

GREEN TREE TIMES

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One Year Later: We are Hopeful and Helping Each Other



Luke, 13, made cookies, sold them and donated proceeds to Free Store

As I sit to write the cover for the March issue, I think back. One year ago today, I filled the page with the fun events of March including St. Patrick's Day festivities and the infamous downtown parade, food festivals, and more. These were things that we all would have loved to have happened but that month didn't go as planned. We all had to change our way of life to adjust for a terrible virus that is still around today.

It has been a difficult year for all of us but harder for some than others.

Due to COVID-19 and all that has resulted from the pandemic, there has been a large increase in the amount of help families and individuals need. One major problem that has dramatically increased is food insecurity of households and individuals, including children. The definition of food insecurity is "the lack of consistent access to food for an ac-



Fresh bread and produce at Free Store

tive, healthy lifestyle" (USDA). Being food insecure isn't just about not having food to eat, but lacking healthy nutritious foods. There are many ways that we can help and make positive change for our Pittsburgh communities.

One of the greatest resources in our area is the Greater Pittsburgh Community Food Bank. This organization falls under the umbrella of Feeding America. They have a variety of ways that you can contribute. Visit pittsburghfoodbank.org to learn about how you can donate food, money or your time as a volunteer. A donation of \$1.00 can make up to 5 meals. There are ways to hold a virtual



Volunteer busy working at Greater Pittsburgh Community Food Bank

fund/food drive by registering on their website. They will do the rest.

Another organization that has been extremely helpful and innovative is 412 Food Rescue. They have launched Community Takeout in response to the impact COVID-19 has had on both small restaurant businesses and hunger. This program takes monetary donations and directs them to participating restaurants to cover meal costs and delivery expenses. The meals themselves are donated to people who are food insecure.

A goal of 412 Food Rescue is to limit food waste. You could volunteer as a Food Rescue Hero. These people help get food from places that have leftover food to the places where it is needed in real time. You use an app and respond when notified of a pickup and delivery need.

You can sign up to do a weekly volunteer time slot or one time rescues that are more unpredictable.

There's also a need for volunteers to do home delivery for people who can't get out. Get more information about their other programs such as Hidden Harvest at 412foodrescue.org.

A non-profit that is offering all kinds of goods, including food is Free Store 15104. They are open Tues. & Thurs., 11



Instagram post of Food Rescue Heroes completing a home delivery.

- 1 p.m. and Sat., 10 - 12 p.m. to pick up food or drop donations. They accept monetary donations, unexpired nonperishable foods, clothing (in season only), formula, diapers, and so much more. If you want to be inspired to give, scroll through their Facebook or Instagram posts. Visit freestore15104.org for details on how to receive or give help.

Hunger is a big problem that we, as a community, face and we can be a big part of the solution if we all contribute whatever way we can. An ongoing effort can make a tremendous difference in many lives!

If you are a person in need of help, you can dial 211 to be matched with services. You can also visit the above websites



Western PA School for the Deaf held coat drive for Free Store 15104.

to find places near you for food pick up or delivery. There will be a link on the newspaper website for the mentioned organizations as well as other links for services.

In addition to individuals being hit hard, small businesses, local churches, and schools have felt the impact as well.

The month of March is always a big time for Fish Fries. Most events are fundraisers and are needed more this year than ever. There's a variety of menu items offered from fried or grilled fish to crab cakes, mac and cheese, pierogies, fries, slaw, desserts and more. Due to COVID-19, they are all pick-up/take-out. See page four for details.

Another needed fundraiser, The 53rd Annual Ukrainian Easter Egg Sale will be at SS Peter and Paul Ukrainian Orthodox Church on Mar. 28, 11 a.m.-4 p.m. and will feature over 1,200 Pysanky (Easter eggs) and over 300 specialty eggs plus food, basket raffles, and door prizes. Bake sale, pre-packaged kielbasa and butter-lambs and Ukrainian foods through the kitchen will be available for take out and outdoor dining.



Loads of cereal at Free Store 15104

All COVID-19 guidelines will be followed. Info at orthodoxcarnegie.org.

This month, as the one year anniversary of one of the biggest and most difficult events of our lives, seems like a month to reflect, help and have gratitude.

