

The Oracle

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November 2010

Youth Advocacy League senior and coordinator recognized

by Stephen Kimpel

Senior Dina Labanc and Youth Advocacy League Coordinator Gregg Dietz were recognized Wednesday at the 19th Annual YWCA Racial Justice Awards at the Westin Hotel in Downtown Pittsburgh for their contributions to racial relations and social justice.

"They honor citizens of the greater Pittsburgh area who have dedicated themselves to diversity and spreading a message of unity. I [was] honored for youth achievement and [Gregg Dietz was] honored under [the category of] education," Labanc explained.

Although she was honored specifically for her most recent contributions involving social justice issues, Labanc has been involved in creating a better Shaler community for quite some time.

In the past couple years of her high school career Labanc has received numerous awards for her contributions to this community. In addition to YWCA Award she also received the Princeton Prize in Race Relations at Princeton University and the Kiwanis International Award.

Labanc has created a program entitled Peer Bridges and Dietz is the director of the Shaler Youth Advocacy League in the high school.

"If you can imagine Youth Advocacy League as a tree, [Peer Bridges is] one of the three main branches," Labanc stated.

While Youth Advocacy League is responsible for activities within the school, Peer Bridges is in charge of several events in and out of the high school.



Senior Dina Labanc (Stephen Kimpel)

"We host diversity days which consist of dialogues on social justice issues, educational speakers, training students in leadership, and campaigning for awareness. I want my fellow students to be educated and have an understanding that is more than skin deep when they get into the real world," Labanc stated.

Peer Bridges was initially constructed to focus specifically on raising awareness on issues dealing directly with race relations.

"Peer Bridges is a social justice organization I created in response to the lack of diversity in the area and ignorance to other cultures," Labanc stated.

Even though this program was created to immediately impact the local area, Labanc views the issues surrounding diversity as worldwide and can be felt in every culture.

"We are standing on a planet with billions of other people at this very moment and not one of us is the exact same, but we all share one remarkable thing and that is that we are human. It sounds so simple, but we live in a world of bias, bigotry, and discrimination. Sometimes it's difficult for students to fully grasp diversity; it is so crucial that we learn to respect and understand each other," Labanc declared.

Labanc cannot do all this by herself and hopes there will be more student involvement during the school year. From events at Chatham University to leadership workshops, there is a continual need for students to get involved in this program that is affecting change on a local and broad scale.

"If you have a passion, we have a project for you. Youth Advocacy League isn't just about helping others, it's about finding yourself," Labanc explained.

Former Steelers GM speaks with student athletes

by JT Schwartz

On November 3rd, the Shaler Athletic Department sponsored a recruiting seminar that took place in the High School Auditorium. All student-athletes, grades 8-12 were invited to attend.

Those attending the event received valuable information on what it takes to become a collegiate athlete from Tom Donahoe, a former general manager for the Buffalo Bills and former director of operations for the Pittsburgh Steelers.

Donahoe, who has been involved in sports at all different levels for 40 years, now works as an educational speaker for the NCSA (National College Scouting Association).

Speaking to the many parents and student-athletes that attended the seminar, Donahoe helped the families understand the recruiting process.

"Recruiting is tough; there are no clear-cut rules to it. Most people do not understand it and there is not that much information that can help. That is why I am here," he said.

He stressed finding the right school for the student. Not just athletically, but academically and socially as well. The school has to be a good fit for the student.

"It is not a four year decision; it is a forty year decision. Whatever school you go to will have a big impact on your future, so if you are at a college for a semester and you do not like it, transfer," Donahoe said. "Sports are great, but you have to use them as a mean to an end."

He also spoke about scholarships and some misconceptions about them.

"There is a myth out there that to get a scholarship you need to go division one, but the truth

Cont. on page 6

Students fall into a dream with this year's fall play

by Kelsey Meehan

William Shakespeare has long been revered as one of the best playwrights in history. Sometimes high schools shy away from his work when deciding on productions due to the level of difficulty. Shaler Area is stepping up to the challenge tonight with the opening of *A Midsummer Night's Dream*.

The play was chosen by its three directors, Ms. Hilary Domencic, Mrs. Anne Loudon, and Ms. Kristen Susany, all of whom have a love for the play. According to Domencic, the play is one that could be adapted, if needed; its flexibility was a large factor during selection.

"The play is a unique opportunity; *A Midsummer Night's Dream* is not the usual Shakespeare tragedy. It's funny and pretty out there," Domencic said.

Senior Autumn Vogel, who is no stranger to Shaler Area's plays and musicals, believes that this year's play is a great opportunity for the district.

"Shaler is finally doing a play with some actual substance. We've put a lot of value back into the fall play," Vogel said.



Nicole Davis, Greg Kompare and Kassie Miller get into character (Kelsey Meehan)

Though the play has not been adapted from its original Shakespearian language, the directors suspect that there will be no issues with understanding the content of the production.

"The kids have been working very hard to get the speech down; we told them just to be natural. Once

they read their scripts and we explained their characters to them, they were fine. There have been no real problems with it," Susany said.

"The language makes it harder to memorize the script because it's not how we're used to talking, but the fact that it rhymes makes it easier," Vogel said.

The cast began preparations for opening night in mid-September. Because the play is broken up into three main subgroups, each rehearsal thus far has been devoted to a single group. The directors are looking forward to the play coming together.

"I'm excited to see it all together: the costumes, the characters, the set. The characters are already coming together now. To quote the play 'it's been a dream' to work with the students and the other directors," Susany said.

The production begins tonight at 7:00, and it will also be showing twice tomorrow, once at 2:00 pm and again at 7:00 pm.

"We expect the best for the cast and the crew. We want the play something for them to be extremely proud of," Domencic said.

OPINIONS

Family vacations not easily excused for students

by Nick Schmitt & Shelby Tabrosky

A student going on vacation, who wants the days missed to be excused, needs to have an educational reason to be missing school.

Students seeking approval for a trip must first complete a "Request for Educational Tour or Trip" form. Then this form will need to be turned into the main office, where it is either approved or denied.

"(It) is probably one of the hardest parts of my job," stated Shaler Area High School Principal, Mr. Timothy Royall, "trying to be fair and accountable for 2,000 people. It is tough. It's a judgment call. If this student's vacation is approved, then their days are declared as excused; otherwise, they're declared unexcused."

