

# GREEN TREE TIMES

VOL. 32, NO. 2 • February 2024

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Take a **Leap** with All of Your  Into February Fun



Having fun being creative painting some pottery on a date night.

As February begins, all eyes are on Phil, along with all of our hopes and dreams. Well, I exaggerate a bit, but you understand what I'm saying. Our furry friend will be telling us whether or not we can put the winter coats away early. I'm pulling for an early spring, but either way, we will all be fine because we are Pittsburghers! There are both indoor and outdoor activities all month long.

Dress warm and enjoy the crisp weather and some hot soup at the South Side Soup contest on Sat., Feb. 24. This event pairs businesses with restaurants and offers a variety of soups to taste while showcasing the South Side and all there is to offer. Proceeds benefit the Brashear Association Food Pantry. Tickets sell out fast, so go to [southsidesoup.com](http://southsidesoup.com) on Feb. 9th at 12 noon to get in on the delicious fun!



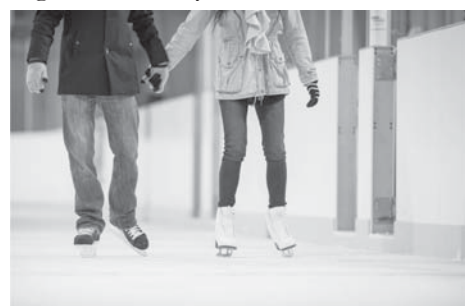
South Side Soup Contest

Sweetwater Center for the Arts is having Folk February and offering

three nights of live folk music along with hors d'oeuvres and cocktails from 6:30 - 9 p.m. on Feb. 9, 16 and 23. Info about the bands at [sweetwaterartcenter.org](http://sweetwaterartcenter.org).

You can't mention February without mentioning Valentine's Day. There are many ways to celebrate the holiday all throughout the month.

An annual tradition is to put on your coat, hat and gloves and go skating at Schenley Park's *Valentine's on*



Valentine ice skating tradition.

*Ice*. The rink is closed this season but the tradition remains and is moved to Highmark Hunt Armory Ice Rink, at 324 Emerson Street, on Feb. 14, 8-10 p.m. Admission includes roses, raffles, Betsy Anne Chocolates, and more. This is for 18 yrs. old and over.

Have a fun Valentine's shopping experience with local artists, makers and sellers at the I Made It! Mine at The Block Northway, Sat, Feb. 3, 11 - 4 p.m. and at I Made It! Sweet at Rockwell Park, Sat, Feb. 10, 12 - 5 p.m.



Shopping I Made It! Mine

~photo courtesy of [imadeitmarket.com](http://imadeitmarket.com)

The Galentine's Day Fashion Show and Brunch will be held on Feb. 11, 11 a.m. - 2 p.m. at the Kimpton Hotel Monaco. Arrive at 11 a.m. to shop Fresh Nostalgia and Women Who Rock. Get a drink or two, your food and then enjoy the show. Tickets include two drinks, brunch and coffee, tea and water. Tickets and info at [monaco-pittsburgh.com](http://monaco-pittsburgh.com).

Feel like a kid again! The Carnegie Science Center is having 21+ Night: Seductive Science on Fri., Feb. 9, 6-10 p.m. Play around with science and experience a night under the stars in the Buhl Planetarium.

The Children's Museum is having a family friendly event, GLOW, on Feb. 10, 5:30-8 p.m. This event



GLOW is back and fun for all!

~photo courtesy Children's Museum

will include Silent Disco, Glow Photo Booth, Face Painting, Glow Graffiti and more. Some of the outdoor fun includes a DJ on the steps, Art Vendor Market, Glow Hula Hoops and more! Fun for everyone! Info at [pittsburghkids.org](http://pittsburghkids.org).

If you are feeling creative, have fun painting, even if you have never painted a day in your life. Painting with a Twist is having a variety of Valentine/Date Night Painting events at both the Robinson and

South Side locations all through February. Your BFF/Date Night painting will involve each person in your "couple" to paint a different painting that when held next to each other, makes one big painting. Cute! Info at [paintingwithatwist.com](http://paintingwithatwist.com).

