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November Brings a Unique Holiday Season that Won't Be Forgotten



Holiday shopping may look diferent this year but there are plenty of safe options to find whatever you are looking to buy.

This is the strangest upcoming holiday season I have ever experienced with so many traditions having to "change-it-up" to accommodate for COVID-19 safety measures. This doesn't necessarily mean bad but it definitely means different.

Light Up Night, which has been a tradition in Pittsburgh for the last 59 years will not happen for it's 60th but there will be some of the traditions to be experienced in a "new" way.

The Peoples Gas Holiday Market will open in Market Square on Black Friday with safety precautions and social distancing but because it is outside, the shopping can continue! In addition to the market, there will be live music on the centerpiece stage.

Kids can still visit with Santa while keeping him and themselves safe through Santa Zoom: Live from the North Pole. This visit is available daily and will feature a split screen experience for a chat with Santa. Visitors will leave with a video clip of their real-time interactions that can be shared on social media, or not.

The Annual Gingerbread House display will be held virtually at pittsburghpa.gov/gingerbread/ and you can scroll through the gallery from the safety of your home starting Nov. 20th. There's still time to enter one of your own if you'd like. Deadline is Nov. 15.

A perfect outside activity for this

season is ice skating at The Rink at PPG Place. It will open on Nov. 20 but tickets need to be purchased online and in advance to help with social distancing and safety.

As far as the shopping season goes, it will still be in full swing and many people will be taking advantage of online shopping experiences to avoid crowds and the indoors. The malls and big stores are still open and following safety guidelines but if you want something different, there are other options.

The Handmade Arcade annual inperson convention has been re-imagined and this year will be the Handmade Arcade Virtual Marketplace. This immersive online holiday experience is for all who love handmade quality goods and will be offered from Nov. 28- Dec. 6 at handmadearcade.org.

There will be over 130 of the region's top makers, artists, and crafters. The event will include behind-the-scenes studio tours, hands-on demonstrations, and Meet the Maker Q&As. By shopping at the virtual market this holiday season, you will be helping them get back on their feet from the blow of COVID19.

Another virtual marketplace featuring handcrafted goods from local businesses is the I Made It Market! This year they are partnering with Cleveland Bazaar and Crafty Mart to make a large virtual market sharing artists' work with the three cities and more! Info at imadeitmarket.com.

It's not everyday that most of us attend an opera but we all have the chance to experience the beautiful voices of opera this month.

This season, Pittsburgh Festival Opera will be presenting a Special Mezzo-Soprano Edition of the Mildred Miller International Voice Competition in a digital-only format in response to COVID-19 restrictions on public gatherings.

From an initial screening of 155 applicants, 13 finalists were chosen. On Fri., Nov. 6 at 7 p.m., they will be presented in an online concert of the finalists. The online audience can vote live for the "Audience Favorite" prize during this concert. Winners will be announced publicly on Sun., Nov. 8 at 7 p.m. and presented in an online concert featuring the videos of the First, Second, Third Prize, and Audience Favorite winners. Info at pittsburghfestivalopera.org.

Something pretty awesome is the creativity of North Park Lounge in McCandless and the new individual sized green houses where you can eat safely, mask free, with your group of four. It looks magical at night with the lights strung. They are first come, first serve but worth the trip for something different. Info at northpark lounge.com.

Film Pittsburgh's 2020 Fall Festival will present the best independent films from around the globe, highlighting films that promote innovative visual storytelling and a diverse range of voices. This event will be held virtually from Nov. 11-22 and will offer 30 features, 20 shorts blocks, including ReelAbilities, JFilm, and an Asian sidebar. There is sure to be something you'll love. Info at filmpittsburgh.org.

Check out the new DOP Stories series, a weekly virtual storytelling experience that celebrates Pittsburgh!

To kick things off, they are offering four nights of DOP Stories that take you behind-the-scenes and celebrates the Pittsburgh music scene. This will be held Nov. 2-6.

After the kick-off week, we will resume with weekly DOP Stories, Mon. evenings, 7:30 - 8:15 p.m., through mid-March.

Registration is required to join the live stream each week. Pay what you can (\$5 minimum). If you registered and then later cannot join, please request the recording by emailing info@DoorsOpenPgh.org. If you cannot join the live stream on the date it is being offered, please check back 24-hours later to access the recording in their archives. (\$5 registration fee required). Info at doorsopenpgh.org/virtual-tours/

This Thanksgiving we will have to find and focus on the things in our life to be thankful for versus the difficulties this virus has caused us all. Until we all get to return to our "old normal," be sure to stay in touch with family and friends that can't meet in person through the good old fashioned phone or use technology and see each others faces while visiting virtually. Happy Thanksgiving to everyone!