According to Mr. Royall, an approved educational trip would be something like a conference at Carnegie Mellon for a two day seminar or a trip to Europe to study religious sites, but a vacation with the family to the beach is not going to get approval.

"This is because the State of Pennsylvania says if a student goes on vacation it is not excusable," Mr. Royall said. "So I try and be fair and say vacations are vacations: unexcused, which is what the policy and the law say."

"When students go to the Outer Banks and they're really going to the beach but on that one liner for what the educational value is for this trip they'll put in things like 'while on vacation, we are going to visit historical sites.' That's not an educational tour; it is a family vacation with Mom and Dad that is just

"We need to make school important. We need to impress upon families and the community that school is important and that vacations are not to be taken during the school year."

-- Mr. Tim Royall, Principal

trying to twist it to get an excuse," Mr. Royall said.

The aforementioned decision is also based upon the Shaler Area School Board Policy 204.5. This policy, which Shaler Area administrators must follow when dealing with trips, was adopted in 1998. This policy clearly states that "no tours or trips to local points of interest, sport events, hunting or fishing trips, shopping trips, family functions, or solely to accompany the family on vacation will be excused."

Despite the policy in the past, many vacations were approved without much consideration.

"I think attention is being brought to it now because I'm new. I'm the new principal and maybe I see the policies in a different light. Maybe I'm seeing them for the first time and interpreting them in the way the state wants them to be interpreted," Mr. Royall said.

Junior Casey Rastetter had her request for her family vacation to Disney World denied, because it did not serve an "educational" purpose.

"Denying vacations during the school year is understandable, but I feel that it is unnecessary because it's the student's responsibility to get their work

done," she said.

At Shaler Area High School, a student in a semester long course can miss a total of 12 days and 24 days in a year long course, according to Shaler's School Board Policy 204. Both unexcused and excused total together each semester.

"For most students, (getting a trip approved) doesn't matter so much," Mr. Royall said. "If you have one or two missed absences, it doesn't mean

a lot, but for some students that are absent a lot, it's going to affect them in the end."

If a student has a problem with unexcused absences, Shaler takes him/her to the magistrate for truancy.

"A student has 3 unexcused days for a family vacation, and then 3 more for something else and then now they have 6 unexcused, and yes now they're taken to the magistrate, and they are being fought and fined, the whole 9 yards," Mr. Royall said.

Schools like Pine-Richland have a policy similar to Shaler's, but does not include the family vacations as unexcusable. Shaler's policy should be flexible like that one. For most students, filling out the form serves no purpose for a vacation because the request would just be denied.

"I think that one of the things or the biggest picture is that we need, we, you, me, teachers, we need to make school important," Mr. Royall said. "We need to impress upon families and the community that school is important that vacations are not to be taken during the school year."

Letter to the Editor

To The Oracle staff,

As a district alumnus, parent and employee, when I first read the main article in the October issue of *The Oracle* I was disturbed. I am extremely proud of this school district and all we accomplish each year!

Unfortunately, we live in a time where sensationalism sells and TV stations do not report positives. Reporters want to make a name for themselves by uncovering the juiciest scoop of the day.

Good things happening in and around Shaler Area don't always make the television cut, but if you look further, we are constantly in the news! In our office we have a bulletin board covered with newspaper clippings from various publications all touting academic, extracurricular, athletic student and employee achievements! Although there is not a specific public relations person or department at Shaler Area, we have a great working

relationship with many people in the news media. A number of steps are taken to make sure people are kept informed:

* Dr. Lee meticulously responds to requests from various reporters and has answered invitations to speak about pressing issues.

* At Central Office we have contact information for many reporters - stories and story ideas have been sent directly to these contacts and have been printed.

* Reporters from Pine Creek Journal and Post-Gazette regularly attend School Board Meetings to keep informed on district events. When students and staff members are honored for accomplishments at these meetings, a press story will often then be generated.

* Shaler Area staff, parents and residents often contact us with requests to promote various functions or accomplishments throughout the school year which are published on

the web, marquee and SATV.

The first time I read the October article I was upset because I know what steps were currently being taken to keep everyone informed. Upon reading a second time however, I became aware that there are some things that we could do better. The option of hiring a company or person to handle the public relations for this district may be out of the question - let's face it, the budget is tight and streamlining costs is warranted to keep necessary programs afloat while minimizing the burden on taxpayers.

Communication is the key to any successful endeavor. Shaler Area is home to some wonderful resources. Coordinating those resources is the last step to promoting our district:

Noteworthy things can be placed on the web, marquee and SATV with a simple phone call or email to our office. Dr. Lee approves publication and distribution of information and we coordinate with the webmaster, marquee

administrator and SATV producer.

If something needs to be sent to the press, contact information can be obtained from our office or the webmaster or we can forward press releases whenever appropriate to the proper channels.

The question then arises on how we keep residents up to date on articles as they are posted. The suggestion that was made in the October article of a media link is a great idea! A link can be created on our website that will take a viewer to currently published newspaper articles.

By coordinating efforts and resources we can make tremendous strides in positively promoting our district. Just let us know what is going on in your corner of the district and we'll do what we can to make sure others are also aware!

Chris Grossman
Administrative Assistant
to the Superintendent

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The Oracle

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The Oracle is the official student newspaper of Shaler Area High School. Although it is published by the journalism classes, one does not have to be enrolled in a class to contribute. Opinions expressed in The Oracle are those of the individual writers, not necessarily of The Oracle staff.

Letters to the Editor are encouraged and welcome. Any letter intended for publication must be signed, but names will be withheld upon request. Articles and letters may be mailed to the high school (ATTN: The Oracle) or emailed to oracle@sasd.k12.pa.us.

The Oracle reserves the right to condense or omit any letters or articles unfit for publication.

Shaler shows off it's green thumb



The greenhouse, located outside of Gym B (Anna Porter)

by Jenna Vetterly

Shaler Area has finally started to take the leap into going green by constructing a fully operating greenhouse with the guidance of G.A.T.E teachers Mr. David DiPasquale and Mrs. Christina Palladino.

Last year the two, with the support of the school district, applied and were awarded a grant from the Grand Grable Foundation for \$6,000 dollars, which was with a matching \$6,000 from the school district. To further help the cause, the University of Pittsburgh gave \$5,000 for the instillation of solar panels and wind turbines.

