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## Meet the Rosenthal/Shelby Crew

PHOTOS BY KATHRYN STABLE PHOTOGRAPHY

**B**rad and Katie Rosenthal have deep Fox Chapel roots. Brad grew up in the area and graduated from Fox Chapel High School. Katie and her sister Sarah Shelby grew up in Hampton and graduated from Shady Side Academy. Brad and Katie lived and worked in New York City after college before returning to the Fox Chapel area in 2014. After living in Aspinwall for several years, the couple moved to the greater Fox Chapel area, where they

currently live with their two boys, Palmer (5) and Milo (3.5). Katie and Sarah operate an accessories company called Bits & Bows as co-founders and owners. Best known for their Bow Baseball Hat™ for girls, baby girls, and women amongst their customers and 250+ retailers nationwide, they have expanded to offering customizable hats, jewelry, purses, visors, and holiday gifts for boys, girls, teens, and women of all ages. They launched

the direct-to-consumer shoppable website, [www.shopbitsandbows.com](http://www.shopbitsandbows.com), in June 2021 out of the Rosenthal home and are so excited to now have this new hybrid storefront-workspace to share the brand with the local Fox Chapel community. Prior to Bits & Bows, Katie's career in corporate retail took her to New York City. After several years, Katie returned to Pittsburgh to attend CMU's Tepper School of Business for her MBA. She then worked in marketing/



strategy roles before spending a couple years as a stay-at-home mom before following her entrepreneurial dreams of starting her own accessories brand. After college, Sarah's dedication to understanding and learning customer behavior, fostering the ideal company-clientele relationship, and curating purposeful product inspired a career in retail store management before leaving to work on Bits & Bows full-time in January of 2023.

Brad has worked for PNC since graduating college in 2008. His current role is Managing Director in PNC's Debt Capital Markets.

Sarah is an active member of the Cinderella Women's Committee, which sponsors the Cinderella Ball and its debutantes' presentation. She and Katie were both presented as Debutantes in their senior years of high school by their father.

As an avid believer that the storefront can be a source of genuine joy and can transform customers' entire days with the acquisition of meaningful products and engagement, it's a dream come true to be opening company doors, Sarah says. It's an opportunity to bring the brand to life and achieve the Bits & Bows mission to create and inspire the celebration of life's everyday magic in a new kind of retail experience, made even more special in the town she and her sister were raised.



Customers can stay up-to-date on and shop the sister-started company both locally and nationally by following @bitsandbows on Instagram, shopping at their new space or a Bits & Bows retailer nationwide, or visiting their website. Their new space at Indiana Crossing on Dorseyville Road will





One of the greatest joys since launching Bits & Bows has been being able to give back to various charities and non-profit organizations in Pittsburgh and beyond.

serve as a hybrid workspace, showroom, event space, and storefront. They can't wait to be welcoming customers for a unique, customizable in-store (and virtual) shopping experience. Their signature product line includes both ready-to-wear motif and monogram-ready Bow Baseball Hats™ for girls and women, and has expanded to include a variety of accessories for the entire family, from baby to adult, many of which can be personalized with in-house embroidery at the store.

One of the greatest joys since launching Bits & Bows has been being able to give back to various charities and non-profit organizations in Pittsburgh and beyond through monetary/product donations and participation in charity-driven shopping events. Giving children a reason to smile despite certain unfortunate circumstances is at the core of the company's values, Katie says.

**Join us for our first Open House Weekend**  
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# Just What the Doctor Ordered

Dr. Deborah Gilman — Shrink Rap

**SMOOTH TRANSITIONS TO SCHOOL: Nurturing Lifelong Benefits for Kids**

The start of a new school year marks a pivotal juncture in the lives of children. It's a time of change, growth, and the potential for incredible learning experiences. While transitions can be challenging, the benefits of a smooth transition to school for kids extend far beyond the initial adjustment period and fosters creating an environment that sets the stage for lifelong success.

**Building Confidence and Resilience**

When children feel secure and supported during this phase, they develop a sense of competence in handling new situations. These early experiences of successfully adapting to change can have a positive ripple effect throughout their lives, enabling them to tackle challenges with greater poise and perseverance.

