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Sweater Weather is Here Along with Festivals, Flowers and Fun



There are many Pumpkin Festivals to have fun at this month!

Fall is officially here and that means football, festivals, sweaters, apples of all kinds and of course pumpkins! That still *leaves* the mention of the array of colors that will be ours to see for the next few weeks! The leaves are still green in a lot of the area, but the change will be coming very quickly! It's one of the most beautiful things about October, literally. Enjoy them while you can!

There are many parks to visit to see the foliage such as Raccoon Creek State Park, Hillman State Park, Point State Park, Allegheny Islands State Park, Moraine State Park, McConnells Mill State Park, and Ohiopyle State Park. There are walking trails at the parks to allow for a stroll or hike while enjoying the colors! You could also just drive or walk around your local neighborhoods.

Making a bit of a longer drive will probably offer more colorful leaves earlier in the month. You could head to Franklin's Applefest on Oct. 4-6 for over 350 vendors, antique and classic cars, apple pie baking contests, delicious food, music, and entertainment. Info at franklinapplefest.com.

You can enjoy a Gateway Clipper Autumn Serenade Luncheon Cruise on the water and view the beautiful leaves on October 9, 12, 16 and 19 at 11:30 a.m. Cruise includes the fall leaves from the upper deck, a harvest luncheon and a one-of-akind-show. Info at gatewayclipper.com.

As always, our area doesn't disappoint when it comes to celebrating the season with festivals.

A unique festival that is at the heart of Pittsburgh's history is the Festival of Combustion. This is a celebration of the industrial arts and American crafts.

Join Rivers of Steel in celebrating on Sat., Oct. 5, 1 - 9 p.m. This event will showcase the creativity of our region's artists, makers, and builders. The Festival of Combustion takes inspiration from the iron-making legacy of the Carrie Blast Furnaces. An all-day iron pour is at the heart of the festival!



Festival of Combustion. ~photo courtesy Rivers of Steel

There will be live demonstrations by blacksmiths, glassblowers, welders, and metal fabricators and more. You can get creative with hands-on activities for all ages. After dark, you can check out a glowing ceramic reveal, followed by fireworks over the furnaces! There are also going to be tours, live music, food trucks, and a makers' marketplace. Info at riversofsteel.com.

The Pittsburgh Monster Pumpkins Festival will be held at 3 Crossings Campus between 28th and 29th streets on Oct. 19-20, 10 a.m. - 6 p.m. This is a free family friendly event. There will be Point Park Pumpkin Pull, GIANT pumpkins display, amazing carved pumpkins, hand blown glass, pie eating contests, pumpkin pool drop, games, food, music and more! Info at monsterpumpkin.com.

Trax Farms, in the South Hills area, is having a fall festival that is full of activities for the entire family including live music, food, games, hay rides and it's free admission. The festival is every Sat. and Sun. until Oct. 27. Info at traxfarms.com.

Janoski's Pumpkinland in Clinton is held each weekend in October and features a corn maze, straw jump, pony rides, pumpkin patch and painting, food, garden and more. Info at janoskis.com.

The Houston Pumpkin Festival will be going strong on Oct. 11-13 with fall fun, food, games, a Pumpkin Parade on Saturday, music and entertainment and pumpkin activities. Info at houstonpumpkinfestival.net.

Some other festivals include Simmons Farms, Soergel Orchards, Conneaut Lake Fall Pumpkin Fest, Triple B Farms, Lonesome Valley Farms, and Hozak Farms.

Not far from Pittsburgh, Seven Springs has a variety of weekend activities at Autumnfest. Beginning Oct. 5 through Oct. 20, each weekend will offer great food, music, artisan's and crafts, kids activities, and so much more. Info at 7springs.com.

The Carnegie Crawl will be held on Oct. 11 at 5 p.m. Gary Prisby will be playing from 6-9 p.m. and Revival Chili will serve in front of Carnegie Coffee. More Than Words will be having a Tarot Card Reader from 5:30 - 9 p.m. Call to make appointment at 412-343-9673. There will be games, face painting, and beer sampling plus participating businesses stay open until 10 p.m. and offer special deals and treats. Restaurants offer happy hours or dinner specials. After 9 p.m., many stay and listen to live music at Riley's Pour House. Info at visitcarnegie.com.

