

# LAUREL MOUNTAIN POST

A Magazine from the Heart of Western Pennsylvania

## Hit Me With Your Best Shot!

International Videographer Eric Pensenstadler  
Brings His Film Magic Home to Western Pennsylvania



**Take Five Minutes**

**Fireside Fiction**

**A Tiger Walks Among Us:  
The Fabulous Fabian of Fayette County**

**Senior Moments**

JANUARY/FEBRUARY 2009

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# Welcome . . .

“What lies behind us, and what lies before us are tiny matters compared to what lies within us.”

—Ralph Waldo Emerson

**JAN/FEB 2009**  
**(Volume VI, Issue 1)**

The *Laurel Mountain Post* is a bimonthly publication designed to focus on the people, places and events of Westmoreland County and the surrounding areas in the heart of western Pennsylvania. We print stories about real people and their daily lives; feature local merchants, craftsmen and professionals; present short pieces of art & literature; and never lose sight of what makes this area a great place to call home.

Most of our writers are not professional reporters, but accomplished local practitioners with years of experience in their respective fields who bring credibility and personality to every article. In October 2006, the BBC News quoted us as “the voice of Pennsylvania.”

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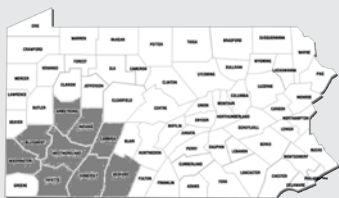
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Our distribution of 15,000 reaches beyond Westmoreland County into the neighboring counties of Allegheny, Washington, Armstrong, Bedford, Cambria, Indiana, Somerset and Fayette. In 2006 our web traffic increased by 53% and continues to grow. Every day, more and more readers and advertisers across western Pennsylvania are discovering the *Laurel Mountain Post*.

## MOUNTAIN VIEWS

Cathi Gerhard Williams

### Love Is All Around Us

When people ask me how I came up with the idea to create the *Laurel Mountain Post*, I usually start with a complicated answer. But part of my story is very simple. This magazine is basically an enduring love letter to my hometown.

I never thought of myself as being from just “Derry” as much as Westmoreland County and western Pennsylvania. My childhood life experiences were definitely not confined to the township surrounding our farm (which had a Derry address, but a Latrobe phone number). My Nan and Pap lived in New Derry, while my Grammy and Pappap’s house was in Cooperstown, just down the street from my elementary school. My best friend was in Ligonier, and we always went shopping in Greensburg. Pittsburgh was home to our favorite sports teams, and Indiana was not a state, but rather the town where everyone went to college.

After I, too, graduated from IUP with bachelor’s and master’s degrees, I moved away to North Carolina. I tried to make a new home for many years, but it never seemed quite right. I missed too many things, people and places – and was never comfortable in the south. I shared many phone calls and emails with old friends throughout the years, and they usually ended with discussions about all the things that were so great about western Pennsylvania – especially compared to where we were “now.” Many of us had gone to larger, more impersonal locations where we were always “strangers in a strange land.” We lived in brand new transient, starter neighborhoods where people and businesses were constantly moving in and out. Relationships never developed or were lost in the journey toward “bigger and better” things.

Cities are nice places to visit, but

I will always prefer the living that takes place in small towns like the ones we have here in Pennsylvania. There are so many things to love about living here, and Valentine’s Day seems like a perfect reason to share some of them with you . . .



I LOVE that my son isn’t taught by a bunch of strangers – I had some of the same teachers, went to school with others, and the rest know who I am. There is comfort in that for me – and a reminder for him not to misbehave, or I’ll know about it before he gets off the bus in the afternoon.

I LOVE that I can go see and talk to a real person when I need help – not a cost-effective call center in India I can’t understand. Chad at Verizon always patiently explains how to use my new cell phone, and Bob Appleby solves my computer nightmares.

I LOVE that everyone in my family is a patient of the down-to-earth Dr. Howard Bursch. Not only does he remember who I am, but he also knows all of our long medical histories by heart. His office is right around the corner from mine (and so is my awesome dentist, Dr. Mucci), so an appointment doesn’t mean that I waste a half day out of work.

I LOVE that we have “real” restaurants here, not just a bunch of chains. My family eats Gino’s pizza every week, and the St. Vincent Gristmill brews the best cup of coffee with their own beans. Palombo’s always has great dinner specials, and Joe at the Tin Lizzy martini bar never forgets that I like peaches (not cherries!) in my mixed drinks.

These are just a few of my favorite things, the list you quote when asked what you miss about home when away from it. But most importantly, it’s the tangible proof of the LOVE around us. People who LOVE what they do make us happy as customers and friends; people who LOVE where they live take care of their home and usually stay a long time, treating us to history and character.

I invite each of you to stop and think about your own LOVE

list for western Pennsylvania. Then send me your favorites so I can share them with our readers as we continue to celebrate our home in every issue of the *Laurel Mountain Post*.

As the Troggs sang in 1967,  
*Love is all around  
It’s written on the wind  
It’s everywhere I go*



# Hit Me With Your Best Shot!

by Cathi Gerhard Williams

Fairy tales do come true – at least for local brides, with the help of a local wedding videography company. Owned and operated by Eric Pensenstadler, a 1993 graduate of Norwin High School, Video Horizons LLC brings professional, photojournalistic style to wedding videos. Drawing on years of experience in the music industry, Eric and his wife, Marger, create beautiful video storybooks of that special day. It's a far cry from drunk wedding guests and relatives with shaky handheld video cameras!

Eric's interest in video production began as a St. Vincent College student majoring in liberal arts and communication. He was working for the campus radio/TV station with a developing interest in nature photography and lighting design, when Alanis Morrisette performed at the school during his junior year. He persistently offered to assist the stage crew, and eventually was allowed to help tear down the lighting. One discussion led to another, and he was offered a chance to intern for a summer with the professional company in Cleveland, OH. After completing his degree, he went to work for the company.

Following a hiatus as an Indy race car mechanic in the late 90s, Eric was chosen from a stack of applicants to join the David Copperfield tour crew as an illusion technician. A close-up camera position opened, and Eric soon took over.

"That really opened up my video career," he explained. "I realized that video was a part of touring."

Eric toured with David Copperfield for the next three years, and mastered his craft.



"I've been fortunate to have had the opportunity to learn a lot of different things from a lot of different people and cultures. I've been able to incorporate all of these influences into my personal work. After my time as the camera operator on David Copperfield's tour I established Video Horizons, LLC and was not impressed with the current wedding videography in western Pennsylvania. I thought that I could offer more to Pennsylvania's brides and grooms, and so now my wife and I work together to create some of the area's most beautiful and professional wedding videos!" – Eric Pensenstadler

During the tour he learned digital editing while working on commercials and promo videos for Copperfield. He followed up with a two-year Lynyrd Skynyrd tour, and a stint with Brooks & Dunn.

He has traveled to four continents, 30 countries and all 50 states, but it was a tour with 12-

time grammy-award winning Latin American artist Juanes that is perhaps most significant for Eric. He joined a local company on the Juanes crew and met his wife, Marger. At the time, neither

could speak each other's language, but they kept trying to communicate. When Eric left South America, they used an instant messenger on their computers and kept a language translator window open.

"I'm going to Venezuela for a date," he told his parents and used up all his frequent flier miles visiting Marger in three months. Soon, however, the couple decided a long-distance romance was too difficult and broke up.

"That lasted about half a day," he chuckled. "We were both miserable. I'm not sure who wrote first, but we both stayed logged into our instant messenger waiting to hear a ding!"

Wedding bells soon rang when Eric flew back to Venezuela to meet the parents and propose. Marger returned to western Pennsylvania with Eric, and together they began focusing on local videography.

"The first wedding video I ever did was mine! I wasn't satisfied with what I found on the market and decided to try it myself."

Eric and Marger hired one person for the handheld camera, set up tripods, and did their own editing. The wedding video process they developed came from what they felt was important and natural.

"I do what makes sense in my signature, creative style."

Eric and Marger do all of their wedding videos together as a husband/wife team. Not only does it help keep costs down, but they know how each other works after two and a half years together – so things run smoothly.

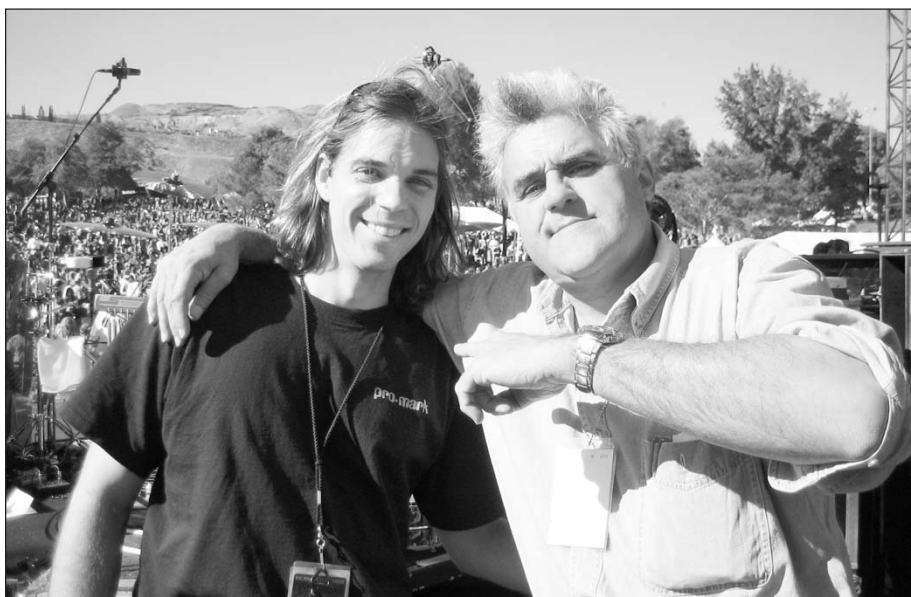
Marger, who has since learned English by taking some classes at the YWCA and simply being immersed in our culture, is also an event planner and bridal consultant at MB Bride. She has evolved with their company to work with bridal parties on their dresses and tuxedos.

Together, Eric and Marger get the best shots to create beautiful, visual memories that last a lifetime on film.

For more information on Video Horizons, LLC, visit their website: [www.videohorizonsllc.com](http://www.videohorizonsllc.com) or call their south Greensburg studio at 724-724-216-5803.



Marger Pensenstadler



Eric met Jay Leno at a motorcycle rally while on tour with Lynyrd Skynyrd.

In the Middle Ages, young men and women drew names from a bowl to see who their valentines would be. They would wear these names on their sleeves for one week. To wear your heart on your sleeve now means that it is easy for other people to know how you are feeling.





Eric goes in for the well-lit and detailed close-up shot!

# SENIOR MOMENTS

Area Residents Share the Facts of Life

## Lottie Robb

**Hometown:** Latrobe, PA  
**Place of Birth:** Wels, Austria; raised in the Tyrolean Alps of Austria  
**Maiden Name:** Prast  
**Number of Siblings:** 1 brother, 2 sisters  
**Schooling:** Business Degree  
**Spouse & Year of Marriage:** Met Ray Robb in 1953, married him in 1954 and came to USA in 1955  
**Number of Children:** 3 – 1 boy, 2 girls  
**Former Vocations:** Owned a knitting shop in Austria; after spending considerable time learning English in America, was employed as a seamstress by various area retail establishments including Rose Style Shoppe and The Times (Latrobe) and The Post & Rail Men's Shop (Ligonier); eventually opened her own seamstress shop which she operates to this day in Latrobe  
**Present Avocation:** Sewing – which is her therapy  
**Favorite Quote:** "Turn the other cheek."  
**Hidden Talent:** Gardening  
**Most Memorable Accomplishment:** Reaching approaching 55<sup>th</sup> wedding anniversary  
**Future Aspirations:** Watching all of her grandchildren grow up; seeing granddaughter Courtney graduate from Notre Dame and become a doctor



Ray & Lottie Robb

## Ray Robb

**Hometown:** Latrobe, PA  
**Place of Birth:** Derry, PA  
**Number of Siblings:** 5 brothers, 2 sisters  
**High School Alma Mater & Class:** Latrobe High School, Class of 1949  
**Advanced Schooling:** Radio School, Military Intelligence School (where he was trained for top-secret classified work in European locations)  
**Spouse & Year of Marriage:** Married Lottie Prast Robb in 1954  
**Number of Children:** 3 – 1 boy, 2 girls  
**Former Vocation:** Steelworker (retired)  
**Positions Held:** Latrobe Steel Company Union Representative, American Legion Post 515 Past Commander  
**Present Avocation:** Has worked for the last 14 years as a Safety Ranger at Seven Springs Mountain Resort, having skied there for recreation since 1954  
**Hidden Talent:** Hand-crafted woodworking  
**Best Lesson Learned:** "Work hard and do your best."  
**Most Memorable Accomplishment:** Reaching approaching 55<sup>th</sup> wedding anniversary; attaining Top 10 in NASTAR PA in age-appropriate category (NASTAR is the National Standard Race, the largest recreational ski and snowboard race in the world.)  
**Future Aspiration:** Enjoying the Golden Years



Ray Robb (fourth from left in Tyrolean hat) with fellow Safety Rangers at Seven Springs Mountain Resort.

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## LMP Community Marketing Fund

In late 2007, the Laurel Mountain Post began a Community Marketing Fund in cooperation with The Latrobe Foundation and supported by The McFeely-Rogers Foundation and The Arnold D. and Winifred W. Palmer Foundation. Through the fund, we have been able to assist with many nonprofit public relations and marketing needs in the community. These efforts have enabled these organizations to educate the public and promote their valuable resources and services, resulting in stronger and more recognizable programming throughout Westmoreland County in the areas of Education, Health & Human Services, Cultural Arts, the Environment, Economic Growth and Faith-based Initiatives.

As we enter 2009, we would like to expand this program into a scholarship fund for local college students interested in business and

marketing careers. Recipients will work closely with our staff and local nonprofit groups on community relations projects. We believe this experience will nurture and encourage them to learn even more about western Pennsylvania, and hopefully pursue professional careers right here at home.

Please consider making a tax-deductible contribution to this exciting partnership and/or important educational experience. Gifts of all sizes will be acknowledged (without reference to specific dollar amounts) in each issue of the *Laurel Mountain Post*.

We believe that every story begins at home, and will continue working to bring you encouraging content about the people, places and things across western Pennsylvania. Thank you for your investment in our community and this wonderful program!

