

# GREEN TREE TIMES

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## Ring in the New Year with a Month Full of Activities For Everyone



Taking to the slopes is probably one of the most fun and exciting ways to spend a winter day!

Well, I can't say that the weather feels like winter but the New Year's Eve clock will strike midnight and 2020 will march in whether it's 50 degrees or 10 below.

The fast paced month of December is behind us and we have a few months of slow moving, shorter, and colder days ahead. Perfect! Finally, time won't seem like it's flying by.

This does not mean a lack of fun opportunities, just maybe enjoying things at a slower pace. Also, after all of the additional spending of December, you can save a few dollars with some free January activities.

One thing that doesn't cost a dime is walking. There are many different walking tours around the Pittsburgh area.

Take a free walking tour of downtown Pittsburgh or the North Side through [freetourspittsburgh.com](http://freetourspittsburgh.com). Go to the site, book the time and after enjoying the tour, you decide what price you want to pay, if any. You can't beat that!

There are self guided walking tours courtesy of the Pittsburgh History and Landmark's Foundation. Go to [phlf.org](http://phlf.org) to download a free guide.

Another free tour is the quarterly Gallery Crawl in the cultural district on Jan. 24, 5:30-10 p.m. This event

includes galleries, storefronts, and public spaces along with dance performances, live music, and hands-on activities. Info [trustarts.org](http://trustarts.org).

There is plenty of free music to enjoy in Pittsburgh. Every third Thursday, WYEP offers a free monthly happy hour featuring great live music. Doors open at 6:30 and is first-come, first-served.

The Pittsburgh Banjo Club opens the Wednesday practice sessions to anyone who wants to listen. Sing along while enjoying 40+ banjo players at the Allegheny Elks Club. Starts at 8 p.m. Beer available.

If you like jazz, head to The Cabaret at Theater Square, Backstage Bar and Agnes R. Katz Plaza for JazzLive. This free event takes place on Tuesdays, 5-8 p.m.

A very free and fun thing to do, if it ever snows, is to build a snowman, go sledding or just have an old fashioned snowball fight.

Not free, but very affordable, is an event that is also a fundraiser called "Empty Bowls" Open Ceramics Studio at Sweetwater Art Center. It will be held on Jan. 18 from 11 a.m.-1 p.m and 2 - 4 p.m. You can create a bowl on the wheel or through hand building that will then be donated to the "Empty Bowls" program helping

in the fight against hunger sponsored by Just Harvest. Instructors will be available to help. Register at [sweetwater artcenter.org](http://sweetwater artcenter.org).

This next event isn't free, but you will save money compared to dining during a different time. Pittsburgh Restaurant Week will be held Jan. 13-19. This event encourages people living in the suburbs to head downtown and the surrounding neighborhoods and to try the different foods available at a discounted rate all week long. Check out [pittsburghrestaurantweek.com](http://pittsburghrestaurantweek.com) for the list of restaurants and the deals being offered.

Some fun things that can only be enjoyed during the winter months involving the cold and snow, aren't free, but well worth the price!

Ice skating outdoors can be really fun. Schenley Park has family night skates on Thursdays 7-9 p.m. and adult only skates on Tuesdays 9:30 - 11:30 p.m. More info at 412-422-6547. MassMutual Pittsburgh Ice Rink at PPG Place is also a great outdoor spot to skate. Both North Park and South Park have open ice rinks this winter.

Pittsburgh is very close to some excellent skiing, snowboarding resorts. All of the resorts offer lessons for all ages that are interested in learning. The closest places are Seven Springs ([7springs.com](http://7springs.com)), Hidden Valley ([hiddenvallyresort.com](http://hiddenvallyresort.com)), Laurel Mountain ([laurelmountainski.com](http://laurelmountainski.com)), Boyce Park ([alleghenycounty.us/parks/bpfac.aspx](http://alleghenycounty.us/parks/bpfac.aspx)), Mystic Mountain ([nemacolin.com](http://nemacolin.com)) and Wisp Resort ([wispresort.com](http://wispresort.com)).

Most also offer snow tubing, which requires no effort at all, other than flying down the hill while screaming with excitement! If you want to just watch others in your group, you can sit in the various warm lodges and watch through the windows while enjoying some food and drinks.

January is an important month to the Irish because Robert Burns, the

most well respected Scottish poet was born on Jan. 25, 1759. Every year tribute is paid to Robert Burns through events known as Burns Suppers.

