

# Sage's Army Newsletter

Summer 2020

Sage's Army, Inc., P.O. Box 156, Westmoreland City, PA 15692. Phone: (724) 863-LIFE (5433). Access to this Newsletter can be found at our Website: [www.sagesarmy.com](http://www.sagesarmy.com), Email: [admin@sagesarmy.com](mailto:admin@sagesarmy.com)

## Who we are...



Sage's Army was created by Carmen Capozzi and his wife Cindy after his son, Sage Capozzi, 20, died of a heroin overdose. They felt it was important to raise awareness of drug problems among youth

and erase the fear of talking to parents about them. Sage's Army has grown and continues its movement as a grass roots, non-profit group. We offer FREE weekly Family Reinforcement/Recovery Sessions, bi-monthly Grief meetings ((GRASP) for those who have lost loved ones to this epidemic), a monthly Coffee Break for women, presentations to schools, churches, or groups wanting to learn more about addiction. We also schedule many different empowerment classes that vary each month. Please follow our Facebook group which will keep you informed. We also offer a 24/7 Phone Line assistance. Page 7 of this Newsletter (Sage's Army Weekly and Monthly Group Events) will provide details on our regular meetings.

## Our Mission Statement

Our mission is to COMBAT issues related to drug and alcohol addiction by providing informational support to children and families by raising awareness ONE PERSON AT A TIME.



## Team Meetings

**NOTE - Our team meetings are now being held on the first Wednesday of the month at 6pm at the Irwin Headquarters office.**

Our team meetings are attended by staff and dedicated volunteer individuals, along with the Officers and Directors, who help map out our present and future events. We would like to hear from any of you about ideas that you may have and want to contribute or, if you would like to attend the Team meeting in person, just contact one of our staff or e-mail [admin@sagesarmy.com](mailto:admin@sagesarmy.com).

## UPDATE FROM OUR PRESIDENT

The COVID 19 crisis has affected everyone including all of us at Sage's Army. We are now starting to bring back the face to face meetings (PA. guidelines intact). Please check our Facebook and/or website for more details.



Sadly, our Sage's Army open house was cancelled in March but we look forward to possibly rescheduling at a later date. The events we had planned included officials from both Greensburg and Irwin who have had so much to do with the success and growth of Sage's Army, acoustic music, great food, live art demonstrations, Art in Progress project, door prizes, and of course, myself and Cindy to personally thank everyone who has been instrumental in our success...maybe a jam session to follow.

Our **new location** is: **Sage's Army Recovery Center**, 6044 US Route 30, Suite 400, Greensburg, Pa. 15601. Our **Sage's Army Headquarters** remains in Irwin (216 Fourth St, Irwin, Pa. 15642). Looking forward to seeing you all very soon! God Bless.

## Sage's Army Help Line



Substance Abuse Issues  
You Are Not Alone

**724-863-5433 (LIFE)**

24/7 Phone line assistance with Sage's Army

Emotional Support  
Treatment Facility Options  
With or Without Insurance  
Parent and Peer Guidance

*"What is addiction, really? It is a sign, a signal, a symptom of distress. It is a language that tells us about a plight that must be understood."*

~ Alice Miller



*"We use all kinds of ways to escape – all addictions stem from this moment when we meet our edge and we just can't stand it. We feel we have to soften it, pad it with something, and we become addicted to whatever it is that seems to ease the pain."*

~Pema Chodron

## Events We Attended

Regular Monthly meetings (Family, GRASP, Coffee Break, Veteran X, Life Skills, Bible Study, Waking up with Willingness) not listed individually however these meetings were held virtually due to the pandemic.

May 13 – Sage's Army participated in a Webinar.

Jun 3, 10, 17, 24 – Employment Education Trainings with Life's Work of Western Pa.

Jun 5 – Sage's Army Coffee Break for Women held an off-site retreat.

Jun 10 – Narcan Training held at the Union Mission in Latrobe.

Jun 24 – Lauren Ballew Bridge Outreach Harm Reduction training class and webinar.



## Upcoming Events *(all meetings below will be held at Irwin Headquarters except where noted otherwise and all meetings are FREE)*

*(all meetings below will be held at Irwin Headquarters except where noted otherwise and all meetings are FREE)*

Jul 1 – Team Meeting at the Irwin Headquarters, 6 pm.

