

GREEN TREE TIMES

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Summer is Definitely Different this Year but There is Still Plenty to Do



Having an at home, outside get together can be a great way to have fun,

July is upon us and in historical fashion. This will be a first as I don't write about the many Independence Day celebrations around the area and the famous firework displays. That doesn't mean we shouldn't celebrate this special time but we need to do so within the confines of being safe and following Governor Wolf's rules and CDC guidelines.

Maybe celebrate with a small family or friend picnic, outside, with all of the traditional cookout food, and instead of fireworks, throw biodegradable confetti or use sparklers, but use them safely. Play the "Star Spangled Banner" and "Born in the USA" to really feel the spirit! A safe celebration can be done, especially by Pittsburghers!

There are both in person activities to do as well as virtual this month, so enjoy whatever suits you best.

Carnegie Museum of Natural History, Carnegie Museum of Art, Carnegie Science Center, the Warhol Museum and Powdermill Nature Reserve are now open for visiting.

To find more about what to expect when visiting, go to carnegiemuseums.org.

They will require advance purchase of timed tickets. Visitors must also wear masks and practice safe social distancing. All four Carnegie Museums are staying digitally connected with the community and offering a host of online activities and resources.

Go to carnegiemuseums.org and click on things to do, then click Carnegie Museums From Home.

If you are interested in trying some fun fluid art forms which requires no experience, be sure to attend the free Grand

Opening event, Augmented Reality Art Show at Chartiers Creek Creative on Fri. July 10-Sun., July 12 on Vanadium Rd. Masks and social distancing will be in effect. See ad on back cover.

Another big thing that has changed is that most libraries in the area have opened in some capacity. Check the websites for curbside pick up hours and more.

According to research done by Battelle, you don't need to be concerned about the safety of getting library books. As part of the Reopening Archives, Libraries, and Museums (REALM) Project's Phase 1 research, Battelle has conducted a natural attenuation study to provide information on how long some commonly circulated library materials would need to be quarantined prior to being returned to public circulation. See the results at webjunction.org, then scroll down to REALM Project: Test 1 Results.

Some traditional Pittsburgh summer activities are going virtual this year. The Allegheny County 2020 Summer Concert Series will be held every Sun. at 7 pm. This series will be aired on Pittsburgh's CW. If you miss the show on the CW, check out their Facebook or YouTube channel at 8 pm for the full performance. Info at alleghenycounty.us/special-events/

Parks Unplugged will also be held every Fri. at 7 pm. This online series will feature acoustic performances by local artists in unique county park settings. New episodes will drop on the County Parks Facebook page and County YouTube channel each week through Sept. 4.

Try planning a small get together with friends for appetizers and drinks to watch the live performances (on your deck, patio or porch) and it will almost be like you are there in person, all the while practicing CDC safety guidelines. After all, you will probably still need mosquito repellent. You can't get more authentic than that.

If you want to be outside, have some fun and stay social distanced, try a scavenger hunt. There are a few apps that help you to take a guided hunt through different parts of the city. One company, letsroom.com, creates a tour for you that includes puzzles to answer and more. Your self-created team will walk around the city together on your scavenger hunt earning points for each item you all find. You'll learn about the city and each other on a one-of-a-kind adventure. Another company, Puzzling Adventures, offers a cross between a scavenger hunt, an adventure race, and an informative self-guided tour. All you need is your own mobile device and an Internet connection. More information at puzzlingadventures.com.

Open Streets Pittsburgh is an event that is usually held monthly during the summer that temporarily closes streets to car traffic, and invites Pittsburghers to reimagine our streets as places for people. You can walk, run, bike, skate, roll, dance, and enjoy the streets at your own pace. Due to COVID-19, the schedule isn't definite. This is a great event so keep checking openstreetspgh.org for the upcoming schedule.

