

Let Not The Light
Of Freedom
Be Extinguished!

American Home
over 100 years
of
serving
American-
Slovenians



AMERICA

AMERIŠKA DOMOVINA

SLOVENIAN MORNING NEWSPAPER

MARIAN McMAHON
3933 OHIO STREET
PERRY OH 44081-9568

Vol. 108, No. 22

USPS 024100

ISSN Number 0164-68X

AMERIŠKA DOMOVINA, JULY 27, 2006

Phone: (216) 431-0628

e-mail: ah@buckeyeweb.com

70¢

Janša's Whirlwind Tour of NE Ohio, PA

The month-long series of Cleveland Slovenian Days event came to a dramatic close with the evening arrival of Prime Minister of the Republic of Slovenia, Janez Janša, Foreign Minister, Dr. Dimitrij Rupel, and their delegation on Friday, July 7.

Prime Minister Janša toured the local Slovenian parishes of St. Mary of the Assumption in Collinwood and St. Vitus, where they were greeted by Pastors Rev. John Kumšc, and Rev. Joseph Božnar, respectively.

At St. Vitus Village, Prime Minister Janes Janša presented a Certificate of Recognition and Appreciation from the Government of Slovenia, Office for Slovenians Abroad, to Dr. Edi Gobetz, in honor of his 80th birthday and for his life-long research, contribution and preservation of Slovenian culture.

Following an expression of gratitude by Dr. Gobetz, the Prime Minister gave a short speech in which he stressed the significant contribution which Slovenian-Americans in Cleveland made toward the international recognition of Slovenia. Prime Minister Janša then shook the hands of each of the spectators, mostly residents of St. Vitus Village - first with the oldest - 101 years old.

The next morning, the delegation had a working breakfast with United States Senator of Serbian and Slovenian descent, George Voinovich and Cleveland Mayor Frank Jackson. Hosted by Senator Voinovich, Mayor Jackson and Cleveland City Councilmen Michael Polensek and Joe Cimperman, Prime Minister Janša then enjoyed the Slovenian art and archival exhibit which has been on display in Cleveland City Hall for the month-long celebration of Cleveland Slovenian Days.

At the subsequent press conference, Prime Minister Janša thanked Mayor Frank Jackson for making Cleveland Slovenian Days a reality at Cleveland City Hall, which included the hanging of the Slovenian flag for the entire month. In a press conference, Prime Minister Janša described the successful development of Slovenia over the course of her independence including her membership into the European Union and NATO and her upcoming Chairmanship of the European Union. Prime Minister Janša, together with Senator Voinovich also expressed their deep concern and interest in achieving effective and peaceful solutions concerning the future of Serbia and Bosnia and Herzegovina.

Later Saturday morning, at a private reception at the Slovenian National Home on St. Clair Avenue, Prime Minister Janša met with approximately 40 representatives from various Slovenian-American organizations, along with other notable Slovenian-Americans, who awaited him at the Main Hall. He expressed thanks for the enormous contributions which Slovenian-Americans have made toward the international recognition of Slovenian independence and thanked the many individuals and groups who worked for her cause for independence over 15 years ago. Prime Minister Janša described the successful path of Slovenia throughout the last 15 years and stressed that the Republic of Slovenia has never before experienced the stability that it enjoys today.

Mary Ann Vogel, local Slovenian-American, President of the Slovenian Cultural Garden Association and principal of St. Martin de Porres High School, welcomed Prime Minister Janša



Ivana Hirschegger, 101 years young, center, is happy to greet Slovenia's Prime Minister, Janez Janša at her residence in St. Vitus Village on Friday, June 23. At left is St. Vitus pastor, Rev. Jozeph P. Božnar.

(Photo by PHIL HRVATIN)

and his delegation. Singing groups Korotan and Fantje na Vasi began the program by singing the national anthems of the United States of America and the Republic of Slovenia.

To conclude their visit to Cleveland, Prime Minister Janša and his delegation visited Slovenska Pristava in Harpersfield, Ohio.

The motorcade then continued to Enon Valley, PA where Prime Minister Janša addressed 800 members of the SNPJ fraternal organization and other guests in the Alpine Room of the Enon Valley complex, at which the Prime Minister presented a Certificate of Recognition in honor of its 30th anniversary.

The Prime Minister and his delegation then retreated to the Slovenian Heritage Museum where they met with Joe Evanish, SNPJ National president, Rudy Krasovec, KSKJ (American Slovenian Catholic Union) National President, and John Vidmar, representative of the Slovenian community in Lemont, IL.



Consulate General of the Republic of Slovenian in Cleveland, Zvone Žigon, second from left, reads a Proclamation from Slovenia saluting Dr. Edi Gobetz, right, for his life-long research work and preserving Slovenian culture. At left is Slovenian Prime Minister Janez Janša. Next to Dr. Gobetz is his wife, Milena.

(Photo by PHIL HRVATIN)

Newspaper Schedule

The Ameriška Domovina (American Home) newspaper will continue publishing three times each month.

In August, the newspapers will be dated Aug. 10, 17, and 24.

In September the American Home will be printed on Sept. 7, 14, and 21.

In October, the American Home will be printed on Oct. 5, 12, and 19.

AMERICAN HOME AMERIŠKA DOMOVINA

6117 St. Clair Ave., Cleveland, OH 44103-1692
Telephone: 216/431-0628 – Fax: 216/361-4088

AMERIŠKA DOMOVINA (USPS 024100)

James V. Debevec – Publisher, English Editor
Dr. Rudolph M. Susel – Slovenian Editor

Ameriška Domovina Permanent Scroll of Distinguished Persons:
Rt. Rev. Msgr. Louis B. Baznik, Michael and Irma Telich,
Frank J. Lausche, Paul Kosir

NAROČNINA:

Združene države Amerike in Kanada:
\$35 letno za ZDA; \$40 za Kanado (v ZD valuti)
Slovenija in tujina, letalska pošta, \$165 letno (v ZD valuti)

SUBSCRIPTION RATES

United States and Canada:
U.S.A.: \$35 per year; Canada: \$40 in U.S. currency
Slovenia and other foreign: \$165 U.S. per year (air)

AMERICAN HOME (ISSN 0164-680X) is published weekly, except 1st week in July and 1 week after Christmas, for \$35 per year by American Home Pub. Co., 6117 St. Clair Avenue, Cleveland, OH 44103-1692. Periodicals postage paid at Cleveland, Ohio. POSTMASTER: Send address changes to AMERICAN HOME, 6117 St. Clair Cleveland, OH 44103-1692.

No. 22

July 27, 2006

What a Crazy Week

by RUDY FLIS

What a week this has been. My two daughters, Carolyn and Sue were in town for a surprise bridal shower today, Sunday, for their younger sister Monica. Yesterday, Saturday, was my wife's family reunion, of about 84 people, from all over. More company, more feeding and conversing and reminiscing. How great with family that cares for each other.

With our refrigerator stocked to the roof with all the salads, hamburgers, klobase, and all else that makes up the menu for a family picnic, our refrigerator stopped working.

Everything was starting to lose its chill. While waiting for the repairman, we bought about eight bags of ice and turned our bathtub into an

icebox. On the way to the picnic, we stopped and purchased a new refrigerator, to be delivered this Tuesday.

Monica's bridal shower was a complete surprise to her as she tried to stay at home, because she wasn't feeling well, and thought her niece Nicole wouldn't mind if she missed the celebration for her 21st birthday, a cover for the shower.

Relatives are leaving town, food preparation has slowed down to a crawl, our refrigerator is on its way here and my wife, Therese, has normal blood pressure again. Praise the Lord.

With all that has been happening, we yet remember to pray for our troops in harms way, for our leaders to be wise and firm. We pray for God to bless America.



For a brief time in 1998, Lake Champlain—on the border of Vermont and New York—was officially designated as the sixth Great Lake.

For Rent – Sale

Open House Sun. 1-5

Must See! Completely updated 2 family brick colonial on cul-de-sac. 3 Bedrms, 1 full Bath ea unit. Liv, Din, eat-in Kit., 2 car det. Garage, full Bsmt. w/Laundry.

Rent: \$725-\$750; Buy: \$185,900. (440) 655-9170; zkpcro@comcast.net

Raffle Winners

Winners of the St. Vitus Catholic Parish raffle held on Sunday, July 16 at Slovenska Pristava are:

\$1,000 – Dominik and Emily Stupica

\$500 – Evelyn Buncic

\$250 – (two winners): Rebecca Perhay and Mary Persin

\$100 (10 winners): R. T. Srnick, Mary Prijatelj, Maria Sustersic, Marija Zakelj, Stephanie Branisel, Anna Lunder, Capital Beverage, Marie Azman, Frank Branisel, and Vid and Emily Slemc.

25% of Americans have appeared on television.

Slovenian Sausage Fest at Pristava

A major Polka Hall of Fame fundraiser is the third Slovenian Sausage Festival and Contest to be held on Saturday, Aug. 26 from 1 p.m. to 9 p.m. at Slovenska Pristava (Slovenian Recreational Center) in Harpersfield, Ohio.

Four popular sausage makers will participate in the contest and have their smoked garlic klobase available. The sausage vendors are: Azman & Sons – Frank Azman (St. Clair); Maple Heights Catering – Steve Hocevar (Maple Hts.); Miro's Meat Market – Miro Raqusz (Eastlake); and Raddell Sausage Inc. – Ed Oshaben (E. 152 St.).

Tickets for the festival are \$6 in advance or \$7 at the gate. Each ticket purchaser will receive a ballot for their

favorite sausage. The sausage maker with the most votes will be named the "People's Choice" Winner.

In addition, five prominent people will serve as judges for two prizes, "Best of the Sausage Fest," and "Runner Up in the Best of the Sausage Fest." The judges will conduct a taste test to determine the winner.

Each of the sausage companies will operate a food booth, so there will be a variety of delicious food items for sale. Home-baked strudels, potica and French fries and a full bar will be a part of the event.

Wayne Tomsic, Chairman of the Sausage Festival, is in charge and always does a great job of coordinating details of the event.

The Slovenska Pristava picnic grounds are located in Harpersfield, near Geneva and Madison. This recreation center can be accessed from the Geneva Route 534 Exit of I-90 where it is a few miles south. You take 534 to South River Road making a right and then proceed with another right turn on Brandt Road. This will take you to the entrance of Pristava where festivities will take place all day. You will pay admission right at the gate (\$7) or turn in your advance (\$6) ticket and you will be given a ballot for each admission to vote.

The Polka Hall of Fame Gift Shop is located at 605 E. 222 St., in Euclid, which has tickets. For information call (216) 261-3263 (Fame).

When the Euro Takes Place of Tolar

by Barbara Režek
Slovenian Times

It's official: Slovenia will replace its *tolar* with the common European currency, the euro. This should result in greater stability and more investment, while providing greater security for those investments after the currency is introduced at the beginning of 2007.

For decades the U.S. dollar has been the dominant currency of the world's economy, and the reason has been simple – it has had no competition. Now the euro is firmly holding its own and it seems to be the logical long-term choice for the small Slovenian economy. "In my opinion, the euro will increasingly gain in importance, especially if it remains relative stable. I am convinced that when this fact is realized, then most of the raw materials sold on stock

markets will be traded using the euro. We must not overlook the fact that the U.S. dollar took 60 years to dominate the former world currency, the British pound, which had established its dominance due to the size of the British Empire," the chairman of BA-CA Ljubljana and the former governor of the Bank of Slovenia, Dr. France Arhar, said.

Slovenia will take its final step into the European financial market at the beginning of 2007. The European Commission and the Central Bank of Europe have already confirmed that Slovenia has fulfilled all the preconditions to using the euro.

Slovenia's Minister of Finance, Andrej Bajuk, and the Governor of the Bank of Slovenia, Mitja Gaspari, have confirmed that preparations for its introduction are well underway. The Chamber of Commerce has also stated that most Slovenian

companies are well prepared for the crossover, although a handful are still grappling with IT-related issues.

Therefore, only one more step is needed. "Finance ministers from EU-member states have to accept Slovenia within the eurozone and determine the exchange rate currently in use, although it is unlikely to be changed," said Vladimir Larač from the Institute for Economic Research.

Slovenia's preparedness for the European and world economy is exemplified by the approach of some of the nation's higher-profile managers. Igor Bavčar, president of the management board of Istrabenz says: "The euro reduces financial risk related to interest and currency exchange rates, although currency risks connected to markets outside the EU remain."

100 WORDS MORE OR LESS

by John Mercina

SAY A PRAYER... WORLD IS AT WAR

Colombian Armed Conflict.....Islamic insurgency in the Philippines.....Independence war in Angola....Ethnic struggles in Sri Lanka.....Civil war in Western New Guinea
....Kurdistan struggle with Turkey....Uganda rebellion.....Conflict in Senegal...Somali civil war.... Nepal civil war.....Chechen struggle against Russia...Intifada in Israel, the West Bank and Gaza Strip...Laos conflict involving Hmong...Afghanistan...Civil war in Cote d'Ivoire...South Thailand insurgency...Iraqi insurgency...India vs Pakistan...Waziristan vs Russia...Sudan conflict...Chadian civil war....Western Sahara independence intifada...Chadian civil war...Israel-Lebanon crisis...Iran...Syria...North Korea...China....Shiptars in former Yugoslavia. Where and when will it end?

American Slovenians in Action

(Part V)

by STANE KUJAR

WRITER'S NOTE: Parts I and II described what occurred just prior to the Republic of Slovenia seeking to separate itself from the then socialist federal state of former Yugoslavia and the beginning of the United Americans for Slovenia, an ad hoc committee formed to urge the United States to formally recognize the Republic of Slovenia as a free and independent country.

In September, 1991 the first ambassador to the USA, Dr. Ernest Petrič, came to Washington, DC to open an office for diplomatic purposes. Between September and throughout October, 1991 petitions were mailed to the White House on a daily basis to urge President George Bush (Sr.) and the White House to recognize Slovenia as a sovereign and independent country. On October 7, 1991 through the efforts of the UAFS, numerous publications of the Ameriška Domovina, information by the radio program hosted by Tony Petkovsek Jr., and other American Slovenian electronic and print media (Slovenia Hour, fraternal official organs, parish bulletins, etc.) a "telephone call-in" to the White House occurred so that more than 1,000 telephone calls were made that day requesting Slovenia's recognition by the USA. It is interesting to also note that over 50,000 post cards had also been received by Oct. 7, 1991 to the White House requesting recognition of Slovenia by the USA.

Throughout the following months of November and December, 1991 more action was circulated in the Ameriška Domovina and various fraternal official organs, seeking the right of Slovenia to be recognized by the USA. On Dec. 17, 1991 an advertisement was published in the Washington Post newspaper requesting recognition of Slovenia. This was paid by the fund raised by the UAFS. The following day, on Dec. 18, major print and electronic media outlets in the USA described a move by the European Community to formally recognize Slovenia in early 1992.

This recognition occurred on January 15, 1992 when a host of European countries as well as countries in South America, Australia, and Japan recognized Slovenia as a sovereign and independent country. Only the USA did not yet recognize Slovenia, much to the chagrin of all its

staunch supporters.

To push this matter more to the forefront, a second phone-in to the White House is again coordinated by the UAFS in February 1992. By March, 1992 leak stories begin to merge from various media outlets that the USA will soon recognize Slovenia. This action will not occur until April 7, 1992 when President George Bush (Sr.) formally announced the recognition of the Republic of Slovenia as a sovereign and independent country by the USA, effectively lifting sanctions held on Slovenia since 1991. The recognition enabled Slovenia to seek membership to the United Nations and also as a bona fide member of the World Bank.

On August 6, 1992 full diplomatic relations between the United States of America and the Republic of Slovenia was granted by President Bush.

What has happened since August, 1992?

Slovenia was received as a member nation into the United Nations and also as a member in the World Bank. It has been accepted into NATO and will soon have the "euro" used as its main form of currency, moving and developing further as a full fledged country in the affairs of nations in Europe and the world.

The UAFS did not dissolve as was required from 1991 originating documents. The UAFS was kept alive despite requests to dissolve. The UAFS remained in operation until May, 2006 when less than 10 of the original members met to dissolve this "ad hoc" committee. Contrary to the original purpose of the UAFS when it was established, a portion of the funds raised were not used to secure recognition of Slovenia as a sovereign and independent country, but rather for "trip" expenses of then president of Slovenia Milan Kucan to northeast Ohio in 1994.

It is a known fact that Mr. Kucan was and remains a member of the Slovenian Communist Party, regardless of what this political party of former Slovenian Communists decides to call itself. This was the authorized state institution that kept people suppressed and denied the

rights of ordinary citizens in Slovenia as well as the state institution that permitted confiscation of real and personal property and placing in jail individuals opposed to the Slovenian Communist Party.

The UAFS authorized payment of expenses between \$2,400 to \$2,700 to support the visit of Mr. Kucan to northeast Ohio in March, 1994. The May 1994 meeting minutes of UAFS attest to this action. (WRITER'S NOTE: I have included the minutes of meeting held in May, 1994 to verify this account.) In addition, payment for an unauthorized \$1,000 painting depicting Bishop I. F. Baraga to be given to then Ambassador Petric was made without prior approval or notification of members of UAFS by one individual. My personal conversation with Dr. Petric indicated otherwise: The embassy never requested nor sought such a gift.

