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April Will Be Bringing Snow, Earth Day and an Eclipse



There are many ways to celebrate Earth Day this month.

It's April. The temperatures have reached into the high 60's some days last month. I thought we officially left winter in the rearview mirror but according to the weather report as of today, we are going to be getting a nor'easter that will drop 8-10 inches of snow in Pittsburgh (more in the mountains) on April 3. How can this be?

Well, before you run to check the news, April Fools! I couldn't resist!

I'm not sure but I think the temperatures will be rising, the flowers will be blooming, birds will be chirping and bees will be buzzing this month. The sites and sounds I love to hear!

Pittsburgh has a lot going on this month, inside and out.

Heinz History Center will hold the 10th Annual Vintage Pittsburgh retro fair on Sat., Apr. 6, 10 - 3 p.m. This event will be partnered with Neighborhood Flea and offer shopping opportunities from local vendors featuring one-of-a kind clothing, accessories, home decor and more!

After shopping, explore the museum and the newest exhibition, A Woman's Place: How Women Shaped Pittsburgh. Info at heinzhistorycenter.org.

Experience the fun energy of the Gallery Crawl being held April 26,

5:30 - 10 p.m. in the Cultural District. This is a free, multi-venue "open house" showcasing Pittsburgh's dynamic art and entertainment scene which includes visual arts, live music, dance, spoken word and more. Info at trustarts.org.

Market Square is kicking off the season early and will be holding a Spring Market on April 18, 11-2 p.m and will feature a mix of packaged goods, artisan products, and smallbatch foods from a variety of favorite vendors from their Farmers Market and Night Market series.

Empty Bowls 2024, will be held on Sun., April 7 at Rodef Shalom, 4905 5th Ave. with dine in seating 1-3 p.m., 3:30 - 5:30 p.m. and 6-8 p.m. There's a take out option that includes soup and bowl. This event is the perfect way to enjoy socializing with friends over an informal meal prepared by local chefs while helping the Greater Pittsburgh Community Food Bank and Just Harvest. Handmade bowls will be available all day long. Info and tickets at pittsburghfoodbank.org

We designated a special day in 1970 to recognize our planet earth and how important it is to protect it. Earth Day is that day and is celebrated globally on April 22 every year. There are many ways to become involved and it's never too late to learn, start, and help on an individual or community level!

Visit earthday.org to learn about the 2024 theme of Planet vs. Plastics. You can read about it and even get a "toolkit" to guide you on how you can help.

Pittsburgh Earth Day and The Pittsburgh Zoo have partnered to present Wild Earth Day Festival on Sat., April 20, 10 a.m. - 4 p.m. This event will include a day of fun and educational programming for our younger earth enthusiasts! There will be live music all day and the Pirate Mascot from 12-2 p.m. Info at pittsburghearthday.org.

PDP Night Market Goes Green in honor of Earth Day and will be held on Fri., April 26, 5 - 10 p.m. in Market Square. Enjoy some of Pittsburgh's Independent Green Vendors, food, drinks, live music and electric cars on display!

Celebrate Earth Day by just going outside in the surrounding areas and just appreciating the beauty of our parks and green spaces. Pick up any trash you see along the way!

There are numerous trails at Ohiopyle State Park to hike and to take in the new greenery and colorful spring flowers.

Enjoy the beauty of spring flowers by taking a Wildflower Hike on Apr. 13 at either 10 am or 2 pm at Raccoon Creek State Park.

Pittsburgh Parks are celebrating Earth Month with different events each weekend. Events include lawn games, live music, nature activities, balloon artists, free food, nature walks, and more. This is a family friendly event. Info at pittsburghparks.org.

Last, but definitely not least, we have something special happening this month that is once-in-a-lifetime!

We will be witnessing a partial solar eclipse on April 8 beginning at 2 p.m. with the most darkness at 3:17 p.m. and the event will end at 4:30 p.m. The percent of the sun that will be blocked can be about 95%, which should be pretty amazing. The path of totality (total eclipse) goes through the areas north of I-80. Erie is the biggest city in PA that will experience complete darkness at the moment of the total eclipse.

The last eclipse that Pittsburgh witnessed was a partial eclipse in 1925.



