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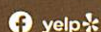
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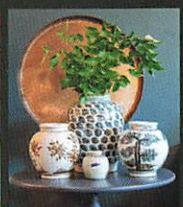
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FOX CHAPEL AREA ADULT EDUCATION (FCAAE)

PHOTO BY KATHRYN STABLE PHOTOGRAPHY

Sue Goodwin has been the Executive Director of Fox Chapel Area Adult Education (FCAAE) for over 20 years! She has lived in Fox Chapel for 26 years with her husband, Charlie. They have three children (Timothy, Alexander, and Kate) who have all gone through the school district.

For many, she is the face of FCAAE. But Sue is quick to point out, *"FCAAE is a true team effort. I consider our instructors, students, board members, and the staff of the Fox Chapel Area School District (FCASD) an extension of my family. We all join together for one common purpose: to provide easily accessible, affordable lifelong learning opportunities for all adults, not just FCASD residents. The FCAAE family is why this educational nonprofit is beginning its 61st year of service to the Fox Chapel area and beyond. It's truly been my honor and pleasure to play a role in fostering this 'community gem'."*

Bob Stewart, the board president, commented *"People are surprised when they learn we receive no tax dollars to*

support our operations. Our modest budget is funded by tuition revenue and donations."

FCAAE began in 1962 when community members and school administrators wanted adults to enjoy the District's newly completed high school building resources. Sue and FCAAE's volunteer board of directors have grown the FCASD-affiliated program over the years. From humble beginnings, offering 24 classes and enrolling over 600 students, FCAAE now offers 120+ classes from September to May, serving over 1,500 registrants.

Providing adults and families with access to the high school pool has always been part of FCAAE's program. Annie Kayser, FCAAE swim coordinator, explains *"We have such a wonderful pool here at Fox Chapel and we put all 8 lanes to full use. We provide lap swim, aqua exercise classes, adult private swim lessons, and family rec swim. The pool is always busy."* High demand for adult lessons led to Flying Fish Heads (FFH) master swimmers joining the FCAAE family. Cory Siri and Katie Kenyon from

AVELI

A minimally invasive cellulite reduction solution.

This month we would like to highlight our minimally invasive cellulite treatment, Aveli!

If you've ever felt self-conscious about the imperfections in your legs or buttocks, you're not alone. The vast majority of women have cellulite, and many have wondered if there was a reliable, one-time treatment for this common issue. In the past, other treatments have been tried with variable success. We now have a device that has been shown, through multiple scientific studies, to provide safe and long-lasting results with just one treatment!

Aveli is a handheld device that is FDA-cleared to treat cellulite depressions in the buttocks and thighs. This device allows our providers to perform the procedure, called targeted verifiable subcision (TVS), under local anesthesia, or in combination with many other aesthetic surgical procedures. Recovery is quick, and the results are visible immediately.

Women treated with Aveli have told us they feel more confident in bathing suits and form fitting clothing, particularly lighter in color that otherwise would show their dimples.

If you are interested in learning more about this cellulite solution, or any other procedure, call for more information or to make an appointment.



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These can be questions about our practice, aesthetic surgical and non-surgical treatments, skincare products, spa services, or anything in-between! And, of course, all questions submitted and answered will remain completely anonymous.

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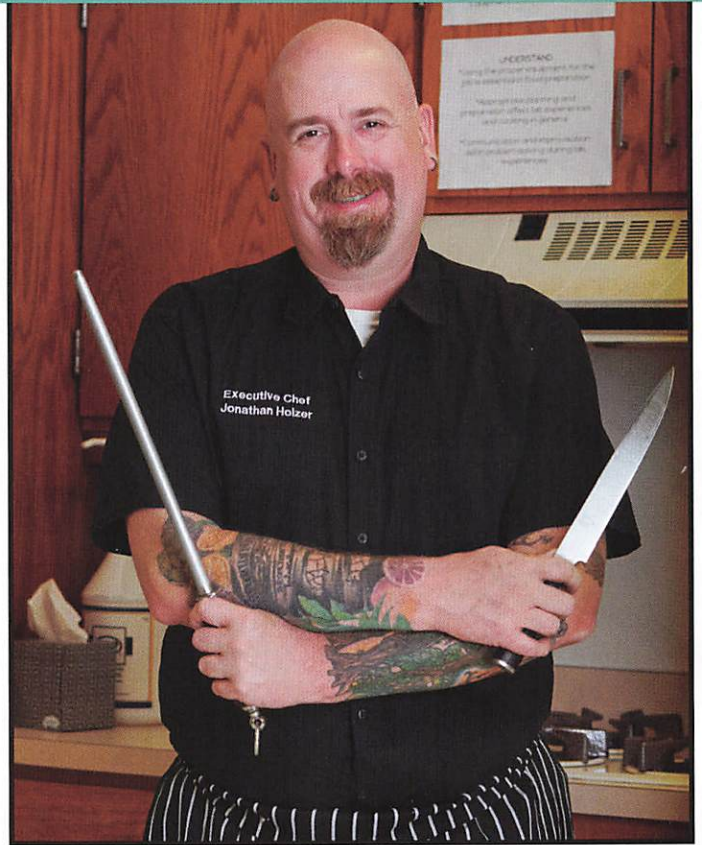
FFH explain, *"By adding our instructors, FCAAE can teach triple the number of adults. There's nothing better than knowing you have helped adults enjoy the water safely."*

