

GREEN TREE TIMES

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October Brings Cooler Temperatures, Colorful Leaves, and Fall Fun



Autumn is here and soon to follow is some very colorful foliage.

The air is crisp and the temperature cool this morning and as I look ahead at the weather forecast, I have to accept that summer is gone and autumn is here! I love the summer months but there's a lot to love about October as well.

The fall festivals this year will look different but there are still activities to enjoy all around the area.

Trax Farms Harvest Days, Soergel Orchards Pumpkin Patch and Apple Picking, Triple B Farms Fall Fun, The Great Pumpkin Festival at Spring House Market in Washington, PA, and Janoski's Pumpkinland, in Clinton, will all be having fun weekend activities while following COVID safety guidelines throughout October. Visit their websites for more information.

Lastly, a unique experience will be the Pittsburgh Monster Pumpkins Pop-Up Festival on Fri., Oct. 30 – Nov. 4. This year the event will be a massive, drive-by, lit-at-night exhibit featuring the world-famous DILL'S ATLANTIC GIANTS—the most prodigious breed of pumpkins on the planet—with world record weights well over 2,500 pounds! The location is in Gold Parking Lot 1A in front of Heinz Field. This “pop-up” event is free to attend, and completely drive-thru. Due to the virus safety restrictions expected to be in place...the exhibit can only be viewed while inside your vehicle. More info at monsterpumpkins.com.

Doors Open Pittsburgh says, “There's no reason we can't all come together – while social distancing – to cel-

brate our architecture, heritage and see some really cool stuff during the 5th Annual Doors Open Pittsburgh event!” The event naturally lends itself to COVID-19 safety guidelines. You will be outside, walking from one building to another in the order you choose. Once you are inside of a building, a maximum person capacity will be managed to ensure the opportunity for social distancing and masks will be required to enter a building. Go to the website to preview buildings, make your picks and buy your ticket. Info at doorsopenpgh.org.

One of the greatest things about October is the colorful leaves as we transition to winter. 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.

The best time to see the colors will be Oct 12 - 24 in western PA. according to smokymountains.com, the fall-foliage-map.

A virtual activity this month is the Pittsburgh Humanities Festival @ Home, Oct. 2, 9, 16, & 23 at 7 p.m. Join the conversation with “smart talk about stuff that matters.” Catch free and fascinating live-streamed interviews with artists, academics, and intellectual innovators exploring a range of topics — from health care and policy, to incarceration, technol-

ogy, and creating opportunities for artists of color in Pittsburgh. Info at trustarts.org.

Another virtual event is Live from the West Side: Women of Broadway. This is a new livestream concert series featuring two-time Tony Award winner Patti LuPone, Tony Award winner Laura Benanti, and critically acclaimed actress and singer Vanessa Williams.

Streamed live from New York's Shubert Virtual Studios, each show will feature a mix of Broadway showtunes, pop songs, and personal stories from the life of each headliner. Performances will take place at The Shubert Virtual Studios on Manhattan's West Side.

Special 3 show pricing packages are available as well as single show tickets. One ticket per household required to view each event. All tickets include access to each livestream performance, plus an

additional 72 hours of on-demand viewing of a video recording of the livestream, available beginning one hour after each live broadcast ends.

Your ticket purchase will support the Pittsburgh Cultural Trust's Critical Fund. As a nonprofit performing arts organization that relies heavily on ticket sales for support, the pandemic has significantly affected the Cultural Trust. Proceeds from this livestream event will ensure the arts will once again thrive in Pittsburgh's Cultural District.

While we adjust our lives to remain safe during COVID19, the stress level upon all of us for various reasons is higher than normal. Doing things we enjoy, or visiting with family, friends or just other people in general (virtually or outside) can lessen the strain and help us to push through this difficult time. We will get there, one step at a time!

