

GREEN TREE TIMES

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Peg Stewart, Green Tree Times Creator, Editor and Publisher of 25+ Years Will be Missed



Margaret (Peg) Stewart
12/28/39 - 4/26/2020

Margaret (Peggy) Stewart Butcher, age 80 of Mount Washington, PA, passed away Sunday, April 26, 2020. Peggy is preceded in death by her parents: Esther (Stubkjaer) Stewart and William Stewart.

She is survived by her two sons; Mark Butcher of the West End, PA and Michael Butcher of Pittsburgh, PA; as well as her daughter-in-law, Marie Morgan and her two granddaughters, Maggie Butcher and Katie Butcher of Green Tree, PA, whom she considered her two angels.

Peggy was born on December 28, 1939 in Madison, Wisconsin. She was a 1958 graduate of Crafton High School, Crafton, PA and a 1962 graduate of Allegheny College with degrees in both Psychology and English.

Peggy had a love for writing that was exemplified in many different facets during her outstanding career. She retired after more than 25 years as the Publisher/Managing Editor of The Green Tree Times, where she consistently focused on positive and uplifting news to pass on to her readers.

Peggy was greatly involved in numerous activities and various organizations, such as Animal Advocates, to enhance and better her community. She fervently strived to find the good in others and had a lasting, positive affect on everyone she met. Peggy was routinely willing to give helpful advice and was a great listener. She was an avid reader with eclectic tastes and enjoyed spending time with a good book and her two loving cats.

Peggy will be greatly missed by her family and countless friends, including those she cherished, loved, and considered family for 50 years from the Chatham Village community. Her compassionate spirit will be dearly missed.

Due to the circumstances surrounding the current pandemic, a celebration of Peggy's life with family and friends will be held at a later time yet to be determined by the family.

Memorial contributions can be made to www.allanshope.org and/or www.animaladvocates.net.

Online condolences can be sent through www.bruscofalvo.com and obituaries.post-gazette.com.

Tributes from Colleagues, Clients, and Friends

To anyone who enjoyed reading the Green Tree Times, stop now and say a prayer for Peg Stewart. Without her dedication, hard work and self sacrifice for the past twenty-five years there would be no paper.

She is one of the finest women I ever met and worked with.

~Bill Knoll

Green Tree Times contributor

Such a dynamic lady - lived a creative life, and knew how to bring out the best in people.

~Karen, Answer Computer

Here are two little thoughts from me. One is about when Peg recruited me to write Musings 20 years ago. I was trying to figure out what she wanted....and she said..."Well, just your musings on anything that goes in the direction of well-being." That was it. So easy for me. And she'd named the column.

The other thing is how she and I laughed. And laughed. Every time we got together - usually at a Panera or the like - we would end up laughing so much people around us would stare. Sometimes we were laughing together about things that weren't even funny, like the human condition. But somehow being together, having lived very long, rich, complex lives,

laughing just happened. And lifted us up. The last time I talked with her - about a week before she died - she warned me that she couldn't laugh because it brought on coughing. I promised not to say anything funny. But before we said goodbye, we were laughing about something - I don't even remember what. And she coughed. And I said "I'm sorry, I didn't mean for you to laugh," and she said, "No. Thank you. I needed that."

~Sharon Eakes, Musings

The Paul Family met Peg nearly 20 years ago. She started as a boss, but quickly grew to be a mentor and a friend. The newspaper industry has



undoubtedly changed since 1994 when the first Green Tree Times was printed. Year after year, she was able to adapt and stay true to her motto, 'Everyone looks good in the Green Tree Times.' She strived to highlight the positivity in our local community. She loved to showcase the hard workers, business owners, churches, fundraisers, and local events.

Peg was a strong and pioneering female business owner, and a consistent mentor to our family. She had a strong work ethic, and would work as many hours as needed to meet her deadline. She ran her business with intelligence, humility, and grace. Those who knew her, and knew all that went into producing the monthly publication, knew that it was a labor of love.