The MacDonald Pipe Band hosts a Burns Supper each year. This event on Jan. 25, at 6 p.m. at Holy Trinity Greek Orthodox Church in McCandless will be filled with poetry, food, costumes, piping and Highland music. There is traditional format to the event including the "Toast to the Lassies" and the Ladies' Response. There is a Scottish marketplace to purchase Celtic merchandise. Info at [www.macdonaldpipeband.net](http://www.macdonaldpipeband.net).

You can step into the magic of Cirque Du Soleil OVO at PPG Paints Arena on Jan. 23-26. This type of show isn't able to be described but must be experienced. Info at [cirquedusoleil.com](http://cirquedusoleil.com).

As I finish this article, I find myself thinking of this new year about to begin and my hopes of it being a good one.

It's a time when many people make resolutions to better their lives. I've done that as well in the past.

This year I'm just going to be hopeful for a year filled with family, friends, love, good change, and nothing that I can't handle or get through. I wish the same for all of you. Happy New Year!



Throw Back to 2005: My daughter Lexi with her snowman.

# New Year Resolution: Get More Sleep to Get Healthy



Jayesh Gosai, M.D.

You may have slept through this year's "Festival of Sleep Day" (January 3) but the event's focus — the health benefits of sleep — is an important message to consider as the New Year begins. Numerous studies have found that insufficient sleep increases a person's risk of developing serious medical conditions, including obesity, diabetes, and cardiovascular

disease. With busy lifestyles, the potential long-term health consequences of insufficient sleep are often overlooked. Medical conditions develop over long periods of time and result from a number of factors, such as genetics, poor nutrition, and lack of exercise. Yet, insufficient sleep is now being linked to these and other health problems as a hidden risk factor.

Although scientists are just beginning to identify the connections between insufficient sleep and disease, most experts have concluded that getting enough high-quality sleep may be as important to your health and well-being as nutrition and exercise.

Determining the risks of insufficient sleep is complicated but more than a few studies show that reducing sleep, even by just two or three hours per night, can have dramatic health consequences:

**Obesity:** Several studies have connected insufficient sleep and weight gain. One study found that participants who slept fewer than six hours per night on a regular basis had more excess body weight, while people who slept an average of eight hours per night had the lowest relative body fat of the study group.

**Diabetes:** In one study, people who reported sleeping fewer than five hours per night had increased risk of having or developing type 2 diabetes.

**Cardiovascular disease and Hypertension:** A recent study concluded that even just a few hours of reduced sleep (six to seven hours per night) was associated with increased the risk of coronary artery calcification, a predictor of future myocardial infarction (heart attack) and death due to heart disease.

**Immune function:** Lack of sleep can negatively affect the immune system. New research suggests that sleep deprivation may decrease the ability to resist infection. For example, a study found that people who averaged less than seven hours of sleep a night were three times more likely to develop cold symptoms than volunteers who slept eight or more hours of sleep (when exposed to the cold-causing rhinovirus).

Insufficient sleep can ultimately affect a person's life expectancy. An analysis of data from three separate studies suggests that sleeping five or

fewer hours per night may increase mortality risk by as much as 15 percent.

While "a good night's sleep" is no guarantee of good health, it does help to maintain many vital functions. Major restorative functions in the body such as tissue repair, muscle growth, and protein synthesis occur almost exclusively during sleep.

It is important to talk to your doctor if you have trouble sleeping or feel sleep-deprived. Here's a few tips to help establish healthier sleep habits:

- Keep a consistent sleep schedule.
- Wake up at the same time every day, even on weekends or during vacations.
- Set a bedtime that is early enough to get at least 7 hours of sleep.
- If you don't fall asleep after 20 minutes, get out of bed.
- Establish a relaxing bedtime routine.
- Turn off electronic devices and bright lights at least 30 minutes before bedtime.
- Don't eat a large meal before bedtime.
- Exercise regularly and maintain a healthy diet.
- Avoid consuming caffeine in the late afternoon or evening.
- Avoid consuming alcohol before bedtime.
- Reduce your fluid intake before bedtime.

