

GREEN TREE TIMES

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The Holiday Season is Upon Us with Much to Do

by Shelly Davis

I can't believe it, but it's so. It's almost November. Wow! As I write, it's raining hard and the trick or treaters will be visiting tonight. Tomorrow, Nov. 1, the newspaper will be delivered. This is how time is measured when you write for a newspaper. The months blend into each other and time moves quickly. I need to slow down in between and experience the things that each day offers. I hope you do the same.

November is the start of the "Holiday Season" and while many are looking forward to the great season ahead, there are also many that are struggling with finances, housing, illness, and hunger. This month is the perfect time to look into volunteering your time or making a donation to help others if you can.

Amen to Action will, for the third consecutive year, focus on what really matters during the holiday season: giving back.

Amen to Action, an annual meal-packing event held on the day after Thanksgiving, will again partner with Meals of Hope and the Greater Pittsburgh Community Food Bank to host thousands of volunteers at the David L. Lawrence Convention Center.

Join everyone on the day after Thanksgiving from 9 a.m. - 12:30 p.m.

The event starts with an ALL faiths worship service then everyone starts packing.

Last year they broke the record of packing over 20,000 meals at one location. The meal count was 1,036,111 overall! This is a family event and many volunteers bring their children. Sign up at amentoaction.org.

Some other places that could use your services would be The Greater Pittsburgh Community Food Bank (donating, helping load and unload food, sorting), Toys for Tots (helping distribute around the area), Salvation Army (helping prepare and serve dinners and to help sort and distribute toys for Treasures for Children), Open Your Heart to a Senior (shoveling snow, raking leaves, taking to a doctor's appointment, grocery shopping), South Hills Interfaith Ministries' Angel Emporium (helping wrap gifts, organize donations), and



Volunteers of all ages help pack meals for Amen to Action.

~photo courtesy of Smith Brothers Agency

Ronald McDonald House (prepare a meal in their kitchen). There are many places that I haven't mentioned but the organization Pittsburgh Cares can help you find the volunteer program that fits your abilities and interests. Info at pittsburghcares.org.

In addition to helping, you need to also have fun and enjoy life and your many blessings.

If you'd like to be amazed, then try IN PLAIN SLEIGHT. This is an interactive performance featuring magic, of course, and comedy, illusion, mind reading and story telling all rolled up into one 75-minute show. The audience actually becomes part of the show.

Lee Terbosic is an internationally touring magician, comedian, actor, daredevil and entertainer from Pittsburgh, PA who is proving that anything is possible. The show runs until Nov. 24. Info at trustarts.org.

For those of you who love a good movie, The Three Rivers Film Festival starts on Nov. 8 and goes through Nov. 23. There will be many films available to watch at different theaters in the area. You can go online for the schedule and to purchase tickets at threeriversfilmfestival.com

It can't be ignored, it's also time to start shopping! Contemporary Crafts has a holiday pop up store at 5126 Butler St., Lawrenceville, that is open now until Jan.

18. Also, a special store feature, CRAFTED, kicks off the holiday season on Nov. 9 from 11 a.m. - 7 p.m. and will offer functional artworks and ornaments. Info at contemporarycraft.org.

"Gallery of Gifts Holiday Vendor and Craft Fair" will be held on Nov. 14 & 15 from 9:30 a.m. - 3 p.m. at Duquesne University Student Union. This event will feature numerous vendors including fashions, jewelry, cosmetics, home decor, confections, crafts, hand-made items and more. Also, take a chance on the "LOADED CHRISTMAS TREE" filled with cash, gift certificates and gift cards. In a few short hours, you can complete your holiday shopping!!! Proceeds benefit Endowed Scholarships for students in need. Info at duq.edu/womens-guild.

In early December you can try shopping at the Sweetwater Center for the Arts, Tidings & Tinsel Holiday Mart and the Handmade Arcade. We all know about Black Friday but check out the article on Plaid Friday on page 12.

Phipps has a lot to offer this time of year with "Holiday Magic: Winter Flower Show and Light Garden" on Nov. 29 from 9:30 a.m. - 11 p.m. with the Winter Lights Garden opening evenings 5-11 p.m.

This show will feature displays of holiday trees, a Tree Carousel, Poinsettia Trees, a Floating Forest, topiary reindeer,

and a Rainbow Glow Tree. There will be so much more but I'll leave the rest for you to discover on your visit. One new thing to mention is the new Tunnel of Lights and Family Fun Evenings. Info at phipps.conservatory.org.

Towards the end of the month we are much closer to the actual holidays ahead and that means kicking off the season.

Pittsburgh's annual Comcast Light Up Night will be on Fri., Nov. 22 with events all day long including music, magic, and entertainment. Santa will be visiting many locations including the lighting of the tree at One Oxford Center. The Gingerbread House display at PPG Place Wintergarden will be opening as well as the grand opening of the Rink at PPG. There will be much more happening around town including trolley rides, horse and carriage rides, shopping, food, entertainment and fireworks. Check downtownpittsburghholidays.com.

The Peoples Gas Holiday Market starts Fri., Nov. 22 and continues through Dec. 23 offering a one of a kind shopping experience modeled after the original Christkindlemarkt from Nuremberg, Germany in 1545. This atmosphere will definitely get you in the mood for the season.

The WPXI Holiday Parade will be Nov. 30, at 9 a.m. This family event's is presented by Neighborhood Ford Store and will feature dance groups, bands, mascots, animal groups, and much more.

Another month down, another begins. The carousel of life continues and I'm happy to be on the ride!

Happy Thanksgiving everyone!



November is National Diabetes Awareness Month

NOVEMBER IS NATIONAL Diabetes Awareness Month. According to the American Diabetes Association, an estimated 30 million Americans have diabetes and, even more startling, 84 million (1 in 3) American adults have prediabetes and 90% of them don't know they have the condition.

With Prediabetes, blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. People with Prediabetes have an increased risk of developing type 2 diabetes, heart disease, and stroke.

The good news is that if you have prediabetes, the CDC-led National Diabetes Prevention Program can help you make lifestyle changes to prevent or delay type 2 diabetes and other serious health problems.

