

VERONA

COMMUNITY NEWS

Verona Garden Club to Host Second Annual Botany and Booze Event

by Kimberly Roller, Verona Garden Club, President and Angela Occhipinti, Verona Garden Club, Vice President

The Verona Garden Club has expanded its annual spring fundraiser from an old-fashioned plant sale to a weekend-long plant-a-palooza featuring local food trucks, alcohol purveyors, craft vendors, live music, and raffle prizes — plus hanging baskets, houseplants, and flowers, of course.

The second annual Botany & Booze event is slated for 12:00 to 4:00 pm for the brewery sampling, and the party keeps rocking until 6:00pm on Saturday, May 21 and Sunday, May 22.

Verona-based Inner Groove Brewing and Acclamation Brewing are among the breweries that will provide on-site samples and to-go offerings on both days.

Alongside the garden club’s hanging baskets, potted plants and terrariums, local artisans will be selling bath and body products, pottery, hand-dipped chocolates, garden décor, macrame, jewelry, and more. Attendees will also have the opportunity to enjoy this local riverfront community and walkable business district.

Botany & Booze will take place at Railroad Park (737 E. Railroad Ave., Verona). Tickets for the brewery tasting are on sale in advance of the event for \$30 per day or \$55 for both days, with a VIP option and are limited.

Ticketed attendees aged 21 and over are entitled to a 4oz sample (1oz for distilled spirits) from over 13 breweries with their ticket. The event is free to attend, but tickets are required for the brewery portion of the event. Free street parking is available nearby.

For schedule of events, see page 3

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MAY 21 - 22



SCAN TO PURCHASE TICKETS FOR THE BREWERY PORTION OF THE EVENT

  @VERONAGARDENCLUB

VERONA GARDEN CLUB

Botany and Booze



**BREWERIES / LIVE MUSIC / FOOD TRUCKS
PLANT SALE / CRAFT VENDORS / RAFFLES**

Each day will feature a unique line-up of local breweries, food trucks, and entertainment. A portion of the proceeds support the Garden Club's mission to beautify the riverfront community of Verona through gardens, flowers, and education.

RAILROAD PARK / 737 E RAILROAD AVE / VERONA, PA 15147

Newsletter Staff

Donald & Rhoda Worf Editor
Angela Occhipinti Treasurer
Sylvia Provenza Sales/Marketing
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Important Information

In Case of Emergency Dial 911

BOROUGH BUSINESS

Scheduled Borough Council Meetings

7:00 p.m. – Second Tuesday of each month, Municipal Building

Scheduled Borough Council Workshop Meetings

7:00 p.m. – Last Tuesday of each month, Municipal Building

Community Group Meetings

7:00 p.m. – 7/29, 9/30, 11/18

Verona Chamber of Commerce

7:00 p.m. – Third Tuesday of each month, Municipal Building

Verona Parks and Recreation Board

6:30 p.m. – First Tuesday of even months, Municipal Building
They will also be virtual until further notice, Link will be shared on our Face Book page, or by requesting a link by emailing veronaparksandrec@gmail.com.

Verona Historical Society

7:00 p.m. – Third Thursday of each month, Municipal Building

Fire Department

465 Parker Street
Emergency 911
Non-Emergency 412-828-3036

Police Department

736 East Railroad Avenue
Emergency 911
Non-Emergency 412-828-6034
Police Chief – Ron McLemore

Lower Valley Ambulance Service

Emergency 911

Verona Municipal Building

736 East Railroad Avenue
(412) 828-8080
Open Monday through Friday
8:00am to 4:00pm
CLOSED ON ALL OFFICIAL HOLIDAYS

www.veronaborough.org

FROM THE MAYOR'S DESK

by Mayor David Ricupero

As Spring, and the promise of warmer weather approaches, and as daylight hours grow longer, we need to be increasingly vigilant of the seasonal increase in individuals, families, and children out walking, playing, and riding their bikes throughout the streets of Verona. Especially at this time of year while the sun is still low on the horizon, its glare makes it extremely difficult to see pedestrians and traffic ahead of us. Please slow down and drive with a heightened awareness with this warning in mind.

Verona's traditional Easter Egg Hunt will take place this year on Saturday, April 16th, at 11:00 AM in Verona's Railroad Park located at 735 E. Railroad Avenue. Our Annual Memorial Day Parade will take place on May 30th. It will begin in Verona at 9:30 AM and proceed along Allegheny River Boulevard towards Oakmont. After a brief stop and Commemorative Ceremony at the Verona Doughboy Memorial Park, the parade will proceed westward into Oakmont, turning left at the Oakmont library and up Pennsylvania Avenue, where it will end at the Verona Oakmont Cemetery.

On this hallowed ground a Memorial Day Dedication and Prayers will take place honoring all of our brave military men and women, who, in the line of duty, sacrificed their lives fighting to preserve our cherished Constitutional Freedoms.

A sincere "thanks" goes out to the many involved Verona individuals and the organizations they represent, for planning an array of fun filled and family-oriented events throughout this year. Be aware that some of these events will necessitate the scheduled, temporary closure of E. Railroad Avenue. Detours during these events will be provided.

Finally, keep in mind, that the Borough of Verona has specific ordinances regulating high grass and weeds, uninspected and/or abandoned vehicles, and debris on porches and properties.

And, as always, keep GOD close.
Mayor David Ricupero

PLEASE SUPPORT THE MANY FINE MERCHANTS AND RETAILERS LOCATED IN VERONA!

ATTENTION: If you are interested in contributing to the **Verona Community Newsletter**, by writing an article collecting news, writing, explaining a hobby, or taking pictures; contact **Donald (Don) Worf** at VeronaNewsRoom@gmail.com or at **412-828-3607**.

Articles for the next issue, (the Summer Issue), will be due June 1, 2022. The Summer Issue of the VNL will cover news events spanning from July 1, through September 30, 2022

If you would like to place an advertisement in the Newsletter, contact **Sylvia Provenza** at **412-828-9542**.

Verona Historical Society

by Rhoda Worf, VHS President

The Verona Historical Society meets the third Thursday of each month in the Verona Municipal Building located at 736 East Railroad Avenue at 7 pm.