This is the last month to catch most of the farmers markets around the area, so be sure to make a stop before the weather changes.

The Fall Flower Show: Rhythm & Blooms begins on Oct. 5 at Phipp's Conservatory and will run for only three weeks until Oct. 27. This display will feature a variety of music styles as you move from room to room. Rock and roll in the Victoria Room and blue grass among falling leaves in the East Room. Enjoy, reggae, classical, jazz, hip hop and more as you experience the beautiful displays. Also, the Garden Railroad: Movie Magic opens on the same day and will include miniature movie scenes. Info at phipps.conservatory.org.



Trick or Treaters will be coming before you know it, so be prepared with some treats! It also means there are some scary, haunted trails and houses to check out, if you dare. Close by, Carnegie has the Trail of Terror and there are so many more. Go to swpenna.com for a complete list.

As you all know, summer is my season but I am going to lean into fall and make the most of it! I love summer, but I like fall a lot! For one thing, carving pumpkins is a very near favorite thing to do. Dressing warm and cozy for outdoors is also key to enjoying the October weather! Have fun!

MUSINGS...EXPECTATIONS



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.

Expectation is the root of all heartache.

~William Shakespeare

Expectations suck. They cause suffering — disappointment, frustration, heartache.

An Expectation Story

On Valentine's day, Emily's excitement was palpable because her

boyfriend was making dinner for her! The next morning she came to work dejected. "What's wrong?" I asked. "He didn't give me any lingerie," she lamented. She went on to describe a wonderful evening...candlelight dinner, kindness, gifts. "What are you talking about?" I asked, incredulous. "Everyone knows if a guy is serious about a girl, he gives her lingerie for Valentine's Day." I had not only never experienced this, but never heard of it. When I told her that, she was astonished. Her mother knew it. Her sister. Her aunts. So – she grew up in a culture with an expectation the rest of us never heard of!

Shoulds

We rarely question our expectations or the assumptions behind them. Expectations are the "shoulds" in life—how we think we, or others, should act or feel, especially in relationships. But people can't read minds, no matter how much they love each other. I've worked with countless couples who struggle to meet unspoken expectations, often getting it wrong. The solution? Simple communication. Talk, listen, and clarify.

Another common expectation is wanting others to change, thinking love can transform them. But we can't change others; it's hard enough to change ourselves.

Antidotes to Suffering

Here are some things we can do to stop the suffering:

1. Examine and release expectations – Make plans but don't attach to the outcome. Find joy in giving without needing a thank you.

2. Communicate. Don't assume others know what you're thinking. Share your feelings and needs directly.

3. Be open to what is.

My friend Jenny had a beautiful outside wedding. In the middle of saying her vows, it started to rain. Everyone tittered a bit. As soon as the vows were over, Jenny's mother shouted, "everyone inside" but Jenny, who had thrown off her shoes, answered loudly, "No, let's dance in the rain." And we did. It was glorious. We got soaked, our feet muddy, but there was such a happy, open spirit, everyone had a great time....and I remember it more vividly than any other wedding. Jenny was not only open to reality, she embraced it!

Examine your expectations, your "shoulds". See how they create suffering. Then toss them to the winds. Watch your contentment grow.

COACHING TIPS:

1. What creates suffering in your life?

What expectations are involved?
Examine the assumptions in your expectations.

4. Let the expectations go.

5. Open to what comes. Find joy in each experience.



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Environmental Hazards and Child Health



Jayesh Gosai, M.D.

The Environmental Protection Agency (EPA) and other organizations designate October as Children's Health Month. According to the EPA, children and infants are especially vulnerable to pollution and other environmental factors that may cause serious health problems. Children eat, drink, and breathe more than adults relative to their size and young children frequently put objects in their mouths, explore more, and play on the floor and ground. Furthermore, protective bodily systems, such as those that filter pollutants from inhaled air and process chemicals in the body, are not yet fully functional in children. And, during periods of growth and development in childhood, normal biological processes may be disrupted by environmental chemicals.

