

# LITTLE LAKE Theatre Company



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Eight-year-old Virginia O'Hanlon has always loved Christmas. When a classmate asks "Is there a Santa Claus?" Virginia sets out to prove he is real. She writes a letter to Francis Church, the editor of *The New York Sun*. The answer she receives is one that will become the most famous newspaper editorial of all time and prove once and for all:

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7:00pm | Come meet Santa, write a letter to the jolly old man, decorate ornaments and enjoy yummy treats!

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### November 24 - December 17

Saturdays & Sundays at 2:00pm



For tickets call 724-745-6300 or visit www.littlelake.org





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16

December



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your community parenting resource for 30 years!

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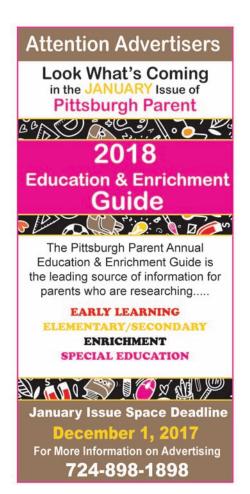
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**Cover:** Ann and Caroline Krawczynski of Hopewell, granddaughters of Nancy & John Reft, Hopewell, and John Krawczynski, Moon.

**Cover Photo:** Trey Thomas Images







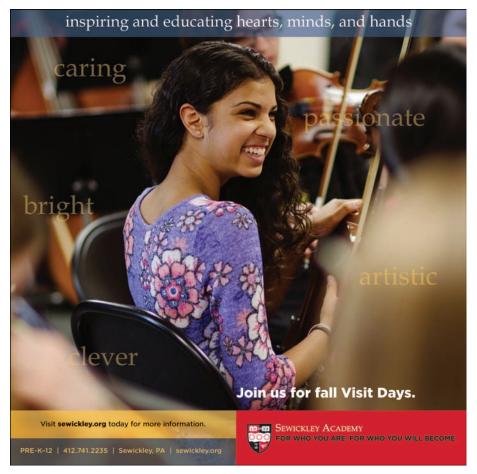
**SEWICKLEY** 

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Maybe this is the year...

am not that person who puts thought into making and keeping resolutions with the coming of each new year. As our world becomes more and more scary with terror attacks and shootings all around us, I find myself thinking a lot about change. How can one person's changes impact a world that appears to be on a crazy path

of destruction – a world that could and should be full of love and joy just seems to get uglier.

Maybe this is the year for parents to become mindful and resolute in making positive changes within our families as parents. Just maybe we can set our children up to make this world a better place!

My first resolution would revolve around love - By showing our kids love we are modeling for them how to love others. I don't perceive this to mean saying "yes" to everything a child asks for or wants. I believe children know they are loved when parents recognize both their strengths and weaknesses – support their positive actions but gently and kindly point out their mistakes, their unacceptable behaviors, their failures and then guide and support their efforts to change and improved.

My next resolution would be to embrace kindness - as parents and families and as a community. Acts of kindness have an impact on each of us - no matter if we are the giver or the receiver. Kind words can always make a bad day better. Kind actions have an impact even on those around us - they bring to the forefront good feelings as opposed to the bad ones. As parents we can do good deeds for others, volunteer to help those less fortunate or reach out to help when someone has a need. Our actions will speak much louder that our words to our kids.

Time – this is a resolution just waiting to be resolved – Parents are very busy people. Getting through each day with kids and their schedules, homework, commitments while maintaining a home and a job - finding enough time is an ongoing issue for most of us. I believe at some point we have to set boundaries and commit to our priorities, like the well being of our children. Even as a grandparent while spending time with my grandchildren I find myself reaching for my phone to check social media (Oh, it's for work I tell myself!). Or, one of my little ones asks for his favorite cookies so I quickly whip up a batch before he arrives rather than taking the time to bake with him. We allow ourselves to be pulled in so many different directions instead of seizing the moment and holding our children and families close.

Maybe it really is time to step back and evaluate the things that are most important to us before the arrival of 2018. Remember what has gone on in the world around us and resolve to make changes that will impact our own lives and the future of our world.



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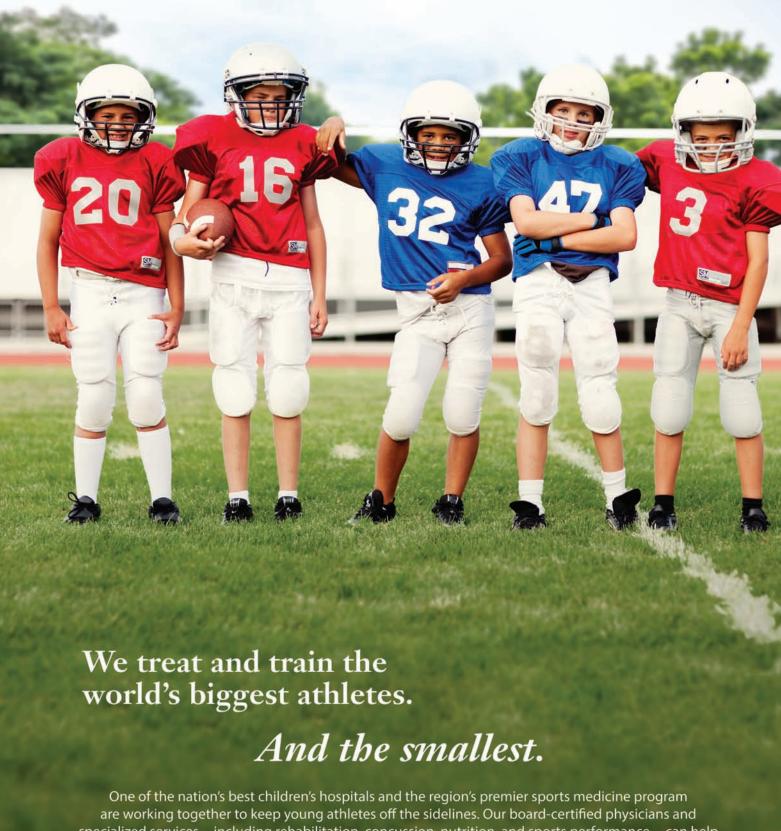
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### Do I look FAT in this Fitbit?



lapping into the latest trend, my well-intentioned husband recently bought me a Fitbit, one of those omnipotent fitness tracker wristbands. The Fitbit monitors your every move (literally) with a built-in GPS and loads of features, making it a top-seller that (supposedly) fits every lifestyle.

### That is, every lifestyle but mine.

I practically hung my head in ungrateful shame as I returned his gift, because isn't it all about the thought that counts? What does this say about me if I returned a gift, not because it didn't fit or it's the wrong color, but because I just didn't like it? What kind of monster

And yet, I'm ready to be branded with a scarlet letter as I returned my Fitbit to Sports Authority (that my husband scored at a 20 percent discount, no less!). I'm probably the only person in the world who's jumping off the Fitbit bandwagon.

### Why?

For starters, I'm just not into exercise. I mean, I occasionally walk and do yoga, but only because I know I should. And I've given up trying to master the Dance Off the Inches Hip Hop Party DVD I bought a few years ago, foolishly thinking I could do complex choreography "so simple anyone can do it." Well,

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thanks for making me feel like an idiot, girl-with-rock-hard-abs-on-the-DVD-cover. When Fit Blonde Girl instructs her hip-hop wannabees to "pop it," the only thing that pops (and cracks) is my arthritic hip.

And I do try to incorporate movement into my daily life. I kick butt in word games, throw a fit when my teen mouths off to me, run daily errands, jump to conclusions and dance around uncomfortable conversations. These activities don't really burn many calories, but, at least I'm not totally sedentary.

But the fitness tracker is a little too Big Brother for me, with my every movement being monitored 24/7. To get the most out of my Fitbit, I need to wear it all the time, even when I'm sleeping, shackling me like an I'm-on-house-arrest ankle bracelet. It just dangles on my wrist all day, recording every arm swing as I walk or reach for another glass of wine. Who needs that judgment all day long?

I feel like I should be wowed by this "wonder product" chock-full of features that track not only your exercise, but also your sleep patterns, your water consumption, your calories and your heart rate.

### High-Tech features for a low-tech girl

- I don't need a Fitbit to monitor my water intake. When I can feel the cotton in my mouth, I know it's time to take a drink.
- I don't need a Fitbit to tell me I was restless 35 times last night. I looked at the clock 14 times during the night, feel exhausted in the morning and can see the dark circles under my eyes, so I'm well aware I had a crappy night's sleep.
- I don't need a device that's waterproof up to ten meters, given my penchant for never going scuba diving.
- I don't need a Fitbit to vibrate every hour to tell me I've been inactive for too long. When I feel my derriere going numb from sitting at the computer too long, I know it's time to get moving.

And then there's the whole guilt factor. On days when I think I've been fairly active, I check my Fitbit only to discover that I racked up an unimpressive 415 steps today, and it's already 3 p.m. This sets off a mini-rage, as I yell at my wrist monitor, "Why are you silently judging me? Who are you to tell me I'm below my goal today?"

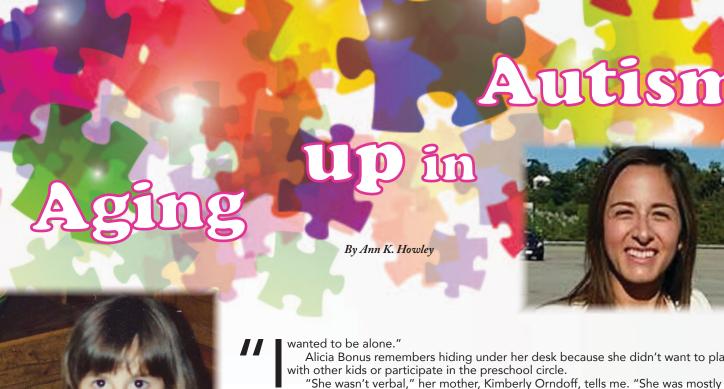
On top of all this, I'm always just a few steps behind what's trending. Case in point—*Breaking Bad* was three seasons old before I even heard about it. And I just read a fashion article that pantyhose are coming back in, which made me wonder, when were they out? So it feels a bit premature for me to jump on the Fitbit bandwagon just yet.

I'm also not what marketing experts would could an "early adopter." I don't upgrade my cell phone every year. I have zero desire for an Apple Watch. I don't want a drone. And, after great resistance, I finally forced myself to get on Twitter now that it's almost ten years old. I'm always late to the trend party by choice

Now, if my husband can find me a Witbit to monitor my sarcasm, I'd be all over that. But a Fitbit? Thanks, but I'm good. ■

Lisa Beach is a freelance writer, blogger, humorist, and recovering homeschool mom who lived to write about it.