- There are monthly programs with speakers following brief business updates.
- The programs are free and open to the public.
- The VHS website is ... www.veronahistory.org

➤ MARCH 17, 2022

GUEST SPEAKER – **GARY ROGERS** presents, "THE ST. PATRICK'S DAY FLOOD OF 1936"

➤ APRIL 21, 2022

GUEST SPEAKER – **JIM HALLER**, (HEINZ HISTORY CENTER) presents, "THE HISTORY OF RADIO IN PITTSBURGH "

➤ MAY 19, 2022

GUEST SPEAKER – **ANNE MADARASZ**, (HEINZ HISTORY CENTER) presents, "DESTINATION MOON—THE PITTSBURGH STORY"



Schedule of Events

SATURDAY'S LINEUP (MAY 21ST)

BREWERIES: Inner Groove Brewing / Acclamation Brewing / 4Four6 Distillery / BrewDog Pittsburgh / Trace Brewing / Still Mill Distillery / Monday's Brewing Co. / Burgh'ers Brewing / Arboretum Trail Brewing Co. / Dancing Gnome / North Country Brewing / Personal Day Seltzer

FOOD TRUCKS: Emporio Meatball Truck / Streets on the Fly / El Rincon / The Funnel Cake Men / SNO CONES by Becca

ENTERTAINMENT: The Bartlow Brothers Band / Billy Badazz (DJ) / School of Rock South Hills / School of Rock Wexford + OVER 40 CRAFT VENDORS

SUNDAY'S LINEUP (MAY 22ND)

BREWERIES: Inner Groove Brewing / Acclamation Brewing / 4Four6 Distillery / BrewDog Pittsburgh / Trace Brewing / Still Mill Distillery / Two Frays Brewery / Acrospire Brewing Company / Old Thunder Brewing Company / Golden Age Beer Company / Mindful Brewing Company / East End Brewing / Bygone Wines



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Summer Reading is Back at Oakmont Carnegie Library



Summer reading is back and there is something for readers who are tired of assigned reading, readers who like to try new authors and readers who just love a cozy mystery and a cup of tea. We've got books for all of it. The theme for 2022 is oceans of possibilities. This year's program for adults and students begins on June 4th and there will be new programs on writing, journaling, history and makerspace creations. You can sign up online or with a paper form. We've painted the walls, cleaned the carpets and we're just waiting for summer to get here so we kick back and read just for fun. Watch for more details as we put the finishing touches on the 2022 program.

Beth Mellor, Director Oakmont Carnegie Library
mellorb1@einetwork.net
412.828.9532

Verona & Oakmont Volunteer Fire Companies To Host the 2022 Annual Allegheny County Volunteer Firefighters' Convention

by Dan Tihey, VVFC Captain

The Verona and Oakmont Volunteer Fire Departments will be co-hosting the 108th annual Allegheny County Volunteer Firefighters Convention this summer in the Twin Boro's.

The convention activities will take place between Saturday June 11th and Saturday June 18th 2022 with the majority of the activities open to the public.

We will kick off with a Night at the Races on Saturday June 11th followed by the famous "Battle of the Barrel" between Monday June 13th and Thursday June 16th and we will be ending the week on Saturday June 18th with a large parade starting in Oakmont and ending in Verona with an awards ceremony at Railroad Park.

We look forward to seeing all of the residents of the two towns come together for such an amazing event. Please stay tuned to our Facebook page closer to the summer to find out specific times and locations for all of the events.



Spring Schedule for Oakmont Library

by Robin Almendinger

Oakmont Carnegie Library Hours

Lobby open daily at 9AM for pickup
Mon, Tues & Thurs 10-8; Wed. 10-4; Fridays 10-2; Saturdays 9-4
412-828-9532 • oakmontlibrary.org.

Library will be closed Good Friday, April 15 and Memorial Day, Monday, May 30

The **Squirrel's Nest Bookstore** is open most library hours except Saturdays! Come and shop our great finds!

Find our programs on our website under "Upcoming Events". Also, a wide variety of virtual programs offered by area libraries. Something for every interest and all are free. Check them out!

BIG BAG BOOK SALE! Saturday, April 30, 9-4. Come early and shop for books, historic/antique/collectible books (separate pricing), and dvds.

Taste of Two Towns is back! Sunday, May 15. Our most delicious and popular fundraiser with tasty sips and nibbles from our towns' eateries.

Summer Reading for children and adults begins June 4, with registration online or on paper in the library. This year's theme: "Oceans of Possibilities". There will be programs for kids and adults, featuring our **new maker space!**

Virtual: NEW! **Take 'n' Make with Chef Emily: "Hummus with seasoned pita chips", Wed. April 27, 5-6:30PM.** Stop in at the library during April and pick up the tahini and za'atar you will need for the class! Check the upcoming events section of our website for the zoom link to join this virtual class.

IN-PERSON ADULT PROGRAMS: (All subject to Covid-related changes!)

Yoga with Cora - postponed for now, check with the library for starting time.

Meditation with the Monks, Tuesdays, 6PM, with monks from the Pittsburgh Buddhist Center. Don't want to come in person? This class is livestreamed on the YouTube channel PBC Live.

Cookbook Club, 2nd Mondays, 6PM. This is like an organized potluck: there is a monthly cookbook on display at the library. Look through it, choose and copy your recipe, cook it at home and bring it to share at dinner. For singles, couples, and families of all ages. Meet, greet, eat, fun!

Book club, 3rd Fridays, 10:00AM.

IN-PERSON CHILDREN'S PROGRAMS

Book Buddies Storytimes (ages 2-5) Wednesdays, 10:30AM Attendance is limited, registration required!

Baby Lapsit with Ms. Beth (ages 0-2), Tuesdays, 10:30AM Attendance is limited, registration required!

STEAM-themed crafts: (school-age): Thursdays, drop-in 3-5PM. Make the kit here or take it home.

Family Board Games: (all ages) Tuesdays, 2:30-4:30PM. Try out ours or bring your own.

VIRTUAL CHILDREN'S PROGRAMS

View on You Tube under "Storytime with Dudley and Miss Karen". Weekly themes are posted on social our media sites.

· Storytime Mondays: Ms. Karen will read a story with a seasonal theme, 10AM

· Grab & Go Wednesdays: A story-related craft, available for pickup every

Wednesday in the lobby

· First Chapter Fridays: Ms. Karen will read the first chapter of an elementary- age book. Check out the book to see how the story ends!

Financial Advisors Can Help Reduce Anxiety



The long-running pandemic has caused many different types of anxieties – including financial anxiety. But even during normal times, many people have fears about meeting their financial goals. You can reduce this stress, though – by getting help from a financial professional.

One of the most important things a financial professional can do for you is to help you avoid making choices based on emotions. Inflation, interest rates, pandemics, elections – there's *always* something in the news that could affect the investment world in the short term. But a financial advisor can enable you to look past the headlines and stick to a consistent investment strategy that reflects your own goals and needs.