The work of UAFS is now officially concluded but without any audit that is normally expected and performed by an American Slovenian organization or committee. The UAFS account had \$14,471.62 on account balance as of the close of business day March 31, 2006. Of this amount \$4,250 is to be distributed for educational endeavors (scholarships and grants), \$5,000 to be distributed for cultural purposes, \$1,500 for repayment of bills incurred, and \$2,000 set aside for the current Cleveland Slovenian Days in June, 2006. Remaining funds, if any, are to be distributed for these said purposes. Since this was public monies raised, the public has the right to know how these funds will be handled.

In closing, a note of thanks to the many wonderful individuals who made the reality of Slovenia's independence happen. Without your support and encouragement this would not have happened.

Kres

Performance

Mark your calendars. Kres' annual performance will be on August 26 at the Slovenian National Home.

Mario's

International Program

WKTX - 830 AM

Saturdays - 3 to 5 p.m.

St. Mary's Summer Picnic

St. Mary's (Collinwood) Summer Picnic will be held at Slovenska Pristava on Sunday, Aug. 20.

The day will begin with Mass at 12:30 p.m.

Following Mass, there will be chicken/roast beef dinner (\$12 for adults and \$6 for children).

There will be a bake sale sponsored by the Altar Society.

Children's games, food and refreshments throughout the day. Music by Veseli Godci.

Everyone is most welcome to attend.

Slovenian Women's Union Announces Scholarships

The Slovenian Women's Union of America Scholarship Committee is proud to announce seven students were selected to receive 2006 scholarships. Criteria used in evaluating applications are: scholastic achievement, civic, religious and community participation, financial need, and promotion of Slovenian culture.

Jennifer Golobich, Virginia, Minnesota has received the \$1,000 Frances Barman Award. Jennifer will attend St. Scholastica College and major in occupational therapy.

Kelsey Ivancich, Ely, Minnesota has received a \$2,000 Slovene Rest Home Association of Fontana, California Award. Kelsey will attend the College of Saint Benedict, majoring in chemistry.

Nicholas Kular, Wickliffe, Ohio was the recipient of a \$1,000 Slovene Rest Home Association of Fontana, California Award. Nicholas is entering his senior year at John Carroll University, majoring in Religious Studies and Theology.

Anthony Perko, Pueblo, Colorado has received the \$1,000 Josef Princ Award. Anthony will be entering his junior year as a history major.

Teresa Skalko, Esko, Minnesota was a recipient of a \$2,000 Slovene Rest Home Association of Fontana, California Award. In fall of 2006 Teresa will attend Viterbo University as a nursing student.

Alyssa Spinuzzi, Pueblo, Colorado has received the \$1,000 Rose Marie Princ Award. Alyssa will major in education at Colorado State University.

Anne Kemmerling, Denver, Colorado was the recipient of the SWUA \$500 Continuing Education Award. Ann has completed her Master's Degree in Library Science but will take additional computer classes in web development this fall at Metro State University.

Donations and information on the SWUA Scholarship Program can be directed to: Mary Turvey, Director, 52 Oakridge Drive, Marquette, Michigan 49855 or mturvey@aol.com

NEW QUIZ

by James V. Debevec II

Quiz:

The Seneca Indians never used the word Allegany to describe their "Beautiful River." Instead, what word did they use in referring to what is now known as the "Allegany River?"

Send answers to Jim ah@buckeyeweb.com or mail to Jim, American Home, 6117 St. Clair Ave., Cleveland, OH 44103.

Investors!

Large home with 2 suites, one 7 room, 4 bedroom. Plus inlaw/suite. 4 room full bath, attic, basement. Large lot. Room for garage, driveway. Great for extended family. Mechanically in good working order. Asking \$49,000. Possible seller participation.

Telich Realty
216 - 481-3123

Help us to Recycle

at

Our Lady of Lourdes Shrine
21281 Chardon Rd., Euclid, Ohio

Please deposit in receptacle in
SHRINE PARKING LOT
Newspapers, magazines, junk mail,
catalogs, all clean paper
(Not cardboard or plastic)

Recycles into profits for the Shrine

St. Vitus Alumni News...

by AGNES KOPORC

A "gloomy day" with a forecast for rain. Let's toss a coin. Heads I go; tails, I stay home. Oh, what the heck; if it's going to rain, I might as well go, and off I went to the St. Vitus Alumni meeting.

I revved the ole engine of my trusty wheels, sped down the old freeway, and just like that, there I was, in front of the Slovenian Village on Lausche Avenue. Of course, not only had I arrived, so had the other alumni diehards.

As usual, we all seem to have our "self-appointed" duties. Florence Hotujac automatically prepares the urn for the coffee which will be consumed later. Tables are being set for the "after the meeting fest," and then with the firm tap of the gavel by Pres. Dan Reiger, the meeting is underway.

Our Alumni "ticket to heaven" Father Vic Cimperman opened the meeting with prayer. A moment of silence is rendered for the deceased and remembrance of our sick. It brought a tear to my eye. We have lost and are losing too many, too fast. It is "that time of life." (sigh).

Pres. Dan then introduced Marcie Mills subbing for Secretary Daniella Avsec who was spending a few days in Chautauqua, NY with her family. Thank you, Marcie, for taking over the duties of secretary for the evening.

As usual, Ray Gobec, Financial Treasurer, did a commendable job of reporting our finances, and I mean "to the penny." By the way, Ray will be having a "knee replacement surgery" in August. Good luck, Ray. Remember to do your therapy faithfully. It will pay off.

Next on the agenda, what everyone was waiting for, the announcement of the Honorees for this year. Dan called upon the Chairman of the Nominating Committee Albina Pozelnik to do the honors.

She said, "This year will be known as Ladies Year. To be honored Posthumously will be our deceased Vice President **Josephine Perpar**. Then the well known and loved **Marcie Mills** for her many years of service to both church and civic affairs, etc., and to **Ms. JoAnne Arhar**, daughter of the well known Edward and Ann Arhar. Mark your calendars now for the Alumni Day, the last Sunday in October, Oct. 29.

Exciting news of Alumni 2006 scholarship recipients were also announced by the Scholarship Chairperson, Florence Hotujac. Six scholarships will be awarded.

They are as follows: Stephen Baznik, grandson of Mr. and Mrs. Edw. Baznik, who will be attending Padua Catholic High School.

Joseph David, grandson of Mr. and Mrs. A. Strazar. He will be going to Holy Name High School. Luke Avsec, son of Mr. and Mrs. Tom Avsec, grandson of Joseph Avsec who will go to Trinity High School. Chelsey Starin will be going to Magnificat Catholic. She is the granddaughter of Mrs. Mary (Sajovec) Starin. Andrew Novach, grandson of Joseph Avsec, who will go to St. Edward High School, and Kristen Hebebrand, daughter of Mr. and Mrs. Craig Hebebrand who will go to Lake Catholic. May they all be blessed with good luck and success as they venture into the future.

Of course, all this news in one evening was a bit "much" to digest. Discussion of the forthcoming Honoree Day was on the floor.

The meeting closed with prayer, and the festivities of the evening were underway.

The dining room table was all set, but not before we brought out the birthday cake and had Father Vic and his sister Mary blow out the candles. Both share June birthdays.

Missing and missed were Frances Forsythe and sister Lil Ribarich. Margie Batis it was like old times having you back.

A new face in the crowd was Ane Kern's daughter Barbara Gurloff who was visiting from out of state. Thank you, Barb, for coming, it was great having you with us.

Josephine Strauss was seen going from one room to another, setting the table, bringing food to the ones who could not walk too well. In between she would belt out a song and everyone would join in.

Talking about singing we (that means me, too), had quite a nice barbershop thing going. Tony Baznik, Marilyn Vidmar, Jos. Strauss and "I" really brought back memories. How about, "Tell Me Why," and "Pred pa ne gremo dam." It doesn't really cost a lot to have an enjoyable evening. Just come to an alumni meeting. Cost is only \$5 a year.

Enjoying the camaraderie was Fran Cizel, better known

as Babe, whose mom is over 101 and living in the Slovene Home for the Aged. Babe spends most of her day with her mom. You are truly a lovable daughter.

Another lady with a big heart an active alumni member is Bernie Sajovec. She is right at home in the Village. Just takes the elevator down.

Annie Arhar brought a message from hubby Ed who is still in Cleveland Clinic since January. He is not giving up. His goal is to come home and go for long walks again. He always was a health buff. Pray for his return to health. He is really missed at St. Vitus and St. Clair Slovenian Home and by the St. Vitus War Vets.

While the strains of "Goodnight Ladies" was filtering through the room, the ladies cleaned up the dining area. Albina Pozelnik passed out her special favors (wonderful goodies) as always. We are truly grateful. The lights were turned to the "off" position. With that, we all scrambled to our vehicles and headed for home. *Lahko noč*, until October. The first Thursday in October, the 5th, that is. *Se vidimo*.

Gorsha Shoots Hole-in-One

Former Clevelander Louis J. Gorsha, hit a hole-in-one on the 120-yard ninth hole of the Cape Coral Executive Golf Course on Thursday, July 20, 2006 in Cape Coral, Florida. Louie is 88-years-young.

The reason the golf pro tells you to keep your head down is so you can't see him laughing. —Phylis Diller

Tony's... Old World Plaza Barber Shop

Haircuts: \$7.00

664 E. 185 St.

- at Abby Ave. and Windward Rd.

HOURS:

7:30 a.m. 5:30 p.m. M-F

7:30 a.m. 5:00 p.m. Sat

We love the Slovenian people. We want more of them as our customers.

LAVRISHA

216-391-0035

Construction & Repair Services

Rokodelec Contractor

Mlakar's Walk Down Memory Lane

by RAY MLAKAR

Well, Ray is back, but then so is the hot weather and here is hoping that before long it cools down again. It seems that the only time I can get out to possibly work on the weed pike is at 7:30 at night, but even then I cannot take it too long. Let's face it, how many dudes do you see pulling weeds sitting in a lawn chair? Unfortunately, where I live there are no older kids that one can hire to do such tasks, so it is me or no one.

Well, after having been cooped up since coming home from the hospital on Sunday, 16 July, I attempted to leave home and try to attend my lodge KSKJ picnic. I was rather hesitant about going, for it was held out East in the small village of Glen Willow. To tell the truth, I have never heard of it. But then again, I am sure Glen Willow has never heard of me. So we are even.

To be on the safe side I called my older Sister Eleanor who lives in Walton Hills to see if she wanted to accompany me. I was in luck as she said, "Yeah, I'll go. I have an idea where Glen Willow is." Great, now all I have to do is get the directions on how to get to Eleanor's place for it has been well over 22 years since I had been there.

With her directions, I was able to find her place and I must say the area has changed completely in 22 years. I took the KSKJ newspaper with me which gave directions. Ele said all you have to do is stay on Alexander Road, that takes you to Pettibone Road which takes you right into Glen Willow. Eleanor was right, but then being that she lives in that neck of the woods, she was fairly familiar with the area.

The picnic was being held at the "Odd Fellows Picnic

Grove," 7272 Austin Powers Road. We had no trouble finding Austin Powers Road, for it is right off Pettibone Road. I drove up and down Austin Powers Road which was highly residential and being that it was so hot, no one was outdoors to ask directions.

Well, we had the address 7272 but when we came to that lot it seems the addresses disappeared. Ele said, let's go back to Pettibone Road, there is a police station right on the corner.

We got there and the police station was locked. Who knows, maybe they were all at the picnic, wherever that was. There were a lot of police cars around the station and one of the police cars blew its siren and motioned for Ele to come to the squad car. Ele told him we were looking for the "Odd Fellows Picnic Grove." He said you are just about on top of it. He said go back on Austin Powers Drive and head north and STOP when you get to the railroad crossing. You are there. He said glance off to your left and you will see a dirt grass road running along the track and follow it back about 300 feet and you are there. Well I had been ready to go back home, but instead followed the policeman's direction and drove along the dirt road beside the RR tracks and I began to hear polka music. Then I knew I was at the right place. Yes, it was Johnny Pecon, Lou Trebar, Miskulin and all the other star name bands. I circled around until I was able to find a place close to the pavilion for with my shortness of breath, I knew I could not walk too far. I would have knelt down in a prayer of Thanksgiving for having finally found the place, but disregarded the notion when I realized that I would never be able to get up again.

(To Be Continued)

Two Old Guys Joke

Two old guys are pushing their carts around Wal-Mart when they collide. The first old guy says to the second, "Sorry about that; I'm looking for my wife."

The second man says, "That's a coincidence, I'm looking for my wife, too."

The first guy says, "Maybe we can help each other. What does your wife look like?"

The second old fellow says, "Well, she is 27 years old, tall, with red hair, green eyes, long legs, well built and is wearing short shorts. What does your wife look like?"

The first old guy says, "Never mind, let's look for your wife."

--Phil Hrvatin

Don't worry about avoiding temptation. As you grow older, it will avoid you. —Winston Churchill

Exemplary Life of Helena (Lenka) Nemec

Eulogy given by **Mary Ann Vogel** at **Helena Nemec's** Mass of Christian Burial on Friday, June 2, 2006 at St. Mary's Church in Collinwood (Cleveland).

Good morning. Good morning Fr. Kumse and Fr. Boznar. Fr. Kumse, thank you for the beautiful homily just given. Thank you for speaking so beautifully about Lenca (Helena Nemec). You were able to talk about her so wonderfully. I hope you don't mind if I repeat some of the stories. I would like to thank *gospa* Nemec and the Nemec family for asking me to talk about Helena, really more specifically about "Lenca."

We have come together today to celebrate the life of one who accepted and loved life. Each one of us here today has quite a few memories about the quintessential Lenca. There is no way I could possibly relive all of mine for you today. Nor do I really think that you want me to. I do think there are a few that should be said and remembered about Helena. She was a daughter, niece, sister, *teta* (aunt), friend, co-worker, volunteer, treasurer, diabetic. The list just given is a list of nouns that represent the person she was.

When I move to adjectives the list could be endless: funny, perseverant, dedicated, feisty, quick-tempered, frustrating, adventurous, loving, stubborn, faithful, giving, strong-willed, independent, challenging, family-centered, the list goes on and on.

I think it is important to remember that like all of us, Lenca had a few characteristics that caused gray hairs, not for her but for others. It was in those characteristics that Lenca was able to fight the effects of what the diabetes was doing to her physical body. Lenca was stubborn, opinionated, and sometimes non-complaint. That was the cause of many of her successes and challenges. I respect Helena because of her independence and strong faith-filled will to live. She lived by herself until the very end. Yet that caused worry for many of us – will she be all right, is she taking the right meds, is she eating correctly? And she did.

It was her courage that helped her to do the many things that I could never dream of doing:

- Bungee jumping
- Sky-diving
- Going on two cattle drives, one while on crutches and planning for a third with her cousins
- Enduring many medical traumas:

amputations, surgeries, the thought of a medical team telling her, "No, the next surgery may not be possible."

• Relearning how to ride a bike after the amputation and not telling the family what that was like – Marty and Maria Marsic told me the story last night of how Helena began to ride a bike again. She went around a small block with her nephew Niko. When they arrived home the Marsics asked, "How did it go?" Helena replied, "Great, good ride." Later that night Niko told *mami* and *ati* that Teta Lenca fell off the bike four or five times. Helena came back the next day and the next day until eventually she was riding that bike fairly long distances before her health took a turn again.

Those were a few examples of Lenca. She had the courage to keep on going – the "Can-do" spirit and the faith in God that she really could and would get healthier.

Helena's faith was amazing. She was going to get a heart transplant; she was going to see; and the doctors were going to have another plan of attack that was going to work. I am a daughter of Christ; I will be able to be less tired. I will go on a horse-ride again. Through all the setbacks and gains, Helena never lost faith in God. She believed in her soul almost never turning from him that she was loved by Him and had not been forgotten. She very rarely, if almost never, allowed herself to say, "Why me?"

As I was preparing this eulogy, I really hoped to find a verse that I felt told a bit of Helena's life. Romans 5:3-5 states, "... we know that affliction makes for endurance, and endurance for tested virtue, and virtue for hope. And this hope will not leave us disappointed because the love of God has been poured out in our hearts through the Holy Spirit who has been given to us."

Part of the verse before this is, "But not only that, we even boast of our afflictions." Oh, she wasn't always happy, she would get angry, she let her emotions run the course but she accepted what was given to her – not only accepted, but embraced her suffering. It seemed that by embracing it, she made her own, and would work to overcome it.

She suffered silently and valiantly. I do not believe many of us have too many memories of when Helena thought this is it, I can't do it anymore. There are many friends and family who have

known Helena a lot longer than I have, but I am certain that none of us can remember too many times she would have said "Enough is enough."

She rarely cried about her situation or what was happening to her in front of others. She learned to become a very self-reflective person.