**Establishing Routine and Structure**

A well-structured transition helps children acclimate to routines, fostering a sense of predictability and security. Routines provide a framework that enables children to manage their time, responsibilities, and expectations. This ability to establish and follow routines will serve them well as they navigate the demands of adulthood.

**Enhancing Cognitive Development**

When children feel comfortable in their new environment, their cognitive resources are free to focus on absorbing new information and concepts. This smooth adjustment can contribute to better attention, memory, and problem-solving skills, which are vital components of academic success.

**Reducing Stress and Anxiety**

Transitions that are met with understanding and support reduce the stress and anxiety that can accompany new experiences. When children are reassured and their concerns are addressed, their mental and emotional well-being is safeguarded. A low-stress transition enables children to maintain healthy sleep patterns, balanced eating habits, and emotional stability.

**Laying the Foundation for Future Learning**

A successful transition sets the stage for future educational milestones. When children start their academic journey with positive experiences, they are more likely to approach subsequent transitions,

such as moving to a new grade or entering a new school, with confidence and adaptability.

**Promoting a Lifelong Love for School**

Children who experience a smooth transition to school are more likely to develop a lifelong love for learning. When school is associated with positive memories, friendships, and enriching experiences, children are motivated to remain engaged and curious learners throughout their lives.

By fostering confidence, resilience, and positive attitudes towards learning, we equip children with the tools they need to navigate the challenges and opportunities that lie ahead. A nurturing transition experience sets the stage for holistic growth, establishing a strong foundation for social, emotional, cognitive, and academic development. As parents, educators, and caregivers, we play a crucial role in ensuring that every child's journey into the world of education is one marked by enthusiasm, support, and lasting benefits.

*Just imagine what a generation of unbroken children could accomplish...*



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# Spider Veins

**W**hat better time to talk about spider veins than the month of October when many of us are decorating our homes for Halloween with ..... spiders!

Sclerotherapy is an injection for the treatment of unwanted spider veins utilizing a sclerosing solution. This simple injection is performed in the office with very minimal downtime. After injection, the patient's leg is compressed with wraps or stockings for approximately 24 hours.

The injected solution will immediately shrink the spider veins, which will then be dissolved over a period of weeks as they are naturally reabsorbed by the body. Most patients require two treatments performed approximately four weeks apart.

The response to the treatment varies depending on the sizes of the veins.

If you're interested in learning more give the office a call at (412) 687-2100.

Flavia E. Davit, M.D.



## ASK THE DOCTOR

**Q:** I'm currently taking Ozempic for weight loss. Should I notify my physician and will I have to stop prior to surgery?

Patients on this medication for weight loss, who are scheduled to undergo surgery, are urged to stop preoperatively. Ozempic is associated with delayed stomach emptying leading to increased risk for migration of the stomach contents to the lungs during anesthesia.

If you are taking this drug, it is important that you notify your physician and have a discussion that involves when you should go off of your medication, and when it is safe to resume after surgery.

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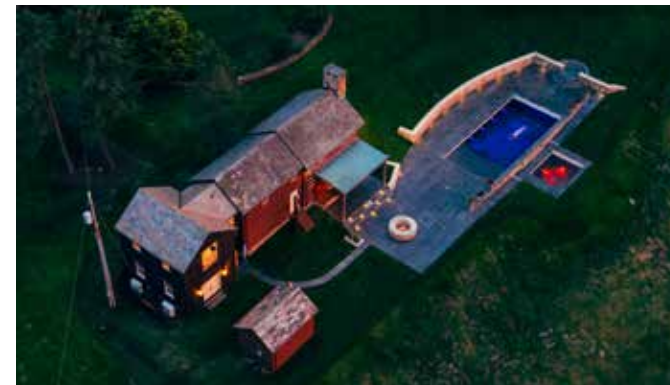
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## SPONSOR OF THE MONTH



Admittedly, construction projects aren't easy and Black Boot Builders knows it's difficult for clients to endure months of dust and alternative housing arrangements.

### Their advice for making the most out of your project?

**First**, lean heavily on your architect and designer throughout the project and consider them to be an integral team member to your project's success from start to finish.

**Second**, establish a communication channel that works for you and be responsive. Poor communication is the quickest way to alter the course of a project.

**Third**, trust your contractor and the process. Remember that every project is a prototype. Even if your builder has a proven track record of successful projects, they've never built your project before. If they've learned anything from the pandemic, it's to expect the unexpected.