At various times in your life, you may have simultaneous financial goals. For example, you could be investing for a retirement that's decades away, while also trying to save for a child's college education. A financial professional can suggest ways to work toward both objectives.

And a financial professional can help you prepared for the unexpected by reviewing your needs for life and disability insurance and recommending ways to meet the potentially huge costs of long-term care.

Achieving your financial goals may present challenges, but it doesn't have to cause you years of worry and distress – if you get the help you need.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

Member SIPC

Seth D. Thompson, AAMS®

Financial Advisor

Office: 412-828-2437

seth.thompson@edwardjones.com

201 Allegheny Ave. Suite 2

Oakmont, PA 15139

Hello SPRING

The Verona Community Group Invites community participation in its scheduled slate of activities for 2022

by Jessica Varone, Chair, The Verona Community Group

Hello neighbors. Happy Spring from the Verona Community Group! We are excited to support so many exciting local projects right here in our neighborhood and wanted to take a moment to introduce ourselves and share our plans for 2022. The VCG board consists of 6 residents, including:

- Jessica Varone, Chair
- Jennifer Marasco-Kuhn, Secretary
- Kathy Mattocks, Vice Chair
- Bridget Seery, Member at Large
- Rhea Homa, Treasurer
- Luke Mattocks, Member at Large

We are elected every December and any resident of Verona is welcome to participate! In 2021, VCG officially became a 501c3 nonprofit organization. We are an association founded by and for the community and welcome all Verona residents to bring ideas for new projects and initiatives that are of interest to the greater good of Verona. The “group” consists of all of us in the Verona community – there are no dues or an application to join, just participate in our activities as you are able. After a big year celebrating our sesquicentennial in 2021, we are keeping our event planning low key this year and will be focusing our efforts on a community picnic scheduled for September 24th at Cribb’s Field. The picnic will include live music, food, kids’ activities, and FUN for all ages! Stay tuned for more details in an upcoming newsletter as we finalize the details.

Our full schedule of 2022 activities include:

- April 22-24 – Spring community clean up
- May 4; 6 – 8 PM – Spring Happy Hour at Off the Rails BBQ
- August TBD – Summer Happy Hour at 10.7 Marina
- August 13; 8AM – 2PM – Community Yard Sale
- September 24 – Community Picnic
- December TBD – Board of Directors elections and holiday gathering

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We hope to see you around the neighborhood soon! Meanwhile, if you'd like to support the work and events held by VCG, please consider purchasing some Verona gear! An order form can be found in this newsletter, OR you can email us to purchase.



TINY LETTER QR-CODE

Keep in touch by signing up for our email list at: <https://tinyletter.com/veronacommunity>

Or, you can always drop us a note at: neighbors@veronacommunity.org and follow us on social media: <https://www.facebook.com/veronacommunitygroup>

AUGUST 13TH, 2022
The Verona
COMMUNITY
YARD SALE
8AM-2PM

First & Last Name

Address

Email

Phone

WHERE WILL YOU BE SET-UP?
(ie: garage, driveway, etc)

WHAT WILL YOU BE SELLING?
(highlight anything of specific interest)

REGISTRATION DUE BY FRIDAY 7/29/2022
Register online <https://tinyurl.com/veronasale2022>
or mail to 772 Brunot Street, Verona PA 15147.
Questions? Email Sarah McGonagle, smcgonagle@remax.net

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\$6 per ea. add'l dog for 1/2 day

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Branch Manager
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 GENUINE, VCG INSPIRED,
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 AND/OR "FOLLOW ME
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 MAGNET(S)* JUST HELPED
 FUND ONE OF THE
 VCG'S PLANNED 2022
 COMMUNITY ACTIVITIES.**

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 GIFTS FOR: YOURSELF...
 YOUR FAMILY... OR THAT
 SPECIAL SOMEONE!**

**SO... SEND IN YOUR
 ORDER TODAY AND
 HELP SUPPORT THE
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Verona Community Group

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 Address: _____
 Phone: _____
 Email: _____

1. Indicate # of items in boxes below.
2. Choose pick up or delivery:
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**150th Emblem
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 -\$15 - \$8



	TOTAL					
	\$					
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	<input type="checkbox"/>					
Yellow	Sm	Med	Lg	XLg	2XL	3XL
	<input type="checkbox"/>					
Purple	Sm	Med	Lg	XLg	2XL	3XL
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Grey	Sm	Med	Lg	XLg	2XL	3XL
	<input type="checkbox"/>					

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 Verona Community Group

TOTAL
 \$

**Celebrating Verona
 Tee Shirts**
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	TOTAL	
	\$	
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	Lg	XL
	<input type="checkbox"/>	<input type="checkbox"/>
	2XL	3XL
	<input type="checkbox"/>	<input type="checkbox"/>

**Follow Me to
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 -\$5 - \$3



TOTAL
 \$

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 To book a private event message Hula Bar on Facebook

“OVER, UNDER AND AROUND”

by Frank W. Santucci

In the early 21st century, American infrastructure was an ever-changing scene. Bridges and roads were at the mercy of the transitional transportation innovations. Large horse driven wagons, bicycles and eventually automobiles became the norm. We went from dirt roads to a compressed layer of stones bound together with tar or asphalt called Macadam, then to wood and eventually cobblestone.

In 1914 the City of Pittsburgh started to build roads for automobiles with wooden blocks, 3”H x 4-5”W x 5” D, similar to the size of a regular brick. Rural Pittsburgh had plenty of oak and cedar trees affording the builders ample wood for road projects. Nation-wide, those wooden roads are all gone now except one, specifically, Roslyn Place, located in the Shadyside neighborhood of Pittsburgh. It took

five men to cut over the 26,000 blocks of wood needed just for the restoration of this road in 1985.

In 1980, the City of Pittsburgh had decided to cover this iconic road with asphalt. The entire neighborhood of Roslyn Place, totaling eighteen residents, petitioned the city to keep its wood road. City officials accepted their successful plea. This road in 1985 was restored with newer wooden blocks. Prior to placement, each wooden block is treated with Creosote, an oil-based derivative, this process is called the Nicholson Pavement style. Each block has a sun burst design etched on it. Roslyn Place is 250 feet long dead end and too narrow for even fire emergency vehicles to travel. The residents keep a small supply of replacement blocks and at times do their own repairs. There is an iron gate

at the entrance with a plaque identifying it as a historical site. Roslyn Place is the last functional wooden road in all of the United States. Not far from this historical area is another Pittsburgh unknown landmark. Only one mile away is the railroad tunnel that exists under the Oakland district of Pittsburgh. The Schenley Tunnel is 70 feet below ground level and 2872 feet long, located between Bloomfield and North Oakland areas.