Insulin is a hormone made by the pancreas that acts like a key to let blood sugar into cells for use as energy. In those with prediabetes, the cells in their bodies don't respond

normally to insulin. The pancreas makes more insulin to get cells to respond but the pancreas can't keep up, causing blood sugar to rise. This causes prediabetes—and the risk for type 2 diabetes in the future. Prediabetes often goes undetected until serious health problems such as type 2 diabetes presents. It's important to talk to your doctor to get your blood sugar tested if you have any of the risk factors for prediabetes, which include:

- overweight
- 45 years or older
- Having a parent, brother, or sister with type 2 diabetes
- Being physically inactive (exercise less than 3 times a week)
- Ever having gestational diabetes (diabetes during pregnancy) or giving birth to a baby who weighed more than 9 pounds
- Having polycystic ovary syndrome

Race and ethnicity are also a factor: African Americans, Hispanic/

Latino Americans, American Indians, Pacific Islanders, and some Asian Americans are at higher risk.

If you are diagnosed with prediabetes you can lower your risk of developing Type 2 Diabetes or other serious health conditions.

Lose some weight: if you're overweight eating healthier taking off even a few pounds can lower your risk – just losing 5% of your body weight can make a big difference.

Exercise: Regular physical activity means getting at least 150 minutes a week of brisk walking or a similar activity. That's just 30 minutes a day, five days a week.

Manage Stress: stress causes unhealthy habits and can derail efforts to change to a healthy lifestyle. Relaxation exercises, meditation, massage.

Join a Diabetes Prevention Program: Center for Disease Control's National Diabetes Prevention Program can help you make changes. Information is available on the CDC



Jayesh Gosai, M.D.

website. The YMCA's Diabetes Prevention Program is certified by the U.S. Department of Health and Human Services as a proven low-cost community program shown to prevent diabetes. Information is available on the Greater Pittsburgh YMCA website or search "YMCA Diabetes Prevention Programs Pittsburgh."

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Publisher/Editor

Shelly Davis, 412-956-9265

Writers

Shelly Davis

Sharon Eakes

David Domalik

Sam Hall

Jayesh Gosai, M.D.

Marilyn Sorvas

Dena Rose

Marketing

Shelly Davis, 412-956-9265

Dena Rose, 412-498-2872

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P.O. Box 60142

Pittsburgh, PA 15211

412-956-9265

pittsburghjuniortimes@comcast.net

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MUSINGS . . . TRASH WALKING FOR GOODNESS AND BEAUTY



by Sharon Eakes

I love trash-walking. It's got all the fun and benefit of walking – PLUS a purpose! It is taking a walk with a grabber in one hand and a bag in the other, picking up trash as you see it. It slows you down a little, but is so satisfying, you won't care. Besides the known benefits of walking – helping you stay healthy and sleep well – there are the additional benefits of goodness and beauty. The goodness comes from feeling you're contributing positively to your community. The beauty is clear – the neighborhood is so much more beautiful without trash.

History

I learned about trash walking from my friends Dave and Dona. Here's how Dona describes their process of getting hooked on it:

"We started picking up trash after complaining for months about the trash we saw on our morning walks. We picked it up with our hands a couple of times and realized that was pretty gross, so we bought the grabbers. They make it so much easier. As we did it, we felt so good clean-

ing up our neighborhood. Now it's become a natural part of our morning walks. It's also expanded the territory we cover because we feel motivated to walk on different streets. We like being of service to our neighborhood. It's sweet how many people thank us. It gives our walks an added purpose beyond the joy of being outside and getting some exercise."

I went on a trash walk with them one day and was hooked too. A bonus is that my granddaughter, Fianna, aged 8, loves trash-walking too. When she visits, she often initiates a trash-walk! And she's so pleased when we fill the bag and can see no trash anywhere.

The grabbers I recommend are called "Grabber Picker Trash Reacher Pick up Tool" on Amazon. You can get 2 for under \$20.

A Better Solution

Of course, a better solution would be to get people not to throw trash onto streets and sidewalks. Any ideas about that?

In the meantime, try trash-walking yourself.



Dona Luedde trash walking.

~photo courtesy of Sharon Eakes

COACHING TIPS/QUESTIONS:

1. How do you contribute to your neighborhood?
2. Consider becoming a trash-walker in your neighborhood, for beauty and for good. Trash-Walking Grabbers
3. If you have ideas about preventing trash throwing in neighborhoods, let me know. I'll happily spearhead a movement!

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The Fishin' Hole



by Sam Hall

Happy November! The fish are in every tributary up in Erie. If you like the crowds and the atmosphere, now is the time. The conditions change very quickly on the tribes so make sure you are prepared for both high, fast, and stained water as well as low, slow gin-clear water. Lighter lines and smaller presentations like single eggs work best in low clear conditions while egg sacs and even night crawlers will work in the higher, more clouded conditions.

My daughter is off at college and I miss her very much so I am taking this opportunity to tell you a story about how I was able to watch her

fall in love. No, not with a boy, although that happened too, but much later. I'm talking about when she fell in love with fishing.

Each summer for most of our lives, both before and after kids, my family has spent at least a little time at a cottage on Seneca Lake in Ohio. There is swimming, beaching, water skiing, campfires and ALWAYS fishing. Friends and family come and go while on these trips to add to the fun.

I don't know for certain what year this was but, in my mind I remember Lexi being around nine or ten years old at the time. I know she was young enough to still want to hang out with me and fish but also old enough to have her eye on older kids. She watched what they were doing and thought they were "cool". I know she was just on the edge of finding out that her father was most-decidedly, not cool. We were fishing from shore at the open end of a cove that held a bunch of boat docks and a private boat launch. We were just sitting in

our camping chairs watching our poles, hoping for the plentiful and hungry channel catfish in Seneca to show themselves. While we waited the boat docks and the cove in front of us were awash in activity. Teenage boys and girls on jet skis and pontoons and skiing behind pleasure craft were in and out of the cove. There was plenty of hanging out on the docks waiting their turns for any of the assorted activities. Just as we were about to call it an afternoon and head back to the cottage for dinner. Lexi got a serious bite. She waited impatiently for me to say those magic words, "Ok, now honey... hit it hard!!" She yanked back on that pole as hard as she could. I knew immediately it was a huge fish, probably a carp but maybe a big cat, I thought. The fight was on. Her drag sang at first and I was worried the line would snap. I turned her drag down and just told her to reel. I was yelling, she was yelling and family and friends came from the beach beside us to yell. I was laughing and she kept reeling, I reached in from time to time to put a little more drag on the fish to try and tire it out. Now, the activity at the docks comes to a halt. The teenagers are stopped in front of us on their jet-skis to see this fish. The boats at the docks are also stopped, kids half in the boat-half on the dock to watch this fight. So far we only get to see occasional swirls at the top of the water 30 feet away but there is no doubt this is a significant fish. I clearly remember the very tense and focused look on her face as she was fighting that fish, stiff upper lip, jaws



Lexi fishing at Seneca Lake.

