



VERONA

COMMUNITY NEWS

501C3 Nonprofit

New Group Seeks to Preserve Historic ARB

Jessica Varone

Have you noticed that Allegheny River Boulevard (ARB) has been getting some much-needed attention recently? Less litter, newly planted flowers, and vegetation cutting around the old stone observation turnouts? And there are many other ongoing efforts, due to the newly created nonprofit: Allegheny River Boulevard Preservation Association (ARBPA). The ARBPA's mission is to "restore, preserve and enhance the natural and built environments of the historic Allegheny River Boulevard scenic roadway by working with all interested parties to steward and improve the traveling experience of the communities and visitors of the Allegheny Valley."



The group has been working on several projects to realize this mission, including applying for ARB's designation as a PA Scenic Byway. Verona, Oakmont, and Penn Hills municipalities all recently passed resolutions to support designating ARB as a Scenic Byway. This designation would make the route eligible for special funding and showcase its historical significance at the state level.

Another major goal for the organization is developing an ARB Preservation Management Plan. The plan will document and assess current conditions on ARB and provide guidance for future planning. To fund this effort, ARBPA was awarded a \$20,000 Keystone Historic Preservation Grant via their 501(c)3 fiscal sponsor, the Penn Hills Community Development Corporation (PHCDC). The Keystone Grant is a program of the Keystone Pennsylvania Historical and Museum Commission, funded by the Commonwealth of Pennsylvania. However, this grant requires a dollar-for-dollar cash match, which means that ARBPA needs help raising \$20,000 in matching funds! Anyone interested in supporting the preservation and improvement of this beautiful, historic, and scenic roadway can help by donating to ARBPA: <https://arbpa.org/donate>

No donation is too small, and all will help toward their goal.

ARBPA hopes to pursue additional projects once the management plan is complete, including rehabilitation of the historic stone turnouts, vegetation management and removal of invasive species, and exploring possibilities for safe viewpoints along the roadway.

Many of you in the community of Verona have enjoyed the boulevard over the years, and it is a unique part of our town's history. If you have any historic photos of ARB that you would like to share with the organization, or if you have any questions about ARBPA, reach out to: arbpreservation@gmail.com

- You can also follow the organization online at: www.arbpa.org
- Facebook: [@arbpreservation](https://www.facebook.com/arbpreservation)
- Instagram: [@arbpreservation](https://www.instagram.com/arbpreservation)

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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

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FROM THE MAYOR'S DESK

As we approach winter, remember each of us is responsible for snow removal. Responsibility is on all homeowners and renters. Verona has hired its own part time code enforcement officer. He has been very vigilant, in looking for ordinance, violations, and code violations. Once again, I would like to thank all volunteers who help to make Verona a better place to live. The holidays are approaching, and I would like to say happy Thanksgiving, Merry Christmas to all and happy holidays to everyone, and have a blessed New Year. Verona borough is also looking for an emergency management coordinator, if interested, or have questions, please contact the Boro Manager.

Our hearts and prayers go out to all those affected by the Masonic Building fire, including the Masons, residents of the 2nd floor apartments, and the owners of Eiler's Hardware Store. The building was severely damaged on October 25, 2023.

Verona Fire Department was assisted by Oakmont Fire Department, Four of Penn Hills Fire Departments and Natrona Heights Pioneer Hose company with their Rehab Truck. Lower Valley Ambulance Service along with other Ambulance services were standing by. These men and women risk their lives every day to go into a burning building. As a community, we thank each one of you for your services. Sergeant Jerry Frankos was the first to arrive on scene and go into the building to help get the people out on the second floor down the rear fire escape. Sergeant Frankos was honored at the November Council meeting for his courage and helping those residents get out of the building.

I would also like to thank Giant Eagle, Foxes Pizza, and McDonald's for their generous contribution for the food and water that they supplied that night. It is greatly appreciated, this truly says a lot about the community, businesses, volunteers, people who live and work here.

*God Bless to all
Mayor David Ricupero*



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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**.

The next issue of the Verona Community Newsletter, the SPRING ISSUE 2024 will be published and delivered to Verona residents by March 1, 2024. Articles for the Spring issue are due to be sent, via email, to the VeronaNewsRoom@gmail.com by February 1, 2024.

If you would like to place an advertisement in the Newsletter, contact **Sylvia Provenza** at **412-828-7726**.