"We originally wanted a rooftop garden, but the district denied that idea," DiPasquale said. "Later on Superintendent Dr. Lee came to us with a grant opportunity from the Grand Grable Foundation to build a greenhouse."

Assisting DiPasquale in this project is Mr. Chris Lisowski's Ecology Club. Lisowski and DiPasquale have started writing and applying for another grant to improve the area surrounding the greenhouse.

This grant will pay for an Aquaponics System, a circulating system that raises fish and uses aerobic bacteria to break down their waste into useable nitrates for the plants to absorb hydroponically. It will also pay for plants to put in the native plant garden that will also surround the greenhouse.

"We will be putting in native plants, vegetables, and fruit trees. We're really excited about the Paw Paw Tree, which is the largest native fruit of North America and tastes like a cross between a banana and a mango," Lisowski said.

The greenhouse presents a chance for students to roll up their sleeves and get involved. Not only will the ecology club and G.A.T.E students get use out of the greenhouse, but the school is hoping that science teachers will take the students outside as well.

"Anyone can help out with this project. When you hear an announcement for Ecology Club and you're free, please drop in and help with the projects," Lisowski said.

This project has also given the students and teachers an opportunity to experience the plant life, bug species, and technology that you can't experience in a science book.

"We started to make the school a more environmentally inviting place. I look at it as not only making the school better, but helping us learn the latest on environmental technology, plant insect species, and net zero energy structure," DiPasquale added.

This greenhouse is helping Shaler take another step into the Green Era. All of the students and teachers are coming together to make this greenhouse come alive.

Titan Pride Room boasts proud past

by Taylor Miksic

When the Titan Pride Room is mentioned, most of the student population has the same reaction: "What is that?" Although the room attached to the athletics office has been being used for years and is appreciated by Shaler athletes as a place to store their practice equipment each day, many do not know it's recently attributed name as well as purpose.

Along with the new title of the "Titan Pride Room" it also has a much more meaningful purpose than an oversized locker for athletes.

The room recognizes the accomplishments of Shaler Area athletes, past and present, and was conjured up by principal Tim Royall, and athletics director Mr. Paul Holzshu.

This room was just recently entitled the "Titan Pride Room" in hopes of retaining the memories of the Shaler Athletic Hall of Fame inductees. The inductees of 2010 are currently displayed in the room.

"We are going to keep each year's current class in the Titan Pride Room and display all the other inductees in the Hall of Fame hallway," said coordinator of events Amy Bodenlos, "Therefore, every year we will display the newest inductees in the Titan Pride Room."

Along with the display of the newest members of the Hall of Fame, a television is located in the window of the room.

"The T.V was Mr. Royall's idea," said Mr. Holzshu. It is "to offer constant viewing and promoting of athletic games in all sports, season by season."

Now, current athletes are no longer permitted to store their equipment in the room. All equipment and bags can be stored in the film room.

"The film room offers a more secure area for the storage of team bags, eliminating theft, vandalism, and etcetera," Holzshu said.

"Hopefully, the future will allow us to add dimension to the room for more awareness and exposure," said Mr. Holzshu. "As we grow and develop the Titan Pride Room, I am sure students, faculty, administration, along with the general public will become more aware and appreciate the purpose."

Facebook is a portal for just as much bad as good

by Vince Lamanna

When created in 2004, the road to Facebook was paved with good intentions. It was meant for social networking, meeting new friends, and staying in touch with old ones. Now, it has turned into a strange place. Facebook can be a fun site to browse, but it just needs to be monitored more closely. Things posted to Facebook can be seen by virtually anybody, and creates for an all-around feeling of "creepiness".

Depending on your security settings, friends, friends of friends, or anyone can view your profile, wall, and photos. That being said, a picture of you with alcohol or drugs can be viewed by a potential employer or a college admissions board. Lawyers use this tool all the time when investigating defendants, because Facebook is somewhat of an accurate portrayal of a person. Things you post online cannot only be detrimental to getting a job, getting into college, but also your personal life.

"Of course I'm concerned, I know that my family can view it, or anybody for that matter, so I want to keep things classy," senior Amanda Medford said.

Studies show that about one out of ten colleges will go to your Facebook or other networking site. However, this is only under unusual circumstances. If an applicant is believed to not be telling the truth, or not revealing something, their Facebook will be reviewed.

"Sometimes, you have the sense that maybe there's some risk with the applicant," Dean of Admissions at John Hopkins University, John Latting, commented on the subject in an interview. "You want a little more information on who this person is, so we have to do searches to fill in the details, sometimes students don't really tell us what's going on."

When it comes to privacy, teachers need to be extremely careful. A Brownsville Area School teacher was suspended without pay because she was tagged in a photo at a bachelorette party. It was brought to the attention of the superintendent, and several other teachers who attended the party were suspended as well. Many teachers have Facebooks, and even have students as friends.

Another tale tells of a teacher in Massachusetts who wrote derogatory comments about students and parents on her wall. After this was discovered, she was forced to resign. The teacher later said she didn't think that people outside of her friends could view her posts. Little did she know that her Facebook settings made it possible for everyone to view her profile.

Within our own school district, Facebook does not play a role in the hiring process. When asked about Facebook and Shaler, Mr. Royall commented, "No, the idea of the 1st amendment, and privacy rights, I don't use Facebook because I believe that (Facebook) is someone's private life."

The school does not freely look online for teach-

ers, to find things. There must be something to prompt an investigation.

"If it's brought to my attention that there something inappropriate on Facebook, then that's when I'll step in," Royall said, "If it disrupts the educational process, then I have reason to step in, and that's for teacher and student."

The school will only intervene when Facebook, or things posted to Facebook, endanger the educational process. Therefore, students need to be careful about what they post or what activity they do in relation to school.

Overall, Facebook can be a good place, but it has gotten a bad reputation from the ease and convenience of information. You can post virtually whatever you want, say whatever you want, and do whatever you want. This brings us to the problem of the decay of interpersonal communication skills within this generation. Kids today are too used to just talking via text or internet. They do not form the communication skills that are accompanied with talking to people in person.

This social network was made for keeping in touch with friends and making new ones. Although it can be misused, the major consensus seems to be Facebook is a great place, and an even better time.

"Facebook is a marvelous invention. It keeps me in touch with my grandma and it alerts me when my friends have birthdays," junior Bob Hlovchic said.