A solar eclipse at about 95%.

This is something definitely to take time out of your day to see. Hopefully we will have good weather.

There are safety measures that are **very important** when it comes to viewing the eclipse.

NEVER look directly at the sun during the eclipse without protective eyewear with solar lenses. They should meet ISO 12312-2 - 2:2015 standards. You won't feel the burn, but your eyes can be permanently damaged by looking at the eclipse, even while wearing regular sunglasses. You also should NEVER look through a camera, telescope, or optical device.

You can also get a solar burn if you take a selfie while facing away from the sun because of the reflection in the phone's camera.

You can purchase glasses online or at local retailers. Just be wary of fakes. There are many out there. Check for the ISO certification.

You can also try making a solar eclipse viewer, which can be fun anyway. You need a box (cereal, shoe, etc.) and go to kidsactivitiesblog.com for directions and pictures.

I'm looking forward to this month and all that spring offers. It lifts my mood every year!

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MUSINGS...WOW



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 and Nancy Smyth, her business partner in Two Wise Women, together published, "Chocolate or Lunch, How Choices Impact Relationships." If you have tense relationships, this book is for you. Both books are available through Amazon. The world is full of magic things, patiently waiting for our senses to grow sharper.

~W.B. Yeats

Have you had a WOW experience today? Do you know what a WOW experience is? Well, I define it as a moment when "WOW" escapes automatically from my mouth. I don't plan to say it, but it pops out of my mouth! WOW experiences are not huge moments of awe and wonder...not as grand as giving birth or seeing the Northern Lights in person. They are delightful moments that surprise us, captivating and exciting us in a moment. In a world filled with distractions and uncertainties, WOW moments deliver both inspiration and solace.

To invite you to tune into your own WOW moments, I'll share a few of my recent ones.

Things of beauty I encountered

- I went to a "used orchid" sale at Phipps Conservancy. For \$5 they sold fabulous orchids in full bloom that had been part of their beautiful spring show. I got 3 and gave one to a neighbor. WOW - On a walk this crisp, sunny afternoon, there was a wonderful convergence of birdsong and my neighbor's windchime. They synced new music! WOW.

Surprising things I learned

-There are 32 muscles in a cat's ear. WOW

-More than a million earths could fit inside the sun. WOW

-Finally figured out how to scan with my new printer! WOW

·Sensations I felt

-The moment I turned around and brushed my back in the shower WOW -My first sip of coffee this morning WOW.

-The sense of vitality and wellbeing I get after aerobic exercise WOW

Beautiful relationships I observed or experienced

Watching an 11 year old girl help her younger brother read in public. WOW
My 16 month old great-niece Maddie had just learned to work a zipper and had also just learned the word "actually." Asked by my sister to zip up her coat, she said, "Actually, No." WOW

- Being greeted with a big hug by my 13 year old granddaughter and laughing with her about the fact that she's now taller than I am WOW - Feeling kindness toward a friend and expressing it WOW

WOW experiences promote emotional well-being by eliciting feelings of joy, gratitude, and interconnectedness with the universe.

I have fewer WOW experiences when my day is busy. I suspect they're in plain sight, but I miss them.

Everyone can have WOW moments. If you want to increase yours, try being really present as often as possible as you move through your day. Tune into small things. Notice your experiences. This afternoon I bit into a carrot that was exquisite. The WOW was out of my mouth in a flash!

COACHING TIPS:

1. What WOW moment have you experienced today?

2. Get in the habit of sharing WOW moments with your family/friends each evening.

3. Be on the lookout for WOW moments. Don't let seemingly more important things distract you from them. They may be the most important ingredients for living a life you love.







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For many years the Rotary Club of Green Tree has awarded scholarships to Green Tree students in their senior year who plan to attend college or a trade school in the fall semester. The scholarships can be used to pay for any education-related expenses. Two \$1500 scholarships will be awarded this year. The scholarships are competitive, based on academic achievement, community participation, and financial need. We look forward to awarding these scholarships to two outstanding students this spring.

Email: info@greentreerotary.org

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Step into Spring with Healthy Feet



Jayesh Gosai, M.D.

