# GREEN TREE TIMES

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# The Last Days of the Season Offer Festivals, Food, Fairs and Fun



Supporting a great cause while enjoying Rock, Reggae and Relief.

~photo courtesy of Rock, Reggae & Relief

The last month of summer is starting and that means we need to drag our feet and get the most out of each sunny day that we can. Sure, there is no denying that autumn in Pittsburgh is great, but for now, I'm all about holding on to this season for as long as possible!

August is a month full of fairs and festivals. For nearby fairs, there's the Washington County Fair, Venango County Fair, Hookstown Fair, Somerset County Fair, Westmoreland County Fair, Indiana County Fair, Crawford County Fair, Greene County Fair, Big Knob Grange Fair and the Great Stoneboro Fair. To find out the dates and more details, just search the fair and county name on the computer or call your local library for help.



August is filled with fairs in most counties. ~photo credit Westmoreland Fair

The Laurel Hill Bluegrass Festival is Aug. 21-22 at Laurel Hill State Park in Somerset, PA. The festival is full of music, food, a re-enactor village, children's activities and more! Get the entertainment lineup and info at laurelhillbluegrass.com.

Enjoy Little Italy Days in Bloomfield, Aug. 19-22. It will feature great Italian foods, entertainment, games and activities for kids, raffles and a bocce tournament. More info at littleitalydays.com.

Rock, Reggae & Relief is a benefit festival being brought to us on August 28, from 1-11 p.m.

This music festival will take place on Forbes Ave., downtown Pittsburgh and will feature outdoor music from Grammy winning and Billboard top-charting artists Jason Mraz, The Wailers, UpRooted and Michael Glabicki of Rusted Root, Roots of Creation and Johnny Jensen. The After Party will feature Ras Prophet.

Due to the devastation in the hospitality region, this year funds raised will benefit the Food Insecurity and Hospitality Workers Fund managed by The Piatt Family Foundation. Information at rockreggaerelief.com.

Picklesburgh is back and being held Aug. 20 – 22, on the 7th Street Bridge.

This Specialty Food Festival is a cultural and culinary celebration and will offer a unique space to enjoy food, live musical performances, every possible pickle activity or contest, a kids area and more. Info at picklesburgh.com.

Another fun festival is Brews for Views being held on Aug. 21, 5:30 p.m. at West End Overlook Park.

This casual event will feature the live music from Che Zuro, 6 local craft beers, barbeque and sides from SpitfireZ, desserts from Sinful Sweets, a silent auction and a gorgeous view of downtown!

All proceeds will go to support Scenic Pittsburgh's work to protect, preserve and promote our region's beauty and scenic resources, both natural and built, and donations will be matched by their generous supporters. Info at scenic.org.

The Art Festival on Walnut Street in Shadyside is a free weekend art show located on the tree-lined streets of the neighborhood and is being held Aug. 28-29 at 739 Bellefonte St.

In addition to the outside galleries of art, this event will offer something for everyone – national retail stores, unique locally owned shops, numerous restaurants, bars and eateries featuring a vast variety of cuisines.

Also in Shadyside is the annual Jams on Walnut. They will block off Walnut Street for the last

outdoor concert of the summer on Aug. 21, 6 p.m. Proceeds benefit Animal Friends and the Bow Wow Buddies Foundation. Information at thinkshadyside.com.

The new Asian Lantern Festival will be opening at the Pittsburgh Zoo & PPG Aquarium starting Sat., Aug. 14, through Sat., Oct. 30.

On select nights, the zoo will illuminate the environment with the glow of colossal, wildlife-themed, handcrafted lanterns.

These towering steel and silk sculptures will encompass three connected themes: the zoo, their global species conservation partnerships, and Asian culture.

The Asian Lantern Festival is a family-friendly nighttime event that requires a separate ticket from Zoo daytime admission. Info at pittsburghzoo.org.

You could spend some of the remaining days of summer outdoors at the Allegheny Overlook or 'AO', a brand new pop-up park along Ft. Duquesne Boulevard highlighting community, arts, and culture while showcasing one of Pittsburgh's most iconic views.

This created space will offer live performances daily, outside work spaces, food and drink vendors, games and activities for all ages such as bocce ball, giant Jenga, ladder toss, corn hole, ping pong and so much more.

The new pop-up park highlights an underutilized space in the city, making for a more vibrant Downtown as the city rebounds from the effects of the pandemic. Info at downtownpittsburgh.com/alleghenyoverlook.



Riverfront Workspaces at Allegheny Overlook. ~photo courtesy of Pittsburgh Downtown Partnership

As of now, our area is pretty much back to normal in terms of mandated restrictions and 60% of the people in Allegheny County are vaccinated making all of these festivals and activities possible.

