A PUBLICATION OF THE BROOK PARK CIVIC ASSOCIATION OCTOBER 2021 ISSUE 10

Brook Park Journal

OCTOBER 2021 IN THIS ISSUE

Board of Governors 6
Classifieds.....8-11
Cocktail Recipe..... 1
Days of Celebration 2
Food Truck Schedule..... 1
Halloween Flyer..... 7
Pittsburgh Chocolate..... 5
Play-doh Day Creation..... 6
Pumpkin Recipes..... 3-4
News from Space Camp 2

Join the Halloween Parade on October 30

Calling all ghosts and goblins! Join us for the annual Brook Park Halloween Parade on Saturday, October 30th at 2 p.m. The North Allegheny High School Marching Band and fire trucks from Franklin Park Fire Department will be joining in on the festivities. After the parade, there will be games, crafts and candy for the kids to enjoy!

RSVP by October 23rd: This year, instead of a registration fee, we're collecting donations for the North Hills Community Outreach. Fill out the RSVP form and drop it off with your donation to 8018 Broadlawn Dr (the RSVP box is on the porch). Parade route: Line up for the parade at the intersection of Broad Hill Drive and King James Drive and march to the cul-de-sac on King Albert Drive.
We can't wait to see everyone's costumes this year! See parade flyer on page 7 for more details.

Brook Park Mixologist Feature by David French

Hey fellow Brook Park residents!

I'd like to share with the Brook Park newsletter readers some cocktail recipes that you can make at home. This month's recipe is the "Basket From Florida," and is a 2-parter, including homemade syrup. I'm staying with the fall theme but with a nod to the colder months. All these ingredients can be found at your local Wine & Spirits and/or grocery store. I hope you enjoy!

"Basket From Florida"
First, make the Chai Syrup:

2	cups water
1.5	cups sugar
2	chai tea bags

Combine ingredients in saucepan. Boil, stirring regularly. Simmer for 5 minutes, strain into a jar, chill.

Cocktail Recipe:

1.5oz	Pinnacle Spiced Cranberry vodka
1oz	chai syrup
1oz	fresh grapefruit juice, strained

Shake with ice, strain, serve neat

I have been a Brook Park resident since 2010, and an amateur mixologist for over 15 years. I regularly post free original cocktail recipes to Twitter @NULLphoenix. If you have questions or comments about cocktails, or would like help with anything cocktail-related, please reach out: phoenix@null.net

WEDDING ANNIVERSARY

Congratulations to Brook Park residents Cindy and Jeff Allshouse on their 25th Wedding Anniversary! Cindy and Jeff live on King Charles and have raised their sons Sam & Ben here in Brook Park. Cheers to 25 more!

Food Truck Schedule, October 15-Nov 15

Oct 20	South Side BBQ with Hot Bunz
Oct 27	Fudge Farm
Nov 3	Yovi's
Nov 10	PGH Halal

Important Dates to Remember

Oct 18-Nov 24	McCandless Leaf Pickup
Oct 30	Neighborhood Halloween Parade
Oct 31, 6-8pm	Trick or Treat

Your Brook Park

The local "Your Brook Park Manor" network and emails are not affiliated with our civic association or newsletter, and we cannot vouch for information contained within. It is hosted through a service called "**nextdoor**" which is a helpful app & website for neighborhoods where you can get local tips, buy and sell items, and more.

Brook Park Space Camp Attendees

Huntsville, AL – Brook Park residents Logan Prigg, Emilie Whitewolf and Madeleine Whitewolf recently attended Space Camp at the U.S. Space & Rocket Center, home of Space Camp®, Space Camp® Robotics™, Aviation Challenge® and U.S. Cyber Camp®. The Rocket Center is a Smithsonian Affiliate and NASA Marshall Space Flight Center's Official Visitor Center.

The weeklong educational program promotes science, technology, engineering and math (STEM), while training students and with hands-on activities and missions based on teamwork, leadership and problem solving.