### LAUREL MOUNTAIN POST

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# EARTH TALK

Questions and Answers About Our Environment

## How can I determine if it is more eco-friendly to fly or drive somewhere?

The simple answer is that driving in a relatively fuel efficient car (25-30 miles per gallon) usually generates fewer greenhouse gas emissions than flying. In assessing the global warming impact of a trip from Philadelphia to Boston (about 300 miles), the environmental news website Grist.org calculates that driving would generate about 104 kilograms of carbon dioxide (CO<sub>2</sub>)—the leading greenhouse gas—per typical medium-sized car, regardless of the number of passengers, while flying on a commercial jet would produce some 184 kilograms of CO<sub>2</sub> per passenger.

What this also means, of course, is that while even driving alone would be slightly better from the standpoint of greenhouse gas emissions, carpooling really makes environmental sense. Four people sharing a car would collectively be responsible for emitting only 104 kilograms of CO<sub>2</sub>, while the same four people taking up four seats on a plane would generate some 736 kilograms.

Journalist Pablo Paster of Salon.com extends the comparison further to a cross country trip, and comes to similar conclusions. (Differences in the math are attributable to the use of slightly varying assumptions regarding fuel usage and source equations.) Flying from San Francisco to Boston, for example, would generate some 1,300 kilograms of greenhouse gases per passenger each way, while driving would account for only 930 kilograms per vehicle. So again sharing the drive with one or more people would lower each individual's carbon footprint from the experience accordingly.

But just because driving might be greener than flying doesn't mean it always makes the most sense. With current high gas prices, it would cost far more in fuel to drive clear across the United States in a car than to fly non-stop coast-to-coast. And that's not even factoring in the time spent on restaurants and hotels along the way. Those interested in figuring out driving fuel costs can consult AAA's nifty online Fuel Cost Calculator, where you can enter your starting city and destination as well as the year, make and model of your car to get an accurate estimate of what filling 'er up will cost between points A and B.

Once you've made your decision whether to drive or fly, consider purchasing carbon offsets to balance out the emissions you are generating with cash for renewable

energy development. TerraPass, among others, makes it easy to calculate your carbon footprint based on how much you drive and fly (as well as home energy consumption), and then will sell you offsets accordingly. (Monies generated through carbon offsets fund alternative energy and other projects, such as wind farms, that will ultimately take a bite out of or eliminate greenhouse gas emissions).

Of course, an individual's emissions from riding a bus (the ultimate carpool) or a train (many of which rely solely on electric power generated by their own motion) would be significantly lower. Paster adds that a cross-country train trip would generate about half the greenhouse gas emissions of driving a car. The only way to travel greener might be to bicycle or walk—but the trip is long enough as it is.

**CONTACTS:** Grist, [www.grist.org](http://www.grist.org), Salon, [www.salon.com](http://www.salon.com); AAA Fuel Cost Calculator, [www.fuelcostcalculator.com](http://www.fuelcostcalculator.com); TerraPass, [www.terrapass.com](http://www.terrapass.com).

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Most experts agree that driving in a relatively fuel efficient car usually generates fewer greenhouse gas emissions per capita than flying – and it only gets better when you carpool.



Getty Images

# Adams Memorial Library Welcomes Bestselling Author

## Meet George D. Shuman February 11

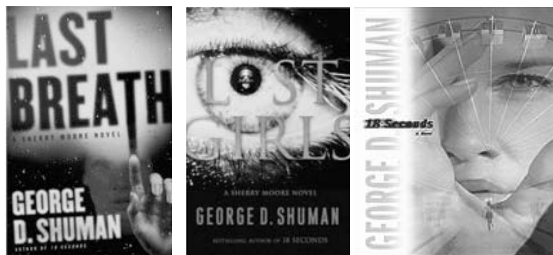
On February 11, Adams Memorial Library welcomes thrilling author George D. Shuman as a guest speaker at our regular book club, The ABCs. The book club will be reading and discussing Mr. Shuman's first novel, *18 Seconds*, that evening at 6:30 at the main branch (1112 Ligonier Street in Latrobe).

George D. Shuman is a twenty-year veteran of the Washington, D.C., Metropolitan Police force, in which he served as an undercover narcotics detective; a sergeant in the Special Assignments Branch, Internal Affairs Division; operations

commander of the Metropolitan Police Academy; and lieutenant commander in the Public Integrity Branch, Internal Affairs Division. He lives in Pennsylvania and North Carolina. *18 Seconds* was his first novel. The follow up *Last Breath* novel was released on August 7, 2007.

The national bestseller *18 Seconds*, which is set in Western Pennsylvania, has been translated in 19 languages and is nominated for: Best First Novel by the International Thrillers Association and The Shamus Award.

The event will be open to anyone, not just members of the ABC book club, and should be a fascinating night. We invite everyone to come and enjoy the enhanced book club experience that having the author present will allow. People must call to register (724-537-2821), as a sizable crowd is expected. Also, please plan ahead and obtain a copy of the book to read in advance of the event. There is no cost for the group.



## Wake Up and Smell the Corpse a Comedy Mystery by Colleen Ryan

*Take one coffee shop. Stir in two dysfunctional semi-alcoholic forty-something female friends, a cup of neurotic customers, a scoop of incompetent teenage employees, and a generous sprinkling of animosity. Voila! The perfect brew for murder.*

*Wake up and Smell the Corpse* is a character-driven comedy/mystery with two dysfunctional, sexually-frustrated protagonists, Madison (Maddy) and Chloe, best friends with bad taste in men, who travel through life with brains clouded by dirty martinis and Jack Daniels and Coke. Their insatiable need for chaos leads them to embark on opening a coffee house with no business sense, and no money, in a small town not ready for \$5 lattes – or them. While sailing on their entrepreneurial ship of hope, they haphazardly discover three murder victims, all in a bizarre manner, and all patrons of their shop. The first victim is discovered when Maddy trips on her stilettos and falls between the corpse's enormous fake breasts. The second victim, one of their favorite customers, is discovered when Maddy goes into an alley to relieve herself unaware that she's aiming at a body. The third victim is discovered when Maddy and Chloe break into his house to make sure he's all right. Maddy trips over his body, and while nudging him to see if he's alive, accidentally gets her stiletto heel stuck in a private area of his body. Since the first corpse is found buried in the basement of their coffee house, coupled with the uncanny coincidence of discovering two

more bodies, they become prime suspects to the detective assigned to the investigation, who Maddy secretly – she thinks secretly – lusts after. Through sheer drunken wit that would baffle Sherlock Holmes, the two stumble to prove their innocence and almost become victims four and five.

From July 1999 until July 2000 Colleen Ryan co-owned and operated a coffee house in downtown Latrobe at the corner of Main and Ligonier named *eclectica*. That provided the setting for the book and also explains the title which is a play on the saying, "Wake up and smell the coffee." Her partner in the coffee shop, Charlie Roble, a Latrobe resident and best friend, was the inspiration for the Chloe character in the book, and she drew on eccentricities of several of our customers and a few friends for some of the characters – in addition to the ones created out of her twisted mind.

Author Colleen Ryan was born in Latrobe and has lived in this area except for the seven years she spent in California. She graduated from Derry Area High School, received an AA from WCCC, a bachelor's degree from Geneva College, and a master's in Writing Popular Fiction from Seton Hill University.

"I'm the poster child for 'it's never too late.'" Ryan explained. "I earned my bachelor's at 59 and my master's at 61, and so when I should have been planning for retirement I started a whole new career." She has been adjunct faculty at WCCC since 2000 and has appeared in *Who's Who among America's Teachers* twice in consecutive years.

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Hope you had a great holiday!  
See you in the next issue of the  
*Laurel Mountain Post*. Love, Ruthie



# REPARTEE FOR TWO

Barbara M. Neill

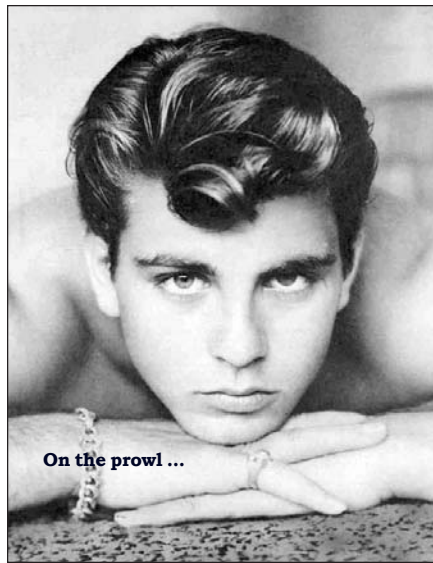
## A Tiger Walks Among Us: The Fabulous Fabian of Fayette County

How did a half-century pass so quickly? I asked myself this question as I watched a bewigged Derek Hough performing a killer jitterbug with Brooke Burke on *Dancing With The Stars* last October. I was recalling another young man with a full head of hair from the late 1950s. Pompadours and pony tails, poodle skirts and pigskin shoes were hot items in those days. But, in my mind the epitome of cool was Fabian. (I have been partial to individuals of Italian descent from a very young age it seems.)

During one of my late elementary school summers I spent several days visiting a distant relative. Trudy was a teenager at the time and practically a grownup in my youthful estimation. A country-raised farm girl, she led a very different existence from my own town-dwelling life. She certainly had more field, hill and dale to roam than I could ever begin to imagine. And for someone whose only pets swam in a goldfish bowl, the assorted animals roaming the barnyard and pastures were awe-inspiring. However, we did have something – or more correctly, someone – in common. Our weekend revolved (literally and figuratively) around her copy of Fabian's hit recording of "Turn Me Loose." Trudy's cache of fan magazines only added to our whirl of girlish glee. Smiling or sneering, Fabian was photogenic perfection. Suffice it to say, the chicks and ducks got short shrift from Barbie that weekend.

Philadelphia seemed to manufacture teen idols in the 1950s and 60s. Bob Marcucci and Peter DeAngelis of Philly's Chancellor Records had already discovered Frankie Avalon. These producers/promoters knew well that presentation is all. After chancing upon 14 year-old Fabian Anthony Forte on his front porch, they made a few adjustments to his appearance and apparel and presented the public with a Kodak-ready one-name wonder – Fabian. (The singer is named for his paternal grandfather Fabiano Forte, but the shortened form of the name – Fabian – is the Christian name on his birth certificate.)

Singing lessons were provided and he consequently appeared on *Dick Clark's American Bandstand*. He won the Silver Award for "Most Promising Male Vocalist of 1958," but his earliest singles didn't catch on with the public and stardom proved temporarily elusive. In 1959 "I'm a Man," "Tiger," and "Turn Me Loose" quickly put Fabian at the top

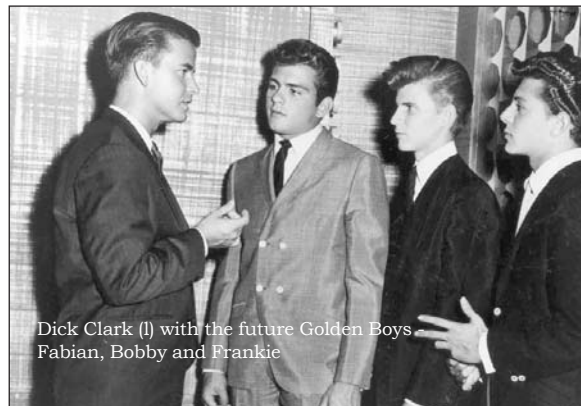


of the pop charts. By the time he was 18 he had recorded dozens of hit singles, 8 albums and earned 2 gold records and a gold album for "The Fabulous Fabian."

When rock and roll became passé in the 60s, Fabian was still a highly marketable young man. Hollywood came calling and he appeared in 10 films between 1959 and 1964. He shared the silver screen with Indiana, PA legend Jimmy Stewart in 2 comedies, *Mr. Hobbs Take a Vacation* and *Dear Brigitte*. He was also cast in dramas and action flicks, including *The Longest Day* and *North to Alaska*, with such fabled actors as John Wayne, Robert Mitchum, Henry Fonda, Rod Steiger and Sean Connery. Teen genre films, although they didn't afford the opportunity to rub shoulders with the big guns, compensated with an abundance of generously-endowed bikini-clad costars. (What's in a name? During this era high schooler Hillary Rodham was the President of the Fabian Forte Fan

Club. In a curious linguistic twist as Senator Clinton of New York she tapped another Fabian – Nunez – to serve as a national campaign co-chair during her US Presidential bid in 2007.)

Fabian later became involved in numerous television acting projects and made guest appearances on such popular shows as *Laverne & Shirley* and *Murphy Brown*. However, one of his most memorable and acclaimed TV roles was in a 1961 episode of the anthology series *Bus Stop* entitled "A Lion Walks Among Us" directed by Robert Altman. The network was unable to find companies that would agree to sponsor a program featuring the unthinkable scenario of *Fabian playing a homicidal maniac*. Determined to air the show, the episode was the first one-hour segment in television history to run *without* commercials. (Haven't viewer tastes and TV sanctions changed?) The entertainer ventured into production earning an Emmy nomination for the PBS documentary series *The Wild West* and he presented *Fabian's Good Time Rock 'n' Roll*, a TV special featuring legendary heyday acts, before a crowd of 85,000 in Baton Rouge, LA. He has had a productive commercial career, representing corporations such as Pepsi, Denny's and NutriSystem and providing commercial and radio



Dick Clark (l) with the future Golden Boys Fabian, Bobby and Frankie

voiceovers. For 20 years fellow Philadelphians Fabian, Frankie Avalon and Bobby Rydell have toured as The Golden Boys. The rock and roll icons have also starred together on television specials and awards ceremonies. Fabian and

Branson, MO are another great team, since they both have a flair for putting on a good show. He still hosts and performs there as one of the Original Stars at Dick Clark's American Bandstand Theater Complex.

