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LEBO BEAT

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Carbonara's Looks to Rebuild Trust Under New Partnership

Veteran kitchen manager returns as co-owner to restore standards and reconnect with loyal customers **By Annabelle Thomas**

After a tumultuous year, Carbonara's Ristorante on Mt. Lebanon Boulevard is looking to move forward under the leadership of new co-owner Fred Snyder.

The restaurant was purchased by Steven Lemme in May 2025. Lemme hired a manager to oversee day-to-day operations, but Snyder said standards declined under that arrangement, ultimately leading to health code violations.

On April 30, Carbonara's received a Consumer Alert from the Allegheny County

Health Department for multiple code violations, including issues related to employee hygiene practices and cross-contamination prevention procedures. Restaurants receiving a Consumer Alert are given 10 days to correct violations, improve procedures and undergo a follow-up review. Carbonara's alert was removed May 7.

Following the violations, Lemme reached out to Snyder and asked him to return to the restaurant.

"He called me up and wanted to bring me back

because of the trouble," Snyder said. "I said, 'If I come back, I would like to be partners.' He said, 'OK, let's do it.'"

Snyder worked at Carbonara's beginning in 1999 and served as kitchen manager for more than two decades before leaving in 2022. Lemme said bringing Snyder back was an important step in restoring the restaurant's recipes, operations and customer service standards.

"I was a little nervous coming back because I didn't know how bad it was,"

Continued on page 4



Steven Lemme (left) and Fred Snyder (right) mark the beginning of their partnership and pose next to Carbonara's Ristorante on Mt. Lebanon Blvd. (Photo provided)

Empty Storefronts Don't Tell the Full Story of Mt. Lebanon's Business Market

Commercial real estate professionals say strong demographics, walkability and tenant demand continue to attract businesses **By Eleazer Gorenstein**

A walk through Mt. Lebanon's business districts reveals several vacant storefronts and commercial properties, particularly along Washington and Cochran roads. But according to local commercial real estate professionals, those vacancies may not signal a struggling market.

Instead, brokers say Mt. Lebanon remains one of the South Hills' most sought-after locations for businesses. Strong demographics, walkability and steady tenant demand continue to attract prospective occupants.

Some of the more visible vacancies in Uptown, along Cochran Road and elsewhere may create the impression that the local commercial market is struggling. However, real estate

brokers questioned whether Mt. Lebanon has an unusual vacancy problem at all.

"It seems like if there is a vacancy in Mt. Lebanon, it's usually not vacant for very long," said Jaime

Bongiorno, a commercial agent with Realty ONE Group in Pittsburgh.

Bongiorno said she regularly receives inquiries from businesses seeking Mt. Lebanon locations. The

community's walkability remains a major selling point, while parking garages and dense residential neighborhoods help generate customer traffic.

Businesses currently

seeking space in Mt. Lebanon include restaurants, fitness operators, insurance agencies, personal trainers and other service-oriented businesses, Bongiorno said.

Continued on page 18

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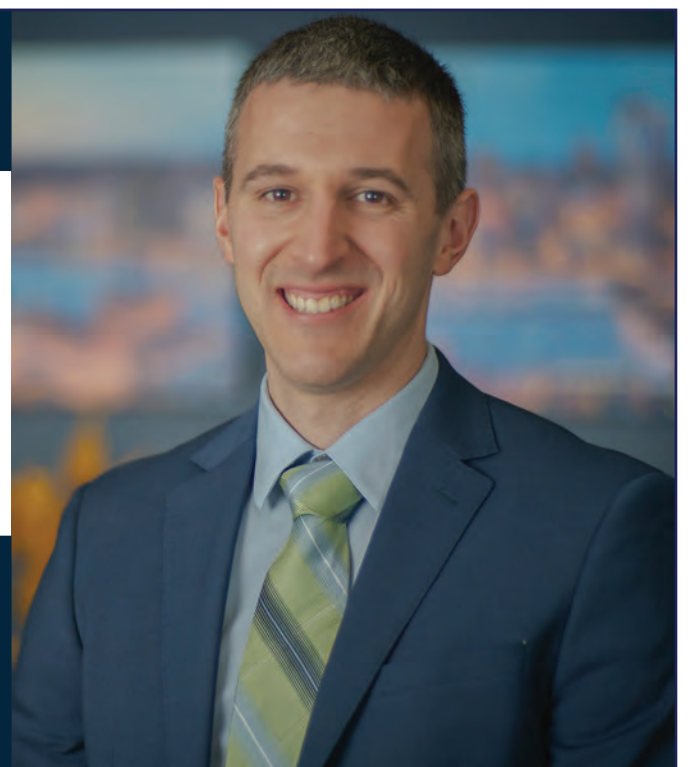
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More Than 457 Diplomas

A graduating class reflects years of investment by a community — and offers a glimpse of its future

By Brion Palmer

Every June, communities across America celebrate high school graduation. Families gather in auditoriums and stadiums. Cameras flash. Proud parents cheer. Students toss their caps into the air and step into the next chapter of their lives.

In Mt. Lebanon, 457 students graduated this year.

At first glance, that number may seem like little more than a statistic. Four hundred fifty-seven graduates. Four hundred fifty-seven diplomas. Four hundred fifty-seven young adults moving on to college, careers, military service, trade schools and other opportunities.

But in reality, that number represents something much larger.

It represents nearly two decades of investment by an entire community.

Before those students walked across the graduation stage, they spent years in Mt. Lebanon's parks, libraries, classrooms, athletic fields, stages and neighborhoods. They were taught by hundreds of teachers, coached by dozens of mentors and supported by countless parents, grandparents, neighbors and community members.

A graduating class is one of the clearest reflections of a community's values.

Every tax dollar invested in schools, every volunteer hour spent coaching youth

sports, every school fundraiser, every music lesson, every scout meeting and every after-school activity contributes to the development of the young people who eventually receive those diplomas.

Graduation is often viewed as the culmination of a student's educational journey. In many ways, however, it is also a report card on the community itself.

When 457 students graduate from Mt. Lebanon High School, it demonstrates that an entire town has spent years creating an environment where young people can learn, grow and prepare for adulthood.

The significance becomes even greater when considering what comes next.

Some graduates will leave Pennsylvania, attend college out of state and build careers elsewhere. Others will remain close to home. Some will become teachers, engineers, nurses, entrepreneurs, artists, first responders and business owners. Some will eventually return to Mt. Lebanon to raise families of their own.

No one knows exactly where life will take them.

What is certain is that each graduate will carry a piece of this community with them. The lessons learned here — both inside and outside the classroom — will influence decisions, relationships and careers for decades to come.

That is one reason communities place such importance on education. The return on investment often takes years to fully realize. Today's graduates become tomorrow's workforce, civic leaders, volunteers, taxpayers and parents.

In many cases, they become the people who solve problems we cannot yet foresee.

They will design buildings, start businesses, teach future generations, care for patients, write laws, develop technology and strengthen the communities in which they live.

Some will achieve remarkable success on a national stage. Others will quietly make a difference in their neighborhoods, workplaces and families. Both paths matter.

For a community, graduation is not simply an ending. It is a renewal.

Every year, one class departs and another rises behind it. The cycle repeats itself generation after generation, creating a continuous thread that connects a community's past, present and future.

This year's graduates join thousands of Mt. Lebanon alumni who came before them. Together, they form a living legacy that extends far beyond municipal boundaries or school district lines.

So while commencement



Members of the Mt. Lebanon High School Class of 2026 toss their caps into the air following commencement, celebrating a milestone years in the making and the start of their next chapter. (Photo by Lebo Beat)

ceremonies may last only a few hours, their significance is much greater.

A community can spend money on roads, buildings and infrastructure. Those investments matter.

But no investment is more important than the one made in its children.

Every teacher who came in early and stayed late, every parent who showed up, every coach who volunteered and every taxpayer who supported the schools played a role in helping these 457 students reach this moment.

Years from now, few people will remember who delivered the commencement speech or what the weather was on graduation day.

What will matter is what these graduates do next.

Some will lead companies. Some will raise families.

Some will serve their communities. Some will quietly improve the lives of those around them in ways that may never make headlines.

But all of them will help shape the future.

That is why graduation matters.

It is one of the few moments when a community can see the result of years of collective effort gathered in one place. For a brief evening, 457 young people stand as living proof of what happens when families, schools and neighbors invest in the next generation.

The Class of 2026 is more than 457 diplomas.

It is 457 opportunities to make a difference. And the true measure of a community is found in the people it sends into the world. ♥



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Good in the LEBOhood STREET BEAT

By Tressa Glover, Creator & Host, "Yinz Are Good" podcast



Your Kindness Crate notes are back, Lebo!

Hosted by Commonwealth Press, Lebo Subs, Rollier's and Sapling & Sons, our crates were once again filled with thoughtful notes jotted on colorful strips of paper, all responding to the prompt: "Please share with us who or what you're grateful for today, an act of kindness that someone did for you, or a moment that brought you hope."

And before we get to those, I have additional good news to share: One of your very generous and deeply compassionate neighbors was recently featured on an episode of Yinz Are Good. Mt. Lebanon resident Julie Ann Sullivan has dedicated her life to giving back and bringing joy to others, and I was thrilled to welcome her to the show.

Just tune in to Episode 209 to hear all about her journey, her kindness, and the ways she inspires others. She even shares some tips on how to be a "good yinzer."

And now, on to your notes!

- I am grateful for the volunteers at the Mt Lebanon Nature Conservancy. Ron Block does a great job with leading the nature cleanup to plant non-invasive species. Just good people.

- I am so grateful for my mom. She has really helped me through a lot and I wouldn't be who I am today without her.

- I am Teresa & am grateful for my neighbor, "Dan the Man." Always helpful & gives hugs, as well!

