

MAY 2013

# LIFE & TIMES

A MAGAZINE WITH SENIOR FLAIR

## Honoring their service: Mercer Memorial Day 500



**INSIDE:** Setting up a home office ✨ Workin' down at The Westinghouse

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The Mercer County Civil War soldiers monument on the courthouse grounds in Mercer. It was dedicated in November 1897.

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John Zavinski/Life & Times

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### SENIOR RESOURCES

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## FROM THE EDITOR

### Number of honorees increases, but the 500's mission is the same

**P**ROFILING THE Mercer Memorial 500 honorees has become a tradition for the May edition of Life & Times. Our goal has been to give you plenty of time to read their stories and appreciate their sacrifices prior to Memorial Day.

This year, you'll need even more time to get through the magazine – and we needed more space to tell you a little about them.

The county's largest Memorial Day commemoration is under new leadership. Ed and Sharon Dittrich of Jackson Center have taken over the helm from Mercer Memorial 500 founders Mark and Linda Brown.

One of the changes the Dittriches have made is in the number of honorees. Until this year, the 500 recognized three or four members of the Armed Forces each year.

This year, there are 10 honorees. Two are veterans of World War II, three served in Vietnam and three in Korea.



One was killed in action in Afghanistan, and the lone female served in the War on Terror.

Two of the honorees made the ultimate sacrifice. Navy Seaman Wilber E. "Dusty" Rhodes was killed in action Feb. 28, 1942, and

Marine Sgt. David W. Wallace III died in Afghanistan on Jan. 27, 2009.

Also being honored posthumously are World War II veteran Army Cpl. Thomas James Dach and a veteran of the Korean War, Army Sgt. George Aspromatis.

The other two honorees who served in the Korean conflict are Army vets: Command Sgt. Maj. Pedro Calleja and Pfc. John T. Pariza.

The three Vietnam vets on this year's honor roll are: Marine Lt. Col. Joseph James Smartz, Marine Sgt. Albert Z. Marzano and Command Sgt. Maj. Phillip

J. Stanton, who served in both the Army and Navy.

Army Sgt. Monica Thompson Rose is the first woman to be honored in the 10-year history of the Mercer Memorial 500. She served in Kuwait, Iraq and El Salvador.

After reading their stories, I'm sure you'll agree with me that all 10 of these Mercer Countians are indeed American heroes who deserve to be recognized.

Be sure to honor them this Memorial Day by flying your flag or buying a Buddy Poppy when you see a VFW member selling them. And if you can't get to Mercer on May 27, take in a smaller parade in a community near you.

*Sarah*  
Sarah Adams,  
editor

## May 2013

Vol. 5 No. 5

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West Penn Printing  
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westpennprinting.com

LIFE & TIMES is published monthly by The Herald, 52 S. Dock St., Sharon, Pa. 16146

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## It grows on you

There's nothing a veteran gardener likes better than to nurture someone new to the hobby



**Terry "T.C." Conner** lives and gardens on 3 acres just outside Mercer. Terry moved to Mercer from south-central Kentucky in 1988, bringing his love for bluegrass music, gardening, and a dedication to helping his generation come to a better understanding of what it means to be a "cotton top" baby boomer. Contact him at [tc@thewritegardener.com](mailto:tc@thewritegardener.com) or follow his blog [thewritegardener.blogspot.com](http://thewritegardener.blogspot.com)

By T.C. Conner

**I** LOVE IT WHEN SOMEONE TELLS ME he's a new gardener. The feeling is similar to the one I felt as a new father when I watched my son take his first few wobbly baby steps. Well, almost.

I've been gardening practically all my life and when I hear about someone who hasn't ever, never, it's a big surprise. Regardless of my amazement, it gives me the perfect opportunity to become the world's best plant salesman.

"If you're growing grass in your yard," I said to the newbie, "you can grow flowers there too, and vegetables." Since I had just finished up a lecture on tomato gardening I had to be sure and mention vegetable gardening. But for new gardeners, I think it's best that they start by growing something easy, like summer flowering annuals such as zinnias and cosmos – two of the best for beginning gardeners.

Annuals are flowers that set seed, grow, and bloom in one season – summer. There's a wide range of summer flowering annuals to choose from, but for new gardeners I always recommend easy ones like the two mentioned above. Seeds for both come in a variety of colors and sowing is practically worry-free. We sow zinnia and cosmos directly into the garden around Mother's Day (the last frost date for Zone 5 gardens), or if we take a notion to, a few weeks earlier in pots in the house.

If you're starting a new flower bed, there

are a few things you'll need to do before sowing any seeds. First, you'll want to remove sod (the top layer of grass) from the area you'll be using. You can accomplish this in a number of ways. The easiest is a method that requires a 6-month wait: in fall, cover the area with a thick layer of old newspaper or cardboard, add about a 6- or 8-inch layer of mulch, and wait till the following spring.

While you're waiting you can draw up a design plan, look through seed catalogs, and of course visit local nurseries and see what they have to offer.

Planning and putting in your first garden can be one of the most enjoyable things you'll ever do. And the best thing about it – gardens never get old, unlike those of us who tend them.

But that's OK, old gardeners like you and me equate gardens to the fountain of youth. ♦



**The Write Gardener suggests annuals such as zinnias are a good choice for beginning gardeners.**

John Zavinski  
/Life & Times

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## When God closes a door...

Yeah, they say He opens a window.  
But it's the hallway in between where the problem lies

By Pat Leali



**Pat Leali**, a lifelong resident of the Shenango Valley, graduated from Sharon High and Westminster College. She has lived in Hermitage for more than 45 years and has 3 children and 8 grandchildren. She has been a writer forever and ever, beginning with the fairy tales she wrote, *a la* the Brothers Grimm, for her brother when she was only 12. Contact her at paleali@hotmail.com

I RECENTLY READ A STATEMENT on the Internet, a place where I have read a lot of statements – and a lot of nonsense – in the past several years. This one I liked. It stated simply: When God closes a door, He opens a window... but sometimes it's hell in the hallway.

I probably know as much about hell in the hallway as many people do. Life is not easy, and it seems to grow more difficult as we grow older. It wasn't supposed to be that way. Remember when people talked about "The Golden Years"? They were to be a time of joy and leisure – riding a gondola in Venice, viewing the pyramids in Egypt, visiting a quiet cabin in the mountains or simply sitting on the porch whiling away the hours with a book.

I don't know about you, but I haven't had many of those experiences. Life is hectic. Sometimes it's confusing. Always, it's busy. Does it have pleasant moments? Of course. When my daughter and my grandchildren and I are playing a board game after a quiet dinner on a Thursday night, I am at peace. I look around my domain and feel grateful.

When Tim and his family visit, and my granddaughter Tori and I sit at my kitchen island to make a craft and talk, the world stops for a short time. There is no chatter or commotion. There is simply a quiet time to make a memory with my granddaughter.

When my grandson Ryan, who now is the proud possessor of his second

full-time job, joins me for a dinner out and shares his experiences, I bask in the reflection of his pride in recent achievements. "At last," Ryan seems to say, "my life is going where I want it to go." I know this job is not his ultimate career choice, but he feels more confident now – secure in a paycheck, able to make his own way, happy that he has somewhere specific to be every day at a certain time.

Unfortunately, it wasn't always this way for any of us. Ryan was unemployed for an entire year after college was over. Tori screamed over little things – like going down into the basement – while we deliberated at length over what could be wrong. My daughter struggled for years while she took classes and kept up a full-time job. It was hell in the hallway.

Now, it seems the window has been opened. For us, at least. But I know many people who are still walking down that long and dark hallway, trying to find a way out of the blackness. For most, there is a window at the end, but they're walking, faster and faster, trying to reach it.

My granddaughter Danae, who lives with her husband Steve in Jersey City, had to evacuate when Hurricane Sandy blew through. A friend, who lived on higher ground in New York City, offered a place to stay. Danae, Steve and their three cats made the temporary move. Now, that's a friend.

I pity anyone who offers to take in my son, Tim, and his family. They are the proud possessors of a chinchilla,

which Grandma Judy and I purchased for Tessa's birthday last year, three cats and a turtle big enough to carry them all wherever they have to go. They call the turtle "Shelly," and she has been an institution in Tim's household since he found her many long years ago walking down a highway, somewhere near Canton, Ohio.

I think Shelly is the one who would find moving the hardest, and I doubt that she has the mindset to know that a window of good is going to open – somewhere and somehow. Of course, it's hard to know exactly what a turtle is thinking. Turtles would make good spies. They keep their thoughts to themselves and reveal nothing in their faces – not even if they like you or not.

The people who struggled for weeks after Superstorm Sandy without electricity, phone and water surely thought it was hell in the hallway. And some of them were really vocal about the whole problem. Not that I wouldn't have been equally vocal. I could live without some of life's comforts, but there are others which are indispensable. Coffee in the morning. A clock by the side of my bed, its numbers red or blue against the black of the night-filled bedroom. A toilet that flushes and water that flows through the pipes when I turn on the faucet.

You don't even realize how essential those things are until they're gone. When the power goes out – and it has happened with a certain amount of regularity on my country road – I reflexively push the light switch on and off several times or turn on the kitchen faucet



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to get a drink two or three times before I wake up. Oh, yes, no power. Can't do that. The flickering lights from the candles should have given me the first clue, but sometimes I am wandering in la-la land, preoccupied with my thoughts or grumbings and don't focus.

Of course, my few hours or even an overnight are nothing compared with what the folks in New York and New Jersey suffered. I should be ashamed to even mention them in the same breath with the tragedy that accompanied Hurricane Sandy. But everything is relative, isn't it? I don't live in New Jersey or New York and so my piddly little problems seem important, at least at the moment.