Kolor-N-Kiln, at the Mall at Robinson, is having Adult Night on Feb. 9 for ages 21+ from 6:30 - 9:30 p.m. Paint/create with pottery, wood, mosaic or glass. They are also hosting a Galentine's Day event on Feb. 13, 6:30 - 9:30 p.m. for 21+ and will include all the fun creating and painting along with chocolates from Chocolate Boutique. Both events are BYOB! Register at [kolornkiln.com](http://kolornkiln.com).

February is filled with much more than just romance. It's filled with thrills and excitement! Monster Jam is back again this year at PPG Paints Arena! These giant custom designed trucks perform amazing stunts and it is definitely anything but boring to watch! The event is Feb. 9-11. Info and tickets at [monsterjam.com](http://monsterjam.com).

Have a date night, friends night or, for that matter, family night out at an Escape Room. Pittsburgh has many to choose from and they all offer something a little different.

The object is to enter the room and get *pretend* locked in for about an hour of time while you try to solve puzzles and follow clues to gain access to a key to let you out. It may sound scary and some are meant to be a little more "heart-racing" than others but it does not have to be. Find information and book tickets on their websites at [breakoutgames.com/pittsburgh](http://breakoutgames.com/pittsburgh), [escapetheroom.com](http://escapetheroom.com) and [escaperoompgh.com](http://escaperoompgh.com).

February is the shortest month of the year but this year it has an extra day for Leap Year. Did you know there is a special Leap Year cocktail?

The PA Market in the Strip is having Leap Year Cocktails and charcuterie plate snacks on Feb. 29, 6:30- 8 p.m.

How are you going to celebrate that extra day?



# MUSINGS...INSTEAD OF NEW YEARS RESOLUTIONS



*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.*

*Between stimulus and response, there is a space.*

*In that space is our power to choose our response.*

~Victor Frankl

Happy New Year!

I gave up New Year's Resolutions when most of mine were forgotten almost immediately.

For many years now, I've found it more useful to focus each year by choosing a simple word as my theme or my North Star for the year. During the year I frequently contemplate the word and try to live into it.

## 2023 – Essentialism Report

My 2023 word was Essentialism, namely prioritizing what is important and letting go of the rest.

The biggest impact came from letting go of some big commitments. It was time. I am less busy. I almost never listen to news, which keeps me happier than other people. I have

stayed close to nature and to people I love. There is more spaciousness in my life, which feels delicious!

## 2024 – Choices

My theme for 2024 is Choices. I want to pay attention to all the choices in my life – every day.

Truly our lives are an intricate tapestry woven with the threads of our choices.

Here are some of the choices I plan to notice:

- What to eat
- What to wear
- Whether to exercise, or not
- How I manage my time
- When I go to bed
- Seeing others or judging them
- Reacting to others, or not
- What I buy, or don't
- How I contribute to society
- How to see myself more clearly
- Where I focus my attention
- Letting outer circumstances determine my inner state, or not

• Hauling around negative experiences or setting them down

I often make choices automatically, with little awareness. This year I want to become more aware of my choices, and examine the assumptions, conditioning and beliefs that often hide the choice points from me.

I'll let you know next year how it goes.

And You?

## COACHING QUESTIONS:

1. What word will you choose to focus your 2024? Sit quietly with this question and see what bubbles up. (Choose wisely, since it really can shape your year.)
2. Write the word on 3 sticky notes and put them in spots you'll see, like your computer, the bathroom mirror, and your dresser.
3. Keep a journal reflecting at least once/month on how the year's theme shows up for you.
4. Let me know how it goes.

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## Green Tree Rotary Rings the Bell for Salvation Army



Rick Canello and Steve Burkett.

~photo courtesy of GT Rotary

Again this year, members of the Green Tree Rotary Club rang the bell for the Salvation Army at the Giant Eagle on Cochran Road. The weather was mild and clear ... a welcome change from the freezing cold and whipping winds in previous years.

