



Tribune-Review

BEST OVERALL NEWSPAPER



GOALIE PULLED Pens trade Jarry, rookie Poulin to Edmonton B1

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SATURDAY, DECEMBER 13, 2025

WESTMORELAND EDITION

Behind 'dry needling,' procedure that led to Watt's injury

Full recovery from partially collapsed lung could take weeks, doctor says

by MEGAN TROTTER

After Pittsburgh Steelers outside linebacker T.J. Watt needed emergency surgery for a partially collapsed lung following a "dry needling" treatment this week, many sports fans are asking, "What is dry needling, and how could it result in such a serious complication?" The freak injury suffered at the

INSIDE

» Watt at home, resting comfortably, Tomlin says. **B1**

Steelers' practice facility, according to his brother J.J. Watt, will keep Watt out of the lineup Monday night against the Miami Dolphins. What happens after that is unclear.

TribLive reached out to health care experts to learn more about this treatment.

How does dry needling work?

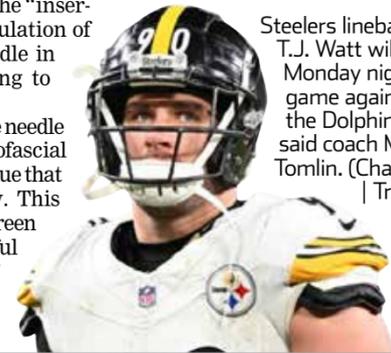
Amy Green, an acupuncturist and clinical director at Heal PGH, said practitioners have used forms of dry needling to treat pain for thousands of years. She said the technique targets specific problem areas that can trigger or contribute to widespread pain throughout the body.

Manning Physical Therapy & Sports Medicine in Green Tree

describes dry needling as the "insertion and repetitive manipulation of a 'dry,' solid filament needle in a trigger point," according to its website.

During the procedure, the needle penetrates the body's myofascial tissue—the connective tissue that runs throughout the body. This tissue is highly sensitive, Green said, and can become painful when it tightens or "knots."

DRY NEEDLING · A7



Steelers linebacker T.J. Watt will miss Monday night's game against the Dolphins, said coach Mike Tomlin. (Chaz Palla | TribLive)

Allegheny judge can't bar lawyer, experts say

Power struggle with Public Defender's Office stems from tactics in 2023 stabbing case

by PAULA REED WARD

An Allegheny County judge who oversees hearings on people's competency to stand trial has barred a public defender accused of unethical behavior from practicing before her—a controversial remedy several legal experts said is not within the judge's authority.

The clash quietly playing out in the court system has created a power struggle between Common Pleas Judge Beth A. Lazzara and the county's Office of the Public Defender, which represents impoverished clients.

Fundamentally, the dispute is over the limits of judicial authority: How much discretion does a judge have to dictate which attorneys appear before her, including—or especially—those facing allegations of misconduct?

Not much, according to experts.

"As long as an attorney is in good standing, a judge doesn't get to refuse that lawyer in court," said David A. Harris, a criminal law professor at the University of Pittsburgh. "You can't have judges picking who the lawyers are."

The controversy began last month when Lazzara, who presides over Competency Court, said Managing Attorney Samantha Sridaran—part of the team that helped create the specialized court—could not appear before her in competency cases.

The Public Defender's Office vigorously opposed the move and asked Lazzara to recuse herself from competency cases involving its lawyers.

Since then, a complaint has also been filed against Lazzara with the Judicial Conduct Board.

Lazzara refused to step down from the cases, leaving the matter at a standstill.

She and court administration declined comment about the friction.

Interim Chief Public Defender Andy Howard said Sridaran would not comment. He would not answer questions from TribLive but said in a statement his office allows only licensed attorneys in good standing to participate in court.

Experts said there is no authority for a judge in a situation like this to ban a licensed

LAZZARA · A5

GROUNDNDED?



Work continues Friday on a terminal expansion at Arnold Palmer Regional Airport that includes new passenger waiting areas, security lines and a baggage system. (Photos: Massoud Hossaini | TribLive)

Westmoreland County Airshow could go on hiatus for 2026 amid construction, search for headliner

by RICH CHOLODOFSKY

Westmoreland County's annual air show could be grounded in 2026.