Life can't be all hard. It needs to be enjoyed as well, so listen to some good music, look for the spring flowers, watch a great movie, read or listen to a good book, talk with family and friends, stay connected in any way you safely can and hopefully, this will be over soon!

There is a light at the end of this tunnel in the very near future with the help of vaccinations and all of us continuing to do the basic steps to keeping everyone safe.

Hoping for a "lamb like" March. We could all use it!

Happy Spring!

MUSINGS...LOVE IS A SKILL



Editor's Note: Sharon Eakes is a personal and executive coach, who is a regular columnist for our paper as well as for the Huffington Post. She is the author of Fresh Views on Resilient Living. She may be reached by calling 412-741-1709 or email Sharon @hopellc.com.

"There's a certain wisdom that begins by knowing that, of course, you, like everyone else, are pretty difficult."

Alain de Botton

As we glide away from this Valentine's month, I want to take a fresh look at love. Don't get me wrong. I love love. Love is at the center of my life and my work.

But our culture's idealized notion of love, as in romantic, lives-happily-ever-after love, is an unhelpful myth. We blame our lovers, not our view of love. (So

much for the romance novels and Hall-mark movies we yearn to live.)

"Why You Will Marry the Wrong Person," by Alain de Botton, is one of the New York Times' most read essays in recent years. Then Krista Tippett interviewed de Botton in 2016 for her On Being podcast. She replayed it this month, because it is one of their most popular episodes ever.

The conversation between Tippett and de Botton is so powerful, I want to give you some of its richness. Read or listen to it at onbeing.org.

What Love Really Is

We expect that if someone really loves us, they can anticipate our needs, read our minds. De Botton says,

"When we fall in love with another person we magnify in our minds those things that are immediately enrapturing and craft our idea of the other person almost exclusively around those wonderful qualities, which is not fair to them or to us."

"If you expect that your lover must understand everything about you, you will be — well, you'll be furious pretty much all the time."

De Botton suggests that when we meet someone for a first date, it would be more useful if, instead of showing off and telling the other all we've accomplished, we said, *"Well, how are you crazy? I'm crazy like this."*

"Love is a painful, poignant, touching attempt by two flawed individuals to try and meet each other's needs in situations of gross uncer-

tainty and ignorance about who they are and who the other person is."

There is much that is mundane in an intimate relationship. Yet some of the most vicious arguments occur when both parties consider the issue trivial. Negotiating who will get the dishes out of the sink and who will do laundry on which day is the hard work of real love.

"The acceptance of ourselves as flawed creatures seems to me what love really is."

Loving Friends

We are hardwired to connect. And we are sometimes more forgiving of our friends than our lovers. Maybe we are less bent on changing them.

Ancient Greeks had a view of love that could help us out. It was based on education.

"Love is a benevolent process whereby two people try to teach each other how to become the best versions of themselves."

If we viewed love in this light, it might help relationships with both lovers and friends.

Loving "Those People"

Tippett and de Botton note that we are more connected to others than ever before in history. *"Their well-being will impact our well-being."* Yet we often think of "those people," those on the other side of the political or socioeconomic, or racial divide, as different. We forget, while we are feeling self-righteous about our position, that we're a bit quirky ourselves. And that we struggle, even with our loved ones, to work things out. And that, truly

"Compatibility is an achievement of love. It shouldn't be the precondition of love, as we nowadays, in a slightly spoiled way, imagine it must be."

"Love is something we have to learn and we can make progress with, and it's not just an enthusiasm, it's a skill, and it requires forbearance, generosity, imagination, and a million things besides."

"And we must fiercely resist the idea that true love must mean conflict-free love. The course of true love is rocky and bumpy at the best of times. That's the best we can manage, as the creatures we are. It's no fault of mine or no fault of yours; it's to do with being human. And the more generous we can be toward that flawed humanity, the better chance we'll have of doing the true hard work of love."

Love is a Skill

Love is hard. Love takes practice. Love is wonky. And Love is our key to happiness, to becoming our best selves, and to peace. Want to join me at getting better and better at loving?