As a friend, she was always available to lend an ear, and provide perspective and advice. Simply put, her friendship is one that will be missed but cherished forever.

A sharp businesswoman and journalist, Peg was always so positive with a "can do" attitude. She was very dedicated to giving back to the community and to publishing the news. Her kindness will be missed by all who knew her personally and professionally.

~Dena Rose

Green Tree Times



In life there are some that touch us in ways that are life defining. Peg was one of those. She was always quick with a smile and words of wisdom, advice only when asked, and always in my best interest. Many years ago, I leaned on Peg for advice on a life changing career move. Her advice was just, sound, and in my best interest. She was a strong catalyst in my professional growth. The change made us drift apart, but her mentoring and wisdom will live with me forever. Thanks Peg... May you rest in peace.

~John Eckert

(Multimedia Account Representative)

(continued on page 7)

MUSINGS...CONNECTED - NOT CANCELED



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.

*The earth is but one country and mankind its citizens
Baha'u'llah*

Connected

We are connected to each other. Across neighborhoods, state lines, countries.

We are connected to the coronavirus.

The coronavirus loves us all equally and wants to get in our bodies and reproduce.

We're connected to the people who will take care of us if we get sick.

We are connected to the people who will or won't supply healthcare workers with tests, masks, gloves and ventilators.

We are connected to the people we live with.

We are connected to the friends and family who shop for us, protecting us because we are among the vulnerable.

We are connected with loved ones by phone or internet.

We are connected to the people who get sick and recover and those who get sick and die.

We are connected in grief to people without loved ones or warm houses.

We are connected to the people who have lost their jobs and are pan-

icked about how they will feed their families.

We are connected to the children who are out of school in our homes and neighborhoods.

We are connected to people in other countries.

We are connected to people doing creative things to help, like RVs for MDs., or people who have cheered those on the front lines first in Wuhan, and spreading across the globe to Italy and New York City, clapping in the evening, from across terraces and fire escapes, to say a loud Thank you!

It is ironic that our connectedness is so clear right now – when we must continue social distancing. Yale epidemiologist Jonathan Smith described this best:

"If your son visits his girlfriend, and you later sneak over for coffee with a neighbor, your neighbor is now connected to the infected office worker that your son's girlfriend's mother shook hands with."

We are truly all in this together.

What's Not Canceled

At the same time we feel deeply connected, grieve together for what is lost or put on pause, notice what has not been cancelled. Thanks to my friend Dr. Evelyn Biles for this:

Relaxation - not canceled. Reading - not canceled. Family - not canceled. Sunsets - not canceled. Music - not canceled. Singing - not canceled. Laughing - not canceled. Charity - not canceled. Hope - not canceled. Love - not canceled. Gratitude - not canceled. Prayer - not canceled.

COACHING TIPS:

1. Get curious. Notice all the connections in your own life. Be amazed at them and continue to stay safe.
2. Do something for someone. Reach out to an isolated family member or a long lost friend. Rake or mow the lawn for a neighbor.
3. Enjoy what is not canceled!
4. Be grateful. Practicing gratitude is an antidote to anxiety and fear.

a. Actually write down 3-5 things you're grateful for every day. Be grateful for small things that you have: toilet paper, that your friend with Covid 19 recovered, that the days are getting longer, that the magnolias are blooming.

Gratitude is both a feeling and a practice. I promise that if you make it a practice during this difficult time, your well-being will increase in a lasting way.

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Consider Choosing a Virtual Doctor Visit: Staying Healthy Is Critical, Especially Now



Jayesh Gosai, M.D.

As a primary care doctor, I find the best preventative medicine is the ability to see my patients regularly. But these are not normal times. Unfortunately, the COVID-19 pandemic has caused us to cut down on in-person visits to help stop the spread of the coronavirus. But with every challenge comes an opportunity.