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## MUSINGS . . . THE DUTY OF DELIGHT

by Sharon Eakes



*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.*

*You will find truth more quickly through delight than gravity.*

*Let out a little more string on your kite.*

Alan Cohen

*Kick It Up a Notch*

After writing about Gratitude last month, I was delighted to hear from several readers who had started a gratitude practice. Ross Gay, one of my favorite writers, and a dedicated gratitude practitioner, wrote a book called Catalog of Unabashed Grati-

tude. Then he kicked it up a notch, letting out a little more string on his kite. On his 42<sup>nd</sup> birthday, he decided to write one mini-essay each day for a year about some delight in his world. This culminated in the publication of The Book of Delights. He describes how writing these essays occasioned a kind of "delight radar; his "delight muscle" grew.

"I felt my life to be more full of delight. Not without sorrow or fear or pain or loss. But more full of delight. I also learned this year that my delight grows — much like love and joy — when I share it."

Then he adds a little delight:

"Did I mention the hummingbird hovering there with its green-gold breast shimmering, slipping its needle nose in the zinnia?"

It is significant that Ross Gay is a black man living in America. Not the easiest thing to be in this day. But that fact makes his focus on delights all the more compelling, more poignant.

*Delight Provides Balance*

Journalist and social activist Dorothy Day loved to quote John Ruskin, who urged us all to the "Duty of Delight." It was a reminder to be watchful for the funny, the heart-warming, the silly, even when life is difficult. Sometimes people feel guilty experiencing joy and delight when there is so much misery in the world. This message is that there is always delight to be had. Even for the grieving. For the sick. For the poor. Moments for us to notice. Ex-

perts have described ideal mental health as having access to a full range of feelings. Delight is one of them.

What an idea: Add Delight to our to-do lists. I like this idea sooooo much. Instead of focusing on what's most horrible in the world, we can search out, notice, and even share what delights us.

In fact, maybe this is what's been missing with all our focus on what's not working, what's unjust, what threatens us. Maybe, by tuning into the always-present delights, we can create some balance, some joining. Your sorrow with mine, your delight with mine. And in that process, create a better world.

*The Practice of Delight*

Start small to grow your delight muscle: Notice an antic of your cat. A sweet memory. A delicious meal. A card from a friend. A small interaction with the cashier at the deli. The beauty of a snowflake or a tree out your window. Stay with the delight a few seconds. Let it settle inside you.

I like to think a gratitude practice and a delight practice feed each other.

With that thought in mind, I've decided that my theme for 2020 will be Delight. I plan to find and share all the delight I can in this new year with its perfect eyesight name (2020). I'm hopeful that this theme will help bring clarity of vision and previously unimagined perspectives. Taking Cohen's advice, I'm planning to let out a little more string on my kite.

### COACHING QUESTIONS/TIPS

1. Pay attention to what delights you for the next day....and then the next....
2. Share what you notice with at least one person.
3. How is your delight radar growing?
4. How does it feel to share your delights?
5. What's your theme for 2020?

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# The Fishin' Hole



by Sam Hall

Here it is. I see it with perfect clarity. Yes, 2020 is here and that means it is time for you to buy your fishing license for the year. As always, I recommend you purchase it online at [www.fishandboat.com](http://www.fishandboat.com). It is fast and easy AND you can print as many copies as you like. That way, you don't have to worry about losing your license or having it get ruined if you find yourself fishing in the rain, which seems to happen to me a lot. Also,

you can buy multi-year licenses and save some money should you be so inclined. As for the 2020 license, the one year annual resident checks in at \$22.90. It is an additional \$9.90 for the Trout/Salmon stamp and another additional \$9.90 for the Erie Stamp. You need the Erie stamp for the tributaries as well as the lake.

The warm and very, very wet end of 2019 has, as of this writing, blown out nearly all the tributaries up in Erie, making them unfishable for a day or two. This is better than the reverse, of low and clear streams. Low and clear means less fish are entering the tributaries. High, fast unfishable water is frustrating but that changes very quickly when the rain finally stops falling. Erie tributaries clear up way faster than our local streams and rivers as they are mostly shale-bottomed and drain very quickly right into the lake. The high water invites many new

fish into the streams and allows them to spread great distances in the streams as well. Fish will be all over when the streams become fishable again. It is a win-win situation for anglers. It's a chance to walk away from the crowds at the mouths of the streams and still be where there are great numbers of fish.

Speaking of wins, on a personal note, my nephew has taken a job in Erie and this should expand my trips up north tremendously as I now have a place to stay whether he likes it or not! It won't be easy bunking with a Penn State graduate but, these are the things we put up with for a shot at some of the best steelhead fishing in the nation.

