

Bethel Park CHRONICLES

The Official Bethel Park Municipal & School District Newsletter

Happy Holidays!



Thank you for an amazing 2022 Bethel Park!

Wishing you a wonderful holiday season and looking forward to an incredible 2023!

Bethel Park Municipal Council & Mayor



www.bethelpark.net



www.bpsd.org

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Personal.

Best.

What are you striving for today?

At St. Clair Health, our care teams are driven by a passion to provide world-class, patient-focused care to our neighbors in and around the Pittsburgh Region. That's why we've recruited even more nationally recognized doctors and invested in state-of-the-art diagnostic and surgical technology to support them. So no matter how far you push yourself to achieve, you never have to go far to receive the personalized health care you deserve.



Edward J. Ruane, Jr., M.D.



stclair.org

Expert care from people who care.

Bethel Park's Annual Holiday Lighting & Decorating Contest

The 2022 Annual Holiday Lighting & Decorating Contest will be held again this year with judging scheduled for **Dec. 18-28**.

There will be nine winners, one from each ward as the best overall lighting and decorating display in that ward.

If you'd like to be a judge or to nominate a home, contact **Janet Davin** at **412-831-6800, x211** or via email at jdavin@bethelpark.net.

Winners will be announced at the Jan. 9, 2023 Council Meeting.



LIVE WELL BETHEL PARK

Join us for our
'Live Well Bethel Park' Series!

UPCOMING PROGRAMS INCLUDE:

Dec. 14 - Supporting
Mental Health in Youth
Athletes

Jan. 18 - Financial Wellness

Feb. 8 - Help for Seasonal
Affective Disorder

March 15 - Giving
Back to the Community

April 12 - Pet Care,
Health & Training Tips

All programs will air 7 p.m.
on the 'Municipality of
Bethel Park'
Facebook page on the
date noted.

FOR FULL PROGRAM
DETAILS, VISIT
WWW.BETHELPAK.NET/LIVWELL

2nd Annual Realtor Brunch Held Nov. 2



*Mayor Jack
Allen hosting
this year's
Realtor Brunch
program.*

Over 30 real estate professionals attended the 2nd annual Realtor Brunch held Wednesday, Nov. 2 at the Bethel Park Community Center.

Representatives from the Municipality, School District, Police Department, Wastewater Treatment Plant, Fire Company, School District, LifeSpan, and Chamber provided attendees with information about the community to pass on to their clients during the two-hour event.

Some of the many topics covered included an overview of the community, Bethel Park's Strategic Plan, Municipal communications and social media, getting involved in the community and community groups, safety and Crime Watch information, the Fire Company's excellent ISO rating, an update on the Splash Pad project, road paving, toters, park upgrades, the lateral inspection policy, the School District's construction project, an overview of the business community, services for area seniors, and more.

Guests were also given informational folders and access to a Bethel Park promotional video created by BPTV for their clients.

Thank you to everyone who attended! We look forward to hosting the event again next year!





MANAGER'S CORNER



Laurence Christian

For this issue, I wanted to start off by saying how grateful I am for having been part of this amazing community for the past three years!

Bethel Park residents and business owners are a community like no other, coming together in times of need and cheering one another on through both the challenges and in good times. The sense of pride here is also something I've appreciated, serving as your manager.

In thinking about what I'm thankful for this holiday season, I also want to talk about Municipal staff who put their hearts into the work they do each day providing the best services and amenities that they can for our community.

They truly listen to you and try to exceed your needs and expectations each day!

And while talking about staff, I'd like to mention the new members of our Recreation team that many of you may have met, and if not, will meet over the coming days. Community Center Director/Assistant Recreation Director **Emily Skoczlas** and Program Coordinator **James Knight**. These two individuals have come on board this past year and have worked non-stop meeting residents, learning their positions, and coming up with new, innovative ideas! We can't say enough about how happy we are to have them join us and complete our Recreation Team!

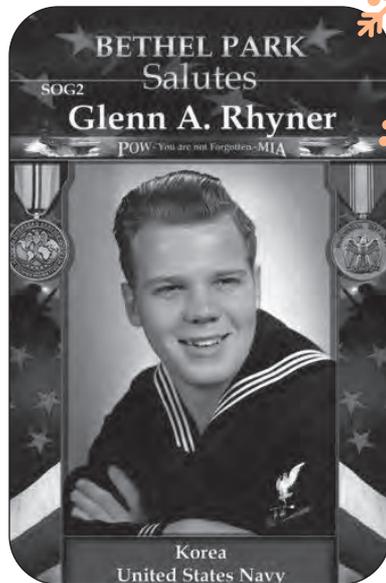
In 2023, we'll also be rolling out a new Recreation software system providing even better services and amenities to all of you; so stay tuned!

And, when talking about Recreation, I need to mention the much-anticipated Splash Pad. 2023 will mark important updates about that project and we'll notify you right here in Chronicles as well as on our website (www.bethelpark.net) and Facebook page (*Municipality of Bethel Park*).

A primary goal our Municipal team has had this year has been to better communicate with you and help foster an even more encouraging environment for community building and sharing joint resources. These efforts will continue into 2023 continuing to make Bethel Park a premier community in Pennsylvania.

In closing, I'd like to thank each of you for allowing me to serve as your manager. I've made so many friendships over the years, and the number of amazing people I've met is countless. Bethel Park will always have a special place in my heart!

Have a wonderful holiday season and a healthy, happy New Year!



Replacement of Military Banners

If you or a family member purchased a Military Banner between 2012 and 2017, chances are that it's now in need of replacement!

Banner applications are accepted throughout the year; however, the deadline for 2022 display has already passed.

For questions or more information, please call **Haya Eason at 412-831-6800, x0 or x205.**

2022 Halloween Decorating Contest Winners

Ward 1 Co-Winner	Friend Residence 5550 Fera Drive
Ward 1 Co-Winner	Fairhead Residence 5540 Clark Avenue
Ward 2 Winner	Villella Residence (4 year winner) 5900 Kings School Road
Ward 3 Winner	Richards Residence 958 Copsewood Drive
Ward 4 Winner	Fullerton Residence 861 Fredericka Drive
Ward 5 Winner	Smith Residence 3524 Valley Drive
Ward 6 Winner	Counihan Residence (4 year winner) 5798 Wilson Drive
Ward 7 Winner	Griffith Residence 418 Chessbriar Drive
Ward 8 Winner	Peck Residence 174 Meadowbrook Drive
Ward 9 Winner	Gunzenhauser Residence 1151 Braun Road

www.bethelparklibrary.org
412-835-2207



MOST PROGRAMS ARE FREE OF CHARGE

ADULT PROGRAMS

TECHNOLOGY CLASSES

Make an appointment to learn more about your laptop, e-reader, smart phone, or common software programs. Appointments are 45-minutes long. Bring your charged device and all relevant cords/cables. Don't have a device? Learn on one of our computers! These **FREE** classes include (*but not limited to*): **Basic Internet, Email, Microsoft Word, 3D Printing & Windows**. Days and times vary. Call for more information or to schedule an appointment.



MYSTERY BOOK CLUBS

2nd Wednesday of each month 10 a.m.
3rd Wednesday of each month 7 p.m.

MONDAY EVENING BOOK CLUB

Last Monday of each month 7 p.m.

THURSDAY EVENING BOOK CLUB

3rd Thursday of each month 7 p.m.

THURSDAY MORNING BOOK CLUB

Last Thursday of each month 10 a.m.

CONVERSATION SALON: DISCUSSION GROUP

1st and 3rd Friday of each month at 10:30 a.m.

This group seeks the satisfaction and inspiration of face-to-face conversations about topics that are enlightening and relevant. The only requirement for attendance is an interest in expressing your views and insights while remaining appreciative of those of others.

KNITTING AT THE LIBRARY

Every Wednesday! 6:30-8 p.m.

Knitters of all levels welcome! Bring your yarn and needles to knit and stitch. **THIS IS NOT A CLASS.**

SCRABBLE CLUB

Every Tuesday at 1 p.m.

Fun, friendly games! New members welcome!

PITTSBURGH SOUTH WRITERS GROUP

2nd Tuesday of the month at 7 p.m.

Attention Writers! Pittsburgh South Writers Group offers writers of all genres the inspiration and constructive criticism needed to improve their work.

GENEALOGY GROUP

4th Monday of the month at 1 p.m.

Exchange information and research ideas. Call or check the Library's Event Calendar webpage for next meeting date.



MEMORY CAFÉ

3rd Wednesday of every month from 10:30 a.m.

Are you caring for someone with dementia?

If you are, who is caring for you? Join us for an informal Dementia support group especially designed for families and caregivers. This informational, supportive group will help you learn more about the disease and support your feelings. *No registration needed.*

BETHEL PARK LIBRARY BUTTON CLUB

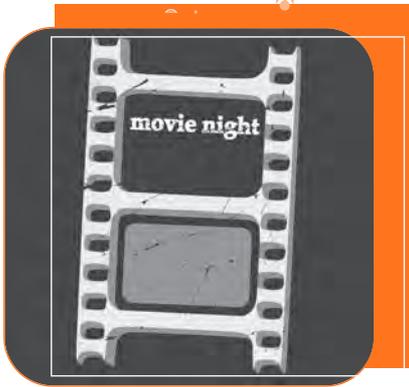
4th Wednesday of each month at 11 a.m.

Are you looking for a new hobby? Buttons are beautiful, historical, inexpensive, and fun to collect. For more information, call the library at 412-835-2207.

UNREAL ENGINE 4 MEET UP - PITTSBURGH

The Unreal Engine is now **FREE**. Meet-ups are also **FREE**. Join us to talk with others interested in creating and learning about the virtual realms that involve the engine locally. Join and RSVP at communities.unrealengine.com. *Space is limited. Meetings at Bethel Park Library.*

To register or for more information call 412-835-2207.



NEW MOVIE RELEASE TUESDAYS

Tuesdays at 10 a.m.
We will be showing the new blockbuster DVD release of the week on Tuesday mornings at 10 a.m. in the Fireplace Room. Why wait to see what everyone is talking about now! Call for movie titles.

ARTICLES CLUB

3rd Tuesday of each month at 7 p.m.
We will share our thoughts and reactions about articles from local

and national publications. Our meetings will last about 45 minutes, and feature discussions about the chosen article. Please read article before meeting. Check the Library's online event calendar for article access or see Reference Desk for a physical copy of article if needed.

3D PRINTING

Tuesday, Dec. 20th at 12:30 p.m. or Tuesday, Jan. 24th at 6:30 p.m.
Use the Library's 3D Printer to make personalized gifts, replacements parts or your own artistic item or creative invention. Take this **FREE** class to learn how to use this innovation of industry! If you cannot make the above dates, please call for other times. *Must Register - Limited Space.*

PERSONALIZING YOUR LAPTOP CLASS

Tuesday, Jan. 17th at 12:30 p.m.
This free class is perfect for beginners with a laptop they would like to customize to your own personal needs! We will cover the taskbar, toolbars and folder. If you cannot make this date, please call for a 1-on-1 Technology Appointment. *Must Register - Limited Space.*

FREE BALANCE AND FALL PREVENTION WORKSHOP

Presented by **Matt Melczak PT, DPT, COMT**
Wednesday, Jan. 18th at 6:30 p.m.
Hess Physical Therapy will be hosting a **FREE** workshop on balance and fall prevention here at our library!

HOW TO EAT: BECOME A COMPETENT EATER

Presented by **Kellie Smith, RD, LDN, DTR**
Wednesday, Jan. 12th at 6:30 p.m.
In this training, we will take a step back from the trends of dieting and focus on how to be a competent eater and enjoy all foods again. So, if you are tired of confusion and ready to focus on simply how to eat, this training is for you.

HOW TO SELL YOUR HOUSE FASTER AND FOR MORE MONEY...ON A BUDGET!

Presented by **Cindy Rack**, Keller Williams Realty and **Maria Stinger**, Keystone Building Inspections
Thursday, Jan. 19th at 6:30 p.m.
Come and learn some tips on selling your house faster and issues that come up more often on inspections and how you can be proactive in resolving them in advance.



TALK SAVES LIVES

Presented by the American Foundation for Suicide Prevention
Wednesday, Jan. 25th at 6:30 p.m.
Participants will learn common risk factors and warning signs associated with suicide and how to keep themselves and others safe.

ADULT WINTER READING CLUB

Begins Monday, Jan. 30th
Annual reading raffle - read books and win prizes! Stop in, register and check out books!

CANVA (WHAT WILL YOU DESIGN?) CLASS

Tuesday, Feb. 7th at 12:30 p.m.
Learn the basics of this free browser-based graphic arts software! We will create a free account and discuss making greeting cards, social media posts, and flyers. *Must Register - Limited Space.*

DRESS FOR SUCCESS - MOBILE SERVICES EVENT

Tuesday, Feb. 7th from 4 - 6 p.m.
Receive support in selecting complimentary business professional clothing, shoes, accessories, and personal care items from the Dress for Success Pittsburgh team. You'll receive employment readiness support and connections to needed resources to address common barriers like childcare, food resources and professional mentorship. **MUST REGISTER.**

INTERGENERATIONAL BINGO

Saturday, Feb. 11th at 3 p.m.
Bingo is for all ages. **EVERYONE** of any age, come mingle with each other while playing this classic game and meet new friends! Prizes for winners and refreshments for all! All ages welcome. *Register on Feb. 1st.*



HOME BUYING 101

Presented by **Cindy Rack**, Keller Williams Realty and **DJ Hammell** from Stockton Mortgage
Wednesday, Feb. 15th at 6:30 p.m.
If you are thinking about purchasing a home for the first time or you haven't purchased a home in a while, this workshop will help you understand renting vs buying, how to determine where you want to purchase, finances including types of loans, why use a realtor, types of homes, importance of home inspections, closing costs, etc.

LOW BACK PAIN AND SCIATICA WORKSHOP

Presented by **Matt Melczak PT, DPT, COMT**
Thursday, February 16th at 6:30 p.m.
Hess Physical Therapy will be hosting a **FREE** workshop on low back pain and sciatica.

THE LAST KEEPER: AUTHOR/BOOK TALK

Presented by Author **J. V. Hilliard**
Wednesday, March 1st at 6:30 p.m.
J.V. Hilliard is an imaginative voice arriving on the fantasy adventure scene with *The Last Keeper*, the first in his epic Warminster series. Join us for an exciting evening!



To register or for more information call 412-835-2207.

MOST PROGRAMS ARE FREE OF CHARGE

ANDY AMRHEIN NAMED TRUSTEE OF THE YEAR!

On Sept. 28, 2022, the Pennsylvania Library Association recognized Andy Amrhein as the 2022 Trustee of the Year. Each year, the Pennsylvania Library Association (*PaLA*) honors the service of their members, as well as those community volunteers, who go above and beyond the call of duty to support the work of libraries throughout the commonwealth.

Amrhein has served on the Bethel Park Public Library Board of Trustees for six years as President and then as Treasurer. He is also a prominent member of the community and owner of Evey Hardware. He also serves on the boards of the Bethel Park Education Foundation and the Bethel Park Community Foundation.

From the Staff and Board of the Bethel Park Public Library, congratulations Andy! We couldn't do it without you!



BOOK DONATIONS

With the limited storage space that we have, we are now accepting donations **ONLY ON THE FIRST SATURDAY OF THE MONTH from 10 A.M. – 5 P.M.**

Before emptying your shelves and bringing us everything that you have, **please read the guidelines below.** Library staff spend many hours sorting through materials that we cannot use or sell and taking them to a recycling center.

The Library is happy to accept both adult and children's fiction and non-fiction titles as well as CDs/DVDs, games and puzzles in good condition.

The Library cannot accept items that are:

- Marked
- Yellowed
- Brittle
- Musty/Moldy
- Damaged

The Library does not accept:

- Condensed/abridged titles
- Textbooks
- Encyclopedias
- Outdated non-fiction items



Homebound Delivery

Library materials are available to Bethel Park residents who are unable to come to the library either temporarily or permanently. Once a month staff will select and deliver materials directly to your home and pick up returns. This service is provided to both individuals in their home and residents of senior care facilities. To sign up for homebound services, please call the library at 412-835-2207 ext.264. An application form can be found online at: <http://bethelparklibrary.org/PDF/HomeboundForm.pdf>

Chill Out

@ THE BETHEL PARK PUBLIC LIBRARY

*Storytimes, intergenerational bingo,
family yoga, art classes, and more!*

PLUS,
Don't miss our annual
Winter Reading Program in January!

More information regarding
"Be a Star Reader" can be found in our flyers,
and online, beginning Dec. 1st



BETHEL PARK PUBLIC
LIBRARY
Explore • Learn • Create • Connect

www.bethelparklibrary.org

5100 West Library Ave, Bethel Park, PA 15102 • 412-835-2207, x267

A MESSAGE FROM JUDGE ARNONI...

"Outstanding Citizen" Award Nominations Due by Dec. 19!



It's easy to be cynical today; all we have to do is watch the news. I see crime, disputes, negativity, and despair in my courtroom every day. Therefore, I think we could all use a little positivity! That's why I want to reward those who demonstrate the good in our society. I want to honor people who strive to make our communities better.

I'll be presenting two Outstanding Citizens' Awards this winter; one will be from Bethel Park and the other from Upper St. Clair. I need your help in identifying those individuals who possess the qualities that best exemplify an Outstanding Citizen. Please take the opportunity to nominate someone who you think meets the criteria on the nomination form listed below. Forms must be received by Monday, Dec. 19, 2022. I will read all submissions and choose the honorees. They will be presented with a commemorative medal and certificate in my office. We will also pay tribute to the recipients with a photo and an article about their accomplishments in a future issue of local publications as well as on local television broadcasts. Thank you, in advance, for your help.



Nomination Form Outstanding Citizen Award

This award will be presented to the individuals who have consistently:

- Demonstrated excellent community leadership.
- Made significant contributions to our communities.
- Positively impacted the residents of our communities.
- Shown their generosity and unselfishness through their actions.

Nominees should meet the above criteria, have resided in Bethel Park or Upper St. Clair, respectively for at least two years, and be age 18 or older. No self-nominations please.

Nominee Name: _____

Address: _____

Email: _____ Phone #: _____

Please describe the attributes and qualifications of the nominee and the reason why you feel this individual should be honored (please use a separate sheet of paper, if necessary):

I hope this inspires you to participate in the nomination process. Again, thank you!

Please return this application by Dec. 19, 2022 via mail to:

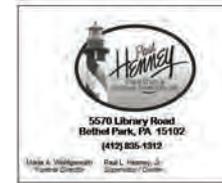
Judge Ron Arnoni
District Court 05-2-20
Hiras Professional Building
2414 Lytle Road, Suite 200
Bethel Park, PA 15102

- OR -

Fax your application to: 412-835-4060
or email it to Heather.petronio@mdjs.pacourts.us



Thanks to all of the businesses that donated towards our Splash Pad fundraisers!



Ward 1 "Yard of the Season" Recipients... *the Frantz Family*

What started in Fall 2020 as a small fence line project to eliminate weeds, blossomed into a three-year landscaping project that transformed the Frantz family's entire front and back yard into a natural habitat for a wide variety of birds, butterflies, bees and more!

Ward 1 Councilman **Joe Consolmagno**, Building Code Official **Robert Hicks** and Code Enforcement Officer **David Rudolph** watched the progress of the project and were so impressed that they started the "Yard of the Season" award naming the Frantz family as the first recipients.

"This family did an incredible job landscaping their yard," said Consolmagno. "We really wanted to recognize their efforts and we want to encourage other Bethel Park residents to let us know about their yard improvements so that they can be acknowledged as well."

Brian and Mariellen Frantz are incredible habitat enthusiasts and this project enabled them to create an outdoor space that they love.

"We started our project back in 2020 because of the weeds that naturally grow underneath the split rail and chicken wire fence," said Mariellen Frantz, the Madison Ave. homeowner and award recipient. "I asked my husband if we could put something pretty along the fence line. Brian agreed to have horticulturalist Evan Evanovich from the Landscape Center by Evanovich in Bethel Park come out to assist. He planted bushes and trees along the fence line, and it looked really nice."

Mariellen said that her husband was so impressed by how the project turned out, that he encouraged her to bring Evan back to do more work on their yard.

"When Evan came back, he next worked on my bird and butterfly garden that I had for 20 years," said Mariellen. "Evan planted many native bird and butterfly plants. And, while I already had a water feature and firepit in the area, Evan put in a waterfall and a much larger fire pit that's all surrounded by trees and native plants."

From there, they worked with Evan to landscape their hillside along the driveway that Mariellen said Brian "didn't like to cut." And, this past fall, they finished their front yard and even the area where they take out their trash!

"Evan suggested the dry riverbed; and I told him that I liked flowers around my door and would like to do something along the way to take out the trash, so he planted purple Hydrangeas for me along the way!" said Mariellen. "Evan is truly an artist, and we gave him leeway to use his imagination! We now have flowers such as Echinacea, Asters, Tickseed (*Coreopsis*), Redbud that is weeping and turns yellow in the fall with heart-shaped leaves, with Hydrangea planted under it."

And, there's also plenty of space for Mariellen to plant annuals each year.

"Another nice feature is that we have 'skinny trees' next to the street so that our family and our neighbors are able to see when leaving our driveways," she added.

When asked what her neighbors thought about the change, Mariellen said they like it.

"The neighbors like it," she said. In fact, the ones across the street thanked us for the pretty view! In the first two months of the project, we had people stop as they drove by to gawk because they didn't expect to see our yard like this."

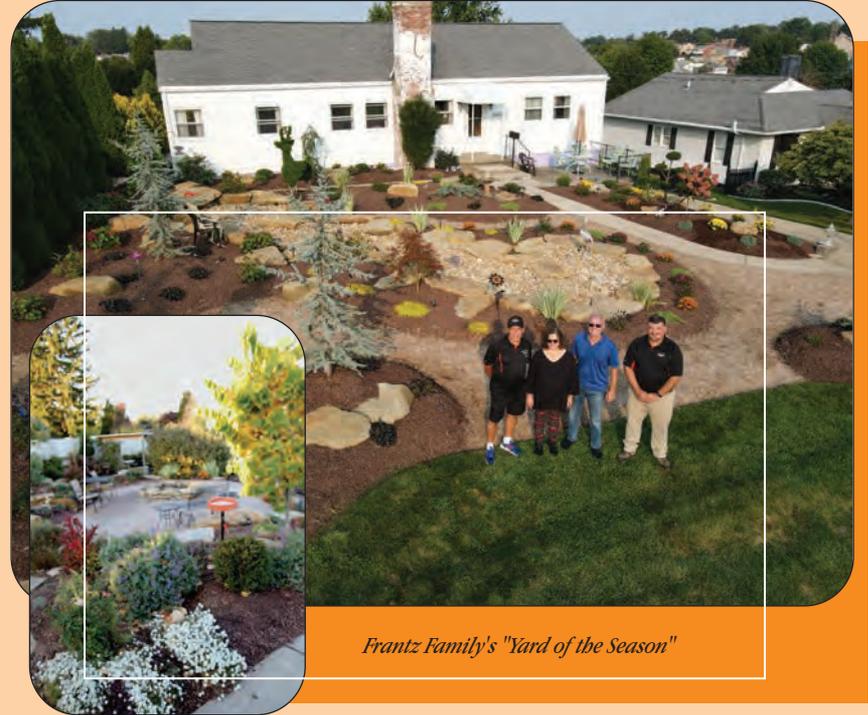
Mariellen is especially interested in natural habitats.

"I'm avidly interested in habitats; Evan knows this, and he designed our property for the animals and insect around us," she said. "I'm also allergic to grass so that's why we don't have it; I think it's highly overrated!"

While she's has been a librarian for over 30 years, Mariellen took her love of plants a step further during the pandemic to do something fun and took a job with Evan's company and that's how they met.

“This family did an incredible job landscaping their yard, and we want to encourage other Bethel Park residents to let us know about their yard improvements so that they can be acknowledged as well.”

~ Councilman Joe Consolmagno



"My husband likes nature as much as I do and likes to garden, so there's plenty for us to do," said Mariellen. "He enjoys precision stuff like pruning...he's a more formal gardener than I am so in the back of the house is an evergreen garden for him and a butterfly garden for me. My husband like to prune trees, topiary, spiral trees, and the buck and antlers in the front yard...he likes to make things formal and neat."

Since the landscaping has been done, Mariellen said they now have seen five varieties of bees and more varieties of butterflies.

"I want to give Evan credit for this project. It's beautiful and we maintain it. But that man has a degree in horticulture and is very knowledgeable and skilled," she said. "He's not a guy who just comes and cuts the grass, he really knows what he's doing."

When asked about maintaining the property, Mariellen said it's not too hard.

"It's not high maintenance and not a lot of work. We mulch every two years and prune it once a year. I plant things in addition to what Evan planted, but that's our choice as gardeners and that's where any extra work comes in," she said. "Also, a lot of what Evan planted is deer resistant. And, there's so many different colors, shapes and textures in our garden that transform from spring to fall."

The Frantz family has lived in their home for 21 years with their two children Josh and Brianna. And their children enjoy the new outdoor space as well.

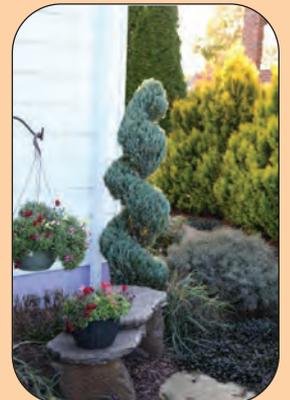
"Our son likes to sit out there and read, and our daughter, who's a biologist and animal conservationist, enjoys the area from our sunroom," said Mariellen.

Now that the project is done, the family planted 60 bulbs last fall in the front of their home with another 120 this fall consisting of Daffodils and Crocuses.

"The driving force for me in all of this is my desire to create a backyard habitat," said Mariellen. "If more people planted trees and flowers, that would be good for everyone as the plants create oxygen and diversity in butterflies and birds."

The Frantz' yard was also featured a few years ago on Bethel Park Cable (BPTV) in a May 17, 2021 show by Amy Taylor, "Healthy, Fit and Strong," and can be found on the BPTV YouTube channel

The family will be presented with a special "Yard of the Season" sign by Councilman Consolmagno at an upcoming Bethel Park Council meeting.





BP VOLUNTEER FIRE COMPANY

A Message From the Fire Chief: *Dave Gerber*



Last year, we didn't experience many snowstorms, but I'd like to thank the residents who took it upon themselves to shovel out their neighborhood fire hydrants. I'd also like to ask that other residents do the same this year as it will save firefighters drastic time searching for hydrants that may be needed if your house is on fire.

In November, everyone changed their clocks so you should have also changed the batteries in your smoke and CO detectors as well. If you haven't changed your batteries, be sure to take the time to do so now! As you are changing the batteries, check to see if there's a sticker on your detector stating the date of manufacture. Smoke detectors are typically good for 10 years and CO detectors are usually good for seven. A detector older than that may not be reliable. Below I've also included several safety tips to help keep you safe this winter. Many of these are issues that we encounter in this community every year.

“Smoke detectors are typically good for 10 years and CO detectors are usually good for seven.”

Get To Know Your Fire Fighters!