Many practitioners, including us, have found new ways to stay connected with patients. Telehealth or Virtual Doctor visits offers us the ability to see those who are anxious about potential COVID 19 symptoms and to help with common health issues, urgent care and, most importantly, keep patients on a preventative maintenance schedule.

There is no reason to put off seeing a doctor for fear of going into an office

and getting exposed. Virtual visits offer patients an opportunity to see their doctor and visits are covered by insurance in the same manner as an office visit. You can use a laptop, smart phone, iPad or even a telephone for a voice call

Here are some tips to help you know when to call your doctor and how to get the most out of your virtual visit:

If you do not have a Primary Care Doctor, it is time to get one. Because of the pandemic, many primary care providers are allowing new patients to establish care via a telemedicine appointment. Urgent care centers and walk-in clinics are also offering telemedicine visits. Call or check their website to set up an appointment.

Do not hesitate in a Medical Emergency: The same rules from pre-pandemic days apply: Sudden chest pain, weakness in one side of the face or body, or a sudden thunder-clap headache are all red-alert symptoms that could signal a heart attack or stroke. The same goes for serious difficulty breathing or sudden-onset confusion in a loved one. Call 911 to quickly get a trained professional to you who can evaluate you in-person.

Urgent, but not an emergency?: Call your primary care provider's office. Ask yourself if, in pre-pandemic times, these symptoms would have led you to call your doctor in the middle of the night for advice, or at least made you call for a same-day appointment the next morn-

ing. Common concerns in this category include high fevers, a new source of pain, or a minor injury. If the answer is yes, or if you aren't sure, give your doctor a call.

For other non-urgent health issues: Contact your doctor as you normally would. An office nurse or other clinician will likely help talk through your issue over the phone and establish if it's safe for you to be evaluated via Telemedicine/Virtual Visit. During this call, try to summarize what's going on in one or two sentences. Start with your most urgent symptom first, note how long it's been going on, and tell the clinician what's changed.

If the office nurse determines your symptoms sound like an emergency, you might be advised to go to the hospital ER right away. If that's what they tell you, don't hesitate — do it. Even during the COVID-19 crisis, the hospital is still the safest place for true emergencies.

If your concern can be treated via telemedicine, you'll be scheduled for a phone or video appointment.

Prepare for the conversation: Make a list. Write down a list of two or three issues they want to address. Before the virtual visit answer the questions: 'Why do you need to be seen today? What is the biggest priority?'

Keep track of when your symptoms started and any changes. Keep a record of when symptoms occur, what seems to trigger or aggravate them, and what alleviates them.

Use any home equipment to get stats before your doctor visit: Use a thermometer to take your temperature, use blood pressure, oxygen/pulse monitor, log results.

Address routine issues in a phone call before the visit: Medication refills, notes from a doctor that are required by your employer or insurer, or other paperwork may not even require a virtual visit.

Call or log on from in a quiet place, with plenty of light. For video, ask what app or program is used. If you are not used to using FaceTime, or linking to Zoom, ask to try it first with an office staff member before the appointment.

Be on time: If the doctor is calling you, be prepared to answer during the appointment. If you have to join a virtual meeting, be sure to log in on time.

Sometimes an office visit is best: Know that for urgent issues, your doctor's office is still open. In my experience, the Telemedicine/Virtual Visit approach has worked well for many concerns. But it does not work so well for more complex issues, like an elderly patient who can't walk after a fall, or a child who has gotten dehydrated from vomiting. In many scenarios I really need to examine my patients and check their vital signs. I'll still ask them to come into our office if I think a brief appointment with me may help them avoid a trip to the emergency department later.

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50 Stratmore Avenue
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Live stories for kids are read by
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www.hawthornechurch.org

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Carnegie Presbyterian Church

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NOTE: See above or call churches directly relating to the changes to virtual worship due to the Coronavirus.