Locally, the high-water spots in the rivers remain hot, the mouth of Montour Run in the back channel of the Ohio River has been producing white bass and a lot of very nice sized

walleyes for anglers. Raccoon Lake and North Park Lake have been giving up decent amounts of stocked trout to anglers using mealworms and night crawlers.

If you are hoping for hard water, it has not been good weather for anything to be safe. Maybe later in January and February things will become fishable on Moraine. For now though, I have been hearing there are nice perch hitting minnows close to the shore in some of the coves at Moraine. Go get them!

Fishin' Hole reader Willie Bedenbaugh (pictured) caught this beautiful steelhead up in Erie this fall. Willie says the trick is in making the drift of your bait look as natural as possible to the fish. He is certainly doing something right!

Send your pictures and stories to [samdhall@comcast.net](mailto:samdhall@comcast.net), keep those lines tight and Happy New Year!!!

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A beautiful steelhead trout caught in Erie by Willie Bedenbaugh.

~photo courtesy of Willie Bedenbaugh

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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  
**Book & Film Club**, Jan. 6, 2 p.m., "Boy Erased."

**Author Visit: Liz Milliron**, Jan. 7, 7 p.m. for adults.

**Art Discussion Group**, Jan. 13, 2 p.m.

**Adult Board Games**, Jan. 11, 12-4:30

**Tail Waggin' Reads**, Jan. 13, 4 p.m.

**Add Color and Interest to Your Garden**, Jan. 15, 2 p.m.

**Cookbook Club**, Jan. 17, 2 p.m.

**Learn About Hospice Care**, Jan. 22, 2 p.m.

**Create Together**, Jan. 25, ages 6 and up.

**Bathtub Teas DIY Workshop**, Jan. 29, 7 p.m.

**Family Movie Night**, Jan. 30, 6:30 p.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.

**Kid's Club!**, Jan. 6 & 20, 6 p.m., for K-2.

**Cooking Club**, Jan. 20, 5:30 p.m.

**Conversation Salon**, Jan. 13, 1 p.m.

**Seasonal Arts & Crafts**, Jan. 8, 3:30 p.m. for adults.

**Adult Scrabble and Games**, Tuesdays

**Make Snow Globe**, Jan. 11, 11 a.m., all ages.

**Senior Chair Exercises**, Tuesdays

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

**LEGO Club**, Jan. 15, 6:30 p.m.

**Book Club**, Jan. 17, 2:30 p.m., adults.

**Code, Create, Play**, Jan. 17, grades K-5 for hands-on tech.

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

**Adult Color Time**, Jan. 10 & 24, 2 p.m.

**Crochet Mats for the Homeless**, Jan. 11, 11 a.m. for adults.

**Kazooapalooza**, Jan. 25, 2 p.m. for all ages.

**British Discussion Group**, Jan. 27, 6 p.m. adults & teens.

**Bingo with LIFE Pittsburgh**, Jan. 28, 2 p.m.

**Cult Movie Classic Series**: 1-3 p.m.

**Dial M for Murder** - Jan. 7, The Maltese Falcon-Jan. 21.

## CARNEGIE LIBRARY OF PITTSBURGH 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**, Jan. 8, 15 & 22, 3:30-5 p.m.

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

**Tween Scene: 3D Adventures**, Dec. 11, 3:30 p.m.

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

**Meet The Author: Katherine Ayres**, Jan. 21, 10:15 a.m., ages 3-5 with caregiver..

**Book Ends Book Club**, Jan. 9, 11 a.m.

**Adult Craft: Acrylic Pour Painting**, Jan. 18, 6 p.m.

**West Pittsburgh History Club**, Jan. 16, 11 a.m.

**TAC Afternoon: Cricut Cutter**, Jan. 25, 2 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.

**Book Club**, Jan. 28, 6:30 p.m.

**Teen Anime Club**, Jan. 6 & 20, 3:30 p.m.

**Conversation Salon**, Jan. 14, 6 p.m.

**Tails and Tales**, Jan. 10, 3:30 p.m.

**Movie Classics**, Saturdays, 1-3 p.m.

**Fibromyalgia Support Group**, Jan. 4, 1 p.m.

**Reading is Fun!**

**Super Smash Bros Night**, Jan. 28, 4 - 8 p.m. for ages 16 and up.

**Writers' Support Group**, Jan. 4, 10 a.m.

## CARNEGIE LIBRARY OF PITTSBURGH 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.

**Green Grocers - Mobile Farmers Market**, Every Tues. 4:30 p.m.

**Teen Time**, Mondays & Fridays, 3:30 p.m. - call to verify dates.

**The Labs: Open Labs**, Thursdays, 3 p.m.

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