Jul 1, 8, 15, 22, 29 – Veteran X meeting in Greensburg (6:30 pm – 8 pm).

Jul 1 – Employment Education Training (Interview Prep) 1 pm – 2 pm.

Jul 10 – Women's Coffee group with Tina (4 – 6 pm).

Jul 6, 10, 13, 17, 20, 24, 27, 31 – Waking up with Willingness with Adam (Mondays and Fridays on zoom).

Jul 7 – Recovery Life Skills (Goals and Goal Identification) 1 pm – 2:30 pm.

Jul 7 – LGBTQ and Community Training (9am-4:30pm) in Greensburg.

Jul 7, 14, 21, 28 – Bible Study with Lee (Mondays at 6 pm).

Jul 8 – Employment Education Training (FAQ) 1pm - 2pm.

Jul 8 and 22 – Grief without the Stigma (2<sup>nd</sup> and 4<sup>th</sup> Wednesday).

Jul 14 – Recovery Life Skills (Preventing Relapse I & II) 1 pm – 2:30 pm.

Jul 15 – Employment Education Training (Recovery and Workplace) 1 pm – 2 pm.

Jul 2, 9, 16, 23, 30 – Family Reinforcement/Recovery Group.

Jul 21 – Recovery Life Skills (Coping w/Negative Feelings I & II) 1 pm – 2:30 pm.

Jul 22 – Employment Education Training (Self-Care and Review) 1 pm – 2 pm.

Jul 28 – Recovery Life Skills (Activity Development/Dealing w/Situations) 1 pm – 2:30 pm.

Aug 5 – Team Meeting at the Irwin Headquarters office, 6 pm.

Aug 5, 12, 19, 26 – Veteran X meeting in Greensburg (6:30 pm – 8 pm).

Aug 7 – Women's Coffee group with Tina (4 -6 pm).

Aug 3, 7, 10, 14, 17, 21, 24, 28, 31 – Waking up with Willingness with Adam (Mondays and Fridays on zoom).

Aug 4, 11, 18, 25 – Bible Study with Lee (Monday's at 6 pm).

Aug 12 and 26 – Grief without the Stigma (2<sup>nd</sup> and 4<sup>th</sup> Wednesday).

Aug 6, 13, 20, 27 – Family Reinforcement/Recovery Group.

Sep 2 – Team Meeting at the Irwin Headquarters office, 6 pm.

Sep 2, 9, 16, 23, 30 – Veteran X meeting in Greensburg (6:30 pm – 8 pm).

Sep 4 – Women's Coffee group with Tina (4 -6 pm).

Sep 4, 9, 11, 14, 18, 21, 25, 28 – Waking up with Willingness with Adam (Mondays and Fridays on zoom).

Sep 1, 8, 15, 22, 29 – Bible Study with Lee (Mondays at 6 pm).

Sep 9 and 23 – Grief without the Stigma (2<sup>nd</sup> and 4<sup>th</sup> Wednesday).

Sep 3, 10, 17, 24 – Family Reinforcement/Recovery Group.

Sep 28 – Golf Outing (Mark your Calendars).



FREE EMPLOYMENT PREPARATION TRAININGS

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IN-PERSON & VIRTUAL LEARNING

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Helping those in recovery find purpose through employment!

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www.sagesarmy.com  
www.lifesworkwpa.org

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Working together to better serve our communities!

### EMPLOYMENT EDUCATION TRAININGS

**WHERE**  
Sage's Army  
Greensburg Recovery Center  
6044 US Route 30 Suite 400  
Greensburg PA, 15601

**WHEN**  
Wednesday's 1:00pm to 2:00pm

July 1<sup>st</sup> – Interview Preparation  
July 8<sup>th</sup> – Frequently Asked Questions  
July 15<sup>th</sup> – Recovery in the Workplace  
July 22<sup>nd</sup> – Self-Care and Review

Zoom ID for virtual access: 830 0656 0714 Password: 827082




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## A different trend...

Over the past two decades, opioid deaths have climbed more than **700 percent** in rural areas, versus less than **400 percent** in cities.