Hazelbaker's Canoes says, "Tired of being stuck inside? Get outside, relax, and go canoeing!" Take a canoe or a kayak and float down the scenic beginner's level, moving flatwater. Just float and enjoy the natural scenic beauty of the Youghiogheny River. They offer river trips, boat rentals and bikes, too. All have been adjusted for COVID-19 safety. Hazelbaker's has a second location at Laurel Hill State Park near Somerset. You can rent from a number of different watercraft (canoes, kayaks, stand-up paddleboards, rowboats, hydrobikes and paddleboats) and enjoy the big lake at Laurel Hill. Info at hazelbakerscanoes.com.

There are many other canoeing opportunities around the area including on our downtown rivers. Just search canoeing on your computer for many options.

As of this moment, it was just announced that alcohol sales are prohibited at all restaurants and bars in Allegheny County. It is only available for take-out. Just keep that in mind when heading out to your favorite patio.

As we moved into the green phase in Allegheny County, some went enthusiastically with their newfound freedom to destinations of eating out with friends, having some drinks at local bars and pubs, heading to the open parks and playgrounds, hosting get-togethers with greatly missed family and friends and even going traveling to vacation spots around the area and even the country.

Others tread a little more lightly and are visiting a friend or two on an open restaurant patio while wearing masks, hosting outside visits with a friend while sitting further apart than normal, not yet eating inside the restaurants and are sort of "dipping their toes into the water."

Governor Wolf announced the rules of green (governor.pa.gov/plan-for-pennsylvania/) and if those are being followed, then there is no right or wrong way to go about things. Everyone has their own comfort zone. Speaking personally, I am more on the cautious side but love seeing friends and family, so I try to get creative to make that happen for me and my family. There have been a few campfires with friends, outside movies in the yard, cook outs and we even did go to a very quiet beach in Virginia, practicing social distancing the entire time. It was a very different experience and one that I hope doesn't have to be repeated next summer but until COVID-19 is gone from our lives, I guess we will adapt. I'm sure every person will have their own story and experience to tell about this crazy time and one day kids from another generation will listen to those stories. Let's make sure that the outcome is as good of an outcome as is achievable when it's all said and done!

Enjoy these summer months in as safe a way as possible for yourself and others while still socializing and soaking up the sun!



Enjoy coffee with friends

MUSINGS...Reimagining Life



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.

"We have been tricked into believing that belongings will fill our hunger, when it is belonging that we crave".

Robin Kimmerer

My 18 year old cat Bonkers just died. He doesn't greet me at the door when I come home, jump on my bed to wake me at 6:22 a.m.; I no longer hear the floor boards creak signaling his tiptoeing through the house. His passing has taken

him from my presence, but his absence is loud.

"One of the strangest paradoxes of life is that our most intimate knowledge of things often comes from their opposites; that presence is most sharply contoured by the negative space of absence; that busyness reveals the value of stillness, loss the magnitude of love."

Maria Popova

The Coronavirus experience has interrupted all areas of our lives. This disruption of the usual invites us to look with fresh eyes, to reflect on what really matters.

Instead of Action Plans - Wondering

With many things feeling upside down, this is the perfect time to reimagine our lives. Instead of jumping to action plans – something we're very good at – what if we spend time asking more questions so that the life we reimagine and create is better than our old normal. Let's wonder what's possible.

To get the creative juices flowing, ask: "I wonder what would happen if _____ (fill in the blank.) In reimagining our world we can apply questions to every area of life, always wondering to a deeper level. Be a bit wild, slightly outrageous.

Former US army officer Michael Michalko suggests "assumption reversal" to sharpen creativity. You take the core

notions in any context and turn them on their head. For example, we might ask:

What if healthcare treatment seldom involved pills?

Then wonder – if that happened, what might help us get well from illness?

What if I stopped watching TV?

If that happened, I wonder what I'd do instead?

And wonder – what if black people were revered as gifts?

And if that happened, how might the world would feel different?

Julio Olalla suggests that if we got in the habit of asking questions that probed deeply instead of rushing to action, and we did this together, we would be having conversations from the heart. These would help us heal and build both better lives and a better world.

