

(USPS 500-660)

SOKOL TIMES

OCTOBER 11, 2012

PUBLICATION FOSTERING FRATERNAL, CULTURAL & PHYSICAL EDUCATION ACTIVITIES SINCE JULY 14, 1905

Entered as Second-Class Matter, February 7, 1980 at East Orange, New Jersey under the act of August 24, 1912, provided in Sec. 1103, Act of October 3, 1918 authorized July 3, 1918

Unforgettable time at the Prague Slet

This past summer, I attended the 150th year Anniversary Sokol Slet in Prague. I toured some of the Czech Republic the week before the Slet. I went to Novy Jachymov to see the birthplace of Sokol, where Dr. Miroslav Tyrs and Jindrich Fugner actually formulated the idea of Sokol. Now a private residence, it was a gamekeeper's lodge and the summer residence of Fugner's family. The two men originally met each other while walking in the woods there, then continued to meet to walk together. During one of their walks, the idea of Sokol was born. Sokol was founded not only to aspire to "a sound mind in a sound body," but also the development of the whole person. High moral character, endurance, patriotism, equality and voluntary work were part of the ideas, ideals and principals of Sokol. The principals of Dr. Tyrs were always present in the acts

and actions of Sokol members, even in times of harassment and persecution. Many Czech Sokols were part of the resistance movement and were either executed or sent to concentration camps. The Sokol thoughts and ideals of physical and mental development, efforts to improve oneself and community, and love of freedom and homeland are still relevant today.

In Prague's Olsany Cemetery, I visited the graves where Fugner and Tyrs are buried, along with Fugner's daughter, Renata, whom Tyrs married. Later in the week, I went to Tyrsov Dum, which originally was a Michna palace. It was refurbished, but new structures were added which took three years to build. The ceremonial opening in 1925 was attended by T.G.Masaryk, Edvard Benes and Karel Baxa, Mayor of Prague. Building improvements

(Continued on Page 4)



The Parade during the 150th Anniversary of Sokol in Prague

From the President's View

It has been a month since we put away the barbecue equipment and put the summer clothing in storage for yet another season. The fall weather has appeared and our activities are changing with the season. I encourage our members not to forget about physical fitness during the coming months. This a beautiful season to go out walking and rack up additional miles in the Healthy Heart Walking Club.

It is also a good time of year for our lodges to have meetings and events. It is important to remember that the lodges that meet regularly will stay active and vibrant. I encourage all of our lodges to meet during the fall and celebrate Sokol in their own ways.

One idea is to have a meeting to acknowledge those who are veterans or those who have served their country in some capacity. In Europe, the Sokol movement is viewed as one of the three pillars of Czechoslovak independence. In the waning days of World War I, roughly 80,000 Sokols in the Czech lands took advantage of the chaos that existed in October 1918 and seized the Habsburg

Army garrisons. After brief fighting, the demoralized Habsburg Army was pushed out of the Czech lands and the Sokols marched into what is now Slovakia to help their Slovak brethren. Since the beginning of the Czechoslovak state, October 28th has been celebrated as a national holiday and Sokol's extraordinary role in achieving freedom from the Habsburg is still acknowledged.

One of the classic Sokol slogans – liberty, equality, and brotherhood – rang true in 1918 and is still important today. It is important for us not to forget the sacrifices that our fellow Sokols have made to preserve freedom for this country. Many fought in World Wars I and II, Korea, Vietnam and, more recently, we have had many of our young Sokol members serving in Afghanistan.

Sokol values are as valid today as they were in October 1918, when the Sokols helped lead the struggle for their national independence. It is my hope that our lodges will recall these values as they celebrate the veterans among them. I also encourage our members to promote Sokol and its values by



Joseph Bielecki

sharing these with others and drawing in new members. This great history and these great values are what make Sokol strong and unique!

NAZDAR!

Joe Bielecki
President, Sokol USA



A plaque commemorating Tyrs and Fugner at the place where the idea for Sokol was born.

SOKOL TIMES

official organ of the
SLOVAK GYMNASTIC UNION SOKOL
OF THE USA

Published monthly on the 2nd Thursday of the month.