Everyone age 12 and older is now eligible to receive the COVID-19 vaccine. If you want to know where and how to get the vaccine, go to vaccines.gov and put in your zip code for a list of all of the available locations. It will show you specifically which vaccine each place has in stock and you can choose and make an appointment online.

Whether you attend a festival or just relax at home on the porch with a book, just do whatever brings you joy when you can and cherish these last dog days of summer. Keep yourself safe and help keep others safe.

# MUSINGS...SELF LOVE



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.

Loving ourselves works miracles in our lives. – Louise Hay

#### Love Yourself

My client was disappointed in herself. She felt she'd delivered an important speech poorly. She beat herself up, recalled poor past performances, and compared herself to others.

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Suddenly she was quiet for a long time. "I don't deserve to be treated the way I treat myself," she said. It was a powerful turning point for her - the beginning of self-love.

#### Self-Love – the concept

Consider the ways in which self-love is important:

- Loving yourself is required to be happy.
- You really do have to love yourself to love someone else well.
- Loving yourself keeps you steady when challenges come, and they will.
- When you love yourself, life feels lighter, simpler, easier, and more fun.
- When you love yourself you are more motivated to contribute to the wider world.

#### Self-Love - the feeling

The feeling is – well – love. Warmth, gratitude, acceptance of the whole of who you are. To love yourself is to understand that you don't need to be perfect to be good. It is a state of being that says, "I am enough," yet wants to be better.

Loving yourself is not sweeping parts of yourself under the rug, denying they are there. Maybe you overeat or drink too much. Those are DOINGS, not who you are. When you love yourself – your very core – you are in a position to see and accept things you want to change. Then the changes you make can come from self-love.

#### Self-Love – the practice

You can learn to love yourself, to see your light and depth and gifts and goodness. When you do that, you are more effective, connected and happy.

Here are 3 things that help grow the ability to love yourself:

1. Take in the good. Enjoy yourself. This is an idea backed by neuroscience, and described beautifully by Rick Hanson, Ph.D. in the book Hardwiring Happiness. When we practice noticing even small things, the butterflies out my window right now, for instance, and pause just 5 or 10 seconds to feel the pleasure of those butterflies, absorb their beauty, it actually affects our brains. When we get in the habit of taking in the good and practice enjoying ourselves several times a day, we automatically decrease the negative in our lives, and our brains are rewired for happiness.

2.Relax. Many people stay so busy they don't know how to really relax. Sitting on the couch and watching TV may be the closest they come, and that's not really very close. If you want to feel what it feels like to relax deeply, treat yourself to one of Sarah McCrum Relaxation sessions on Youtube. Self-love is about practicing kindness to ourselves: our bodies and our minds.

3.Listen to your heart as much or more than you listen to your mind. It will give you very different information. My brilliant business partner in Two Wise Women, Nancy Smyth, has written a book which is showing up as #1 in new releases on Amazon. It's called Hear Your Heart Whisper from the Stillness. It allows you to develop a powerful practice. Love yourself enough to give yourself this treat. Here's a taste:

Excerpts from Self-Love, a poem from Hear Your Heart Whisper from the Stillness, by Nancy Smyth.

Release hurtful opinions, judgments, And feeling snail small.

Prepare to look with fresh eyes – Banishing limiting stories, shame.

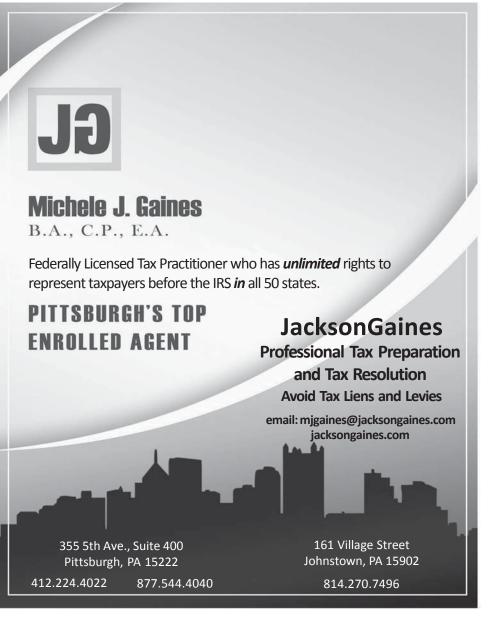
Welcome home!

Spin, frolic, sing among honey-scented Blossoms alive to your precious self.

#### **COACHING QUESTIONS:**

- 1. On a scale of -10, how self-loving are you?
- 2. What practices are you willing to cultivate?
  - a. Relax more?
  - b. Enjoy yourself more?
  - c. Live from your heart?