Below is some information about a few of our members. We would like to point out that many did not have any experience in public safety before joining. Many joined at different ages and from different backgrounds. These are your neighbors who volunteer their time to serve and safeguard the community of Bethel Park. The BPVFC takes great pride in the fact that we remain 100% volunteer and we strive to remain that way in the future.

If you or someone you know is interested or has questions about joining, please email us at join@bethelparkvfc.com.

Joe Campion

Joe joined the fire company at age 36 and has now served with us for 20 years! He decided to join after the attacks of Sept. 11th wanting to serve and assist the community he resides in and serves as a firefighter and our department Chaplain.

He came to us with a little bit of experience that he gained during his teenage years at the Prospect Volunteer Fire Department in Connecticut. He also had some family members involved in public safety. His dad was involved in Emergency Medical Service in Waterbury, CT and his great uncle was a Fire Chief in Waterbury, CT.

Since joining Joe has achieved his Firefighter 1 certification as well as a certification in the Essentials of Fire Chaplaincy. He responds primarily out of Station #3 on Clifton Road. Joe has his bachelor's degree in Classical Civilization and Political Science as well as a Graduate degree in Education.

Joe works for Duquesne University as the Associate Director of Undergraduate Admissions. When he isn't working or volunteering with us, he enjoys exercising such as spin classes and traveling throughout Western Pennsylvania and Upstate New York.

“I'm thankful for the opportunity to meet and serve with outstanding fellow women and men from Bethel Park and our surrounding South Hills communities,” he said. “I would not have met these women and men had it not been for being a firefighter with the Bethel Park Volunteer Fire Company.”

(“Members” cont. pg. 13)



Winter Fire Safety Tips:

Carbon Monoxide

Often called the silent killer, carbon monoxide (CO) is an invisible, odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn incompletely.

A person can be poisoned by a small amount of CO over a longer period of time or by a large amount of CO over a shorter amount of time. Fire departments in the U.S. respond to an estimated seven calls every hour in which carbon monoxide was found. In the home, heating and cooking equipment that burn fuel can be sources of carbon monoxide.

CO alarms should be installed in a central location outside each sleeping area and on every level of the home. Test CO alarms at least once a month; replace them according to the manufacturer's instructions. If the CO alarm sounds, immediately go outside to fresh air and keep your windows and doors in the house closed. Make sure everyone inside the home is accounted for, call the fire department and wait outside for them to arrive.

During and after a snowstorm, make sure vents for the dryer, furnace, stove, and fireplace are clear of snow build-up. If you need to warm a vehicle, be sure to remove it from the garage immediately after starting it. Do not run a vehicle or other fueled engine or motor indoors, even if garage doors are open.

Gas or charcoal grills can produce CO also so they can only be used outside. Other ways to prevent CO conditions from occurring is to have your heating equipment and chimneys inspected by a professional every year before cold weather sets in.

Holiday Decorating

Each year, hospital emergency rooms treat about 8,100 people for injuries, such as falls, cuts, and shocks related to holiday lights, decorations, and Christmas trees. In addition, Christmas trees are involved in more than 400 fires annually, resulting in 30 deaths, 90 injuries, and an average of more than \$17 million in property loss and damage.

Have a safe and happy holiday season by following these safety tips.

Trees

- When purchasing an artificial tree, look for the label "Fire Resistant." Although this label does not mean the tree won't catch fire, it does indicate the tree will resist burning and should extinguish quickly.
- When purchasing a live tree, check for freshness. A fresh tree is green; needles are hard to pull from branches and when bent between your fingers, needles do not break. The trunk butt of a fresh tree is sticky with resin, and when tapped on the ground, the tree should not lose many needles.
- When setting up a tree at home, place it away from fireplaces and radiators. Because heated rooms dry live trees out rapidly, be sure to check the stand daily to ensure it is filled with water. Place the tree out of the way of traffic and do not block doorways.

Lights

- Indoors or outside, use only lights that have been tested for safety by a recognized testing laboratory, which indicates conformance with safety standards.
- Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections, and throw out damaged sets.
- Always follow manufacturer's recommendations as to how many sets can be plugged in together. Most light sets have a

(“Chief Message” cont. pg. 13)

HOW TO REACH US

None of our three fire stations are regularly staffed with members. If you need us to respond to your emergency, you must call the Police Dispatch at 412-833-2000 or call 911. If you have a non-emergency question or concern, the best and fastest way to reach us is through our “Contact Us” page on the website at www.bethelparkvfc.com. You may also call us at 412-835-1127 and leave a message on the answering machine.

BPVFC MEMBERS

(cont. from pg. 12)

Dan Moore

Dan has now been a member with the BPVFC for 52 years! He joined at the age of 22 to follow in his father's footsteps. He's gone through the ranks as a Lieutenant, Captain, Assistant Chief and finally served as Chief for 30 years.

After high school, Dan went to Steel Valley for two years auto diesel mechanic. He used this education working for Bethel Park Public Works as their head mechanic for 42 years. He attended numerous fire trainings during his time with the BPVFC including arson investigation, advanced rescue and trench rescue.

He received three Medals of Honor for life-saving rescues during his service with us. Dan also received the Allegheny County Step Forward Award in 2003 and was inducted into the Bethel Park Great Alumni Hall of Fame in 2022.

Once Dan retired, he moved to Calabash, NC where he began volunteering with the Calabash Fire Department. There, he was given the Firefighter of the Year Award in 2017 and 2018. His favorite part of being a firefighter is serving the community.

"Bethel Park holds a special place in my heart as do the citizens and its residents," he said. "Being Fire Chief for this amazing community with a top notch fire department made me very proud to be their Chief. It's the people under you that make you look good."

Dan has been married to his high school sweetheart Judy for 53 years. They have two adult daughters, **Ashley** and **Courtney**, and two



grandchildren, **Skylar** and **Danny**. His daughters loved Dan's time with the fire department. They would go with him to the fire station to say goodnight to all the fire trucks. They loved being able to ride in parades and showing off their dad, the Fire Chief.

"I am very proud of the BPVFC," said Dan. "They are a very solid volunteer fire company that has remained strong through the years."

CJ Meixner

CJ has been a volunteer firefighter with us for four years but has served as a volunteer firefighter for a total of 17 years since he started at the age of 13 with Mt. Oliver. CJ responds primarily out of station 1 on Brightwood Rd. and works as a manager at batteries plus.

He holds certifications as Firefighter 1, Basic Vehicle Rescue, Hazmat, Pump 1 and 2, Emergency Vehicle Operations, and Basic Ropes and Rigging. CJ joined with Bethel Park after meeting a few people in the department and moving in next door to the station with his wife **Danielle** and son **CJ**. His son loves having his dad as a firefighter so he can see fire trucks whenever he wants and even take a ride sometimes!



CHIEF MESSAGE

(cont. from pg. 12)

- Fasten outdoor lights securely to trees, house walls, or other firm supports to protect the lights from wind damage. Use only insulated staples, not nails or tacks, to hold strings in place. Or, run strings of lights through hooks or clips (*available at hardware stores*).
- Turn off all lights when you go to bed or leave the house. The lights could short out and start a fire.
- For added electric-shock protection, plug outdoor electric lights and decorations into circuits protected by ground fault circuit interrupters (*GFCIs*). Portable outdoor GFCIs can be purchased where electrical supplies are sold. GFCIs can be installed permanently to household circuits by a qualified electrician.

Decorations

- Use only non-combustible or flame-resistant materials to trim a tree. Choose tinsel or artificial icicles of plastic or nonleaded metals. Leaded materials are hazardous if ingested by children.
- Never use lighted candles on a tree or near other evergreens. Always use non-flammable holders, and place candles where they will not be knocked down.
- In homes with small children, take special care to avoid decorations that are sharp or breakable, keep trimmings with small removable parts out of the reach of children to avoid the child swallowing or inhaling small pieces, and avoid trimmings that resemble candy or food that may tempt a child to eat them.

Heating

Did you know that heating equipment is a leading cause of home fire deaths? With a few simple safety tips and precautions, you can prevent most heating fires from happening.

Chimneys and vents should be cleaned and inspected by a qualified professional every year. Keep anything that can burn at least 3' away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater. Never use your oven to heat your home!

Portable space heaters should be plugged directly into an outlet and not an extension cord. Remember to turn portable heaters off when leaving the room or going to bed. Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.

And finally, **TEST YOUR SMOKE ALARMS MONTHLY!!!**



Website Redesign!

Recently, we gave our website a much-needed redesign. Check it out at www.bethelparkvfc.com to learn more about what your volunteer fire company does and how we operate!



HELP US HELP YOU!

While the tax money we're receiving is a great help to our operation it's not enough and was never intended to be enough to pay all of our expenses every year.

The tax was set at a level adequate to cover certain expenses. The tax support we receive is paying the bills and upkeep associated with our three stations located here in Bethel Park. This, along with fuel for our vehicles and insurance costs associated with these facilities, make up the entire sum of our fire tax.

The fire company still has vehicle payments, equipment costs, and other insurance costs not covered by the tax support. Just to give you an idea, right now we have a **monthly vehicle payment of over \$14,000**. If the fire tax were designed to cover all expenses, the tax would have been set at a much higher level.

We still rely on support from donations and other fundraising activities. As volunteers, we do our job with no remuneration and are proud to serve the residents and businesses of Bethel Park.

Thank you for your support in our efforts.

To donate, please visit our website at www.bethelparkvfc.com/donate or check your mailbox for the flyer you should have received.

The Bethel Park Volunteer Fire Company only requests your financial support through written communication. If you are solicited by telephone by someone using the "Bethel Park Volunteer Fire Company" name, be advised they DO NOT represent our organization.



BETHEL PARK EDUCATION FOUNDATION

The Bethel Park Education Foundation (BPEF) is a community-based, non-profit organization whose goal is to support programs that promote quality education. The Foundation works to facilitate communication and involvement among students, parents, school staff, business leaders and community citizens.



Public schools face a variety of new challenges as state and federal funding sources have been reduced or eliminated. BPEF hopes to find alternate ways of funding important initiatives within our schools. The Foundation does not receive any public funding – our programs are supported by individual, community, corporate partners. Our partners donate knowing their gifts are creating opportunities for students to have exceptional educational opportunities. They know that providing a quality education favorably impacts the entire community.

The Bethel Park Education Foundation is independent of the school district but works closely with the school board, administration, teachers and students. All programs that benefit Bethel Park students are considered for financial support. The program list grows and evolves to reflect the needs of the student, teacher, school and district as they are identified.

BOARD

- Andy Amrhein, President
- William Brucker, Vice President
- Tom Bailey, Treasurer
- Deb Luckasevic, Secretary
- Vic DiPrampiero
- Dr. Roger Zelt
- Caitlin Metzler
- Patty Campbell
- Lindsay Crowley
- Dr. James Walsh
- Marsha Slezak Burt
- Pam Dobus
- Gail Hoppe
- Courtney Williams

Please direct any questions to:
bpefoundation@gmail.com

STEAM Grants

STEAM grants are awarded to students, teachers, and schools to foster creativity, innovation, and imagination. Grant initiatives will be evaluated for their ability to:

- engage collaborative interactions
- develop interdependence and independence skills
- encourage resiliency by being task focused & disciplined
- promote self-awareness and mindfulness
- develop critical and creative thinking skills

Individual Teacher Grant

The Individual Teacher Grant funds initiatives that are innovative and stimulate student learning and creativity.

Teacher initiated projects that are funded will be evaluated to:

- encourage, uplift, edify, and challenge the student
- provide unique educational opportunities
- augment existing curriculum
- evaluate the successful achievement of the stated objectives
- consider the possibility of replication in other schools.

Individual School Grants

The Individual School Grants program seeks to provide funding to an individual school. Grants may be awarded in three categories – elementary, middle school and high school.

The purpose of the Individual School Grant is to:

- provide financial assistance for schools to substantially improve student achievement.
- implement comprehensive school improvement programs that are based on reliable research and effective program practices.
- place emphasis on basic academics and parental/care-giver involvement.
- determine the successful achievement of the stated objectives.
- consider the possibility of replication for other schools.

Individual Student Grants

Enhancing and encouraging excellence in education for the student is the absolute focal point of the BPEF. There is no ceiling to the creativity and innovation of the student mind. In that spirit, the grant program needs to remain flexible and adaptable to student proposals.. As such, grants may be awarded to any student at any grade level in any discipline of study. Additionally, grants will be considered for all physical activity endeavors and all forms of the arts.

No grant shall be administered as a direct monetary payment to the awardee. No grant will be awarded for food, beverages, parties, recreational activities nor field trips.

Dear Fellow Bethel Park Alumnus/Alumna:

We need your help! As a Bethel Park graduate, you know that providing quality education requires investment during and after school hours. Please consider making a donation to support the BPEF ensuring that all Bethel Park students can continue to enjoy the same opportunities for engagement and success.

Your tax deductible contribution can be made via any of the following methods:

- Directly from the BPEF website – www.bethelparkfoundation.com.
- Via United Way of Southwestern PA by entering code#12998472 on your contribution form through your employer
- By mailing a check to: Bethel Park Education Foundation, 301 Church Road, Bethel Park, PA 15102

You may also wish to consider making a contribution to the BPEF through your business and receive a PA tax credit.

Thank you in advance for your support.

Bethel Park Education Foundation

Mission

To enhance educational opportunities for our students by increasing community involvement with our schools.



You can now donate
via the United Way:

YOU MAY DESIGNATE THE BPEF AS THE RECIPIENT OF YOUR UNITED WAY DONATION. ENTER YOUR CONTRIBUTOR'S CHOICE AGENCY CODE AS: #12998472

301 Church Rd. • Bethel Park, PA 15102 • 412-760-9614 • bethelparkfoundation.com



WHAT IS THE BPCF?



The Bethel Park Community Foundation is a non-profit 501 (c)(3) organization that embraces a philosophy of local philanthropy. Tax-deductible contributions made to the Bethel Park Community Foundation are applied to fund local initiative and community programs in these 5 areas:

- COMMUNITY FACILITIES • EDUCATION • RECREATION • THE FINE AND PERFORMING ARTS • COMMUNITY HEALTH AND SAFETY.

Funds are made available through a grant application - visit www.bpcf.org for more information or contact us at: PO Box 811, Bethel Park, PA 15102

Community Day

Did You Know that the Bethel Park Community Foundation is a Tax Deductible Non-Profit Organization?

What better way to support Bethel Park Police, the Bethel Park Volunteer Fire Company, Tri-Community South EMS, and a wide range of community focused activities than to give a tax-deductible check to the Bethel Park Community Foundation.

Or would your family or group like to start a scholarship, where you and others can make tax-deductible contributions? The Bethel Park Community Foundation as a 501(c)(3) organization can help with that too!

You can also make a tax-deductible donation to Jeez our Bethel Park Police K-9 or to help with furnishing at the Bethel Park Community Center. Both of these have special funds with the BP Community Foundation.

Please remember the Bethel Park Community Foundation in your estate planning.

If you have any questions or would like to speak personally with a member of the Bethel Park Community Foundation, please email us at info@bpcf.org or call 412-831-6800, x740.

Since 1999 the Bethel Park Community Foundation has granted nearly \$750,000 back into the Community of Bethel Park.

Your tax-deductible contributions are at work in our community!



It was great to see all of the families at Bethel Park Community Day this year! The lollipop tree with cash prizes was a hit with the kids.



Fantastic Four Golf Outing

The fifth annual Fantastic Four Golf Outing was held Sept. 19th at Nemaocolin Country Club and was a huge success with the event raising about \$32,000! Funds will be divided equally among four non-profits: Bethel Park Community Foundation, Bethel Park Education Foundation, Bethel Park Historical Society, and the Bethel Park Public Library.

Thanks to all our players and sponsors for their support!



UNITED WAY SUPPORT YOU MAY DESIGNATE THE BPCF AS THE RECIPIENT OF YOUR UNITED WAY DONATION. ENTER YOUR

You can now donate via the United Way:



CONTRIBUTOR'S CHOICE AGENCY CODE AS: #892191

Find Us On Facebook

The Bethel Park Community Foundation is now on Facebook: Bethel Park Community Foundation. Please visit and "Like" our page for updated information from the foundation.





Support for the Bethel Park Business Community

Local businesses are vital to our community! To provide support, the Municipality has established numerous initiatives geared towards raising awareness of all that the Bethel Park business community has to offer. We've also partnered with the Bethel Park Chamber to coordinate our efforts.

Municipal Small Business Initiatives

At the start of the pandemic, the Municipality quickly diverted resources to support the local business community. Efforts include:

- A "Dine, Shop, Support" website page listing businesses that expressed an interest in participating with their contact information and business descriptions. This page is currently being updated.
- A **Business Blog** featuring profiles of local business owners.
- Mayor Jack Allen's BPTV show, "Jack of All Trades," found on YouTube featuring local business people.
- **Special events** geared towards supporting local businesses.

Are You a Local Business Owner?

If you're a local business owner and would like to be listed on the Municipality's 'Dine Shop Support' webpage or would like to be featured for a future local business profile, please email: kindness@bethelpark.net.



2975 South Park Rd., Bethel Park, PA 15102
www.bpchamber.org

JOIN THE CHAMBER TODAY
412-595-8361



The Chamber has had several successful fundraising events, "Night at the Races" and "Salute to Veterans," over the past few months and we couldn't have done it without all of our amazing supporters!

We've officially kicked off our new charitable fund, "PAWS for Vets." Throughout 2023, we'll be raising funds to support companion animals for veterans through our partner – Animal Friends. Did you know that the cost of a companion dog, with training, is \$350? Our goal is to raise a lot of money to place as many dogs as possible with veterans from our Chamber communities of Bethel Park, Castle Shannon and South Park.

And, we're already well on our way! As we undertake this adventure, we'll be developing a section on our website to help track the journey. Our first Chamber inductee into the PAWS for Vets, "Salute Hall of Vet Kindness" club is **Mike Matiyasic**, a 15-year U.S. Air Force Veteran. He met his companion, Sonny, and it was an instant match! Read Mike's story at www.bpchamber.org.

We're so thrilled to have so many supporters step up for this amazing journey. Please visit our website to learn more about this new endeavor including donors and show them your support by helping our vets. If you know a vet who could benefit from a companion animal, please reach out to Animal Friends at www.thinkingoutsidethecage.org and read more under their programs, Animal Friends for Veterans. Our goal is to raise enough money to sponsor seven companion animals!

Keep watch on our website, www.bpchamber.org; and please support the businesses that are supporting our communities!

Holiday Season Small Business Support

We're in our prime part of the holiday season and we encourage you to keep supporting local businesses! They're the backbone of our community and not only employ many from locally, but also support a variety of community services and various organizations' fundraising requests.

If you are out and about to any of our local businesses, take a picture and send it to us to be featured on our Facebook page or website. Visit www.bpchamber.org for more information.

Let's rollout the red carpet for our businesses!

2023 First Quarter Events

January 2023

Annual Yearly Forecast Panel discussing what the economic outlook is for 2023.

February 2023

Tax Season and What's New this Year

In December, visit our website for locations and dates.

Veterans Day Luncheon Highlights



Veterans Day Luncheon

Mike and his companion Sonny (bottom left)



Happy Holidays from the BETHEL PARK POLICE DEPARTMENT

BPPD Welcomes New Officer

At the October Municipal Council Meeting, Amber DiFranco was sworn in by the Honorable District Judge Ronald Arnoni. Officer DiFranco previously worked for the Pittsburgh Bureau of Police for 13 years and holds a bachelor's degree from Mercyhurst University.

All new officers undergo an intensive Field Training Program before entering solo patrol.

Please welcome Officer DiFranco to Bethel Park!



Winter Safety Tips

- Avoid driving on ice-covered roads if possible.
- Inform friends/family of your travel plans and allow for sufficient time to arrive safely.
- Dress warmly, even when driving, in the event of a vehicle breakdown.
- All sidewalks must be clear of snow and ice within 24-hours of accumulation and keep in mind that snow/ice cannot be deposited on roads (*BP Ordinance 59.50*).
- Avoid parking on the street when snow is predicted to enable Municipal salt trucks to clear the roads completely.

We appreciate your efforts to keep our community safe for drivers and pedestrians!

Distraction Thefts on the Rise



Our region has seen an increase in distraction thefts from purses in local grocery stores.

Women leaving their purses open in their shopping carts are being targeted by organized groups. These suspects work to distract the victim, while the other steals their wallet. By the time the victims reach the register and discover that their wallet is missing, the suspects have already used their credit cards at local stores to make thousands of dollars in purchases.

In many of these cases, the suspects are female and wear hats and face masks to hide their appearance.

Please be aware of your surroundings and **never leave your purse open and unattended!** If you notice suspicious behavior, contact the police **IMMEDIATELY**. These groups are often traveling from out-of-state and don't stick around long.

Timothy C. O'Connor,
Chief of Police
Sean Gorman,
Crime Prevention Officer

412-833-2000 OR 911
ANONYMOUS TIP LINE
412-851-BPPD (2773)

CONTACT/SOCIAL MEDIA:

Anonymous Tips can be called into the hotline – 412-851-BPPD (or 2773) or emailed to crimewatch@bethelpark.net.

You can follow us on Facebook, Twitter, and Instagram for updates:

Facebook Page:
Bethel Park Police Department
Twitter:
[@bethelparkpd](https://twitter.com/bethelparkpd)
Instagram:
[bethelparkpolice](https://www.instagram.com/bethelparkpolice)



("Police" cont. pg. 18)

MUNICIPAL CONTACT INFORMATION

Bethel Park Municipality has full-time staff members who perform various tasks within the Municipality. Several staff members attend Council meetings to assist in the conduct of the meeting and to answer questions from Council. Those usually in attendance are listed below: *(All numbers listed are in the 412 area code.)*

- Lisa Lapaglia**
Finance Director831-6800 X210
- Susan Dolinar**
Public Works Director831-6800 x301
- Kirsten Primm,**
Municipal Planner831-6800 X104
- David Rudolph**
Code Enforcement Officer831-6800 X240
- Charles H. Stover**
Recreation Director.....831-6800 X230
- Timothy O'Connor**
Chief of Police.....831-6800 X100

Other Important Municipal Numbers Include:

- Emergency (fire, police, EMS).....833-2000
- Main Municipal Office Number831-6800
- Receptionist831-6800 X0
- Bethel Park Community Center851-2910
- Bethel Park Public Library835-2207
- EMS (non-emergency).....831-3710
- Fire Department (non-emergency)
Brightwood Station835-1127
- Fire Prevention Unit.....835-3473
- Recreation & Leisure Services831-1328
- Public Access TV.....831-3304
- Jordan Tax Service835-5243

Visit Us Online at www.bethelpark.net

POLICE

(cont. from pg. 17)

Protect Yourself from Fraud

Millions of people are defrauded every year. Keep these tips in mind to prevent yourself from becoming a victim:

- **Identify imposters:** Scammers often pretend to be a family member, charity or someone you trust. Don't send money or give out personal information in response to an unexpected request.
- **Do your research:** Conduct online reviews of any companies before hiring to ensure their legitimacy.
- **Verify Caller ID:** Caller ID's can be spoofed. If someone calls asking for money or personal information, hang up. If you think the caller might be telling the truth, call back to a number you know is genuine.
- **Don't pre-pay:** Don't believe the promise of a prize or item if they request you make a payment beforehand for taxes, fees or delivery.
- **Payment Methods:** Legitimate companies won't require you to pay by money wiring services or by purchasing and relaying gift card numbers.
- **Talk to someone:** Before you give up your money or personal information, talk to someone you trust. Scammers want you to make decisions in a hurry. Don't be rushed, talk to a friend.
- **Hang up on robocalls:** These calls are illegal, and often the products are bogus. Don't press 1 to speak to a person or to be taken off the list. That could lead to more calls.

Sign up for free scam alerts from the FTC at ftc.gov/scams.

Update on the DEA Prescription Medication Disposal Program

There will no longer be designated drop off days for the disposal of prescription medication. Instead, there is now a box at the Bethel Park Police Department that is accessible 24/7 for the disposal of prescription medication *(no needles or liquids)*.

Please place the medication into a zip lock bag without the prescription bottle. The Bethel Park Police Dispatcher will direct you to the disposal box secured inside the Police Station. If you have any question, please contact Bethel Park Police at 412-833-2000.



BETHEL PARK MUNICIPAL COUNCIL & MAYOR



Jack T. Allen
Mayor
831-9923



Timothy J. Moury
President
WARD 8
833-4615

Joseph A. Consolmagno
WARD 1
833-7993



Dr. Timothy Campbell
WARD 2
418-9197

John Oakes
WARD 3
595-7750



Todd Cenci
WARD 4
357-0045

Joe Janosik
WARD 5
328-6563



Mark J. O'Brien
WARD 6
831-0774

Dave Espinar
WARD 7
833-5254



Lindsay Flinn
WARD 9
568-3281



WINTER 2022

PROGRAMS & ACTIVITIES

SilverSneakers® at the Bethel Park Community Center!



SilverSneakers® programs are offered at the Bethel Park Community Center. The SilverSneakers® Fitness Program is the nation's leading fitness program designed exclusively for older adults. Regular participation in the program has been proven to help older adults manage their health and increase strength, balance, and endurance.

SilverSneakers® is a benefit offered to members of many Medicare plans across the U.S. If you are part of a Medicare health plan or if you are a group retiree, you may already have the SilverSneakers® benefit. There are over 5.8 million Medicare-eligible members who qualify for SilverSneakers®. There is no cost for SilverSneakers® eligible adults to become members and participate. You may

already have SilverSneakers® available to you!

SilverSneakers® offers three easy ways to enroll. Simply choose one of the following options that best suits your lifestyle and begin enjoying your benefit today!

- Simply take your SilverSneakers® Member ID card to the Bethel Park Community Center.
- No SilverSneakers® card? Bring your health plan ID card with you to the Community Center. Our staff will check your eligibility.
- Visit the Community Center and our staff can check on your eligibility by using your name, address, phone number, and birth date.



The SilverSneakers® Fitness Program is an innovative and fun health/exercise program helping older adults live healthy, active lifestyles. Get fit, have fun, make new friends!

Unlock the door to greater independence and a healthier life with SilverSneakers®. Benefits will include: Customized SilverSneakers® classes designed exclusively for older adults who want to improve their strength, flexibility, balance, and endurance.

SilverSneakers® members can take advantage of the climate controlled, elevated indoor walking track just by swiping their SilverSneakers® membership card. The 1/12-mile track features three lanes for fitness lap walking or running.

Track is open for use:

May 1 – Oct. 31 hours of operation are:
Monday – Friday, 9 a.m. - 8 p.m.
Saturday, 9 a.m.- 6 p.m.
Sunday, Noon - 6 p.m.

Nov. 1- April 30 hours of operation are:
Monday - Saturday, 9 a.m. - 9 p.m.
Sunday, Noon - 6 p.m.

What are SilverSneakers® classes?

SilverSneakers® classes are Total-Body Conditioning Classes designed to increase muscular strength, endurance, range of movement, flexibility, balance, agility, and coordination. The classes are anywhere from 45 to 60 minutes. Classes typically involve the use of hand-held weights, elastic tubing with handles, and a small exercise ball. A chair may be used for seating or additional support.



