# GREEN TREE TIMES VOL. 28, NO. 56 • August 2023

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# Summer Days of Art, Music, Food, Rides, Games, Drinks and Fun



Nothing quite like winning the biggest prize at the county fair!

The sky is blue, the sun is shining and it's a perfect start to August. This represents the last month of the summer to most, so savor it completely.

Outdoor activities seem to be everywhere you turn so put on the sunscreen and enjoy!

Have some fun at the Pittsburgh Pirates Hall of Fame Game on Sat., Aug. 26 against the Chicago Cubs.

Start by heading to the game early and enjoy a Jim Beam Block Party on Federal Street featuring live music, food trucks, drink specials, and more.

Then join for a pregame celebration to honor the 2023 Pirates Hall of Fame class, which includes Dick Groat, Bob Friend, Elroy Face, and Kent Tekulve.

Of course, enjoy the game, then stay after the game for the Zambelli Skyblast Fireworks Extravaganza. Don't miss this special show that has 2X the fireworks!

Pittsburgh VegFest is being held Sat., Aug. 5, 11 - 5 p.m. is an outdoor summer festival located in the heart of the city bringing together the best veg food in Pittsburgh, live music, shopping, speakers, food, yoga demos, and family friendly entertainment for Pittsburghers of all ages – all celebrating the vibrant and diverse animal advocacy that goes on in the Steel City.

This FREE admission event is hosted by the non-profit organization

Justice For Animals. Info at pittsburghvegfest.org.

The Moraine State Park Regatta at Lake Arthur will be held Aug. 5-6 on Moraine State Park's South Shore. This fun, free event will include a vendor marketplace with food trucks and local crafts and artisans, boat races, car cruise, yoga, hikes, archery, fly fishing, kayaking, paddleboarding, SUP with your PUP, and so much more. Info at morainestateparkregatta.org



The Mighty Monongahela Boat Tour by DOORS OPEN Pittsburgh will be Sat., Aug. 12, 1-3 p.m. This isn't a typical sightseeing tour. Engineer and local bridge expert Todd Wilson and architectural historian Justin Greenwalt will guide you through this immersive look at the Mon River and it's surroundings. Tour starts and ends at the Gateway Clipper Fleet Docks. Info at doorsopenpgh.org.

The Asian Lantern Festival -World of Wonders starts this month on Aug. 11 and will continue Thursday - Sunday nights until Oct. 29 with an all-new display that can be a walk through or a special drive through event. Info at pittsburghzoo.org.

There will be more summer entertainment at Jam on Walnut, the outdoor street concert in Shadyside, on Aug. 19 at 7 p.m. featuring The Delaneys. Continue the fun on Aug. 20 for Shadyside Summer Sundays for food, fun, shopping, vendors and more! Proceeds benefit Cystic Fibrosis. Shadyside is also hosting The 26th Annual Arts Festival on Walnut on Aug. 26. This free street fair features shops and galleries, boutiques, activities, restaurants and a lot of art. All info at thinkshadyside.com.

Little Italy Days in Bloomfield is being held Aug. 18-20 and will feature great Italian foods, entertain-



Street fair filled with art and shopping

ment, games and activities for kids, raffles and a bocce tournament. More info at littleitalydays.com.

Every year at the end of August starts the Pittsburgh Renaissance Festival in Somerset County. This event runs Saturdays, Sundays and Labor Day Monday, Aug. 26 - Oct. 1.

The Medieval village features costumed jousters, jugglers, and just people living and working throughout the village. It's a step back in time! Each weekend is themed and there's a variety of entertainment each day so check www.pittsburghrenfest.com for schedules and details.

The Corks and Kegs Festival will be celebrated on Aug. 26-27 at Hollywood Casino at the Meadows and will feature vendors, food trucks, wine, beer, live music, a classic car cruise, and this is a free family friendly event. Info at corksandkegsfestival.com Visit South Side Works for Music on the Lawn, every Fri. 6-9:30 p.m. Each week features different artists, food trucks, and more fun! Info southsideworks.com.

The Rock, Reggae & Relief Festival will be held on Aug. 19, on the 200 block of Forbes Ave., starting at 12 p.m. and going all day long. Proceeds to help people purchase homes through Catapult Greater Pittsburgh's Down Payment and Closing Cost Assistance Program! Info at rockreggaerelief.com.



