

GREEN TREE TIMES

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The Dog Days of Summer Offer Festivals, Markets, Music and Fun



There's nothing quite like a summer festival.

As I write this, there are a solid six weeks of summer remaining, but it feels fleeting as I research all of the fun to be had in the upcoming weeks throughout August.

When I finish this article and “put the pen down,” I will have to bring myself back to the present moment and enjoy all the days that are left in the summer season!

We have definitely had our summer temperatures and sunny days so far and Pittsburgh didn't disappoint in all the events to date! August will be no different.

Very close to home, the Carnegie Arts Walk will be held from 12 - 9 p.m. on Aug. 9, the same day as the Carnegie Crawl. Enjoy both! These events include art, food, drinks, live entertainment and more.

Head downtown and try out the Giant Eagle Foundation Backyard at 8th & Penn in the Cultural District. It's not new but it keeps getting better.



Backyard at 8th & Penn

~courtesy Pittsburgh Cultural Trust

Events include food trucks, live entertainment, Wednesday Fashion Boutiques & Live Music, Tuesday and Thursday Pickleball for everyone, outdoor seating, trampolines and seesaws. Feel like a kid again at Backyard. Info at trustarts.org.

Market Square always has something going on throughout the summer months! First, it has outdoor seating surrounded by restaurants, bars and coffee shops. Secondly, they host their own events each day.

Lunchtime Concerts are held every day. Saturday Night Markets are held from 5 - 10 p.m. each week and feature live entertainment, food, drinks and local creative vendors for clothing, food, candles, arts, and more.

Get fit with Workout Wednesdays or Yoga in the Square on Sundays and Tuesdays.

The Farmers Market is terrific and held on Thursdays from 10-2 p.m. If you are still in town, stay for the Themed Nights on Thursdays from 5-7:30 p.m and play BINGO, Trivia, Karaoke and more. Info at downtownpittsburgh.com.

Shadyside is having two events this month worth checking out. Jam on Walnut will be Aug. 10 at 7 p.m. featuring live music, food, drinks and fun! The Shadyside Arts Festival will be held on Aug. 24-25, 10 - 5 p.m.

The Terminal, located in the Strip

District, has shops, restaurants and bars and will feature events all summer long. Babes and Bubbles will be held on Aug. 2 from 4 - 8 p.m. and will feature Women Who Rock Night Market where you can shop from women-owned vendors and enjoy live music.

Day Markets and Night Markets are held every Saturday. Tunes at the Terminal is every Sunday, Music Bingo on Terminal Tuesdays, Trivia Thursdays and Wine Tasting on Fridays. You can schedule and information at stripdistrictterminal.com.

The Squirrel Hill Night Market will be Aug. 31 from 6-10 p.m. and feature 75+ I made It! Market artists, live local bands, performers, food trucks and more. Info at uncoversquirrelhill.com.



Shop the I Made It Market! vendors

~photo courtesy Uncover Squirrel Hill

Southside Works has a new Town Square and it features food, drinks, a new stage, a new sport court for pickleball and a dog park.

Every Friday, have fun at Music on the Lawn + Friday Markets. Check out The Neighborhood Flea by I Made It! Market on Sun., Aug. 11. Info at southsideworks.com.



Enjoy live music every weekend!

Little Italy Days in Bloomfield is being held Aug. 15-18 and will feature great Italian foods, entertain-

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

The Rock, Reggae & Relief Festival will kick off on Aug. 9 at Revel in downtown. This free concert features RoC and Grateful Dub. The main festival will be held on Aug. 10, at Stage AE starting at 12 p.m. and going all day long. Info and tickets at rockreggaerelief.com.

Proceeds from ticket sales go to supporting Pittsburgh Scholar House and the Fund will help 20 single parents start or finish a degree program while supporting them and their children with housing, childcare and their other needs.

