

# GREEN TREE TIMES

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## The Start of the Summer Season in Pittsburgh is Beginning



Having fun at the Three Rivers Arts Festival!

~photo courtesy of TruStarts.org

If you aren't at a beach, the next best place to be in June is Pittsburgh. Our city celebrates summer like no other. Festivals, fireworks, great food, music, art, and so much more is what to expect over the next few months.

You can't mention June in Pittsburgh without mentioning the Arts Festival. This year is going to be different! The 63rd annual Dollar Bank Three Rivers Arts Festival, will bring a diverse lineup of performing and visual arts attractions to a new-look location in the heart of Pittsburgh's Cultural District. This event will again welcome hundreds of artists from throughout the region and around the



globe for 10 days of live music, dance, theater, gallery exhibitions, public art, creative activities, and the Artist Market—free and open to everyone.

The festival is all within a few blocks of each other this year, bound by Ft. Duquesne Blvd. and Liberty Ave. between 7th and 9th Street.

Backyard at 8th & Penn will be a brand-new central hub for this year's festival and will also be a new summer-long destination in the Cultural District that embraces artistic exploration, collaboration, and creation.

Kids and families will have the Giant Eagle Creativity Zone, located

at the Trust Oasis at 131 7th Street. Go to [truStarts.org/TRAF](http://truStarts.org/TRAF) for the full entertainment lineup and more info.



WorldSquare will take place in Market Square during TRAF on June 10 - 12. The event will feature arts, crafts, music, dance and cuisine reflecting 20 international communities. Info at [downtownpittsburgh.com](http://downtownpittsburgh.com).

Another fun Pittsburgh favorite is WYEP's Summer Music Festival which will be held June 25, 3 - 10 p.m. at Schenley Plaza. This free event offers music styles from Indie, HipHop, R & B, Jazz, Blues and more. Fun for the entire family. Info at [wyep.org](http://wyep.org).

Close to home is Carnegie Spring Market, Sun., June 12, 12 - 3 p.m. at W. Main and 3rd featuring 30+ vendors, food, art, music, a student creative display and more. Info at [carnegieborough.com](http://carnegieborough.com).

Also, the annual Carnegie Crawl will be held on the Second Friday June - October from 5-9 p.m. Participating businesses offer specials or entertainment.

Stop at any business with "Carl" the Snail in the window to pick up a map and lists of specials. Follow Carl on Twitter @CarnegieNow. Also check out Visit Carnegie's website and facebook page for updates!

Shuttle service is available to Carnegie Antiques, 3rd Street Gallery and Bob's Diner.

Jam on Walnut is back this year for five Saturdays. The first is June 18 at 7 p.m. featuring No Bad JuJu. These outdoor block party concerts are family friendly and proceeds benefit Cystic Fibrosis Foundation. Info at [thinkshadyside.com](http://thinkshadyside.com).

A unique thing happening on June 21, on the festival's 40th anniversary, is Make Music Pittsburgh. This festival is to inspire people of all ages to participate in music making. This is a global event with live, free music making events in various neighborhoods around the world. Info at [makemusicpittsburgh.org](http://makemusicpittsburgh.org).

The Allegheny Parks have a Free Summer Concert Series at both Hartwood Acres and South Park all summer long and for all ages. All concerts are FREE and begin at 7:30 p.m. unless otherwise noted.

Food trucks (Black Dog Winery and Hop Farm Brewing Company craft beer) will be on-site at all concerts starting at 6:00 p.m. Details at [alleghenycounty.us](http://alleghenycounty.us).

Feel like a movie but don't want to go inside? Cinema in the Park offers outdoor movies throughout the area in various Pittsburgh Parks. Get the complete schedule at [pittsburghpa.gov](http://pittsburghpa.gov).

There will be Movie Nights on the lawn at South Park on Saturday nights and Drive-In Movie Nights at Hartwood Acres on Wed. nights. All movies are free!

All movies are free. Drive-in will be first-come first-served! Once they



reach capacity, they will announce on Facebook Page and Allegheny Alerts.