SOKOL OFFICE:
Telephone: (973) 676-0280
Toll Free: (888) 253-0362
FAX (973) 676-3348
E-mail: SOKOLUSAHQ@aol.com

All communication for publication should be sent to Editor at P.O. Box 189, East Orange, NJ 07019 by the 22nd of the previous month.
Second Class postage paid in East Orange, NJ
Annual Subscription for non-members is \$10.00

MARK YOUR CALENDARS!



University of Pittsburgh
Pitt Student Slovak Club And Slovak Studies
Program

Present the

Slovak Heritage Festival

Sunday, November 4, 2012
1-5 PM

University of Pittsburgh (Oakland)
Cathedral of Learning Commons Room

WANTED:

Vendors, Speakers, Displays,
New Ideas, Help with Marketing

*Consider Organizing a Bus Trip for your
church or organization to come to the
Festival this year.*

IS YOUR FAMILY COVERED?

Insurance coverage for all family members is an essential part of personal financial planning. Don't put off taking care of this responsibility.

See your lodge Financial Secretary or call Sokol Headquarters toll free at 1-888-253-0362 for additional information or membership applications.

NOTICE OF MEETING

Supreme Lodge of the Slovak Gymnastic Union Sokol of the U.S.A.

October 27, 2012 at 9 AM
at the Sands Hotel, Bethlehem, PA

The Finance Committee will meet Friday, October 26, 2012

All requests, recommendations and grievance from Members, Lodges and Districts must be received at Sokol Headquarters, PO Box 189, East Orange, NJ 07019-0189 no later than October 17, 2012.

Joseph S. Bielecki
Supreme President

Milan S. Kovac
Supreme Secretary

SOKOL USA DISTRICT MCT ANNUAL MEETING

Sunday, October 28th at 1 PM
Clarion Hotel, Route 28 North, Exit 14

AGENDA

Election of Officers
Officers' Reports
Lodge and District Reports
Slet Report

*RSVP by October 18th by calling
Patricia A. Blistan at 412-322-8865*

We Trust All Lodges Will Be Represented.

Nazdar!
Patricia A. Blistan

SOKOL WOODLANDS REPORT

While our camp remains on the market, a few volunteers are maintaining the property and buildings. We mow and trim the lawns, keep the interiors of the buildings cleaned, and show at least some level of activity with our presence on the property. We are thankful that Walter Adamek continues to visit the camp daily and assist with details such as lawn mower repairs.

The camp phone has been disconnected; we use our cell phones when we need to make a call. To provide a few dollars of income, we have sold several items, primarily gymnastics equipment. Although we donate gas for the mowers, flowers for the entranceway, all food consumed by volunteers, and many other items, certain expenditures such as the electric bill are unavoidable.

We have received an extremely generous anonymous donation of \$500 towards the unavoidable expenses. We are extremely grateful for the kindness of this Sokol member for including the camp in his generosity. Anyone else wishing to make a donation of any size may make it to the order of Sokol Woodlands and mail it to Treasurer Jennifer Kovac, 43 Mary St., Bordentown, NJ 08505.

Thank you in advance!
Ellen Kovac, Member, Camp Board
ellenkovac@aol.com



INTERNATIONAL SOKOL SLET – Above, from left, Joe Bachna, Steve Banjak, Alexej Bankjak, Sasha Banjak, Nadia Hurychova, Debbie Golden and Joe Bielecki; at right on top, Sokol President Joe Bielecki standing next to a 150th Sokol Anniversary Slet poster; and, at right on bottom, Tyrs and Fugner's grave. Related story and photos on Pages 1, 4 and 5.



**Will 2012 be the year of the
apocalypse?
Or will it be the year you start
walking!?!?**

Sokol Healthy Heart Walking Club

Benefits include:

- Reducing your stress level Lowering your risk of heart disease
- Controlling your weight Controlling your blood pressure

Sign up for Sokol's Healthy Heart Walking Club
by sending your name, mailing address
and home lodge to:



Brandi Kovac
280 East 2nd St., Apt. 9A
NY, NY 10009



OR email: BKKovac@aol.com

You will receive a free Sokol pedometer
and a Healthy Heart mileage chart.
You are responsible for recording your mileage.
Walk with fellow Sokol members, or on your own.
Contact Brandi when you reach a milestone and get a reward!