Something different to try if you are over 21 years old is Zoobrew: Flock Party on Aug. 3, 6:30-10 p.m. at the Pittsburgh Zoo. This flamingo event suggests you wear pink and celebrate with beer samples, small animal visits, some animal exhibits, live music and food available to purchase. Info at pittsburghzoo.org.

The Moraine State Park Regatta at Lake Arthur will be Aug. 3-4 at 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, kayaking, paddleboarding, SUP with your PUP, and so much more. Info at morainestateparkregatta.org.



Sailing on Lake Arthur.

August is full of county fairs. Check www.pafairs.org to find the dates and locations of interest.

There is something for everyone this month. Enjoy the season while it's here because, although I can't imagine it right now, soon I'll be telling you about the local Pumpkin Festivals.

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MUSINGS...LEARNING TO LOVE FROM A DOG



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.

Dogs are not our whole life, but they make our lives whole.

~Roger Caras

I recently dog-sat Raya, a 10 year old, 5.5 lb. dog. She has no teeth. But OH, can she love!

Sandra, her human mom, dropped her off at my house. Raya sat on my lap and cried and whined

for 4 hours. I was willing to be with her. She is a rescue whom Sandra adopted after her owner died of Covid and was not discovered for 3 days. Raya knows abandonment.

Gradually she got over her sadness, took a look at me and remembered she'd been here before and we'd had a good time. "Oh, yeah, Auntie Sharon," she said. And began to put her love on me.

We sat on the couch, Raya on my lap or snuggled next to me, reading. While I worked in my office, she stretched out on the rug. While I did qigong, she did a couple of yoga down dogs on the hardwood floor (I'm not making this up.) She did not let me out of her sight.

However, I did have to go out a few times. When I returned from a shopping trip and watering the garden, she forgave me instantly by jumping around on two legs and kissing me enthusiastically, dancing all over the place. I have never been so extravagantly welcomed!

When I say we are going for a walk, she gets majorly excited and comes right over to get in her harness. On walks, I learn so much from her: How to walk slowly, with a deep interest in every blade of grass or flower we pass. She is deeply and constantly curious, sniffing absolutely

everything. When she finds something that tickles her fancy, she stops, rather dramatically, circles the spot 3 times, then raises one leg to pee. We also learned to fight on these walks. "I don't want to go down that street," she says, all 5 pounds of her tugging on the leash. I relent. But when she wants to go onto someone's yard that I don't know, I tell her, "This is not our yard, and we don't know these people," and she relents. Give and take. We both stay present, enjoying each moment as it unfolds.

At night, after our last walk, I carry her bed upstairs and put it on my bed. She cuddles next to me before we go to sleep, but when I wake in the night, she is in her own bed. In the morning, just after first light, I feel a tiny tongue kissing my face, and I smile to a love so big it fills the room.

I once had a client who deeply wanted to find a partner and make a family. He was reluctant, though, because he wasn't sure he could love. So – he decided to get a dog and see. That was a great idea, because he learned that not only could love, he loved that dog very well. He had a responsible job in a European city, and he took Joey to work with him. Soon after he married and had two children, whom he has loved well ever since.

I am a person who thinks LOVE is the answer to most of life's problems. And I have a lot of love in my life! This weekend with Raya just reminded me how wonderful it is to be in the presence of obvious and enthusiastic love. It makes me want to pass it on.

So right now, wherever you are, whatever you're doing, stop for just a minute and tune into the love in your heart. Move past the irritations and to-do lists right to that central place. Deep inside. Then let yourself feel love for many people and pets, past and present. Then drink in the love you receive from people in your life.



COACHING TIPS:

1. Have you ever been loved by a dog? Remember that feeling
2. What have you learned about loving from animals?
3. Whom would you like to love more like a dog loves?
4. When will you begin?

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Making “Wellness” a Priority Will Improve Mind and Body Health



Jayesh Gosai, M.D.