Personally, I'm really thankful that when God closes a door, He opens a window. I'm glad that the hallway, to date, has been short and something has always happened to circumvent the desert I was wandering in. I never did like sand. And I know something about it, because Jim would bring home dump-truck loads in the summer so the kids could play in the back yard. It's messy and unpleasant, and you don't want to have to cope with it too often or for too long.

I always loved my friend Francie's aunt, who had an unusual but refreshing philosophy about her long-term illness. This aunt was in a wheelchair and had been for quite a while. She wasn't going to get better and no amount of get-well wishes were going to change the situation. When we would visit with her, of course, we would ask the rhetorical question: "How are you?" There was no doubt that we could see how she was, but it seemed incumbent upon us to ask it, anyway.

Aunt Dorothy was always quick with her response - especially after long years of pain and suffering; "I feel like hell, thank you. Now let's talk about something else!" There was no self-pity involved; no pleasantries exchanged. She told it like it was, and we accepted it as such. She was one gutsy woman. We always went on to have a very pleasant visit.

Aunt Dorothy believed that the window had been opened. She was alive. She suffered, but she could still swing her legs over the edge of the bed every morning. She was content with her lot in life, although she certainly would have changed it if she could. She had her family, who loved her, and her extended family who came to see her as often as they could. Ah, if only I can have her positive attitude and composure should I ever reach that stage in life.

But I would be the first one to admit that I'm trying really, really hard to stay out of the hallway. ♦

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## When the finish line is near

### Financial tips to help make the most of your final working years before retirement

By Jack R. Kopen

**E**NTERING YOUR 50s and behind in your retirement planning goals? Don't fret. You've still got time to get your financial plan back on track.

There are many steps that older investors can take to better prepare themselves financially for retirement. Here are six tips that may help you make the most of your final working years:

► **Catch up.** If you have access to a 401(k) or other workplace-sponsored plan, make the \$5,500 catch-up contribution that is available to participants aged 50 and older. Note that you are first required to contribute the annual employee maximum, \$17,500 for 2013, before making the catch-up contribution.

► **Fund an IRA.** Investors age 50 and older can contribute \$6,500 annually

(the \$5,500 annual contribution plus an additional catch-up contribution of \$1,000). An investor in his or her 50s who contributes the maximum amounts to both a 401(k) and an IRA could accelerate retirement savings by more than \$25,000 a year.

► **Consider dividends.** If you do not have access to a workplace-sponsored retirement plan, or you already contribute the maximum to your qualified retirement accounts, consider stocks that offer dividend reinvestment. Reinvesting your dividends can help to grow your account balance over time.

► **Make little cuts.** Consider how you can trim expenses while continuing to enjoy life. Some suggestions for quick savings: Eliminate or reduce premium cable channels that you do not watch, memberships that you do not use regularly, and frequent splurges on

dining out or coffee runs. An extra \$100 a month saved today could make a big difference down the road.

► **Review strategies for postponing retirement.** You may be able to learn new skills that could increase your marketability to potential employers. Even a part-time job could reduce your need to deplete retirement assets.

► **Don't give up.** Many pre-retirees falsely believe that there is nothing they can do to build retirement assets, and as a result, do nothing. Remember that you control how much you invest, and in many areas, how much you spend. Make a plan – and stick with it. ♦

*This article was prepared by Standard & Poor's Financial Communications and is not intended to provide specific investment advice or recommendations for any individual.*

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# Sudoku Puzzle #1

				4		9		
		3					5	
		2		8				
6					8			
9	7	4						3
				2			4	
	8	5	2					
					5		1	6
		6					3	

Level: Advanced



# CROSSWORD #1

1	2	3	4			5	6	7	8		9	10	11
12						13						14	
15						16						17	
18						19				20	21		
	22				23					24			
					25					26			
					27		28	29	30				
					31					32			
					33					34			
	35								36		37	38	
39								40					41
42							43				44		45
46						47	48				49		
50						51					52		
53						54					55		

## CLUES ACROSS

- 1. Selects
- 5. A cutting remark
- 9. Teaspoonful (abbr.)
- 12. Having two units or parts
- 13. Quality perceptible to the sense of taste
- 14. Expression of surprise
- 15. Italian Island
- 16. A coarse cloth with a bright print
- 17. Propose a price
- 18. Sedimentary material
- 19. Tree toad genus
- 20. Passed time agreeably
- 22. Custodians
- 24. 3rd largest city in Zambia
- 25. 18th Hebrew letter (var.)
- 26. Coasted on ice
- 27. Libyan dinar
- 28. Displayed exaggerated emotion
- 31. Andalusian Gypsy dances
- 33. Material
- 34. Article
- 35. Ballplayer Ruth
- 36. 5th largest Greek island
- 39. Hand drum of No. India
- 40. A style of preparing food
- 42. Former ruler of Afghanistan
- 43. AKA Cologne
- 44. Not generally occurring
- 46. Auto
- 47. Print errors
- 49. Interspersed among
- 50. Electrocardiogram
- 51. Churns
- 52. Ice hockey feint
- 53. Drive obliquely, as of a nail
- 54. Dried leaves of the hemp plant
- 55. Ardour

## CLUES DOWN

- 1. Lyric poems
- 2. Hungarian sheep dog (var. sp.)
- 3. A pad of writing paper
- 4. Lists of candidates
- 5. Base, basket and foot
- 6. Samoan capital
- 7. Mythological bird
- 8. Urban row houses
- 9. Sensationalist journalism
- 10. Carried on the arm to intercept blows
- 11. Estrildid finch genus
- 13. PA 18840
- 16. S.W. English town & cheese
- 21. Runs disconnected
- 23. Mourners
- 28. Old world, new
- 29. Atomic #25
- 30. Sweet potato wind instrument
- 31. Legend
- 32. 3rd tone of the scale
- 33. Russian jeweler Peter Carl
- 35. Capital of Mali
- 36. Extremist sects
- 37. Violent denunciation
- 38. Tooth covering
- 39. Music term for silence
- 40. Smoldering embers
- 41. Writer Jong
- 43. Actor Kristofferson
- 45. Adam and Eve's 1st home
- 48. Fish eggs

# WORD SEARCH puzzle No. 1

## Word Search - Garden

F B N N E T A R E A R E F I N O C V E D  
 B C R O E T O O R O F G L S E K V C D C  
 A U Z A I T H G N I R E Y A L S L R O A  
 N T A F C T A I D O E N I L A K A G N Y  
 N T C G K T A N M G S O E L C I N A P I  
 U I I M E G I R I U E T Y H P I P E P N  
 A N D C Y T D H O M D N O R F R H C K M  
 L G G G I H A E R P R Q U T M I Z H C C  
 H S Y N U T C V C O A E P A B D M L M O  
 H Y E K I A A D I H S V G T U L N O E M  
 T P D R B D R U L T A E E K L B G R B P  
 A I I R O C A E Q A L R T T B B N O O O  
 L I E S O S R E Z A I U D T M N I P N S  
 D H Y B T P I E H I R N C P E E T H S T  
 R U G R T I O O N D L Q N L A H F Y A T  
 Q C M P U R L N N N A I B E F N A L I M  
 G N I N N I H T I I U E T O I G R L K I  
 N Y O E S G C I S C D R D R G B G O I N  
 E R C A Z S P T O P S O I L E N R U D G  
 T A L F O M U N G A H P S Y E F F K G Z

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

ACID  
 ACRE  
 AERATE  
 ANNUAL  
 AQUATIC  
 BIENNIAL  
 BONSAI  
 BRACT  
 BULB  
 CHLOROPHYL  
 COMPOST  
 CONIFER

CULTIVATE  
 CUTTINGS  
 DEADHEADING  
 EPIPHYTE  
 EROSION  
 EVAPORATION  
 FERTILIZER  
 FROND  
 GERMINATE  
 GRAFTING  
 HARDPAN  
 HERBACEOUS

HYDROPONICS  
 LATH  
 LAYERING  
 NODE  
 PANICLE  
 PISTIL  
 ROOT  
 ROSETTE  
 RUNNER  
 SPHAGNUM  
 THINNING  
 TOPSOIL



# Setting up a home office

## How to create a dedicated work space for a retirement business or just to get organized



**Jeanne Hink** is the owner/founder of Hermitage-based The Right Sort. Since 2002 she has helped retirees and the children of elderly parents deal with the daunting task of downsizing. She also assists businesses and individuals with relocations, room design and organization. Visit her website, [therightsort.com](http://therightsort.com) or call 724-866-9808.

By Jeanne Hink

**J**UST BECAUSE YOU'RE RETIRED doesn't mean you don't need a home office. Many retirees take up such part-time occupations as consulting, teaching, writing. And even those who do not can still benefit from a dedicated space where they pay bills, track finances, store important papers, and handle correspondence – either via computer or the traditional way, with pen and paper.

A home office can help you stay organized, as well as help to open up storage space in that “junk drawer” where many keep those bills and notices that seem to pile up.

► **The first thing to consider is location.**

Pick a spot that gives you enough privacy so that any items you may leave out (more about filing later) will not be viewable by casual visitors.

Select a location that is pleasant – near a window, or a sunny corner of a larger room. But if you use a computer, be sure to choose a spot that shields the screen from glare.

► **Next, furniture.** There are many excellent options for office furniture. If your location is in a room of its own, a modular system probably delivers the most space and functionality for the money. But if your location is in a corner of another room, consider something that will allow you to close doors on your materials and computer when not in use.