Slet Slovak Sokol performance



Rock Dance number from the Opening Ceremonies

An unforgettable experience



Fencing from the Opening Ceremonies



Number from the Opening Ceremonies



Statue of Dr. Tyrš in front of Tyrsov Dum

(Continued from Page 1)
 continued until World War II. I looked at all of the many exhibits, but missed a few things like the picture of myself marching in the 2006 parade on display there.

Being a Sokol enthusiast, I purchased the 150th year Sokol Anniversary book, Jsme Byli a Budem (From the Past We'll Stand Forever). It is filled with rare illustrations, photos and wonderful bits of Sokol history. I also purchased a few antique Sokol pins. I wondered how old they were and was surprised to find one of the pins' photo in the book. It is listed as being from the 6th Sokol festival in 1907.

The opening ceremonies had many wonderful special callisthenic/dance numbers, examples of gymnastics, fencing, tennis, volleyball and wheel gymnastics, along with a choreographed trampoline number and fantastic bicycle acrobatics.

It was exciting to march again in the Sokol parade through Prague, with people lining the streets and shouting Nazdar! Later, the same day, there was a mass in St. Vitas Cathedral just for Sokols. Usually closed to the public, the lower level, where the kings of Bohemia are interred, was opened for us.

Rainstorms couldn't dampen the spirits of the performers or spectators at the evening Slet performance. The spectacular finale had all of the participants together forming a star pattern, holding sparklers. The next day's afternoon performance had clear, sunny weather and even more enthusiastic spectators.

The 150th year Sokol Anniversary Slet was an experience of a lifetime that I am grateful to have witnessed and been a part of.

Debbie Golden
Debbie Golden is a member of Lodge 39/40W, Berwyn, Ill., and the Finance Committee of the Supreme Lodge.



Falcon statue in front of Tyrsov Dum

5.0% ANNUITY RATE

The Single Premium and Flexible Premium Annuities offered by the Slovak Gymnastic Union Sokol earn a 5.0% rate of interest. Annuities are a very sound investment for your retirement years.

For information and an application, write to the home office at 276 Prospect Street, P.O. Box 189, East Orange, NJ 07019 or call our toll free number at 1-888-253-0362.

XV International Sokol Slet



At left, a special performance by children at the Slet gala in Prague. At right, a Czech Sokol Judo presentation during the evening Slet gala.



At left, familiar faces from Sokol New York are Belka Bednar and her sister Anna Slavik. At right, outside the Czech parliament where a special program honoring Sokol's historic role occurred are (from left) Sokol USA President Joe Bielecki, Sokol Serbia President Dr. Gordana Rajnovic, American Sokol Organization President Tom Pajer, Sokol Na Slovensku President Jan Krisanda and an unidentified member of Sokol Canada.



At left, Sokol USA President Joe Bielecki at a history display at Tyrsuv Dum in Prague. Above, Sokol Canada President Anna Janous and Sokol USA President Joe Bielecki at the Slet parade in Prague.

Do you know where I am?

Sokol USA is trying to locate the following members. If you know the whereabouts of any of these members, please contact Headquarters at:
 Telephone: (973) 676-0280
 Toll Free: (888) 253-0362
 FAX (973) 676-3348
 E-mail: SOKOLUSAHQ@aol.com