Green Tree Women's Softball Team Section 2 First Place Season Finish



Top L to R: Lisa Elmo, Amanda Williams, Jada Castor, Coach John Novak, Amanda Pizer, Shannon Igims, Fawn Miller, Amy Coppinger; Bottom L to R: Holly Snyder, Tara Green, Manager Nicole Coppinger, Heather Smith, Leah Mayhugh, Mary Lou DeFrancesco
Missing: Bre Ruta, Rynne Taylor, Angela Lucci.

By John Novak

This year being a pandemic year made it difficult to get the 2020 softball season and was delayed making the season end later than normal. Green Tree Women's Softball had a great year with the Parkway Florist team. They ended the season in first place with a 10 win and 5 loss season. The playoffs were held the last Saturday in August at Green Tree Park.

The playoffs were a double elimination. In the first game was played against Salem. Parkway lost by the score of 5 to 2 and was sent down to the losers' bracket. The next game was against Steel City Naturals and Parkway won by a score of 8 to 1. The next game was against Mambacitas, and Parkway won by a score of 17 to 7. The fourth game was against Salem and Parkway Florist won by a score of 9 to 5. The fifth game was against the undefeated Basic Pitches. Parkway won by a score of 21 to 10 to send the playoffs into the final Championship game. This was the fifth game in a row that the Parkway Florist had played in the losers' bracket. Parkway Florist lost by a score of 13 to 8 to Basic Pitches. Congratulations to Basic Pitches for their playoff victory. Overall, it was a very good year for Parkway Florist softball team.

MUSINGS...Attention



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.

The mother of all the skills is to learn the art of paying attention.

Mwanandeke Kindembo

Scattered

In this chaotic pandemic, politically charged, racially unjust, climate-unleashed world, paying attention is not easy. So many things compete for our attention. Something pops up on our phone, and we turn away from the person we're with. The realities of busy, uncertain lives and stimulation from technology can keep our attention scattered to the cor-

ners of the earth. To be so scattered keeps us awake at night. In fact, it often leaves us feeling at sea—no clear anchor in sight.

Multi-tasking

One of the challenges is that we can truly only focus on one thing at a time. We think we can multi-task. We try. But we can't. Research shows we are not efficient or effective when we multi-task, and it annoys our brains and the people around us.

Mindfulness

It is wonderful, then, that practicing "mindfulness" has become popular. And to the extent that it settles us, allows us to feel more grounded and calm, it is a boon. The trouble is holding onto that calmness after a meditation session is over. How can we continue to be mindful through our day?

Choosing

What or Who gets our attention?

Is it the person we're with or our phone?

Is it whatever is headlined on our favorite TV news show? Is it the negative energy of people around us? Is it our family, our friends, our own needs?

The way I see it there are 2 big parts to paying attention. The first is the art itself. Really listening to someone. Hearing the message under their words. Not trying to glance at the phone or write an email while talking with them. It is learning how to quiet our own galloping minds when they're running amok. It's about taking time to be still. To slow our minds and our hearts. The art includes

learning to quiet the racing thoughts and roiling emotions so that, when it's time to go to bed, we can sleep.

Attention = A Limited Resource

The second part is choosing where to put our attention. This choice matters. Attention is a limited resource for each of us...limited by our energy and our habits. We can easily squander it. Usually we don't realize we're choosing. We just do what we've always done. Maybe that's watching or listening to the news at our usual time on our usual channel. Maybe that's tuning into Face Book several times a day. Or calling a relative to complain. If we pay attention to something that makes us mad, our anger grows. If the anger is about something we can influence, maybe injustice, this could be good, IF it leads us to take steps to transform the injustice. If it is just anger fueling anger, it is unlikely to be helpful either to a cause or to ourselves and our loved ones.

Paying Better Attention

The poet Mary Oliver says, To pay attention, this is our endless and proper work. She also says, Attention is the beginning of devotion.

I like where her thoughts point us. If paying attention is our endless and proper work, we need to practice choosing to pay attention to what really matters to us, and hone this mother of all skills. Here's how I'm doing this.