Protect your children in the home: Keep pesticides and other chemicals away from children.

Store food and trash in closed containers to keep pests from coming into your home.

Instead of pesticides, use baits and traps when you can; place baits and traps where kids can't get to them.

Store pesticides and toxic chemicals where children cannot see or reach them. Never put them in other containers that kids can mistake for food or drink.

Keep children, toys, and pets away when pesticides are applied; don't let them play in fields, orchards, and gardens after pesticides have been used for at least the time recommended on the pesticide label. Wash fruits and vegetables under running water before eating - peel them before eating, when possible.

Help prevent childhood asthma and other breathing conditions:

Don't smoke and don't let others smoke in your home or car.

Keep your home as clean as possible. Dust, mold, certain household pests, secondhand smoke, and pet dander can trigger asthma attacks and allergies. Limit outdoor activity on ozone alert days when air pollution is especially harmful. Limit motor vehicle idling.

Avoid open burning.

Consider replacing gas stoves/ovens with electric appliances.

Be aware of dangerous lead levels:

Have a doctor or health care provider test your children for lead poisoning Test your home for lead paint hazards if it was built before 1978.

Wash children's hands before they eat; wash bottles, pacifiers, and toys often. Wash floors and window sills to protect kids from peeling paint that might be contaminated with lead - especially in older homes. Run water until it becomes cold. Use only cold water for drinking, cooking, and making baby formula.

Protect children from carbon monoxide (CO) poisoning and high levels of radon:

Schedule annual checks of fuel-burning appliances, furnace flues, and chimneys.

Never use gas ovens or burners for heat or use barbecues or grills indoors or in the garage.

Never sleep in rooms with unvented gas or kerosene space heaters.

Don't run cars/lawnmowers in the garage. Install in sleeping areas a CO alarm that meets Underwriters Laboratory (UL) standards.

You can test your home for radon with a home test kit, if your radon level is 4 pCi/L or higher you will have to rectify the problem. For help, call the PA state radon office.

Community News and Events

Green Tree Rotary Food Drive

Every year, the Green Tree Rotary Club organizes a food drive to fill the shelves at a local food bank. So many families depend on local food banks so it's important to keep the shelves stocked.

The club's next food drive will be Sat., Nov. 16. Signs will be placed throughout Green Tree as reminders to place food donations in bags outside your front door so they are visible from the street. Rotary members and volunteers will collect the donations and take them to the food bank. Thank you to everyone who donates food year after year to this worthy cause.

St. Raphael the Archangel Holiday Craft Show will be held on Sat., Nov. 16 from 9-3 p.m. at SS. Simon & Jude Gym and will have over 70 tables of crafts, a Chinese Auction of items, bake sale, 50/50 and food available for purchase. Admission is free and plenty of parking. Start your Christmas shopping with unique gifts from our participants!

Pros & Cons of Buy Now, Pay Later

Many retailers offer these payment options let you make purchases with little-to-no payment upfront. But is it a good option for you?





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The Fishin' Hole



by Sam Hall

At long last we get the arrival of autumn. With this season, comes some fall trout stocking to talk about, and of course, the arrival of the question every angler will be either asking or answering over the next two months, "Are the Steelhead in the creeks up in Erie?".

First, at the end of September our area finally got a much-needed good soaking of rain from the remnants of Hurricane Helene as it passed through our area on the final weekend of the month. That soaking won't completely make up for the long, hot, dry summer but it certainly helps for people's crops, lawns, gardens and, of course, fishing spots.

The rain brings some cooler temperatures and with the Pennsylvania Fish and Boat Commission just about to begin their fall trout stocking, it could not come at a better time. In Allegheny County most of the fish won't be put in the water until the third week of October. In Washington and Beaver counties, you will not need to wait that long to hit your favorite trout fisheries. Canonsburg Lake and Dutch Fork Lake in Washington County will get a stocking on October 2, while Raccoon Lake in Beaver County will get a full stocking on the very first day of the month.