Whatever you choose, look for a computer desk that is the correct height and with a keyboard drawer. If your computer is too high, you will experience neck pains from looking up all the time. Also look for a piece of furniture that has file drawers – preferably hanging files. These will offer the most flexibility for your papers. A locking file drawer is really the best if you plan to store valuable records, such as your will, passports, tax records and travel documents.

► **And last, but certainly not least, organization.** You may need six or more hanging files color-coded according to function. In each file you can place paper files. For example, in your tax hanging file – green – you should

have a paper file for each year's tax return. You should ask your accountant how many years of tax returns you need to keep, but every time you add a new return, you should discard the oldest one to prevent “file build-up”.

In addition to tax returns, other hanging files might include bank records, brokerage statements, travel documents, such as itineraries for upcoming trips, airline mileage cards, etc.; medical and Social Security records, and, if you have a business, business records, and invoices. These should be purged into an archive file on an annual basis.

If you have more files than a single desk file drawer can handle, consider investing in a small, fireproof and lockable, three-drawer file cabinet. The same rules as above apply.

No matter what you decide to file and where, the most valuable thing in your file cabinet is your File Index, or “table of contents.” Placed in the very first file folder, it is a list of what is in all your other hanging folders, and contains the location and color codes for each. That way, as you search for something you need, you can simply look at the list and it should direct you to the correct file and folder.

Finally, be sure to tell your attorney or a close family member what is stored in your files in case of an emergency.

If you would like help putting together your home office please ask someone who knows how to do it for help. It can be very stressful if you can't find important documents you need when you need them. ♦

## SENIOR SAFE-DRIVING CLASSES

Older drivers in Pennsylvania can save 5 percent on their automobile insurance, every year for three years, if they take a senior driver-improvement class.

Motorists age 55 and older must attend a two-day seminar to qualify. Once they have completed that seminar, they need only attend a one-day refresher course to renew their insurance discount.

Locally, Seniors for Safe Driving presents the PennDOT-certified highway safety education programs. Tips from more than 100 years of AAA and national driving safety organizations' experience are included. No classroom or road testing is involved. The fee is \$16 per person.

Seniors for Safe Driving now offers its classes online for \$21.95. Visit [www.seniorsforsafedriving.com](http://www.seniorsforsafedriving.com) and watch the 2-minute video for details.

AARP also offers PennDOT-certified senior driving classes in Grove City and Sandy Lake. The fee for those classes is \$12 for AARP members; \$14 for others.

These upcoming classes are planned:

- 9 a.m. to 1 p.m. **May 27**, UPMC Horizon, Greenville
- 5:30 to 9 p.m. **May 27 & 29**, UPMC Horizon, Farrell
- 9 a.m. to 1 p.m. **June 5**, Mercer United Methodist Church
- 9 a.m. to 1 p.m. **June 7**, Diagnostic & Imaging Center, Hermitage
- 5:30 to 9 p.m. **June 17 & 19**, Lakeview Manor, Stoneboro
- 9 a.m. to 1 p.m. **June 18**, Lutheran Village, Jamestown
- 5:30 to 9 p.m. **June 18 & 20**, Lutheran Village, Jamestown
- 1 to 5 p.m. **June 20** UPMC Horizon, Greenville
- 5:30 to 9:30 p.m. **June 24**, Lakeview Manor, Stoneboro
- 5:30 to 9 p.m. **June 25 & 27**, Immaculate Heart of Mary Church, Mercer
- 5:30 to 9:30 p.m. **June 26**, McGonigle Ambulance Service, Hermitage
- 10 a.m. to 2 p.m. **July 3**, Whispering Oaks, Hermitage
- 8 a.m. to noon **July 9**, Immaculate Heart of Mary Church, Mercer
- 1 to 5 p.m. **July 9**, Trinity Living Center, Grove City. ♦

*Unless otherwise indicated, register by phone at 800-559-4880, e-mail: [SFSD-PA.com](mailto:SFSD-PA.com) or visit: [www.seniorsforsafedriving.com](http://www.seniorsforsafedriving.com)*



MAY

**18 – Patches and Posies Quilt Show** presented by Pieciful Pursuits Quilt Guild, 10 a.m. to 4 p.m., Hickory United Methodist Church, 240 N. Hermitage Road, Hermitage. Lunch available. Admission: \$2.

**18** – Deadline for reservations for Sharpville Area Historical Society Aug. 9 bus trip to **The Beach Boys** 50th anniversary concert at Chautauqua (N.Y.) Institution. Cost: \$80. Call: 724-962-2392 or [www.sharpvillehistorical.org](http://www.sharpvillehistorical.org)

**18** – **Walk with a Doc**, 9 a.m., entrance to fitness trail at Buhl Farm park, Hermitage.

**18** – Community Christian Playhouse presents a religious musical comedy, **“Soul Airways 777,”** to benefit All About Children’s Needs, 5 p.m., New Light Christian Education Center, 753 Cedar Ave., Sharon. *Offering will be taken.*

**19** – Shenango Valley Performing

## Send us your calendar items

To submit an event, e-mail it to [lifeandtimes@sharonherald.com](mailto:lifeandtimes@sharonherald.com) or mail the information to Sarah Adams, The Herald, 52 S. Dock St., Sharon. Include a phone number in case we have any questions.

Items for the June 12 issue of Life & Times must be received by May 28.

Arts Council presents **Dancing at the Casino**, 2 to 5 p.m., Buhl Timblin Casino, Buhl Farm park, Hermitage. Music by State Street Jazz. Tickets: \$12, including light lunch; available at Casino. Advance sales only; none sold at door.

**19** – Bus trip to **Rivers Casino**, Pittsburgh, to benefit Buhl Farm park, depart Buhl-Timblin Casino lot at 10 a.m.,

return at 6:30 p.m. Cost: \$30 includes \$20 slot bonus and \$5 food voucher. Reservations: Bud, 724-981-5522 ext. 104.

**25** – Free **community breakfast**, 9 to 11 a.m., Central Christian Church, Hermitage.

**25 & 26** – **Open house at Whispering Oaks**, Hermitage. Meet the managers, enjoy wine and cheese and live entertainment. *RSVP for either day: 724-347-3050.*

**27** – **Memorial Day**. Fly the flag. Thank a veteran. Mercer County senior community centers are closed.

**30** – Bus trip to **Mountaineer Casino**, Newell, W.Va., for ages 50 and older, sponsored by Shenango Valley Senior Community Center. Cost: \$30 with \$25 coin bonus. Call: 724-981-7950.

## JUNE

**1** – **Outdoor yard sale**, Shenango Valley Senior Community Center,

Hermitage.

**2** – **Rumble in the Park car show**, 10 a.m. to 4 p.m., Memorial Park, Grove City. *Free.*

**3 through 15** – 18th annual **Mercer County Senior Games**, various sites.

**3** – Keystone Blind Association’s 18th annual charity **golf scramble**, 11 a.m. Tam O’Shanter, Hermitage. *Info: Maureen, 724-347-5501.*

**5** – **Caregiver Resources** panel of experts, 1 p.m., Diagnostic and Imaging Center, Hermitage. *Register: 724-983-5518.*

**5** – Sam Bellich, director of Mercer County Area Agency on Aging, updates **Shenango Valley AARP** on plans for senior center in Hermitage, 1 p.m., Shenango Valley Senior Community Center, Hermitage.

**15** – 19th annual **Juneteenth Parade**, Farrell.

**15** – **Relay for Life**, Mercer High School.

**16** – Annual **Father’s Day Car Show**, East State Street, Hermitage. ♦

# Senior Games offer events for every fitness ability

By Sarah Adams

If you are age 50 or older and are looking for some competitive, fun recreation, mark your calendar for the 18th annual Mercer County Senior Games.

The games offer a variety of activities from cornhole, horseshoes, ping pong and shuffleboard to traditional sports such as golf, bowling, tennis, weightlifting and track and field events. To be fair, age brackets are set up for those with a competitive streak. That means an 80-year-old won’t be competing against someone 20 years younger.

Each event is offered on a different day and at various locations around Mercer County from June 3 to 15.

For just \$10 you can play all 12 days if you like, although there’s an extra \$10 fee if you want to golf on June 7 – to pay for the greens fees and a shared cart. That nonrefundable \$10 fee also entitles participants to lunch every day.

The events are set up for individuals, except for pickleball, tennis and table tennis, which are for doubles.

If you’re not athletic or you’re not even a senior, you can join the free fun walk on June 8 at the Track & Field event.

Spectators are welcome at all the events, and if they register in advance, they can join the athletes for lunch for a small fee. Registration is necessary to ensure there’s enough food for everyone.

Participants must complete and re-

turn a registration form that includes a liability waiver and their fee by May 31. Forms are available at Mercer County Senior Community Centers in Greenville, Grove City, Hermitage and Sandy Lake and at the Area Agency on Aging office in Mercer. For information, rules and details about the games, call 724-662-6222 or toll-free 800-570-6222, or e-mail: [admin@mercercountyaging.org](mailto:admin@mercercountyaging.org)

The lineup for this year:

► Monday, June 3 – **Horseshoes** at Riverside Park, Alan Avenue, Greenville. Sign in at 9 a.m.; games start at 9:30.

► Tuesday, June 4 – **Shuffleboard** at McQuiston Center by the Park, Sandy Lake. Sign in at 8:30 a.m.; games start at 9.

► Wednesday, June 5 – **Bowling** at Grove City Bowlodrome, 540 E. Main St. Ext. Sign in at 8:30 a.m., games start at 9.

► Thursday, June 6 – **Pickleball for doubles** at Hickory High School tennis courts, 640 N. Hermitage Road, Hermitage. Register at 9 a.m.; matches start at 9:30.

► Friday, June 7 – **Golf** at Pine Hill Golf Course, 273 Leech Road, Sugar Grove Township. Sign in at 7:30 a.m., shotgun start at 8:30.