Of the many daily Amtrak trains utilizing this tunnel, one train, “The Capitol Limited” enters and exits directly into Pittsburgh to pick up passengers heading to Washington, DC from Chicago. Construction on this tunnel started in 1883 and completed in December 1884. It is beneath Neville Street and as it exits the Bloomfield area, it connects to the 31st

Street Bridge at Herr’s Island.

The excavating company that built the tunnel was Shaw Stearnes from Columbus, Ohio at a cost of 1.9 million dollars. In 1920 the railroad bridge was replaced at Herr’s Island. The method utilized in building this tunnel is called the Cut and Cover Method. The ground is dug straight down at the middle distance from each entrance and at 70 feet the tunnel is dug to each entrance, bricked then covered over. I am not aware of the exact train schedule, but I have been present on certain evenings when the train comes zooming through. On a topical map the tunnel runs from Center Avenue to Filmore Street. The sight of a train engine suddenly appearing out of this bending tunnel is electrifying.

Changing the venue and mood, about nine miles away from the Schenley Tunnel, located on the North Side of Pittsburgh, is a gaudy fun place called Randyland. It is located on Arch Street just above the Mexican War Streets. In 1995, Randy Gilson from Homestead, PA moved to the North Side area. He purchased two old wooden buildings in the need of painting and restoration. He started planting flowers and vegetables on the vacant lots during the summer. He is considered an eccentric folk artist and with his creative vision began turning these blighted buildings, as some comment, “into the most vivid painted buildings in the galaxy.” The outdoor art center museum courtyard contains a conglomeration of old vintage outdoor lawn furniture, discarded sculptures, store mannequins, rocking horses, pink flamingoes, murals covering entire sides of these buildings. You might even see a kitchen sink. Admission is free. It is the most photographed area on Instagram. If you are lucky during your visit, Randy himself may give you a free tour. Randyland has been visited by people from all over the world and is only 12.3 miles from Verona.

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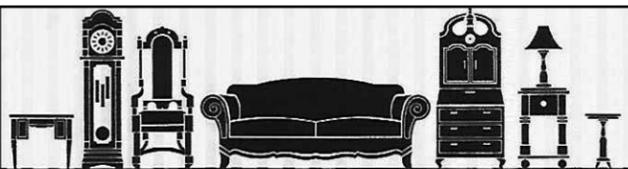
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The Pawpaw Tree, Pennsylvania's Tropical Fruit

by Rhea Homa, Verona Shade Tree Commission Member

What do mangoes, mastodons, Native Americans, and the Eastern Zebra Swallowtail have in common? A rich history alongside the pawpaw tree.

Pawpaws are a tree that grows native to southwest PA and produces the largest (up to 6" long) edible native fruit in North America. This tree has broad leaves and grows purple flowers that develop into large greenish-yellow pawpaw fruits. These fruits taste tropical –like mangoes, bananas, and custard– and there's a reason for that...



Pawpaw trees belong to a tropical family of plants (Annonaceae). However, the pawpaw is the only member of the Annonaceae family that is naturally adapted for the cooler, temperate climate of eastern North America. Fossil records indicate that pawpaw fruits were a common food for mastodons and giant ground sloths which were large enough to swallow the big seeds that are the length of a US dollar coin. These gigantic animals dispersed the large seeds in a wide range through their dung as they traveled millions of years ago. Eventually mastodons and other megafauna would go extinct and easy pawpaw seed dispersal halted.

Later, it is believed that Indigenous people of North America further expanded the range of the pawpaw, cultivating pawpaws to become a staple food and medicine. These fruits were made into foods like pudding or dehydrated for longer storage.

During the Great Depression, the pawpaw became known as the "poor man's banana" and often served as a substitute for other fruits. However, following World War II, new fruits were introduced and interest in the pawpaw waned.

The fruiting tree used to be abundant in western PA and no doubt found in Verona. Eventually, housing and



industry took over much of the land in Verona and the surrounding areas and pawpaw trees became scarcer.

This means that there are less pawpaws around to feed not only humans, but also butterfly species that depend on the pawpaw for survival. One example of these pollinators is the Eastern Zebra Swallowtail whose larvae have evolved with pawpaw and will feed on the leaves of only this tree. Many communities in our area no longer see this stunning butterfly around because there is little or no food to feed it. If we bring pawpaws back to the area, displaced butterflies and insects that depend on this host tree will also return. And a boon to the growth of these trees, the pawpaw tree is deer resistant.

More recently, the pawpaw is quickly regaining popularity as people learn about this tree's interesting history, exotic-flavored fruits, and its importance to restore displaced butterfly populations. Also interesting is their unique reproduction; pawpaws are protogynous which means that their male and female reproductive organs do not mature in the same time frame, making self-pollination of pawpaws more complicated.

If you're interested in learning more about this unique tree, check out this cool video created by a local butterfly and pawpaw ambassador who heads a guerilla grass-roots conservation effort: bit.ly/pawpawsinpittsburgh. If you'd like to visit a pawpaw tree in person, the *iNaturalist* app can help seekers find this locally uncommon tree. Hint: there is a stand reported on the app on Sycamore Island.

And if you'd like to plant a pawpaw tree for yourself, they can be purchased here: www.petersonpawpaws.com. Keep in mind that they fruit best when planted in groups of 3+ trees, so encouraging neighbors to plant them can enhance your likelihood for a late summer crop of pawpaw fruits that can be enjoyed by humans and perhaps invite the elusive zebra swallowtail butterfly to visit your yard as well.

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Green Guidance

Pesticides: Wreaking Havoc on Our Health and Planet

by Rhea Homa

It should not be surprising that a product that is created to kill life forms is harmful to human health and our pets' health.

I'd like to share a conversation... My friend Patty and I were talking recently about neighbors using pesticides and she recounted a conversation that she had with her own neighbor. Patty is very accomplished. She has a BS in Biology, a PhD in Genetics, performed her postdoctoral fellowship at Yale University, and has presented at least a dozen international presentations in front of very influential people. She knows more than I could ever dream of and I'm fortunate that I get to soak up any info she shares when we rub elbows.