- Many thanks to my wonderful neighbors, Andy & Chris, for shoveling me



Lebo resident and generous neighbor, Julie Ann Sullivan is featured on episode #209 of "Yinz Are Good" podcast. (Photo provided)



The Kindness Crate filled with notes at Lebo Subs. (Photo provided)

out this past winter on Country Club Drive. - Diane

- I am grateful for my 2 little girls

- Years ago I went to WalMart pharmacy to purchase insulin for my diabetic kitty. I didn't have enough money. Been having a bad streak anyway, and I started to cry. A kind customer paid for me. Forever grateful.

- I'm grateful for my beautiful walkable community in Mt Lebo! Laura

- Joy in connecting with community :)

- Grateful for Lebo Subs!

- Next year I am going to a new school for only half a

year in Paris. - Eve D.

- I am grateful for your sammiches - Sienna

- I'm grateful for my family, friends & everything they do for mwa :)

- My bestie from Florida came to visit PGH just because!

- I was at Grandpa Joe's & there was a nice worker *then a hand-drawn picture of a cat*

- I'm grateful for my amazing mom and grandma and everyone in my life who makes me feel good. - Roxi

- Be kind to others, they will be kind back - Schenley

- A moment that brought me hope is how I'm becoming more happy and my anxiety can be controlled better after going through a tough patch.

- Grateful for my dad making it through open heart surgery and the chance to visit w/family & reconnect

- I am grateful that my husband is doing well after having open heart surgery (yesterday)!

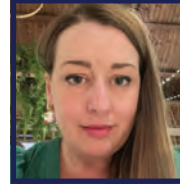
- I'm grateful to live in a walkable neighborhood where people are friendly and look out for each other's children.

- Mom is the best - Gavin W.

Huge thanks to all of yinz who took a moment to share your gratitude for the people and moments that lifted your heart. And to those "people": yinz are good.

In addition to our Kindness Crates, you can email your good news to me directly at yinzaregood@gmail.com. To listen to the "Yinz Are Good" podcast, just click on the links at www.yinzaregood.com. ♥

Going anywhere fun this summer?



"We're going to Hilton Head with the in-laws. It's our go-to summer spot and I'm excited to spend some beach time with family!"

-Kristen Z., Youngwood Dr.



"I'm going to Boston to visit my oldest daughter who's a rising sophomore working for Harvard student agency over the summer. My other daughter is going on the 8th grade field trip to Europe!"

-Diana C., Ashland Ave

Carbonara's

Continued from page 1

Snyder said. "But just in the last three weeks, as I've been here cooking, we've picked up a lot of good feedback."

Carbonara's Consumer Alert was one of 11 issued by the Allegheny County Health Department to restaurants throughout the county in 2026.

"As a manager for 24 years, we never had a problem with anything," Snyder said. "No complaints with the food, and everything we've done, we've done to high standards."

The restaurant was founded in 1970 by two Italian-born owners and has long promoted itself as a family-oriented Mt. Lebanon institution. According to its website, "We've stayed true to our roots while growing with the community that we love. Our story is one of heritage, hospitality and heart."

Snyder emphasized that he does not blame Lemme for the restaurant's recent challenges. Instead, he credits the owner for recognizing

the need for change and taking action.

"He's really good," Snyder said. "He'll work with you. He listens to you to see what we need to do to change. He wants the people to come back."

Mt. Lebanon has built a reputation as one of the South Hills' premier dining destinations, offering residents a diverse mix of restaurants and cuisines despite its relatively small size.

"Here, people are loyal," Snyder said. "They're friendly with you, they're loyal, and that's what's nice about this area."

Snyder, Lemme and the restaurant's staff say they are committed to restoring customer confidence and returning Carbonara's to the standards that helped build its reputation over the past five decades.

"I just want everyone in the Mt. Lebanon and Castle Shannon areas to come back to Carbonara's and give us a second chance," Snyder said. ♥



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Mellon Teachers Launch Brickworks Academy to Build Skills Through Play

New summer camps use LEGO-based learning to foster creativity, communication and problem-solving skills **By Lindi Pastorius**

A few principles stand out in both teaching and building: purpose, planning, communication and perseverance. These shared ideals helped forge a partnership between Mellon Middle School teachers Matt Mikesell and Deanna Amenta, whose collaboration is poised to extend beyond the classroom this summer.

After four years of working together to teach hands-on classes, their shared commitment to experiential learning inspired them to create a new LEGO-based brick-building academy. Launching this summer with a series of camps, Brickworks Academy will combine Mikesell's and Amenta's educational strengths to nurture students' social and emotional growth through play-centered learning.

Mikesell, who has served the district in several roles over the past 22 years — including teacher, assistant principal and coach — embarked on a new challenge in 2022 when he began teaching engineering classes. Technology and Engineering (Tech Ed) brought fresh opportunities and prompted him to partner with fellow teacher Amenta.

"When you bring two seasoned teachers together, it sparks more creativity," Amenta said. "Not only are our skill sets coming together, but it becomes more than that. Ideas that we have thought of but wouldn't have done alone can come to life."

Their classroom projects allowed them to combine their expertise and create richer learning experiences.

While Mikesell's classes teach a hands-on approach to engineering, Amenta's Business and Information Technology (BIT) classes focus on building and creating through coding.

"It elevates us when we collaborate on projects," Mikesell said. "Not only do the kids benefit, but the two of us benefit professionally as well."

As a former child development specialist, Amenta recognized changes in students following the pandemic. She observed that social and collaborative skills had diminished, following directions had become more challenging, and meaningful conversations among peers were less common.

"Kids have become submerged in screens both in and out of school, and it has stifled their creativity, problem-solving, critical-thinking and communication skills," Amenta said. "They just don't play like they used to."

With more than 50 years of combined teaching experience in the Mt. Lebanon School District, Mikesell and Amenta wanted to address the changes they were seeing in the classroom.

"We wanted to get kids off screens — to start thinking, problem-solving, talking and working together again," Amenta said.

Noelle Conover and Matt's Maker Space at Mellon School operate a program that supplements student learning through practical arts

experiences. Through that connection, Mellon attracted the attention of Carnegie Mellon University and John Balash, director of academic outreach, extension and engagement for the Entertainment Technology Center.

Balash said Carnegie Mellon was exploring community-based programs in K-12 educational settings that promoted social-emotional well-being and communication skills.

"After the pandemic, we wanted to make sure that we were providing high-quality experiences that would not rely heavily on internet use or devices," Balash said. "So we partnered with a group called Play Included, based in Cambridge, England, to bring its brick clubs to the United States."

Recognizing the program's potential to address classroom challenges, Mikesell and Amenta completed Play Included training. They soon became one of the first schools in the region to launch a brick club.

"One of the first brick clubs that was launched was with Matt and Deanna at Mellon, and they have been running their club ever since," Balash said.

Through its Brick-by-Brick initiative, Carnegie Mellon's Project Baseplate has trained more than 300 facilitators and expanded into educational settings throughout the Pittsburgh region and beyond.

The success of Mellon's brick club inspired Mikesell and Amenta



Deanna Amenta helps students complete a fidget-spinner project designed to encourage hands-on learning. (Photo provided)

to bring the concept and its benefits to the broader community.

"Our academy will facilitate and foster collaboration and problem-solving," Mikesell said. "When something arises — which it will — we work through it with students to teach conflict resolution."

Amenta noted that, as educators, she and Mikesell understand how to identify children's strengths and weaknesses and help them grow.

Equipped with specialized training and decades of classroom experience, their Brickworks Academy camps will foster creativity, leadership and confidence through organized, meaningful play.

"The academy is not about putting a box of LEGO bricks on the table and letting kids create. It's educational and structured," Mikesell said. "It's an experience that will elevate their learning and understanding. It will help build a set of life skills they can transfer to all areas of life."

Brickworks Academy summer camps will be offered throughout June and July. Information is available through the academy's Facebook page and registration materials. ♥

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Mt Lebanon Band Exhibit Honors Almost 100 Year History

Student curator publishes definitive history of marching band *By Sarah Core*

It all started when then-senior Devon Williams began dragging “artifacts” out of the depths of the Mt Lebanon band room storage areas. As the social media manager for the marching band, he was looking for interesting tidbits to post and share online. What he found led to him writing an entire book.

“Devon’s been incredible,” Marching Band Director Brett McCutcheon said. McCutcheon, then in his first year of teaching, said watching Williams go out of his way to educate his peers was inspiring.

“It was really nice having him in class, learning about the histories and traditions of the program,” McCutcheon said.

When the Historical Society of Mt Lebanon came looking for football-related memorabilia for their upcoming *Friday Night Lights* exhibit, Williams was prepared, with newly digitized documents revealing the rich story of the marching band in its nearly 100-year history.

“The timing of everything was perfect,” McCutcheon said. “He was there to be the historian.”

As well as being named the Band Historian in 2025, Williams became the historical society’s Marching Band Curator for the *Friday Night Lights* exhibit. When he’s able to carve time out of his busy college schedule, he spends Saturdays educating exhibit visitors about the band’s history.

Scott Township resident Joyce Patter-Felkel, a 1985 Mt Lebanon graduate, reminisced about her time in the color guard during her visit with Williams at the exhibit.

“I felt like it was a huge family,” Patter-Felkel said. “I’m still friends with people who were in the marching band with me.”

Patter-Felkel recalled having to be on the field by 6:30 a.m. for practice before school, even though they weren’t allowed to start playing instruments until 7 a.m. due to the municipality noise ordinance. Practice ended at 8 a.m., and they all had to run inside and be seated in their homerooms by 8:15 a.m.

“It was kinda very rushed,” she recalled. “It was all so much fun.”

Williams’ research revealed that the 1954 Mt. Lebanon band was the first high school band east of the Mississippi to march in the Rose Bowl Parade. This parade happened to be a landmark event — the first coast-to-coast color television broadcast in the United States.

“I’ve had a lifelong passion for local history,” William said. “It was a sense of community and pride. I started to realize how much this means to me.”

It was historical society Vice President Jenny Wood, along with board member David Frankowski, who encouraged Williams to turn his research into a



Band curator Devon Williams and Band Director Brett McCutcheon pose together for a photo under the Marching Blue Devils banner. (Photos by Sarah Core)

book. He wrote, designed and self-published “The Definitive History of the Mount Lebanon Blue Devil Marching Band” during his freshman year at Slippery Rock University.