April is National Foot Health Awareness Month and research shows that approximately 20 percent of Americans experience at least one foot problem each year. These issues can be the result of an underlying health problem such as obesity, diabetes, or peripheral neuropathy. Healthy feet are central to a healthy life. Your feet will take you an average of 115,000 miles in your lifetime. The feet are responsible for setting in motion a complex network of bones, muscles, tendons, and ligaments. While not all foot problems can be avoided, taking steps to keep your feet healthy will keep you and your family on track to a healthy and productive lifestyle.

Examine your feet each day, using a mirror – if needed - to inspect the bottom of your feet for cracks, peeling, injuries or dry skin. This is particularly important if you have diabetes to avoid a non-healing wound.

Thoroughly dry your feet and between your toes after bathing to reduce the risk of fungal infections. Follow up by applying a good moisturizer.

Don't leave polish on nails all the time as it can lead to fungal toenails.

Wear proper shoes. Shoes that are too tight or narrow can cause longterm problems. Not only should your shoes fit properly, but they should be comfortable, practical and provide support. Additionally, sporting shoes appropriate for your specific activity is just as important as replacing the shoes when they become worn out

Community News and Events

On Thurs., May 2, the **Green Tree Garden Club** will have lunch at 11am followed by a presentation entitled, "Hummingbirds 101" by Julie Travaglini, Senior Director of Education and Curriculum of the Allegheny Land Trust. Hummingbirds are feats of nature! Explore Pennsylvania's only hummingbird, the Ruby Throated Hummingbird, and its fascinating biology. This will take place in the Hemlock/Sycamore Meeting Room, Green Tree Municipal Center. Guests are welcome to attend the presentation at 12:15pm at no cost. Reservations are required for lunch for a small fee.

The **Annual Mother's Day Geranium Sale** will be held at the Spring Festival this year on May 11from 10am – 3pm. The festival takes place at the GT Municipal Center and Fire Hall. It will include a craft/vendor show, flea market, plant sales, café, bake sale and more.

Green Tree Rotarians prepared 214 "Easter Baskets for Shut- Ins" again this year. Mary Montz, wife of Rotarian Dave Montz, has orchestrated this project for Green Tree Rotary for several years. Dave and Mary start early in the year purchasing the baskets and various items to place in them, including cute little things like stuffed bunnies and peeps as well as fresh fruits, puzzles, coloring booksa nd personal care items.

Rotarians met to prepare the baskets, wrap and decorate them with cheerful bows. Rotarians, local high school students, and other friends of Rotary then deliver the baskets to the elderly and shut-ins in Green Tree.

Green Tree Woman's Civic Club is having their Spring Luncheon: Sparkle and Shine on Sun., Apr. 21 at 12 p,m at the Double Tree Hotel in Green Tree. Lunch will be served at 1 p.m. Fashions by White House Black Market. Event includes basket raffles, cash bar and share the wealth. For tickets contact Jo Ann Whitaker at 412-337-2000 or gtjoann@gmail.com. Cost \$40. Proceeds benefit the GTWCC Annual College Scholarship. Wear shoes in public areas where your feet can be scratched or cut, leading to infection, athlete's foot or plantar warts.

Stretch your ankles, lower legs and feet daily and before any activity to avoid injury. Before a workout or activity, don't neglect to warm up the muscles in your feet and ankles. Achilles stretch, ankle circles and chair pose are three easy stretches to wake up your ankles, no equipment needed

Apply sunscreen on ankles and between toes to avoid sunburn and guard against skin cancer. Watch your step. Use caution when walking or running on uneven sidewalks or terrain.

Seek medical attention if you experience sudden pain, pain when you are not bearing weight, limited range of motion or numbness in your foot. If you suffer a minor foot or toe injury – even an in grown toenail, see a doctor. Untreated conditions can cause infections and certain injuries can result in bones not healing properly causing recurring pain, limited mobility and development of arthritis in the affected joints.



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The Fishin' Hole



4

Sam Hall

The first weekend of Trout season in Pennsylvania will be the first one of this month and just like that, springtime fishing is finally here. A rare total eclipse of the sun will accompany the start of spring fishing this year on April 8, 2024. Read about it on this month's Green Tree Times cover and make sure you take the proper safety precautions for viewing.