Summer music is like no other!

August is also a month full of 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.

I'm planning on dragging my feet through this month and taking in all of the summer joy that I can.

The one thing I can do without is the Spotted Lanternfly that has come uninvited into our area. That is another story in and of itself. One that is available on our website at greentreetimesonline.com. Check it out to see how my family has been battling them. I sometimes think we are winning but I feel that might be wishful thinking.

Be sure to do your part and try to kill any on your property to keep them from spreading. Info at agriculture.pa.gov, click on Plants, Land and Water, then click Spotted Latternfly. Good luck!

# MUSINGS...LET'S CHANGE THE WORLD



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. I define connection as the energy that exists between people when they feel seen, heard, and valued...

#### ~ Dr. Brene Brown

#### Connections

Xiaojie was stuck at the airport, waiting for a rental car. While waiting, she wrote me a heartfelt text, thanking me for taking her in at a hard time in her life. She was coming with her husband of nearly 2 years, to introduce him and pick up some of her belongings left behind. Her message touched my heart. I was glad I'd been able to help her. She'd given me much as well.

My heart full, I sat right down and wrote to Joan, friend for over 50 years. I remembered the time we met, and how I felt her friendship saved my life! She called me and said, "I thought you saved MY life," and we laughed and reminisced, in the energy of shared love over many years.

In 1996, Elton H. searched the internet and found my dad. They had served together in WWII, on a ship called the Santa Maria, in the South Pacific. My dad had been drafted at age 29. He left a wife and 2 kids (I was one of them.) My folks had to sell their beloved ranch, and forfeit many dreams. However, Elton wrote, "You profoundly affected my life by convincing me to go to college. I was the first in my family to graduate from University." Elton had become an engineer, retired from a successful career, and was giving thanks. My dad was deeply touched. They had a phone conversation and exchanged family pictures.

When my granddaughter Ruthie leaves my house after a visit (she lives across the country) – she hides little sticky notes in every nook and cranny. I discover them for weeks! I have several – from years ago – on my bathroom mirror. They make me smile every day.

-It always feels like home when I visit.

-You are so very special. Thank you for filling my heart with love.

What is the power of such exchanges?

They remind us of the bonds we share – and the bonds expand,

They increase energy and mood...for both people,

They are generative – we want to pass along the benefits!

Such a simple thing could change the world.

There is a lot of tension and negativity in the world right now.

All of us hope to make a difference. When we discover what we already have, it feels good. And makes us want to do more good. It's like paying it forward.

Are you willing to do your part to change the world?

#### COACHING QUESTIONS/TIPS:

1. Think of someone you're grateful for – who's helped you when you needed them.

2. Then, with genuine warmth, thank them. Text, email, call, send a card, whatever feels right.

3. Then think of one more person and repeat 1 & 2 above.

4. Soak in the glow of gratitude and its outloud expression. It's almost magical.

5. Let this practice become a habit. It will serve both you and those around you.





### Focus on Eye Health: Preventing Vision Loss from Common Eye Conditions



Jayesh Gosai, M.D.

August is Eye Health and Safety Month and a reminder to keep an eye on your vision health. You can prevent or treat vision and eye disease early by following a healthy lifestyle and seeing your eye care professional on a regular basis and any time your vision changes.

Millions of people in the U.S. age 40 and older meet the definition of "legal blindness" (visual acuity of 20/200 or less in the better-seeing eye or visual field of 20 degrees or less) or have corrected vision (20/40 or less), according to the Centers for Disease Control and Prevention. Vision loss is among the top 10 causes of disability in the U.S in adults over the age of 18 and one of the most common disabling conditions in children. The four most common eye conditions leading to loss of vision or blindness include Cataracts, Diabetes-related retinopathy, Glaucoma, Age-related macular degeneration. However, there are hundreds of different eye diseases and disorders.

**Cataracts are** a clouding of your eyes' lenses and are a leading cause of blindness. This cloudy lens can develop in one or both eyes. Cataracts can occur at any age and even be present at birth, but are more common in people over the age of 50.

Symptoms of a cataract include: cloudy/blurry vision; glare around lights at night; trouble seeing at night; sensitivity to bright light; need for bright light to read; changes to the way you see color; frequent changes to your eyeglass prescription. Surgery to remove and replace the cloudy lens with an artificial lens is highly successful with more than 90% of people seeing better after cataract removal.

