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Summer Heads Out as September Ushers in Festivals, Fall and Fun



Festival fun for everyone all around the Pittsburgh area.

I always feel a little off at the start of September. The transition from summer and the family mostly home, enjoying the lazy days together, to my daughter heading back to college, my husband off to work his weekly football games and my son starting his senior year. It's a lot to assimilate! Lucky for me, September in Pittsburgh is great and offers festivals of all kinds, bringing people together to celebrate whatever anyone can think of from the traditional Octoberfests to a Taco Festival!

Each year, Oktoberfest events are held around the area in September and offer a variety of German foods, activities, entertainment, kids' fun, crafts, vendors, drinks and much more.

Oktoberfest is celebrated in almost every neighborhood around the area and downtown as well.

Green Tree will have Octoberfest on Sept. 17 at 11 a.m. and will feature a car cruise, and of course food, live music and end of evening fireworks. Info at greentreeboro.org.

Canonsburg has their PA Bavarian Oktoberfest on Sept. 16-18 and features amusement rides, two stages with live music, German food and beer, games and much more!

Heidelberg's Oktoberfest is Sat., Sept. 24 at 11 a.m. with food, fun, beer and games at Heidelberg Park.

Hofbrauhaus Pittsburgh Oktoberfest is Sept. 16-18 & 23-25 at the Southside Works. Two weekends of fun, music, food and more!

Collier Twp. is celebrating Collierfest on Sept. 23 from 5-9 p.m. & Sept. 28, 3-9 p.m. at Collier Park. The Friday Cruisin' Collier Park Kick-off event is for your best ride, 2 wheels or 4! Saturday will feature live music, food, drinks, inflatables, fireworks and more!

Penn Brewery has an annual Oktoberfest that spans two weekends, Sept. 16-18 and 23-25. This event will offer different VIP packages to cut wait time in lines, reserve seating and more. German dishes like schnitzel, potato pancakes, apple strudel and more! There will be plenty of fun, German beer and fun! Info pennbrew.com.

If I missed a location close to you, try calling your local borough to find out if there is an Oktoberfest event near you.

Enjoy the outdoor Moonrise Maker Market on Sept. 23, 5-10 p.m. This is an awesome pop-up offering a great way to shop local and discover new handmade products in downtown Pittsburgh. Event includes DJ Mary Mack, live music, jewelry, apparel, photography, art, accessories, home decor, hands-on making with Handmade Arcade and more from some of Pittsburgh's best local independent vendors. This event will be open and also be a stop on the Pittsburgh Cultural Trust's Fall Gallery Crawl on Fri., Sept. 23, 5-10 p.m. Info at handmadearcade.org/moonrisemarket.

Celebrate the fine artisans of Pittsburgh at A Fair in the Park in Shadyside on Sept. 9-11 at the Walled Garden Mellon Park, at 5th and Shady Ave. Info at afairinthepark.org.

The Pittsburgh Renaissance Festival will be held every Sat. and Sun. in September as well as Labor Day from 10:30 a.m.-6:30 p.m., rain or shine! Each weekend has a different theme and no matter when you choose to go, you will feel as if you stepped back in time. Info at pittsburghrenfest.com.

The Washington & Greene Counties Annual Covered Bridge Festival is Sept. 17-18 from 10 a.m. - 5 p.m. This is road trip filled with picturesque landscaping and of course 10 historic bridges that will serve as festival sites with food, crafts, demonstrations, live music, and activities. Information at visitwashington countypa.com.



Covered Bridge Festival

photo courtesy of~ visitwashingtoncountypa.com

More delicious food can be enjoyed at the 11th Annual Ukrainian Food Festival on Sept. 9 - 10, 11 a.m.-7 p.m. at The Sts. Peter & Paul Ukrainian Orthodox Church in Carnegie. This event features delicious homemade Ukrainian foods and pastries as well as entertainment throughout the day. Info at orthodoxcarnegie.org. Enjoy some Friday Night Bites at the Pittsburgh Pierogi Fest on Fri., Sept. 9, at Kennywood Park from 4:30 - 9 p.m. There will be over 20



Pierogi Festival at Kennywood.

pierogi vendors making traditional and way beyond the tradition pierogi. Also, enjoy unlimited rides on some of your Kennywood favorite like Thunderbolt, Racer, Jack Rabbit, Merry-Go-Round and more. There will be live entertainment, a pop-up marketplace, face painting, arts and crafts and more Info at pghpierogifest.com.

The Annual Pittsburgh Irish Festival is being held Sept. 9-11 at the Carrie Blast Furnaces. This event is for the entire family and offers an Irish marketplace, an Irish dog area featuring dogs native to Ireland, Irish games, a children's area with stories, fun, and so much more! Information at pghirishfest.org.