Lenca's no-nonsense approach to life and faith made for exciting times. She was a "Cut to the important stuff" kind of person. What was the important stuff to her?

- Don't ever stop
- Love God
- Love family
- Love life
- Live life as if today is your last day
- Do what you say you are going to do
- Be honest
- Be on time (that one is meaningful for a lot of us – especially if you have ever worked through the wrath of Helena for being late.)
- Take responsibility for your actions
- Don't hold on to the emotional baggage; get it off your chest and move on
- Be consistent
- Have fun; crack a joke, send a funny card, wear a t-shirt that represents who you are; celebrate birthdays with all the trappings of a kids party whether it is a party for a five-year-old, or a 50-year-old.
- Drink a rum and orange juice even if you know you really shouldn't
- When your nieces and nephews are over, make the day for them; make it all about them; be there for them.
- Work, whether it is a full-time job or a side job.
- Keep on crocheting.

The legacy "Lenca" leaves behind is a powerful one – life should be lived wholly, God should be loved fully, family and friends should get attention whenever possible, a good joke should always be told, an event should never be missed, and one never forgets.

Lenca through her suffering became closer with God. She took her cross, oh she fought with it. It made her grumble and made her angry, but she learned from it and it made her stronger and more faith-filled. – She became a strong servant of God by her daily life example both in Good days and the not so good days.

Her way of living life brought her to a family picnic on Monday. She lived life her way even onto the final moments. She was surrounded by mama, her brothers, sisters, nieces,

nephews, and friends. As everyone who knows Helena understands, if you are a friend of Lenca's you are a family member. She went home to God surrounded by her family, living life her way – but as always surrendering herself and her soul to God as he called on her to come to Him.

The Lord now calls upon

us to live her legacy fully and to remember as it stated in the Book of Proverbs, "...when the just cry out, the Lord hears them and from all their distress He rescues them."

Mary Ann Vogel is Principal of St. Martin de Porres High School, 6111 Lausche Ave., Cleveland.

St. Mary's Slovenian School Says Thanks

St. Mary's Slovenian School would like to thank everyone for their tremendous support of our recent events.

In May, we hosted our second reverse raffle. The night was a huge success and everyone seemed to have a good time. Congratulations to all of our winners. Even if you were not a monetary winner, we hope you consider yourself a winner by supporting our endeavor, enjoying a fun night out with family/friends, great food, music and spirits.

On June 11, we held our annual picnic at Slovenska Pristava. It was also well attended and after a cool start, it turned out to be a beautiful day. It was wonderful to share fellowship together as a community with an outdoor mass and then celebrate with good food, music, games for the children, and our "macek v zakelju" game of chance. Thanks for making the drive out to Slovenska Pristava.

Most recently we held a fundraiser at Mark's Time Out Grille in Willowick. Not only was the food very good, but the ambiance was even

better. It was awesome to enjoy dinner in a restaurant where the room was filled with many friends. At any time, you were able to walk from table to table to socialize and share a laugh (or sample your neighbor's dinner – ha, ha). What was most impressive was that the dining room was not only filled with St. Mary's Slovenian School families, but so many of you from the Slovenian community. Thanks so much for coming out. We hope to hold another event like this in the future and invite you all to come and enjoy some of the fun described above, and take advantage of a good excuse not to have to cook dinner.

To each one of you who attended any of these events, or helped to make them a success, we would like to let you know that we sincerely appreciate being able to call you friends and supporters of St. Mary's Slovenian School. A special thanks to Fr. John Kumše for his continued support and dedication to the success of our Slovenian school. Thank you all for your generosity.

--Julie Tromba

Loyalites Planning Picnic at SNPJ Farm Grounds

The SNPJ Lodge #158 Loyalites are planning a nice afternoon for their annual picnic on Sunday, July 30th at the SNPJ Farm on Heath Rd. in Chardon, Ohio.

The gates open at 12 noon with a \$5 admission. As always, children are admitted free, so bring all the family.

Dinners this year include Slovenian sausage, delicious chicken dinners, and a special feature – a pig roast, expertly slow cooked by Jeff Grdina. Dinners for \$7.00 will be served from 1 to 3 p.m. Slovenian potatoes and salad will be served with the pork and chicken. The sausage dinners will include Slovenian potatoes and sauerkraut. Sandwiches will be

available throughout the day. Homemade krofe will also be available.

At the picnic we will be honoring the members who attained their 50, 60, and 70 year SNPJ anniversaries. There are 12 of our honored members who will get free admission to the picnic, a complimentary dinner, and a corsage donated by Jim Slapnik.

During the picnic, from 3:30 to 7:30, music will be provided by Ken Zalar and the Captains' Crew. Also featured that afternoon will be Ron Pivovar playing his unique original styling on the button box.

--Kathy Hlad
SNPJ Lodge 158 V.P.

Short Notes from Emilee

by EMILEE JENKO

Here we go again. Bumped into Millie Virant at Marc's. She told me her sister Fran was on the sick list, but is now recovering. God bless you, Fran; we'll keep you in our thoughts.

I received the *Zarja* magazine this a.m. A wonderful award from the Slovene Rest Home Assoc. of Fontana to Nicholas Kuhar, son of Stane and Marge of St. Vitus Parish. He is so involved and that's a wonderful thing. We need the young folks to take over. Many best wishes for all your future endeavors, Nicholas. God bless.

Keep this in mind: Oct. 1st at SNPJ Farm, SWUA Slovenian Festival. More later.

August birthday wishes: Tony Petkovsek, Marie Azman, Ben Cartmell, Faye Zahurancsek, Biagi Banco, Edie Bucar, George Dietz, Teresa (TM) Vegh, John Kendzerinski. Belated birthday wishes to Prof. Edi Gobetz.

August wedding anniversaries: Bill and Marie Azman.

Belated July birthdays: Lillian Bratina, Terry Hočvar.

Get well wishes to Marie Bell, Don Slapnik, Judge Ron Suster who was in Hillcrest Hospital for five bypass surgery. Jerry Rovanssek also had surgery and will be undergoing more surgery. Please keep these wonderful people in your prayers.

Viewed Ch. 25 Adelphia on Sunday, July 9. Ambassador Samuel Zbogor was the great speaker for the 15th anniversary of Slovenia's freedom. It was held at the City Club in downtown Cleveland. Many Slovenians were in attendance. There was a question and answer period.

Eleanore Rasper, a faithful and loyal St. Clair Pensioner, is a resident of the Broadview Multo Care Center in Parma. Send her a card. It helps the spirit and keep her in your prayers and thoughts.

The East 185th St. Festival will be in full swing Aug. 3-

6. Let's hope it will be fun and peaceful.

The American Slovene Club members had a get-together on Friday, July 21 at Kristy's on E. 200 St. in Euclid, Ohio, to which Gene Drobnic, the president, attended. She flew in from Cape Coral, Florida for the occasion. We had a wonderful lunch and we enjoyed the friendliness of Kristy's and welcomed Gene who has been away for too long. You are missed. Jim Slapnik, who is such a giving person, sent over red carnations to be given to each of the members. How thoughtful. Thanks, Jim.

Our Slovene Home for the Aged bingo sessions on Wednesdays are going great with my able volunteers: Agnes Koporc, Danielle Avsec, Ann Arhar, Carmen McBrayer, Frank Koenig, and our wonderful caller Dan Riger. What would we do without him? His humor and loving ways to the female residents is great; they love him. My thanks to all my volunteers. You are the best.

Beautiful article about Professor Edi Gobetz in the A.H. (Slovenian section), plus a picture of Edi and his smile is so captivating. Zivio.

A beautiful lady, Mary Blatnik has been struck by the sick bug. She is at home convalescing, so call her or send a card to cheer her up. She is a very talented individual. When a beautiful buffet is needed, she is the one to call. Speedy recovery, Mary; we miss and need you.

I loved the article written by Jennie Schultz regarding in memory of her wonderful husband, Carl. How very, very loving; such a wonder-

ful man and husband. It was written by a loving and wonderful woman and wife. It brought tears.

Belated July 26 birthday to Ken Zalar, a talented musician. Best wishes from all the kitchen angels. An August birthday wish to Pat Nevar from all the kitchen angels at Waterloo Slovenian Hall. Many happy returns.

Our deepest sympathies to the family of Stella Koporc. The family received friends on Sunday, July 23 from 2-8 p.m. May she rest in peace.

Just received a call from Dorothy Winter. She made my day by giving me the St. Mary's video that I mentioned we saw on the bus to Greektown. How marvelous of her. I don't know how to adequately thank her. It is really a valued gift. Thanks, Dorothy; you certainly did make my day. Hvala lepa.

Our thoughts and prayers are with the family of Mary Sterling who passed away this past week. I wasn't a long-time friend, but we did bump into each other at our doctor's office and we always chatted. Rest in peace.

Until we meet again, here is my thought for the day:

By your hands we are fed; by your words we are led. We thank you for your many gifts and pray that we will always be blessed.

Na svidenje.

*My Love always,
--Emilee*

Good company in a journey makes the way seem shorter. --Izaak Walton

It's COOL To Be SLOVENIAN

PERKIN'S RESTAURANT

22780 Shore Center Dr.

Euclid, Ohio 44123

216 - 732-8077

Operated by Joe Foster

Coming Attractions

Sunday, July 30

Breakfast time at Collinwood Slovenian Home, 15810 Holmes Ave from 9 a.m. to 1 p.m. Eggs, sausage, bacon, juice, hash browns, toast coffee. Donation \$6.

Sunday, July 30

SNPJ Lodge #158 Loyalites annual picnic at SNPJ Farm on Heath Rd., in Char-don, OH. Slovenian sausages, chicken dinners, plus pig roast. Dinners \$7 served 1 to 3 p.m. Music by Captains' Crew.

Wednesday, Aug. 2

50-50 Raffle, 7 p.m. at Slovenian National Home Co., 3563 E. 80 St.. \$10 admits two. Includes sandwiches, chips and pop.

Sunday, Aug. 6

Primorski Club picnic (Tramontana) at Slovenska Pristava.

Sunday, Aug. 6

Chicken Barbeque & Dinner at SNPJ Farm featuring Wayne Tomsic Orchestra.

Saturday, Aug. 12

Slovenska Pristava Picnic and Christ the King #226 matching funds featuring Tramontana ansambel from Primorsko. Sophie Mazi cooks dinner after 5 p.m. For \$13 meal tickets call (216) 537-1941.

Sunday, Aug. 13

Picnic by retirees at Slovenska Pristava.

Sunday, Aug. 20

St. Mary's (Coll.) parish picnic at Slovenska Pristava. Mass at 12:30 p.m. Pork roast dinner (\$12 adults, \$6 for children). Veseli Godci orchestra.

Sunday, Aug. 20

Dance hosted by V Boj Lodge 53 at SNPJ Farm featuring Ray Polantz Orch.

Saturday, Aug. 26

Kres annual performance at Slovenian National Home on St. Clair, Cleveland.

Saturday, Aug. 26

Polka Hall of Fame Annual Sausage Festival at Slovenska Pristava from 1 to 9 p.m. Advance tickets \$6 at Polka Hall of Fame (216) 261-3263, or \$7 at door. Six bands.

Sunday, Aug. 27

Dance hosted by Comrades Lodge 566 at SNPJ Farm featuring Joey Tomsick Band with Phil Hrvatin tootin' his own horn.

Wed., Aug 30

Federation of American Slovenian Senior Citizens clubs annual picnic at SNPJ Farm on Heath Rd. Dinner served 1 p.m. by Julie Zalar. Music by Frank Moravcik Orch. 2:30 - 5:30 p.m. Dinner, admission and dancing \$13. Tickets call (216) 481-0163 or (440) 943-3784 before Aug. 24.

Sat./Sun. Sept. 2-3

Weekend celebration for the official opening of new hall at Slovenska Pristava.

Sunday, Sept. 3

Dance hosted by SNPJ Farm featuring Joey Tomsick Band.

Monday, Sept. 4

Labor Day Dance at SNPJ Farm featuring Joe Grkman & Wayne Tomsic Bands

Sunday, Sept. 10

St. Vitus Altar Society traditional Chicken and Roast Beef Dinner in auditorium.

Sunday, Sept. 10

SNPJ Ladies Dance & Goulash Dinner featuring Eddie Rodick Band.

Sunday, Sept. 10

Day at the Races presented by Collinwood Slovenian Home. Admission \$6 includes sandwich, soft drinks and beer. Horses available for \$10.

Sunday, Sept. 17

Wine festival (Ed Mejac Ansambel) at Slovenska Pristava.

Sept. 23-24

Baraga Days in Calumet, Michigan: -- **Saturday, Sept. 23** - Slovenian Mass 4 or 4:30 in St. Paul Church, 301 8th St., followed by social in parish hall. Musical concert honoring Bishop Baraga in Calumet Theater 7:30 or 8 p.m. Theater built in 1900. -- **Sunday, Sept. 24** - 1 or 1:30 p.m. Mass in Sacred Heart Church, Calumet followed by banquet and annual Baraga Association meeting at Michigan Technological University Ballroom, Houghton, MI. Banquet tickets \$20. Roast pork dinner.

Saturday, Sept. 23

Slovenian National Home Co., Newburgh, 3563 E. 80 St., Cleveland, Wine and Cheese, 6:30 p.m. Music by Al Battistelli from 7:30 to 10:30. Donation \$15. Call (216) 662-3339,

SHELIGA DRUG, INC.

Your Full Service Pharmacy

6025 St. Clair Avenue

431-1035

431-4644 FAX

WE ACCEPT:

- American Express
- Discover
- MasterCard
- Visa

- WIC - Food Stamps
- Manufacturers Coupons

We bill most major insurance plans

- Photo Finishing
- Package & Mailing Center
- FAX Service
- Keys Made
- Layaways
- Contact Lens Replacement

Visit Us!

Specialists in Corrective Hair Coloring



tina & brenda's HAIR SALON

461-7989 / 461-0623

5216 Wilson Mills Rd. Richmond Hts., Ohio 44143

Death Notices

MARY STERLING

Mary Sterling (nee Picman), age 83. Beloved wife of Robert (deceased); loving sister and best friend of Rose (Hubert, deceased) Silva; sister-in-law of William (Jean) Sterling; aunt and great aunt; dearest friend of Pat Sanzo.

Mary was an active member of the following organizations: St. Mary Seniors; AMLA Lodge No. 27, KSKJ St. Joseph Lodge No. 169; Slovenian Women's Union Branch No. 50; Euclid Homemakers; JFK Senior Center; Slovenian National Art Guild, Waterloo, Holmes Ave., and Euclid Pensioners.

Mary was employed as a presser for Richman Bros. for over 30 years, retiring in 1985.

Friends were received at Zele Funeral Home, 452 E. 152 St., Friday 3-6 p.m.

Family and friends were requested to meet on Saturday at St. Mary Church (Holmes Ave.) for 12:30 p.m. Mass. Interment All Souls Cemetery.

Donations in her memory to St. Mary Church, 15519 Holmes Ave., Cleveland, OH 44110 or to the Slovene Home for the Aged, 18621 Neff Rd., Cleveland, OH 44119.

VINCENT L. VRHOVNIK

Vincent L. Vrhovnik, age 53, loving father of Vincent R., Mary Erin and Jeremy; beloved son of Vincent Sr. and Mary (nee Gosar); dear brother of Lou (Debbie) and John; uncle of Christopher, Brian, Lindsay and John.

Friends were received at Zele Funeral Home, 452 E. 152 St., Thursday, July 20 from 2-4 and 7-9 p.m., where services were held Friday, July 21 at 9:15 a.m., and St. Mary Church (Holmes Ave.) at 10 a.m.

Donations in his memory to The Cleveland Sight Center, 1909 East 101 St., Cleveland, OH 44106 would be deeply appreciated by the family.

St. Mary's Seniors Meet

St. Mary's Seniors (Collinwood) will meet at Richmond Heights Park on Highland Road on Tuesday, Aug. 1 at noon for their picnic.

Bring your own beverage and potluck dish to share.

ANNA CEKADA

Anna Cekada, 93, of Valley City, Ohio. Beloved mother of Joseph (Dell), Leo (Pat), Mario (Karen) Cekada; grandmother of eight and great-grandmother of seven.

Anna was a member of St. Martin of Tours Parish and enjoyed gardening.

Anna was preceded in death by her husband, Joseph.

Friends called at Waite & Son Funeral Home, Brunswick Chapel (Rt. 303) on Tuesday, July 25 from 7-9 p.m.

Mass of Christian Burial was held on Wednesday, July 26, 2006 at 10 a.m. in St. Martin of Tours Church, 1800 Station Rd., Valley City. Rev. Thomas Dunphy officiated.

Contributions to St. Martin of Tours Church.