Shoppers were very generous and seemed to have the holiday spirit. Barb and Sandra sang Christmas carols, accompanied by YouTube Music from the app on Barb's cell phone and amplified through her wireless speaker. Several shoppers joined in as they tucked money into the kettle, and everyone seemed to have the holiday spirit.

“FOR TODAY'S PARTICULAR PEOPLE”

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## Small Steps Will Help You Stay on the Right Path to Heart Health



Jayesh Gosai, M.D.

February is “Heart Month”, and a good time to raise awareness about heart disease and the importance of heart health. According to the Centers for Disease Control and Prevention, cardiovascular disease is the leading cause of death in the United States; approximately one in every three deaths is from heart disease and stroke. The path to good health is paved with small steps. You can take action for your health and lower your

risk of developing heart disease by starting with a few simple steps:

1. Exercise. Regular exercise does not have to be strenuous. You can do anything physical that keeps your heart rate up for 30 minutes — or even 20 minutes. Consider walking, biking, running or a low impact routine. Be consistent and keep to a five-day-a-week program. If you’re not active now, check in with your doctor first to see if there are any limits on what you can do.

2. Stay active throughout the day. Sitting most of the day at the office or at home puts you at risk for heart disease, even if you follow a low or moderate exercise plan. Take breaks from that sitting position. Get up and get your limbs moving and your blood pumping. Try standing while talking on the phone, engaging in Face Time or answering emails. If you check emails and social media on your mobile device when you’re on a break, get up and pace around the room at the same time. Keep moving.

3. Stick to simple food groups and a classic diet. The best way to eat for optimal heart health is not complex. The tried-and-true classics are still your best choices:

- Fruits and vegetables
- Whole grains, like brown rice and other unrefined carbs
- Nuts, seeds, and legumes, such as chickpeas and lima beans

Do not fry foods or smother them in dressings, sauces, butter, cheese, etc. That will raise your “bad” (LDL) cholesterol that clogs your arteries. Studies prove that eating less red meat and more lean meats and fish supports your heart. Limit red meat meals to once or twice a week and avoid fatty cuts of beef and pork.

4. Don’t Smoke. Smoking tobacco greatly increases your risk of heart disease. If you smoke, get into a program that will help you stop — you will extend the life span of your heart and lungs from the very first day you become smoke-free.

5. Relax. Stress is part of life, but the problem is not the circumstances that cause stress but how you respond. When you are under pressure, your body produces adrenaline, which can overwork the heart. One way to

relieve stress is to go back to the first tip on this page —Exercise helps the body handle stress and can reduce anxiety. Journaling, meditating, talking to someone (a trusted friend or professional counselor) can help you learn to manage anxiety and stress.

6. Shut down. You need sleep for your body to reboot and recover. Sleep is essential for all aspects of your health, not just the heart. When you’re asleep, your body lowers your heart rate and blood pressure. This gives your heart a much-needed break. Without it, you’re stressed and you’ll crave fuel from high-calorie foods that are not heart-healthy. Once again, we are back to the first step on the list: Exercise. Exercise can help you get more rest. You can also try turning off phone, computers, TVs at least one hour before sleep. Avoid caffeine and sugar laden foods, especially later in the day.

7. Know Your Numbers. The best way to diagnose heart health issues early is to see your doctor at least once a year to monitor your blood pressure, cholesterol and triglycerides (LDL and HDL), Body weight, and blood glucose levels. Be sure to take the time to discuss results with your physician.

### Community News and Events

On Thurs., Mar. 7, **The Green Tree Garden Club** will have lunch at 11am, followed by a presentation entitled, “Plant Propagation” by Janel Morrison of the Bidwell Training Center Horticulture Dept. Come and learn some of the basic techniques used in reproducing plants from a single parent plant. This will take place in the Hemlock/Sycamore Meeting Room at the Green Tree Municipal Center, 10 West Manilla Ave. Guests are welcome to attend the meeting at 12:15pm at no cost. Reservations are required for lunch for a small fee. Interested in Membership? Contact Roni Conard, 717-747-6565 or Kevin Maurer at 412-922-8816.

