

Your **PREMIER** Community Magazine™

COMPLIMENTARY

In Our
12th Year

NORTH HILLS

MONTHLY

MARCH 2012



**Tri-State Orthopaedics,
Keeping Patients and Community
Charities In the Game**



NORTH HILLS MONTHLY

Your PREMIER Community Magazine™

PUBLISHED BY:

Lutz
and Associates
PUBLISHING, INC.

Our mission To provide informative, educational and upbeat information that will have a positive impact on our readers. Our focus is on community events, community resources, contemporary parenting, health and fitness, recreation, North Hills & southwest Butler County area perspectives, people profiles and community worship.

NORTH HILLS MONTHLY MAGAZINE is published 12 times per year by Lutz and Associates Publishing, Inc. Post Office Box 386, Zelienople, PA 16063-0386.

NORTH HILLS MONTHLY MAGAZINE is available free of charge to all area residents. Mail subscriptions may be purchased for \$36.00 per year by contacting our sales office.

Delivery Address:

20232 Perry Highway, Second Floor,
Cranberry Twp., PA 16066

Mailing Address:

Post Office Box 386
Zelienople, PA 16063-0386

President & Publisher:

Carl Craig Lutz
craigl@northhillsmnthly.com

General Manager:

Mary Margaret Fisher
mmfisher@northhillsmnthly.com

Executive Editor: Vanessa Orr

Perspective Editor: Jack Etzel

Community Events: Anna Ricciardi

Art Director: Erin McGonigle Brammer

Sales Executive:

Janis Walsh
janis@northhillsmnthly.com

724-776-9800

Fax: 724-776-9811

Editorial: venus1@consolidated.net

northhillsmnthly.com

©2012 by Lutz and Associates Publishing, Inc.

MARCH 2012

In this issue

COVER STORY

Tri-State Orthopaedics, Keeping patients
and Community Charities in the Game.....4
BY VANESSA ORR

Smart and Stylish Landscaping Turns
Average Yards into High End Spaces.....6
BY CARLA SIMMONS

PERSPECTIVE

What is the North Area Environmental
Council and What Does it Do?.....10
*An interview with NAEC Board
Member Gary Rigdon*
BY JACK ETZEL

Superhero Run Raises Funds and
Awareness to Prevent Child Abuse.....18
BY KATHLEEN N. BISHOP

Church Fundraiser Helps Local Girls
Get Ready for the Big Dance.....20
BY CLARE HEEKIN LYNCH

Investigate the World of Forensic
Science at a CSI Summer Camp.....24
BY CARLA SIMMONS

Being Prepared is Key to
Boy Scout Adventures.....26
BY HILARY DANINHIRSCH

In Every Issue

Home & Garden.....	12
Real Estate.....	14
Hidden Treasure.....	17
Larry's Line-up.....	28
Person of Distinction.....	30
Save the Date.....	32
Legal.....	34
Dr. Knowledge.....	38
New & Notable.....	40
Community Events.....	42
Worship Directory.....	44

Premier First Person

PAWLOWICZ DENTISTRY
What is Obstructive Sleep Apnea?..... 22

First Persons

NEST EXPRESSIONS.....	9
KENNIHAN PLUMBING, HEATING, AIR CONDITIONING.....	11
HEARTH AND HOME.....	15
CHOICE CHIROPRACTIC WELLNESS CENTER, P.C.....	19
CLEARSKIN SOLUTIONS.....	21

on the cover

Bottom Row: Gerard J. Werries MD, Mark J. Langhans MD, Brian F. Jewell MD

Middle Row: Paul A. Liefeld MD, John J. Christoforetti MD, Victor J. Thomas MD

Back Row: Jeffrey N. Kann MD, Steven E. Kann MD, Michael R. Pagnotto MD

COVER PHOTO PROVIDED BY ALICIA PHOTOGRAPHY





*Brian Jewell, MD
Sports Medicine, Knee & Shoulder Specialist*



*Michael Pagnotto, MD
Specialist in Hip & Knee Replacement*



*Jeffrey Kann, MD
Knee, Foot & Ankle Specialist*

Tri-State Orthopaedics, Keeping Patients and Community Charities In the Game

BY VANESSA ORR

One of the highest forms of flattery for any medical practice is to have patients recommend it to their friends and family members. As a fixture in the North Hills community for more than 36 years, Tri-State Orthopaedics & Sports Medicine, Inc. has earned a reputation for providing generations of patients with the specialized orthopaedic care that they need.

"We have a very long-standing relationship with people in the area—we've grown up with the families here," said Brian Jewell, MD, a sports medicine specialist. "We live in the area, we raise our own families here; there are few places that I can go where I don't see someone whom we've treated."

With a practice that has spanned generations, it's not surprising that everyone from high school athletes with knee injuries to senior citizens with arthritis issues has at one time used the services at Tri-State. In fact, the practice's newest doctor, Michael Pagnotto, MD, was a patient of Tri-State as a high school athlete before returning to specialize in hip and knee replacements after completing his joint reconstruction fellowship at The Mayo Clinic.