Freeing the Brain

The shift to conversations from the heart would require us to learn to unlearn. Learn to not know instantly. Sit in not knowing without doing anything. Then probe together more, learning to learn in slower, deeper ways.

There is an amazing thing that happens when we slow down in this way and wonder. The brain gets freed from running a circuit that has become rutted. As we wonder, the RAS (Reticular Activating System) of the brain looks around and sees possibilities we've been missing

Where Does Wondering Take Us?

As a result of reflecting and wondering during the quarantine, people have:

- made up games
- learned to cook
- remembered they love to garden
- realized how different this country is for black and white people
- discovered, as Kimmerer says, that a sense of belonging is far more important than belongings.

I wonder what would happen if we all began to wonder more? Not just about what to do next, but who to be. . . . both individually and collectively.

Responding to the needs of a neighboring family, my client Jen was kind and generous. It felt so good to her and also to the neighborhood, she asked herself, "I wonder what would happen if I let my kindness and generosity lead me in all areas of my life?" No answers. Just wondering.

COACHING TIPS/QUESTIONS

What will help you accept the falling apart stage?

When things come together again, who will you decide to be?

What has become important to you?

How will you care for those who need your care?

Have you discovered your goodness?

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Promoting a Safe, Healthy Summer for Older Adults



Jayesh Gosai, M.D.

This summer, especially, we are all anxious to get out to resume social and outdoor activities. There are health-related risks that summer can bring, especially for seniors. Here are some tips for aging adults, as well as their caregivers:

Hydrate: Seniors can get more dehydrated than young people because we all lose our ability to conserve water as we age. It is also more difficult to adjust to temperature changes and to recognize thirst. Remind yourself and/or your family members to schedule to drink water often (one 8-ounce glass an hour, for example). Be sure to pack water when venturing out for activities. Consider

drinking replacement products (that contain salt and potassium) to replace water they lost in summer's heat.

Communicate with your Doctor: Check with your doctor to make sure any medications you are taking won't be affected by higher temperatures, especially if you don't have air conditioning in your home. Some medications are less effective if stored at temperatures higher than room temperature (about 78 degrees Fahrenheit).

Try to Keep Cool: Even small increases in temperature can adversely affect seniors who are coping with chronic medical conditions. Some chronic medical conditions and prescription medications can impair the body's ability to react efficiently to the rising temperature. Now that places are open, you can still socially distance and spend time in shopping malls, movie theaters or find cool spaces in your own home.

There are any programs to assist seniors with resources to get air conditioners. Contacting the local "Area on Aging" is a good reference point to find organizations to assist

Keep in Touch: High temperatures can be life-threatening, so seniors should let friends and family know if they'll be

spending an extended period of time outdoors, even if they're just going to the park or gardening. Caregivers and friends should try to check in with older loved ones at least twice a day.

Dress for the Weather: When temperatures rise, natural fabrics (such as cotton) can be cooler than synthetic fibers. Consider light-colored and loose-fitting clothes to help feel cooler and more comfortable.

Use Sunscreen: Seniors especially need the extra sun protection. Caregivers, family and friends can help by reminding loved ones about applying sunscreen and helping to put it on when necessary. Hats are also good for protection.

Keep Track of Time and Plan your Exercise: Don't stay in the sun for long periods and make sure to drink even more water than usual when exercising. Exercise earlier in the morning or later in the evening, when the sun is not at its peak.

The Symptoms of Heat Stroke: Heat stroke, caused by abnormally high body temperature, is an advanced form of hyperthermia that can be life-threatening. Make sure to know the warning signs and get medical attention immediately if you or anyone you know is experiencing these symptoms:

- Temperature greater than 104 degrees.
- A change in behavior, such as acting confused, agitated or grouchy.
- Dry, flushed skin.
- Nausea and vomiting.
- Headache.
- Heavy breathing or a rapid pulse.
- Not sweating, even though it is hot and humid
- Fainting.