Who teaches the classes?

SilverSneakers® classes are taught by credentialed instructors who are specially trained in leading fitness programs for aging adults. All SilverSneakers® class instructors undergo an in-person training and evaluation process to become a SilverSneakers® instructor. Our instructors are **Renea Bishop, Mary Ann Gerard, Bernadette Gilatti, and Gerrie Delaney**. They are veteran instructors who have been teaching SilverSneakers® programs for years.

SilverSneakers® CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills.

Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is used for seated and/or standing support.



SilverSneakers® Yoga

Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.



BETHEL PARK RECREATION

Bethel Park Community Center
5151 Park Avenue, Bethel Park, PA 15102
Phone: 412-831-1328

Register online at: www.bethelpark.net
Contact us at: recreation@bethelpark.net
Office hours: Monday through Friday
9:00 AM - 4:30 PM

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PLEASE SAVE THIS INFORMATION.
PROGRAMS WILL CONTINUE THROUGH JANUARY 2023.

www.bethelpark.net

WINTER 2022

REGISTRATION INFORMATION

SPECIAL NOTICE

The Department of Recreation and Leisure Services reserves the right to cancel, combine or divide classes, or to make other changes that become necessary and to do so without incurring obligations. Adjustments of fees will be made when classes are cancelled by the Department.

WHEN PROGRAMS BEGIN

In almost all instances, each activity will have a schedule with a beginning date. In those cases where time or day is not available, interested individuals should call the Recreation Office.

WHEN FEES ARE DUE

All fees must be paid at the time of registration unless special arrangements have been made at the Recreation Office. If registration is made by mail, be sure to include the activity fee and all information as required.

INSURANCE INFORMATION

The Recreation Board does not carry health insurance to cover injuries incurred while participating in any activity. In most cases, hospitalization carried through your employer will cover these types of injuries. Participants are also responsible for their personal property. Valuables should never be left unattended.

RETURNED CHECKS

Any check that is returned to the Recreation Office as "NSF" will be subject to a **\$35.00 replacement fee**. All "NSF" checks MUST be replaced within ten (10) working days or the person will be withdrawn from the roster.

RESIDENCY INFORMATION

All Bethel Park residents are given preference in registering for programs offered in this leaflet. Classes that have a limited enrollment will be open to non-residents only if space permits. The Recreation Board reserves the right to refuse admission to any person who misrepresents residency, and will not give refunds to those individuals. Non-resident fees are set for each activity and should be paid accordingly upon registration.

REFUNDS: Please read...

Refunds will only be given upon written request, received in the Recreation Office, prior to the beginning of the second class or practice session. Phone requests will not be accepted, nor does failure to attend a class constitute notification of intent to withdraw from a class. **Send your request and a SELF-ADDRESSED STAMPED ENVELOPE to:**
Bethel Park Recreation
5151 Park Avenue
Bethel Park, PA 15102

All refunds are subject to a **service fee of \$5.00**. The Department will issue a credit letter to be applied to any non-contractual Recreation program for a six-month period in place of the refund, if the individual so desires. Exceptions for use of credit letters include contracted activities such as dog obedience, ski trips or special ticket sales.

CANCELLATION OF CLASS

Participants should check with the Recreation Office for updated program information. **Individual phone calls will not be made to verify mail registrations.** Calls will be made **ONLY** for classes that have been cancelled due to lack of registrations.

HOW TO REGISTER

Register at least one week prior to the start of the activity, unless otherwise stated.

It is important to pre-register for any activity found in this leaflet because sometimes an activity may be cancelled when there is not sufficient registration. **Never plan to attend the first class without pre-registering.**

You may register online for many activities! Check our website at www.bethelpark.net for details! When you get to the main page, please click on Departments and then Recreation. There is a link to register online. **A non-refundable nominal fee will be added for each online registration.**

You may register by mail for most of the activities in this leaflet. A mail registration form is provided. The participant's name, address (*including zip code*) and telephone numbers should be listed. When there is choice of session, day or time, make sure to list your class preference and **put the appropriate activity code number on the registration form.** Most youth swim lessons **DO NOT** list activity numbers.

Please include the name of the person who is paying the fee for the activity, "**Payment From:**", and make check payable to: "**Bethel Park Recreation**", unless otherwise indicated. **SIGNATURE** of the participant or parent/guardian is **REQUIRED**.

Some activities will have a sign-up day, such as youth swimming lessons. For your convenience, registrations may also be dropped off at the Bethel Park Community Center front desk or mailed to Bethel Park Recreation, 5151 Park Avenue, Bethel Park PA 15102. **Individual telephone calls will not be made confirming registration.** The only time you will be notified is if there is a change or cancellation of

USE OF PHOTOS

Bethel Park Recreation provides opportunities for positive publicity by photographing / videotaping patrons at programs for use in local publications, newspapers or television.

If you prefer that you and / or your child **not be** photographed for publicity purposes, please notify Bethel Park Recreation in writing upon registration.

CLASS ATTENDANCE

Attendance at class offerings is not mandatory. The Recreation Department recommends that an attempt be made to attend as many classes as possible. Generally, the only skill testing takes place in swimming and basketball programs. All advanced classes in any area are based upon successful completion of primary or beginning level instruction. Entrance at an advanced level is up to the discretion of the instructor. Placement is always made with the best interests of the participant in mind.

CONDUCT

Participants are reminded that undesirable behavior or destruction of any property are reasons to expel the offender from a class or program. Parents are asked to remind children that they should not be in other areas

of any building and to respect School District and Municipal property.

NO NEWS IS GOOD NEWS

When you register for any of our terrific classes, don't wait by your phone or camp out by your mailbox.

The only time you will hear from us is:

- * If there is a change in the time or day for your class
- * If the class is moved, full or cancelled

So, if it is almost time for your class and you haven't heard from our friendly staff, that's GOOD NEWS. It means YOU ARE IN! You may call us at 412-831-1328 if you wish to confirm that we received your registration.

Board of Parks and Recreation

James Gastgeb, Chairperson
James Miller, Vice Chairperson
Joelle Salerno, Secretary
Bill Bonaccorsi - Vince Galloni
Kelly Kuhn - Bob McCall
Christina Murtaugh - Joseph Nagel
Russ Spicuzza - Daryl Walezak

Monthly Meetings

The Board meets on the first Wednesday of each month at 7:00 PM in the Community Center unless otherwise advertised. Please contact the Recreation Office for specific meeting dates.

Department Administration
Charles H. Stover, Director
Emily Skoczlas, Assistant Director/Community Center Director
James Knight, Program Coordinator
Amber Armstrong, Administrative Assistant
Angelina Lacek, Recreation Clerk

Dr. James Walsh, School Superintendent
Mark O'Brien, Municipal Council Liaison
Dave Espinar, Municipal Council Liaison
Lindsay Flinn, Municipal Council Liaison
Barry Christensen, Municipal Council Liaison
Timothy Moury, Recreation Board Liaison



★ NEW! NEW! NEW! ★ AQUATIC PROGRAMS



WE ARE HIRING SWIM INSTRUCTORS!

The Bethel Park Swim Lessons Program is looking to hire more swim instructors to help our growing program. The only requirement needed is the desire to work with and inspire the youth in our community. This is a great opportunity for anyone 15 and older who is looking to get experience working with children. While we encourage strong swimmers to apply, it is not needed as long as you are comfortable in the water we will teach you everything you need to know to be the best instructor you can be! For more information please email awatterson@bethelpark.net.



AQUACISE

Any adult 21 years of age and over is welcome to come. You do not have to be able to swim to participate. Classes feature water exercises. Aquacise is held throughout the year on Monday and Wednesday evenings at Pathfinder School Pool.

The fee for nightly attendance is \$5.00 for a resident or \$6.00 for a non-resident. Sign in and pay at the pool each evening you attend.

Ages: 21 and over
Resident Fee: \$5.00 Non-Res Fee: \$6.00

3405.400
Dates: 01/09/2023 - 03/08/2023 Mon, Wed
Time: 7:30PM - 8:30PM

No class: Jan 16, Feb 20
Location: Pathfinder School Pool

LAP SWIM

Swim without the crowd and do laps on your own on Monday and Wednesday evenings! Sign in and pay at the pool each evening you attend. The fee for nightly attendance is \$5.00 (*non-res \$6.00*). Restrooms are available.

Ages: 18 and over
Resident Fee: \$5.00 Non-Res Fee: \$6.00
Dates: 01/09/2023 - 03/29/2023 Mon, Wed
Time: 7:30PM - 8:30PM

No class: Jan. 16, Feb 20, Mar 27
Location: BPHS Pool

COMMUNITY SWIM

Ages: 5 and over
Resident Fee: \$5.00 Non-Res Fee: \$7.00
Dates: 01/06/2023 - 05/28/2023
Time: 6:30PM - 8:30PM Fri
Time: 2:30PM - 4:30PM Sat, Sun

NO SWIMMING ON SCHOOL HOLIDAYS AND POSTED SWIM MEET DAYS.

Pool availability subject to change.
Daily Family Pass - \$10 for up to 5 immediate family members. (Non-resident \$13)

SPECIAL NOTE: DO NOT BRING VALUABLES TO THE POOL. Check in with the guard when entering the pool. Children under 14 years of age MUST be accompanied by at least one parent who is dressed to enter the water.

No Class: April 7, April 8, April 9
Location: BPHS Pool

PRIVATE SWIM LESSONS SATURDAY

One on One Swim Lessons! An instructor will give your child individual swim lessons tailored to what your child needs. Our experienced and patient instructors will be in the water with your child while he or she learns at their own pace, whether it is getting accustomed to the water for the first time, learning basic water skills, or getting enough individual help to advance to the next level. These 1/2 hour private lessons will be scheduled during swim lessons. Register at the Recreation Office in the Community Center to schedule your specific time.

Ages: 5 and over
Resident Fee: \$110.00 Non-Res Fee: \$120.00
6 session dates

3413.420
Dates: 01/14/2023 - 02/18/2023 Sat
Time: 12:00PM - 12:30PM

3413.421
Dates: 01/14/2023 - 02/18/2023 Sat
Time: 12:30PM - 1:00PM

3413.422
Dates: 01/14/2023 - 02/18/2023 Sat
Time: 1:00PM - 1:30PM

3413.423
Dates: 01/14/2023 - 02/18/2023 Sat
Time: 1:30PM - 2:00PM

3413.424
Dates: 01/14/2023 - 02/18/2023 Sat
Time: 2:00PM - 2:30PM

3413.425
Dates: 02/25/2023 - 04/01/2023 Sat
Time: 12:00PM - 12:30PM

3413.426
Dates: 02/25/2023 - 04/01/2023 Sat
Time: 12:30PM - 1:00PM

3413.427
Dates: 02/25/2023 - 04/01/2023 Sat
Time: 1:00PM - 1:30PM

3413.428
Dates: 02/25/2023 - 04/01/2023 Sat
Time: 1:30PM - 2:00PM

3413.429
Dates: 02/25/2023 - 04/01/2023 Sat
Time: 2:00PM - 2:30PM

Location: BPHS Pool

★ NEW! NEW! NEW! ★

PRIVATE SWIM LESSONS - WEEKDAY

Now offering Private Lessons on Monday/Wednesday nights from 7:30 PM to 8:30 PM during Open Community Swim Hours. These weekday private lessons are really great for anyone looking to improve enough to get onto the Bethel Park Recreation Swim Team, or older Adults looking to learn how to swim. For questions please email awatterson@bethelpark.net.

You must come to the Community Center to select your time.

Ages: 6 and over
Resident Fee: \$130.00 Non-Res Fee: \$140.00
8 session dates

3413.416
Dates: 01/09/2023 - 02/06/2023 Mon, Wed
Time: 7:30PM - 8:00PM

3413.417
Dates: 01/09/2023 - 02/06/2023 Mon, Wed
Time: 8:00PM - 8:30PM

3413.418
Dates: 02/13/2023 - 03/13/2023 Mon, Wed
Time: 7:30PM - 8:00PM

3413.419
Dates: 02/13/2023 - 03/13/2023 Mon, Wed
Time: 8:00PM - 8:30PM

No class: Jan 16, Feb 20
Location: BPHS Pool

GUPPIES

Beginner Group (45 Minutes)

Safety is key! This group is based on the very basic fundamentals and teaching water safety. Children will learn how to ask for permission before getting into the water, learn how to enter the water safely, jump into the water safely and exit the water safely. Guppies also focuses on teaching how to be comfortable in the water by learning front and back glides, rolling to and holding a float independently.

To move out of the group swimmers must master the following.

- Independent Jump from the wall.
- Safe entry and safe exit from the water.
- Independent Front Glide
- Independent Back Glide
- Front Float & Back Float
- Without assistance front glide? roll to a back float? roll to front float.

(Swim - Float - Swim)

Upon mastery, the swimmers will receive a certificate of completion which will be used in the registration process of the next group.

Ages: 5 and over
Resident Fee: \$60.00 Non-Res Fee: \$65.00
6 session dates

3413.402
Dates: 01/14/2023 - 02/18/2023 Sat
Time: 10:00AM - 10:45AM

3413.410
Dates: 02/25/2023 - 04/01/2023 Sat
Time: 10:00AM - 10:45AM

Location: BPHS Pool



SATURDAY CLASSES ARE HIGHLIGHTED

TADPOLES**Stage 1 (45 Minutes)**

Building off the skills learned in Guppies, children are going to begin learning two of the four competitive strokes, Freestyle, and Backstroke while also learning the beginning techniques for Butterfly and Breaststroke to move out of the group swimmers must master the following.

- Legal Dolphin Kick by USA Swimming Standards
- Legal Breaststroke Kick by USA Swimming Standards

- Unassisted Front Glide with dolphin kick.
- Unassisted Back Glide with dolphin kick.
- Unassisted Front Glide with dolphin kick to Freestyle - Roll to Back Float - Roll back to Freestyle. *(Must swim to the instructor, then repeat back to the wall). (5 to 7 Feet = Maximum distance swimmers will swim).*

- Unassisted Back Glide with dolphin kick to Backstroke to the instructor. *(5 to 7 Feet = Maximum distance swimmers will swim).*

Upon mastery, the swimmers will receive a certificate of Completion which will be used in the registration process of the next group.

Ages: 5 and over

Resident Fee: \$60.00 Non-Res Fee: \$65.00
6 session dates

3413.403
Dates: 01/14/2023 - 02/18/2023 Sat
Time: 10:00AM - 10:45AM

3413.411
Dates: 02/25/2023 - 04/01/2023 Sat
Time: 10:00AM - 10:45AM

Location: BPHS Pool

SEAHORSE**Stage 2 (45 Minutes)**

Swimmers will be introduced to holding a streamline off the wall, side breathing in their Freestyle, and the arm techniques for Breaststroke and Butterfly. Children are going to be building on their endurance by swimming farther from the wall with the assistance of an instructor.

To move out of the group swimmers must master the following.

- Perfect Streamline
- Swimming 8 to 10 feet of freestyle with a side breath. *(side breath doesn't need to be perfect)*
- Swimming 8 to 10 Feet of Backstroke
- Swimming 8 to 10 feet of Butterfly *(Legs need to stay together, arms need to break the surface timing does not need to be perfect)*
- Swimming 8 to 10 feet of Breaststroke *(Kick and arms need to be legal timing does not need to be perfect)*

Upon mastery, the swimmers will receive a certificate of completion which will be used in the registration process of the next group.

Ages: 5 and over

Resident Fee: \$60.00 Non-Res Fee: \$65.00
6 session dates

3413.404
Dates: 01/14/2023 - 02/18/2023 Sat
Time: 10:00AM - 10:45AM

3413.412
Dates: 02/25/2023 - 04/01/2023 Sat
Time: 10:00AM - 10:45AM

Location: BPHS Pool

TURTLES**Stage 3 (45 Minutes)**

Swimmers are now consistently moving building distance for all four strokes by swimming half the length of the pool 15 feet with very little to no assistance from the instructor. Swimmers will be learning how to perfect their side breathing, the timing of their Butterfly, and their Breaststroke to the best of their abilities. To move out of the group swimmers must master the following.

- Swimming 15 Feet Unassisted from the instructor legally of all four strokes.
- Upon mastery, the swimmers will receive a certificate of completion which will be used in the registration process of the next group.

Ages: 5 and over

Resident Fee: \$60.00 Non-Res Fee: \$65.00
6 session dates

3413.405
Dates: 01/14/2023 - 02/18/2023 Sat
Time: 10:00AM - 10:45AM

3413.413
Dates: 02/25/2023 - 04/01/2023 Sat
Time: 10:00AM - 10:45AM

Location: BPHS Pool

NARWHALS**Stage 4 (45 Minutes)**

Time for the deep end! Swimmers will build their endurance by working to swim the length of the pool in all four strokes. Children are going to be re-educated on water safety, specifically regarding the deep end. Learning how to properly jump/dive from the side of the pool, off the diving board, and swim back to the wall safely as well as learning how to tread water and go into a float. To move out of the group swimmers must master the following.

- Jumping independently from the diving board.
 - Jumping from the diving board and independently swimming to the wall.
 - Treading water for 1 minute, going into a float, and kicking to the wall.
 - Swimming a full length of the pool (25 yards) without assistance from the instructors.
- Upon mastery, the swimmers will receive a certificate of completion which will be used in the registration process of the next group.

Ages: 5 and over

Resident Fee: \$60.00 Non-Res Fee: \$65.00
6 session dates

3413.406
Dates: 01/14/2023 - 02/18/2023 Sat
Time: 10:00AM - 10:45AM

3413.414
Dates: 02/25/2023 - 04/01/2023 Sat
Time: 10:00AM - 10:45AM

Location: BPHS Pool

DOLPHINS**Stage 5 (45 Minutes)**

Loving swimming? Dolphins is the perfect group to take right before your try out to join Bethel Park Recreation Swim Team. This group is going to provide you with a leg up on the competition by preparing you with everything you need to know for your first day. Swimmers are going to continue to build on their endurance by swimming farther than 25 yards and learning how to properly do flip turns, open turns, and diving. This group is also going to educate the swimmers on appropriate terminology that is used daily in a competitive swim practice setting. This is a great group to take in addition to or before the Sharks program. To move out of the group swimmers must master the following.

- Diving from the side of the pool
- Reading the clock
- Swimming a 50 + of each competitive stroke
- Upon Completion of the Dolphins Group, swimmers will be given a certificate to bring to the coaches of the Bethel Park Recreation Swim Team to receive a Free Evaluation.

Ages: 5 and over

Resident Fee: \$60.00 Non-Res Fee: \$65.00
6 session dates

3413.407
Dates: 01/14/2023 - 02/18/2023 Sat
Time: 10:00AM - 10:45AM

3413.415
Dates: 02/25/2023 - 04/01/2023 Sat
Time: 10:00AM - 10:45AM

Location: BPHS Pool

PITTSBURGH ARTISTIC SWIMMING

Artistic Swimming combines the grace of dance, the agility of gymnastics and the athleticism of swimming all in one sport. Swimmers will perform a variety of individual figures and team routines which include performances of coordinated movements (*similar to dance*) in time to music. This exciting sport encourages confidence, creativity, strength, flexibility and teamwork. Instructors have competed in National/International Age Group, Intercollegiate and/or Masters Competitions. As the team progresses, swimmers will have the opportunity to compete or participate in a swim show for friends and family. USA Artistic Swimming safety protocols will be used. Swimmers do not need prior experience but should be able to swim 25 yards freestyle and backstroke (*pool length*). Swimmers will need a swimsuit, cap and nose clips. Email pghartisticswim@gmail.com for more details. Twice a week discount rate is not available with online registration.

Ages: 8 - 18

Resident Fee: \$40.00 Non-Res Fee: \$45.00
Twice a Week Fee: \$60 Non-Res Fee: \$65.00
6 session dates

3413.470
Dates: 01/03/2023 - 02/07/2023 Tue
Time: 7:30PM - 9:00PM

3413.471
Dates: 01/05/2023 - 02/09/2023 Thu
Time: 7:30PM - 9:00PM

3413.472
Dates: 01/08/2023 - 02/12/2023 Sun
Time: 3:30PM - 5:00PM

3413.170
Dates: 02/21/2023 - 03/28/2023 Tue
Time: 7:30PM - 9:00PM

3413.171
Dates: 02/23/2023 - 03/30/2023 Thu
Time: 7:30PM - 9:00PM

3413.472
Dates: 02/26/2023 - 04/02/2023 Sun
Time: 3:30PM - 5:00PM

Location: BPHS Pool

PLEASE REGISTER IN ADVANCE!

Register at least 24-hours in advance of program start! Programs not meeting the minimum number of students will be canceled. Online registrations are highly encouraged at www.bethelpark.net





YOUTH PROGRAMS



PLEASE REGISTER IN ADVANCE!

Register at least 24-hours in advance of program start! Programs not meeting the minimum number of students will be canceled. Online registrations are highly encouraged at www.bethelpark.net.



'Try-It Week' at the Community Center Feb. 19 – 25th!

Have you ever considered signing up for a class at the Community Center, but hesitated because you weren't sure if you'd like it? Between **Sunday, Feb. 19** and **Saturday, Feb. 25, 2023**, we're offering you the opportunity to take a class for **FREE**. Don't stop at just one, try as many as you can fit into your schedule!

Instructors will be available to talk with you after class to answer your questions and make sure you register for the class that best fits what you are looking for.

Keep any eye out for the more information on our Recreation Website (www.bethelpark.net) and on Facebook (*Bethel Park Recreation & Community Center*). So join us to try a free class! What do you have to lose?

For additional information, call the Community Center at **412-851-2910**.

TRY-IT WEEK AT THE COMMUNITY CENTER!

Feb. 19 - Feb. 25, 2023
CLASSES ARE FREE!

CLASSES & WORKSHOPS

DRIVER EDUCATION

The course is conducted by Kennedy School of Driving through Bethel Park Recreation. Upon successful completion of the 30 hours of theory and 6 hours of in-car training, a certificate is given that is accepted by most insurance companies for an insurance rate discount. If you are a BPHS student, this class features the option of taking your driving test with our instructor. This counts as 1 hour of your behind-the-wheel instruction. You must complete the test prior to your high school graduation in order to take the test with our instructor.

The \$45 (*non-resident \$50*) NON-REFUNDABLE AND NON-TRANSFERRABLE fee payable to Bethel Park Recreation will secure your space in the class. The fee of \$499 must be paid to Kennedy School of Driving on the first night of class. Class size is limited to 36 students.

Ages: 15 and over
Resident Fee: **\$45.00** Non-Res Fee: \$50.00
10 session dates

3311.400
Dates: 03/07/2023 - 04/06/2023 Tue, Thu
Time: 5:00PM - 8:00PM

Location: **Bethel Park Community Center**

SAFE SITTER®

For more than 35 years, Safe Sitter® has been a leader in providing life skills, safety skills, and childcare training for youth. Safe Sitter® continues to help build safer communities by providing youth with the skills they need to be safe while home alone, watching younger siblings, or babysitting. The program teaches childcare basics, tips for injury prevention and management, and behavior management skills. In addition, the participants learn the signs and symptoms of life-threatening emergencies and practice appropriate safety actions, including prevention and relief of choking in the infant and child and CPR. Medical content follows guidelines from the American Academy of Pediatrics and American Heart Association. Each participant will receive a Safe Sitter® manual.

Instructor: Jen Hrabik
Ages: 10 - 14
Resident Fee: **\$45.00** Non-Res Fee: \$50.00
1 Day Class

3860.406
Dates: 02/11/2023 Sat
Time: 10:00AM-4:30PM

Location: **Bethel Park Community Center**



MINI-MED SCHOOL

Join us for an exploration of the amazing human body! We'll do a series of experiments to explore the incredible things your body does each and every day. We'll peer through microscopes at real cells, experiment with a real liver and watch it break down chemicals, create a model of your lungs hard at work, use professional tools to remotely follow oxygen through your circulatory system, test mock intestines and more! Expect games, challenges, plenty of hands-on experimentation and a prescription for fun!

Instructor: Holly Bomba
Ages: All Ages
Resident Fee: **\$45.00** Non-Res Fee: \$50.00
3 session dates

3860.403
Dates: 01/26/2023 - 02/09/2023 Thu
Time: 5:30PM - 6:30PM

Location: **Bethel Park Community Center**

CLUB INVENTION - BOLDER BUILDERS™

Club Invention is an exciting STEM program inspired by inductees of the National Inventors Hall of Fame where children learn through hands-on fun. **BOULDER BUILDERS™**: The town of Unlucky has a most accurate name. Destroyed by an earthquake, the town must now rebuild. Children help architect and engineer Archie Tek to design and construct the buildings that will bring the town back to life. They apply building principles that have been used for centuries, learning that even through natural disasters, people can be resilient and rebuild their communities. Considering both function and looks, children design the town layout and construct buildings and bridges. They collaborate, brainstorm and plan their design, and then create, test and recreate to discover that they can make an impact on the world. From building simple tents and elaborate town structures to imploding buildings, children race to change the town name from "Unlucky" to "Lucky".

Questions, Contact the instructor at huth.laura@bphawks.org.
REGISTRATION: Participants must register online at www.INVENT.ORG/CLUB or by phone at 800-968-4332. Spaces are limited, so register early! Registration is not accepted at the Bethel Park Community Center

Instructor: Laura Huth
Grades: K-3
Resident Fee: **\$69.00** Non-Res Fee: \$75.00
5 session dates

Dates: 01/21/2023 - 02/18/2023 Sat
Time: 10:00AM - 11:30AM

Location: **Bethel Park Community Center**

PLEASE REGISTER IN ADVANCE!

Register at least 24-hours in advance of program start! Programs not meeting the minimum number of students will be canceled. Online registrations are highly encouraged at www.bethelpark.net

SATURDAY CLASSES ARE HIGHLIGHTED

YOUTH THEATER

Students/actors will enjoy playing creative drama games to improve character development, improvisation skills, voice projection and enunciation skills. Theater terms and staging will also be a part of this class. Students will focus on performing in skits and short plays to perfect their new skills. A performance will be held on the last class for family and friends.

Instructor: Adam Winter
Ages: 6 - 12
Resident Fee: \$40.00 Non-Res Fee: \$45.00
6 session dates

3875.401
Dates: 01/11/2023 - 02/15/2023 Wed
Time: 6:00PM - 7:00PM

Location: Bethel Park Community Center

ARTS & CRAFTS**CANVAS CRAZINESS**

Students will start and complete their own canvas with different themes each session. DRESS TO GET MESSY! Must register at least 24 hours prior to class.