Patty recounted a time last spring when she was gardening outside, and a lawn care service van pulled up to her neighbor's house. Being the quick-to-act woman that she is, Patty quickly walked up to her neighbor's door before the worker got out of the van. Patty wanted to make sure that her neighbor knew what she knew before the lawn guy started spraying. Patty carefully began listing off the ways in which pesticides (including herbicides) –whether bought from the store or applied by a professional– are deadly to bugs and birds, harm the environment, and are health concerns for humans and pets. She explained that herbicide and pesticides that are used on lawns don't stay where they are sprayed. They wash deep into the soil, into neighbor's yards who may not want to use pesticides, into waterways, and the chemicals are also tracked into homes by people and pets. Patty knew that her neighbor has a dog who plays in the yard so she also explained that pesticide and herbicide chemicals transfer onto paws where they absorb into the skin or will be licked off and digested, both of which can lead to kidney and liver failure. Her neighbor took a beat and quietly said that her dog had been diagnosed with kidney disease. Sadly, Patty's neighbor had used pesticides and herbicides on her yard for many years and she didn't realize that she was making her dog sick until it was too late. If only she had known sooner.

And that's why I write this article. To share the truth that countless studies have linked pesticide exposure (which include chemicals that kill insects, plants, rodents, and fungi) to cancer, ADHD, Alzheimer's Disease, birth defects, and developmental disorders. These products have the potential to harm the nervous system, reproductive system, and the endocrine system. These chemicals also pollute neighboring yards, groundwater, and stormwater that runs into our waterways.

Contaminated waterways and poisoned food (insects) are causing die-offs of bees, bats, and frogs. These chemicals

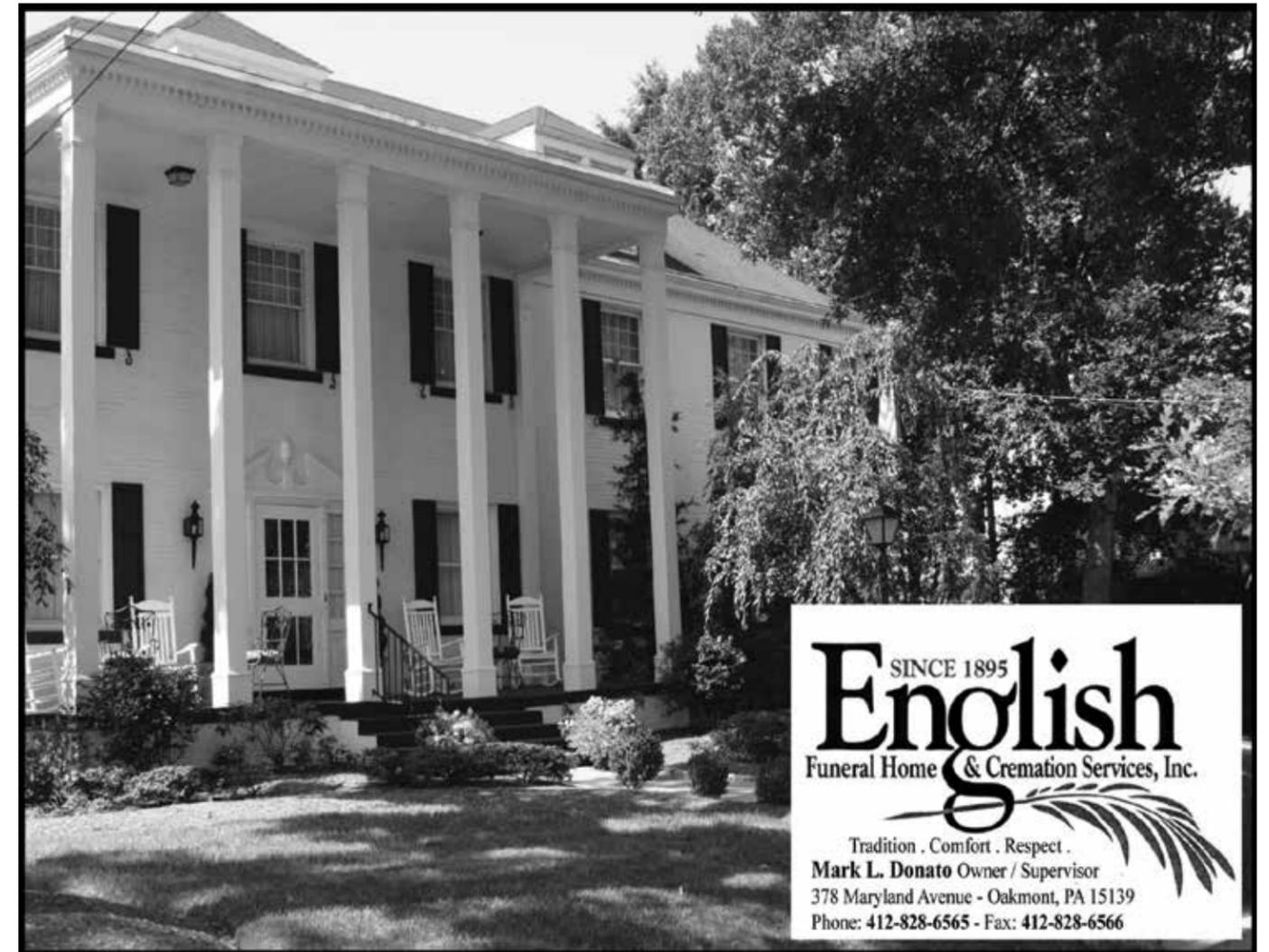
accumulate in the bodies of these small wildlife and are passed up the food chain, killing birds, outdoor cats, herons, hawks, eagles, and fish. And if you're a human that eats fish, it can be in your food, too.

Aside from dismantling our local ecosystems, pesticides and herbicides also emit three main greenhouse gasses during manufacturing including carbon dioxide, methane, and nitrous oxide. And the overabundance of these gasses in our atmosphere are influencing climate change.

There is no denying the catastrophic impacts of pesticides and herbicides on human and environmental health as they are literally formulated to kill life. Twenty countries have legislation restricting glyphosate (active ingredient in Roundup) and Bayer (who bought Monsanto in 2018) has settled over 125,000 lawsuits in the US alone totaling \$10.9 billion in settlements. Nationwide, a rising number of towns, counties, and states are drafting and passing policies to ban and limit the use of these killing chemicals to keep their communities safe.

If you are experiencing a pest infestation at your residential or commercial property, contact a local pest control company to discuss nontoxic and eco-friendly solutions to manage the problem. Remember, as a customer you have a right –and as a neighbor in a shared ecosystem you have a responsibility– to choose nontoxic and eco-friendly solutions that don't poison your household, your neighbor's household, or our shared ecosystem.