Name	Lodge	City	State
BERDELL, FRANK	20	FORD CITY	PA
BLISTAN, MILAN	124/500	MONACA	PA
BOTOS, JOHN	130	NEW KENSINGTON	PA
BROWN, PATRICIA	191	CHICAGO	IL
BURAN, MILTON	158	ENDICOTT	NY
CHRISTIAN, LOUIS	219/260	CANTON	OH
COOPER, ANNA	45/130	TARENTUM	PA
DAVIS, NANCY ELAINE	93	BETHELEHEM	PA
DELICH, STEPHEN	214	PALMERTON	PA
DOCKTOR, JOHN	126/500	ELLSWORTH	PA
DULIN, ANNA	31W/254/500	ERIE	PA
DURIS, ALBERT	248	ROSSFORD	OH
EBERLY, SHIRLEY	29/500	TRENTON	NJ
ELLO, MICHAEL	248	ROSSFORD	OH
FAIX, ROBERT	130	NEW KENSINGTON	PA
FAKO, RUTH	W39/40	CHICAGO	IL
FITCH, LINDA	55/130	NEW KENSINGTON	PA
GAJZIK, MARY	46	MCKEESPORT	PA
GALLIK, EDWARD	26	GUTTENBERG	NJ
GASPAROVIC, MATILDA	11W/46	MCKEESPORT	PA
HABOVSKY, RAYMOND	146/103	FARRELL	PA
HEFFERNAN, IRENE	154/500	NORTH CHICAGO	IL
HENRY, JOSEPH	56/500	PHILADELPHIA	PA
HUTKA, AGNES	276	PITTSBURGH	PA
KILLIAN, EDWARD	248	ROSSFORD	OH
KOBULARIK, MICHAEL	46	MCKEESPORT	PA
KOJNOK, FRANK	130	NEW KENSINGTON	PA
KOTASEK, FRANK	273/37	WILKES BARRE	PA
KRALIK, HARRY	93	BETHELEHEM	PA
KUBILUS, ANN	19W/500	DERBY	CT
KYPTA, FRANK	26	GUTTENBERG	NJ
LISTON, ELIZABETH	68	BLAISVILLE	PA
LUKASIK, WILLIAM	315/306/114	CHICAGO	IL
LYDA, JOHN	20	FORD CITY	PA
MALINOVSKY, ANDREW	92/103	LORAIN	OH
MATTISEN, MARGARET	33W	JOHNSTOWN	CT
MCGRATH, MARGARET	159/500	ELIZABETH	NJ
MIGNOGNA, HELEN	128/130	SPRINGDALE	PA
PECK, ROBERT	20	FORD CITY	PA
PELKER, STELLA	248	ROSSFORD	OH
POSNEY, ROBERT	130	NEW KENSINGTON	PA
PUSKAR, JOHN	130	NEW KENSINGTON	PA
REHOR, ANNA	2W/1	BRIDGEPORT	CT
RESAR, GEORGE	150	RACINE	WI
ROVNAN, MARY	45/130	TARENTUM	PA
SADLON, EDWARD	30	DANBURY	CT
SCAFE, MARY	20	FORD CITY	PA
SEVICIK, ALBERT	257/260	LAKEWOOD	OH
SPECKHART, EDWARD	92/103	LORAIN	OH
STALTER, ANNA	65/32	ROCKAWAY	NJ
STEVESAND, OLGA	98/3	RACINE	WI
THEIS, WALTER	260	CLEVELAND	OH
URSIN, JOHN	28/500	DUQUESNE	PA
VASECKA, CHARLES	27/500	MASONTOWN	PA
VILK, WILLIAM	62	AMBRIDGE	PA
VOJTKO, EMERY	37	MALTBY	PA
WALCROFT, HELEN	28/500	DUQUESNE	PA
WEIGLE, GARTH	124/500	MONACA	PA
WILHELM, FRANCES	130	NEW KENSINGTON	PA
YELLEN, ROBERT	66/1	TRAVIS, S.I.	NY
ZBORIL, ANNA	112/164	DETROIT	MI
ZIOLKOWSKI, DANIEL	17/500	JERSEY CITY	NJ
ZUCHOWSKI, ROBERT	248	ROSSFORD	OH

UNITED STATES POSTAL SERVICE® Statement of Ownership, Management, and Circulation (All Periodicals Publications Except Requester Publications)

1. Publication Title: SOKOL TIMES

2. Publication Number: 5 0 0 - 6 6 0

3. Filing Date: September 11, 2012

4. Issue Frequency: Monthly

5. Number of Issues Published Annually: 12

6. Annual Subscription Price: \$10.00

7. Complete Mailing Address of Known Office of Publication (Not printer) (Street, city, county, state, and ZIP+4®): 276 Prospect Street, Unit 1EF, East Orange, County of Essex, New Jersey 07017-2831

