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### November is Filled with Everything for the Holiday Season



Milliner, Dee Hall of Heads Hearts & Hands with her grandson at Handmade Arcade. ~photo courtesy Head Hearts and Hands

As I sit typing this article, sneaking the occasional piece of the Halloween candy that we have purchased for tomorrow night, I'm thinking about last November and all that was happening in the world. It was a difficult time for everyone for many reasons. We have come a long way since then but we are still not where I'm hoping we end up sometime soon!

November in Pittsburgh is a magical time with the start of the holiday season, the start of potential snow as winter inches it's way closer and all of the giving opportunities we have this time of year that we as a community always embrace.

As far as the holiday season goes, you can kick it off with the celebration of the 60th Annual Highmark Light Up Night downtown on Saturday, Nov. 20. The activities will be plenty and for everyone! Check downtownpittsburghholidays.com for more details.

The People's Gas Holiday Market downtown will open the Friday night before. This evening will include shopping opportunities without the traffic issues of years past when Light Up Night occurred on the same Friday.

The Rink at PPG Place opens Fri., Nov. 19 as well. Tickets need to be purchased in advance online at ppgplace.com. The Gingerbread House display will continue to be virtual again this year and will debut the houses on Nov. 20 at pittsburghpa.gov/gingerbread.



Holidays at The Rink at PPG Place ~photo courtesy of PPG Place

Another festive event is the holiday musical, Cirque Dreams Holidaze on Nov. 26-27 at the Benedum Center. This family friendly show is part contemporary circus and part Broadway musical. All safety precautions are in place to attend. Purchase tickets in advance at trustarts.org.

Phipps Conservatory kicks off the season on November 19 at 5 p.m. with their Winter Flower Show and Light Garden: Holiday Magic! with the theme of Sparkle and Shine. There will be extended night time candlelight hours until 11 p.m. For the safety of all guests, timed tickets must be purchased in advance and masks are required for unvaccinated guests ages 2 and up. More Information at phipps.conservatory.org.

As more people are vaccinated and safety measures are put in place, The PNC Broadway in Pittsburgh shows are able to finally return to in person enjoyment. Summer: The Donna Summer Musical will be Nov. 16 - 21 and tickets are on sale now. Go to trustarts.org for ticketing as well view the impressive 2022 line up.

Pittsburgh Opera and Point Park University partnered to create 'Opera Animations.' Point Park students collaborated with Pittsburgh Opera to select arias and duets of wellknown operas. The students then designed, created, and refined unique animated video shorts to bring the music to life in new, exciting ways. A total of six videos were created.

All six video shorts will be shown to the public for the first time, accompanied by live performances of the opera music on Nov. 13th. The free event will take place at Pittsburgh Opera Headquarters at 2425 Liberty Avenue in the Strip District at noon. The concert is free, but registration is required. Info at pittsburghopera.org.

The Three Rivers Film Festival is being held Nov. 10-17 and will offer both virtual and in person viewing. The event will feature 32 independent films in a variety of genres. This event never disappoints. Info at filmpittsburgh.org.

The Handmade Arcade returns both in person and virtually. Discover one-of-a-kind products from over 200 talented makers, artists, and craftspeople at this holiday market located at the David L. Lawrence Convention Center on Saturday, December 4. You can also choose to shop virtually from November 27–29. The talented maker community will surprise and delight with a variety of artwork, trendsetting home decor, and funky jewelry and accessories you won't find at the big box store. Info at handmadearcade.org.

As for giving, *Amen to Action* will, for the 5th 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 pack over 1 million meals for our families in need with the help of adult and children volunteers. You can help by either volunteering or donating. More information at amentoaction.org.



Volunteers putting meals together at Amen to Action

This year, November 30 is Giving Tuesday. The date is determined by the Tuesday following Thanksgiving each year.

Giving Tuesday is a day that encourages people to give back in whatever ways they can. It presents nonprofit organizations with the chance to raise even more money than they would on an average day of giving, which is why many organizations create special campaigns to participate in this day of giving. It's the perfect time to pick a charity or cause and give something a little extra.

I've finally accepted that the summer sun is in my rearview mirror, so I am now looking forward to seeing the first snowflakes of November. There's nothing quite like Pittsburgh during the holidays!



## MUSINGS...SELF SOOTHING



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. Self soothing actually is the ultimate success advantage. Brendon Burchard

When I was in the 5<sup>th</sup> grade, my best friend Mary and I discovered a solution to boredom: call boys on the phone. Luckily we both outgrew that self-soothing practice, just as we left behind the thumb sucking of infancy.

Even in adulthood, we all need self-soothing practices for when things are challenging in our lives – when we are anxious, worried or fearful. Self-soothing is a way of being nice to ourselves, nurturing ourselves, managing our emotions. Self-soothing practices help us enjoy life as we navigate stress, uncertainty and boredom.

Throughout our lives we all develop self-soothing practices, some that nurture us and are sustainable. Others - not so much.