# Newsorthy Tidbits



**Memorize this...**Carfentanil is 10,000 times more potent than morphine and 100 times more potent than fentanyl.

**Potent mix...**85 deaths in PA attributed to Carfentanil... a synthetic drug for large animals responsible for 85 deaths in PA.



**Not to be proud...**Philadelphia has the distinction of having the highest OD rate of any big city in the nation.

**Will it end soon...**social distancing can be dangerous for people in addiction who need the face to face programs and are relapsing.



**Narcan...**usage is at all-time high in PA since pandemic shutdown.

**So much happening...**Albany, NY, sees 30 ODs in 24 hours, some blaming pandemic.

**Is this going to be your down fall...**boredom, stress, anxiety...does not help when you are in recovery.



**Growing season and no workers...**so now deadly synthetic drugs are being substituted for heroin and marijuana.

**Remember Gabapentin?** A muscle relaxant prescribed for pain... linked to growing number of suicide attempts.

**Staggering figures...**USA 2018...151,000 Americans died from drugs, alcohol and suicide.

**Unfortunately...**Covid19 pandemic crisis worsened the overdose crisis in Canada and in many other nations.

**President announced...**the nation will launch enhanced counter narcotics operations to prevent drug cartels from exploiting the pandemic.

**Don't think it can happen?** Yes, you can be sentenced to a 13-year prison term for providing fentanyl in the death of a Westmoreland County man.



**July 2020**  
**RECOVERY LIFE SKILLS PROGRAM**

**July 7 1-2:30pm Working on Goals | Recovery Goal Identification**  
**July 14 1-2:30pm Preventing Relapse I & II**  
**July 21 1-2:30pm Coping w/ Negative Feelings I & II**  
**July 28 1-2:30pm Activity Development | Dealing w/ Situations**

Sage's Army Recovery Center  
6044 State Route 30 Ste. 400  
Greensburg, PA 15601

For information contact:  
Nakkia(724)467-1922  
[nakkia@sagesarmy.com](mailto:nakkia@sagesarmy.com)

**Special Welcome...** We are very happy to announce we have added a full time **Events Coordinator** (Nakkia) and **Business Manager** (Gwen) to our staff. We are anticipating a very active agenda for all of our Sage's Army followers and an exciting year yet to come! We welcome you both and look forward to having you as a part of our "family."

**Artwork at the Greensburg Recovery Center!** Artists have filled up our walls with oils, airbrush, and other beautiful, small and large, artwork. Also, there are original "freestanding" art crafts that are one-of-a-kind. These will be auctioned off at a later date...watch Facebook and the Calendar for date!

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## NOTABLE QUOTES



**Jennifer Smith, Secretary of PA Dept of Drug and Alcohol Programs:** *"When all of this Covid 19 starts to decline and America starts to recover from this crisis., that will not change the fact that we still have a substance use disorder crisis to deal with in this country."*



**Tim Phillips, Westmoreland Drug Overdose Task Force (with Ken Backa), Westmoreland County:** *"No increase in OD deaths since last year. One lost is too many."*



**Jennifer Ricciardelli, Director of Medmark Treatment Centers:** *"Isolation can limit someones support system and ability to attend group meetings in person. It puts unstable patients at risk for an overdose."*



**In U.S. News Magazine, The National Institute on Drug Abuse Director warns the coronavirus could increase the pressure to use, cause complicated health effects, and curtail access to treatment for those struggling with addiction."**



**Tim Czaja, Director of Berkeley County, WV Day Report Center:** *"Alcoholic and Narcotic meetings not being held, outpatient substance abuse treatment is not taking place. I would argue that this particular population is at far greater risk of overdose and death than the risk of Covid 19 when community based face to face meetings are not available."*



**Lycoming Co. PA Coroner Charles Kiessler Jr.:** *"In our county, overdose numbers have spiked and suicide rates are up. The suicide rate is 125% higher than the 2019 rate was at the same time."*



**U.S. Attorney, Scott W. Brady of Pittsburgh:** *"Drug trafficking organizations use Westmoreland County and its thru ways to facilitate illegl drug trafficking (eg: PA turnpike, interstate 70, US Routes 22, 119, 66, and 30 along with other conector state routes."*



**Alert** Some medications can trigger cravings. Tell your health care providers, including dentists, that you are in recovery. Talk about the risks of medications.

