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Welcome April, Showers and All!



Spring showers is another reason to laugh and have fun!

April is the bridge to our colorful flowers and the upcoming summer season. April showers bring May flowers, that is true. There is quite a bit of rain during this month but life in Pittsburgh wouldn't be the same without it. Welcome the showers, like the kids do! Once again, I am looking to the younger people as to how to approach life! They seem to have a better perspective, sometimes.

One key event each year is the celebration of Earth Day around the world on April 22. This is a time to show appreciation for our earth and find ways to save it, improve it, and love it.

Visit earthday.org to learn how to become involved in Earth Day 2026: Our Power, Our Planet. There are many ways you can make a positive difference. This website offers so much information including toolkits, news and articles, events, campaigns and more. It's a one stop shop for everything regarding our beautiful planet.



You can help on Earth Day, and every day, in many ways, including cleaning up litter and trash, sharing time, money and resources (collaborative consumption) with others, building rain gardens, reducing, reusing and recycling. Pledge to do at least one new thing to help our earth. Maybe try to conserve water, or switch to long lasting light bulbs. Plant a tree. Clean with non-toxic



Planting a tree helps the earth.

supplies, or use reusable shopping bags. Switch to paperless billing. Educate yourself and others and of course, volunteer! Just one small thing can make a big difference!

Celebrate and enjoy Earth Day by just going outside in the surrounding areas and just appreciating the beauty of our parks and green spaces. Pick up any trash you see along the way!

Enjoy nature at Moraine State Park for the Spring Bird Walk event on Tues., Apr. 28, 8-12 p.m. Visit and search for early season migrants like

sparrows, warblers, gulls and more. Bring binoculars. Info at dcnr.gov.

You can take a guided walk with a naturalist from Venture Outdoors for a spring wildflower hike from 10 - 12:30 p.m. on April 19 at Trillium Trail or Apr. 26 at Raccoon Creek State Park. They have other hikes and events all month. Info at ventureoutdoors.org.

There are numerous trails at Ohiopyle State Park where you can take in the new greenery and colorful spring flowers.

Head to Raccoon Creek State Park on Apr. 26, 8:30 - 10:30 a.m. for Birding at the Wildflower Reserve. Bring binoculars. Try Nature Journaling on April 12, 1 - 4 p.m.

There are hikes, wildlife watching and birding at Toms Run Nature Reserve. Info at waterandlife.org.

The Pittsburgh Botanic Garden has a variety of walks and educational



Visit Pittsburgh Botanic Garden

~photo courtesy Botanic Garden

workshops throughout the spring. You can grab a map and walk at your own pace and see the Virginia bluebells, daffodils, tulips, glory-of-snow flowers and dogwood trees. They also will have the Spring Artisan Market & Plant Sale on April 19 and May 3 that is included with daily admission. Info at pittsburghbotanicgarden.org.

The Western PA Conservancy features a program called Community Flower Gardens. Each spring flowers are planted in 130 gardens throughout the area. With the help of almost 11,000 volunteers these gardens are tended and bring beauty to many neighborhoods. Visit waterandlife.org to learn more.

In addition to the outdoor nature events, the Heinz History Center will hold their 12th Annual Retro Fair

Vintage Pittsburgh on Sat., Apr. 4, 10- 3 p.m. This event will be partnered with Neighborhood Flea and offer shopping opportunities from local vendors featuring one-of-a kind clothing, accessories, home decor and more!

After shopping check out the never-before-seen objects at Pittsburgh's Hidden History and then explore the museum and the exhibition, My America: An Illustrated Experience. Information at heinzhistorycenter.org.

A big event that is taking place in Pittsburgh this year is the 2026 NFL Draft on April 23-25. This will be a massive event and will offer many different activities and an experience never before had in Pittsburgh.

Admission to the NFL Draft is free but you must register for access to the Draft campus through the NFL OnePass app or go to NFL.com/draftaccess.

The NFL OnePass app will guide you through the full schedule of ac-



Image of the NFL OnePass App.

tivities and entertainment including food, drinks, live performances, photo opportunities, a chance to win prizes and a much needed map of how and where to go.