**Reading Buddies**, Every Mon., Tues., & Wed., 4-6 p.m.

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

**Make It Take It: Jewelry**, Jan. 7, 5 p.m.

**A Novel Bunch Book Club**, Jan. 13, 1 p.m.

## THE ANDREW CARNEGIE FREE LIBRARY AND MUSIC HALL

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

**Storytimes** for babies, toddlers and preschoolers offered.

**2nd Saturday Civil War Series**, Jan. 11, 1 p.m. Speaker is Jon-Erik Gilot.

**Hibernation Story Time**, Jan. 13, 7 p.m. Bring stuffed animal or blanket.

**PALS Book Club**, Jan. 22, 1-2 p.m.

**Family Evening Storytime**, Mondays, 7 p.m.

**Listen Locally Downstairs: Kyle Simpson Chamber Orchestra**, Jan. 25, 8 p.m.

**New Year Tech Lessons**, 1st & 3rd Mon., topic Intro to email. Reserve spot.

## CARNEGIE LIBRARY OF PITTSBURGH MT. WASHINGTON

315 Grandview Ave., Pittsburgh, 15211  
carnegielibrary.org., 412-381-3380

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**January 13 & 14, 4-5:30 p.m.**  
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## Community Bulletin Board

### GREEN TREE ROTARY

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

January speakers are Tim Prothero, Jan 9 - Growing up in Ethiopia; Matt Bracken, Jan 16- Wild & Free Foundation; Abby Blake, Jan 23- Boys & Girls Clubs; No Speaker, Jan 30- Club Assembly.

More info call Rick Porach 412-655-4174.

### GREEN TREE

#### WINTER REC. PROGRAM

Monday eve, Jan. 6-Feb. 17. Grades K-5, 6-7 p.m., grades 6-8, 7-8 p.m. GT Municipal Center Gym. Cost \$15/GT res, \$30 non res.

### GREEN TREE

#### SNOWMAN CONTSET

Now through Mar. 13 for GT residents only. Take photo of snowman and submit at greentreeboro.com

### HAIR

Pittsburgh Musical Theater, 327 S. Main St., West End, will feature the performance of "Hair" from Jan. 23- Feb. 2. They offer discounted student matinees as well. Infor at pittsburghmusicals.com.

### SLEEPING BEAUTY AUDITIONS

The Carnegie Performing Arts Center is holding auditions for the ballet Sleeping Beauty. Performances will be at the newly renovated Andrew Carnegie Music Hall in March. Director Monica Ryan choreographs the production and rehearsals will take place on Saturday afternoons. Ages 5 - 12 are invited to audition at 1 p.m., ages 13 and up are invited to audition at 2 p.m. on Saturday, January 18th at the studios of the Carnegie Performing Arts Center, 150 East Main Street in Carnegie. For more information call 412-279-8887 or carnegieperformingartscenter.com.

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Not Valid With Any Other Promotion  
Offer Valid From Feb. 1 - 29, 2020

# Community Bulletin Board

## ROSTRAVER SPORTSMENS ASSOCIATION

The Rostraver Sportsmen Association, 539 Cedar Creek Rd., Belle Vernon, will hold their monthly meeting on Mon., Jan. 20, 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.

## SOUTH HILLS COIN CLUB MEETING

The South Hills Coin Club will hold their 60th anniversary Coin Show on February 1 and 2, 2020 at the Crowne Plaza-Pittsburgh South 164 Fort Couch Rd. (Across from South Hills Village in Bethel Park, Pa.) Hours are Saturday from 10AM to 5 PM and Sunday from 10AM to 3 PM.

The monthly meeting will be held Tues., Jan. 14, at 8 p.m. at the Bethel Presbyterian Church, 2999 Bethel Church Rd. All members and the general public are invited. January's program will be on proof sets. 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.

## RETIRED MEN'S LUNCHEON

The Retired Men's Luncheon Group invites retirees to our Thursday, Jan. 17th lunch. Following lunch Ed Hale will speak about the Great Castle Shannon Bank Robbery. Lunch is at noon. The cost for lunch is \$ 8.00 payable at the door

and the lunch is held at Pleasant Hills Presbyterian Church at 199 Old Clairton Road in Pleasant Hills. Please reserve your lunch by calling the church office at 412-655- 2000 option 0. We are a non-denominational group. Come socialize with us. We look forward to seeing you there.