“It started as a passion project to give back to the program that has given me so much,” Williams said. “A great band program needs the support of its alumni.”

Wood said she went from curating the *Friday Night Lights* exhibit to becoming a band mom herself.

“My kid came home three weeks ago and said ‘I wanna be in color guard,’” Wood said. After attending her first band meeting,

where the upcoming season theme was revealed, she understands the draw. “I said, ‘these are your people.’ It’s more than just football.”

“It all comes back to that tradition,” McCutcheon said, citing how he has pulled inspiration from the marching band’s past to influence the present. The upcoming 2026 show season, titled “Paint It Black,” will blend music from the Rolling Stones with classical pieces from Mozart. He said this is a callback to a show from several years ago called “Blackbird Rising,” which riffed off the classic Beatles song “Blackbird.”

“There’s a big push to make sure the Friday

Nights experience is one big thing,” McCutcheon explained. “We are making sure that we are super intentional in everything we do. It’s been cool to see the community come together and see how tight knit it is.”

Proceeds from the book benefit the Mt Lebanon Senior High School Band Builders, helping to support the continued success of the marching band program for future generations.

Copies of “The Definitive History Of The Mount Lebanon Blue Devil Marching Band” are available now at the historical society and online at: <https://tinyurl.com/MTLBandHistoryBook> ♥



Artifacts and memorabilia from the Mt. Lebanon High School Marching Band’s appearances in the 1954 and 1959 Rose Parade are featured in the Mt. Lebanon Historical Society’s *Friday Night Lights* exhibit.

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BUSINESS BEAT

Protecting Your Business or Non-profit from Fraud

Practical steps every business owner or non-profit director should take By Jennifer Hisdorf

Fraud isn't just a problem for large corporations, it's an everyday risk for small businesses, and often one that can be more damaging due to limited resources and tighter margins. Whether it's a fraudulent wire transfer, a compromised vendor payment, or an employee clicking on the wrong link, a single incident can disrupt operations and erode trust.

The good news: most fraud is preventable. With the right controls, awareness, and response plan, small business owners can significantly reduce their exposure and act quickly if something does go wrong.

Start with Strong Internal Controls

The foundation of fraud prevention is simple: clear roles and consistent oversight.

Every business should know:

- Who has access to banking and financial systems
 - Who records deposits.
- Ensure a second person verifies cash.

- Who reviews account activity on a daily basis.

This is critical, as businesses/non-profits/clubs have only a 48-hour window to report fraudulent or unauthorized transactions, to avoid liability.

Equally important is separating responsibilities. No single person should control an entire financial process from start to finish. For example, one employee may record transactions while another verifies them. This division creates a natural safeguard against both errors and misconduct.

Finally, enforce policies consistently. Conduct occasional surprise reviews and take a close look at transactions when an employee leaves the organization. Consistency—not complexity—is what makes controls effective.

Lock Down Your Financial Operations

Even in a digital world, basic financial safeguards still matter. Some simple but important practices include:

- Never signing blank checks
- Keeping checks and

deposit materials securely stored

- Monitoring check numbers for consistency

When issuing payments:

- Use reputable vendors for check orders

- Avoid putting checks in unsecured mailboxes

Beyond physical controls, limit access to sensitive financial information. Only those who truly need access—such as a bookkeeper or CPA—should have it, and those permissions should be reviewed regularly.

A strong relationship with your bank also helps. Keeping your banker informed about changes in staff or vendors can make it easier for them to flag unusual activity.

Finally, make use of available security tools. Account alerts and services like Positive Pay add another layer of oversight by identifying suspicious transactions early.

Train Employees to Spot Fraud

Technology is only as strong as the people using it. Many fraud incidents begin with a simple mistake—like clicking a suspicious link or responding to a fraudulent email.

Employees should be trained to:

- Verify unexpected email requests before acting
- Avoid clicking unfamiliar links or pop-ups
- Recognize common scam tactics

For businesses without an in-house IT team, working with an external provider to maintain system security is essential.

Other smart practices include:

- Keeping antivirus and system updates current
- Limiting access to non-work-related websites
- Using secure methods for sending sensitive information

A well-informed team is one of your strongest defenses.

Watch Your Vendors and Payments Closely

Vendor fraud is one of the fastest-growing threats to small businesses.

Establish a simple but



Mt. Lebanon resident and Vice President of Treasury Management, Jennifer Hisdorf.

(Photo provided)

strict rule: never rely on email alone to verify a payment change.

If a vendor asks to update banking information:

- Call them directly using a trusted number
- Confirm changes verbally before processing

Also watch for warning signs, such as:

- Requests to change payment timing
- Unusual discounts for early payment
- New contact information or communication channels

And always verify invoices against your own records before paying. Small discrepancies can signal a larger problem.

Don't Overlook Payroll Risks

Fraud doesn't just come from outside your business. A common scenario involves fraudulent changes to employee direct deposit information. When an employee requests a change, verify the request in person or by phone/video. This simple step can prevent payroll funds from being redirected to a fraudster.

If Fraud Happens: Act Immediately

Even the best safeguards can't eliminate risk entirely. What matters most is how quickly you respond.

If you suspect fraud:

- Contact your bank immediately
 - Review recent transactions carefully
 - Place restrictions or holds on affected accounts
- You may also need to:
- Disable online banking access
 - Close compromised accounts and open replacements
 - Change passwords across all financial systems

Acting quickly can limit losses and help recover funds.

Investigate and Contain the Issue

Once the immediate threat is contained, begin a structured review. Ask key questions:

- Where did the fraud originate: internal, external, or a scam?
- What communication or action triggered it?
- When was it first noticed?

Gather and retain all relevant information, including emails, transaction records, and communication logs. This helps identify vulnerabilities and supports any insurance or legal claims.

Report and Get Support

Fraud incidents should not be handled alone. Depending on the situation, you may need to contact:

- Local law enforcement
- Federal reporting agencies

- IT professionals, accountants, or legal advisors

You should also review your insurance coverage to determine whether losses may be eligible for reimbursement.

In more serious cases, communicating transparently with customers or stakeholders may also be necessary.

Learn from the Experience

Every fraud incident provides an opportunity to improve. After resolving the issue:

- Review and strengthen internal controls
- Update policies and employee training
- Implement additional safeguards where needed

Fraud prevention isn't a one-time task—it's an ongoing process.

The Bottom Line

Fraud can affect any business, but it doesn't have to be devastating. Small, consistent steps—daily account reviews, clear procedures, employee training, and careful verification—go a long way toward protecting your business.

Just as importantly, having a clear response plan ensures you're ready to act quickly if something does go wrong.

In today's environment, vigilance is essential—but with the right approach, it's entirely manageable.

***About the author:** Jennifer Hisdorf, Vice President of Treasury Management, is dedicated to strengthening local governments throughout Allegheny and Beaver counties by fostering relationships and providing expert, tailored banking guidance to municipalities. Beyond her corporate endeavors, Jennifer is a dedicated non-profit specialist, devoting her time to serve on many boards including Dress for Success Pittsburgh. This connection enables her to provide guidance to non-profit organizations, local CDC's, municipal committees and serving on the Economic Development and Beverly Road Association of her hometown of Mt. Lebanon. ♥*



Juneteenth Jubilee Celebration Goes on “Rain or Shine”

Lebo Coalition extends invitation to partner with community groups By Sarah Core

Six years ago, Jamie Freeman decided she wanted to host a cookout. She hoped to teach her children to be proud of their heritage and to celebrate Juneteenth, the historic holiday marking the end of slavery in the United States.

“I just really wanted to teach my own kid that it’s OK to be yourself and be proud of your background,” Freeman said.

Freeman said growing up in Norfolk Beach, a multicultural community, taught her to appreciate and celebrate different cultures.

“Everyone I knew went to bar mitzvahs and quinceañeras,” Freeman said. “When I came to Pittsburgh for college, I was looking for a similar sense of community.”

She found that in Western Pennsylvania, the sharing of culture often centers around food.

“As long as you’ve got music and food, people will come. It’s a staple of any culture,” Freeman said. “The basis of community is extending that invite.”

That first June, Freeman was amazed when a simple word-of-mouth invitation drew about 50 people to her cookout. The event quickly evolved into a popular summer tradition in Mt. Lebanon.

As the celebration grew, Freeman realized she needed additional help. Danielle Walker joked that she crashed one of the early Juneteenth planning gatherings by showing up at Freeman’s door and announcing, “I hope you don’t mind, but I’m here.”

Freeman and Walker, now close friends, said they had heard about one another through their children long before they met.

“I just remember her saying, ‘You!’” Freeman said as Walker

pantomimed pointing a finger across a crowded room.

“And I said, ‘You need some help!’” Walker said with a laugh. “I wanted to make sure she was as successful as she could be.”

Today, the Juneteenth Jubilee is held annually in Mt. Lebanon Park and features traditional soul food, including catfish, fried chicken, ribs, yams, greens, cornbread and macaroni and cheese. The celebration also includes a live DJ, line dancing, local artists and food trucks.

While the free event offers plenty of music and games, Freeman said one of its most popular attractions is the annual Juneteenth Scavenger Hunt, which teaches participants about the end of slavery in an engaging and interactive way.

“We want to celebrate, but you have to remember the history to celebrate,” Freeman said.

“Celebrating freedom should not be taken for granted,” Walker agreed. “We celebrate freedom, rain or shine.”

Walker said she realized how much the event had become a part of the Mt. Lebanon community when organizers nearly had to cancel because of threatening weather. With storms in the forecast, Walker put out an urgent request for help on social media.

“People just started showing up and dropping off tents,” Walker said. “At one point, we had too many tents. The community was like, ‘This is going to happen.’”

“The community showed up,” Freeman agreed. “I realized it’s not just my event anymore. It’s the community’s event.”