Q&A with Dale Mangold -- janitor & rock star

by Holly Doerfler

Q: Why did you decide to become a janitor?

A: Well I lost my job. In the process of searching for another job someone told me about working for the school district as a substitute janitor and I was looking for other work and it just kind of all fell into place.

Q: Do you enjoy being a janitor?

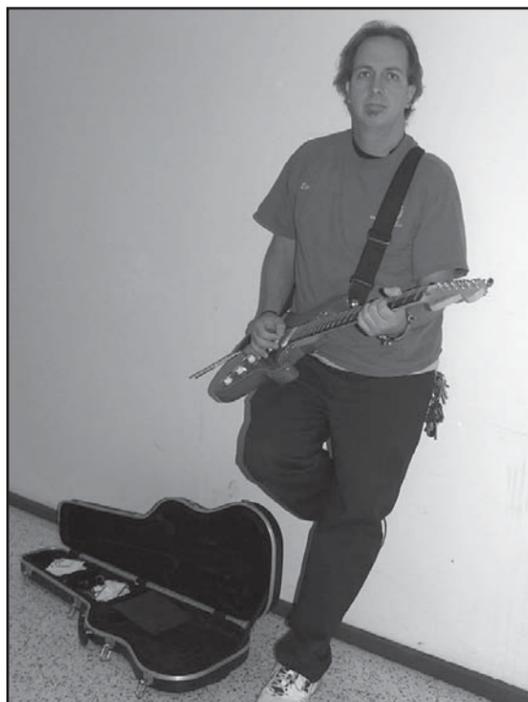
A: Well, it pays for the bills. It's not my dream job but actually just like anything in my opinion, people make their job as enjoyable or as crappy as they want it. I'm very optimistic so I always look on the bright side of things so I make the best out of my job. It's not like a glorious job but it's a decent job and I always make the best out of it. I'm just an outgoing person and I love being around people and so I have fun.

Q: What was your original job?

A: I was a store manager for a music chain call Music Land. I was a manager there for over 13 years and they just went out of business. It was fun to because you dealt with a lot of people in the entertainment business. In my end, it was more so selling CD's so it was a lot of contact with different record labels. I got a lot of free tickets to concerts and a lot of free CD's that the labels gave us to play in the stores. It exposed too many different types of music. I am pretty diverse anyways which made it so much better.

Q: Which instruments do you play?

A: I play saxophone, guitar, bass, and I little bit of piano but I don't re-



Dale Mangold (Holly Doerfler)

ally call myself a pianist. I also played clarinet back in my high school days. Mainly I play saxophone and guitar.

Q: How long have you been in a band?

A: I've practically been a musician my whole life and that is what I consider being my job. If some ask me, "Dale what do you do for a living?" I would say "I am an entertainer and I just happen to be a custodian to pay my bills." I've always wanted to be a musician and be on stage and be an entertainer all my life so I have played in bands ever since college. I have been in different bands all my life like a lot of Motown, to oldies, to rock. I've also been in a couple original bands and

now with Tobacco Road. I sit in with different people so I've been in bands for over 25 years.

Q: What was the biggest thing to happen for Tobacco Road?

A: We have a CD in response across the world and obviously we aren't Rolling Stones or Red Hot Chili Peppers but still in this day in age of the internet you don't need to be signed by a record label to have your music heard. Facebook, iTunes, and Myspace and other websites really help you out. Obviously having a CD being played on the radio is cool. I have done some live radio interviews. Unfortunately, none here in Pittsburgh but I have done phone interviews and you're on the air live. Also this past summer has been pretty exciting. We had a music video made for our single out now call "Dirty Little Rocker" and that is from our first CD. That was a great experience and hopefully that will get us out there. We were also in a big competition. We had a chance to open up for Kiss. Kiss is on tour now and they had a contest and for every city you could enter your own band and it was online voting. The top 5 bands would be presented to Kiss and then they'd pick one of the bands who would open up for them. We finished 3rd and we got presented to them and they checked us out and we didn't get selected but it was still pretty cool.

Q: Have you been able to meet anyone famous from being in bands?

A: From being in the industry, I have met famous people. Usually local famous people like The Clarks and Paul Stanley. I hope to meet some real famous people. In my old job, I was able to meet a lot of famous people.

Q: Do you plan on doing anymore Shalerpalooza shows?

A: I definitely want to have it because it's fun and a blast. It's helping class funds and the first two shows were very successful so why not? It's just the matter of getting a set date at Mr. Smalls. I could have it at another place but I think it wouldn't be as cool because Mr. Smalls is right in our backyards. A lot depends on the availability of Mr. Smalls but I'm looking at it being in early 2011. I know that everyone loves it.

Q: What was your childhood like?

A: I was the youngest of six kids. I had four older sisters so I got beat up a lot and teased. It was fun and we did a lot of things as a family. I was always creative and doing stuff with music. I did some traveling as well.

Q: What was the craziest thing you've done during your job?

A: Well, I love Halloween and it's one of my favorite times of the year. Unfortunately as a janitor you have to wear the same shirt and pants every day. Last Halloween, I wore this Alice Cooper wig the whole day at work. So during my whole custodian career, that is one of the craziest things I've done.

PowderPuff set for Dec 4

by Jenna Vetterly

On December 4 at 11 a.m the junior and senior girls at Shaler High School will be facing off to become the next Powder Puff Football Champions.

Retired gym teacher Mrs. Flynn brought the idea to former activities director to get girls involved in football and raise money for a good cause.

"I think we are going on nine or ten years now, I remember one of my first years teaching, a retired gym teacher Mrs. Flynn brought the idea to the former activities director to have a Powder Puff game right at the end of the boys football season to have a chance to get the girls involved and raise money to give to a good cause so we ran it a few years and that was back in 2001, 2002. And then we took a couple years off, and three years ago when I became activities director we decided to start it again," Powder Puff Director Mrs. Thiel said.

Each team is coached by one of the Titan Football players from that grade. Their Practices usually start about two weeks before the game. With the past success of the Titan Football team the Powder Puff game had to be pushed back until the boys returned from play offs. Eventually the game was just pushed to a Saturday.

The Powder Puff game is not only a great chance for girls to take the field and play football, but it is also a chance for them to raise funds and awareness for Breast Cancer. Within the past two years the girls have helped raise \$3,000.

