

GREEN TREE TIMES

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The New Year has Arrived, Embrace it!



Taking a mountain moment for a ski selfie.

The start of a new year brings many different emotions to everyone and for many different reasons. New Year's Day is a holiday not a single one of us gets to skip. The new year has started regardless of beliefs, upbringing, geography or age. It's here, so I think the best thing we can do is embrace it! In Pittsburgh, it comes with colder temperatures but that doesn't stop us from enjoying the days, inside or out. There are always plenty of things to do, if you so choose.

If getting outside despite the colder temperatures is what you want, then Pittsburgh is a great place to be during the winter months!

Pittsburgh is within a couple of hours from four different ski resorts. There are even more if you travel up to 2-3 hours. The closest to home are Boyce Park, Seven Springs Resort, Hidden Valley Resort, Laurel Highlands, Wisp Resort, and Nemaquin Woodlands.

All of these places offer equipment rentals, lessons and fun for all ages. In addition to skiing and snowboarding, most offer snow tubing, which requires no effort at all, other than yelling as you fly down the hill! If you want to just watch others in your group, you can sit in the warm lodge and watch through the win-

dows while enjoying some food and drinks.

Another favorite is ice skating. There are indoor rinks for all year long but in the Pittsburgh area you can skate outdoors during the winter season! Four outdoor rinks nearby are North Park, South Park, Schenley Rink, and UPMC Ice Rink at PPG Place. You can rent skates and most offer facilities to head inside to get warm periodically. More information can be found at pittsburghparks.org, ppgplace.com and allegheycounty.us.



Ice skating fun for all ages!

You can find things to do through Venture Outdoors. Beginner Cross

Country Skiing is being held Jan. 14 or enjoy a Frick Park Hot Cocoa Hike on Jan. 21. There are different activities every weekend. Info at ventureoutdoors.org.

During the winter season, Western PA does not disappoint in the way of festivals. The Annual Fire & Ice Festival in Somerset is being held on Jan. 12-14 and will feature over 50 ice sculptures, ice sculpting contests, an ice slide, ice games, an artisan market, food trucks, festival scavenger hunt, bake sales, fire pits, fireworks, great music and more! Info at somersetinc.org.

Another fun event is Winterfest at Moraine State Park on Feb. 3, 11 - 3 p.m. Enjoy a chili cook-off, horse drawn carriage rides, dog sleds, snowshoe workshops, ice carving, chainsaw carving, hiking, cross-country skiing, food, bonfire and more! Info at visitbutlercounty.com.

Visit Frick Winterfest 2024 on Jan. 13-14, 10 - 5 p.m. and explore Clayton, enjoy treats and beverages from the cafe and much more fun for all ages!

There's a lot of indoor fun to be had as well and some of these events are free!

An indoor activity that is full of action and movement is Ceili Tuesdays at Harp and Fiddle in the Strip District. Ceili is an Irish word for "gathering" and on Tuesdays at 7:15 p.m., they start with dance lessons for beginners and then enjoy live music and dancing from 8 - 10 p.m. This Irish dance is similar to square dancing and even if you've never done it before, they say you will definitely dance your first Tuesday visit. Information at harpandfiddle.com.

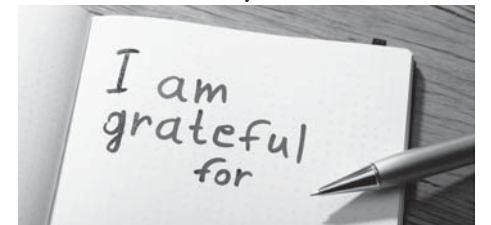
Pittsburgh Restaurant Week's "New Dishes for the New Year" will be held this year Jan. 15-21. The goal is to highlight the many different and unique dining options Pittsburgh has to offer to all of the surrounding areas. Special menus and meals are offered at discounted prices so that you can try a few. There are 40+ restaurants this year and if you can't de-

side, click on the restaurant roulette wheel and let luck or fate pick for you! Go to pittsburghrestaurantweek.com and preview the menus, prices and even book online.

The Pittsburgh Winter Beerfest will be held Jan. 26-27 at the David L. Lawrence Convention Center. Hours and admission prices vary depending on if you want early admission or if you are a designated driver. Visit beerfesttickets.com to review and purchase your tickets.