## OPEN MIC AND FLEA MARKET

Wanted: musician's, songwriters. and poets, as well as audience members to attend the "Artists At Atonement Open Mic" at the Church of the Atonement, 618 Washington Ave., Carnegie, on Sun., Jan. 5, 6:30-9 p.m. This is a BYOB event Performers should come about 20 minutes early to sign up.

Looking for something to do? Come to our Flea Market on Jan. 24-25th from 9 a.m.-2 p.m. We are closed on Sat. from NOON-1p.m. for our lunch. Since we were unable to have our Fall Sale, we are over-loaded with kitchen items, clothing, linens, lamps, wall hangings, etc.

## SQUARE DANCING FUN

Peanut Squares Square Dance Club is sponsoring square dance lessons on Thurs. eves. at 7:30 p.m. starting Jan. 9. Cost \$4 per night. We dance at Southminster Presbyterian Church, 799 Washington Rd., Mt. Lebanon, 15228. No Experience, Costumes or Partner Required. Kids from 9 to 90 Welcomed. Refreshments will be served.

For more info call Ann at 412-563-0559, call or text Paul at 412-735-2423.

## MASONS MEETING

Charleroi-Monogahela Lodge #337 Free and accepted Masons will hold their regular stated meeting on Tues., Jan. 14, 7:30 p.m. in the Masonic Hall, 100 2nd St. in Monogahela. For more info. call 724-809-9742.

## OLDIES DANCES

The White Oak American legion post #701, 2813 Capital St. in White Oak, will sponsor oldies dances on Sat. January 11 and 25, from 7 -11 p.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.

## CENSUS JOBS

There are part-time U.S. Census jobs available. To apply or find out more go to 2020census.gov/jobs.

## PAINTING WITH A TWIST

There are many open dates in January to have fun painting while socializing. There is new art starting in January. Check the website at paintingwithatwist.com/studio/pittsburgh-west/ and sign up for a night of fun. Some events allow all ages, including kids.

## SOUTH HILLS WOMEN'S CLUB

The South Hills Women's Club next general meeting will be held on Mon., Jan. 11at 8 p.m. The club meets at Vanadium Woods Village, 50 Vanadium Road, Bridgeville.

The program will be Farm to Table presented by Erin Hart. Learn

about the farms, co-ops, and farmers markets.

## HOBBY PRODIGY

Have fun with unique DIY crafts that you make and take at Hobby Prodigy at the Mall at Robinson. There are wine tasting parties, chocolate bottle dipping, floral arrangements and more. Call 412-787-3500 for specific events or just stop by the next time you are at the mall.

## CHIP WALTER

Hear from a Pittsburgh-based science journalist as he discusses his new book, Immortality, Inc. A book about the future of the human race and so much more. This reading is presented by Pittsburgh Arts & Lectures and will be held on Thurs., Jan. 16, 6 p.m. at Carnegie Library Main (Oakland) in the South Wing Reading Room. This program is free with registration.

## Happy New Year!



## Aracri's Greentree Inn

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[www.aracrisgreentreeinn.com](http://www.aracrisgreentreeinn.com)



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Your company can be featured in **Local Merchant News** in the Green Tree Times, a newspaper people actually **do** read.

To find out how, call  
Shelly Davis at 412-956-9265  
before the 15<sup>th</sup> of the month.

## Carnegie Performing Arts Center

### Open Auditions - Sleeping Beauty

Saturday January 18, 2020

Audition Times - Children 5-12 1:00pm. Dancers age 13-18 2:00pm

Audition Location

Carnegie Performing Arts Center Studios  
150 East Main Street Carnegie PA 15106



Open to Everyone!

The audition is open to all dance students girls and boys age 5-Adult. You **DO NOT** have to be a student of the Carnegie Performing Arts Center to audition.

Phone 412-279-8887 - Email [info@CarnegiePerformingArtsCenter.com](mailto:info@CarnegiePerformingArtsCenter.com)



[www.CarnegiePerformingArtsCenter.com](http://www.CarnegiePerformingArtsCenter.com)



# 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.  
Pisgah Pasta, Jan. 10, 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**

## *1<sup>st</sup> 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*

"Serving God, Loving All."  
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, 9 & 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*

"Representing Jesus"  
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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Word of God"

## *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.  
Nursery Available  
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.