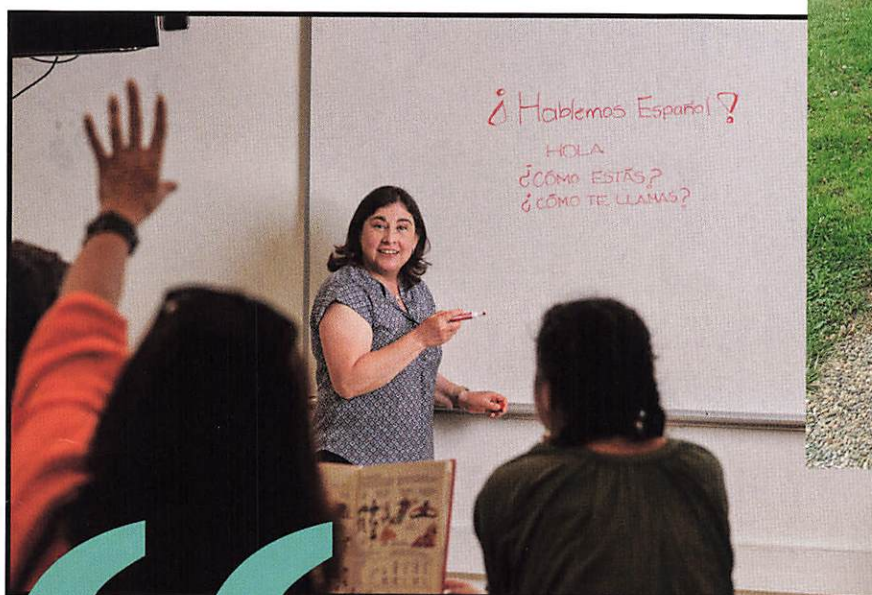
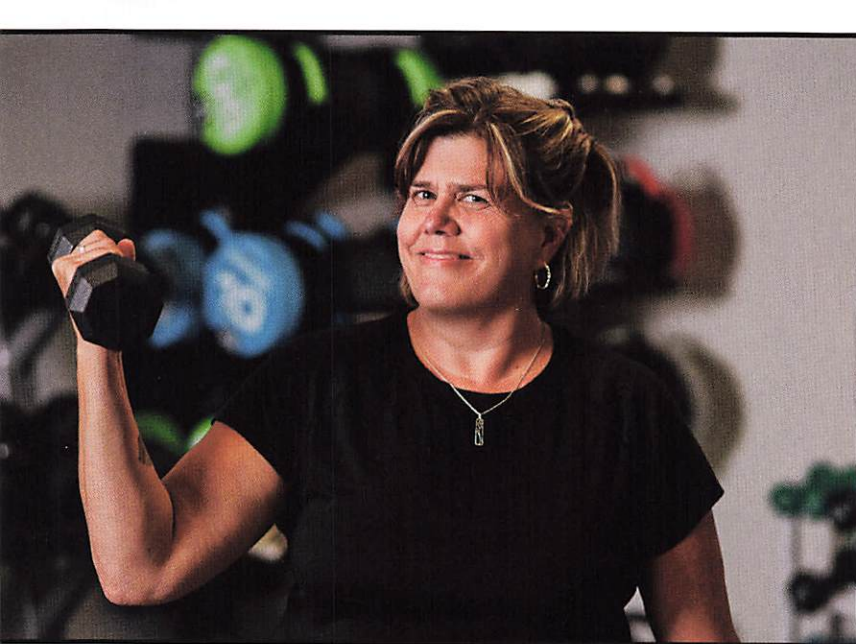
Instructors are local professionals and community specialists - passionate aficionados who want to share their knowledge and skills with neighbors. And there is no limit to local talent. FCAAE offers a wide variety of one-night and weekly classes, from art and cooking to fitness and foreign language, and so much more.