Two years ago, in an effort to further engage residents, Freeman and Walker helped establish



Hannah Walker and Drew Freeman assist with tickets at the Juneteenth Jubilee (Photos courtesy Lebo Coalition)



Hannah Walker and Drew Freeman assist with tickets at the Juneteenth Jubilee (Photos courtesy Lebo Coalition)

the Lebo Coalition, a grassroots nonprofit organization dedicated to fostering an inclusive and equitable environment in Mt. Lebanon.

“We want to make our community feel like a united partnership,” Freeman said. “It’s really become, ‘How do we celebrate all cultures?’”

The coalition has expanded beyond the Juneteenth Jubilee, which remains its cornerstone event, to offer Black history programs, film screenings, game nights and other

educational programming. Organizers are also seeking partnerships with community groups that share similar goals.

“At the end of the day, we are doing this for our community,” Freeman said. “Have something in your own backyard. Extend the invite, because that’s where it all starts.”

To learn more about the Lebo Coalition, visit www.lebocoalition.org ♥

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Mt. Lebanon Lions Club Farmers Market Opens 36th Season

Weekly market supports local vendors, charitable causes and community connections through October

By Annabelle Thomas

The Mt. Lebanon Lions Club has operated a weekly farmers market for the community since 1990, raising money for charitable causes while supporting local vendors for 36 years. This year, the market continues its tradition from 4 to 7 p.m. every Wednesday, from the first week of June through the last week of October.

The market features a variety of vendors and live music each week. Lions Club President John Brown, who founded the farmers market and continues to organize it, recognizes the importance of creating a gathering place for the community.

"It's a community market," Brown said. "You can sit here and there are dogs, people, kids, bicycles. So why not do a community event? It's midweek, and there's great food."

A fan favorite is the fresh salsa and aguas frescas made by Edward Martinez, who sells his home-made products at markets throughout the Pittsburgh

area. Martinez has participated in the Lions Club market for the past five years and has no plans to stop anytime soon.

"There's a farmers market circuit, and people talk, and everybody says that Lebo is a great one," Martinez said. "It's really the people. We've built a rapport with the customers coming here for the last five years."

The Lions Club is a humanitarian organization founded in 1917. A significant part of its mission focuses on preventing blindness, with a large portion of proceeds supporting the SightFirst Program. Other fundraising efforts benefit food security initiatives, youth programs and disaster relief efforts.

Dilner Family Farm has also been a long-time staple of the market, providing fresh fruits and vegetables to Mt. Lebanon families for 20 years. Jon Dilner continues his parents' legacy, giving customers a reason to skip the grocery store in favor of



A customer selects locally grown vegetables at the Dillner Family Farm stand during the Mt. Lebanon Lions Club Farmers Market, held Wednesdays through October. (Photo provided)

fresh, locally grown produce each week.

"It's a very vibrant community," Dilner said. "We try to do a good job of having variety at every one of the farmers markets, but I would say this one is really nice. We're picking fresh, and we go off what's growing throughout the season, though our sweet corn is probably our biggest claim to fame."

The Lions Club offers a variety of activities for the community, and member Ann Ritchie was first introduced to the organization

through one of its weekly book clubs. She has been involved with the farmers market for eight years and has helped Brown recruit vendors that meet the community's needs.

"People want something they can pick up easily for dinner," Ritchie said. "And you need a bread vendor."

Wood Street Bakery helps complete the perfect farmers market haul with fresh sourdough loaves and a variety of specialty breads. Michael Kilbert has sold at the Mt. Lebanon market for the past two

years, although the bakery has participated in the Lions Club market since it began in 1990. So far, business has been strong.

"We sold out last week," Kilbert said. "We use the finest ingredients we can get. These recipes have been around for more than 30 years, and in the bread world, that's pretty important."

While supporting local businesses and raising money for charity, the Mt. Lebanon Lions Club continues to create a welcoming summer tradition for the community. Customers are encouraged to stop by for fresh produce, prepared foods and live music on the lawn.

"It's a weeknight event that's just lovely," Brown said. "And by 6 o'clock, you can see families on the lawn. They've made a picnic out of it."

The market is held every Wednesday from 4 to 7 p.m. at 975 Washington Road. To support the Lions Club or learn how to get involved, contact mjohn2121@yahoo.com. ♥

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A Lifetime in Lebo

Retired Mt. Lebanon teacher Eileen Jacobs continues to inspire through writing, volunteer service and a lifelong love of literature *By Kate Goettmann*

For nearly three decades, Eileen Jacobs stood at the front of Mt. Lebanon classrooms, helping shape the literary minds of her students.

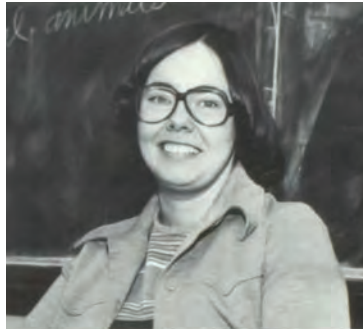
Jacobs, who was born in Pittsburgh and raised in the Chartiers City area, moved to Mt. Lebanon in 1973 after she and her husband completed graduate school at Colorado State University. Her husband began teaching Spanish at Keystone Oaks, while Jacobs set out to find a permanent teaching position.

"At that time, it was tough," she said of the job market for teachers. During those early years, she worked in real estate, ran a small upholstery business and served as a substitute teacher.

The couple rented a home on Castle Shannon Boulevard, directly across from a grocery store loading dock where, as she recalled, "bright and early every morning, you heard the trucks come in."

Following four years of searching for a permanent position, Jacobs was hired by the Mt. Lebanon School District in the fall of 1977, moving into a full-time role in the classroom.

She primarily taught ninth-grade English, working with both academic and honors students, while also teaching a variety of electives throughout her career. Her courses included composition, analytical reading



1979 yearbook photo.



1993 yearbook photo.



1996 yearbook photo.

and Irish literature, a subject she was drawn to through her Irish heritage and her exposure to Irish literature in college. To prepare for teaching the course, Jacobs spent a summer studying at University College Dublin, followed by several weeks traveling throughout Ireland.

Jacobs also played a key role in student journalism at Mt. Lebanon High School. She taught journalism for



Jacobs in her garden. (All photos provided)

several semesters and served as the school newspaper advisor, guiding students through writing, editing and layout using PageMaker to prepare the paper for print. She also had experience in dark-room photography, a class she took in college that supported her work with student publications.

Even after retiring, she remained connected to the Mt. Lebanon School District by writing a newsletter that keeps former faculty members informed and staying involved in the group's annual luncheon. She also remains closely connected to books and reading, volunteering at least eight hours a week at the Mt. Lebanon Public Library's

Book Cellar, where she helps sort and sell donated books to support library programs and services.

In 1983, Jacobs and her husband moved to a quieter street in the Sunset Hills neighborhood, where they transformed their property into a carefully designed garden that was featured in the 2013 Mt. Lebanon Garden Tour. Her interest in gardening eventually led her to rent a plot on the Mt. Lebanon golf course for several summers.

"You can only grow so much zucchini before people start avoiding you," Jacobs said with a laugh.

After decades in the same home, Jacobs decided in 2020 that it was time for a change and moved to

Providence Point. There, she has remained active in her new community, including serving as editor of the resident newsletter, continuing her work with writing and publications in a different setting. She also enjoys the view from her apartment overlooking the Chartiers Valley.

"I have one of the best views," Jacobs said. "On the Fourth of July I see at least 8 or 10 different sets of fireworks. Sometimes I just sit there and watch the lights."

Though she no longer stands at the front of a classroom, Jacobs' connection to reading, writing and learning continues to shape her daily life — a lasting reflection of the years she spent teaching in Mt. Lebanon. ♥



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Taking Control Before the First Event: St. Clair Health Opens New Cardiometabolic Prevention Clinic

For years, cardiology has often focused on treating patients after a heart attack, after chest pain develops or after cardiovascular disease has already taken hold.

Dr. Nikos Pappan wants to change that approach.

This summer, St. Clair Health is launching its new Center for Cardiometabolic Prevention, a clinic designed to help identify high-risk patients earlier and provide personalized care aimed at preventing future heart disease before it starts.

"We're seeing patients younger with cardiovascular disease," Pappan said. "Whether it's because technology is allowing us to identify it sooner or people are developing disease earlier, we're seeing those risk factors much earlier in life."

Pappan, a Pittsburgh-area native who joined St. Clair Health in July 2025 after completing his cardiology fellowship at Allegheny General Hospital, said prevention has always been his primary focus.

"Oftentimes in cardiology, we get referred patients who already have symptoms or who may have already had a heart attack," he said. "I wanted to shift the model a little bit and start seeing younger patients where we can really intervene and prevent those events from happening in the future."

The clinic officially was scheduled to open in mid-June and is accepting referrals and scheduling appointments.

According to Pappan, cardiovascular risk factors often begin developing long before patients realize there is a problem. Weight gain, elevated blood pressure, rising cholesterol levels and early insulin resistance can quietly develop over time, even in patients who otherwise feel healthy.

"You start to see little signals very early," he said. "Maybe blood pressure starts creeping up. Maybe cholesterol labs start increasing. The A1C starts rising slightly. Identifying those people and being aggressive with risk factor modification can prevent events in the future."

The clinic is geared toward adults ages 30 to 60 who have a BMI above 27 along with at least one additional cardiovascular risk factor such as hypertension, high cholesterol, chronic kidney disease or a strong family history of heart disease.

Pappan said many patients are increasingly aware of their health



risks and are looking for additional guidance before major health issues develop.

"Maybe someone's father had a heart attack at 45," he said. "That patient may feel that family history looming in the back of their mind and want to take better control of their health."

Unlike a traditional cardiology visit that may occur once or twice a year, the cardiometabolic clinic is designed around continuous engagement and individualized care.

Patients begin with a comprehensive cardiovascular risk evaluation that reviews blood pressure, cholesterol levels, blood sugar and additional advanced lab testing. Physicians then create personalized treatment plans tailored to each patient's risk factors and lifestyle.