Many local communities will offer outdoor movies and various activities at their pools or parks, so be sure to check the borough website near you to see what's happening.

An exciting twist on just watching a movie is on a rooftop. Pittsburgh Rooftop Cinema is here for the summer! Relax at the 32 seat theater while watching your favorite movie from a

downtown rooftop under the stars all summer long, every weekend!

Guests can also enjoy BYOB, and bring your own food such as pizza or a charcuterie board!



They are located downtown at 245 Fourth Ave, Pittsburgh, PA 15222. Once you arrive the hostess will greet you and take you to the third floor of the building. From there you will enter the secret rooftop garden and enjoy your movie! Info at [hidden-cinema.com/home-pittsburgh](http://hidden-cinema.com/home-pittsburgh).



If a play is more what you had in mind enjoy Pittsburgh Public Theater's Robin Hood this summer.

They venture out of the O'Reilly and into the legendary Sherwood Forest. Take a chair or a blanket. Play being performed at some of Allegheny County's most beautiful parks. Info at [alleghenycounty.us](http://alleghenycounty.us).

No matter your age, summer is also about no plans but spontaneous lounging in the sun or shade with no purpose, taking a walk, swimming, roasting a marshmallow, having an ice cream cone, riding a rollercoaster, kayaking, fishing, socializing, and just taking it all in moment by moment.



As we all know too well,  
"What good is the warmth of summer, without the cold of winter to give it sweetness."

by John Steinbeck.



## MUSINGS...STOP DROP, ROLL



*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.*

### That tiny buzz inside

You know that tiny buzz inside that lets you know you're irritated? Pay attention to it. That's a text message from your body that you're reacting to someone or something.

Reading that message – becoming aware of the signal – is the first

step in avoiding a blowup or a meltdown or a slow, destructive burn.

Many of my coaching clients yearn to be less reactive. They may apologize after exploding, but often the effects linger, whether the recipient has been a spouse or a work group. And if they stuff the reaction, it often brews inside, leading to feeling immobilized or depressed.

### Reacting

Neuroscientist Amishi Jha, Ph.D. offers a better solution in her excellent, readable book, Peak Mind.

When you feel reactive, there are 4 choices:

1. React all over the place (what I've called a blow up or a meltdown)
2. Suppress your anger and carry on as if you're fine
3. Reappraise the situation
4. Stop, Drop and Roll

In my experience, most people want to figure out how to avoid #1.

They've also figured out that #2 doesn't work well long-term. It takes a lot of energy to keep the feelings down, and they are likely to pop up in some other situation, like a beach ball being held under water.

#3. Changing the way you think about a situation is good and can reduce the intensity of negative emotion.

But #4 is by far the best strategy. Here's what it means:

**a. Stop** the inner war against the actual circumstances – just accept them. They are what they are. This does not mean you are “all good” with the situation. It has nothing to do with your judgment about the actual event. It just means that you are accepting the actuality of what has occurred.

**b. Drop** the story – your assessment of this situation. Is merely one story. Not the only one.

**c. Roll** with it – keep going, keep moving, get curious about what the next moment will bring.

### A Work Example of Stop, Drop and Roll

John got annoyed at Peter for what he saw as talking down to Emily, a potential new team member, in a hiring interview. John feared Emily would think the team saw women as unequal. John noticed himself feeling irritated. **Stop.** Then he dropped the story he was building in his head against Peter. Peter had a

tendency to talk without thinking, and sometimes embarrassed himself and the team, but he also made valuable contributions. **Drop.** Emily indicated a real interest in the job, so maybe John was being overly sensitive. He continued the interview and watched things play out. **Roll.**

In the end they hired Emily and she and Peter are working well together today.

### Try it

Next time you feel that reactive tickle in your gut, try this strategy. Stop. Drop the stories you are quickly building. And roll with the situation.

This is a strategy for everyday irritations, not grave injustices. But even grave injustices have a better chance of being righted if your reaction doesn't start a war and invite the other side's reactions.