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Alicia Bonus remembers hiding under her desk because she didn't want to play

quiet and would grunt when she needed something. I thought she was deaf."

Alicia's behavior worried her teacher, who suggested that her parents should take her to Rangos Research Center at Children's Hospital to be tested. After lengthy testing, including bloodwork and observation, Alicia was diagnosed with Pervasive Developmental Disorder, a disability that is primarily characterized by impairment in social and communication skills.

"At that time, there were no support groups, and very little literature. No one talked

about autism back then," Kimberly recalls. "It was a hidden disability. The doctor didn't use the word 'spectrum,' he only said it was 'like autism.'

Alicia's parents had no idea what to do or where to go for help. A few years after her diagnosis, they heard about the Autism Society. They started asking questions and learned that they had the right to request that Alicia be placed in regular classes, instead of special education, at school. For the next dozen years, as Alicia was mainstreamed in the Washington County school system, there were frequent meetings with teachers, counselors and administrators. There was also a lot of anxiety and tears. In the second grade, Alicia cried every day. One of her frustrated teachers cried, too.

"I'm up against a wall. I don't know what to do," she said.

"Please don't give up on her," Kimberly pleaded.

### The hidden disability

Russell R. Johnson, Ph.D. has studied autism for 20 years, consulting and conducting research from Pittsburgh suburban school districts and hospitals, including Mercy Hospital and Western Psychiatric Institute at the University of Pittsburgh.

> "The general public tends to believe that autistic people are like Rain Man," he explains, referring to the 1988 movie starring Dustin Hoffman, who plays a quirky, autistic-savant, a portrayal that became a misleading stereotype for people with autism.

'Autism is a brain-based difference. An autistic person doesn't see his behavior as a disability. The way they do things makes perfect sense. But to anyone else, it makes no sense."

The Centers for Disease Control and Prevention estimate that one in 68 children are identified with autism spectrum disorder (ASD).

From kindergarten through high school, public schools are required to make necessary adjustments for children with disabilities so they can participate in school and be successful in the classroom. Autistic chil-

dren often need special accommodations to help them learn. For example, a teacher might use detailed schedules, visual and auditory aids, or other adjustments to suit an autistic student's learning style.

> Alicia responded well to visual aids and did well in school.



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Aging up in Autism continued from page 8

She was a good reader, but in middle school, her mother realized she was having difficulty with reading comprehension. When she explained to her daughter that she had to try to remember what she read, Alicia was surprised.

"I didn't know I had to remember it," Alicia admits. A speech class helped her learn how to memorize.

Alicia's weakness was math. When she graduated from high school, she wanted to go to college, but had difficulty getting accepted anywhere because of her math grades. Still, she was determined.

She just didn't know it wasn't going to get any easier.



What happens when the school safety net ends?

When an autistic child graduates from high school and transitions into the adult world, there are fewer support systems and safety nets for individuals on the autism spectrum.

In 2013, researchers from A.J. Drexel Autism Institute reported that only about half of autistic young adults work for pay outside the home within the first eight years after high school. Approximately 21 percent have full time jobs, but the average pay is barely above the federal minimum wage.

This study also revealed that young adults with other kinds of disabilities, like emotional disturbance, learning difficulties or speech/language impairment, had significantly higher employment rates and average pay than their ASD peers.

That wasn't all. Another related study found that young adults on the autism spectrum were substantially more likely to continue to live with their parents or guardians for longer periods of time than their peers with other disabilities.

Statistics like these worry parents of autistic children. If autism is a brain-based difference, and people with ASD have difficulty understanding, communicating and cooperating with others, then what hope is there that autistic kids can grow up to lead productive, successful lives?

### The social problem

"The real problem comes when autistic people have to interact socially. That's where there's a huge disconnect," says Dr. Johnson.

The mother of an autistic teen recently explained to me that when her son was involved in a minor car accident, he panicked and drove away from the scene. In his mind, the important thing was to remove himself from the situation so he could calm down, not realizing that he could face legal repercussions for driving away. Fortunately, when the other driver followed him home, the boy's mother was able to talk to the driver and explain that her autistic son didn't understand what he was supposed to do in a situation like that.

Mary Limbacher is the executive director of Parents in Toto Autism Resource Center in Zelienople. The organization offers social support groups and creative activities, like Young Adults, a Dungeons & Dragons club, and a Recycled Art Group for individuals diagnosed with autism, their parents and siblings. When I visited Parents in Toto, Mary and Dr. Johnson described several real life situations that illustrate how difficult it is for those with autism to interpret social cues and navigate through personal interactions with others in the workplace.

- Krystin and Mary at Parents in
  - "Jim" is a good employee and a hard worker, but he doesn't know the names of his co-workers, who feel put off by his lack of etiquette.
  - "Barb" has a crush on one of her co-workers and follows him to the elevator and waits so she can pretend that she just happens to run into him. Although her co-worker feels uncomfortable with her behavior and brings it to the attention of her supervisor, Barb has no idea that her actions could be construed as "stalking." She thinks she is just being friendly.
  - At the company where "Robert" works, the boss orders Chinese food for the employees every other Thursday. Co-workers didn't explain this to Robert, so when everyone's Chinese food shows up for lunch again two weeks later, he is upset and questions why no one asked him for his order.

"By the time an autistic person reaches young adulthood, he or she has experienced years of misunderstandings," Dr. Johnson says.

This social disconnect may be a key reason why young adults with autism have a disproportionately difficult time transitioning to college, work and independent living.

### **Meeting halfway**

Some parents believe that their autistic child can't change or accommodate their behavior. Dr. Johnson doesn't think so.

"People with autism can be more flexible than they think," he says. "Most people in the world don't have autism. People with autism need to understand that. Autistic people have to give up the notion that everyone will accommodate them in the workplace. They have to adjust."

Mary Limbacher agrees. "A lot of it is meeting halfway. Employers should not have to come more than their share to accommodate. Employees living with autism need to come up with tools to help themselves in the workplace."



It was this belief that people with autism are capable of learning how to read social situations better and modify their responses that led Dr. Johnson to develop a unique training program called ICONz®.

ICONz® uses nine easy-to-remember images, or "ICONz®," to represent nine basic social concepts that might seem obvious to most people, but are not apparent to individuals with ASD. For example, part of the normal socialization process requires learning how to compromise and be flexible, but these concepts are not readily understood by people with Autism.

"Their perceptions and social assumptions about themselves and others often deny them the connections they see others enjoy," Dr. Johnson says.

When autistic individuals evaluate their own thinking patterns and assumptions, it can help them learn how to react to social situations more appropriately. The ICONz® program uses age-appropriate stories with characters in a variety of everyday social encounters. Students learn how to respond to social situations by recognizing and applying the applicable ICONz® that would help the characters in the story achieve a positive outcome.

The real success of the ICONz® program is when students can take what

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#### Aging up in Autism continued from page 11

they learn away from the group and use the visual cues in their own lives at home, work and school. When they are able to question themselves and ask "what ICONz® should I use?" they can make positive choices when they face uncertain social situations. This can improve their relationships and ability to interact with others.

The ICONz® program is effective regardless of age and situation. It works for preschoolers as well as physicians. Participants take a test prior to and after the course and the results are encouraging. After ICONz® training, participants demonstrate less anxiety and more personal confidence.

Parents in Toto introduced the ICONz® program in 2015. Currently they offer a class for middle and high school students and one for young adults. Both are small group settings that meet twice a week for a twelve week period.

"People drive long distances to come to these classes and the unique services that are offered at the center," Mary says.

Krystin Smith is the organization's facilitator for the program.

"I've worked in this field for about ten years and this program is the most accessible than any other I have seen. It has immense capability."



### Our shifting culture

Thirty years ago, no one talked about autism. It wasn't until 1991 that the federal government made autism a special education category, and shortly after that, Asperger's Syndrome was added to the expanding autism spectrum. By 2013, though, all the varied categories and subcategories of the condition were scaled back into one umbrella diagnosis of autism spectrum disorder.

Today, there has never been more public awareness about autism. In March 2017, Sesame Street introduced a new character, Julia, the first autistic Muppet. Several television shows, like The Good Doctor and Atypical feature lead characters with autism. Last year, the professional services firm, EY (formerly Ernst & Young), which has an office in Pittsburgh, launched a widely-publicized program to hire autistic people.

Jobs are key. There is now a push for social services to educate employers and explain how to deal with autistic people.

"It's not just about awareness," says Krystin. "There has to be life skills and job placement."

For that, Pennsylvania has been making big strides.

The Office of Vocational Rehabilitation (OVR) is a state agency that helps people with disabilities prepare for, start, and maintain a career. Young adults with ASD who want to work, but have difficulty getting and maintaining a career can receive valuable assistance. OVR assigns vocational rehabilitation counselors to work directly with each person to put together a plan of action to identify a career goal and the services needed to help get started in or maintain a career.

"OVR receives a lot of praise. People move to Pennsylvania just to be able to use these services and a lot of other agencies are adopting this kind of program," Krystin says.

### Alicia's difficult road

Autism is not the only challenge Alicia Bonus has had to face. When she was eleven years old,

she was diagnosed with Crohn's disease, a chronic inflammatory condition of the gastrointestinal tract. At one point, she was so sick, she was homebound for a month. She had to be admitted to the hospital for three days because she had lost so much weight, she couldn't receive her regular treatment for her disease.

After graduating from high school, she worked a few odd jobs at a local department store and as a part-time receptionist, which she enjoyed, but she never wavered in her dream to go to college. Eventually, she applied and was accepted to California University of Pennsylvania (CalU), where she lived on campus. College life wasn't easy, but in December

2013, she graduated with a Bachelor of Arts degree in English.

Her mother was astonished. "With everything she'd been through, it was amazing she wanted to do that."

She currently lives with her mom and step-dad in Washington, PA. Over the past few years, she has





enjoyed helping take care of her young nephew and niece. She wants to work, but is having difficulty finding a full time job. Recently, she started indulging her creative side, making Victorian - themed decorative art pieces. She has a boyfriend, who happens to be my son, Michael. They met at CalU.

"He didn't know I was autistic," she smiles.

Alicia will probably always face challenges in her life, but as her family, my son, and I know, there are few people who possess her strength and determination. She will find her way.

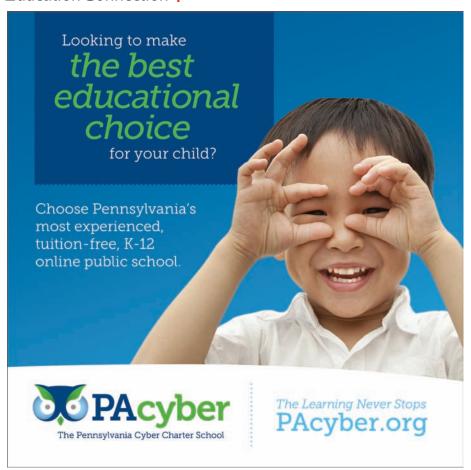
Author, teacher and popular speaker, Ann K. Howley, is a regular contributor to Pittsburgh Parent. Contact her at akhowley@gmail.com.







