

GREEN TREE TIMES

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March is Roaring in and Filled with Flowers, Food and Fun



The lion has entered with snow on the ground and temperatures low, so that means we'll see the lamb very soon, right?!

Well, as the saying goes... "In like a lion, out like a lamb," or it could be reversed. It's all about weather balance. That makes this month a little tough. We've had a "lamb-like" winter but it looks like maybe snow north of Pittsburgh for March 1st so I'm going with the **definitely** in like a lion so we can hope for the lamb as the month *Marches* on!

I've already seen the green popping through the earth and it's so exciting.

We will also be seeing plenty of a different kinds of green around the 'burg this month while celebrating St. Patrick's day. Each year Pittsburgh has a parade on the Saturday before St. Patrick's Day that is the 2nd largest in the country.

This year the parade is on March 14 at 10 a.m. and is perfect for the entire family! Following the parade are many activities celebrating the holiday including fun events held in Market Square, and downtown. Entertainment includes street performers, live music, and many different dining opportunities at the various restaurants.

There are Irish pubs all around the Pittsburgh area so if downtown is not where you want to be, try a place closer to home. Some of these places are Riley's Pour House in Carnegie, Mullaney's Harp & Fiddle

in the Strip, Piper's Pub and Claddagh Irish Pub on the South Side, Monterey Pub on the North Side, and Molly Brannigans in Mt. Lebanon. They are all offering something special to celebrate the holiday but call each one for specific details.

For more green in the way of flowers and plants, starting Sat., March 21, you can enjoy the Spring Flower Show: Canopy of Color at Phipps Conservatory. Color is an obvious theme but it is also both above and below. There are colorful baskets and designs as you look upward as well as vibrant colors in the beds. Stroll beneath umbrellas through rain curtains, explore the water symphony of 120 colorful garden hoses all with a specific purpose, and there's much more. Info at phippconservatory.org.

This month is also filled with a variety of food events. Then again, in Pittsburgh, what month isn't? We like that!

The 14th Annual Farm to Table Expo and Conference is being held on Mar. 6 - 15 at the David L. Lawrence Convention Center. This event will combine with the Home and Garden Show to be the longest running consumer event in the country. Enjoy health and wellness speakers, cooking demonstrations, gardening/farming education, and kids ac-

tivities. Farm to Table will showcase 60+ local food vendors, dieticians, chefs and the local food producers with plenty of food sampling as well as 10 days of speakers, and live music on Fri. and Sat. nights. Learn where your food comes from and the value of eating healthy foods produced right here in our area. More info at www.farmtotablepa.com.

You can feel good about attending the *Empty Bowls* community meal to fight hunger on Mar. 15, 1-6 p.m. at Rodef Shalom Congregation in Oakland. Support the Greater Pittsburgh Community Food Bank & Just Harvest by enjoying a simple meal of soup and bread from restaurants across the area and participating in the silent auction of ceramic art that has been made and donated. Info at justharvest.org.

If you like meatballs, then celebrate National Meatball Day at Emporio on Penn Ave. on March 9, all day long! Enjoy \$1 sliders, \$1 drafts of cold I.C. Light, raffles, give aways, a live broadcast with the Fans PM Team Poni and Mueller as well as special appearances from celebrity Pittsburgh sports players.

Another delicious food treat, maple syrup, is being celebrated this month. The Somerset County Maple Weekend on Mar. 14-15, 10 a.m. - 4 p.m. will feature tasting, tree tapping, sugar making, horse drawn carriage rides, pancakes and sausage, and a lot of maple products to buy. Go to somersetcountymaple.org and then choose which places to visit.

Attend a Maple Sugaring Workshop at Raccoon Creek State Park

on Mar. 14, 10 a.m. - 5 p.m. Learn how to collect maple sap, the boiling process and the processing of syrup into candies and sugar. End the day with sampling pancakes and fresh maple syrup.

The Maple Syrup Festival at Bradys Run Park will be April 4-5. This includes an all-you-can-eat pancake breakfast, handmade crafts, pony rides, entertainment, and more. Info at 724-378-1701.

This year Lent falls in March and there are fish fries all over the city and surrounding neighborhoods. A few local churches are mentioned on our Church Corner on page 9.

Did you know there are over 60+ locations to try out? Go to codeforpittsburgh.github.io/fishfrymap/ and it will give you all of the locations by name and marked on a map. You could make it a weekly adventure, trying a different place each week and comparing and then picking your favorite.

With Lent and Easter in mind, the 52th Annual Ukrainian Easter Egg Sale will be at SS Peter and Paul Ukrainian Orthodox Church on April 5, 11 a.m.-4 p.m. and will feature over 1,200 Pysanky (Easter eggs) and over 300 specialty eggs plus food, basket raffles, door prizes and church tours. Info at orthodoxcarnegie.org.

Green is my favorite color this month! My daughter's beautiful green eyes, the green stems peaking through the earth, the green shamrocks and beer, the green plants and flowers at Phipps and the green of the money being raised for good causes all month long! Happy Spring!



Maple syrup tree tapping is fun for all ages.

Take Steps to Protect your Kidneys



Jayesh Gosai, M.D.

March is National Kidney Month, - a good reason to learn more about how to keep your kidneys healthy to prevent deterioration and disease.

Your kidneys, each about the size of a fist, filter the blood. Each kidney contains about a million tiny filters that can process around 40 gallons of fluid daily. When blood passes through the kidney, the filters sift and hold onto the substances your body might need, such as certain nutrients and much of the water. Harmful wastes and extra water and nutri-

ents are routed to the bladder and flushed away as urine. The kidneys also produce hormones that help to control your blood pressure, make red blood cells and activate vitamin D, which keeps the bones in your body strong.

While we all lose some kidney function as we get older, kidney function can also drop because of an underlying kidney disease. Toxins and extra water can build up in your blood. Falling hormone production can also cause other health problems.