"All benefits will be donated to the Susan G Komen Breast Cancer Foundation," Thiel said.

This year as in the past, the junior and senior girls are able to form teams of 40 at the maximum. They must be of good academic standing; a GPA of at least 2.0, 12 or less absences and all detentions served prior to the game.

In addition to the game the girls will have a Powder Puff dance, if enough tickets are sold. The dance will be followed by a breakfast for the players Saturday morning leading into the game starting at 11 a.m.

Mrs. Thiel extends a warm welcome to all students to come and see the girls face off that morning and help raise money for a good cause:

"I hope everyone turns out Saturday morning to watch the girls face off and see who this year's winner will be," Thiel said.

For more information make sure to tune into SATV during announcements and keep your eyes open for posters around the school, or see the Powder Puff and Activities Director Mrs. Thiel in the Activities Office.



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District working to help students make healthier choices

by Anna Porter

In a day and age where fast food restaurants are the norm, one in three kids will develop diabetes, and approximately 30 percent of American teenagers are overweight, it's safe to say you are what you eat. The saying has been heard by many generations but it applies more than ever to this generation. Shaler Area School District is taking the initiative to provide more healthy alternatives and empowering students to know what types of food they are choosing.

"What we're doing is trying some things at Jeffery primary, so we're piloting with that school. When you make changes it impacts things financially, so The Nutrition Group [the district's food provider] is willing to try things at a smaller school to see how those changes work," Nurse Leslie Scheuer said. "Some of the changes are in the snacks that they provide for elementary schools, they're offering some different kinds of fruits and vegetables, and they are bringing together a student committee in every school to get suggestions from students. I've asked if we [the high school] could be next."

Scheuer and Food Service Director Joel Madison have been driving forces behind changes being made to the district's food program this year. These changes were made after seeing the less than healthy food choices high school students make and the negative effects these choices result in.

"The nurses got on Michelle Obama's coattails, with her thing of healthy eating and fit families and we said why don't we just go along with that and see if we can implement something at the Shaler Area level," Scheuer said. "We're just trying to give kids, a good selection to choose from. We're not saying that you can't eat this, that, or the other things we're



Lunch ladies handing out apples during lunch periods [Anna Porter]

just trying to give you a good, healthy selection."

Some ways that the high school is providing healthy alternatives to students and faculty is by offering whole grain choices, introducing fruits and vegetables, and baking instead of frying foods. One of the more helpful and informative changes made is the addition of signs to the serving lines that list the foods the cafeteria serves, and their nutrition values.

"We recognized the epidemic of childhood obesity. We believe we have a responsibility, not a sole responsibility, but a responsibility, to give students and staff healthier options," Madison said. "We can't take away the choices completely, but if we have a healthier alternative for them to choose from and if we market it properly we can have some success."

On average, girls should be consuming about 2,200 calories a day, and boys 2,600 to 2,800. However, depending on the amount of physical activity there can be a large range to these numbers. Scheuer has also recognized the ugly truth of childhood obesity, and states that at least 30% of the high school's population is obese or overweight.

"Dealing with heights and weights every year, not so much with the boys, but I see the girls hitting 9th and 10th grade and they've been on a growth spurt and it's stops, yet they keep eating and they start gaining 10, 15 pounds a year," Scheuer said. "In a couple years, a normal weight kid becomes an overweight kid."

Changes to the high school cafeteria can also prove to be a financial issue. When the most popular items are the pasta bar, the taco bar, pizza, and the chicken patty sandwich, pushing healthy foods like salads and deli sandwiches can affect how many lunches are sold.

"We serve 30-35 pizzas a day. It's a popular item. We also serve French fries [about 12 cases a day], which is roughly 250 pounds of French fries a day," Madison said.

Fries, which to many are considered only a side item, can end up having just as many calories as a main course or sandwich, and that does not mention the ranch dressing, used as a dipping sauce. Many students use two to three cups full, acting as if they have never tasted it before.

"I heard something recently that kids born after 2000, chances 1 out of 3 of them will end up with diabetes," Scheuer says. "Yours is the generation that may not live as long as my generation"

Both Madison and Scheuer hope that through these gradual changes lifetime practices of healthy eating will develop.

"When you get to high school, I think that you should be able to make some choices, and decide what you want for lunch, but I think that sometimes we decide that blindly. We decide that out of habit or out of what tastes good. I think a lot of it is just getting informed choices, so when you go down there if you want to blindly pick the same thing every day, that's fine but I want the information to be there," Scheuer said.

SAT?

ACT?

Deciding which test to take? Ask yourself these questions: *Do the colleges in which I am interested have a preference? What test best suits my personality and school strengths?* Then, use the chart below to determine which test best suits your learning style.