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Fordham University	Ohio University	Wake Forest University
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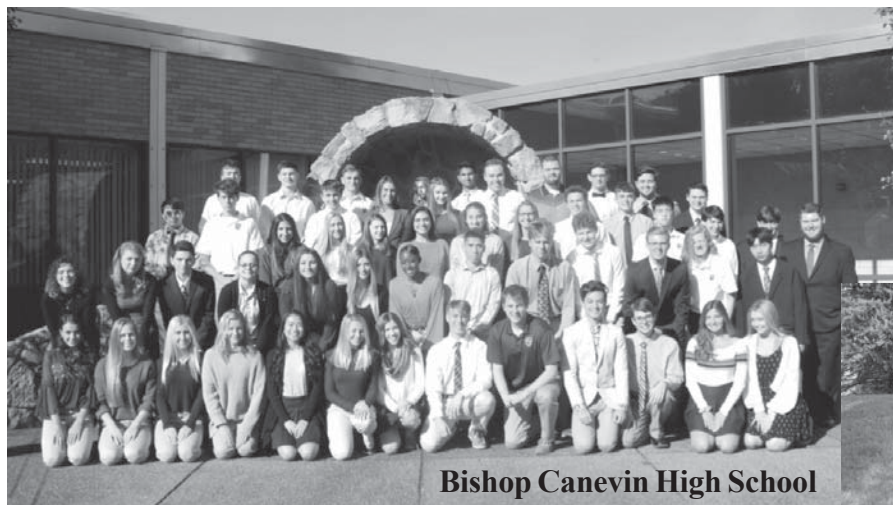


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Hats Off to the Graduates!

Seniors graduating this year are experiencing something that no other class has ever gone through before. It's a time where being creative, flexible and still full of enthusiasm and optimism are a must! The schools and students in our readership area have been all of the above. They are all doing things to make this a memorable year!



Bishop Canevin High School

Bishop Canevin High School surprised the seniors with yard signs, yearbooks and their caps and gowns. Teachers drove to their homes, wearing masks and practicing social distancing and knocked on their doors. They are also honoring seniors on their facebook page and Instagram featuring pictures of each senior with their future plans and their favorite memories. The goal for graduation is to be together but if the rules in place don't allow that, they will celebrate it in a different way.



Keystone Oaks High School

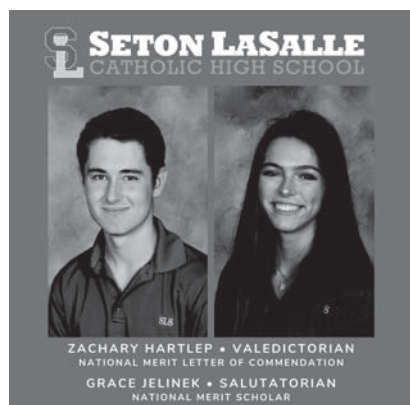
Keystone Oaks High School is recognizing members of the senior class on the district's social media channels featuring senior pics and baby pictures along with future plans and accomplishments. Families will decorate their front doors with pictures and memorabilia of their senior. They will receive yard signs as well in May. In lieu of commencement on June 11, they will create a tribute video with a live viewing! They will be celebrating senior week with some fun virtual activities as well!



Our Lady of Sacred Heart (OLSH) will be giving out yard signs to the seniors. Every Saturday, 6 seniors will be featured on the school's facebook page. Two seniors created an Instagram account, OLSHseniors2020, to show future plans and more! Check out the photo of College Shirt Day! On May 18, OLSH will hold the Honors Convocation, giving out academic awards and announcing the valedictorian and salutatorian virtually for all to see live. Families will decorate yards on May 20 to celebrate and they will create a video of that. Seniors are invited to pick up caps and gowns and with proper social distancing the teachers will spread out and cheer them on as they drive by. Graduation plans are still pending.