The state has been stocking trout since the first week of February in

all trout approved waters. Once that first weekend is completed, in terms of the fishing, the great news is they will stock them all again before the month of April is over. Nearly every fishery in the counties of Allegheny, Washington and Beaver will receive an extra dose of trout beginning the week after the opening day of the trout season. To find out when and where your favorite fishery is getting an in-season stocking simply go to this website fbweb.pa.gov/ TroutStocking and enter the county in which you are fishing. Not only will you be able to find out when your fishery is receiving fish, they also list a meeting time and place if you want to join in and help with the stocking efforts. You can take a bucket and dump some fish right into your favorite hole. It is a great way to get to know other people who fish in your area and it is so fun, especially for kids. Don't forget to send in your stories from Opening Day 2024 to The Fishin' Hole. If it is your first ever Opening Day or it has been a while

and you just might want a refresher course in trout. The Fish and Boat Commission has a virtual event on April 4 to help you prepare for fishing. This virtual program will help anglers of all ages prepare for the Opening Day of Trout Season on April 6, 2024. Trout identification, regulations, equipment, skills, fishing techniques, and resources to find a spot to fish for trout near you will all be covered in this course. The link to the website to register is www.registered.com/events/view/210801 . Don't forget these key points for trout season: You can keep five trout and the minimum size of those trout is seven inches. Those creel limits apply through September 2, after that date you may only keep three trout

per day with the same minimum size of seven inches.

Spring time fishing, even of you don't chase trout, is always a great time to do a refresher on your equipment and check your boots for leaks. Trust me! Taking a few minutes to change your line and make sure your feet are not going to get wet will never be a decision you regret making. You can fish for Largemouth Bass, Smallmouth Bass and Spotted Bass all year long but you cannot harvest any of those species from April 13 through June 7, 2024.

Spring has sprung! Get out on the water and make some memories and be sure to share those memories with all your friends here at the Fishin' Hole at samdhall@comcast.net! Keep those lines tight!



A beautiful Brown Trout caught last Trout Season in a local stocked stream.

~photo courtesy of Sam Hall



free wine tasting. Great for birthdays, bachelorette/ bachelor parties or just friends hanging out. Accommodates 2-18 people.

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LIBRARY INFORMATION Fun Programs