### COACHING TIPS/QUESTIONS:

1. What is your internal signal that you are irritated?
2. How do you usually react?
3. Next time, try Stop, Drop and Roll, whether it's at home with a partner or children or at work with colleagues.
4. Let me know how it goes.

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# The Fishin' Hole



Sam Hall

June is here. Father's Day falls in this month and surely there can be no better way to celebrate than by going fishing. Thanks to a rather cool and wet spring, there will still be plenty of trout in our local waterways as we make our way through the month of June. If trout are what you love to fish for, go get them! For the Fishin' Hole, the turn toward summer means a turn toward bass fishing. Both Largemouth and Smallmouth Bass will be on fire in the coming warmer months.

In late May I found myself on one of our areas premier bass fisheries, Cross Creek Lake in Washington County. It was a sunny early Saturday morning and the water and

weather were perfect. I caught several nice Largemouth Bass in just a couple of hours on the water. Garlic infused rubber worms were the most productive bait that morning. I was amazed at the clarity of the water and could see several of the fish I caught before I even caught them. It is also a great time for Crappie fishing and I spoke to several people having great success on the same waterway that morning targeting the tasty Crappie.

Cross Creek is about thirty minutes southwest of Pittsburgh. If you decide to give it a go, keep in mind that Cross Creek is in Pennsylvania's Big Bass Lake Program so there are some different regulations to be aware of when fishing there.

Big Bass Lake regulations for 2022 are, the season is open year-round, you may target bass 365 days a year. From April 9<sup>th</sup> until June 10<sup>th</sup> you must immediately release any fish that you catch. It is a "No Harvest" period. Also, during this time, there can be no fishing tournaments on Big Bass Lakes. Beginning June 11<sup>th</sup> you may keep up to four bass per day with a minimum size requirement of 15 inches. Unless you, or a member of your family has a particular taste for

Largemouth Bass, I would recommend you release all fish immediately after catching throughout the year. I have had several occasions to taste them and if you are looking for an eating fish, right in the same waters, the Crappie, the Red Ear Sunfish, and Bluegill are light years better in taste. In fact, in a recent survey the Fish Commission caught over 1500 Bluegill in Cross Creek, with 65% of the fish caught being bigger than seven inches long. If it is a meal you are after I give the Bluegill the second highest ranking, just behind the Walleye, for taste.

Cross Creek is not far from Burgettstown, where, friend of the Fishin' Hole Shane Kemper, grew up and played high school football. Shane graduated from Burgettstown and moved on to play football for Clarion University. Although he is a bit removed from his hometown lake, the former Blue Devil knows where the fish are wherever he goes. He slammed the beautiful Largemouth Bass he is pictured with here in Clarion this May. Shane's policy is, "A good defensive back is never far from the ball and, there is always someplace to catch fish." Be like Shane, send your pictures and stories to

[samdhall@comcast.net](mailto:samdhall@comcast.net) and next month it will be time to talk fishing from the beach in the Fishin' Hole.

## ATTENTION!

Driver and Bass Boat with a live well needed for high school fishing team.

First tournament June 25.

Call Melanie White 850-508-6336



Shane Kemper with his beauty of a Largemouth.

## Community News and Events

The Green Tree Garden Club will hold meeting on June 9 at 6:30 p.m. with an **Ice Cream Social**. Weather permitting, it will take place at Municipal Garden located behind the GT Municipal Center, 10 West Manilla Ave. Presentation, "500 Herbs", by club member Robert Couture is scheduled for 7:30 p.m. All are welcome, reservations required, 412-922-8816 or [gardenclubgt@gmail.com](mailto:gardenclubgt@gmail.com). In case rain, event will be at the Green Tree Fire Hall. Members and friends will be traveling to Fellows Riverside Gardens (Mill Creek Park) in Youngstown, Ohio on Thurs., June 23. Reservations required and only a few spots are available. Fee of \$45 includes bus trip, guided tour of gardens and a box lunch.

