

# the almanac

2022 print media kit | thealmanac.net

## SUNDAY DELIVERY!

In order to bring our readers and advertisers more timely news, sports, ads and circulars, The Almanac has been moved to a Sunday distribution.

## DISTRIBUTION

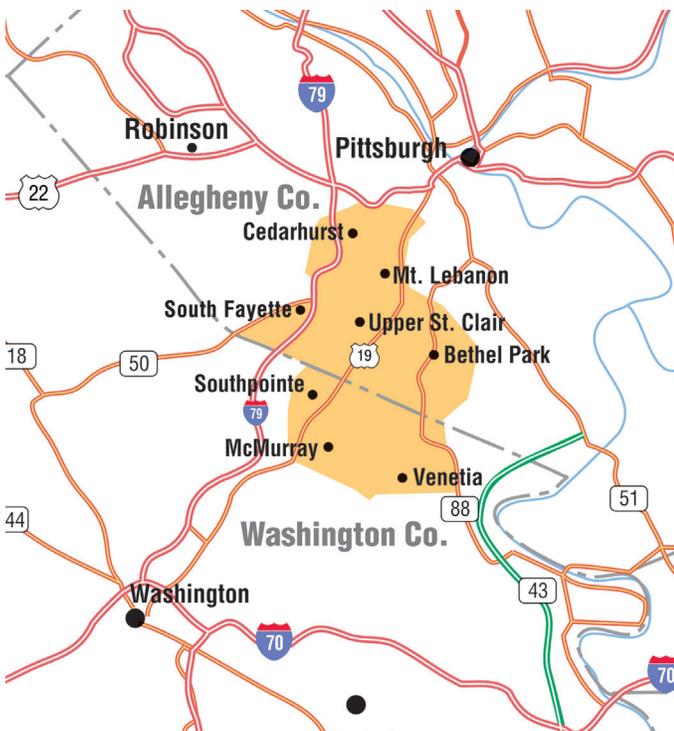
Readership: 57,500

Press Run: 23,000

The Almanac is an opt-in weekly community newspaper delivered to more than 23,000 homes and pickup locations throughout the South Hills.

## PEOPLE TRUST OUR PRODUCTS

Over a 12 month period, nearly 5,600 businesses have invested a total of \$8,300,000+ using our products to market their message.



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NOVEMBER 28, 2021

SOUTH HILLS COMMUNITY NEWS

thealmanac.net facebook.com/SouthHillsAlmanac @shillsalmanac

## Over the top



Mt. Lebanon head coach Bob Palko accepts the WPIAL championship trophy while his players celebrate in the background after the Blue Devils scorched Central Catholic, 47-7, in the Class 6A final played Nov. 20 at Norwin High School. For more on Lebo's championship game victory, see page B1.

## Step up to assist

Chinese city thanks Western Pennsylvania for support

By Haerri Funk  
Staff writer  
hfunk@thealmanac.net

Shortly after a performance group from Chengdu, China, returned home from the Pittsburgh area in early 2020, the COVID-19 pandemic went full throttle.

In Western Pennsylvania, the problems did not go unnoticed.

"The Chinese community here mobilized and donated 200,000 meals to the city of Chengdu," Kwon Kwong Kai reported.

With Sherry Kai, his daughter, serving as translator, he welcomed guests to a dinner at Sichuan Gourmet in Squirrel Hill. Representing the Chengdu Foreign Affairs Office, Kwon expressed gratitude by hosting the event and presenting gifts to those in attendance.

He particularly thanked two South Hills women for their sustained efforts on behalf of the region's residents from his country: Pier Lee of Bethel Park, director emerita of Peters Township Public Library and Organization of Chinese Americans

## Amen To Action: Area volunteers pack food

By Haerri Funk  
Staff writer  
hfunk@thealmanac.net

Reaching a goal of packing 100,000 meals in one morning is a logistical marvel to behold.

More than 220 volunteers of a wide age range gathered Nov. 20 at St. Joan of Arc Church in South Park Township to do their part in support of Amen To Action, a program founded with the intention of providing 1 million meals to people in the Pittsburgh area.

Wearing protective gloves and hair nets, the volunteers worked methodically throughout the morning fill-



Volunteers work toward meeting the morning's goal at St. Joan of Arc Church.

ing plastic bags with ingredients to make fortified oatmeal. In turn, the bags were placed inside large boxes and transported to be stacked on a series of pallets, where they were sealed together to prepare for shipping.

Proudly taking part in the proceedings was the Rev. Daniel Maurer, pastor of the Catholic Diocese of Pittsburgh/St. Catherine Labourer Parish, which was formed last year by the merger of St. Joan of Arc and St. Louise de Marillac in Upper St. Clair.

"Actually, we had more than half the people sign up before we even put it out to our parish," he said about the Amen To Action event. "People from

other churches and different faiths were jumping on board, so that's one of the really beautiful things about this. We're just the host parish, and I'm happy to be able to do that."