Pittsburgh is home to one of the greatest libraries in the United States and there are so many interesting and free programs that are offered at the various branches. Check out your local neighborhood library as well as carnegielibrary.org for the activities this month.

January is a month known for resolutions! This can put a lot of pressure on all of us to try to make changes that are sometimes too big, sometimes too hard, and sometimes not even necessary!



Instead of trying to do a complete overhaul of your life, try committing to start each day with the intention to just be or do as good as you can that day and to find gratitude for at least one thing. Each day may look different but when you go to bed at night, reflect and say, I did my best today, I'm grateful for (fill in the blank) and that's all I can ask of myself.

Happy New Year 2024

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MUSINGS... TOOLS FOR CHANGE



I love the life these tools have allowed me to have.

~Jonah Hill

Every now and then I come across a book that stands out from the rest in terms of usefulness. "The Tools" is such a book. The subtitle is 5 tools to help you find courage, creativity, and willpower and inspire you to live life in forward motion, by Phil Stutz and Barry Michels. Stutz and Michels are a psychiatrist and a therapist, and what I like about the book is that it gives you actual tools to change.

Therapy almost always brings insights and new perspectives. You might realize that you have a choice in some situation where you felt you did not. But how do you choose differently? That's what The Tools is about.

The 5 tools are called:

1. The Reversal of Desire (how to get yourself to do things)
2. Active Love (responding to someone who makes you angry)
3. Inner Authority (expressing your deepest wisdom)

4. The Grateful Flow (countering your own negative thinking, worry, or self-loathing.)

5. Jeopardy (continuing to use the tools - not forgetting about them.)

Each tool comes with a simple, hand-drawn picture to remember how it works. They are memorable!

These two therapists do therapy in Hollywood and some of it may seem a bit woo woo. But it's the best tool box I've seen lately for actually making changes in your life that will increase happiness.

Here's an example.

The Grateful Flow – The Tool in Brief

1. List What You're Grateful For
 - a. Silently say to yourself specific things in your life you're grateful for, particularly items you'd normally take for granted. Go slowly and feel the gratitude for each item. Don't use the same items repeatedly – stretch for new ones.
 2. Feel the Sensation of Gratefulness
 - a. After about 30 seconds, stop thinking and focus on the physical

sensation of gratefulness. You'll feel it coming directly from your heart. This energy you feel is the Grateful Flow

3. Connect to the Source

a. As this energy emanates from your heart, your chest will soften and open. In this state you will feel an overwhelming presence approach you, filled with the power of infinite giving. You've made a connection to the Source. (They talk about a higher force as the S)

This tool takes only a couple of minutes. I find doing it lying in bed last thing at night and first thing in the morning really sets up my days!

COACHING TIPS:

Try the Grateful Flow right now (or later today.)

For added happiness in the new year, buy and read The Tools. It is available for about \$6 on Amazon. I have no connection to Stutz and Michels and don't benefit from any sales.

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.

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Try the New QR Codes and Let us Know Your Thoughts

The Green Tree Times is introducing the *new* QR Code to our readers. It's not really new. QR Codes were first introduced to the world in 1994. With that said, I just discovered how to use them in the last 3-4 years, as the scanner not creator.

Now, I've learned how to create them for our readers. It's fun stuff!

First, a little history lesson. QR stands for Quick Response. It was created by Denso Wave, a division of Denso Corporation. The codes were originally used for automobile parts and then moved to foods, pharmaceuticals and more. Interestingly, the company retained patent rights but said they would not use them and wanted all people to be able to use them for free.

In the early 2000's, once mobile phones became part of our life, the codes were being used by people all over the world.

Now these codes can be created for restaurant menus, doctor visit check ins, links to concert tickets, coupons, magazine and newspaper

websites, retail or online stores and the list goes on and on.

The way to use the code is to open your phone to the camera and hold the camera over the code. A link will pop up for you to tap. You don't actually take a picture, you just hover the lens over the code until the link appears.

I've included a couple QR codes in this issue to give them a try. One word of advice about QR Codes is to not scan randomly. If you don't know the company or person that put it out there, be cautious. Just treat it as if it were a website. Ask yourself, would I click on this website? If the answer is no, then don't scan the code.