Enjoy dinner in your own greenhouse at North Park Lounge, McCandless. ~photo courtesy of North Park Lounge

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MUSINGS...Embrace FISH!



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 Sharon @hopellc.com.

"You know, this FISH! stuff works at home too!"

A reader of FISH!

Looking for practices to help you thrive in rough times? You can't beat the four practices of FISH!

Based loosely on the world-famous Pike Place Fish Market in Seattle, the FISH philosophy seems so simple as to be naïve. Yet I find it profound. Life is so complicated. Yet seeing through the complex layers to simple practices one can actually practice is a true gift.

How could you thrive working from the crack of dawn until late at night every day in a fish market? Well, the fishmongers at Pike Place lived their way into doing just that. And if you've ever visited it – you've experienced the electric energy. My late husband Hal and I visited – and he caught a fish. It made his day and created a treasured memory! Check out the video vimeo.com/335348557.

The elements that brought Pike Place to such notoriety were distilled into 4 practices. A book about the practices, called FISH!, was written by Stephen Lundin et. al. in 2000. It has sold 5 million copies and been translated into 35 languages. Some have called it the greatest business book ever written. However the formula works just as well in education, health care and personal life.

Here are the four practices:

1) Play (fun and lightheartedness)

2) Be there (living in the present moment and giving others our full attention)

3) Make Their Day (a focus on engaging others in ways that lift their spirits)

4) Choose Your Attitude (understanding that whatever attitude

Unique Holiday Gifts

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you are carrying with you right now, it is the one you are choosing)

These 4 are connected and reinforce each other.

Here's a story about how one woman brought the FISH! practices into her life.

Inge was diagnosed with late stage cancer. Her doctor advised her to get her affairs in order. She asked, "Do you mean...all the way to the funeral?" He said, quietly, "yes." Stunned and numb she wrote letters to her children and started making funeral preparations. Driving to the funeral home to finalize her plans, she suddenly remembered the FISH philosophy. A friend had explained it to her: Play, Be There, Make Their Day, and Choose your Attitude. She realized suddenly what she had to do. She decided to choose, consciously and intentionally, the attitude she would apply to the rest of her uncertain future. She did a U-turn and drove home with a clear sense of purpose. She called the funeral home and left a message to cancel plans for her funeral. "I've changed my mind and I'm not coming," she said.

She named her cancer "the Glob" and asked everyone around her to call it that, too. She felt she could take on a glob. The morning of her surgery, Inge woke up energized.

When Inge arrived at the operating room, she asked to meet with the surgical team. "I know you have seen what I have seen, and you have heard what I have heard, that I may very well die on the table," she told them. "But my daughter is graduating with a master's degree at the end of June. I am a single parent and I have to Be There for her. Also she is getting married in September and I have promised to walk her down the aisle and I am not backing out of it. I am asking you to not permit any negativity in this room. I am asking for energy. I am asking for laughter and a few

prayers. I am asking you to operate on me with the attitude of improving my life. When you look at me during surgery, please see a lady who is walking her daughter down the aisle."

Then Inge gave them a CD she had made with her favorite high-energy rock-and-roll songs. The last thing she heard before she went under was "Tutti Frutti" and a nurse laughing.

When Inge woke up, a nurse asked with a big smile if she was OK. "Of course I'm OK," Inge said softly before drifting back to a deep, healing sleep. Inge's surgeon stopped by her room a few hours later and she thanked him for doing a great job. He responded by telling her that he was confident that he had removed all of "the Glob" and her prognosis was very favorable. He also thanked her for the way she'd talked to his staff and that it had made a difference. She gifted him with the CD so he could use it in other surgeries. (Story thanks to FISH! For Life by Stephen C. Lundin, Ph.D. et.al.)

I challenge you to try out the FISH! philosophy for yourself.

Ask Yourself These COACHING QUESTIONS

1.How might I be an instrument of lightheartedness?

2.Do I explore ways I could bring fun to a task that is not usually fun?3.Do I give the gift of rapt attention freely?

4.Have I reminded myself today of how good it feels to be listened to?5.Whose day will I make today?6.Am I open to having someone make

my day? 7.What are the attitudes I am

choosing right now?