~photo courtesy of Shelly Davis

clenched. Then I said, "Okay, just keep the tip up honey, let him have some line and don't reel." It was like she got a break from an arduous task and she would smile and laugh for a moment until it was time to reel



Lexi loved fishing so much, she introduced her friend Ally and she became hooked, too!

again. She landed that fish after a seven minute fight that seemed like 20, to a roar of applause from the crowd on the beach and at the docks. I watched her face closely and I KNEW she was hooked. It was a carp at maybe 8-9 pounds and at least 28 inches. A carp is viewed by many a fisherman as a nuisance fish, certainly not a game fish they pursue. To me, it is the single greatest fish that has ever been caught in the history of fishing. That memory is etched in my mind forever. Keep those lines tight and send your stories and pictures to samdhall@comcast.net.

Happy Thanksgiving!

Homes For Sale



Green Tree \$179,900

Well maintained 3 bedroom/2 bathroom brick ranch! Covered entry; eat-in kitchen with quartz countertops and lots of storage; lower level game room with bar and built-ins; lower level laundry/utility room with full bath and door to level back yard



Oakwood \$171,500

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before the 15th of the month.

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

Craft an Autumn Wreath, Nov. 5, 10 a.m. - 6 p.m. Stop in and make a wreath.

Kitchen Tools Demonstration, Nov. 6, 2 p.m. New kitchen tool lending library.

Wednesday Book Club, Nov. 6, 7 p.m.

History on a Plate with Heinz History Center, Nov. 12, 7 p.m. Explore 5 foods.

Stuffed Animal Sleepover, Nov. 15.

Art Discussion Group, Nov. 18, 2 p.m.

Adult Board Games, Nov. 9, 12-4:30

Crazy Cat Person Party, Nov. 23, 2 p.m.

Cookbook Club, Nov. 15, 2 p.m.

Disney Favs Sing Along, Nov. 26, 7 p.m.

Explore Ancient Egypt, Nov. 18, 6:30 p.m.

CARNEGIE LIBRARY OF PITTSBURGH MT. WASHINGTON

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

CLOSED FOR RENOVATIONS

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.

Book Sort, Nov. 15, Volunteers needed!

Cooking Club, Nov. 18, 5:30 p.m.

Conversation Salon, Nov. 11, 1 p.m.

Seasonal Arts & Crafts: Painted Pinecones, Nov. 6, 3:30 p.m.

Tea & Travel to Boston, Nov. 7, 6:30 p.m.

Adult Scrabble and Games, Tuesdays

Senior Chair Exercises, Tuesdays

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

LEGO Club, Nov. 20, 6:30 p.m.

Drop-In eBook Assistance, Nov. 7, 14 & 21, 3 p.m.

Adult Color Time, Nov. 8 & , 2 p.m.

Make a Winter Decoration, Nov. 11, 3 p.m.

Book Club, Nov. 14, 1:30 p.m.

Video Games After Hours, Nov. 15, 5 p.m. for 3rd - 12th grade. Pizza and prizes.

British Discussion Group, Nov. 25, 6 p.m.

STEM in the Kitchen, Nov. 16, 11 a.m.

Clean/Dirty dishwasher magnet craft, Nov. 13, adults & teens.

Cult Movie Classic Series:

Taxi Driver-Nov. 5, Funny Girl-Nov. 18,

CARNEGIE LIBRARY OF PITTSBURGH WEST END

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

Storytimes for toddlers, preschoolers, and school age children.

Family Playshop, Fridays, 10:30 a.m.

Kids' Club, Nov. 6 & 27, 3:30-5 p.m.

Kids Club: Scavenger Hunt!, Nov. 13, 4:30 - 6 p.m.

Teen Time, Tuesdays, 4:30-5:30 p.m.

Tween Scene: Native American Heritage Month, Nov. 20, 3:30 p.m.

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

Book Ends Book Club, Nov. 14, 11 a.m.

Adult Craft::Create a Coaster, Nov. 20, 6 p.m.

Escape Room, Nov. 16, 2 sessions, Call library for details.

West Pitts. History Club, Nov. 21, 11 a.m.

CRAFTON PUBLIC LIBRARY

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

Storytime for babies through preschool.

Family Storytime, Mondays, 11 a.m.

Yoga, Mondays at 7 p.m.

Technology Help, Weds. at 1 p.m.

Art for All Ages, Wednesdays, 6 p.m.

Scrabble, Thursdays, 1-4 p.m.

STEAM Night, Thursdays, 6 p.m.

Teen Anime Club, Oct. 14 & 28, 3:30 p.m.

Conversation Salon, Nov. 12, 6 p.m.

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

Fibromyalgia Support Group, Nov. 2

Super Smash Bros Night, Nov. 26, 4 - 8 p.m. for ages 16 and up.

Bozwell & Grindella Display Fundraiser, Nov. 9, 10 a.m. - 4 p.m.

Donations accepted. Call for details.

CARNEGIE LIBRARY OF PITTSBURGH SHERADEN

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

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One-on-One Computer Assistance and Resume Assistance, Mondays and Wednesdays, all day, by appointment.

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

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

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.

A Novel Bunch Book Club, Nov. 4, 1 p.m.

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

Make It Take It: Stamped Towels, Nov. 5, 5 p.m.

Holiday Cookie Workshop, Nov. 9 & 23, 11 a.m.

Sci-Fi and Fantasy Book Club, Sat., Nov. 16, 11 a.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.

Social Security Workshop, Nov. 4, 6 p.m.

Election Day Coffee & Donuts, Nov. 5.

Career Fair Prep, Nov. 4 and **Career Fair**, Nov. 6, 11 a.m. Call for details.