In Memory

Thanks to **Ann Zupancic** of Broadview Hts., OH who renewed her subscription and added a \$20.00 donation in memory of her family, **Louis, Anna, Mary, and Marge Zupancic.**

In Memory

Thanks to **Mary Clemente** of Euclid, OH who renewed her subscription and added a \$25.00 donation in memory of **Joseph and Mary Brodnik.**

In Loving Memory of the 10th anniversary of the death of



Frances Mavko
Who passed away on
Aug. 4, 1996

*It broke our hearts to lose you
But you did not go alone,
For part of us went with you,
The day God took you home.*

Sadly missed by:
Daughters: Anne Knaus
Fran Marie Mavko,
Grandchildren,
Great-Grandchildren, and
Great-great-grandchildren

Printing Expenses

Editor,
Enclosed please find a check for \$60.00 for one year newspaper renewal (\$35), and \$25.00 for printing expenses.

--Stanley Kodrin
Willoughby Hills, OH

In Loving Memory

of the 50th Anniversary of the death of



Agnes Kastelic

(July 27, 1956)

A wonderful mother, woman and aid;
One who was better God never made;
A wonderful worker, so loyal and true;
One in a million - that was you.

Just in your judgment, always right;
Loved by everyone you knew,
A wonderful mother — that was you.

Sadly missed
by Family

In loving memory

Of the 35th Anniversary of the death of



Louis Klemencic
who died July 30, 1971

You are not forgotten, loved one,
Nor will you ever be.
As long as life and memory last,
We will remember thee.

We miss you now, our hearts are sore,
As time goes by, we miss you more.
Your loving smile, your gentle face,
No one can fill your vacant place.

Sadly missed by:
Children, Grandchildren, and Great-grandchildren

Large Donation

In Memory

Thanks to **Jack Lekan** of North Olmsted who paid for a new subscription and added a \$100 donation in memory of his mother **Ann Lekan.** He writes, "My mom, Ann, truly enjoyed the American Home newspaper. She was so proud of her heritage. I hope you will always carry on your tradition of publishing the paper."

Informative

Editor,
We enclose a \$15.00 donation with the regular subscription renewal.

We enjoy reading the paper. It helps us keep up with the happenings in the Slovenian communities.

--Tony and Carol Satej
Madison, Ohio

In Memory

Thanks to daughter **Anna**, son-in-law **Brian**, and grandchildren **Jilian and Eric Morrison** of South Russell, OH who renewed their subscription and added a \$15.00 donation in memory of **Milan M. Dovic** who passed away on July 19, 1997.

Good Work

Please continue doing your good work of printing a fine newspaper.

--Anton M. Pechaver
Rancho Cordova, CA

Continue

We appreciate all you do to continue publishing the paper. We know it has to be hard to keep up with all the increases in paper, postage, ink, etc. God bless.

--Peter Ruminski
Euclid, OH

Donation

Thanks to **Mr. and Mrs. Stanley Mramor** of Sheffield Lake, OH who renewed their subscription and added a \$25.00 donation.

Donation

Thanks to **Aggie Koporc** of Bratenahl, OH who renewed her subscription and added a \$15.00 donation.

Donations

Thanks to the following for their donations to the Ameriška Domovina, American Home newspaper:

Maria Dimitrijevic, Cleveland, OH -- \$5.00

Valentin and Zdenka Kavčič, Kirtland, OH -- \$5.00

C. Benedejcic, Chardon, OH -- \$5.00

Michael Skebe, Chardon, OH -- \$15.00

Angela Hutar, Euclid, OH -- \$10.00

Stan Modic, Painesville, OH -- \$10.00

Mr. and Mrs. Mirko Zudic, Euclid, OH -- \$15.00

Mary Kolman, Gurnee, IL -- \$10.00

Frank and Maria Klement, Pombroke Pines, FL -- \$10.00

Bogdan and Louise Kovacic, Manhattan Beach, CA \$5.00

Robert and Gertrude Menart, Euclid, OH -- \$10.00

Terezija Teskac, Euclid, OH -- \$5.00

Stanley Dolsina, Duluth, MN -- \$15.00

Katarina Dreu, Cleveland, OH -- \$10.00

Frances Zadell, Cleveland Hts., OH -- \$15.00

Thanks to **Anonymous** of Cleveland for the \$5.00 donation.

John and Antonia Srsen, Willoughby Hills, OH -- \$15.00

Stanley and Michaela Simrayh, Lemont, IL -- \$5.00

Louis Gregorich, Lemont, IL -- \$15.00

Anton Malensek, Orange, CT -- \$5.00

Mr. and Mrs. Anton Gombach, Oak Lawn, IL -- \$5.00

Marcia Jonke, Akron, OH -- \$15.00

Joseph and Lillian Starck, Kirtland, OH -- \$15.00

Branko Pogačnik, Kirtland, OH -- \$5.00

Marija and Anton Adamic, Kirtland, OH -- \$15.00

Tony Zemljich, Anchorage, AK -- \$5.00

Attilio Bonutti, Woodstock, GA -- \$15.00

Marko Cerne, Cleveland Hts., OH -- \$15.00

Dr. Joseph Kovacic, Colonial Hts., VA -- \$15.00

Mildred Houston, LA, CA -- \$5.00

Frances Seman, Beachwood, OH -- \$10.00

John Novak, Windsor, Ont., Can. -- \$5.00

Rev. John Retar, Berea, OH -- \$15.00

Frank and Antonia Urankar, Concord, OH -- \$15.00

Phyllis Coladangelo, Willoughby, OH -- \$15.00

Josephine Jurkovic, Euclid, OH -- \$5.00

Zele Funeral Home

MEMORIAL CHAPEL

Located at

452 E. 152 St. Ph: (216) 481-3118

Family owned and operated since 1908

The life and times of Joseph Mihevc

May 1945 – June 1948

My Journey as
a refugee

(Conclusion)

In Fragrant (1947)

The move from the camp at Peggez to Spittal was done all at once by train. The camp trucks transported the meager belongings of the refugees to the spare train track near the camp. A few of us, along with the trucks, stayed behind in Peggez an extra month to clean up.

Once we arrived in Spittal, however, in January, 1947, I lost my job, like many others. It was midwinter and the prospects were not promising. I joined the choir that existed at that camp. This choir had shrunk because many of the members worked outside the camp. Fr. Janez Kalan (died in Argentina), who during the war, had been a priest in Cerknica and was now experiencing camp life with us, had an old friend who needed help in his woodworking business. The French captives who had been employed by him until then had been released and had returned to France. Thus, several of us were able to obtain employment – two housekeepers at the beginning of February, I started at the end of February. My job as chief mechanic was to repair the badly-worn equipment. Several other men got jobs working in the woods (lumberjacks) about a month later.

It was difficult to get used to the new surroundings, especially since the work was different and more demanding than what I was accustomed to at the previous camp. I was involved in various tasks such as fixing a water turbine, a saw, a stone-crusher, building and maintenance of cable-cars and related tasks. I had a very interesting experience once when I was working with my tools, on the cable-car station along the mountain path. I heard a rustling in the forest and when I turned, I saw an amazing sight. There was a column of five or six deer. The first and last deer in the column had huge antlers. The deer and I stared at each other and when I made a step forward, they began slowly to retreat. Near the crest of the mountain awaited another surprise. I had never before seen such a huge ant-hill – this one was almost a story high.

The owners of the business were Slovenians and they also spoke Slovenian. The father had died before we arrived, but before the war I believe. He was the manager of the mine Zagorje on the



One hour before leaving the Austrian camp

– June 14, 1948

Sava River, where the family still had relatives. The children were Franc, Kristal and Erika. The business employed about 20 Slovenian refugees, mostly lumberjacks, those who worked on the saws, bricklayers, housekeepers and me, the chief mechanic. The lumberjacks would send the timber down the icy path into the valley, and in the spring along the river to the saws. Much of the timber was also transported by cable from the hills across the river to the road.

Franc had offered to assist me in obtaining Austrian citizenship, but at that point, I had already made the decision to emigrate to Canada. When I left their employ, he provided me with a reference letter. Considering the times, the food was adequate. In the summer of 1947, the workers along with their friends from the camp went on an outing to Grosslockner.

It was likely in Peggez that the solution to the refugee problem became apparent and it was to settle them overseas in the Americas. In Spittal, brochures were distributed that explained the various opportunities available. My aunt in Cleveland agreed to sponsor me to the United States, but I was too late as I had already been accepted into Canada to work on a farm. Having passed a medical examination, I along with over 100 other happy Slovenians, left for Canada on June 12, 1948 on the Italian ship *Saturnia*.

In Conclusion:

I often wonder who and why I was one among the many thousands of refugees. I often feel that the experiences of my youth are echoed in the following song:

A poor kid I wander about
Like a pitiful gypsy child.
In my loneliness, I shed quiet tears,
God is the only one who watches me.
Nobody would give me a hand,
Yet everyone would mock me.



With co-workers from the logging and gravel firm – June 12, 1948



Writing this memoir about my fateful period of life has also made me reflect on my life before and after those terrible years, and I feel connected to the truths in the following poem:

I am sentenced to wander in foreign lands,
It is difficult to tell you how wretched that is.

The trauma of those days transplanted me into new surroundings, where I was able to start anew. My roots here in Canada are deep and I would not be able to go back. I will remain outside my homeland and I often recall this song sung at one's departure from the homeland.

Oh, farewell my homeland
Oh, farewell to the mountain flower
May the heavens watch over you,
I will never forget you... never... never.

Humankind continually strives to improve and to learn from past mistakes. The solution lies in working together, understanding each other, common sense and the successes of a full life. Above all, the aim should be for peace.

--The end --

Pristava and KSKJ #226 Picnic

Slovenska Pristava and KSKJ Christ the King Lodge #226 will have a matching fund raising picnic on Saturday, August 12th after 5 p.m.

Dinner is going to be served by Sofie Mazi and her staff.

The price is \$13.00 per person and you have to re-

serve tickets by calling Elizabeth Zalik at (216) 537-1941. You will be entertained by ansambel "Tramontana" from Primorsko, Slovenia.

We hope to see all members and friends of Pristava on Sat., Aug. 12.

--Milan

Anton J. Ogrinc, D.D.S.



Family Dentistry/Preventive Dentistry

• MAYFIELD VILLAGE
6551 Wilson Mills Rd., Suit 103

1-440-473-1920

Joseph Zevnik
Licensed Funeral Director

The Dan Cosic
FUNERAL HOMES

Dedicated to Excellence in Funeral Service

28890 Chardon Road
Willoughby Hills, Ohio 44092
440-944-8400 fax: 440-944-7977

KSKJ

AMERICAN SLOVENIAN CATHOLIC UNION

BECOME A MEMBER WITH A NEW INSURANCE PLAN FROM KSKJ!

ACCIDENTAL DEATH & DISMEMBERMENT PLAN

Available from ages 20 to 65 (coverage expires at age 70)

Minimum Amount Available \$25,000 - Maximum Available \$100,000

\$30 minimum per mode premium - \$1.00 per thousand in PA
\$1.20 per thousand in CA, CO, CT, IL, IN, KS, MI, MN, MT, OH, DC, WI

Call your local sales agent or the Home Office at 1-800-843-5755

www.kskjlife.com





Young volunteers. These four smiling young ladies volunteered at the St. Vitus summer picnic on Sunday, July 16. They are related to one another. Helping in the dinner serving line are (left to right), Rachael Kristanc, Nadine Lavrisha, Julia Znidarsic, and Danielle Kristanc. (Photo by PHIL HRVATIN)

Good Time Prevails at St. Vitus Summer Picnic

The annual St. Vitus Parish summer picnic, held on July 16 at Slovenska Pristava in Harpersfield, Ohio, concluded as a successful day filled with fellowship, friendship, and support by parishioners, friends, and benefactors of the parish.

The day began with a noon Mass celebrated by Father Joseph P. Božnar, pastor, St. Vitus parish. Fr. Božnar's homily centered on the theme of family, our relationship with one another, the many parishioners who continuously help the parish, and the blessings of young families and children in the parish. Fr. Božnar stated how we should not be intimidated about change and challenges, noting St. Vitus Village and the current construction work on Slovenska Pristava as examples of how cooperation can answer a change or challenge.

Immediately following the Mass a well-prepared dinner of breaded boneless pork chops or chicken with all the trimmings was provided under the direction of Linda Plečnik and dedicated volunteers from the parish. The 310 dinners were quickly served to the satisfaction of all in attendance. The trimmings included Slovenian home-style potatoes, salad plates, selection of fruit and summer vegetables, bread/butter, choice of beverage and home-made pastry.

The afternoon consisted of children's games, a newly installed putt-putt course,

and the wonderful listening and dancing sounds of the Joey Tomsick Orchestra. As a special treat, a young group of women from the parish, known as "Melodia," performed to the delight of all.

In contrast to last year's downpour, the day was sunny, warm and humid, with temperatures exceeding 90 degrees. Both young and recycled teenagers were able to cool off from the heat through junior sized Olympic pool: the pool was packed from 2:30 p.m. until early evening.

The kitchen provided more than ample servings of food during the remainder of the afternoon under the direction of Ani Zitko and another wonderful group of parish volunteers and friends, while Mark Celestina and another group of volunteers served refreshments of every variety throughout the day. A good specialty, known as "civapcici" (rolled lamb, veal, pork., etc., with a number of spices and cooked on an open barbeque grill), was provided under the able direction of Vogel family members.

Every person in attendance commented on how pleasant the volunteers were as well as the wide variety of food. A reoccurring comment was the number of young family members who volunteered. The parish is grateful for the more senior parish members who have been patient to guide the young families to work together as a parish.

Side Chinese and special 50/50 raffles were held while the main raffle was held at 7 p.m. with an assortment of prizes for one and all. The parish displayed five sets of photos: three on the work performed 15 years ago by American Slovenian communities in northeast Ohio for the independence and recognition of the Republic of Slovenia, and two on the Slovenska sola pri sv. Vidu (St. Vitus Slovenian Saturday School). Nearly 100 pictures were on display.

A wonderful aroma of home-made baked goods dispersed in the air all day as many pastries were available for sale during the day under the able direction of Ivanka Matic and her many pleasant and courteous helpers.

The main purpose of the annual summer parish picnic is to promote fellowship, cooperation, and friendship between parishioners and friends of the parish as well as a time to socialize and meet old/new friends. The secondary purpose is to raise funds for specific parish projects. This year's net proceeds will be used to continue to repay a bank loan for \$1.7 million church and parish house roof work and other capital improvements completed over the past 2.5 years. The original bank loan was \$300,000 with a current outstanding balance of \$195,000.

Greetings from Slovenia

Greetings from "The Sunny Side of the Alps" in Ljubljana, Slovenia. I've had terrific weather until the last days in Slovenia - it's now raining cats and dogs. Best regards,

--Mark Ryavec
Venice, CA

As a former invited contributor of articles on Slovenians to *The World & I*, a Washington Times publication, may I attempt one more step at clarification of the question whether Slovenia is a Central European or a Balkan state. Indeed, to list but two prominent sources, why there is a discrepancy of opinion between *The Encyclopedia Britanica*, which has used the Balkan label, and respected, highly specialized scholars such as Robert Lee Wolff, the author of the definitive work *The Balkans in our Times* (1956, p.15) who emphasizes that Slovenia is geographically and historically not a Balkan, but a Central European country.

Until 1918 when Slovenia had been for centuries a part of Austria, no one ever referred to it as a Balkan land. However, as it later became the northernmost province of Yugoslavia, much of whose territory was, indeed, in the Balkans, it became easy and convenient to refer to the entire state of Yugoslavia as a Balkan country which meant that Slovenia, too, was

by many, considered a Balkan land by its association with Yugoslavia.

The truth, of course, is that Slovenia, like Switzerland and Austria, is an Alpine land and is much closer to Vienna than to Belgrade. The Slovenians, a numerically small nation living on a highly exposed territory, opted out of Austria because they did not want to gradually become Germanized (the fate of many in Carinthia who have remained under Austria).

In order to escape the Yugoslav communist oppression, they also overwhelmingly voted for independence, and in 1991 defended it against the brutal attacks by the Yugoslav, communist-dominated army. Since they have now been for 15 years an independent state, the last reason to incorrectly consider them a Balkan people, even if only by association with Yugoslavia which no longer exists, has disappeared.

--Edward Gobetz, Ph.D.
Director of the Slovenian Research Center of America
Willoughby Hills, Ohio

Old Slavic Burial Ground Found in NW Slovenia

An old Slavic burial ground has been discovered during sewage system construction in the village of Doslovce (NW), the Institute for the Protection of Cultural Heritage in Slovenia said.

Even though the skeletons and objects dating back to the 9th century are not particularly well preserved, the find is significant as it indicates that Old Slavic graveyards are located under the Stol mountain.

Milan Sagadin, the head of the excavation works at Doslovce said similar dis-

coveries made in the general vicinity in recent years point to the existence of Old Slavic settlements in the region, with the division of the area probably dating back as far as the Roman times.

The objects found led the archaeologists to conclude that men as well as women and children were buried at the site, but a more precise image of their lives will emerge after the excavations - expected to cost around SIT 8.5m (EUR 35,500), are completed.

--Slovenia News



Enjoying a pleasant but warm Sunday afternoon at the St. Vitus summer picnic are, left to right, Father Vic Cimperman, in residence at St. Vitus Village and assisting at St. Vitus Parish, and attorney Ernest and Lillian Centa. Mrs. Centa instructs adults in the Slovenian language on Saturdays at St. Vitus. (Photo by PHIL HRVATIN)

Although it's considered one of America's favorite fruits, watermelon is really a vegetable.