#### Self-soothing that backfires

Some practices that serve us in the beginning eventually backfire or cause us harm. Think smoking, snacking, drinking alcohol, watching TV, spending. Some could be good, but we overdo them and end up feeling crabby as a result. Think gaming, a coloring app, social media, overwork.

#### Self-soothing worth cultivating

It is genuinely helpful to figure out what helps calm and nurture you and have several choices in your toolkit. The people who have fared best in this pandemic are those who have used tried and true self-soothing activities or cultivated some new ones. Real people I know have found the following helpful:

Walk, meditate, pray, be in nature, do nothing, work out, learn something new, garden, paint, take a bath, do yoga, nap, whittle, cuddle with a pet, cook, sing, dance, listen to music, talk with friends, journal about feelings, knit, spin, kayak, bicycle.

What are your best strategies?

#### Self-soothing and you

When you know and use your own best self-soothing activities, you

can stay steady even when things around you are chaotic.

If there is a self-soothing practice you'd like to leave behind, grow a better one to fill the gap. Are there one or two in the list above you are attracted to? Finding your best strategies is often part of developing wisdom and living a more contented life. And, as high performance coach Brendon Burchard indicates in the quote above, this can be the key to your success.

"Reality was not meant to be changed by us. Rather, it was meant to be wrestled with so that we are changed by it." Craig D. Lounsbrough

#### **COACHING QUESTIONS:**

1. What self-soothing practice in your life are you ready to release because it no longer serves?

2. What is a self-soothing practice you would like to cultivate? When will you start?



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# The Fishin' Hole



November is here and that means steelhead trout to everyone within reach of the Fishin' Hole. The weather at the end of October is certainly doing a perfect job to make sure there are tons of fish making their run up into the Erie tributaries. Steady rain and cool temperatures do mean one bad thing for potential anglers, huge crowds will be flocking up Interstate 79 right from the outset of November. Walnut creek will be elbow to elbow along with Elk creek. My advice is the same as it ever was, move, walk, explore and get away from the crowds. The rain means the fish are way up, the further you go the more likely you are

to have some breathing room. Don't forget to take every pre-caution to make sure you stay warm and dry. Nothing ruins a trip faster than the physical misery that comes from being cold and wet.

Closer to home but still a drive up Interstate 79, the perch are really biting in Lake Arthur. Fish the weed lines with minnows under a bobber or a suspending minnow lure. The jumbo-sized perch are both plentiful, and delicious. That's right! If you are willing to do the work of cleaning and cooking, fried fresh perch are as tasty as any fish in any four star restaurant. If you have an ultra-light rod and reel, catching them is incredibly fun as well. They are aggressive and run in very large schools. Once you land one you will continue to catch them until you grow weary. The bigger they are, the easier they are to clean and get a bone-free fillet. Once you have your fillets, all you need is some egg wash and some spicy panko bread crumbs. I was going to say, "you can thank me later" but as I am typing it and thinking about it, you should invite me over



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for "perch bites and beers," that's really the best way to thank me!

Still closer to home, most of the approved trout waters in our area received a fall trout stocking at the tail end of October. Places that received all rainbow trout include Raccoon, Canonsburg and Dutch Fork lakes, and Pine Creek along with all the Deer Lakes. North Park lake is slated to get a stocking in the middle of December, but there are loads of fish in there already and the cooler temperatures on us now are really triggering the bite. Power baits will work for the stocked fish, but red worms are my favorite for fall trout. All the rules for staying warm and dry in Erie apply to fishing closer to home. The misery might be shorter if you only have a fifteen minute drive to get warm and dry but your fishing trip is

still ruined, if you get cold and wet. Fall fishing is a great way to spend some time on the water and away from the frustration that some of our local football teams provide from time to time. As I type this, Pitt is playing Miami, and I REALLY wish I was fishing. Keep those lines tight and send your pictures and stories to samdhall@comcast.net .



Delicious panko bread crumb coated fried perch.

#### Community News and Events

The Green Tree Garden Club is going to make a gingerbread village which then will be displayed in the sunroom at Vincentian Marian Manor in Green Tree for the residents' enjoyment throughout the holiday season. This is a pay-it-forward project in return for the Riversong String Ensemble's performance at our August event in the garden.

The municipal park is going asleep for the winter, it is still a great place to take a walk or enjoy a packed lunch. Residents are encouraged to take advantage of this community asset. The Little Free Library of garden-related books for adults and children will be available all year.

Disney's THE LITTLE MERMAID JR. is playing at Andrew Carnegie Library Free Music Hall starting on November 4th at 7pm, There will be a meet and greet with the cast at 5 p.m. The 60-minute musical is based on the 2008 Broadway production and the 1989 animated feature film. The Dance Ink cast contains approximately 20 Performers led by Stephanie Masullo and Lindsey Lawrence. Tickets at danceink.com.

The Nutcracker, an old fashioned holiday ballet performed annually by the Carnegie Performing Arts Center, will return to live performances this year at the Andrew Carnegie Music Hall, 300 Beechwood Avenue, Carnegie. Performances will be on Sats., Dec. 11 & 18 at 8 pm, Suns., Dec.12 & 19 at 2 pm. Tickets available at door. Info at carnegieperformingartscenter.com.