Interested in membership? Contact Roni Conard at 717-747-6565. Info at [www.greentreeboro.com/gardenclub.php](http://www.greentreeboro.com/gardenclub.php)

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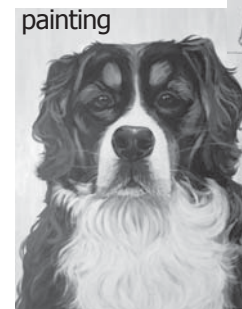
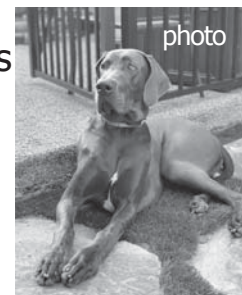
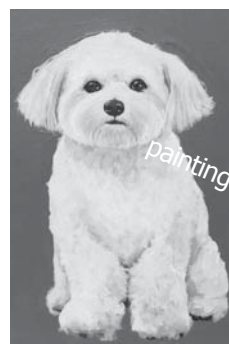
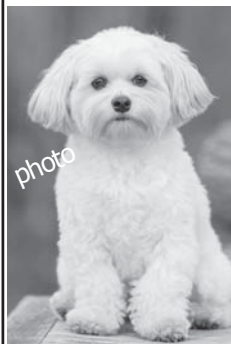
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## Safety First During the Summer Fireworks Season



Jayesh Gosai, M.D.

For many of us, fireworks are a highlight of Fourth of July and summer celebrations. But when not used safely, they can cause serious burns and injuries and even hearing damage. Most community fireworks displays are back after the pandemic's cancellations, so it is important to use an abundance of caution whether attending 4th of July displays or celebrating at home. It is okay to think of fireworks as part of your holiday celebration, but keep in mind they are also significant threats, especially to the upper extremities.

### Here are helpful fireworks-safety tips:

- Buy only State Fire Marshal-approved (safe and sane) fireworks. They must have the fire marshal's

seal and can only be purchased at licensed fireworks stands.

- Do not ever use homemade fireworks of illegal explosives. Report illegal explosives to the fire or police department in your community.
- Use fireworks outdoors only and never near dry vegetation or flammable materials.
- Never allow young children to play with or ignite fireworks, including sparklers - those can burn as hot as 3,000 degrees F. Consider giving them safer alternatives such as glow sticks, confetti poppers or colored streamers.
- Keep in mind that parents are liable for damage or injuries their children cause with fireworks.
- Alcohol and fireworks do not mix. Designate a sober adult to light fireworks.
- Watch what you wear, as loose clothing can easily catch fire. The person lighting fireworks should wear safety glasses.
- Never place any part of your body directly over a firework when lighting the fuse. Back up to a safe distance immediately after lighting fireworks.
- Keep a bucket of water or hose handy in case of fire or other mishaps.
- To prevent trash fires, douse fireworks after they are finished burn-

ing with plenty of water from a bucket or hose before discarding them.

- Never try to relight or handle "dud" fireworks. Wait 20 minutes, and then soak them with water and throw them away.
- Light fireworks one at a time.
- Never point or throw fireworks at another person.

### Helping someone who is injured:

Most injuries caused by fireworks require medical assistance. There are some things you can do quickly to reduce harm.

For minor burns: STOP, DROP and ROLL or smother flames with a blanket. Apply cool (not ice cold) water to the burn for five minutes or until pain subsides.

For major burns Call 911 for emergency medical help. Don't remove burned clothing. Don't immerse large severe burns in cold water. Check for signs of breathing and movement; if none, begin CPR. Elevate the burned body part or parts; if possible, raise above heart level. Cover the person with a dry blanket as the victim is likely going into shock. All blast injuries should be immediately treated by medical professionals. Call 911 for transportation to the nearest emergency room.

### Preventing Hearing Loss:

Hearing loss due to loud noises is another common injury around the Fourth of July. Any noise above 85 decibels is considered unsafe. Most firecrackers produce sounds starting at 125 decibels and can reach 155 decibels. According to the Centers for Disease Control, loud noise over 120 decibels can cause immediate harm to hearing. Children are the most vulnerable

Firecracker explosions at close range can lead to permanent hearing damage in an instant. Be sure to wear disposable foam or silicone earplugs while watching fireworks. Earplugs are available at local pharmacies and allow people to hear music and conversations while blocking dangerously loud sounds

Warning signs of hearing damage: Ringing, buzzing or hissing noises (tinnitus) in the ears immediately after exposure to noise. Difficulty understanding speech after exposure to noise (you can hear people talk, but not understand them). Muffled hearing after exposure to noise.