► Saturday, June 8 – **Track & Field** at West Middlesex High School track, 3591 Sharon Road. Registration and warmup at 7:30 a.m., welcome and announcements at 8:15. Events include: 1500-meter competitive walk; 400-, 800-

and 1500-meter run; 55- and 100-meter dash; standing long jump; long jump; shot put; and a 1-mile fun walk.

► Monday, June 10 – **Table Tennis for doubles** at Shenango Valley Senior Community Center, 220 N. Buhl Farm Drive, Hermitage. Sign in at 12:30 p.m., games start at 1.

► Tuesday, June 11 – **Dartball** (baseball darts) at Grove City Memorial Park, Main Street. Register at 9:30 a.m.; games start at 10:30.

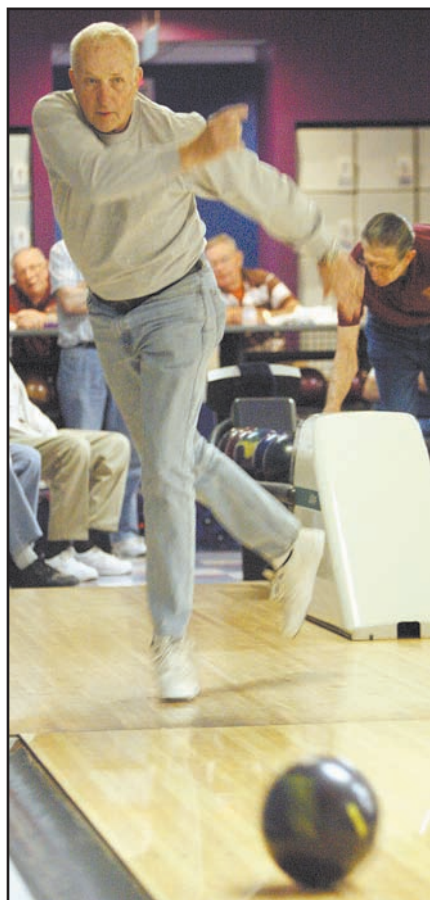
► Wednesday, June 12 – **Tennis for doubles** at Buhl Farm courts off Forker Boulevard in Hermitage. Sign in at 8:30 a.m.; matches start at 9.

► Thursday, June 13 – **Cornhole** at Buhl Community Recreation Center, 28 N. Pine Ave., Sharon. Sign in and warmup at noon; games start at 12:30 p.m.

► Friday, June 14 – **Basketball Shoot** at Hickory High School gymnasium, 640 N. Hermitage Road, Hermitage. Sign in and warmup at 9 a.m., hot shot, foul shooting and 3-point shot start at 10.

► Saturday, June 15 – **Weightlifting** at Buhl Community Recreation Center, 28 N. Pine Ave., Sharon. Registration and weigh-in at 9 a.m., welcome and announcements at 9:20. Events include bench press, squat and dead-lift in three weight classes for men and women.

The games are presented by Mercer County Area Agency on Aging, Prime Time Health and community sponsors. ♦



Jason Kapusta/Life & Times file

**Glenn Zahniser of Greenville bowls during the 2012 senior games at Grove City Bowlodrome.**



# SERVICE AND HONOR

The **Mercer Memorial Day 500** honors the community's brothers, sisters, fathers and mothers who served us proud

Story by **Tom Davidson**



Students march through the heart of Mercer during the 2011 Mercer Memorial Day 500 parade.

Gene Paulson/Life & Times file

**A**L AND **MICHAEL MARZANO** were more than a father and son. Until Michael was killed May 7, 2005, while serving in Iraq, Al Marzano says he and his son were best friends. They were also both Marines, each earning the rank of sergeant.



Sgt. Michael Marzano

In 2007, Sgt. Michael Adam Marzano was honored – posthumously – at the Mercer Memorial Day 500.

This year, it's Al's turn.

"I think it's a real honor," said the elder Marzano, 63.

The Greenville man served from 1968 to 1972 in the Marines and pulled a tour in Vietnam that he admits was pretty rough.

He doesn't like to talk about the bad times there, but remembers fights with the North Vietnamese that lasted through the night and dragging bodies of those killed through rice paddies.

"There were a couple of them like that, and that was bad," he said. "I don't even know half the places" where he and his comrades fought.

Between Jan. 6 and Sept. 14, 1969, he served

as a rifleman in Da Nang, Go Noi Island and in Operation Allen Brook in Vietnam.

While in combat on June 27, 1969, at Go Noi Island, he came under direct attack by a rocket-propelled grenade and suffered severe shrapnel wounds. For that, Marzano received the Purple Heart.

Marzano also received two Good Conduct Medals, National Defense Service Medal, Combat Action Ribbons, Vietnam Campaign Medal, Vietnam Cross of Gallantry Medal with Palms and the Vietnam Service Medal. He was honorably discharged July 3, 1972.

Marzano said he was touched by being selected as one of the honorees of the "500," which is scheduled for May 27 this year. Six living and four posthumous veterans will be honored.

Al has a brother, Joseph Marzano of Florida,



★ **Sgt. Albert Z. Marzano** ★  
Marine Corps – Vietnam



**Al Marzano during a tour of duty in Vietnam, right, and, at left, receiving his Purple Heart in 1969 while lying in a military hospital.**

Contributed



and two sisters, Pat Sorber of Texas and Sally Homer of Greenville.

Marzano is joined by Army Command Sgt. Maj. Phillip J. Stanton and Lt. Col. James Joseph Smartz as the Vietnam veterans being honored this year.

The other honorees include Korean War Army veterans Command Sgt. Maj. Pedro Celleja and Pfc. John T. Pariza and Army Sgt. Monica A. Thompson Rose, who served in Iraq.

Also being honored during this year's ceremonies are four deceased veterans: Sgt. George Aspromatis, who both served in World War II; and Marine Sgt. David W. Wallace III, who was killed Jan. 27, 2009, in Afghanistan.

Continued on page 14



Continued from page 13

★ **Command Sgt. Maj.  
Phillip J. Stanton** ★  
Navy and Army – Vietnam

**C**OMMAND SGT. MAJ. PHILIP J. STANTON received the Army's Silver Star for heroism in South Vietnam for "exceptional valorous actions" taken on Nov. 11, 1968, while serving as officer-in-charge of the An Khe Tank Farm.

Capt. Richard L. Milliron presented the Silver Star to him, citing that Stanton led his men across the tank farm, while under heavy enemy attack, to close outlet valves on fuel-storage tanks as a 10,000-barrel tank exploded.

Stanton further risked his life as he raced through heavy flames to reach a truck loaded with aviation fuel and bring it to safety.

All of those actions undoubtedly saved the lives of many other men and prevented the destruction of much-needed equipment and fuel.

Stanton entered the Navy in 1948 and served aboard the aircraft carrier USS Leyte as an electrician's mate.

He served with the Seabees from 1953 to 1961, obtaining the rank of 1st class Petty Officer.

Stanton joined the Army Reserves in 1961 as a staff sergeant, going to Viet-

nam in 1968 where, at the time, he was the "only volunteer" Army Reservist to receive the Silver Star for service in the Indo-China War.

Stanton also was awarded the Bronze Star with the "V" device and two bronze Oak Leaf Clusters for bravery in action in Vietnam, where he served with the 647th Quartermaster Corps, Petroleum Operation, in An Khe.

He was additionally awarded the Purple Heart for injuries he suffered in that action.

A West Middlesex resident, Stanton is married to Julia. He has two daughters, Shirley Denamen and Phyllis Mammarelli, and a son, Philip J. Stanton, Jr.

★ **Lt. Col. Joseph  
James Smartz** ★  
Marine Corps, Vietnam

**L**T. COL. JOSEPH JAMES "JIM" SMARTZ served 22½ years in the Marine Corps but has dedicated the past 56 years to the service of his country and to U.S. veterans.

Smartz entered the Marine Corps May 15, 1957.

He served at bases in Okinawa, Japan, California, Hawaii, Virginia and Vietnam.

His career included two tours of

duty in Vietnam at the Chu Lai Airfield and sea duty along the coast of Vietnam.

He was the Marine Corps representative to the Center For Naval Analysis during the development of the Landing Craft Air Cushion.

He also served a tour of sea duty, being homeported in San Diego, and attended the Armed Services War College in Norfolk, Va.

Since retiring from the Marine Corps, he and his wife, Nancy, have lived in Sharpshville, where he was born and raised.

In 1983 he was appointed Mercer County Director of Veterans Affairs, a post he held for 18½ years, making him the longest-serving director of veterans affairs in the history of Mercer County.

While serving as VA director, he became the first Mercer County resident to receive the Commonwealth of Pennsylvania Commendation Medal for his statewide service.

Smartz is the person responsible for writing the computer program that tracks all veterans buried in Mercer County cemeteries and provides information to the veterans' organizations for the number of flags and holders they need each year for Memorial Day.

His program was adopted by the

state and has since been used as a model for all 67 counties.

During his term as director, he was instrumental in bringing the VA Medical Clinic to Mercer County two days a week. This later evolved into a full clinic open five days a week with full-time physicians and support staff. Smartz was the first certified volunteer at the clinic and was later appointed its director of volunteer services. (The clinic now bears the name of 2007 honoree Sgt. Michael Marzano.)

Smartz retired from Mercer County government in June 2002.