Contact Person: Milan S. Kovac
 Telephone (Include area code): (973) 676-0280

8. Complete Mailing Address of Headquarters or General Business Office of Publisher (Not printer): Slovak Gymnastic Union Sokol of the U.S.A, P.O. Box 189, East Orange, NJ 07019-0189

9. Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor (Do not leave blank)

Publisher (Name and complete mailing address): Slovak Gymnastic Union Sokol of the U.S.A., P.O. Box 189, East Orange, NJ 07019-0189

Editor (Name and complete mailing address): Milan S. Kovac, C/O S.G.U. Sokol U.S.A., P.O. Box 189, East Orange, NJ 07019

Managing Editor (Name and complete mailing address): Milan S. Kovac, C/O S.G.U. Sokol USA, P.O. Box 189, East Orange, NJ 07019

10. Owner (Do not leave blank. If the publication is owned by a corporation, give the name and address of the corporation immediately followed by the names and addresses of all stockholders owning or holding 1 percent or more of the total amount of stock. If not owned by a corporation, give the names and addresses of the individual owners. If owned by a partnership or other unincorporated firm, give its name and address as well as those of each individual owner. If the publication is published by a nonprofit organization, give its name and address.)

Full Name: Slovak Gymnastic Union Sokol of the U.S.A
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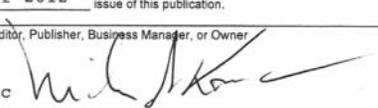
11. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgages, or Other Securities. If none, check box None

12. Tax Status (For completion by nonprofit organizations authorized to mail at nonprofit rates) (Check one)
 The purpose, function, and nonprofit status of this organization and the exempt status for federal income tax purposes:
 Has Not Changed During Preceding 12 Months
 Has Changed During Preceding 12 Months (Publisher must submit explanation of change with this statement)

13. Publication Title		14. Issue Date for Circulation Data Below	
SOKOL TIMES		September 2012	
15. Extent and Nature of Circulation		Average No. Copies Each Issue During Preceding 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
a. Total Number of Copies (Net press run)		2,500	2,500
b. Paid Circulation (By Mail and Outside the Mail)	(1) Mailed Outside-County Paid Subscriptions Stated on PS Form 3541 (Include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	1,975	1,975
	(2) Mailed In-County Paid Subscriptions Stated on PS Form 3541 (Include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	1	1
	(3) Paid Distribution Outside the Mails Including Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS®	0	0
	(4) Paid Distribution by Other Classes of Mail Through the USPS (e.g., First-Class Mail®)	0	0
c. Total Paid Distribution (Sum of 15b (1), (2), (3), and (4))		1,976	1,976
d. Free or Nominal Rate Distribution (By Mail and Outside the Mail)	(1) Free or Nominal Rate Outside-County Copies included on PS Form 3541	18	18
	(2) Free or Nominal Rate In-County Copies included on PS Form 3541	0	0
	(3) Free or Nominal Rate Copies Mailed at Other Classes Through the USPS (e.g., First-Class Mail)	0	0
	(4) Free or Nominal Rate Distribution Outside the Mail (Carriers or other means)	0	0
e. Total Free or Nominal Rate Distribution (Sum of 15d (1), (2), (3) and (4))		18	18
f. Total Distribution (Sum of 15c and 15e)		1994	1994
g. Copies not Distributed (See Instructions to Publishers #4 (page #3))		506	506
h. Total (Sum of 15f and g)		2,500	2,500
i. Percent Paid (15c divided by 15f times 100)		99	99

16. Total circulation includes electronic copies. Report circulation on PS Form 3526-X worksheet.

17. Publication of Statement of Ownership
 If the publication is a general publication, publication of this statement is required. Will be printed in the October 2012 issue of this publication. Publication not required.

18. Signature and Title of Editor, Publisher, Business Manager, or Owner
 Milan S. Kovac  Date: 9/11/2012

I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).

