My dear friends, it looks like we are going international. I have received comments from our comrades across the seas. And guess what – good comments at that. We are just around the corner from the cold weather. We will be on the hill before you know it. Don’t let the winter catch you off guard. Read the articles in this publication. Are you healthy? Read article on page 8. The PSIA/AASI Eastern event schedule is out, so you can plan your activities. If you are planning on taking any exams, your preparation should have started long ago, but no later than NOW. If you would like to contribute to this publication, write me at Kosmalaw@bellsouth.net.

Sugar Mountain is beginning its 40th season. Let’s make a commitment to making it the very best winter season yet.

From the Top

By Witold Kosmala
PSIA-E Alpine, Level III

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Education

Big Mountain Training

By Keith Li
PSIA-E Alpine, Level III
Staff Trainer at the Ski Roundtop Learning Center, PA

The vacation to Aspen is planned, the deposit is paid, and the calendar is marked.
Even when it's many months away, the excitement begins to build as you anticipate the “big mountain” that awaits you. Are you ready? Will you be in shape? Do you have the necessary skills?

Many Eastern skiers are often not ready for this trip, physically and skillwise. You can physically prepare by going to the gym to get in shape, but is your skiing level adequate for the Western terrain? If not, you will have to settle on skiing less than 50% of the mountain to avoid steeps, moguls, and other “dangerous” slopes. So you paid all this money only to be limited by your comfort zone.

One way to get more out of a Rockies experience is to invest a little time and money at your local slope to pick up some basic Big Mountain skills that will make your future trips much more enjoyable. The local slopes do not have big wide cruisers or half-mile bump runs, but they do have both in miniature versions, adequate for training purposes and enough to give you a preview of what to practice when you are out in the beautiful Rocky Mountains.

What are some of the specific challenges posed by the bigger mountains? Four different skills should be refined to make the most of your upcoming trip:

**Short Turns**
Big mountains have connector trails, some steep, some moderate, but almost all are narrow. This means you need to be able to control speed with short turns. Gaining too much speed by trying to go straight can have unpleasant results.

**Speed**
Big mountains have long slopes that can tire you out (especially at higher altitudes). You need to be able to put it in “cruise” control, which means longer radius turns at higher speeds. If you are uncomfortable going fast, you will probably struggle keeping up with your friends.

**Steeps**
Big mountain trail ratings are a notch higher than what you will see here in the East. The blue intermediate sign might lead you to a slope with the steepness of the local expert trail. So if you think you are an expert or advanced intermediate skier, be prepared to reevaluate your rating when you arrive at your destination.

**Moguls**
Big mountain trails often lead to a section that is side-to-side moguls. Although you might not be the kind of skier who seeks out the zipper line down these trails, you really should be able to work your way through them with confidence and with style that matches your abilities on groomed slopes.

Each one of the above skills can be developed by certified instructors at your local area. Not only will a series of lessons open up new slopes for you to explore, but a side benefit of these lessons is that you will ski more efficiently and be able to last longer into the day. So how much is it worth to ski at Aspen and not be dog-tired before lunch after only skiing five runs on the intermediate slopes? Make an investment in your personal skiing that will pay dividends on all future trips.
AASI Level 3 Exam

By John Holder
AASI Snowboard Level II
PSIA-E Alpine Level II

Last season at the end of March 2009, I made the long trek to Killington, VT for my 1st try at the L3 Exam. Some of you may know that this was started a few years earlier, when I actually cancelled my trip after a brutal slap in the face at an L3 Exam Prep event in Pennsylvania. This year the odd's had not changed, but I managed to acquire an AASI Scholarship covering entry to the Exam, my wife arranged free lodging at the event. Still not certain if it would be a waist of money and time, I received supportive feedback from the most local AASI clinician at the All Mountain Update at Beech Mtn. last year. Still not one to over estimate my chances, I worried over my readines. No clinicing of staff at Sugar Mountain since early January, No upper level lessons, No half pipe, bumps, extended steeps, trees, and no mentor to prepare me locally. Can you start get the feeling of cards stacked against you? With a wing and a prayer I decided to make the plunge anyway, nothing ventured nothing gained.