This program is specifically designed for trainees who have a passion for space exploration. Students spent the week training with a team that flew a simulated space mission to the International Space Station (ISS), the Moon or Mars. The crew participated in experiments and successfully completed an extra-vehicular activity (EVA), or spacewalk. Logan, Emilie, Madeleine and their crews returned to earth in time to graduate with honors.

Space Camp is located in Huntsville, Alabama, and uses astronaut training techniques to engage trainees in real-world applications of STEM subjects. Students sleep in quarters designed to resemble the ISS and train in simulators like those used by NASA.

Almost 1 million trainees have graduated from a Space Camp® program since its inception in 1982, including European Space Agency astronaut, Samantha Cristoforetti and NASA astronauts Dottie Metcalf-Lindenburger, Dr. Kate Rubins, Dr. Serena Auñón-Chancellor and Christina Koch, who set the record for the longest duration space flight by a female. Children and teachers from all 50 states and almost 150 international locations have attended a Space Camp® program.

Interested in training like an astronaut? Visit www.spacecamp.com.

October-November Days of Celebration

So many fun reasons to celebrate this fall!! With so many National Days of Celebration, every day is a new reason to party!

As always, links have been provided, when possible, to help you with your celebrations. Enjoy!

October 15	National *I Love Lucy Day*. Have a peek at what many consider the best moment of the show, the chocolate factory, here.
October 16	Sweetest Day
October 17	Pasta Day. Ever wonder how to make your own? Check out simple, 2 minute instructions here.
October 18	Chocolate Cupcake Day
October 20	Chicken and Waffles Day
October 21	Pumpkin Cheesecake Day
October 23	Make a Difference Day
October 24	United Nations Day
October 26	Pumpkin Day
October 27	Black Cat Day
October 28	Chocolate Day
October 29	Frankenstein Friday
October 30	Candy Corn Day. See how it's made here.
October 31	**HALLOWEEN!**
November 1	Cinnamon Day
November 3	National Stress Awareness Day
November 4	National Candy Day
November 6	National Play Outside Day
November 7	Daylight Savings Time Ends
November 10	Marine Corps Birthday
November 11	Veterans Day
November 12	National French Dip Day
November 13	World Kindness Day
November 14	National Family PJ Day

Pumpkin Recipe Collection

You may have noticed this issue's list of national days included a few pumpkin related days. 'Tis the season after all! Many of us look forward to pumpkin spice season with the same excitement that Christmas brings (okay, maybe not that extreme, but still…). From pumpkin spice lattes to pumpkin spice shredded wheat, pumpkin is definitely the flavor of fall. But, you don't have to go out to enjoy some good pumpkin flavor. Our neighborhood's creative cooking group has offered up some of their favorite pumpkin recipes for you to try. From savory to sweet, they are all tried and tested. Thanks ladies!

SPICY COCONUT AND PUMPKIN SOUP

Author: Beth - Budget Bytes
Prep Time: 10 mins, Cook Time: 20 mins

INGREDIENTS

1 Tbsp olive oil
1 yellow onion
2 cloves garlic
1 Tbsp fresh ginger, grated
1 tsp ground cumin
1/2 tsp crushed red pepper
1 15oz. can pumpkin puree
1 14oz. can coconut milk
3 cups chicken broth
Salt and pepper to taste
1/4 bunch fresh cilantro
GARNISHES (OPTIONAL)
3/4 cup plain yogurt
3 Tbsp Sriracha
3 Tbsp pumpkin seeds (pepitas)

INSTRUCTIONS

1. Mince or grate the ginger using a fine-holed cheese grater. Finely dice the onion and mince the garlic. Add the ginger, garlic, and onion to a pot with the olive oil and sauté over medium-low heat until soft and transparent (about 5 minutes).
2. Add the cumin and red pepper to the pot. Stir and cook for about 1-2 minutes to allow the spices to toast just slightly.
3. Add the pumpkin purée and coconut milk to the pot and stir to combine. Add the chicken broth and stir to combine again. Turn the heat up to medium and allow the soup to heat through. Once heated, taste and add salt and pepper to your liking (I added 1/4 tsp salt and 10 cranks of the pepper mill).
4. Rinse the cilantro, pull the leaves from the stems, and then give them a rough chop. Stir in a handful of the chopped cilantro just before serving. If you want a smooth soup with no chunks of onion, use an immersion blender prior to adding the cilantro.
5. If desired, garnish each bowl with 2 Tbsp plain yogurt, a drizzle of sriracha, and a sprinkle of pepitas.