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### **Dear Teacher**

Taking forgotten items to school: Yes or no?

Every so often one of my children will forget a lunch, assignment or permission slip. I find myself dashing off to bring the forgotten item to school. Is this the right way to handle occasional forgetfulness? – Forgotten

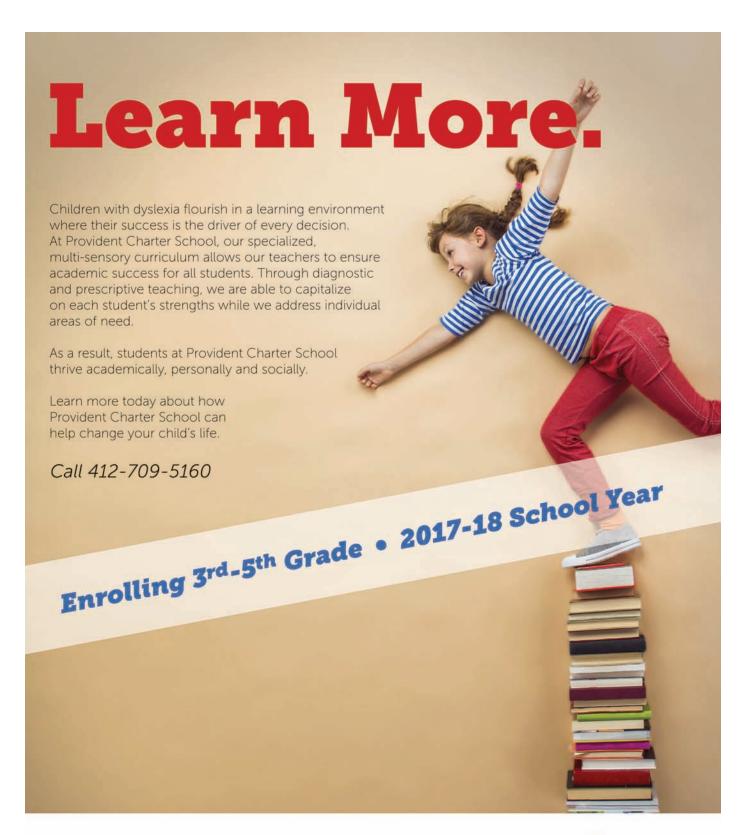


At some schools, this is a moot issue, as they do not accept items for drop-off. When this is true, parents and students need to be aware of the policy. On the other hand, there is no solid agreement on whether forgotten items should be brought to school or not.

Actually, we believe that getting assignments to school is part of the homework process. As for handling permission slips, both students and their parents need to work out a reliable scheme for doing this. As far as lunches go, it is the same story. The easiest way to handle getting things to school is to create a list on the exit door with all of these items on a check-off list.

Some educators and parents as well believe that delivering forgotten items to school is not teaching children to take responsibility for themselves. Plus, suffering the consequences of their actions is definitely an education in itself. Others feel that everyone forgets things occasionally, and when convenient, items can be brought to school. The major thing is that both parents and children should understand what their family's policy is.

Parents should send questions and comments to dearteacher@dearteacher. com or ask them on the columnists' website at www.dearteacher.com.



Designed for students with dyslexia and language-based learning differences.





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### Boarding Schools

### 10 facks about boarding schools

By Robert Kennedy, courtesy of boardingschoolreview.com

**ere** are 10 facts about boarding schools which the schools want you to know. If you are considering sending your child to boarding school, this data and information will address some of your concerns.

1. There are over 300 boarding schools in the U.S. – Most boarding schools prepare their students for college level work. Hence the name, "college prep" or "prep" which you will see in many school names. Most boarding schools are coeducational. But there are about a hundred schools which are single sex schools. They accept and teach only boys or girls.

There are several types of boarding schools. Alternative and therapeutic schools serve specific needs such as emotional and disciplinary issues. Still other schools offer programs for students with special needs such as dyslexia, ADD/ADHD and other learning differences. They have the skilled, highly credentialed staff to ensure the best possible outcome for your child. They focus on college preparation as well.

Military schools combine academics and the military training many young people and their parents demand. As you will see when you review the boarding school profiles at boardingschoolreview.com, there literally is a school for every need and requirement.

2. Some schools are purely residential –

Other schools are a mix of boarding and day students. A true boarding school has most of its students reside on campus. But if a school happens to be located in a town or other major population area, it could have a significant percentage of day students. There's nothing intrinsically wrong with that, but it does change the complexion of the school and its life.

Why? Because day students leave at the end of the academic day. While they will come back for sports and extracurricular activities, they are off campus evenings and weekends.

**3.** All schools choose their own curricula – The state in which a school is located will have legislated minimum requirements for curriculum content which every school must meet or exceed. Ninty-nine percent of boarding schools exceed those minimum requirements.

There are several flavors of academics to be found in boarding schools. The broad categories are traditional and progressive. Within the traditional schools you will find test-based curricula including the popular Advanced Placement curriculum and in a handful of schools the International Baccalaureate program. Progressive schools don't believe in tests as a rule. Students are prepared for college level work, of course, but the approach is student-centered as opposed to the traditional teacher-centered approach to learning.

- 4. Most schools are staffed with well-qualified teachers Peruse boarding school profiles and look for the percentage of teachers with advanced degrees. The numbers are usually quite high. Why? Because schools demand the high quality teaching which your child receives. Teachers with advanced degrees usually have a wealth of experience and knowledge in their subject area as well as in the art of teaching.
- 6. Most schools offer tuition discounts for siblings Most boarding schools will give you a discount if you have more than one child attending the school. They will also generally give you a discount for cash payment of your tuition. Tuition bills are rendered twice a year. Paying them in two payments will result in savings. See your financial consultant for advice on how to take advantage of discounts available to you.

Schools offer generous financial aid programs. While the programs vary from school to school, always ask about financial aid.

**6.** Most schools have extensive athletic facilities – Sports is not an add-on or an extra at a boarding school. It is an integral part of the program every boarding school offers. Obviously some schools have more and better athletic facilities than others. But the point is that every student is required to participate in sports. Most schools set aside one afternoon a week for sports. Saturdays are major sports days as well.

Depending on what part of the country you are in, the sports lineup will include everything from hockey to crew. Participation is at several skill and competitive levels with intramural and varsity sports hugely popular. As a result you will find indoor track and field facilities, natatoria, basketball, squash and badminton courts, golf courses, equestrian facilities, soccer and field hockey fields, hockey rinks, rowing facilities and much more.

Many schools offer equestrian programs. An equestrian program takes significant amounts of money to operate. But it is one of the features which set boarding schools apart from day schools, public and private. Most schools with equestrian programs offer the opportunity for your child to board a horse. While English style riding tends to dominate the sport, Western riding programs can be found at several schools. Lest anybody criticize riding as an elitist sport, just remember that horses have been a part of American culture and history since the beginning of civilization on this continent.

continued on page 20

### Boarding at **Shady Side Academy**

hady Side Academy offers an enriching boarding experience for students in grades 9-12, with two boarding options. Five-day boarding allows students who live close by to go home on weekends, while seven-day boarding is ideal for those who live farther away or want to take advantage of weekend activities on campus and around Pittsburgh.

From extra instruction with teachers to extra time in the gym, ice rink or art studio, boarders have increased access to SSA's many resources - and more time to enjoy them. Without the daily commute, they have more time to study, practice, socialize and, of course, sleep. Boarders gain leadership skills as part of a small, oncampus family in which everyone plays an active role. With a 2:1 ratio of students to adults living on campus, boarders always have someone to go to for help.

Assuming more responsibility and independence in a well-supervised setting helps prepare boarders for a smoother transition to college. They learn valuable lessons about time management and about getting along with people from different backgrounds, preparing them to handle those situations with confidence in college.

> Learn why boarding at Shady Side Academy is not your typical high school experience. ShadySideAcademy.org/Boarding

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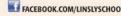
Just ask Kaitlyn Pytlak, Linsly Class of 2009 and recent law school graduate.

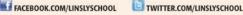
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The Linsly School





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### Engage in a comprehensive experience

e believe the most comprehensive Linsly experience is that lived by our boarding school students. Providing a warm, supportive, and structured environment for students in grades 7-12, the Linsly residential community is a home away from home.

Residential students live in one of four dormitories, supervised by faculty who live among students on campus with their families in a beautiful neighborhood. Because each dormitory is connected to at least two faculty residences, students learn very quickly that their dorm room is literally an extension of our homes. From family-style dinners shared with dorm parents, to structured evening study halls supervised by faculty, to evening get-togethers at faculty homes for pizza and movies, boarding life at Linsly balances the structure and discipline necessary for academic success with the nurturing support necessary for personal fulfillment.

Students residing on campus experience college prep classes that encompass every aspect of their Linsly life. The "Values Added" aspect of Linsly residence life comes from this 24-hour community where every teachable moment is seized. We believe the comprehensive educational experience lived by resident students is best understood in these categories: relationships, self advocacy and personal responsibility, self-discovery and personal growth, proximity to influential mentors and the moral compass.

Linsly is conveniently located approximately one-hour from Pittsburgh.



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### WHY ALL-BOYS BOARDING?

he statistics are in: Boys and girls are not achieving equally in the classroom. According to the Economist, "Boys are 50% more likely than girls to fall short of basic standards in [reading, mathematics, and science]."

Why is this? With a growing number of discrepancies in terms of educational success between the sexes, we must find alternative solutions that improve a boy's ability to succeed in his academics.

Many parents have found renewed success in their son's educational journey by transitioning to an all-boys boarding school. Most boarding schools for boys cater to how young men learn best: through engaging, interactive lessons and individualized support.

### **Tailored Teaching Styles**

Every young man has a unique way of learning, and it's crucial that boys who are struggling in their education seek a different style of learning that is geared toward their individual needs. Providing young men the opportunity to learn by way of open discussions, freeform learning, and an ample amount of lab courses and interactive learning opportunities, boarding schools for boys are able to help male students stay focused and engaged with their learning.