#### Listen Locally Downstairs:

#### Mardi Gras with The Red Beans & Rice Combo

Enjoy some New Orleans and Mardi Gras tunes to celebrate the last weekend of Carnival season downstairs at the Studio of Andrew Carnegie Library on Feb. 13, 6:30 p.m. Complimentary snacks. Beer and wine by donation. BYOB not permitted.

New to the North Hills this performance season will be the **Carnegie Performing Arts Center** presenting the children’s play **Alice In Wonderland** and the ballet **Madeline** at the Greater Pittsburgh Masonic Center located at 3579 Masonic Way in the North Hills.

The Children’s Play, Alice in Wonderland, will be performed Saturday, February 24, 2024 at 7 p.m. Madeline will be presented April 13 and April 14, 2024, and the Carnegie Performing Arts Center Spring Recital will be held on Fri., June 21, 2024 which features choreography from graduating seniors and teachers from the school.

Tickets for the performances range from \$18-\$24 and can be obtained by going to the Carnegie Performing Arts Center website, [www.carnegieperformingartscenter.com](http://www.carnegieperformingartscenter.com) and clicking on the ticket link. For information about the school, please call 412-279-8887 or email [info@carnegieperformingartscenter.com](mailto:info@carnegieperformingartscenter.com). (See ad on back page)



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# The Fishin' Hole



Sam Hall

As I type this there are 66 short days until the first day of Trout Season 2024. April 6, 2024 will come very quickly, and it can't get here soon enough for some people in Southwestern Pennsylvania. But the 66 between now and then still offer some amazing fishing opportunities on our local fisheries. This winter, fishing local waterways has been very rewarding for me! I know a lot of other folks have been having luck, too, because, the bait shop where I do my bait shopping runs out of shiners often and they get a delivery every Thursday morning all year long.

It was long my practice to dramatically cut back on fishing during the winter months. I have never been a fan of ice fishing because I feel afraid on the ice no matter how safe it might really be. I don't like to be cold, and I hate to be cold and wet. If you're fishing around here in these winter months you're certainly going to be cold, and likely cold and wet at least some of the time. One thing that makes uncomfortable conditions more comfortable is action and catching, as opposed to just fishing. Shiners have opened up an entire new season of fishing for me this winter. Walleye on the local creeks have been biting all through the winter and it seems once they get going their eating turns on both the Sauger and even the Smallmouth Bass. I caught more fish this past December and January than I have ever caught during those months in an entire lifetime of fishing. The bite can be slow during particularly frigid days but I have fished every single Saturday morning except one during the last three months. There has only been

one single Saturday morning when I did not catch at least one nice fish.

It's the shiners! They pack a lot of calories for game fish to eat and even when the Walleye or Bass are feeling sluggish they can't pass up a delicious shiner. Even rainy, high-water conditions have yielded fish to me this winter. Finding some slack water to fish in is the only challenge. During winter months, game fish are looking to use up the least amount of calories they can and will avoid fast moving water. Find a slow spot and they will be stacked in there. Offer them some calories and they won't be able to resist. The Wiper I have in the picture with this article was caught on the Ohio River during a time when the Mon Wharf was

flooded. The river was very high and muddy, but I found a spot that gave the fish a place to rest one Saturday morning in January and I only left because I ran out of bait. Another bonus of winter fishing is you almost never have to deal with a lot of other anglers. Most people are staying home and staying warm and dry. You can go catch all their fish!

I am still counting down the days to springtime fishing. I love to get a little sunburned while I am fishing, but I am starting to enjoy getting a little windburned as well. Keep those lines tight and send your stories and pictures to [samdhall@comcast.net](mailto:samdhall@comcast.net). Some of you are waiting 66 days until you go fishing. Why not fish, while you wait to go fishing?!



Catching fish like this keeps me coming back in the cold temps!