Pappan said one of the biggest differences is the clinic's emphasis on longitudinal care with monthly touchpoints to keep patients engaged and accountable.

"There's so much that happens between visits," he said. "You can't possibly fit everything into a 20- or 30-minute appointment and then not see the patient again for six months."

Every patient also receives a nutrition consultation through a partnership with Lembas Health, which uses AI-supported tools to help create personalized nutrition plans. Rather than promoting unrealistic fad diets, Pappan said the clinic focuses on practical, sustainable lifestyle changes.

"We try to make small goals

that create a big difference over time," he said. "If someone eats bread three times a day, maybe we start by eliminating it at lunch for two weeks. Small changes become long-term lifestyle changes."

In addition to lifestyle counseling, the clinic incorporates advanced imaging and diagnostic tools now available through St. Clair Health. Pappan highlighted the hospital's CT coronary imaging capabilities, which allow physicians to directly visualize plaque buildup in heart arteries before major blockages occur. St. Clair also uses HeartFlow technology, which helps analyze plaque characteristics and identify patients who may be at higher risk.

"We can now identify whether someone has 10 percent plaque or 90 percent plaque," Pappan said. "Those tools really allow us to focus on prevention in a much more meaningful way."

Treatment plans may also include medications when appropriate, including cholesterol-lowering therapies and weight management medications. The clinic's broader goal, however, is helping patients understand their individual risk and empowering them to make long-term changes.

"I think a lot of patients want to make changes," Pappan said. "They just feel lost and don't have the resources to get there. That's what we're trying to provide."

Residents interested in learning more about the Center for



Dr. Nikos Pappan

Cardiometabolic Prevention are encouraged to speak with their primary care physician about whether the program may be a good fit for them and to visit stclair.org to learn more. ♥



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AyoOluwa Alagbe
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Madena Alemi
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Iris Anderson
Kevin Angel
Parker Arlet
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Dane Barber
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What moment from your K-12 years stands out most to you?

Being inducted into NHS junior year

Gretchen Kropf

Liam Sheely vs Jake Gyryna basketball 1v1 4th grade Jefferson

Carter Chaney

Painting the hill junior year with my classmates.

Keira Palmer

The continuous support that teachers and peers gave throughout my years here. No matter the subject, situation, or issue, there was always someone to help diffuse a problem or be by my side to support my decision. Without that I wouldn't be the person I am today.

Annika Diomataris



Graduating Class of 2026



What are your post-graduation plans — college, trade school, work or military service? If applicable, list the school or branch.

Baldwin Wallace University for a major in Psychology.

Annika Diomataris

University of Dayton

Gretchen Kropf

Slippery Rock University for Exercise Science

Carter Channey

I am attending University of Colorado in Boulder, CO.

Keira Palmer

- | | |
|------------------------|----------------------------|
| Samantha Rosenberg | Nithin Shakthi |
| Lauren Rossetti | Thirupathi |
| Dominic Rowles | Mia Thomas |
| Amelia Rugh | William Thomas |
| Tyler Ryfun | Alexander Thompson |
| Sardarbek Saifatov | Benton Thompson |
| Nayana Saiju | Finn Thompson |
| Malak Salem | Maisie Thompson |
| Gavin Salvante | Nu-Ryiah Thompson |
| Hanna Simone Santos | Quinn Thompson |
| Maggie Schieman | Rowan Tieman |
| Emma Sophie Schilling | Luke Tierney |
| Anika Schmid | Hoyt Toole |
| Eva Schmidt | Ella Tormey |
| Ainsley Schmitt | Giovanna Totti |
| Catherine Schroeter | Nathan Tran |
| Eleanor Schulte-Albert | Thanh Tran |
| Alexander Schultz | Shane Trettel |
| Madison Senneway | Natasha Uhren |
| Jasmine Sergio | Shaun Vasikaran |
| Chuhan Sha | Victor Vega |
| Isabella Shane | Madelyn Vella |
| Samuel Shaw | Marin Ventura |
| Chloe Shea | Alejandro Voisin Puglielli |
| Liam Sheely | Kaitlin Volmrch |
| Liam Shinn | Yuliana Vykhrystiuk |
| Alden Siegel | Nicholas Wagner |
| Corwin Siegert | Riley Wagner |
| Finn Siegler | Evelyn Walsh |
| Blake Silverman | Katherine Walters |
| Taylor Simon | Harold Watts |
| Michael Skocik | Hailey Weber |
| Anton Skorski | Kelsie Weidman |
| Victor Slack | Cooper Wertz |
| Emma Smail | McKenna Wertz |
| Alaina Smith | Ty Westwood |
| Chase Smith | Samuel Wetzel |
| Colton Smith | Coltyn Whalen |
| Delaney Smith | Cooper Whalen |
| Evelyn Smith | Madelaine Whalen |
| Margaret Smith | Anja Williams |
| Patrick Smith | Evin Williams |
| Zachary Smith | Mathieu Williams |
| Abigail Sohyda | Colbi Wilson |
| Andrea Soldano | Benjamin Wolfe |
| Nia Stanoev | Kaili Woodland |
| Lucena Stauffer | Duncan Wooldridge |
| Francesca Steiner | Olivia Wriede |
| Jackson Steiner | Siyuan Yang |
| Lyra Stiglitz | Adeline Young |
| Elise Stock | Ronan Young |
| Lucianna Stott | Jerry Yu |
| Sarah Stroh | Evan Yurasko |
| Kara Stuart | Madeline Zapko |
| Luke Sullivan | August Zentner |
| Nihad Sultanli | Jiamei Zhang |
| Jayden Sutherin | Michael Zhu |
| Scarlett Sweeney | Daniel Ziegler |
| Benjamin Tan | |
| Jacquelyn Tang | |
| Lucy Tang | |
| Margot Teh | |

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- Dominique Moore
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- Jaylyn Ngo
- Justin Nguyen
- Lily Nichols
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- Samuel Nixon
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- Florence Quebral
- Grace Query
- Kyle Quigley
- Finnegan Racey
- Jonathan Ramachandran
- Weera Ramez
- Marlyn Ramirez
- Chelsea Rattay
- Aiden Reagan
- Walker Reidenbaugh
- Margaret Reinhart
- Graham Resler
- Sophia Ricchiuto
- Melia Rick
- Jaelyn Riel
- Andrew Riesmeyer
- Annaliese Riesmeyer
- Bram Ritchey
- Delaney Ritenour
- Annabelle Romeo
- Bradley Romero

Which teacher (K-12) inspired you the most?

Mr. Austin's 5th grade he made it fun going to school.

Keira Palmer

Ms. Pugh, my 4th grade teacher at Lincoln Elementary because she always was so extremely positive and supportive of everyone and always wanted to help in any way she could. She was someone that I looked up to and aspire to be like in my future because she was always such a wonderful teacher and person and only wanted the best for her students.

Annika Diomataris

Mrs. Walters, Mt Lebanon High School - She is an incredibly passionate teacher, who understands her students. When she teaches it's easy to listen because you can tell she loves what she does. Thank you for everything, Mrs. Walters.

Carter Chaney

Mr Lash, Jefferson Middle, he taught me to step out of my comfort zone and try something new.

Gretchen Kropf



Twenty-Nine Mt. Lebanon Students Earn Prestigious Junior Book Awards

Rising seniors recognized by leading colleges and organizations for academic achievement, leadership and character by Lauren Moore

Each year, Mt. Lebanon High School teachers nominate rising seniors who demonstrate outstanding academic achievement, leadership and character to receive Junior Book Awards from some of the nation's most prestigious colleges, universities and organizations.

The awards are presented by representatives of participating institutions to recognize students' academic accomplishments, leadership abilities and community involvement. Recipients typically receive a book, medal or certificate and are often considered for scholarship opportunities associated with the award.

This year, 29 students were honored during a ceremony held April 29 at Mt. Lebanon High School.

Among the recipients was Allie Miller, who received the Cornell University Book Award. She was presented with Peter, Paul, and Mary: Fifty Years in Music and Life, written by Cornell alumnus Peter Yarrow, by Mt. Lebanon and Cornell alumnus Chris Cox.

"I was grateful and honored to receive this award," Miller said. "It was so special to be recognized



2026 Book Award recipients. (Photo provided)

by my teachers and to receive the award from Mr. Cox, who gave a thoughtful speech at the ceremony. The book was chosen based on the insights my teachers provided, which made the experience feel even more personalized and memorable."

Cox, who received a book award himself in 1990 from Boston College, said he was pleased to continue the tradition.

"It's always gratifying to bestow an award on behalf of Cornell University and the Cornell Club of Pittsburgh to a deserving student," Cox said. "This year,

I was honored to present the 2026 award to Allie, an impressive young woman with a great future."

Cox said he had not heard of the program until he was invited to attend his own award ceremony more than three decades ago.

"And I still have the book," he added.

The award also came as a surprise to junior Michael Incorvati, who received the Clarkson University Leadership Award.

"I was very thrilled to learn that I had won a book award," Incorvati said. "I was not expecting it, so it was a very nice surprise."

Beyond recognizing achievement, the awards also introduce students to colleges and universities they may not have previously considered.

"Clarkson was initially not on my college radar, but I've done some research about it and will likely apply next year," Incorvati said.