## *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, invites all to attend Pisgah Pasta, an "All You Can Eat Pasta Buffet" on Friday, Jan. 10, from 4-8 p.m. This buffet offers six home-made sauce choices, all made from scratch, which include Marinara, Traditional Meat, Garlic/Butter, Fettuccine Alfredo, and more.

Also included is BreadWorks breads, AYCE pasta, salad and beverages. Cost: \$9 for adults, \$5 kids 3-12, and free for little ones 2 and under. Everything is available to go.

Merry Stitchers meet on Jan. 18, 10 a.m.

Daytimers will meet Jan. 28 at 11 a.m.

A new 6 week class will be starting on Jan. 15. Call for details.

Info at 412-921-8444.

\*\*\*\*\*

**Unity Presbyterian, (formerly Wallace Memorial 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.

Enjoy the Unity Concert Series on Friday, Jan. 10 at 12:30 p.m. Call church for details.

Information at 412-561-2431.

\*\*\*\*\*

**1st United Presbyterian Crafton Heights Preschool**, 50 Stratmore Ave., is having their big fundraiser starting Jan. 16, 2020. Purchase a raffle ticket for \$10 and be entered to win a 3 day vacation for two to a destination of your choice. This is a \$2,200 value. Tickets can be purchased at the church.

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

Info at 412-921-6153.

\*\*\*\*\*

**Chabad of the South Hills**, 1701 McFarland Rd, is offering a six session course called Judaism's Gifts to the World. This lesson is on the history, meaning and power of Jewish Values. These classes will be offered on Tuesday evenings starting Jan. 28, 7:30-9 p.m. at the South

Hills JCC, 345 Kane Blvd or Sunday mornings starting Feb. 2, at 10:15 - 11:30 a.m. at Chabad of the South Hills. Info at 412-344-2424.

\*\*\*\*\*

**Carnegie Presbyterian Church**, 219 Ewing Road, Carnegie, has both Jr. and Sr. Youth Groups that meet monthly. Anyone is welcome to join. Contact Heather at 412-860-1142.

Info at [carnegiepresby.org](http://carnegiepresby.org).

\*\*\*\*\*

**Saint John Evangelical Lutheran Church**, 601 Washington Ave., Carnegie, will be having Taize Prayers on Wed., Jan. 15 at 7 p.m.

There will be no Sat. evening service on Jan. 25.

The St. John Together Worship will be held on Sun., Jan. 26, 10 p.m.

Information at 412-279-2952.

\*\*\*\*\*

**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. Those who wish to receive food must reserve their space by calling 412-921-2293, opt. 3, ahead to schedule their day and time for pickup.

Info at 412-921-2293.



Advertising your church in our Church Directory is effective and affordable at about \$17 per month.

Churches are the foundation of our communities. People seeking new churches frequently read the Church Directory in the GTT.

For more information, please call Shelly Davis at 412-956-9265



## OLSH Announces Significant Increase in Financial Aid Resources for 2020-2021 School Year.

*New program will provide up to 75% in tuition assistance to families of greatest need.*

Our Lady of the Sacred Heart High School (OLSH), the region's largest most comprehensive, independent Catholic coeducational high school, recently disclosed a significant expansion of its financial aid program in order to assure that an OLSH education is accessible to all who desire it, regardless of personal financial circumstances. According to Cheryl Karashin, OLSH VP for Advancement, "Our new Assuring Access to an OLSH Education Program will demonstrate our commitment to meeting families where they are in terms of their finances and eliminating barriers to the enrollment of their children at our school."

The school continues to maintain one of the lowest Catholic high school tuition rates in the region and has established many new scholarships in recent years. In spite of those efforts, and with a growing number of current and prospective families making under \$50,000 per year, administrators realized that OLSH's existing financial aid program was not enough to "level the playing field" for all qualified students who desire an OLSH education.

Under the terms of the new program, families with the greatest levels of demonstrated financial need may receive financial aid packages from the school of up to 75% of the total tuition cost. This expanded aid will be applied to a family's account in addition to other scholarships and outside funding families receive. Funding for the program will come from a variety of sources, including Pennsylvania's Educational Improvement Tax Credit (EITC) program, foundation grants, and individual donor gifts. Donors have already pledged their commitment to this mission-forward program to ensure that it continues in perpetuity.

