ..... Julianne Taormina  
 The Womens Club of Oakmont Scholarship .....  
 ..... Margot Flowers & Marc Hazur  
 Curtis J. Young Memorial Award ..... Andrew Lowry  
 The Ralph W. Young Family Foundation Scholarship .....  
 Angela Ashbaugh, Hannah Barnes, Christopher Jarrett, Zachary Le-  
 snick, James Munion, Jeffrey Munion, Alexis Soilis, Zachary Soilis,  
 Rachael Sucheovich, Yianni Tsambis, & Krista Wilcox

### The following College and University Scholarships and Awards were given as follows:

Allegheny College Trustee Scholarship ..... Nicholas DiBucci  
 George Mason University Freedom Scholarship ..... Natalie Sebastian  
 Kent State University Award ..... Claire Dunning  
 Kent State University Merit Scholarship ..... Elsa Dozi  
 Kent State University President's & Trustee Scholarships .....  
 ..... Claire Dunning  
 La Roche College Academic Scholarship ..... Hunter Collier  
 Miami of Ohio Academic Scholarship ..... Margot Flowers  
 Northern Michigan University Board of Trustees Scholarship &  
 National Honors Award ..... Lucas Mendoza  
 Ohio State University Academic Scholarship & Office of Diversity and  
 Inclusion Morrill Scholars Program Prominence Scholarship .....  
 ..... Sophie Belch  
 Pittsburgh Technical Institute Merit Scholarship ..... Briana Gonnella  
 Pennsylvania State University Merit Scholarship ..... Hannah Barnes  
 Point Park University Founder's Award Scholarship ... Megan Moroney  
 Point Park University Trustee Scholarship ..... Julianne Taormina  
 St. Vincent College Alumni & Merit Scholarship ..... Maeve Hasselman

Slippery Rock University Trustee Scholarship ..... Lacey DiYanni  
 Temple University Academic Scholarship ..... Casey Smith  
 University of Maryland Ignatius/Magis Award ..... Brett Rogalsky  
 University of Maryland Scholastic Excellence Scholarship .....  
 ..... Brett Rogalsky  
 Washington and Jefferson College Dean's Award ..... Jacob Paradise  
 Washington and Jefferson College International Scholarship .....  
 ..... Shulai Yang  
 Waynesburg University Bonner & Presidential Scholarship .....  
 ..... Victoria Tibbens  
 West Virginia University Leadership Scholarship ..... Madison Long  
 Westminster University Jerb Miller Scholarship ..... Nicole Anderson  
 Xavier University Dean's & Music Award ..... Daniel Milberger

### The following are recipients of Riverview Special Honors:

American Legion Award (Eighth Grade) ..... Bailey Conroy  
 and Zachary Lesnick  
 Cager Classic Essay Scholarship ..... Zachary Lesnick  
 Chatham College Women in Sports Award .....  
 ..... Sophie Belch, Margot Flowers, Niomi Philips, and Shulai Yang  
 Curtis Young Memorial Award ..... Corrine Shook  
 Forbes Road Technology and Career Center National Technical Honor  
 Society ..... Briana Gonnella and Nichole Lang  
 John Philip Sousa Award ..... Daniel Milberger  
 Lion's Club Scholar Athlete Award .....  
 ..... Zachary Lesnick & Victoria Tibbens  
 Louis Armstrong Jazz Award ..... Liam Hatok  
 Murphy's Music Award ..... Margot Flowers  
 National Merit Scholarship Corporation Semi-Finalist .. Andrew Lowry  
 Northern Athletic Directors Tri-Athlete Award Nominees .....  
 ..... Nicole Anderson and Zachary Lesnick  
 Outstanding Senior Recognition ..... Angela Ashbaugh and Marc Hazur  
 Patrick Gilmore Award ..... Jeffrey Munion  
 Principal's Leadership Award ..... Margot Flowers  
 Rachel Carson Book Award-Chatham University ..... Angela Ashbaugh  
 Rensselaer Medal of Honor ..... Ailis Hill  
 Skidmore College Book Award ..... Claire Dunning  
 SMHS Credit Union Scholarship ..... Natalie Sebastian  
 Tri Sport Scholar Athlete ..... Zachary Lesnick  
 Tribune Total Media Outstanding Young Citizen Nominees .....  
 ..... Angela Ashbaugh, Sophie Belch, & Margot Flowers

#### *University of Rochester Awards:*

Bausch & Lomb Honorary Science Award ..... Marc Hazur  
 Frederick Douglas and Susan B. Anthony Award for Humanities and  
 Social Studies ..... Sophie Belch  
 Kodak Young Leadership Award ..... Angela Ashbaugh  
 Pennsylvania Sports Hall of Fame East Boros Chapter Scholar Athlete  
 Scholarship Nominees ..... Margot Flowers and Christopher Jarrett  
 Williams College Book Award ..... Margot Flowers  
 WPIAL Scholar-Athlete Nominees .....  
 ..... Nicholas DiBucci & Niomi Phillips

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