**Diabetes-related retinopathy** is a common complication of diabetes. It is a disease in which there's ongoing damage to blood vessels in the retina due to long-term unmanaged high sugar (glucose) levels in your blood. Your retina is the light-sensitive tissue in your eye that is needed for clear vision. Most people with diabetes-related retinopathy show no vision changes until the disease is severe. In others, symptoms come and go.

Symptoms include: blurred or distorted vision; new color blindness or seeing colors as faded; poor night vision; small dark spots or streaks in your vision; trouble reading or seeing faraway objects. Treatments include injections of a specific type of medication and surgery that addresses repairing or shrinking blood vessels in the retina.

Glaucoma is an eye disease that results from higher-than-normal fluid pressure in the eye. The pressure damages your optic nerve, which affects how visual information is transmitted to your brain. Undetected and untreated glaucoma can lead to vision loss and blindness in one or both eyes. Glaucoma often runs in families.

There are two main types of glaucoma. Open-angle glaucoma develops slowly over time and you may not notice vision change until the disease is far along. Closed-angle glaucoma can happen suddenly. It's painful and causes loss of vision very quickly.

Symptoms include: eye pain or pressure; headaches; red eyes; rainbow-colored halos around lights; low vision, blurred vision, tunnel vision, blind spots; nausea and vomiting. Treatments focus on reducing eye pressure and include prescription eye drops, laser therapy and surgery.

Macular degeneration (also called age-related macular degeneration or AMD) is an eye disease that affects your central vision. It damages the macula, which is the center area of your retina that allows you to see fine details. It's the leading cause of vision loss in people over the age of 60. Macular degeneration can either be wet or dry. Wet AMD happens when abnormal blood vessels grow under the macula and leak blood and fluid. This damages the macula and leads to loss of central vision. Dry AMD results in the thinning of the macula, which blurs your central vision over time. Dry AMD is more common than the wet form, accounting for 70% to 90% of cases.

Symptoms of AMD, which usually aren't noticed until the disease has progressed, include: Blurred central vision; black or dark spots in the center part of your field of vision; wavy or curved appearance to straight lines. Although there is no cure, treatment can slow the progress of disease or prevent severe vision loss.

### Community News and Events

Flavor Your Life: Growing Your Own Herbs and More is the title of the presentation by Joan Kugler, Master Gardener (Penn State Extension) and sponsored by the **Green Tree Garden Club** on August 10 at the Carlisle Social Hall, Green Tree Fire Hall.

Doors open at 6:30 p.m. with refreshments and meeting and the program begins at 7:15 p.m. Contact President Kevin Maurer to reserve your spot or for more information at 412-922-8816.

The Carnegie Crawl celebrates 11 years! Friday, August 11 from 5-9 p.m., enjoy all of the great businesses, great food and live performances in the E. Main Parking lot. Info at visitcarnegie.com. Carnegie's Crusing the Main will be Sat., Aug. 12, 1-4 p.m. Car cruise sponsored by the Carnegie Police Department. Streets will be closed so people can safely take a look at all the beautiful cars! Enjoy lunch or dinner while you are in Carnegie and get some shopping done, too! Visitcarnegie.com

**St. Philip Parish** is currently accepting registration for the Fall Faith Formation Program for 2023-2024 to be held on Monday evenings. Family Sessions are held once per month.

This year's program includes Family Days and Dinners, special events such as Bethlehem Night and Mardi Gras, celebration for Advent & Lent, special programs for All Saints and All Souls, and Guest Speakers. Within our Program we use music, art, literature and audio-visual instruction.

Grades 7 & 8 will also participate in an ESP (Evangelization, Service and Prayer) Program on alternate Monday Nights. Grade 8 hosts retreat days, service days, faith rally, and field trips throughout the year. For info or to register, please call Office of Faith Formation at 412-922-6388.



# The Fishin' Hole



#### Sam Hall

We talk about a tremendous variety of fish here in the Fishin' Hole. We are lucky enough to live and fish where there are many different types of fish.

Personally, I target bass more than any other fish, and more Smallmouth Bass than Largemouth Bass because my proximity to one of my favorite Smallmouth fisheries.