8.What attitudes do I want in my life more often?



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The Fishin' Hole



By the time you read this it will be November 1st and the Pennsylvania Fish and Boat Commission's "Mandatory Cold Weather Life Jacket" policy will be in effect. If you are IN a boat of any kind that is less than sixteen feet in length you must wear a life jacket at all times November 1st through April 30th.

Good news! You do not need to be in a boat to get where the fish are. The stocked trout are heating up as the weather cools down. I am hearing great reports from Raccoon Creek State Park and North Park on the trout fishing.

The catfish are still biting in the rivers and the walleye and striped bass are beginning to get in on the act as well. November is a tremendous month for fishing locally.

But November is also the time I get the emails and the questions nonstop about Steelhead fishing in Erie. The short answer is "yes, it is time." It's time to make the trip or make the plans to make the trip. The fish are in the streams but, as I remind you all the time, the weather and the fishing conditions in Erie change more rapidly than the Cleveland Browns change head football coaches. Plan your trip around other things to make sure fishing conditions are not capable of ruining your time in the area.

Here at home the weather has made this a strange kind of fall, in my opinion. We are nearing the end of October as a write this and it feels like fall is really just beginning in terms of water and air temperatures triggering the fish to really begin the process of loading up for winter dormancy. I just caught my first really big catfish of the fall a week ago in a local stream. The calendar will say November but I feel like the fish will still think it is October for a few more weeks this year. That's just a hunch. I have had good hunches and bad ones, hopefully this is a good one, not like the one I had when I thought my wife would really like it if I cut my own hair. That is an example of a really bad hunch. You should learn to play your own hunches though, especially when fishing, or locating places to fish. I do this all the time and a rewarded hunch is just an incredible feeling. Seeing a place as you're driving by, or flying over, or even looking at a satellite map of your area on the computer and thinking, "that water there, I had no idea it was even there, it looks like it could certainly hold fish" and then going to that spot and having it reward you with actual fish is so invigorating! It feels like such an adventure!

Try out a new spot, or go to a fishery you always fish and try a completely different entry, approach or spot on the water. I bet you will really love the experience as well as I



Sam Hall

do. Don't cut your own hair though, trust me on that one. Keep those lines tight and send your pictures and stories to samdhall@comcast.net.





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People of All Ages Are at Risk for Accidental Falls



Jayesh Gosai, M.D.

Surprisingly, falls are one of the leading causes of accidental injury in the U.S.

Thousands of patients of all ages are treated each year for indoor and outdoor fall injuries. Most common are toddlers learning to walk, children playing, adults who are distracted or in a rush, seniors and the elderly.

For older and younger people falls can have much more significant consequences. Among older adults, falls are the leading cause of injury deaths, unintentional injuries, and hospital admissions for trauma. For children and youth, falls due to tripping, falling downstairs or from high surfaces can cause broken bones and even head injuries and concussions. Common indoor fall risks are bathtubs, area rugs, unprotected stairs, toys/clutter on floors, untied shoelaces/slippery soles, and effects of medications.

Active adults and children are also susceptible to outdoor fall accidents. When you are out and about for exercise or an errand, it is important to be aware of your surroundings.

Be sure to choose appropriate footwear for weather conditions.

While walking on sidewalks or steps, watch out for cracks, holes, and uneven areas. Always, look ahead at your path. This season, common trip hazards range from tree roots and fallen leaves to black ice.

Be extra careful during and after stormy and wet weather when surfaces become slippery.

Take your time – hurrying puts you at risk of falling. Slowing down and thinking about your actions can help you avoid a trip or slip.

Do not walk and talk or text on your phone. Surveys have shown that 60% of pedestrians are distracted by other activities while walking.

For children, check to be sure footwear fits properly and is slip resistant. Emphasize safety indoors and outdoors – running indoors, for example, can cause trips and falls.

Outdoors, be sure the play areas are level and free of bumpy roots and debris.

Teach your child not to climb on furniture, tables, countertops, and walls outside.

In the home make your environment safe for all. Make certain to secure areas rugs. Remove clutter from stairs and install handrails.

Place slip-resistant mats or stickers on the bath/tub floor and keep ceramic floors dry especially in kitchen and bath areas.