### Freedom to Choose "New" Subjects and Activities

In a holistic educational atmosphere, the pressure to study certain subjects in school is removed, allowing young men to pursue courses they may not have considered while studying in a public school environment. Young men become more invested and interested in what they're learning when given the freedom to choose subjects and topics on their own. According to the National Association for Single Sex Public Education, students of all male schools have been found twice as likely to pursue their interest within the arts, languages, and other subjects that



### have typically been dominated by female students.

With a variety of social clubs, extracurricular activities, sports, and volunteer opportunities, boarding schools for boys help students grow as leaders equipped with social and communication skills needed for success throughout their life.

### Self-Discovery and Lifelong Friendships

Young men begin to discover themselves at an all-boys boarding school.

Away from home and surrounded by peers in a 24/7 teaching environment, your son will begin to make lifelong friendships and grow as a self-reliant young man alongside other students who are equally as passionate and dedicated towards common goals and interests.

### **WHY GRA?**

ocated two hours from Pittsburgh, Grand River Academy is an internationally recognized private boarding school that was founded in 1831.GRA is a close-knit and supportive community featuring a 360-degree approach to develop the total young man: academically, emotionally, and socially.

Here, boys are encouraged to discover how they learn best. Creating drones in Robotics, writing satire in English, to adventures outside in Biology while learning about animals in their natural habitats, our faculty know and appreciate each student's individual strengths and fosters growth with personal goals.

At GRA, students are encouraged to be themselves while the academy provides structure and opportunities for them to become happier, more self-aware, and productive. It's about re-invigorating that passion for learning and preparing our students for the future.

### **Discover GRA Programs**

Foundations Learning Program – The Foundations Learning Program is an elective program that provides comprehensive academic support for students with learning differences.

The Foundations Learning Program instructor builds a strong relationship with the student through appreciative listening and mindfulness exercises and helps him to explore and understand how he learns. Daily sessions with the Learning Program

### **Boarding**



Instructor are designed to promote independent learning through individualized tutorials that emphasize learning strategies, organizational skills, time management and self-advocacy.

**Productive Growth Center** – This one-of-a-kind program incorporates the art of hand tool woodworking with traditional counseling methods to develop the total young man – academically, socially and emotionally.

Grand River Academy firmly believes in providing programs that support healthy lifestyles and the enrichment of character through emotional awareness as part of its mission to prepare young men for lifelong success.

The Intensives – Grand River Academy's Intensives provides students with the ability to learn and collectively create experiential courses with GRA faculty. Occurring twice throughout the year, first in January and second in April, students gain credit for two, two-week courses specifically designed for immersion into a given topic. Course Examples include financial literacy, philanthropy, science and forensics, and fitness and nutrition, among others.

Summer at GRA – From the Summer Academic Camp to GRA's STEAM Academy, these five-week programs that will run July 1st - August 3rd provide multiple opportunities for your son to explore handson scientific subjects to working ahead

and earning credit in a traditional high school class. Discover more at summeratgra.org



admissions@grandriver.org www.grandriver.org 10 Facts continued from page 16

**7. Boarding schools offer a family atmosphere** – Read the information on boarding school web sites. Visit the schools. One common aspect of boarding schools quickly becomes apparent. They all pride themselves on offering a warm, family atmosphere. How do they do that? They break the student population down into smaller, more intimate groups by having the students living in dormitories. Each dorm has a resident faculty supervisor or dorm master living down the hall from where your child lives.

The socialization and fostering of relationships continues with family style meals and relaxing times in the common room. Many schools also use a house system which groups students across grade and age levels. Houses compete internally and with each other for all kinds of things. They engage in activities and projects that will build bonds and team spirit.



Boarding schools offer 24/7 supervision – Safety is a prime concern of every boarding school. That's because your child is at school 24/7. Schools operate legally in loco parentis or in your place as the students' parents. As a result, schools make it their business to know where your child is at all times. If that sounds slightly like a stifling, prison atmosphere, it isn't at all. It merely means that she cannot disappear for hours at a time without somebody knowing where she is or what she is doing.

Will teens get into mischief and push the limits at a boarding school? Of course they will. But they also understand that there are consequences for unacceptable behavior. That is all part of the contract you sign with the school. A code of conduct is what holds a school community together and allows it to function smoothly and for the benefit of all community members.

9. Boarding schools offer sports/academics/extracurriculars in one convenient package – Any parent who has had to drive a child around town to all the various sports and extracurricular activities she wants to be involved with understands the advantage a residential school offers. Everything is self-contained and in one place. Best of all, a busy professional parent doesn't have to worry about being a taxi service six days a week driving her children all over town.

students –The standard of education is high. The opportunity to learn English as a second language and to immerse oneself in American culture is a huge draw for many overseas families.

American boarding schools also appeal because they provide a solid academic preparation for college and university work. While the United Kingdom has more boarding schools, most American boarding schools offer the mix of academics, sports and extracurricular which parents and students from other countries find most compatible with their objectives.

Robert Knox Kennedy graduated from McGill University with a Bachelor of Arts degree and Associate in Music diploma. His four children were educated in private schools. As a result Robert sees the private school experience both from the parents perspective as well as the schools point of view.

### **Boarding**







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- Academic Rigor
- Learning Support

spent all four years of high school at Grier, and I could not be more thankful for my experience. The teachers and faculty are all so invested in and dedicated to their work, and small class sizes made it so easy for me to form personal bonds with both them and my fellow students. It's so rare and valuable to find a community of teenagers who have so much respect for themselves and one another, and I will cherish the friendships I made here for the rest of my life. I'm now studying acting and music theatre at NYU's Tisch School of the Arts, and I can say without a doubt that I wouldn't be here today without Grier. My classes at Grier went above and beyond to prepare me for NYU both academically and artistically in ways the public school in my area never could have. With all of the diverse academic and extracurricular opportunities Grier has to offer, there's a place here for every kind of girl to flourish." – Shannon '17

Like Shannon, Grier's 300 students are free to explore new opportunities and possibilities in a supportive, encouraging environment. Girls are free to try new paths, to follow ambitions, and to pursue leadership roles. In finding her voice and comprehending her value, a student at Grier comes to recognize the power and potential of being a girl in the 21st century. At Grier, girls become emboldened, engaged, and poised for the future.



Grier girls are challenged in the classroom and find support from teachers and peers to develop academic perseverance. Students experience firsthand the power that derives from character traits such as resiliency, flexibility, determination, and the joy that accompanies well-deserved success. Students find wide variety in the Grier curriculum, which offers classes ranging from college preparatory to Advanced Placement (AP) and in-depth scholarship through electives and advanced offerings. Grier's small classes, passionate teachers, and hands-on experiences involve students and immerse them in a culture of achievement.

At Grier, girls work to achieve a balance of analytical thinking, creative expression and physical fitness. Students meet academic requirements during the day and activity requirements in the afternoon. These activities include athletics as well as artistic endeavors in dance and music to promote a balanced lifestyle and develop healthy habits. The purposeful balance in Grier's offerings ensures that students graduate with technical knowledge in STEM and broad skills developed in the humanities, such as the ability to think critically, communicate clearly and solve complex problems.



# HIGHER EDUCATION NAVIGATING THE FUTURE

A GUIDE FOR PARENTS AND TEENS

### College majors: What parents need to know By Jill L. Ferguson

any parents think their child declaring a major early in their collegiate academic studies will ensure their child graduates in four years. But in 2016, a study from the Education Advisory Board in Washington, D.C. said otherwise. According to Inside Higher Education, "Most students – as many as 80 percent in some surveys – will switch majors at one point during their time in college. According to the report, students who made a final decision as late as the fifth term they were enrolled did not see their time to graduation increase. Even one-quarter of the students who landed on a final major during senior year graduated in four years, the EAB found."

Now obviously, super technical majors may not be added late in the studies without additional time added to obtain the degree. But an interesting point in the EAB study is that students who switched majors found that to be a positive experience and were more likely to graduate college than students who declared a major from the onset and never switched.

Lists of college majors are compiled every year and ranked in a variety of ways: best starting salaries, best career prospects, most meaningful major, etc. Two lists of note are from Kiplinger and Forbes. Kiplinger's list is mostly about the money: starting salary, mid-career salary, job prospects, ten-year career growth; Forbes list reports similar numbers categories but talks about what people say are the most meaningful jobs (based on a PayScale survey of more than 800,000 people).

### **Kiplinger's list:**

- 1. Nursing
- 2. Biomedical Engineering
- 3. Civil Engineering
- 4. Mechanical Engineering
- 5. Computer Science

- 6. Management Information Systems
- 7. Business Administration
- 8. Physics
- 9. Actuarial Mathematics
- 10. Finance

Nursing, for example, has more than 1.9 million job openings annually, which is one reason it made the number one spot for 2017-2018.

### Forbes' list

- 1. Pastoral Ministry
- 2. Medical Laboratory Science
- 3. Music Therapy
- 4. Counseling tied with Diagnostic Medical Sonography and Occupational Therapy and Physical Therapy

One note on the Forbes' list is that the first half of the list has starting salaries in the \$30,000s; whereas, the lowest starting salary on the Kiplinger list was for Business Administration majors at \$48,000.

If money is not a driving factor for your child and he or she is really stumped about choosing a major, Princeton Review recommends, "Make the most of any required general education courses, choose ones that interest you. Talk to professors, ad-

visors, department heads and other students. Find an internship off campus. Exploring your interests will help you find your best fit major, and maybe even your ideal career."

Or Loyola University Chicago provides this 35-question quiz to help students narrow down their interests and an undergraduate major: https://www.luc.edu/undergrad/academiclife/whatsmymajorquiz/ But most of all, as parents, it's up to us to remind our kids that a major is not a lifelong sentence. It is a jumping off or starting point. People's careers morph and change over time, regardless of their majors.

Jill L. Ferguson is a freelance writer from Renton, WA.



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PittsburghParent.com December 2017 23

### How to fund a *debt-free* education

By Brynne Conroy

n-state college tuition rates have gone up 142 percent at public, four-year institutions nationally since 1971. Funding education can feel overwhelming, but it's an all but necessary task as college graduates earn more over the course of their careers.

You don't have to take out interest-bearing loans to fund academic endeavors, though, in fact, these loans should be your last resort.

### Fill out the FAFSA

The very first thing you should do to finance your education is fill out the FAFSA. In 2017, it's easier than ever. As long as independent students or the parents of dependent students have filed their taxes online, the application at fafsa.ed.gov will automatically populate your financial information.

