

GREEN TREE TIMES

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Summer Fun, Fireworks and Ice Cream

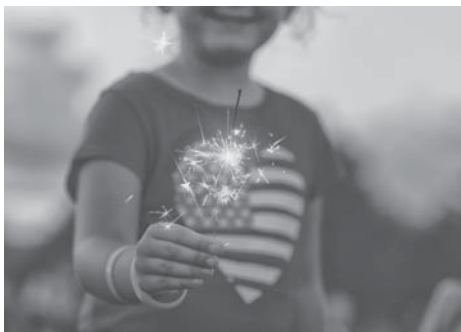


Enjoy some ice cream during National Ice Cream Month.

Temperatures are steady in the 80's and in true Pittsburgh form, the sunny, hot and humid days will be the backdrop for most of July's fun. Outside activities are in abundance and escaping to indoor air conditioned activities will be an option as well.

Probably the most important thing about July is celebrating our independence.

The 4th of July celebration will be at Point State Park on Tuesday, July 4 from 4-10 p.m. featuring music and vendors and amazing Pittsburgh fireworks at 9:35 p.m.



There will be celebrations all around the area so check your borough or library for your neighborhood festivities and fireworks schedule.

The second most important thing is ice cream. July is officially National Ice Cream Month. Pittsburgh happens to be known for some of the best of both, fireworks and ice cream - lucky for us!

I mention ice cream spots each year but there are a couple new places

to add to the "Ice Cream Bucket List."

Jeni's, a high end ice cream chain, opened a location in Bakery Square. I was there the week they opened to get a scoop with my son. I will say, we didn't leave disappointed but come prepared to spend extra for the freshest ingredients from family run dairies to Fair and Direct Trade chocolate, vanilla and coffee. It's a treat worth trying! Info at jenis.com.

Another newer place is Frio Creamery on Butler Street just past the 40th Street bridge. They are locally owned and offer Penn State ice cream, which we all know is amazing! Info at friocreamery.business.site.

Churn is new to me and offers homemade ice cream in three locations, with Southside being the closest to us. In addition, they have coffee drinks and tea in an inviting atmosphere. Info churngetsme.com.

A delicious and close to home place for ice cream is Antney's at the corner of Poplar and Noblestown in Green Tree. They are open daily from 5-9 p.m. They make 16 homemade ice cream flavors daily and other than chocolate, strawberry and vanilla, the flavors vary constantly but are always good! They also make and scoop homemade frozen yogurt, 2 no-fat/no sugar yogurts and malts and floats.

Another close to home spot is Scoops in Carnegie on Main Street. They have

cups, cones, sundaes, and shakes.

Play a round of mini-golf at Forsythe in Carnegie and then get an "out of this world" Ice Cream Sandwich! They offer six different homemade cookies. You then choose what flavor ice cream you want. They build it and roll the sides in a topping of your choice! Unbeatable!

Sub Zero Nitrogen Ice Cream is a place to go to watch them make your homemade flavor right in front of your eyes. It's a fun and delicious experience! They are located in Shadyside. Info subzeroicecream.com.

Watching ice cream get made and end up looking like a piece of art is what happens at NatuRoll Creamery on Butler Street. There are so many flavor choices and toppings that your cravings will be met! Info naturollcreamerypg.com.



Rolled ice cream.

~photo courtesy of NatuRoll

A newer place on the North Side, Happy Day Dessert Factory, has many homemade flavors of hard ice cream that is made fresh daily along with a variety of flavors of Water Ice, Soft Custard, Frozen Yogurt and more.

Millie's Homemade Ice cream has expanded rapidly over the last few years and now you can get some delicious homemade ice cream in Market Square, Shadyside, South Fayette and Kennywood. They also have their ice cream for sale by the pint at various places, including Giant Eagle. Info at millieshomemade.com.

Visit Treat in Shadyside and enjoy some locally made ice cream by Betsy's in a little different way by

combining it with an authentic Belgian Liege Waffle. Pick your ice cream flavor and have it served over the warm waffle.

Betsy's Ice Cream is located in Mt. Lebanon. They have walk in ice cream sales, an ice cream truck for events and online ordering! Info betstysicecream.com.