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	SAT	ACT
Skills Tested	Reading, Math and Writing	Reading, Math, English and SCIENCE
Testing time	3 hrs, 45 minutes	2 hrs, 55 minutes (plus optional essay)
# of sections	10 sections total. (There are seven 25 minute sections, two 20 minute sections and one 10 minute section.) * <i>With each new section, the topic being tested switches (reading, math, writing) so be prepared to mentally shift gears multiple times!</i>	4 sections total. (There is one 45 minute English section, one 60 minute Math section, one 35 minute Reading section and one 35 minute Science section.) * <i>Once you complete a section, you are done with that topic – there is no jumping back and forth like the SAT.</i>
Total # of Questions	170 questions total. (Three scored sections each of Reading, Math and Writing for a total of 67 Reading, 54 Math and 49 Writing multiple choice questions.)	215 questions total. (There are 75 English, 60 Math, 40 Reading and 40 Science questions.)
Question format	All multiple choice EXCEPT 10 Math questions where you calculate an answer.	ALL multiple Choice.
Experimental Section?	Yes. The SAT includes an "experimental" section that is NOT scored but used to evaluate future test questions.	No. ALL questions are scored and count towards your total points earned.
Essay?	Yes. The essay is mandatory and an integral part of your overall writing score.	Yes. However, the essay is optional (Note: some colleges REQUIRE) and is scored separately.
Penalty for guessing?	Yes. The SAT deducts ¼ of one point for each incorrect answer. There is no penalty, however, for leaving a question blank.	No. There is no penalty for an incorrect answer so it is to your advantage to fill in every blank – even if you have to guess. .
Reading Content	3 different styles of questions: Sentence Completion (you complete a sentence from which 1 or 2 words have been omitted.), Long Reading Passage and Short Reading Passage (both test reading comprehension with either multi or single paragraph passages taken from social and natural sciences, and humanities.) Passage based reading questions are presented in the same order as story content.	Reading questions are based on 4 types of reading selections: Prose fiction, Social Sciences, Humanities and Natural Sciences. Similar to the SAT, question categories include main idea, context, sequence, cause and effect, drawing conclusions/inference, specific facts and authors tone. Passage based reading questions are presented in random order (do not follow story content order).
Math Content	Primarily tests 3 areas: Arithmetic (fractions, decimals, percentages, ratio/proportion and general problem solving), Algebra I/Algebra II and Geometry. The formulas for calculating area, volume and circumference are printed in your test booklet so you do not have to memorize them. You are also provided with angle measurements for circles, lines and triangles.	Primarily tests 3 categories of questions – PreAlgebra/Elementary Algebra (fractions, decimals, percentages, and basic algebraic expressions), Intermediate Algebra/Coordinate Geometry (linear equations, exponents, radicals, polynomials and placement of points, lines and geometric figures on a Cartesian grid), and Plane Geometry/Trigonometry (geometric solids, lines, angles, triangles, circles, quadrilaterals, and trigonometric identities)
Science Content	N/A	Covers a wide range of topics in biology, chemistry, physics and earth/space sciences.
Writing/English Content	Consists of 2 components – multiple choice questions test your grammar skills in identifying errors, improving sentences and improving paragraphs plus the essay.	Questions fall into 2 categories – Usage/Mechanics (which tests punctuation, grammar, and sentence structure) and Rhetorical skills (which tests writing strategy, organization and style).
Scoring	The maximum score possible is 2400 (800 points per section). The 2009 National Average SAT Score was 1509 (501-Reading, 515-Math and 493-Writing).	The maximum score you can attain is 36. The 2009 National Average ACT score was 21.0.

SPORTS

Titans set expectations high

Returning starters attempt to lead team to successful season

by Ben Mulig

Last year's boy's basketball team received the unlucky draw of playing Mt. Lebanon, the top-ranked team in the WPIAL, in the first round of the playoffs. They were just two points away from an upset. The positive thing is that most of the battle-tested roster is returning to the court for the 2010 season.

Now that the 2010 basketball season is here, we can only have high expectations this year. The team is returning three starters, and adds some new faces to the lineup.

The returning starters for Shaler consist of senior J.T. Schwartz, junior J.P. Holtz, and senior Craig Feehan. Besides these players, the Titans have re-loaded with players who have had a significant amount of playing time last year that are now ready for the big show. Seniors Jake Sieber and Christian Johnston will be getting playing time this season along with a large group of juniors.

"With the fast paced style of play we use; it's a pretty big advantage when we can sub in five or six guys off the bench during the game," Schwartz said.

Another addition to the squad is sophomore

Geno Thorpe, who transferred back to Shaler after a year at Shady Side Academy. Thorpe is returning to Shaler with the hopes of helping his team contend for a section title.

"I'm here to help this team win games. We have to control the hype and focus on one game at a time. I feel like this team can do big things in the future," Thorpe said.

One thing the Titans will need to do is find a player to replace big man, J.P. Holtz, who will be out indefinitely at the beginning of the season due to an ankle injury sustained during football season.

The bar is set high for the Titans coming into this season, and they are not going to accept anything less than what is expected from them. Another obstacle the Titans must overcome is playing in arguably the toughest section in the WPIAL, which hosts teams such as North Allegheny, Central Catholic, But-

ler, Seneca Valley, North Hills, and Pine-Richland.

"I have two simple expectations for my team this year. First, it's to be a contender for our section championship. Second, is to get a playoff spot," head coach Mr. Paul Holzshu said.



Stephen Kimpel shoots a lay-up in practice (JT Schwartz)

Freshman runner competes at states

Caleb Wakeley places 21st overall at WPIAL cross country meet

by Samantha Raible

On Thursday, October 28, sixteen of Shaler Area's cross country runners traveled to Cooper's Lake to compete in WPIALs to try to earn their spots at the state championship.

The decision on who should compete was made by cross country coach, Mr. Dusch. The top five runners were relatively easy to pick, but the last few runners were more difficult. Overall, the times and places from past meets determined the runners fate in competing.

In order to make it to states, Shaler runners had two chances of making to the state championship: by having the whole team finish in the top four places after all the times were added up or two the top twenty runners in the whole race had the opportunity to make it to states.

After the race only freshman Caleb Wakeley qualified for the state championships. In the boys division of the 52 teams and roughly over 400 runners, Wakeley placed 21st overall.

Wakeley traveled to Hershey Park on November 6th to race in the state championships. He finished 111th out of 288 runners.

At WPIALs, the team in general did very well, the boy's team placed 20th out of 52, while the girls came in 31st out of 40 teams.



Caleb Wakeley (Sam Raible)

Throughout the year, the team has improved, which makes next year looking bright.

"It was a good season," Coach Dusch said, "a lot of times improved in the last race which is kind of what you want to do."

Lady Titans face tough schedule

by Stephen Kimpel

With a solid returning roster and highly set expectations, the Lady Titans varsity basketball team is ready to take the court.

Despite the team's success in the previous seasons, it has become apparent that there are a lot of individual aspects that compose a winning record. The Lady Titans are looking back on last year to improve and learn from their mistakes this year.

"We are working more on our defense because last year it wasn't as good as it could have been," senior Valerie McQuade stated.

Realizing the challenges that will undoubtedly be faced in the upcoming months, the girls are willing to make this season a team challenge.

"We need to work together as a team and focus more on what a team does and not on what we do individually," senior Kelly Barry stated.

However, with many returning seniors and a lot of younger talent arriving on the court, the expectations for this year are very high.

"When they choose to be, they can be outstanding. When they want to be, they can be amazing," head coach Eric Mozzetti stated.

"The biggest strength we have as a team is talent. Each girl brings something new to the table that can be effective for a successful season," junior Cate Potter said.

The Lady Titans will need to utilize both their highly skilled roster and the depth of their lineup in order to succeed in a very tough section consisting of Butler, North Allegheny, North Hills, Oakland Catholic, Pine-Richland, and Seneca Valley.

"Moon switched with Oakland Catholic so they're a new rival in the section. Butler and NA have always been consistent rivals," senior Shannon Powell explained.