Instructor: Karen Hartman
Ages: 6 - 14
Resident Fee: \$25.00 Non-Res Fee: \$30.00
1 session date

3805.405 Happy New Year Pirate Party Thu
Date: 01/12/2023
Time: 6:15PM - 7:15PM

3805.406 Playful Polar Bear Thu
Date: 01/19/2023
Time: 6:15PM - 7:15PM

3805.407 Chinese New Year: Rabbit Thu
Date: 01/26/2023
Time: 6:15PM - 7:15PM

3805.408 Inside Ski Goggles Thu
Date: 02/02/2023
Time: 6:15PM - 7:15PM

3805.409 Valentine's: Hearts & Love Bugs Thu
Date: 02/09/2023
Time: 6:15PM - 7:15PM

3805.410 Mardi Gras Cute Monsters Thu
Date: 02/16/2023
Time: 6:15PM - 7:15PM

3805.411 Super Fun Superheroes Thu
Date: 02/23/2023
Time: 6:15PM - 7:15PM

3805.412 Super Fun Villains Thu
Date: 03/02/2023
Time: 6:15PM - 7:15PM

3805.413 Unicorns In The Fun Forest Thu
Date: 03/09/2023
Time: 6:15PM - 7:15PM

Location: Bethel Park Community Center

CARTOONING WORKSHOP

Cartooning/drawing classes with a new fun theme for each class! Students will learn the foundation of cartooning in this very fun, relaxed class atmosphere. Students and instructor tell jokes, stories and share their creations. Students end class with 4 fun drawings/cartoons complete with speech bubbles. Bring your imagination for lots of fun! Must register at least 24 hours prior to class.

Instructor: Karen Hartman
Ages: 6 - 14
Resident Fee: \$18.00 Non-Res Fee: \$23.00
1 session date

3805.114 St. Patrick's Day Leprechaun Thu
Date: 01/12/2023
Time: 7:20PM - 8:20PM

3805.415 Playful Polar Bear Thu
Date: 01/19/2023
Time: 7:20PM - 8:20PM

3805.416 Chinese New Year: Rabbit Thu
Date: 01/26/2023
Time: 7:20PM - 8:20PM

3805.417 Inside Ski Goggles Thu
Date: 02/02/2023
Time: 7:20PM - 8:20PM

3805.418 Valentine: Hearts & Love Bugs Thu
Date: 02/09/2023
Time: 7:20PM - 8:20PM

3805.419 Mardi Gras Cute Monster Thu
Date: 02/16/2023
Time: 7:20PM - 8:20PM

3805.420 Super Fun Superheroes Thu
Date: 02/23/2023
Time: 7:20PM - 8:20PM

3805.421 Super Fun Villains Thu
Date: 03/02/2023
Time: 7:20PM - 8:20PM

3805.422 Unicorns In The Fun Forest Thu
Date: 03/09/2023
Time: 7:20PM - 8:20PM

Location: Bethel Park Community Center

PRIVATE/SEMI-PRIVATE DRAWING CLASS

Instructor Karen Hartman will hold 60 minute private or semi-private drawing instruction for students from beginner to advanced level. Lesson can be customized to the student's likes and needs while exploring foundation. Portfolio customization offered for High School Students. Student may bring their own supplies; instructor will also have sanitized supplies on hand at each lesson. Please bring a 5x7 or larger sketch book. Register at the Bethel Park Community Center for individual 1-hour lessons, 4-5pm or 5-6pm.

Instructor: Karen Hartman
Ages: 6 - 16
Resident Fee: \$25.00 Non-Res Fee: \$30.00
1 session date

Time: TBD
4:00PM - 5:00PM or
5:00PM - 6:00PM

3805.425 Date: 01/12/2023 Thu

3805.426 Date: 01/19/2023 Thu

3805.427 Date: 01/26/2023 Thu

3805.428 Date: 02/02/2023 Thu

3805.429 Date: 02/09/2023 Thu

3805.430 Date: 02/16/2023 Thu

3805.431 Date: 02/23/2023 Thu

3805.432 Date: 03/02/2023 Thu

3805.433 Date: 03/09/2023 Thu

Location: Bethel Park Community Center

ART EXPLOSION - STAY WARM WITH ART

Children will have fun exploring the season of winter and creating artwork showing the beauty of this amazing time of year. We'll design and watercolor sparkling snowflakes. We'll create snow people enjoying some hot chocolate while we learn about artist Norman Rockwell. Children will use a variety of materials like paint, markers, colored pencils, scissors, crayons to name a few and all are included. Every week children will take home the artwork they created. Come in out of the cold and have fun with art!

Instructor: Sue Ralston
Ages: 4 - 7
Resident Fee: \$45.00 Non-Res Fee: \$50.00
4 session dates

3805.400
Dates: 01/23/2023 - 02/13/2023 Mon
Time: 5:15PM - 6:15PM

Location: Bethel Park Community Center

ART EXPLOSION - DRAWING THE BEAUTY OF WINTER

Children will have fun using the season of winter, letting it inspire them to create artwork showing the beauty of this amazing time of year. We'll create paper snowflakes and use them in our watercolor winter



collage. We'll learn about artists Norman Rockwell and Nancy Tillman, letting their artwork inspire our winter snow people and polar bear drawings. Children will use a variety of materials like watercolor paint, tempera, colored pencils, pastels, markers, to name a few, all are included. Every week children will take home their completed artwork. Come in out of the cold and have fun with art!

Instructor: Sue Ralston
Ages: 6 - 12
Resident Fee: \$45.00 Non-Res Fee: \$50.00
4 session dates

3805.401
Dates: 01/23/2023 - 02/13/2023 Mon
Time: 6:30PM - 7:30PM

Location: Bethel Park Community Center

DANCE**BALLET/TAP COMBO**

This class will serve as an intro to ballet, while incorporating other fun dance/movement techniques that will enhance balance, body control and the natural sense of rhythm. Simple jazz-type and tap movements will be introduced and proper stretching (*set to song and nursery rhymes*) will be taught. This is a very informal & fun approach to beginning dance. Standard dance attire, (*leotard or tank top with tights*) or stretchy, tight (*fitness/dance*) shorts worn over tights. Tap and Ballet shoes are needed. Please contact the instructor, Tammy Lentz at 412-851-9142 if you have any questions about the class or where to purchase shoes.

Instructor: Tammy Lentz
Ages: 3 - 5
Resident Fee: \$35.00 Non-Res Fee: \$40.00
6 session dates

3818.401
Dates: 01/10/2023 - 02/14/2023 Tue
Time: 9:45AM - 10:30AM

3818.402
Dates: 01/10/2023 - 02/14/2023 Tue
Time: 4:30PM - 5:15PM

Location: Bethel Park Community Center



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Recreation & Community
Center

SATURDAY CLASSES ARE HIGHLIGHTED

MOVE AND GROOVE WITH 2'S

Help your child discover movement and expression while networking with other parents through a structure that blends dance, music, and imagination. Parent and child will follow along with the instructor who will guide the parent/tot team in a way that makes discovering movement, balance, and listening skills easy and fun. This class is an excellent first group activity. Please wear comfortable clothing.

Instructor: Tammy Lentz
Ages: 16 months - 3
Resident Fee: **\$30.00** Non-Res Fee: \$35.00
6 session dates

3818.403
Dates: 01/10/2023 - 02/14/2023 Tue
Time: 10:45AM - 11:15AM

Location: Bethel Park Community Center

BEGINNER JAZZ/HIP HOP COMBO

This one-hour class allows students to learn and enjoy fundamental dance styles. Class allows students to explore leaping and turning with jazz and learn some street funk with hip hop. The high energy class is a solid foundation of dance and sure to be a favorite. Students should have Jazz shoes (preferred but not required) or sneakers for class. Please wear comfortable clothing. Please contact the instructor, Tammy Lentz at 412-851-9142 if you have any questions about the class or where to purchase shoes.

Ages: 5 - 12
Resident Fee: **\$35.00** Non-Res Fee: \$40.00
6 session dates

3818.404
Dates: 01/10/2023 - 02/14/2023 Tue
Time: 6:45PM - 7:30PM

Location: Bethel Park Community Center

BEGINNER/INTERMEDIATE BATON TWIRLING

This is a fun-filled class for the beginner twirler and intermediate twirler. Class is a low cost, no pressure introduction for the first-time twirlers who want to get their first taste of baton. Students will learn basic twirls and tosses and will also have fun learning how to march and twirl to music.

Students that have already completed the beginner class will continue to build knowledge and baton twirling skills. They will learn more difficult tricks and tosses, using skills previously learned in class. Twirling promotes development of good hand/eye coordination. This class is a great start for any future little majorette. Students should wear comfortable clothing and must have their own baton. Please contact the instructor, Tammy Lentz, at 412-851-9142 if you have questions about the class or where to purchase a baton. Tammy is a former Upper St. Clair Majorette with over 30 years of teaching experience training girls to be majorettes throughout the many high schools in the South Hills areas and is currently the majorette/ auxiliary instructor at Upper St. Clair High School.

Ages: 5 and over
Resident Fee: **\$35.00** Non-Res Fee: \$40.00
6 session dates

3818.405
Dates: 01/10/2023 - 02/14/2023 Tue
Time: 6:00PM - 6:45PM

Location: Bethel Park Community Center

ADVANCED BATON

This class is for the twirlers who have had beginner and/or intermediate instruction or by instructor recommendation. Students will focus on 2 baton tricks, exchanges, and ribbon instruction. This class is for girls who are headed in the direction of becoming a High School Majorette. Students do not need to purchase a second baton or ribbon. The instructor will provide additional batons and ribbons. Tammy is a former Upper St. Clair Majorette with over 30 years of teaching experience training girls to be majorettes throughout the many high schools in the South Hills areas and is currently the majorette/auxiliary instructor at Upper St. Clair High School.

Ages: 8 and over
Resident Fee: **\$35.00** Non-Res Fee: \$40.00
6 session dates

3818.406
Dates: 01/10/2023 - 02/14/2023 Tue
Time: 5:15PM - 6:00PM

Location: Bethel Park Community Center

SOUTH HILLS STARS - SPECIAL NEEDS COLOR GUARD

South Hills Stars is a New Color Guard group for individuals with special needs. Students will be learning the technique of spinning flags, pom-poms, ribbons, dance, and more. South Hills Stars will be meeting once a week as a color guard group to train with volunteer instructor Emily Columbus. The group will perform at a parent show and possibly some additional events! Anyone with a disability can be a part of this group. We are also looking for volunteers to help with this group. We expect lots of fun foreveryone and we would love for you to join us! For more information or questions email Emily at SouthHillsStars@gmail.com.

Ages: 10 and over
Resident Fee: **\$21.00** Non-Res Fee: \$26.00
7 session dates

3818.425
Dates: 01/09/2023 - 02/27/2023 Mon
Time: 6:00PM - 6:45PM

Location: Bethel Park Community Center
No Class: Feb 20

PASSION RECREATION COMBO TWIRL AND POMS

Poms~Non cheer team performance with instruction on how to use poms with precision and grace, combining the changing of floor patterns, group design, and dance steps. Poms will be provided. Twirl~Beginner/Intermediate skill-based instruction combining the sport and art of standard body moves and baton handling techniques.

Please dress comfortably, in tennis shoes, and bring your own baton.

Contact us for more information and questions at tomlinst1@hotmail.com or annietwirl@gmail.com.

Ages: 4 - 9
Resident Fee: **\$40.00** Non-Res Fee: \$45.00
6 session dates

3819.400
Dates: 01/04/2023 - 02/08/2023 Wed
Time: 6:15PM - 7:00PM

3819.404
Dates: 02/22/2023 - 03/29/2023 Wed
Time: 6:15PM - 7:00PM

Location: Ben Franklin Elementary

PASSION RECREATION TWIRL

Twirling instruction combining the sport and art of standard body moves and baton handling techniques to create a routine that exemplifies the best of both. Twirlers should be ages 10-18 for this class with some baton experience. Join instructors Tina Tomlins and LeAnn Chamberlin (*both former solo/strut National Champions and members of the World Champion Modernettes*) for training in the latest baton-handling techniques, routines, and twirling. Advancement onto PASSION Twirl and Poms Competitive Team is by instructor selection. Please dress comfortably, in tennis shoes, and bring your own baton. Contact us for more information and questions as to where to purchase a baton at tomlinst1@hotmail.com or annietwirl@gmail.com.

Ages: 10 - 18
Resident Fee: **\$40.00** Non-Res Fee: \$45.00
6 session dates

3819.401
Dates: 01/04/2023 - 02/08/2023 Wed
Time: 7:15PM - 8:00PM

3819.405
Dates: 02/22/2023 - 03/29/2023 Wed
Time: 7:15PM - 8:00PM

Location: Ben Franklin Elementary

PASSION COMBO COMPETITIVE TWIRL AND POM TINY TEAM

Skill-based baton twirling techniques taught to form a creative, unpredictable routine that exemplifies both the sport and art of twirling. Combined with a non-cheer, team pom performance with instruction on how to use poms with precision and grace. Using dance steps, changing floor patterns, and group design to bring everything together. Instructors, Tina Tomlins and LeAnn Chamberlin, were both former solo/strut National Champions and members of the World Champion Modernettes and are currently the directors of The 2019 PA State Beginner Tiny Tot Dance Twirl Champions and The 2019 PA State Junior Halftime Team Champions! Advancement into competitive Twirl and Pom Teams is by instructor selection.

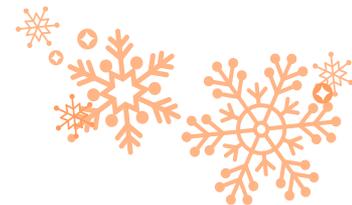
Please dress comfortably, in tennis shoes, and bring your own baton. Poms will be provided. Contact us for more information and questions as to where to purchase a baton at tomlinst1@hotmail.com or annietwirl@gmail.com.

Ages: 4 - 10
Resident Fee: **\$52.00** Non-Res Fee: \$57.00
6 session dates

3819.402
Dates: 01/05/2023 - 02/09/2023 Thu
Time: 6:00PM - 7:30PM

3819.406
Dates: 02/23/2023 - 03/30/2023 Thu
Time: 6:00PM - 7:30PM

Location: Ben Franklin Elementary



PLEASE REGISTER IN ADVANCE!

Register at least 24-hours in advance of program start! Programs not meeting the minimum number of students will be canceled. Online registrations are highly encouraged at www.bethelpark.net

**SATURDAY CLASSES
ARE HIGHLIGHTED**

PASSION COMBO COMPETITIVE TWIRL & POM TEAM

Instructor selected competition team, by invitation only. Participant's skill level must be reviewed by our instructors to determine eligibility for Competitive Teams. Additional fees are charged for competition participation. Online registration is not available for the teams.

Ages: 4 - 18
Resident Fee: \$60.00 Non-Res Fee: \$65.00
 6 session dates

3819.403
 Dates: 01/05/2023 - 02/09/2023 Thu
 Time: 7:30PM - 9:00PM

3819.407
 Dates: 02/23/2023 - 03/30/2023 Thu
 Time: 7:30PM - 9:00PM

Location: Ben Franklin Elementary

FITNESS & EXERCISE

FIT KIDS

New Year & New Fun! Start your year off right by having fun on Monday nights. Ignore the cold weather outside and come inside to play! Make new friends while playing fun games, running races, bouncing, skipping, hopping, and jumping away. Play and laugh our way to being a fit kid! Bring a friend or 2 and get ready for lots of fun!

Instructor: Cortney Sweeney

Ages: 5 - 8
Resident Fee: \$25.00 Non-Res Fee: \$30.00
 6 session dates

3815.400
 Dates: 01/09/2023 - 02/13/2023 Mon
 Time: 6:00PM - 6:45PM

Location: Bethel Park Community Center

JUMPBUNCH MULTI-SPORT AND FITNESS PRE-K

Sports, smiles, fitness, and fun! Young athletes are introduced to a variety of activities - from popular sports such as tennis, basketball, and volleyball to fun fitness activities such as parachute, balancing act, and obstacle courses. Come see what being fit and having fun is all about!

Instructor: Jump Bunch
 Ages: 3 - 5
Resident Fee: \$75.00 Non-Res Fee: \$80.00
 6 session dates

3815.401
 Dates: 01/13/2023 - 02/17/2023 Fri
 Time: 12:30PM - 1:15PM

Location: Bethel Park Community Center

JUMPBUNCH MULTI-SPORT AND FITNESS TODDLERS

JumpBunch encourages physical activity through play, exploration, and movement. Our movement-based curriculum is specially designed to help build self-confidence while developing fine and gross motor skills, hand-eye coordination, balance & more! JumpBunch provides your toddler the opportunity to explore a wide range of age-appropriate sports equipment, while also reinforcing the basics like colors, shapes, animals, counting and more! JumpBunch is the ideal way to start your child on the path to a healthy and happy life!

Instructor: Jump Bunch
 Ages: 2 - 4
Resident Fee: \$75.00 Non-Res Fee: \$80.00
 6 session dates

3815.402
 Dates: 01/13/2023 - 02/17/2023 Fri
 Time: 11:45AM - 12:15PM

Location: Bethel Park Community Center

SPORTS

MIGHTY KICKS SOCCER

Children will learn the skills, moves, rules, and joy of playing America's most popular youth sport! Mighty Kicks is designed to encourage young children to build a healthy lifestyle, and offers a high-energy, fun program helping children develop coordination and confidence and utilize their physical energy in a positive way. No equipment of any kind is required. Just sign up and play! Here are some highlights of the program:

Curriculum - Mighty Kicks serves over 4000 children yearly using an age-appropriate methodology including games, drills, exercises, stories with pictures and more!

Coaching - All classes will be led by Coach Sam, highly successful Head Coach of Allderdice High School boys soccer with 20+ years of experience coaching youth sports. Coach Sam is well known for combining top notch sports instruction with a fun program that helps children develop character and confidence on and off the field.

Ages: 5 - 10
Resident Fee: \$65.00 Non-Res Fee: \$70.00
 6 session dates

3815.407
 Dates: 01/10/2023 - 02/14/2023 Tue
 Time: 5:00PM - 6:00PM

Location: Bethel Park Community Center

MIGHTY KICKS SOCCER

Children will learn the skills, moves, and joy of playing America's most popular youth sport! Mighty Kicks is designed to encourage young children to build a healthy lifestyle, and offers a high-energy, fun program helping children develop coordination and confidence and utilize their physical energy in a positive way. This program emphasizes motor skills, social and listening skills, as well as body awareness. No equipment of any kind is required. Just sign up and play!

Coach Sam Bellin is a former standout college soccer player at the University of Georgia and currently highly successful Head Coach of Allderdice High School boys soccer with 20+ years of experience coaching youth sports.

Ages: 3 - 6
Resident Fee: \$55.00 Non-Res Fee: \$60.00
 6 session dates

3815.406
 Dates: 01/13/2023 - 02/17/2023 Fri
 Time: 10:00AM - 10:30AM

Location: Bethel Park Community Center

YOUTH BEGINNER / INTERMEDIATE FOIL FENCING

Experience and enjoy the fun and challenging Olympic sport of foil fencing. The introductory and intermediate level instruction progressively establishes fundamental skills needed for successful fencing and great fitness. Sessions include instruction and practice bouts. Note: All essential equipment will be provided by the instructors - students will be required to wear comfortable pants, non-marking athletic shoes, and a glove (official protective fencing gloves are not required but available at class for \$10) Shorts or jeans are not permitted.

Ages: 7 and over
Resident Fee: \$52.00 Non-Res Fee: \$57.00
 6 session dates

3840.400
 Dates: 01/12/2023 - 02/16/2023 Thu
 Time: 6:00PM - 7:00PM

Location: Bethel Park Community Center

FENCING - PRIVATE LESSONS

Sign up for an in-depth training lesson to practice specific techniques, tactics for competition, training regimens, and to push your form and skills farther than before. Each lesson is for 20 minutes, between 12:30PM - 1:40PM, be prepared to work hard during that time. Fencers need to have their own gear and be ready to go at the start of lesson time, there will not be a formal warm up like there is with the fencing class. Multiple blocks can be reserved if you like or just one lesson as needed. The focus of these lessons is to mesh between what the fencer wants to work on and improve as well as what the coach feels is necessary to increase the fencer's skills.

Must come in to Community Center to register for your time.

Ages: 11 and over
Resident Fee: \$75.00 Non-Res Fee: \$80.00
 1 session dates

3840.402
 Dates: 01/14/2023 Sat
 Time: 12:30PM - 12:50PM

3840.403
 Dates: 01/14/2023 Sat
 Time: 12:55PM - 1:15PM

3840.404
 Dates: 01/14/2023 Sat
 Time: 1:20PM - 1:40PM

3840.405
 Dates: 01/21/2023 Sat
 Time: 12:30PM - 12:50PM

3840.406
 Dates: 01/21/2023 Sat
 Time: 12:55PM - 1:15PM

3840.407
 Dates: 01/21/2023 Sat
 Time: 1:20PM - 1:40PM

3840.408
 Dates: 01/28/2023 Sat
 Time: 12:30PM - 12:50PM

3840.409
 Dates: 01/28/2023 Sat
 Time: 12:55PM - 1:15PM

3840.410
 Dates: 01/28/2023 Sat
 Time: 1:20PM - 1:40PM

3840.411
 Dates: 02/04/2023 Sat
 Time: 12:30PM - 12:50PM

3840.412
 Dates: 02/04/2023 Sat
 Time: 12:55PM - 1:15PM

3840.413
 Dates: 02/04/2023 Sat
 Time: 1:20PM - 1:40PM

3840.414
 Dates: 02/11/2023 Sat
 Time: 12:30PM - 12:50PM

3840.415
 Dates: 02/11/2023 Sat
 Time: 12:55PM - 1:15PM

3840.416
 Dates: 02/11/2023 Sat
 Time: 1:20PM - 1:40PM

3840.417
 Dates: 02/18/2023 Sat
 Time: 12:30PM - 12:50PM

3840.418
 Dates: 02/18/2023 Sat
 Time: 12:55PM - 1:15PM

3840.419
 Dates: 02/18/2023 Sat
 Time: 1:20PM - 1:40PM

Location: Bethel Park Community Center

ADVANCED FENCING

Take your fencing to a new level! This instructional class focuses on techniques, fitness, and a winning strategy to help the dedicated fencer succeed at an advanced competitive level in this martial art. Sessions include instruction and practice bouts.

Prerequisites include a minimum of 1 year of fencing experience and approval of the instructors.

Note: All essential equipment will be provided by the instructors - students will be required to wear comfortable pants, non-marking athletic shoes. Shorts or jeans are not permitted. * Register for additional Monday Bouting Practice for extra practice and take your fencing skills to a higher level.

Ages: 11 and over
Resident Fee: \$75.00 Non-Res Fee: \$80.00
 6 session dates

3840.401
 Dates: 01/12/2023 - 02/16/2023 Thu
 Time: 7:00PM - 9:00PM

Location: Bethel Park Community Center

FENCING - BOUTING PRACTICE

Prerequisite: Open only to students enrolled in Advanced Fencing class.

Looking for some extra practice time. This night is an extra night for open bouting. This is for fencers who need more practice time to hone their skills and practice what they have learned in class and/or in their lessons. Only available to students in the Advanced Fencing class to get more fencing time during the week. A coach will be present to supervise and help direct and critique, but this is about getting in as much bouting time as possible. Expect stretching and a formal warm up to begin the class followed by open bouting for the remainder of the time.

Bethel Park Community Center

Ages: 11 and over
Resident Fee: \$45.00 Non-Res Fee: \$50.00
 6 session dates

3840.405
 Dates: 01/09/2023 - 02/13/2023 Mon
 Time: 7:00PM - 8:30PM

Location: Bethel Park Community Center

BEGINNER KARATE - TANG SOO DO

Students will learn Tang Soo Do, the traditional Korean martial art from instructors with CS Kim Karate. Instructors will teach students the basics of martial arts while also incorporating important life skills. Balance, flexibility and overall improved physical fitness will be cornerstones as well as building confidence, concentration, discipline and respect. * Uniform fee of \$35 due to instructor at first class*

Instructor: Master Bruno/C.S. Kim
 Karate Instructor

Ages: 6 and over
Resident Fee: \$65.00 Non-Res Fee: \$70.00
 6 session dates

3825.400
 Dates: 01/10/2023 - 02/14/2023 Tuesday
 Time: 6:00PM - 7:00PM

Location: Bethel Park Community Center

Ties and

Saturday, Feb. 25

Daddy/Daughter Evening

7 - 9 p.m.

\$25 per couple (\$10 for each additional daughter)

Bethel Park Community Center

Princesses should be escorted by "Fathers or Father Figures."

All ages welcome. This is a dress up event.

You Must register before Monday, Feb. 20!



**PLEASE REGISTER IN
 ADVANCE!**

Register at least 24-hours in advance of program start! Programs not meeting the minimum number of students will be canceled. Online registrations are highly encouraged at www.bethelpark.net

Create a beautiful memory for your family by attending this memorable evening at our annual Daddy/Daughter Event! Dads can whisk their little princesses off to an enchanted evening where they will be the "Belle of the Ball!"

This exciting evening will include a DJ featuring special dances for dads and their daughters. We'll also have light refreshments/desserts, activities, and so much more! And, as a special bonus, we'll have a photo booth area set up for taking keepsake photos to commemorate this special evening.

Be sure to get your tickets early so you don't miss out on all the fun! If you have any questions regarding the event, please call **412-851-2910**.



Summer Camps

Plan Ahead! Register Now!

DAY CAMP 2023

June 12 - Aug. 4, 2023

New Age Group!

The Recreation Summer Day Camp Program for children ages 6-11 will provide interesting experiences to spice up your child's summer! Day Camp is divided into week-long sessions with activities developed around a different central theme each week.

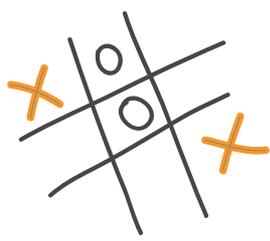
The all-day program is from 9 a.m. - 3:30 p.m. The morning program is from 9 a.m. - noon, with an optional early drop-off of 7 a.m. The afternoon program is from 12:30 - 3:30 p.m., with an optional late pick-up time of no later than 6 p.m. You have the choice of attending morning only, afternoon only, or all day.

There will be many activities in the areas of arts, crafts, sports, combined camp activities like the camp carnival, and weekly field trips.

Eight Weekly Sessions
Dates: 6/12/2023* - 8/4/2023
No Camp 7/4/2023
Ages: 6yrs to 11yrs

Registration begins Jan. 3, 2023!
Register for one week at a time now and space out your payments! Find the registration forms, along with the parent packet containing additional required forms, on our website or at the Community Center.

*Starting dates are subject to change based upon the school calendar.



Register for a week at a time now and space out your payments!

Find the registration forms, along with the parent packet containing additional required forms, on our website or at the Community Center.

OTHER YOUTH PROGRAMS

NO COOK TUESDAYS!



NO COOK TUESDAYS will return to the Bethel Park Community Center playground

parking lot on March 7, 2023! This weekly event makes a triumphant return after a very successful run last spring. Follow some of your favorite vendors that participate in our Farmers' Market and many new vendors as well.

Each Tuesday, two or more local food trucks will sell delicious dinner "to go" meals from 4-7 p.m. Vendors will rotate weekly to provide customers a variety of vendors and food to choose from. Expect to find Mexican, BBQ, Vegan, Pizza, Greek, Meatballs, Sandwiches, Mac & Cheese among the many selections.

Please follow us on Facebook <https://www.facebook.com/BethelParkRecAndCommunityCenter> to learn which vendors are participating each week as well as the payment methods they accept.

Call 412-851-2910 or 412-831-1328 for more information.

Let great local vendors do the cooking so you don't have to!

