

GREEN TREE TIMES

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There are Many Reasons to Shop at Small Local Businesses this Season



Support the community and get unique items by shopping local.

The numbers don't lie. Locally owned businesses may be classified as "small," but they have a big impact on the national economy.

According to the Bureau of Labor Statistics' Business Employment Dynamics report, small businesses created 10.5 million net new jobs between 2000 and 2019, accounting for 65.1 percent of net new jobs created since 2000 in the United States.

Supporting locally owned businesses is a great way to support a neighbor, but that's not the only attraction. Here are several reasons to shop small.

There's a feel-good factor to knowing you are helping by shopping. Doing for others certainly has an impact on the person on the receiving end, but also benefits the do-gooders. A November 2020 survey by Union Bank found that 72 percent of Americans said supporting small businesses was more important than getting the best deals. That may be due to the feeling of helping out a fellow neighbor.

Supporting the smaller businesses create job opportunities every where. Shopping at small businesses keeps those establishments afloat, and it also keeps their employees afloat.

Small businesses are the largest employers in the United States. That's also true in Canada, where 68.8 percent of the total labor force works for a small business. A person may never know when he or she or a relative or friend will need a job. Keeping small businesses viable provides a strong job market for locals.

Keep more money in the community rather than at big box companies. The Small Business Administration says \$48 out of every \$100 spent at a small business stays in the community. Spend the same \$100 at a national retailer and only \$14 stays. That's a big difference.

Shopping locally lets you enjoy a more local flavor. National retailers and other businesses follow a global business model that may not allow for much customization, but small



businesses can provide products or services that relate directly to the needs of the communities they serve. These same small businesses also may be more inclined to work with local vendors and start-ups than national companies that have global supply chains.

These are just a few of the many reasons to seek out small businesses when in need of products or services.

Resources to Find Local Businesses

visitcarnegie.com - Has a listing of the restaurants and businesses in the area and is very helpful.

mtlebobpartnership.org - This site lists small businesses in the Mt. Lebanon area with some details about what they offer.

ura.org - This site allows you to search in nine different neighborhoods for small local shops and restaurants.

visitpittsburgh.com - You can go to this site and choose how you want to search for local businesses, alphabetically or by neighborhood or location.

Check with your local borough office or library.

Great Homemade Food Gifts That Everyone Will Love

Gifts from the heart are among the most coveted and appreciated come the holiday season and few gifts may be as welcomed as those that can be eaten.

People can turn extra time in the kitchen into opportunities to create festive treats that are ideal for gifting. Even though tastes are singular, these items will appeal to most foodies and others on your gift list.

Jams and preserves: Fruit jams and preserves are versatile foods. They are as at home on toast and biscuits as they are as fillings in cookies and tarts.

Cinnamon rolls: Warm, sticky and full of aromatic spice, cinnamon rolls are the perfect comfort foods.

These rolls do not typically have a long shelf life, so be sure to present them promptly before they get stale.

Pancakes (or cookies) in a jar: If you have a fantastic recipe that you can't resist sharing, try turning it into a gift. Measure and package the ingredients into mason jars, tie with ribbons and include directions for preparation and cooking.

Mini bundt cakes: Fruit cakes may be a holiday standard, but bundt cakes make for great and traditional offerings as well. Miniature bundts filled with chocolate chips, dried fruits or even those soaked in a favorite boozy-butter glaze can be moist and delicious.

Chocolate barks or fudges: Sea-

sonal flavors can come to life in chocolate treats. White chocolate filled with peppermint pieces or dark chocolate and cherry chunks are tasty pairings. Break apart portions of the bark or cut the fudge with cookie cutters and gift inside cello bags tied with ribbons or in cardboard candy boxes.

Cocktail syrups: Create spicy or sweet syrups that are tailor-made for enhancing cocktails. Anyone on your gift list can then become a master mixologist.

Festive cookie pops: Cookie pops can be made by mixing homemade or prepurchased crumbled cake with frosting or softened cream cheese and formed into balls. Insert a lollipop stick and dip the balls into melted



chocolate or candy melts. Sprinkles, nonpareils or luster dust can be used to enhance the covered pops.

Food gifts are perfect for the holiday season. Handmade treats from the heart show loved ones how just much you care.