~photo courtesy of Sam Hall

## LIBRARY INFORMATION

### Fun Programs

ask a  
librarian

Fun programs for all age levels are available at the libraries so try attending some events. Be sure to call or visit the website for more information.

Most activities are in person. Check with the library near you for the details.

#### GREEN TREE PUBLIC LIBRARY

10 Manilla Ave., Pittsburgh, 15220  
[greentreepubliclibrary.org](http://greentreepubliclibrary.org), 412-921-9292

#### SCOTT TOWNSHIP PUBLIC LIBRARY

301 Lindsay Rd., Scott Twp., 15106  
[scottlibrary.org](http://scottlibrary.org), 412-429-5380

#### CARNEGIE LIBRARY OF PITTSBURGH MAIN - OAKLAND

4400 Forbes Ave., Pittsburgh, 15213  
[carnegielibrary.org](http://carnegielibrary.org), 412-622-3114

#### CARNEGIE LIBRARY OF PITTSBURGH MT. WASHINGTON

315 Grandview Ave., Pittsburgh, 15211  
[carnegielibrary.org](http://carnegielibrary.org), 412-381-3380

#### CRAFTON PUBLIC LIBRARY

140 Bradford Ave., Pittsburgh, 15205  
[craftonpubliclibrary.com](http://craftonpubliclibrary.com), 412-922-6877

#### CARNEGIE LIBRARY OF PITTSBURGH WEST END

47 Wabash St., Pittsburgh, 15220  
[carnegielibrary.org](http://carnegielibrary.org), 412-921-1717