TENNIS

Tennis is through the Upper St. Clair Tennis Development Program. Dates are as follows:

Junior clinics:

Level 3.0 and up- January 16 - April 23, 2023 (13 weeks)

Level 1 & 2 - Feb. 13 - April 23, 2023 (9 weeks)

Adult clinics:

Level 1 - 4: Feb. 13 - April 23, 2023 (8 weeks)

Call to register and direct questions to 412-851-2630 or email: tennis@usctdp.com

BETHEL PARK BASEBALL



Bethel Park Baseball is BP's premier youth rec baseball league for ages 4 to 18. We offer recreation winter training to help your child prepare for the upcoming season. We also offer spring recreation baseball from T-Ball to Legion for everyone in Bethel Park. Rec Winter Training will take place in February and March. Spring Rec Baseball registration

opens on December 1st and will close on March 1st. The Rec Spring season will start April 1st and end in mid-June.

Find out more by visiting our website at www.bethelparkbaseball.org. Create an account to receive our email blasts providing updates throughout the year. If you have any questions, please contact us at bethelparkbaseballinfo@gmail.com.

BETHEL PARK SOCCER ASSOCIATION Established ~ 1966

Soccer Registration is NOW OPEN

To register for **SPRING 2023 Flight (In-house) Soccer**, please go to: www.bpsoccer.org

FLIGHT Soccer is for girls and boys born between 2013-2017 who wish to experience soccer in a recreational setting. Flight games run for eight consecutive Saturdays beginning in early April. Flight training runs for eight straight weeks on Wednesday nights. Teams will be co-ed.



For those interested in **TRAVEL Soccer**, registration will open in Spring 2023 for the upcoming 2023/2024 Travel Soccer Year. New Travel registrations for Spring 2023 will only be considered on a case-by-case basis with no guarantee of placement. Please inquire at registration@bpsoccer.org.

SPRING 2023 ONLY - Flight Fee: \$95.00 Non-residents Recreation Fee: \$5.00
Flights Soccer registration deadline is March 17, 2022.

All registration questions should go to registration@bpsoccer.org.



GOLD CARD CLUB

Dues: \$6.00
Ages: 60yrs and over

Gold Card Club meetings are held on the second Thursday of the month at the Bethel Park Community Center. Sign-in begins at 12:30 p.m. with the meeting starting at 1:00 p.m.

Current Covid guidelines at press time: Face coverings are no longer required upon entry to the Community Center. This information is subject to change.

If you have any questions, please contact **Cindy Carfagno** at 412-831-1913 or t2323@comcast.net.

The Gold Card Club, a social and fellowship organization for seniors, was organized by the Bethel Park Recreation Department for the benefit of Bethel Park residents who are 60 years of age and over, or a resident on disability retirement and not less than 50 years of age. A spouse not less than 55 years of age may join with his/her spouse if he/she meets the 60-year age minimum. The title of the GOLD CARD CLUB came from the color of the membership card, not for playing card games.

Annual membership dues are \$6 per person per calendar year, Jan. 1 - Dec. 31. Annual dues shall be paid beginning at the January general

meeting. Renewals paid after March 31 incur a late penalty. New members will be accepted at any time during the calendar year. You MUST be a current Bethel Park resident in order to join the Gold Card Club.

Monthly meetings are normally held at the Bethel Park Community Center on the second Thursday of each month (*except July and August*) at 1 p.m.. Sign-in begins at 12:30 p.m.. After a brief meeting, enjoy excellent entertainment, light refreshments and several games of bingo. We also have an indoor summer picnic each year, and an Anniversary luncheon and a Christmas luncheon, both held at outside banquet facilities.

Members of the Gold Card Club may also take advantage of the many bus trips scheduled through the year as well as a bowling league.

For bowling information, please contact **Tom Noonan** at 412-913-2942.

A monthly newsletter, prepared by the Corresponding Secretary, is sent to all members who are **CURRENT** on their membership dues.

Questions regarding membership should be directed to Cindy Carfagno at 412-831-1913 or t2323@comcast.net.

FARMERS' MARKET

Another Great Season for the Bethel Park Farmers' Market!



The Bethel Park Recreation Farmers' Market had another outstanding season in 2022! We brought back many of your favorites, as well as added some new and unique vendors to the lineup. We are pleased to announce that the Market has been voted as one of the top three Farmers' Markets in the Observer Reporter's 'Best of the Best' Community Choice awards. The Market was also voted a top three finalist in the TribLive 'Best of the Best' Community Choice Awards in the Local Event category. These winners will be announced Dec. 8th in the TribLive Special Section.

The Market would never be as successful as it has been without our loyal Market fans! Thank you so much for attending week after week, supporting small businesses and vendors, and voting for us as your favorite place to be! Our goal is to continue to grow and improve the customer experience year after year.

Recently, a customer feedback survey was sent out to our Market fans to help us gain insight into what customers love (*or want to change*) about the Market. We're pleased to say that moving forward, we'll be working on adding more variety and an increased number of vendors and food trucks to the Market as well as providing additional information on Community Center and Recreation Department programming.

Again, we want to thank all of our customers and vendors for being such an integral part of making the Bethel Park Recreation Farmers' Market the best around!

Farmers' Market Supports Local Eagle Scout!

During the month of May, the Bethel Park Farmers' Market was pleased to support a local Eagle Scout Service Project. **Owen Chaffin** focused his project on collecting books to be delivered through the Pittsburgh Prison Book Project. He had collection bins in local libraries, but his main source of donations came through his booth at the Market.

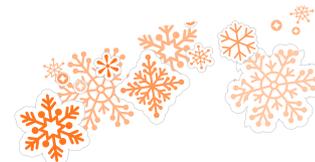
Week after week, he collected dozens and dozens of books, pennies for postage, and engaged with Market customers. Throughout his project, he collected 1,605 books at the Market and raised over \$700 through the penny jar thanks to generous customer support! And, he had such a great time at the Market that he came back to work with us at the end of the summer!

Chaffin received his Eagle Scout Award in October of this year after completing both his project and the necessary documentation of the process.

A big thank you to our many Market fans and customers for your loyal support and donations!



ADULT PROGRAMS



FITNESS & EXERCISE

TOTAL BODY BOOT CAMP

Total Body Boot Camp is an intense boot camp style class designed for men and women of all ages and all fitness levels. This class will work your entire body through resistance training, body weight exercises, balance and stability moves, core work, and cardio. Students just getting back to workouts will be shown appropriate modifications to make their workout safe but just as effective!. Every class will be a new workout that will leave you feeling strong and energized! Get ready to work hard and sweat it out with Cortney! Twice a week rate is not available with online registration.

Instructor: Cortney Sweeney
Ages: 18 and over
Resident Fee: **\$35.00** Non-Res Fee: \$40.00
6 session dates

3920.400
Dates: 01/09/2023 - 02/13/2023 Mon
Time: 7:00PM - 8:00PM

Location: Bethel Park Community Center

POWER YOGA

This is a great class for students with no previous yoga experience. Power Yoga is designed for all levels in mind. You may go at whatever speed suits you! Challenge yourself with a blend of Pilates and Yoga, leaning more on the Yoga side. Stretching, energizing yoga poses and relaxation are the focus for this class. Instructor has over 15 years of Yoga and Pilates teaching experience. Students should bring mat, water and small towel to class.

Instructor: Christi Fredrick
Ages: 18 and over
Resident Fee: **\$35.00** Non-Res Fee: \$40.00
6 session dates

3990.401
Dates: 01/11/2023 - 02/15/2023 Wed
Time: 6:00PM - 7:00PM

Location: Bethel Park Community Center

ADVANCED POWER YOGA

This class is a continuation of Power Yoga. Still a "blend" of Yoga & Pilates stretches and poses, with an emphasis on taking your practice to the next level! It is recommended to start with at least one session of Power Yoga before signing up for Advanced. Students should bring mat, water, and small towel to class.

Instructor: Christi Fredrick
Ages: 18 and over
Resident Fee: **\$35.00** Non-Res Fee: \$40.00
6 session dates

3990.402
Dates: 01/11/2023 - 02/15/2023 Wed
Time: 7:00PM - 8:00PM

Location: Bethel Park Community Center

PLEASE REGISTER IN ADVANCE!

Register at least 24-hours in advance of program start! Programs not meeting the minimum number of students will be canceled. Online registrations are highly encouraged at www.bethelpark.net

T'AI-CHI BEGINNER

This traditional T'ai-Chi Chuan class is for the beginning student as well as the student that wants to work on the first 1/3 of the form. The difference between Tai-Chi and other martial arts is "CHI". In this class you will develop better balance, coordination and posture which is "the way" to move more efficiently and beneficial for your health. T'ai Chi is suitable for anyone looking to improve overall health. No prior experience required. Wear loose fitting clothes and slippers or socks Twice a week rate is not available with online registration.

Instructor: Tamara Stark
Ages: 18 and over
Resident Fee: **\$56.00** Non-Res Fee: \$61.00
Twice a week: **\$86.00** Non-Res Fee: \$91.00
6 session dates

3932.400
Dates: 01/10/2023 - 02/14/2023 Tue
Time: 6:00PM - 7:00PM

3932.401
Dates: 01/11/2023 - 02/15/2023 Wed
Time: 9:55AM - 10:55AM

Location: Bethel Park Community Center

T'AI-CHI INTERMEDIATE

This class is designed for students who have previous experience in a Tai Chi class and want to further their knowledge and experience. Instructor recommendation is required to enroll in this course. Twice a week rate is not available with online registration.

Instructor: Tamara Stark
Ages: 18 and over
Resident Fee: **\$56.00** Non-Res Fee: \$61.00
Twice a week: **\$86.00** Non-Res Fee: \$91.00
6 session dates

3932.402
Dates: 01/11/2023 - 02/15/2023 Wed
Time: 10:55AM - 11:55AM

Location: Bethel Park Community Center

BASIC QIGONG

Qigong, an ancient practice originating in China, is comprised of simple, efficient, and effective movements to help manage and reduce stress, heal physical and emotional pain and enhance quality of life. Qi means "energy" and Gong means "to work with" so simply put Qigong means working with the body's energy. Qigong has movements similar to tai chi movements, yet simpler. Anyone regardless of age, ability or fitness level can practice Qigong and become healthier and happier. Some benefits of practicing include increase in oxygen uptake for stronger muscles, soothes the nervous system, improves metabolism and digestion, helps clear the mind for greater mental clarity and promotes greater flexibility. No special equipment is required, please wear loose, comfortable clothing. It is recommended that you NOT wear earrings. Instructor Vince has been practicing Spring Forest Qigong (SFQ) for over 10 years and is a certified SFQ Professional.

Instructor: Vince Galloni
Ages: 18 and over
Resident Fee: **\$35.00** Non-Res Fee: \$40.00
Twice a week: **\$55.00** Non-Res Fee: \$60.00
6 session dates

3990.403
Dates: 01/09/2023 - 02/13/2023 Mon
Time: 11:45AM - 12:30PM

3990.404
Dates: 01/11/2023 - 02/15/2023 Wed
Time: 6:00PM - 6:45PM

3990.405
Dates: 01/14/2023 - 02/18/2023 Sat
Time: 11:45AM - 12:30PM

Location: Bethel Park Community Center

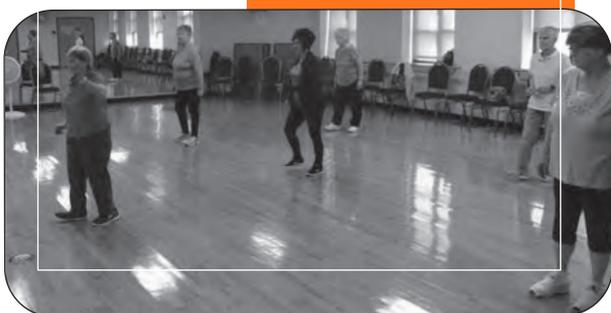


SilverSneakers®



QiGong

SilverSneakers®



SATURDAY CLASSES ARE HIGHLIGHTED

ZUMBA® GOLD

Zumba doesn't need to be about losing weight or looking better. It's just therapy. Your body can do it, it's time to convince your mind. So get off your couch and come to a class. We have morning and evening classes available. Make no excuses, work hard, and then come play with us harder. Remember in Zumba there are no mistakes, just unexpected solos!! While grooving to the beats, you can burn calories and improve overall health, coordination and endurance without even realizing it. Because laughing while working out makes you more happy and healthy, you will leave feeling exhilarated! Give it a try today...

Instructor: Kathy Raeder

Ages: 18 and over

Resident Fee: \$35.00 Non-Res Fee: \$40.00

Twice a Week Fee: \$55.00 Non-Res Fee: \$60.00
6 session dates

3930.400
Dates: 01/10/2023 - 02/14/2023 Tue
Time: 7:00PM - 8:00PM

3930.401
Dates: 01/11/2023 - 02/15/2023 Wed
Time: 9:30AM - 10:30AM

3930.402
Dates: 01/12/2023 - 02/16/2023 Thu
Time: 6:00PM - 7:00PM

Location: Bethel Park Community Center

ZUMBA® GOLD FOR ACTIVE SENIOR/BEGINNER

Men and women alike, of all ages, are enjoying this adapted program with the same great fun and music as a regular Zumba class. An ideal class for the active senior or beginner just starting to exercise. This is a scaled back exercise program. No jumping, no skipping, just plenty of moving, fun and laughter. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion, flexibility, and coordination. Come ready to sweat and prepare to leave feeling strong! Experience is not required. Sign up for twice a week at a discounted rate! Twice a week rate is not available with online registration.

Instructor: Kathy Raeder

Ages: 18 and over

Resident Fee: \$25.00 Non-Res Fee: \$30.00

Twice a Week Fee: \$45.00 Non-Res Fee: \$50.00
6 session dates

3930.403
Dates: 01/09/2023 - 02/13/2023 Mon
Time: 10:35AM - 11:15AM

3930.404
Dates: 01/11/2023 - 02/15/2023 Wed
Time: 10:35AM - 11:15AM

Location: Bethel Park Community Center

PICKLEBALL

Men and women, boys and girls ages 13 and over can register for our recreational Pickleball program at the Bethel Park Community Center gym. This is one of the fastest growing sports in the US combining elements of tennis, badminton and ping-pong. Pickleball is a low-impact sport played on a court smaller than the size of a tennis court. General knowledge of game rules and beginner skill level is needed as this is not an instructional class. Players must be able to bend to pick up balls and move forward and backward to play. You may register for a maximum of 2 days per week. Call-851-2910 for more information.

REGISTRATION INFO: Registration is open to RESIDENTS ONLY DEC 5 - 7

Non-residents may begin registering on DEC 8

Ages: 13 and over
Resident Fee: \$28.00 Non-Res Fee: \$33.00
7 session dates

3901.401
Dates: 01/09/2023 - 02/20/2023 Mon
Time: 12:00PM - 2:15PM

3901.402
Dates: 01/11/2023 - 02/22/2023 Wed
Time: 12:00PM - 2:15PM

3901.403
Dates: 01/13/2023 - 02/24/2023 Fri
Time: 12:00PM - 2:15PM

Location: Bethel Park Community Center

BASKETBALL

Men play on Thursday evenings. Limited spots are available. Everyone MUST register and prepay to participate.

Ages: 18 and over
Resident Fee: \$48.00 Non-Res Fee: \$53.00
8 session dates

3907.400
Dates: 01/05/2023 - 02/23/2023 Thu
Time: 8:00PM - 10:00PM

Location: Neil Armstrong Middle School

COUCH POTATO BASKETBALL

Men play on Wednesday evenings. Limited spots are available. Everyone MUST register and prepay to participate.

Ages: 18 and over
Resident Fee: \$48.00 Non-Res Fee: \$53.00
8 session dates

3907.407
Dates: 01/04/2023 - 02/22/2023 Wed
Time: 7:30PM - 9:30PM

Location: Neil Armstrong Middle School

MEN'S VOLLEYBALL

Men play on Wednesday nights. Pick-up Men's Volleyball. Prior experience not necessary but players are expected to follow official USA indoor volleyball rules. Everyone must register and prepay to participate.

Ages: 18 and over
Resident Fee: \$60.00 Non-Res Fee: \$65.00
10 session dates

3909.400
Dates: 01/25/2023 - 03/29/2023 Wed
Time: 7:00PM - 9:00PM

Location: Bethel Park Community Center

LADIES VOLLEYBALL

This is a recreational program that plays according to PIAA high school rules. Players should have knowledge of volleyball rules and skills at either intermediate or advanced level. This is a fun ladies' night out to meet new people and enjoy some exercise. If you can only attend occasionally, there is a nightly drop-in fee.

Ages: 18 and over
Resident Fee: \$48.00 Non-Res Fee: \$53.00
8 session dates

3909.401
Dates: 01/09/2023 - 02/27/2023 Mon
Time: 7:30PM - 9:00PM

Location: Bethel Park Community Center

**Coaches and Volunteers
Need Clearances!**

Interested in coaching?
(basketball, flag football)

Interested in
volunteering as a
chaperone? (NAMS
Jam)

Pennsylvania state law requires all individuals who have direct contact with children to have 3 clearances. They are the Pennsylvania Child Abuse History Clearance, Pennsylvania State Police Criminal Record Check, and the FBI Federal Criminal History Record. The clearances take approximately two to three weeks for processing.

Please contact Recreation Director **Chuck Stover** today about getting your clearances. You will not be able to coach or volunteer without them. cstover@bethelpark.net or 412-831-6800 x230.

**ARE YOU A
YOUTH SPORT VOLUNTEER COACH?**

The *National Youth Sports Coaches Association* (NYSCA) is a membership organization and the most widely used volunteer coach training program in the nation, having trained more than 3 million coaches since 1981.

The NYSCA volunteer coach training program is designed to sensitize volunteer coaches to their responsibilities and hold them accountable to a strict Code of Conduct defined by the *NYSCA Coaches' Code of Ethics Pledge*.

The NYSCA *Introduction to Coaching Youth Sports* website is one of the most comprehensive resources for volunteer coaches, no matter what sport you're coaching. The website is designed to improve your understanding in all the important areas of youth coaching. Coaches who are trained and educated on the many different aspects involved with coaching kids are best prepared to provide participants with a fun-filled, safe, and rewarding experience. Please consider completing this valuable online training at www.nays.org.

SATURDAY CLASSES ARE HIGHLIGHTED



Slapsticks Productions presents

Bethel Park Historical Society & Bethel Park Recreation 6th Annual Funny Fundraiser



Saturday - January 28, 2023

Doors 6:00 • Dinner 6:45 • Show 8:00

Headliner



Michael Misko
Hilarious Comedy Magic!

Feature



Quinn Patterson
'Second City' Cleveland

Host



Jason Clark
Arcade Comedy Theater



Bethel Park Community Center

5151 Park Avenue
Bethel Park, PA 15102

\$30.00 Donation

Includes

Pasta Too Dinner Buffet

Soft Drinks & Mixers

21 & Over / BYOB

Plus

Gift Basket Raffle

50/50 Raffle And More!

Tickets Available at:

Bethel Park Community Center

412-851-2910

For More Info Contact

Chuck Stover

412-831-6800 x230



LIVE WELL BETHEL PARK

Join us for our
'Live Well Bethel Park' Series!

UPCOMING PROGRAMS INCLUDE:

Dec. 14 - Supporting
Mental Health in Youth
Athletes

Jan. 18 - Financial Wellness

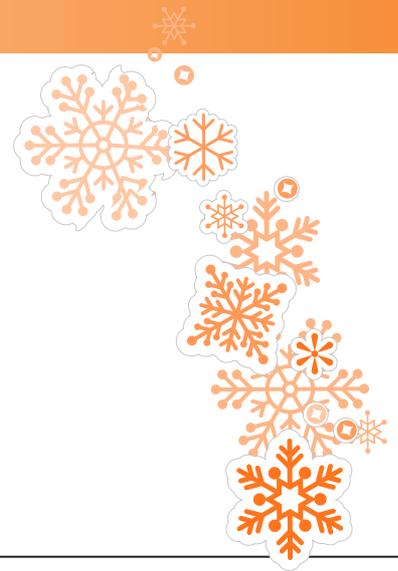
Feb. 8 - Help for Seasonal
Affective Disorder

March 15 - Giving
Back to the Community

April 12 - Pet Care,
Health & Training Tips

All programs will air 7 p.m.
on the 'Municipality of
Bethel Park'
Facebook page on the
date noted.

FOR FULL PROGRAM
DETAILS, VISIT
WWW.BETHELPAK.NET/LIVEWELL



The Award Winning Bethel Park High School "Black Hawk" Marching Band, Concert Band, Symphonic Band, Jazz Ensemble, Chamber Orchestra, String Orchestra, Top 21 and Music Boosters would like to say "THANK YOU" to the Community for your continued support of our hoagie sales.

The Music Department is planning to travel to Myrtle Beach in the Spring of 2023!

The dates for hoagie sales this year are Saturdays:

Jan. 21
March 4
April 15

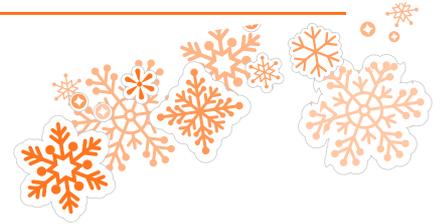
Stay up to date and bookmark our Music Department website - bpsdmusic.weebly.com and the Music Booster website - bpmusicboosters.com.



BETHEL PARK COMMUNITY CENTER



5151 PARK AVENUE



The Bethel Park Community Center continues to be the center of activity in the community. Frequently reserved for social and professional functions, the facility is well known throughout the South Hills. The Community Center, with 40,495 sq. ft. of space, includes areas for special events and meetings, a gymnasium and locker area, an exercise/dance studio, walking track and a separate classroom. The large multi-purpose room has seating to accommodate 245 and is capable of being divided into three separate rooms. The Community Center also includes a lounge, catering-style kitchen & stage. Walking trails, playground equipment, and a lighted multi-purpose field are situated on the center's grounds.

Call 412-851-2910 for room reservations or other information.

**NOV. 1 - APRIL 30 HOURS OF OPERATION ARE:
MONDAY - SATURDAY, 9 A.M. - 9 P.M.
SUNDAY, NOON - 6 P.M.**

**MAY 1 - OCT. 31 HOURS OF OPERATION ARE:
MONDAY - FRIDAY, 9 A.M. - 8 P.M.
SATURDAY 9 A.M. - 6 P.M.
SUNDAY, NOON - 6 P.M.**

**OPEN GYM SCHEDULE IS POSTED MONTHLY
AND IS AVAILABLE AT THE FRONT DESK.**

**IN ORDER TO ENSURE SAFETY FOR ALL
COMMUNITY CENTER USERS,
CHILDREN UNDER 13 MUST BE UNDER
DIRECT SUPERVISION OF AN ADULT AT ALL TIMES.**



RENTAL PROCEDURES

Reserving a room at the Bethel Park Community Center for your next event is a simple, straightforward process and may be done up to a year in advance. However, it is recommended that you reserve your space early as dates fill up quickly!

- Requests for rentals must be submitted in writing and should include the following information:
Renters' name, address, phone numbers, date requested, time requested, specific room(s) requested (*if known*), purpose of rental and approximate number of guests expected. Requests may be returned to the Community Center in person or via email to communitycenter@bethelpark.net.
- Within a week, you'll receive written notification if your requested space is available or not.
- If available, we'll send you a Reservation Permit along with rental Terms & Conditions and additional rental information to complete.

Payment Schedule

- Fifty percent of total rental fees is due with the signed Rental Contract.
- The remaining 50% is due 30 days prior to your event.
- A refundable security deposit and room layout is due seven days prior to your event.

Please note that while we want your event to be a success, failure to meet any payment deadlines may result in rental cancellation. Fees paid will not be refunded.

Cancellation Policy/Fees

If you need to cancel your event, your request **MUST** be submitted in writing to the Community Center Director. Cancellation fees follow:

- Cancellations received in writing more than 60 days prior to the scheduled date will receive a refund of 50% of initial rental payment, less a \$5 processing fee.
- No refund will be issued if written cancellation is received less than 60 days prior to event.

Other Rental Notes

- Any use of the Community Center which requires Municipal staff to stay after the scheduled closing time shall be charged an additional \$40 per hour for any portion of an hour that may be needed.
- Rental rate includes the set-up of tables and chairs.
- Renters will be responsible to visit the Community Center one week in advance of their event to sign-off on all seating/room arrangements. The security/damage deposit should also be paid at this time. Rate: \$100 per area rented.

Membership Fees & Renewals

A membership card is required to use the Bethel Park Community Center *Gymnasium and Walking Track*. Both residents and non-residents can purchase 12-month memberships at the Community Center during normal business hours.

All that's needed to purchase a membership is completion of a simple membership application and photo identification (*such as a drivers license*) to prove residency; once payment is received, an identification photo will be kept on file for each member – a process expected to take less than 10 minutes. New members will receive both a wallet size member card as well as a small key tag card.

Individual memberships will include five complimentary guest passes, and Family memberships will include 15 complimentary guest passes.

Annual Membership/Renewal:	Resident	Nonresident
Youth (13 - 17 years old)	\$ 5.00	\$ 125.00
Adult (18 - 59 years old)	\$ 10.00	\$ 150.00
Family	\$ 25.00	\$ 250.00
Senior Adult (60+)	\$ 5.00	\$ 80.00
Additional Guest Passes – 5	\$ 4.00	\$ 45.00
Day pass: Individual	\$ 1.00	\$ 10.00

CHILDREN UNDER 13 MUST BE UNDER DIRECT SUPERVISION OF AN ADULT AT ALL TIMES

To purchase a day pass, you must provide photo ID to prove residency.

MEMBERSHIP RENEWAL

All Gym memberships expire 12 months after they were issued. Please remember to renew your membership by stopping at the Community Center Desk to update your information and pay the renewal fee.

ROOM RENTAL FEES

RENTAL RATES LISTED ARE FOR BETHEL PARK RESIDENTS. NON-RESIDENTS OR ORGANIZATIONS NOT LOCATED IN BETHEL PARK MUST CALL CENTER AT 412-851-2910 FOR RENTAL RATES

AREA	RATE	CAPACITY
Area A	\$25 per hour	49
Area B	\$50 per hour	148
Area C	\$25 per hour	49
CLASSROOM	\$25 per hour	49
A, B, & C	\$75 per hour	245
Catering Kitchen	\$100 per event	
Stage	\$50 per event	(With Area B only)
Alcohol Permit	\$50 per room	

Room Rental fees listed are per hour. **Keep in mind that rental hours must include the entire time that you need access to the rental space beginning with set-up, including event time and through clean-up.**

All rentals require a minimum 4 hour reservation.

RENTAL INFORMATION SUBJECT TO CHANGE.

COMMUNITY CENTER CLUBS

Vintage Radio Players

Players meet the 2nd and 4th Monday of the month from 2-3:30 p.m. Membership is open to all interested adults 18 and over. This group rehearses and presents re-enactments of the radio shows from the 1940's and 50's, complete with sound effects and commercials. For additional information contact **Jeanne Miller at 412-600-9092**

Bethel Artist Guild - Membership is open to Bethel Park Artists of any medium. Club members' work is displayed at the Center throughout the year. Monthly meetings are held on the first Thursday of the month in February, March, April, May, September, October, and December at 12:30 p.m. Call the Artist Guild at **412-835-7379** for additional information.