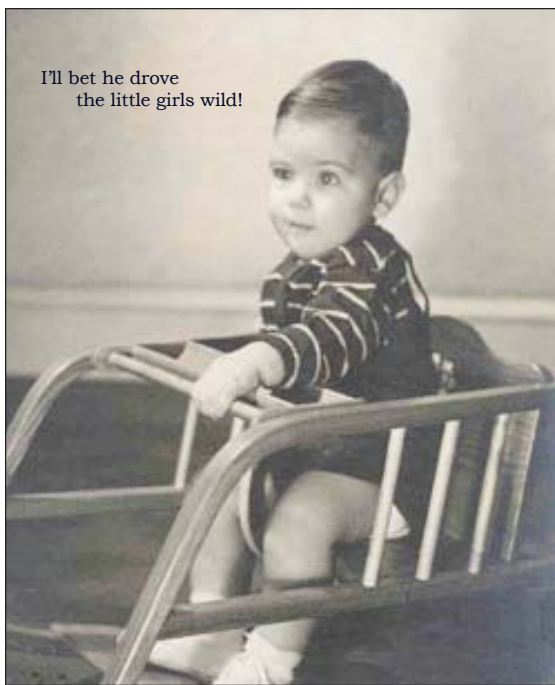
You needn't worry about Fabian being forgotten during his golden years. (He will turn 66 on February 6<sup>th</sup>.) In 2000 the Philadelphia Music Alliance honored the singer with a star on their Walk of Fame and on January 8, 2002 he was the recipient of another stellar symbol on the prestigious Hollywood Walk of Fame. Ever appreciative of his fans, he humbly dedicated his star to them on that day. At a private reception and ceremony held at the Chestnut Ridge Golf and Conference Center in Blairsville in October 2008 Fabian received the James M. Stewart Museum Foundation Harvey Award, thereby adding his name to a list of deserving recipients.

Fabian and his wife, Andrea Patrick-Forte, a former Miss Pennsylvania USA (1980) and Miss West Virginia America (1983), have recently built their dream house in the Connellsville-Uniontown area. Andrea, a Fayette County native, is the owner/CEO of the Patrick Talent Agency, a full-service agency representing talent nationwide. She also heads the fun clothing and product line Once Upon a Dream. Together the couple raises awareness and money for the American Diabetes Association and the American Heart Association. The entertainer also hosts a Celebrity Golf Tournament in North Carolina that benefits veteran's causes. Fabian has two children from a previous marriage. Daughter Julie, an animator, and son Christian, a screenwriter, both reside in California.

\*\*\*\*\*

**BMN:** Do you think your Italian heritage gave you an unfair advantage with female fans?





**FF:** No, not at all. (I believe I detected a slight chuckle after this response.)

**BMN:** If you hadn't skyrocketed to fame as a singing teen idol at such a tender age, what career path might you have followed and why?

**FF:** Probably civil engineering, because I was great at drafting.

**BMN:** Singers famously come to hate the songs that are most identified with them. Are you one of them?

**FF:** Is that true? Well, if it is, I am absolutely not one of them. (Fabian indicated that his personal favorite is "Turn Me Loose.")

**BMN:** Were there Fabian impersonators?

**FF:** The only one that comes to mind is Nicholas Cage in *Peggy Sue Got Married*.



When recently asked the following question, Mrs. Patrick-Forte's reply was heartfelt. "Your husband was a rock and roll prince and you were a pageant princess. Who rules the roost today at Casa Forte?"

*"I would have to say our marriage is an equal partnership; I think that is why our relationship works. From the time we met 17 years ago I have understood Fabe's career because I grew up in the entertainment industry and he has always supported and understood my need to continue working and to grow my businesses. I think to have a lasting marriage you first have to have someone you are passionate about, be best friends with and support with all of your heart. We are both lucky and blessed to have found this in our lives."*

**BMN:** As a young man you were a bit of a puzzle – considered by some a "dangerous date" and by others the "boy next door." Did this disparity prove beneficial when casting agents were looking for a versatile young actor?

**FF:** I think what they were looking for was someone that would bring in the younger audience. I don't believe they were looking for any specific type – like a James Dean.

**BMN:** Although Fabian, Frankie Avalon and Bobby Rydell were not a singing group as young men, do you think the music of The Golden Boys would adapt well to a Broadway musical based on your interwoven lives on the order of *Jersey Boys*, the documentary-style musical based on Frankie Valli and The Four Seasons?

**FF:** Yes, I do as a matter of fact. Sometimes we kid about that. We've never pursued it, but it's kind of a fun idea.

**BMN:** As host and headliner in Branson you are a highly recognizable presence. At this point in your career is autograph signing exasperating or flattering?

**FF:** It's more flattering than anything else. It's a way of thanking the people that have stood by you all these years.

**BMN:** What is your opinion of the return of vinyl?

**FF:** I was hoping that would happen, since I'm not a big fan of digital. Vinyl's a much softer and warmer sound.

**BMN:** Well then, what's spinning on your turntable?

**FF:** Bob Seger

**BMN:** In 1993 you were nominated for an Emmy as co-executive producer for the informational PBS mini-series *The Wild West*. Is producing a creative outlet you are pursuing today?

**FF:** I left my company in LA when I moved here, so I've been out of that business 8 or 10 years. It's a "hands-on" kind of thing and you really have to be there.

**BMN:** You have looks, charm and a big Boomer fan base. Would you ever consider putting your jive skills to the test on *Dancing With The Stars*?

**FF:** My wife wants me to, but I don't think I'm going to. I feel there's only one dancer in my family and that's my wife.

**BMN:** Since you are the host of a celebrity golf tournament, I presume you are an avid golfer.

**FF:** I enjoy it, but I'm actually a mediocre golfer. My main "forte" was always racquetball. Wolf Man Jack, when he was still with us, had a charity golf tournament

*continued on page 17*

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# Take Five Minutes

## by Jennifer Smoker

She could bring home the bacon, fry it up in a pan and never let you forget you're a man! She's the WOMAN! Actually, she was the Enjoli woman intent on selling perfume, but to my impressionable child's mind, the message was clear. Girls rule, hear us ROAR!

At 16, my Grandma asked me what I wanted to be when I grew up. I didn't have a clue. She looked at me and with absolute certainty, said, "Honey, you will do whatever you set your mind to and God help the man who tries to stand in your way!" I acted all shocked, and we laughed; but I knew then and there that I was going to prove her right.

I could do anything! The world was mine to conquer! But, somewhere along the line, something got lost in the translation. The concept somehow evolved into I **should** do everything! The world is depending on me! Sounds egotistical, I know. I ran from one thing to another, excusing it all saying, "I'm hyper, and a type A personality." All my friends are the same way so I shrugged it off as life. This is normal, right?

In October 2007, The American Psychological Association reported "One third of Americans are living with extreme stress and nearly half of Americans (48 percent) believe that their stress has increased over the past five years." ([www.apa.org/releases/stressproblem.html](http://www.apa.org/releases/stressproblem.html)) So, I am not alone in feeling stressed and overwhelmed. But, as Murrysville's Total Health Coach and co-author of the book *Creating Space 38 Strategies to Help You Make Time for What's Important*, Diana Fletcher points out, "Just because people have gotten in the habit of ending their day exhausted and stressed doesn't make it right. We are always focused on what's next. We don't even enjoy life because we are in such a hurry. The key is to start looking at how you are spending your time and start enjoying the moment, no matter what you are doing... be in the moment."

**LMP:** Look, I've never understood that..."Just be?" I know that I need to slow down (People tell me that all the time) but honestly, I don't know how.

**DF:** We get caught up and become so busy that we don't see a way out. Because I have that same tendency (I will get up in the morning and not stop until night) what I would suggest is that you stop what you are doing and sit down for 5 minutes out of every hour. Take some deep breaths, rest your eyes and relax."

**LMP:** What about this running "to-do list" in my head?

**DF:** The voices will keep going but you have to re-train your brain. Realize that you didn't become this way over night and it takes a while to undo those patterns. I am a firm believer that change happens in baby steps. Come up with a

statement or some key words to remind yourself that it's okay, I'm allowed to take care of me. After a while these exercises become mini vacations. They make you relax. And guess what? The world didn't fall apart. You still got a ton done and you'll feel rested. (*Note to the reader: I took Diana's suggestion and failed miserably for the first couple of days but I stuck with it and am happy to report that two weeks later, I feel like a calmer version of myself*)

**LMP:** Is this just a female thing?

**DF:** It's an everybody thing! This multi-tasking idea has gotten out of hand. Just because we are capable of multi-tasking doesn't mean we should. It's time to face reality. We can not do everything, which is a jolt to realize, but once you do, you can turn it around and go, "okay what do I really want to do?" That's where I think we make the mistake, we try to do everything instead of thinking how do I want to live my life? What do I really, really, want in my life? Then go after that! As women we want to be liked. We are suppose to be nice ...we don't want to get anybody upset or hurt feelings. We want to be all things to all people and you can't. Once you realize that it can be freeing. You need to toughen up. Okay, realize ... they may not like me...don't care. We have to give ourselves permission to look out for ourselves because everything comes from that. We'll be well fed, healthy and rested: we can handle more. Everything falls into place.

It's time to ask for help. We take on too much and don't ask for help and then feel guilty when we drop the ball and the ball is going to drop at some point. Write down everything (Yes, all of it) you do in one day. Now look back and see if there is anything you didn't have to do? Realize that there are other people that can do some of the things we take on. If you can't afford help you can exchange help. Something that is easier for you and you don't think of as a big deal can be a big deal for someone else. You're not necessarily trading the same amount of time; it may be something you can combine. Don't feel guilty because things aren't getting done. Try to get them done in other ways. For instance, use your kids to help. So what if you can clean the bathroom better than anyone in the world. That doesn't mean you have to do it all the time. When your children were little, you packed their lunches. Now, they're bigger and you're still packing their lunches. Let go of these preconceived notions. Your kids may not be as fast or as good as you are but by getting them involved you are not only teaching them responsibility but also freeing up your time.

Start creating new habits. Life keeps speeding up in this technology driven world. It used to be that we had built in windows of time. You could write a letter or make a phone call and it could

take a few days for the person to get back to you. Now, with instant messaging and e-mails those days are a thing of the past.. Just because we have e-mail doesn't mean we have to read it or even check it every hour. Designate certain times of the day to check the mail and stick to it. Even the telephone- just because it rings doesn't mean you have to jump up and answer it immediately. That's what the answering machine is for. It might seem like little things but they end up taking huge amounts of time. The idea is to organize your time so that you create space in your life.

This doesn't mean you fill the space up with more tasks from your "to do" list. Think about the things that you **want** to do. It just doesn't occur to most people. We are not taught how to focus on our own needs. When we do have time on our hands we are lost. It's a retraining at this point, especially if you've been living this way for a long period of time. But everyone benefits. Children see their parents taking the time to examine what's important in this life. Ask yourself, can you be happy making a living? So, what makes you happy? Try to fit more of that in your life and less of the thing that doesn't.

Yes, we have responsibilities. We have certain things we have to do like earn a living but there's a lot of other time in there. It's all choices. How are we choosing to spend that time? It's always a choice. You know we choose to run ourselves ragged, we choose to stay up and watch that TV show instead of getting to sleep. There are choices all along. Some are made for us like obviously a job, but when you think about it there a lot of other choices we could make a different way if you give yourself permission. Determine what you want and focus your energy there. Prioritize what will make you happy without hurting anybody else. Know that people may not understand slowing down, but so what! This is for you!

The good news is adults are allowed to have fun. Imagine taking time to run through a sprinkler or look at clouds. Play like you did as a child. Your brain will thank you because you will be more creative and get more done. If only we would let ourselves rest and goof off a bit, but we forget. We get caught up in all we have to do. Why do we have to be grown-ups all the time? Balancing work and play means we are going to be happy. Time is going to go by no matter what, and at the end of the day, I've never heard anyone say, I should have worked more. We've all heard that saying before. Sometimes, you can hear it said a thousand times, in three different ways and it still doesn't sink in. A wise person once said, "How we live the minutes of each day is how we live our lives." So, take five minutes and see what happens.

*If you would like to learn more about Diana or her books go to [www.dianafletcher.com](http://www.dianafletcher.com)*



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## Lincoln Highway Heritage Corridor Celebrates Abe Lincoln's 200th Birthday

On February 12, which would be Abraham Lincoln's 200th birthday, Adams Memorial Library (1112 Ligonier Street in Latrobe) will host the Lincoln Highway Heritage Corridor as they explore everything there is to know about the highway named after our 16th president. The event begins at 6:30 pm and will highlight the stretch of the famous road as it cuts across Pennsylvania.

The Lincoln Highway Heritage Corridor (LHHC) is one of 12 heritage areas in the Commonwealth of Pennsylvania. All are nonprofit organizations, and part of the Pennsylvania Heritage Areas Program, under the Department of Conservation and Natural Resources.

The mission of the LHHC is to identify, conserve, promote, and interpret the cultural, historical, natural, recreational, and economic resources along the Lincoln Highway in Westmoreland, Somerset, Bedford, Fulton, Franklin, and Adams Counties. Through these regions, the original highway is marked with red, white and blue signs.

The LHHC was established to create opportunities for preserving and interpreting resources associated with the Lincoln Highway and the more than 200 years of regional transportation history that preceded it.

In 1913, the automobile was still in its infancy. Those that had cars found road conditions were unsuitable for driving. City streets were often paved, but rural roads were primarily dirt tracks connecting farmlands.

A group of visionary business-men from the automotive industry led by Henry B Joy and Carl Fisher formed the Lincoln Highway Association (LHA). The LHA successfully spearheaded the creation of a publicly-funded road that stretched from New York City, NY to San Francisco, CA. The road would be the first transcontinental highway. The LHA engaged in very little actual road building, but it did fire the public's imagination and soon their project was under way. When it was done, it stretched 3,389 miles.

In Pennsylvania, much of the Lincoln Highway was constructed by improving and linking up pre-existing roads, including the early turnpikes, like the Chambersburg and Bedford Turnpike, and Forbes Road. It was a focal point of the Good Roads Movement, which would ultimately lead to the development of decent highways all over the nation.

The creation of the highway had a significant impact on how people traveled. No longer were they held to the schedules of railroads. Instead, more and more people chose to tour America by driving the Lincoln Highway. As automobiling became more popular, the face of the roadside changed.

Filling stations, tourist cabins, motor courts, and restaurants lined the Lincoln Highway to service travelers. As competition for the travelers' business increased, entrepreneurs became creative in their attempts to solicit customers. They built unique structures, like the giant Coffee Pot in Bedford PA, in which to run their business.

The Lincoln Highway was also crucial to the development of commercial traffic. During World War I, railroads were unable to handle the amount of freight being sent to the eastern seaboard ports. The favored alternative to the railroad was the use of truck convoys over the Lincoln Highway.