Veteran's Day Ceremony, Nov. 9, 12:30 p.m.

Teen Tuesdays, 2nd and 4th Tuesdays, 4-5:30 p.m.

Lego Club, Nov. 13, 4 p.m., ages 5-10.

2nd Sat. Lecture, Nov. 9, 1 p.m.

STEAM on Saturday, Oct. 19, 2 p.m. for K-5.

PALS Book Club, Nov. 27, 1-2 p.m.

Family Evening Storytime, Mondays, 7 p.m.

Listen Locally Downstairs: Ronni Weiss and Friends, Nov. 20, 7 p.m.

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LOCAL MERCHANT NEWS

by Dena Rose



Kelly Kirkwood, owner of Simply Beautiful Esthetics, applying a pumpkin, yogurt and honey facial mask on Michelle Philips.

We all want to look our best this time of year, and it is not always easy, especially with hectic holiday plans. It's good to know that Kelly Kirkwood and her team are ready and willing to help us de-stress and look great this season (and beyond).

Kelly describes her business, Simply Beautiful Esthetics (2630 Noblestown Road), as a "Beauty Boutique." Her motto "Be your own kind of beautiful," reflects her mission - to offer an affordable alternative to "cookie cutter" franchises who are just interested in selling prepackaged services. Her goal is to provide a welcoming space and individualized services to help people refresh, relax, recharge so they can look and feel beautiful, naturally. With treatments ranging from custom facials and massage to sculpting, waxing, make-up and hair styling, Kelly says Simply Beautiful is a haven for anyone who wants natural and holistic alternatives to chemical and surgical beauty treatments.

"Simply Beautiful offers a gradual, healthy approach to skincare. Consultations are free and we customize treatments. Whether it is a relaxing facial or younger looking skin without Botox. The goal is to rejuvenate, stimulate, or exercise muscles under the skin without the harmful chemicals," says Kelly.

Beautifying from the "inside out" is her specialty. Kelly's very first job after graduating high school was as a make-up artist. She later worked as a corporate administrative assistant for nearly two decades, all the while earning her Esthetician License and free-lancing - styling make-up and hair for some of the region's top photographers. She

learned through training and experience that inner wellness and relaxation is the first step to healthy skin. And, healthy skin is more beautiful than any amount of make-up application.

"The skin is the largest organ on the body and it is a reflection of a person's inner well-being. Everything we do is therapeutic and designed to help people feel better so they look better," says Kelly.

In addition to a variety of customized, specialized facials and peels, Simply Beautiful treatments are available for hands and feet -even "back" facials are on the menu. Massage treatments include Therapeutic, Deep Tissue, Sport, Swedish, Hot Stone, and Rejuvenating Prenatal. Sculpting, cupping and Hot Himalayan stone treatments are also available.

One look at the brochure proves that a visit to Simply Beautiful Esthetics offers endless opportunities to shine - this season and year-round. And it confirms Kelly's "simple" beauty secret: making time to relax and re-charge, caring for the skin naturally promotes inner peace and outer confidence.

"Nourishing your inner spirit is as important as nourishing your body and your skin. Taking a break from a hectic schedule does not have to be complicated. A one-hour vacation with a facial or massage - even just to refresh -can make you look and feel radiant," she adds. No doubt, a little more glow in anyone's life can make all the difference.



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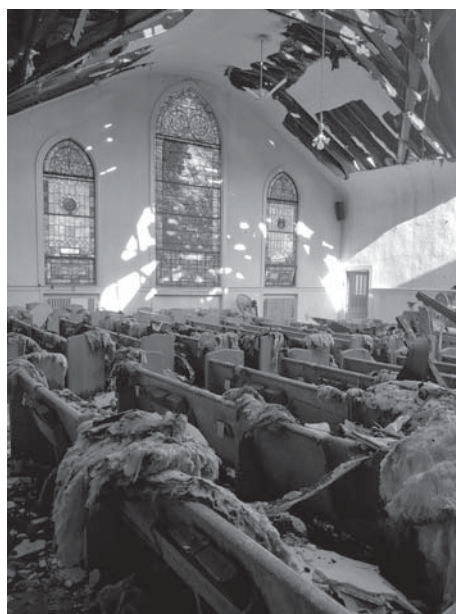
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Devastating Fire at Sheraden United Methodist Church Affects Entire Community



Damage to the Sheraden United Methodist Church during a fire on September 9, 2019.

On Monday September 9, 2019, the Sheraden United Methodist Church, located at 2966 Chartiers Ave., suffered a devastating fire which caused extensive damage to the 116 year old church. The building structure is unsafe to restore, thereby the building has to be totally demolished. (The church has been worshipping in the Sheraden area since 1889).

The church is more than just a place of worship for the Sheraden members. It has a large involvement for many community activities.

The activities that served the Sheraden community were: a weekly Bible study, an evening Kidz Klub program, monthly free community dinners, monthly thrift store and a free summer lunch program for children in the area.

The doors were also open for a place to provide service for: Altar of God Ministries for worship services and weekly Bible study, weekly meetings for the Kiwanis Club of Sheraden along with their two annual fund raiser pancake breakfasts, weekly Dartball, a meeting place for the ACKTION Club, which is a program through the Pittsburgh Public Schools for special needs students, meetings for the Langley High School Alumni Association and a voting poll place for Sheraden residents.

On the day of the fire, the Sheraden Community reached out with tremendous support. Council Woman, Theresa Kail-Smith contacted the American Legion, Post 496, to open the doors for the first responders and church members to

get something to eat and drink. A big thank you to all of the first responders, Chief Jones, Public Safety Director Hissrich, Don Scholtz for use of the legion, Sammy's Place for providing pizza, Sheraden Shoppe & Kitchen for drinks, Sheraden Community Council and the residents of Sheraden for all of the support on that day.

When the firemen were able to get in to assess that the fire was put out, items retrieved were the bible that was on one of the pulpits and was not damaged, the baptismal font, a quilt that was made for the 100th Anniversary in 1998 with quilt patches signed by members of the church, the Guest Signature book, along with a few other small items. The quilt was washed by a church member and was on display at the outdoor service.

