

GREEN TREE TIMES

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June is Filled with Outdoor Events all Month Long



There's fun for everyone at OpenStreetsPgh!

~photo courtesy of OpenStreetsPgh!

The blue skies outside and the temperatures in the low 80s is a sure sign that summer is here in the 'burgh. There is something to do for everyone in this area during the warm weather months. You can enjoy the company of others at the many farmers markets, festivals, market places and events that are being held or more solitude just taking in the beauty with a walk along the river front, an overlook, at a local park or even your own back yard.

To kick off the season, Pittsburgh goes all out. The 64th Annual Dollar Bank Three Rivers Arts Festival will be held June 2 - 11 and they are

returning to Pittsburgh's Cultural District.

The festival is free and open to the public, 12-9 p.m. daily with no tickets required! Some featured events are ongoing and others have specific times.

The Artist Market at the festival features 300+ independent artists from the region and country in an open-air setting, selling handmade fine art and fine crafts.

One change this year is that the Dollar Bank Main Stage will be located at the intersection of Ft. Duquesne Blvd. and Stanwix St.



Ten days of fun at the Three Rivers Arts Festival

~photo courtesy of Pittsburgh Cultural Trust

Maps, information and more details at traf.trustarts.org.

Neighborhood Flea, an open air marketplace, will be held the second Sundays of the month through October from 10 a.m. - 3 p.m. at The Stacks (in the Strip) at 2875 Railroad Street. This event features over 100 sellers of a variety of items including vintage, handmade wares, bath and body products, pet treats and more. Info at neighborhoodflea.com.

Night Markets are back on Fridays, June 30 - Oct. 27 and Saturdays, June 24 - Oct. 28, 5-10 p.m. in Market Square. This free event features an outdoor pop-up shopping market and festival with vendors of clothing, furniture, candles, food, drinks, entertainment and more.

OpenStreetsPgh has returned for the 2023 season. The days will be June 25 and July 30, 10 a.m. - 2 p.m. This is a free community event that closes miles of city streets to traffic and opens them to people to walk, bike, run and play. Info at openstreetspgh.org.

Southside Works is having Music on the Lawn from 6-10 p.m. on June 16 featuring 40 Acre Mule with LoRen and DJ- Femi & Wade Anthony Jr., June 23 with Limousine Beach with Tony Wars, DJ-Icy Pisces, and June 30 with Tony Silver with Big Blitz, DJ-Wade Anthony Jr. Bring chairs and blankets!

Jam on Walnut in Shadyside is back for the summer starting June 17, 6-10 p.m. The theme is Dancing Queen. This free event features many artisan booths, food, fun and of course, music! Info at thinkshadyside.com.

Lastly, the Squirrel Hill Night Markets will be held June 24, August 26 and Oct. 7, 6-10 p.m. on Murray Ave. Event features 75+ "I Made It!" Market artists, live music, food trucks, activities for children and more! Info at uncoversquirrelhill.com.

The Free Outdoor Summer Event Series presented by CMOA, Inside Out, will be back on Thursday, June

15, 5-9 p.m. and Saturday, June 17, 12-5 p.m. and continue every Thurs. and Sat. throughout the summer. This series will extend the museum experience outdoors with live performances, cash bar, art activities, food, and more. This event is free and open to audiences of all ages! Reserve your times tickets at carnegieart.org.

The Carnegie Crawl is back and will occur the 2nd Friday of every month from 5-9 p.m. The first event will be June 11 and include arts, entertainment, shopping, food and fun! Info at visitcarnegie.com.

The Allegheny Summer Concert Series will return with live performances starting Saturday, June 2nd.



Music Festival fun!

Events will begin at 7:30 p.m and occur every Friday at South Park Amphitheater and every Sunday at Hartwood Acres Park Amphitheater.