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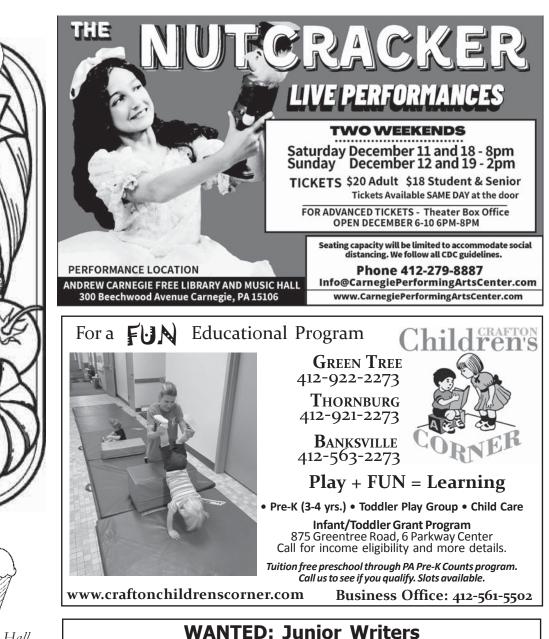


Find the 10 (plus 1 bonus) differences between the pictures below.



Find the 8 Hidden Pictures





If you are in 2nd - 5th grade and like to write and have fun doing it, **we need you!** Call 412-956-9265 or email: pittsburghjuniortimes@comcast.net





Created by Matthew Hall

More fun at greentreetimesonline.com

## 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

#### 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.com Rev. Tom Ribar, Pastor

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 Very Rev. Richard Seiler, Jr. Pastor Independent - Catholic - Sacramental Contact regarding services.

Crafton United Presbyterian Church 80 Bradford Avenue 412-921-2293 Fax: 412-921-0348 Sunday Worship - 11 a.m. www.CraftonUP.com Office: 9-1 p.m., T, Th, Fri

#### Bible Baptist Church

412 Old Ŵashington 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

#### Carnegie Presbyterian Church 219 Ewing Road, Carnegie

412-279-3223 Virtual Worship Service: 10:30 a.m. Rev. Dr. Colleen F. Molinaro www.carnegiepresby.org Go to website for virtual worship.

#### Carnegie Primitive Methodist Church

640 Dow Ave., Carnegie, 15106 (Corner of Fountain St. & Dow Ave.) 412-563-4484 Daniel Pastorius, Pastor

#### 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

#### 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.

facebook.com/unitypresbyterianchurch Sundays 10:30 -Live Streaming Service Rev. Dennis W. Molnar, Pastor

#### Hawthorne Avenue Presbyterian Church

90 Hawthorne Ave., Crafton, PA 15205 412-921-2504 Handicapped Accessible Livestream Service through Southminster Presbyterian Church at 11 a.m. at spchurch.org Pastor Paul Nigra www.hawthornechurch.org

#### Mount Washington Baptist Church 112 W. Sycamore, Mt. Washington 412-431-8396 mtwashingtonbaptistchurch.org Independent-Fundamental-

Premillenial-Soulwinning Rev. Ray G. Cunningham, Pastor

#### 1<sup>st</sup> United Presbyterian Church of Crafton Heights

50 Štratmore Avenue 412-921-6153 Live Streaming Worship on Sundays at 11 a.m. on Facebook.com/Dave.Carver All are welcome! Pastor: Dave Carver Live stories for kids are read by Pastor Dave each day on Facebook

St. Raphael the Archangel Holiday Craft Show Sat., Nov. 13, 9 a.m. - 3 p.m. 1607 Green Tree Road.

SS. Simon & Jude

Crafters and vendors, Chinese Auction, bake sale and lunch available for purchase. Admission is free. Proceeds benefit St. Raphael the Archangel parish. More info, contact Lisa DeRose at 412-563-6821 or pghbarber981@aol.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.

#### 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: Er. Robert Grecco

Pastor: Fr. Robert Grecco Parochial Vicar: Fr. Aleksandr Schrenk Deacons: Kevin Lander, Paul Lim, and Jim Mackin

#### 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"

NOTE: Contact churches directly or visit their website to see in-person services and virtual activities.

#### Mt Pisgah Presbyterian Church

Sunday's, 11:30 am - 12:30 pm: Art and Music classes for youth presented by "Hearts on Fire" with professional teaching artists. Sunday's, 6 - 7 pm: "Exploring the Faith Series" Conversations

about faith, religion, spirituality. Oct. 26, 11 am: Day Timers. Speakers share a travelogue from New Zealand and Australia.



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

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

#### St. Matthew's Evangelical Lutheran Church

Steuben St. & Lincoln Ave. 412-921-1125 Pastoral Office Hrs. by Appointment Rev. Douglas Kinsey, Pastor Rev. Shawn Markarkey, Pastor

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

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