According to the National Kidney Foundation, one in three Americans are at risk of chronic kidney disease and most people do not know their kidneys aren't working correctly until their symptoms are so advanced they need dialysis or a kidney transplant.

Chronic kidney disease can strike anyone, especially people with diabetes and high blood pressure, the 2 leading causes of kidney disease. Other risk factors for kidney disease include heart disease and a family history of kidney failure. If you have any of these risk factors, it's important

to be screened. This usually involves simple laboratory tests: a urine test to look for kidney damage, and a blood test to measure how well the kidneys are working.

Fortunately, you can be proactive in taking steps to avoid or delay kidney disease. A healthy lifestyle, including physical activity and a heart-healthy diet, can help to normalize blood pressure and prevent or manage diabetes. Here are just a few ways you can help keep your kidneys functioning at their optimal level:

Drink up. To dilute urine and keep kidneys clear of toxins in the body, drink two liters of fluid a day – about 32 ounces.

Shake the salt habit. Too much salt in your body requires your kidneys work harder to restore a balance of electrolytes and fluids. Consistently high salt levels damage kidneys and impair long-term kidney function. (The recommended daily salt intake is about one teaspoon – per day).

Limit over-the-counter meds. NSAIDs (non-steroidal anti-inflammatory drugs) like Ibuprofen, Aleve, Advil, Celebrex, Motrin IB and

higher-dose aspirin don't pose a serious danger if your kidneys are healthy and if the medication is only used periodically. However, consistent, daily use of NSAIDs can cause kidney damage.

Monitor your blood pressure and sugar levels. High blood pressure and diabetes cause of kidney damage. Experts recommend that if you have diabetes, hypertension, if you are obese or have a family history of kidney disease, your kidney function should be regularly checked.

No smoking. Smoking can damage blood vessels and reduce the flow of blood to the kidneys, which prevents the kidneys from functioning properly. Smoking can also raise blood pressure and increase the risk of kidney cancer.

Exercise regularly. Staying physically fit helps keep your weight low and your blood pressure normal.

Eat a healthy diet. Fill your plate with plenty of fresh fruits and vegetables, lean meats, chicken, fish, nuts and whole grains. A nutritious diet will also keep your blood pressure and sugar levels in check.

GREEN TREE TIMES

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Crafton Children's Corner staff celebrated Mardi Gras at their training on President's Day. Each necklace represents the number of years of experience at Crafton Children's Corner Early Childhood Learning Center. A total of 378 years for 34 staff members is quite remarkable!!!

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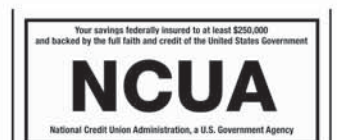


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The Fishin' Hole



by Sam Hall

Spring is about sprung! In fact meteorological spring will have started by the time you are reading this. Meteorological Spring begins the first day of March as March is the month that contains the spring, or vernal equinox which marks the beginning of astronomical spring. This year it will be March 19th. I am only giving you all those details because there is a chance you've never heard of meteorological spring. A small chance, yes, but a chance nonetheless. I had never heard of Paczki Day until this past February 25th and it really weirded me out how everyone

was talking about it and I had never heard of it before. I don't want you reading the Fishin' Hole and feeling like I felt that day!

The fish and boat commission will be out stocking the local fisheries with trout this month. As always we here recommend you check their website for the day they are stocking your favorite spot and go out and volunteer to help the crews spread the fish around.

The daylight hours are growing rapidly here at the end of February and the local streams certainly have the look of waters that might produce fish but alas, the water temperatures for the most part are making the local non-trout bite very slow. As I have often noted here though, the joy of fishing comes from the fishing and not from the catching. The next to last weekend of February was an absolute beauty to be out on the stream even if the fish didn't want to cooperate. That's where friend of the Fishin Hole, Joe Balobek and his daughter found themselves in late

February. Joe says while the catching wasn't great, he now KNOWS for sure where the fish will be when the water reaches a better fishing temperature.

Of course, now is the time to get out and make sure your equipment is



Joe Balobek and his daughter at the stream.

all ready to roll. We soon have less than 50 days until the opening statewide of trout season here in Pennsylvania.

I have been studying the USGS (United States Geological Survey) gauges for fishing the tributaries for steelhead in Erie. While I do feel I am getting a handle on how they

work, I am not ready to try and disperse that information to you in any usable way. Suffice to say I would still rely on my keen sense of how long ago was the last decent rain, could there be a big snow melt and run off, and might there be a lot of ice/slush flowing through the stream. Knowing from experience that upon things calming down, one day is all it takes for the streams to become fishable.

I promise I will have the understanding of those gauges on lockdown in my mind soon, and be able to give you parameters that might allow you to get onto the stream sooner than you might using the "it feels right" method that I currently ascribe. If I tried to keep that promise today though, you would feel like I did this morning when everyone and their mother was talking about Paczki Day. As I mentioned earlier, I don't want to give you that feeling. Keep those lines tight, and get ready for "first day". Send your pictures and plans for "first day" to samdhall@comcast.net. We will get ready to roll next month!

Homes For Sale



Robinson Twp \$209,900
2 bdrm/ 2.5 bath end-unit townhouse in Thornberry! Eat-in kitchen with lots of storage space and center island; formal dining room with beamed ceiling; spacious living room with glass shelving; 23x11 rear patio; finished lower level with game room; community amenities: pool, clubhouse, tennis court. Well maintained home!



Canonsburg \$149,900
Beautifully renovated 3 bdrm home. Updates include roof, gutters, & downspouts, electrical wiring, furnace, A/C, base cabinets and countertops in kitchen, refinished hardwood floors, fresh paint throughout, newly painted exterior, updated bathroom. Eat-in kitchen leads to large, covered patio and back yard. Nothing to do but move in!