Choose a contractor upfront that values communication and transparency to help overcome unexpected obstacles. Lastly, enjoy the process! For some clients, this is the only time they'll make this kind of a substantial change to their home. Being an engaged part of the project will help you to appreciate all of the talented hands that have touched your project.

Where the builder-client relationship usually leaves off, Black Boot Builders is establishing a new division to continue the relationship long beyond the end of a construction project. Fox Chapel residents and previous clients can also take advantage of Black Boot Builders' Property Services division. Meant to handle small household projects, seasonal maintenance, and home-away services, they continue to prioritize their relationships with clients and can be a forever resource in your forever home.

### Black Boot Builders

1913 Fox Chapel Rd  
Pittsburgh, PA 15238

(412) 225-7679

blackbootbuilds.com

Insta: @blackbootbuilders

# Black Boot Builders

David Short and  
Zia Marinzel

The red cinder block commercial building on Fox Chapel Road previously named Axle Fitness has a new owner. The (now black) building is home to Black Boot Builders, a local residential home builder and remodeler. Managed by the husband-and-wife team, David Short and Zia Marinzel, both Fox Chapel residents and Fox Chapel Area High School alumni, the business offers a fresh approach to new construction, home additions, and large-scale remodels.

Known for its boutique team size and unique projects, Black Boot Builders stands out in the types of projects they're attracted to. Projects that require thoughtful planning, careful installation, and creative problem-solving are a good fit. Getting to do something they haven't done before or incorporating green building features are a bonus.

Before opening the business in 2018, Dave and Zia spent several years in the industry working for other Pittsburgh-based contractors and designers. In that time, they learned things they'd like to incorporate into their own business and what their competitive advantage should be. Transparent communication, relationships, and a commitment to building science all became pillars of their brand identity.

Their purposeful small team size ensures that every client gets to work with every member of their talented team throughout their project. Besides their core internal team of five, Black Boot Builders has spent several years creating longstanding relationships with suppliers and subcontractors, creating an extended team where familiar faces are found on every Black Boot Builder's job.

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# 101 WYNNWOOD DRIVE FOX CHAPEL BOROUGH

Welcome home to 101 Wynnwood Drive situated on a gorgeous 2 Acres in the heart of Fox Chapel Borough. You'll love the residence as you arrive in style through stone pillars up the meandering drive to the house and the gorgeous pool/guest home too. Highlights in the home include sprawling living spaces with a vaulted ceiling great



room, a huge dining area, and doors that spill out to the stone patio. Privacy and all fenced-in, great for pets and families. There is a first-floor bedroom with a bonus loft and another private bedroom; both share a Jack 'n' Jill full bath. On the 2nd floor is a large Owners suite.

The lower level has a game room, full bath, laundry, and storage area. The separate guest house has a full kitchen, living space and bath too! A car gurus dream! This property has 6 car garage spaces and plenty of parking space too! It's an entertainer's dream with the in-ground pool and serene sitting area. Close to schools, Clubs, Fox Chapel Amenities, and easy commute time to the City!

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The owners suite is large with plenty of cupboard space and an ensuite bathroom. The guest room has roomy closets and there is a hall bathroom and a great laundry room with storage. Enjoy the fantastic amenities including the secure indoor parking, fitness room, indoor pool, outdoor patio space, a library and guest rooms. Also a path to the O'Hara Park and easy access to shopping, restaurants, hospitals and city. **Enjoy carefree living at its best!**

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## Fox Chapel Area 2023 Graduates Named GLOBAL SCHOLARS

Two Fox Chapel Area High School 2023 graduates, **Caleb Hahl** – German and **Blaz Vavpetic** – French, have been named 2023 Pennsylvania State Modern Language Association (PSMLA) Global Scholars Graduates.

According to Dr. Jan Hostler Stewart of the PSMLA Global Scholars program, 2023 produced the largest group of graduates since the inception of the initiative in 2015.

“Yet, it is still an elite group of schools and students that can boast this achievement with 143 graduates from 20 Pennsylvania public and private high schools (this year),” she said.

The purpose of the PSMLA Global Scholars program is to provide high school students with the opportunity to participate in interdisciplinary studies and activities, to develop global awareness and competency, and to better prepare students for personal and professional success in an increasingly global society.