Based on that data, you or your child could potentially qualify for grants—which consist of free money that never has to be repaid:

- Pell Grants Pell Grants are the most commonly awarded. Based on financial need, the max Pell Grant for full-time students in the 2017-18 school year is \$5,920, though this amount changes annually. Even if you don't think you or your child will qualify, apply as there has historically been excess funding for this program.
- Federal Supplemental Educational Opportunity Grants FSEOGs are for students with extreme financial need. The 2017-18 max award is \$4,000. This money does tend to run out, so be sure to fill out your FAFSA as soon as possible.
- Iraq and Afghanistan Service Grants If you do not qualify for a Pell Grant because of your income level, but have lost a parent while they were in the line of duty in Iraq or Afghanistan after 9/11, you can qualify for a full Pell Grant through this program.
- TEACH Grants Those who plan to become educators may be given the opportunity to apply for a TEACH Grant. This grant is conditional. You must work in an underserved community for four of the first eight years after graduation in a high-need specialization. The max award for the 2017-18 school year is \$4,000.

The FAFSA may also give you the opportunity for work-study. You will be offered an on- or offcampus job and can choose to receive your pay directly or to have it directly applied to your tuition.

You will likely also be offered federal student loans—which are superior to private, interestbearing student loans—but you should not utilize them until you have exhausted all of the other resources listed below.

### Institutional aid

After you fill out the FAFSA, your school will be able to calculate institutional aid. This is how much grant money the school is willing to provide you based on need. When you're touring college campuses, it's important to make a stop at

> CMU may end up being less expensive than the University of Pittsburgh depending on your income because CMU offers a large amount of institutional aid to its students.

You should also ask if the school will reduce the amount of institutional aid offered if you earn scholarships. If they will, it may not be

worth pursuing these scholarships unless you're sure you'll be able to earn more in scholarships

than your school is offering in grants.



### Scholarships

There are a litany of scholarships out there. Too often, money is left on the table. For the best results, apply to scholarships that apply to your unique skills, life experiences and hobbies. There is a scholarship out there for virtually anything that differentiates you from the masses.

For example, the simple fact that Pittsburgh is your hometown comes with potential scholarship opportunities.

Look to foundations like the following to find them:

- Pittsburgh Foundation
- Pittsburgh History and Landmarks Foundation
- Pittsburgh Penguins Foundation
- PPG Industries Foundation
- POISE Foundation

Another great place to look for scholarships is your school's financial aid office, though some schools will have more offerings than others.

### Zero-interest loans

Pittsburghers have a unique place to turn when scholarships and grants don't cover the entirety of their college expenses. The Hebrew Free Loan Association offers zero-interest loans to Allegheny County residents in a variety of life situations—including heading off to school.

"Community members donate to fund the loans," explains Aviva Lubowsky, Director of Client and Community Relations at the 501(c)(3). "As people borrow and repay, we recycle the money from repayment to extend additional loans. It really is an embodiment of a community contract."

You do not have to be Jewish to borrow from Pittsburgh's HFLA chapter. The only requirements are Allegheny County residency, ownership of property in Allegheny County, proof of income showing you will be able to repay and a credit score of 720+. If you do not have sufficient income, property or a high credit score, you can easily add a cosigner who does.

The HFLA extends student loans in the amount of \$500-\$10,000. The max award of \$10,000 can be awarded for three years, with a total max award of \$30,000. You do not have to use the money for tuition; funds can also be applied to external costs like laptops and books.

Loans are repaid over the course of 24-36 months. You will have to make payments while you are in school, but the HFLA works closely with all applicants to ensure repayment plans are realistic. Because there is no loan deferment, applying with a cosigner is highly advantageous.

You can start the application process by visiting hflapgh.org. ■

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programs are part of the Architecture Learning Network, www.alnpgh.org



Brynne Conroy is a local freelance writer from Pittsburgh.

PittsburghParent.com December 2017





### **Holiday Hoopla**

### Crafts and games for a jolly good time



By Tania Cowling





t's that holiday time again with so many fun things to do. Include the children whenever you can in your holiday preparations. Kids love art projects, so get out the art box and get creative. There is something very cool about making great things with the materials you have lying around the house. Sure you can buy decorations, but things you make today will become wonderful keepsakes for years to come.

Whether you're celebrating Christmas, Hanukkah or Kwanzaa, capture the warmth of the season with these family-friendly crafts and games.

### Holiday fun – The very simple things

Children learn through play and experiences they encounter. Make this holiday season a time to incorporate some of these simple ideas with your own family traditions.

- Make Paper Chains (in your holiday colors) as a countdown calendar. Link enough paper chains until the day of your special event. Then have your kids subtract one link each morning until that special day arrives.
- Bring out the old baby photos and videos. Make this movie night along with the popcorn. Kids love to see themselves, talk about what they remember and hear stories about when they were young.
- Bake holiday cookies. If time is an issue, use pre-made refrigerated cookie dough. Bring out the cookie cutters and sprinkles and enjoy this cooking experience together.
- Use crafts you make as gifts. This teaches the "gift of giving" and your child will feel special for what he has created and shared.
- Turn off the television and sing holiday songs. Pick out your family favorites and sing the same ones every year. Add a new one periodically.
- Visit your local library and check out holiday books. Read together.
- Let your child participate as you send holiday cards. A child may add a line or two of her own personal writing or even the youngest child could make a simple drawing.
- Make some holiday ornaments.
   Personalize some inexpensive glass

balls with the family names. Write the names in glue and then sprinkle on glitter.

### Things to make

Ornaments from nature – Cut holiday shapes from cardboard. Make sure to punch a hole at the top to string some gold cord or ribbons when the ornament is finished. With a pencil or marker, divide each shape into sections to create your mosaic. Fill with something that relates to nature. Ornaments can be filled with birdseed, sunflower seeds and rice. Place glue into the sections and fill with your chosen materials. Hang ornaments on the holiday tree or around the room.

Sewing cards - Weaving yarn into sewing cards is an old favorite for children. There are several ways to incorporate sewing cards into your holiday decors. Cards from last season, cardboard wall decorations and ones you make yourself from poster board. With a hole punch, make holes along the outline of the shape. Take a long length of yarn and wrap tape around the one end to make a hard tip. Go into a hole and tape the end of the length to the back of the card. Proceed to weave in and out the holes until you complete the card. Secure the end of the yarn to the back again with tape. This is a great activity to foster skills in eye/ hand coordination and finger dexterity. Encourage your child to hang his/her cards for added decorations.

Star of David –The Star of David is symbol of the Jewish culture and used in many holidays including Hanukkah. A traditional craft is making this sixpointed star from craft sticks. Make two identical triangles by gluing three sticks together. When dried, invert one over the other and glue together. Paint with blue paint and decorate. Think about using glitter or even punched holes from aluminum foil and glued onto the star for a sparkling silver décor.

#### Games to play

A Kwanzaa Game – In order to play this game, a prop box needs to be made. Paint or cover a shoebox with red or green paper. Decorate the sides of the box with symbols of Kwanzaa, such symbols like fruits and corn from the harvest, the Kinara (candle holder used

during this holiday) and a Mkeka (straw mat). Next, paint seven spring-type clothespins (three red, three green and one black).

These candles stand for the Seven Principles of Kwanzaa (unity, self-determination, collective work & responsibility, cooperative economics, purpose, creativity and faith. During Kwanzaa, these candles are placed in the Kinara. Young children love to place the clothespins on the side of the box as if they are placing the candles in the candleholder. Help your child develop his finger dexterity as he places the candles on and off.

**Hunting for gelt** – Hide and seek is an all-time favorite for children. This hiding game includes an added sense of holiday excitement when the hidden treasure is Hanukkah Gelt (a monetary symbol). Before the game you will need numerous pieces of Gelt. Cut out circles (three-inches diameter) from cardboard. Cover these with aluminum foil or gold foil from a craft store. When the kids are out of the room, hide the "gelt". After the children return, have them search and collect the gelt pieces. When the game is finished, each child can count the gelt they found. Who has found the most? Reward the gang with a special

A holiday gift surprise – This family game is based on the "cake-walk" concept. To prepare for this game you will need several boxes incremental in size (they fit inside each other). Fill the smallest box with candy or small trinket toys. Gift wrap this box and place it inside a bigger box. Wrap each box as you keep placing one box inside the next.

To play the game, have the children stand in a circle. Place an "X" with tape in one spot on the floor. As you play some music, have them walk around the circle (the gift is in the center). When the music stops, the child who lands on the X goes to the center and starts unwrapping the first box. Then start the music again and repeat the process. Make sure a different child is chosen each time to unwrap a gift. When you get down to the last box, have this child share the "goodies" inside with the entire family.

Tania Cowling is an author, former teacher and mother. She lives in Plantation, Florida.



PittsburghParent.com Holiday Happenings & Gifts December 2017

### Go Green this holiday Season! By Kara Fraser

**hink** outside the box this holiday season. Even if you aren't a very crafty or creative person, or have never thought much about 'Going Green", the holidays are a great time to start! Those who are seriously into preserving the environment often cringe at the mere thought of all the waste that goes along with the holidays, such as not so eco-friendly gifts, wrap and dispensable party wares.

I've come up with a few simple solutions to give you the opportunity to have a healthier holiday season. Not only will you help preserve the planet in the long run, but you may even save a few bucks too by using some of the belongings you already own and incorporating them into your holiday décor.

### Christmas trees

- It's a great time to start a family tradition if you haven't already. Grab the kids and head off to a local tree farm and make it a day of fun for all. Take a hayride, sip some hot cocoa and cut down your very own tree. The kids will have fun searching for the perfect one and the memories will be priceless!
- Real trees are a renewable, recyclable resource. Artificial trees contain nonbiodegradable plastics and possible metal toxins such as lead. (Please read the warning labels)
- Get a live tree that you can have in your house and then plant outside, in your yard or somewhere else after the holidays. The planet needs more trees and they sequester carbon.
- Grow it yourself. Plant a few seedlings each year and in a few years, you will have your own tree that you can bring in for the holiday season.

### **Decorations**

Decorate the house with live greenery. If you plan on cutting down your own tree this year from z local tree

farm, hold on to the extra branches you cut off. (Hint: they may even have extras if you ask!) The fragrant branches make wonderful decorations around the house. Simply put them in a vase and tie a red bow around

- The best choices for other live greenery are herbs such as basil and rosemary which have a wonderful fragrant smell and you can use them for cooking all year long
- Think long term. Eliminate wasteful paper products and disposable pans and other bake wares. Purchase or use glass cookware and dinnerware. Invest in cloth items such as cloth napkins, placemats and tablecloths or make them yourself from fabric. Hint: if you purchase blue or red fabric items they can be used many times through the year for other holidays or everyday use.
- Collect pine cones for free. Bring the outdoors in!
- Look in your kids' rooms for decoration ideas. Whoever said you couldn't build a menorah or tree decoration out of Legos? Or a cool snowflake scene from an Etch-a- Sketch or Lite Brite!