Although the skill level and competition within the section is extremely high, the girls are setting their ambitions for their season even higher.

"Our goals for the season are firstly to win the section, secondly, to make it through the playoffs and into the championship game, and thirdly, to succeed in the state playoffs," McQuade stated.

The Lady Titans will kick off their season on December 10 at the New Castle Tournament.

Former Steelers GM speaks with athletes

from page 1

is, that 80% of athletes receive some type of sports scholarship from schools other than division one," he said.

The most important thing that he talked about throughout the seminar was to get the recruiting process started early. Colleges are starting to recruit athletes before they even get to high school.

"Get started early, do not wait around until you are a junior or senior and hope that you will get recruited. Be proactive. That is what we stress to the parents and the kids. You have to take the initiative," Donahoe said. "There are a lot of opportunities out there but there are also a lot of kids that play high school sports. If you aren't aggressive and proactive you can get left out cause it becomes a numbers game."

Although Donahoe tried to "sell" NCSA's recruiting service, the crowd of around 50 people who attended the seminar found the information helpful and informative.

"It opened my eyes to different opportunities dealing with collegiate athletics and how to get recruited," said Jake Sieber, a senior basketball player.

SPORTS

Disappointing end to good season

Football team loses final game and misses playoffs

by JT Schwartz

Shaler's loss to Pine-Richland in the last game of the regular season was a disappointing end to a successful year.

Against Pine Richland, the Titans were in control much of the whole game. In the first quarter they took the lead with a 12 yard touchdown run by Zack Schramm, and increased the lead in the second quarter with a seven yard pass from quarterback, Ryan Mincher to wide receiver, Sean Gavin. Following the touchdown pass, Mincher ran for a two point conversion, making the lead 15-6 at the half.

The Titans did not score in the second half. In the fourth quarter with the Rams in the lead 19-15, there was a chance to regain the lead, but some unfortunate penalties and a turnover ruined that chance, and Shaler lost 19-15.

"We just couldn't finish. As a team I think one of our strong points was our ability to finish games. We had them (Pine Richland) where we needed to. We just didn't finish drives where we needed to score. But that is usually how the game works out," James Ryan, one of the football coaches, said. "Everyone has their opportunity, but we didn't take advantage of it."

Going into the game, there were not very many changes to the game plan except moving Zack Schramm to the tailback position, who hadn't played tailback since the ninth grade. He had a great game,



Quarterback Ryan Mincher steps back to pass against the Butler Tornadoes. (Pine Creek Journal)

Pine Richland to make to the playoffs. Even though the team did not make the playoffs, they exceeded everyone's expectations. It was a very successful season.

"I think it was a success. You can look at the good and the bad of every season, but I think it was a success for the sheer fact that we were able to see young players grow, have those young players grow together as a team and learn the dynamics of one another," Coach Ryan said. "Also, we won games that we weren't expected to win. Bethel Park and Erie McDowell were unexpected wins, but we figured out a way to win."

carrying the ball 30 times for 131 yards and one touchdown. The only setback for Schramm was the fumble at the end of the game.

"I think we played a good game. We just came up short," Schramm said. "Stupid penalties hurt us in the end. The game should have been out of reach a lot earlier."

Leading up to Homecoming, the Titans were 4-2, including exciting, one-point wins against Bethel Park, and Erie McDowell. The Homecoming game was an offensive thriller versus Seneca Valley, and Shaler came out on top, 41-33. Junior quarterback, Ryan Mincher passed for 313 yards and three touchdowns.

After a big loss at North Allegheny, the Titans needed a win against

Ice hockey team hopes to build on success of past

Replacing standouts from previous years one of the biggest challenges facing the Titans

by Shelby Tabrosky

Ever since the big victory of the Penguin Cup in the 2008-2009 season, Shaler's Varsity Ice Hockey team had continuing success.

Each season, it seems they all start off the same:

In the 2008-2009 season, the team's record was 23-3-0, plus champions of the Penguin Cup. That season started off successfully with an 8 game winning streak. By December of 2009, last year's team already had a winning streak of 10 wins. With that help, they advanced to playoffs; however, the Titans lost in the Penguins Cup semifinals to eventual champions Canon-McMillan, 6-5, in overtime.

With that being said, the Titans have been starting off every season with more "W's" than "L's."

This season, the record thus far is 3-1-1. Shaler's first match-up was against Butler on October 18. Junior goalie Steve Defibaugh had a fantastic first game, saving 16 out of 19 shots in the 9-3 Shaler victory.

A week later, the Titans defeated

the Plum Mustangs 9-4. Some of the goals were scored by sophomore Jake Hetz and Conor Burke, both scoring hat-tricks.

Then on November 1, Shaler tied with Penn Trafford at 4, with Jake Hetz scoring 2 goals and one assist.

The Titans recently faced off against Canon McMillan. The Titans lost in a close match 5-3. The team has faced many changes this season.

"There is a change, considering that the team had lost the core of the Penguin's Cup team. We had to fill those spots with a lot of first year varsity players like myself," senior defenseman Shane Taylor said.

The Titans had to fill in for seniors, and even players who are not playing for Shaler anymore, like brothers Shane and Dalton Shiring. During their time as a Titan hockey athletes, Shane scored a total of 27 goals in two years, while Dalton scored 23 goals. That is a hand full of goals out of the approximate 200 goals in the two years.

"I believe there is enough experience to get into playoffs...I have a stable of well-groomed hockey players."

-- Curt Hetz, head coach

All the teams know the Titans are not the same team as the previous years.

"Teams know we're not the team we had in the past years but hopefully that'll work to our advantage," senior Dom Deltondo said.

New players such as Taylor Colamarino, Bob Hlovchic, Luke Lynch, Matt Porter, Cameron Stott, Doug Thompson, and Luke Vogel are looked to provide stability.

"The addition of these players rounds out what should be a solid line-up," head coach Curt Hetz said.

The biggest change may be at the goalie position. Shaler's two goalies, junior Defibaugh and freshman Zacharias, are new arrivals to the varsity line-up. For the past two years, goalies Richard Cannon and Oscar Prom took

Volleyball falls in quarterfinals again

by Ben Mulig

The newest topic at Shaler this fall was an unexpected one. All the talk this fall was centered on the Shaler Area Lady Titans volleyball team.