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AROUND THE TOWN



## FCASD POLICE DEPARTMENT NAMED NASRO MODEL AGENCY

The Fox Chapel Area School District Police Department has been named a recipient of the 2023 NASRO (National Association of School Resource Officers) Model Agency Award. The award is being given for the department's creative and innovative approach to school-based policing. Fox Chapel Area School District is the only district in Pennsylvania and one of only 10 from across the nation to receive the award this year.

National Model Agency Awards are given to agencies that exemplify NASRO's triad concept of school-based policing in which the school resource officers serve as mentors, educators, and law enforcement officers, while serving school communities in a manner that represents the best in community policing. The award was presented

at the NASRO National School Safety Conference in Indianapolis on June 30.

The members of the Fox Chapel Area School District Police Department are **Joseph Kozarian** (chief), **Joseph Abbott**, **Scott Bailey**, **Stanley Bradish**, **Joshua Dietz**, **Dennis Lynch**, **Timothy Rush**, **Shannon Santucci**, and **Eric Valentine**.

NASRO is dedicated to making schools and children safer by providing the highest quality training to school-based law enforcement officers. By training law enforcement to educate, counsel, and protect school communities, NASRO continuously leads by example and promote a positive image of law enforcement to school children and school communities.

*The award is being given for the department's creative and innovative approach to school-based policing.*





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# Vibrant Sunshine Juicery Cafe

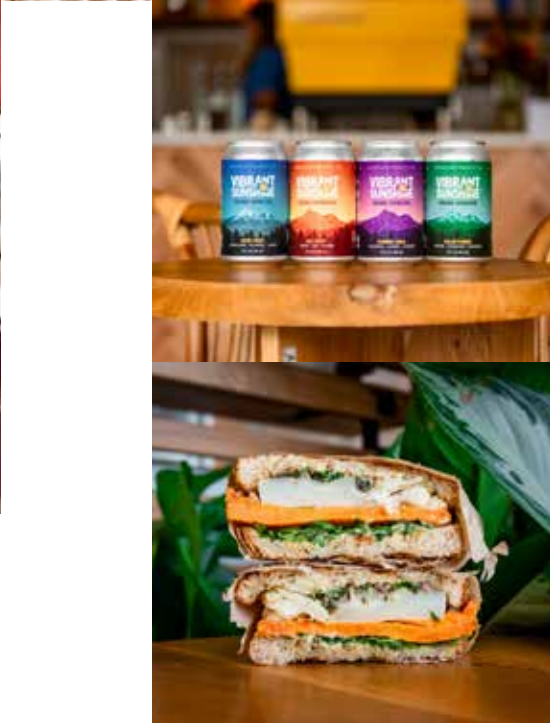
Naomi Hoppel



There's a NEW Juicery and Café in town by the name of **Vibrant Sunshine** and it's located in the Old Patty's Market on Delafield Road!

Vibrant Sunshine Juicery Café is a plant-forward cafe dedicated to promoting happiness, wellness, and sustainability through delicious food, juice, coffee, and kombucha. Their mission is to provide a vibrant and nourishing experience for customers, making it easier for everyone to adopt a wholesome, organic, plant-based lifestyle. Vibrant Sunshine abides by the principle that food is not only fuel for the body but also an essential source of joy and vitality.

Everything is made in-house and is 100% organic and plant-based. They make fresh juice, smoothies, kombucha, and food every day out of 100% organic vegetables, fruits, and other plant-based whole ingredients. They also offer pastries, breakfast burritos, and breakfast sandwiches from local vendors, all items are vegetarian but may contain eggs and cheese. Vibrant Sunshine also offers a full-service coffee bar with espresso and tea.



"As a 1% for the Planet member, we are committed to donating at least 1% of our annual sales directly to environmental organizations," explains owner Naomi Hoppel. "I started the Pittsburgh Juice Company ten years ago in 2013 and launched Vibrant Sunshine kombucha in 2021. Vibrant Sunshine Juicery Cafe is the evolution of these two businesses."