By 1925, the transcontinental route was completed. However, in that year, the United States instituted a system of numbered highways and eliminated name designations. In Pennsylvania, the Lincoln Highway became Route 30. In 1928, Boy Scouts across the country erected concrete markers along the route - some of which still remain today- in order to preserve the identity of the Lincoln Highway. In 1940, the Pennsylvania Turnpike, with its tunnels blasted through the mountains, provided a quicker and easier route across the state.

There is no cost for this event, but registration is required to attend. Please call the library at 724-537-2821.

*History reprinted with permission from the organization website: [www.lhhc.org](http://www.lhhc.org)*

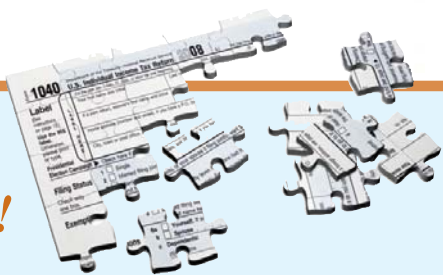




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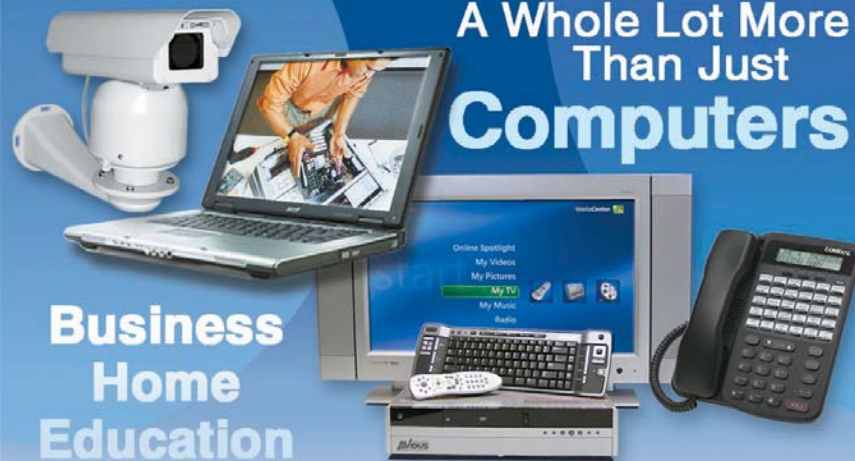
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# SHOPS AROUND THE CORNER

Getting To Know Unique Local Businesses and the People Behind Them

## In Currant Thymes

In current times exploring consumers should consider it fortunate to find themselves in *Currant Thymes*. Now that penny-pinching is all the rage, this retail establishment is a sanctuary for those of us who want to economize, but have no intention of foregoing all purchased pleasures. The Ligonier home and garden lifestyle center that opened in June of 2007 is situated on a tiny throughway that connects West Main Street and North Fairfield Street. But, don't let its cozy corner setting deter you from taking a mini-detour off the well-beaten trade routes. You'll find a not-quite-hidden treasure chest filled with lustrous loot.

*Currant Thymes* proprietors Heather and Bob Kuban are expert at seeking out merchandise that is never run-of-the-mill, always top-of-the-line and, luckily, within the budgets of inveterate shoppers. Personable and knowledgeable, they are happy to explain vendor backgrounds and the particulars of their wares. "I'm basically living out my dream right now. I've always loved retail, but I also enjoy the interaction with my customers. As a new proprietor, I've found Ligonier to be very supportive," claims Heather.

The Kubans have a clever eye for product placement: the lines of their display space are clean without seeming stark and the many commodities on view

never appear cluttered. Shoppers normally tend to notice eye-level products, but don't forget to look high, low and in the nooks and crannies at *Currant Thymes*; you're sure to see something you may have missed on previous visits.

Among the wide-ranging home choices to be found in *Currant Thymes* are the soy candles of the *Hexeberg Candle Co.* Locally manufactured in Markleton, PA (Somerset County), these candles add ambience and fragrance to the home in an ecologically sensible fashion. They last approximately three times longer than those made with petroleum-based wax, produce minimal soot, and are non-toxic and biodegradable. The candles also do double duty stimulating the economy with their sales and generating income for the American farmers who grow the soybeans that provide their wax. Heather stocks a variety of scents including fruit, food, floral and fresh.

Represented well is the Pittsburgh-based *Riverside Design Group*. The glass artware company's distinctive Plates with a Purpose look down on customers from a plate rail in *Currant Thymes*.

Artistic and unique, with simple designs representing local non-profit organizations, they are handcrafted from pre-consumer recycled glass. Each purchase provides the local chapter of the affiliate organization with 15% of the proceeds.



Positioning her wares is Heather Kuban of *Currant Thymes*.

*The Green Glass Co.* is also in chromatic evidence. Although their "Rock 33" Tumblers made from reclaimed Rolling Rock bottles are not always available at the company website, a

shipment may have just arrived at *Currant Thymes*. An impressive selection of *Emile Henry* cookware, *Lodge Cast Iron* and *Cuisipro* tools are among the many quality kitchen items. The *Cuisipro* peanut butter and jelly spreader is a great hit with kids and parents. Other novel, yet useful, accessories are aprons, kitchen towels, oven mitts, baskets and gadgets. The *chilewich* place-mats, while a little pricey, are glorious combinations of color, texture and serviceability – a classy choice for shower and housewarming gifts (or a birthday present for this writer).

*MadMats* give me the perfect segue from indoor to outdoor inventory since these intricately woven and multi-colored rugs can be used in both quarters. A *Mariachi Imports* product, they don't trap water as most plastic mats on the market do and help protect wooden decks if used outside. *Currant Thymes* has several excellent examples underfoot to demonstrate their indoor appeal. Always a sucker for ceramics, the *Danko*

*continued on page 23*

## A Store Named Joe's

I find life to be most satisfying when it's a mixture of the expected and the unexpected. The much-cherished time I spend with my nephew Zach provides the perfect illustration of this point. With his adventurous nature, agile mind, droll sense of humor, amusing turn of phrase and ability to make friends instantly, I never know what our day will hold. But, when he comes to our house, there is one thing I'm sure will not vary. At some point during the visit I will be asked, "Are we going to *Joe's*?" *Joe* is not another relative or acquaintance, but the establishment that bears his name is a family friend to many.

*Joe's Store & Deli* is a "Mom and Pop" located in the Lawson Heights section of Latrobe, Unity Township. Although the original owner was 'a guy named Joe,' the business has been owned and operated by Margaret Guidos since 1988. A small venue as convenience stores go, it offers a little bit of everything, unlike megastores which often offer a whole lot of nothing. Of course, you do find the staples (milk, bread, eggs, canned goods, snacks, paper products, etc.), but you never know what else you might find.

The deli case is especially helpful if you don't feel like a trip to the strip mall grocery or superstore. Lunchmeats and cheeses are name brand and high quality; mini-sub, tasty salads, and a daily hot sandwich special are prepared

onsite. Margaret proudly explains that her chicken salad was voted "The Best" by her customers. The novelty ice cream case is stocked with a variety of choices,



Proprietor Margaret Guidos amidst the popular PA-produced Middlesworth chips available at *Joe's*.

including old favorites like Klondikes, ice cream sandwiches and hard-to-find *single serving* Dixie cups. Latrobe's Dainty Pastry Shoppe supplies cookies,

breakfast rolls and breads for the baked goods case. (Note to self: Dainty Pastry orders can be placed at *Joe's*.)

Many a family Easter egg hunt and childhood celebration was supplied with treats from *Joe's* specialty candy section. (What are aunts for, if not *sweet surprises*?) And kids aren't the only ones who can get a sugar rush here. Grandma's Jams & Jellies, Shanholtz Orchard Apple Butter, and Black's Bee City, U.S.A. Honey work as well served at your breakfast table as they do serving as host or hostess gifts. The Grandma's Pineapple-Apricot Jam might find a niche in my next gift basket creation. (A "bit o' honey" trivia – Norman Black of Black's Bee City was originally from Derry.)

There are plenty of traditional finds at *Joe's* (e.g. Natrona Bottling Company's Red Ribbon beverages and Lions Club brooms), but the store does stay up-to-date. A wide-ranging selection of standard sodas and mixers are found, however an entire cooler is devoted to healthful drinks of the "no high fructose corn syrup" variety. DVD rentals are stocked with new releases added regularly. The establishment is also very convenient for area residents with an eye on the prize – the PA Lottery prizes to be specific. Lines are much shorter than those found elsewhere and you can pick a copy of the *Laurel Mountain Post* at the lottery sales counter!

What you see isn't always what you can get at *Joe's*. Behind the scenes Margaret prepares catering selections that more than live up to their home-style claim. (I truly appreciate the lovely fruit trays I have purchased and the assorted cheese cubes for my appetizer platters. Although I do make my own dips, salads and entrees for picnic and parties, if given the choice of "me chop" or "you chop" I almost always opt for the latter.) Want a meal delivered? The custom catering menu has a diverse choice of hot and cold hors d'oeuvres, entrees and salads. "I've been called to cater meals for the ill or elderly and have taken home-cooked lunches and dinners to quite a few people," says the owner. *Joe's* party menu classics are always in demand for resident gatherings and local business functions.

I can't depart *Joe's Store & Deli* without a mention of the Pittsburgh Steelers. For years the outside marquee has welcomed the players and staff to training camp in July, promoted team spirit throughout the season and congratulated the squad on its game victories and championships. Inside a special section is devoted to Steeler merchandise. It goes without saying that "black and gold" is a recurring color scheme here.

*continued on page 23*

# JANUARY/FEBRUARY 2009 COMMUNITY CALENDAR

Through January 18  
**Imagine Toys: Holiday Exhibition**  
sponsored by Highmark  
Westmoreland Museum of American  
Art, 221 N. Main Street, Greensburg  
For information, call (724)837-1500 or  
visit [www.wmuseumaa.org](http://www.wmuseumaa.org)

Through February 14  
**Southwest Council for the Arts  
13<sup>th</sup> Annual Regional  
Juried Art Exhibition**  
Southern Alleghenies Museum of Art at  
Ligonier Valley, One Boucher Lane  
and Route 711 South, Ligonier  
For information, call (724) 238-6015 or  
visit [www.sama-art.org](http://www.sama-art.org)

Through February 15  
**Covered Bridges: Spanning the  
American Landscape**  
Altoona Heritage Discover Center,  
A421-1427 Twelfth Avenue, Altoona, PA  
Admission is free. For information,  
call 814-940-1922

January 2 & 3 @ 8:00 pm  
**Comedian Ralphie May**  
Seven Springs Mountain Resort  
Ticket prices range from \$10-18 and  
are available by calling (866)703-7625  
or online at [www.7springs.com](http://www.7springs.com)

January 3 @ 10:00 am  
**Your Changing Body for Boys**  
Auditorium A, Latrobe Area Hospital,  
West Second Avenue, Latrobe  
A program designed for boys aged from  
10 to 13. Free but to register, call 1  
(877) 771-1234 or email  
[callctr@excelahealth.org](mailto:callctr@excelahealth.org)

January 3 & February 7 @ 10:30 am  
**Read the Movie...Discuss the Book**  
featuring Rebecca by Daphne Du  
Mauier. Ligonier Valley Library, 120  
W. Main St, Ligonier. (724) 238-6451

January 8 @ 2:00 pm  
**Diabetes Support Group:  
Know Your Numbers**  
Conference Room 1, Frick Hospital,  
508 S Church Street, Mt. Pleasant  
To register, call (877)771-1234 or  
email [callctr@excelahealth.org](mailto:callctr@excelahealth.org)



WINNIE PALMER  
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AT SAINT VINCENT COLLEGE

## WINTER BARN HOURS

Tuesday through Friday  
10 a.m. - 4 p.m.  
1<sup>st</sup> Saturday ONLY of each month  
9 a.m. - 2 p.m.  
CLOSED Monday and Sunday  
<http://facweb.stvincent.edu./eec/>

**Trails Open Year Round  
7 Days a Week, Dawn to Dusk**

January 8 @ 7:30 pm  
**Ain't Misbehavin'**  
Ruben Studdard, Frenchie Davis  
Pasquerilla Performing Arts Center,  
University of Pittsburgh at Johnstown,  
450 Schoolhouse Road, Johnstown, PA  
Tickets range from \$33-39 and are  
available by calling 1 (800) 846-2787 or  
(814) 269-7200 or by visiting the  
website [www.upjarts.com](http://www.upjarts.com)  
\$37. Flex: \$35. Student: \$33

January 9-11 @ 5:00 pm  
**Gourmet Getaway Weekend**  
Seven Springs Mountain Resort, 777  
Waterwheel Drive, Seven Springs  
Two nights of lodging, six cooking  
classes and two seminars. \$399 per  
couple and includes lodging or \$125  
per person for classes and seminars  
only. For weekend reservations and  
information call (800) 452-2223. For  
day package only, call (866) 703-7625.

January 9  
**Murder Mystery Dinner Show**  
Mountain View Inn, Route 30,  
Greensburg. Tickets cost \$39.95 per  
person and are available by calling  
(724) 834-5300 or by emailing  
[douglass@mountainviewinn.com](mailto:douglass@mountainviewinn.com)

January 9 & 10 @ 7:30 pm  
January 11 @ 2:30 pm  
**Patsy & Friends**  
The Ligonier Theater, 208 West Main  
Street, Ligonier  
Concert featuring songs by Patsy  
Cline, Loretta Lynn & Johnny Cash.  
Tickets are \$12 for adults, \$7 for  
students. Make reservations by calling  
(724) 238-6514 ext. 5.

January 10 @ 11:30 am & 3:30 pm  
**Winter Trails Free Snowshoeing Day**  
Seven Springs Mountain Resort, 777  
Waterwheel Drive, Seven Springs, PA  
Reservations are required. Call (800)  
452-2223, ext. 7396 or 7932

January 12 @ 8:30 am  
**AARP Driver's Safety Program**  
Conference Room D, Westmoreland  
Hospital, 532 West Pittsburgh Street,  
Greensburg. AARP members pay \$12,  
non-members pay \$14. To register,  
call 1 (877) 771-1234 or email  
[callctr@excelahealth.org](mailto:callctr@excelahealth.org)

January 15 @ noon  
**Lunch a l'Art**  
Southern Alleghenies Museum of Art at  
Ligonier Valley. One Boucher Lane &  
Route 711 South, Ligonier, PA  
To register, call (724) 238-6015 or visit  
the website [www.sama-art.org](http://www.sama-art.org)

January 15 @ 7:30 pm  
**Westmoreland Jazz Society: Ray  
Ryan New Orleans Riverside Band**  
Westmoreland Museum of American  
Art, 221 N. Main Street, Greensburg  
For information, call (724) 837-1500  
ext. 27 or visit the website  
[www.wmuseumaa.org](http://www.wmuseumaa.org)

January 16, 17, & 18  
**Fire and Ice Festival**  
On the streets of uptown Somerset  
[www.somersetincpa.org/fireandice.html](http://www.somersetincpa.org/fireandice.html)  
or call (814) 443-1748 to learn more.