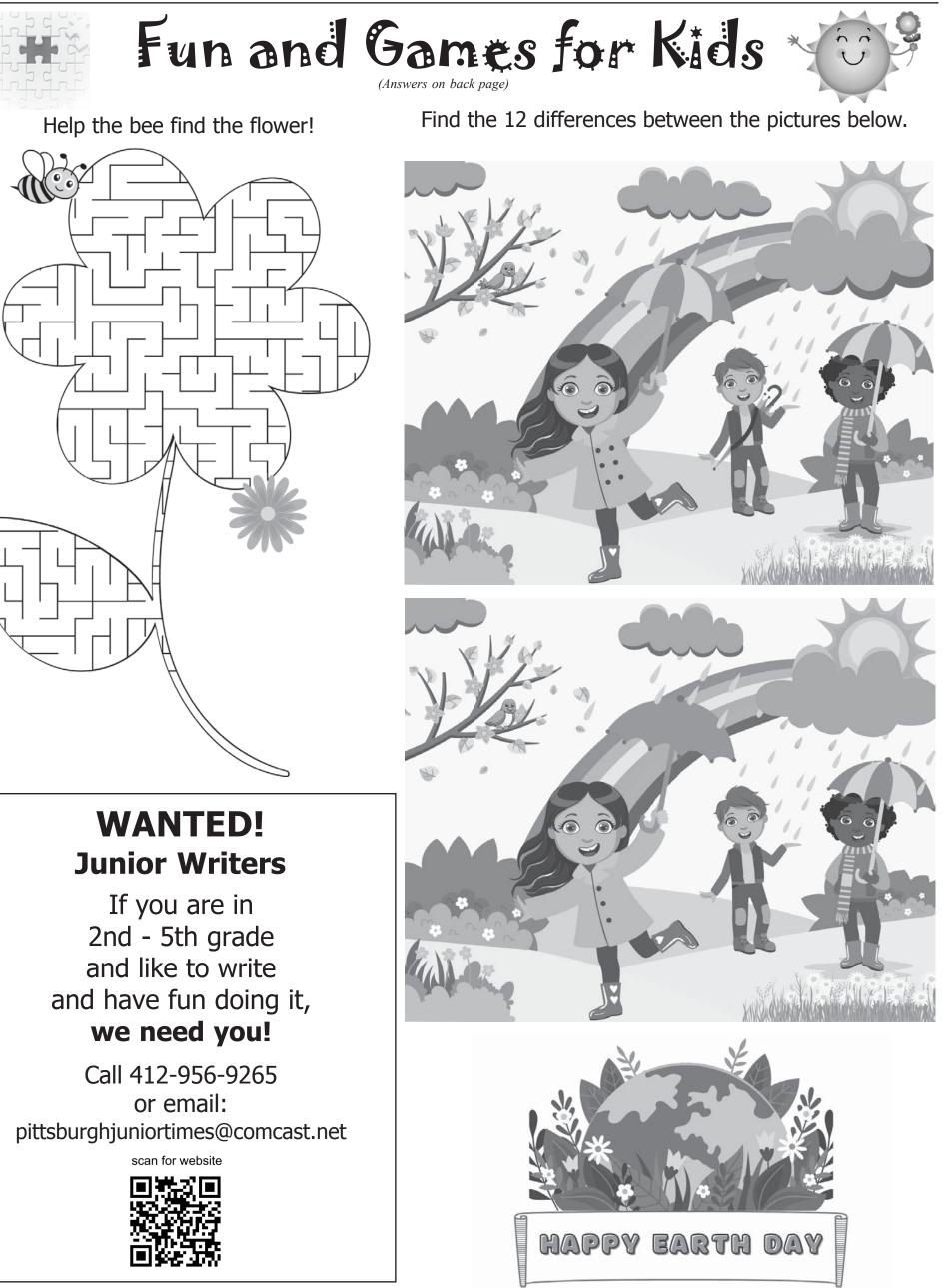
Fun programs for all age levels are available at the libraries so try attending some events. Be sure to call or visit the website for more information.

Most activities are in person. Check with the library near you for the details.

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55 Forsythe Road, Pittsburgh15220 Off Greentree Road in Scott Twp. ststephenpittsburgh.org 412-279-5868 Pastor Maurice C. Frontz III, STS Facebook.com/ststephenpittsburgh

1st United Presbyterian

Church of Crafton Heights 50 Stratmore Avenue 412-921-6153 Sunday School: 9:30 a.m. Live and in person Worship on Sundays at 10 a.m. and on Facebook.com/Dave.Carver All are welcome! Pastor: Dave Carver

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 10:30a.m. -Live and Streaming 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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412-431-8396 **mtwashingtonbaptistchurch.org** Independent-Fundamental-Premillenial-Soulwinning *Rev. Ray G. Cunningham, Pastor*

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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

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.



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.

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

Carnegie Primitive Methodist Church

640 Dow Ave., Carnegie, 15106 (Corner of Fountain St. & Dow Ave.) Worship Sundays 11 a.m. carnegiepmc.com 412-207-2233 Todd 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

Hawthorne Avenue Presbyterian Church

90 Hawthorne Ave., Crafton, PA 15205 412-921-2504 Handicapped Accessible Sunday Worship - 10:30 a.m. Bible Study - 9:30 a.m. Sunday School - 10:30 a.m. Pastor Paul Nigra www.hawthornechurch.org

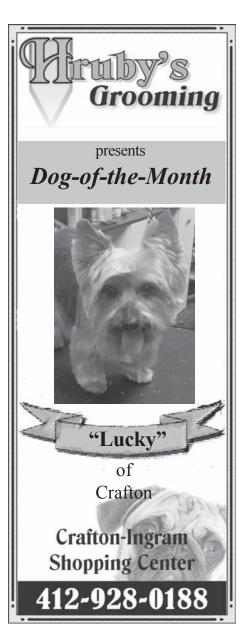
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