Another website with good info on the event is visitpittsburgh.com/nfl-draft-pittsburgh.

The sky is blue and the sun is shining today, but I will have my umbrella handy and I will try not to complain about any rain showers, because I love the May flowers!

MUSINGS... BODY YES / BODY NO



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.

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.

Trust yourself. You know more than you think."

~Benjamin Spock

Listening to the Wisdom of the Body

Many of us make decisions with our thinking mind, analyzing pros and cons, running scenarios in our head. But there's another guide available to us: the quiet wisdom of the body.

Body-Yes / Body-No is a practice that helps us notice the subtle signals our bodies give when we consider a choice.

A Body-Yes often feels like openness or expansion. Your chest might soften, your jaw relax, your body might even lean forward. Something inside says, this feels right. A Body-No feels contracted - tightness in the chest, unease in the stomach, heaviness, or a subtle pull back.

These signals can be easy to miss at first, but with a little attention and practice, they become clear. The body often knows before the mind does. Neuroscientists estimate that the unconscious mind - the well of experience, intuition, and creativity - is far larger than the conscious mind. Body signals tap directly into that deeper wisdom.

Body-Yes/ Body-No can be practiced on many levels, some of them very small.

- Do I want to soup for lunch?
- Shall I go shopping today?
- Shall I call my brother?
- Do I want to spend time with _____?

Body-Yes / Body-No can also be practiced on very big things.

A small story: I once hesitated before saying yes to a job offer. My mind listed all the reasons I "should" do it, but my body tensed each time I imagined going to work there. I decided to honor that Body-No and declined. A month later, a different job opportunity came - one that felt deeply aligned with my passion. I felt a strong Body-Yes. I held positions at Gateway Rehabilitation Center, first as a therapist and then the Vice President of Treatment Programs for 25 years. It turned out to be enormously fulfilling. Think what I would have missed if I'd let my "should" override my Body-No.

A little coaching practice:

1. Relax and get comfortable.
2. Bring a question or scenario to mind.
3. Notice what your body does—does it open or contract?
4. Let that guide your next step.

Start small. Over time, these signals become a reliable compass, helping you make choices that feel aligned with who you are - one Body-Yes or Body-No at a time.

Note from the Publisher: If you enjoy reading Musings, Sharon has gathered them together in a book, titled "Fresh Views on Resilient Living." It would make a great holiday gift! It's available on Amazon or you can scan the QR code to go to the link.



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Community News and Events

"The **South Hills Women's Club**, will meet on Mon., Apr. 13 at Scott Township Lodge, Park Drive, Carnegie, at 7:15 pm. Following a brief meeting, our guest speaker will be Judy Sutton of the Heinz History Center on the First Ladies of Western Pennsylvania. Refreshments and dessert will be served. If interested, please contact Diane at 412-965-4714 with questions. New members and guests are welcome to attend."

St. George/ Allentown/ Veterans Community Reunion at Salvatore's presented by the St. George Church Preservation Society. Reunion dinner at 3 p.m., Sun., Apr. 19 at Salvatore's Event Center, 5001 Curry Road, 15236. Everyone is invited to enjoy dinner, fellowship, door prizes & raffles. Seating is limited! Please spread the word. Visit SGPCS.net or call 412-502-5062 or email contact@SGPCS.net your reservation ASAP.

Beauty and the Beast, a charming, original, ballet, will be danced by the Carnegie Performing Arts Center, Sat., Apr. 25, at 7 p.m. and Sun., Apr. 26 at 2 pm. at the **Andrew Carnegie Music Hall**, 300 Beechwood Avenue in Carnegie. Email info@carnegieperformingartscenter.com.

The **Association of University People/AUP** welcomes singles 50+, who are 4-year college graduates, to join them for activities and to meet new friends. Events include happy hour, brunches, dinners, meet ups, unique book group, day trips and Scrabble. Those interested can attend three activities as guests before deciding to join. To obtain more info about AUP, the activities or become a member email to groupaupingles@gmail.com

The **College Club of Carnegie** welcomes members and guests to enjoy our "Spring Fling Gathering" themed meeting on Sat., Apr. 11 at the Olive Garden Restaurant, 971 Greentree Rd. There will be a Social at noon with lunch to follow. A Fifty/Fifty Raffle to benefit our scholarship program will be offered. Women with post-secondary educations call Therese Condit for info at 412-279-4458.