Now to Erie we go. The short answer is no, the fish are not really up into the tributaries, just yet, in any significant numbers. That said, the fishing at the mouths of the streams has been good for a couple weeks and the first big rain will likely trigger what many folks think will be a very big run. That rain may have already come between the day I am writing this Fishin' Hole and the day you are reading it. As always, I recommend calling the bait shops up north and checking with them on any specific day you are thinking of making the ride. Be prepared, as with any October, to have to squeeze in with all the other anglers that are anxious to get the fall season started.

Closer to home I am in full excitement for the coming fall fishing season! The rain should ignite what has been a little bit of a slow Smallmouth Bass bite through September. With the waters cooling, look for the Striper and walleye to start moving into the shallow water to start a fall feeding frenzy on the local baitfish.

If you find the water overly cloudy from recent rains, try using a flashy lure or bright fluorescent colored jigs to attract the fish. That's my plan for tomorrow morning. If you head up to Erie this month, please send your full report to samdhall@comcast.net. Keep those lines tight!

I'm trying something new and if you like it, let me know and I'll post more. Scan the QR Code to see some fishing videos that I took or go directly to vimeo.com/1014544822?





Striper are back! ~photo courtesy of Sam Hall





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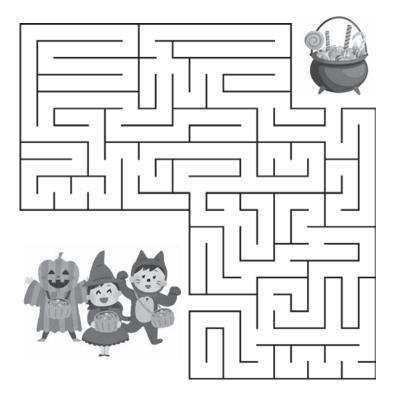


Fun and Games for Kids



Help the Trick-or-Treaters get the Candy

Find the 10 differences between the pictures below.



LIBRARY INFORMATION Back to School Programs

Reading Programs are for all age levels at the libraries. Be sure to call or visit the website to sign up.

GREEN TREE PUBLIC LIBRARY 10 Manilla Ave. Pittsburgh, 15220 greentreelibrary.org 412-921-9292

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

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SHERADEN

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Pittsburgh, 15204

carnegielibrary.org

412-331-1135

THE ANDREW CARNEGIE

FREE LIBRARY

300 Beechwood Ave.

Carnegie, PA

carnegiecarnegie.org

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Carnegie Library Pittsburgh Main - Oakland

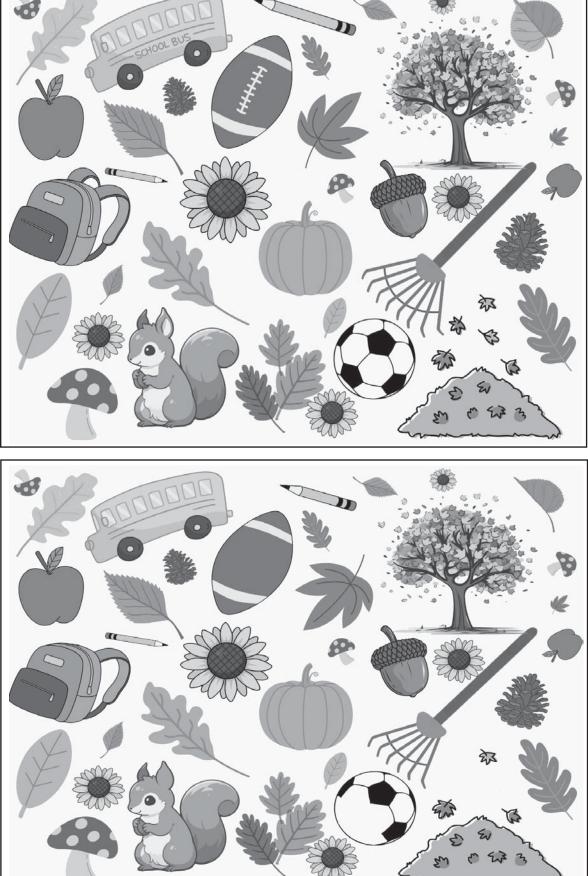
> PUBLIC LIBRARY 301 Lindsay Rd. Scott Twp.15106 scottlibrary.org

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

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Reading is Fun!