If you are looking for soft serve but feel like something more than chocolate or vanilla, head to Page's on the South Side. They can make your soft serve in too many flavors to mention but it ranges from key lime to fruity pebbles and everything in between. Info at pagedairymart.net.

Ice Cream can be found in nearly every neighborhood. There's Scoops on Beverly in Mt. Lebanon, the famous Klavon's in the Strip, DiFore's Ice Cream Delite in Mt. Washington, Sarris Chocolate in Canonsburg, the classic Dave & Andy's in Oakland, Sugar and Spice in Baldwin, Remember When in Robinson, and delicious homemade gelato at Mercurio's in Shadyside. I'm sure there are many more that I haven't mentioned.

Also, ask any kids and sometimes ice cream tastes better if you have to run to the ice cream truck. Listen and look for them in your neighborhood!



Chasing the ice cream truck.

There's so much going on this month from Picklesburgh on July 15-17, The Night Markets every Fri. and Sat. night in Market Square, The Carnegie Crawl on the 14th and the Carnegie Arts Walk on the 29th, the Northside Music Festival July 14-16, and more!

I want to do everything but when all is said and done, if nothing else happens but sunny skies, fireworks and ice cream, it would be a pretty great month!

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MUSINGS...JOYFUL EFFICIENCY



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 @bopellc.com.

"Multitasking is the ability to screw everything up simultaneously."

Jeremy Clarkson

Multi-tasking

Multi-tasking is bad. Here are two more quotes to rub it in:

"Research shows that in addition to slowing you down, multitasking lowers your IQ."

~ Dr. Travis Bradberry

"To do two things at once is to do neither."

~Publilius Syrus

The obvious response is: Don't multi-task.

Except...I LOVE to multi-task!

The fun of it

The fun of multi-tasking lies in the variety it offers. I find immense joy in the act of seamlessly transitioning from one task to another. It keeps my mind engaged and my senses alert, preventing the monotony that often accompanies focusing on a single task for an extended period. With multi-tasking, there's never a dull moment. I get to experience the thrill of a mental dance, as my brain effortlessly adapts to the shifting demands of each task.

Moreover, multi-tasking fosters creativity and innovation. When I have multiple projects on my plate, my mind becomes a bubbling cauldron of ideas. Ideas spark ideas, and soon I'm weaving connections be-

tween seemingly unrelated tasks, finding unique solutions, and approaching challenges from fresh perspectives. The cross-pollination of thoughts and concepts invigorates my creativity and fuels my passion for what I do.

Different Brain Styles

People seem to come in at least 2 very different brain styles. I'll call them dancy-brained and stay-on-the-path brained. Wandering brained and focused brained, analytical and playful. These correlate roughly to the familiar metaphor: right brained and left brained.

Dancy-brained people are particularly deadened by the focus on efficiency. Our brains are always working playfully on projects... in the background. Our experience is that when we let the brain dance, we get the most creative outcome. (I'm guessing that most time management gurus are left brained.)

One reason some people thrive on working remotely is that they can multi-task easily. Start a work document, then put the laundry in. Respond to e-mails, make a call, take the laundry out. Finish a project, take a walk, start dinner.

I know how to focus, buckle down, get things done. And I do it when I must. But for me it's not a good life style. There's more to life than getting things done.

When dancy-brained people buy into the notion that efficiency is the highest priority, they often forget how

to enjoy themselves. They feel straight-jacketed, pressured. The result is an overworked, unfulfilling life.

This is not to say anything negative about people who have stay-on-the-path brains, who prioritize efficiency. In fact, in my experience, the best outcomes are the result of people with different thinking styles working together,

Joyful Efficiency

Here are some elements of joyful efficiency for playful brains

1. Embrace the idea that enjoyment matters. Fun is not just for weekends, it's for life happiness. Prioritize making work enjoyable.
2. Create a setting where real focus is possible. ...i.e. set boundaries around when you will not respond instantly to instant messages, texts, or answer phone calls. Even from your boss.
3. Honor your need for breaks, variety, physical movement, goofing off.
4. Stop trying to manage time and instead manage your enjoyment.

Ironically, when dancy-brained multi-taskers stop judging themselves

COACHING QUESTIONS/TIPS:

1. Where do you find enjoyment in your life?
2. How might things change if you prioritized enjoyment at least equally with efficiency?
3. Try loving and appreciating your thinking style, whatever it is.