VERONA HISTORICAL SOCIETY

Rhoda Worf, President

EVENT SCHEDULE FOR THE WINTER SEASON

- The Verona Historical Society meets on the third Thursday each month in the Verona Municipal Building at 7 pm.
- Each month a program is scheduled reflecting historical events both past and present.
- The meetings are open to the public.
- For more information visit www.veronahistory.org
- **December 14, 2023.....** Thursday.....CHRISTMAS HOLIDAY GATHERING (DETAILS TBA)
- **January 18, 2024...** Thursday.....Movie... WQED (Rick Sebak) "SOUTHSIDE"
- **February 15, 2024...** Thursday.....Movie...WQED (Rick Sebak) "SOMETHING ABOUT OAKLAND"

Visit the Verona Historical Society's History Room

- The Verona History Room is in the Verona Municipal Building located at 736 East Railroad Avenue, Verona.
- The History Room is open on the second and fourth Saturday of each month (also upon request) during the hours of 10 am to 1 pm.

IT IS OPEN TO THE PUBLIC.
For more information...412-828-3607

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Shirley Davis and Judy Myers

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*From the entire staff and volunteers at the Twin Boros Ministries
and the Verona United Methodist Church*

Upcoming Community Dinners Scheduled for the Winter:

- December 20, 2023... Riverside Community Church
- February 28, 2024... Longwood of Oakmont

Community dinners take place on the last Wednesday of the month from 4:30 until 6:30 pm at the Verona U.M. Church. 4:30 until 6:30 for sit down dinner only. Take-out dinners are from 5:30 until 6:30 pm.

We're Back for Another Year!

Debbie McCarthy

Riverview **Blessings in a Backpack** Program (BIB) is up and running for the 2023-2024 school year. We are currently providing thirty-five children at Verner Elementary and twenty-two children at 10th Street Elementary with non-perishable food items every Friday to help them get through the weekends. With the continued support of our generous communities, we hope to fund this program for many years to come.



We have made a few changes: Program Director Debbie McCarthy has stepped down and Debbie Stachura has taken her place. (Debbie S. can be reached at Debbie7724@gmail.com) Also, in addition to our original 2 packing groups, Oakmont Lions Club and Holy Family Parish Ladies of Charity, Riverside Community Church is now helping with this duty.

Our Winter Fundraiser is scheduled for Saturday, January 20, 2024, at the Verona Moose (312 Arch Street) from 1-5PM. We will have lots of Raffle Baskets to take a chance on, a 50/50 raffle, light snacks, and DJ Billy Mac will be playing tunes for our enjoyment. Please come to support this important program. Any donations for this event will be happily accepted and Debbie can be emailed at the address above with any questions.

If you cannot attend our fundraiser and would still like to donate to the kids, you can mail a check to Blessings in a Backpack Lockbox, P.O. Box 950291, Louisville, KY 40295-0291. As we are a registered 501c3 you will receive a tax receipt by mail for your donation.

Thanks to all who have backed Riverview BIB for the past 7 years. We could not have done it without you!

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Verona Volunteer Fire Company Accepting New Volunteers

Dan Tihey, VFC Chief

Are you looking to make a difference? No matter your talent or background, we have a job for you. When disaster strikes, the Verona Volunteer Fire Company is there. Be a part of a courageous team dedicated to saving lives, homes, and businesses.

The Verona Volunteer Fire Company is accepting applications for active firefighters as well as junior (16-17 years old) firefighters. If interested, we can be found at 465 Parker Street any Monday night from 6:30 pm to 9:00 pm or you can message us on Facebook or call our business line at 412-828-3036 to arrange a visit. All training is provided through the Allegheny County Fire Academy. Also, be sure to check out our new website at www.veronavfc.org



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Michael R. Vento, President

RCAC NEWS

501 Second Street, corner of Second St and Delaware
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RCAC is now a certified SILVER SNEAKERS facility.

Silver Sneakers Circuit Exercise Classes Tuesdays 10:30 am Fridays 11:15 am Experience standing, low-impact choreography alternated with standing upper-body strength work.

Silver Sneakers Stability/Fall Prevention Class Wednesdays 10:00 am-10:45 am. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee, and hip joints, while improving your reaction time.