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Local Libraries Offer Engaging Programs for Adults, Teens, Kids

All of the libraries across the area offer unique programming for all ages. Most activities are free but some special events require a small fee. Each library listed below includes a summary of their scheduled events for the month. Be sure to check with the library directly or go to their website to view their events calendar for a complete listing and details regarding age requirements, registration and fees.

GREEN TREE PUBLIC LIBRARY

10 Manilla Ave., Pittsburgh, 15220
greentreepubliclibrary.org, 412-922-9292

Storytimes for toddlers, preschoolers, and school age children.

Book Donation Day, first Sat. of month

Wed. Book Club, Mar. 4, 7 p.m.

Friday Flick: Not for Ourselves Alone.

Mar. 6, 9:30 a.m.

Surprise Scavenger Hunt, Mar. 7, 10-5 p.m.

Art Discussion Group, Mar. 9, 2 p.m.

Pittsburgh Zoo Then/ Now, Mar. 10, 2 p.m.

Adult Board Games, Mar. 14, 12-4:30

Tail Waggin' Reads, Mar. 23, 4 p.m.

Baby Yoda Crafts, Mar. 18, 10-7 p.m.

Dan Deasy's Mobile Office, Mar. 18, 4 p.m.

The Plastic Crisis, Mar. 19, 7 p.m.

Cookbook Club, Mar. 20, 2 p.m.

Book Bingo for Adults, Mar. 24, 7 p.m.

Plant-Centered Diet: What is it and How Can it Work for Me?, Mar. 25, 7 p.m.

LEGO, Mar. 26, 7 p.m.

Story with Easter Bunny, Mar. 28, 10:30 a.m.

Pysanky Egg Decorating, Mar. 30, 6 p.m.

CRAFTON PUBLIC LIBRARY

140 Bradford Ave., Pittsburgh, 15205
craftonpubliclibrary.com, 412-922-6877

Storytimes for babies through pre-school.

Family Storytime, Mondays, 11 a.m.

Yoga, Mondays at 7 p.m.

Technology Help, Weds. at 1 p.m.

Scrabble, Thursdays, 1-4 p.m.

STEAM Night, Thursdays at 6 p.m.

Evening Storytime, Tues., 6:15 p.m.

Crafton's Crafters, Sats., 3 p.m.

Book Club, Mar. 31, 6:30 p.m.

Meditation with Heidi, Weds., 6:30 p.m.

Teen Anime Club, Mar. 2, 16, 30, 3:30 p.m.

Conversation Salon, Mar. 10, 6 p.m.

Tails and Tales, Mar. 13, 3:30 p.m.

Afternoon Movie, Saturdays, 1-3 p.m.

Fibromyalgia Support Group, Mar. 7, 1 p.m.

Writers' Support Group, Mar. 7, 10 a.m.

SCOTT TOWNSHIP PUBLIC LIBRARY

301 Lindsay Rd., Scott Twp., 15106
scottlibrary.org, 412-429-5380

Storytimes and activities for toddlers, preschoolers, and school age children.

FUNDRAISERS: Adult Comedy Show, Sat., Apr. 18, 7 p.m. Tickets: \$15 sold at library.

Penn Station East Coast Subs Dining Event, Mar. 12, 5-8 p.m.

Kid's Club!, Mar. 2 & 16, for K-2, 6 p.m.

Cooking Club, Mar. 16, 5:30 p.m.

Conversation Salon, Mar. 9, 1 p.m.

Seasonal Arts & Crafts: Pom Pom Coaster, Mar. 4, 3:30 p.m. for adults.

Adult Scrabble and Games, Tuesdays

Model Railroad Interactive Event, Mar. 6-

7, across the street at Scott Park Community

Room. Call for times.

Create your own Miniature Cairn, Mar. 10, 6:30 p.m. for adults.

Book Sort Volunteers needed!, Mar. 13. Call.

Young Yoga, Mar. 21, 11 a.m. ages 3-8.

Senior Chair Exercises, Tuesdays

Puzzle Time, Fridays, 1-4 p.m.

LEGO Club, Mar. 18, 6:30 p.m.

Book Club, Mar. 19, 2:30 p.m., adults.

Drop-In eBook Assistance, Thurs., 3 p.m.

Adult Color Time, Mar. 13 & 28, 2 p.m.

Minestrone Soup in Jar, Mar. 17, 4:30 p.m.

NASH KNOWledge documentary featuring

local resident about non-alcoholic fatty liver

disease. Mar. 25, 6:30 p.m.

Connecting with Nature through Phone,

Mar. 30, 12 p.m.

Cult Movie Classic Series: Spellbound -

Mar. 3, North by Northwest - Mar. 17

C L P WEST END

47 Wabash St., Pittsburgh, 15220
carnegielibrary.org, 412-921-1717

Storytimes for toddlers, preschoolers, and school age children.

Little Learners, Fridays, 10:30 a.m.

Kids' Club, Mar. 4, 11 \$ 25 3:30-5 p.m.

Teen Time, Tuesdays, 4:30 p.m.

Tween Scene: DJ Lab, Mar. 18, 3:30 p.m.

West End Writing Club, Weds., 10 a.m.

Book Ends Book Club, Mar. 12, 11 a.m.

Adult Craft: Water Marbling, Mar. 18, 6 p.m.

West Pitts. History Club, Mar. 19, 11 a.m.

West End Movie Discussion Club, Mar.

28, 1 p.m. Feature: Forrest Gump.

C L P SHERADEN

720 Sherwood Ave., Pittsburgh, 15204
carnegielibrary.org., 412-331-1135

Storytimes plus a variety of programs for toddlers and preschoolers.

One-on-One Computer Assistance and

Resume Assistance, Mondays and

Wednesdays, all day, by appointment.

Russian for Beginners, Mondays, 6:30 p.m.