The bottom line is, technology is great but the minute we pick up our phones to use them, we google search something or scan our credit card, we are taking a risk with data security. I think we have all just accepted this as a reality and there's no way around it. Just use the recommended precautions to keep your identity and confidential data safe, and go on from

there. The same concept as every time you get in the car to drive, there's a risk that we accept but we put on our seatbelts, lay down the phone and move on with caution.

Let me know your thoughts on the QR Codes and if you'd like to see them attached to the ads, etc. for quick access to coupons, information and more.

Thanks for indulging me in this experiment. I'll be interested in your responses. Scan below for the survey.



Test Your Knowledge of The Common Cold



Sniffles, cough, sore throat ... these can be symptoms of any number of conditions, but are often a byproduct of the common cold.

Colds are the result of more than 200 different viruses, according to Johns Hopkins Medicine. Adults experience an average of two to three colds per year, and rhinoviruses cause most of them. The American Lung Association states that colds are minor infections of the nose and throat. Despite typically producing only mild illness, colds account for more visits to the doctor than any other condition in the United States.

People will experience many colds in their lifetimes, and this true

or false quiz can test their knowledge about them.

1. Colds are highly contagious.

True: Colds most often spread when droplets of fluid that contain the cold virus are transferred by touch or inhaled.

2. Cold weather or being chilled causes colds.

False: While many colds occur during seasons when the weather is cold, transmission is likely higher then due to people staying indoors, and thus closer to one another, when temperatures dip. But the cold air itself has nothing to do with the cold.

3. Antibiotics are a known remedy for a cold.

False: Antibiotics treat bacterial infections, while colds are viral. That means antibiotics will be ineffective at helping a person recover from a cold.

4. Rhinoviruses that cause colds also can trigger asthma attacks.

True: These rhinoviruses also have been linked to sinus and ear infections.

5. Colds are sometimes serious for people.

True: People with weakened immune systems, asthma or conditions that affect the lungs and breathing passages may develop serious conditions, even pneumonia, from colds that linger.

6. Colds can't be caught from shaking hands.

False: Colds can be transferred through touch, including shaking hands. It's recommended to wash hands often with soap and water for at least 20 seconds or to use an alco-

hol-based hand sanitizer that contains at least 60 percent alcohol.

7. You feed a cold and starve a fever.

False: Harvard Medical School says there is no need to eat more or less than usual if you have a cold or flu. However it is important to increase fluid intake to avoid dehydration. Fluids also help keep the lining of the nose and throat from drying out.

8. Vitamin C, zinc, eucalyptus, garlic, and others are not proven cold remedies.

True: Various herbs, minerals and other products have gained a reputation as cold remedies but there are no scientific studies that support such assertions.

9. One should avoid caffeine or alcohol while experiencing a cold.

True: Alcoholic and caffeinated beverages can lead to dehydration, which is the opposite of what the body needs to recover.



Community News and Events

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. After 45 years of bringing performances to the Carnegie Area, the Carnegie Performing Arts Center, for the very first time, will showcase their performances at the Greater Pittsburgh Masonic Center. During their absence from the Carnegie Area, the Music Hall in Carnegie, where they are a resident company, will be totally renovated with a state of the art lighting system and construction of a new back stage.

The Children's Play, Alice in Wonderland, will be performed Saturday, February 24, 2024 at 7 p.m. Madeline, with original choreography by Monica Ryan, will be presented April 13 and April 14, 2024, and the Carnegie Performing Arts Center Spring Recital, will be held on Friday, 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 and clicking on the ticket link. For information about the school, please call 412-279-8887 or email info@carnegieperformingartscenter.com. (See ad on back page)



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The Fishin' Hole



Sam Hall

Happy 2024 Fishin' Hole readers! I hope you had a wonderful holiday season with your family and are refreshed and renewed, in both body and spirit, to begin the year. New Year fishing resolutions will be the focus in the Fishin' Hole this month including a couple changes you can make to ensure that your future fishing trips are easier, more productive, and a little less expensive!

Let's start with your equipment, especially your line. If you are like me, your fishing line on your pole right now is the same fishing line you started with for the 2023 spring trout

season. Odds are pretty strong that you need to change that line right now.