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Green Tree Rotary is proud to announce the winners of its Annual Scholarship for high school seniors from Green Tree Borough. Josephine Bochicchio attended Bishop Canevin High School and plans to attend Bucknell University to major in Biochemistry. Kaitlyn O'Brien attended Keystone Oaks High School and plans to attend Penn State University at University Park, majoring in Criminology and Psychology on a pre-law track. Both students attended our lunch meeting on Thursday, June 22, 2023 and were awarded their \$1,500 scholarship. Congratulations!

The Important Role Played by Bees in Lawns and Gardens



Bee populations are very important to our food security.

A colorful garden in full bloom is an aesthetically appealing sight each spring and summer. The pleasant aromas emanating from such spaces only add to their appeal.

Many variables contribute to a thriving garden, and perhaps none is more important than bees. North

America is home to thousands of species of bees, but many of those species are experiencing dwindling populations. According to Scott McArt, an assistant professor of pollinator health in the Department of Entomology at Cornell University, 53 bee species have experienced population

declines or range contractions over the last several decades. Individuals accustomed to seeing bees as unwanted guests may wonder why that's a problem. Though declining bee populations pose a number of problems, perhaps none is more relatable than the link between bees and food production. A recent study published in the journal *Proceedings of the Royal Society B: Biological Sciences* noted that declines in both managed and wild bee populations raise significant concerns about long-term food security. Authors of the study noted that crop production would be higher if crop flowers received more pollination. That's a significant benefit as the global population continues to increase, but it's also a notable benefit in the present-day from both a food security and economic perspective. In fact, the U.S. Food and Drug Administration reports that commercial production of more than 90 crops relies on roughly 3,600 bee species. Declining bee populations could put that production in serious jeopardy and create a domino effect that impacts food security and individuals' livelihoods.

But all is not lost in the fight to

restore bee populations. In fact, McArt indicated in a 2019 report that bee populations are thriving in agricultural and natural areas. But bee populations also must thrive in suburban and urban areas. Planting a pollinator-friendly garden is one step McArt suggested gardening hobbyists can take to help restore bee populations. When planting to combat declining bee populations, homeowners should always look for native plants, as they are well-adapted to local climates and unlikely to upset local ecosystems. Local garden centers can be great resources for anyone looking to plant native species. According to HGTV, the following are just a handful of the many bee-friendly garden flowers and plants homeowners can consider for their gardens: Bee balm, Honeysuckle, Sunflower, Cosmos, Strawberries, Dahlia, Butterfly bush, Crocus, Pot marigold, and Geraniums

Bee populations are in decline. If efforts to restore those populations are not embraced, the consequences for future generations could be dire. Homeowners can do their part by planting bee-friendly flowers and plants on their properties.

Community News and Events

"Gardening for Pollinators" is the title of the presentation by Dr. Mark Miller, Education Director, Pittsburgh Botanic Garden and sponsored by the **Green Tree Garden Club** in July.

The walking tour and presentation will take place on Thursday, July 13, 2023, at the Pittsburgh Botanic Garden at 10:00 AM with lunch following. Reservations are required by July 6. Cost for nonmembers is \$20 for a boxed lunch and the tour.

Contact President Kevin Maurer to reserve your spot or for more information at 412-922-8816.

The Carnegie Crawl celebrates 11 years! Friday, July 14 from 5-9 p.m., enjoy all of the great businesses, great food and live performances in the E. Main Parking lot. Info at visitcarnegie.com. The **Carnegie Arts Walk** will be July 29, 11 a.m. - 6 p.m. and will feature local, regional and national visual and performing artists. Retailers, restaurants and other businesses will have special offers during the walk. Info visitcarnegie.com

The Association of University People (AUP) invites singles 50+, who are 4-year college graduates, to join them for activities and to meet new people. Activities include monthly dinners, social gatherings, concerts and day trips. Those interested can attend three activities as guests before joining.