Russian Story Hour, Tuesdays, 11 a.m.

Family Playshop, Weds., 11 a.m.

Teen Time, Mondays & Fridays, 3:30 p.m.

The Labs: Open Labs, Thursdays, 4 p.m.

Kids Club, Tuesdays, 3:30-5 p.m.

Reading Buddies, M-T-W., 4 p.m.

Adult Open Craft, Thursdays, 12:30 p.m.

A Novel Bunch Book Club, Mar. 9, 1 p.m.

Russian Story Hour, Mar. 17, 11 a.m.

Reading is Fun!

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300 Beechwood Ave., Carnegie,
carnegiecarnegie.org, 412-276-3456

Storytimes for babies, toddlers and preschoolers offered.

Technology Lessons, 1st & 3rd Mondays, 11 a.m. - Facebook

2nd Saturday Lecture Series, Mar. 14,

1 p.m. Presidential Election of 1864.

PALS Book Club, Mar. 25, 1-2 p.m.

Optimize Social Security Benefits, Mar.

9 & 16, 6 p.m. RSVP 412-921-2900.

Family Evening Storytime, Mons., 7 p.m.

Food with Friends, Thursdays, 3:30

p.m., grades 5+ Register.

Pittsburgh Savoyards: The Mikado,

Mar. 13-22.

Pi(e) Day, Mar. 14, 11 a.m., ages 3-8.

UNO March Madness Tourny, Mar. 19,

10:30 a.m. Sign up now.

Navigating Online Applications, Mar.

19, 10:30 a.m. Register.

Listen Locally: The Lady Swings!, Mar.

6, 7:30 p.m.

LEGO Club, Weds., 3:30 p.m., K-5.

JOYFUL JOURNEY PRESCHOOL

Joyful Journey, a Christian preschool in Green Tree, helps 3- and 4-year-olds develop strong academic skills while encouraging the growth of the fruit of the spirit: Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, and Self Control.

Accepting registrations for classes beginning September 2020 at Mount Pisgah Presbyterian Church, 31 Warriors Rd., Green Tree
Classes Mon-Wed-Fri from 9-12 Noon.

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Community Bulletin Board

GREEN TREE ROTARY

The club meets every Thursday at noon at the Doubletree Hotel, Green Tree.

March speakers are Tom Grant, Mar. 5 -ShelterBox; Chris Kubiak, Mar. 12-Audubon Society; Bibhuti Aryal, Mar. 19 -Rukmini Foundation; No speaker, Mar. 26- Club Assembly.

More info call Rick Porach 412-655-4174.



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CRAFT SHOW

Go shopping at the craft show and enjoy some lunch at the West End Healthy Active Living Center, 80 Wabash St., Sat., Mar. 28, 10:00 a.m. - 2 p.m.

Wanted: There is still room for more Crafters to participate. Tables are \$5.00 each (3'x 8') & will include one free lunch. Call 412-937-3068 to reserve your table.

TOPGOLF COMPETITION FUNDRAISER

Folds of Honor Western PA Chapter is holding a corporate and club competition at TopGolf, 400 Presto-Sygan Road, Bridgeville, on March 15. Event will feature two competitions—one for golf club teams and one for corporate/other teams. Includes unlimited golf, BBQ buffet, raffles, and prizes. Proceeds benefit the Folds of Honor scholarship fund supporting the education of children of fallen and severely injured military members. Info: Jason Roth, 412-576-5308 or Mike Popella, 724-372-9976.

PRINCESS TEA PARTY

TEAM MAHALO presents the 8th Annual Princess Tea Party on Sat., Apr.

4, 11 a.m. - 12:30 p.m. at Bishop Canevin High School, 2700 Morange Rd., 15205. Meet Snow White, Mulan, Moana, and some surprise Princesses! Get your hair styled, nails painted, make up done, make a Fairy Princess Wand, and have some tea (pink lemonade), sandwich and cookie. Pre-registered Princesses (ages 2-9)-\$30 and \$35 at door. Adults free. Proceeds from this day of dreams come true benefit CURESEARCH - fighting childhood cancer. Preregister by March 28, 412-251-3933 or mahaloteaparty2011@gmail.com.

MONTE CARLO NIGHT

You're invited to Pittsburgh Concert Chorale's 35th Anniversary Gala Fundraiser on Fri., April 17, 7 - 11 p.m. at Pittsburgh's Grand Hall at the Priory. It's a Monte Carlo Night filled with open bar, food, "Pittsburgh's Best" Dessert Bar, basket raffles, silent auction, free parking, music and fun! Information and buy tickets at pccsing.org/gala.

SLEEPING BEAUTY

The fabled children's ballet, Sleeping Beauty, will be presented by the Carnegie Performing Arts Center, Mar. 27, 28 & 29, Andrew Carnegie Music Hall, 300 Beechwood Ave. in Carnegie. Tickets \$20/adults and \$18/children, students and seniors.

WHITE OAK AMERICAN LEGION

The White Oak American Legion post #701, 2813 Capital St. in White Oak. will sponsor oldies dances on Sat., March 21 from 7 to 11p.m. Admission is still only \$5 per person. All proceeds benefit veterans programs. Music from the 50s and early 60s by Candy and Mike. For more information call 724-984-6611.

SOUTH HILLS COIN CLUB MEETING

NOTE: Location Change!

The monthly meeting will be held Tues., Mar. 10 at 8 p.m. at the Bethel Park Municipal Building, 5100 West Library Ave. All members and the general public are invited. This month's program will be on silver coins. A 50/50 will be offered and children's prizes to be awarded. Applications are now being accepted for membership. For more information call 724-984-6611.

MASONS MEETING

Charleroi-Monongahela Lodge #337 Free and Accepted Masons will hold their regular stated meeting on Tuesday March 10, 2020 at 7:30 p.m. in the Masonic Hall located at 100 2nd St. in Monongahela. For more information call 724-809-9742.