It's Cool To Be Slovenian!

IVORY CITY PIANO SERVICE
Albert J. Koporc, Jr.
446 East 152nd St.
Cleveland, OH 44110
216--486-1105

The Relaxing Beauty of Dolenjske Toplice

by Helena Marko
The Slovenia Times

If you drive southeast from Ljubljana, through the picturesque Krka Valley, a totally different world opens up before you. The Dolenjske Toplice basin is surrounded by hills covered with vineyards and borders on Kočevski Rog, a pristine virgin forest. The Municipality of Dolenjske Toplice is situated west of the town of *Novo mesto*, in the shallow valley of the Sušica stream.

Above it rises Cvinger, where remnants of an Iron Age settlement have been discovered. Among the objects uncovered was a bronze ornamented vessel from an Iron Age tomb. Due to its varied ornamental scenes the vessel is considered one of the most beautiful Iron Age artifacts in Europe.

The heart of the municipality is a town called Dolenjske Toplice (Dolenska Spa), named after the thermal spring which has blessed the town with unique possibilities for development.

Dolenjske Toplice was first mentioned in writing in 1228. The Counts of Auer-sperg followed the model of Central European thermal spas of the time and out of the public baths created elegant warm and mud baths at Dolenjske Toplice to cater to the region's wealthy. When they lost interest in the spa it

was sold to a physician who decided to lengthen the spa season to year-round. The spa was nationalized after WWII and the town started to develop into a balneological rehabilitation center.

Dolenjske Toplice has many historical, architectural and natural points of interest and offers many possibilities for cycling, hiking, and fishing and other activities on the Krka River.

Manors of the Rich

Soteska is distinguished by the magnificent rectangular Soteska Manor from the 17th century, which in Valvasor's opinion was one of the most beautiful manors in Carniola. Its Baroque park included a clover-shaped garden pavilion, later called the *Hudičev turn* (The Devil's Tower). The tower's richly painted interior includes motifs painted in the illusionist style and the vault is decorated with a scene depicting the kidnapping of Ganymede by Zeus, as portrayed in ancient mythology.

On the first story are partially visible illusionist paintings of colonnaded structures and colossal female figures which personify Faith, Hope and Love. The paintings were created in the atelier of the master Almanach.

The *Rožek Castle* is located at the foothills of the Kočevski Rog forests and is surrounded by beautiful vineyards and orchards. In

the times of the Turkish invasions, the castle was widened and fortified, attaining its final structure in the 17th century.

The nearby *Rožek Cave* called *Jazbina* (badger's lair), has been transformed into a very pleasant café.

The old center of Dolenjske Toplice is next to the parish church of *St. Anne*, the main entrance of which dates back to 1680. In the past it was surrounded by a defensive wall and tower to defend against the invading Turks. The parish church of *St. Andrew* boasts an altar with beautiful late-Baroque scenes and an oval-shaped painting of the archangel Michael, reputedly painted by Valentin Metzinger. The stations-of-the-cross paintings were produced on this plate, using a technique perfected by Führich. The organs were made by Franc Dev, though not currently functional, they are among the few remaining examples of his work and are thus very valuable.

The primeval forest *Pečke* on the southeast border of the Kočevski Rog is regarded as one of the largest remaining primeval forests in Slovenia. The mighty Črmošnjice fir tree is one of the largest Slovenian fir trees, estimated to be 260 years old.

Opportunity is rare, and a wise man will never let it go by him. —John Mercina

Slovenia Gets OK to Join Euro Zone

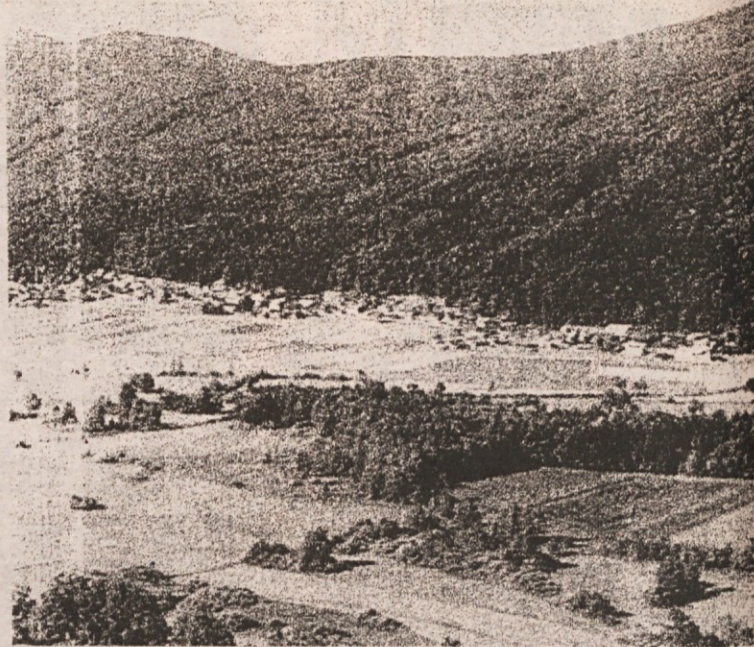
BRUSSELS, July 12 — European Union finance ministers made Slovenia the 13th member of the euro zone, the bloc of nations that have adopted the euro currency.

The approval gives Slovenia, which joined the EU in 2004, about five months to print and mint euro notes and coins to replace its currency, the tolar, on Jan. 1.

The euro's value was fixed at 239.64 tolar, officials said. Of the 10 nations that joined the EU in 2004, Slovenia is the first to embrace the euro.

Lithuania also wanted to adopt the euro on Jan. 1, but was told to wait. The European Commission estimates Lithuania's inflation rate will hit 3.5% at the end of the year, beyond the current 2% reference rate.

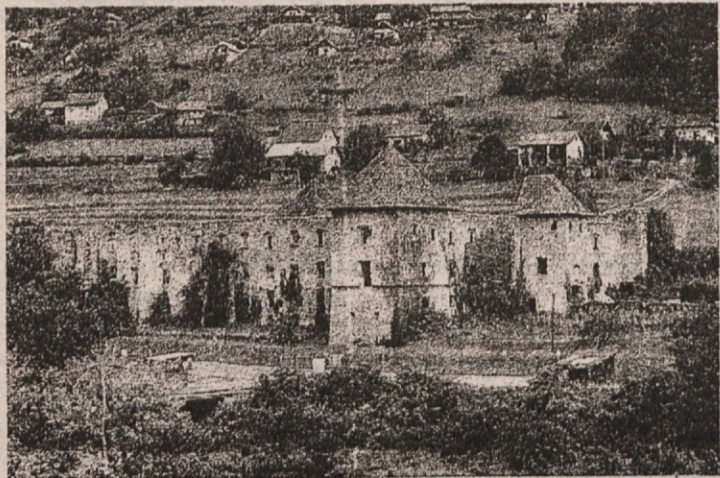
Thanks to James V. De-bevec II for this information.



Dear visitors,

On your visit to Slovenia I am sure that you will be charmed by its beautiful landscape and welcoming people. Let me invite you to come and visit **Dolenjske Toplice**. The most beautiful part of the world for me is located in the south-eastern part of Slovenia, only 60 km from our capital Ljubljana. Dolenjska's natural beauty, thermal springs and friendly people offer excellent possibilities for an active vacation combined with health-care programmes. In addition, a new Cultural and Convention Centre will be completed by the end of 2006. This facility will be able to host many different kinds of business, cultural and entertainment events. We will do everything we can to ensure you have a very pleasurable visit. Welcome!

Franc Voyk, Mayor



Soteska Hall

Phone Company Joke

Mujibar was trying to get into the USA legally through immigration.

The immigration officer said, "Mujibar, you have passed all the tests, except the last one. Unless you pass it, you cannot enter the United States of America."

Mujibar said, "I'm ready." The officer said, "Make a sentence using the words

Yellow, pink and green."

Mujibar thought about it and said, "The telephone goes *green, green, green*, and I *pink* it up and say, *yellow*, this is Mujibar."

Mujibar entered the U.S. and is now a phone operator for the telephone company.

Submitted by:
Joe Snyder

Brickman-DiDonato
FUNERAL HOME



Jeff DiDonato, owner
Tom Corrigan
Harlan Saxton
Lloyd Rankin

21900 Euclid Ave. Euclid, OH 216-481-5277

Caring ~ Compassionate ~ Dedicated to Euclid

Hospitality is Native to Slovenia

"The Original Polka Tour Headquarters"

Slovenia in Song!

celebrate 20 years of touring with your hosts:

Tony and Anne Klepec

Featuring: Munich, Lake Bled, Dolensko, Maribor, Ljubljana

August 10 - 24, 2006

Lots of good food, music and fun with local performers!

Musical Extravaganza at Sea

enjoy a 7 night POLKA PARTY on the *Costa Magica*

Linda Hocevar / Magic Buttons, Denny Bucar, John Gerl

Ray Zalokar and The Casuals, Ed Klimczak

Gary Brueggen & the Ridgeland Dutchmen

Barefoot Becky & the Ivanhoe Dutchmen

Adam Barthalt, Denny Pasz, Frank Moravcik

from Ft. Lauderdale, to San Juan, St Thomas, La Romana, Grand Turk

March 18 - 25, 2007

"Celebrating 83 Years in Travel, since 1923"



Kollander World Travel

971 E. 185th St * Cleveland OH 44119

(800) 800-5981 + (216) 692-1000

www.kollander.com

!! Please call, write or email for a complete brochure !!



— Vesti iz Slovenije —



Premier Janez Janša in predsednik George Bush bolj sproščena kakor na doslej objavljenih posnetkih srečanja 10. julija v Bushevi ovalni pisarni v Beli hiši.

13. tabor slovenskih izseljencev 8. julija

Organiziral ga je Izseljensko društvo Slovenija v svetu, potekal je v prostorih Zavoda sv. Stanislava v Šentvidu. Geslo tabora je bilo Gradimo po vrednotah. Glavna govornika sta bila predsednik društva Boštjan Kocmur in državni sekretar ter vodja urada za Slovence po svetu Zorko Pelikan. Bila je tudi okrogla miza z naslovom Ali bi nas lahko bilo več. Kocmur je govoril o potrebi za družine z več otroki. V Sloveniji je sicer velika nevarnost številčno zmanjševanje prebivalcev, to zaradi izredno nizke rodnosti. Tako Kocmur kot Pelikan ter še drugi govorniki na okrogli mizi so poudarili, da bi morala država bolj vzpodbujati vračanje izseljencev v domovino. Pelikan je npr. izrazil upanje, da se v Sloveniji čim prej vzpostavijo mehanizmi, ki bodo olajšali vračanje izseljencev. Po njegovem mnenju je aprila sprejeti krovni zakon o odnosih države s Slovenci zunaj njenih meja dober začetek, ker ureja različna področja medsebojnega sodelovanja.

Med strokovnjaki, ki so sodelovali na okrogli mizi, je Branko Zorn, ginekolog in porodničar, možnosti za reševanje problematike predstavil z zgledom francoske ureditve tega področja, pri čemer je opozoril na visok odstotek splavov v Sloveniji.

Zopet nezadovoljstva Ljubljancev zaradi lokacije, predvidene za islamsko džamijo

Ljubljanski mestni svetniki so sredi julija obravnavali predlog programa prodaje zemljišč ob Cesti dveh cesarjev, kjer naj bi stala džamija. Začetek seje pa je spremljal protest občanov, ki so pred magistratom s transparenti in letaki izrazili nasprotovanje graditvi džamije na Ljubljanskem barju in svetnike pozivali h glasovanju proti prodaji zemljišča, saj so prepričani, da bo graditev džamije na Barju povečala poplavno ogroženost območja. Odločitev o zadevi načrtuje županja v začetku oktobra, kar bo, če bo držalo, tik pred lokalnimi volitvami.



Zemljišče ob Cesti dveh cesarjev



KOČEVSKI ROG - BREZNO POD KRENOM – Nadškof dr. Franc Perko med drugim o svojem zelo odmevnem govoru v Kočevskem rogu v intervjuju, ki se začne na str. 13. Na str. 14 je še ena fotografija, ki kaže brezno na Lajšah.

Iz Clevelanda in okolice

Primorci vabijo na piknik—

Vsakoletni piknik Primorskega kluba bo v nedeljo, 6. avgusta, na Slovenski pristani. Pričel se bo s sv. mašo ob 12.30 pop. Po maši bosta na voljo okusna hrana in dobra pijača, za ples in zabavo pa bodo peli in igrali gostje iz Primorske – ansambel Tramontana. Srečali boste tudi kar precej rojakov iz Toronta in Pittsburgha. Vstop na piknik bo prost.

Vsakoletno romanje—

V nedeljo, 27. avgusta, bo vsakoletno romanje k Žalostni Materi božji v Frank, Ohio, ki ga sponzorira društvo S.P.B., to v spomin nepozabnih žrtev komunistične revolucije v Sloveniji. Vsi podatki in spored bodo v naslednji številki A.D. (tj. 10. avgusta), za prijavo za romanje pa ste naprošeni, da pokličete ali Franka Šega na 440-944-0020 ali pa Viktorja Tominec na 216-531-2728.

**Seznajte naše
bralce z aktivnostmi
vaših društev**

Novi grobovi

Stella S. Koporc

Umrla je 94 let stara Stella S. Koporc, rojena Shine, vdova po Edwardu, mati Arlene LoConti, Edwina, Richarda in že pok. Ronald, 12-krat stara mati, 20-krat prastara mati, 2-krat praprastara mati, hčerka že pok. Michaela in Julije (r. Stajnrjih), sestra Angele Shine ter že pok. Dore Shine, Victorja, Sophie LaBianca in Harolda, članica Klubov upokojencev v Euclidu in na St. Clairju ter podr. št. 50 SZZ. Pogreb je bil 24. julija s sv. mašo v cerkvi sv. Vida s pokopom na Vernih duš pokopališču.

Frank Gorenc

Umril je 88 let stari Frank Gorenc, vdovec po Stelli, roj. Poludnikiewicz, oče Mary Jean Rochon, Mary Ann Bryan, Alberta Dudah in že pok. Franka H., 7-krat stari oče, 3-krat prastari oče, brat Jean Rochon ter že pok. Edwarda, Mary Dudash, Josephine Gorsha in Albine Gorenc. Pogrebna sv. maša je bila v cerkvi St. Justin Martyr v Eastlakeu, sledil je pokop na Vernih duš pokopališču.

(Dalje na str. 16)

Upokojenci Slov. pristave vabijo na svoj piknik—

Piknik bo v nedeljo, 13. avgusta, seveda na Slovenski pristani. Sv. maša, ki jo bo daroval Rev. Franci Urbanija iz Argentine, bo ob 12.30 pop., sledilo bo kosilo in vse, kar takemu pikniku pripada. Posebnost letos bo razstava ročnih del, ki so jih ustvarili člani kluba. (Gl. dopis na str. 12.) Vsekakor pa se odločite in pridite na vedno veseli piknik Kluba upokojencev Slovenske pristave 13. avgusta.

Dobrodelni piknik—

Za soboto, 12. avgusta, sodelujeta Slovenska pristani in društvo št. 226 KSKJ pri sponzorstvu dobrodelnega piknika, katerega prebitok bo v korist Pristave. To je v sklopu tkim. "matching grant" programa KSKJ. Pričetek bo ob 5. pop., večerjo bo pripravila Sofie Mazi, cena bo \$13 na osebo. Za rezervacijo, pokličite Elizabeto Žalik na 216-537-1941. Za zabavo bo igral ansambel Tramontana iz slovenskega Primorja.

Novi glavni odborniki—

Na svoji konvenciji je bratska organizacija Ameriška dobrodelna zveza oz. AMLA izvolila novo vodstvo za naslednja štiri leta. Predsednik je Albert Amigoni, tajnica-blagajničarka pa Theresa Aveni. Na svoji prvi, organizacijski seji, je novi glavni odbor po novih pravilih izbral izmed od konvencije izvoljenih direktorjev sledeče: 1. podpred. Anna Mae Mannion, 2. podpred. Joseph G. Zab (ki je tudi zapisnikar), podpred. za nadzorni odbor Kenneth Shine, podpred. za finance dr. Ronald J. Zab, podpred. za bratske zadeve James Czeck. Urednik glasila AMLA bo še naprej dr. Rudolph M. Susel.

V podporo listu—

JoAnne in Michael Polutnik, Sheffield Village, O., sta darovala \$50. Prav tako je Neimenovani z Wiloughby Hillsa, O. daroval \$50. Apolonija in Joseph Žakelj sta darovala \$50, to v spomin na Antona in Cilko Žakelj. Matilda Simčič, Franklin, Wis., je poklonila \$32, Nežka Tomc iz Euclida pa \$20. V spomin Julie C. Harbie je Ed Harbie s Seven Hillsa, O. daroval \$20. Matvež in Ivanka Tominec iz Clevelanda v spomin Elle Samanich \$10. Hvala vsem!