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## Safe Travels: Staying Healthy on Vacation this Year

With so many Americans vaccinated against COVID-19 and infection rates dropping in areas around the country, millions are traveling this summer. August is one of the busiest vacation months and travelers should still take steps to stay safe – there are new COVID-19 variants and everevolving situations in areas across the country and the world. The Centers for Disease Control and Prevention (CDC) recently updated its guidance stating that people who are fully vaccinated (that is, who received the Johnson & Johnson vaccine, or a second dose of the Pfizer or Moderna vaccine, at least two weeks prior) can travel safely within the United States.

But if you are not fully immunized or you are taking a trip with others who are not — the same precautions as last summer apply. The following tips may help ensure that everyone in your traveling party remains healthy during and after your vacation.

Know the COVID-19 rate where you live. Even if you are vaccinated, it's still important to assess COVID-19 levels in your community. If the levels are high, you are at greater risk of developing COVID-19. While breakthrough infections are rare and

typically mild, those with health risks could be vulnerable to more serious infection. If you are traveling by plane, train, or bus from a place where a lot of people have COVID-19, the odds will be higher that a passenger near you or your group could have the virus. Of course, this is especially worrisome if not everyone in your traveling party is vaccinated.

Assess COVID-19 rates at your destination. The infection rate at your destination is also a factor. If you are heading to a location that has high incidence of COVID-19 infections, your chances of becoming ill there do rise, even if you have been vaccinated. For trips outside the United States, you must check the U.S. State Department website to determine what the virus rates are and what entry restrictions apply. This may vary by vaccination status. For instance, the European Union recently agreed to allow vaccinated Americans to visit this summer, lifting restrictions against nonessential travel from the United States that have been in place for over a year.

Choose the safest mode of travel. For anyone who isn't vaccinated, experts consider driving to be the saf-

est form of transportation, especially if the destination can be reached within a day, because this substantially limits interactions with other people. Flying can also be relatively safe. As of now, airlines continue to require all passengers to wear masks onboard. If you have not been vaccinated, be sure to remain in your seat as much as possible during the flight and keep your mask on nearly all the time, especially when other passengers nearby remove theirs to eat or drink. Vaccinated people should feel confident taking any mode of transportation. Even sitting next to an unvaccinated person is safe if you are immunized.

It's smart to continue some safety habits, such as using antibacterial wipes to disinfect hotel room light switches, doorknobs, the TV remote, and other high-touch objects, without being obsessive about cleaning everything. If someone staying in your room isn't vaccinated, additional precautions might be necessary. This would include things like opening windows for better ventilation.

Be smart about your activities. Avoid indoor places with large crowds of people whose vaccination



Jayesh Gosai, M.D.

status can't be known. Being vaccinated, your odds are much lower of getting serious illness and complications, but there is a small chance. It may be wise to skip crowded indoor activities that may carry some COVID-19 risk.

If you're not fully vaccinated, stay vigilant. While you're on vacation it's easy to feel like the limitations of your regular life don't apply. But if you aren't fully vaccinated or at high risk, it's important to follow general CDC guidance at all times, including washing hands regularly, keeping six (or ideally more) feet of distance between yourself and others, avoiding poorly ventilated indoor spaces, and wearing a mask in all public settings.

# The Fishin' Hole



Sam Hall

This past month the fishing community of southwestern Pennsylvania was dealt a devastating blow to one of my favorite fisheries. Chartiers Creek had a huge fish kill due to what the Pennsylvania Department of Environmental Protection thinks might have been either a pesticide or herbicide getting into the waterway somewhere near Valley Brook Road. Thousands of fish were killed, including carp, smallmouth bass, catfish, freshwater drum, walleye and a lot of minnows. The investigation continues as the DEP hopes to determine exactly what happened, and who, or what was responsible for the incident. Meanwhile we in the fishing and recreational community are asked to stay away from the creek for a while and give the remaining fish and wildlife a chance to regroup. If you would like to help, you can reach out to a couple of different non-profit

organizations with your financial contribution or volunteer your time. The Lower Chartiers Watershed Association is actually based in Allegheny County and they can be reached by emailing them at lowerchartierswa @gmail.com. Additionally, the Upper Chartiers Creek Watershed Association is based in Washington County. I know what you're thinking. I struggled with it for a while but it is accurate information. The upper portion of the watershed is in the southernmost county. They can be conat facebook.com/ tacted upperchartierscreek and their physical address is 50 Old Hickory Ridge Road, Suite #1, Washington, PA 15301. If you can, please help these organizations, that are helping local anglers.