August is National Wellness Month, a reminder to focus on holistically improving our overall health and wellness through stress management and implementing healthy routines. Taking care of both the mind and the body defines “wellness.” It requires attention to physical health — nutrition, exercise, weight management, etc. and integrating mental, and spiritual well-being. It is about fueling the body, engaging the mind, and nurturing the spirit.

Take some time this month to check in with yourself to assess your lifestyle and its impact on your current well-being to prioritize your needs. There are many areas of your lifestyle that can affect overall physical and mental health. Consider taking an audit of your emotional, occupational, social, physical, financial, and environmental situations to start a path toward mindfulness. By making simple and healthy choices every day, you will be on your way towards reducing stress, having positive social interactions and achieving optimal wellness.

Connect with friends and/or family. Take a few minutes out of each day to call or even send a text. If you want to help loved ones prioritize their wellness, you can check in with them by inviting them to participate in a self-care activity with you, like working out, going out for coffee and having a chat, or just having a quiet night in.

Exercise for 20 to 30 minutes each day. Moving more helps endorphins improve your mood and give you more energy. Make small changes during the day like using the stairs, or parking further from your destination. Small changes can add up to a big difference in how you feel.

Relax and practice mindfulness. While it may not be something you are conditioned to practice every day, it’s important to pause, listen to your thoughts, give yourself an opportunity to think about how you handled situations through the day or perhaps changes you would make going forward. Focus on your breathing and listen, appreciate, observe and be aware. Try to meditate for 10 to 15 minutes each day to relax your mind and review what might be causing added stress.

Seek guidance. If you are having trouble discerning what area of your life could use attention or feel like you might need more help and support on your wellness journey, a licensed therapist can help you identify patterns in your life that aren’t helping you and lead you to ones that will. Professional therapy can also help you unearth what might be hindering your wellness while giving you the tools to manage your life and wellness on your own.

Community News and Events

It was a beautiful, hot day at Green Tree Pool on July 4th. Green Tree Rotarians volunteered to grill hamburgers and hotdogs for Green Tree residents who were enjoying the pool.

Standing at the hot grill all day, with the temperature well over 90 degrees, Rotary Members lived up to the Rotary motto of “Service Above Self.” **Green Tree Rotary** meets at 12 Noon on Thursdays at Unity Presbyterian Church. All are welcome.

Building a Terrarium is the topic of the Sept. presentation by Tony Ciotoli of City Grows, LLC and sponsored by the **Green Tree Garden Club** on Thurs., Sept. 5 in the Sycamore/Hemlock Meeting Room of the Green Tree Municipal Center.

Doors open at 10:30 a.m. and a special appreciation luncheon will be held for the Green Tree Borough municipal employees beginning at 11:00 a.m. Following the luncheon, there will be a business meeting, and the presentation at 12:30 p.m. Reservations are required to participate in this event. Contact President Kevin Maurer at 412-922-8816 by August 29 to reserve your spot.

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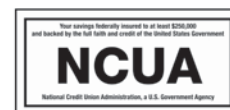
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The Fishin' Hole

by Sam Hall

The "dog days of summer" are here but, it is the "cats" that are showing up big time in local waterways.

August typically brings with it some very hot, dry weather. Here in 2024 we have had a summer that has seemed like August since the beginning of June. That weather can be tough for fishing. Local stream and river water-levels are very low and, in some cases, we are dealing with drought conditions. The fish become much more difficult to find. The warmer, stagnated water has lower oxygen levels that slow down fish metabolism, making them lethargic and uninterested in doing the work of eating. That means fewer bites for anglers, especially those in search of sportier type fish like bass or walleye. The fish will be deeper and more likely to eat at night or the very early morning when the water temperatures are at their lowest for the day.

One type of fish though doesn't seem to mind the "dog days" so much. That is the catfish. This last month has been phenomenal for me on local waterways for catfish! Both the channel catfish and the flathead catfish are abundant in our rivers and streams. The flathead can get abso-

lutely enormous. Although, finding them might be a bit more difficult than getting into a whole bunch of channel cats that are really big in their own right. Here are a couple tips for taming some cats this summer.