MUSINGS...GIVE THANKS EVERY DAY



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.

Wear gratitude like a cloak, and it will feed every corner of your life.

Rumi

Thanksgiving comes once a year, but gratitude is such a powerful phenomenon, it's worth cultivating for everyday use!

Gratitude is many things: a feeling, an attitude, a practice, a way of life.

A Feeling

Amazing things happen in the brain and body when we experience the feeling of gratitude. Gratitude opens our hearts. Research has shown that feeling grateful can literally shift our hearts into a healthy heart frequency.

When we feel grateful, our brains flood with chemicals — endorphins — that make us feel good. It's also true that we can't feel grateful and have a negative emotion such as anger or fear at the same time. That makes gratitude the antidote to worry, frustration, fear and depression. That's worth remembering!

An Attitude

When we cultivate an attitude of gratitude, it expands our world and attracts people to us. (Blaming, complaining, and judging contract our world, making us less attractive and more isolated.) In a neat twist, an attitude of gratitude often shifts our feelings.

A Practice

Pessimists are people who have exercised their muscles of negativity and lack until those muscles are very strong.

A Way of Life

Optimists are people who have developed their gratitude muscles. The real gift is when, through practice, gratitude becomes a way of life.

It strikes me that experiencing gratitude for small things may be the only way to thrive and remain cheerful in the long haul, through the inevitable big and little difficulties of our individual and collective lives. Often gratitude for small things brings us right to the present moment. The past may be painful, the future murky, but here, now, right this minute, I am having an absolutely delicious cup of coffee. Or a friend sends me a cartoon, and I'm tickled and laugh, grateful for the small and precious moment of sharing.

COACHING QUESTIONS:

I encourage you to develop your gratitude muscles until they are strong and automatic, making gratitude a way of life. Here are some things that will help:

1. Count your blessings! Stop right now and write down at least ten things you're genuinely grateful for. Include small things and large, such as: the

fact that you woke up this morning, that you are loved, that the sun is shining through the window, and making a beautiful mosaic on your hardwood floor, that you love many people, that pears are in season, the support you get from others, your devoted dog, cat, goat, etc. etc.

2. Consider keeping a gratitude journal. Use any spiral notebook, or check online for a gratitude journal especially for keeping track of what you're grateful for. I love the free app Gratitude 365.

3. Think of someone in your life who annoys you. Now think of two things about that person you're grateful for. Notice how quickly a feeling can change depending on what you focus on.

4. If you have trouble thinking of things you're grateful for, be ridiculous. Be grateful for bad things that haven't happened — you don't have a broken leg, for example.

5. Start a business meeting by sharing what you're grateful for. Include progress on projects, help received from various people both in and out of the room. You'll be amazed at the positive energy this generates.