Special thanks to Patty from Forest Hills for sharing this interesting conversation. If you have any questions regarding low-waste living, concerns about pesticides and herbicides, or other topics related to sustainability, please send an email to rhea.sunshine.pgh@gmail.com. Your question and corresponding answer could be chosen for a future column.



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LET'S BE HEALTHY NATURALLY

By Sylvia Provenza, Director of Freedom of Choice in Health and Nutrition

BEAUTIFUL NEWS! CBD May Enhance Skin Health

More and more skin creams, lotions, soaps, and moisturizers contain hemp-derived CBD (Cannabidiol), a nonpsychoactive, naturally occurring component of Cannabis plants. Why? Preliminary research indicates CBD possesses an array of beauty-related benefits.

Although high-quality, randomized, controlled trials still need to occur, one of the most widely reported benefits of CBD on problematic skin is inflammation and oil control. When a CBD-infused lotion, cream or oil is applied to the skin, CBD is absorbed and binds to the body's natural Cannabinoid receptors. By inhibiting the receptors that causes sensitivity, CBD helps reduce the skins over reaction to stressors like aging and sun damage. Redness, acne, and inflammation are potentially reduced.

When found in skin care products CBD's antibacterial properties are thought to balance oil production and help with cell turnover. CBD's high antioxidant count may help hydrate and protect against pollution and UV light.

The beauty industry has introduced CBD into makeup as well. CBD oil acts as an emollient in lip balms and lipsticks, adding moisture and a creamy texture. In mascaras and brow gels, CBD is a vegan alternative to traditionally used binders such as beeswax.

Hemp seed oil has high levels of Omega-3 and Omega-6 fatty acids, which help lock moisture into the skin. Hemp oil-infused mascaras offer volume and a hydrating effect.

For the most effective delivery, experts suggest CBD infused oils and ointments. These formulations deliver greater amounts of CBD to the skin. There's no conclusive research yet on the amount of CBD required for optimal results.

Read the Label!

Some products claim to contain CBD but have no CBD in them. There can also be confusion over what an ingredient actually is. For example, Cannabis Sativa seed oil and Hempseed oil do not contain CBD. If you're searching for

CBD infused skin care, make sure the products packaging clearly states that the product contains CBD.

Look for these terms in CBD products: CBD, Cannabidiol, Hemp extract, Phytocannabinoid Rich or PTCR (full spectrum). Steer clear of formulas with added preservatives and fragrances, as they can worsen redness and inflammation.

Seek organic certifications and the words "organically grown" in Hemp-derived products, since Hemp absorbs everything in its surrounding soil... including pesticides and heavy metals.

I hope you find this article interesting and informative. Until our next issue in July, I wish you all a Happy and Healthy Spring and a Blessed and Happy Easter.

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

MY MOTHER'S RECIPES

by Donald Worf

SEVEN-LAYER CASSEROLE

This is a typical 1950's recipe. It can be still easily found today via an internet search. It was one of my favorite meals as a youngster growing up and I'd like to share it with you.

Start heating oven to 350°F. Place the following ingredients in layers in a 2-quart casserole or baking dish with a tight-fitting lid...

1 cup uncooked **RICE**.

1 cup canned whole kernel **CORN**, drained.

Sprinkle rice and corn with salt and pepper to taste. Then pour 1 can **HUNT'S TOMATO SAUCE** and ½ can **WATER**.

Continue by adding ½ cup each: finely chopped **ONION** and **GREEN PEPPER**.

Finish by arranging and pressing, 1-lb of uncooked **GROUND BEEF** over top of casserole to seal in the contents beneath it.

Sprinkle with **SALT** and **PEPPER**. Pour over a second can of **HUNT'S TOMATO SAUCE** and ¼ can of **WATER**. Cover meat with 4 strips of **BACON**, cut in half.

Cover and bake at 350° for 1 hour. Then, uncover and bake about 30-minutes longer, until bacon is crisp.

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Becoming A More Responsible Constituent

by Donald Worf

What can we all (I'm referring to all the residents living in the Borough of Verona) do to become better constituents of our Borough? How can each of us intelligently augment, in a responsible and meaningful way, the functioning of the governing body of our Borough? I have three ideas for the readers to carefully ponder.

The first idea that comes to mind is for each and every one of us to become more knowledgeable about the function and process of our local government. Attending monthly meetings is a good start. This takes some discipline and commitment to sit through and listen to *government-at-work*. But the big payoff is a greater understanding and, hopefully, appreciation for where and how your tax dollar is being spent. And honestly, this practice can become addictive the more you watch and learn.

Since the Pandemic, most public meetings have been modified to accommodate the public while reducing the chances of spreading the virus. The use of *hybrid-meetings*, via a *Zoom* link, has allowed the public to conveniently choose how to engage in public meetings... either "link" into the meetings via a computer, in the comfort of their homes, or by actually physically attending the meetings in person inside the Council Chamber in the Verona Municipal building.

If you have a computer connected to the internet, you can easily watch and partake in Borough Council Meetings at home. You will need to download and install the computer app called *Zoom*. After installing and setting up *Zoom*, you will need to find and open the *address* or *link* to the *Zoom* meeting in order to watch it on your computer. This *link* is conveniently posted on the borough's webpage at www.veronaborough.org.

Council meetings are held at 7:00 PM on the second Tuesday and the last Tuesday of every month, barring Holidays.

A second idea might be to familiarize yourself with Verona's Borough Code, which can be found at <https://ecode360.com/VE2483>. While perhaps somewhat more labor intensive, it rewards the reader with a comprehensive, more in-depth knowledge, involving the laws and procedures that govern the functioning of Verona Borough from a legal perspective. So, if you want to know if you can park your vehicle in that alley or if your neighbor's grass is too high, this is the source for the answers.

The third idea simply involves living by the laws of our Borough. The knowledge that we acquire obligates us to abide by this knowledge. "*The law knows no ignorance*" definitely applies in this situation. By exemplifying the principles of the law in our daily lives, we set the example for others to follow.

I feel that, as taxpaying residents of Verona we have personal stake in how our tax dollars are spent. *Ignorance my be bliss, but knowledge is power.*

RCAC NEWS

by Mary Margaret Fisher
RCAC Program Coordinator

Due to popular demand RCAC has added two additional fitness classes!