The series kicks off with a performance from Pittsburgh Opera, and will conclude on September 3 with the 23rd Annual Allegheny County Music Festival. All performances will be free (with the exception of the Music Festival, which will request a \$20-per-vehicle donation) Food trucks, Bella Terra Vineyards and Hop Farm Brewing Company craft beer are at all concerts starting at 6 p.m. All concerts take place rain or shine at open-air amphitheaters with no covered seating. Info at alleghenycounty.us.

Enjoy! Happy Summer!



MUSINGS...ATTENTION - NOT ENERGY



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.

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.

When you face something unpleasant, give it your attention but not your energy.

~Charles Hobbs

Yikes

Last week my computer crashed. I came into my office 10 minutes before a first coaching session with a couple on Zoom. My computer would not boot. I turned it off and on again. Plugged and unplugged it. Still dead. The heat in my body started rising as I quickly booted up an old computer. Zoom updates had to be installed. As I attached my monitor and camera to this old computer, the wisdom of Charles Hobbs came to me and calmed me. "Sweetheart, Attention – not energy! You can do this," I said out loud. The Zoom screen lit up just as the couple arrived. Whew.

How often do we get all upset, costing ourselves lots of energy, only to discover we've made things worse instead of better?

Here's how you can put his advice to work when you face an unpleasant situation, such as

- Your computer crashes;
- You have to work with some one you don't like;
- You have so much to do you feel totally overwhelmed;

- You can't find something, or
- You made a big mistake,

Say to yourself, "Sweetheart (or some other term of endearment) I am not going to waste emotional energy on this situation. It requires my attention but not my energy. I will focus and respond one step at a time."

The Strategy

Trust me. This is worth learning. It is both simple and profound. It can save you a lot of grief and keep you from feeling drained.

There are two parts to this strategy:

1. Notice that you are in an unpleasant situation. We often move through the world without noticing. Clues might be the tightening of your neck, jaw, or belly, a feeling of rising upset, or becoming reactive to everyone and everything around you.

2. Give the situation attention without emotional energy. This gets easier with practice. Some practice ideas that can help you focus your attention without energy include paying attention to each step as you walk, concentrating on each movement as you mow the lawn or cook, and noticing exactly where you are minute-to-minute for a few miles as you drive.

COACHING QUESTIONS/TIPS:

1. Practice noticing when you are anxious or beginning to get anxious. Pay attention to the physical tightening clues or rising heat in your body.
2. When you notice you are in one of those situations where you could fall into upset, wasting a lot of energy, talk to yourself, saying some variation of "Dear One, this is one of those times that calls for attention, not energy."
3. Give the situation your full attention but keep the downward slide at bay by refusing to give it your emotional energy.

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Think About Keeping Your Brain Healthy



Jayesh Gosai, M.D.

June is Alzheimer's & Brain Awareness Month. Nearly six million people in the United States are living with Alzheimer's disease. It is the sixth-leading cause of death and the only leading disease without a prevention, treatment or cure. Alzheimer's kills more Americans every year than breast cancer and prostate cancer combined. Changes to your body and brain are normal as you age. However, there are some things you can do to help slow some decline in memory and lower your risk of developing Alzheimer's disease or other dementias.

Exercise: Exercise is essential to good physical health, and regular physical activity also benefits the brain. Research studies show that physically active people are less likely to experience a decline in their mental function and have a lower risk of developing Alzheimer's disease. The benefits result from increased blood flow to the brain during exercise as it can counter some of the natural reduction in brain connections that occur during aging, reversing some of the problems. Try to exercise several times per week for 30 to 60 minutes. Consider walking, swimming or any other moderate aerobic activity that increases your heart rate.

Get plenty of rest: Sleep improves brain health. Some theories state that sleep helps clear abnormal proteins in your brain and consolidates memories, which boosts your overall memory and brain health. Aim for seven to eight consecutive hours of sleep per night, not fragmented sleep of two- or three-hour increments. Consecutive sleep gives your brain the time to consolidate and store your memories effectively.