NUTRITION

Serving: 1.25 Cups · Calories: 63.09 kcal · Carbohydrates: 5.49 g · Protein: 1.49 g · Fat: 3.09 g · Sodium: 567.06 mg · Fiber: 2.05 g

CREAM CHEESE FROSTED PUMPKIN COOKIES

INGREDIENTS

For the Cookies
1 cup butter softened
2 cups white sugar
¾ cup brown sugar
2 eggs
2 cups canned pumpkin puree, not pumpkin pie filling
1 tsp vanilla
4 ¾ cup all purpose flour
2 tsp baking powder
2 tsp baking soda
1 ½ tsp cinnamon
1 tsp salt
For the Cream Cheese Frosting
8 ounces of cream cheese softened
½ cup butter softened
2 cups powdered sugar
1 teaspoon vanilla
a pinch of salt

1. In a large bowl, beat together butter and sugars until well creamed. Beat in eggs, pumpkin and vanilla. In a separate bowl, mix together the flour, baking powder, baking soda, cinnamon and salt.
2. Add dry ingredients to the wet and stir until combined.
3. Preheat oven to 350 F. Drop dough by rounded tablespoons onto cookie sheets. Bake for 12-14 minutes or until edges are slightly browned. Do not over bake. Let cool completely.
4. To make the cream cheese frosting, best the softened cream cheese and butter together with a mixer. Beat in powdered sugar, vanilla and salt until smooth.
5. Frost cooled cookies with cream cheese frosting.

Nutrition: Serving: 1cookie · Calories: 99kcal · Carbohydrates: 13g · Protein: 1g · Fat: 5g · Saturated Fat: 3g · Polyunsaturated Fat: 2g · Cholesterol: 19mg · Sodium: 134mg · Fiber: 1g · Sugar: 11g

PUMPKIN DIP

You can halve it too and use the other half of the pumpkin for pumpkin bread, etc)

2 - 8 ounce packages of cream cheese
1 15 ounce can of pumpkin
2 - 3 cups of powdered sugar
1 teaspoon of cinnamon
* Beat cream cheese and pumpkin together until smooth. Add powdered sugar and cinnamon - beat thoroughly. Cover and refrigerate for at least an hour before serving

Pumpkin Recipes Continued...

PUMPKIN SQUARES

1 C Dry Yellow Cake Mix
½ C Sugar
¼ C Margarine
Mix til Crumbly – Makes Topping

In medium Bowl Combine:
Remaining Cake mix
½ C Melted Margarine
1 Egg
*Stir to Blend and Press into bottom of 9x13 Pan
In Separate Bowl Combine:
Lg Can Pumpkin
3 Eggs
½ C Brown Sugar
2 Tsp Cinnamon
2/3 C Milk
*Pour this mixture over Cake Mix in pan and Sprinkle with topping mixture. Bake at 350 degrees for 1 hour.

PUMPKIN CREAM CHEESE CRESCENTS
INGREDIENTS
8 ounces crescent roll dough
4 ounces cream cheese
¼ cup powdered sugar
¼ cup brown sugar
1 teaspoon cinnamon
½ cup pumpkin puree
1 Tablespoon butter melted
1 teaspoon sugar for topping
½ teaspoon cinnamon for topping

INSTRUCTIONS
1. Heat oven to 350 degrees. Lightly grease a baking sheet.
2. In a small bowl, mix together cream cheese, sugars, cinnamon, and pumpkin.
3. Separate dough into 8 triangles.
4. In the center of each triangle, spoon a generous tablespoon onto each triangle and roll up starting with the thickest end. Place each one, point side down, on the baking sheet.
5. Brush the melted butter over the top of each crescent, and then sprinkle with cinnamon and sugar.
6. Bake for 10-12 minutes.