These classes are suitable for every fitness level, and your instructor can adapt the exercises depending on your skill. You do NOT have to be a Silver Sneakers member to attend. EVERYONE WELCOME! Silver Sneakers members no cost, otherwise \$3 per class.

We also offer lunches Monday-Friday at noon for \$1.25 per person. Please register 2 days prior by 12 noon by calling 412-828-1062.

VERONA FARMERS MARKET

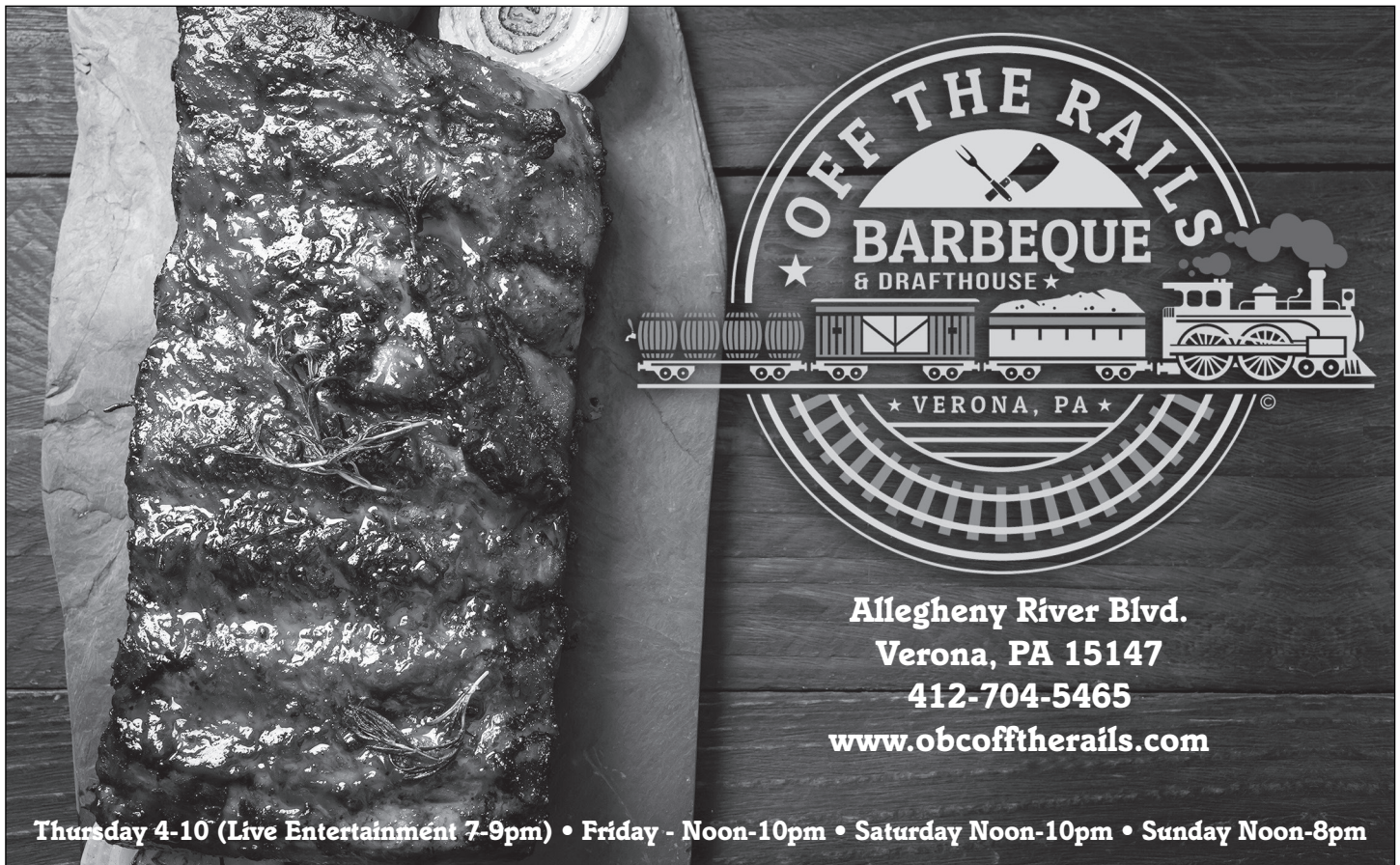
Stefani Garibay

Another year has ended, and we are in our off season for the Verona Farmers Market. Some days were better than others, but there were always people to support our staple vendors. A huge thank you to Tom's Candy Co., Killer Krafts, Musser's Market, Made to Learn, Alveres Farm, Evanly Bakes, Eastman Family Farm, Cotton Candy Creations, Millers Maple, the special youth vendors, and everyone who gave us a chance this season to sale.