### Save money

- Energy: Attach your indoor and outdoor lights to a timer, and program them to be on only for the several hours in the evening when people will see them.
- Wrapping paper: Wrap presents with recyclable wrapping paper, or get creative and make your own. Gifts can be wrapped in newspaper, fabric or make use of some of your child's artwork that you have been holding onto! How about putting your gift in a reusable bag?
- Cards: Make your own holiday cards! Recycle children's artwork or use

some of the cards from last year. Or make your own recycled paper! Take old newspaper, mix it with water in a blender and pour out over a screen and set out to dry. Try sprinkling some seeds in it & the recipient can just plant the card! How clever!

#### Gifts:

- If you must purchase a gift, look for items made from recyclable material.
- Give gift certificates for goods or services you know the recipient will use.
- Shop consignment stores! Not only will you help keep items recycling, but you will also save some money too!
- Think green! Great gift ideas include water bottles, plants, battery chargers, cloth napkins, energy saving light bulbs and a reusable shopping bag. Better yet, create your own "Green" bag and put a bunch of small items in a reusable shopping bag.
- Make something! Whether it be a cake, a pillow, home accessory, scrapbook, painting, ornament or a scarf, be creative.

Some of these ideas are great to continue on throughout the year at any other gift giving time or holiday. The kids can easily pitch in and may even come up with some new clever ideas to reuse items and to help save you some money—and to cut down on waste. ■

Kara Fraser is a freelance writer with two children. She is always looking for clever, budget friendly activities to do with her family and ways to save money.





December 2017



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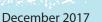
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Free game play will be provide with a Bonus Card. Valid for game play only starting January 2, 2018 and cannot be used as cash. Any resale or transfer of the card will render it void and subject to forfeiture. Main Event is not responsible for lost, stolen or damaged cards. No adjustments or refunds for previous purchases. Non-negotiable. NOT FOR RESALE. Other restrictions may apply.







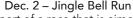


### Holiday Happenings









Be part of a race that is aimed at fighting arthritis, 7:30am, North Shore • (\*PR) jbr.org

> Dec. 2, 9 & 16 Fab Lab "Build It" Workshop

Laser-cut Holiday Ornaments – Design & create your own laser cut ornament, noon, 1pm & 2pm, Carnegie Science Center • carnegiesciencecenter.org

Dec. 2 – Girls and Dolls Holiday Tea Tea, festive snacks, holiday carols & crafts, 11am - 3pm, Succop Nature Park, Butler • visitbutlercounty.com

### Dec. 2 & 3

Christmas in the Village

Local choirs will be performing, children's crafts & activities along with Belsnickel (Pennsylvania Dutch Santa Claus) & more, Sat., 2-9pm & Sun. 2-7pm, Old Economy Village, Ambridge oldeconomyvillage.org

### Dec. 2 – Creation Stations: **Under the Palms**

FREE holiday activities featuring the Children's Museum of Pittsburgh, different themed activities each Saturday, 11am - 2pm, Fifth Avenue Place • FifthAvenuePlacePA.com

Dec. 3 – Santa Express Indoor train ride, bounce house, crafts, games & more, 10am - noon or 1 - 3pm, St. Paul's Preschool, Allison Park

santaexpress.weebly.com

Dec. 3 - Pet Photos with Santa 2 -5pm, Cranberry Township Municipal Center • twp.cranberry.pa.us

Holiday Seasons Greeting Celebration FREE, Pictures with Santa, hot coco & cookies, holiday music & fireworks, 7pm, Twp. of Hampton Community Center, Allison Park • hampton-pa.org

### Dec. 8 – Science Sleepover: Holiday Sleepover

It's a perfect way to warm your heart and add sparkle to the season. Enjoy a special evening of festive fun and see a special film in our brand-new Rangos Giant Cinema, themed activities, continental breakfast & more, Fri., 6pm -

Sat. 9:30am, Carnegie Science Center • carnegiesciencecenter.org

Dec. 9 - First Night Puppet Making FREE, create your own amazing parade puppetry. Participants can sign up to carry these creative creatures in the parade, Trust Arts Education Center, Pittsburgh • trustarts.org

### **Dec. 9 – Creation Stations:** Surf's Up Saturday

FREE holiday activities featuring the Children's Museum of Pittsburgh, different themed activities each Saturday, 11am - 2pm, Fifth Avenue Place • FifthAvenuePlacePA.com

continued on page 32

### **Activities** & Parades

Dec. 1 – Night of Lights Holiday crafts, train display, horse-drawn carriage ride & more, 6 - 8pm, 1st United Methodist Church, Murrysville • murrysvilleparecreation.com

Dec. 1 – Christmas in the Park Parade, caroling, cookie decorating, crafts, Mr. & Mrs. Clause & more, 5 -8pm, New Wilmington • visitlawrencecounty.com/events

Dec. 1 & 2

Let There Be Lights Weekend

Dec. 1, Live music, fireworks, ELF movie & Christmas tree lighting; Dec. 2, parade, Santa & free carriage rides, Ewing Park, Ellwood City

• visitlawrencecounty.com/events

Dec. 2 – Santa in Wonderland Santa & his reindeer, crafts, cookie decorating & more, 10am - 1pm, Hopewell Community Park

• hopewelltwp.com

### Dec. 2

Olde Town Lights Up Night Carolers, hayrides, Christmas lights,

live entertainment, Santa & more, Olde Town Grove City

• visitmercercountypa.com



A National Historic Landmark 270 Sixteenth St. • Ambridge 724-266-4500

### hristmas at the Village

Walk along a candlelit cobblestone street and enjoy the festivities. Get into the holiday spirit with:

Local Choirs - Strolling Carolers Childrens Games & Crafts • Vendors Handmade Items A visit with Belscnickel
 Sweet & Savory Foods

December 2, 2017 2pm - 9pm

December 3, 2017 2pm - 7pm

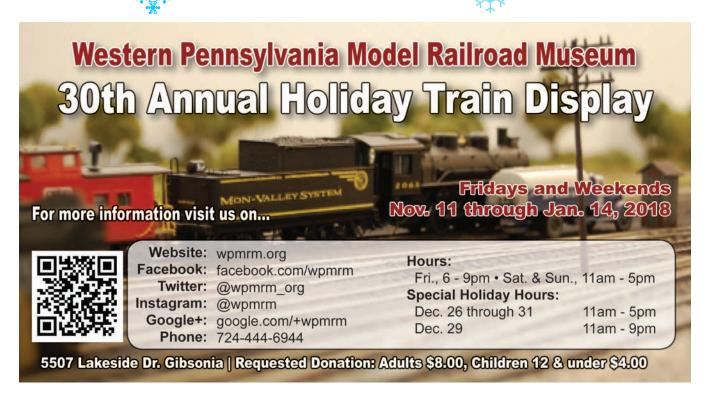
OLDECONOMYVILLAGE.ORG

December 2017

















### THIS HOLIDAY WATER SAFET

- 90-degree pool
- Year-round lessons
  - Small class sizes
- 4 months 12 years



#### Dec. 13

Hop Into History: Holiday Memories Experience Pittsburgh's holiday traditions, re-created store front windows to Santa's chair making snowmen & more, 10:30am, Heinz History Center • heinzhistorycenter.org

Dec. 16 - Skate with Santa Skate along with Santa on North Park's Olympic-size ice rink, 11am - 4pm • alleghenycounty.us/parks

### **Dec. 16 – Creation Stations:** Flamingo Fun

FREE holiday activities featuring the Children's Museum of Pittsburgh, different themed activities each Saturday, 11am - 2pm, Fifth Avenue Place • FifthAvenuePlacePA.com

Dec. 16 – Super Science Saturday: **Holidays Around the World** Crafts, food & amazing specimens and

artifacts, noon - 4pm, Carnegie Museum of Natural History • carnegiemnh.org

Dec. 19 - Hanukkah Celebration! The final night of the eight-night holiday observance will be celebrated with the lighting of a giant menorah, together with live entertainment and traditional foods, 6:30pm, Cranberry Township Municipal Center • twp.cranberry.pa.us

Dec. 22 - Disney Classic "Frozen" Costumed characters, face painting & more, pajamas are welcome, 7:30pm, Grand Auditorium, Scottish Rite Cathedral • cathedralnewcastle.com

#### Thru Dec. 23

Peoples Gas Holiday Market Inspired by the German Christkindlmarkts, crafts, food & entertainment, Market Square, Pittsburgh

downtownpittsburghholidays.com

### Thru Dec. 23

Horse Drawn Carriage Rides Saturdays, Fourth Avenue next to the PPG Place Plaza • ppgplace.com

### Dec. 26 - 29 December Holiday Camps

Campers will explore the museum, see a live theater show or science film & participate in fun, hands-on science activities, ages 4 - 12, Carnegie Science Center • carnegiesciencecenter.org

#### Nov. 26

### An Afternoon with Santa Claus

2 - 4pm, Hartwood Acres Mansion • alleghenycounty.us/parks

#### Thru Dec. 19

### It's a Wonderful Life Festival

Fri. - Sun., music, crafts, entertainment & more, Downtown Indiana downtownindiana.org

Thru Jan. 6

Wintergarden Exhibits & Displays Open 7 days a week, PPG Place, Pittsburgh • ppgplace.com

### Let's Eat with Santa

\* Don't forget your camera \*

Dec. 2 & 3 - Milk & Cookies with Santa Get a photo with Santa & special holiday craft, times vary each day, Grange Hall, Cranberry Township Municipal Center • twp.cranberry.pa.us

### Dec. 3, 9-10 & 16-17 Breakfast with Santa

Breakfast or lunch, craft, decorate cookies & meet the zoo animals, times vary, Pittsburgh Zoo & PPG Aquarium • (\*PR) pittsburghzoo.org

continued on page 34





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December 2017













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SPARK GIVE THE GIFT OF PLAY





Dec. 2 - Kids Christmas Town Breakfast & pictures with Santa, gift shop & more, 9am - noon, Chippewa United Methodist Church, Beaver Falls • chippewaumc.org

Dec. 2 - Breakfast with Santa Breakfast, crafts, goodies & Santa, 9 -11am, Slippery Rock Twp. Building • (\*PR) slipperyrockpark-rec.org

Dec. 2 - Breakfast with Santa Breakfast, make reindeer food, crafts write a letter to Santa & more, 10:30 noon, Butler Twp. Park Building • (\*PR) co.butler.pa.us/Parks-and-Rec-programs

### Dec. 9 & 16 **Cookies with Santa**

Free cookies and refreshments with the jolly old elf himself, as well as holiday crafts! Dec. 9, Round Hill Park Visitors Center; Dec. 16, Boyce Park Four Seasons Lodge, 10am - Noon • alleghenycounty.us/special-events

Dec. 9 & 10 - Breakfast with Santa Buffet, crafts, dancing, face painting & more, 9 - 10:30am, Pine Community Center, Wexford • twp.pine.pa.us