Seton LaSalle Catholic High School



Seton LaSalle Catholic High School passed out yard signs. Their Student Council seniors created an Instagram account , rebelseniors2020, for students to submit information. Also, they would like to give a shout out to Valedictorian, Zachary Hartlep for receiving a National Merit Letter of Commendation and to Salutatorian, Grace Jelinek for receiving the National Merit University of Pittsburgh Scholarship! Congrats!



Carlynton District did a car parade of teachers with decorated cars driving past students homes with signs, waving and beeping.



Carlynton High School

~photo courtesy of Ken Nolfi, Studio Ten

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Tributes To Peg Stewart from Colleagues, Clients, and Friends

(continued from front page)

Peggy was a woman who never met a stranger. I was one of the luckiest people in the world when I met Peggy. She was wise, caring, selfless, so much fun, and truly a big sister to me. Peggy will never be forgotten by those who had the pleasure of meeting her.

~Sue Gove



I am writing to share some of my thoughts about the wonderful Peg Stewart — a lady whom I came to know less than four years ago and whom I met in person on only one occasion, at the funeral of Anne Bahl, a mutual friend who over the years had written the “wild-flower” column for the Green Tree Times.

At the suggestion of Anne’s daughter, Celeste Nasuti (who knew I was a “cruciverbalist”), Peg came over to talk with me at the luncheon after the funeral, and in a matter of minutes we had reached a hand-shake deal: I would do an original crossword feature for the paper — one puzzle to be published every other month. (If it worked out, that would be six puzzles a year.)

It worked out splendidly. We began a very friendly and co-operative relationship — one that was in no way hampered by the fact that every communication was either by telephone, e-mail, or snail mail.

I grew to have a lot of respect for Peg, my new friend, and when she retired I missed her.

God bless Peg Stewart. I truly wish I had made her acquaintance sooner and had been able to know her longer. At least I had the joy of working with her the few years that I did. It was great.

~Gil Ludwig

Peg Stewart once said, ‘Life is all about options, and whether or not you choose to see them.’ A wise, caring and nurturing soul, Peg had a way of seeing beyond the circumstances of the here and now. She possessed an ability to understand what could be, and helped those around her cultivate their dreams.

As the publisher of the Green Tree Times, Peg was justifiably proud of her good news community newspaper that she built from the ground up. She was a

kind and giving person who could see the goodness in saints and fools alike. Throughout her life, Peg brought happiness into the lives of others. Her laughter could light up a room, and she was generous with the gifts of gratitude and joy. Indeed, she will be sorely missed by those who had the privilege to know her.

- Sarah Zablotzky McCluan,
Former Assistant Editor, Green Tree Times,
and a friend



Peggy Stewart, (Peg) was a mentor to me in many ways. When we met, I was just a young graphic artist struggling to keep my growing family cared for, dance lessons and diapers are not cheap. We worked together on ad design, she showed me how each customer wanted the ad and I recreated them one by one. Peg showed me how she did what she did to make the Green Tree Times work.

Each month was work on top of work, multiple facets of the product all required hours of time and for the most part, Peg did it herself. Over the years I grew and learned more and more about printing, coming up with several ideas for publications myself but all the years of learning from Peg, I knew there just wasn’t enough of one aspect or another for them to work. You needed to know your audience and who is going to pay for advertising, printing and so on.

We continued to work together for many years, with many late night calls as we got more and more sophisticated with the printing.

Somewhere in there we also became friends, maybe even great friends. She met my family and I hers, we sadly didn’t have enough days together like the one at the park near her house where my daughter got stuck in the swings meant for a baby. Hilarious - and Peg thought so too, which just added more insight to that layer of charm, unflappability, kindness she just exuded. We understood each other more than most, we knew that a bad day would never last, on either end of the phone. We were there for each other and had a bond that many would envy. I loved Peg Stewart, not as a mom figure, relative or a co-worker, but as my friend. I will truly miss her. - Shawn Yanger

I am still in disbelief about Peg’s passing and I don’t know where to start. Peg was so much to me! She started first as an employer, then a mentor and quickly a friend! I met Peg in 2010 when I approached her about doing a little story about 3rd graders who had their own class newspaper. Being the avid newspaper lover, as well as a woman who wants to see kids do anything creative with reading and writing, she immediately wanted to meet with me to talk about it. She wanted to do a big story about them. The next thing she did shocked me. She asked me to write it. She gave me some basic rules and said, “Just run with it and let’s see what happens!” The rest is history.