"Back in 2013, as a recent college grad and Peace Corps volunteer, I was disenchanted with the state of the economy and its effects on my profession and I was looking for work that I could truly believe in and pour my energy into. When I couldn't find it, I decided to try creating it myself. That's how the **Pittsburgh Juice Company** came to be. We started modestly as an amenity to my brother Zeb's yoga school (Yoga Factory in Lawrenceville) and we have been organically growing and evolving since then."

"Having been a vegetarian for almost my entire life, this surprises me, but I've heard several satisfied customers report "This is the first time I've ever had a sandwich made entirely of vegetables and it was surprisingly good." Consuming vegetables is an important and often overlooked point in the average American lifestyle.

"My best advice is to keep it simple. I apply this anywhere from running a business to creating new recipes and it's especially important when thinking about the food we're consuming. At

Vibrant Sunshine we use only simple, organic, whole ingredients that are easy for our bodies to digest."

Naomi graduated from Tulane University with a Masters in Architecture in 2009. She spent the next three years working as a Peace Corps volunteer in Perú. After returning home she dabbled in architecture a bit before going all in on Pittsburgh Juice Co. "When my husband Adam came into the picture (first as a juice customer) he helped me refine our processes, plan strategically, and eventually build the cafe."

Their family moved to Ohara Township in 2022 just before their second child was born. After spending many years as residents of Lawrenceville, they are thrilled to have extra space for the kids to play and love living amongst the trees!

Naomi grew up in Valencia, PA near Glade Mill Lake, and graduated from Mars School District. One of her favorite things to do is to spend time with family, enjoying the outdoors, traveling, yoga and "sharing good food with people I love."

Stop in and try some of the amazing offerings. Tell them Stroll sent you!

**Naomi Hoppel, Owner**  
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# REAL ESTATE RESOURCE

This is your neighborhood Real Estate Resource page. This information can be useful when trying to compare property values or for just keeping a pulse on the real estate market in our area. For questions regarding the properties listed, or about real estate in general, consult a real estate professional.

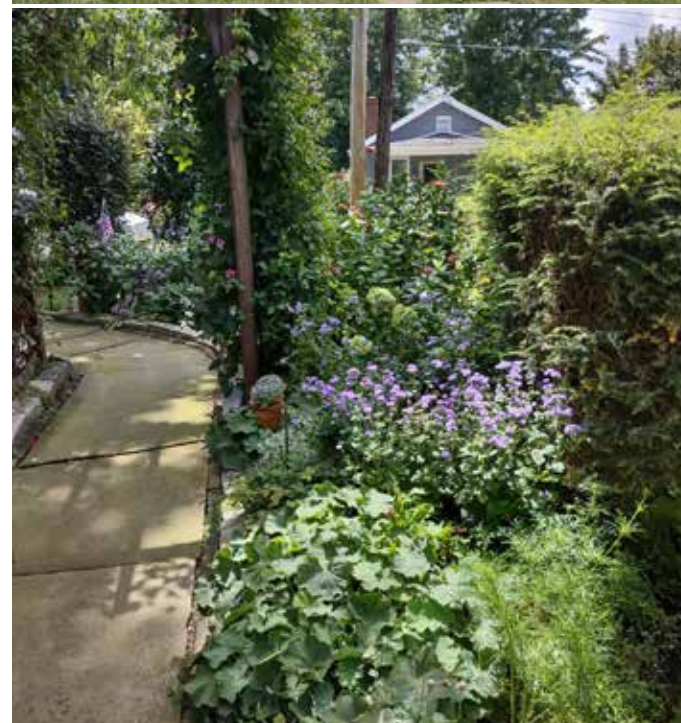
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| 438 Dorseyville Rd   | \$850,000   | 5    | 3.5   | Fox Chapel        |
| 566 DORSEYVILLE      | \$755,000   | 5    | 3     | O'Hara            |
| 221 Timber Ridge Rd  | \$750,000   | 4    | 2     | O'Hara            |
| 600 Arbor Court      | \$655,000   | 3    | 3.5   | O'Hara            |
| 113 Weir Drive       | \$612,899   | 4    | 2.5   | O'Hara            |
| 6 Davonshire Drive   | \$585,000   | 4    | 2.5   | O'Hara            |
| 30 W Chapel Ridge    | \$580,000   | 4    | 2     | Fox Chapel        |
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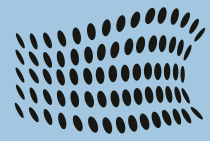
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