Na pikniku Pristavskih upokojencev tudi razstava

CLEVELAND, O. – V nedeljo, 13. avgusta, bo na Slovenski pristavi spet priljubljeni piknik Pristavskih upokojencev. Kot se za Slovence spodobi, so ti naši upokojenci veseli, prijazni, marljivi in dobri ljudje. Pod vodstvom zmožnega predsednika Ivana Jakomina in odlične tajnice Martine Štepec se prijateljsko sestajajo in hodijo na prijetne izlete, skupaj se veselijo in z molitvijo se skupaj od umrlih članov poslavljajo. Pridno čistijo in urejajo Pristavo, ta prelepi košček slovenske zemlje v Ameriki, in najpridnejši sadijo in redno zalivajo cvetje. Članice z neumorno Julko Zalar na čelu pripravljajo okusna kosila in mnoge že doma napečejo nič koliko potic, krofov, štrudljev in drugih slaščic. Pod vodstvom mojstra Vinka Vrhovnika poskrbijo za imenitne slovenske kolone in kot kaki mladeniči in mladenke zagrabijo za vsako delo. Taki so pristavski upokojenci!

Letos bomo nekateri člani in prijatelji, ki radi izdelujemo razna ročna dela, popestrili upokojenski piknik z razstavo ličnih lesenih in drugih izdelkov in sicer na prostoru pred Lobetovo dvorano. Vabimo vse, ki vas to veseli, da se nam s svojimi izdelki pridružite. Poleg vseh drugih dobrin in zanimivosti, naj bo tudi ta razstava privlačnost več ne le za upokojence, ampak tudi za vse drugo občinstvo, ki rado prihaja v božjo naravo med dobre in iskrene ljudi. Na svidenje na upokojenskem pikniku!

Stane Krulc st.

Slovenija na tem področju z gledovala po italijanskem parlamentu. SSK želi, da bi bila v državnem zboru najmanj dva poslanca iz zamejstva in dva predstavnika izseljencev, čeprav v zvezi s tem še niso pripravili konkretnih načrtov.

SSK je bil ustanovljen leta 1991, povezuje pa slovenske izseljence po svetu. Ti so združeni v konferencah po posameznih državah, sodelujejo pa na strokovnih konferencah in na neformalnih srečanjih. Slovenska vlada mu letno nameni 220 milijonov tolarjev, konferencah pa prirejajo večinoma s pomočjo pokroviteljev, je pojasnil Pleskovič.

A.K.

Demokracija, 6. VII. 2006

Z Ameriško Domovino pokrivalo slovenski svet

SLOVENSKA PISARNA

6114 LAUSCHE AVENUE
CLEVELAND, OHIO 44103

Tel. 216-361-0300

Fax: 216-361-0321

Dom tel. 216-381-2602

E-mail: felixjgascr@adelphia.net

Prispela je knjiga SLOVENIJA 1945 v slovenščini. Tako imamo sedaj na razpolago isto knjigo v slovenskem in angleškem jeziku. Cena pri obeh je ista \$42.

Poleg tega smo dobili tudi knjigo Franka Grmeka z naslovom FREEDOM FIGHTERS. Opisuje dogodke med drugo svetovno vojno kot član protikomunistične ilegale ali četnikov v Sloveniji.

Kot vedno, imamo še na razpolago knjigo dr. Metoda Milača KDO SOLZE NAŠE POSUŠI v obeh jezikih in je lepo darilo komu za god ali rojstni dan.

Tudi DVD pevskega zbora Korotan je še na zalogi in tudi DVD posvetitve spomeniku dr. Valentinu Meršolu ter spominske plošče v Vetrinju.

Še mnogo drugih stvari je na razpolago in lahko obiščete Slovensko pisarno vsako soboto od 10. do 12. dopoldne in v nedeljah po sv. mašo od pol dvanajstih do pol ene. Najbolj sigurno pa je, če me pokličete na tel. 216-381-2602 ali pa na tel. Pisarne na 216-361-0300. Na svidenje!

F. Gaser

Koroški Slovenci zopet na izpitu ...

“Bojevali se bomo za uresničitev 7. člena ADP”

Mag. Rudi Vouk, podpredsednik Narodnega sveta koroških Slovencev (NSKS) o aktualnih zapletih v zvezi z reševanjem dvojezične topografije.

Ljubljana (Intervju v "Demokraciji" z dne 6. julija. Objavljeni so odlomki celotnega intervjuja) – Nam lahko za začetek na kratko razložite, kaj je bistvo predloga avstrijske vlade po revidiranju državne pogodbe? (Ur. AD: Omenjam le, da sta tako liberalna Zveza slovenskih organizacij (ZSO) in Bernard Sadovnikova Skupnost koroških Slovencev sprejeli vladni predlog, ki ga pa Jörg Haider pozdravlja kot velika zmaga za njegovo protislovensko stališče.)

VOUK: Tovrstna revizija bi bila za koroške Slovence kratkomalo katastrofa. Že dosedanje ureditve dvojezične topografije niso ustrezale državni pogodbi, prav zato jih je bilo mogoče izpod-

bijati pred ustavnim sodiščem, kar nam je tudi uspelo.

Sedaj pa hočejo ureditev skleniti v ustavnem rangu, kar pomeni, da je ne bo mogoče več meriti po merilih 7. člena, ustavno sodišče bo moralo upoštevati novo ustavno ureditev, 7. člen bo izrinen.

Ureditev pa precej zaostaja za določili 7. člena. Po judikaturi ustavnega sodišča nam danes pripada dvojezična topografija za 290 krajev, sedaj pa jih predvidevajo samo 141. Izvzeti bodo celotna Zilja, z izjemo Bilčovsa čez Rož in celo osrčje Podjune z Dobro vasjo in Škocjanom.

Ne gre pa samo za to, da nam hočejo razveljaviti 7. člen. Topografija in določila o uradnem jeziku so najtesneje povezana, zato lahko pričakujemo, da bodo v naslednjem koraku določili, da tudi slovenščina kot uradni jezik velja samo še tam, kjer so table. Haider je že javno napovedal, da je bil boj proti dvojezičnim tablam samo nadomestna bitka, v resnici gre za šolstvo in cerkveni jezik.

... Absolutno nerazumljivo in nesprejemljivo pa je dejstvo, da pri tej žalostni sodeluje tudi slovenski zunanji minister Rupel in pozdravlja revizijo avstrijske državne pogodbe, še preden sploh pozna besedilo nove ureditve. Trdi celo, da je ta ureditev boljša od tiste, ki jo ponuja ustavno sodišče, kar je že kar neverjetno nepoznavanje pravne situacije. V trenutku, ko bi najbolj potrebovali slovensko zunanjo politiko v vlogi varuhinje slovenskih interesov, je ta klavrno odpo vedala. (Ur. AD: Vendar je tudi sam premier Janez Janša izrazil podporo za avstrijski predlog.)

Kakšni so vaši načrti sedaj, ko sta Zveza slovenskih organizacij in Skupnost koroških Slovencev sprejeli predlog avstrijske vlade?

VOUK: Tudi če so možnosti še tako majhne, bomo do konca poskušali vse, da takšno revizijo 7. člena preprečimo. Notranjeslovensko bomo sklicali razširjeni koordinacijski odbor, saj sta Sturm (Marjan Sturm, predsednik ZSO, op. ur. Demokracije) in Sadovnik (Bernard Sadovnik, predsednik SKS, zopet isti ur.) samovoljno in proti vsem sklepom gremijev privolila v to ureditev.

Opozarjamo na absurdnost predvidene nove ureditve in pozivamo tu-

(DALJE na str. 13)

Novo (staro) vodstvo SSK

Slovenski svetovni kongres (SSK) je na zboru v Števerjanu pri Gorici izvolil novo vodstvo in sprejel nove smernice svojega delovanja

Ljubljana – Novi (stari) predsednik je postal Boris Pleskovič iz ZDA, podpredsedniki pa Marjan Trpin (prvi podpredsednik), dr. Dušan Povh (podpredsednik za Evropo), Tomaž Pavšič (podpredsednik za zamejstvo), dr. Mateja de Leoni Stanonik (podpredsednica za čezmorske države) in dr. Carlo Brescianni (podpredsednik za finance).

Kot je na tiskovni konferenci 3. julija, na kateri je SSK predstavil smernice svojega prihodnjega delovanja, dejal novi predsednik, si bo SSK prizadeval predvsem za uresničevanje letos sprejeta zakona za Slovence zunaj meja Slovenije in za pripravo strokovnih konferenc, ki so po njegovih besedah temeljna dejavnost SSK.

“Letno običajno priredimo dve takšni konferenci. Za letos načrtujemo svetovno konferenco glasbenikov, ki bo septembra v Novi Gorici, ter konferenco gradbenikov in arhitektov, ki bo potekala oktobra v Mariboru, za prihodnje leto pa konferenci zdravnikov in znanstvenikov,” je dejal Pleskovič.

Po Pleskovičevih besedah se bodo v SSK zavzemali tudi za repatriacijo (vrnitev Slovencev v domovino, ki jo financira država) in za to, da bi izseljenci dobili svoje predstavnike v parlamentu.

V zvezi z repatriacijo je častni predsednik SSK Jože Bernik na tiskovni konferenci opozoril, da Slovenija še nima strateškega načrta, kako naj povabi Slovence iz sveta v domovino. To bi bila po njegovih besedah tudi rešitev za padajočo rodnost v Sloveniji, saj gre za vprašanje obstoja slovenskega naroda.

Glede poslancev iz svet izseljencev, za katere si prizadeva SSK, pa je prvi podpredsednik SSK Marjan Terpin iz Italije predlagal, da bi se lahko



Songs & Melodies
from Beautiful Slovenia

Slovenian Radio Family

ED MEJAC
RDC Program Director

WCSB 89.3 FM
RADIO HOURS:
Sunday 9-10 am
Wednesday 6-7 pm

2405 Somrack Drive
Willoughby Hills, OH 44094
440-953-1709 TEL/FAX
WEB: www.wcsb.org

Upokojeni beograjski nadškof dr. FRANC PERKO:

Ne morejo se sprijazniti z resnico

piše GAŠPER BLAŽIČ

DEMOKRACIJA

Ljubljana, 22. junija 2006

Upokojeni beograjski nadškof dr. Franc Perko se je rodil leta 1929 v vasi Krka na Dolenjskem. Po končani osnovni šoli se je leta 1941 vpisal na škofijsko klasično gimnazijo v Šentvidu, ki je med vojno delovalo v Ljubljani. Šolanje je po razpustitvi škofijske gimnazije nadaljeval na državni klasični gimnaziji in maturiral leta 1949. Po maturi se je vpisal na teološko fakulteto in bil leta 1953 posvečen v duhovnika. Takoj zatem je služil vojaški rok v Beogradu, nato ga je komunistična oblast zaprla za tri leta. Po prihodu iz zapore je bil najprej kaplan v Šenčurju, nato v Skaručni, hkrati pa je na ljubljanski teološki fakulteti pod mentorstvom dr. Franca Grivca doktoriral iz filozofije in teologije sv. Cirila in Metoda. Leta 1964 je začel predavati na teološki fakulteti, vmes je v Rimu študiral vzhodno teologijo in zgodovino vzhodnih Cerkev ter študij končal z magistriranjem. Pet let je bil dekan teološke fakultete, nekaj časa pa je bil tudi član Ciril-Methodovega društva slovenskih duhovnikov. Omenjeno društvo je nekaj časa zastopal v republiški konferenci SZDL, a so ga iz nje odstranili. Leta 1986 ga je papež Janez Pavel II. imenoval za beograjskega nadškofa in metropolita, leta 2001 pa se je upokojil in zapustil Beograd. Od tedaj živi v samostanu sester sv. Križa v bližini Ljubljane.



Gospod nadškof, v teh dneh ste zaradi svojega nastopa v Kočevskem rogu v središču pozornosti. Ste pričakovali tako žolčne odzive na svojo pridigo?

Moram reči da ne, čeprav sem vedel, da vsebina ne bo všeč vsem. Govoril sem o preprostih resnicah, ki pa na žalost nekatere še vedno motijo in se z njimi ne morejo sprijazniti, ker so toliko časa živeli v duhu komunističnih pravljic, saj se, če jim človek pove resnico, kar ustrašijo.

Nisem pa pričakoval, da bodo tako živčni odzivi. Mislil sem, da se je mišljenje glede tega vsaj malo spremenilo, vendar reakcije kažejo, da smo še vedno daleč zadaj.

Podobne usode je bil pred šestimi leti deležen tudi govor Justina Stanovnika, ko je v Kočevskem rogu opozoril, da je bil t. i. narodno-osvobodilni boj prevara in zato ne more biti temelj slovenske državnosti. Opozoril je tudi, da državljanska vojna še traja.

To je resnica. Dokler so takšne reakcije na resnico, državljanska vojna še traja. Zato je imel go-

spod Justin Stanovnik čisto prav.

Ste bili po slovesnosti v Rogu deležni kakšnih groženj?

Groženj nisem bil deležen, dobil pa sem nekaj čestitk in priznanj.

Za opozicijske politike je bila najspornejša vaša izjava, da "OF ni bila nekaj originalnega, bila je od zunaj navdihnjena in vsa v službi mednarodnega komunizma in Stalinovega terorja", in da so bili slovenski komunisti "zvesti Stalinovi hlapci". Vas to preseneča?

To me pa res preseneča, ker so to tako preproste resnice, da mora vsak, ki se vsaj malo spozna na zgodovino, to poznati. Zlasti če pozna zgodovino komunizma in njegovega širjenja.

Poglejte, takrat je vse to vodila Kominterna, njeni člani so bili tudi mnogi slovenski komunisti, vsi pa so morali poslušati Kominterno. Tisti čas so v mnogih državah komunistične partije, da bi širile svoj vpliv, osnovali ljudske fronte.

Ena takih je bila tudi slovenska Osvobodilna fronta oziroma Protiimperialistična fronta, kakor

se je imenovala pred nemškimi napadom na Sovjetsko zvezo.

Poglejte samo, kako so popolnoma onemogočili komunistko Angelo Vode, ki se je uprla kolaboraciji komunistov s Hitlerjem. Takrat komunisti niso smeli govoriti proti Nemčiji, Hitlerju in nacizmu, saj sta bila Nemčija in Sovjetska zveza v prijateljskem odnosu.

Tako se vidi, da so bili slovenski komunisti dejansko Stalinovi hlapci, kar je razumljivo, saj se je bilo takrat zelo nevarno upreti Stalinu. In koliko je Stalin likvidiral svojih najožjih sodelavcev! To so znana zgodovinska dejstva, zato se čudim, da se razburjajo zaradi takih zadev.

Opozorili ste tudi na komunistični ateizem. V čem je njegova največja nevarnost? Menda je antropološko plat komunistične ideologije razkrinkal tudi papež Janez Pavel II.

Pred njim so jo razkrinkali že drugi. Tudi Solženicin, ki sem ga citiral v pridigi v Kočevskem rogu, je dejal, da ateizem pri komunizmu ni bil nekaj postranskega.

Res pa je, da so to v začetku skrivali, ker so vedeli za vernost našega naroda. Kasneje pa se je to zelo grobo pokazalo, posebej po vojni, ko so preganjali Cerkev, duhovnike, vernike. Celo škofa Vovka so zažgali. Takšen je bil naš komunizem.

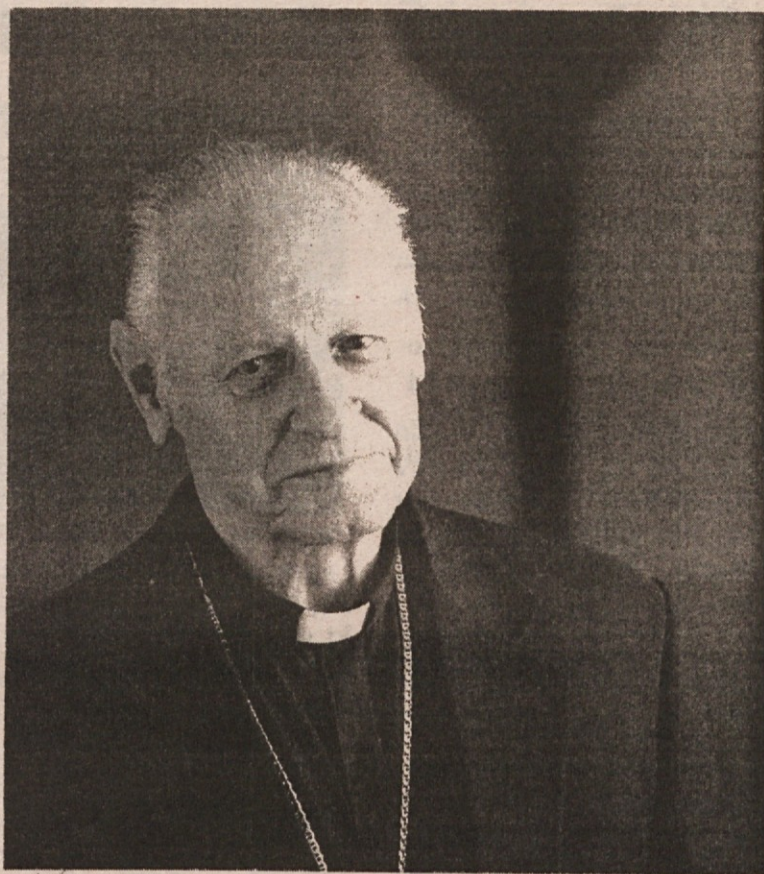
V pridigi ste tudi omenili, da bi si škof Rožman zaslužil spome-

Na Koroškem

(nadaljevanje s str. 12)

di vlado Republike Slovenije, naj se zaveda svojih ustavnih obveznosti do zamejcev, in tudi če je to v zadnjem trenutku, umakne povsem ponesrečeno stališče zunanjega ministrstva.