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Shelly Davis
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Is Laughter Good for Your Health?



The adage "laughter is the best medicine" certainly suggests that a good laugh is good for one's health. Although laughter might not mend a broken wrist or eradicate every disease, UCLA Health notes a number of surprising physiological and mental benefits of a good laugh. Here are a handful of ways laughter can impact the mind and body.

Laughter reduces stress by significantly lowering levels of cortisol and epinephrine. The Physiological Society says one study found that even a single laughter session can reduce cortisol levels by nearly 37 percent.

It boosts immunity. Laughing can increase the production of antibodies and ac-

tivates Natural Killer cells, which help the body fight off viruses and even some tumor cells, indicates Providia Family Medicine.

Laughter can help with pain relief by triggering the release of endorphins, which are the body's natural painkillers. The U.S. Department of Veteran's Affairs says patients in clinical trials who watched comedies reported a higher pain tolerance and required less medication than those who did not watch such programming.

Ease anxiety and depression through laughter. It can stimulate the release of dopamine and serotonin. Researchers at Harvard University say that laughter stimulates the reward centers of the brain. This makes a person feel happy in the moment and helps build long-term emotional resilience as well.

Your perspective can change. It is hard to feel amused and anxious at the same time. So laughing can provide a change of attitude and perspective. It also can provide a necessary emotional reset.

Laughing may not cure everything that ails a person, but it certainly can provide many health benefits.

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The Fishin' Hole

(Throw Back article from 2016)



by Sam Hall

excited and Mark is ALWAYS excited, so he hustled over from chopping kindling to hug my wife and check out the truck and in his excitement lost the head of his hatchet as he came swinging his arms. I watched in slow-motion while the hatchet head did a perfect revolution and came down blade first poking a nice clean hole right into the hood of the new Blazer. Now, do you know your "Mark"?

One year, heading out to the camp for "First Day," his wife admonished me to "keep an eye" on him. I blew it early! While Mark and some other guys were comparing filet knives about 35 feet away from the fire pit some other campers and I were digging out, we heard the cry "Oh, man! He stabbed himself!" I looked at my co-digger and just sadly said, "That's Mark, I know it and, his wife is going to kill me." My feeling was justified. Mark had gotten lost in his story and forgotten he was holding his knife, and accidentally jabbed pretty deep into his own thigh. A couple of the guys with us had medical training and were able to clean and stitch him up, and he just sore and stiff. I remember doing a very bad job of stifling laughter a number of times when I would see him walking very stiff-legged up the stream the next morning. I'm actually having the same struggle right this minute. NOW, do you know your "Mark"?

I remember once telling Mark, "Hey don't lift up that back seat when we get there my new ultra-light rod is under it and it will break if you lift that seat." The car was still running when that ultra-light met its' demise! Completely my fault, without question, I know it.

Mark once borrowed a friend's very expensive noodle-rod to go Steelheading with me in Erie. I was there when the borrowing was occurring, and as a duly appointed member of the court, I raised my strong objections knowing the value of the pole. Mark and friend insisted there would not be a problem. I acquiesced. Two casts into our trip and Mark was \$320 dollars in debt. Again, my fault.

The clearest picture in my mind of Mark will forever be the one year he had borrowed a small net as we went to our spot on a particular "First Day." There was a breeder sized palomino in the hole we were fishing. That fish was so big and bright. Twenty guys were casting at it for an hour. I told Mark not to waste his time fishing for it, that the fish was so spooked he would never eat again, "He'll starve to death and then you can just take him home," I said. But Mark's enthusiasm is boundless. He crossed the stream and got above that fish and sure enough, on the second cast he had him. He had no room to move on the bank and the picture I have in my mind, that brings me to tears of laughter every year, is of Mark trying

to land that 25 inch palomino in a net that would not have held it if it were folded in half! I literally fell down laughing at that, but somehow he got it. What a beauty!