Beth Ryce, a fitness instructor, shares, *"My fitness classes remain online. We have a live workout on Zoom and then I share the recording so students can use it until the next class."*

Martha Ball, art instructor for 28 years, notes, *"Because FCAAE is a community program, I've had the privilege of working with artists of all levels. I have watched their art evolve, change, and move in new directions not only in response to my teaching but also thanks to suggestions, critiques, and the influence of fellow students, even outside of class."*

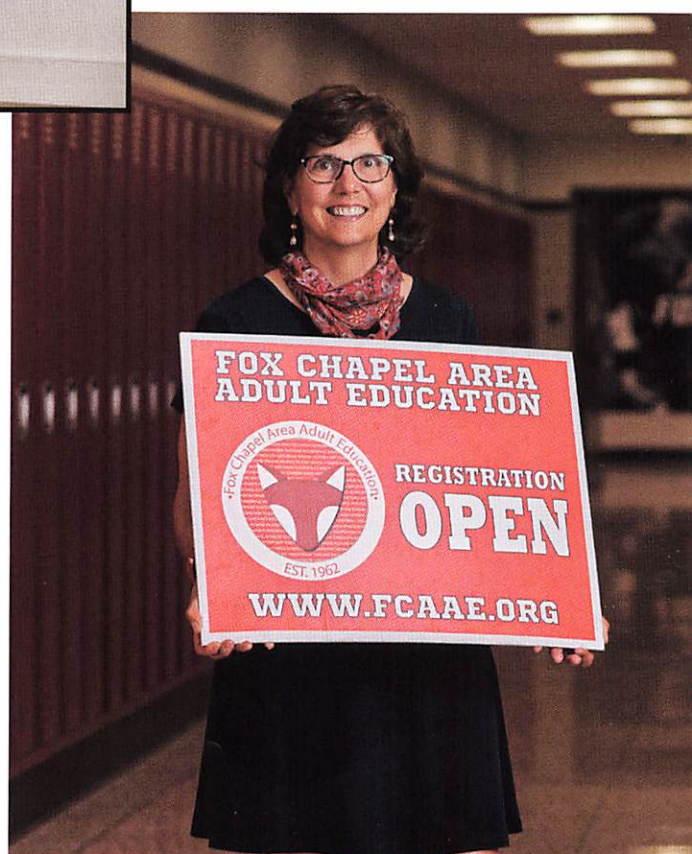
Diana Morales first became involved with FCAAE as a student. Diana explains *"Moving from Guatemala, my English wasn't very good. Luckily, cooking is a universal language and joining FCAAE cooking classes helped me meet neighbors and gain confidence."* Diana's English improved to the point where she is now a beloved Spanish instructor, helping adults learn her native language.





*Learn, get fit,
explore your
creativity,
try something new,
stay sharp. FCAAE
helps you do this
and more...for a
reasonable price, at
a time that fits your
busy life."*

—SUE GOODWIN, EXECUTIVE DIRECTOR, FOX CHAPEL AREA
ADULT EDUCATION





Chef Jon from Hartwood Restaurant enjoys teaching and says, *"I love that cooks of all levels learn together during my in-person classes, and at the end of the night we enjoy a delicious meal. While the pandemic was a challenge, the online cooking classes I created as a short-term solution are now a much-anticipated part of FCAAE's winter semester."*

The FCASD night crew helps adult students navigate the high school corridors. **Ken Trush** (not pictured), head high school custodian, comments *"We really enjoy working while classes are taking place, especially when the smells of cooking brighten up our evenings."*

Dr. Mary Catherine Reljac, Superintendent of FCASD, appreciates the value that FCAAE adds to the community. She states, *"District facilities are the largest community investment and it's nice to see district buildings truly serve as community assets. When schools become more than just a place to educate children, everyone benefits."*

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