To obtain more information about AUP or become an AUP member, call and leave a message at 412-353-9088 or email Aupsingles@gmail.com



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The Fishin' Hole



Sam Hall

I was listening to the third or fourth bait shop owner in Virginia give me their version of why there is no place to purchase bloodworms anymore at the beach. It was going in one ear and out the other, really. After "Nope, we have squid though," I shut off my listening skills. About that time, my son walked up to the counter with a Cow Tale caramel candy he had stumbled upon while wandering around the bait shop.

"Okay," I said to the person behind the counter, "We'll just take this then. I already have squid." I flopped my credit card onto the counter. "Sorry, but you'll have to spend at least five dollars to use the card," came the response.

I immediately started to wander back toward some lures we had seen walking into the store. I would swear one of them had a sign on it that said something about it being only five dollars. In fact, it said \$5.95 but really, if you've purchased a lure of any kind lately, you know that is a pretty good price. It was called a "Gotcha-Plug." It was three inches long, white with a red tip and a pair of trebles at the top and bottom. I guessed that it was supposed to resemble a minnow. I distinctly remember thinking to myself at the time that the only thing being "got" here was the purchaser of this plug. But, nonetheless, and mostly, in the interest of NOT having Matt find four more dollars worth of candy, I took it back to the counter, and away we went.

The new plug stayed in the package and in a pocket of my vest for three days without a thought. That fourth morning, I headed out to the fishing pier at six in the morning. There were just two other people on the pier at the time I arrived. One happened to be catching a fish. I watched closely as he brought it up over the edge of the pier. A very nice three pound Bluefish. But, the fish was not what really caught my eye, it was the lure the fish had been caught on. Yes, you guessed it. It was the very same lure I had in a package in my vest pocket!

I wasted no time in putting the lure on and my second cast of the morning produced an amazing strike that almost pulled my pole right out of my hands and into the drink. I spent the next three hours catching Bluefish and Spanish Mackerel, and laughing and thinking how grateful I was that Matt really loved those Cow Tale caramels.

The surf fishing had been fun, although pretty slow that week. I had

caught a sand shark, a few croaker and mullet and a really big skate, but that morning on the pier is a morning I will remember for the rest of my life. I caught no fewer than 25 fish all on the same lure, in three hours. That is not a fish tale but happened all because Matt wanted a Cow Tale.

I spend a lot of time here trying to tell you good strategies for fishing, recommending good places and baits. But, make no mistake, there is no substitute for just being lucky.

There is no way I would have bought that lure if Matt had not wanted that caramel and the bait shop would have not been out of bloodworms. Not in a million years. Keep those lines tight, and send your pictures and stories to samdhall@comcast.net, and try one of those Cow Tales, they are delicious!



Bluefish from Sandbridge Beach Pier.

~photo courtesy of Sam Hall

LIBRARY INFORMATION

Summer Reading

ask a librarian

Summer Reading Programs will be starting at the libraries in June. Be sure to call or visit the website and sign up!

Most libraries throughout the area are offering daily activities for all ages. Most activities are in person. Check with the library near you for the details.

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10 Manilla Ave., Pittsburgh, 15220
greentreepubliclibrary.org, 412-921-9292

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Fun and Games for Kids

(Answers on back page)



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Riddles to Rattle Your Brain

www.squiglyplayhouse.com

1. If it takes six men one hour to dig six holes, how long does it take one man to dig half a hole?
2. The fishmonger is 6 feet tall. He wears a size 11 shoe and wears XXL shirts. What does he weigh?
3. A red house is made of red bricks, a yellow house is made of yellow bricks, a blue house is made of blue bricks. What is a green house made from?
4. What question can never be answered, "Yes?"
5. You walk across a bridge and you see a boat full of people yet there isn't a single person on board. How is that possible?

Find the 10 differences between the pictures below.



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Off Greentree Road in Scott Twp.
ststephenpittsburgh.org
412-279-5868
Pastor Maurice C. Frontz III, STS
[Facebook.com/ststephenpittsburgh](https://www.facebook.com/ststephenpittsburgh)

1st United Presbyterian Church of Crafton Heights

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

ATTENTION!

Many of the churches will be doing summer hours and eliminate Sunday School and make Worship Service an hour earlier. Please check with your church for details.

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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
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4. Are you sleeping?
3. glass
2. fish
hole.
1. There is no such thing as half a

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bubbles by fish
branch coral missing
top pieces of coral missing
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seaweed missing
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top of snorkle
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