COACHING QUESTIONS:

1. Think of any relationships where you have felt deeply seen and still loved.
2. What quirkiness do you bring to any loving relationship?
3. How could you become more skillful at loving those close to you?
4. How could you become more skillful at loving "those people?"

Understanding Your Risk of Prediabetes and Type 2 Diabetes

The American Diabetes Association's Diabetes Alert Day® is on March 23. This one-day alert is meant to focus on the prevalence of diabetes and the importance of understanding your risk.

Nearly 1 in 4 adults in the United States are living with diabetes. Another 84 million Americans have "prediabetes," a condition that causes blood glucose levels to be above normal, but not high enough to be diagnosed as diabetes. Nine out of 10 adults with prediabetes do not know they have it.

Prediabetes is also defined as impaired fasting glucose/impaired glucose tolerance or "borderline diabetes." Unfortunately, you may not know if you have prediabetes unless you are tested. If you have prediabetes, you can lower your chance of developing type 2 diabetes. Steps to take would be to lose weight if you need to, become more physically active, and follow a reduced-calorie eating plan.

Having prediabetes can raise your chance of developing "Type 2" diabetes. Risk factors for Type 2 diabetes include a combination genes and lifestyle. You are more likely to develop type 2 diabetes if you:

- are overweight or obese
- are age 45 or older
- have a family history of diabetes
- have high blood pressure
- have a low level of HDL ("good") cholesterol, or a high level of triglycerides
- have a history of gestational diabetes or gave birth to a baby weighing 9 pounds or more
- are not physically active
- have a history of heart disease or stroke
- have polycystic ovary syndrome NIH external link, also called PCOS
- have acanthosis nigricans—dark, thick, and velvety skin around your neck or armpits

While you cannot change family history, age, or ethnicity, you can change lifestyle risk factors around eating, physical activity, and weight. Most often, your best chance for preventing Type 2 diabetes is to make lifestyle changes that work for you long term:

Lose weight and keep it off. You may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight. For instance, if you weigh 200 pounds, your goal would be to lose about 10 to 14 pounds.

Move more. Get at least 30 minutes of physical activity 5 days a week. If you have not been active, talk with your health care professional about which activities are best. Start slowly to build up to your goal.

Eat healthy foods most of the time. Eat smaller portions to reduce the calories you eat each day to help you lose weight. Choosing foods with less fat is another way to reduce calories. Drink water instead of sweetened beverages.

Ask your health care professional about what other changes you can make to prevent or delay prediabetes or type 2 diabetes.



Jayesh Gosai, M.D.





Michele J. Gaines

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The Fishin' Hole



Sam Hall

The statewide start of trout season is April 3rd this year. So it is likely as you read this that we are less than a month away from trout fishing. There will be a Mentored Youth Day of trout fishing this year as well. That will be Saturday, March 27th.

Youth anglers must obtain a Mentored Youth Permit OR a Voluntary Youth Fishing License from the Commission and be accompanied by an licensed adult angler to participate.

Anglers 16 years of age or older (adult anglers) must possess a valid Pennsylvania Fishing License and a current Trout/Salmon Permit, and be accompanied by a youth (less than 16 years of age) who has obtained a Mentored Youth Fishing Permit OR a Voluntary Youth Fishing License from the Commission.

Only youth anglers with a Voluntary Youth Fishing License OR Mentored Youth Permit may possess a total of two trout (combined species) with a minimum length of 7 inches. Adult anglers are prohibited from possessing trout.

All other Commonwealth Inland Water regulations apply. Special regulation areas are not included in the program. It is unlawful to fish in waters designated as part of the Mentored Youth Fishing Day Program except when participating in the program.

If you purchased the mentored youth fishing permit in 2020, there is no need to purchase the same permit this year. The Fish Commission is honoring those permits from 2020 in 2021. I think this is a tremendous thing that they are doing.

There is still some hard water around as we enter March. As a traffic reporter, I flew over nearly 50 folks out on Moraine in the last week of February. Please use the utmost

caution if you are thinking of going out on the ice. As a reminder, always look for a minimum of four inches of hard ice as recommended by the PA Fish and Boat Commission.