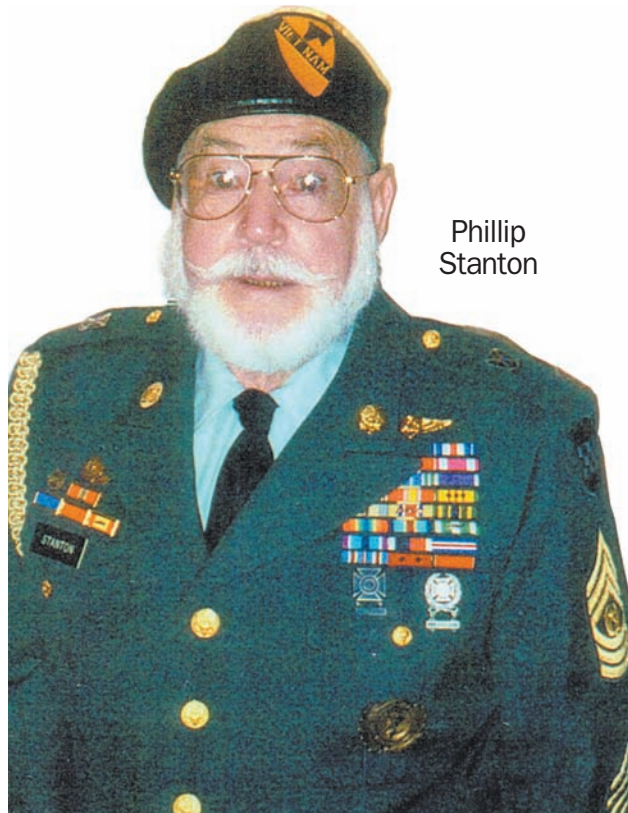
He was also an accomplished athlete and was inducted into the Mercer County Sports Hall of Fame in 1998.

★ **Command Sgt. Maj.  
Pedro Calleja** ★  
Army – Korean War

**C**OMMAND SGT. MAJ. PEDRO CALLEJA was inducted into the Army on July 24, 1952, and sent to 16 weeks of basic infantry training and six weeks of leadership school at Fort Riley, Kan.

In February 1953, Calleja arrived in Korea and was assigned to Company B, 17th Infantry Regiment, of the 7th Infantry Division.

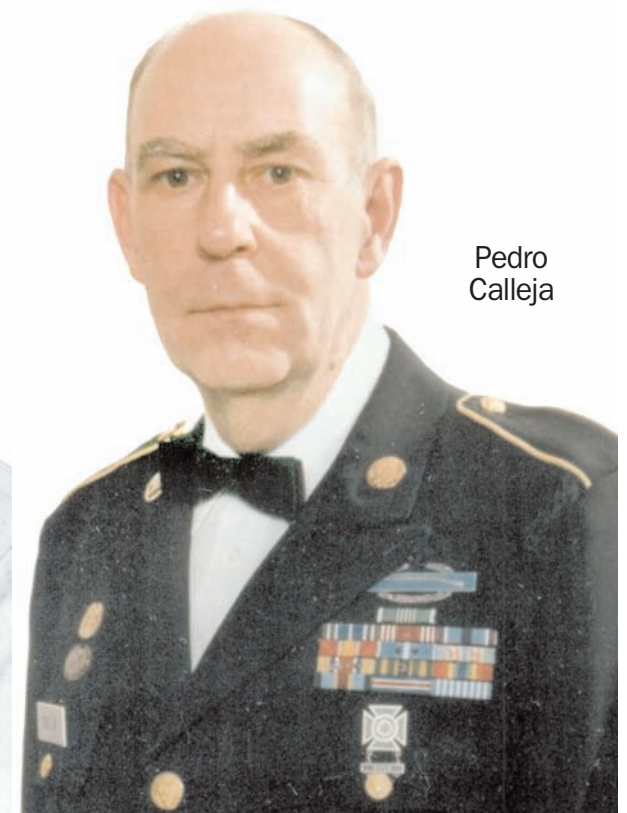
In May he was attached to Company C of the Colombian Infantry, from Columbia, South America, and served in



Phillip  
Stanton



Jim  
Smartz



Pedro  
Calleja



the infamous Battle of Pork Chop Hill.

The Battle of Pork Chop Hill consisted of several related battles during the spring and summer of 1953 that involved American, Communist Chinese, Korean and United Nations soldiers.

For duty in Korea, Calleja was awarded the Combat Infantry Badge, Korean Service Medal with two Bronze Stars, United Nations Service Medal, National Defense Service Medal, Good Conduct Medal and the Columbian Combat Infantry Badge.

After returning to Mercer County, Calleja served 33 years in the Army Reserves at the Pendel-Caminiti Reserve Center in Farrell, where his positions included squad leader, platoon sergeant, training non-commissioned officer, and first sergeant of the 858th Quartermaster Company.

He finished his career as command sergeant major of the 402nd Quartermaster Battalion, retiring in 1987.

Calleja and his wife, Margaret, have been married for 59 years. "We are a proud Army family," Calleja said.

The couple's daughter Catherine Tinglum is a retired Army captain whose husband, Hillis, is a retired lieutenant colonel from the Wisconsin National Guard. Daughter Lori Rendick, wife of Gary, is a retired Army master sergeant. Son Gary, husband of Renee, is a retired Army Reserve captain.

Their oldest son, Raymond, an Army sergeant, was killed in an accident at Fort Hood, Texas, in 1978.

The Callejas have nine grandchildren and three great-grandchildren.

### ★ Pfc. John T. Pariza ★

Army – Korean War

JOHN PARIZA WAS BORN in East Liverpool, Ohio, in 1932. At age 2 he went with his family to visit relatives in Romania and was unable to leave when World War II started.

As U.S. citizens, the family was finally able to return to America in 1946.

John started his military career at age 16 with the Ohio National Guard 37th Division, then joined the regular Army, where he served in Korea from 1950 to 1951 with the 5th Regimental Combat Team.

In November 1950 and again in March 1951 he was wounded in the line of duty in Korea. He spent weeks



David E. Dale/Life & Times file

**The Victory Belles from the World War II Museum in New Orleans entertain on the courthouse grounds during last year's event.**

in the hospital for treatment of the battle wounds plus malaria and frostbite.

Pariza was then returned to Camp Polk in Louisiana, and honorably discharged in August 1953.

He was awarded two Purple Hearts, Combat Infantry Badge, U.S. Presidential Unit Citation, Korean Service Medal with four Bronze Stars and Good Conduct, United Nations Korean Service, ROK War Service, Korean Defense and Combat Service medals.

Pariza is a member and past commander of Korean War Veterans Post 137, past commander and member of Mercer County War Memorial group, a member of the United Veterans Council, American Legion Post 301, and a life member of the Disabled American Veterans and Purple Heart 5th RCT Association.

Since his retirement in 1994, Pariza helped found the Korean War Veterans Memorial in Shenango Township and

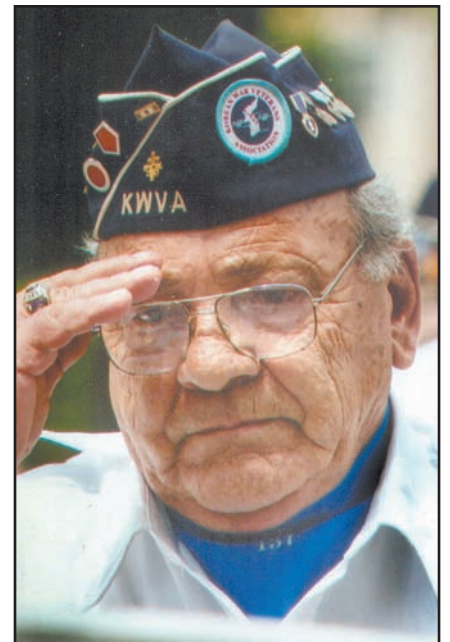
helped establish the Korean War Veterans' Memorial in Austintown, Ohio.

He worked with Ohio lawmakers to rename Interstate 680 "The Korean War Veterans' Memorial Highway." He was also instrumental in having state Route 318 in West Middlesex renamed the "Korean War Veterans' Highway."

He is active in visiting schools in the tri-county area to speak with students about veterans, the armed forces and the Korean War through the "Tell-America" program.

In 1954 Pariza married Shirley Gibbs who died in 2001. During their 48 years together, they raised three daughters, Janice, Teri Lyn and Jill. He has two grandchildren and two great-grandchildren.

In 2009 he married Beverly Poidmore. They live in Boardman, Ohio.



John Pariza

*Continued on page 16*





Continued from page 15

★ **Sgt. Monica  
Thompson Rose** ★  
Army – El Salvador,  
Kuwait and Iraq

AS A RESULT OF THE TERRORIST ATTACKS of Sept. 11, 2001, Sgt. Monica Rose was activated in 2001 for “Operation Noble Eagle” and provided homeland security in Pocono Army Depot, Tobyhanna, Pa.



Monica Thompson Rose

She also provided security as a military police officer in El Salvador to military VIP, walking ahead of their patrol to ensure no land mines were in their path of convoy.

Rose was activated in 2003 to Operation Iraqi Freedom, serving as a gunner with the U.S. Army Reserve Military Police based in Balad, Iraq. Her duties included providing security to relay towers, troop convoys, guard towers, ammo depots and weapons vehicles under mortar attack and detection of improvised explosive devices.

Those were but a few of the duties Rose performed daily to protect the troops, officers and visiting dignitaries.

After serving eight years as an MP, Rose returned to Mercer County and was hired as a patrol officer with the Southwest Mercer County Regional Police Department and as a school resource officer at Farrell Area School District.

Rose is a graduate of Brookfield High School and Mercyhurst Municipal Police Officers Academy. She lives in West Middlesex with her son, Gavin, 8. Her parents are Ronald and Marri- anne Maurice of Sharon, and she has a sister, Dr. Michelle Thompson.