Our market is in Railroad Park and sees on average 100-200 patrons on a regular market day. This year we added a few things to the market season, inviting Enchanted Experiences to share Queen Elsa and Princess Merida for two special events. Bringing in more foot traffic. Our trunk or treat was a success again this year. Thank you to our local organizations and friendly neighbors who came to pass out candy.

If you're interested in helping grow our market, have ideas you would like to share or are interested in volunteering/running the Verona Farmers Market please contact us at veronapafarmersmarket@gmail.com. We will be on the search and accepting vendors starting now. Email us for more information.

We want to extend our deepest gratitude to everyone who faithfully visits our market.



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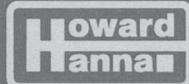


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Verona Chamber of Commerce

CHAMBER OF COMMERCE END OF YEAR WRAP UP

Stefani Garibay

A lot of changes have happened in our local chamber of commerce. Aside from new leadership, we lost a very dear and dedicated friend, Kier Ewing, who passed away this year. Mr. Ewing's family established the Verona Chamber of Commerce over 50 years ago. Kier, and his brothers, have faithfully dedicated themselves to the festivities in town and the community. We thank him and his family for all their contributions for a brighter community, past, present, and future.

We tried a few new things and wanted to explore more options to bring in more memberships and provide a resource for our local businesses. We held several networking events this year. Our yearly events, such as the Easter Egg Hunt, Halloween Parade and Jolly Jamboree added additional entertainment and fun for the kids. Some of us had a vision for membership cards that would provide deals/discounts to members from member businesses this year. However, we found this was easier said than done. Some ironing out of our plans for a stronger chamber is needed, and you are wanted!

Chamber board letters of interest will be accepted until January 16, 2024. If you would like to join our board please send a letter of interest to Verona Chamber of Commerce, P.O. Box 276, Verona, PA, 15147.

Member applications will be sent out in February. If you haven't received one, please reach out to Stefani via email stefanigaribay@gmail.com

Join us every third Tuesday at 7pm in the Verona Borough Building located at 736 E. Railroad Ave, Verona, PA 15147. There are NO meetings in August or December.



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What a "Spooktacular" fun evening!

HALLOWEEN

... VERONA STYLE!

Donald Worf

This is how Halloween is celebrated in Verona. For about the 7th successive year, Halloween attendance has steadily grown on our street located on Verona's Hilltop. Last year we estimated about 300 trick-or-treaters based on the quantity of treats given out. Surprisingly, this year's turnout topped all previous years with approximately 350 costumed little ghosts and goblins visiting our neighborhood.

Every costume imaginable, from fairy princesses to Mr. Americas, and everything in between, all parading along our street, visiting homes and each echoing the excited and traditional "trick-or-treat" refrain. Chilly weather this year did not seem to have any effect on the horde that descended upon our normally quiet neighborhood.

We genuinely enjoy Halloween eve and get as excited as the children. We love passing out treats while observing the polite manners exhibited by the trick-or-treaters as they politely say, "thank you." Can't wait until next year.

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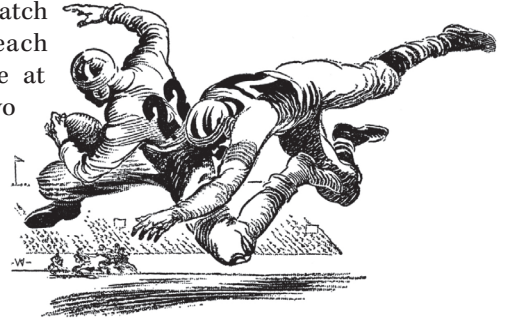
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"ELECTRONIC FIRST AND TEN"

Frank W. Santucci

Today as we watch football games each weekend, there are at least, if not more, two hundred games every Saturday and Sunday. Where did this all start? Experimental television transmissions had been



around since the early 1930's. On September 30, 1939, the sports world moved from grass fields to electronic metal and tube receivers in private homes and businesses.