I have worked with Peg since that time as a writer, proof reader, and assistant editor. She was always training, teaching and offering feedback. I then became her front cover writer. She also invited my husband, Sam Hall, to write ‘The Fishin’ Hole, which has been a great opportunity for him and the readers love it!

All along the way, she was constantly offering praise and confidence in everything that I did, from selling ads, creating ads, writing, or whatever crazy idea I presented to her. She knew how to encourage and get the best out of people even through their mistakes. She had so much wisdom that I soaked in every time we spoke. I have learned so much professionally from Peg and even more per-



sonally. I learned it’s important to know when to say no. I learned when to give more. I learned about putting gratitude first and using a journal, which she gave me. She was a strong woman ahead of her time. When Peg decided she was ready to retire last June she asked me to take over the paper. I did with reservations but once again, she assured me that I could do it and just threw me in and said - SWIM! So I did.

This last year has been anything but what Peg had hoped for but she always remained positive and no matter what her battle, she pressed on and few people knew how hard things actually were for her. I know she so badly wanted to relax and sit on her front porch, read a little and just be mindful. I know she got a few days on the porch this spring so I’m grateful for that!

She will be greatly missed by me, my family and so, so many others!

~Shelly Davis

Editor/Publisher Green Tree Times

Visit greentreetimesonline.com for updates on what we will be doing to celebrate Peg’s life and how you can contribute.

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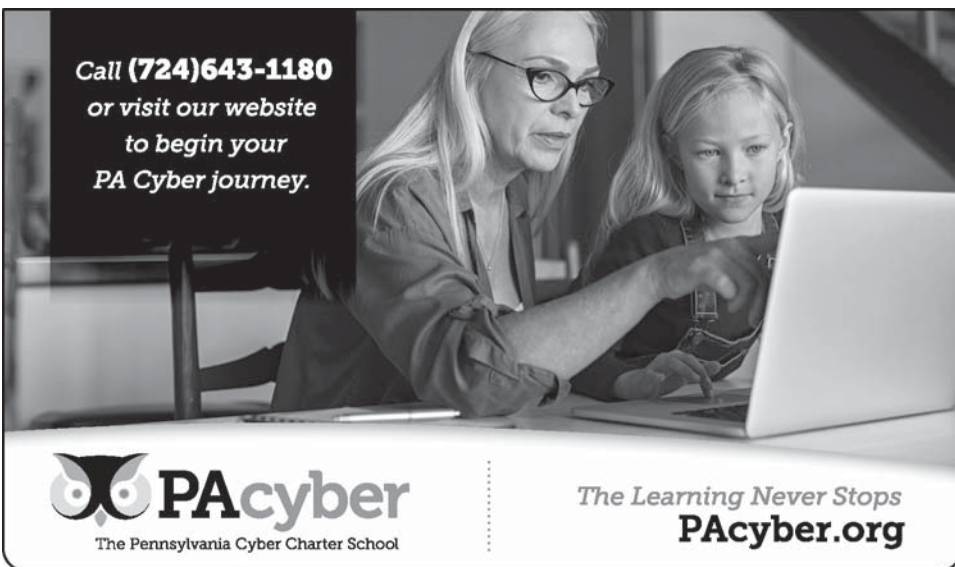
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Continue to Support Local Restaurants that are Open for Take Out

These establishments have gotten creative to make sure they and their customers stay safe by offering take-out, curbside service, limited people ordering inside and extra cleaning and sanitizing! Visit our website to see the great good that Riley's Pour House is doing for the community.