PS Form 3526, August 2012 (Page 2 of 3)



Central Jersey Gym Classes at New Location

Central Jersey Lodge 12 is happy to announce that we have moved to a new location, in East Brunswick. This is a larger, newer gym with complete men's and women's apparatus, pre-school equipment, dance studio, trampoline, and Tumble Trak.

As in the past, we hold our classes for all ages (3 1/2 through adults) on Friday nights from 7-9 p.m.

We are a small group at this time, so this is a perfect opportunity to join and grow with us.

For more information, please contact either of us:
 Ellen Kovac ellenkovac@aol.com 908.659.0121 (home)
 or
 Norah Valentin norahjane@verizon.net 908.317.8350 (home) 908.337.8056 (cell)

DONATIONS GRATEFULLY ACKNOWLEDGED

- To the Sokol USA Gymnastic Fund**
- From Sokol Lodge 74, Plymouth, Pa. \$50.00
In memory of the deceased members
- To the Milan Getting Scholarship Fund**
- From Sokol Lodge 74, Plymouth, Pa. \$50.00
In memory of the deceased members
- From Sokol Lodge 30, Danbury, Conn. \$100.00
In memory of the deceased members

IN MEMORY

Of our deceased Brother and Sister Sokols with a sincere expression of sympathy to their families from the Supreme Officers of Sokol U.S.A.

- JOSEPH F. MIHALIK** – (1927-2012) A member of Lodge 240, Aliquippa, Pa. He is survived by his wife.
- CHARLES F. GRESKOVICH** – (1919-2012) A member of Lodge 269, Whiting, Ind. He is survived by his wife.
- PAUL J. PAROBK** – (1916-2012) A member of Lodge 130, New Kensington, Pa. He is survived by his sons.
- HELEN B. VALENT** – (1914-2012) A member of Lodge 42, North Tarrytown, N.Y. She is survived by her granddaughters.
- EUGENE RICHARD TOPEKA** – (1937-2012) A member of Lodge 68, Blairsville, Pa. He is survived by his wife.

SHARE YOUR FAMILY EVENTS WITH YOUR "SOKOL FAMILY"

The Sokol Times Social Page is a great way to keep up with your old and new friends! Share your families' events with your Sokol family. We want to hear from you. Only news regarding members of our lodges will be printed.

Complete one of the attached forms and mail the information and a photograph of clear quality to Sokol USA, 276 Prospect Street, P.O. Box 189, East Orange, NJ 07109-0189. Information and photographs also may be e-mailed to: SOKOLUSAHQSA@aol.com

ENGAGEMENTS, WEDDINGS & ANNIVERSARIES



NAMES: _____

PHONE #: _____

HOMETOWN: _____

SOKOL LODGE: _____

YEARS MARRIED (IF APPLICABLE): _____

BIRTHDAYS



NAME: _____

BIRTH DATE: _____

AGE: _____

PHONE #: _____

HOMETOWN: _____

SOKOL LODGE: _____

PROMOTIONS, HONOR ROLLS & OTHER EVENTS



NAME: _____

PHONE #: _____

HOMETOWN: _____

SOKOL LODGE: _____

EVENT: _____

Photographs are not required, but they do add to the presentation. Please include a self addressed, stamped envelope if you would like your photograph returned.



Lodge 114 members gather for a group photo at their annual clam bake in Sleepy Hollow.

Lodge 114 has annual clam bake

Lodge 114 held its annual Clam Bake on Sunday, August 19th at our club, the National Sokol Inc. at 155 Beekman Ave. in the Village of Sleepy Hollow, N.Y.

The social event started at 9 a.m. with a breakfast of bacon, eggs, orange juice and coffee and continued throughout the day with clam chowder, clams, steamers, skewered shrimp, sausage and peppers, and ended with a steak dinner. Also, liquid refreshments were made available throughout the day. This excellent menu was prepared by our chefs, Brothers Neil Martone, Sonny Battista and John Bellantoni, along with a great support staff.