Call the Bethel Park Community Center at **412-851-2910** for information on all our activities. If you have a special interest and would be interested in helping to form a new club or activity group, contact the Community Center.



Community Center Facilities

Multipurpose Room This exceptional room can be divided into three separate sections to accommodate small and medium groups. With dividers open, the room can accommodate large group functions. The Multipurpose Room is perfect for wedding receptions, showers, banquets, parties, meetings or other special events.

Catering Kitchen Add this room to your rental when meals will be served at your event. Kitchen includes commercial ovens, grill, refrigerator, freezer, coffee makers, microwave and dishwasher.

Theatrical Stage Does your event need a stage? The Stage may be rented in conjunction with the rental of Room B.

Lobby Bookshelves are located in the lobby, across from the main desk containing a lending library of puzzles and books available for residents of all ages to borrow.

Lounge Equipped with a kitchenette, chairs, TV, magazines and game tables, the lounge provides a comfortable atmosphere to relax, read, enjoy a card game with friends or watch television. An adult or guardian must accompany guests under age 13.

Classroom This room includes couches, TV, sink and counter area, restroom, along with tables and chairs. The Classroom may be used for small group rentals, youth and adult Recreation classes or meetings.

Gymnasium Includes one full-length and one ½ basketball court; can also be converted to three ½ sized courts. It has a total of eight basketball hoops. Also features three ½ size volleyball courts.

Exercise Studio A bright and open mirrored area to accommodate a variety of fitness and dance classes.

Elevated Walking Track Features a 1/12 mile cushioned walking track that overlooks the gymnasium.

Day Lockers May be used during your visit to the Community Center. No locks are permitted to remain overnight.

BETHEL PARK
COMMUNITY FOUNDATION



Dean Streator

Holiday Concert

Sunday, Dec. 11, 2022

Performance starts at 2:30 p.m.

Bethel Park Community Center

Community Band South

Directed By Jim Bennett and Max Gonano

Bethel Park High School's Top 21 Vocal Ensemble

Directed By Todd Kuczawa

Southminster Presbyterian Church Bell Ringers

Directed by Richard Pinkerton

Plus, Christmas tree cookies from Bethel Bakery!

The program is sponsored by the Bethel Park Community Foundation and is free, although contributions in support of the Foundation's grants programs are welcome.

The holiday concert is always very well attended.

Please come early to get parking and a seat.



MUNICIPAL OFFICES will be **CLOSED** for the following holidays:

CHRISTMAS
Monday, Dec. 26, 2022

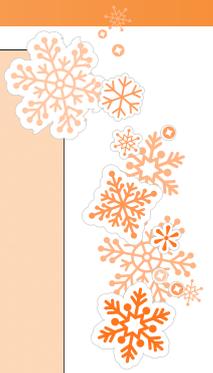
NEW YEAR'S DAY
Monday, Jan. 2, 2023

PRESIDENT'S DAY
Monday, Feb. 20, 2023
The Community Center will be **OPEN**.

The **COMMUNITY CENTER** will be **CLOSED** for the following holidays:

CHRISTMAS
Saturday, Dec. 24, 2022
Sunday, Dec. 25, 2022
Monday, Dec. 26, 2022

NEW YEAR
Saturday, Dec. 31, 2022
Sunday, Jan. 1, 2023
Monday, Jan. 2, 2023



Bethel Park Recreation and Leisure Services
ACTIVITY REGISTRATION FORM

Separate form REQUIRED for EACH participant. You may DUPLICATE this form.

(PARTICIPANT)
FIRST NAME: _____ LAST NAME: _____

ADDRESS: _____

CITY: _____ ZIP: _____ BP Resident? Yes / No

PHONE: home () _____ cell () _____

BIRTH DATE: m ____ / d ____ / y ____ Current Grade: _____ Male / Female (circle)

Email address: _____

Please include any special needs: _____

Shirt size (where applicable): _____

1. Activity Name _____ Code no. _____

Day _____ Start Date _____ Time _____

Location _____ Fee Due \$ _____

2. Activity Name _____ Code no. _____

Day _____ Start Date _____ Time _____

Location _____ Fee Due \$ _____

PLEASE CONTINUE AND SIGN THE WAIVER BELOW:

Make check payable to: BETHEL PARK RECREATION Total amount enclosed \$ _____

Payment is from (print name) _____ cash _____ check # _____

Mail or drop off to: Bethel Park Community Center, 5151 Park Avenue, Bethel Park, PA 15102

I, _____ (Parent/ guardian or participant - print name), understand the rules, regulations, and risks associated with the activity for which I have registered myself, or have registered my child. By my signature, I agree to release and hold harmless and blameless the Municipality of Bethel Park, Bethel Park School District, and any employee thereof as to and regarding any liability, claims, damages, or loss whatsoever resulting from any accident or injury to me or my child or any damage to our personal property which I or those under my supervision or care might receive while participating in the above Recreation program(s).

I understand that Bethel Park Recreation provides opportunities for positive publicity by photographing and/or videotaping patrons at programs for use in local publications, newspapers, television, websites, and social media accounts. By signing this Activity Waiver, I grant the Municipality of Bethel Park and the Bethel Park School District permission to use my image, name, and likeness (collectively, "Image"), or the Image of my child, in this manner without any further compensation to me.

I understand that if I do not agree to the use of my Image or the Image of my child, I must notify Bethel Park Recreation in writing upon registration.

SIGNATURE: _____
(Participant, or parent/guardian, if participant is under 18 years of age)

Please call the Recreation Office at 412-831-1328 if you have any question regarding this registration.
The Recreation Office does not contact participant to confirm registration unless there is a conflict, a change in day/date or class is full or cancelled.

OFFICE USE ONLY

Amount Due \$ _____ Amount Paid \$ _____ Staff _____

Cash _____ Check # _____ Credit Card _____

Account # _____ Activity Code # _____ Date received _____ Time _____



Bethel Park Recreation and Leisure Services
ACTIVITY REGISTRATION FORM

Separate form REQUIRED for EACH participant. You may DUPLICATE this form.

(PARTICIPANT)
FIRST NAME: _____ LAST NAME: _____

ADDRESS: _____

CITY: _____ ZIP: _____ BP Resident? Yes / No

PHONE: home () _____ cell () _____

BIRTH DATE: m ____ / d ____ / y ____ Current Grade: _____ Male / Female (circle)

Email address: _____

Please include any special needs: _____

Shirt size (where applicable): _____

1. Activity Name _____ Code no. _____

Day _____ Start Date _____ Time _____

Location _____ Fee Due \$ _____

2. Activity Name _____ Code no. _____

Day _____ Start Date _____ Time _____

Location _____ Fee Due \$ _____

PLEASE CONTINUE AND SIGN THE WAIVER BELOW:

Make check payable to: BETHEL PARK RECREATION Total amount enclosed \$ _____

Payment is from (print name) _____ cash _____ check # _____

Mail or drop off to: Bethel Park Community Center, 5151 Park Avenue, Bethel Park, PA 15102

I, _____ (Parent/ guardian or participant - print name), understand the rules, regulations, and risks associated with the activity for which I have registered myself, or have registered my child. By my signature, I agree to release and hold harmless and blameless the Municipality of Bethel Park, Bethel Park School District, and any employee thereof as to and regarding any liability, claims, damages, or loss whatsoever resulting from any accident or injury to me or my child or any damage to our personal property which I or those under my supervision or care might receive while participating in the above Recreation program(s).

I understand that Bethel Park Recreation provides opportunities for positive publicity by photographing and/or videotaping patrons at programs for use in local publications, newspapers, television, websites, and social media accounts. By signing this Activity Waiver, I grant the Municipality of Bethel Park and the Bethel Park School District permission to use my image, name, and likeness (collectively, "Image"), or the Image of my child, in this manner without any further compensation to me.

I understand that if I do not agree to the use of my Image or the Image of my child, I must notify Bethel Park Recreation in writing upon registration.

SIGNATURE: _____
(Participant, or parent/guardian, if participant is under 18 years of age)

Please call the Recreation Office at 412-831-1328 if you have any question regarding this registration.
The Recreation Office does not contact participant to confirm registration unless there is a conflict, a change in day/date or class is full or cancelled.

OFFICE USE ONLY

Amount Due \$ _____ Amount Paid \$ _____ Staff _____

Cash _____ Check # _____ Credit Card _____

Account # _____ Activity Code # _____ Date received _____ Time _____



SCHOOL DISTRICT CONTACT INFORMATION

INFORMATION833-5000

Call to hear important district news and school delay/cancellation information.

Central Administration

301 Church Road, Bethel Park 15102

Dr. James Walsh , Superintendent	854-8402
Dr. Zeb Jansante , Assistant Superintendent for Administration	854-8420
Elizabeth Wells , Director of Curriculum & Instruction K-12	854-8420
Mandi Figlioli , Director of Curriculum & Instruction K-12	854-8420
L. Douglas McCausland , Finance Director/Business Manager	854-8425
Sharon Kopy , Assistant Director of Finance	854-8445
David Muench , Director of Student Support Services	854-8410
Dr. Sarah Shue , Supervisor of Special Education	854-8410
Anthony Piscioneri , Director of Human Resources.....	854-8413
Brett Slezak , Director of Technology Services	854-8418
Scott Ziehler , Transportation Director	854-8414
Ryan Quinn , Director of Facilities and Services	854-8615
John Rambo , Director of Food Services	854-8754
Dan Sloan , Athletic Director	854-8548
Laura Grimm , Assistant Athletic Director	854-8548
Chris Gawlas , School Police Officer	854-8592
James Cromie , Director of Communication and Public Relations	854-8438

Bethel Park High School

309 Church Road, Bethel Park 15102

Joseph Villani , Principal	854-8571
Diana Fronczek , Assistant Principal Student Academics & Affairs (A-G).....	854-8518
Dr. Mark Korcinsky , Assistant Principal Student Academics & Affairs (H-O).....	854-8516
James Fodse , Assistant Principal Student Academics & Affairs (P-Z)	854-8580
Counselors Office	854-8595
Health Office	854-8550
Attendance Office	854-8572
Fax	854-8552
Records Office	854-8595
Activities Office	854-8514
Athletic Office	854-8548

Independence 7-8 Middle School

2807 Bethel Church Road, Bethel Park 15102

Racquel Sutton , Principal.....	854-8677
Dr. George Spalaris , Assistant Principal	854-8678

Neil Armstrong 5-6 Middle School

5800 Murray Avenue, Bethel Park 15102

Kenneth Patterson , Principal	854-8751
Sheryl Kremer , Assistant Principal.....	854-8756

Abraham Lincoln Elementary

1524 Hamilton Road, Pittsburgh 15234

Jay Johnson , Principal	854-8618
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Benjamin Franklin Elementary

5400 Florida Avenue, Bethel Park 15102

Teresa Doumont , Principal	854-8741
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Bethel Memorial Elementary

3301 South Park Road, Bethel Park 15102

Eric Chalus , Principal	854-8506
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George Washington Elementary

515 Clifton Road, Bethel Park 15102

Fred Pearson , Principal	854-8546
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William Penn Elementary

110 Woodlet Lane, Bethel Park 15102

Brian Lenosky , Principal/Director of Cyber/Alt. Learning Options	854-8522
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VISIT US ONLINE @ www.bpsd.org

BOARD OF SCHOOL DIRECTORS



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Bethel Park Buses Temporarily Housed at South Hills Village

In the fall, you may have noticed that Bethel Park's entire school bus fleet was operating out of the South Hills Village Mall parking lot, adjacent to the Pittsburgh Regional Transit station and the South Hills Village Parking Garage. BPSD's fleet was temporarily housed there from the start of the school year through the beginning of November.

That move became necessary as the school district overhauled its permanent bus garage on Industrial Boulevard. The major construction project dramatically improved all the systems necessary to house and maintain a 21st century school bus fleet, including new water retention trenches and installing systems and pipe fittings that could one day support a fleet of electric school buses.

"We had the opportunity to dramatically improve our bus garage, but we needed to find a large enough space to place our school buses that was relatively convenient and which wouldn't cause a whole host of other issues on one or more of our campuses," said Assistant Superintendent **Dr. Zeb Jansante**. "We reached out to Simon Property Group to solicit their help, and we are extremely grateful for their partnership throughout this process."



FOLLOW THE BETHEL PARK SCHOOL DISTRICT ON SOCIAL MEDIA

You can stay up-to-date with the Bethel Park School District by following us on Twitter, LinkedIn, Instagram and Facebook!

Go to [@bpsdinfo](https://twitter.com/bpsdinfo) on Twitter or "Bethel Park School District" on Facebook, LinkedIn and Instagram to keep up with the latest happenings!

ADMINISTRATION

Messages From...

DR. JAMES WALSH - Superintendent

*"We must dare to be great, and we must realize that greatness is the fruit of toil and sacrifice and high courage."
- Theodore Roosevelt,
26th US president*



Every day in Bethel Park, we can find students and staff who dare to be great. They commit themselves deeply to their passions, be it academics, like AP courses or foreign languages; competitive academic clubs like the Science Olympiad or DECA; or athletics, like volleyball or baseball. My pride is deepened by the impressive students and staff who fully commit themselves through their toils and sacrifices and in return, find greatness for themselves and this community. All of these passionate people have shown us time and again their readiness for the world. They also stir the pride in and admiration of all of Bethel Park. By their example, we are a better school community. I am reminded of baseball great **Roberto Clemente's** words, "Accomplishment is something you cannot buy. If you have a chance and don't make the most of it, you are wasting your time on this earth." I am most grateful for these "passion pursuers" in our school district; you have earned the National Blue Ribbon for Bethel Park High School.

Just wait if you have not yet found a passion that captures your every interest and attention. Continue to explore new things. Be welcoming of new ideas and people as they may reveal your potential. Take some risks, things that look hard or out of reach. Do not succumb to the culture of social loafing. The world will continue to turn, and time will evolve with or without your help. Remember, your greatness is the fruit of YOUR toil, sacrifice, and high courage.

*"The test of a first-rate intelligence is the ability to hold two opposed ideas in the mind at the same time and still retain the ability to function. One should, for example, be able to see that things are hopeless and yet be determined to make them otherwise."
- F. Scott Fitzgerald, Writer*

Can you tell I am an old English teacher? My writing is replete with quotes and metaphors.

This Fitzgerald quote speaks to the challenge of our teachers to grow students into independent thinkers and, at the same time, good collaborators. We want to nurture our students as problem-finders as well as problem-solvers. We want our students to be critical, convergent, creative, and divergent thinkers. This is our unique challenge; we want Bethel Park students to pass Fitzgerald's test of "first-rate intelligence." Thanks to the faculty and administration for daring to be great every day. I am also proud of the students who strive for the same. It is your consistency, commitment, and effort that matter to us.



Strategic Plan Update

Last month marked one year since the Board of School Directors adopted the 2021-26 strategic plan. It was a long time in the making and a labor of over 60 committed and visionary stakeholders. There were two priorities directing its creation: (1) to be stakeholder driven and (2) to establish the vision and the plans to make Bethel Park "best in class" in all areas. Seventeen goals under six sub-headings were identified, each with a specific area of focus and action steps to guide implementation. You can see a copy of our plan by visiting our website at <https://www.bpsd.org/StrategicPlan2021-2026.aspx>. Here are the accomplishments for the first year:

- (1) Initiated a curriculum review and mapping project by adopting curriculum framework and an online curriculum warehouse, as well as provided teacher training.
- (2) Instituted a Curriculum Council.
- (3) Implemented the Measures of Academic Progress benchmarking assessment system and instituted data analysis meetings in every building.
- (4) Started training faculty and administrators on the "multi-tiered systems of support" and Universal Design for Learning.
- (5) Participated fully in the National Math & Science Initiative to increase student participation and success with advanced coursework.
- (6) Infused S.T.E.A.M. activities into the school experience such as "Dot Day."
- (7) Expanded social and emotional services and programs in every building by adding social workers and S.A.P. Teams.
- (8) Expanded the STAND program to all buildings.
- (9) Completed the facilities study and adopted a Facilities Master Plan. Moved forward with the recommendations for elementary building consolidation and IMS renovation.
- (10) Enhanced professional development programs and employee wellness program offerings.

We've done a lot, but there is so much more to do. We have four more years to achieve all 17 goals. Be assured, we will keep our sleeves rolled up and arms locked together to get this done. We are proud of the work we are doing. We believe our plan is powerful; it will get us to "best in class" one lofty goal at a time.



A Message From... BARRY CHRISTENSON School Board President



I've talked about our Strategic Plan in previous *Chronicles* editions and how it provides a roadmap for strengthening our academic performance. The facilities component of the Strategic Plan is about optimizing our physical assets to deliver 21st-century instruction in the safest environment and at an affordable cost. Now, I'd like to talk about the affordability of our facilities plan, which I know is important to all taxpayers.

First, a brief update on our facilities plans. We are currently renovating Independence Middle School (*IMS*) and increasing its capacity to accommodate an additional grade level. *IMS* will once again become a 6-8 building and focus on delivering an authentic middle school curriculum. Also, our five elementary schools and Neil Armstrong Middle School will each be consolidated into a new K-5 center, adding full-day kindergarten on the current site of Neil Armstrong.

As we evaluated our options earlier in this process, renovating our existing buildings was initially considered. Our current elementary buildings and Neil Armstrong have not seen significant renovations in decades. Most major systems, like the HVAC mechanical systems, plumbing systems, electrical systems, and all the doors and windows, would need to be replaced. Plus, ADA accessibility requirements have changed drastically since these older buildings were constructed, which would require significant investment to bring them up to code. In the end, we learned that the costs to build a new state-of-the-art facility with 21st-century learners in mind and modern concerns would have been roughly the same as renovating the six aging buildings built at a very different time. We also realized over time that even with all that investment, we would still have six aging buildings that are not optimized for achieving our academic goals or protecting our students and staff.

This is why investing in a K-5 center makes sense and even more so considering the impact on operating costs. We expect a net operating cost improvement of about \$2.5 million to \$3 million per year due to staff, utilities, and maintenance savings. We also project better utilization of support services, special education, gifted programs, and STEAM investments, which will deliver higher quality services at further reduced costs.

With all of these benefits of our facilities plan, affordability of the construction investment and resulting debt payment is still paramount to the plan being feasible and good for Bethel Park. The good news is that we have a unique financial opportunity window that provides considerable support in making this plan affordable and minimizes the tax impact on Bethel Park residents. This opportunity stems from the fact that nearly two-thirds of our instructional staff will be eligible to retire within the next five years. As this group retires from the top of the pay scale, we intend to replace them with new hires starting at nearly half the total cost. This reduction in payroll costs, and our ability to shift the existing budget to debt payment, are extremely significant considerations when one understands that nearly 80% of the district's overall costs are salary-related.

We cannot commit to zero future increases in property taxes to support our investment in facilities, but I believe a few final points are worth keeping in mind:

- The cost of doing nothing is not free. Our existing elementary buildings would have required approximately the same level of investment just to refurbish them, and the result would not have provided any advantages over today's operating costs.
- Our current millage rate is lower than our neighboring districts, which also provide leading academic programs. Bethel Park's annual millage rate has only increased by about 2.4% since 2015, while the district's costs have increased by up to 25% due to inflation.
- The district and board will remain committed to getting the most educational value from every taxpayer dollar we spend.

I hope this brief overview of the affordability of our facilities plan has been interesting and helpful. I welcome any feedback or questions that you want to share. Please feel free to contact me at christenson.barry@bphawks.org.

Quinn Hired as Facilities and Services Director

Bethel Park's new Director of Facilities and Services, **Ryan Quinn** started in August. Quinn comes to Bethel Park from Kennywood, where he served as the longtime maintenance manager.

Quinn says he is most excited about getting the facilities to look as nice as possible while also being functional and safe. "We often talk about being 'Best in Class' in all areas and that includes our facilities. We need to upgrade our facilities in some areas and put processes in place that will help us maintain the facilities we already have," he said.

Bethel Park is in the midst of a \$40 million renovation of Independence Middle School and will break ground later this summer on a \$95 million elementary center, which will sit on the campus of the current Neil Armstrong Middle School. Bethel Park is also completely renovating its school bus garage and it is adding a restroom and concession stand to the artificial turf fields adjacent to the high school.

"It is a very exciting time to be at Bethel Park," he said. "We are making massive upgrades to aging or non-existent facilities that our families need and which will soon vault us to being among the top area school districts on the facilities front."

Quinn lives in Bethel Park with his wife, **Jamie**, also a district employee and their sons, **Nate** and **Jake** (12) and **Ben** (10). He succeeds **Nick Fierst**, who left over the summer for a similar position with the West Jefferson Hills School District.



Bethel Park Students Get Free Breakfast for the Rest of the School Year

Nutritionists and educational experts alike have long agreed that breakfast is the most important meal of the day and now through the end of the 2022-2023 school year, Bethel Park School District students will be among the nearly two million Pennsylvania students who can get free breakfast regardless of their socioeconomic status thanks to Governor Wolf's new Universal Free School Breakfast Program that began in October.

Vonda Ramp a State Director for the Child Nutrition Programs in the PA Dept. of Education says, "Everybody qualifies, everybody's eating, and it's good for everybody."

According to Ramp, 3,423 Pennsylvania schools participate in the school lunch program, while 3,170

of those schools participate in the school breakfast program. "So that 93 percent of the schools that participate in lunch are also providing the breakfast program," she said, adding that only PA schools that participate in the free lunch program can participate in the free breakfast program.

According to state guidelines, for breakfast to be free, it must consist of three items, including fruit or fruit juice. A la carte items are not a part of the free breakfast program. Also, students need not pre-order their meals.

John Rambo, of Metz Culinary Services, which provides meals for Bethel Park students, says breakfast consumption has drastically increased since October, with some schools' breakfast needs tripling. Rambo says the state's breakfast program was announced and implemented without much-advanced notice. It has caused his department to adjust to meet the increased demand. "It has been very challenging from a staffing and food sourcing perspective," he said. "However, we also understand that our students can't thrive on an empty stomach and we are proud to do what we can to help them succeed."

Rambo also notes that this change only applies to the School Breakfast Program in the 2022-2023 school year and does not affect a student's eligibility for lunch (*free, reduced, and paid, respectively*). The district also accepts applications for the Free and Reduced Lunch program. Should you have any questions, please contact Rambo at rambo.john@bphawks.org; or by calling 412-854-8754.





BETHEL PARK FACILITIES PROJECTS

Bethel Park School District is very proud of its highly regarded schools and well aware of the role modern facilities play in providing excellent learning spaces for the children of the community. As with owning a home, however, sooner or later, items need to be maintained, repaired, or replaced.

The School District has a number of high-priority facility needs that will require maintenance, repair or replacement in the near future. Therefore, as part of our Strategic Plan, a comprehensive evaluation of our facilities was commissioned by the District to proactively plan for the future.

To address this need, Bethel Park School District assembled a team of community volunteers who served on the Facilities Subcommittee. Due to the nature of the committee's work, these volunteers included people with diverse backgrounds in various areas.

The volunteers on the Facilities Subcommittee spent several months reviewing the state of Bethel Park School District's facilities and offered their input that will be used as part of the district's Master Facilities Plan. This included some of the facility-related capital projects that were identified in a recent Facilities Study completed by Hayes Design Group Architects.

The Master Facilities Plan will be instrumental as we continue to provide quality educational programs for academics, athletics, the arts, and recreational programs to Bethel Park students and community members for years to come. This special section is designed to give Bethel Park residents insight into the district's current projects, upcoming projects and its decision-making rationale.

Also, the district has a website dedicated to the ongoing construction projects, [www.https://bpsdbestinclass.org](https://bpsdbestinclass.org). Please go to that site for the latest news on each of the various construction projects.

A MESSAGE FROM DR. WALSH

*"School is a building with four walls and tomorrow inside."
- Lon Watters*

What do you remember about your elementary school? Is it the first friend you made? A favorite teacher who always greeted you with a smile? Or was it something about the building itself?

Our students spend many hours every day in our schools, and our goal as educators – and as a community – is to prepare them today to be the leaders of tomorrow. We want to ensure we offer the same Best-in-Class education to all students regardless of their neighborhood. The best way to do this is to bring all of our elementary students together. As you know, we will soon break ground on a brand new K-5 center on the campus of Neil Armstrong Middle School that will open its doors in time for the 2025-2026 school year.

"There has been talk for years about this idea, but why are we finally deciding to do it now?"

That's a question we've been asked as a district many times since we announced our plans to create the new K-5 building. Honestly, there are a lot of reasons for this decision but here are just a few:

- Our current elementary schools do not support 21st-century learning the way we'd like them to or how our students and staff need them. They've been great schools for a very long time, but they are now dated. Memorial Elementary School, for instance, was built in 1949. Its name was chosen as an homage to soldiers lost during World War II. Education has changed a lot in the last 73 years, and no building built before the advent of television much less the Internet can possibly meet the demands and necessities of a class in the mid-21st century. Gone are the days of film strips, chalkboards, and direct instruction. Today's classrooms need to be equipped for STEAM and STEM projects, student collaboration, and new and emerging technology.
- We are currently in a situation where a significant percentage of our staff could retire over the next few years. This creates a once-in-a-lifetime window of opportunity to invest significantly in our students without compromising ourselves financially.