The Shaler Area Lady Titans volleyball team took the WPIAL by storm and posted a regular season record of 15-1 overall, 12-0 in section, with its only loss coming to originally top ranked Baldwin. With a 12-0 section record, the Titans were awarded the AAA Section-4 championship and a number five seed in the playoffs.

In the opening round, the Lady Titans found themselves matched up against a tough Ringgold squad. Everything seemed to go right for the Lady Titans as they dominated Ringgold the entire match, shutting out Ringgold three games to none.

The girls came into the second round of the WPIAL playoffs with a lot of momentum, and they needed it to compete with the three seed, Upper St. Clair. Despite the Titans' valiant effort, they did not have enough to get the win, and the Titans dominant run ended in the WPIAL quarterfinals, as it has for the past few years.

"We didn't play our best game. Things weren't going our way and Upper St. Clair took advantage of it. I know everyone is disappointed, but I still feel like we had one of the best seasons we've had in a long time. I'm going to miss playing with these girls," Alex Schmitt said.

The team was led by a very strong core of seniors which consisted of Alex Schmitt, Marie Tappe, Kim Antosz, Leah Kuhn, Sami Panyi, and Erin Smith. These six seniors have been the leaders on the court the entire season.

"Our group of seniors this year had great chemistry both on and off the court. We've been playing together since middle school and we have a feel for how each other play. It really helped us out this season," Schmitt said.

turns in the net. Last year, Cannon's record while in net was 9-0-0, while Prom's record was 11-1-1. They combined for a record of 21-1-1.

"This will be our biggest challenge and something we have been

working on since we started practicing in August. That said, each has a great positive attitude and we've improved tremendously in the nets since we began," Coach Hetz said. "They give me the first save; the defense can do the rest and we will be fine. I am growing more confident with each passing week.

Last year's returning players have picked up the team even more, especially sophomore Jake Hetz. In these first three games, he has scored 7 goals.

"I believe there is enough experience to get into playoffs. Combining my seniors with the underclassman, I have a stable of well groomed hockey players," Coach Hetz said.

"The playoffs are certainly within reach and once you get there, anything is possible," Coach Hetz said.

The Back Page

Fall for the Arts

by Samantha Raible

Three years ago, former Shaler Area students Ross Bauer and Adam Schuster started a Youth Advocacy League project called Fall for the Arts. With both gone, senior Zach Reese and junior Frank DiNardo took over the project.

"I actually got involved through Ross Bauer. He asked if I wanted to take this on as my senior project and I said I would," Reese said.

This past week, different musicians in Shaler performed in the cafeteria in order to bring more awareness to music.

"I've always been concerned that we don't do enough for the arts," Youth Advocacy League coordinator Gregg Dietz said. "Even the visual arts that we have, and definitely not any of the other arts."

In order to make the project successful, Reese, with help from DiNardo and Dietz, was in charge of getting people to play, working on the schedule for the performers and fundraising.

This project showed some of Shaler's finest musicians; some that people have already heard such as DiNardo and senior Nick Spalick, but some new performers also like junior Beth Snider and senior Charlie DeWitt.

"I am a musician," Spalick said. "I love performing for people no matter the situation."

Spalick played the guitar while Sara McBurney did vocals.

"I have a decent singing voice, but not a great singing voice," Spalick said. "So she (did) the lead parts and I (did) back-up stuff and guitar stuff."

All the fundraising earned from the performances at the old Millvale library on October 23 helped with the project. As far as whom the project benefits, the Youth Advocacy League uses the money for future Fall for the Arts and Spring for the Arts, as well as some other programs in YAL.

"The first year it went really well; we were taken back," Dietz said. "It was just Spring for the Arts outside and it was so well received by teachers and faculty, you could really tell the climate of the school really changed during that week, we decided to expand it to Fall for the Arts."

This year was bound to be just as successful, especially since students have enjoyed seeing the performances in the past.

"It was an enjoyable time," senior Jimmy Patnesky said. "We heard good music."



Beth Snider and Frank DiNardo (Sam Raible)

WEIRD

News

CONNELLSVILLE, Pa. — Two constables in western Pennsylvania decided driving around in a car resembling a police cruiser was preventing them from serving warrants. So, they decided to go black and gold.

Constables Hubie Coleman and Albert Younkin used a van decorated in Steelers colors and the team logo.

Coleman says they drove up to houses and honked the horn. People came out to see them because they were curious about the van. That's when they served the court papers.

They also play the team's fight song when transporting people to a district judge.

LEWISTON, Idaho — Police said it didn't take them long to locate an Idaho man suspected in the robbery of a Cedars Inn — he was next door at The Alibi bar. Lewiston police said 40-year-old Donald Mosley Jr. was arrested less than 15 minutes after he walked into the hotel and demanded cash from the desk clerk late Wednesday.

Police found Mosley at The Alibi, a bar located next to the hotel.

NEW HAVEN, Conn. — Police say a 25-year-old Connecticut man who was shot twice after buying a sandwich at a New Haven deli went home and ate his lunch before going to the hospital. Miguel Soto said he was leaving the deli Tuesday when he heard three gunshots. One bullet hit him in the left leg, another in the groin. Police said he went home and ate the sandwich before asking his father to take him to a hospital.

HOMESTEAD, Pa. — Police said a man charged with robbing someone outside a Pittsburgh-area Subway restaurant left a pretty detailed calling card: a job application he filled out just before the heist.

Police said the man applied for a job in the sandwich shop moments before he committed an armed robbery outside the store.

SUGARLOAF KEY, Fla. — Investigators say it wasn't difficult to find a teenager who broke into a Florida Keys home because he left a computer in the home logged onto his MySpace account.

SCG SHALER CULTURE GRID		What is your favorite food at Thanksgiving?	If you were a superhero, what super powers would you want?	Would you rather be a Pilgrim or an Indian?	What was your favorite cartoon show as a kid?
	Senior Steven Langdon	Stuffing	The ability to tackle any awkward situation	Pilgrim - because I don't like gambling	Spongebob forever
	Senior Matt Renner	Everything	X-ray vision	Pilgrim	Scooby Doo
	Junior Lauren Nyman	The turkey	The ability to fly	Pilgrim	PowderPuff girls
	Teacher Habe Lincoln	Chicken fricasse with biscuits and oyster stew	Precognition	Too easy	Harpers Weekly

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