January 17, 9am - 1pm  
**American Red Cross First Aid for Dogs**  
YWCA Mansion, Greensburg. Pre-  
registration required, 724-834-9390.  
[www.ywcawestmoreland.org](http://www.ywcawestmoreland.org)

January 17 @ 6 pm  
**Bravo for Blue Grass**  
Carriage House in the Laughlintown  
Inn . Dinner and show for \$30 per  
person. For reservations, call (724)  
238-6514 ext. 3.

January 17, 9am - 3pm  
**American Red Cross  
Babysitter Training**  
AMRC building in Latrobe. Pre-register  
by January 14, 724-537-2057.  
[www.latroberecreationcenter.org](http://www.latroberecreationcenter.org)

Wednesdays January 21 - February 25  
**Belly Dancing Class**  
YWCA of Westmoreland County, 424  
N. Main Street, Greensburg. 8 pm.  
Classes cost \$40 + YWCA membership  
(\$17/yr). For information, call  
(724)834-9390 or email  
[info@ywcawestmoreland.org](mailto:info@ywcawestmoreland.org)

January 21 & February 18 @ 10:00 am  
**Tiny Wonders Time**  
Winnie Palmer Nature Reserve at Saint  
Vincent College, Latrobe. Classes for  
children ages 2 to 4 accompanied by an  
adult. To register, call (724) 537-5284

January 23 @ 7:30 pm  
January 24 & 25 @ 12  
**Aladdin Jr.**  
Greensburg Garden and Civic Center,  
951 Old Salem Road, Greensburg  
The afternoon shows include lunch.  
Seats are \$10 Call (724) 832-7464 or  
(724) 836-8000

January 24 @ 8:00 pm  
**Nonsense, starring Sally Struthers**  
State Theatre, 27 East Main Street,  
Uniontown. Tickets range from \$28-  
36 and may be obtained by calling 724-  
439-1360.

January 24 & 25  
**Ligonier Ice Fest**  
On the Diamond in Ligonier  
For information, call (724) 238-4200 or  
visit the website [www.ligonier.com](http://www.ligonier.com)

January 30 @ 8:00 pm  
**Squonk Opera Presents...  
"Indiana County: The Opera!"**  
Indiana University of Pennsylvania,  
Fisher Auditorium. For tickets, call the  
Fine Arts Public Events Office at (724)  
357-2547 or email [lively-arts@iup.edu](mailto:lively-arts@iup.edu)

January 30 & 31  
February 6, 7 @ 8 pm,  
February 8 @ 2:30 pm  
**The Odd Couple (Female Version)**  
The Ligonier Theater, 208 West Main  
Street, Ligonier. Tickets are \$15 for  
adults, \$13 for seniors, and \$7 for  
students and are available by calling  
(724)238-6514, ext. 5

January 30-February 1  
**Winterfest at Mystic Mountain**  
Nemacolin Woodlands Resort, 1001  
LaFayette Drive, Farmington, PA  
For information, call (866) 386-6957 or  
visit their website, [www.nemacolin.com](http://www.nemacolin.com)

January 31 @ 8:00 pm  
**Dirty Rotten Scoundrels,  
the National Tour**  
Palace Theatre, 23 W. Otterman Street,  
Greensburg. Tickets are \$30, 35 & 40  
and are available by calling (724) 836-  
8000 or by visiting the website  
[www.thepalacetheatre.org](http://www.thepalacetheatre.org)

January 31-February 2  
**Groundhog Day 2009**

Information about the festivities during  
the long weekend will be available  
at an information station at the  
Celebration Tent in Barclay  
Square and at an  
information booth  
on Gobbler's Knob.  
For lodging information,  
[www.Punxautawney.com](http://www.Punxautawney.com)  
[www.groundhog.org](http://www.groundhog.org)



January 31 & February 1 @ 8:00 am  
**Appalachian Telemark Association  
Ski & Snowboard Races**  
Seven Springs Mountain Resort, 777  
Waterwheel Drive, Seven Springs  
1-day pass \$79, two-day pass \$99, kids  
under 16 are free. [www.telemarker.org](http://www.telemarker.org)

February 2 @ 7 pm  
**Car Seat Safety**  
Auditorium A, Latrobe Area Hospital,  
Free to the public but registration is  
required. Call 1 (877) 771-1234 or  
email [callctr@excelahealth.org](mailto:callctr@excelahealth.org)

February 3 @ 2pm  
**Senior Social**  
Country Cafe & Video, Pleasant Unity  
724-537-2057  
[www.latroberecreation.org](http://www.latroberecreation.org)

February 3-27  
**Exhibit:  
Supernova-asteroid-comet-sun...**  
Indiana University of Pennsylvania,  
Sprowls Hall, Kipp Gallery  
Artist lecture on February 5 in G42,  
Delaney Hall. Admission is free. For  
information, call Fine Arts Public  
Events Office at (724)357-2547 or  
email [lively-arts@iup.edu](mailto:lively-arts@iup.edu)

February 4 @ 8pm  
**Jesus Christ Superstar**  
IUP - Fisher Auditorium.  
[www.onstageatiup.com](http://www.onstageatiup.com)

February 3 @ 2pm  
**Senior Social**  
Valley Dairy (Jefferson St) in Latrobe  
724-537-2057  
[www.latroberecreation.org](http://www.latroberecreation.org)

February 7 @ 8:00 pm  
**New York Chamber Soloists**  
Saint Vincent College, Robert S. Carey  
Performing Arts Center, Latrobe  
Tickets and dinner cost \$35, or tickets  
only cost \$20, and are available by  
calling the Concert Series Box Office  
at 724-805-2565

February 7  
**Winterfest**  
Ohiopyle State Park, Sugarloaf  
Sledding Area, Ohiopyle, PA  
For information, call (724) 329-8591 or  
[www.dcnr.state.pa.us/statePark](http://www.dcnr.state.pa.us/statePark)

February 7-15  
**WTAE TV's Winterfest**  
Seven Springs Mountain Resort, 777  
Waterwheel Drive, Seven Springs, PA  
Admission is free. For information,  
call (866) 703-7625 or visit their  
website at [www.7springs.com](http://www.7springs.com)

February 11 @ 10:30am  
**Wednesday Morning Free Movie**  
Center for Student Creativity  
Greater Latrobe Senior High School



February 12 @ 2:00 pm  
**Diabetes Support Group:  
Know Your Numbers**  
Diabetes Clinic, Medical Commons 1,  
Westmoreland Hospital, 350 South  
Street, Greensburg. To register, call  
(877)771-1234 or email  
callctr@excelahealth.org

February 12 @ 8:00 pm  
**The Four Tops**  
Palace Theatre, 23 W. Otterman Street,  
Greensburg. Tickets range from \$35—  
75 and may be purchased by calling  
(724) 853-4050 or 1 (800) 528-7429

February 13 @ 7:30 pm  
**Get the Led Out**  
Pasquerilla Performing Arts Center,  
University of Pittsburgh at Johnstown,  
Tickets are \$31—37 and are available  
by calling 1 (800) 846-2787 or (814)  
269-7200 or by visiting the website  
www.upjarts.com

February 13-14  
**Valentine Special at Chestnut Ridge  
Resort & Conference Center**  
132 Pine Ridge Rd, Blairsville.  
724-459-7191.  
www.chestnutridgeresort.com

February 13 @ 9:00 pm  
**Valentines Dinner Dance with  
Johnny Angel & the Halos**  
Mountain View Inn, Route 30,  
Greensburg. Tickets are \$45 per  
person for dinner and dancing or \$30  
per person for the show only and are  
available by calling Carolyn at 724-  
834-5300 ext. 556

February 13 & 14 @ 6:00 pm  
February 15 @ 1:00 pm  
**Beehive**  
Greensburg Country Club, Route 130 &  
Pleasant Valley Road, Greensburg  
The costs for dinner and a show are  
\$42 for adults and \$15 for students  
and may be purchased by phoning  
(724) 832-7464 or (724) 836-8000

February 14 @ 8:00 pm  
**The Temptations**  
State Theatre, 27 East Main Street,  
Uniontown. Call (724) 439-1360 for  
ticket information

February 14 @ 8pm  
**Chris Higbee Project**  
(formerly Povertyneck Hillbillies)  
Casino Theatre, Vandergrift  
724-567-5049, www.casinotheatre.org

February 14 @ 8:00 pm  
**Love Notes! Presented by the  
Westmoreland Symphony Orchestra**  
Palace Theatre, 23 W. Otterman Street,  
Greensburg. Tickets range from \$9—37  
and may be purchased by calling  
(724)837-1850

February 18—20 @ 8:00 pm  
February 21 @ 2:00 pm  
**Cole Porter's Anything Goes**  
Indiana University of Pennsylvania,  
Fisher Auditorium. For tickets, contact  
the Fine Arts Public Events Office at  
(724) 357-2547 or lively-arts@iup.edu

February 20 @ 8:00 pm  
**Kris Kristofferson**  
Palace Theatre, 23 W. Otterman Street,  
Greensburg. Tickets are \$35, 40, & 47  
and are available by calling (724)836-  
8000 or www.thepalacetheatre.org

February 21, 9am - 3pm  
**American Red Cross  
Babysitting Certification**  
YWCA Mansion, Greensburg. Pre-  
registration required, 724-834-9390  
www.ywcawestmoreland.org

February 22—28  
**The Gift of Art—Exhibition**  
Westmoreland Museum of American  
Art, 221 N. Main Street, Greensburg  
Celebrate the museum's 50<sup>th</sup>  
anniversary with gifts of art from the  
past 50 years. For information, call  
(724) 837-1500 ext. 27 or visit  
www.wmuseumaa.org

February 24 @ 8pm  
**Golden Dragon Acrobats**  
IUP - Fisher Auditorium, Indiana.  
www.onstageatiup.com

February 25 @ 7:30 pm  
**Stig Rossen—  
A Singer with a Big Voice**  
Pasquerilla Performing Arts Center,  
University of Pittsburgh at Johnstown,  
Tickets are \$10—32 and are available  
by calling 1 (800) 846-2787 or (814)  
269-7200 or by visiting the website  
www.upjarts.com

February 27 - March 7  
**Life Is A Dream**  
Seton Hill University, Reeves Theatre.  
Greensburg. 724-838-4241.  
www.setonhill.edu

February 28 @ 8:00 pm  
**Cynthia Ortiz-Bartley,  
mezzo-soprano**  
University of Pittsburgh in  
Greensburg, Campana Chapel Lecture  
Hall. For information, contact Chris  
Bartley at (724) 836-7120 or email  
Chris at clb200@pitt.edu

February 28 @ 7:00 pm  
**Hollywood Party at the Palace**  
Palace Theatre, 23 W. Otterman Street,  
Greensburg. Call (724) 836-1123.

February 28 @ 8:00 pm  
**New Shanghai Circus**  
State Theatre, 27 East Main Street,  
Uniontown. Tickets are \$26—34  
Call (724)439-1360

February 28 @ 7:00 am  
**Masters of the Slope, sponsored by  
Vector Security and Children's  
Hospital of Pittsburgh Foundation**  
Seven Springs Mountain Resort, 777  
Waterwheel Drive, Seven Springs, PA  
Day of skiing to benefit Children's  
Hospital of Pittsburgh. Full registration  
is \$150, \$110 for those who have a  
season pass for Seven Springs. Dinner  
tickets only, \$50. For information, email  
info@mastersoftheslopes.com

February 28 @ 1:00 pm  
**Strength in Autism**  
Memorial Conference Center,  
Westmoreland Hospital, 532 West  
Pittsburgh St, Greensburg. For families  
dealing with an autistic child. Free.  
Registration is required (877) 771-1234  
or email: callctr@excelahealth.org

To submit your community  
event to this calendar,  
please email complete information to:  
advertising@LaurelMountainPost.com  
**Questions? Call 724-537-6845**

## Christmas "Tree-cycling" 2009

Westmoreland Cleanways would like to encourage everyone to continue the spirit of giving by recycling your live Christmas tree. After the festivities are finished, you can take your tree to one of 20 drop-off sites located throughout Westmoreland County. The trees will either be chipped into mulch by the municipalities and used to beautify community parks, or placed in natural areas to provide wildlife habitat.

There has been recent debate as to whether it is more eco-friendly to purchase a live tree or an artificial one. Real trees are a renewable and recyclable resource. According to the National Christmas Tree Association, in the United States and Canada, there have been an estimated 40-45 million trees planted in 2008. There are an estimated 446 million trees growing on farms in the U.S. and these tree farms support complex ecosystems. Trees absorb carbon dioxide, while each acre of trees growing provides the daily oxygen requirements for 18 people. There are approximately 500,000 acres in the U.S. used for the production of growing Christmas trees, with much of it preserving green space.

In contrast, 85% of artificial trees are factory-made in China, using methods that consume natural resources. Typically, the type of plastic that artificial trees are made from is PVC, which can be a potential source of lead. Lead-containing PVC can be harmful to children and pets. The plastic used in manufactured trees is also a petroleum by-product. They are non-biodegradable and not recyclable or renewable. Most will eventually end up in landfills, where they will remain for centuries.

Recycling your Christmas tree returns it to nature, completing the recycling loop and making every part of it beneficial. Once the tree is chipped, the chips can be used for mulch or as a surface for hiking trails. The chips then decompose into valuable humus, nourishing and renewing the soil. Many communities depend on recycled Christmas trees to provide wildlife habitats, prevent beachfront erosion, improve shoreline stabilization on rivers and lakes, and improve fish habitat.

Last year, as a result of tree-cycling, roughly 4 tons of mulch made from approximately 1,600 trees collected in Westmoreland County was diverted from landfills and used in local communities.

Tree-cycling is truly giving a gift back to the community. Now that the holiday festivities have ended, extend the spirit of giving by recycling your live Christmas tree.

