

# THE HOME FRONT

## New and Noteworthy!

## The Traditions of America Live Better lifestyle just keeps getting better and better...

At Traditions of America we have always been proud of our Live Better lifestyle. Now, not only do we Live Better - we Live Better, Get Fit and Give Back!

Brand new this fall, we inaugurated Team TOA, a group of Traditions of America residents and employees committed to getting fit and helping others by participating in local walks and races that promote worthwhile charities and causes.

On September 18th, Traditions of America sponsored The Autism Speaks 5K Run/Walk in Delaware County. Team TOA was proud to be a part of this fantastic event with a group of over 25 members.

Next on the schedule for Team TOA is the Rothman Institute 8k (4.97 miles) on November 19th in Philadelphia. This race, held the day before the famous Philadelphia Marathon, is sure to be a blast! Traditions of America will donate money for each mile run by Team TOA to the Susan G. Komen Breast Cancer Foundation.

What a great way to Live Better, Get Fit and Give Back... all at once. Sound fun? Join the group. Talk to your Lifestyle Director TODAY or email [skosteva@traditionsofamerica.com](mailto:skosteva@traditionsofamerica.com) for more information.

Talk to your Lifestyle Director TODAY! Find a local race or walk, support a local charity, and be a team member!



The Home Front Newsletter is going digital! In an attempt to reduce printing and protect the environment, this will be our final print edition. If you would like to continue to receive our news, please e-mail [info@traditionsofamerica.com](mailto:info@traditionsofamerica.com) with "subscribe" in the subject line.

## MEET YOUR NEIGHBORS!

### Meet Tony & Alberta Perrotta!

The Perrottas lived in Pittsburgh for over thirty years and moved to State College in 2000. They lived in the Clover Highlands neighborhood before moving to Traditions of America at Liberty Hill in 2008. This summer, they celebrated their 50th wedding anniversary with a big party in the Liberty Hill clubhouse! They included all of their new Liberty Hill neighbors in the celebration ... it was quite a party! In lieu of gifts, everyone surprised Tony & Alberta by making a community donation to the Anthony J. & Alberta L. Perrotta Scholarship, which they had previously established in the Department of Earth & Mineral Sciences of The Pennsylvania State University. To cap off the anniversary celebration, they took a trip to Spain, too!

Alberta was a high school business education teacher for 30 years at Gateway High School in Monroeville, PA. Tony worked for Union Carbide in Tarrytown, N.Y., Gulf Oil in Pittsburgh, the Department of Energy, and finally retired from ALCOA in 2000. All of his positions involved research in the materials science field. They chose Liberty Hill because they wanted a lifestyle that did not involve taking care of a big lawn and house. The models and the location of Liberty Hill impressed them the most. They also enjoy the swimming pool, clubhouse and exercise room. The parties and Friday night wine and cheese are a highlight, not to mention having a lifestyle director to plan a variety of activities for the community!

The Perrottas enjoy exercising, walking, traveling and visiting their grandchildren. Tony also enjoys hunting and fishing, and Alberta plays tennis and volunteers at St. Vincent DePaul's thrift shop. Tony has a big personality and an infectious laugh that you can identify from across the pool! Alberta is patient, kind, and involved. The Perrottas certainly go out of their way to make new neighbors feel welcome!



## CHECK IT OUT!

### Liberty Hill Happenings



# COMPANY BULLETIN BOARD

## EMPLOYEE SPOTLIGHT

As CFO, my responsibilities are very diverse. Finance and accounting are obvious, but I am also responsible for purchasing, human resources, information technology, risk management, settlement services, and condominium management. Although this sounds daunting, I have a wonderful team of dedicated professionals who are very able to get work done to Traditions Of America's high standards.

I have been at Traditions Of America for over nine years, working with our team through boom times and through rough times. One thing that stands out for me about TOA is the uncompromising commitment to creating the best possible lifestyle for our homeowners, the highest quality homes, and extraordinary customer service. This starts at the

top and is pervasive throughout our organization. It is what first attracted me to Traditions Of America and it makes me proud to be associated with it. It is also why TOA is still in business today when so many other builders are not.

One of the more interesting parts of my job is serving on the boards of the Condominium Associations for the communities we are building. This allows me to visit our communities on a regular basis, and to get to know many of our homeowners. They often tell me how moving to a Traditions Of America community, meeting new friends, discovering

new interests, and enjoying the lifestyle, has been an incredible life-changing experience. Hearing that from homeowners makes the hard work worthwhile, although I tend to get jealous of all the fun they are having at our communities!

When I am not at work, I enjoy spending time at home with my wife Faith and our dog Saylor (a lab/whippet mix). Our daughter, Jenna, is studying neuroscience at Temple University, and our son, Scott, is in his last year at Drexel University School of Law. In addition to being a pilot, I love to scuba dive, sail, cycle, hike, and travel. I guess I qualify as an Active Adult!



**Peter Yesner**  
Chief Financial Officer (CFO)

## NUTRITION TIP

### *What's all the chatter about chia seeds?*

*Have you heard of them? Chia seeds are one of the world's most powerful, functional and nutritious superfoods! They come from the desert plant *Salvia hispanica*, a member of the mint family that grows abundantly in Southern Mexico. In pre-Columbian times, they were a main component of the Aztec and Mayan diets. Why are they so good? They are the richest plant-source of healthy omega-3 oil! They are also loaded with anti-oxidants. Chia seeds are a dieter's dream: when added to foods, they take on the flavor of that food and enhance it without adding calories. How? When exposed to water, the chia seed forms a coating of gel which increases its size and weight. The gelling action of the seed helps slow down your body's conversion of starches into sugar. If you add chia seeds to your meal, it will help you turn your food into constant, steady energy, rather than a series of ups and downs. Chia seeds are also loaded with soluble and insoluble fiber. The soluble fiber, along with the gel coating of the seed, keeps the colon hydrated and ensures easy movement of food. Chia seeds can also be used as a substitute for butters and oils that you normally add to baked goods. In most cases, chia gel can replace half the butter in a recipe. The food will bake the same and taste the same, if not better, from the addition of the chia gel. Chia seeds are inexpensive and one bag can last a long time. Look for them today! Your body will thank you...*





TRADITIONS  
OF AMERICA

Liberty Hill



## EVENTS



November 19  
Soup-er Tailgate  
Penn State vs. Ohio State

At the Clubhouse



December 2  
Boalsburg Hometown Christmas:  
“A Taste of Boalsburg”  
At the Clubhouse



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