ATTENTION KIDS!!

The Back-to-School Fall issue of Big Kit Lil' Kaboodle

will be at your school this month!

pittsburghjuniortimes@comcast.net

Church Directory

Saint Stephen Lutheran Church

55 Forsythe Road, Pittsburgh15220 Off Greentree Road in Scott Twp. ststephenpittsburgh.org 412-279-5868 Pastor Maurice C. Frontz III, STS Facebook.com/ststephenpittsburgh

1st United Presbyterian

Church of Crafton Heights 50 Stratmore Avenue 412-921-6153 Sunday School: 9:30 a.m. Live and in person Worship on Sundays at 10 a.m. and on Facebook.com/Dave.Carver All are welcome! Pastor: Dave Carver

All Saints Polish National Catholic Church 500 Fifth Street, Carnegie 412-276-2462 Fax: 412-276-9677 www.allsaintspnccpa.org all.saints.pnc.church@verizon.net The Rev. John Dinello Independent - Catholic - Sacramental Contact regarding services.

Unity Presbyterian Church "Serving God, Loving All." Greentree Road at Potomac Ave. Phone: 412-561-2431 Fax: 412-561-0696 www.unitypresbyterianchurch.org facebook.com/unitypresbyterianchurch Sundays 10:30a.m. -Live and Streaming Rev. Dr. Karen Claassen

Bible Baptist Church 412 Old Washington Pike Carnegie, PA 15106 412-276-7717 bbcpittsburgh.com Sunday Services: Live stream at 11 a.m. on Facebook.com/bbcpittsburgh Rev. Phil Golden Jr., Pastor

Ambassador Baptist Church

"Representing Jesus" 1926 Babcock Blvd., Pittsburgh 412-477-3210 **www.HisService.com** ambassador.montgomery@gmail.com Western PA Theological Institute Independent, Fundamental "Preaching and Practicing the Word of God"

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

Pittsburgh Baptist Temple

112 W. Sycamore, Mt. Washington 412-431-8396 pittsburghbaptisttemple.com pastor@pittsburgbaptisttemple.com Independent-Fundamental-Premillenial-Soulwinning Rev. Ray G. Cunningham, Pastor

Mt. Pisgah Presbyterian Church

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

St. Matthew's Evangelical Lutheran Church Steuben St. & Lincoln Ave. 412-921-1125 Pastoral Office Hrs. by Appointment Jin Kyung Ko, Pastor

Carnegie Presbyterian Church "New Hope Worship Center" 1100 Washington Ave. #104, Carnegie

412-279-3223 Worship Sunday Service: 10:30 a.m. Sunday School 9:30 a.m. Rev. Dr. Colleen F. Molinaro www.carnegiepresby.org



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.

Church of the Nativity (Episcopal) 33 Alice Street, Crafton 412-921-4103 www.nativitychurch.org The Rev. Shawn Malarkey

Carnegie Primitive Methodist Church

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

Crafton United Presbyterian Church

80 Bradford Avenue 412-921-2293 Fax: 412-921-0348 Sunday Worship - 11 a.m. Office: 9-1 p.m., T, Th, Fri Jin Kyung Ko, Pastor

Hawthorne Avenue Presbyterian Church

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



Vacation Stays available Conveniently located in Green Tree

Find out more: 412-921-7725

United Presbyterian Church in Ingram 30 West Prospect Avenue 412-921-2323 Website: ingramupchurch.org Rev. Wayne D. Meyer