ROSTRAVER SPORTSMENS ASSOCIATION

The Rostraver Sportsmen Association, 539 Cedar Creek Rd., Belle Vernon, will hold their monthly meeting on Mon., Mar. 16 at 7:30 p.m. All members are encouraged to attend. Applications are now being accepted for membership from both men and women. For more info call 724-984-6611.

PANCAKE BREAKFAST

Boy Scout Troop 148 of Crafton will hold its 5th Annual Pancake Breakfast on Sun., April 5, from 7 a.m. - 1 p.m. at the Knights of Columbus Hall, 10 W. Crafton Ave. Includes Chinese Auction, and a 50/50 raffle. At door \$8/adult, \$6/senior, \$4/kids 10 and under.



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MUSINGS...LAUGH WITH ME



by Sharon Eakes

I thought about Gossamer Wump when someone invited me, some years ago, to a Laughter Club in Pittsburgh. Such groups are based on laughing clubs in India, founded by Dr. Madan Kararia, who believed truly that laughter is the best medicine. Indeed, laughter strengthens our immune system, boosts mood, diminishes pain, and protect us from the damaging effects of stress. It also brings people together.

You can now become a certified laughter leader in what is called "laughter therapy." (Check out www.worldlaughtertour.com.) You can learn to laugh voluntarily, usually in a group, by starting with an exercise that triggers a laugh and then enjoy the contagion as the group laughs together.

For me, laughter really has been therapy. I remember exactly where I was when something made me laugh really hard, a few months after the death of my husband Gene. I had been in deep grieving for those months, and the belly laugh caught me off guard. I suddenly felt like re-joining the living.

Historical Wisdom about Laughter

People through the ages have known about the power of laughter. Check these out for evidence:

The human race has only one really effective weapon and that is laughter – Mark Twain

Laughter is the shortest distance between two people. – Victor Borge

Laughter is poison to fear. – George R.R. Martin

Laughter has no foreign accent. – Paul Lowney

A smile starts on the lips, a grin spreads to the eyes, a chuckle comes from the belly; but a good laugh bursts forth from the soul, overflows, and bubbles all around – Carolyn Birmingham

How I Use Laughter with Elderly Loved Ones

When my dad was in his 90's, I called him each night to stay in touch. We lived across the country from each other. After a few pleasantries and the weather, it was hard to sustain a conversation because he hadn't done much that day, and I didn't want

to talk on and on. So I began reading him jokes from the Pretty Good Joke Book noted above. To my amazement and delight, the jokes tickled him, and he often gave out a loud belly laugh. And then said, "That felt good!" Years later, I tried the same thing with my brother-in-law, who had dementia. To my amazement, even when he couldn't keep a lot of things straight in his life, he still "got" simple jokes and laughed out loud.

Start Laughing

If you don't have much that's funny in your life, get a joke book or watch comedies. Ask some friends to join you as you practice the Three Rivers Laugh, honoring Pittsburgh, where I live.

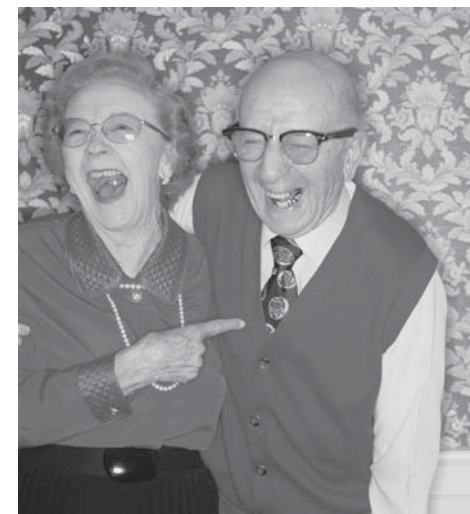
Monongahela hahahahahaha
Allegheny hehehehehehehehe
Ohio hohohohohohohohoho

That should get you started, then let it take you to the laugh bursting from the soul, bubbling all around.

And remember what Dr. Seuss said, "From there to here, from here to there, funny things are everywhere."

COACHING TIPS/QUESTIONS

1. See humor in everyday things and enjoy a chuckle.
2. Get a joke book. Read it and share with friends and family.
3. Call an older person every day and share a joke with them.
4. Laugh at little things, just because it feels good.



Start laughing!

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.

Sharon and Nancy Smyth, her business partner in Two Wise Women, together published, "Chocolate or Lunch, How Choices Impact Relationships." If you have tense relationships, this book is for you. Both books are available through Amazon.

*We don't laugh because we're happy,
We are happy because we laugh.*

William James

Have a laugh!

I'm reading a terrifically interesting book about anti-gravity – I just can't put it down.

If corn oil comes from corn, where does baby oil come from?

Want more?

Age doesn't always bring wisdom. Sometimes age comes alone.

Excuse me, does this bus go to Duluth?

No, this bus goes beep beep.

(From A Prairie Home Companion Pretty Good Joke Book)

My Laughter History

I come from a family that laughs a lot. When I was 8 or 9, we got a record player. We had 2 old 78 records which we played over and over. One gave us Irish songs like Who Threw The Overalls in Mrs. Murphy's Chowder? The other was called Gossamer Wump; it gave us contagious laughter. My parents and siblings and I would listen and laugh almost uncontrollably. (Amazingly, you can hear it here. www.youtube.com/watch?v=KvVOUa_tZOA)



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Church Directory

Mt. Pisgah Presbyterian Church

31 Warriors Rd., Green Tree
412-921-8444
Sunday Worship: 9:45 a.m.
Sunday School: 11:30 a.m.
Last Pisgah Pasta, Feb. 14, 4-8 p.m.
Joyful Journey Preschool
Rev. Tom Ribar, Pastor