**Veteran X** ...a group for Veterans by Veterans. The program is called "Veteran X", and Veteran participants serve as the treatment team for a fictitious Veteran 'X'. In the program, Veteran X has a number of challenges similar to those faced by the group participants. While helping Veteran X to solve his issues, participants gain valuable skills and information to resolve their own issues. Veteran X meetings are held at Sage's Army every Wednesday from 6:30 – 8:00 pm.

## Big THANK YOU!

To our staff at Sage's Army who DID NOT MISS A BEAT during the shutdown for the Covid 19. Although our office was closed, we continued to work from our homes at all hours. Our Certified Recovery Specialists (CRS) staff continued working with our clients daily via phone and virtual meetings and our volunteers who continued the Family Group and Grief Class Sessions via virtual meetings. We have such dedicated help!

# Questions & Answers

with Sage's Army



**DO YOU HAVE A QUESTION?** Let us help you find the answer.

**If I choose recovery for my substance abuse, how long will I be in treatment or a self-help group?**

A: Learn about the recovery process and be patient. It takes time for someone to get better. He or she may slip back into old habits occasionally. Don't lose hope. Help the person correct their mistake and move forward. Check Sage's Army's many self-help programs or talk to one of our CRS staff (Certified Recovery Specialist).

**What is a CRS (Certified Recovery Specialist)?**

A: Someone who works closely with treatment providers and support groups, gives guidance before, during, and after treatments. And engages on a one to one with their clients for ongoing support.

**I am afraid I will relapse. What do I need to do to avoid temptation?**

A: Stay away from places (such as bars) or things (needles, etc.) relating to addiction whether it be drugs or alcohol. Avoid persons who are using; Try not to become stressed, sad, lonely, or guilty. Never think you can use just one last time or that you can control or hide your use. It is a sure way to a relapse.

**What should I do if I feel I need help again?**

A: Call your therapist or health care provider, talk to someone you can trust, list all the reasons why using would be bad, list your successes, Keep yourself busy. e.g., learn a new skill, do volunteer work, travel, start a hobby, choose supportive friends.

**What kind of life changes can be made to find long term solutions to my recovery?**

A: Think about a new job, try going back to school; start up new relationships or end harmful ones; learn to control your emotions and the way you think; if possible, move somewhere to get a new start. You need to first weigh the pros and cons carefully before making any major life changes

**What is it about circumstances of being isolated in a home or apartment that pushes people towards substance abuse?**

A: People need purpose, they need connection, they need fellowship, not being alone. That is what is happening now with alcohol consumption up 250 percent, people abusing anti-anxiety pills (increased by 28%), and drug abuse going unattended with drugs so easy to obtain.

**Ask the Question** and we will find the answer. Submit questions to [newsletter@sagesarmy.com](mailto:newsletter@sagesarmy.com) or by snail mail to Sage's Army Inc., PO Box 156, Westmoreland City, PA. 15692



## Certified Recovery Specialist (CRS)

### What is a CRS?

A CRS is a Certified Recovery Specialist who work closely with the Case Management staff to assist clients. The main goal is to focus on the recovery process.

### What do they do?

- The CRS initializes the client into early recovery and positions them for long term success
- They work to facilitate seamless transitions in level of care changes to ensure that the client remains engaged in a continuum of care.
- They give assistance accessing various community resources (education, housing, transportation, recovery supports, etc.)
- Gives guidance on the recovery process and recovery education.
- Helps to develop a Personal Recovery Plan
- Will provide Telephone Recovery Support
- Introduce and engage the client in the recovery community
- Provide support before, during and after treatment
- Will do advocacy work
- Will provide outreach to individuals in early recovery
- Assist with Recovery Support Groups
- Makes referrals to the Case Management Services

These services are all free of charge. If you are interested in Certified Recovery Specialist service, please call 724-863-5433 or please email [Kat@sagesarmy.com](mailto:Kat@sagesarmy.com)



## Men's Recovery Bible Study

Sage'

RecoveryCenter(conferenceRoom)  
6044 Route 30 Suite 400  
Greensburg, PA 15601

Every Wednesday @ 7:00 p.m.