When I was a youngster, I was completely the opposite. I was almost exclusively a Largemouth Bass seeker. In fact, I scoffed when friends wanted to fish for anything else.

I say all this because, in the many years that I have been writing the Fishin' Hole, I am not sure I have ever been really honest about what I am targeting. Because here is the thing, and it is the truest thing I have ever written in these pages. I do not care what I catch. If it is aggressive and fights hard it is more than fine with me. That is what I have been targeting.

I am not trying to catch fish to eat. There is too much work to be done when that happens. I am fishing because to me, what is in the water has, all of my life, been completely mesmerizing to me. What happens down there and how it all works is a wonderful mystery that has had me hooked since I can remember being alive.

So, on the morning of this past July 4<sup>th</sup>, I had nothing in particular in mind when I wandered down to the Ohio River. I was just wondering what might happen. Part of the many great things that happened that morning was I caught a Hybrid Striped White Bass that was more than ten pounds. That was a fish that took my breath away and nearly took my pole as well. A fish that I did not see for a solid 15 minutes while fighting it. I had myself convinced it was a number of other fish including a Flathead, a giant Walleye or even a monster Grass Carp. In fact, I even had some thoughts that I had accidentally snagged a Beaver that I had seen nearby that morning. It almost broke me off three times after nearly jerking the pole right out of my hands, to throw the first punch of the battle. Somehow, I managed to hang on and listen to a full 30 seconds of the drag on my pole just singing. My heart rate went skyrocketing, feeling the size of that fish in my hands and arms when it got angry, and ... I was losing the fight. The minute I applied any pressure that drag song would start up again. A fish I had hooked up with maybe eight yards off the shore was now 35 yards away and that distance was only growing. I started walking through the river and then into

Montour Creek with it. At long last it changed its mind and decided it should head back toward the river. That turn, created a swirl on the top of the water that nearly made me shout with glee. Not only did it indicate the massive size of the fish to me but, more importantly, at that moment, I realized I might actually catch it. I might win. Because, it was getting tired. I felt like I was 12 years old when I landed that fish. Giggling and giddy, and it was never targeted for a single second, I harbored no thoughts of a Hybrid Striped Bass at all in my head that morning.

It just added to the never-ending mystery that hooked me so long ago. Keep those lines tight and send your stories and pictures to samdhall@comcast.net. Can't wait to see what August brings!



A beautiful 10+ lb. Hybrid Striped White Bass

~photo courtesy of Sam Hall



## LIBRARY INFORMATION Summer Reading

Summer Reading Programs have started at the libraries and it's not too late to join. Be sure to call or visit the website for more information.

Most libraries throughout the area areoffering daily activities for all ages. Most activities are in person. Check with the library near you for the details.

GREEN TREE PUBLIC LIBRARY	SCOTT TOWNSHIP PUBLIC LIBRARY	
10 Manilla Ave., Pittsburgh, 15220 greentreelibrary.org, 412-921-9292	301 Lindsay Rd., Scott Twp., 15106 scottlibrary.org, 412-429-5380	
Carnegie Library of Pittsburgh Main - Oakland	Carnegie Library of Pittsburgh Mt. Washington	
4400 Forbes Ave.,Pittsburgh, 15213 carnegielibrary.org., 412-622-3114	315 Grandview Ave., Pittsburgh, 15211 carnegielibrary.org., 412-381-3380	
CRAFTON PUBLIC LIBRARY 140 Bradford Ave., Pittsburgh, 15205 craftonpubliclibrary.com, 412-922-6877	CARNEGIE LIBRARY OF PITTSBURGH WEST END 47 Wabash St., Pittsburgh, 15220 carnegielibrary.org, 412-921-1717	
The Andrew Carnegie Free Library and Music Hall	Carnegie Library of Pittsburgh Sheraden	
300 Beechwood Ave., Carnegie, carnegiecarnegie.org, 412-276-3456	720 Sherwood Ave., Pittsburgh, 15204 carnegielibrary.org., 412-331-1135	