Gabe Monzo, executive director of the county's airport authority, on Friday reaffirmed a recommendation he made earlier this week to implement a one-year hiatus of the two-day event at Arnold Palmer Regional Airport that draws tens of thousands of spectators.

"It would be a challenge to meet all the TSA requirements with the terminal construction at a critical point," Monzo said. "In order to get the construction done on time and efficiently, we felt it was a good time to take a year off."

Monzo at Tuesday's authority board meeting recommended the air show be skipped in the upcoming year, noting the inability to attract a headline act that in past years served as a major draw. The authority board of directors did not take a vote to approve the recommendation.

In past years, the air show has featured stunt performers and jet teams such as the U.S. Navy Blue Angels, the Air Force's Thunderbirds and last year the Royal Canadian Air Force Snowbirds.



Spectators watch the Royal Canadian Air Force's Snowbirds perform this year in custom red-and-white CT-114 Tutor jets at the Shop 'n Save Westmoreland County Airshow at Arnold Palmer Regional Airport.

dian Air Force Snowbirds.

The air show was last canceled in 2020 during the pandemic. Prior to that, the show was canceled in 2013.

Dan DeBone, executive director of the Westmoreland County Chamber of Commerce, said the air show would be missed in 2026.

It's an event that generates traffic for local businesses, restaurants and hotels and serves as a centerpiece for local tourism.

"I'm hoping this will just be a one-year thing, but it's a tradition," DeBone said.

AIR SHOW · A7

Lawsuit targets Trump's ballroom project

Group: Congress' approval, public input, reviews needed for work at White House

ASSOCIATED PRESS

President Donald Trump was sued Friday by preservationists asking a federal court to halt his White House ballroom project until it goes through multiple independent reviews and wins approval from Congress.

The National Trust for Historic Preservation, a privately funded group, is asking the U.S. District Court to block Trump's White House ballroom project, which already has involved razing the East Wing, until it goes through comprehensive design reviews, environmental assessments, public comments and congressional debate and ratification.

Trump's project has prompted criticism in the historic preservation and architectural communities and among his political adversaries, but the lawsuit is the most tangible effort thus far to alter or stop the president's plans for an addition that would be nearly twice the size of the White House before the East Wing's demolition.

"No president is legally allowed to tear down portions of the White House without any review whatsoever—not President Trump, not President Biden, and not anyone else," the lawsuit states. "And no president is legally allowed to construct a ballroom on public property without giving the public the opportunity to weigh in."

Additionally, the Trust wants the court to declare Trump, by fast-tracking the project, has committed

LAWSUIT · A5

Appetite strong for food delivery

Despite rising costs, orders on the rise due to circumstance, location

by HALEY DAUGHERTY

James Duty used food delivery apps pretty regularly until about a year ago, when the costs began hitting his wallet a little too hard.

"Food delivery was always a

very luxury item," said Duty, 24, of East Liberty. "As prices everywhere rise, this is a natural first cut for a budget."

But, while costs have risen, the use of online food delivery apps does not appear to be waning.

About 48 million Americans used food delivery apps in 2019, according to the National Institutes of Health. Fueled by the covid pandemic and growing

comfort with online food delivery, that number increased to 70 million in 2024, with increased costs only slightly slowing use.

According to an October study from LendingTree, ordering food through delivery apps like DoorDash, Uber Eats and Grubhub can increase the cost of an \$11.71 meal to \$21—a nearly 80% markup. LendingTree is a United States

FOOD DELIVERY · A2



Ann Veres, 55, of Plum began delivering a little over a year ago when her husband got laid off from his job. (Massoud Hossaini | TribLive)

INSIDE



ENTERTAINMENT

'HARD DECISION'

» Michelle Wright, the longest-tenured morning news anchor in the Pittsburgh TV market, will retire from WTAE. **B12**

OPINION

FINANCIAL FLOP

» Pittsburgh's 2026 budget is an unsteady raft stacked high with needs and headed for rough water. **B7**



SPORTS

HIGH-ENERGY WIN

» Franklin Regional sets the tone early in earning a 63-47 victory over Penn-Trafford in its section opener. **B1**

WEATHER 33 · 11

1" to 3" of p.m. snow; more snow tonight
Details, A2

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