The streams and rivers are a little blown out due to some recent heavy rain and snow melt but I know people are getting antsy to get out of the house and onto the water. If you go in these high-water conditions, I again want to implore you to be cautious. Fast, high water can be as dangerous as thin ice. I know most of the time I am begging you to try new spots and places, but high-water conditions are not the time for new things. Stick to spots you know and if they don't produce fish, just enjoy the time out of the house.

Let your spouse enjoy a couple hours of you outside the house as well. My spouse keeps asking me if I have walked the dog yet, even after I have walked the dog twice.

Speaking of mentored youth our picture this month comes from avid reader Nick Dean who is currently mentoring seven-year-old Tyler Dean in the art of angling. Tyler caught these beauties on a trip to Idaho this summer and he is itching for the start of the 2021 campaign here in Pennsylvania. Is there anything better than a picture of a kid holding a stringer full of trout? Stay safe, keep those lines tight and send your pictures and stories to samdhall@comcast.net. We have almost made it through another winter!



Tyler Dean holding a stringer of beautiful trout.

~photo courtesy of Nick Dean

LOCAL FISH FRIES

Rennerdale VFD

30 Suburban Ave.
Carnegie, PA 15106
Drive-up/Take-out Only
March 5, 12, 19 & 26
4 to 7:30 p.m.
(412) 276-9652
www.rennerdalevfd.com

Our Lady of Grace

Conroy Hall
1734 Bowerhill Rd., 15243
Fridays in Lent
(except Good Friday)
4:00 – 7:00 pm
Takeout only. Curbside offered.
call ahead: (412) 200-2694.

Mary, Queen of Peace Parish Sullivan Hall, Mt. Washington

130 Bigham Street
Fridays in Lent- Take out only.
lunch bag - 11 - 3 p.m.
Dinner-3:30 - 7:30 p.m.
412-390-4011

Administrative Center, South Side

81 S. 13th Street
Ash Wednesday and Good Friday
11 a.m. - 7 p.m.
Call ahead 412-481-8380
princeofpeacepittsburgh.com

Ss. Simon and Jude Church

1607 Greentree Rd., 15220
every Friday during Lent
(except Good Friday)
4:30 pm to 7:30 pm.
Takeout only.

Order by phone, online, or in person.
412-563-1353 or
www.ssjfishfry.com.
curbside pickup avail.

St. Elizabeth Ann Seton Church

330 Third Avenue, Carnegie, 15106
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748 Herschel St.
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(412) 928-8854

Community Kitchen Pittsburgh

107 Flowers Avenue
Pittsburgh, Pa. 15207
Takeout Phone Number:
(412) 499-3041
www.ckpgh.org/events/fish-fry-2021

Bridgeville Volunteer Fire Department

370 Commercial Street
Bridgeville, Pennsylvania 15017
Takeout Only
March 5, 19, Apr. 2
Takeout Phone Number:
(412) 221-1711
Website: VFD Facebook Page



Saturday, March 14



Fun and Games for Kids

(Answers on back page)



Find the 8 differences between the pictures below.



Hink Pinks

A Hink Pink is a pair of rhyming words that match a silly definition. Example: sky colored hint = blue clue.

1. tight carpet
2. empty seat
3. amusing roll
4. sugary paws
5. no cost oak
6. steak stealer
7. simple locomotive
8. fake horse
9. sea cream
10. numerous cash

Math Blocks

Fill in the missing blocks with numbers between 0-8.
The numbers in each row add up to the totals to the right.
The numbers in each column add up to the totals on the bottom.

	5		8
3	0		11
7		6	17
11	9	16	

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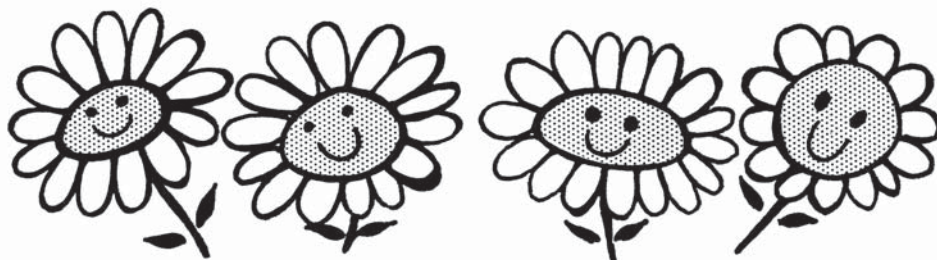
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Sunday Live Stream
Worship at 9:45 am
Go to: mtpisgahgreentree.com
Joyful Journey Preschool
Rev. Tom Ribar, Pastor