If you (or an elderly loved one) start to feel any of these symptoms, ask for medical help, get out of the heat, lie down and place ice packs on your body.

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The Fishin' Hole



by Sam Hall

The heat of summer turns up the early morning and early evening large mouth bass bite on local fisheries. It is one of my favorite times of the year. Bass, really both largemouth and smallmouth bass, are in full GO mode right now, this summer of 2020. Yes, it has been a weird spring and early summer there can be no question of that but, one thing has not changed. The feel of a healthy large mouth bass inhaling your plastic worm and making for the deep water.

Jameson Bogdan knows that feeling very well. He is pictured in this month's Fishing Hole with a big old bucket mouth he caught up in Darlington, Pennsylvania. That's a beauty Jameson!

The weather forecast as we begin the month of July calls for temperatures in the mid to high eighties and no chance of rain for more than a week. That forecast might change your strategy for getting the big bass to hit. Water temperatures will warm quickly which means forcing the bass to deeper holes during the heat of the day. In the night time and early morning the water will cool and that will bring the fish closer to the shorelines to feed. I will tell you there is nothing quite like fishing at night with glow in the dark plastics. Cast as close to the bank as possible and do a bouncing, twitching retrieve, bass can't resist.

In the streams for small mouth bass look for fast-running water that heads to deeper water. That is where the fish will hold to eat. Garlic-scented

plastic worms are my favorite for this type of fishing but live bait will always turn the trick as well. The key is how much weight you have on your line. You want enough to keep the bait down, but not enough to stop it from moving through the water and looking natural. Experiment with different split-shot sinkers at different distances from the hook to find the one that does the trick.

Another thing folks around here love to do during the summer months is night time fishing on the rivers for huge catfish. This is a great month for that. Make sure you have the right set-up because the catfish in our rivers get really big and strong. There is no heartache like the heartache of losing what might have been the fish of a lifetime because you didn't want to take a few minutes to put a stronger-weighted fishing line on your pole. Big, natural baits work best for channel cats and the monster flat heads.

Head out, stay safe, take care of one another, keep social-distancing and washing those hands. Send me

your pictures and stories to samdhall@comcast.net and keep those lines tight!



Jameson Bogdan with his beautiful largemouth bass.



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Fun and Games for Kids



Find the ten differences in the pictures below.

(Answers on back page)



Fun Riddles!

- What do you do if your dog chews your dictionary?
- What do you call a cow that eats your grass?
- How do you make a goldfish old?
- What is as big as an elephant but weighs nothing?
- What do you call a gorilla wearing eramuffs?

Do you see the five animal shapes?



Get Creative!

Pittsburgh Junior Times Summer Mini-Camps for Kids



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Attend one or all!

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bbcpittsburgh.com
Sunday Services:
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NOTE: Contact churches directly or visit their website to see when in-person services will resume.

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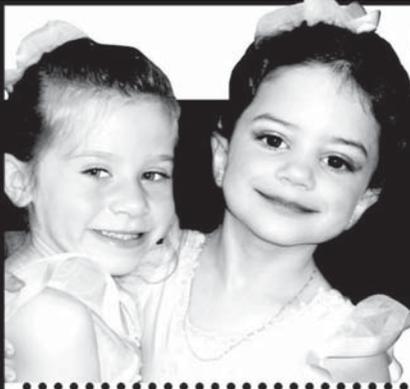
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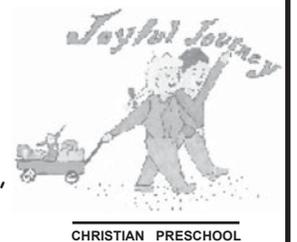
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Answers for Kids' puzzles

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Ten Differences: smiley face, grass under table, hair ribbon, no flag on fence, smoke from grill, label on sauce, ball, dog's nose, grill fork, fruit in bowl

Have a great summer!