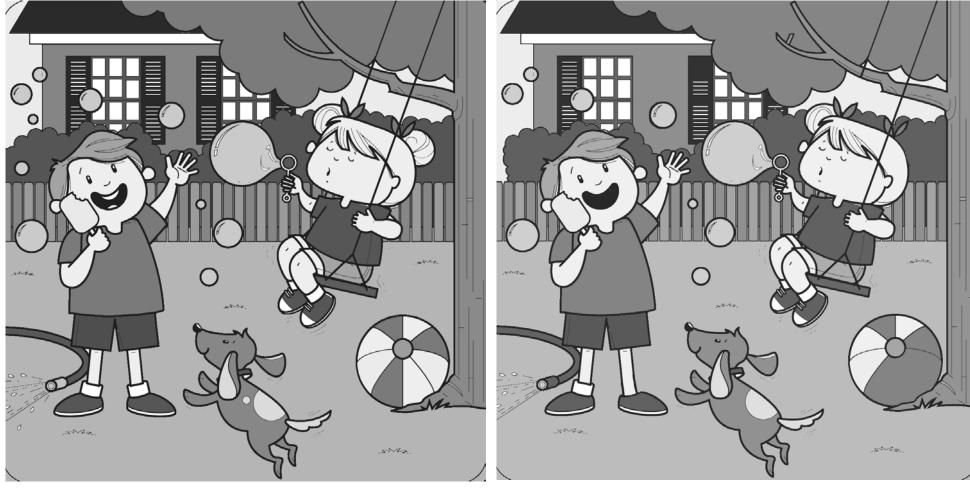
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Find the 10 differences between the pictures below.





Hey Kids,

We want to hear from you!

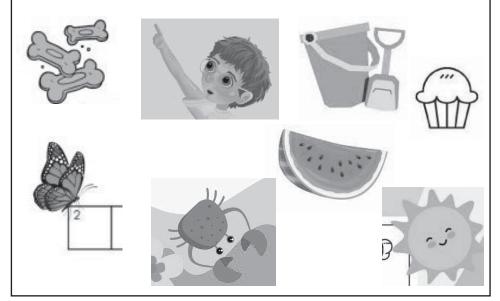
ey Kids,

If you haven't received your fun activity magazine, email or call to get one today!

This summer be sure to fill out the magazine bucket list and do your puzzles. Send us a picture to be entered to win \$300 in gift cards!

### Do a Magazine Scavenger Hunt!

Try to find these 8 pictures somewhere inside Big Kit Lil' Kaboodle magazine. They will be in color in the magazine. If you don't have one, go to pittsburghjuniortimes.com and click on the logo. Have fun!!



(Below are the covers of the magazine)



Let us know what you think! It's online at pittsburghjuniortimes.com

### **WANTED: Junior Writers**

If you are in 2nd - 5th grade and like to write and have fun doing it, **we need you!** 

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# Church Directory

### Saint Stephen Lutheran Church

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

### 1<sup>st</sup> 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

Ambassador Baptist Church "Representing Jesus"

"Representing Jesus" 1926 Babcock Blvd., Pittsburgh 412-477-3210 **www.HisService.com** ambassador.montgomery@gmail.com Western PA Theological Institute Independent, Fundamental "Preaching and Practicing the Word of God"

#### 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

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

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 Rev. Tom Ribar, Pastor

#### 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.

### **ATTENTION!**

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

### 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.

Mount Washington Baptist Church 112 W. Sycamore, Mt. Washington 412-431-8396 mtwashingtonbaptistchurch.org Independent-Fundamental-Premillenial-Soulwinning Rev. Ray G. Cunningham, Pastor

### 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



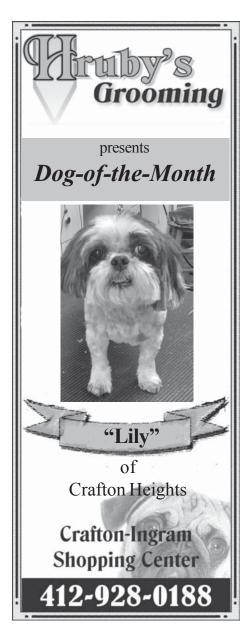
Find out more: 412-921-7725

United Presbyterian Church in Ingram 30 West Prospect Avenue 412-921-2323 Website: ingramupchurch.org Rev. Wayne D. Meyer

#### The Parish of St. Raphael the Archangel 412-857-5356 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

### Church of the Atonement (Episcopal)

618 Washington Avenue, Carnegie, PA 15106 412-279-1944 The Rev. Ben Wright www.atonementcarnegie.org www.facebook.com/ atonementcarnegie



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