I hope Mark finds a way to make it to this "First Day" coming soon. But, I know he will be there, one way or another, because all the good stories around the campfire will star him. I hope you know who your "Mark" is, and I trust you cherish him.

Keep those lines tight and send pictures to samdhall@comcast.net



Me and my Mark!

LIBRARY INFORMATION

Ask a Librarian!

Check out the many programs for all ages offered at most libraries!

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Free Throw Championship Winners



Correction: Nino Salvucci, age 10, (center) was the person to achieve 22 successful throws out of 25.

Congratulations!



Fun and Games for Kids

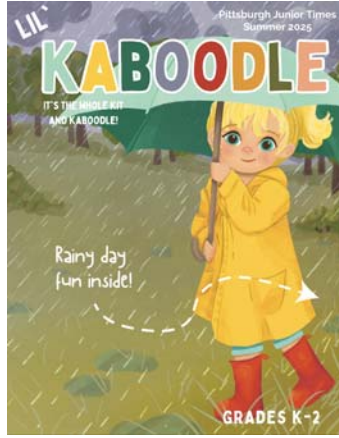


(Answers on back page)

Page created by Matthew Hall

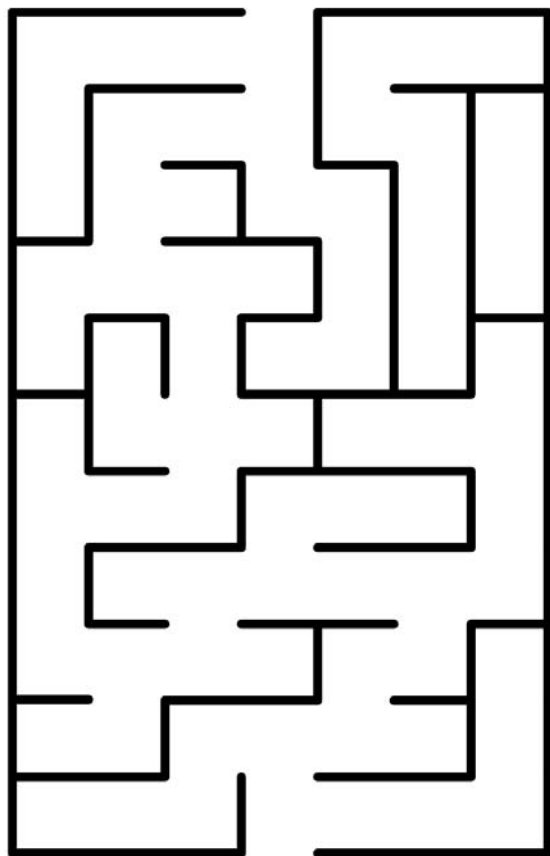
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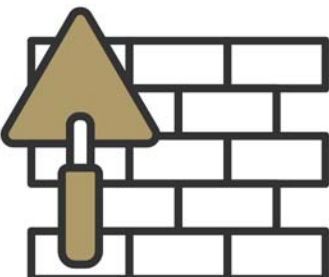
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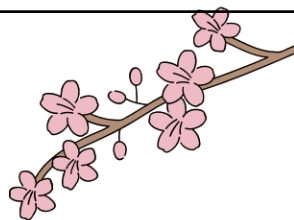
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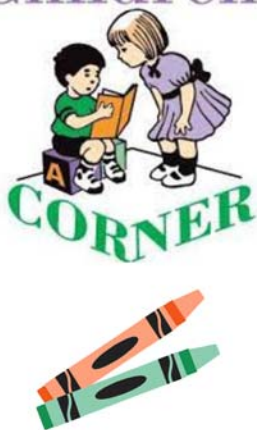


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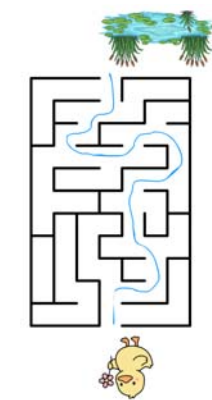
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