Nutrition…. Calories: 189kcal | Carbohydrates: 25g | Protein: 2g | Fat: 10g | Saturated Fat: 5g | Trans Fat: 1g | Cholesterol: 11mg | Sodium: 304mg | Potassium: 78mg | Fiber: 1g | Sugar: 15g | Vitamin A: 2506IU | Vitamin C: 1mg | Calcium: 35mg | Iron: 1mg

CHEESY BAKED PUMPKIN PASTA

PREP TIME:10 mins, COOK TIME:50 mins
YIELD:4 SERVINGS

INGREDIENTS
- 8 oz uncooked whole wheat pasta, use brown rice pasta for GF
- 2 slices center cut bacon, chopped
- 1 shallot, minced
- 15 oz canned pumpkin puree
- 1 cup reduced sodium chicken broth
- 3 tbsp grated Pecorino Romano cheese
- salt and fresh pepper to taste
- 1/2 tsp fresh rosemary, chopped
- 1/4 cup shredded Pecorino Romano cheese
- 1/2 cup shredded part skim mozzarella

INSTRUCTIONS
1. Preheat oven to 375°F.
2. Spray a 9x9-inch baking pan with oil spray. Bring a large pot of salted water to a boil.
3. Meanwhile, in a medium saucepan over medium heat add chopped bacon and sauté until golden, about 3 to 4 minutes. Add chopped shallot and cook 1 minute.
4.Add pumpkin, chicken broth, rosemary and 3 tbsp Pecorino Romano, stir and add salt and pepper to taste; simmer about 8 - 10 minutes.
5. Meanwhile, cook pasta according to package instructions for al dente. Drain and add the pasta to the pumpkin sauce and mix well.
6. Transfer to the baking dish and spread evenly. Top with the remaining shredded Pecorino Romano and mozzarella.
7. Cover and bake for 25 to 30 minutes, or until mozzarella is melted and the edges are lightly browned.
8. Let it cool 5 minutes, then divide into 4 equal portions.

Serving: 1 generous cup, Calories: 307kcal, Carbohydrates: 49g, Protein: 16g, Fat: 7g, Saturated Fat: 4g, Cholesterol: 14mg, Sodium: 237mg, Fiber: 8g, Sugar: 5g

Explorations in the 'Burgh: Chocolate

This month, the exploration of Pittsburgh is expanding the limits a bit, to "greater" Pittsburgh. Admittedly, it may also expand waistlines… Pittsburgh may be known for rivers, bridges, steel, sports and, if you go back far enough, glass, but this humble corner of Pennsylvania is also home to quite a few chocolate companies. With Halloween coming and several national days revolving around chocolate, what better time to examine the sweet business of greater Pittsburgh chocolate making companies?

Sarris Candies

This company located in Cannonsburg, PA, began in the basement of Frank Sarris's home when he believed he could make better candy than what he had presented to his lady love, Athena. In 1963, the demand for his candy outgrew his basement, and by 1979 he decided to add on the soda fountain. Now, his company's store is an easy half hour drive from Brook Park. While Frank Sarris's candy can be bought in stores all around us, a visit to the store cannot be missed. Upon entering, not only are you surrounded by a wonderland of chocolate goodies, but all around you are the most delightful murals. In one room is a chocolate castle, complete with dragons. A visitor cannot help but smile while standing in this store! Not only will you find LOADS of Sarris chocolate, but there is also an ice cream counter in one end of the store. Their old-fashioned shakes and sundaes are wonderful and worth the drive in their own right. Curious? Check out their website here for information on their candy, their ice cream, and other products as well as recipes.