6. Read Attitudes of Gratitude, How to Give and Receive Joy Every Day of Your Life, by M.J. Ryan.

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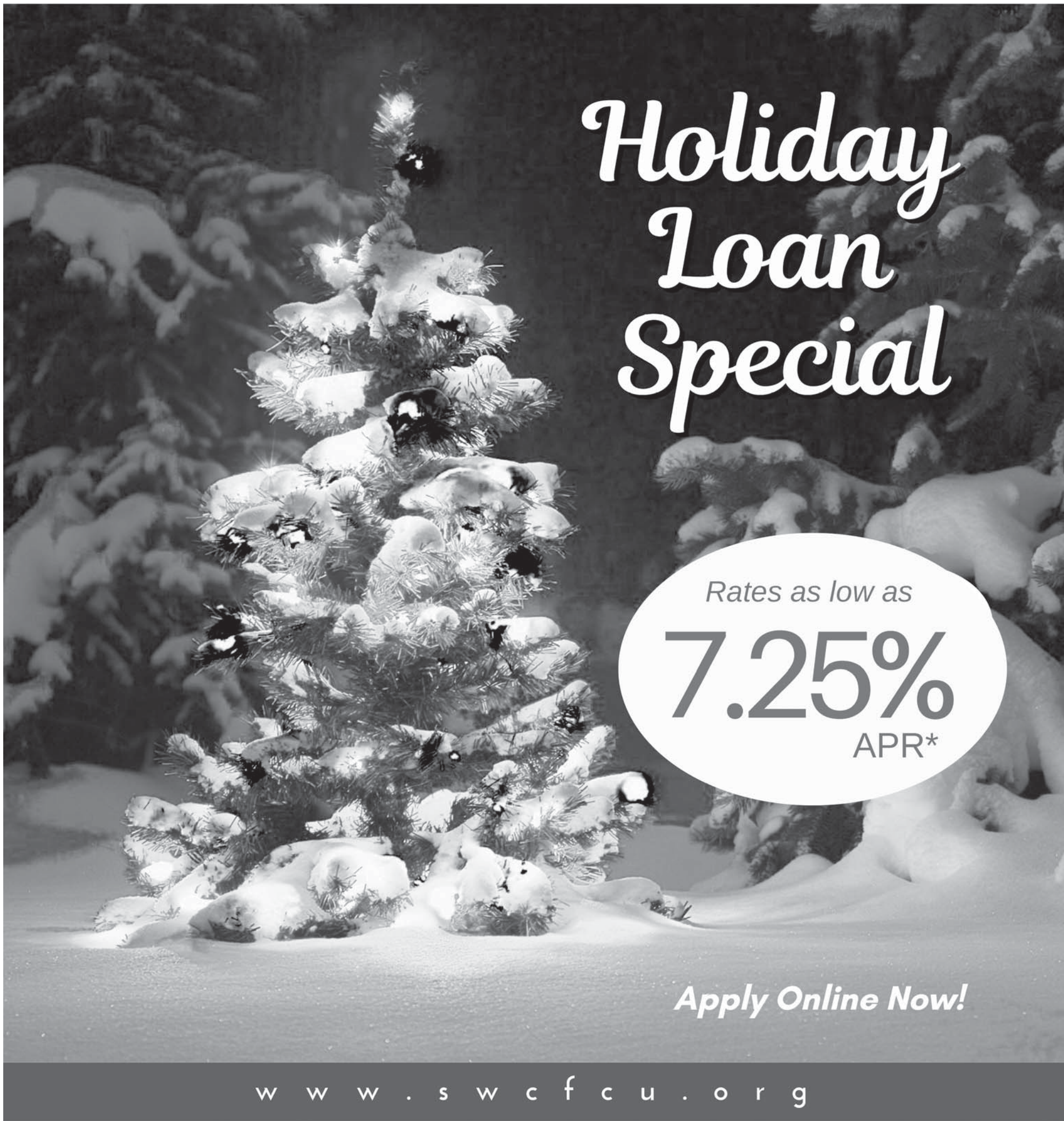
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Understanding Benefits of Monoclonal Antibodies as a Treatment for COVID-19 Infections



Jayesh Gosai, M.D.

You and your family can benefit by being informed of emerging treatment options should you become exposed to or infected with the COVID-19 virus. In addition to vaccines and antivirals, Monoclonal Antibodies (mAbs) can be an important treatment option against this virus. Recent studies show underutilization of mAbs due to lack of public awareness of these therapies even as Dr. Anthony Fauci of the National Allergy and Infectious Diseases has endorsed these treatments and the FDA has authorized use.

Monoclonal antibodies are not new, they are a type of biologic medicine that play a central role in treating many diseases, including cancer and auto-immune conditions. Developed as synthetic versions of the body's antibodies produced in a laboratory, they are designed to restore, mimic, inhibit or enhance immune system functions. America's biopharmaceutical researchers have been able to rapidly research and develop monoclonal antibodies for targeted treatment against the novel coronavirus that causes COVID-19. The National Institutes of Health have put forward treatment guidelines for use of these products.

To date, three monoclonal antibodies have been authorized for emergency use by the FDA. These mAbs mimic the function of our immune system to help fight COVID-19 by blocking the ability of COVID-19 to attach and enter human cells and/or helping to clear cells which are already infected. The virus must enter the cells to reproduce, as it cannot replicate on its own. By preventing it from doing so or clearing cells in which the virus has already en-

tered, these treatments can help slow the spread of a person's infection, potentially reducing the length and severity of symptoms.