Tudi če bo nova ureditev sprejeta, ne bomo klonili, temveč se bomo z vsemi pravnimi in političnimi sredstvi, ki so na razpolago, še naprej bojevali za uresničitev 7. člena avstrijske državne pogodbe. ■



nik. Se ne bojite, da bi ta poteza še bolj razdelila Slovence?

Slovinci smo razdeljeni, da bolj ne moremo biti. Ta poteza bi samo popravila krivico. In če nekdo nasprotuje popravili krivice, je njen sosterilec. Razdvaja nas kvečjemu komunistična laž.

Kaj za vas pomeni sprava? Je sploh mogoča v takšnih razmerah, kot so sedaj, ko se žrtve revolucije še vedno obravnavajo kot okupatorjevi hlapci?

Sprava ni enkratni akt, ampak proces. In ta proces pri nas poteka zelo počasi, ker se nekateri nikakor ne morejo pomiriti in sprijazniti s tem, da so zadeve pač drugačne, kot so nas učili petdeset let. To imenujem komunistične pravljice. Na podlagi komunističnih pravljic je sprava absolutno nemogoča.

Veliko se govori o t. i. zgodovinskem revizionizmu ...

Zgodovino so revidirali komunisti ter zamolčali vse polno resnic in dej-

stev. To je revizija zgodovine, ki so jo spremenili v komunistične pravljice. To, kar naši zgodovinarji sedaj odkrivajo, pa ni revizija zgodovine, ampak samo zavrnitev komunističnih pravljic.

Kakšno pa je vaše mnenje o kolaboraciji?

Vidite, to vprašanje je zelo težko. Najprej moramo imeti pred očmi, da so tudi komunisti sodelovali s tujo silo s središčem v Moskvi in so bili zelo pokorni temu središču, sicer bi izgubili glave, kajti Stalinov teror je bil neizprosni. To se vidi tudi v tem, da se, dokler je bil Stalin prijatelj s Hitlerjem, proti nacizmu ni smelo govoriti.

Omenil sem že primer Angele Vode. V začetku so torej kolaborirali komunisti, saj je vse njihove operacije usmerjala Moskva. Naša partija je tako prepovedala, da bi se kdor koli organizirano bojeval proti okupatorju, če ne bi bil pod njeno kontrolo, saj bi ga razglasili za narodnega izdajalca. V tem se zelo jasno vidi, da cilj KPS ni bila osvoboditev, ampak nasilen prevzem oblasti.

Zato so tudi izvajali velik teror zlasti v t. i. Ljubljanski pokrajini. Temu terorju s pobijanjem nedolžnih ljudi so se ljudje uprli z ustanovitvijo vaških straž. Kasneje je prišlo do nastanka domobrancev, kar je bilo nekoliko manj opravičljivo, vendar še vedno v okviru mednarodnih določil o dovoljeni meri sodelovanja z okupatorjem.

Vemo, da so različna tolmačenja domobranske

(DALJE na str. 14)

CLEVELAND PUBLIC RADIO
WCPN 90.3 FM

Tony Ovsenik:

31731 Miller Ave.

Willoughby Hills, Ohio 44092

Phone: 1-440-944-2538

e-mail: tony.ovsenik@sbcglobal.net



SATURDAYS 9-10PM

CONTRIBUTOR TO:
RADIO OGNJISCE-LJUBLJANA

“Ne morejo se sprijazniti z resnico”

(nadaljevanje s str. 13)

prisege, jasno pa je, da domobranci niso prisegli Hitlerju, ampak samo boju proti komunizmu.

Ko se že govori o kolaboraciji – prav pred petnajsto obletnico osamosvojitve Slovenije so se okrepili napadi na osamosvojitve, zlasti s strani Neve Miklavčič Predan, češ da so bili v vojni za Slovenijo storjeni hudi vojni zločini.

V času osamosvajanja nisem bil v Sloveniji, zato nimam neposrednega izkustva o tem. Zdi pa se mi, da se je Slovenija osamosvojila hitro, brez večjih žrtev in brez večjih zapletov. Nisem se spuščal v te prepire in se tudi ne bom. Sloveniji lahko samo čestitam, da je izrabila enkratni zgodovinski trenutek in postala samostojna.

Doma ste z Dolenjskega, ki ga je revolucionarno nasilje zelo tragično zaznamovalo. Kako ste preživljali nevarno medvojno in povojno obdobje?

Takrat sem bil še otrok, vse to pa sem spremljal in doživljal. Vem, kaj smo trpeli takrat. Pa nisem doma iz domobranske družine, saj je bil moj oče terenec. Domobranci so ga imeli mesec ali dva zaprtega. Vendar smo videli, kam vse to pelje. Nihče pa si ni upal govoriti o tem, ker je bilo to smrtno nevarno. Svobode ni bilo. Izpod tiranije nacizma in fašizma smo prišli pod tiranijo komunizma. Prava osvoboditev je prišla šele s propadom komunizma.

V komunističnih zaporih ste preživeli tri leta. Je tudi ta izkušnja vplivala na vaš odnos do komunizma?

Prav posebno ni vplivala. Zapor je bil dejansko le sredstvo za prevzgojo, vendar jim to ni uspelo.

Bili ste tudi član Ciril-Methodovega društva slovenskih duhovnikov. Kakšni so bili motivi za vaše članstvo, od katerega ste kasneje odstopili?

Takrat je režim zelo pritiskal na Cerkev, le-ta



Po Kočevskem rogu se je nadškof Perko poklonil tudi žrtvam na Lajšah.

pa ima svoje poslanstvo, ki ga mora opravljati. To je oznanjevanje evangelija. Pobuda za ustanovitev Ciril-Methodovega društva je prišla s strani komunistov, ki so hoteli ločiti slovensko Cerkev od Rima. Maršal Tito je to predlagal nekaterim slovenskim duhovnikom, ko so se srečali z njim, vendar so odklonili.

Hoteli so, da bi vsaj društvo razdvojilo duhovnike, pa jim ni uspelo. Je pa društvo skrbelo za katehetsko literaturo in s tem omogočalo lažje delovanje Cerkve. Tako nisem videl razloga, da se ne bi včlanil vanj. Vendar me je kasneje tovariš Kučan – tedaj še ni bil gospod – praktično vrgel iz republiške konference SZDL, kjer sem zastopal duhovniško društvo, iz društva pa sem izstopil leta 1973.

Če se ne motim, ste s kardinalom dr. Francem Rodetom sodelovali pri nastanku revije *Znamenje*. Kasneje je

V BLAG SPOMIN

25. OBLETNICE SMRTI
očeta in starega očeta



LUKA KUCHAR

Umrli 6. avgusta 1981.

*Sonce naj na trato sije,
kjer počivaš dragi Ti.
Duša pa naj srečo uživa,
tam v rajski večnosti.*

Žalujoci:

Lojzi, Frančišek, Stane,
Bogomir – sinovi
Metka, Marcy – snahi
Uršula Marija – vnukinja
Marko, Niko, Benjamin in
Andrej – vnuki
in ostalo sorodstvo v Argentini,
Ameriki in Sloveniji.

Cleveland, Ohio, 27. julija 2006.

revija zdrsnila pod vpliv dr. Vekoslava Grmiča ...

Preobrazbo revije duhovniškega društva *Nova pot* so svetovali v SZDL, ker društveno glasilo ni imelo odmeva med duhovniki. Zato je *Nova pot* nehala izhajati, začelo pa je izhajati *Znamenje*.

Vendar se je zataknilo zaradi zahteve po nazor-sko nevtralni šoli. To je bila zahteva, zaradi katere so me odstranili iz republiške konference SZDL. Kasneje je revija zaplula v druge vode. Dr. Rode je takrat pod hudimi pritiski spoznal, da ni mogoče nič spremeniti in je odstopil z mesta urednika.

Konec leta bo dvajset let, odkar ste bili imenovani za beograjskega nadškofa. V Beogradu ste tako zamenjali rojaka msgr. Alojzija Turka in postali tudi prvi beograjski metropolit. Kljub zvonečemu naslovu ste živeli v zelo skromnih razmerah. Kako ste se sploh preživljali?

Preživljal sem se bolj ali manj z nekakšnim beračenjem. Poglejte, beograjska nadškofija ima majhno število katoličanov, pa še ti so večinoma revni. Zlasti ob razpadanju Jugoslavije se jih je mnogo umaknilo.

Ko sem prišel v Beograd, je bilo v nadškofiji 34 tisoč katoličanov, ko pa sem odšel, jih je bilo samo še deset tisoč.

Moja glavna naloga je bila prositi za denarne prispevke po svetu, da smo lahko obnavljali, kar je bilo potrebno. Prvo leto smo uredili novo stolnico, naslednik pa je začel obnavljati škofijsko hišo. Sam sem že preizkušal s pokojnino, plače ali nagrade nisem dobil. Enkrat je nekaj tisoč ameriških dolarjev daroval papež Janez Pavel II. za revne duhovnike. V glavnem smo živeli od pro-

sjačenja po svetu.

Kako pa ste preživljali čas osamosvajanja Slovenije?

Ko je Jugoslavija razpadala, so bili nacionalistični krogi zelo proti Vatikanu pa tudi proti Sloveniji, ki naj bi destabilizirala Veliko Srbijo. Kot katoliški škof in Slovenec sem zagovarjal stališče, ki nacionalistom ni bilo všeč, in bil deležen polno groženj in podtikanj.

Pravoslavna Cerkev pa mi je pomagala, patriarh Pavle mi je celo ponudil zatočišče, če bi se čutil ogroženega. Stike sem imel tudi z diplomati in sem videl, da Zahod in ZDA nista bila za razpad Jugoslavije, ker so se bali, da bi ta negativno vplival na razpad Sovjetske zveze. To bi bilo nevarno za ves svet, ker je Sovjetska zveza imela atomsko orožje. Zato Zahod ni takoj priznal osamosvojitve Slovenije in Hrvaške. Šele ko je razpadla Sovjetska zveza je Zahod priznal tudi Slovenijo in Hrvaško.

Preživeli ste tudi vzpon in padec letos umrlega srbskega “vožda” Slobodana Miloševića. Ste imeli z njim kaj stikov?

Bili so stiki na raznih sprejemih. Enkrat je povabil poglavarje Cerkva, vendar brez vsebinskih pogovorov. Takrat sem mu dejal, da je dobro, da imamo nekoga zgoraj,

V BLAG SPOMIN

OB 26. OBLETNICI
SMRTI NAŠEGA OČETA



Adolph Lunder

ki je zatisnil svoje blage
oči 29. julija 1980.

*Že 26 let Te zemlja krije,
v temnem grobu mirno spiš;
srce Tvoje več ne bije,
bolečin nič več ne trpiš.*

*Nam pa žalost srce trga,
solze lijejo iz oči;
dom je prazen in otožen,
ker Te več med nami ni.*

Žalujoci ostali:

Marija in Ana – hčeri
Cleveland, Ohio, 27. julija 2006.

ki skrbi za usodo narodov in vsakega človeka. Prav grdo me je pogledal, rekel pa ni nič.

Za vami je leta 2001 na nadškofijski sedež v Beogradu prišel Slovenec mag. Stanislav Hočevar, dotedanji predstojnik slovenskih salezijancev. Je torej mesto beograjskega nadškofa na neki način “rezervirano” za Slovence?

Veste, ker je večina vernikov Hrvatov, sem predlagal, da bi za mojega naslednika postavili Hrvata. Vendar so mi iz Rma odgovorili, da je v Jugoslaviji med Srbi in Hrvati še vedno veliko sovraštva, zato še ni prišel čas, da bi bil Hrvat nadškof v Beogradu. S tem sem se strinjal.

Omenjalil ste pozitivno izkušnjo s patriarhom Pavletom. Kako ste se sicer razumeli s predstavniki Srbske pravoslavne cerkve? Je bilo kaj nacionalističnih strasti glede na dejstvo, da so katoličani v beograjski nadškofiji večinoma hrvaškega rodu?

Takrat smo čutili obtoževanje Hrvaške zaradi vojne, ki se je začela. Predvsem Hrvatje pa so v teh letih odšli iz Srbije. Ostalo je le nekaj najrevnejših. Takrat so mi velikokrat grozili, vendar tega nisem jemal resno.

Nedavno se je osamosvojila tudi Črna gora. Ste to pričakovali?

To sem pričakoval in tudi napovedal, ko se je vse skupaj začelo. Tako ali tako bi morala Črna gora odpasti od Velike Srbije, saj je bila do prve svetovne vojne mednarodno priznana samostojna država. Tedaj so dinastijo Petrović celo prisilili k odstopu.

Kako gledate na sedanje razmere v slovenski družbi in Cerkvi?

Ustanovitev novih škofij je administrativna zadeva in jo pozdravljam. Bil sem še profesor nauka o Cerkvi, ko sem zagovarjal tezo, da bi bilo za Slovenijo idealno, če bi imela eno škofovsko konferenco, tri metropolitje in osem škofij. Vsaj deloma se je uresničilo in s tem sem zelo zadovoljen.

Škofija mora biti predvsem pastoralni center, škof mora poznati vse duhovnike in tudi aktivno
(DALJE na str. 15)

"Ne morejo se sprijazniti z resnico"

(nadaljevanje s str. 14)

nejše laike. V velikih škofijah je to nemogoče.

V sredozemskem prostoru je bil razvit model škofije, ki je bila v vsakem mestu, ob škofu pa so bili duhovniki, ki so hodili ven in so pastirovali po hišah (par oikia), od tod parohja (župnija). Drugi tip je nemški, kjer so teritorialno in številčno velike škofije z velikimi središči. Mi smo prevzeli nemški sistem, saj smo bili dolga stoletja pod vplivom Nemcev.

Vendar so administrativne zadeve stranskega pomena, resnično pomembno je izvrševanje odrešenjskega poslanstva Cerkve na Slovenskem.

Moram reči, da kljub mnogim težavam, Cerkev uspešno deluje. V delo se čedalje bolj vključujejo tudi laiki, ki dajejo mnoge koristne pobude. Tako se krepi zavest, da smo Cerkev vsi krščeni, ne samo duhovščina. V župnijskih skupnostih, ki so nosilke odrešenjskega poslanstva, prihaja to do izraza v aktivnih župnijskih svetih, v katerih je župnik animator dejavnosti ni ne toliko voditelj.

Seveda je tudi veliko kristjanov, ki stojijo ob strani. Čedalje več je tudi nekrščenih med Slovenci. Tu se kaže potreba nove evangelizacije. Toda v primerjavi z mnogimi krajevnimi cerkvami v Evropi je Cerkev na Slovenskem dejavna, sodobna in postaja čedalje bolj duša slovenskega naroda.

V slovenski družbi je veliko takega, kar bo treba izboljšati: vprašanje skrbi za družino in nataliteto, skrb za tiste, ki so na robu družbe. Hvale vredno je, da sedanja vlada te probleme vidi in jih poskuša reševati.

Zelo pa zaostajamo v odpravljanju komunistične miselnosti. Morali bi obsoditi komunistične zločine. Slovenija je polna grobišč komunističnega nasilja. V naše ljudi mora priti zavest o zločinih komunističnega totalitarizma. Na neki način je treba popraviti krivice tako pobitim kot njihovim sorodnikom.

Ne gre za maščevanje, ampak za resnico in pravičnost. Nekaj je že storjenega, ne pa vse. Ljudem je treba odpirati oči z zgodovinsko resnico na vseh ravneh. Prav moja pridiga v Kočevskem rogu in reakcija nanjo je razkrila, koliko je še zaslepljenosti ljudi, ki so

jih skoraj petdeset let hranili s komunističnimi pravljicami.

V Rimu ste študirali vzhodno teologijo in zgodovino vzhodnih Cerkev. Kaj vas najbolj nagovarja pri vzhodnem krščanstvu?

Tu je več stvari. Vzhodno krščanstvo je vedno hotelo ohraniti pravovernost, zato so vzhodni kristjani ponosni na svojo ortodoksno, kar povzroča neke vrste konservativizem, seveda v pozitivnem pomenu besede.