Dec. 9 - Brunch with Santa Cranberry Highlands Golf Course, Cranberry Twp. • twp.cranberry.pa.us

Dec. 16 - Brunch with Santa Meet & eat with the big guy, 11am -2pm, Zelienople Community Park • visitbutlercounty.com

### Holiday Performances

Dec. 1 - 27 – The Nutcracker Presented by the Pittsburgh Ballet Theater, Benedum Center pbt.org

Dec. 1-3 & 8 -10

Winnie-the Pooh Christmas Tail A fun filled night for young and old with special Christmas music and photo with the characters on stage, Fri. - Sat., 7:30pm & Sun., 3pm, Old Schoolhouse Players, Hickory • osptheater.com



Dec. 2 - 3, 9 - 10 & 16 - 17 Yes Virginia!, The Musical Eight-year-old Virginia O'Hanlon has always loved Christmas. When a classmate asks "Is there a Santa Claus?" Virginia sets out to prove he is real. 2pm, Little Lake Theatre Company, Canonsburg • littlelake.org

#### Dec. 2 - 17

**Sleeping Beauty Holiday** Magic holiday adventure with Sleeping Beauty and all her friends, Sat. & Sun. 1 & 3:30pm, Gemini Children's Theater, McKees Rocks • geminitheater.org

Dec. 2 - Holiday Traditions Presented by the Butler Symphony Orchestra, 7:30 -10pm, Butler Intermediate High School visitbutlercounty.com

Dec. 3 - The Nutcracker New Castle Regional Ballet will present their annual performance, 2pm, Scottish Rite Cathedral, New Castle visitlawrencecounty.com/events

Dec. 3 - Winter Concert - Hear Us! Presented by the Pittsburgh Youth Chorus, 4pm, East Liberty Presbyterian Church • pittsburghyouthchorus.org

Dec. 8 - 10 - A Christmas Story Enjoy dinner, A Christmas Story, overnight stay, breakfast & passes to Overly's Country Christmas for two, all for only \$199 • stagerightpackages.com

Dec. 9 & 10 - The Nutcracker Presented by the Pittsburgh Youth Ballet, Dec. 9, 2 & 7pm; Dec. 10, 2pm, Bethel Park High School Theater pybco.com

Dec. 9 – The Holly Jolly Follies Meet some of the amazing folk of the lands from elves and fairies, to cookie monsters, mad scientists and more! And beware of the Abominable Snowman... he can sometimes be quite a "Grinch", 2 & 7pm, AOX (The Hub), Grove City • outtatheatre.com

\* Please visit the website of the event to confirm before you go. All events & times are subject to change.

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December 2017



### **HOLIDAY REINDEER TREATS**

### Ingredients

- 1/2 cup Land O Lakes® Butter
- 2 (1-ounce) squares unsweetened baking chocolate
- 8 cups toasted rice cereal
- 1 (16-ounce) bag (64) large marshmallows

### Decorations

- White decorator icing
- 20 small pretzel twists, broken in half
- 20 small red spice gumdrops
- 20 (4-inch) lollipop or craft sticks, if desired
- 40 candy-coated chocolate pieces

### Directions

- Generously butter 15x10x1-inch baking pan; set aside.
- Place butter and chocolate in saucepan; cook over low heat 3-4 minutes or until melted. Add marshmallows; continue cooking, stirring occasionally, 4-5 minutes or until melted and smooth. Remove from heat. Add cereal; stir until well coated.
- Press mixture evenly into prepared pan. Cool 15 minutes.
- Remove mixture from pan; cut using 3-inch heart-shaped cookie cutter. Secure 2 pretzel pieces using icing to top of each heart to form antlers, 2 chocolate pieces for eyes and 1 gumdrop for nose. Insert lollipop stick into each reindeer, if desired.

Recipe and photo courtesy of Land O' Lakes, Inc.













### Dec. 11 - The Ten Tenors Home for the Holidays

A magical experience for the whole family that will dazzle, delight and captivate, Orr Auditorium, Westminster College • westminster.edu

### Dec. 15 Greenville Symphony Orchestra "Deck the Halls" Holiday Concert 7:30pm, Scottish Rite Cathedral

• cathedralnewcastle.com

### Thru Dec. 21

Annual Holiday Music Program Two performances each weekday, 11:30am - 12:10pm & 12:20 - 1:00pm, Allegheny County Courthouse • alleghenycounty.us/special-events

### Dec. 20 - 24 - Dr. Seuss' How the Grinch Stole Christmas

Discover the magic of Dr. Seuss' classic holiday tale as it comes to life on stage, Heinz Hall • trustarts.org/grinch

### Dec. 26 - The Nutcracker - Special Sensory-Friendly Performance Presented by the Pittsburgh Ballet Theater, 2pm, Benedum Center • pbt.org

### Holiday Exhibits, Lights & Tours

### Thru Dec. 30 **Holiday Magic Laser Show**

Holiday laser show perfect for the whole family, days & times vary, Carnegie Science Center • carnegiesciencecenter.org

### Dec. 2, 6 & 9

Holiday Musical Tea & Tour 11am - 2pm, Hartwood Acres Mansion • alleghenycounty.us/Parks

### Dec. 1 - 30 – Cascade of Lights Drive through beautiful Cascade Park for the holidays and see the twinkling lights, 5:30 - 8:30pm, New Castle

• visitlawrencecounty.com/events

### Thru Dec. 31 - Gallery of Trees

Trees decorated by nonprofit organizations, Cranberry Municipal Ctr., Cranberry Twp. • twp.cranberry.pa.us

### Dec. 2 - Open House with Santa Visit the decorated mansion & take a photo with Santa, 1-4pm, Lawrence County Historical Mansion

• visitlawrencecounty.com/events

### Dec. 3 & 10

Villa Maria Nativity Display

Entertainment & indoor Nativity Scenes from around the world, noon - 5pm, Villa Maria Community Center, Villa Maria humilityofmary.org

### Dec. 3 - 5 & 11 - 12

**Candlelight Mansion Tours** 

4pm, 5pm, 6pm or 7pm, Hartwood Acres Mansion • alleghenycounty.us/Parks

#### Dec. 9 - Live Nativity

FREE, live nativity, music & fellowship, 5 - 8pm, First Presbyterian Church of Bakerstown • fpcb.org/events

#### Thru Jan. 2 Christmas in the Park

Drive through lighted displays, Grove City Park, Grove City • visitmercercountypa.com

#### Thru Dec. 10 - It's All About Christmas - Christmas Tour

Tours of the decorated house with over 30 decorated trees, Fri., 5-8pm, Sat. & Sun., 1-5pm, Hermitage Historical Society Stewart House, Hermitage visitmercercountypa.com

### Thru Dec. 31

Kraynak's Santa's Christmasland

Decorated Christmas trees, animated figures & more, Kraynak's, Hermitage kraynaks.com

Thru Jan. 1 Overly's Country Christmas

Gates open at 5:30pm, Westmoreland County • overlys.com

\* Please visit the website of the event to confirm before you go. All events & times are subject to change.

### **Miniature** Railroad

### Thru Jan. 14

30th Annual Holiday Display F, S & S, W PA Model Railroad Museum, Gibsonia • wpmrm.org

### Daily

### Miniature Railroad & Village

Visit Pittsburgh's iconic Primanti Bros. restaurant, the newest model in the Miniature Railroad Village, open daily, Carnegie Science Center

• carnegiesciencecenter.org

### Thru Dec. 30

Model R.R. Christmas Open House

Fri., Sat. & Sun., Beaver County Model R.R. and Historical Society, Monaca

• bcmrr.railfan.net

### Thru Dec. 17 – Santa Trolley F, S & S, Pennsylvania Trolley Museum,

Washington • pa-trolley.org

Thru Dec. 31 – Holiday Train Show A Model Railroad, Museum, and Library, open Saturdays & Sundays, Ohio Valley Lines, Ambridge • ohiovalleylines.org

### Holiday Craft Shows

Dec. 2 - Holiday Craft Show Grove City Middle School, 9am - 2pm

• visitmercercountypa.com

#### Dec. 2

### Christmas Craft Show

Crafts, photos with Santa & more, 10am - 3pm, Butler Intermediate High School, Butler • For more info contact butlerboysbasketball@gmail.com

### Dec. 9 - Holiday Gift Bazaar, Cookie Sale & Tea Room

9am - noon, Mount Lebanon United Methodist Church • mlumc.org



















Holidays Around the World December 16, 2017 • Noon-4 p.m. Free with museum admission

Travel through holiday-themed stations as we share the traditions of other cultures through crafts, food, and amazing specimens and artifacts!

Super Science Saturdays is a program at Carnegie Museum of Natural History that invites visitors of all ages to explore a special theme through hands-on activities, experiments, demonstrations, discussions with museum experts, and more! Events are free with museum admission.

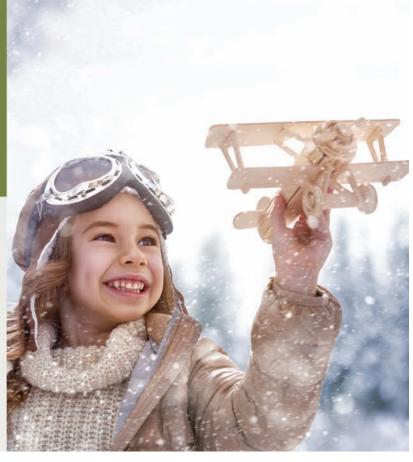








carnegiemnh.org | ONE OF THE FOUR CARNEGIE MUSEUMS OF PITTSBURGH





December 2017 PittsburghParent.com







# Around December

### Saturday 2

#### Sundance Arena Rodeo

Location: Fredonia Times: 1st Sat. thru May; 2nd & 4th Sat. in Feb.

Cost: \$\$ • sundancearena.net

### Sunday 3

### **Developmental Hockey League**

**Location:** North Park

Times: Thru Dec. 19, Sun. 9-10:30am, North Park Ice Rink & Thu., 5 - 6:30pm, North Park Dek

**Cost:** \$150 - \$250 for one session & \$187 - \$312 for two sessions

#### alleghenycounty.us/parkprograms

Ages 4 - 10. Emphasis will be on individual skill development, as well as team strategies. Games will consist of three 15-minute periods. Session 2 is Jan. 7 - Feb. 11, 2018.

### **Hogmanay & Scottish Dancing**

Location: Oliver Miller Homestead, South Park Times: Dec. 3, 1:30 - 4:30pm Cost: \$\$ • olivermillerhomestead.org

#### All About You Free Sunday

Location: The Westmoreland Museum of American Art Times: 1st Sun. of each month Cost: FREE • thewestmoreland.org

### **Chatham Baroque presents**



Interactive classical concerts for kids and their grown-ups!