On Sunday September 15th, a "Healing and Celebration of Minis-



Over 200 in attendance at the Healing and Celebration of Ministry outdoor service.

try" outdoor service was held on the lawn with about 200 in attendance. It was an uplifting service as the community once again came out to show their support. The Kiwanis Club of Sheraden arranged all the plans for an outdoor cookout with hotdogs and many desserts donated by Sheraden residents and Sheraden Community Council members. Members from the past came from all over to attend the service to share their memories when they attended the church.

The Free Community Dinners will now be held at Trinity AME Zion Church located on Allendale Street in Sheraden (former Sheraden Presbyterian) until the new Sheraden Church is built. The November dinner will be held on Thursday, Nov. 21, 5 - 7 p.m. All are welcome to attend. There will not be a dinner in December, but the dinners will resume again on the last Thursday of the month in January. The dinners are sponsored by West End Christian Ministries which include Sheraden Methodist, Trinity AME Zion, Abiding Faith Ministries, Crafton Heights United Presbyterian,

and members of the former Trinity Lutheran in Sheraden.

The members are planning to rebuild a new church on the corner of Chartiers Ave. and Citadel St. to continue to serve as a place for worship and a place for the community outreach that it provides.

An account has been set up at First National Bank, called "Sheraden United Methodist Church-Fire Donations" for donations to help cover costs not to be covered by the insurance company.

A "GOFUNDME" account has been set up for donations as well. The account is under "Rise from the Ashes, help Sheraden United Methodist". The money will be then transferred into the First National Bank account.

The Sheraden Methodist congregation asks you to keep them in your prayers as they move forward to bring the church and the community back to life.

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Community Bulletin Board

GREEN TREE ROTARY

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

November speakers are Nov. 7, Robyn Vitteck - WQED; Nov. 14, Carly McCoy - Rivers of Steel; Nov. 21, No speaker - Club Assembly; Nov. 28, no meeting.

More info call Rick Porach 412-655-4174.

LINE DANCING CLASSES

Have fun getting fit taking two hour dance classes for 6 weeks each Monday starting Oct. 28 at GT Municipal Center Gym. Cost \$30/GT res, \$40 non res.

GREEN TREE WOMAN'S CIVIC CLUB CELEBRATES 40 YEARS

The anniversary celebration will be held at the monthly Nov. 7 meeting, 7 p.m., Carlisle Social Hall, Green Tree Fire Hall. Guests are welcome. Marilyn Albitz will present on the history of the club. Carol Trexler will bring items and pictures from the Historical society. There will also be a tea. Please wear a hat and gloves or a 70's outfit for an evening of excitement, fun and celebration.

WREATH WORKSHOP

All are invited to create a wreath for the holidays. Bows, ribbons, wreath and decorations provided. Event is Nov. 21, 7 p.m. at Carlisle

Social Hall. Cost is \$35/GT resident, \$40/non-resident. Register at Green Tree Admin. Office.

CHRISTMAS IN CRAFTON HOUSE TOUR

The Christmas in Crafton House Tour, a local holiday tradition, occurs this year on Sun., Dec. 8 from 1-6 p.m. Tour historic Crafton homes from farmhouse to sophisticated and some with a modern twist reimagined for 21st century living. Tour begins at the First Baptist Church of Crafton, 1 Oregon Ave. and Steuben St., Tour booklets are available for presold tickets or \$20 day of tickets purchased. Advanced tickets are now available at the Crafton Public Library and the Crafton Boro Office and on-line tickets available at craftonborough.com until 4 p.m. on Dec. 6. All proceeds benefit Crafton recreational facilities and programs.

CRAFTON LIGHT UP FESTIVITIES

Light Up Day Festivities Nov. 30 in Crafton. Join us for a fun filled evening at the Crafton Public Library and the Crafton Boro Building from 5-8 p.m. Enjoy free hot dogs and hot chocolate. Watch our magical Christmas trees light up, meet & greet and take selfies with Santa, Elsa and Ana from Frozen plus a few more surprise guests. There will be lots of fun holiday activities and crafts. Bring the whole family to Light-Up Night!



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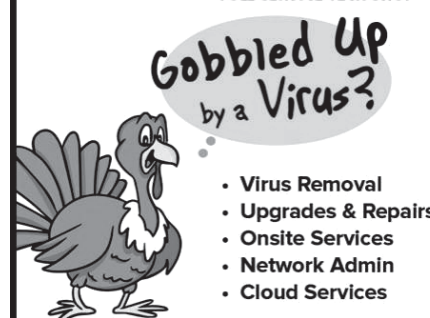
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Community Bulletin Board

SOUTH HILLS WOMEN'S CLUB

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

Tammy Hepps will share usable history regarding genealogy to help others research and apply to their own personal histories.

ROSTRAVER SPORTSMENS ASSOCIATION

The Rostraver Sportsmen Association located at 539 Cedar Creek Rd. in Belle Vernon, Pa, will sponsor women's trap shoots on November 2, 16 and 30, 2019 at 9:30 AM. All women are welcome to participate. More info at 412-779-1250.

The Association will hold their monthly meeting on Mon., Nov. 18, at 7:30 p.m. All members are encouraged to attend. Applications are now being accepted for membership from both men and women. More info at 724-984-6611.

WHITE OAK AMERICAN LEGION

The White Oak American Legion Post #701, 2813 Capital St. in White Oak, Pa. will sponsor oldies dances on Sat., Oct. 5 & 19, 7 - 11 p.m. Admission is only \$5 per person. All proceeds benefit veterans programs. Music from the 50s & 60s by Candy and Mike. For more information call 724-984-6611.

ATTENTION!

Don't forget to Fall back at 2 a.m. on Sunday, Nov. 3.

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FRIDAY FEATURE:
• **STUFFED SHRIMP**

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HOURS: MON: 11:30AM-2PM; TUES-THURS: 11:30AM-9PM
FRIDAY, 11:30AM-10PM • SATURDAY, 5PM-10PM

SOUTH HILLS COIN CLUB MEETING

The monthly meeting of the South Hills Coin Club will be held on Tuesday evening, Nov. 12 at 8 p.m. at the Bethel Presbyterian Church at 2999 Bethel Church Rd. in Bethel Park. All members and the general public are invited. This month's program will be on gold coins. A 50/50 to be offered and children's prizes to be awarded. Applications are now being accepted for membership. For more information call 724-984-6611.