★ **Sgt. George Aspromatis** ★  
Army – Korea  
(deceased)

GEORGE ASPROMATIS ENLISTED in the Army on Jan. 6, 1949, as an 18-year-old ready to serve his country during the Korean War.

In 1950 he was sent to Korea as a forward observer and was never far from the front line, danger or death.

He was in “B” Battery, Ace Field Artillery Battalion – 25th Infantry Division when he landed at Pusan, Korea.

On the night of April 26, 1951, near Sang-Ni, Korea, then-Cpl. Aspromatis infiltrated enemy lines under cover of darkness, as was the mission of a forward observer.

As he traveled back to his unit, the unit was attacked by a much-larger hostile force. He moved forward to try to contact the unit at a pre-designated area. Hearing voices in the distance, he called out to his comrades, only to be answered by volleys of enemy rifle fire.

Although armed only with a pistol, he quickly silenced the enemy before rejoining his men and leading them to the company assembly area.

On Aug. 25, 1951, he was awarded the Bronze Star Medal with “V” device for heroic achievement, the Korean Service Medal with five Stars, and

ROK Presidential Unit Citation, among several other awards over the time he served.

On July 18, 1951, Sgt. Aspromatis was awarded the Purple Heart for wounds he suffered while serving in Korea.

Aspromatis came home from the war but was haunted by the memories of the “Forgotten War” until his passing on June 29, 2012, at age 80.

Aspromatis was a board member of the Korea War Memorial of Mercer County and a member of the Veterans of Foreign Wars Shenango Valley Post 1338, Sharon.

He and his wife, Irene, whom he married Jan. 25, 1953, raised two daughters, Dahline and Irene.

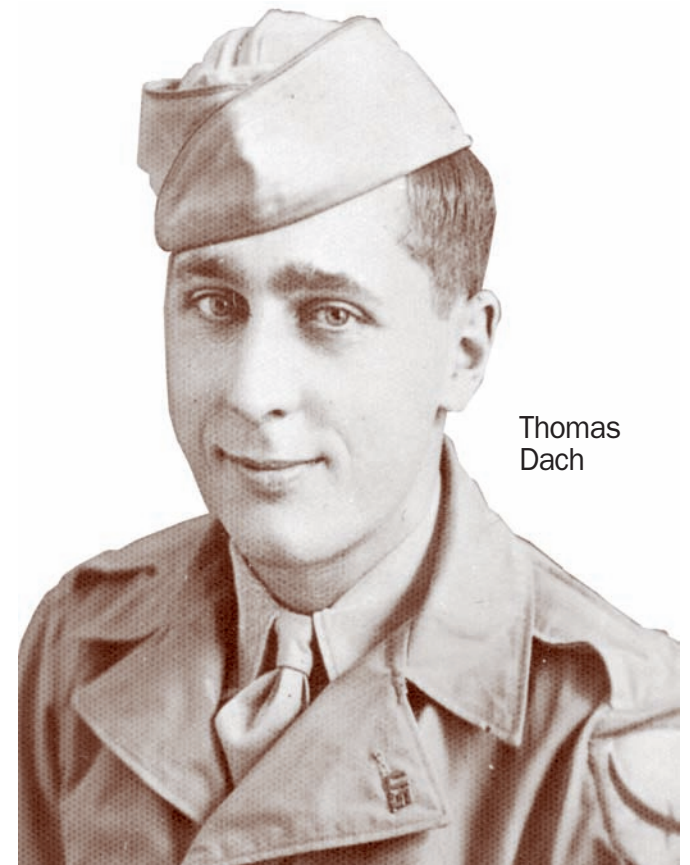
★ **Cpl. Thomas James Dach** ★  
Army – World War II  
(deceased)

THOMAS DACH JOINED THE ARMY in 1942 as a young man of 21. After training at Camp Gruber in Tulsa, Okla., he shipped out of Seattle.

The Pacific was heavily traveled by Japanese submarines and the trip across the ocean was tense. Diversions of the Japanese submarine fleets took the ship from Seattle to Australia, New Zealand and finally to what was then



George  
Aspromatis



Thomas  
Dach



## Mercer Memorial Day 500

*What you need to know about the 2013 Mercer Memorial Day 500, a parade and day of events saluting veterans and patriotism*

- ▶ **WHEN:** 8 a.m. to 12:30 p.m. May 27 in and around Courthouse Square in Mercer.
- ▶ **INFO:**  
www.mercermemorialday500.org  
724-977-4684; email:  
srmmpc6@gmail.com
- ▶ **2013 HONOREES:**  
Marine Lt. Col. Joseph James Smartz (Vietnam), Army Command Sgt. Maj. Pedro Calleja (Korea), Marine Sgt. Albert B. Marzano (Vietnam), Army Command Sgt. Maj. Phillip J. Stanton (Vietnam), Army Pfc. John T. Pariza (Korea), Army Sgt. Monica A. Thompson Rose (Iraq)
- ▶ **2013 POSTHUMOUS HONOREES:** Army Sgt. George Aspromatis (Korea), Army Cpl. Thomas J. Dach (World War II), Navy Seaman Wilbur E. Rhodes (World War II), Marine Sgt. David W. Wallace III (Afghanistan)
- ▶ **MAIN EVENTS:**  
**8:30 a.m.** – 5K Race Through the Flags (Register at 8 a.m. at the



Mercer Post Office)

- 9 a.m.** – Opening ceremony; race winners; honoree introductions. (Courthouse Bandstand)
- 9 to 11 a.m.** – Military expo (north side of courthouse)
- 9:30 to noon** – Concessions
- 10 to 11 a.m.** – Brett Allen Morgan, showcase entertainer. (Courthouse Bandstand)
- 11 a.m.** – Memorial Parade (Pitt Street from Venango to South streets)
- Noon** – Memorial Salute (Three blocks south of courthouse at end of parade route.)

Persia. For the next two years Dach helped supply U.S. forces in and around Russia who were fighting the Germans.

Dach's next assignment took him to Marseilles, France, where during engagement by enemy infantry forces his head hit a concrete wall. He was hospitalized for two months.

Upon release, he was assigned to construction work where he was hit by a bulldozer, seriously injuring his leg. Doctors were able to repair the damage and avoid amputation.

When he recovered, Dach was sent to England, then to Fort Dix, N.J., where he was discharged from active duty in December 1945.

Both of his wives are deceased. Rosemary died in 1981 and his second wife, Mary, passed away in 2001.

Dach passed away Feb. 9, 2000, leaving his children Diane, Bill, Peggy, Jack and Michael; two grandchildren; and a great-grandchild.



★ **Seaman Wilbur E. "Dusty" Rhodes** ★  
Navy – World War II  
(deceased)

ON FEB. 28, 1942, the USS Jacob Jones, with 125 officers and crewmen, was torpedoed by a German U-578 submarine.

Mercer native Wilbur "Dusty" Rhodes was one of the 114 who perished.

Rhodes enlisted in the Navy in 1939 at age 22. During World War II he served as a gun pointer, seaman first class, aboard the USS Jacob Jones DD 130, a destroyer stationed in the Atlantic Ocean.

In 1941 the convoy escort was assigned to anti-submarine patrols of the East Coast of the United States.

On Feb. 28, 1942, while patrolling 26 miles off Cape May, N.J., the Jacob Jones took two direct torpedo hits.

Many of the crew died instantly. Rhodes stepped up to the plate and took command of the chaotic scene, restoring order on the ship as it was sinking.

Adolph Storm of Stafford, Conn., eulogized Rhodes, saying, "He brought order on the boat and stood by giving directions. The last I saw of him, he was still standing there on the deck telling others to man the life boats or jump overboard ... I heard an explosion and saw a sheet of flame ... I went overboard as the ship went down with Dusty shouting orders."

Rhodes was born in 1916 to Wilbur E. and Mae Williams Rhodes and grew up in Mercer with his brothers Ernest and James and a sister, Frances. He was a wrestling and football star at Mercer High.

For years, the Wilbur Rhodes Veterans of Foreign Wars Post in Mercer awarded a trophy to a young athlete in his memory.

*continued on page 18*

Wilbur  
"Dusty"  
Rhodes

## The roll of past honorees

These veterans have been honored by the Mercer Memorial Day 500 since its inception in 2004:

### 2012

Bill Buchanan  
Mike Gagich  
Tom Stanton  
Gus Kefurt (posthumous)

### 2011

Don Bee  
Michael Gioski  
Anthony DeNoi  
James A. Stranahan III  
(posthumous)

### 2010

Don Eichelberger  
Clair Houston  
Gordon Zimmerman  
Tom Gabig (posthumous)

### 2009

Maurice Garrett  
Rodger Klenovich  
Eric Knauf  
Jim Stokely

### 2008

John Blank  
Richard Craig  
Ralph Hudspeth  
James A. Bailey

### 2007

John Getway  
Kenneth Heider  
Edward Hoagland

### 2006

Robert Fike  
William D. Gregg  
Samuel McCurdy

### 2005

Jack Miles  
Paul Greany  
Rich Wilds

### 2004

Reeves Langdon  
Paul Rice  
Joe Ivers





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**LT & COVER STORY**

*Continued from page 17*

★ **Sgt. David W. Wallace III** ★  
Marine Corps – Afghanistan  
(deceased)

**S**GT. DAVID W. WALLACE III, who was known as “Walleeye,” enlisted in the Marine Corps on Sept. 23, 2002, and served faithfully until he was killed in action Jan. 27, 2009, in the Now Zad District, Afghanistan.

From September 2004 to April 2005, Wallace was deployed to Iraq, based at Abu Grahیب.

He showed his propensity toward heroic acts during a riot at the prison when he pushed a fellow Marine to safety, risking himself.