This incident might leave some of you looking for a different fishery. I have hit a few in the last couple of weeks. If you are looking for a little bit of a weekend trip, or at least a full day trip, Senecaville Lake in Ohio is one of my all-time favorites. In mid-July the Fishin' Hole crew made a day trip to Senecaville and had our fill of channel cats and largemouth bass. Once again, the biggest fish of the day went to ace angler Lexi who managed to somehow turn laying on the back deck of the boat and requesting "better music" into a strategy that paid off handsomely.

Recently, I have also spent some time on Dutch Fork Lake in Claysville, PA and Cross Creek Lake in Avella. Both of these fisheries are long-time favorites of Washington County anglers. We are in the "dog days" of summer now and water temps will have a great effect on the fishing. Early morning and evening temperatures will encourage the fish to be more active. Closer to home the rivers are well-above summer pool due to some very heavy down pours in the month of July. Use caution if you are boating and hit those "highwater" spots you know and love for August fishing. Send your stories and pictures to samdhall@comcast.net and keep those lines tight.



Lexi with the biggest catch of the day at Seneca Lake.

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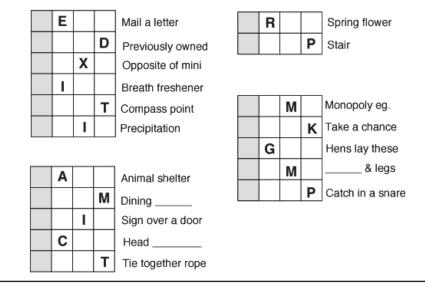
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Send an email to pittsburghjuniortimes@comcast.net along with a picture of something fun that you have doneand get entered into a drawing for a prize. Send pictures by Sept. 15, 2021. We look forward to reading about your adventures!

# Church Directory

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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

#### All Saints Polish National Catholic Church

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www.allsaintspnccpa.org all.saints.pnc.church@verizon.net Very Rev. Richard Seiler, Jr. Pastor Independent - Catholic - Sacramental Contact regarding services.

#### 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

### 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

#### 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.

#### Carnegie Primitive Methodist Church

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Ascension Church, 114 Berry St.
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Website: ingramupchurch.org
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www.nativitychurch.org The Rev. Shawn Malarkey

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

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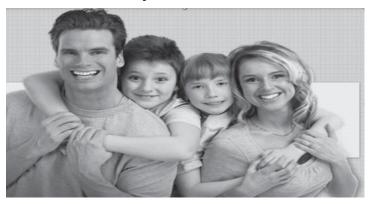
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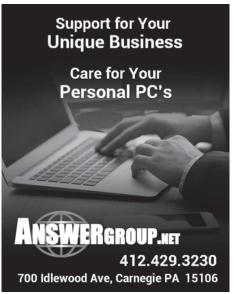
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### Family Dentistry/General Dentistry

Exam and Cleaning • Teeth Whitening (Bleaching) Filling/Bonding • Root Canal Treatment Crown/Bridge/Veneer/Cosmetic • Extraction Dentures • Dental Implant & Implant Prosthesis

Dr. David Hsieh, DDS



#### **Answers for Kids' puzzles**

Rain

Trap East Knot Arms Mint Ache Eggs Maxi Exit

Used Room Step Risk

Send Barn Iris Message Puzzle:

əldmib drop on left fish on bucket drop on right left flipper arm floaty sand on right googles plug on raft Suorkel

Ten Differences:



Glass Bead Chokers, and Rings

follow my instagram @lexi.draws.some.times etsy.com/shop/thepinksunshineshop



#### LIBRARY INFORMATION

GREEN TREE PUBLIC LIBRARY 10 Manilla Ave., Pittsburgh, 15220 greentreelibrary.org, 412-922-9292

CLP Main - Oakland

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

**CRAFTON PUBLIC LIBRARY** 140 Bradford Ave., Pittsburgh, 15205 craftonpubliclibrary.com, 412-922-6877

THE ANDREW CARNEGIE FREE LIBRARY AND MUSIC HALL

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

SCOTT TOWNSHIP PUBLIC LIBRARY 301 Lindsay Rd., Scott Twp., 15106 scottlibrary.org, 412-429-5380

#### **CLP-M**T. WASHINGTON

315 Grandview Ave., Pittsburgh, 15211 carnegielibrary.org., 412-381-3380

#### **CLP - WEST END**

47 Wabash St., Pittsburgh, 15220 carnegielibrary.org, 412-921-1717

#### **CLP - SHERADEN**

720 Sherwood Ave., Pittsburgh, 15204 carnegielibrary.org., 412-331-1135