Amen To Action developed from a series of meetings by Pittsburgh religious leaders, including Bishop David Zubik, who were striving for unity. The first food-packing session took place the day after Thanksgiving in 2017 at the David L. Lawrence Convention Center, with 3,000-plus volunteers assembling 1 million meals for distribution by the Greater Pittsburgh Community Food Bank.

SEE ACTION PAGE A3

SEE SUPPORT PAGE A3

## No meat, no dairy, no problem

Advocates of plant-based eating tout benefits, offer tips for transitioning diet

By Haerri Funk  
Staff writer  
hfunk@thealmanac.net

Traditionally, Americans have tended to lead toward the carnivorous side of the dietary spectrum.

"I grew up loving steak," the Mt. Lebanon resident recalled.

"I think my diet was steak

and cheese. That was pretty much what I ate."

She eventually took the opposite approach, choosing not to consume any food derived from animals, although at the time she wasn't too familiar with the term that describes such folks.

"I always joke that when I started to eat this way, I did not know how to pronounce the word 'vegan,'" she admitted. "I really wasn't sure. I had

to listen to it pronounced online."

That was nearly 14 years ago, and having experienced some of the benefits of plant-based eating, she started Resolve Health and Fitness to promote the increasingly popular practice and support those who want to give it a try.

Around the same time as Newman's switch, Sally Lipsky of Murrysville was in treatment for late-stage cancer and began to educate herself about the power of food to heal and protect from disease.

Lipsky eventually founded the nonprofit Plant-Based Pittsburgh as a network of like-minded people, and she

SEE TOUIT PAGE A2



Guests at a Plant-Based Pittsburgh picnic get ready to enjoy some of the offerings.

<p><b>PETERS TWP:</b> Library display of miniatures impresses. PAGE A4</p>	<p><b>SPORTS:</b> Winning is family tradition for Lebo standout. PAGE B1</p>	<p><b>SIGHTS &amp; SOUNDS:</b> Area students lend artwork to hospital. PAGE B3</p>
Real estate transactions, A8	What's happening, B3,4	Classifieds, B5-8

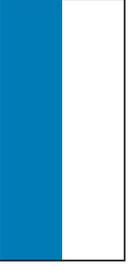
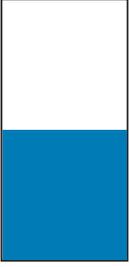
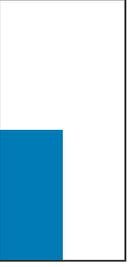
Alexander Whiting, MD:

### Take control

Get the expertise you need from our new neurosurgeon.

724-228-1414 | doctors.AHN.org/Alexander-C-Whiting

## PRICING & SPECS 2022

	Full page \$1,685 10" x 20.8"		3/4 page \$1,355 10" x 15"		1/2 page vertical \$1,035 4.9375" x 20.8"
	1/2 page horizontal \$1,035 10" x 10"		1/4 page \$645 4.9375" x 10"		1/8 page \$395 4.9375" x 5"
	Inside Banner \$395 10" x 2"		1/12 page \$235 3.25" x 5"		1/16 page \$160 3.25" x 2"

## ALL OTHER SIZES

Type	Full Run
Non-contract	\$35 pci
Level 1 (\$2,500-\$12,000 per year)	\$30 pci
Level 2 (\$12,001-\$24,00 per year)	\$26 pci
Level 3/Non profit (\$24,001 and above)	\$23 pci

### BUSINESS BUILDER PACKAGE DISCOUNTS

4 weeks	10%
8 weeks	15%
12 weeks	20%
16 weeks	25%
20 weeks	30%

### COLOR OPTIONS

Full page, 3/4, 1/2: **\$200 per ad**  
 1/4, 1/8, banner: **\$125 per ad**  
 1/12, 1/16: **\$75 per ad**

**NONPROFIT, CHARITABLE/CIVIC ORGANIZATION DISCOUNTS**  
 20%

**CHURCH DISCOUNTS**  
 20%

## 2022 SPECIAL SECTIONS



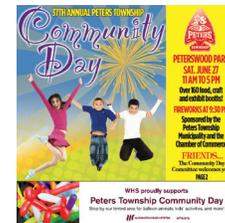
**South Hills Living**  
**Bi-Monthly**  
 January  
 March  
 May  
 July  
 September  
 November



**swpa seniors**  
**Quarterly**  
 March  
 June  
 September  
 December



**swpa Summer Camp Guide**  
 April



**Peters Township Community Day**  
 June

## OTHER SPECIAL SECTIONS & POSITIONS

- Native Ads
- At a Glance
- Front Page Ad Notes
- Page 2 Double Banner
- Worship Pages
- Be Local
- Health, Mind & Body
- Small Business Saturday
- Business in Review
- Adoptable Pet of the Week

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 Artwork approval deadline is 5pm Thursdays.