Our sporting events included horseshoes and shuffleboard. Of the eight teams competing in horseshoes, the winners were Brothers Lenny Galgano and Jerry Naven. There were also eight teams competing in shuffleboard, and the winners were Brothers Earl Briggs and Jerry Naven.

Everyone enjoys the day with excellent food, drinks, weather and company. A special thanks to all the committee members that made the day possible.
Nazdar
Stephen Horecky, Secretary



Winners of the horseshoe competition were Brothers Lenny Galgano (left) and Jerry Naven.

Milan Getting Scholarship Recipients

Nicole Ragucci

My final year at Duke went by quicker than I could have ever expected. Even the graduation ceremonies and holding my diploma in my hand felt unreal. I'm grateful for the time I spent there. I've made irreplaceable friends, taken unforgettable experiences and a lifetime of knowledge. Last year, I wrapped up my cultural anthropology major with an unforgettable ethnographic project at a rest home. I spent many hours with a sick elderly woman whose family lived far away. Our time together was challenging, but rewarding. Last year did not mark my final year of track. I am continuing to run for Fordham University, where I am studying for my master's in business enterprise. I'm looking forward to a new school, team and challenges. Thank you for continuing to support me. I truly appreciate it.

Bethany Moffit

During my sophomore year at the University of Pittsburgh, I volunteered with Big Brothers/Big Sisters. I have two boys who I work with each week. These boys are very special and I love working with them. I found this experience to be very fulfilling. Both families have asked that I be assigned with the boys again next school year.

I am also involved with the SPSEA, Student Pennsylvania State Education Association, on campus. I was inducted again into this organization which works to coordinate various activities for area students. I actively plan and participate with all monthly group activities.

Over the past summer, I continued to work and volunteer at our Lodge 47 Monessen. I continue to teach and coach the children at the gym and continue to have a passion for gymnastics.

I want to thank the Milan getting Scholarship Committee for renewing my scholarship this year. This will help me continue on my path to becoming a visual therapist. I am truly grateful and appreciative of the selection committee and the scholarship. Thank you again.



WPSCA BEER TASTING

Come and join Western Pennsylvania Slovak Cultural Association for their second European beer tasting event. Participants will sample some of Europe's best beers, including beers from Slovakia and Germany (in the spirit of Oktoberfest), while enjoying great ethnic food and listening to traditional music.

This year's beer tasting will be on Saturday, October 13th at 1 p.m. at the Penn Brewery, 800 Vinial Street, on the North Side. The event will be held in a private room (Eisenhalle Room), which is adjacent to the parking garage on the second floor. There will be free parking for the event.

The price for this event is \$30 per person, payable in advance. Attendance is limited to 50 members and guests on a first-come, first-serve basis. For reservations, call Joe at 412-956-6000 during the day or Albina at 412-343-5031 in the evening. Send your checks to WPSCA, Manor Oak Two, Suite 500, 1910 Cochran Road, Pittsburgh, PA 15220.

Accordianist Jerry Jumba will provide the entertainment. In addition, tours of the brewery will be available starting at 3:30 p.m. and the beer masters will be available for questions. When making a reservation, please us know if you will be going on the tour.

Benefits of walking

Walking is a low impact exercise that has many health benefits. Some of the benefits are lowering blood pressure, managing type 2 diabetes and managing cholesterol. Walking is not a very expensive activity. All you need is loose clothing, sturdy shoes and a water bottle.

Before you start walking, you need to plan out your walking route, warm up and stretch out for about five minutes. Don't forget to grab you water bottle.

Make sure you start out slow. Go at your own pace and gradually increase the amount you walk. Start to challenge yourself by making goals and keeping track of your progress.

To stay motivated and make it fun not a chore. This is easily done by walking with a friend. It could also be accomplished by changing your routine. For example: walk at a different time, changing your path and your scenery.

Walking is one of the easiest ways to get into shape and improve your health. The benefits will make a difference in your life. Plus you can join the Healthy Heart Walking Club by contacting Brandi Kovac at 280East 2nd Street, Apt 9A, New York, NY 10009 or e-mail BKKovac@aol.com. Start today!

Nazdar!
Jennifer Moulton