The weather is finally turning colder, but we are a long way from any hope of hard-water fishing. The coming weeks offer a great opportunity to make sure your line is fresh and free of abrasions that might cause you to lose an early spring trophy. Yes, spring is just around the corner, so take this time to double-check all your equipment. Those boots that have been "fine" for the past couple years may have a hole or crack that is easily fixed with a patch kit at home, but could immediately ruin a full day on the stream with one step, if not repaired. Fisherman's resolution number one is, check and repair equipment in the next two weeks.

Resolution number two will be to pare down the amount of unused junk you are carrying around on the stream, or on the shore, or in the boat, with you on every trip.

Honestly, I am the worst at this! I cannot count the number of times I have aggravated myself with having to sort through the literal pounds

of fishing stuff in my vest that is not related to what I am doing in that moment. I can tell you for sure, right at this moment, there is ocean-specific terminal tackle in my vest, and I have not been to the beach for a full six months. I have no less than five packages of rubber worms specific to largemouth bass fishing in that vest as well, taking up two full pockets and I have not targeted a largemouth or used a rubber worm since early September.

Clean out your vest and tackle box! You'll save valuable time when in the act of fishing. You will also save money because there is a lot of stuff in there that you didn't even know you had and that will stop you from making redundant purchases!

Resolution number three is the biggest one we all need to make! Promise yourself to make each trip about fishing, not about catching.

The joy is in the moment and whoever you are with, even if that is only yourself. The act of fishing gives you something to think about other than your work, or the bills, or that never completed to-do list, while in a setting that connects you to the natural world around you. The act of fishing should NOT be another added

frustration to your day because the fish aren't around or just aren't biting. I see too many guys I fish with looking like people stuck in traffic on the Parkway West just because they are having a slow day. I get like that myself sometimes and I am resolved to not let that be the case, as much, in the coming year. Again, Happy New Year! Keep those lines tight and send your pictures and stories to samdhall@comcast.net.



This beautiful walleye is the last fish if the year for me!

~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, 412-921-9292

CARNEGIE LIBRARY OF PITTSBURGH MAIN - OAKLAND

4400 Forbes Ave., Pittsburgh, 15213
carnegielibrary.org, 412-622-3114

CRAFTON PUBLIC LIBRARY

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

THE ANDREW CARNEGIE FREE LIBRARY AND MUSIC HALL

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

SCOTT TOWNSHIP PUBLIC LIBRARY

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

CARNEGIE LIBRARY OF PITTSBURGH MT. WASHINGTON

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

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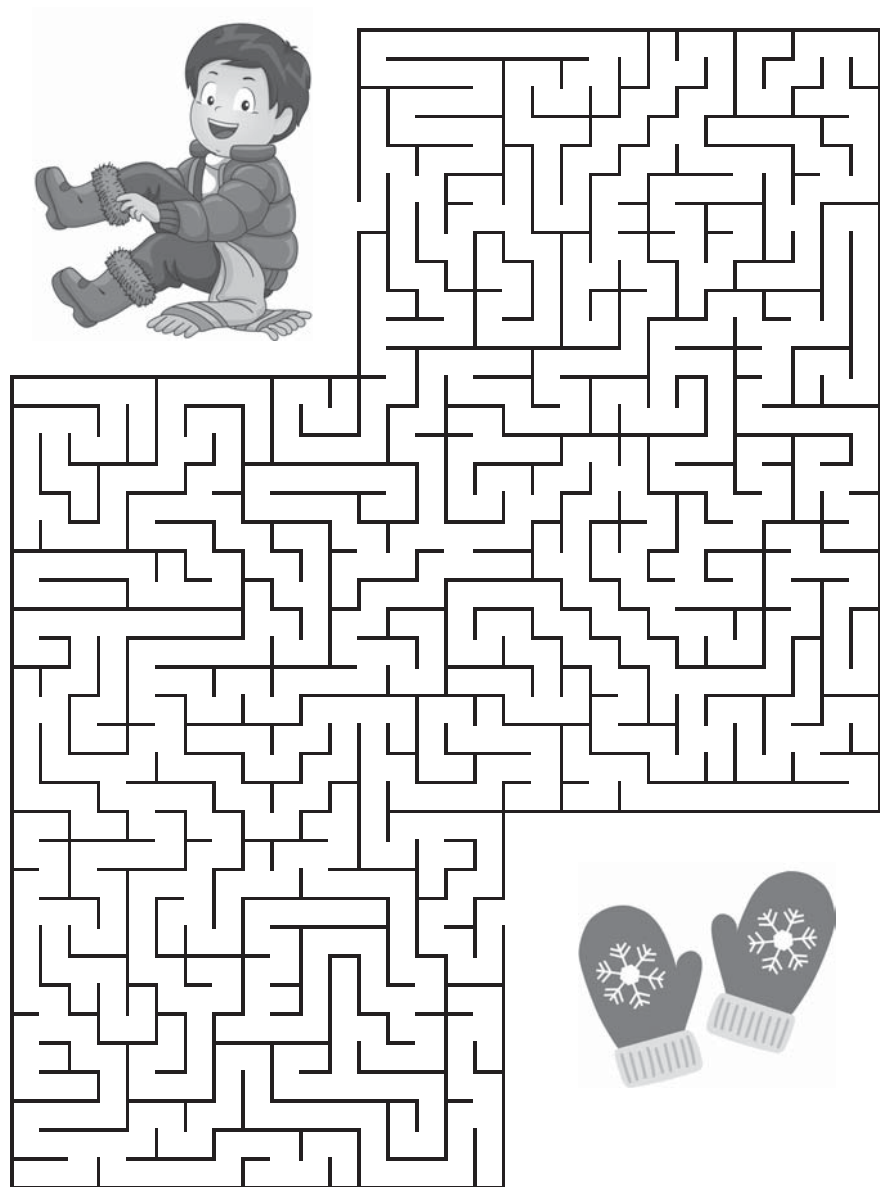
Fun and Games for Kids