GINGERBREAD HOUSE MAKING

Gingerbread House Making Sat. Dec. 7 at Crafton Community Center. Our annual Gingerbread House Making is set for Sat., Dec. 7 from 10-noon. You must sign up and pay in advance for this very popular event at the Crafton Public Library front desk. Cost is only \$5 per child. Each child must be accompanied by an adult, but there is no fee for the chap-

erone. There are no walk-ins and the last day for signing up is Dec. 4 or when it is sold out! The event is held upstairs from the library in the Crafton Community Center. There are light refreshments and a small gift for each child in attendance.

GREEN TREE GARDEN CLUB

The GT Garden Club will be having a "Holiday Craft" on Thursday, Nov. 14, with Cheryl Bakin, Parkway Florist, Inc. at Carlisle Social Hall, 825 Poplar St. Info at greentreeboro.com.

RETIRED MEN'S LUNCHEON

The Retired Men's Luncheon Group invites retirees to our Thursday, November 21st lunch. Following lunch the Thomas Jefferson High School acappella choir will perform seasonal songs under the direction of Julia Lucia. 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.

CARNEGIE CAREER FAIR

The JFCS Career Development Center and the United Way will be hosting a major Career Fair on Wed., Nov. 6, 11 a.m. - 2 p.m. at the Andrew Carnegie Free Library and Music Hall, 300 Beechwood Ave., Carnegie. Info at jfcspgh.org.

OLDIES DANCES

The White Oak American Legion Post #701 located at 2813 Capital St. in White Oak will sponsor oldies dances on Saturday, November 9 and 23, 2019 from 7 to 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. More info call 724-984-6611.



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Church Directory

Mt. Pisgah Presbyterian Church

31 Warriors Rd., Green Tree
412-921-8444
Sunday Worship: 9:45 a.m.
Sunday School: 11:30 a.m.
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.allsaintspncpa.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 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

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Anthony and Lydia Streets

Carnegie, PA 15106

Minister Robert W. Hale,

412-279-5030

carnegiechristianchurch@gmail.com

Sunday Services:

Bible Study: 9:45 a.m.

Worship & Communion: 10:45 a.m.

Wednesday Bible Study: 10 a.m.

St. Matthew's Evangelical Lutheran Church

Steuben St. & Lincoln Ave.

412-921-1125

Pastoral Office Hrs. by Appointment

10:15 a.m. Sunday Worship

with Holy Communion

Rev. Douglas Kinsey, Pastor

Rev. Shawn Markarkey, Pastor

Hawthorne Avenue Presbyterian Church

90 Hawthorne Ave.,

Crafton, PA 15205

412-921-2504

Handicapped Accessible

11 a.m. Sunday Worship

10 a.m. Adult Bible Study

Pastor Paul Nigra

www.hawthornechurch.org

1st United Presbyterian Church of Crafton Heights

50 Stratmore Avenue

412-921-6153

9:30 a.m. Faithbuilders

11 a.m. Worship Service

Child Care Available

All are welcome!

Pastor: Dave Carver

Unity Presbyterian Church

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Greentree Road at Potomac Ave.

Phone: 412-561-2431 Fax: 412-561-0696

www.unitypresbyterianchurch.org

facebook.com/unitypresbyterianchurch

9 a.m. Adult Sunday School

10:30 a.m. Worship Service

10:45 a.m. Kids' Disciple Zone Class
(4 yrs-adult; childcare under 4 yrs.)

Rev. Dennis W. Molnar, Pastor

Saint Philip Parish

St. Philip Church, 50 W.Crafton Ave.

Pittsburgh, PA 15205

Ascension Church, 114 Berry St.

Pittsburgh, PA 15205

412-922-6300

Saturday Vigil Masses

4:00 p.m. - St. Philip

5:30 p.m. - Ascension

Sunday Masses:

7, 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.

Church of the Nativity (Episcopal)

33 Alice Street, Crafton

412-921-4103

www.nativitychurch.org

Sunday: 8 a.m. & 10 a.m.

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ambassador.montgomery@gmail.com

Sunday Services: 9:45, 11, 1:15

Thurs. Bible Study and Kids Club: 7 p.m.

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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

United Presbyterian Church in Ingram

30 West Prospect Avenue

412-921-2323

Website: ingramupchurch.org

Worship Service: 11 a.m.

Office Hours:

Tues.-Thurs. 9 a.m.- 2 p.m.

Rev. Bonnie Taylor

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

Mount Washington Baptist Church

112 W. Sycamore, Mt. Washington

412-431-8396

mtwashingtonbaptistchurch.org

Sunday Worship Services:

11 a.m. & 6 p.m.

Wed. Prayer & Bible Study: 7 p.m.

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Rev. Ray G. Cunningham, Pastor

Christ Community Church

900 Chartiers Ave.,

McKees Rocks, 15136

412-331-3760 Fax: 412-331-3888

meyerccministry@verizon.net

Sunday School: 10 a.m.

Sunday Worship: 11:15 a.m.

Wednesday: 7 p.m.

Thrift Shop Monthly: 2nd Sat., 9 a.m.

Free Community Dinner Monthly:

Last Saturday, 5-7 p.m.

Rev. Wayne D. Meyer, Pastor

Church Corner News

Mt. Pisgah Church, 31 Warriors Rd., Green Tree, is back to the fall schedule with worship hours and Sunday School. Sunday school will be at 11:30 a.m.

All are invited to attend Pisgah Pasta, an "All You Can Eat Pasta Buffet" on Friday, Nov. 8, from 4-8 p.m. This buffet offers six homemade 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 Stickers will meet on Sat., Nov. 16 at 10 a.m.

Daytimers will meet Nov. 19 at 11 a.m.

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 featuring Re Ignite on Fri., Nov. 8, 12:30 p.m.

On Fri., Nov. 15 at 10 a.m. there will be a Domestic Abuse Seminar in Fellowship Hall.

A Community Thanksgiving and Service is being hosted at Covenant Community Presbyterian Church on Mon., Nov. 25, at 6 p.m.

Information at 412-561-2431.