-Pause for a second many times a day to notice where I've chosen to focus my attention.

-Fully taste every bite of food I put in my mouth

-Listen with my full self, mind, body, spirit, emotions to anyone talking to me

-Watch the water droplets as I water the garden...and the response of thirsty flowers.

-Enjoy the internet fully when I go there, AND

-Choose to leave rather than going down the many rabbit holes offered

When we consciously choose where we want to direct our attention, we can experience it as a spiritual act of sorts. "The beginning of devotion," as Oliver says.

Paying attention matters a lot. Where we place our attention is where we spend our life. And that shapes us.

COACHING TIPS/QUESTIONS:

1. Notice where your attention goes for a whole day. Notice when you give your full attention and when it is divided.
2. For the whole next day, practice paying full attention to one person or task or experience at a time.
3. Ask yourself if what you are paying attention to matters to you.
4. Practice choosing where to give your attention. Notice how good you feel when you give your attention to what matters to you.

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October is Breast Cancer Awareness Month

In the battle against breast cancer, early detection is a woman's most powerful weapon. In fact, according to the National Cancer Institute, when breast cancer is detected in an early, localized stage, the five-year survival rate is 98 percent. That's why it is so important for all women to make breast health awareness a regular part of their healthcare routine.

Growing Awareness to Save Lives



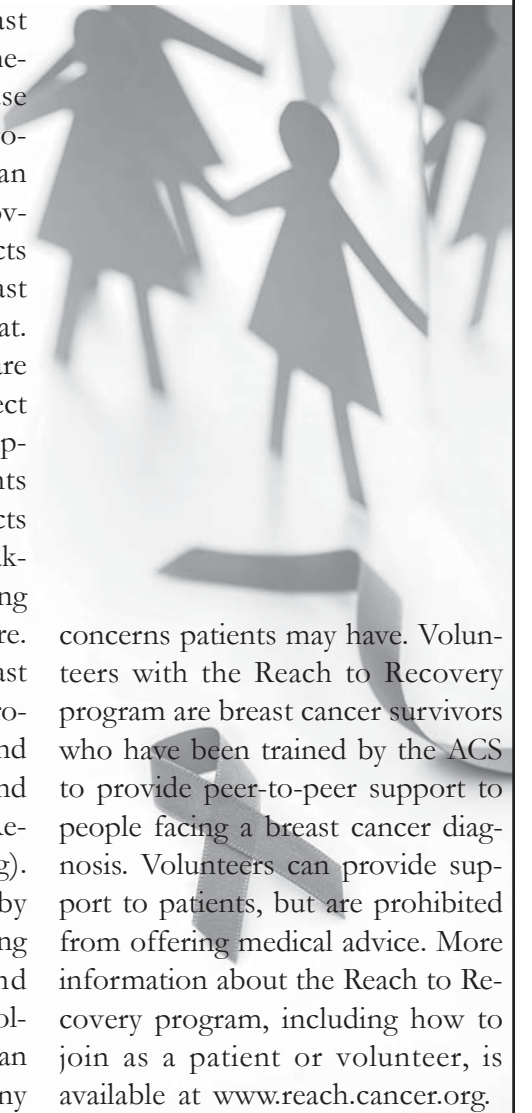
A mammogram can detect breast cancer in its earliest, most treatable stages, and many major health organizations recommend annual mammogram screenings for women beginning at age 40. Experts also recommend clinical breast exams and breast self-exams to check for breast abnormalities on a regular basis. Any woman noticing unusual changes in her breasts should contact her healthcare provider immediately. Women of all ages should speak to their doctor about his or her personalized recommendations for breast cancer screening.

As we recognize Breast Cancer Awareness Month, we remember the women who have lost their lives to the disease, and we voice our support for those in the fight of their lives.

Did You Know?