For any further information contact Justin [scatesjustin85@gmail.com](mailto:scatesjustin85@gmail.com)

## Article of the Quarter

### 'Relapses Are Through the Roof, Overdoses Are Through the Roof': How the Pandemic Is Upping Substance Abuse.

*'You take rehab.com – our website traffic is up 382 percent in the past 30 days with people looking for treatment for either substance abuse or mental health.'*

By: Emily Jashinsky, May 19, 2020

This is a “pandemic within a pandemic,” according to addiction expert Tim Ryan, who’s watched the coronavirus outbreak exacerbate the preexistent opioid and mental health crises with devastating effect. Ryan, the star of A&E’s 2017 “Dope Man” special, is the founder of [“A Man In Recovery Foundation,”](#) which partners with [Rehab.com](#). A former heroin addict, his mission is to assist others struggling with substance abuse.

In a Friday interview, Ryan explained how the stresses of isolation and financial trouble brought on by the pandemic are worsening addiction, both by pushing new users to abuse substances and making it more difficult for recovering addicts to stay sober. Rehab facilities are struggling to cope with the challenges of a viral outbreak, according to Ryan, who also said alcohol and fentanyl abuse seem to be especially prevalent as the nation stays home.

“What’s happening is people need purpose, they need connection, they need fellowship,” he told me. “Now they’re all alone.”

**Emily Jashinsky: How are we seeing the impacts of quarantine on substance abuse? What have you noticed?**

**Tim Ryan:** What people don’t understand—maybe they do because it was always in the news—we had a pandemic with the opiates and mental health prior to COVID. So, what we really have now is a pandemic within a pandemic. And relapses are through the roof, overdoses are through the roof, calls to the mental health hotline are up 800 percent. Whether someone was newly sober, three months, six months, nine months, a year, they need purpose and connection. They need their fellowship. And take the person that’s coming up on 90 days sober. They can’t go to a 12-step based meeting; they can’t get a 90-day coin. So, a lot of people—on top of the instability of the market, the financial crisis—they might have lost a job, they’re waiting on PPP funds. People are full of anxiety and panic and this epidemic is getting much, much worse.



## RESOURCE PHONE NUMBERS

Westmoreland Drug and Alcohol Commission – 800 220-1810 ext. 2  
 Allegheny County Bureau of Drug and Alcohol Services – 412 350-3328  
 Butler County MH/MR Drug and Alcohol – 800 292-3866  
 Cambria County MH/MR Drug and Alcohol – 814 536-5388  
 Clarion/Armstrong/Indiana Drug and Alcohol – 724 354-2746  
 Fayette County Drug and Alcohol - 724 354-2746  
 Somerset County Drug and Alcohol – 800 452-0218  
 Washington D&A Commission – 724 223-1181  
 Westmoreland CRISIS Hotline – 800 836-6010  
 Alcoholics Anonymous – 866 851-8459  
 Narcotics Anonymous – 800 992-0401  
 PA Get Help Now Helpline – 800 662-4357  
 Sage’s Army Helpline – 724 863-5433



For a listing of In/Out Patient Treatment Facilities, please go to our website ([sagesarmy.com](#)) and look under Addiction Resources OR call the Sage’s Army Help Line at (724) 863-5433.

**Sage's Army Weekly and Monthly Group Events**

*(Please check Facebook page for status of these events)*



**Sage's Army Family Reinforcement Recovery Session**

For friends and family of any individual affected with a substance use disorder.

Substance use disorders affect the whole family. Often, the best chance for an individual to get better from the effects of a substance use disorder is for his/her family to get better. This weekly family group session provides both information and guidance that family members need in order to deal with the immediate crisis of substance use disorders, in addition to providing on-going support that families need. The family group helps families navigate these painful waters in a non-judgemental, compassionate, and supportive environment.