Grace Anglican Church, Mt. Washington, two blocks down from Grandview Avenue, at the corner of Sycamore St. and Bertha St., welcomes you to come enjoy the Grace of God through a Thanksgiving Dinner! A large ham and turkey dinner with all the fixins will be served between 12:00 noon and 1:00, Thanksgiving Day, November 28th. Reservations left on the message machine at 412-381-6020 would be appreciated in assisting us with a count of people to expect. If you need a ride, we would be happy to pick you up that morning. Just let us know ahead of time. Take outs will be available starting at 1:00.

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.

Saint John Evangelical Lutheran Church, 601 Washington Ave., Carnegie, will be holding services of Holy Communion each "Come as You Are" Saturday at 6 p.m. and Sundays at 10 a.m.

On Tues., Nov. 5, the congregation will sponsor an evening of Beer, Pop and Hymns at Bakn on Main street in Carnegie at 7 p.m. All are welcome.

Candlelight and Taize Prayers will be in the sanctuary on Thurs., Nov. 7, 7 p.m. Prayers will be offered for all who have died since last Nov. 1 - All Saints Day. Also, prayers for healing.

Information at 412-279-2952.

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.

1st United Presbyterian Crafton Heights, 50 Stratmore Ave., is having an Open Door Community Thanksgiving on Nov. 15, 6 p.m. Includes dinner and kids activities. RSVP to jsimcox5@gmail.com.

Enjoy the Congregational Life Committee concert series at Unity

Presbyterian on Fri., Nov. 8, 12:30 p.m.

Come decorate for Advent on Sun., Nov. 24, 12:15 p.m. after worship

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

Information at 412-921-6153.

Covenant-Community Presbyterian Church, 1630 Greentree Rd., is hosting a Community Thanksgiving Dinner and Service on Mon., Nov. 25, with dinner at 6 p.m. and worship at 7 p.m. All are invited. Info call 412-343-4411.



MILLER'S CROSSING FLEA-TIQUE



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

For more information, please call Peg Stewart at 412-481-7830.



Shop Small Businesses to Improve the Holiday Experience



Enjoy Plaid Friday and support your local shops this holiday season.

It's the time of year when newspapers thicken with sales circulars and holiday advertisements. Consumers looking to beat the hustle and bustle and steer clear of the crowds this year may want to pay attention to local businesses in lieu of trekking to nearby shopping malls.

Every time consumers visit local coffee shops to grab a latte, pick up a dress at a nearby boutique or pa-

tronize a farmer's market down the street, they are supporting a small business. The Friday and Saturday after Thanksgiving are some of the busiest shopping days of the season, and they also can be some of the friendliest to small businesses.

Plaid Friday was conceptualized in Oakland. It may have been born in the Golden State, but the movement soon spread across the coun-

try. Plaid Friday is an alternative to big box stores' Black Friday bonanzas. It is designed to promote both local and independently-owned businesses during the holiday season. The name Plaid Friday was used to help people visualize the various threads of small businesses coming together to create a strong community fabric that was diverse and creativity.

Shoppers can continue their small business patronage with Small Business Saturday. This, too, is a counterpart to Black Friday and Cyber Monday. The first event was created by American Express in conjunction with the nonprofit National Trust for Historic Preservation. Since its inception, many small business groups, merchants and politicians have touted the event and the "Shop Small" mantra. The idea is that when small businesses thrive, communities and individuals thrive along with them.

The Small Business Administration says that, since 1995, small businesses have generated 66 percent of all new jobs in the United States. There are a number of big reasons to shop small. One can start around the

holidays and then continue all year long.

Shopping small businesses helps give back to the community directly. According to Civic Economics, a strategic planning business, on average 48 percent of each purchase made at independent businesses is recirculated locally through tax money and other support.

Small business owners often strive to provide personalized, hands-on customer service. Repeat business is key to their survival, so they want to ensure shoppers are happy.

Small businesses, since they are not beholden to corporate oversight in terms of what they sell, have greater flexibility. That allows them to offer a diverse product selection.

Small business owners often live nearby, and they're the people you see in town, schools and elsewhere in the local community. Many consumers are comforted to know they're supporting their neighbors, especially during the holiday season.

Supporting local businesses is easy. And shoppers who like what they see can share the good news with others on social media.

Celebrate Thanksgiving with Foods From the First Feast

Thanksgiving is celebrated each November in the United States. People traditionally gather around the dinner table flanked by friends and extended members of their families to give thanks for the blessings they enjoyed throughout the year as they dig into a delicious feast.

Turkey is typically the centerpiece of the Thanksgiving meal. Although turkey can be a delicious and nutritious addition to the table, individuals looking to expand their culinary horizons may want to borrow from the other foods believed to have been shared among the Plymouth Colony Pilgrims and Wampanoag natives during the 1621 feast that inspired Thanksgiving.

Waterfowl

Wild turkey were available in abundance in the New World, but historians believe that, during the first Thanksgiving meal, participants likely feasted on waterfowl instead of turkey. In fact, turkey wasn't common Thanksgiving fare until after 1800. Waterfowl, according to National Geographic, includes ducks, mallards, swans, and geese. Those looking to experiment can take a break from turkey and make duck the centerpiece of their meals this Thanksgiving.

Seafood

Plymouth, Massachusetts, is located where Cape Cod Bay and the Atlantic Ocean meet. As a result, indigenous people and the pilgrims likely relied on the bounties afforded by the ocean for their sustenance. Documentation of the first Thanksgiving by pilgrim chronicler Edward Winslow indicates lobster, fish and clams were likely served. People who enjoy seafood or those who prefer to abstain from meat or poultry can embrace seafood at their Thanksgiving gathering.

Fruits and vegetables

Fruits native to the region where the first Thanksgiving took place included blueberries, plums, grapes, gooseberries, raspberries, and cranberries. Cranberry sauce was an unlikely menu option because sugar that traveled over on the Mayflower was probably depleted by November 1621, according to History.com. Also, cooks didn't begin boiling cranberries with sugar until about 50 years later. To recreate the first Thanksgiving, enjoy raw fruit as a tasty dessert, which can be healthier than sugar-laden sauces.

Vegetables to enjoy include onions, beans, spinach, cabbage, car-



rots, and corn. Corn was likely turned into cornmeal and pounded into a thick corn porridge. Experimenting with a cornmeal recipe can liven up this year's festivities.