It is important to understand that early treatment with Monoclonal Antibodies can save you or your family from becoming seriously ill. The treatment is authorized for use early in the course of COVID-19 illness, within ten days of symptom onset in outpatient settings, and has been shown to reduce the risk of hospitalization by upwards of 70%. Additionally, mAbs can be administered proactively after a potential exposure (post-exposure prophylaxis). In our practice at Highfield Care/Green Tree Medical's Monoclonal Antibody Infusion Clinic, we have successfully treated hundreds of patients with Monoclonal Antibodies - with positive outcomes. Even for our most seriously ill patients, presenting with serious lung infections and symptoms, this treatment has helped reduce hospitalizations and allowed them to heal at home.

Some hospitals may not use mAbs as a first line of treatment due to individual patient circumstances. There

are a few mAbs Infusion Clinics in Pittsburgh. Your Doctor's office may be able to guide you and recommend an affiliated site. Consider contacting an outpatient mAbs infusion clinic if you are exposed and test positive for COVID and are showing any symptoms.

If you are exposed to or infected by COVID-19, talk to your doctor about the best treatment options available – and be sure to mention Monoclonal Antibodies. You may be eligible for monoclonal antibody treatment, depending on their health history and exposure to COVID-19, and how long they've had symptoms of COVID-19.

While having treatment options available is crucial, vaccines continue to be the most powerful tool at our disposal to prevent infection in the first place. Proper safety precautions, including wearing personal protective equipment, is also a critical tool in our fight against COVID-19.

Green Tree Medical Center and Highfield Care ad located on back page.

The Fishin' Hole



I'm taking a break this month but I'll be back in 2022. Stay safe and have a Happy Holiday season with your family and friends! As always, keep those lines tight and send any stories, pictures or anything you would like to share to samdhall@comcast.net.



Community News and Events

The **Green Tree Garden Club** will close out the year with a holiday party December 9 at the Alpine Club in Bridgeville. Regular monthly meetings will resume in February, and guests are always welcome. The 2022 schedule will be posted in late January on the club's site www.greentreeboro.com/gardenclub.php.

Keystone Oaks Marching Band Christmas Tree Fundraiser begins on November 27th – fully stocked even in the midst of a national Christmas tree shortage.

Now in its 43rd year, the fundraiser helps the band kids earn money for their annual trip, as well as uniforms and other needed things. The sale is located at the Dormont tennis courts (1801 Dormont Ave, Pittsburgh, PA 15206). Hours for the sale can be found at www.KOMarchingBand.org.

Community Kitchen Pittsburgh (CKP) will sell artist-made, ceramic prep bowls just in time for holiday giving at its upcoming **Bowls and Boards Open House** on Dec. 9, 5 - 8 p.m. The bowls were part of Contemporary Craft's exhibition, Prepping Pittsburgh: Art Sustaining Community, at its BNY Mellon Satellite Gallery.

The prep bowls were created by artist George Bowes and 10 ceramics artists from across the county. In total, they created 327 unique prep bowls; one to honor each graduate of Community Kitchen Pittsburgh. A portion of all sales will go to CKP. Admission is free and refreshments made by CKP students will be provided. RSVP is required to Jen Thoma at jthoma@ckpgh.org.



Fun and Games for Kids

(Answers on back page)



Find the 8 (plus 1 bonus) differences between the pictures below.



Find the 7 Hidden Pictures



Created by Matthew Hall

Free Throw Championship!

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Questions - Call Bill O'Connor (412)716-5577

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[Facebook.com/ststephenpittsburgh](https://www.facebook.com/ststephenpittsburgh)

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Rev. Tom Ribar, Pastor

All Saints Polish National Catholic Church

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412-276-2462 Fax: 412-276-9677
www.allsaintspnccpa.org
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www.carnegiepresby.org
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NOTE: Contact churches
directly or visit their website
to see in-person services and
virtual activities for the
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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
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Rev. Douglas Kinsey, Pastor
Rev. Shawn Markarkey, Pastor

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H	H	bird neck
		glove wrinkle
		cap buckle
		bird wing

Nine Differences:

LIBRARY INFORMATION

Most libraries throughout the area are now
 open and offering the ability to borrow books.
 Some activities are in person and some are
 still remote. Check with the library near you
 for the details.



GREEN TREE PUBLIC LIBRARY

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

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301 Lindsay Rd., Scott Twp., 15106
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