Women diagnosed with breast cancer who want to speak with someone who has survived the disease can do so thanks to a unique program sponsored by the American Cancer Society. The Reach to Recovery program from the ACS connects current cancer patients with breast cancer survivors via an online chat. Patients, regardless of where they are in their cancer journeys, can connect with volunteers for one-on-one support. Volunteers can help patients cope with treatment and side effects while also offering advice on speaking with friends and family, working while receiving treatment and more. Even people facing a possible breast cancer diagnosis can sign up. The program works by asking patients and volunteers to join the program and create profiles on the Reach to Recovery website (reach.cancer.org). Patients then look for a match by searching volunteer profiles, filtering through suggested matches and sending an online chat request to volunteers. Patients and volunteers can then schedule a chat and discuss any

concerns patients may have. Volunteers with the Reach to Recovery program are breast cancer survivors who have been trained by the ACS to provide peer-to-peer support to people facing a breast cancer diagnosis. Volunteers can provide support to patients, but are prohibited from offering medical advice. More information about the Reach to Recovery program, including how to join as a patient or volunteer, is available at www.reach.cancer.org.



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The Fishin' Hole



Fishing can be a solitary or social sport but either way, it's good for you.

During these difficult times, it's nice to know that there is an activity, one that I LOVE, that is good for your health, helps reduce stress and overall make you a better person! I'm not even exaggerating so that I can get out there more often. This information is based on hard facts that I actually researched!

Fishing is a sport that is able to be done by anyone regardless of age, race, sex, income, or fitness level. A starter set of equipment can cost as low as \$25 for everything to get you going.

I have learned there's a direct connection between fishing and your health and well-being.

Fishing involves a light amount of physical exercise just getting to your spot but could be vigorous if you are fly fishing or reeling in some big ones. Casting alone works muscles you don't use when working the TV remote.

Heading to the lake or stream gets you outside in the fresh air which has been shown to improve mood, anxiety and depression. You also get plenty of vitamin D from the sun that helps boost

immune function and defend against disease. Just don't forget to wear sunscreen.

Studies have shown that just being near water, especially moving water, helps bring about a calmness and relaxation. It also is said by some to improve mental focus and sleep quality.

The act of fishing puts us "in the moment", where worries, or stressful thoughts move to the background and promotes relaxation and reduces anxiety. As you get involved in the tasks of choosing the spot, then the bait, putting it on the hook, casting the line and watching intently waiting for that first bite, the thoughts of the car needing new brakes or the fact that COVID19 is still hanging on, moves temporarily to the background. That time gives you a break from certain stress hormones, etc. (science), etc.

Get altogether different benefits by going with family or friends. That can be a bonding time, a teaching time and a time to socialize, all of which also lowers stress levels.

Either way, it's a win-win! Bottom line – go fishing! You owe it to yourself, your family, friends and anyone who has to deal with "crabby" you when you are stressed out. Keep those lines tight and send your pictures and stories to samdhall@comcast.net.