Turnips

Plant roots found in 1621 included parsnips and turnips, and not the popular potatoes that often accompany turkey at modern Thanksgiving gatherings. The potato was not yet popular enough among the English to warrant space on the Mayflower as it made its way to present-day North America. Parsnips and turnips can be delectable on their own or used as a basis for a

Thanksgiving soup.

Pumpkin custard

Although pumpkins and other gourds were available in the New World, baking was not yet popularized because of the lack of wheat flour. Instead, it is possible pilgrims would hollow out gourds, add spices with milk and honey, and then roll the gourds in hot flames to form a sort of custard. Home cooks can replicate a pumpkin custard in their kitchens and serve it in lieu of pumpkin pie.

Borrowing foods from the first Thanksgiving can expand menu possibilities this November.

Senior Pets Deserve Loving Homes During Their Golden Years

By Marilyn Sorvas



Gizzy's hypnotic eyes are asking for your help.



Cookie is longing for a new forever home.

When you were a kid, were you the last one chosen outdoors for a pick up game of ball? Or did you watch that poor kid who WAS the last one chosen – and you felt sorry for him? Sometimes it gets that way at the animal shelter.... really good pets get passed over for various reasons, they aren't "friendly" enough, they aren't "pretty" enough or they are too old.

Actually a senior pet can be a really good choice if you are a senior

yourself, or you want a mellow, laid back kind of a kitty, one who's not climbing the drapes or is wanting to run through the house and play at 2 am. Senior cats don't do this. And there are many who outlive their previous owners, sad but true. Animal Advocates is often called when an elderly person has to go into a nursing home or a long term physical therapy situation, or simply passes away, and the family has no room for another pet.

So these wonderful companion animals, who have loved and been loved, end up in a shelter, confused at what is happening and can even be depressed at the loss of that person they loved. Be the person who singles out these older, well-mannered, house trained, loving felines, and gives them a loving home for their remaining years. It's a great calling! Rescued cats are grateful, I know this from personal experience, several times over.

Gizzy is a classic example. She is a 16-year-old Maine Coon cat, a brown tabby with medium long hair. Her owner, with whom she had spent her entire life, passed away. Maine Coons are loving and friendly, again the author knows this from experience, and Gizzy is no exception. She needs a new home with no other cats, no dogs and no children. She loves attention, enjoys being brushed and resting on a nice comforter. Me too! She deserves a great retirement, can you help? Know someone who can?

In Cookie's case, the family brought home a new puppy and relegated Cookie to the basement. He

may be about 11, but could be a little younger. He has been treated for some matted fur on his back and obesity and is doing great on readily-available lower-calorie cat food. Both Cookie and Gizzy are described as affectionate and loving. Both have had a complete and thorough vet check which declared them as healthy.

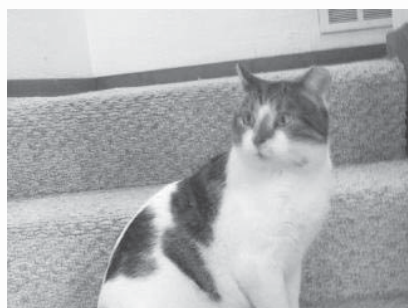
Please consider giving Gizzy or Cookie a new home for their remaining years, and check out the others we have as well. Either of these animals would love to share your life and home and will return in kind all the love you have to give them. Please pick up the phone, give Animal Advocates a call at 412-928-9777 and leave a message for a call back.

Get ready for the holidays by visiting Animal Advocates Thrift Shoppe, 35 Wabash St. in the Historic West End! All proceeds benefit homeless animals like Gizzy and Cookie. They are getting ready for the holidays, stocking up with great items for you and your home, at great prices! You'll want to come and take a look! Bring a friend for a fun experience. Thank you!

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Nutcracker at Carnegie Performing Arts Center



Photo to the left:
Cara Salerno as Clara in The Nutcracker.
~photo courtesy of Carnegie Performing Arts Center.

An old fashioned holiday theme is the offering for this year's Nutcracker as presented by the Carnegie Performing Arts Center. The Nutcracker is being performed for two weekends, beginning on Friday, December 13, and ending on Sunday, December 22. Performances will be held at the Andrew Carnegie Music Hall, 300 Beechwood Avenue in Carnegie. Performances of the Nutcracker will be at 8 p.m. on Fridays and Saturdays and 2 p.m. on Sundays.

Tickets are available at the door and are \$20 for adults, \$18 for seniors and children.

Lindsey Brandebura, a Senior at Bishop Canevin, will dance the role of the Sugar Plum Fairy while Mackenzie Bracken, a Junior at South Fayette will dance the Queen of the Snow. Cara Salerno, a Sophomore at Chartiers Valley, will portray the part of Clara while David Keller, who attends Brentwood High School, will be the Nutcracker Prince who comes to life and takes Clara to the Candy Kingdom. Elizabeth Scalise, a Senior at Chartiers Valley will dance the role of Dew Drop Fairy. Over 60 dancers from many community dance schools

ranging in age from 5 – adult round out the cast of swirling snowflakes and candy flowers. Monica Ryan, choreographer and director of the Carnegie Performing Arts Center is celebrating the forty fourth anniversary production of the Nutcracker. As in the past, there will be a raffle and Chinese Auction during the intermissions of the three acts of the Nutcracker. For more information about the performances please call the Carnegie Performing Arts Center at (412) 279-8887 or access the website, carnegieperformingartscenter.com.

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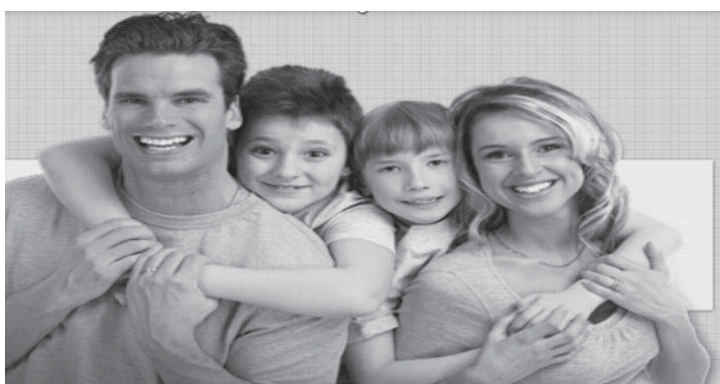
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