Betsy Ann

As this company is located a 10 minute drive from Brook Park, in West View, there is no excuse for not trying out this chocolate. Located on the horseshoe bend on Rt. 19, this tiny storefront has been home to Betsy Ann chocolates for generations. This company has been making wonderful chocolate such as melt aways and truffles since 1938. Want to feel like Charlie Buckets finding the golden ticket? Try one of their wonderful chocolate bars wrapped in the shiny gold wrappers. Nothing beats how luxurious it feels. Their offerings change seasonally, with February bringing strawberry cordials and March potato candy for St. Patrick's Day. Check out their current offerings on their website here.

Daffins

Daffins is the home of the Chocolate Kingdom in Sharon, PA. It may be a bit more of a drive, but worth it to see their huge chocolate sculptures of castles, trains, turtles and more. The smell of chocolate greets visitors upon entering the store. Inside, there is a staggering array of candies. All totaled, the company makes 600 different creations and makes over 1 million pounds of chocolate each year. Everyone will turn into a kid in this candy store as your eyes take in the rows and rows of chocolate! Prior to Easter, most years, Daffins hosts Swizzle Stick Day when visitors are invited to tour the factory and can walk away with free chocolate. Visit their website here for information on their products, chocolate kingdom, events and even coloring pages. **Pro tip-if you make the trip to their Sharon, PA store, be sure to visit before Christmas or Easter so you can head down the street to Kraynak's to see Santa Claus Lane or Easter Bunny Lane. It makes a great holiday day trip!

There are many more chocolate companies to be explored in the area including **Andy's Candies** on Steubenville Pike in Imperial, PA, **Mon Amie Chocolates** in The Strip or **Chocolate Fusion Candy** in Lawrenceville. Of course, **Hershey,** the mother of all Pennsylvania chocolate companies, is a wonderful weekend getaway.

Get out there! Taste them all!

National Play-Doh Day Creations

Last month, on September 16, some of us celebrated National Play Doh day. Turns out it can be VERY therapeutic for kids or adults! If you're in a household with kids under 5, chances are you often pull out your collection of Play Doh and forms or tools. Whatever your age, you should give it a try.

Big shout out to our ONLY Play-Doh day artist brave enough to submit their work. It's a mom-daughter creation with a Play doh bakery set of some cakes and a cookie by Natalie, age 4 and her mom, Julia Dahm. Well done!

Current Board of Governors			
President/Treasurer:	**Vice President:**	**Secretary:**	**Membership:**
Dennis Moul d-bpm@hq99.net (412) 366-0168	Lara Schob theschobs8031@gmail.com (412) 378-0446	Sally Swegan sallyswegan@gmail.com 412-760-9216	Jessica Deible jessdeible@aol.com (412) 367-7356
Members of the Board:			
Nate Bopp nate.bopp@gmail.com (412) 585-1701	Heather Byers byers_heather@hotmail.com (412) 364-1054	Flavio Chamis ftchamis@aol.com (412) 635-0694	Jim Hudson hudson.je@comcast.net (412) 364-3605
Ian Lindsay ilindsay@msn.com (412) 369-4574	John McFadden john.mcfadden.jm@gmail.com (412) 779-7325	Colleen Paulson cpaulsons@verizon.net (412) 367-1196	Brian Dahm BrianDahm@gmail.com (412)983-4095
	Alternate: David Scott *scottdws@comcast.net* *(412) 369-5371*	*Alternate:* *Diane Salvatora* *(412) 366-9106*	
Women's/Social Club Coordinators:		**Welcome:**	
Heather Byers byers_heather@hotmail.com (412) 364-1054	Jessica Deible jessdeible@aol.com (412) 367-7356	Mardy Byrnes mardybyrnes@gmail.com	
Newsletter Editor:		**Field Club Rep:**	
Theresa Wilkinson wilkinson.theresa@gmail.com (617) 905-7325 & Co-Editor Heather Byers (see above)		***OPEN***	

Brook Park's Annual Halloween Parade

October 30th at 2pm

Parade, Games, Crafts & Candy!