by Sam Hall

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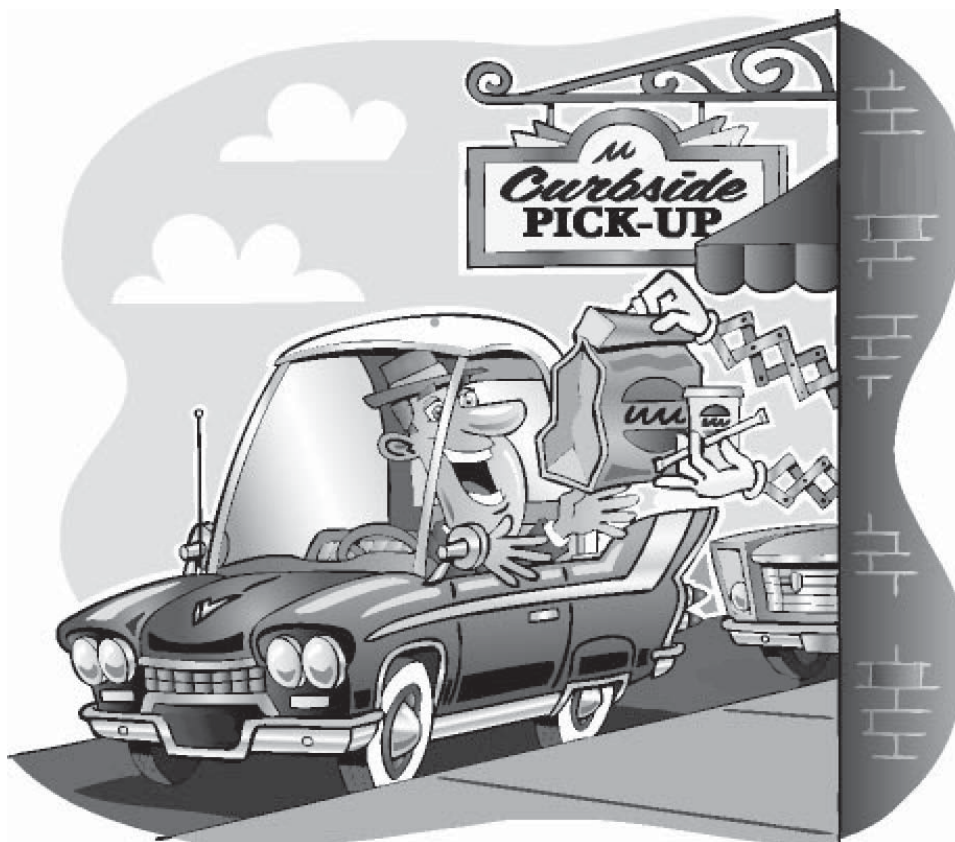
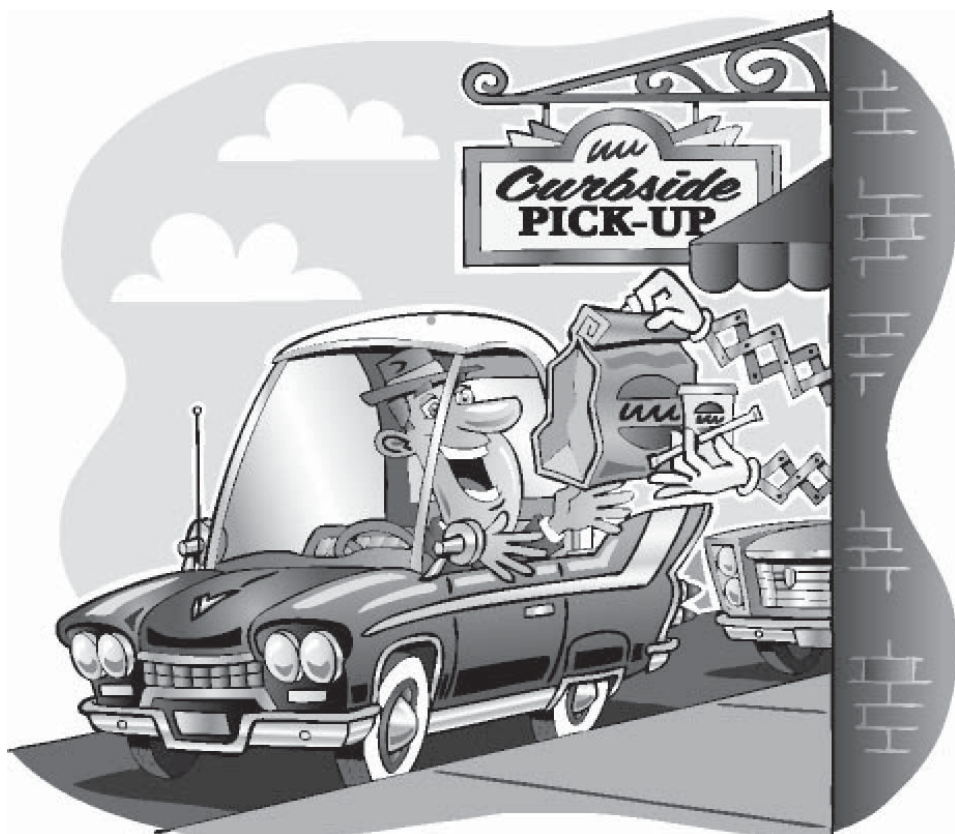