Vincent's of Green Tree
333 Mansfield Ave., 15220
412-921-8811

Gourmet pizza, traditional pizza, calzones, starters, salads, pasta, sandwiches and desserts. Open 7 days a week for pick-up, curbside or FREE DELIVERY. See the menu at vincentsgreentree.com. Call to place order. Catering available for your graduation or other social distancing party. Menu at vincentsgreentree.com.

Osaka
2101 Greentree Rd., 15220
Scott Town Center
412-279-8811

Sushi of all kinds and a variety of Chinese dishes from Hot & Sour Soup, Fried Rice to Peking Duck. See menu on website at osakapgh.com. Pick-up, curbside or free delivery. Call 412-279-8811 or beyondmenu.com to order.

Riley's Pour House
215 E. Main St., Carnegie, 15106
412-279-0770

Appetizers, salads, soups, chili, Irish House Classics, Lent menu specials, sandwiches and wings. Open Tues. - Sun., 11:30 a.m. - 7:30 p.m. and a special Sat. breakfast from 8-11 a.m. Offering carry-out or free delivery through Uber Eats. Menu at rileypourhouse.com and on facebook. Curbside available. Call or use Uber Eats app.

Bob's Diner
211 Mansfield Blvd., Carnegie,
412-429-7400
1815 McKees Rocks Rd., Kennedy
412-771-7400

Variety of breakfasts including eggs, pancakes, french toast, corned beef hash as well as lunches and dinners. Hot and cold sandwiches, salads, soups, sides, burgers, steak dinner and more. See menu on website at eatatbobsdiner.com. Order online, use the Toast Take Out app, or call for pick-up. Open 7 days/week. See hours on website.

Hanlon's Cafe
Crafton Ingram Shopping Center
17 Foster Ave., 412-922-8055
Grab n' Go, 534 Clever Rd.,
412-787-5266

Lunch and dinner options at both locations including a Lent menu. Homestyle family dinners, sandwiches, wraps, sides, and more! See menu at hanlonscatering.com and order for pick up by calling either number. Grab n Go open Tues. - Fri., 11 a.m. - 6:30 p.m. and 7 days/week at Crafton location.

Wiggy's
2350 Noblestown Rd, 15205
412-919-0361

Wings, sandwiches, appetizers, and salads. Open for take out Tues. - Sun. Call to order, or order inside. View menu at places.singleplatform.com/wiggys. (60 cent wings not available at this time)

Eggs R Us
2350 Noblestown Rd., 15205
412-922-5828

Breakfast and more. See menu at eggs-r-us.com and order online, use Grubhub, Uber Eats or Door Dash for free delivery or call in order for pick-up. Open 7 days/week, 6 a.m. - 7 p.m.

Virtual Activities still Available as Libraries, Museums and Zoo Remain Closed

As these places remain closed there will be a variety of activities that become available to you virtually. Refer back to April's newspaper or go to our website at greentreetimesonline.com to get details of various events.

Creative Connections is a new program being offered by Pittsburgh Cultural Trust. Each lesson is only a few minutes long and uses things that are found at home. The activities include visual arts, exercise and movement, theater arts, and music. Go to trustarts.org and type creative connections in their search bar.

The EQT Children's Theater Festival will be held virtually this year. The link for the event is pghkids.trustarts.org.

Liberty Magic @ Home are exciting live magic shows that you can enjoy from home every Friday night at 7:30 p.m. on facebook or youtube. You can see past weeks as well by going to trustarts.org.

The Carnegie Museum of Natural History is offering an at home program that will include Super Science Saturdays, Drawing lessons, Ask a Scientist Video Series and more. Go to carnegiemnh.org/explore/museum-from-home.

The Carnegie Science Center will have science experiments daily at noon as well as live events on facebook. Go to carnegiesciencecenter.org for details.

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Classes Mon-Wed-Fri from 9-12 Noon.

Class size is limited. Call to schedule a tour.
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