This year, instead of a registration fee, a collection is being taken to benefit North Hills Community Outreach. Please include a donation (suggested $5/family, but can be any amount) to NHCO with your registration form. All checks are made payable to NHCO.

Parade starts at Broad Hill Drive and King James Drive and ends at King Albert cul de sac

RSVP by October 23th by completing the form below and delivering to:
Jessica Campbell
8018 Broadlawn Drive

Name _____

Number of Participants _____

Total Donation Amount $ _____

CLASSIFIEDS

I love Brook Park

$250 will be donated to the Brook Park Swim Club for every Brook Park/Field Club home listed and sold with me.

Darla

Your Brook Park Realtor®

DARLA CARCIA

412.607.5143 (M) 724.765.7000 (O)
mindyanddarla@piattsir.com

Piatt | Sotheby's INTERNATIONAL REALTY

100 FOWLER ROAD, SUITE 30 | WEXFORD, PA 15086
EACH OFFICE IS INDEPENDENTLY OWNED AND OPERATED.

mindy ✦ darla
YOUR FRIENDS IN REAL ESTATE

mindyanddarla.com

CHOICE
GARAGE DOORS

Sales
Service
Installation
Free Estimates

(412)420-0033

Old garage door that needs updating? Broken Spring? Operator not working?

Increase your property value and personal comfort with a new garage door.

Call Mark Sullivan of Choice Garage Doors, your Brook Park Manor garage door specialist.

www.choicepgh.com | info@choicepgh.com

CLASSIFIEDS

Colleen Paulson, MBA, CPRW

EXECUTIVE AND PROFESSIONAL RESUMES

Would you like your resume to stand out from the pack? I am a Certified Professional Resume Writer (CPRW) and have written / reviewed 1500+ resumes over the past 10 years. I'd love to help you reach your career goals!

Email: colleen@colleenpaulsonmba.com
Website: www.colleenpaulsonmba.com
LinkedIn: https://www.linkedin.com/in/colleenmpaulson/

Do you have difficulty getting your pets to the veterinarian? Does your pet get car sick?

HOUSE CALLS EVERY WEDNESDAY

We bring our services to you!

- Examinations
- Vaccinations
- Other minor health issues
- Nails, ears, & anal glands
- Blood draws
- Humane, compassionate at home euthanasia.

VCA Supports Animal Shelters Nationwide

Mention this ad & receive 10% off the trip fee.
Call us today to find out more!

VCA NORTHVIEW ANIMAL HOSPITAL
SPECIALTY REFERRAL CENTER
223 Siebert Road
Pittsburgh, PA 15237
412-364-5353

VCA ADVANCED CARE FOR PETS
24/7
VCAnorthview.com

Sandy Shuster

CRAFTS
seasonal
personalized
everyday living

SEWING
alterations
dress making
home furnishings

Home: 412-366-0455 Cell: 412-225-4705

Services all year round.

Top Notch
Home Improvements

Tom Weidinger (Owner)
t_weidinger@msn.com
412-630-0288
Town of McCandless

Roofing, Siding, Windows, Doors, Decks, Game rooms, Kitchens, Additions; all customized to your needs!

PA046738

Anne Marie Herm

Ambiance
Video Productions

contact@ambiancevideography.com
www.ambiancevideography.com
412-761-9960

Specializing in Live Events Including:
Weddings/Dress Rehearsals
Anniversary Parties
Corporate Events
Photo Montages
Birthday Parties
Sporting Events
Dance Recitals
Plays
VHS to DVD Transfers

8614 Broad Hill Drive
Pittsburgh, PA 15237

CLEAN FILL WANTED

Joe and Toni Ambrosino
1636 King James, 412-366-2873

HOUSE SITTING
PET SITTING
PLANT WATERING
ODD JOBS

CONTACT:
email: dan.longo11@yahoo.com
Phone: 412-801-9667

Emmanuel Capital Management, LLC
Fee-Only, Registered Investment Advisor

Tom Franks, CFA
President
1556 King James Drive
412-223-2410
www.EmmanuelCapital.com