If any of these persist for more than 24 hours, contact your primary care provider for an appointment. He or she may also refer you to a hearing specialist.



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## LIBRARY INFORMATION

ask a  
librarian

Most libraries throughout the area are now starting the **Summer Reading Programs/Challenges**. Some activities are in person and some are still remote. Check with the library near you for the details.

<p><b>GREEN TREE PUBLIC LIBRARY</b> 10 Manilla Ave., Pittsburgh, 15220 <a href="http://greentreepubliclibrary.org">greentreepubliclibrary.org</a>, 412-922-9292</p>	<p><b>SCOTT TOWNSHIP PUBLIC LIBRARY</b> 301 Lindsay Rd., Scott Twp., 15106 <a href="http://scottlibrary.org">scottlibrary.org</a>, 412-429-5380</p>
<p><b>CARNEGIE LIBRARY OF PITTSBURGH MAIN - OAKLAND</b> 4400 Forbes Ave., Pittsburgh, 15213 <a href="http://carnegielibrary.org">carnegielibrary.org</a>, 412-622-3114</p>	<p><b>CARNEGIE LIBRARY OF PITTSBURGH MT. WASHINGTON</b> 315 Grandview Ave., Pittsburgh, 15211 <a href="http://carnegielibrary.org">carnegielibrary.org</a>, 412-381-3380</p>
<p><b>CRAFTON PUBLIC LIBRARY</b> 140 Bradford Ave., Pittsburgh, 15205 <a href="http://craftonpubliclibrary.com">craftonpubliclibrary.com</a>, 412-922-6877</p>	<p><b>CARNEGIE LIBRARY OF PITTSBURGH WEST END</b> 47 Wabash St., Pittsburgh, 15220 <a href="http://carnegielibrary.org">carnegielibrary.org</a>, 412-921-1717</p>
<p><b>THE ANDREW CARNEGIE FREE LIBRARY AND MUSIC HALL</b> 300 Beechwood Ave., Carnegie, <a href="http://carnegiecarnegie.org">carnegiecarnegie.org</a>, 412-276-3456</p>	<p><b>CARNEGIE LIBRARY OF PITTSBURGH SHERADEN</b> 720 Sherwood Ave., Pittsburgh, 15204 <a href="http://carnegielibrary.org">carnegielibrary.org</a>, 412-331-1135</p>



# Fun and Games for Kids

(Answers on page 3)



Find the 8 differences between the pictures below.



## Rebus Puzzles

courtesy of [www.squiglyplayhouse.com](http://www.squiglyplayhouse.com)

H S A W	Dinner Dinner Dinner Dinner
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# Church Directory

## Saint Stephen Lutheran Church

55 Forsythe Road, Pittsburgh 15220  
Off Greentree Road in Scott Twp.  
[ststephenpittsburgh.org](http://ststephenpittsburgh.org)  
412-279-5868  
Pastor Maurice C. Frontz III, STS  
[Facebook.com/ststephenpittsburgh](https://facebook.com/ststephenpittsburgh)

## The Parish of St. Raphael the Archangel

412-857-5356  
[straphaelcgs.org](http://straphaelcgs.org)  
Live Streaming Mass and In person  
St. Margaret of Scotland  
Ss. Simon and Jude  
St. Elizabeth Ann Seton  
Pastor: Fr. Robert Grecco  
Parochial Vicar: Fr. Aleksandr Schrenk  
Deacons: Kevin Lander, Paul Lim,  
and Jim Mackin