(Answers on back page)



Help the boy find the mittens.

Find the 10 differences between the pictures below.



Happy
New
Year!

WANTED: Junior Writers

If you are in 2nd - 5th grade and like to write and have fun doing it, **we need you!**

scan for website



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or email:

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55 Forsythe Road, Pittsburgh 15220
Off Greentree Road in Scott Twp.
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

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.

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30 West Prospect Avenue
412-921-2323
Website: ingramupchurch.org
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Todd Pastorius, Pastor

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www.atonementcarnegie.org
www.facebook.com/atonementcarnegie

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www.allsaintspncpa.org
all.saints.pnc.church@verizon.net
The Rev. John Dinello
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Noblestown Shopping Center
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Rev. Tom Ribar, Pastor

Crafton United Presbyterian Church

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www.CraftonUP.com
Office: 9-1 p.m., T, Th, Fri

Hawthorne Avenue Presbyterian Church

90 Hawthorne Ave.,
Crafton, PA 15205
412-921-2504
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Bible Study - 9:30 a.m.
Sunday School - 10:30 a.m.
Pastor Paul Nigra
www.hawthornechurch.org

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[facebook.com/unitypresbyterianchurch](https://www.facebook.com/unitypresbyterianchurch)
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Steuben St. & Lincoln Ave.
412-921-1125
Pastoral Office Hrs. by Appointment
Rev. Douglas Kinsey, Pastor
Rev. Shawn Markarkey, Pastor

Carnegie Presbyterian Church

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

Bible Baptist Church

412 Old Washington Pike
Carnegie, PA 15106
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bbcpittsburgh.com
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Rev. Phil Golden Jr., Pastor

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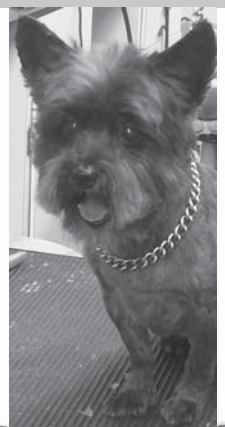
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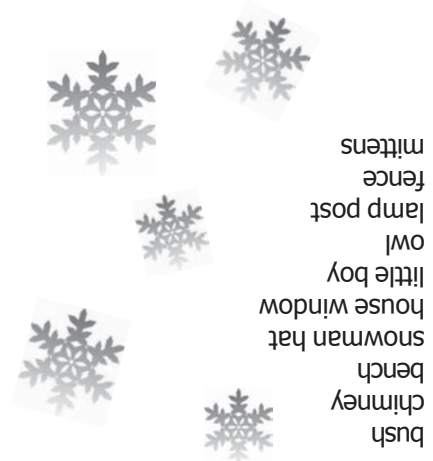


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