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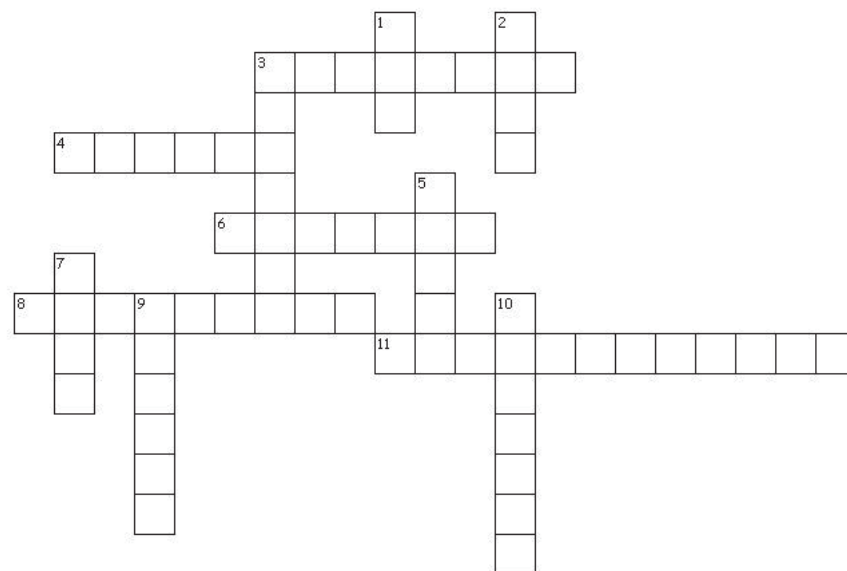


Find the ten differences between the pictures below.

(Answers on back page)



Autumn Crossword Puzzle



Across

3. trees are this with the fall leaves

4. Pick and eat these during this month

6. big orange fruit that you carve

8. Holiday during the above month

11. what you do to get candy

Down

1. Say that to scare someone

2. colorful potted flowers popular in fall

3. you wear this to look different than yourself.

5. a drink made from apples

7. a yard tool often used during the fall months

9. They fall and fall and fall

10. The month following September



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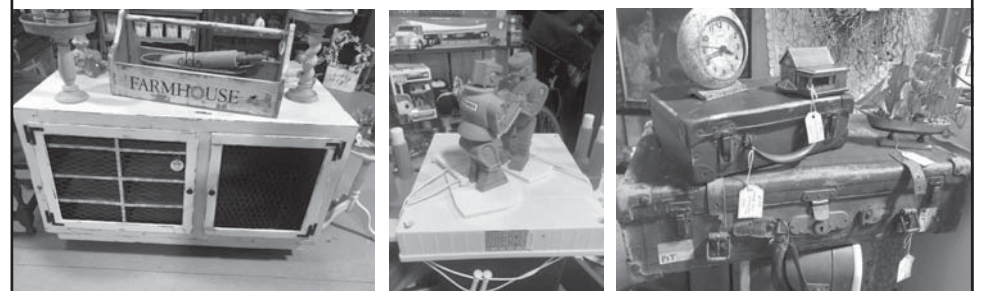
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Answers for Kids' puzzles

DOWN
1. Boo
2. mums
3. costume
4. apples
5. cider
6. pumpkin
7. rake
8. Halloween
9. leaves
10. October

ACROSS
3. colorful
4. apples
6. pumpkin
8. Halloween
11. Trickortreat

top of bag
mark on hat
missing finger
screw in flex arms
license plate

swirl on sign
top cloud
headlight
top brick wall
shadow under tire

Crossword Puzzle:

Ten Differences:

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