SATURDAY, DECEMBER 16th Shows at 10:00 am & 11:30 am

McClintic Hall, Calvary Episcopal Church 315 Shady Avenue, Pittsburgh

www.chathambaroque.org

### Wednesday 6

#### **Pinecone Bird Feeders**

Location: North Park Latodami Nature Center Times: Dec. 6 & 8 Cost: \$\$ • Ages 3 - 8 alleghenycounty.us/events.aspx

### Thursday 7

#### Flag Ceremony

Location: Heinz History Center Times: Dec. 7, Noon Cost: \$\$ • heinzhistorycenter.org/events

### Saturday 9

### Windows Through History -1820's Vicary Mansion

Location: The William Vicary Mansion Times: Dec. 9, 10am - 1:30pm Cost: \$\$ • bchrlf.org

### Sunday 10

#### Glamour Girls

Location: Slippery Rock Parks & Recreation Times: Dec. 10, 2 - 3:30pm Cost: \$\$ • slipperyrockpark-rec.org

### Tuesday | 12 Hanukkah begins

#### Sensory Friendly Afternoon

Location: Children's Museum of Pittsburgh Times: Dec. 12

### Cost: \$\$ • pittsburghkids.org

**Fathers Connected** Location: Carnegie Science Center

Times: Dec. 12

Cost: \$\$ • paeyc.org/events

### (\*PR) – Pre-registration required \$\$ - Cost involved

\* Highlighted events have an advertisement within the publication

### Friday 15

#### **Rangos Giant Cinema presents Stars** Wars The Last Jedi

**Location:** Carnegie Science Center *Times:* Dec. 15 - Jan. 11, 2018, days & times vary • Cost: \$\$

### carnegiesciencecenter.org/rangos-giantcinema

Rangos Giant Cinema at Carnegie Science Center, the most technologically advanced movie theater in western PA - with a certified Giant Screen, Dual 4K laser projection, Dolby Atmos surround sound, state-of-theart 3D technology, brand new comfortable seats, and more. It's a Bigger, Bolder, Better, Star Wars experience!

#### **Water on Mars**

**Location:** August Wilson Center and Trust Arts **Education Center** 

Times: Dec. 15 & 16

Cost: \$\$ • Ages 7+ and their families

#### https://trustarts.org/production/53576/ water-on-mars

An EQT Bridge Theater Series, glow-in-thedark rings, clubs and balls., electro-pop music keeps the action moving while the jugglers add water bottles, toilet paper rolls and bags of candy to the mix, Water on Mars is the future of juggling.

### Saturday 16

### PB&J: Sing we Noël

**Location:** McClintic Hall, Calvery Episcopal Church, 315 Shady Avenue, Pittsburgh Times: Dec. 16, 10 & 11:30am

Cost: \$\$

### chathambaroque.org/events/ pbj-round-circle

Peanut Butter & Jam Sessions are designed especially for preschool children and their accompanying grown ups. They are hosted by certified Kindermusik teacher Lynda Winger and encourage young children to become active and enthusiastic listeners through music, dance, and games.



### Dr. Seuss' How the Grinch Stole Christmas! The Musical

Location: Heinz Hall Times: Dec. 20 - 24 Cost: \$\$

### trustarts.org/grinch

The Grinch discovers there's more to Christmas than he bargained for in this heart-warming holiday classic. Max the Dog narrates as the mean and scheming Grinch, whose heart is "two sizes too small," decides to steal Christmas away from the Whos, an endlessly cheerful bunch bursting with holiday spirit.

### **Monday 25 Christmas**

### Tuesday 26 Kwanzaa begins

### Sunday 31 New Year's Eve

#### **Silvester New Years Eve Celebration**

Location: Harmony Times: Dec. 31, 2 - 6:30pm

Cost: \$\$ • harmonymuseum.org/Silvester.html

#### Noon Year's Eve

Location: Pine Community Center, Wexford Times: Dec. 31, 11am -1pm • Ages 3 - 10 Cost: \$\$• (\*PR) twp.pine.pa.us

#### Noon Year's Eve

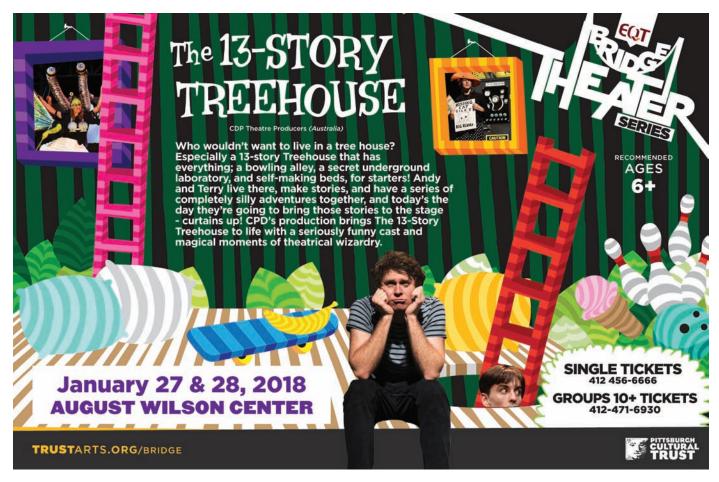
Location: Pittsburgh Zoo & PPG Aquarium Times: Dec. 31, 11am -1pm Cost: \$\$• pittsburghzoo.org

#### Countdown to Noon!

Location: Children's Museum of Pittsburgh Times: Dec. 31, 11:30am -12:30pm Cost: \$\$• pittsburghkids.org Please submit info for our January Calendar by December 3 web@pittsburghparent.com

\* Please visit the website of the event to confirm before you go. All events & costs are subject to change.





PittsburghParent.com December 2017 **39** 

### Mario Lemieux Foundation Opens 34th Austin's Playroom

### at AHN'sWest Penn Hospital NICU Step Down/Pediatrics Unit

ustin's Playrooms have helped thousands of children and families cope with a family member's hospitalization, offering a safe, fun space for play and relaxation. The newest Austin's Playroom will serve families and children on the NICU

step down/ pediatrics unit of Allegheny Health Network's West Penn Hospital. The home to busy Labor and Delivery,



Neonatal Intensive Care and Pediatrics units, West Penn Hospital cares for thousands of mothers, fathers and babies each year. Whether a child is a visitor or patient, having a comforting place to play or watch TV can help them cope during a stressful time.

### Be Smart, Be Safe this Holiday Season

Buy your tickets from the Official Source – TrustArts.org

By Eric Fleming, trustarts.org

t the Pittsburgh Cultural Trust, we are always excited when people enjoy our holiday events or purchase tickets as gifts. However, there are plenty of online Grinches and Scrooges in Pittsburgh trying to trick you into thinking they are the official site for tickets, when they are not.

These Grinchy ticket broker sites spend lots of money in an attempt to look legitimate and they are counting on you not knowing the official ticket source.

#### Here is what you can do:

- If the website url is not TrustArts.org or CulturalDistrict.org, you are purchasing from a secondary ticket source that is marking up tickets.
- When using search engines, the top search result is often an ad which
  may be a broker site trying to lure you. Look for the official website designation of TrustArts.org in search engine advertising and always look for
  TrustArts.org in the browser url.
- Join the Trust's email list for pre-sale offers, announcements, and other show-related information.
- Follow the Trust on Facebook for news and event information.

#### What happens when you buy tickets from ticket brokers?

- You pay much more than you should.
- You put money in the pocket of an individual or commercial organization that is not invested in the community, unlike the Trust which is a nonprofit organization that provides thousands of free, low-cost events, and education programs.
- We can't contact you with schedule changes, added event information, or keep you in the know about upcoming events and pre-sale opportunities.
- You contribute to a practice that makes it harder for true fans to see their favorite shows without paying a premium charge.

We encourage you to be smart and be safe! Only order from official ticket sources.

### KidsGardening grants offered

he 2018 Youth Garden Grant is designed to support school and youth educational garden projects that enhance the quality of life for students and their communities. Any nonprofit organization, public or private school, or youth program in the United States planning a new garden program or expanding an established one that serves at least 15 youth between the ages of 3 and 18 is eligible to apply. Twenty-five programs will be awarded.

Applications are due December 8, 2017. Visit kidsgardening.com for more information.

### Want to make your child's school a healthier place?

### A new initiative can help

arents for Healthy Kids is a new initiative created to help parents learn how to engage with school leaders and decision makers on health and education issues and find ways to help bring more physical activity and healthy eating to the school day. At ParentsforHealthyKids.org, parents can explore a wide variety of school health topics, share opinions, exchange ideas, connect with like-minded parents in the community forum, hear from V.I.P.s (Very Inspiring Parents, that is), and share their own stories and ideas. They can even find tips and ideas for reinforcing healthy habits at home.

The initiative, launched by Action for Healthy Kids and National PTA with support from ALDI, also provides parents with trainings, workshops and the opportunity to apply for school grants. For the 2017-2018 school year, 150 schools, including five in Saxonburg, have been awarded grant which provide funds and technical support to implement health and wellness programs that include a family engagement component.

For more information visit ParentsforHealthyKids.org or contact Pennsylvania state coordinator for Action for Healthy Kids, Deanna Philpott at dphilpott@actionforhealthykids.org.

Visit our home page at pittsburghparent.com to read more about What's New in the 'Burgh. Information on the website is updated as it arrives at editor@ pittsburghparent.com.





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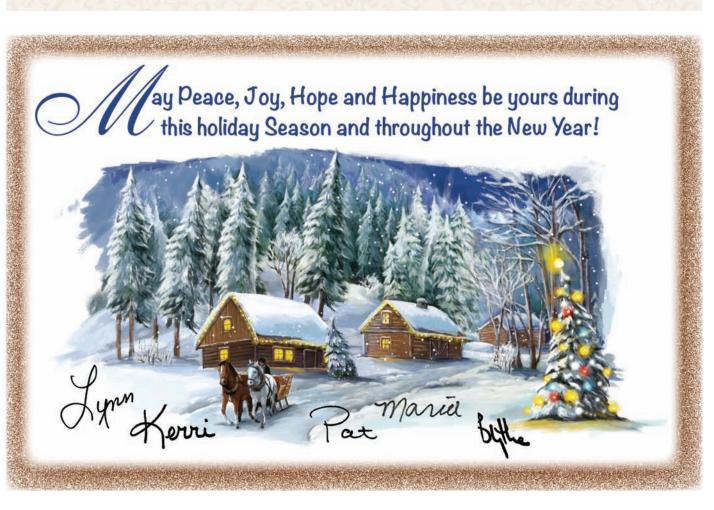
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