Saint Stephen Lutheran Church

55 Forsythe Road, Pittsburgh 15220
Off Greentree Road in Scott Twp.
ststephenpittsburgh.org
412-279-5868
Pastor Maurice C. Frontz III, STS
Live Streaming Service
Sundays at 10:30 a.m. on
[Facebook.com/ststephenpittsburgh](https://www.facebook.com/ststephenpittsburgh)

All Saints Polish National Catholic Church

500 Fifth Street, Carnegie
412-276-2462 Fax: 412-276-9677
www.allsaintspnccpa.org
all.saints.pnc.church@verizon.net
Very Rev. Richard Seiler, Jr. Pastor
Independent - Catholic - Sacramental
Contact regarding services.

Crafton United Presbyterian Church

80 Bradford Avenue
412-921-2293 Fax: 412-921-0348
www.CraftonUP.com
Live Streaming Service
Sundays at on Facebook
Pastor Diane Flynn
Office: 8:30 a.m.-1:30 p.m., M-Th

Bible Baptist Church

412 Old Washington Pike
Carnegie, PA 15106
412-276-7717
bbcpittsburgh.com
Sunday Services:
Live stream at 11 a.m. on
[Facebook.com/bbcpittsburgh](https://www.facebook.com/bbcpittsburgh)
Rev. Phil Golden Jr., Pastor

Carnegie Presbyterian Church

219 Ewing Road, Carnegie
412-279-3223
Virtual Worship Service: 10:30 a.m.
Rev. Dr. Colleen F. Molinaro
www.carnegiepresby.org
Go to website for virtual worship.

First Christian Church at Carnegie

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carnegiechristianchurch@gmail.com

St. Matthew's Evangelical Lutheran Church

Steuben St. & Lincoln Ave.
412-921-1125
Pastoral Office Hrs. by Appointment
Rev. Douglas Kinsey, Pastor
Rev. Shawn Markarkey, Pastor

Hawthorne Avenue Presbyterian Church

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Crafton, PA 15205
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at 11 a.m. at spchurch.org
Pastor Paul Nigra
www.hawthornechurch.org

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Pastor Dave each day on Facebook

Saint Philip Parish

St. Philip Church, 50 W. Crafton Ave.
Pittsburgh, PA 15205
Ascension Church, 114 Berry St.
Pittsburgh, PA 15205
412-922-6300
Rev. James R. Torquato, Pastor
Call church for any service updates.

St. Margaret of Scotland Catholic Church

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412-921-2323
Website: ingramupchurch.org
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Church of the Nativity (Episcopal)

33 Alice Street, Crafton
412-921-4103
www.nativitychurch.org
The Rev. Shawn Malarkey

Carnegie Primitive Methodist Church

640 Dow Ave., Carnegie, 15106
(Corner of Fountain St. & Dow Ave.)
412-563-4484
Welcome
Daniel Pastorius, Pastor

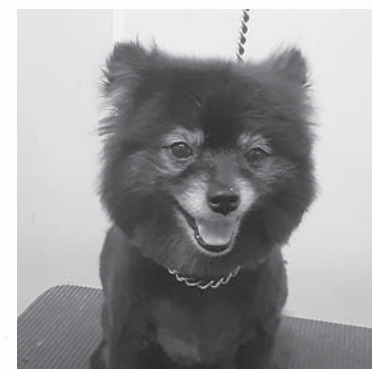
Church of the Atonement (Episcopal)

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7	4	8
3	0	3
2	5	1

Solution

1. snug rug
2. bare chair
3. fun bun
4. sweet feet
5. free tree
6. beef thief
7. plain train
8. phony pony
9. ocean lotion
10. funny money

Hint: Pinks:

Eight Differences:
butterfly spot
kite tail
bow on dress
letter P
center of flower
tulip stem
girl's ear
kite handle



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