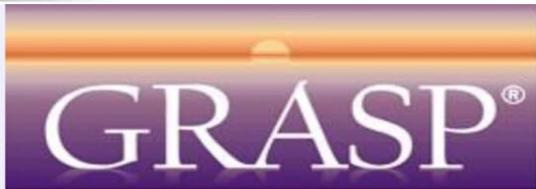
**Information and Referral**

We are available to guide family members through the maze of treatment and recovery options. We maintain a resource center with a collection of printed materials, books, meeting schedules, and brochures.

**Where:** Sage's Army Headquarters | 216 Fourth Street, Irwin, PA 15642

**When:** Every Thursday, 6:30pm - 8pm

**Cost:** Free of charge



**Grief Recovery After a Substance Passing Westmoreland Chapter**

Having lost a loved one to substance use can isolate you. You may feel that no one understands the pain. We here at GRASP do. We have all suffered the same loss, but have found that we do not have to be alone in our grief. We are here to listen, to support and to share your burden.

**Chapter Meetings are held the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of each month, from 6:30-8:00 PM at Sage's Army Headquarters 216 Fourth St., Irwin, PA 15642**

*GRASP provides sources of help, compassion, and - most of all- understanding for individuals and families who have had someone they love die as a result of substance use or addiction.*

**Grief Recovery After a Substance Passing**

For more information and to pre-register Contact: Michele Rubin at [graspwestmoreland@gmail.com](mailto:graspwestmoreland@gmail.com) Visit the GRASP website: [www.grasphelp.org](http://www.grasphelp.org)

***Sage's Army Coffee Break***



**COFFEE BREAK** IS FOR WOMEN WHO HAVE FAMILY MEMBERS STRUGGLING WITH SUBSTANCE USE DISORDER. THIS IS A TIME TO FIND SUPPORT AND TO KNOW THAT YOU ARE NOT ALONE.

**When:** The 1<sup>st</sup> Friday of every Month from 4:00pm to 6:00 pm

**Where:** 216 Fourth Street, Downtown Irwin Entrance at Miller's Crossing Parking Lot.

Free coffee and Pastries will be provided as well as light refreshments.

**Registration or Sign Up is NOT necessary**

For more information contact Tina at 412-512-7236



**WAKING UP WITH WILLINGNESS**



Every Monday and Friday at 8AM Hosted by Adam Daykon from Sage's Army on Zoom  
8:00 Coffee Talk  
8:10: Motivational Sharing  
8:30: 25 Minute Meditation  
8:55: Close Session

Zoom Meeting ID: 896-909-7174  
Please visit us at [www.sagesarmy.com](http://www.sagesarmy.com)

Join Zoom Meeting <https://zoom.us/j/8969097174> One tap mobile  
+13126266799,,8969097174# US (Chicago)  
Meeting ID: 896 909 7174 +16465588656,,8969097174# US (New York)  
6 P. M. Monday

**Bible Study with Lee**

Everyone needs to find their path in this season. If you want to connect with individuals in recovery and learn more about the Bible, then this group is for you.  
JOIN US EVERY MONDAY AT 6 P.M.

BROUGHT TO YOU BY SAGE'S ARMY

**WANTED...** Sage's Army needs you now more than ever. Every level of volunteer services can be put to good use with our new expanded programs and events. Contact us at 724 863-5433 or by email at [admin@sagesarmy.com](mailto:admin@sagesarmy.com) to sign up!



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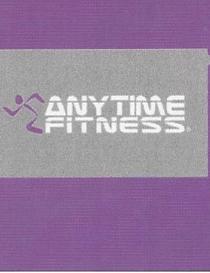
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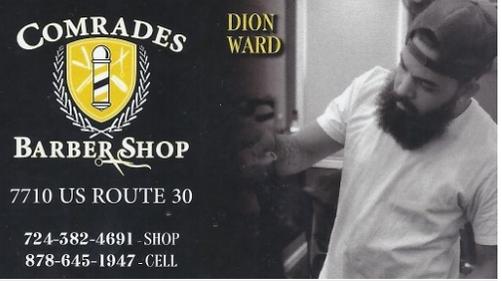
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Each office is independently owned and operated.

Sage's Army, Inc. is a 501 c (3) non-profit organization. All donations, to which are tax deductible to the fullest extent permitted by law, are tax deductible. To donate to Sage's Army, please visit us on the website at sagesarmy.com.