#### THE ANDREW CARNEGIE FREE LIBRARY AND MUSIC HALL

300 Beechwood Ave., Carnegie,  
[carnegiecarnegie.org](http://carnegiecarnegie.org), 412-276-3456

#### CARNEGIE LIBRARY OF PITTSBURGH SHERADEN

720 Sherwood Ave., Pittsburgh, 15204  
[carnegielibrary.org](http://carnegielibrary.org), 412-331-1135

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# Fun and Games for Kids

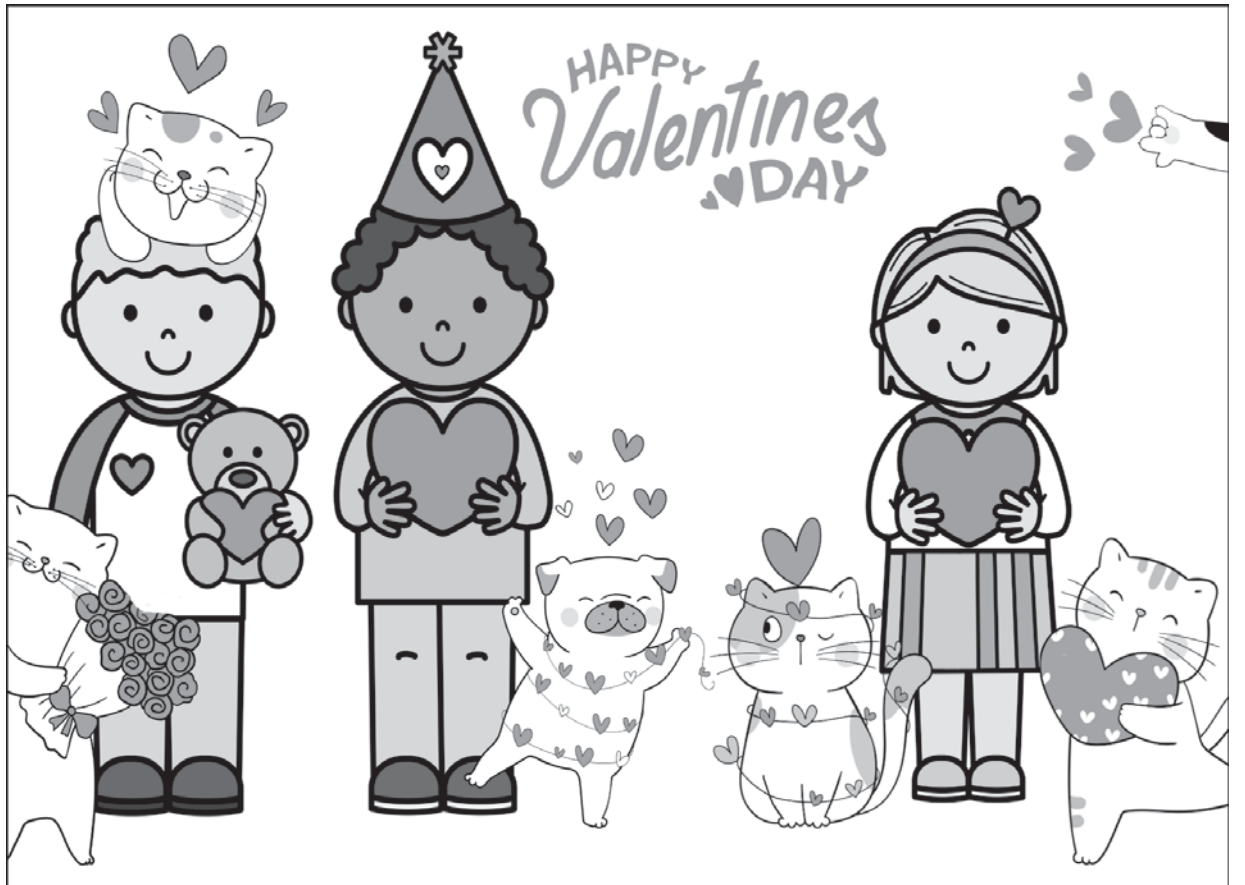
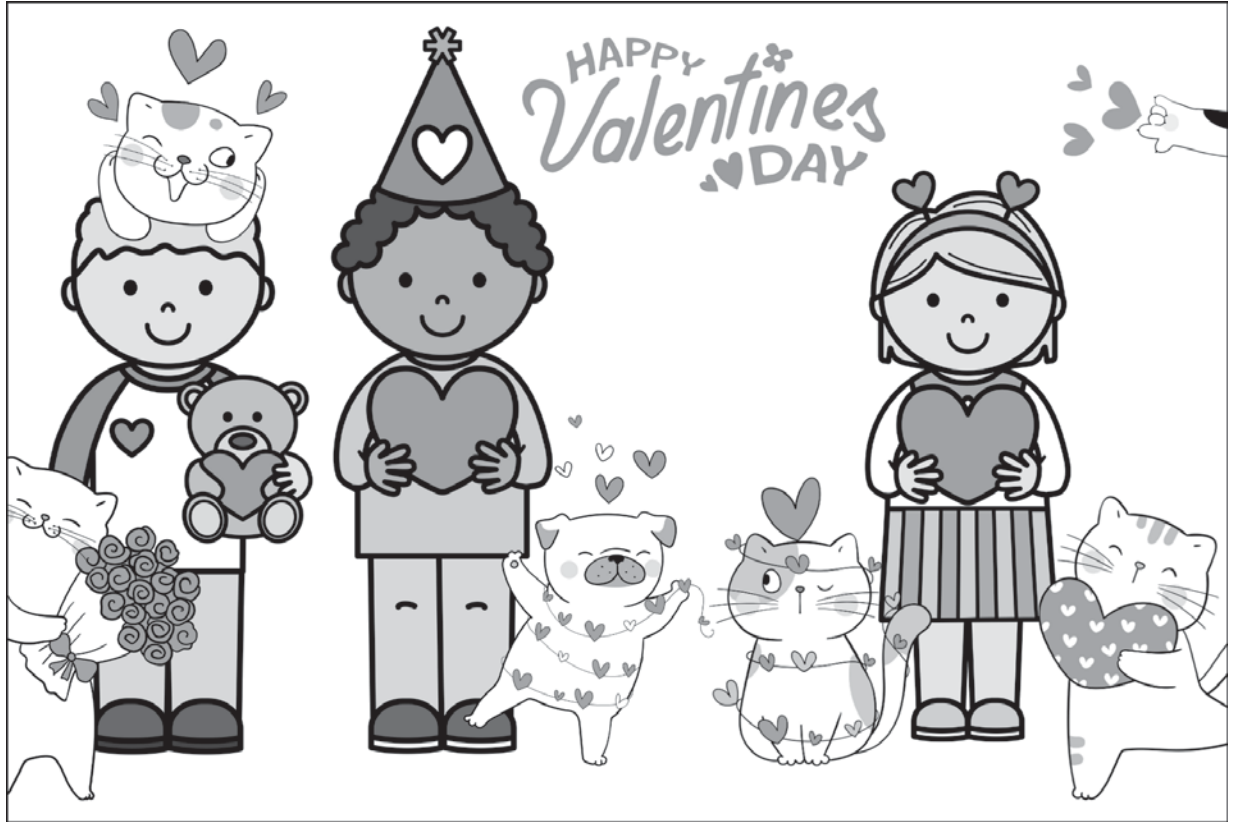
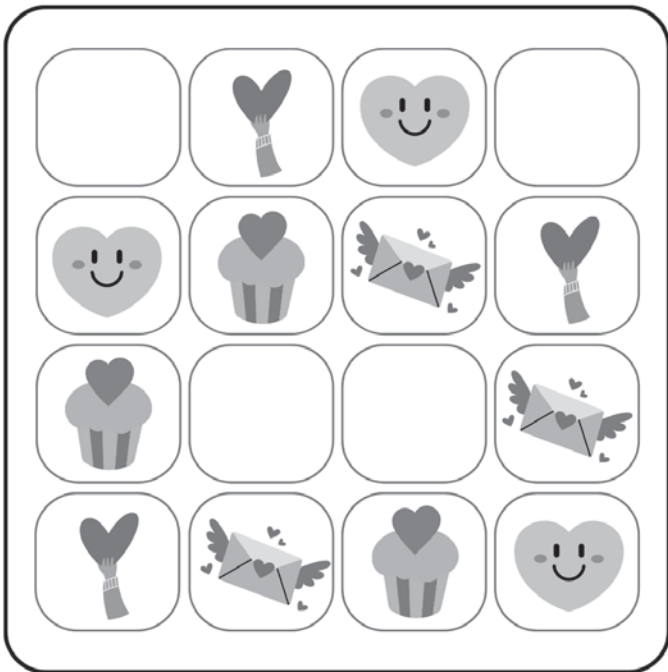
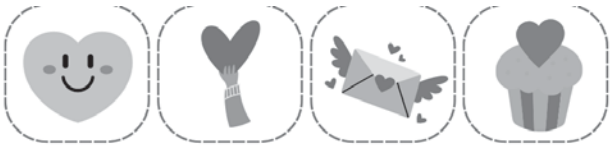
(Answers on back page)