- Investment Management
- 401k Rollovers
- Retirement Planning
- Outstanding Expertise
- Experience & Integrity
- Free Consult

Professional Tutoring
Sally Swegan
412-760-9216
974 Broadmeadow Dr.
Elementary Education, Pre-K through 6th grade
Any subject
Learning Disabilities
ESL

THE MEGAN E. CONNELLY STUDIO OF PIANO
837 Washington Drive
Pittsburgh, PA 15229
412-398-4687
meganconnelly@verizon.net

- 15 years professional experience
- Bachelor of Piano Performance
- Master of Music in Piano Pedagogy

Now enrolling ages 5 - Adult

THE PAINTED NEST
Cara Cortazzo
412-759-3506
Jessica Deible
724-996-8363
paintednest1@gmail.com

- Paint color consultations
- Furniture editing and rearranging
- Decluttering
- Storage solutions
- Personal decor shopping
- Staging
- Furniture painting
- Renovation planning and management

Sterling and Strings
Classical music for your special occasion
Featuring:
- Flute and cello
- Trios, quartets
- Any combination of your favorite instruments

Melissa Lessure, flutist
1621 King James Drive
Phone: 412-635-0131
Check out our You Tube videos at
www.sterlingandstrings.com

Are you experiencing Fatigue? Depression? Difficulty Concentrating? Overweight? High Blood Pressure? High Cholesterol? Pain? Arthritis? Metabolic syndrome? Pre-Diabetes or Diabetes? It highly probable that the foods you eat are killing you, made worse by stress and our fast paced but sedentary lifestyle. So what can you do?

I CAN HELP! My name is Kathy Evans-Palmisano and have lived in Brook Park Manor for almost 25 years. As a retired RN and CNM (Certified Nurse-Midwife) with a Master's Degree in Maternal-Child Health, I am also a certified Personal Trainer and Energy Healer who has been helping people live healthier for 4 decades. You may have seen me in Wellbella or Let's Live Magazines as the Corporate Trainer for GNC's Body for Life Challenge or NFL Hall-of-Famer Lynn Swann's 12-week Transformation.

Call or text me for a free consultation and superfood tasting. 412-298-2016 I offer.....

Energy Healing

A synthesis of Therapeutic Touch, Reiki, Quantum Touch and Intuitive Guidance helping you relax deeply to heal mind, body and spirit.

Fix My Neck

A combination of gentle stretch, massage, myofascial release and cranio-sacral therapies to relieve stiffness, pain and restore full range-of-motion.

Superfood Superstore of organic products that are whole, raw, highly-alkalizing, non-GMO, pesticide-free and gluten-free. True Superfoods that taste great, are faster than fast food, and will literally Change Your Life and Your Health!

Damsel in Defense™

TAKE CONTROL OF YOUR OWN SAFETY AND DEFENSE

LIVE ALONE? TRAVEL? EVER FEEL INTIMIDATED BY STRANGERS?
HAVE A DAUGTHER AT COLLEGE? ARE YOU PROTECTED?

Unfortunately, our world is an unsafe place. DAMSEL IN DEFENSE is a company who cares about protecting women and empowering them to take care of their own defense. Once you see the common sense products Damsel In Defense has to offer, you'll gain a sense of confidence and want everyone you know to do the same. Protect yourself and your loved ones with these affordable items (pepper spray, stun guns, self-defense items), as well as safety items for your home and automobiles. Visit my website at http://www.mydamselpro.net/DAMSELPGH/ and view the products; and follow me on my Facebook page at https://www.facebook.com/DefenseInPittsburgh. Great gifts for your friends, loved ones and that "hard to buy for" person in your life. Host a party in your home, church, community center, etc. and earn amazing perks or join my team in helping others.

THERESA ZAMAGIAS
412-287-4854
damselpgh@gmail.com