Live music at the Irish Festival. ~photo courtesy of Pittsburgh Irish Festival

The Pittsburgh Taco Festival returns this year to The Terminal in the Strip on Sept. 10, 12:30 - 7 p.m. Of *(continued on page 4)*

MUSINGS...WHAT'S YOUR JEN RATIO?



2

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 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. Jen ratio is a simple but powerful way of looking upon the relative balance of good and uplifting versus bad and cynical in life.

~Dacher Keltner

Jen

Jen is the central idea in the teachings of Confucius, and refers to a complex mixture of kindness, humanity and respect that transpires between people. The jen ratio is the relationship of positive emotions like compassion, gratitude and sympathy to negative emotions like anger, cynicism, contempt.

The jen ratio can be measured in an individual, a family, a neighborhood, a company, a city, or a nation. High jen ratios, whether in an individual or an organization, result in people being happier, living more meaningful lives.

In his book Born to be Good, Dacher Keltner describes the scientific studies now being done at the University of California, Berkeley's Greater Good Science Center, an interdisciplinary research center devoted to the scientific understanding of happy and compassionate individuals, strong social bonds, and altruistic behavior. (Check out Greater Good magazine online, which carries stories of this research, here: Greater Good Magazine.)

The big news discovery is that what often makes us happiest is bringing the good in others to completion. This is a profound notion – that not only are we happiest when we focus on others – but when we're in service to them.

The notion of jen is deeper and more nuanced than "happiness." Emotions like compassion, embarrassment, gratitude, and awe are the substance of high jen ratios and a meaningful life.

Practically Speaking

I find myself thinking about this jen ratio in all kinds of practical ways. There are people I know who definitely have a high jen ratio – they are upbeat and responsive to others. There are others with a low jen ratio. These people tend to be negative and stuck. Similarly, I "feel" the ambience when I go into a store or restaurant. In businesses with a high jen ratio one feels relaxed, welcomed.

Thinking of of the jen ratio gives new meaning to my profession as a coach. For the last 26 years I have felt so lucky to be in this business. What a delight it is to help others become their best selves, move toward whatever feels like completion for them. How blessed I am to have a built-in jen-raising job!

Think of the really big ramifications of high jen ratios.

"High jen ratios promote a society's economic and ethical progress. Jen becomes viral through behaviors that spread goodness from one individual to the next, thus setting in motion reinforcing, reciprocal cooperation." Keltner Think of how the world could be changed just by raising our jen ratios!

COACHING QUESTIONS/TIPS:

1. What is your jen ratio? (Think of emotions that describe you best. Put the positive ones in the numerator and the negative in the denominator. Which is strongest?)

2. How does your jen ratio differ at home and at work?

3. How might you raise your jen ratio?

4. How might you help others raise theirs?



The Fishin' Hole



Sam Hall

As I type this Fishin' Hole we are smack-dab in the middle of some of the hottest days of the year. The mercury is going to tap the ninety-degree mark for a third consecutive day today. Sometime over the next four weeks though, you will need a sweatshirt with a hood, or even a jacket, to go and watch football on a Friday night, or go outside and take a walk.

Fall is coming. The kids are heading back to school, and soon, the leaves will turn brown to match the grass in my back yard that has long been brown already. People are starting to say things like, "I'll have the pumpkin spice latte." The stores, and I promise this is true, the stores, and not just some of them, but nearly ALL of them, have Halloween candy on display! Football is being played at every level and we will not see the sunset as late as 8:00 p.m. again here in Pittsburgh until April 17, 2023.

I like many of the things about fall, but I am a summertime soul. My spirit animal is a lizard laying on a hot rock. I like fishing in the fall with a hoodie and my boots on, but I love fishing in the summer and wet wading in water shoes and swim trunks. Alas, it matters not what I like better, fall is coming, and it will be sooner rather than later.

The one great thing about fall is that the fishing will get better. The hot temperatures have sent many game fish deep and made them lethargic with regard to chasing and eating your bait. Cooling temperatures and shortened daylight hours will awaken these fish in the coming months. In fact, by the end of this month, the bass bite in our local fisheries will be

Community News and Events

The Wonderful World of Wine is the theme of the Green Tree Garden Club for the month of September. On Thurs., Sept. 8 at 6:30 p.m., they will hold the monthly meeting at the Green Tree Fire Hall, Carlisle Social Hall, followed by an exciting video presentation on viticulture, "Growing Grapes and Making Wine." For those over 21, there will be samples. All are welcome; however, nonmembers will be charged \$5 for Reservations are required via email to refreshments. gardenclubgt@gmail.com by September 5.