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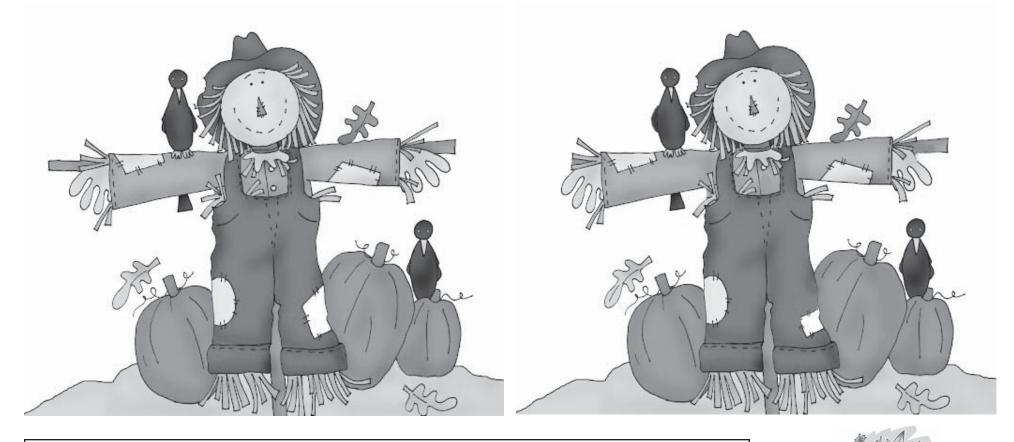
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Fun and Games for Kids



Find the eight differences between the pictures below. (Answers on back page)



| Thanksgiving Riddle Fun! | | |
|--|---|---------------------------------------|
| Why didn't the turkey finish dessert? | Why did the Pilgrims want to sail to America in the spring? | |
| Why did the turkey cross the road? | On what holiday do you play jokes on people? | Goruby's |
| Where do turkeys go to dance? | What smells the best at Thanksgiving dinner? | Groomin |
| What type of music do Pilgrims like? | What did the turkey say to the computer? | presents |
| When the Pilgrims landed, where did they stand? | If the Pilgrims were alive today what would they be famous for? | Dog-of-the-Mont |
| At Thanksgiving dinner, which hand should you butter your roll with? | Why can't you take a turkey to church? | e e e e e e e e e e e e e e e e e e e |
| Something orange and round catches my eye, it tastes delicious when baked in a pie. Wham am I? | What can you never eat for Thanksgiving dinner? | |







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Church Directory

Mt. Pisgah Presbyterian Church 31 Warriors Rd., Green Tree 412-921-8444 Sunday Live Stream Worship at 9:45 am Go to: mtpisgahgreentree.com Joyful Journey Preschool Rev. Tom Ribar, Pastor

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 Live Streaming Service Sindays at 10:30.m. on Facebook.com/ststephenpittsburgh

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 www.CraftonUP.com Live Streaming Service Sundays at on Facebook Pastor Diane Flynn Office: 8:30 a.m.-1:30 p.m., M-Th

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

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.

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

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

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

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 Live Streaming Service Sundays at 10:30 a.m. on Facebook Rev. Dennis W. Molnar, Pastor

1st 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

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

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.

St. Margaret of Scotland Catholic Church 310 Mansfield Avenue, Green Tree 412-921-0745 Fax: 412-921-0707 www.stmargparish.org Live Streaming Mass on Sundays at 8 and 10:30 a.m. Weekdays at 8:30 & noon Administrator: Fr. Robert Grecco Parochial Vicar: Fr. Aleksandr Schrenk Deacons: Kevin Lander & Jim Mackin

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"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"

United Presbyterian Church in Ingram 30 West Prospect Avenue

412-921-2323 Website: ingramupchurch.org *Rev. Wayne D. Meyer*

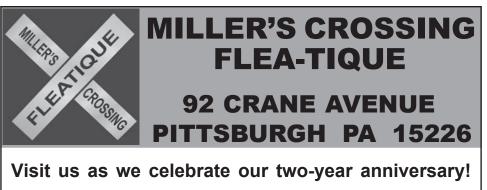
Church of the Nativity (Episcopal) 33 Alice Street, Crafton 412-921-4103 www.nativitychurch.org The Rev. Shawn Malarkey

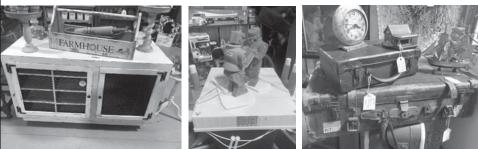
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