Congratulations to all 29 rising seniors who earned Book Awards and scholarship opportunities from many of the country's leading institutions. On behalf of the Mt. Lebanon community, we look forward to seeing what the future holds for these outstanding students. ♥

2026 Junior Book Award Recipients

Brandeis University Book Award: Julia Antunes

Brown University Book Award: Julia Ghil

Carson Scholars Fund: Mason McBride

Chatham University Rachel Carson Healthy Planet Award: Julia Norton

Clarkson University Achievement Award: Hannah Markowitz

Clarkson University Leadership Award: Michael Incorvati

College of William & Mary Leadership Award: Eve Magleby-Lambert

Cornell University Book Award: Allie Miller

Harvard Prize Book Award: Charlotte Nielsen

Historical Society of Mt. Lebanon Book Award: Molly Bozick

Princeton University Book Award: Ada Haywiser

Rensselaer Polytechnic Institute Medal Program: Henry Mitchell

Rochester Institute of Technology Art and Design Award: John Monocello

Rochester Institute of Technology Business and Leadership Award: Matthew Harrold

Rochester Institute of Technology Computing Award: Filip Drabek

Rochester Institute of Technology Humanities and Social Sciences Award: Freyja Dyrud

Rochester Institute of Technology Science and Math Award: Sean Harrington

Saint Michael's College Book Award: Vivian McMahon and Aritro Moscato

Society of Women Engineers Pittsburgh (11th Grade): Yiru Yang

Society of Women Engineers Pittsburgh (10th Grade): Annelise Mayer

Tulane University Book Award: Joseph Curran

University of Pennsylvania Book Award: Caroline Rost

University of Rochester Bausch & Lomb Science Award: Benjamin Stribling

University of Rochester Frederick Douglass and Susan B. Anthony Award: Vanshika Jain

University of Rochester George Eastman Young Leader Award: Xavier Bias

University of Rochester Xerox Award for Innovation and Technology: Brady Lowe

University of Virginia Jefferson Book Award: Emma Curren

Yale University Book Award: Peter Goslin

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Mt. Lebanon Seniors Earn Scholarships and Honors at Annual Awards Ceremony

The Mt. Lebanon School District recently celebrated exceptional student achievement during its annual Scholarship and Awards Ceremony at Mt. Lebanon High School. We extend our sincere appreciation to the local families, alumni, and community organizations whose generosity makes these scholarships and awards possible. Your support honors the hard work, dedication, and accomplishments of our students while helping inspire their future success.

Angel & Alicia Barba Family Scholarship: Luis Hernandez
Anne Mathison-Quinn Blue Devil Club Scholarship: Cole Gibbons, Jacquelyn Tang, Michelle Yan
Bob Williams Memorial Scholarship: Addison Alexander
Bridging Boundaries: Hoyt Toole, Mickey Murphy, Kimmie Naylor
Celia Slager West Kushner Memorial Scholarship: Mollie Gill

Dave Bragdon Scholarship Fund: Addison Alexander, Greyson Francul-Conti, Vivian Luo, William Thomas, Madeline Zapko
Edwin J. Bogнар, Sr Memorial STEM Scholarship: Owen Byrne
Ella B. Ion Scholarship: Soham Dam
Georgia Pogue Personal Achievement Award: Camille Houghton, Sam McAuley, Spencer Miller, Mickey Murphy, Isaac Ober, Quinn Thompson, Hoyt Toole
John Alexander Award: Shanti Kochhar
John B. Jones Memorial Scholarship: Addison Alexander
Kelly B. O'Toole Memorial Scholarship: Jaclyn Harpst
Laurie E. Lust Achievement Award: Nina Crago, Mollie Gill
Lebo Coalition: Emmanuela Alagbe
Lt. Terrence Mulkeen Memorial Award: Alexander Fair
Marc Tattersall Memorial Scholarship: Arden Kingston

Matthew Conover Memorial Scholarship Fund: Vivian Luo
Michael N. Cohen Memorial Scholarship: Kimberly Naylor
Mollenauer Award: Carmela Guillen, Evan Yurasko
Mt. Lebanon Academic and Achievement: Michael Zhu
Mt. Lebanon Police Association Scholarship: Emmanuela Alagbe, Nina Crago, Addyson Papalia, Eleanor Schulte-Albert
Mt. Lebanon Retired School Employees: Siyuan (Michelle) Yang
Dr. J. Martin Nicklas and Beryl S. Nicklas Scholarship Fund: Nayana Saiju
NROTC Scholarship: Ava Heidenreich, Samuel Eberhart, Evelyn Smith
Susan S. Fretterd Memorial Scholarship: Penelope Hoover
Passion for Foreign Language Award: Samuel Wetzels, Hayden Maher
Paul Robert Garlitz Memorial Scholarship: Ava Heidenreich
Principal's Award: Madeline Zapko, James Harbaugh

Richard F. Aldisert: Jacquelyn Tang, Carter Gould
Richard Black Legacy Scholarship: Carter Gould
Richard Breier Memorial Scholarship for the Trades: Gwennavere Priselac
Richard O Dunham Memorial Scholarship: Annika Diomataris
Richard J. Madden Foundation: Elise Hoyt
Robert J. Quinn Memorial Scholarship: Finn Thompson
Sheldon Campbell Award in German: Santiago Lozada Evoicevic
Smart Start Scholarship: Nina Crago

Society of Women Engineers Certificate of Merit: McKenna Morgan
The Popi Hagelios Memorial Philanthropy Award of the Philoptochos Society of Holy Cross Greek Orthodox Church: Tessa Hoover
Timothy C. Kenney Memorial Scholarship: Samuel Wetzels, Jerry Yu
Ty Shields Memorial Scholarship: Olivia Marcovitz
Zachary Wilkoski Memorial Scholarship: Kimberly Naylor
Kyle Wilson Scholarship: Franco Joseph Cortes
Jennie Ermold Beachler Memorial Scholarship: Kimberly Naylor, Madeline Zapko

Lebo Gift Gals

Your guide to gift giving — Summer Travel Gifts

Similar to Dear Abby or Ask Ann Landers, "Dear Gift Gals" is where we love helping you discover thoughtful gifts for all occasions. In this edition, we're sharing ideas for one of life's greatest joys — welcoming a precious baby into the world. We're here for all the celebrations that come with little ones, including gender reveals, baby showers, push gifts, baby arrival gifts and baptisms.

As folks begin dreaming about the lazy days of summer and the vacations just around the corner, different gifting occasions start to arise. Every year, we receive the same question: What makes a great traveling hostess gift?

Sometimes you need a small token of appreciation for a dinner hosted while you're out of town. Other times, you're spending a week at a friend's beach house and want to bring something more substantial. And sometimes, you're traveling internationally and need a gift that is compact and easy to pack. Each situation calls for different considerations, including size, portability and value.



From left: Jennifer Brandenstein and Karin Smith, owners of Barefoot Stitches & Gifts on Beverly Road. (Photo provided)

- A bottle of wine wrapped in a Geometry tea towel (check out our social media for a how-to)
- Locally made soaps or lotions, beautifully wrapped

Since your Gift Gals can still remember — as kids, of course — the nation's Bicentennial celebration in 1976, we also wanted to share a few red, white and blue gift ideas that make wonderful hostess gifts.

Thoughtful Traveling Hostess Gifts to Consider

- A personalized Pittsburgh pillow to bring a bit of "home" to their home (and it's embroiderable)
- Steel City Salts, which are safe and compact for international travel
- A GurglePot fish pitcher filled with fresh flowers (pick up the flowers once you arrive)
- Seasonal pillows to add a pop of color and fun to any space

Summer Patriotic Gifts

- A Rifle Paper Co. Melamine American flag tray
- Red, white or blue pepper mills
- Patriotic pillows featuring stars and stripes

We hope readers will continue to be part of this conversation. Please send your gifting questions or topic ideas to info@lebobeat.com.

Your LEBO Gift Gals are Karin Smith and Jen Brandenstein, owners of Barefoot & Stitches on Beverly Road. ♥

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Aging in Place: Resources Help Mt. Lebanon Seniors Remain Independent

Transportation, home modifications, healthcare and social connections support residents as they age By Kate Sheets

For many older adults, home is more than simply a place to live. It is where memories were made, families were raised and friendships were built. As residents grow older, many hope to remain in their own homes and neighborhoods rather than move to assisted living facilities or retirement communities.

This concept, known as “aging in place,” refers to the ability to live safely, comfortably and independently in one’s own home regardless of age. As America’s population continues to age, communities such as Mt. Lebanon are increasingly focused on providing resources that help older adults remain active, engaged and connected.

Research shows that older adults who remain in familiar environments often report higher levels of life satisfaction and emotional well-being. The National Institute on Aging notes that staying in a familiar home can help maintain independence, social connections and daily routines that contribute to overall quality of life.

In a community like Mt. Lebanon, where neighborhoods are walkable and community involvement is strong, aging in place can be an especially practical option.

One of the most important factors is ensuring a home remains safe and accessible as physical needs change. According to the Centers for Disease Control and Prevention, more than one in four adults age 65 and older experiences a fall each year. Simple modifications such as installing grab bars, improving lighting, removing loose rugs and creating clear walking paths can significantly reduce the risk of injury. For some residents, larger improvements such as accessibility ramps or first-floor living arrangements may eventually be necessary.

Several local organizations help older adults make these adjustments. The Allegheny County Area Agency on Aging provides information, referrals and services that support independent living, including



assistance with home modifications, transportation options, health insurance counseling and alternatives to nursing home care.

Reliable transportation is another key component of aging in place. Without it, routine activities such as grocery shopping, medical appointments and social events can become difficult. Pittsburgh Regional Transit provides bus and light-rail service throughout the South Hills, connecting residents to healthcare facilities, shopping centers and downtown Pittsburgh. Shared-ride and paratransit services also help eligible seniors travel safely and affordably.

Access to healthcare is equally important. Nearly 80% of older adults live with at least one chronic health condition, making preventive care increasingly valuable. Residents of Mt. Lebanon benefit from proximity to numerous

healthcare providers, hospitals and specialty services throughout the South Hills. Routine checkups, medication reviews and preventive screenings can help identify concerns before they become more serious.

Physical health, however, is only part of the equation. Social connection plays a critical role in overall well-being. The U.S. Surgeon General has identified loneliness and social isolation as significant health concerns linked to increased risks of heart disease, depression and cognitive decline.

Fortunately, Mt. Lebanon offers many opportunities for older adults to remain engaged. The Mt. Lebanon Public Library hosts educational programs, book discussions and community events throughout the year. The Recreation Department offers fitness classes, recreational activities and social opportunities for residents of all ages. Senior centers,

volunteer organizations, faith communities and neighborhood groups also provide meaningful ways to stay connected.