**Armbrust**  
Wilkinson Nurseries  
Route 819  
Dec 26 thru Jan 18 Open Dropoff

**Allegheny Township**  
Maintenance Building  
1169 School Road  
Dec 26 thru Jan 31 Open Dropoff

**Derry Borough**  
Borough Garage  
East 1<sup>st</sup> Avenue  
Dec 26 thru Jan 31 Open Dropoff

**Derry Township Municipal Building**  
5321 Rt. 982  
Dec 26 thru Jan 31 Open Dropoff

**Donegal**  
Westmoreland Woodlands Assoc  
¾ Mile North of Donegal on Rt. 711  
Echo Valley Lane - Look for signs  
January 2 thru 31 Open Dropoff

**Harrison City**  
Alwine Community 4-H Club  
Schramms Farms & Orchards  
Harrison City-Export Road  
January 3 & 10 9am - 1pm

**Hempfield Township**  
Hempfield Park, Route 66 North  
(Look for signs)  
December 26 thru January 31  
Open Dropoff

**Irwin**  
Valley Landfill  
Pleasant Valley Road  
December 26 thru January 31  
Mon-Fri 5am - 4pm

**Level Green**  
Community Women's Club, PTARC Bldg  
Rt. 130 & Murrysville Road  
Dec 26 thru Jan 11 Open Dropoff

**Ligonier**  
Loyalhanna Watershed Assoc  
Carey School Run Watershed  
Corner of W Main & Springer Rd.  
Dec 26 thru Jan 31 Open Dropoff

**Lower Burrell**  
Burrell HS  
Environmental Club  
Municipal Building  
January 3 & 10, 10am - 1pm

**Mount Pleasant Borough**  
Municipal Compost Site  
Kennedy Ave. & N. Depot St  
Dec 26 thru Jan 31  
Mon-Fri 8am - 1pm

**Murrysville**  
Murrysville/Export  
Rotary  
Windstream Building  
(adjacent to parking area)  
Old William Penn Highway  
January 10 & 17, 9 am - 1pm

**New Florence**  
PA Game Commission  
State Gamelands - Look for signs  
January 1 - 12 Open Dropoff

N. Huntingdon Twp Public Works  
12319 Route 30 West. Weekends in  
January, Sat and Sun 8am-4pm

**Scottdale**  
Greenridge Reclamation Landfill  
RD 1 Landfill Road, Dec 26 - Jan 31  
Monday - Friday, 8am - 4pm  
Saturday, 7am - 9am

**Unity Township**  
Municipal Building  
154 Beatty County Road  
Jan 5 - Jan 30 Open Dropoff

**Youngwood**  
Borough Maintenance Building  
Behind Youngwood Auto Discount  
Dec 26 thru Jan 16  
Mon - Fri, 7am - 3pm

**Yukon**  
ARC Technologies Corporation  
226 Lumber Street  
Dec 26 thru Jan 31 Open Dropoff





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[www.Tobacco-Village.com](http://www.Tobacco-Village.com)

Westmoreland Mall - lower level, Macy's Wing

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## GreaterLatrobe.net

Community Network

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**724-834-4688**

271 Frye Farm Rd.  
Greensburg, PA 15601

# DOWN ON THE FARM

18th Annual Farming for the Future Conference - February 5-7, 2009

## The Worldwide Search for Food Sovereignty: Finding Your Foodshed

What path does your food travel from the farm to your table? Like the flow of water, most of our food travels the entire earth before it reaches us. We have little control over the processes in between, and most of our food isn't even "real food" anymore once it hits the dinner plate. Fact is, many of the world's eaters, particularly in urban areas and, increasingly, very rural areas as well, have too few choices available.

In many ways, we have surrendered our food choices to a system that is built for the sake of extracting profits for the *few* in the name of providing "cheap food" for the *many*. What can we do to change this? The solution goes far beyond a superficial effort to just "look harder for the good stuff," and reaches a place where we as a community must be intentional about defining our "foodshed" and insisting on the sovereignty to make choices that will reformulate and strengthen it for our families and communities well into the future.



Each year the PA Association for Sustainable Agriculture's *Farming for the Future* Conference helps farmers and eaters come together as a community to do just that. Attracting more than 2,000 participants from over 36 states, the conference features 13 pre-conference tracks and over 75 Friday and Saturday workshops. This year our 18<sup>th</sup> annual gathering welcomes two keynote speakers - Raj Patel (a writer, activist and academic serving as a voice of justice for all those stuck at the bottom of the world's food chain), and Bernard W. Sweeney (Director and Senior Research Scientist for the Stroud

Water Research Center in Avondale, PA). We've planned in-depth pre-conference tracks from forestry, cheesemaking and regional advocacy to organic vegetable production, grass-fed beef, and green living for high school students. The Thursday evening program continues to be filled with good food and musical fun for the whole family, while our Friday and Saturday workshops cover topics such as farming with the seasons, renewable energy, composting, and marketing.

We prepare to gather this year having experienced in recent months some of the most extraordinary events in American history. We could hardly have guessed back in the summer just how relevant our theme would seem by winter. For years, keynote speakers at our conferences have warned of the potential collapse of a global economy that values commodities more than communities, and now it is suddenly more relevant than ever to begin thinking in earnest about where our food comes from, how it is produced and what channels we must go through to obtain it. But the words "change" and "hope" are not new to our community - we have known all along that a better path exists, particularly if we pledge to learn from and help each other along the way.

We look forward to welcoming you one of the largest and most respected gatherings of sustainable ag enthusiasts anywhere in the country. Come join us as we seek food sovereignty for all people and a viable approach to building foodsheds that will sustain a world as hungry for good neighbors as for good food.

## The Worldwide Search for Food Sovereignty: Finding Your Foodshed

Pennsylvania Association  
for Sustainable Agriculture's 18th Annual  
Farming for the Future Conference

February 5-7, 2009

Penn Stater Conference Center  
State College, PA

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FABULOUS FABIAN,  
continued from page 9

that provided the children of veterans with college educations. When he passed away, his wife asked me if I would take over the charity and I jumped at the chance to do it.

**BMN:** Are you acquainted with one of our hometown legends Arnold Palmer?

**FF:** I wish I was. I passed by his house once, but I wouldn't just drop in for a visit of course.

**BMN:** Born and bred in Philly you have lived on both sides of our Keystone state. What makes your southwestern PA "dream house" a "dream home?"

**FF:** Andrea designed the "dream house" and, basically, it's a "dream home" because she's here. We have 20-odd acres with no one around. There's a pond where I fish and I built trails in the back for my ATV. I also enjoy the people of southwestern PA very much.

**BMN:** One of your songs includes the line "the world is such a wonderful place to wander through." Where do you and Andrea like to wander?

**FF:** We love traveling to St. John's and Maui, where I proposed to Andrea.

**BMN:** Most everyone has a few regrets. If it were possible, is there any "remix" you would request for your life?

**FF:** Yeah, I wish I would've started when I was a little older, so I would've known more about what I was doing.

**BMN:** Of what achievements are you most proud?

**FF:** The charities would be number one, followed by my star on Hollywood Boulevard and the Jimmy Stewart Harvey Award.

\*\*\*\*\*

There is no overestimating the enjoyment that Fabian has brought to his fans over the years. In 2002 Pat H. Broeske stated in the *St. James Encyclopedia of Pop Culture*, "More than any of the others, Fabian and Frankie Avalon set the standards against which the 1950s teen idols were measured." The charismatic entertainer continues to delight audiences, garner accolades and claim awards to this day. As we usher in 2009, the 50<sup>th</sup> anniversary of Fabian's "triple hit" year, let's raise a toast to the "Tiger." It seems he's not walking among us at all - he's having a hell of a run.

(And yes, Mr. Neill has a quantity of Italian blood coursing through his veins.)

Photos courtesy of [www.fabianforte.net](http://www.fabianforte.net)

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# Oh, The Weather Outside Is Frightful!

by Brian Mishler

As we look out the frosty window, cozy next to our sweetie by the fire, with the scent of candles, a glass of wine, romance in the air, our thoughts naturally turn to... "Why is that window frosty"? Much easier to explain than why I'm such a hopeless romantic.

While the importance of insulation and sealing aren't apparent during the warmer months, the cold outside gives us visual evidence. Windows frost because moisture in the interior air is drawn to the cold surface of the window. People, animals, cooking, bathing, etc. all give off loads of water vapor to the air. Conversely, cold removes moisture, which explains chapped lips, dry skin, and many other winter maladies.

An older window that's not thermally efficient allows the cold to transfer to the inside pane of glass, where it meets moisture, and frosts over like a beer mug. If your house has marble window sills, this is one reason, to catch said water; limiting moisture damage to the surrounding wall framing. Even if we can't see it; moisture (and heat) is migrating to the cold surfaces in what is known as the buildings' thermal "envelope." For a visual reference, take a typical letter mailing envelope. With the flap closed, it represents the conditioned (heated/cooled) space of a home. Opening the flap represents the attic, an unconditioned space, intended to be cold, and to transfer moisture to the atmosphere.

Heating bills shouldn't skyrocket as predicted earlier, but are still expected to rise 15 - 24% this winter. Making our homes more thermally efficient can save upwards of 20% on utility bills, and while vehicle traffic gets the most media attention in relation to greenhouse gas emissions, heating and cooling homes actually produces 40% of the greenhouse gas emissions in this country.

Before you run amok caulking, sealing and insulating everything in sight, read on, and finish that glass of wine...

Proper insulation and weatherization of a home takes thought and a little planning. If we don't manage the cold drafts and the moisture that naturally occurs we may end up with a warm, moldy home!

Your best plan of action is to hire an energy auditor. This person will come to your home with tools that can find the sources of air / heat leakage in the home, (All homes leak regardless of age; they have to, otherwise, we'd suffocate in our airtight abodes!) and make

recommendations to seal, insulate and ventilate the house. Using this report, you can devise a plan to improve the thermal envelope, and manage moisture. Besides comfort and utility cost benefits, there are also financial and tax incentives to improve your homes thermal efficiency. More information and a list of energy auditors can be found at [www.pahomeenergy.com](http://www.pahomeenergy.com). Some recommendations you're likely to see in the report:

- Adding attic insulation. A no-brainer, right? Not so fast! Improperly installed, attic insulation can be one of the worst moisture trapping offenders in the house. It must be installed in accordance with the manufacturer's instructions, and roof ventilation must be provided to protect the shingles from excess heat buildup, and the underside from moisture.

- Adding wall insulation. Properly installed this can be a great help, but one place most folks forget about is called the "rim" or "band" joist. This is usually located in the basement, just on top of the foundation. Properly installing insulation between the floor joists can be a big help.

- Windows, doors and other entrances. Just like Microsoft, old windows cause lots of problems, and are usually the single greatest source of heat loss in a home. And don't forget those ancient basement windows!! Upgrade those to dual glazed windows or glass block depending on how the basement is used. Because doors are used more often, their weather sealing needs to be periodically checked and maintained, including the sliding glass door out to the deck that you're not using this time of year.

- Insulating behind and above outlets, recessed ceiling light fixtures, junction boxes and other electrical fixtures in a home can reduce a large source of drafts. Again, it's important this is done properly, otherwise a fire could result.

- Proper venting. Having proper venting of the bathrooms, kitchen and dryer to the exterior is important to reduce moisture vapor levels in the home, and reducing that winter musty smell.

- Caulking and sealing the exterior joints of windows and doors isn't very practical this time, of year, but if you didn't do it in the fall, add it to your "honey do" list for spring.

If all this sounds too expensive, bear in mind none of it has to be tackled all at once. Have a couple windows replaced at a time, buy and install one roll of insulation at a time, keep improving the thermal efficiency of the house gradually; a little is better than none.



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# Fireside Fiction

by JB Rossi

The excitement of the holiday season is over and it's back to the drudgery of the ordinary everyday routine. The long cold hours of darkness come early and pass at a snail's pace as the deep freeze of the winter sets in and takes hold. The sunshine and warmth of the spring seem so far away. How will you ever pass the time?

Don't despair. I have a plan. First things first. You will pile the logs high on the fire and then snuggle down in that favorite lounge chair completely wrapped up in a soft plush blanket with a hot toddy in one hand and a great book in the other. You take a sip of the warm liquid and feel it slowly trickle down your throat bringing you body temperature back up to a reasonable degree. You glide your hand over the soft leather that envelops the wisdom of a legendary author, anticipating the adventure into which you will be swept up. Suddenly you begin to worry again. Are there enough hours left in this winter season to peruse all the great books you want to read?

Not to worry. The book guru is here to help. The book guru has traveled high and low, climbed steep mountains and trudged through deep valleys to bring you the latest and greatest of the new reads for the season.

Let the mysteries begin. Local author George Shuman provides us with a new thriller entitled *Lost Girls* in which his blind psychic, Sherry Moore, pursues her most perilous and provoking case. Moore is known for her ability to see the last eighteen seconds of a deceased person's memory, thus helping to solve the crime. This exciting adventure begins with a high flying rescue on Mount McKinley and keeps this fast pace throughout the read.

Another of my favorites is *The Private Patient* by P.D. James. An Adam Dalgliesh mystery, this fast-paced story revolves around investigative journalist Rhoda Gradwyn as she goes into an exclusive surgical spa to have a bit of elective aesthetic surgery done to remove an old scar. Unfortunately, she ends up dead two days later. Something went drastically wrong and it is up to Dalgliesh to clean up this mess.

Perhaps you are more in the mood to read about real people. Author James M. McPherson leads off our biography section with his new book, *Tried by War, Abraham Lincoln as Commander in*

*Chief*. With no previous military experience before becoming president, Lincoln established himself as the greatest Commander in Chief in American History. Often working against his senior commanders, Lincoln's strategic insight changed the course of the war and saved the union. A bestselling historian of the Civil War, McPherson delineates how Lincoln created the role of Commander in Chief as we know it today. This is an interesting portrayal for those who enjoy both politics and history.

My next pick is an excellent choice to inspire young women everywhere. Martha Frick Symington Sanger enlightens us on the turbulent early life and the lustrous legacy of one of the youngest and richest single women in twentieth century America with her new book, *Helen Clay Frick, Bittersweet Heiress*. This complex, often misunderstood young woman built an extensive empire despite her tragic home environment and became a magnanimous philanthropist and humanitarian, devoting her efforts to social welfare, environmental issues, and visual arts. Beautifully illustrated, the large volume also makes a great coffee table book. [Editor's Note: See the March/April 2008 issue of the *Laurel Mountain Post* for the feature article "Ivory Dominoes" by Barbara M. Neill]

Perhaps you are looking for a classic. My recommendation is John Steinbeck's *East of Eden*. A recreation of the Adam and Eve saga, *East of Eden* is set in the rich farmland of California's Salinas Valley and follows the lives of two families, the Trasks and the Hamiltons, as they reenact the venomous rivalry of Cain and Abel.