Back then Fordham University of New York was a football powerhouse. The sports world was kept alive by radio broadcasters and newspapers. Bill Stern had the most prolific and entertaining style of describing a game on the radio. He was the premier sports announcer of that era. Not only did he broadcast games, but he also had an evening sports radio program where he would put his spin on the current important sporting events.

The initial televised football game was in 1939 with the Fordham University Rams playing against a small southwest-

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ern Pennsylvania team, Waynesburg University Yellow Jackets. It was the custom of larger schools to get their season off to a good start by playing games against smaller schools. Waynesburg originated in 1850 and Fordham University had its origin in 1841 in Bronx, New York. The game was played at Triboro Stadium on Randall's Island in New York. The broadcast was set up by NBC with an innovation of transmitting to a fifty-mile radius from the Empire State Building, the highest point in New York. Very few private homes or bars and taverns were able to afford the 12-inch black and white set with the price tag of \$600. The price for that television back in 1939 converts into today's market to over an astonishing \$13,000.00!

Only two cameras were used to produce the game, and there was almost an equal number of technicians and workers as there were visiting players. Over forty Waynesburg University coaches and players traveled to New York by automobile. The game began at 2:00 P.M. The first televised touchdown was scored by Waynesburg University. The game progressed as predicted with Fordham winning 34 to 7. Bill Stern, the announcer, was terrible; it seemed he could not conform his method of radio broadcasting to live television. Approximately 9,000 fans were in attendance, and it was estimated that only 1,000 to 6,000 fans watched the televised game. This was the beginning of a novel industry that is always trying to improve itself.

On a more local note.... decades ago, a Verona man by the name of Liberto had a small appliance store on Center Avenue, two doors up from the Masonic Building. This area is now remodeled. Mr. Liberto strategically positioned his small black and white television set in his front store window for all the public to stand, or sit on the ground, and watch various shows and games. The first baseball World Series game to be televised was between the Brooklyn Dodgers and the New York Yankees in 1947.

I can distinctively remember that September World Series event....as I was one of the enthusiastic viewers sitting outside the store alcove entrance and watching my first televised World Series Game!

Any "old-timers" vividly recall having the same experience?



A CAROLING WE WILL GO!

Nate Stimmel

A small vocal ensemble will be singing Christmas carols around Verona on the evening of Sunday, December 17th. All are invited to enjoy short performances at Railroad Park and several other locations TBD.

Your neighborhood is your home, and that's where you'll find us.

At Seneca Hills Village, our three-story, independent living retirement community offers a worry-free lifestyle on a beautifully landscaped hilltop campus. Experience dynamic and affordable retirement living that's part of a world-class health system.

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MY HOUSE IS YOUR HOUSE!

Donald Worf

Suppose that everyone by now knows that those cute little doll houses standing on 4-foot poles along neighbors' property lines and the street are NOT... (a) doll houses, (b) squirrel nests, (c) nor bee hives. No, they are called **Neighborhood Book Exchange Boxes OR Little Free Libraries!** Their purpose is simple. They are meant to spread happiness and literacy amongst fellow book reading fanatics, like me and you. Owners of these little book exchange houses ascribe to the tide-and-true Italian saying, "*La mia casa é la tua casa*" which loosely translates into, "*My house is your house*," "*What was once my book is now yours*", or as they say in Italia, "*Ciò che era mio ora è tuo*."

The process is quite simple...you either borrow a book and loan a book, or you loan a book and borrow a book. As you can see, the outcome is the same either way... you always end up giving and



receiving a book. You really cannot get this wrong. These exchange boxes are popping up all over. I've seen a few in Verona. In fact, my next-door neighbor just built one. That is what gave me the idea to draft this article. Here's two pictures of her **Little Free Library**.

There is no formal membership. Members rely strictly on the honor system. And it is an economical way to find rare books, favorite or new reading genres, and occasionally even the hottest best sellers all for the phenomenal price of FREE, FREE, FREE!! Don't like the book you're reading? No problem. Return and exchange it as often as you care to. You can even freely exchange between different exchange boxes.