("Dr. Walsh" cont. pg. 45)

Elementary School Plans



NEW ELEMENTARY SCHOOL



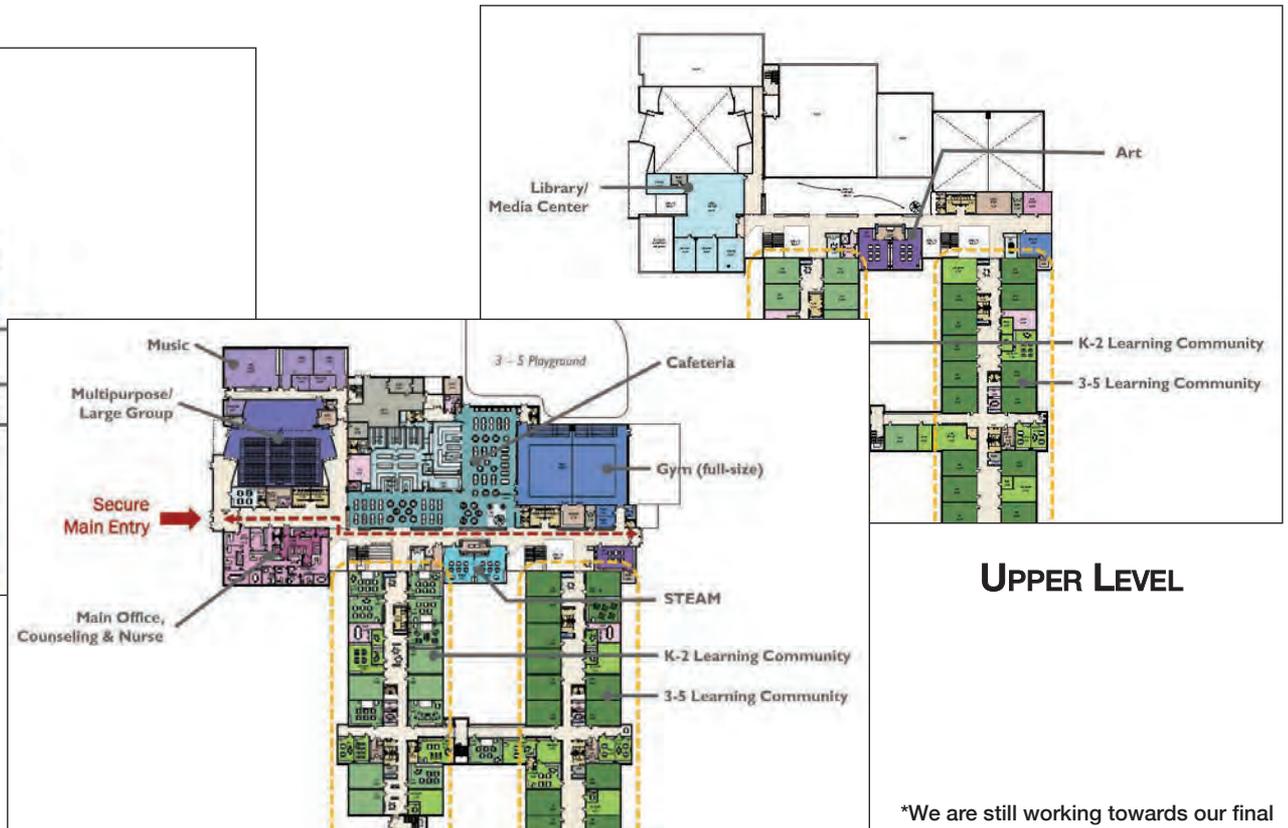
NEW ELEMENTARY SCHOOL LAYOUT



NEW ELEMENTARY SCHOOL ENTRY



LOWER LEVEL



MIDDLE LEVEL

UPPER LEVEL

*We are still working towards our final design, so please note that all renderings and plans are subject to change.

Other Projects

INDEPENDENCE MIDDLE SCHOOL RENOVATION



The renovation of Independence Middle School began in May of this year, continued through the summer and is rapidly progressing. That project is expected to be completed by the end of 2023.

Phase 1-A included the complete demolition of the main office and part of the main floor. That space has been reimagined into a new modern office area with a much more secure vestibule and more meeting spaces for counselors and administrators. It also provides greater student access to the district's counseling services. When completed, that area will also include enough classrooms to accommodate the inclusion of sixth grade students, who are scheduled to join the school in time for the 2025-2026 school year. In the meantime, the newly renovated space will serve as temporary classrooms for students in grades 7 and 8 until construction is completed.

Phase 1-B started in September and was implemented to create a clear barrier between the renovations happening at the school and day-to-day learning. That phase is addressing the balance of the sixth grade wing but will not impact areas like unified arts and music.

In December, the district will begin the multi-pronged Phase 2, which will include renovation of the auditorium, gymnasium locker rooms and second floor. That will be followed in the ensuing months with renovations of the gymnasium itself, the unified arts spaces and the music rooms.

The project will conclude with the renovation of the school's library, which is currently housing three temporary classrooms.

Photos and videos of the progress that is being made at IMS are included on the district's facilities website, www.bestinclass.org.

HIGH SCHOOL CONCESSION AND RESTROOM FACILITY

The Municipality of Bethel Park and the Bethel Park School District are partnering on a restroom and concession stand facility at the turf practice and softball fields adjacent to the high school. Everyone agrees that a concession area and outdoor restroom facility, which a grant from Allegheny Health Network will partly underwrite, is much needed and long overdue for such a high-traffic area.

The \$280,000 facility was a part of the high school's original plan when it was built in 2012 but was scrapped due to financial considerations. Over the past several years, however, rental fees for storage facilities and temporary restrooms have risen to the point where it is no longer cost-effective or practical.

The district is leading the site's development and has chosen a relatively modest concrete modular building to meet its stakeholders' needs best. The new facility will have two restrooms, a concession stand, and storage for some of the school's athletic teams that often use those fields. The pre-constructed modular units are expected to be shipped to the school sometime this spring. A concrete pad and the utilities will be prepared to accept the building before the delivery. The whole process should be complete by summertime.

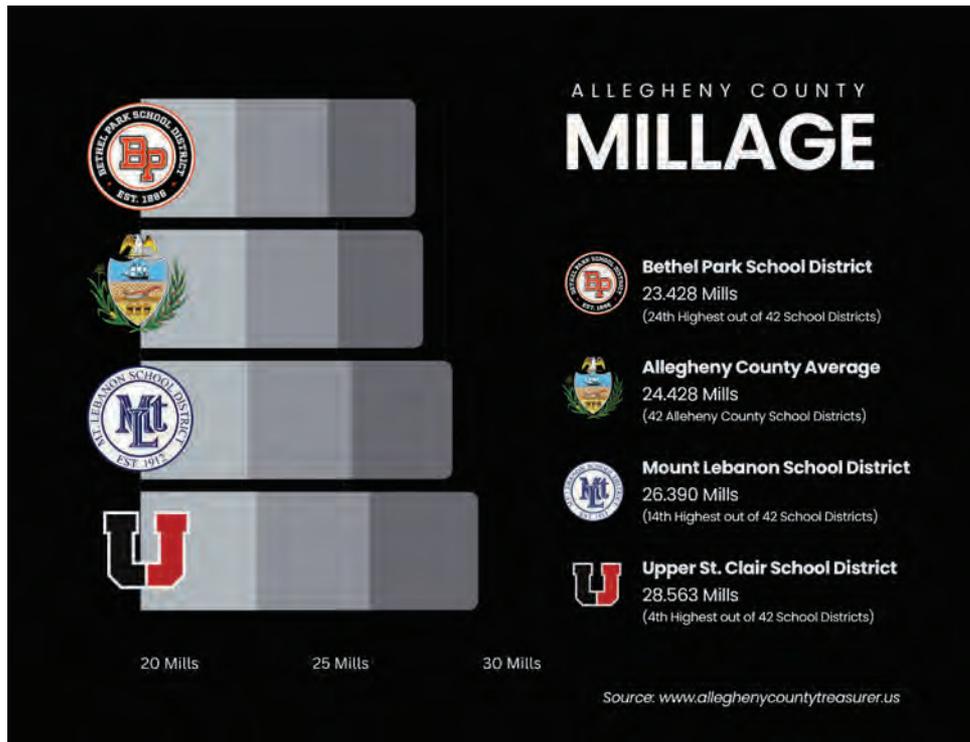


BUS GARAGE RENOVATION



If you've been to South Hills Village anytime in the past several months you have undoubtedly noticed that Bethel Park's school bus fleet has been housed in the mall's west parking lot, adjacent to the Pittsburgh Area Transit parking garage. That temporary transition became necessary while Bethel Park modernized its bus campus on Industrial Boulevard. Those buses will soon make their way back home as crews complete work to complete the anticipated \$2 million dollar project which will feature a greatly improved water collection system, a repaved parking lot, enhanced security and updated diesel warming stations. The newly renovated area also provides the infrastructure to service electric school buses should they become a reality down the road.

History of our Schools and Financial Consideration



DR. WALSH MESSAGE

(cont. from pg. 42)

- Security is also a significant consideration, and it would be disingenuous to pretend otherwise. Our current schools are as safe as we can make them, but they were all built decades ago, during a very different time, with vastly different priorities in mind. Nowadays, student and staff safety must be the top priority in any new facility. It will be one of the fundamental drivers in the district's decision-making with the new elementary center.

It is imperative to understand that the new K-5 building is an investment, not an expenditure. We are investing in our students by giving them the same opportunities that students are already getting in many other Western Pennsylvania school districts. It also can't be ignored that we are investing in our community. Bethel Park currently ranks 24th out of 42 for millage rates in Allegheny County. And the money the district will spend on the new elementary center would have been spent on bringing the six older buildings up to ADA compliance.

We ultimately decided, after careful consideration, that it was in everyone's best interests to create a school of the future instead of renovating and maintaining older buildings that weren't designed for today's students' needs.

And for those members of our community who are nervous about combining all of our students into one building instead of having five separate community schools...we hear you. We understand you are nervous about losing the small school feeling. But remember that the magic of each building is with the people inside. It's the people that create the community. Those same people will be in the new school. Moreover, the designers are making the new school feel small with a distinct identity for each grade.

We will still ensure our students feel like they are part of a community. Students will still receive the attention they did in separate schools and much more. Our new school will have an all-day kindergarten, and our specials teachers will be in the building with all of our students five days per week instead of moving from building to building each day. This will only help enhance the relationships our students have with their teachers.

We owe this once-in-a-lifetime opportunity to our students and this community; we believe they deserve it.

BETHEL PARK SCHOOLS When they were built

2012	Bethel Park High School opens on Church Road. That building replaced the former campus set up that had been in place since the 1950s. Barack Obama was the US President. The retail price for a gallon of gas averaged \$3.91.	
1975	Independence Middle School opened as North Middle School. The building's name was changed the next year to celebrate America's bicentennial. Gerald Ford was the US President. The Steelers won the first of their NFL-record six Super Bowls. IMS is currently being renovated.	
1970	Neil Armstrong Middle School opened on Murray Avenue. The building was named after the first human to walk on the moon. Richard Nixon was the US President. The first Earth Day was celebrated and the Environmental Protection Agency was born. NAMS was renovated in 1990.	
1966	George Washington Elementary School opened on Clifton Road. Lyndon B. Johnson was the US President. "The Sound of Music" won five Oscars at the 38th Academy Awards. Washington underwent renovations in 1991.	
1965	Abraham Lincoln Elementary School opened on Hamilton Road. President Johnson signed the Voting Rights Act into law, which guaranteed African Americans the right to vote. Lincoln was renovated in 1993.	
1961	William Penn Elementary School opened on Woodlet Lane. John F. Kennedy was the US President. Construction of the Berlin Wall began in East Germany. Harper Lee received a Pulitzer Prize for her novel "To Kill a Mockingbird." Penn was renovated in 1993.	
1955	Benjamin Franklin Elementary opens on Florida Avenue. Dwight D. Eisenhower was the US President. The polio vaccine was developed by the University of Pittsburgh's Dr. Jonas Salk. Franklin was renovated in 1990.	
1949	Memorial Elementary School opened on South Park Road. It's name was chosen to honor the fallen soldiers of the recently concluded WWII. The six surviving veterans of the American Civil War met in Indianapolis for the final GAR encampment. The "Hollywoodland" sign officially became the "Hollywood" sign. Harry Truman was the US President. Memorial was renovated in 1991.	

BETHEL PARK SCHOOLS

Wolf, Peterson Each Named to PMEA District 1 Honors Orchestra

Senior **Samantha Wolf** and junior **Katie Peterson** have each earned recognition on the Pennsylvania Music Educators Association (PMEA) District 1 Honors Orchestra. They each perform under the tutelage of Orchestra teacher, **Mrs. Stephanie Glover**.

The Bethel Park High School violinists, who each performed live before a panel of judges, were selected for the highly competitive ensemble among high school students who auditioned from across Southwestern Pennsylvania.

The selected students later had the opportunity to perform alongside other elite student at Fox Chapel High School under the guidance of guest conductor **Dr. Robert D. Gardner**, Associate Professor at Penn State's School of Music.

Bethel Park Celebrates National School Bus Safety Week



John Schwalm and Superintendent Dr. Walsh

In October, Bethel Park School District celebrated National School Bus Safety Week with a variety of initiatives designed to promote student safety on school buses and to remind those who work in the district's transportation department how important they are to the educational process. The administration also surprised the school bus drivers with donuts, coffee and Bethel Park hoodies.

According to School Bus Fleet, in the 2018-19 school year, the most recent year for accurate data, an estimated 479,867 yellow school buses provided daily transportation to students in the United States.

- o More than 25 million children ride school buses daily throughout the United States.
- o That accounts for 47,000,000 trips daily – before you include an estimated 5,000,000 more for activity trips.
- o Roughly 54% of all K-12 students in the United States rely on school bus transportation.

National School Bus Safety Week reminds students, parents, teachers, and the community to keep school bus safety at the forefront.

BPMS Music Boosters Celebrates 50 Years of Hoagie Sales

In the fall of 1972, **Richard Nixon** was still the President of the United States and most people had never heard of the Watergate Hotel. Also, at that time, the average cost of a new home was under \$28,000, gas was just \$0.36 per gallon, **Don McLean** released "American Pie," and "The Godfather" and "Deliverance" were dominating the box office, the only way audiences could watch movies, new or old. Also, 50 years ago this fall, the Bethel Park marching band began selling hoagies on an annual basis.

And while much has obviously changed over the past half-century, there have been a few constants, including the Bethel Park community's unwavering support of the music boosters' annual hoagie sales.

"Bethel Park is a community that expects music excellence, but they also support it," said marching band director, **Chad Thompson**. "That's evidenced by the fact that we are able to sell an obscene amount of hoagies each year."

Nowadays, the hoagies are sold by the music booster organization, which represents the school district's entire music department including all forms of band and orchestra as well as chorus.

Last year, Bethel Park's music boosters sold approximately 85,000 hoagies over the course of five separate sales. That averages out to roughly 17,000 hoagies per sale!

"The music boosters' hoagie sales account for roughly 95-percent of their annual revenues," said **Janice Brusoski**, the organization's president. "It's not just a fundraiser; it's our life-blood. It's how we are able to afford trips to Disney World, Myrtle Beach and other wonderful experiences for our kids."

According to lore, when the hoagie sales began in the early 70s, small student-musician groups would canvass the community and would put on short performances in the various Bethel Park neighborhoods and enclaves before taking orders from the impressed residents. Those mini-performances benefitted the program in many ways including in building the music department's reputation as an elite department in Western Pennsylvania, a mantle it still enjoys today.

"When my husband and I were looking to buy our forever home, we picked Bethel Park because of its strong reputation overall but especially for its music department," said Brusoski. "It was that important us."

While the lettuce is pre-shredded, the rest of the hoagie assembly process is strikingly similar to how Bethel Park students made hoagies back before the Steelers had won any Super Bowls. Students and parents still slice fresh tomatoes, and hoagies are assembled by teams of eager, if weary volunteers.

"We always start early and usually after three or four hours, we are ready to make our deliveries," said **Bob Doman**, the music boosters' vice president. "We have a lot of help and everyone works hard but we also have a lot of fun."

Thompson, a Bethel Park alum, says not much has changed since he was selling hoagies as a student in the late 90s. "Now, we use a Google Form instead of calling on a landline, but everything else is strikingly similar," he laughed.

According to student director **Rebekah Tupper**, one of the keys to the sale's long-term success has been that the client list has been passed down from generation to generation.

"We all have our hoagie lists, and all the seniors, they find a freshman who's up and coming and getting ready to sell hoagies. We'll pass on that hoagie list that we created," she said. "I was given a list when I was a freshman and when I leave, I will definitely pass on my list too."

"My hoagie list is from my neighborhood and it is definitely 50 years-old," said Brusoski.

One relatively new but important tradition began in 2008 when the music boosters introduced the concept of a "mission hoagie," in which members of the community can purchase a hoagie to be donated to an area shelter or mission.

"That idea came straight from our students and it has been arguably the greatest wrinkle we've had since the program began decades ago," said Thompson. "We are very proud of that aspect of our sale because not only are the hoagies supporting the community figuratively, they are also supporting it in very practical ways as well."

According to Brusoski, since 2008, more than 200,000 mission hoagies have been donated to local charities, including the Washington County Food Bank and City Mission.

The first two sales of this year were held in September and November respectively. The next sale will be held in January.

"I didn't grow up in Bethel Park and I teach in a different school district," said Brusoski. "The sense of community here is special and the hoagie sale is a perfect representation of that close-knit culture we have here."

For more on the hoagie sale or Bethel Park Music Boosters, visit <https://bpmusicboosters.com>.



Bethel Park High School Named National Blue Ribbon School

Bethel Park High School has been selected as a 2022 National Blue Ribbon School by the U.S. Department of Education.

U.S. Secretary of Education **Miguel Cardona** announced during his Road to Success Back to School bus tour that BPHS has been as National Blue Ribbon School for 2022. The recognition is based on a school's overall academic performance or progress in closing achievement gaps among student subgroups.

The honor is confirmation of the hard work of students, educators, families and communities in creating safe and welcoming schools where students master challenging and engaging content.

"I applaud all the honorees for the 2022 National Blue Ribbon Schools Award for creating vibrant, welcoming, and affirming school communities where students can learn, grow, reach their potential, and achieve their dreams," said Secretary Cardona. "As our country continues to recover from the pandemic, we know that our future will only be as strong as the education we provide to all of our children. Blue Ribbon Schools have gone above and beyond to keep students healthy and safe while meeting their academic, social, emotional, and mental health needs. These schools show what is possible to make an enduring, positive difference in students' lives."

The National Blue Ribbon Schools Program recognized 297 schools from all across the country in two categories: (1) Exemplary High Performing Schools, or those schools that are among a state's highest-performing schools as measured by state assessments or nationally-normed tests; and, (2) Exemplary Achievement Gap Closing Schools, or schools that have made significant progress in closing achievement gaps between subgroups and all students over the past five years. Bethel Park High School is being recognized as an Exemplary High Performing School.

"We are humbled to be named a National Blue Ribbon School by the U.S. Department of Education," said Bethel Park High School Principal **Joseph Villani**. "This recognition is a testament to the hard work and commitment to success from all members of our school community including our dedicated teachers and staff members, our determined administrators, and our outstanding students; combined with the unwavering support of our families and stakeholders.

"This national recognition affirms our work and the course we are on and further aligns with the Bethel Park High School motto: 'Built on Tradition, Focused on the Future.' And while we are extremely grateful for this honor, we remain committed to bringing continued success to everything we do at Bethel Park High School."

In 2022, Bethel Park High School had a 99 percent graduation rate with 91 percent of graduates enrolled in post-secondary institutions or apprenticeships and approximately nine percent enlisting in the military or entering Pennsylvania's workforce. In the Keystone tested subjects, over the past four years, the composite scores of Bethel Park students have risen by a minimum of 5 percent in the core areas of Math, Science and English. That dramatic improvement along with other achievements in standardized tests and student supports played a significant role in this recognition. It also

contributed to Bethel Park High School's rise to No. 14 in the Pittsburgh Business Times' most recent rankings of all area schools.

BPHS offers numerous rigorous courses, including 19 Advanced Placement (AP) courses, 13 College and High School (CHS) offerings and 32 Honors courses. Beginning with the 2021-2022 School Year, Bethel Park High School has partnered with the National Math + Science Initiative (NMSI) to encourage more student involvement in AP instruction and assessments. In 2022, 168 students chose to take AP exams with a total of 299 AP exams, a 30 percent increase over the previous year. Of those exams, 74.4 percent of students earned a qualifying score, a 3.4 percent increase from 2021.

"This is indeed a tremendous honor for the entire Bethel Park community: to have our flagship school honored nationally speaks to the great commitment of this community to a 'Best in Class' education. I am extremely proud of the administration and faculty, and most of all our students, for earning this incredible distinction for all of Bethel Park," said Bethel Park School District Superintendent **Dr. James Walsh**.

With its 39th cohort, the National Blue Ribbon Schools Program has bestowed awards to approximately 9,000 schools nationally since 1982. In 2022, Bethel Park High School joins Arts Academy at Benjamin Rush in Philadelphia to become just the 36th and 37th Pennsylvania high schools to receive this distinction.

The National Blue Ribbon School award affirms and validates the hard work of students, educators, families, and communities in striving for – and attaining – exemplary achievement. The U.S. Department of Education will honor all 2022 recipients at an awards ceremony to be held Nov. 3-4, 2022 in Washington, D.C. Before that event, Bethel Park High School plans to host a school-wide celebration with that date and time still TBD.

For more information on Bethel Park High School's National Blue Ribbon School qualifications, please visit our website, www.bpsd.org.



Principal Joseph Villani



Four BPHS Students Recognized by National Merit Scholarship Program

Four Bethel Park High School seniors have been named Commended Students in the 2023 National Merit Scholarship Program. They are seniors **Clara Moir, Katharine Tena, Lucas Varley** and **Jeon Varghese**.

The National Merit Scholarship Program is an academic competition for recognition scholarships that began in 1955. Approximately 1.5 million high school students from more than 21,000 high schools enter the program each year. Of that pool, some 34,000 receive Letters of Commendation in recognition of their outstanding academic performance.

"Those being named Commended Students have demonstrated outstanding potential for academic success," commented National Merit Scholarship Corporation president, **Timothy E. McGuire**. "These students represent a valuable national resource; recognizing their accomplishments, as well as the key role their schools play in their academic development, is vital to the advancement of educational excellence in our nation. We hope that this recognition will help broaden their educational opportunities and encourage them as they continue their pursuit of academic success."

Commended Students place among the top 50,000 students who entered the 2023 competition by taking the 2021 Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMST), but do not continue in the 2023 competition for National Merit Scholarship awards.

"We are very proud of the students who achieved this national recognition," **Joseph Villani**, BPHS principal, said. "It is reflective of their hard work and dedication to learning."



Jeon Varghese, Clara Moir, Katharine Tena and Lucas Varley



Melody's Movement

Last spring, after sustaining a fractured arm while doing a cartwheel, six year-old **Melody Sable**, a first-grader at Memorial Elementary School, was rushed to the hospital where she was eventually diagnosed with Ewing sarcoma, a form of cancer that typically affects children and young adults.

"Bethel Park is a close-knit community that can always be counted on to come together in support of one of its students," Memorial Elementary school nurse **Sherri Allsopp** said. In September, Memorial hosted an unconventional fundraiser that helped raise more than \$3,000 for Melody and her family.

Students gathered up all their loose change from their cupboards and couch cushions and around their respective homes and brought it to school. They also dressed in various theme outfits all in support of Sable, who has already been through multiple rounds of chemotherapy at UPMC Children's Hospital of Pittsburgh.

Allsopp and teachers **Mrs. Keri Spell**, **Mrs. Erin Sweeney**, and **Mr. Gavin Calgaro** coordinated efforts with the school's PTA to run the event.

"We decided to start with the change drive because we knew that would be easy to pull off," said Allsopp.

"It's such a simple thing and it can make an enormous difference for the Sable family. Who doesn't have loose change lying around," asked Spell?

Allsopp estimates that approximately 75-percent of the students participated in the fundraiser. "We are all very thankful to have such overwhelming community support," she said.

Sweeney is Melody's classroom teacher and her class raised the most money in the coin drive with \$316.12. "My students treat Melody just like they treat everyone else, with kindness and respect," she said. "This is just an exceptionally kind group and I am very fortunate to teach them."

Mrs. Jennifer Saussol's class also raised more than \$300 for the cause.

Sweeney said one of her favorite events is Melody's Movement Mondays at Memorial. "Each Monday, everyone wears their Melody's Movement t-shirts as a way to demonstrate their support," she said, adding that they have already sold more than 200 t-shirts and are still taking orders. After costs, all of the money raised is directly benefitting the Sable family.

"Melody has been such a trooper through all of this," Sweeney said. "This week, she made it through the entire school day which she hadn't done since her original diagnosis."

"You can't help but love her."

Next up for Melody will be multiple rounds of radiation. "It's definitely an incredible challenge for such a young person to face but if anyone can handle this it's Melody," said Calgaro.

The team at Memorial is planning more fundraisers in the Spring but those details are still being developed.



Melody Sable (left),
Mrs. Erin Sweeney's class (above)

Melody's aunt **Carly Campbell** has also posted a GoFundMe page to help cover some of

the unexpected expenses that the family is facing. "(Melody's mother) is giving all her undivided attention to Melody during her stays and struggles outside of the hospital so that her husband can continue to support her and their three children. As many know, an abrupt and sudden change in life can be very overwhelming and with medical costs and personal bills, we want to try to make this transition a little easier for them and their kids so that they can solely focus on Melody and her Movement," she wrote.

For more information or to help contribute to the Melody's Movement GoFundMe fundraising effort, visit <https://www.gofundme.com/f/melodys-movement>.



38 BPHS Students Recognized as AP Scholars

Thirty-eight Bethel Park High School students were named Advanced Placement Scholars by the College Board recognizes students who have demonstrated college-level achievement through Advanced Placement Courses and Exams.

Students who take AP Exams can earn college credit, advanced placement, or both for successful performance on the AP Exams. Approximately 22 percent of the 2.8 million students worldwide who took AP Exams in 2022 performed sufficiently high to earn an AP Scholar Award.

Six students were named AP Scholars with Distinction for receiving an average score of at least 3.5 on all AP Exams taken, with scores of 3 or higher on five or more of these exams. Bethel Park's AP Scholars with Distinction are 2022 graduates **Sara Ackerman (West Virginia)**, **Keelan Donovan (Northeastern)**, **Oluwatoyosi Egbegi (Harvard)**, **Lily Gaston (Johns Hopkins)**, **Victoria Hoffman (Delaware)**, and **David Jakel (Purdue)**.

Six students were named AP Scholars with Honor for receiving an average score of at least 3.25 on all AP Exams taken, with scores of 3 or higher on four or more of these exams. They are 2022 graduates

Thomas Crooks (CCAC), **Macy Mathias (Carnegie Mellon)**, and **Anastasia Williams (Pitt)**; as well as seniors **Diksha Adhikari**, **Olivia Massari**, and **Lucas Varley**.

Twenty-six students were named AP Scholars for receiving scores of 3 or higher on three or more AP Exams. They are 2022 alumni **Ryan Brekosky (Penn State)**, **Megan Cunningham (Pitt)**, **Sarah D'Angelo (Youngstown State)**, **Owen Dale (Penn State)**, **Meghan Erfort (Pitt)**, **Kristie Faber (Waynesburg)**, **Lily Marchand (Point Park)**, **John Robert (Pitt)**, **Frederick Schein (South Carolina)**, **Sara Sodini (Mercyhurst)** and **Jacob Zosso (Penn State-Berks)**; and Class of 2023 members, **Gavin Barzan**, **Eva Blatz**, **Cameron Hannay**, **Lauren Heh**, **Addison Hill**, **Anthony Hughes**, **Carter Kicinski**, **Brock Kitterman**, **Katherine Krol-Schaus**, **Anna Minick**, **Jeon Varghese** and **Hannah Wojton**.

Bethel Park High School currently offers 19 Advanced Placement classes.

Bethel Park Baseball Recognized at State Capitol

Members of the Bethel Park 2021 and 2022 PIAA Class 5A baseball championship teams were recognized by local legislators at the state Capitol in October.

The Hawks baseball team, which captured the program's second consecutive state title and third in program history in June, was formally introduced in the Senate and House of Representatives during their visit.

Pennsylvania State Senator **Devlin Robinson** (*R-Bridgeville, District 37*) congratulated them on their tremendous season during Senate and House sessions.

"I was thrilled to welcome the 2022 PIAA Class 5A State Champions, the Bethel Park High School Blackhawks baseball team, to the Pennsylvania State Capitol and to introduce them to my colleagues in the Senate," said Robinson. "Their dedication and teamwork is worth recognizing, and I wish them a successful future. They have made Allegheny County very proud."

