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# The Times-Reporter

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## Deputy, dispatcher save infant in cardiac arrest

**Jane Imbody**  
The Times-Reporter  
USA TODAY NETWORK

A Tuscarawas County deputy and 911 dispatcher were recognized for their roles in saving an infant's life.

Deputy Adam Shaw and 911 Telecommunicator Michelle Colvin received life-saving awards from the Buckeye State Sheriff's Association during a ceremony at the Tuscarawas County Sheriff's Office, according to a community announcement.

The awards were presented by Sheriff Orvis Campbell in the presence of their families, Lawrence Township Trustee Mike Haueter, and County Commissioners Kristen Zemis and Mitch Pace.

The incident occurred around 1 a.m. April 3, when the Tuscarawas County

Sheriff 911 Center received a call about an unresponsive infant in cardiac arrest at an apartment in Lawrence Township.

Colvin answered the call and provided CPR instructions to a family member. Shaw arrived at the scene within 56 seconds, took over CPR, and was assisted by off-duty Bolivar firefighter Gabriel Ash.

After several rounds of CPR and the use of a bag valve mask to provide oxygen, the infant began breathing on his own. Bolivar Fire Department personnel stabilized the child before transporting him to Aultman Hospital.

The announcement noted that Lawrence Township has contracted with the Sheriff's Office since 1994 for additional law enforcement to ensure quick response times in emergencies.

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Tuscarawas County Sheriff Orvis Campbell, center, presented Deputy Sheriff Adam Shaw and 911 Telecommunicator Michelle Colvin with life-saving awards from the Buckeye State Sheriff's Association for their actions that helped saved the life of an infant on April 3.

PROVIDED BY TUSCARAWAS COUNTY SHERIFF'S OFFICE

## From an Amish community to CEO



### Lizzie Ens' path to health, happiness

**Shawn Digits**  
Zanesville Times Recorder  
USA TODAY NETWORK

The pins in Lizzie Ens' dress were placed thoughtfully and meticulously. Scorn and judgment could certainly come otherwise. Or worse. An eternity in hell awaited little girls who didn't place their pins perfectly.

The pins must be perfect, and Lizzie, too, must be perfect.

Ens was raised in a Swartzentruber Amish community outside of Navarre, Ohio, about 11 miles west of Canton. Its strict doctrines demanded compliance, but the need for perfection came from the constant comparison to a smaller sister that led her into a downward spiral of starvation and dieting, as well as a destructive, guilt-ridden desire to recreate her self-image with brute force.

But after years of struggling, Ens found a path of independence and healing. Today she is a holistic health practitioner, business owner and author who helps others break chains similar to those that held her down for so long.

#### Lizzie Ens' path to perfection

Ens is one of 19 children, a family size she said came with pros and cons. Her parents were amazing, she said, but there are only so many arms to go around and a strong, individual connection with each child was difficult.

She developed a sense of aimlessness and often felt she lacked a sense of belonging. Endless comparisons to her smaller twin sister only complicated things.

"Lovina and I always got compared to each other," Ens said. "I wasn't obese

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ABOVE: Lizzie Ens became a certified personal trainer around 2014. It paved the way for her to start learning more about health and wellness and nutritional sustainability. In 2020, she became CEO of her own company, Undiet You, dedicated to that cause.

TOP: Ens was brought up in a Swartzentruber Amish community outside Navarre in southwest Stark County. PHOTOS PROVIDED BY LIZZIE ENS

## Postal Service reports quarterly loss of \$2B

**David Shepardson**  
REUTERS

WASHINGTON - The U.S. Postal Service on May 8 reported a net quarterly loss of \$2 billion as it faces a growing financial crisis and has warned it could run out of cash as soon as February.

USPS said mail volumes fell an additional 6.3% in the three months ending March 31 as operating revenue rose 2.3% to \$20.2 billion over the same quarter last year.

USPS last month said it would temporarily suspend employer payments for a federal pension program to conserve cash and plans to raise the price of first-class mail stamps to 82 cents from 78 cents, effective July 12.

USPS has reported total net losses of \$120 billion since 2007 as first-class mail, its most profitable product, has fallen to its lowest volume since the late 1960s.

"We are in a cash crisis, and we are now taking serious and appropriate steps to conserve funds to operate," Postmaster General David Steiner said. "To avoid disruption and to sustain our role supporting American commerce and the public, we require urgent congressional action to expand our borrowing authority and to address outdated constraints on the organization."

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