## Valentine's Day Sudoku

Find the 10 differences between the pictures below.

Each row across and column down needs one of each image. There can't be more than one in any row or column. Where does each image belong?



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# Church Directory

## Saint Stephen Lutheran Church

55 Forsythe Road, Pittsburgh 15220  
Off Greentree Road in Scott Twp.  
[ststephenpittsburgh.org](http://ststephenpittsburgh.org)  
412-279-5868  
Pastor Maurice C. Frontz III, STS  
[Facebook.com/ststephenpittsburgh](https://www.facebook.com/ststephenpittsburgh)

## 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](mailto:carnegiechristianchurch@gmail.com)

**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.

## United Presbyterian Church in Ingram

30 West Prospect Avenue  
412-921-2323  
**Website: [ingramupchurch.org](http://ingramupchurch.org)**  
Rev. Wayne D. Meyer

## 1<sup>st</sup> United Presbyterian Church of Crafton Heights

50 Stratmore Avenue  
412-921-6153  
Sunday School: 9:30 a.m.  
Live and in person Worship  
on Sundays at 10 a.m. and on  
[Facebook.com/Dave.Carver](https://www.facebook.com/Dave.Carver)  
All are welcome!  
Pastor: Dave Carver

## Mount Washington Baptist Church

112 W. Sycamore, Mt. Washington  
412-431-8396  
**[mtwashingtonbaptistchurch.org](http://mtwashingtonbaptistchurch.org)**  
Independent-Fundamental-  
Premillennial-Soulwinning  
Rev. Ray G. Cunningham, Pastor

## Church of the Nativity (Episcopal)

33 Alice Street, Crafton  
412-921-4103  
**[www.nativitychurch.org](http://www.nativitychurch.org)**  
The Rev. Shawn Malarkey

## The Parish of St. Raphael the Archangel

412-857-5356  
**[straphaelcgs.org](http://straphaelcgs.org)**  
Live Streaming Mass and In person  
St. Margaret of Scotland  
Ss. Simon and Jude  
St. Elizabeth Ann Seton  
Pastor: Fr. Robert Grecco  
Parochial Vicar: Fr. Aleksandr Schrenk  
Deacons: Kevin Lander, Paul Lim,  
and Jim Mackin

## Carnegie Primitive Methodist Church

640 Dow Ave., Carnegie, 15106  
(Corner of Fountain St. & Dow Ave.)  
Worship Sundays 11 a.m.  
[carnegiepmc.com](http://carnegiepmc.com)  
412-207-2233  
Todd Pastorius, Pastor

## Church of the Atonement (Episcopal)

618 Washington Avenue, Carnegie,  
PA 15106  
412-279-1944  
The Rev. Ben Wright  
**[www.atonementcarnegie.org](http://www.atonementcarnegie.org)**  
[www.facebook.com/atonementcarnegie](https://www.facebook.com/atonementcarnegie)

## All Saints Polish National Catholic Church

500 Fifth Street, Carnegie  
412-276-2462 Fax: 412-276-9677  
**[www.allsaintspncpa.org](http://www.allsaintspncpa.org)**  
[all.saints.pnc.church@verizon.net](mailto:all.saints.pnc.church@verizon.net)  
The Rev. John Dinello  
Independent - Catholic - Sacramental  
Contact regarding services.

## Mt. Pisgah Presbyterian Church

2350 Noblestown Rd.  
Noblestown Shopping Center  
Pgh, PA 15205  
412-921-8444  
Sunday Live Stream  
Worship at 9:45 am  
Go to: [mtpisgahgreentree.org](http://mtpisgahgreentree.org)  
Rev. Tom Ribar, Pastor

## Crafton United Presbyterian Church

80 Bradford Avenue  
412-921-2293 Fax: 412-921-0348  
Sunday Worship - 11 a.m.  
**[www.CraftonUP.com](http://www.CraftonUP.com)**  
Office: 9-1 p.m., T, Th, Fri

## Unity Presbyterian Church

"Serving God, Loving All."  
Greentree Road at Potomac Ave.  
Phone: 412-561-2431 Fax: 412-561-0696  
**[www.unitypresbyterianchurch.org](http://www.unitypresbyterianchurch.org)**  
[facebook.com/unitypresbyterianchurch](https://www.facebook.com/unitypresbyterianchurch)  
Sundays 10:30a.m. -Live and Streaming  
Rev. Dr. Karen Claassen

## 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

90 Hawthorne Ave.,  
Crafton, PA 15205  
412-921-2504  
Handicapped Accessible  
Sunday Worship - 10:30 a.m.  
Bible Study - 9:30 a.m.  
Sunday School - 10:30 a.m.  
Pastor Paul Nigra  
**[www.hawthornechurch.org](http://www.hawthornechurch.org)**

## 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](http://www.carnegiepresby.org)**  
Go to website for virtual worship.

## Bible Baptist Church

412 Old Washington Pike  
Carnegie, PA 15106  
412-276-7717  
**[bbcpittsburgh.com](http://bbcpittsburgh.com)**  
Sunday Services:  
Live stream at 11 a.m. on  
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