## All Saints Polish National Catholic Church

500 Fifth Street, Carnegie  
412-276-2462 Fax: 412-276-9677  
[www.allsaintspncpa.org](http://www.allsaintspncpa.org)  
[all.saints.pnc.church@verizon.net](mailto: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](http://www.unitypresbyterianchurch.org)  
[facebook.com/unitypresbyterianchurch](https://facebook.com/unitypresbyterianchurch)  
Sundays 10:30 -Live Streaming Service  
Rev. Dennis W. Molnar, Pastor

## Bible Baptist Church

412 Old Washington Pike  
Carnegie, PA 15106  
412-276-7717  
[bbcpittsburgh.com](http://bbcpittsburgh.com)  
Sunday Services:  
Live stream at 11 a.m. on  
[Facebook.com/bbcpittsburgh](https://facebook.com/bbcpittsburgh)  
Rev. Phil Golden Jr., Pastor

## First Christian Church at Carnegie

Teaching From God's Word  
Anthony and Lydia Streets  
Carnegie, PA 15106  
Minister Robert W. Hale,  
412-279-5030  
[carnegiechristianchurch@gmail.com](mailto:carnegiechristianchurch@gmail.com)

## Hawthorne Avenue Presbyterian Church

90 Hawthorne Ave.,  
Crafton, PA 15205  
412-921-2504  
Handicapped Accessible  
Sunday Worship - 11 a.m.  
Children's Sunday School - 11 a.m.  
[spchurch.org](http://spchurch.org)  
Pastor Paul Nigra  
[www.hawthornechurch.org](http://www.hawthornechurch.org)

## Mount Washington Baptist Church

112 W. Sycamore, Mt. Washington  
412-431-8396  
[mtwashingtonbaptistchurch.org](http://mtwashingtonbaptistchurch.org)  
Independent-Fundamental-  
Premillennial-Soulwinning  
Rev. Ray G. Cunningham, Pastor

## Mt. Pisgah Presbyterian Church

2350 Noblestown Rd.  
Noblestown Shopping Center  
Pgh, PA 15205  
412-921-8444  
Sunday Live Stream  
Worship at 9:45 am  
Go to: [mtpisgahgreentree.com](http://mtpisgahgreentree.com)  
Rev. Tom Ribar, 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](http://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.

## 1st United Presbyterian Church of Crafton Heights

50 Stratmore Avenue  
412-921-6153  
Live Streaming Worship  
on Sundays at 11 a.m. on  
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All are welcome!  
Pastor: Dave Carver

## Carnegie Primitive Methodist Church

640 Dow Ave., Carnegie, 15106  
(Corner of Fountain St. & Dow Ave.)  
412-563-4484  
Daniel Pastorius, Pastor

## Crafton United Presbyterian Church

80 Bradford Avenue  
412-921-2293 Fax: 412-921-0348  
Sunday Worship - 11 a.m.  
[www.CraftonUP.com](http://www.CraftonUP.com)  
Office: 9-1 p.m., T, Th, Fri

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NOTE: Contact churches di-  
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see Vacation Bible School ac-  
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programming.

## United Presbyterian Church in Ingram

30 West Prospect Avenue  
412-921-2323  
Website: [ingramupchurch.org](http://ingramupchurch.org)  
Rev. Wayne D. Meyer

## Church of the Nativity (Episcopal)

33 Alice Street, Crafton  
412-921-4103  
[www.nativitychurch.org](http://www.nativitychurch.org)  
The Rev. Shawn Malarkey

## 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

## Church of the Atonement (Episcopal)

618 Washington Avenue, Carnegie,  
PA 15106  
412-279-1944  
The Rev. Ben Wright  
[www.atonementcarnegie.org](http://www.atonementcarnegie.org)  
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**Rebus Puzzles:**

short's pocket  
baseball hat  
fish fin  
shadow under foot  
Butterfly wing  
paw print  
hair tie  
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**PROGRAM  
IS FREE**

**WHEN**  
June 18  
July 23  
August 6

**AGES**  
7-12

**TIME**  
11-12:30 pm

**PLACE**  
2350 Noblestown  
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- Group singing

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- POP
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- R&B
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**The Final Day will culminate  
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**JULY 19-25, 2022**

**AGES 7-12**

**TIME 1-3 pm**

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