So, if you're an avid reader like I am, you won't pass up an opportunity like this. So, (1) take a book you've just read. (2) Stop by and open the door on an exchange box and (3) slip the book in. (4) Peruse the selection of available books and choose one to take home and read. (5) And remember, don't forget to close the door. Repeat the process as often as you like. Now you're hooked just like I am! So go forth and build yourself your own **Little Free Library** and *have fun!* Encourage your friends to do the same. *What a wonderful world it will be!*

OAKMONT CARNEGIE LIBRARY

WINTER SCHEDULE



The lobby opens daily at 9 a.m. for pickup
Mondays, Tuesdays, and Thursdays: 10 a.m. - 8 p.m.;
Wednesdays: 10 a.m. - 4 p.m.
Fridays: 10 a.m. - 2 p.m.; Saturdays: 9 a.m. - 4 p.m.
412-828-9532 - oakmontlibrary.org



The Squirrel's Nest Bookstore is open most library hours except Saturdays!

Come and shop our great finds!

Cozy up this winter at the Oakmont Carnegie Library

Visit our website at OakmontLibrary.org for more information on events held at the library.

From the Director's Office

The Holiday Season!

Winter brings with it cold, wind and snow and the opportunity to reflect on the year behind us and the year ahead of us. To help you during the winter season, we have put together some events we think you will enjoy! Please mark your calendars and check the library's website oakmontlibrary.org or call 412-828-9532 for more information.

- The new Story Walk will be: "**Snowmen at Night**" by Caralyn Buehner.
- Chess for Ages 8-19 with Craig & Adam – will continue Mondays at 3:00.
- OCL (Oakmont Carnegie Library) After School Program! For all school-aged children ages 5 and up!
- Third Tuesday Movie: January 16 @ 3:00. This is a long movie so be prepared to learn about the research, deployment, and fallout of the first atomic bomb. Call the library for information about the film title!
- Makerspace After Hours – Thursday evenings from 6:00-8:00pm
- Regular programming of yoga, book buddies, baby lap sit, and meditation will be on the library calendar.

To keep you warm when you stay inside to read there will be a new selection of books, CD's and DVD's will be here to help you relax and unwind. Thank you for supporting the Oakmont Carnegie Library throughout the year and keep warm this winter.

See you soon at the library!

Beth Mellor, Director

James Fowkes
Chief Operating Officer

phone: (888) 288-7411 fax: (412) 945-5872

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Let's Be Healthy Naturally

Sylvia Provenza, Director of Freedom of Choice in Health & Nutrition

Magnesium

Count the Ways It Helps the Body

This mineral plays many critical roles in the human body. Magnesium regulates blood sugar levels and blood pressure, helps bones stay strong, aids muscle and nerve function and is involved in energy production. It may also help support emotional balance.

Studies point to magnesium's efficacy for treating muscle and nerve pain as well as its ability to reduce cramping. Other research has found that magnesium promotes muscle strength in male athletes. Magnesium has been dubbed the "anti-stress" mineral because it relaxes skeletal muscles as well as the smooth muscles of blood vessels and the gastrointestinal tract.

Although magnesium is found in many foods, many Americans do not get the recommended amount of this mineral. It can be lost through the processing and refining of foods, so it may be important to add supplements of magnesium to dietary sources.

The four most important and readily absorbable forms of magnesium to look for in a supplement, according to nutritionists and Louise Gittleman, PhD, CNS, are the following:

- **Magnesium Glycinate:** Brain benefits include increasing mental calmness and concentration while controlling anxiety, insomnia, and irritability.

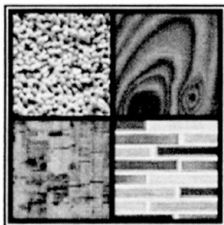
- **Magnesium Taurinate:** Supports healthy heart function, including suppressing heart palpitations and arrhythmias; provides migraine support.
- **Magnesium Malate:** Muscle friendly malate increases energy production and calms muscle fatigue; useful with headaches and pre-menstrual syndrome.
- **Magnesium Orotate:** Enhances athletic performance, boosts heart repair and function.

Some studies have shown benefits for use in fibromyalgia patients. Reviewers of literature note that randomized, placebo-controlled clinical trials were not included in the results, which suggests a path for further study.

Experts recommend taking between 300 and 400 milligrams (mg) of magnesium daily for adolescents and adults. Some forms of magnesium can cause gastrointestinal upsets, so be sure to discuss a magnesium supplement with your health care provider before you add it to your health regiment.

In closing, I hope you find this article interesting and informative. I also would like to wish everyone a Blessed and Merry Christmas, a Happy Hannukah, and a Healthy, Happy and Prosperous New Year!

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



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