State Rep. **Natalie Mihalek** (*R-Allegheny/Washington, District 40*) joined in the praise.

"Winning a PIAA state championship is one of the highest honors a Pennsylvania student-athlete can achieve," said Mihalek. "Honoring individuals that have reached important milestones and made historic achievements is one of the more enjoyable aspects of being a state legislator. It was a privilege to host them."

The team was also given a brief tour of the historic Capitol building and grounds and treated to lunch following the morning's festivities.

Head coach **Patrick Zehnder** said his team was honored to be welcomed for a visit.

"The entire baseball program was humbled at the opportunity to visit the Capitol building in Harrisburg," he said. "We can't thank Senator Robinson and Representative Mihalek enough for their generous invitation."

Zehnder praised his team's work ethic, camaraderie and competitive spirit and raved about the entire experience.

"The past few years have been an amazing ride for everyone associated with Bethel Park baseball and this is another unique experience in that journey that has created memories that will last us all a lifetime," he said.



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Inspired Hawks Beat Moon in 2022 Western Pennsylvania Gold Star Game

The 2022 football season was shaping up to be a special one for Bethel Park. At press time, the Hawks were 7-1 and 3-0 in conference play. In mid-October, they hosted conference-rival Moon in the 2022 Western Pennsylvania Gold Star Game, winning easily, 56-6.

Still, according to head coach **Brian DeLallo**, that night was about so much more than the on-field result. "I'm an Air Force brat, so events like this one are a little closer to home than they might be for someone else," he said.

The teams were honored to have been chosen to participate in the Western Pennsylvania (*WPA*) Gold Star Games, a series of high school football games that serve to honor fallen military members from Western Pennsylvania.

Ten seniors each from Bethel Park and Moon represented 20 fallen soldiers from the area. Many of the families of the deceased were on hand for the honor, including those of **Sgt. Russell Kurtz**, who played for DeLallo at Bethel Park.

"Russell played fullback and linebacker for Bethel Park during my first year here," said DeLallo. "It was

wonderful seeing so many of his teammates from that '02 team come back to celebrate their friend; and the fact that his Gold Star representative, **Ryan Petras**, scored four touchdowns in his honor was an added bonus."

The games began at Avonworth in 2018, when **Dana Tabay** wanted to honor her brother, **Robert Gilberston**, an Avonworth alum, who unfortunately passed away while actively serving his country as a member of the Navy.

"When my brother died, someone said to me, 'You die twice,'" Tabay recalled. "When you die, your soul leaves your body. But you're truly gone when your name is forgotten."

"I was determined not to allow that to happen to my brother or any of these other families who have sacrificed so much," she said.

Tabay organized four Western Pennsylvania (*WPA*) Gold Star Games this fall, including Bethel Park's matchup with Moon.

"I just think it brings patriotism to each and everybody in the community," Tabay said. "It's a perfect opportunity to be able to educate people. There are Gold Star (*families*) all around — you just don't ever know who it is."

Bethel Park also took the occasion to announce that going forward, Black Hawk Stadium will install a POW chair that will always sit empty as a reminder of American prisoners of war throughout the world. BPSD's **David Muench** was joined by Marine Corps veteran **Greg Skavinski** and his granddaughter **Hannah Chicas** in making that announcement.

The other WPA Gold Star high school football games played this fall were Riverside at South Side (*Sept. 2*), Rochester at New Brighton (*Sept. 9*), Bishop Canevin at Burgettstown (*Sept. 16*), Central Valley at New Castle (*Sept. 23*), Chartiers Valley at West Allegheny (*Sept. 30*) and Beaver at Avonworth (*Oct. 7*).



Bethel Park's Kitterman Named to US National Blind Hockey Team

When **Brock Kitterman** was just three months old, he was diagnosed with advanced-stage bilateral retinoblastoma, which attacks the eye and affects vision. Tragically, the chemotherapy used to treat that cancer damaged Kitterman's hearing, leaving him with a condition known as "deaf-blindness."

Bilateral retinoblastoma usually only affects one eye. Kitterman's is a rare instance where it attacked both eyes. He said colors and shapes are ill-defined, while he is aware of objects, but only within a much closer radius than the average person.

Rather than submit to his condition, the strong-willed Kitterman attacked it with a vengeance. Kitterman is an outstanding student who intends to study software and computer engineering in college. The Bethel Park High School senior will compete in his 85th triathlon in December. And in March, he will play for the United States National Blind Hockey team in the 2023 Championships in Toronto, which he said will be the realization of a dream.

"For the past decade, I have worked every single day, often for multiple hours per day, just to get to the national team," said Kitterman, who competes locally for the Pittsburgh Rhinos blind hockey team. "When you are working so hard day after day, you don't know if it's going ever to pay off; and now that it has it is just so gratifying to know that all of the blood, sweat, and tears was worth every single second I put into it.

"It motivates me right through my very soul," he gushed.

Like its parent sport, blind hockey was invented in Canada, which still has two national teams: an East team and a West team. In 2014, the sport was introduced to an international audience. Also, like traditional ice hockey, blind hockey features goalies, skaters, and nets. The primary differences are that in blind hockey the goalie must be completely blind, or B1. Also, the net is a little smaller, and breakaways are not allowed.

Still, the most noticeable difference is the puck itself, which is much larger at 5 inches in diameter than the traditional hockey puck. Also, it is made of hollowed-out sheet metal, which contains eight steel ball bearings that rattle around as it moves so players can track it using their hearing.

Kitterman is hopeful blind hockey will be included in the 2030 Winter Paralympic Games which has been rumored to be held in Vancouver, blind hockey's birthplace. He also has tentative plans to compete as a triathlete in the 2028 Summer Paralympic Games in Los Angeles.

Kitterman has attended the USA Olympic Paralympic Training Center for VI triathlete training in Colorado and also the training camp at the Olympic Training Center in Alabama.

In 2020, he was among five members selected for the USA Triathlon and Challenged Athletes Foundation's junior development program.

Kitterman, a three-time junior national champion in the triathlon, still aspires to one day compete at a high level as an adult but has put those plans on hold for now while he focuses on hockey.

"I love both sports for different reasons, but they are each just so demanding and require complete dedication to excel in either one of them," he said. "For now, hockey is my focus, and I want to see where this opportunity takes me, but I will always love competing in triathlons too."

Kitterman says he doesn't look at his hearing or sight deficits as impediments but rather as challenges to be overcome.

"Being blind and deaf is all I've ever known, and it is all I will ever know," he said. "I have a lot of 'tells' to the outside world that I'm a little different than most people. I walk with a cane, and I have fancy tech with me. But my experiences have taught me that only means that I have to take a different approach to achieve my goals than most of my peers and that is how I have always approached each challenge I have faced."



Bethel Park High School to Add Unified Indoor Bocce Team

This winter, Bethel Park High School will add a new sport for the first time in many years when it adds coed Unified Indoor Bocce to its athletic arsenal.

In coed Unified Indoor Bocce, teams compete on 60-by-12-foot courts rolling their rubber bocce ball underhand on the PVC court in hopes of getting closer to the jack (a smaller ball which serves as a target and is sometimes referred to as a "pallino") than their opponents. It is part of the Unified Sports program (UCS) of the Special Olympics, which promotes social inclusion through shared training and competition for people with and without intellectual disabilities.

According to **Mike Bovino**, Senior Advisor for Special Olympics Pennsylvania, the waiting list to join the fully-inclusive Special Olympics PA Unified Champion Schools (UCS) program is, "rather lengthy and growing." Special Olympics of Pennsylvania is currently working with 91 schools in 12 counties, Philadelphia, and Pittsburgh to provide competition for Indoor Bocce, Track and Field, and Soccer.

BPHS principal, **Mr. Joseph Villani** said this year's team was actually three years in the making. "We have been committed to adding this opportunity for our exceptional students as far back as 2019, when our athletic director, Mr. Sloan first put BPHS on the waiting list for Allegheny County schools," he said. "Fortunately, additional post-pandemic funding has allowed the UCS to expand its membership, permitting Bethel Park to join the Unified Indoor Bocce League."

Bethel Park will field two teams of eight boys and girls and welcomes all students in grades 9-12 with intellectual and developmental disabilities (including autism), and who are taking classes at Bethel Park High School.

UCS oversees the program and helps fund it by paying for team uniforms, court equipment and all training involved for coaches and sponsors. UCS brings students with intellectual and developmental disabilities (including autism) together with students without disabilities on Interscholastic Unified Sports teams. The members proudly represent their school like any other PIAA sports team, practicing and competing together as equal peers; and even earning varsity letters. Unified Sports has proven it is an extremely effective facilitator of social inclusion going back to its 1989 founding.

"We have long been dedicated to expanding opportunities for our exceptional students in academics and work-based learning; and we are very excited to offer them this new athletic opportunity as well," said Villani. "We cannot wait to cheer on our coed Indoor Unified Bocce student-athletes this winter."

Bethel Park's bocce team will begin practicing in November and will compete in games throughout January and February. The schedule will include at least one home match but it has not yet been released.



BPHS Hosts College & Career Fair

In October, Bethel Park High School students and their families looking to jumpstart their college search, or continue it, had the opportunity to meet with representatives from all over the country without ever having to leave the community at the 2022 South Hills College and Career Fair, held at Bethel Park High School.

More than 2,000 area students were on hand to speak with approximately 120 vendors about a variety of educational and professional opportunities including two-year and four-year colleges, various technical programs and trade schools and various options within the armed services.

Bethel Park High School counselor **Mr. Michael Bruce**, who spearheaded the fair, insists that events like this are integral to any student's development. "When you are just a sophomore or junior in high school, college seems so far away, but it's not," he warned. "Events like this one can be really eye-opening and start students down a road that will be very important to their future."

Representatives from various schools and organizations chatted up the students about what they have to offer in the way of programming, lifestyle, setting and a whole bunch of other factors.

"It's a great way for our kids to see all that's out there to help them make an informed decision about their future," said Bruce.

Bethel Park students were joined by their peers from Baldwin, Canon-McMillan, Keystone Oaks, Mt. Lebanon, Peters Township, South Fayette, South Park and Upper St. Clair high schools. According to Bruce, pulling off an event of this scope was truly a group effort.

"One of the most exciting aspects of this event is it allows us to really get to know our counterparts at other area schools and work with them on something that is really meaningful to everyone: helping their students succeed," he said.

According to Bruce, Bethel Park intends to continue to host the event going forward.

"This is just such a wonderful event for our families and we are blessed to have the space and the parking to pull off an event of this scope; not to mention a very supportive staff and administration," he said. "We would be crazy not to take advantage of all those things to provide this opportunity for our families."



Bethel Park Launches New Bus Tracking App



Bethel Park School District has a new online tool for parents and guardians who want to keep track of their child's bus. The district has partnered with BusWhere, a location tracking service app that allows parents and guardians to track the location of their child's bus in real-time on their phones and to receive a notification when the bus is approaching their bus stop.

Students are automatically assigned to the stop closest to their homes during registration. Stops can be adjusted upon a family's written request. Parents and guardians will receive a notification when the bus is getting close to their designated stop, which is especially helpful when the weather outside is inclement.

Access to their child's account is secured with a login and controlled centrally by the Bethel Park School District transportation department to ensure that only authorized parties can view the bus's location.

After an early adjustment period, the parental feedback has been overwhelmingly positive. Officials are also working diligently to ensure that the district has enough bus drivers to avoid delays.

During the past few years, there have been increasing reports of buses running late, leaving parents scrambling. Much of that is due to a well-publicized nationwide bus driver shortage. This solution, which features an Uber-like app, allows families to track buses running behind schedule.

"I am one of those parents who is always nervous that we're going to miss the bus and I was sending my kids out way earlier than they needed to be out there," said **Sarah Baldigowski**, whose first grade twins, **Aria** and **Logan** each attend William Penn Elementary School. "Now, I can track where the bus is located at any given moment, allowing me to time things up much better so that my kids aren't needlessly standing in the cold or the rain."

But new tech will not solve Bethel Park's and most other schools' underlying problem with a lack of school bus drivers.

The school system is taking steps to deal with driver scarcity. It has recruited drivers and advertised the need for more drivers in multiple locations. Bethel Park is also offering one of the most competitive packages in the region. Drivers receive free training at over \$20 per hour; aides start at almost \$14 per hour. After six months, drivers also earn a \$1,000 signing bonus while aides receive a \$500 signing bonus. New hires are also automatically enrolled in the state retirement system. Not bad for a part-time job with full-time benefits. Bus drivers work part-time between 15 hours and 25 hours each week. Some can cobble together as much as 35 hours per week.

Assistant Superintendent **Dr. Zeb Jansante** said the district is also reaching out to recent retirees. "We would like to ask them to come on back as substitute drivers because we need them and we are trying to compensate them fairly while also providing as much flexibility as we can," Jansante said.

Jansante added that he's more confident than ever that the school district is addressing its busing concerns. "Safely transporting students to and from school in a timely fashion and communicating with our parents when we do run into issues is one of our most basic responsibilities as a school district," he said. "This new bus tracking system and all the steps we are taking concerning driver recruitment and retention demonstrate that we are doing everything we can to deliver on those objectives."

Camp of Champions

In September, Elizabeth Forward's gridiron was alive with activity as high school students, including exceptional students from around the Greater Pittsburgh region — and a couple of Steelers Super Bowl champions — were at Warrior Stadium for the seventh annual Camp of Champions.

Twenty-six Bethel Park High School students were among the 177 students from 13 area schools who participated in the event where they had the opportunity to participate in several football drills and other skills challenges. Also, on hand were Steeler alumni, **Brett Keisel** and **Jerame Tuman**, who along with team mascot **Steely McBeam**, were chatting up and encouraging the kids at every turn.

Mike Huber, the transition coordinator at Elizabeth Forward, organized the event. For Huber, it's a labor of love. "This event started with seven or eight schools, and it has grown ever since," said Huber. "The pandemic really depressed what we were able to do, but this year, when it became clear that we could host a full-scale event again, we went all out.

"This is the largest one we've ever held and just looking at the smiles on the kid's faces you can see that it is well worth it."

Dr. Jennifer Yeckel, a special education teacher at Bethel Park, raved about the entire experience. "This is a great event for everyone, and our students just love it," she said.

Keisel said he was honored to be chosen to participate in the camp. "I've met so many amazing champions today, and I just enjoyed getting to know some of them and watching them go through all their drills and have an amazing time on the football field," he said.

Tuman echoed his former teammate's sentiments. "This is a great way for these boys and girls to get outside on a beautiful day and just have



Bethel Park's Draven Kennedy and former Steeler Brett Keisel

Meis, Miller Each Working their Way up the MiLB Ladder

The Bethel Park baseball program has made its share of headlines over the past two seasons, winning back-to-back state championships and many individual accolades for the players and coaches. Two former Hawks who were not a part of either of those teams, **Justin Meis '18** and **Mason Miller '16**, have also been drawing a lot of attention on the baseball diamond.

Justin Meis was taken in the 10th round out of Eastern Michigan by the Pirates in last year's Major League Baseball Draft. The 23 year-old right-handed pitcher went 3-4 with a 3.51 ERA and 42 punch-outs in 10 games (*seven starts*) spanning 41 innings for Bradenton, the organization's Low-A affiliate, to begin his 2022 season. The 6-2, 170-pound Meis's strong performance prompted the Pirates to promote him to High-A Greensboro where, after an adjustment period, he managed to parlay his outstanding slider, mid-90s fastball and a solid changeup to success there as well. He finished the season with a 4.44 ERA and is a legitimate candidate for promotion to Double-A affiliate Altoona in 2023.

The only thing faster than a Mason Miller fastball has been his ascent up the Oakland Athletics' prospect chart.

Miller '16 slogged through a 2018 season that saw him post a 7.16 ERA in 32 2/3 innings as a sophomore at Division III Waynesburg (Pa.). More troubling at that time was the fact that he was rapidly losing approximately 30 pounds that year.

Now, just four short years and a surprising Type I diabetes diagnosis later, the strong-armed and strong-willed Miller has exploded into a 6-5, 215-pound monster whose fastball sits in the high 90s and occasionally tops 100 MPH, which is extremely rare even for Major League Baseball's best pitchers.

In October, when asked what the A's were hoping to see from Miller in the Arizona Fall League, where the top prospects go to refine their skills, the team's assistant general manager **Billy Owens** said, "We need to build his innings and get acclimated to upper-level hitters. He's probably closer [to the big leagues] than he realizes."

According to scouts, the former third-round selection out of Gardner-Webb in the 2021 Major League Baseball draft has an elite fastball that he pairs with an excellent slider. If Miller can gain a little more command and add a changeup to his repertoire, he could break into the big leagues as soon as next season or more likely the 2024 campaign.



Penn Students Going 'Gaga' Over New Recess Game



Baylee Kelly, Zein Filipovic, Audrey Friday and Maribelle Pinero

The newest obsession among the students in the William Penn Elementary School recess area is a game many of us have never heard of before called Gaga Ball.

Gaga, as its participants call it, is a fast-paced, high energy sport played in an octagonal pit. There are no minimum or maximum number of players required but the more players the better. Dubbed a kinder gentler version of dodge ball, the game is played with a soft foam ball, and combines the skills of dodging, striking, running, and jumping, while trying to hit opponents with a ball below the knees. Players need to keep moving to avoid getting hit by the ball. The players and noontime aides we spoke with agree that it is a fun and easy way for everyone to get a serious workout.

Erika Ciaramella, a noontime aide at Penn, has been amazed at how popular the game has become. "It's definitely a group dynamic but it's also every person for themselves to see who can come out on top. The kids just love it," she said.

The games move quickly and the eliminated players cannot wait to get their next opportunity to get back in the pit for the next round.

Penn's PTO president, **Jessica Diener** said that the whole project cost under \$1,000 and was paid for entirely by her organization. "**Mr. (Brian) Lenosky** and **Mrs. (Chrissy) Mason** came to us with a bunch of different ideas for potential improvements to that area and the Gaga Ball pit was the one that had the most support," she said.

Diener's husband, **Avery**, of avcarpetentry.org, built the octagonal pit in an afternoon and soon thereafter a new phenomenon was born. In fact, according to Diener, the game's popularity has spawned a new challenge – finding a suitable flooring surface for the pit.

"The kids are playing it so much that they've killed all the grass inside the pit," she said.

"Our kids obviously love it but I'm not sure that our custodians, who have to clean up all the mud and dirt being tracked back into the school, share our enthusiasm for Gaga," she laughed.

"I think it's probably time to look into a plastic flooring solution," she said.

Class of '70, '71 and '72 Each Celebrate their 50-Year Reunions

In recent months, contingents from the Bethel Park High School graduating classes of '70, '71 and '72 have each celebrated their 50-year class reunions which have included tours of the high school, golf scrambles, trips to the Bethel Park Historical Society and of course, lavish receptions.

The current high school, complete with state-of-the-art equipment and a television studio, is a lot different than the computer-free campus setting they attended in the late 60s and early 70s. Still the graduates had the opportunity to meet with current Bethel Park High School students to compare how things have changed and how things have remained the same as well.

The Class of '72 even closed out its weekend by announcing a generous \$2,500 donation to the Bethel Park Education Foundation.

Franklin Elementary Named Healthy Champion School

Benjamin Franklin Elementary School has earned **Healthy Champion 5 Star Status** for the 2022-2023 program year, according to Penn State's Pro Wellness Center, which assesses school wellness throughout the commonwealth.

Based on the Centers for Disease Control and Prevention School Health Guidelines for goals and strategies to prevent obesity, schools were awarded "stars" based on answers to questions in the following categories: nutrition and physical activity, psychological and social services, school health environment, and health and wellness policy. Franklin earned the maximum 5-star rating in each area, placing the school firmly in the top 30 percent of the 500 schools assessed.

The goal of the Healthy Champions program, which began in 2013, was to assist schools with identifying areas for improvement through nutrition and activity-focused assessment and delivery of a customized score report and welcome kit with materials to promote healthful behavior change.

Enrollment in the Healthy Champions program is open to private and public K-12 schools across Pennsylvania. From 2013 to 2018, 592 schools enrolled for at least one year, representing 58 out of 67 counties (87%) in Pennsylvania. Mean star status at baseline was 2.89 out of 5; however, schools enrolled for multiple years (51%) saw significant improvement in star status, independent of school size and location.



(L-R): Liam Wray, School Nurse Christine McGrath, Isabella Nath, and Kiyan Morgan

Ben's Book Nook

Studies show that students who read the most read the best. Also, families that have home libraries read more than families that don't have home libraries.

Unfortunately, not all kids have books at home. To help partially solve that issue, some fourth grade students at Ben Franklin Elementary have begun a program called "Ben's Book Nook."

Reese Cuadros and **Quinn Dobos** manage the nook, which they say they developed in consultation with their teacher, **Mrs. KD Meucci**. The young ladies claim the idea came from their own love of reading.

"I read while I walk! I'm just crazy for reading," giggled Dobos, who estimates that she reads about 10 new titles per week. "My parents have to remind me to put books down so I can eat and and drink; and just talk to them."

Cuadros, who wants to someday teach, shares her friend's passion for reading. "I get so much enjoyment from reading and I just want to share that feeling with as many other kids as I can."

Franklin families have contributed their new and gently used books to the nook and they continue to accept donations. The way the program works is teachers give their students passes, which are good for two books per pass. Once a family has finished a book, it can either return the book or keep it at home to build their own libraries.

Bethel Park Student's Play Performed by City Theatre

In October, the City Theatre Company staged "Deus Ex Machina," an original one-act play written by Bethel Park senior **Margaret Mateya** as part of its 2022 Young Playwrights Contest.

Mateya, whose play was chosen out of more than 250 submissions, was very impressed with the process leading up to the performance. "They were very professional and included me in some of the initial casting decisions," she said. "It was weird though to see something I had written being performed on an actual professional stage."

The dark comedy centers around two men who wake up in total darkness and quickly realize that they know absolutely nothing. Soon, they meet a mentor figure, called "The Machine," who explains to them that they have been "hired as gods" for a new world religion, which comes as something of a surprise for the two deeply flawed protagonists.

Theater arts teacher, **Mrs. Cortney Williams** encouraged Mateya to submit the play and she is understandably very proud of her pupil's work. "It is an exceptional accomplishment for Margaret to have her play chosen by the acclaimed City Theatre as one of the plays that will be performed at this year's Young Playwrights Festival," she said. "Margaret is truly a talented young woman and, she is as the City Theatre has described of her work, 'a vibrant young voice.'"

Since the mid-70s, the City Theatre has produced a season of regional and world premieres, along with festivals and a season-long reading series of new works in progress. Its mission is to provide an artistic home for the development and production of contemporary plays that engage and challenge a diverse audience.



Margaret Mateya



"It has been incredible seeing how many families have already donated to the nook," said Cuadros who added that the goal from the start has been to empty the nook so that every kid in this school has something to read.

"Our hope is that this nook is going to help kids learn how to read," said Dobos. "And hopefully, it will teach them how to love reading too."



Reese Cuadros and Quinn Dobos

Bethel Park Ice Hockey Club Helps Put Lincoln Elementary School's Vegetable Garden to Bed for the Winter



In October, the Bethel Park ice hockey club volunteered their time after practice to help put the Lincoln Elementary garden to bed for the season.

The Abraham Lincoln School Garden just finished its sixth growing season. According to **Dawn Douds**, Lincoln's garden provided almost 600 pounds of produce to families in need in Bethel Park and surrounding areas.

"We donate 100 percent of the produce we grow to SHIM (South Hills Interfaith Movement) because we know what a great job they do helping out community members in need," she said.

Each spring, Lincoln students re-plant the garden and the families and staff maintain the garden throughout the year before harvesting the produce throughout the summer and fall.

"Adding soil to our garden at this time of the year is an important part of our next growing season," said Douds. "While the garden sleeps, the soil will become richer, which leads to a higher yield come harvest time."

Homecoming Festivities

Western Pennsylvania is always a wonderful place to live, but it comes alive in the fall as the temperatures drop and the trees burst into glittering red, yellow, and purple displays. Friday nights in the fall are especially exciting as local high school football teams square off against their local rivals in games that take on increasing importance with each passing week when your team is having a good season.

Homecoming Weekend is often the pinnacle of that experience as the air is crisping up and the school year is in full swing. Nothing gets the juices flowing like the steady drumbeat of the marching band, the blaring of the horns, and the approving roar of the crowds.

This year's homecoming festivities were held as September gave way to October. Bethel Park, which enjoyed one of those special seasons, welcomed Penn Hills to Black Hawk Stadium and hundreds of alumni and friends of the district. The weekend began with a parade from St. Valentine Catholic Church to the high school campus. The parade was followed by the Hawks game vs. the Indians, which Bethel Park won, 28-7. The weekend culminated in a dance in the high school cafeteria, which hadn't hosted that event since 2019 due to the pandemic.

This year's Homecoming Queen was **Alayna Banks**. **Sebastian Schein** was crowned King. **Mia Gerber** and **Jasper Harter-Hughes** were the Princess and Prince, respectively.

Congratulations to those young men and women and all of the other members of this year's court: **Marquise Armstrong Ross**, **Dinari Clacks**, **Victoria DePasquale**, **Colin Fink**, **Dylan Finnell**, **Carley O'Mara**, **Gabi Shogan** and **Melina Stewart**.



From left, Alayna Banks, Sebastian Schein, Mia Gerber and Jasper Harter-Hughes.

Fantastic Four Charities Golf Outing Raises More than \$32,000

Bethel Park's "Fantastic Four" charities held their fifth annual golf outing at Nemaquin Country Club in Beallsville, Pa., in September.

The charities that compose the "Fantastic Four" include the Bethel Park Education Foundation, the Bethel Park Community Foundation, the Bethel Park Public Library and the Bethel Park Historical Society.

This year's event featured 32 foursomes with an additional 25 dinner guests. The event raised more than \$32,000 to be divided among the four organizations.

Andy Amrhein owns Evey True Value Hardware on Library Road and is the event's chairman. According to Amrhein, the annual golf outing exemplifies the best of what Bethel Park has to offer. "The golfers who participated in this year's event represented all aspects of the community from the school district to the municipality, to members of the community," he said. "It is heartwarming to see the community come together to generously support some of this community's most cherished institutions."

Next year's outing is slated for Sept. 25, 2023.





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Bethel Park Kindness Project...

Now is Your Chance to Recognize Acts of Kindness!

Bethel Park residents and business owners are encouraged to recognize those who they've seen demonstrate acts of kindness through the "Bethel Park Kindness Project!" Acts of kindness can include such things as someone grocery shopping for you, cutting your grass, taking out your trash, walking your dog, donating items to the community, or any other kind acts.

Recognitions will be accepted through **Friday, Feb. 10, 2023**. Those receiving acknowledgements will be announced on **Friday, Feb. 17, 2023** on Random Acts of Kindness Day and will receive a certificate from **Mayor Allen** and be featured on BPTV.

To recognize someone for an act of kindness, email kindness@bethelpark.net and be sure to include the individual's name, email and phone number (*if you have it so that we can make contact*), the reason for your nomination, your name and phone number. We'll also have a Recognition Form on our website at www.bethelpark.net/kindness.

Questions? Email kindness@bethelpark.net.