Experts note that regular participation in social, recreational and volunteer activities is associated with better mental health, greater physical activity and a stronger sense of purpose later in life.

While no one can predict exactly what the future will bring, planning ahead can make aging in place more manageable. Older adults and their families should discuss future care preferences, review financial resources, create emergency contact lists and prepare important legal documents such as advance directives.

Ultimately, aging in place is about preserving quality of life while remaining connected to the people and places that matter most. Through home modifications, transportation resources, healthcare access and opportunities for social engagement, Mt. Lebanon offers many of the supports older adults need to continue thriving in their own homes. With thoughtful planning and community support, residents can remain safe, active and connected while enjoying the neighborhoods they have called home for years. ♥

Healthy Habit of the Month: Practice Balance Exercises

Good balance is essential for staying active, safe and independent. This month, spend just five minutes each day practicing simple balance exercises, such as standing on one foot while holding a sturdy chair, walking heel-to-toe or rising from a seated position without using your hands.

These exercises can easily be incorporated into everyday routines while watching television, taking a walk or visiting with family. Regular balance training helps improve stability, strengthen muscles and reduce the risk of falls — a leading cause of injury among older adults.

Better balance can support confidence, mobility and overall health at any age.

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Mt. Lebanon's Business Market

Continued from page 1



Commercial space currently available for lease on Cochran Road. (Photo by Lebo Beat)

"Everybody wants the walkability," Bongiorno said. "It's just such a perfect community for anybody or any business that needs foot traffic."

Some commercial vacancies may be tied more to the characteristics of individual properties than to weak demand. In other words, not all vacancies are created equal. A difficult-to-market space can remain vacant even in an otherwise healthy market.

For example, Bongiorno's current listing at 702 Washington Road is a lower-level space that lacks windows and street visibility. Certain properties, she said, are simply harder to lease than others.

Patrick Kane, director of retail services at ECHO Retail, contends that any increase in commercial vacancies residents may be noticing is part of a broader shift affecting traditional Main Street business districts.

"That is just Main Street retail now," Kane said. "That aspect is not necessarily the product that a lot of people and businesses are going for."

Retailers increasingly prefer locations with easier vehicle access and dedicated parking, Kane said. The challenge is not unique to Mt. Lebanon.

Kane pointed to Mediterra on Beverly Road as an example of a business that successfully combines a traditional business district setting with suburban-style parking and amenities. Even so, he said Mt. Lebanon's commercial real estate market remains strong, particularly compared with many areas in the region.

The data appear to support those observations. Mt. Lebanon's municipal website reports the Washington Road business district has a storefront vacancy rate of approximately 8%. According to Cushman & Wakefield's fourth-quarter 2025 report, the City of Pittsburgh had an overall commercial vacancy rate of about 20%, while the South Pittsburgh region, which includes much of the South Hills, had a vacancy rate of nearly 7%. Bongiorno said the national average for commercial storefront vacancies is about 10%.

Mt. Lebanon also benefits from several factors that attract new businesses, including higher household incomes than many neighboring communities, a dense residential population, established business districts and a strong reputation among business owners.

"Local demographics are a little bit better than similar profiles in neighboring markets," Kane said.

Kane also noted that some level of vacancy is normal in any commercial market.

"You're never going to be 100% full," Kane said. "I don't have any angst toward the future about Mt. Lebanon commercially."

While empty storefronts naturally draw attention, local commercial real estate professionals say Mt. Lebanon's fundamentals remain strong. The community's walkability, demographics and reputation continue to attract prospective tenants, even as broader retail trends reshape traditional Main Street business districts.

The question may not be whether Mt. Lebanon has a commercial real estate problem, but whether a handful of highly visible vacancies are creating a perception that is larger than the reality.

"Any business that moves into Mt. Lebanon seems to stay, and seems to want to stay," Bongiorno said. ♥

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LEBO BEAT SPORTS

Blue Devils Overcome Injuries to Post 13-Win Season, Reach WPIAL Quarterfinals

Mt. Lebanon battles adversity throughout the spring, finishes above .600 and advances to the Class 6A playoffs *By Sam Palmerine*

Despite dealing with key injuries throughout the spring, Mt. Lebanon baseball finished the 2026 season with a 13-8 overall record and a 7-5 mark in Class 6A section play.

One of the biggest themes of the season was the injuries the team had to overcome. Senior third baseman Ben Kraemer said injuries created the biggest challenge the Blue Devils faced all year.

"The biggest challenge our team faced this season was injuries," Kraemer said. "One of our best pitchers missed about two months of the season. Additionally, our starting shortstop also missed crucial time. Their absences overlapped, causing us to lose some games that we may have won if they had been playing."

Mt. Lebanon opened the season with several non-section victories over Shaler Area (12-3), Upper St. Clair (10-0), Central Catholic (5-2), Seneca Valley (5-2) and Pine-Richland (8-3).

Kraemer was recognized for his performance by earning first-team All-Section honors.

"Earning first-team All-Section means a lot to me," he said. "It highlights all the hard work I put in over the last four years. However, it also reflects the support system that helped me grow as a player. My coaches and teammates pushed me to be my best over the years, and I owe a lot of thanks to them."

According to Kraemer, a game



Mt. Lebanon senior Ben Kraemer will continue his baseball career at the Rochester Institute of Technology next season, joining the Tigers program. (Photo by Marilee Kline).

against Seneca Valley marked a turning point in his season.

"There was a specific moment

when everything clicked," he said.

"It was the Seneca Valley game, where I went 3-for-3. It was the first

time I stopped thinking and just let myself play loose."

He also credited the coaching staff, led by head coach Patt McCloskey and assistant coach Denny Bair, for creating an environment that helped players develop both on and off the field.

"The coaching staff gave me every opportunity I could ever ask for," he said. "Each winter and fall, Coach McCloskey and Coach Bair held six practices a week. Most importantly, however, was their ability to connect with the players. Every practice and workout was enjoyable because they took the time to get to know us and build relationships with us. In a way, they were more like friends than coaches. That's not to say they didn't yell at us from time to time to keep us in check."

Although injuries prevented the Blue Devils from playing at full strength for much of the season, the team remained in playoff contention and finished above .600 overall while competing in one of the WPIAL's toughest classifications.

Mt. Lebanon's season ended in the WPIAL Class 6A quarterfinals when Butler earned a 3-2 walk-off victory in eight innings at North Allegheny High School. The game was decided on a bases-loaded walk in the bottom of the eighth inning. Butler went on to win the WPIAL Class 6A championship, the first district baseball title in school history. ♥

Four Records Fall at 2026 LebOlympics

Young athletes shine at annual Mt. Lebanon track and field event as four competitors set new marks *By Bob Weet, Mt. Lebanon Recreation Department*

Four records were broken at the 2026 LebOlympics, held May 28 at the Mt. Lebanon High School Stadium track.

Mae Kiley, James Allen, Messiah Torti and Leo Hatley each set new records during the annual event.

Kiley, competing in the girls 7-8 age group, broke her own record in the softball throw with a toss of 87 feet. The throw was 9 feet farther than her record-setting effort from last year.

Allen, competing in the boys 7-8 division, sprinted the 50 meters in 8.75 seconds, breaking a record

set by Quinn Kulikowski that had stood for 19 years.

Torti, also in the boys 7-8 division, launched the softball 111 feet to surpass the previous record held by Sullivan Antonelli.

Hatley, competing in the boys 9-10 division, ran the 200 meters in 30.9 seconds, eclipsing a record set by Nicholas Zundel in 2017.

LebOlympics was previously known as the Jesse Owens Track Meet. Organizers have maintained official records since 2007. Three girls — Martha Schmidt (100 meters), Sophia Taborski (long jump) and Hillary Box-

heimer (mile) — still hold records established during that first recorded meet. No girl has surpassed those marks in 19 years.

Parents continue to enjoy watching young athletes compete in distance running, sprinting, throwing and jumping events while seeing their skills improve from age 5 through their teenage years.

Four girls and four boys appear on the LebOlympics Record Board two or more times as they advanced through the age divisions. Dani Prunzik and Jenna Long each hold four records, while

Molly Morgan holds three. Mary McElhattan, Nicholas Zundel, Trevor Buda, Ian Baun and Sullivan Antonelli each hold two records.

Mt. Lebanon Recreation, in conjunction with the Mt. Lebanon High School track and field team, conducts the annual event. The recreation department handles registration, publicity and awards gold, silver and bronze medals. Mt. Lebanon coach Oscar Shutt and members of the high school track team volunteer to conduct the meet.

LebOlympics is open to children ages 5-12. Participants compete in age

groups based on their age on the day of the event.

Events include:

Ages 5-6: 50 meters, 100 meters, 200 meters, 400 meters, standing long jump and tennis ball throw.

Ages 7-8: 50 meters, 100 meters, 200 meters, 400 meters, standing long jump and softball throw.

Ages 9-10: 50 meters, 100 meters, 200 meters, 400 meters, standing long jump and softball throw.

Ages 11-12: 100 meters, 200 meters, 400 meters, 800 meters, standing long jump and softball throw. ♥



Mt. Lebanon Girls Win Third Straight WPIAL Title; Boys Capture Section Crown

Blue Devils continue lacrosse dominance as girls earn another championship and boys finish 18-2 with undefeated section record *By Sam Palmerine*

Both the Mt. Lebanon girls and boys lacrosse programs added another successful season this spring, as the girls captured a third consecutive WPIAL championship and the boys finished the regular season with an 18-2 record and an undefeated section title.

The girls claimed the WPIAL Class 3A championship with a 14-9 victory over Pine-Richland, while the boys finished first in their section and were ranked No. 1 in the Pittsburgh area and No. 9 in Pennsylvania entering the postseason.

The girls' championship run was fueled by strong offensive performances from the Blue Devils. Lucy Pryor scored four goals in the title game, while Cali Green and Grace Manning added key contributions as Mt. Lebanon secured the program's eighth WPIAL title and third consecutive championship.