St. Margaret of Scotland Catholic Church

310 Mansfield Avenue, Green Tree
412-921-0745 Fax: 412-921-0707
www.stmargparish.org
Mass Schedule:
Tuesday and Friday: 9 a.m.
Sunday: 7:30, 9:00 and 10:30 a.m.
Reconciliation:
Saturday: 12-1 p.m.
and any time by appointment
Administrator: Fr. Robert Grecco
Parochial Vicar: Fr. Aleksandr Schrenk
Deacons: Kevin Lander & Jim Mackin

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
Weekday Mass: See Bulletin
Weekend Masses:
Sat., 4:35 p.m. and Sun., 8:30 a.m.
Very Rev. Richard Seiler, Jr. Pastor
Independent - Catholic - Sacramental

Crafton United Presbyterian Church

80 Bradford Avenue
412-921-2293 Fax: 412-921-0348
www.CraftonUP.com
All Are Welcome
Sunday Worship: 11 a.m.
Pastor Diane Flynn
Office: 8:30 a.m.-1:30 p.m., M-Th

Church of the Nativity (Episcopal)

33 Alice Street, Crafton
412-921-4103
www.nativitychurch.org
Sunday: 8 a.m. & 10 a.m.
Child care provided at 10 a.m.
The Rev. Shawn Malarkey

First Christian Church at Carnegie

Teaching From God's Word
Anthony and Lydia Streets
Carnegie, PA 15106
Minister Robert W. Hale,
412-279-5030
carnegiechristianchurch@gmail.com
Sunday Services:
Bible Study: 9:45 a.m.
Worship & Communion: 10:45 a.m.
Wednesday Bible Study: 10 a.m.

St. Matthew's Evangelical Lutheran Church

Steuben St. & Lincoln Ave.
412-921-1125
Pastoral Office Hrs. by Appointment
10:15 a.m. Sunday Worship
with Holy Communion
Rev. Douglas Kinsey, Pastor
Rev. Shawn Markarkey, Pastor

Hawthorne Avenue Presbyterian Church

90 Hawthorne Ave.,
Crafton, PA 15205
412-921-2504
Handicapped Accessible
11 a.m. Sunday Worship
10 a.m. Adult Bible Study
Pastor Paul Nigra
www.hawthornechurch.org

1st United Presbyterian Church of Crafton Heights

50 Stratmore Avenue
412-921-6153
9:30 a.m. Faithbuilders
11 a.m. Worship Service
Child Care Available
All are welcome!
Pastor: Dave Carver

Unity Presbyterian Church

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Greentree Road at Potomac Ave.
Phone: 412-561-2431 Fax: 412-561-0696
www.unitypresbyterianchurch.org
facebook.com/unitypresbyterianchurch
9 a.m. Adult Sunday School
10:30 a.m. Worship Service
10:45 a.m. Kids' Disciple Zone Class
(4 yrs-adult; childcare under 4 yrs.)
Rev. Dennis W. Molnar, Pastor

Saint Philip Parish

St. Philip Church, 50 W. Crafton Ave.
Pittsburgh, PA 15205
Ascension Church, 114 Berry St.
Pittsburgh, PA 15205
412-922-6300
Saturday Vigil Masses
4:00 p.m. - St. Philip
5:30 p.m. - Ascension
Sunday Masses:
7 & 11 a.m. - St. Philip
9:30 a.m. - Ascension
Weekday Masses are 8 a.m.
Mon., Wed., & Fri. - St. Philip
Tues. & Thurs. & Sat. - Ascension
Sacrament of Reconciliation
Saturdays -
12:15 p.m. - 1:15 p.m. at Ascension
Eucharistic Adoration
First Saturdays -
8:30 a.m. - 9:30 a.m. at Ascension
Rev. John B. Gizler III, Pastor

Saint Stephen Lutheran Church

55 Forsythe Road, Pittsburgh 15220
Off Greentree Road in Scott Twp.
412-279-5868
Pastor Maurice C. Frontz III, STS
Sunday Worship: 10:30 a.m.
Saturday Worship: 6:30 p.m.

Ambassador Baptist Church

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1926 Babcock Blvd., Pittsburgh
412-477-3210 **www.HisService.com**
ambassador.montgomery@gmail.com
Sunday Services: 9:45, 11, 1:15
Thurs. Bible Study and Kids Club: 7 p.m.
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Mount Washington Baptist Church

112 W. Sycamore, Mt. Washington
412-431-8396
mtwashingtonbaptistchurch.org
Sunday Worship Services:
11 a.m. & 6 p.m.
Wed. Prayer & Bible Study: 7 p.m.
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Independent-Fundamental-
Premillennial-Soulwinning
Rev. Ray G. Cunningham, Pastor

United Presbyterian Church in Ingram

30 West Prospect Avenue
412-921-2323
Website: ingramupchurch.org
Worship Service: 11 a.m.
Office Hours:
Tues.-Thurs. 9 a.m.- 2 p.m.
Rev. Wayne D. Meyer

Bible Baptist Church

412 Old Washington Pike
Carnegie, PA 15106
412-276-7717
bbcpittsburgh.com
Sunday Services:
9:45 a.m. Sunday School
10:15 a.m. Breakfast
11 a.m. Worship
6 p.m. Evening Worship
Wednesday:
6:30 p.m. Prayer Meeting
& Children's Program
Rev. Phil Golden Jr., Pastor

Carnegie Primitive Methodist Church

640 Dow Ave., Carnegie, 15106
(Corner of Fountain St. & Dow Ave.)
412-563-4484
Welcome
Adult Sunday School: 10 a.m.
Worship Service: 11 a.m.
Thursday Bible Study & Prayer: 7 p.m.
Daniel Pastorius, Pastor

Church of the Atonement (Episcopal)

618 Washington Avenue, Carnegie,
PA 15106
412-279-1944
Holy Eucharist Rite II:
Sunday, 9 a.m.
The Rev. Ben Wright
Bible Study: Wed., 6:30 p.m.
www.atonementcarnegie.org
www.facebook.com/
atonementcarnegie

Carnegie Presbyterian Church

219 Ewing Road, Carnegie
412-279-3223
Sunday School: 9:30 a.m.
Worship Service: 10:30 a.m.
Rev. Dr. Colleen F. Molinaro
www.carnegiepresby.org

NOTE: Call churches directly for any special services.

