

## VANTAGE POINT

### Mike Erro receives Purple Heart for Vietnam service

Nearly 40 years after returning home from Vietnam, a Northeast Ohio war hero is finally being recognized for exemplary service to his country. Mike Erro is receiving six distinguished medals including a Purple Heart and a Vietnam Service Medal with four Bronze Stars.

The pinning ceremony is being conducted under the auspices of the Trumbull County Veterans Service Commission. His long overdue recognition was initiated when U.S. Senator Sherrod Brown's office learned of the situation. Laura Pechaitis, a Senior Constituent Advocate in Senator Brown's

Cleveland office, arranged for the special pinning ceremony.

The Medal Pinning Ceremony will be held on Thursday, May 22 at 1:00 pm at the Hopewell Therapeutic Farm in Mesopotamia, OH. Trumbull County Veterans Service Commission Director Herman K. Breuer will perform the pinning. Mr. Erro has been a resident at Hopewell for the past 16 years. He has long battled with Post Traumatic Stress Disorder. Hopewell is a 300-acre residential farm that provides adults with mental illness a place to heal. It is the only therapeutic farm in Ohio.

Mr. Erro was born

in Cleveland, OH in 1949. He was inducted into the United States Army in 1967 and was trained as a Light Weapons Infantryman. He served 10 months in Vietnam and was discharged in 1969 with the rank of Specialist 4.

He earned six medals in the Army but never received them. He will be presented with the following medals: Purple Heart National Defense Service Medal Combat Infantry Badge Vietnam Service Medal with 4 Bronze Stars Republic of Vietnam Campaign Ribbon with Device Sharpshooter Badge and

Auto Rifle Bar and Machine Gun Bar

Says Hopewell's Executive Director Rick Karges, LISW-S, ACSW, "We're all very proud of Mr. Erro. He served his country during a very difficult war. Like so many veterans experienced, coming back to the states was a difficult transition. He is very honored to finally be receiving his medals. We took him out to buy a special suit for the ceremony. You could see how happy it made him feel."

To learn more about Hopewell visit their website at [www.hopewell.cc](http://www.hopewell.cc).

## YOUR HEALTH

### Simple tips to live an organic lifestyle

NAPS- While the word "organic" typically demonstrates the commitment to an environmentally sound growing method for farmers, there's an increased interest in finding ways to live organically beyond just food choices.

It's driven by the growing desire to make wise choices for the planet. Living an organic lifestyle not only offers something to people of all ages, it can be achieved in the kitchen, garden or even during an outdoor activity.

Here are a few simple tips to start living an organic lifestyle:

1. Take small steps—Take the first step with your staple shopping

ingredients. Consider replacing conventional products one by one with organic alternatives. Make foods like fruits, vegetables, milk and meat your first priority.

2. Grow an organic garden—Why not grow your own organic vegetables and herbs? Plants like tomatoes, peppers, onions, potatoes and cucumbers are easy to grow and can be easily maintained on a rooftop or patio garden. Plus, it's a great way to teach kids where food comes from and how it grows.

3. Read the labels—Look for products with the "Certified USDA Organic" seal and read labels carefully to check out the main ingredients and any additives that

may be included. The first ingredients listed should be common names and easy to pronounce.

4. Pack an organic lunchbox—Send your kids off to school each morning with a delicious, organic lunch. For example, Santa Cruz Organic® Peanut Butters and Fruit Spreads offer a variety of options and flavors to keep kids excited at lunchtime.

To help round it out, the company's Fruit Sauces are a tasty, organic treat, with each 4-ounce sauce cup providing 100 percent of the Reference Daily Intake (RDI) of vitamin C.

As a pioneer organic brand born in the Santa Cruz Mountains, Santa Cruz Organic is committed to providing delicious organic foods. Its offerings include more than 60 products ranging from fruit juices to peanut butter.

All Santa Cruz Organic products are Certified USDA Organic and never contain artificial flavors. To learn more, visit [www.santa-cruzorganic.com](http://www.santa-cruzorganic.com).

## 'Pink Lips' tests blood and water

"In this unorthodox tale of power plays, love affairs, and betrayal, two ambitious sisters learn that everything comes at a price—and what may feel good isn't always good for you."

Pink lips can be a sign of grace, class, and beauty, but for sisters Willow and Kail, it means power and respect. They will do anything under the sun to become part of the

higher echelon, so they pay a massive fee to join an organization and get their lips etched in pink. And life is good for the pair—until an accidental phone dismantles the whole organization.

With their lives upended, Willow and Kail flee to the streets of their hometown, Philadelphia, for a fresh start. With a new clientele and a hunger for money, they try to resurrect the organization that ended

at their own hands. Money is the main goal for everyone involved until Willow meets Duke, a neighborhood hardhead, and is bitten by the love bug.

Kail objects to the relationship, but Willow ignores her sister's warnings, falling deeper and deeper in love. As the sisters turn against each other, skeletons hidden in the closet are revealed, and the saying "blood is thicker than water" is tested to the fullest.

Will they be able to come to an agreement, or will blood be shed first?

Andre D. Jones, a Texas native, is an up-and-coming author with stories as blazing as the heat in his state.

With a love and passion for his art form, Andre writes as much as he can, anywhere he can, on anything that he can. He is currently working on his next novel in his hometown of Waco, Texas.

### Advocates for those in need

Those who work to protect Ohio's children and vulnerable seniors say their agencies are in a dire situation.

The poor economy and the opiate epidemic in Ohio are among the problems putting strains on families.

Cassandra Holtzmann, director, Ash-

land County Job and Family Services, says there are not enough resources to keep children and older adults in all counties safe from abuse, neglect and exploitation.

"We are begging our governor, and we're begging the leadership in the state, to hear what it is that we're saying," Holtzmann said.

### Faith Journey to be held at St. Adalbert

St. Adalbert Church, 2347 East 83rd Street, will host The Diocesan African Catholic Community on Sunday, June 29th at 11:00 a.m. The community is invited to attend the celebration.

Rev. Francis Chishala, SJ will lead the event. The liturgy will provide traditional song and music for the audience.

Traditional foods will also be served following the liturgy.

St. Adalbert which was a historically African

American parish was reopened by the late Pope John Paul II following its doors being shut by Bishop Lennon.

Historically, in 1922, the Cleveland diocese established Our Lady of the Blessed Sacrament on East 79th Street as the first and only black Catholic parish. By 1961, Our Lady of the Blessed Sacrament was in need of major repairs so the diocese closed it and the congregation migrated a few blocks away to a nearly empty Bohemian church on East 83rd St. at St. Adalbert.

### Big yard sale to be held

Hunt for bargains along the National Road. From May 28 to June 1, the Historic National Road will be host to multi-state yard sale from Baltimore, MD to St. Louis, MO. The states of Maryland, West Virginia, Pennsylvania, Ohio, Indiana and Illinois will join forces to provide people with the opportunity to display their bargains and treasures for 824 miles from dawn until dusk.

Locally, Zanesville-Muskingum County will participate in the yard sale with various sales taking place stretching from downtown to the east of the county on the National Road (State Route 40). Most sites in the county will concentrate on having sales on Saturday, May 31st. Antiques, artwork, furniture, glassware, pottery, collectibles and much more will be available for purchase.

Vendors who are not located on the National Road have the oppor-

tunity to purchase space and set up tables at the National Road-Zane Grey Museum. For vendor space call 740-872-3173.

For a list of participating locations, call 740-455-8282, email [kashby@zmchamber.com](mailto:kashby@zmchamber.com) or visit [www.visitzanesville.com](http://www.visitzanesville.com).

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