Here is our weekly fitness schedule:

MONDAY'S

- **Chair Yoga** - 10:30 am – involves moving through both seated and standing Yoga poses to increase flexibility, balance and range of motion.
- **Tai Chi** - 1:30 pm – a graceful form of exercise that helps with stress reduction and other health benefits. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

TUESDAY'S

- **Let's Get Movin'** - 10:30 am – 45 Minute class focuses on 3 key fitness areas – cardiovascular, strength and flexibility. Modifications are shown throughout the class.
- **Line Dancing** - 1:00 pm - a choreographed dance where people dance along to a repeating sequence of steps. Instructor shows and calls steps to assist all in following along.

THURSDAY'S

- **Somatics** – 10:30 am – teaches the nervous system through slow focused movements, how to release chronic muscle tension and stand and move in a natural efficient way. Requires a yoga mat and ability to get up and down from the floor without assistance.

FRIDAY'S

- **Line Dancing** – 10 am - a choreographed dance where people dance along to a repeating sequence of steps. Instructor shows and calls steps to assist all in following along.
- **Let's Get Movin'** – 11:15 am - 45 Minute class focuses on 3 key fitness areas – cardiovascular, strength and flexibility. Modifications are shown throughout the class.

No reservations necessary. Please come and join the fun! We have other activities as well such as pinochle, crafts, corn hole and crocheting as well as special programs. Call for more information 412-828-1062.



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SPRING INTO SPRING, FOR PET'S SAKE!

By Patti Thomas, Owner
Pink Tiny Paws, Verona, PA 15147



Spring with your Pets

Spring has sprung, and with the change of season, our thoughts turn to Easter celebrations, spring cleaning and much-needed home improvement projects. Before you embark on seasonal chores or outdoor revelry, take inventory of potential springtime hazards for your furry friends.

Easter Treats and Decorations

Keep lilies and candy in check—chocolate goodies are toxic to cats and dogs, and all true lilies can be fatal if ingested by cats. And be mindful, kitties love to nibble on colorful plastic grass, which can lead to an obstructed digestive tract, severe vomiting and dehydration. Moreover, while live bunnies, chicks and other festive animals are adorable, resist the urge to buy them—these cute babies grow up fast and often require specialized care!

Buckle Up!

While most dogs love to feel the wind on their furry faces, allowing the to ride in the beds of pick-up trucks or stick their heads out of moving-car windows is dangerous. Flying debris

and insects can cause inner ear or eye injuries and lung infections, and abrupt stops or turns can cause major injury, or worse! Pets riding in cars should always be secured in a crate or wearing a seatbelt harness designed especially for them.

Spring Cleaning

Spring cleaning is a time-honored tradition in many households, but be sure to keep all cleaners and chemicals out of your pets' way! Almost all cleaning products, even all natural ones, contain chemicals that may be harmful to pets. The key to using them safely is to read and follow label directions for proper use and storage.

Home Improvement 101

Products such as paints, mineral spirits and solvents can be toxic to your pets and cause severe irritation or chemical burns. Carefully read all labels to see if the product is safe to use around your furry friends. Also, be cautious of physical hazards, including nails, staples, insulation, blades and power tools. It may be wise to confine your dog or cat to a desig-

nated pet-friendly room during home improvement projects.

Let Your Garden Grow—With Care

Pet parents, take care—fertilizers, insecticides and herbicides keep our plants and lawns healthy and green, but their ingredients may be dangerous if your pet ingests them. Always store these products in out-of-the-way places and follow label instructions carefully. Many popular springtime plants—including rhododendron and azaleas—are also highly toxic to pets and can prove fatal if eaten

Ah-Ah-Achoo!

Like us, pets can be allergic to foods, dust, plants and pollens. Allergic reactions in dogs and cats can cause itching, minor sniffing and sneezing, or life-threatening anaphylactic shock to insect bites and stings. If you suspect your pet has a spring-time allergy, please visit your veterinarian as soon as possible.

Pesky Little Critters

April showers bring May flowers—and an onslaught of bugs! Make sure your pet is on year-round heartworm preventive medication, as well as a flea and tick control program. Ask your doctor to recommend a plan designed specifically for your pet.

Out and About

Warmer weather means more trips to the park, longer walks and more chances for your pet to wander off! Make sure your dog or cat has a microchip for identification and wears a tag imprinted with your home address, cell phone and any other relevant contact information.

Kids' Quiz

by Pat Wilson

This is a double quiz. Here are the answers to the sentences below. Should you unscramble the words first to find the answers or answer the questions first?

ANSWERS:

- MLPU EEKRC _ _ _ _ _
- ONECA SUBLC _ _ _ _ _
- SMEFRRA REKMTA _ _ _ _ _
- DLRRAIOAD RUMLA _ _ _ _ _
- RIEF TIGSFHRE _ _ _ _ _
- KLEPCI LBAL _ _ _ _ _
- DINNAI and GIYQELU _ _ _ _ _ and _ _ _ _ _
- YAMRO _ _ _ _ _
- GROOUBH _ _ _ _ _
- AERNOV _ _ _ _ _

QUESTIONS:

- What waterway divides Oakmont and Verona?
_ _ _ _ _
- There are many _ _ _ _ _
_ _ _ _ _ on the river in Verona.
- On Thursdays in the summer, where can you buy fruit and veggies?
_ _ _ _ _
- What is Verona's most famous work of art?
_ _ _ _ _
- At Christmas time, who builds a miniature railroad display in Verona?
_ _ _ _ _
- What's the latest sports craze in USA and here in Verona?
_ _ _ _ _
- Two other creeks run through Verona. Can you name them?
_ _ _ _ _ and _ _ _ _ _
- Back in November, Verona voted for School Board, Council members and _ _ _ _ _
- Verona is not a township. It is a _ _ _ _ _.
- The nicest people live in _ _ _ _ _!

Accessible and Friendly Routes!

by Talia Nevitt & Trish Hredzak-Showalter

Verona Borough is actively working to create an Active Transportation Plan (ATP) in 2022 with the support of a Pennsylvania Department of Health WalkWorks Grant. WalkWorks grants help communities like ours increase access and opportunities for physical activities, such as walking, biking, wheeling, and using public transit. By making walking, biking, and commuting safer and more convenient, the Borough hopes to improve social interaction between residents, improve the local economy and public health, and reduce air pollution. In particular, the plan will explore ways to provide our population with better transportation connectivity to and among our community/health related services, parks, library, churches, and residential areas. Community-wide events including Verona's Farmer's Markets, Movies in the Park, and Community Day can also be better accommodated by an improved active transportation network, too.