If you prefer something a little more modern, I recommend *Three Cups of Tea* by Greg Mortenson and David Oliver Relin. After a failed attempt to climb K2 in 1993, Greg Mortenson found himself in an impoverished Pakistan village in the Karakoram Mountains. Touched by the kindness of the villagers, Mortenson, upon leaving, promised to return and build a school for them. This is the riveting story of how Mortenson fulfilled that promise and built not one, but fifty-five schools, some especially for girls, in this forbidding terrain that spawned the Taliban.

"Here (in Pakistan and Afghanistan) we drink three cups of tea to do business. The first one,

you are a stranger. With the second cup, you become a friend... And with the third, you join our family... For our family we are prepared to do anything, even die."

This fascinating story is true celebration of the power of the human spirit and is sure to become a classic in the years to come.

After you get through all of these titles, then perhaps you'll be ready to plan your first Spring adventure. For this task I recommend *Romancing the Trail* by Dane Cramer. In this volume Cramer delineates the lesser known mysteries and history of the Laurel Highlands Hiking Trail. A must-read for hikers and nature enthusiasts as well as non-hikers, this entertaining account is contemplative, insightful, and detailed-oriented.

If you are not one to spend lots of time alone, I suggest joining one of the area's many book clubs so that you can share your insights with others. Book clubs usually meet once a month to discuss the details of a particular novel and vary in size from four to twenty or more members. Certain book clubs meet in the morning while others prefer evening sessions. Some clubs concentrate on only one type of book while others choose a variety of titles. If you are interested in joining a book club, contact your local book store to find one that suits your preferences.

One fun group took their discussion to a new level. After reading the wonderful fiction novel by Nancy Horan entitled *Loving Frank*, a fictitious love story involving Frank Lloyd Wright, the members arranged to have lunch at Fallingwater. What fun!

If you belong to a book club that is currently seeking new members, contact me at the Laurel Mountain Post and we will make sure that the word gets out.

All of the titles that I wrote about are currently available through Second Chapter Books on West Main Street in Ligonier.

So stoke that fire and get reading. Time is wasting. The days will be getting longer now and soon you will have to go back out and begin planting. So crack that cover open, put those +2.0 readers on, and immerse yourself in a great novel. There may not be enough winter left to get every title done!



# Art to Wear Fashion Show & Luncheon

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January 23 – Latrobe Art Center

Please join us for the annual Art to Wear Fashion Show & Luncheon at noon on January 23 where we showcase Greater Latrobe students' original clothing designs. A catered lunch is available for \$6.00 per person.

The mission of the Art-to-Wear Program is to provide students with the opportunity to create original clothing designs. Students must apply for this program and only 16 students are selected. The program is funded by the McFeely-Rogers Foundation and is sponsored by the Center for Student Creativity's Culture Across the Curriculum program at Greater Latrobe Senior High School.



The Center for Student Creativity helps to create a community of learners who, through the integration of the arts into all aspects of curricular and extracurricular activities, will grow in knowledge and skills, who will realize more fully their potentials, both academically and socially, and who will develop a lifelong desire to learn and create.

Art to Wear students prepare for the project with a field trip to fiber artist studios and a visit to the Society for Contemporary Crafts. Students then create clothing under the guidance of their teachers: Nancy Burford – Tanya Guadino, Family & Consumer Science; Lydia Ross – Amy Balko, Fine Arts. Students had 5 afternoon work sessions to design and create the clothing.

The 2008 class includes: Michelle Dickson, Sam Brant, Lauralee Markle, P.J. Semo, Emily Petrarca, Cassy Dowler, Katie Shannon, Tessa Eline, Jennessa Thomas, Katie Ferguson, Kelsey Owen, Candida Sylvania, Kaitlin Tryon, Eric Palanko, Mandy Weber, Anne Penrose Brianna Saddler, and Tori Vallana.



To reserve lunch, please RSVP with payment to Mrs. Jessica Golden by January 16. Send to GLSHS (checks payable to Center for Student Creativity) - 131 High School Rd, Latrobe, PA 15650. Phone: 724-539-4220. Email: [jessica.golden@glsc.k12.pa.us](mailto:jessica.golden@glsc.k12.pa.us)

## Interactive Videoconferencing Series hosted by the Center for Student Creativity

The Cleveland Museum of Art Distance Learning program connects people from all over the country and beyond with the museum to enrich their studies of history, languages, science, math and the visual arts. Through live videoconferencing, participants view art and artifacts from around the world while sharing in two-way conversations with museum educators.

By examining American art and artifacts from the Cleveland Museum of Art's collection, this series promotes discussion on America's national character and heritage. Participants may register for classes individually or as the series. Class will be held in the Greater Latrobe Senior High School's Center for Student Creativity. COST: \$8.00 per class or \$30 for all four classes. Maximum of 40 attendees per class. For more information contact the Latrobe-Unity Parks & Recreation office at 724/537-4331.

**Cleveland Museum of Art's  
America's Story Through Art Series**  
Topics for each lesson include:

- February 17, 2009 (10:30 – 11:30 am)  
**Lesson 1: America Emerging - 1700's**  
Developing American identity, folk art, the influence of the Age of Reason, the effect of the mercantilist economy, and underlying causes of the Revolution.
- February 24, 2009 (10:30 – 11:30 am)  
**Lesson 2: America Expanding - 1801-1861**  
Frontier life, the results and impact of westward expansion, landscape painting, Jacksonian democracy and genre art.
- March 3, 2009 (10:30 – 11:30 am)  
**Lesson 3: America Transforming  
1860-1918**  
Momentous social changes brought about by urbanization, industrialization, immigration and technological inventions.
- March 10, 2009 (10:30 – 11:30 am)  
**Lesson 4: America Enduring - 1913-1945**  
Unprecedented prosperity, The Great Depression, ensuing social and political change during the inter-war period, reaction to European influence: Regionalism.



### Winter Foreign Film Series

**February: 3, 9 & March 4, 11**

All films begin at 7 pm. The Greater Latrobe World Languages Department and the Center for Student Creativity(CSC) are pleased to announce that we are continuing our foreign film festival series. *Our goal is to reach out to our students and the community that surrounds Latrobe and increase cultural and linguistic awareness via the art of cinema.* The beautiful CSC is the perfect setting for this with its drop-down 12 ft. X 12ft. screen and ample space to find just the right spot for viewing. The movies are projected from above and subtitles are approximately 12"-24" in height. We offer complimentary popcorn, coffee and water to boot!(Mmm...!) Best of all, **the films are FREE!** For that price, you can afford to bring some friends for a fun night out! CSC phone: 724-539-4220.



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# THE GARDEN GUYS

Jim & Joe Prengaman

## Planning for Spring

While the evenings are still cold and the nights long, many of us begin to look forward to the coming spring. One sure sign spring is around the corner are the seed and gardening catalogs that begin to fill the mail box. The bright colorful photos entice us with thoughts of fresh salads or succulent strawberries picked and eaten just as they have ripened on the vine. Well let's not get ahead of ourselves! Before any of this can occur you should take several things into consideration.

There are dozens of mail order catalogs that offer seeds, plants, and supplies for the home gardener. Burpee and Gurney's are two of the suppliers that our father always ordered from and we have continued to use them for our own gardening needs. Their catalogs can be found online at [www.Gurneys.com](http://www.Gurneys.com) and [www.Burpee.com](http://www.Burpee.com). Seed catalogs are a wealth of information on specific plants and how to grow them. We always look for some new varieties to try that will help compliment our old family favorites.

For the best results some prior planning will aid in the success of your garden. The location of a vegetable garden is one of the most important factors contributing to its success. Soil types vary in different locations but ideally you will want a level location with a well drained soil. Avoid areas with heavy clay and rock content. If you need to, many nurseries and garden centers can deliver a screened topsoil or planting mix to amend the soil in your chosen location. Sunlight is another factor when choosing a spot for your new garden. Most plants will need an average of six to eight hours of sunlight for optimal growth, so the more the better as far as sunlight goes. Trees and shrubs will be in direct competition with the garden plants for moisture, sunlight and nutrients so keep clear of those areas as much as possible.

Time is another important factor when determining the size of your garden plot. After sowing the seeds and transplanting the bedding plants you will need to weed the plot weekly. You may also need to water during times of reduced rainfall. Most plants will also require the use of fertilizers and possibly insecticides to increase their yield. All of these things do take time, so you

should try to plant an area you can maintain easily – or the project may become more work than fun. A small garden that is maintained properly will actually produce more yield than a larger one that is let to run wild. Perhaps you live in an apartment, or have no space to plant even a small garden, then container gardening is for you. Fresh herbs and vegetables grown on a deck or balcony are not only a great compliment to any meal but are also an attractive addition to outdoor living spaces.

Next you will want to decide what types of things you want to grow and how much of each to order and to plant. Generally in our garden, we plant a good bit more than we can use. This has never really



been a big problem. Canning and freezing your own vegetables is a great way to save money and ensure you have quality foods on the table year round. It should also be noted that your neighbors and friends will be a little more neighborly and friendly after receiving a basket of home grown goodies from your garden.

We hope you are all inspired to start planning this springs garden. Whether large or small, working outside in a garden is a wonderful way to relax from the craziness of everyday life. Spend some time with your kids or spend some time alone. We have found over the years that the greatest harvest is often much more than just fresh fruits and vegetables.

Deadline for the March-April issue is Friday, February 13.



## Getting Your Family Connected

In this issue I will be discussing some of the things you should consider when connecting your systems together in your home. By no means is this a comprehensive list, but it will give you some insight and keep you on the right track. Take note of all the different options and you should be able to determine which ones fit your specific situation.

Why Network? There are many benefits to connecting your computer and other devices together. The primary reason for doing so is to communicate and exchange data. Networking is all about sharing, and it allows your computers to connect to the Internet, talk to each other, and share resources like files and printers and can help you save money by sharing those devices. Networking adds a lot of flexibility in the way you work and spend time with your computers and other electronic devices.

Let's take a look at the two primary methods of networking, Wireless and Wired. Wireless communicates using radio wave technology while wired communicates through data cables. Two questions come to mind... Is one better than the other? How do you choose?

With wireless networks you don't have to string cables for your devices to connect to each other. A low grade radio wave is used that is very similar to the way a cordless phone work. The advantage of a wireless network is mobility and the freedom from having a fixed connection. Other benefits of wireless technology include but are not limited to:

- Mobility – work anywhere within connection distance of your wireless access point
- No Fixed Connection restricting your connection to your network
- Quick and effortless installation
- No cables to purchase
- Save cabling time and hassle
- Easy to expand your network

Wired Network technology today revolves around the standard known as Ethernet. The data cables can have different ratings that tell you the bandwidth or speed your network has the capacity to run. If you can, try to use either Category 5e or Category 6 cabling to take advantage of your router's speed. Why is this important? With the use of Video on your computers and other devices today you will need as much speed as possible. This is one of the limitations that we see with wireless when compared to wired networks and is why we usually suggest using as much wired technology you can to give you the best performance possible. We are beginning to see Gigabit Ethernet as the new standard which is being driven by video requirements for support and training.

For most of us a hybrid of both technologies will probably be the best choice. Parts of your network will be better supported with wired technology, while roaming around the house with your laptop or connecting systems in hard to reach locations are better suited to wireless technology.

In Figure 1, you see a typical home setup using a cable modem, wireless router and a high speed network switch to form the communication base. The Notebook in this case is connecting to the system through the access point on the router. This gives the notebook access to all of the devices on the network and of course the Internet.

The printer is shown with the three primary connectivity options. It could be hooked up to the workstation and shared through the USB port, or setup

as a wireless device that the notebook could print to wirelessly, or have an Ethernet port that allows it to be connected wired to the network and then be available to all other network devices.

The Network Storage is wired into the network and acts as a central repository for all of your data that can be accessed from the notebook through the Wireless Router and by the desktop computer through the wired connection.

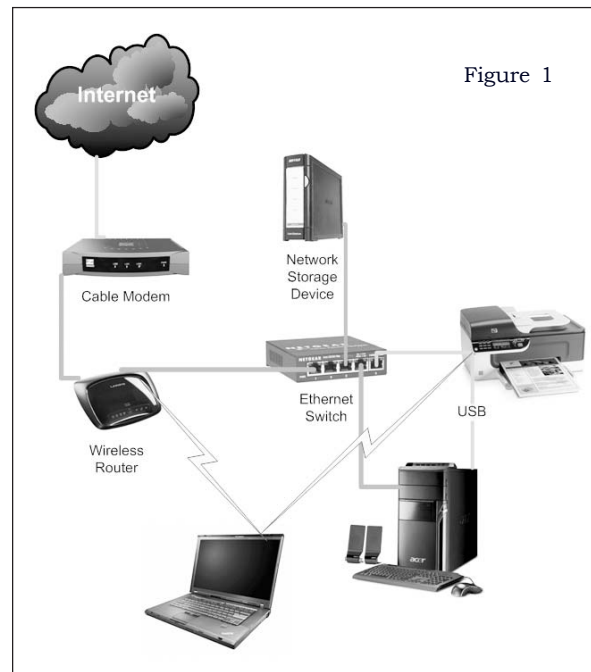


Figure 1

To attach a workstation to your wireless network you will need to add a Wireless Adapter to your machine. The easiest way is to purchase a USB NIC that simply plugs into any USB port on the outside of you machine. This will work with a laptop as well that supports USB connections that doesn't have a built-in wireless radio. On a notebook you can also add a PC-Card into the PCMCIA slot in the side of your unit if you don't have a built-in radio. Either method makes it easy to connect your systems to your wireless router.

Don't forget to secure your wireless connection. If you don't apply the security that is built-in to most wireless devices then you could be vulnerable to access from someone within proximity of your wireless router. I use three steps to secure my wireless network.

Change the SSID on the router and then turn off the broadcast feature once you have your systems setup. Think of the SSID as the name of your router (service set identifier). This will prevent your router from sending out its name looking for other devices to connect to it.