A Hardy Mum and Aster Sale will be held on Sat., Sept. 10 at Green Tree Municipal Center from 9 am to 1 pm. A variety of colors will be available

On Thurs., Sept. 22, a field trip will take place to Thistlethwaite Vineyards in Jefferson, PA. We will depart by motor coach from the Green Tree Park 'N Ride at 9:15 am. Just a few seats are available on a first paid-first served basis. We will enjoy a winery tour, a hay wagon ride and guided walk through the vineyards, and a wine tasting paired with a charcuterie box of tasty treats. \$50/person due as soon as possible. Please call President Kevin Maurer at 412-922-8816 to secure your spot and make payment arrangements.

Mr. Messado's School of Magic, for the Young at Heart will be held every Sunday through Sept. 25 at 2 p.m. at Liberty Magic. This new family show (ages 8 and up) will have both teens AND adults amazed from start to finish! This 60-minute spectacular, featuring a combination of stunning magic and clean comedy, is full of interactive wonder. Info at trustarts.org.

frenetic. The fish, sensing the coming winter months will start to pile on as many calories as they can with the prospect of leaner winter months looming. Much to the chagrin of my wife, I will do the same.

The first couple of weeks of September on the water, you will want to stick with what has been working through August. That means deeper holes, and, slower moving baits which are better at triggering the sluggish fish to eat. By the middle of the month, fast and shallow water will be a better bet for fish that are getting ready to belly up to the table for the

fall feast. Once this begins, the key will be getting your bait to move with the current rather than getting it to fall through the current. Adjusting your split shot sinkers in terms of size and weight will be the key there. Experiment until you can see your bait moving through the water in front of you and it looks like it is just loose flowing like any other debris in the stream.

Keep those lines tight and keep that hoodie handy. Meanwhile, send your stories and pictures to samdhall@comcast.net. Until next time, I gotta go grab a hoagie, ooohh, and maybe some fries.



Sun, fun and a big catfish from one of my favorite lakes in Ohio, Seneca.





A Beginner's Guide to Fall Planting

Spring and summer are perhaps the busiest times of year for gardeners. However, fall also is a prime time to tend to gardens.

The tree and bare root retailer Bower & Branch advises that soil temperatures in many regions of the country may still be warm enough to encourage root growth well into the start of winter. Furthermore, fall is often the ideal time to plant, fertilize and keep a garden going or to get a head start on next year's bounty.

Here are some tips to make the most of the fall gardening season.

Think about fall annuals and bulb planting. Near the end of September, start planting cool-weather-loving pansies and violas for pops of color as summer flowers fade. Also, it's a good idea to stock up on bulbs that will bloom in the months to come before they sell out in stores. Wait until the temperatures really cool down before planting them in desired spots for spring sprouts.

Sow salad seeds. Lettuce, spinach, radishes, and arugula tolerate cooler temperatures. Try new and interesting lettuce varieties and enjoy salads well into the fall season.

Take inventory of the sun. Positioning a garden carefully means maximizing hours of sunlight, which begin to dwindle in the fall. Experts say gardens grow best in sunny locations that receive six hours of direct sunlight each day. This is where container gardens can be helpful, as they allow gardeners to move plants into spots that will get ample sunlight.

Fill in landscaping gaps. Some fall plants can add color around the landscape and brighten up homes to add curb appeal. In addition to pansies and violas, asters, kale and chrysanthemums are fall blooms. Keep in mind that mums can come back year after year. So take them out of those flower pots and get them into the ground. They can be enjoyed next year as well, sprouting in early spring and developing leaves and buds through late summer.

Clean up unwanted growth. Cut back spent vegetable plants and get rid of errant weeds. Rather than bagging leaves, mow them with a grass catcher and then add the mix to a vegetable garden as an excellent soil insulator. The nitrogen and carbon will fertilize the soil.

Continue to water plants. Water is essential in the fall and winter as roots can still be growing. Gradually reduce watering duration as plants go dormant.

Fall planting and maintenance can extend gardening season and improve the chances of growing a healthy spring garden.

Instagram @lexi.paints

etsy.com/shop/thepinksunshineshop

Festivals, Fall and Fun (continued from front page)

course, there will be tacos and also games, face painting and fun! Info at pghtacofest.com.

Enjoy both jazz and blues at two of Pittsburgh's back to back festivals being held at Highmark Stadium.

The 2022 Highmark Blues and Heritage Festival is being held on Sept. 14 & 15 and the 12th Annual Pittsburgh International Jazz Festival pittsburghjazzfest.org.