Eat a Mediterranean diet: To increase brain function, consider following a Mediterranean diet, which includes plant-based foods, whole grains, fish and healthy fats, such as olive oil. It incorporates less red meat and salt than a typical American diet. Studies show people who closely follow a Mediterranean diet are less likely to have Alzheimer's disease than people who don't follow the diet. Further research is needed to determine which parts of the diet help brain function the most. However, we know that omega fatty acids found in extra-virgin olive oil and other healthy fats are vital for your cells to function correctly, appear to decrease your risk of coronary artery disease, increase mental focus and slow cognitive decline in older adults.

Exercise your brain: Your brain is similar to a muscle so you need to use it or lose it. There are fun things that you can do to keep your brain in shape, such as doing crossword puzzles or Sudoku, reading, playing cards or putting together a jigsaw puzzle. Consider it cross-training your brain. Incorporate different types of

activities to increase the effectiveness.

Stay socially involved: Social interaction helps ward off depression and stress, which can contribute to memory loss. Look for opportunities to connect with loved ones, friends and others, especially if you live alone. Research links solitary confinement to brain atrophy, so remaining socially active may have the opposite effect and strengthen the health of your brain.

Keep your blood vessels healthy: The health of your arteries and veins is important to your heart health but it is also critical for brain health. Get your blood pressure, blood sugar and cholesterol checked regularly and take steps to keep your numbers within a normal range. Increase your physical activity, eat a healthy diet and decrease your sodium consumption to lower blood pressure and cholesterol values. Tobacco and alcohol use impact these as well, so only drink alcohol in moderation and don't smoke. Moderate drinking is defined as up to one drink per day for women and up to two drinks per day for men.

Community News and Events

You are invited to join the **Green Tree Garden Club** on Thurs., June 15 for an evening presentation entitled, "A Close-Up Look at Our Hidden Jewel: The Municipal Park Garden" by various members of the GTGC. This will take place in the park located behind the Municipal Center (weather permitting). Guests are welcome to bring a chair and attend the presentation at 7:15pm at no cost. Induction of new members will take place with refreshments at 6:30pm. Contact President, Kevin Maurer at 412-922-8816 if interested in attending.

The Carnegie Crawl celebrates 11 years! Friday, June 9 from 5-9 p.m., enjoy all of the great businesses, great food and live performance by Sunny Daze and the Weathermen in the E. Main Parking lot. Info at visitcarnegie.com.

The **College Club of Carnegie** will meet at Houlihan's Restaurant (Galleria, Mt Lebanon) for a Social at 11:30 a.m. and lunch served at noon. The "Scholar's Luncheon" will feature the yearly scholarship award. Women with post-secondary degrees are invited to call Therese Condit, Membership Chairperson at 412-279-4458 for further information.

The Association of University People (AUP) is inviting singles, age 50 and older, who are 4-year college graduates, to join them for fun and meet new people. They have monthly dinners, meet at various social spots, gatherings, concerts, picnics, and wine tastings. Interested individuals are welcome to attend any of their activities. They have Just Coffee and Conversation Breakfasts, lunches, dinners and Happy Hours each month. If interested call 412-353-9088 or email aupsingles@gmail.com.

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The Fishin' Hole



Sam Hall

I have not always been a big fan of the Pennsylvania Fish and Boat Commission. I am the first person to complain about the price of my fishing license. I have also never been in love with all the stamps. There's a stamp for trout, a stamp for Erie and the tributaries, a combination stamp, for both. I am old and cranky, and I admit those things. It really used to bug me that people (paying the exact same amount for a fishing license that I was) on one side of the state, got to start fishing a full week before I did. The recent pandemic brought that practice to a close, and, since 2020 trout fish-

ing has started on the same day for everyone in the state of Pennsylvania.