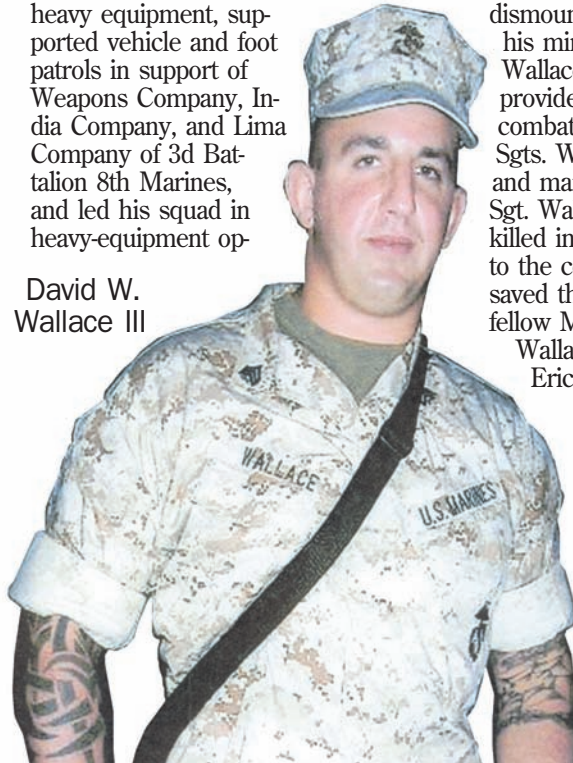
Wallace deployed with a Marine Expeditionary Unit from April to September 2007.

In November 2008, he again deployed to Afghanistan as a combat engineer from 2nd platoon, Alpha Company, 2nd Combat Engineer Battalion and was attached to 3rd Battalion, 8th Marine Regiment for a combat deployment to Afghanistan.

During Operation Gateway II, Wallace conducted dismounted operations

in Farah Province and in the town of Now Zad, Helmand Province. As a part of that deployment, he ensured the readiness of the platoon’s heavy equipment, supported vehicle and foot patrols in support of Weapons Company, India Company, and Lima Company of 3d Battalion 8th Marines, and led his squad in heavy-equipment op-

David W. Wallace III



erations, maintenance, generator and electrical support.

A citation awarded with the Bronze Star states, “... On January 27, during a dismounted patrol in Now Zad District, his mine detector malfunctioned. Sgt. Wallace chose to stay in front and provide security and assistance to combat engineer Trevor Johnson. Sgts. Wallace and Johnson had located and marked 5 IEDs. On the 6th IED, Sgt. Wallace and Sgt. Johnson were killed instantly when it detonated. Due to the courageous actions, Sgt. Wallace saved the lives of literally dozens of his fellow Marines that day ...”

Wallace is survived by his wife, Erica; stepson, Landon; daughter, Brooklyn of Jacksonville, N.C.; his mother, Carol Wallace McKay of Sharpville; his brother, Navy Lead Petty Officer Steven Wallace, Groton, Conn.; and his grandparents Jack and Ann Sandstrom, Hermitage. ♦

*Compiled from information submitted by Mercer Memorial Day 500 volunteer Sheila Gregg.*

## Dittriches take command for 10th anniversary

This year marks the 10th anniversary of the Mercer Memorial Day 500, a celebration that was started by Mercerites Mark and Linda Brown in 2003.

The initial aim was to line Pitt Street with 500 flags in honor of the holiday, but since 2004 the event has turned into a way to celebrate and honor the veterans from Mercer County who’ve served in our nation’s wars.

The Browns retired after last year’s 500, which this year is headed by Ed and Sharon Dittrich of Jackson Center.

The Dittriches are being assisted by a host of volunteers who aim to continue the tradition as the 500 has grown to become the county’s largest Memorial Day commemoration.

“They’re huge shoes to fill, but we’ll do our best,” Mrs. Dittrich said last fall, when she and her husband came forward to lead the event. “Hopefully, we can rise to the challenge.”

“It’s just a wonderful event in our minds,” she said. ♦

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# Caring for the caregiver

Caregiving can be a challenging, stressful job that leads to its own need for support, assistance and rest

By Michele Dubel



**Michele Dubel** is certified as an Arthritis Foundation exercise and self-help trainer. She is an author and works as the relationship manager for Home Instead Senior Care, a licensed home-care agency that provides companionship, home helper and personal care services to seniors in Lawrence and Mercer counties. For more information, call 724-535-6101 or visit [www.homeinstead.com](http://www.homeinstead.com)

**B**EING A CAREGIVER is challenging because often many personal sacrifices are made in order to provide the best care possible.

We strive for their ultimate wellness, yet there comes a moment when we feel fatigued, weary, overwhelmed. We ask the question, "What to do next?" There are moments when we feel like we are going to explode or feel all alone.

These are some helpful strategies in caring for the caregiver:

**► The Five Most Important Words.**

"Please" is a sign of respect. "Thanks" reminds us to be appreciated. "Sorry" identifies that we all make mistakes. "No" identifies our personal limits and the need to take a break. "Help" is a reminder that all of us need to ask for help; that we cannot do it alone as we were given two hands – one to give and one to receive.

These words, particularly "no" and "help," can be difficult to apply. It is rejuvenating to take some time away from the primary role of being a caregiver. A licensed, bonded home-care agency is a great tool in providing assistance, companionship, and personal care to your loved one for periods of time that are three hours or longer. Overnight and 24/7 care is available.

When choosing an outside agency, always make sure that the caregivers have gone through background checks, drug testing, and training. Ask questions and check out their reputation.

**► Allocate blocks of time into 15-minute segments.** Often, time is short and we can feel pressured. What can 15 minutes do? It builds perspective, reduces stress, gives time for self, and prioritizes tasks.

Exercise, take a short walk, sit outside, work in the garden, or sit still and relax. It is restorative as you can journal, writing down your thoughts, emotions, dreams, and goals; restful, allowing you to read a book; practice relaxation exercises such as simply breathing in through the nose and out through the mouth, visualizing yourself as a bird soaring in the sky, leaving all of your tensions behind. It is a great time to listen to music, to pray, or to en-

Part of caring for ourselves and caring for others is to recognize that we are not alone and that we all need someone that we can talk honestly with.

spective on things while reducing personal stress.

**► Support is another important tool.**

Often as caregivers, we place this bright smile upon our faces because we don't want anyone else to know that it is hard or more than we can handle. Part of caring for ourselves and caring for others is to recognize that we are not alone and that we all need someone that we can talk honestly with. People are supportive and kind, often offering empathy and compassion.

It is also important to use the available resources and ask questions. Remember, you are valuable and a true treasure.

Visit these websites for additional tips and information:  
[www.caregiverstress.com](http://www.caregiverstress.com)  
[www.socialworkleadership.org](http://www.socialworkleadership.org)

joy a cup of tea.

Fifteen minutes helps to place a task into perspective. Most chores, like dishes or laundry, only take about 15 minutes. Once the chore is completed, give yourself permission to take a rest.

**► Breaking down a task into smaller parts helps to make it less overwhelming.** It helps to put a new per-

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**SUDOKU PUZZLE 1**

1	6	7	5	4	3	9	2	8
8	9	3	7	6	2	1	5	4
4	5	2	1	8	9	3	6	7
6	2	1	4	3	8	7	9	5
9	7	4	6	5	1	2	8	3
5	3	8	9	2	7	6	4	1
3	8	5	2	1	6	4	7	9
2	4	9	3	7	5	8	1	6
7	1	6	8	9	4	5	3	2

**CROSSWORD PUZZLE 1**

A crossword puzzle grid with some letters filled in, such as 'OPTS', 'SILTL', 'KILTS', 'FABR', 'TABLE', 'CARR', 'EKG', 'TOS', 'SAP', 'CALI', 'HESLA', 'ADFE', 'LADE', 'HPLA', 'AMEN', 'COTOS', 'FABRIC', 'CREAN', 'TAMBLA', 'COLN', 'KUISI', 'NERE', 'RATRA', 'ROILS', 'SESS', 'BARB', 'PORO', 'LALAN', 'XINAN', 'PHEM', 'WIDLE', 'DOLO', 'SLEID', 'EMOTTED', 'RARE', 'RARE', 'AMID', 'DEKE', 'ELAN'.

**WORD SEARCH PUZZLE 1**

A word search puzzle grid with words hidden in various directions. Some visible words include: ANNOUNCING, ENLIGHTENING, CARRIAGE, CONFESSION, REFORMATION, BLESSING, STRENGTH, GARDEN, JOURNAL, MINDFULNESS, TRANQUILITY, WELLNESS, SPIRITUALITY, COMPASSION, PATIENCE, KINDNESS, HUMILITY, GRATEFULNESS, OPTIMISM, POSITIVITY, HOPE, FAITH, LOVE, GRIEF, LOSS, HEALING, SUPPORT, RESILIENCE, COURAGE, PERSEVERANCE, DETERMINATION, RESPECT, GRATITUDE, MINDFULNESS, TRANQUILITY, WELLNESS, SPIRITUALITY, COMPASSION, PATIENCE, KINDNESS, HUMILITY, GRATEFULNESS, OPTIMISM, POSITIVITY, HOPE, FAITH, LOVE, GRIEF, LOSS, HEALING, SUPPORT, RESILIENCE, COURAGE, PERSEVERANCE, DETERMINATION, RESPECT, GRATITUDE.