According to girls coach Brian Kattan, the championship was the result of months of preparation.

"This championship validates all of the hard work this group has put in," Kattan said. "We started offseason practices in January and have had great participation in everything we have done. The girls really wanted to make it three in a row and prove to

everyone that they should be considered one of the best teams, alongside the other great athletic teams Mt. Lebanon has had over the years."

Kattan said the team's mentality remained consistent throughout the season.

"This team maintained a calm demeanor all season," he said. "They never let a bad game or bad quarter get to them. The focus was always on improving, not looking back — a goldfish mentality all season."

He also credited the senior class for continuing and strengthening the program's culture.

"I think the seniors have improved the culture, which was already very good, by leading by example for the past four years," he said.

"There was never a me-first attitude. It has always been about what is best for the team and the program, and that is what sets them apart. No one worried about individual goals or points. It has always been a team game, and they have worked hard to keep that mindset going."

The boys also enjoyed one of the best regular seasons in Western Pennsylvania. Mt. Lebanon finished 18-2 overall and 7-0 in section play while outscoring opponents 281-130.



The 2026 Mt. Lebanon High School girls lacrosse team enjoyed another successful season, capturing its third consecutive WPIAL Class 3A championship and the program's eighth district title. (Photo by Zachary Smith)

The Blue Devils earned notable victories over Peters Township (9-7), Pine-Richland (11-7), Central Catholic (17-4), North Allegheny (10-5), Canon-McMillan (17-2) and Upper St. Clair (16-4).

At the conclusion of the regular season, the boys were ranked first in the Pittsburgh area and ninth in Pennsylvania, adding another successful chapter to one of the WPIAL's most accomplished lacrosse programs.

The Blue Devils advanced to the WPIAL Class 3A semifinals before suffering a narrow 11-10 loss to Pine-Richland. Pine-Richland advanced to the championship game before falling to Shady Side Academy. Mt. Lebanon finished as the Class 3A third-place state qualifier. ♥



The 2026 Mt. Lebanon boys lacrosse team enjoyed another successful season, finishing 18-2 in the regular season, winning an undefeated section title and advancing to the WPIAL Class 3A semifinals. (Photo by Zachary Smith)

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Mt. Lebanon Girls Win Third Straight WPIAL Title; Boys Capture Section Crown

Elizabeth Baldrige will represent the North Atlantic Region at national competition this summer

Mellon Middle School rising seventh-grader Elizabeth Baldrige recently earned one of the highest honors in regional baton twirling, capturing the 2026 Beginner 10-12 Pageant title at the North Atlantic Regional Championships on June 6 at Pennsylvania State University.

Baldrige competed against 22 athletes from Pennsylvania, New York and New Jersey to claim the crown and secure a spot at the National Baton Twirling Association's national pageant this summer at the University of Notre Dame.

The regional pageant tested competitors in several areas beyond traditional baton skills. To earn the title, Baldrige competed in three events:

- Modeling and Interview — a one-minute presentation designed to evaluate poise, confidence and communication skills.

- Strut — a two-minute routine that highlights marching technique, timing and presentation.

- Twirling — a two-minute performance focused on baton-handling skills, speed, precision and advanced tricks.

Baldrige has been involved in baton twirling since she was 6 years old and trains with Passion Twirl



Elizabeth Baldrige poses at the Nittany Lion Shrine after winning the 2026 Beginner 10-12 Pageant title at the North Atlantic Regional Championships. (Photo provided)

and Poms. Her regional title marks her first solo pageant victory and represents years of dedication to the sport.

Now preparing for the national competition, Baldrige is excited for the opportunity to represent the North Atlantic Region on a larger stage while continuing to develop her skills as a twirler.

A passionate advocate for the sport, Baldrige

hopes to introduce more Mt. Lebanon students to baton twirling and help grow interest in an activity that combines athleticism, performance and teamwork.

She will travel to the University of Notre Dame later this summer to compete against top baton twirlers from across the country at the National Baton Twirling Association championships. ♥

The Click of the Rods: Tabletop Hockey Brings Back Childhood Memories

Adult leagues at The Saloon and 31 Sports Bar & Grille combine competition, camaraderie and nostalgia

For many hockey fans, some of their favorite childhood memories didn't happen on the ice. They happened in basements and game rooms, where the click of plastic rods and the rattle of a tiny puck fueled dreams of Stanley Cup glory.

Today, those memories are coming back to life through adult tabletop hockey leagues at The Saloon in Mt. Lebanon and 31 Sports Bar & Grille in Bridgeville.

Throughout the summer, fall and winter, players gather to compete in a game many grew up playing. Long before video games dominated living rooms, tabletop hockey was a staple for young sports fans, who spent hours recreating their favorite NHL teams and imagining championship moments.

While the leagues offer

plenty of competition, they are equally about camaraderie. Players share stories, enjoy a meal or beverage, and reconnect with a hobby that defined part of their childhood.

Games can be intense, often decided by a single goal, but the atmosphere remains welcoming and fun. Veteran players and newcomers alike are drawn to the same experience — the chance to relive a simpler time while enjoying friendly competition.

In an increasingly digital world, tabletop hockey offers something unique: a reason to gather in person, make new friends and rediscover a game that never really lost its appeal.

Sometimes all it takes is the sound of a puck finding the back of a miniature net to make you feel like a kid again. ♥



(Photo by Timur Shakerzianov on Unsplash)



2026-27 OHIO VALLEY TABLE HOCKEY LEAGUE

Join Pennsylvania's largest table hockey league and challenge fellow hockey lovers in the classic '60s and '70s Stiga and Coleco table hockey games. All skill levels are welcome. We offer 3 divisions of play: Expert, Advanced, and Beginner. Learn tips and tricks from top-ranked players.

Captained by Penguins Stanley Cup winner, Ken Wregget, our league brings together people who grew up playing the games and hockey fans looking to learn new games.

Summer Exhibition Season	Fall League	Winter League
Saloon of Mt. Lebanon Tuesday Nights, 8:30-10pm (6/9, 6/23, 7/7, 7/21)	Saloon of Mt. Lebanon Tuesday Nights, 7-9pm (10/20 - 11/17)	31 Sports Bar & Grille Monday Nights, 7-9pm (1/11 - 2/8)
31 Sports Bar & Grille Monday Nights, 7:30-9:30pm (9/14, 9/28, 10/12)		Playoffs 31 Sports Bar & Grille 2/22 and 3/1, 6:30 - 9:30pm

Saloon of Mt. Lebanon 622 Washington Rd, Pittsburgh, PA 15228 | 31 Sports Bar & Grille 1020 Washington Pike, Bridgeville, PA 15017

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Lebo Financial Answers *Ask the Advisor*

Readers with personal finance questions can now get expert insight through the Lebo Beat. John McGowan, financial advisor with Carson Wealth will answer select reader-submitted questions and provide professional guidance on topics such as investing, retirement, estate planning, taxes, and other financial matters. If you have a question, you would like considered for a future column, email it to info@lebobeat.com. Here is the first answer to question submitted by a Lebo Beat reader.

The stock markets currently is giving me anxiety, how can I protect my investments if the market crashes?

– Diane

Hi Diane. This is a question that hits home to many people not just right now but all of the time. The stock market can cause a significant amount of anxiety to everyone whether you are 22 and just beginning to invest or 70 and retired. It is unpredictable, and many people are dependent upon returns to fund their current or future lifestyle. With pensions no longer as common as they have been in the past, and social security not covering basic living needs, many individuals rely on their portfolios to cover living expenses in retirement.

Having a plan around market volatility is imperative. Nobody wants to delay retirement or a

home purchase because of unfortunate timing with a poor performing market. Withdrawing money in a declining market without a plan is the main reason people run out of money. This risk is called The Sequence of Return risk. When you withdraw money from a portfolio that is losing value, you are forced to sell more shares to cover expenses, which ultimately leaving less capital to recover during subsequent market rebounds.

We combat volatility and reduce the sequence of returns risk by implementing a strategy that we call Bucketing. This strategy is centered around reducing risk in nearer-term portions of your portfolio that gen-

erate income. This allows you to withdraw funds in a tax-efficient manner based on your current and future income needs without disrupting your long-term growth strategy.

Bucket #1 is invested conservatively and includes funds that would cover expenses for the next five years. Bucket #2 is more moderate and includes funds for expenses in years 6-15, and bucket #3 is the most aggressive focusing on growth over the long term.

By implementing this strategy, we can prepare for volatility by pulling funds from the conservative investments when markets are not performing well. This strategy also gives us a mechanism to take profits

in positive years and allows funds to “flow” downstream through the buckets always ensuring our client’s cash needs.

Bucketing provides our clients with confidence during market downturns by ensuring five years of anticipated income needs are invested conservatively and unaffected by negative market fluctuations.

If you would like to have your question answered in a future edition of Lebo Financial Answers, email Pittsburgh@carsonwealth.com. ♥

Questions answered in Lebo Financial Answers are provided by John McGowan, CFA MBA at Carson Wealth.

Bark Beat *Celebrating Mt. Lebanon’s beloved dogs*

Meet Josie & Melvin!

Josie is a pit bull-boxer mix, and Melvin is a Great Dane.

Favorite humans?

Our family and our former mailman Vinnie. He retired but comes back to walk us!!!

Favorite treat?

We love everything that is food related. But steak is really awesome!

Favorite toy?

We don’t really relate to dog toys. We do like chew sticks!

Favorite thing to do besides eat and sleep?

We love to go in the car, snuggle and we love the beach. We don’t swim. We just like the vibe.

Why do my humans think we are special?

We are both rescued from cruelty cases. Our humans still cannot believe how loving and forgiving we are. We do bark but we have never been mean.

Want your dog to appear in Bark Beat? Submit a photo(s) along with the answers to the questions above to info@lebobeat.com.



Josie and Melvin love hanging out together. (Photos provided)



Josie and Melvin eagerly awaiting their pup cup order.

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