First, live bait is always a favorite for me. If you want to get into some giant flathead on the river, nothing beats a live bluegill in some deep water in the evening. Some flathead anglers swear by the chicken liver and I have seen great results from those as well, but, uh, well to be honest, I am not crazy at all about touching chicken livers, seeing chicken livers, buying chicken livers or, for that matter being around chicken livers in general. I cannot say why that is, I am not terribly squeamish about anything else really, just not a chicken liver fan. If you can use them, they will work great and they are inexpensive and available in the grocery store. I prefer the shiner and find them to be very productive as well, plus I don't squeal when I put a shiner on the hook. Deeper water with a good current will produce the most fish in these conditions even during the heat of the day. Make sure you have the proper equipment,

most especially line, if you are going to go after these bigger fish. Flathead, in the three rivers, can easily weigh over ten pounds and they will put up a tenacious fight when hooked. Few things are more aggravating than having a big fish on, only to lose it before you ever see it because your line just did not have enough strength to withstand the fight.

Handling the catfish is a bit tricky as well. You can lip it but, you should know they will definitely bite you and although they don't have teeth like a Walleye, the big ones clamping down on your thumb is not a fun feeling. Both the channel and the flathead have defensive spines on their dorsal and pectoral fins that are venomous and if one of those breaks your skin you will be very uncomfortable. Use caution when handling a catfish. Watch out for those spines. I put my palm on top of the dorsal fin holding it down onto the fish's back and then my thumb under one pectoral fin holding that up away from the fish's body while doing the same on the other side of the fish with my pointer and middle fingers. If you are not experienced at this, use a glove until you feel you have it under control.

Keep those lines tight and get into some of those big cats this August. Send your pictures and stories to samdhall@comcast.net and we will get ready for football and fall fishing next time here at the Fishin' Hole.



Use caution when holding a catfish
~photo courtesy of Sam Hall

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Fun and Games for Kids

(Answers on back page)



Use the Pictures/Words and Make a Match

Find the 10 differences between the pictures below.

Example: rain boots goes with puddle

Word Bank

- bee
- ocean
- kite
- rain
- ants
- worm
- squirrel
- sun
- sunglasses
- wind
- watermelon
- umbrella
- dolphin
- acorn
- bird
- flowers