Make sure you change the default administrator login and password. These are well known and if you don't change them can allow easy access to the router from someone trying to access your system.

Set up security for your wireless network. Many new wireless systems make it easy to setup your new router so that it is secure. Follow the directions that come with your unit because each one is different. Make sure that you document everything and place the information in a secure location. If you lose this information you will have to reset all of your devices back to factory default settings and start from scratch to reset up the network.

Which wireless technology is best for you? You will need to consider the four current standards for wireless computing: Wireless-A, Wireless-B, Wireless-G and Wireless-N.

Wireless-A (802.11a) operates at a frequency of 5GHz which is considerably less crowded than 2.4GHz where telephone and microwaves can cause interference. Although the speed is up to 54Mbps, the maximum range is only 75 feet. Wireless-A is incompatible with Wireless-B and G because it operates at a different frequency.

Wireless-B (802.11b) operates on the 2.4GHz frequency band and can transmit data at speeds of up to 11Mbps within a range of up to 100-150 feet. Wireless range can be affected by reflective or signal-blocking obstacles, such as mirrors, walls, devices and location, whether indoors or outdoors. This is an older wireless technology and not suitable for video sharing at all.

Wireless-A and B came out roughly at the same time and are the older technology. Laptop technology today is widely using Wireless-B in public access areas like airports and restaurants.

Wireless-G (802.11g) features the same benefits as Wireless-B, but offers 5X the speed at up to 54Mbps. Wireless-G currently offers the best combination of performance and value. Wireless-G is compatible with Wireless-B equipment, but you will lose the higher performance speeds of Wireless-G.

Wireless-N (draft 802.11n) the current generation of high-speed wireless networking is capable of delivering the range and capacity to support today's most bandwidth-hungry applications like streaming video. Wireless-N builds on the previous wireless standards by adding multiple-input multiple-output (MIMO) technology. Wireless-N is a draft standard, meaning The Institute of Electrical and Electronics

Wireless Standard	Dual-Band Wireless-N (802.11n)	Wireless-N (802.11n)	Wireless-G (802.11g)	Wireless-B (802.11b)	Wireless-A (802.11a)
Frequency	2.4GHz and 5GHz	2.4GHz	2.4GHz	2.4GHz	5GHz
Maximum Speed	108Mbps	108Mbps	54Mbps	11Mbps	54Mbps
Range	300'-450'	300'-450'	100'-150'	100'-150'	25'-75'
Compatibility	Wireless-B, -G & -A	Wireless-B & -G	Wireless-B, & -N	Wireless-G & -N	Not compatible w/ Wireless-B, G or -N.

Figure 2

Maximum wireless signal rates are based on IEEE Standard specifications. Actual data throughput will vary. Network conditions and environmental factors can lower actual data throughput rates and range (coverage).

Engineers has not yet adopted it. Most devices supporting Wireless-N will work together but some of the companies are adding special functions to differentiate their product from others so be careful.

Dual-Band Wireless-N (draft 802.11n) dual-band routers are compatible with both 2.4GHz and 5GHz frequencies. Non-concurrent dual-band routers only allow usage in one of the frequency bands during set up and configuration. In a concurrent (or simultaneous) dual-band router both radio bands work at the same time, substantially expanding the available channel bandwidth and allowing more data flow.

Have I totally confused you? I hope not. Remember that if you can wire, do it and use Category 6 to "Futurize" your wired infrastructure. If you are planning to share video across your network you will need to consider Wireless-A or N to get the best bandwidth. Wireless-N will also provide better range than Wireless-G and B. And, if you want the best that wireless can provide consider a concurrent dual-band router.

I hope that this information will help you design your own home network. If you are still not quite sure of what you want to do or need to bounce ideas off of our design specialists you can contact me at [bobstechtalk@live.com](mailto:bobstechtalk@live.com) or call Computer Connections at 800-640-7506.

## More Shops Around the Corner

CURRENT THYMES  
continued from page 13

Handmade Bulgarian Pottery and Alfresco vases are forever tempting me. Certainly among the most interesting of the garden collection items are the *Down Under Pots*. Intended for hanging from porches, trees or even indoors, these Australian terracotta creations are quite unique, since the plants they hold face downward. Disconcerting at first, but perfect for those of us who like to have the world turned upside down on occasion.

Why don't you allow *Currant Thymes* to play cupid for you this Valentine's Day? Host an impromptu picnic for the significant other in your life by purchasing a paisley cooler, jute wine tote with flip flop wine glass coasters and fill your acquisitions with romantic food and beverage choices. *Coincidentally*, Heather stocks a number of gourmet food items and suggests the Spicy Apple Garlic Jam of *Earth & Vine Provisions* wrapped with brie in puff pastry and accompanied by a dry white. Sounds like seductive rendezvous fare to me. Indulging in a little retail therapy in *Currant Thymes* could go a long way toward curing your winter and fiscal blues this year!

Visit Currant Thymes at 106 N. Fairfield Street in Ligonier. To contact call 724-238-2930 or email [currantthymes@verizon.net](mailto:currantthymes@verizon.net)

— Story & Photos by Barbara M. Neill

\*\*\*\*\*

JOE'S STORE  
continued from page 13

Although my nephew is going to outgrow those *Ice Age* DVDs and Gummi Pizzas in the not too distant future, I like to think there will always be something for Zach and his Aunt Barbie when they visit a store named *Joe's*.

— Story & Photos by Barbara M. Neill



# Five Things You Learned About Networking from Your Mother

by Michelle Donovan

Mothers are a beautiful thing. They care for us, nurture us, and teach us the dos and don'ts of life. I've learned a lot from my mother. Especially when she taught me all about life, love . . . and networking! I'm sure she didn't realize she was teaching me about networking at the time. But she was. And I bet your mom taught you about networking as well. Perhaps the words of my mom will sound familiar to you.

### "Share your toys."

I can't remember how many times my mom told me to share! She felt it was important that we knew how to give to others. Growing up in a large family, I had to share almost everything. Sharing is good to learn when you're young, because it's a skill that makes us approachable.

Networking wouldn't be networking if we didn't share. We build stronger relationships with people when we're willing to share our resources. Some of our best resources include time, money, connections, information, knowledge, and skills. People appreciate us when we're willing to give to the relationship. Giving people are approachable and reap the benefits of reciprocity.

### "Walk, don't run."

I used to hear this phrase no matter where we were: the house, grocery store, mall, church, or school! As a kid, I was always in a hurry to get to the next exciting thing. There always seemed to be someplace more interesting than where I was at the time. My attention was short, and my mom wanted me to learn patience.

Patience is a virtue when it comes to networking. A fast-paced networker misses the true essence of the event and can very easily blow right past a tremendous opportunity. Fast-paced networkers tend to build shallow relationships that offer little or nothing of value to their business. On the other hand, patient networkers build deep, long-lasting relationships that lead to the growth of their business. Establishing a network that has depth far exceeds one that is shallow.

### "You have to work for it."

Nothing in life worth having comes easy; you have to work for it! My parents taught me this lesson by example. Both of my parents worked hard for what they accomplished and gave to their five children. They were determined to provide a wonderful life for their family—and they did. Today, in their retirement, they are reaping the benefits of their labor. Networking is no different. That's why it's called, net-WORK! It's not net-SIT or net-EAT! Building relationships takes not only time, but effort and energy. It also takes commitment and dedication to the process. Some people put their faith in the six degrees of separation theory, which tells them that they're connected to anyone by only six degrees. In fact, this theory is flawed. This study actually shows that only 29% of the population is indeed separated by six degrees! So, for the majority of us, we've got to work hard to get into the 29%, and work hard to just stay there. The reward for accomplishing this task is great, beyond what we can even imagine. Our mothers had foresight, didn't they?

### "Say thank you."

Not long after we began to speak my mom was making sure that we knew how to say thank you! As most kids do, I wanted to know why it was important to say thank you. Being a fast paced kid, there seemed to be no time for saying thank-you. In true mom form, my mother would reply, "It's the right thing to do." Before I knew it, saying thank you became second nature—and it felt right, too. Now it's part of who I am and how I operate. Saying thank you to those who have helped you in some way shows your gratitude, expresses your appreciation, and solidifies the steps made towards further developing the relationship. It seems as though these two little words don't pack much of a punch these days. But I can assure

you, handwriting a note of thanks to a referral partner will enhance the possibility of future referrals.

### "Clean up after yourself."

What does cleaning up after yourself have to do with networking? As kids, there was always one last thing to do when we played with our toys: Put them away. That was our quiet lesson in follow-up. As kids, we ended every play time with a consistent behavior of cleaning up after ourselves. As adults, one huge component of networking is follow-up and, more importantly, our ability to do it consistently. Meeting people and building relationships mean very little if we never bother to follow-up with them. Making promises to help someone without efficient follow-up is vain. This homegrown lesson in follow-up might be the most important networking lesson of all.

These five lessons grounded me as a person and helped me develop into a successful professional. I can still hear my mom saying, "Some day you'll thank me!" So, Mom, thanks for teaching me lessons that would one day help me to be an effective networker!

Perhaps it's time you thanked your mom, too.

Michelle R. Donovan, *The Referability Expert and owner of Pinnacle Training Services and Referral Institute in Sewickley, PA. Michelle teaches a referral generating system that provides business owners with a continuous never-ending stream of word of mouth referrals. She can be reached at 412-741-1926 or by email [michelle@pinnacletrainingservices.com](mailto:michelle@pinnacletrainingservices.com). Visit her website at [www.pinnacletrainingservices.com](http://www.pinnacletrainingservices.com) or her blog at [www.ptsnetworking.blogspot.com](http://www.ptsnetworking.blogspot.com). She is the co-author of the soon to be released book, "The 29% Solution: 52 Weekly Networking Success Strategies."*

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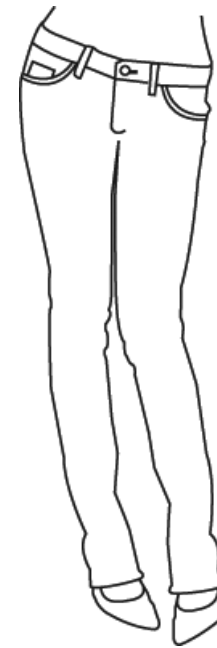
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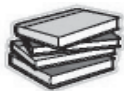
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- ½ cup sliced green onions
- 1 clove of garlic (or substitute with diced garlic from a jar)
- 2 ½ cup of milk
- 4 TAB. flour
- 1 tsp. dry mustard
- 1 cup of your favorite beer
- 1 "shot" of your favorite whiskey
- 2 3-ounce packages of cream cheese, cut into cubes and softened
- 2 cups shredded sharp cheddar cheese
- 2 medium tomatoes, seeded and chopped  
(or one 15 oz. can of diced tomatoes, drained)
- Salt and pepper to taste
- PITTSBURGH'S Original Sports Sauce™ in a condiment squeeze bottle

In a large saucepan combine the chicken broth, carrots, onions, garlic, beer and whiskey. Combine milk, flour, dry mustard, and stir into broth. Cook and stir over medium heat till thickened and bubbly. Cook and stir 1 more minute. Pour about 1 cup of the hot broth mixture over the cut up cream cheese, stir until well blended. Stir this cream cheese mixture into remaining broth mixture in saucepan. Stir in cheddar cheese until melted. Add tomato. Ladle into bowls. Now you can use the Sports Sauce™ squeeze bottle and decorate the soup with a big "S" for "STILLERS" or write your favorite players numbers, or names. This is now one "HOT" bowl of comfort soup! May also garnish with bacon bits.

*- Courtesy of PITTSBURGH'S Original Sports Sauce™ Available at Currant Thymes in Ligonier, PA*

## Swamp Mush

- 3 13-ounce bags of frozen broccoli florets
- 2 Tablespoons of butter
- 1 can cream of broccoli soup
- 1 15-ounce jar of mayonnaise
- 1 1/2 to 2 cups shredded sharp cheddar cheese
- 1 sleeve Ritz crackers (roll to make crumbs)
- 9 x 13 oven safe pan or 3-quart casserole, lightly buttered

Preheat oven to 350°. Put broccoli into a pot of boiling water. Boil for 3 minutes, drain, reserve a 1/4 cup water and put broccoli back into pot. Melt 2 tablespoons of butter in a sauce pan. Add cream of broccoli soup and 1/4 cup of water from broccoli. Heat over medium heat till blended. Add soup, mayonnaise and 1 1/2 cups of cheese to broccoli in the pot and blend. Put mixture into casserole dish, cover and bake for 35 to 40 minutes at 350° until bubbly. Sprinkle 1/2 cup of cheese on top, add cracker crumbs on top of cheese. Put back in oven uncovered and remove when crackers start to brown (about 5 minutes).

*- Submitted by Margaret Guidos, Joe's Store & Deli in Lawson Heights*

## Taco Bake

- 1 lb. ground beef
- 3/4 cup water
- 1 15-ounce can tomato sauce
- 1 4-ounce can chopped green chiles
- 1 onion, chopped
- 1 package taco seasoning
- 1 8-ounce package shells, cooked/drained
- 2 cups (8 oz) shredded cheddar cheese

Brown beef and onion in skillet. Drain fat; add water, seasoning, sauce and mix. Bring to a boil, reduce heat, and simmer 20 minutes. Stir in macaroni, chiles and 1 1/2 cups of cheese. Pour into 1 1/2 quart greased baking dish. Sprinkle with 1/2 cup cheese. Bake at 350° for 30 minutes.

*- Submitted by Bonnie Kocon, Leechburg*



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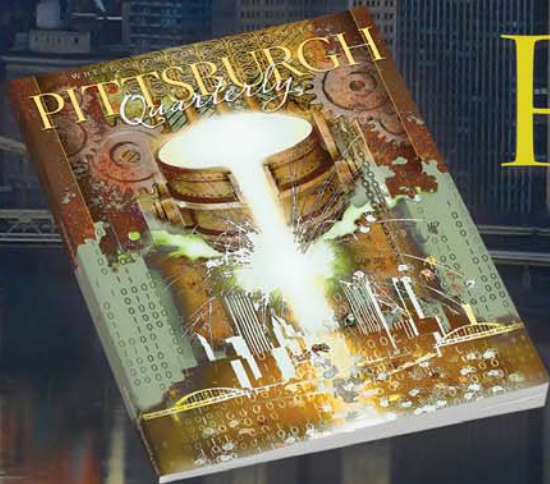
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