Church Corner News

Mt. Pisgah Church, 31 Warriors Rd., Green Tree, will be the location for the following meetings:

Merry Stitchers meet on March 21, 10 a.m.

Daytimers will meet March 31 at 11 a.m.

Joyful Journey Preschool, M-W-F.

Narcotics Anonymous, Thursdays at 8:30 p.m.

Info at 412-921-8444.

Unity Presbyterian Church, Greentree Rd. at Potomac Ave., will be offering Sunday School classes at 9:30 a.m. for all ages. Joyful Noise (4 yrs old - grade 1), Disciple Zone (grades 2-6) and adult classes.

Sun., March 15, at 3 p.m., enjoy the Unity Concert Series featuring Amanda Sage.

Information at 412-561-2431.

St. Pius X Byzantine Catholic Church located at 2336 Brownsville Rd. in Carrick (15210) will hold their annual Pyrohy/Haluka sale every Friday throughout Lent. Varieties include potato/cheese, sauerkraut, and cottage cheese. Time of sale is Noon-5 p.m. To place an order in advance, or if you have any questions, call the church at 412-881-8344. No sales on Good Friday

1st United Presbyterian Crafton Heights Preschool, 50 Stratmore Ave., will be continuing the Lenten Dinner & Worship series on Weds., and will go through April 1. The potluck begins at 6:15 p.m. with worship at 7 p.m. Bring a dish, pizza or dessert to share. They need helpers to set up and clean up so if you can do that, give them a call.

Join for an evening of card making on Mar. 12, at 7 p.m. Create two greeting cards in a class led by Bonnie Schrenker. Limited space and small materials fee. Register at 412-922-8240.

Calling all Parents! Attend the free training event called "Shape the Sky: Creating Responsible Kids on Smartphones," on Apr. 22 at 6:30

p.m. Reserve your spot at kellydix37@gmail.com.

The Food Pantry is in need of cereal, apple juice, canned chicken and tuna, rice, pasta and snack bars.

Exercise indoors M -W-F at 9 a.m. at the church. All levels welcome.

Info at 412-921-6153.

St. Philip Parish will sponsor a *Lenten Soup, Salad and Speaker Series* each Wed. in Lent from 6:15 - 8:30 p.m. in Ascension Conner Hall, 114 Berry St., 15205. A *Reflection and Discussion Series* begins Tues., Mar. 3. Info 412-922-6388

Crafton United Presbyterian Church, 80 Bradford Ave., is still holding the weekly food bank on Tuesdays and Wednesdays from 9:30-12:30 p.m. as part of the Greater Pittsburgh Food Bank. If you wish to receive food, reserve their space by calling 412-921-2293, opt. 3, ahead to schedule their day and time for pickup. Info at 412-921-2293.

Try a Local Fish Fry

Churches and organizations offer a variety of delicious fish sandwiches and meals as well as other seafood dishes, haluski, mac & cheese, pizza, desserts and more!

St. Margaret of Scotland, 310 Mansfield Ave., Fri., March 6 ONLY, 4-7 p.m. Eat in or take out. Call and order at 412-778-8213.

St. Philip Parish/Ascension Roman Catholic Church, 114 Berry St., Fridays during Lent, 4-7 p.m. Dine in and take out available.

Our Lady of Grace, 1734 Bower Hill Rd., Scott Twp., Fridays through Lent except Good Friday from 4-7 p.m. Eat in or call ahead to 412-200-2694 for take out.

Elliott West End Athletic Association 'EWEAA', baseball, softball and soccer teams, Herschel Candy Stand at Herschel St. and Hassler, will be holding their annual Fish Fry every Friday in Lent, 4-7 p.m. ****Take out only**** Call-in Preferred to 412-928-8854. Cash or Credit. Local delivery.

SHERADEN METHODIST CONGREGATION STANDS "STRONG" TOGETHER AFTER FIRE

by Karen Geyer-third generation church family member



Above: Group photo at church. Right: Michael proudly wearing his Sheraden Strong t-shirt.

As a follow up from a story in the November issue about the fire that devastated the church, the Sheraden Methodist congregation gathered together on a cold day in December for a group picture before the church was torn down. Plans are in the making for a new church to be built on the same corner of Chartiers Ave and Citadel Street in Sheraden.

It was about a month after the fire when a member of the congregation said to his mother, "Mom, we should get t-shirts with "SHERADEN STRONG" printed on them." He wanted them for the Sheraden Methodist Dartball Team. His mom said, "Good idea, but let's make sure the congregation each gets one." He then had the idea to sell them to help raise money for the fire fund.

After discussion with the owner of TeamSportswear, Mark Thompson, Mark suggested to make the "T" in STRONG a design as the symbol of the Cross.

Michael Maker, a fourth generation family member of the church is who came up with this entire idea and he even came up with the design himself. His mother, Sandy Maker, took it to Mark to get them printed as orders were being taken.

Michael works at the Crafton Giant Eagle and is a Special Olympic athlete

participating in basketball, as well as other sports over the years. Michael has jumped into the cold icy waters for the Polar Plunge along with the Pittsburgh Police, Port Authority Police and other law enforcement officers to raise money for Special Olympics. He also takes place in the Torch Run to kick off the summer games that take place at Penn State, along with law enforcement. They start at PNC Park in Pittsburgh and go to Penn State. Michael is also very involved in church activities and functions. To this day, a total of 300 shirts have been sold throughout the community and beyond.