# Advance directives for mental health

## Little-known Pa. option lets people document their care preferences in advance of a mental-health crisis

By Carolyn Hartle



**Carolyn E. Hartle**, an elder law and estate planning lawyer, is a member of the Pennsylvania Bar Association's Elder Law Section, the Pennsylvania Academy of Elder Law Attorneys, and the National Academy of Elder Law Attorneys. Elder law includes Medicaid planning, nursing-home issues, and other issues concerning the elder population. Hartle Elder Law Practice LLC is at 1621 Dutch Lane, Unit 102, Hermitage.

ACCORDING TO THE National Institute of Mental Health, an estimated one in four adult Americans suffers from a diagnosable mental disorder and many people suffer from more than one. As a result of the number of Americans who suffer from such disorders, mental health advocates adopted the concept behind the advance directive for health care and applied it to the issues faced by individuals with mental health disorders so that they would have greater autonomy and control over their lives.

Pennsylvania is only one of 25 states that have enacted mental health advance directives. On Jan. 29, 2005, Pennsylvania passed legislation allowing its residents to create a mental health advance directive, which is a declaration, a mental health power of attorney, or a combination of both. As a result of this law, a capacitated person may now control his own mental health care directly by creating written instructions in advance of a crisis. A mental health advance directive enables an individual, who may have mental health concerns, to specify his decisions with respect to mental health treatment, medications and placements.

According to Pennsylvania law, a mental health declaration contains written instructions to doctors, hospitals, and other mental health care providers concerning the individual's treatment in the event he becomes unable to make decisions or to communicate his wishes.

Unfortunately, a declaration usually addresses specific situations and does not provide much flexibility for changes that arise after the document is written. A mental health power of attorney allows an individual to designate an agent to make treatment decisions in the event of a mental health crisis. The mental health power of attorney provides the flexibility necessary to deal with a situation as it occurs rather than attempting to predict and anticipate every possible situation in advance.

A mental health advance directive is usually a combination of the mental health declaration and a mental health power of attorney. The mental health advance directive is a legal document

The mental health advance directive provides more flexibility in dealing with future situations, such as new treatments, new medications, and new providers.

by which a capacitated person can make decisions regarding mental health treatment and it also provides for an agent, who has the authority to make decisions on behalf of the incapacitated adult.

The mental health advance directive provides more flexibility in dealing with future situations, such as new treatments, new medications, and new providers that may not have been in existence at the execution of the document.

To be valid, a mental health advance directive must meet these requirements:

- ▶ The individual executing the document must be at least 18 years of age;
- ▶ The individual executing the document must not have been declared incapacitated by a court and a guardian appointed or cannot be under an involuntary commitment;
- ▶ The document must be signed, witnessed, and dated;
- ▶ The document, at a minimum, must contain choices concerning the

beginning, continuation, or refusal of mental health treatment; and

▶ If the individual is creating a mental health advance directive or a mental health power of attorney, then he must name an agent, thereby authorizing the agent to make mental health decisions.


The mental health advance directive becomes operative when it is given to the attending physician and when a psychiatrist and another mental health treatment professional say that the individual lacks the capacity to make mental health treatment decisions.

An important aspect of the mental health advance directive to be aware of is that it is only valid for two years from the date the document is signed, unless one of these happens first:

- ▶ The entire document is revoked.
- ▶ A new mental health advance directive is created.

However, if an individual lacks the capacity to make treatment decisions at the time the mental health advance directive will end, then the document will stay in place until the individual is able to make treatment decisions.

The best way to control your future is by properly documenting your wishes and intentions now. By taking the time to plan now, you can have peace of mind knowing that your wishes for your mental health treatment will be followed. An attorney well versed in the intricacies of estate planning can help you create a mental health advance directive to address your concerns. ♦



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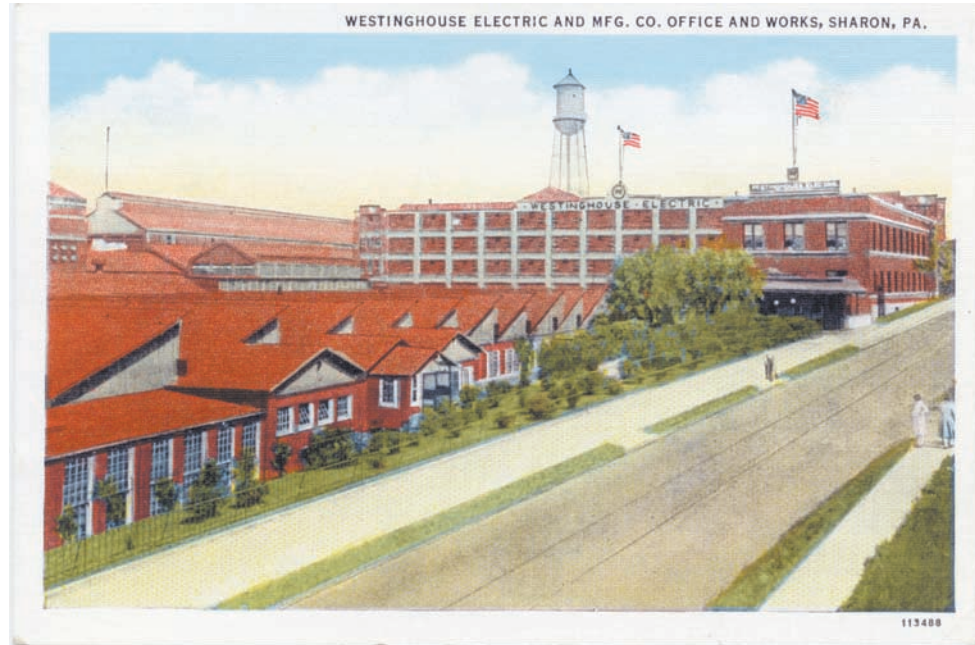





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&  
AND THEN**



**John Zavinski** of Hermitage is a deltiologist – a collector of postcards – and local-history buff. He is director of graphics and technology for *The Herald* newspaper and design director for *Life & Times* magazine. Contact him at [jzavinski@sharonherald.com](mailto:jzavinski@sharonherald.com) or 724-981-6100 ext. 235.



A postcard published in 1927 shows the Westinghouse Electric Corp. plant, which eventually stretched nearly a mile along Sharpsville Avenue in Sharon and had 1.3 million square feet of floor space.

Below, the view today, just north of Meek Street. The familiar Circle W logo below the left flagpole is still there, but the foreground buildings were replaced by a building that now houses Sharon Coating LLC.

## Generations once worked 'down at the Westinghouse'

By John Zavinski

**I**F YOU'VE LIVED in the Shenango Valley for any length of time, you probably know someone who once worked as a coil winder "down at the Westinghouse."

It was a low-level position in the manufacturing of electrical transformers, something that was done at Westinghouse Electric Corp.'s mile-long plant in Sharon for more than six decades.

But it wasn't the only thing made there. The list includes automobiles; naval guns, shells and torpedoes; and, in recent years, pipe and tube as Sawhill and Wheatland Tube and coated steel as Winner Steel and as Sharon Coating.

It became a transformer plant through a fluke akin to Westinghouse winning it in a poker game.

The front page of *The Herald* from

Oct. 26, 1922, reports that Westinghouse reluctantly took the plant to settle a debt with the Savage Corp., which had bought a Westinghouse property in Massachusetts months earlier for \$1.5 million. Westinghouse said at the time it had no particular plans for the plant.

Peggy Ruggles of Hermitage – a Westinghouse employee from 1951-83 – wrote a history of the plant in 2006. The

Atlantic Iron Works first used the site in 1867. In 1881 it became P.L. Kimberly and Co.

Shortly after the turn of the century, John Stevenson turned it into the Driggs Seabury Ordnance Corp. Savage Arms Corp. bought the plant in 1918 and made guns during World War I. After the war, the focus changed to making Vulcan small trucks and Twombly automobiles, a little two-seater that never caught on.

Westinghouse experimented with transformer production there in 1923, hiring 10 women to wind coils. By December 1923, there were 670 employees, then 2,200 by the end of 1924.

During World War II, Westinghouse turned to producing war materiel, including more than 10,000 wakeless electric torpedoes. Many a Rosie the Riveter filled in on the assembly lines while many male workers were off at war.

The Sharon work force peaked at 9,975 in 1956, according to Mrs. Ruggles' history. That was also the year a bitter, 156-day strike ended. As recently as a few years ago I heard tales of local people who still wouldn't speak to others because of things people did during the strike decades earlier.

Some speculate the labor unrest led Westinghouse to transfer various aspects of production to other plants during the ensuing decades, but no one ever confirmed it.

On July 16, 1984, Westinghouse an-

nounced it was suspending all Sharon operations for six months because of a poor sales market. On Jan. 31, 1985, it announced the closing of the plant. About 500 of the 600 remaining employees were eligible for retirement.

The generations who worked there left their impact on the community, and so many have their favorite Westinghouse stories.

*Life & Times* Editor Sarah Adams recalls how her father, the late Ed Hopkins, was among a handful of pioneers there in the use of IBM mainframe computers.

My girlfriend, Marsha Hunt, tells how her dad, the late Jack Hunt, was starting his first day in a new position in time study on Jan. 17, 1955. Nervous and wanting to make a good impression, he showed up for work promptly – not calling off or even mentioning that his wife had hours earlier given birth to their third daughter, Marsha.

Mrs. Ruggles' history says that during its 63 years of existence, the Sharon plant was identified as the Westinghouse Transformer Department, the Westinghouse Transformer Division, and the Sharon Transformer Division.

"However," she wrote, "to the people who worked there it will simply be remembered as 'the Westinghouse.'" ♦



John Zavinski/*Life & Times*



**The Westinghouse plant started as the Driggs Seabury Ordnance Co. This circa 1907 view is of the southern end of the complex along Sharpsville Avenue in Sharon.**

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