"Dr. Failla, Dr. Jewell and Dr. Langhans took care of me back in 1995 when I hurt my knee as a football player at North Allegheny (NA)," Dr. Pagnotto explained. "I told them then that I wanted to be an orthopaedic surgeon, and they told me to come back when I was finished with my training and they'd give me a job. Fifteen years later, here I am."

Dr. Jeffrey Kann also had experience with the practice before he joined it as a knee, foot and ankle specialist. His brother, Steven Kann, MD, is a hand and upper extremity specialist at Tri-State. "It just seemed like a really good fit," he said. "What I like is that all of us are from this area, and even though we may have done our training elsewhere, we all returned to this community to use our expertise where we grew up and where we wanted to raise our own families."

In addition to having such a close-knit group of physicians, what sets Tri-State apart from other practices is this level of expertise. "What's truly unique about Tri-State is that we have physicians who subspecialize in each joint and part of the body, as well as providing very good general orthopaedic care," said Dr. Kann.

Tri-State's physicians have advanced fellowship training in a myriad of areas including hand, finger, elbow, wrist and upper extremity surgery (including minimally invasive surgery for carpal tunnel and trigger finger); foot and ankle surgery; arthroscopic surgery of the shoulder, elbow, knee and hip; knee and shoulder reconstruction; total joint replacement and revision surgery of the knee and hip; and spine surgery.

Its physicians use state-of-the-art surgical techniques and equipment, including mini-incision and micro-surgery to improve patient outcomes and reduce hospital stays and recovery time.

Before considering any type of surgery, however, Tri-State physicians treat patients with the most conservative methods possible. "A good surgeon can take care of 80 to 90 percent of cases non-surgically," said Dr. Jewell, adding that he is a huge believer in conservative modalities such as bracing, physical therapy and the use of biologics to improve a patient's function, which in turn, prevents the need for surgery.

"For many of the younger patients we see with sports injuries, as well as older patients with arthritic problems, surgery is a last resort," agreed Dr. Mark Langhans, a specialist in arthroscopic and reconstructive surgery of the knee and shoulder. "Quite often, there are other options, ranging from medications to viscosupplementation (injecting a gel-like substance into the joint) to physical therapy."

Physical therapy and hand therapy services are offered at each Tri-State office. "We began providing physical therapy services almost seven years ago as a way to assure that our patients—both surgical and nonsurgical—had good end results," said Dr. Langhans.

"One advantage of providing physical therapy on-site is that we get constant feedback about our patients," added Dr. Pagnotto. "There is coordination and continuity between the physicians and the physical therapy team, which enables us to find the best treatment approach and to adjust patients' care as needed."

This multidisciplinary approach has resulted in the practice's surgeons working with numerous sports teams throughout the area, including the NA and Seneca Valley high school sports teams. The doctors and staff at Tri-State further serve the community by providing educational presentations to groups and organizations on topics ranging from sports injury prevention to arthritis management.

In addition to helping a number of local nonprofits, for the past decade Tri-State has been working with the Make-A-Wish Foundation to help children's dreams come true. "What's amazing about Tri-State is not only how generous they are, but how fun they are," said Barbara Becker, vice president and director of development for the Make-A-Wish Foundation of Greater Pennsylvania and Southern West Virginia. "Everything they do, from their annual holiday card where the doctors dress to fit a theme, to the generous donation that they give us every year, reflects their good, kind hearts." Since 2001, Tri-State has donated more than \$70,000 to the Make-A-Wish Foundation.

According to Becker, these donations



*Mark Langhans, MD
Specialist in Knee, Shoulder & Sports Medicine*

have helped a number of local children with life-threatening medical conditions to realize a special wish. "The number one wish continues to be to meet Mickey Mouse at Disney World in Orlando," she said, "and donations like this make it possible. It gives families a chance to take time out from hospital stays and medical treatments, and it allows these children to be normal kids again."

"We are so grateful to have Tri-State's support and their vote of confidence in the work that we do," she added.

As Tri-State Orthopaedics approaches its fourth decade serving the North Hills and surrounding communities, there is no doubt that it will continue keeping its patients, and those organizations it supports, in the game. ■



tristateortho.com

TRI-STATE ORTHOPAEDICS & Sports Medicine, Inc.

Jack Failla, MD
Victor Thomas, MD
Paul Liefeld, MD
Brian Jewell, MD
Mark Langhans, MD

Steven Kann, MD
Jeffrey Kann, MD
Gerard Werries, MD
John Christoforetti, MD
Michael Pagnotto, MD

Keeping
you in the
game

NORTH HILLS
412-369-4000

SEVEN FIELDS
724-776-2488

ROBINSON TWP.
412-787-7582

FOX CHAPEL
412-696-0300

To learn more about the physicians, services, directions or to request an appointment, visit www.tristateortho.com.