Terry O'Rourke Donoghue, OLSH President, believes the new program will further distinguish OLSH as a stand-out among other schools in the region, both public and private. "One of the best attributes of OLSH is the diversity of our student body. Our students demonstrate a broad range of gifts and talents, come from over 30 public school districts, reflect a wide range of economic situations, and leave here with the blessing of a uniquely transformative high school experience, gained in a supportive environment, most commonly referenced as family. The strength of our academic, athletic, artistic and faith formation offerings stand apart from those offered by other schools, and our partnership with the

University of Notre Dame puts OLSH in a class by itself. Through this new financial aid initiative, we are grateful to be able to more fully realize the mission of our founders, the Felician Sisters, to provide an exceptional educational experience to all who desire it," Donoghue said.

Families with students entering grades 9-12 who are interested in learning more about OLSH are encouraged to visit [www.olsh.org](http://www.olsh.org), or schedule a visit by calling (412) 262-3300. To be considered for financial aid at OLSH in the 2020-2021 school year, an application must be completed in full by March 16, 2020. The financial aid application opens on January 31, 2020.

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# LET'S START THE YEAR OFF RIGHT!

By Marilyn Sorvas



Orangey needs a new home for the new year!

All those wonderful memories of Christmas, where people have been good to one another with thoughtful gifts, thoughtful deeds, love and generosity... we need to pay that forward. You may have been the one doing the

giving, but there are always needy animals who require homes.

Several months back, there was a local fire that resulted in several cats not being able to go back to their original homes – which are no longer habitable. One guy still looking for his forever home is Orangey, a handsome male with some cute “catitude.” We only have room to show a couple pictures but Orangey is very photogenic...his antics especially are! I love the one of him standing up on his hind legs. It looks like ballet or an exercise pose to me!

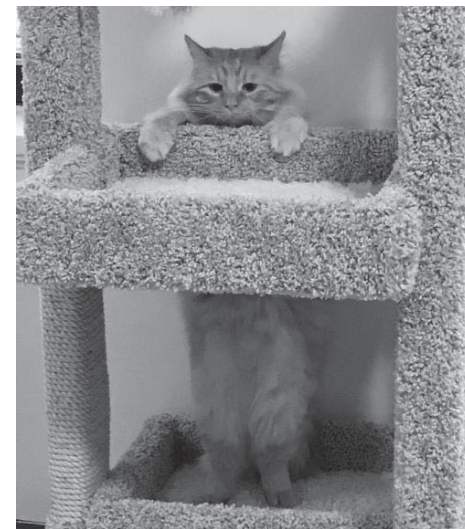
Orangey is an adult male, vet checked, neutered, litter trained and ready to come home... to you. His bio lists him as a domestic short hair, but both featured photos show him having at least a somewhat longer fur. He was naturally somewhat “shell

shocked” at losing his home to fire, being uprooted and put in an unfamiliar place with a bunch of other, unknown felines! He’s been socialized but may still require a little patience, as all new pets do, to acclimate to his new home and new people.

So pay it forward now. Start the year off right by doing a good deed to a fellow creature on our earth. You’ll both feel better for it! Now that the holidays are over, everyone’s schedule is likely less crowded with activities and you’ll have more time to get to know your new family member.

Call 412-928-9777 and leave a message. Mention this article and that you’d like to meet Orangey and other cats at the West End Thrift Shop location, 35 Wabash Street, in the His-

toric West End. While you’re at it, as they say, bring your unwanted but good household donations to be sold in the thrift store. All proceeds go for the vet care and maintenance of rescued cats and kittens until they are adopted.



Orangey is trying out for the Ninja Warriors TV show.

**Truby's Grooming**

presents

**Dog-of-the-Month**

**“Holly”**

of

Sheridan/Crafton Heights

**Crafton-Ingram Shopping Center**

**412-928-0188**

**Animal Shelters**

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412-928-9777

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412-345-7300

Humane Animal Rescue North  
412-321-4625

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**Find out more:**  
**412-921-7725**

**Dog Wash**

Saturday, Jan. 11 & 25, 2020

562 Camp Horne Rd., Pittsburgh, PA 15237

**Attention all dog parents!**

Animal Friends is offering appointments for dog wash services. Treat your pup to a spa day filled with a bath, ear cleaning, nail trim and lots of love for a \$25 donation!

Registration at [thinkingoutsidethecage.org](http://thinkingoutsidethecage.org) is first-come, first-served.

*100% proceeds benefit animal residents.*

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