_____ goes with _____

_____ goes with _____

_____ goes with _____

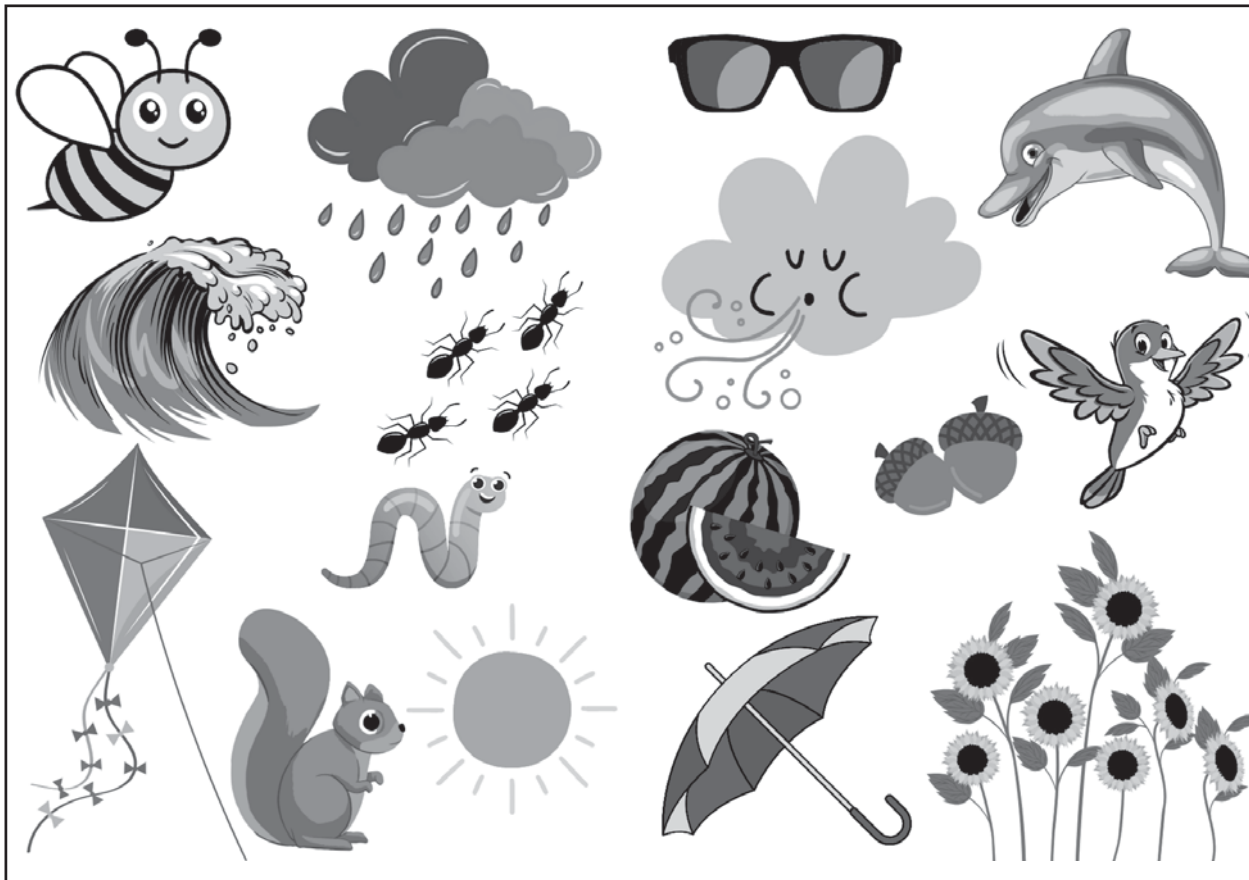
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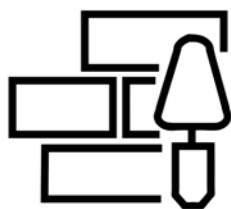
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- sun - sunglasses
- ants - watermelon
- kite - wind
- rain - umbrella
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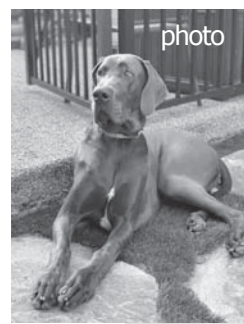
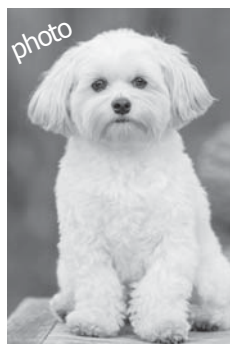
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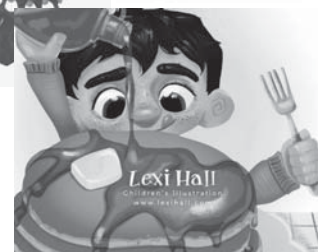
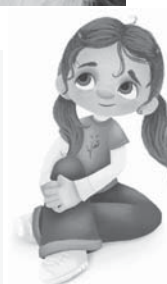
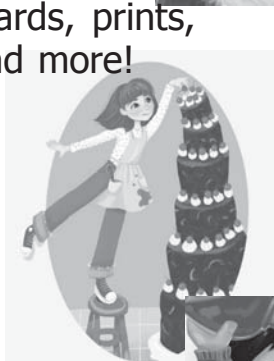


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