Mnogi kristjani na Vzhodu pa so bili tudi preganjani, ne samo pod komunizmom, ampak že prej; pod Arabci in Turki. Tedaj se je število kristjanov skrčilo, vendar so mnogi vztrajali do konca. Ta pripravljenost in žrtvovanje za vero, za zvestobo Kristusu, to me pri vzhodnih kristjanih najbolj nagovarja. ■

Vitamini za zdravo življenje

Vitamine, izjemno pomembne organske snovi, nujno potrebne za normalno in zdravo delovanje telesnih funkcij, so odkrili šele v začetku 19. stoletja. Vitamin A, imenovan po prvi črki abecede, je luč znanosti ugledal leta 1913. Danes poznamo 13 vitaminov, ki imajo v organizmu različne vloge. V telo jih po večini vnesemo s hrano, in če kateri od ključnih igralcev izpade iz verige, je človekovo življenje lahko resno ogroženo.



Hrana zagotavlja telesu energijo, potrebno za ohranitev življenja. Poznamo šest bistvenih sestavin hrane: vitamine, rudnine, vlaknine, ogljikove hidrate, maščobe in beljakovine. Tokrat vam predstavljamo vitamine.

VITAMIN A najdemo zgoj v živalski hrani, kot so jetra, mleko, maslo, sir, ribe in jajčni rume-

njak.

Njegova vloga v telesu je pomembna za normalen vid, plodnost, razvoj zarodka, rast kosti, imunski sistem, sluznice dihal in prebavil. Predvsem nosečnice pa morajo v prvem trimesečju paziti na prevelike odmerke vnosa, saj lahko več kot trije miligrami na dan škodljivo vplivajo na razvoj plo-

da ali celo povzročijo splav. Neželeni učinki zaradi večjih odmerkov sicer niso mogoči.

VITAMIN B1 ali tiamin najdemo v neoluščenem žitu in soji v zrnu, pšeničnih kalčkih, kvasu, grahu, stročnicah, oreščkih pa tudi v svinjskem in račjem mesu.

Tiamin je zelo občutljiv za vročine in se pri kuhanju praviloma izgubi. V telesu skorajda nima zaloga, zato lahko nastopi hitro pomanjkanje. Pomemben je v procesu pridobivanja energije iz hrane, za normalno delovanje živčevja, apetit, možganske funkcije in razvoj rdečih krvničk.

Zelo veliki odmerki prek 100 mg na dan so se izkazali za zelo učinkovito pomoč pri bolečih menstrualnih krčih. Škodljivih učinkov prevelikega odmerjanja ni, saj se tiamin izloča z urinom.

VITAMIN B2 ali riboflavin je v večini živil. Največ ga je v mlečnih izdelkih, jajčnem beljaku, neoluščenih žitih in kosmičih, kvasu, temno zeleni zelenjavi pa tudi v svinjini, perutnini in drobovini.

V telesu ima vlogo koencima pri presnovi ogljikovih hidratov in beljakovin, sodeluje pri sintezi maščobnih kislin, transportu železa, pomemben je za zdravo kožo in vid.

Zelo je občutljiv za UV-svetlobo, saj se ga že po štirih urah neposredne sončne svetlobe, na primer pri mleku, izgubi 70 odstotkov.

Pomanjkanje vitamina B2 močno tvegajo ljudje, ki ne uživajo mleka, sira in jogurta ter tisti, ki uživajo čezmerne količine alkohola.

(DALJE na str. 16)

Zdenka Kidrič ovadena

(Ur. AD: Sledi celoten tekst poročila iz tednika "Demokracija", ki je bilo na kratko omenjeno v AD z dne 13. VII.)



Ljubljana – Predstavnika Liberalne stranke Vitomir Gros in Danijel Malenšek sta pred kratkim na generalno državno tožilstvo vložila kazensko ovadbo zoper nekdanjo voditeljico Varnostno-obveščevalne službe (VOS) Zdenko Kidrič.

Po Grosovem in Malenškovem mnenju naj bi bila Kidričeva (danes kot upokojenka živi v Ljubljani) omenjeno kaznivo dejanje storila med drugo svetovno vojno in po njej, ko je VOS pod njenim poveljstvom pobila številne civiliste.

"Iz danes javno znanih podatkov, izkopavanj in številnih pričanj smo ugotovili, da je v času trajanja druge svetovne vojne in še po njenem uradnem zaključku v Sloveniji delovala vrsta zločinskih posameznikov in organizacij, ki so pod vodstvom in nadzorom slovenskih komunistov storili številna vojna hudodelstva zoper civilno prebivalstvo.

Ta hudodelstva je po nalogu Komunistične partije Slovenije izvajala VOS, ki ji je poveljevala Kidričeva, in je že samo od septembra do decembra 1941 umorila Alojza Notarja, Fanouša Emmarja, Vinka Vrankarja, Marijo Šlegelj in Ivana Šegelja, kasneje pa še številne druge civiliste," sta zapisala in dodala, da v Liberalni stranki upajo, da bo državno tožilstvo storilo vse potrebno za izvedbo uspešnega kazenskega pregona in tako zadostilo "resnici, pravici in zakonitosti". A.K.

Demokracija, 29.VI.2006

Prijatelj's Pharmacy
St. Clair & E. 68 St. 361-4212
IZDAJAMO TUDI ZDRAVILA
ZA RAČUN POMOČI
DRŽAVE OHIO - AID FOR
THE AGED PRESCRIPTIONS

KSKJ

AMERICAN SLOVENIAN CATHOLIC UNION

BECOME A MEMBER
WITH A NEW
INSURANCE PLAN
FROM KSKJ!

ACCIDENTAL DEATH & DISMEMBERMENT PLAN

Available from ages 20 to 65 (coverage expires at age 70)

Minimum Amount Available \$25,000 - Maximum Available \$100,000

\$30 minimum per mode premium - \$1.00 per thousand in PA
\$1.20 per thousand in CA, CO, CT, IL, IN, KS, MI, MN, MT, OH, DC, WI

Call your local sales agent or the Home Office at 1-800-843-5755

www.kskjlife.com



Joseph L. FORTUNA

POGREBNI ZAVOD
5316 Fleet Ave.
Cleveland, Ohio
Tel. 216-641-0046

Moderni pogrebni zavod.
Ambulanca na razpolago
podnevi in ponoči.

CENE NIZKE
PO VAŠI ŽELJI!

Misijonska srečanja in pomenki

1589. Danes z velikim veseljem pišem prav

prav lepe številke, ki so nastale z vašo pomočjo, dragi bralci Ameriške domovine in dobrotniki misijonov, 9. julija na pikniku MZA na Slovenski pristani!

DOHODKI:

Darovi	\$ 8,735
Srečolov	1,000
Kosila	2,670
Pivski tikci	2,810
Nabirka pri sv. maši	539
Pecivo	476
Ročna dela	318
Rože	78
SKUPAJ	\$ 16,626

IZDATKI:

Pristava	\$ 600
Čiščenje Pristave	105
Dovoljenje za pijačo	150
Kuhinja in pijača	723
Dar gg. duhovnikov	100
SKUPAJ	\$ 1,678

VSEH DOHODKOV: \$ 16,626

VSEH IZDATKOV: \$ 1,678

ČISTI DOBIČEK: \$ 14,948

Hvala Ti, ljubi Nebeški Oče, in vsi priprošnjiki v nebesih za ves blagoslov, ki smo ga prejeli v teh dneh okrog piknika.

Dobrotniki, ki so prispevali velik delež na tem pikniku, so: Sophie Kosem (za Karmel - Sora \$1000, Rev. T. Mavrič \$100, za vse \$400) \$1500; R. V. Kolarič (Rev. F. Buh \$250, za vse \$250, v spomin Anton Lavriša \$100) \$600; P. S. Osenar (v spomin Helence Nemeč \$250, A. Lavriša \$250) \$500; Antonia Lamovec \$500; Mari Celestina (R.O. \$60, Karmel-Sora \$100, Karmel-Mirna peč \$50, Klarise \$50, za vse \$140) \$400; Maria Zupančič (za gregorijanske sv. maše) \$400; Katica Drew (za bogoslovca) \$350; Albin Lipold \$300; P. C. Košir \$250; Nevja Avžlahar in Ana Zudič \$250; L. I. Rozman \$200; Frank Šega (R. O. \$60, v spomin sestre Anice \$140) \$200; MZA (za bogoslovce) \$200; Ivanka Pretnar \$150; M. Lavriša (za Karmel-Sora \$40, za vse \$100) \$140; Slovenska pristava \$125; Stane Rus \$105.

V. M. Vrhovnik \$100; Milka Odar (v spomin A. Lavriša) \$100; Frances Merela \$200; V. M. Stefančič \$100; V. N. Tominec \$100; I. P. Hauptman \$100; August Dragar \$100; Ivanka Košir \$100; F. H. Gaser \$100; V. R. Zadnikar \$100; Ivan Berlec \$100; J. A. Štempihar \$100; R. A. Knez \$100; R. Knez ml. \$100; A. A. Cupar \$100.

Max Stanonik \$60; F. T. Urankar \$50; Kati Jereb \$50; F. J. Kuhel \$50; I. Z. Zakrajšek \$50; Maria Žakelj \$50; Maria Cugelj \$50; Milena Stropnik \$50; Matilda Tavčar \$50; Justi Pičman \$50; Maria Lunder \$50; Urši Štepec \$50; V. M. Slemc \$50.

Anton Vogel (v spomin žene Marije) \$40; Francka Kristanc \$40; D. F. Androjna \$30; J. T. Sršen \$20; Francka Hočevar \$20; Julka Mejač \$20; N.N. \$20; Ivanka Matič \$20; Ivanka Volčjak \$20; Ivanka Cerar (v spomin A. Lavriša za Karmel-Sora) \$20; Julka Smole \$20; Vida Jakomin \$20; T. V. Oblak \$15; Lojze Drobnič \$10; Marie Končar (v spomin Jožeta Sojer) \$10.

V spomin +Minke Kmetič so darovali: Anica Nemeč \$25; Urši Štepec \$20; V. N. Tominec \$20; F. T. Urankar \$50; R. V. Kolarič \$100; Mary Miklavčič \$10; L. M. Mohar \$10 - kar je skupno \$235.

Vsem darovalcem prav iskreni Bog povrni s prepotrebni blagoslovom, da bi prenehala vsa nasprotovanja in bi nam bil naklonjen mir in ljubezen. V imenu vseh, ki bodo deležni te naše dobrote, se iskreno zahvaljujem. In vsem v imenu vseh sodelujočih lepo pozdravlja

Marica Lavriša
1004 Dillewood Rd.
Cleveland, OH 44119

VITAMINI ZA ZDRAVO ŽIVLJENJE

(NADALJEVANJE s str. 15)

VITAMIN B3 ali niacin zaužijemo z mesom in ribami, mlekom, kvasom, stročnicami, z neoluščenimi žiti in drugimi žitnimi izdelki, otrobi, oreščki ter tudi s kavo.

Pomemben je za zdravo kožo in živčevje. Je najobtojnější iz plejade B-vitaminov. Prenese celo visoke temperature, vendar je vodotopen.

Odmerki nad 100 mg na dan uspešno znižujejo krvni holesterol in trigliceridemijo po obroku, vendar pogosto povzročajo rdečico s sklenjem in slabostjo.

VITAMIN B5 ali pantotenska kislina je v jajcih, drobovini, mesu, kvasu, gobah, perutnini, stročnicah in neoluščenih žitih. V telesu sodeluje pri presnovi maščob, ogljikovih hidratov in nekaterih aminokislin. Tako rekoč je v vseh vrstah hrane, zato tudi pomanjkanje nastopi zelo redko.

VITAMIN B6 ali piridoksin prav tako najdemo v večini živil, največ pa v neoluščenih žitih, oreščkih, zeleni listnati zelenjavi, krompirju, preutnini, ribah in stročnicah.

Potreben je za tvorbo hemoglobina in neurotransmiterjev (na primer adrenalina), prav tako za delovanje možganov in vida. V telesu se ohrani v jetrih, ledvicah, mišicah in vranici, zato lahko kaj hitro nastopi preveliko odmerjanje, kar povzroča težave pri hoji, gluhost rok in stopal ter motnjo perifernega živčevja.

VITAMIN H ali biotin je v jajčnem rumenjaku, cvetači, žitru, soji v zrnu, stročnicah, perutnini, kvasu in drobovini. V živilih je široko razširjen, vnos s hrano pa dopolnjuje tudi bakterijska sinteza v črevesju, zato je pomanjkanje zelo redko. Učinkuje pri celjenju krhkkih in lomljivih nohtov ter preprečuje prhljaj na lasišču.

VITAMINA B9 in **B11** ali folat (sintetična oblika se imenuje folna kislina) sta nepogrešljiva v špinaci, brokoliju, ohrovtu in sploh listnati zeleni zelenjavi, stročnicah, semenih, neoluščenih žitih, ribah, jajcih, mesu, citrusih, nekaj ga je tudi v

čaju in pivu.

Ključen je za nastajanje rdečih krvnih teles, zanositev in pravilen razvoj zarodka.

Folat je zelo občutljiv za kuhanje, pečenje in shranjevanje živil. Njegova presnova se zmanjša ob uživanju različnih zdravil: aspirina, kontracepcijskih tablet, antibiotikov, tudi alkohola in tobaka.

VITAMIN B12 je samo v hrani živalskega izvora, torej v mesu, perutnini, morskih sadežih, jajcih, mleku in mlečnih izdelkih.

V telesu je nenadomestljiv pri nastajanju novih celic, sintezi ovojnice živčnih vlaken, rdečih krvničkah in aktivaciji folata.

Za njegovo absorpcijo je potreben glikoprotein, ki ga izločajo želodčne celice.

Zaloge za večletno obdobje se hranijo v jetrih.

Pomanjkanje vitamina najbolj občutijo vegetarijanci, starejši po 65. letu starosti ter ženske med nosečnostjo in dojenjem. Z vitaminoma B1 in B6 olajša bolečine, mravljinčanje, nemirne noge, herpes zoster, s folno kislino in železom pa učinkuje zoper slabokrvnost.

VITAMIN C je sestavina sadja in zelenjave. Je najpomembnejši vodotopen antioksidant, ki je pomemben za sintezo kolagena (glavne beljakovine v kitah, mišicah, kosteh, koži in arterijski steni), celjenje ran in krepitev imunskega sistema, dalje zmanjšuje tvorbo kancerogenov v želodcu, sodeluje pri absorpciji železa, nadzoruje količino sladkorja v krvi, varuje oči pred UV-žarki, preprečuje zgoščevanje krvi, ne dopušča kopičenja holesterola na stenah arterij, izboljšuje delovanje pljuč.

Potrebujemo ga pri akutnih in kroničnih vnetjih, če kadimo in v stresnih stanjih. V najbolj drastičnih primerih povzroča skorbut. Skupaj s karotenoidi ohranja dober vid v starosti.

VITAMIN D najdemo v obogatenu mleku in mlečnih izdelkih, ribah in ribjem olju, jajčnem rumenjaku in obogateni margarinah. V manjših količinah nastaja v koži.

Učvrsti kosti, izboljša stabilnost in zmanjša tveganje za zlome. Dodatki vitamina D so pomembni za vse, ki ne uživajo živalske hrane in se malo gibljejo na soncu. Pomanjkanje povzroča rahitis.

VITAMIN E vsebujejo hladno iztisnjene rastlinska olja (olja pšeničnih kalčkov, oljčno in sojino olje), oreščki, obogatena margarina, neoluščena žita, otrobi, stročnice, špinata, marelice.

Je nepogrešljiv sestavni del celičnih membran, kjer deluje kot izjemno močen antioksidant. Skupaj s koencimom Q10 zavira začetek arterioskleroze, preprečuje staranje in odmiranje celic, pomemben je za razvoj in delovanje živčnega ter mišičnega sistema, pri starejših pomaga krepiti imunski sistem.

Čezmerni vnos vitamina ni škodljiv, niti ob 50-kratnem presežku. Menijo, da se odvečna vsebnost izloča prek žolca in blata.

VITAMIN K je v solati, špinaci, brokoliju, ohrovtu, peteršilju in zelju. V manjših količinah ga najdemo v jabolkih in oljih.

Pomemben je za normalno strjevanje krvi in sodeluje pri sintezi glavne beljakovine kosti. Vitamin K ponavadi dodamo multivitaminским izdelkom, zmanjšuje učinek zdravljenja ob hkratni terapiji zoper strjevanje krvi.

Barbara Pance
V prilogi Dela "Nakup"
3. marca 2006

Novi grobovi

(nadaljevanje s str. 11)

Anna Cekada

Umrta je 93 let stara Anna Cekada iz Valley City, O., vdova po Josephu, za njo žalujejo otroci Joseph (Dell), Leo (Pat) in Mario (Karen), 8-krat stara mati, 7-krat prastara mati, vneta vrtnarica. Pogreb je bil 26. julija v oskrbi zavoda Waite & Son v Brunswicku, s sv. mašo v cerkvi St. Martin of Tours v Valley Cityju. Družina bo hvaležna za darove v pokojničin spomin župniji St. Martin of Tours.

BRALCI!
Priporočajte naš list!