However, to spur community revitalization and economic development through the ATP, your input and suggestions are not only **critical**, but they are also **necessary!** The Borough will be holding in-person community meetings, guided field tours, and utilize a combination of interactive online mapping and survey technology to ensure a broad response from the community. Thank you for your support of this initiative!

The first public ATP meeting will take place on Thursday, March 24th from 5 - 7p.m. in Railroad Park. You can also visit these links to provide feedback on how the Borough should address active transportation:



SURVEY

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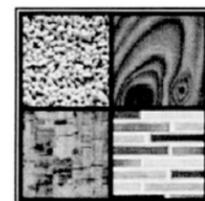


INTERACTIVE MAP

<https://bit.ly/3hxJt4K>

Have questions about the ATP? Please feel free to reach out to the following community members:

- Trish Hredzak-Showalter, phredzak@veronaborough.org
- Talia Nevitt, talia.nevitt@gmail.com



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Verona Borough Named 2022 Banner Community

Verona Borough has been recognized as a 2022 Banner Community by County Executive Rich Fitzgerald and the Allegheny League of Municipalities (ALOM). This marks the tenth year of the program which recognizes municipalities that show a commitment to professional development, prudent fiscal management, transparency, accountability, and proactive communications to engage community stakeholders. Verona Borough is one of 80 organizations recognized this year.

In order to be eligible for consideration for the Banner Communities Program, the municipality's elected and appointed officials must:

- Participate in educational or training programs through ALOM, the Local Government Academy or the PA Department of Community & Economic Development or participate in a governing mentoring program
- Be active members in good standing with ALOM and the county municipal associations, meetings
- Be active members in good standing in a COG and attend COG meetings, participate in a COG cooperative purchasing program and participate in at least one shared municipal service
- Conduct a Local Government Week activity by conducting a local activity promoting local government or communicating with the community about delivery of services
- Conduct an effective Citizen Communication Program by offering a municipal newsletter or web-based communication effort, and participate in a class discussion on local government or conducting a shadowing program for junior or senior high school students
- Promote and implement long term sustainable governing practices by earning certification through Sustainable Pittsburgh, managing employee pensions at funding levels of 90% or above, participating in the annual ALOM Wage and Salary Survey Program, and implementing goals of an up to date Municipal Comprehensive Plan

###

The Allegheny League of Municipalities, a nonprofit organization created in the early 1960s to coordinate the needs of the area's local elected officials. In 1974, it was officially established as the Allegheny League of Municipalities to coordinate, advocate and educate the hundreds of elected officials within its member municipalities in Allegheny County and southwestern Pennsylvania. The organization educates elected officials, delivers essential resources, and advocates for sound policy and legislation.



Council members Rhoda Worf (l) & SYLVIA Provenza (R) accept the 2022 Banner Community Certificate for Verona.



Borough of Verona

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Verona, PA 15147
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Police: 412-828-6034
Fax: 412-794-8691
www.veronaborough.org

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President- Dave Matlin
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Raymon Suchevec
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| Steven M. McIntyre, November 28, 2021 | Edna M. Kalok January 22, 2022 |
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| Rigo G. Diacopoulos, December 2, 2021 | Beverly H. Applegarth, January 27, 2022 |
| Frank J. Moreno, December 4, 2021 | Craig A. Olson, January 27, 2022 |
| David Spirk, December 7, 2021 | Colleen Lorraine Rydeski, January 27, 2022 |
| Annamarie Gill, December 10, 2021 | Ingeborg F. Booher, January 28, 2022 |
| Anthony "Tony" D. Matassa, December 11, 2021 | Duane Robert Reel, January 29, 2022 |
| Ronald C. Mahen, December 11, 2021 | Betty Jane Sistek, January 30, 2022 |
| James R. McDade, December 13, 2021 18, 2021 | Diane C. Burns, February 1, 2022 |
| Jeffery M. Massey, December 14, 2021 | David A. Moser, February 2, 2022 |
| Stella L. Mink, December 15, 2021 | Robert James Varasse, February 2, 2022 |
| Barbara J. Hoyak, December 17, 2021 | Carol L. Sandusky, February 3, 2022 |
| Patricia L. Miller, December 18, 2021 | Lawrence C. "Larry" Rubel, February 3, 2022 |
| Kayla L. Ritenour, December 18, 2021 | J. Victor Fisk, February 3, 2022 |
| Gerald F. Bonaroti, December 19, 2021 | Stephanie Lin, February 5, 2022 |
| Paula Mort Gilles, December 20, 2021 | John C. Green, February 6, 2022 |
| Janet M. Weimer, December 23, 2021 | Christine M. Bennett, February 9, 2022 |
| Delores E. Schaper, December 26, 2021 | Susan E. Meade, February 9, 2022 |
| Norman Harry Howard, Jr., December 27, 2021 | Janice M. McGrath, February 9, 2022 |
| Marjorie A. Rinaldi, December 28, 2021 | Judith M. Wondris, February 10, 2022 |
| James D. Alcorn, III, December 29, 2021 | Arthur Howard Betts, February 15, 2022 |
| Martin J. Truchok, January 2, 2022 | Anthony Vazzana, February 16, 2022 |
| Dolores C. Hazur, January 6, 2022 | Crissie Guthrie, February 20, 2022 |
| Quentin L. Hartwig, January 8, 2022 | Laura Zegarelli, February 21, 2022 |
| Patricia Tyler, January 13, 2022 | Tyke F. Ciorra, February 21, 2022 |
| Thomas Marron, January 13, 2022 | Pauline Klein, February 22, 2022 |
| Jeannie L. Daugherty-King, January 15, 2022 | Keith D. Davis, February 23, 2022 |
| Frances P. Flaminio, January 19, 2022 | Jeanne G. Capozzi, February 23, 2022 |
| Louise M. Schenk, January 19, 2022 | Samuel Messina, February 25, 2022 |
| June A. Graham, January 20, 2022 | Leah May McMorrان, February 2022 |
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| Martha J. Browne, December 18, 2021 | Alan Sheffler, February 4, 2022 |
| Spiro J. Pappas, December 23, 2021 | Kathryn V. Galaray, February 9, 2022 |
| Joanne A. Schaub, December 26, 2021 | Robert A. Bee, February 10, 2022 |
| Anna "Betty" Blackmore, January 6, 2022 | John "Jack" H. Connell Jr., February 18, 2022 |
| Kyle "Kitty" Pickering, January 9, 2022 | Eleanor M. Hitchak, February 18, 2022 |



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