I am still not a huge fan of "Delayed Harvest Artificial Lures Only" places on lakes and or streams. I don't get it, why would how I fish or, what I choose to use as bait, have any impact on where or when I am allowed to fish? But, there are smarter people than me who make these decisions so I have always just kind of shrugged it off to my personal lack of knowledge or some bureaucratic nonsense that held absolutely no hope of change in either case. For many years, I felt that same kind of "what for" attitude towards the state's Big Bass Program.

Just as background, in Pennsylvania you can fish for bass every single day of the year. Pretty simple right? The simplicity ends there because...

From Jan. 1 through Apr. 7, 2023 to keep a bass it must be 15 inches in length.

From Apr. 8 through June 9, 2023 you may not harvest any bass of any size.

From June 10 through Sept. 30, 2023, a bass it must be 12 inches in length.

From Oct. 1 through Dec. 31, 2023, a bass it must be 15 inches in length.

The 15 inch minimum length for harvesting applies all the time in any lake or waterway that is designated as part of the state's Big Bass Program.

So basically, if you want to harvest a bass, you better be equipped with a tape measure, a calendar, and a rule book, plus be aware of whether or not you are on a Big Bass Program Waterway.

I have never had any interest in keeping a bass, but I often wondered, if someone does, how in the world would they keep track to know if it was safe, and legal to do. I thought the whole thing was silly, until now.

Because it is really working. I recently went fishing at the lake of my youth, a lake I have fished regularly from the time I was a teenager and on and off since then for 40 years. It is one of my favorites and for 35 years I would have told you the average Largemouth Bass in this lake was somewhere between 1.5 pounds and 2.5 pounds. But, now I truly believe the average bass in this lake is between 2.5 pounds and 3.5 pounds.

So we are back to my "personal lack of knowledge," and I am just fine with it, as long as these regulations

keep producing these beautiful bass on a regular basis. In fact I'm all for it. I'd take credit for it if I thought anyone would believe me. I know they would not. Keep those lines tight and keep sending your pictures and stories to samdhall@comcast.net.

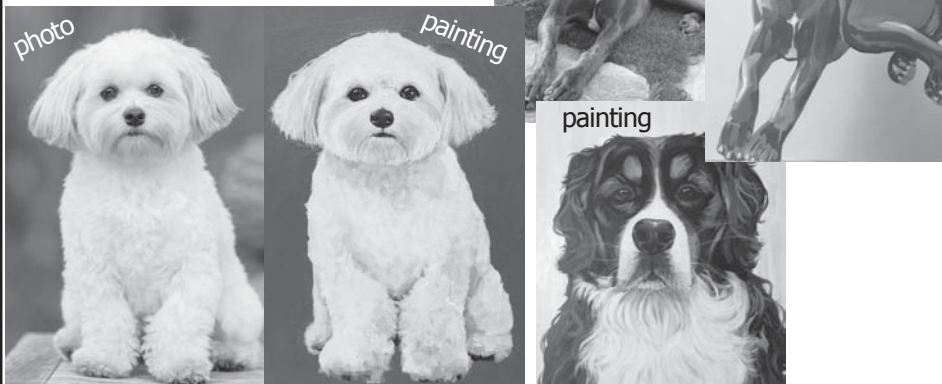


A beautiful Largemouth Bass.
~photo courtesy of Sam Hall

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LIBRARY INFORMATION

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Summer Reading

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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Fun and Games for Kids

(Answers on back page)



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Have a great summer!

(Below are the covers of the magazine)



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ATTENTION!

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

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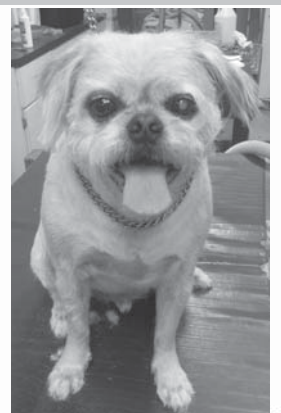
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