The church also has a "GOFUNDME" page "SHERADEN UNITED METHODIST CHURCH-HELP US RISE UP FROM THE ASHES" and a Fire Fund (Sheraden United Methodist Church-Fire Fund) account at First National Bank to help raise money that the insurance may not cover.

The congregation is standing strong through the process of planning the new church and a place for the outreach programs they serve in the Sheraden community and surrounding areas. They ask for your prayers during this time and stand with them as they are "SHERADEN STRONG."

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MR. MAJESTIC AND HIS BEAUTIES, FANCY AND LADY

By Marilyn Sorvas

I was thinking how much I love the beautiful black and white bi-color kitty cats. Look who I found that are all available for adoption... we DO have a bevy of beauties AND a handsome devil here, to be sure.

Mr. Majestic, rescued from West Virginia, is, well, "all that!" He carries himself with a real regal bearing. Surely, he

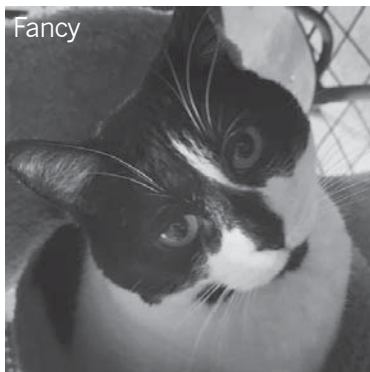


must be descended from the cat who accompanied Marco Polo on his world-wide adventures, or a cat from the royal court of Queen Victoria. Or not. But he is a handsome devil to be sure, with that very tidy white "moustache" and whiskers, and those yellow eyes that bore into one's soul!

Mr. Majestic is very sociable, friendly, playful and gets along with other cats. His dignified look is only enhanced by the tuxedo he wears. He's litter trained, vaccinated, neutered and good with children. He is about two years old and healthy,

testing negative for feline leukemia and FIV. His vacs are up-to-date.

Mr. Majestic would like to introduce us to his companions and female feline friends, Fancy and Lady. Fancy was surrendered by her rather absentee human, where, as a result of the situation, she is a little shy. Being in her current foster situ-



ation helps her become more sociable and therefore helps her toward a great, future forever home. She, too, is up-to-date with shots, spayed and a mature adult female.

Lastly, our trio of black and whites includes the lovely Lady, who has had an underserved "raw deal" served to her. Her former humans simply up and moved without her, leaving her behind to her own devices. She is a mature, refined lady, worthy of her name, who likes dogs, seems tolerant of other cats and

enjoys a high spot while she awaits adoption, watching birds out the window. She



is vet checked, healthy and deserves a situation respectful of her standing. Lady is

being fostered by a kind friend.

All the above can be introduced to you and/or your family. Start off by calling Animal Advocates at 412.928.9777 and leaving a message mentioning you saw this article.

These and others await you at Animal Advocates, 35 Wabash Street, Green Tree, 15220, in the Historic West End. Animal Advocates operates a top notch Thrift Shoppe at that address where one can shop and find great goodies at affordable prices. Shopping and adoptable animals! It's a great combination.

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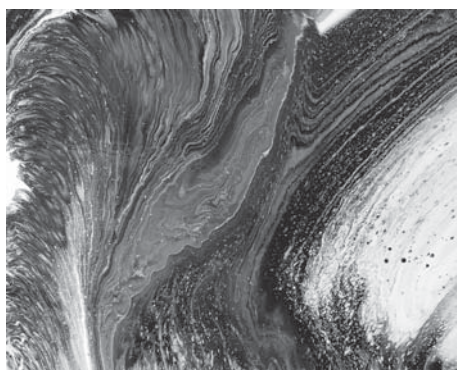
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Chartiers Creek Creative Grand Opening



Chartiers Creek Creative, the new art center on Vanadium Rd. in Mt. Lebanon is celebrating its Grand Opening during the weekend of April 3-5. The event will feature a free interactive augmented reality (AR) art show with complimentary wine, flavored waters and hors d'oeuvres.

The AR exhibit is designed to tell the story of Chartiers Creek Creative, to promote local artists and also to demonstrate art techniques soon to be offered through the Creative. At the show, guests will discover how to identify designated AR art pieces and "activate" them to come to life using a simple app on their phones and tablets. This is sure to be a crowd pleaser for all who attend, including art buffs and techies alike. Staff will assist as needed.

Starting April 7th, the new art center will begin offering classes to the public. From fluid art to happy hour art relaxation classes, and even small furniture and object refinishing workshops, there's something for everyone. They will also feature Pittsburgh Black and Gold classes for our diehard city loyalists!

Leann Schmidt, founder of Chartiers Creek Creative, said the art center has an appeal for nearly everyone, "Let's be honest, almost no one can draw a straight line!" she joked, a reference to the common

protest of those who are not confident in their artistic abilities. "Those without art skills can enjoy the creative activities without the pressure of traditional art tools like paint brushes and pencils." Still, those with art skills will discover new artistic challenges in a variety of art forms. "This isn't just for art enthusiasts. Math and science fans may be surprised to learn they can apply their fields of study to the artwork they will create here." This is no ordinary art center. "We don't just paint on canvas and paper. We paint on tile, ball caps, shoes, skateboards, guitars, lamp bases, lamp shades, night stands, end tables, wood, puzzles and even wedding gowns – just about anything!" she said.



Chartiers Creek Creative is also collaborating with local non-profit organizations and furniture resale stores to provide workshops for small furniture and object refinishing classes, with a goal of keeping usable furniture out of landfills by providing the space, supplies and creative input for refinishing and/or repurposing older or unwanted furniture pieces. One full week of each month will be designated to this workshop.

Sign up for classes and workshops at www.chartierscreekcreative.com

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