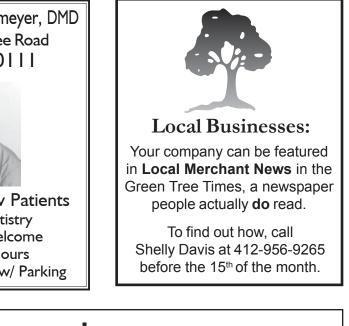
September is also the month to accept the gift of RADical Days. This is the annual 'thank you' to taxpayers, offering a chance to see the best of Allegheny County's top cultural destinations free of charge!



The public can enjoy more than 75 free events and experiences at

more than 65 entities. From free admission to top-level attractions to free performances by world-class musicians, RADical Days 2022 will provide something for everyone from Fri., Sept. 9 - Sun., Oct. 16. Info at radworkshere.org.

Whatever you decide to do this will be held Sept. 16-18. Info at month, just remember time is moving whether we like it or not, so try to enjoy as many days (well maybe moments is a better goal) as you can! The colorful leaves are on theri way and that always brings a smile to my face.



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CARNEGIE LIBRARY OF PITTSBURGH

4400 Forbes Ave., Pittsburgh, 15213 315 Grandview Ave., Pittsburgh, 15211 carnegielibrary.org., 412-622-3114

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

THE ANDREW CARNEGIE FREE LIBRARY

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



SCOTT TOWNSHIP PUBLIC LIBRARY

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

CARNEGIE LIBRARY OF PITTSBURGH MT. WASHINGTON

carnegielibrary.org., 412-381-3380

CARNEGIE LIBRARY OF PITTSBURGH WEST END 47 Wabash St., Pittsburgh, 15220 carnegielibrary.org, 412-921-1717

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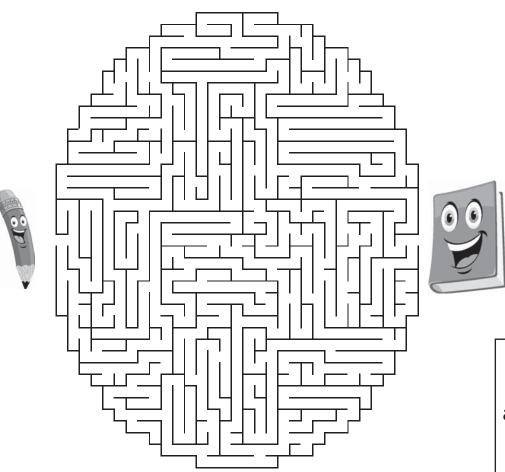




Find the 10 differences between the pictures below.



Help the pencil find the book.





Back to School Riddles

- 1. Why does the teacher wear sunglasses to class?
- 2. What did the ink pen say to the pencil?
- 3. What was the student in the airplane studying?
- 4. What did the kids learn in school today?
- 5. Why are pirates so poor at learning the alphabet?
- 6. What did the math textbook tell the other books?
- 7. Why does the clock in the cafeteria always run slower?
- 8. What do bees use for transportation to school?
- 9. Which hand do you find easy to write with?
- 10. Why doesn't the sun go to school?

 \sim courtesy of thesmartbackyard.com

WANTED: Junior Writers

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

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

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. Aleksandr Schrenk Deacons: Kevin Lander, Paul Lim, and Jim Mackin

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 10:30 -Live Streaming Service 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



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Carnegie, PA 15106 Minister Robert W. Hale, 412-279-5030 carnegiechristianchurch@gmail.com

Hawthorne Avenue Presbyterian Church

90 Hawthorne Ave., Crafton, PA 15205 412-921-2504 Handicapped Accessible Starting Sept. 11 Sunday Worship - 11 a.m. Sunday School - 10 a.m. spchurch.org Pastor Paul Nigra www.hawthornechurch.org

1st United Presbyterian Church of Crafton Heights

50 Stratmore Avenue 412-921-6153 Live and in person Worship on Sundays at 10 a.m. on Facebook.com/Dave.Carver All are welcome! Pastor: Dave Carver

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

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.

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"

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.

Mount Washington Baptist Church 112 W. Sycamore, Mt. Washington

412-431-8396 mtwashingtonbaptistchurch.org Independent-Fundamental-Premillenial-Soulwinning Rev. Ray G. Cunningham, Pastor

Carnegie Primitive Methodist Church 640 Dow Ave., Carnegie, 15106 (Corner of Fountain St. & Dow Ave.) 412-563-4484

Daniel Pastorius, Pastor

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

Flea Market & Bake Sale St. Andrew Lutheran Church at 218 Alter St., E. Carnegie, is having a Flea Market and Bake Sale on Sept. 17, 11 - 4 p.m. Rain or shine

Rummage/Bake Sale The Hawthorne Presbyterian Church, 90 Hawthorne Ave., Crafton, will host their annual Rummage/Bake Sale on Sept. 24, 9 a.m. - 2 p.m. Food and soft drinks avail. to purchase.



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



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