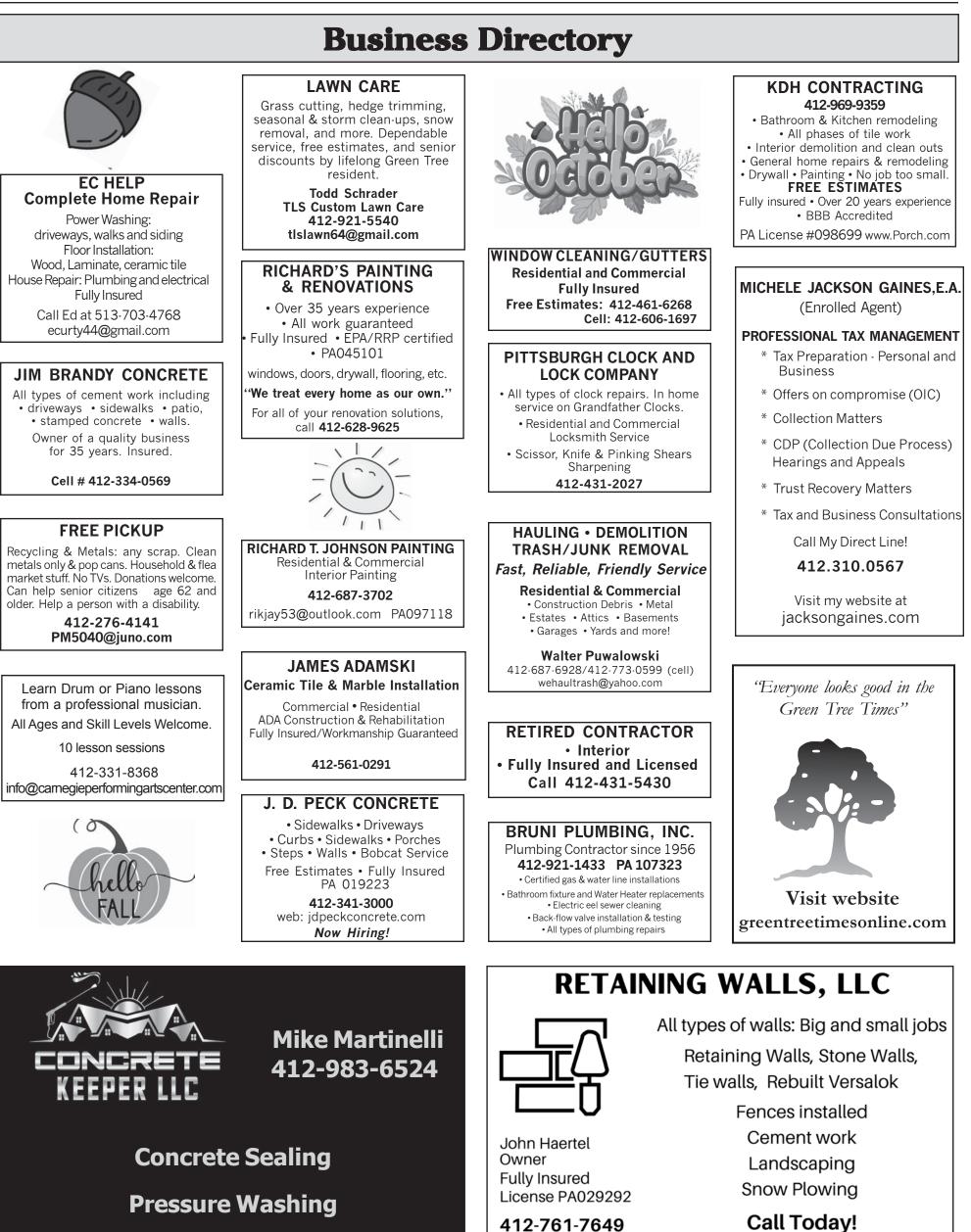
The Parish of St. Raphael the Archangel 412-857-5356 straphaelcgs.org Live Streaming Mass and In person St. Margaret of Scotland Ss. Simon and Jude St. Elizabeth Ann Seton Pastor: Fr. Robert Grecco Parochial Vicar: Fr. Dan Maurer Deacons: Kevin Lander, Paul Lim, and Jim Mackin

Church of the Atonement (Episcopal) 618 Washington Avenue, Carnegie, PA 15106 412-279-1944 The Rev. Ben Wright www.atonementcarnegie.org

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