I drove up two days before the event, making it as far as Albany, NY before spending the night. The next day I arose to a three hour drive to the mountain for a warm up on the event hill. When I arrived in Killington it was pouring rain, and the $77 lift ticket and soggy gear for the Exam made me decide to sit out the practice day. This decision would come back to haunt me. An evening of studying followed to be as book smart as possible.

Day 1---My first day examiner was Ted Fleicher, who I had for a clinic leader at Wintergreen earlier that year. Ted has a near genius IQ and is an all-mountain, trees and steeps lover. Ted assigned our teaching tasks as we answered questions and we would have to ride up the Gondola and arrange our teaching segment during the short ride up. The weather for the day was raining and foggy, so we were cut some slack by at least riding the gondola all day to stay a little drier. Having not been on the hill for a warm up, I was nervous to say the least. I had the 64 Custom X tuned before I left fearing steeps and ice. Lesson #1--Never tune before you go without at least taking a few runs on the deck first. My bevel was off and although I had detuned the tip and tail I was out of control, edges too sharp and I couldn’t get out of one turn to initiate the next. It made me feel like a rookie! So with a long, stiff, ill handling board we headed into our warm up run. Some say the examiner decides on the warm up who has the right stuff. I'm hoping to warm up and get into the groove, as I was for sure the oldest candidate at the exam at 51 years young. We pull up on a moderate cat track traverse for our warm up run, my worst nightmare. It is the steepest tree run, with dirt spots, bumps and tight ruts, foggy and up on the mountain it is now snowing, wet heavy snow. After riding trees and steep, foggy, cruddy bumps all morning my goose is already cooked. Those off you who have attended an upper level exam know the only feedback you get is from your peers. No encouraging words for the following days. I do get some help from Ted, after fighting my board all day, exhausted does not come close to describing my
feelings emotionally and physically. Ted tells me that they did a study on energy drinks and
of all tested, Choc. Milk stayed with you the longest due to the protein. He suggests 2
bananas and a quart of CM for breakfast the next morning. I head back to my room to soak in
a hot bath and eat some Motrin and shake off the first day.

Day 2----After a banana and CM breakfast I head to the hill, after more studying and a
transfer of the bindings to my dull 62 Baron, for a hopefully more forgiving set up. Today
my examiner is KC Gandy, formerly of Massanutten, now Staff Trainer at Stratton and just
off the AASI National Team. His understudy is Tommy Morsh, newly named to the Nation
Team, to say this pair are sick rippers is the understatement. We are drawing teaching
segments out of a hat to start the day. I first draw the Switch card, uncertain of possible steep
or bump terrain to teach in, I put it back and draw a second card. Lesson #2----- when you
are riding with two ripper's and no one has drawn a pipe card--HELLO!!! You guessed it.
KC starts our day a little more reasonably and we traverse the mountain to the Beast jib park.
We fool around over at Bear Mountain for a while and pull up to the Pipe, the trail entering
the pipe is closed, so we cut through the woods and climb up to the lip mid pipe to check it
out. Holy ----! It's a 22 ft Super Pipe. We are offered to do a dead drop from there, but I can't
make myself take the plunge. We head back up for the first segment and stop by the pipe
again at the bottom. Now, don't get me wrong I studied long and hard and have a good grasp
on pipe technique, but this old man has never set foot in one, let alone a man eating monster
that stood before me. I'm am having 2nd, 3rd and 4th thoughts!!! Can I actually improve the
riding of my exam peers in a venue I have no experience in? As a sometimes mature
individual I make the decision, and ask for a private ride up the chair with my examiners. I
confide in them that I have never been in a pipe and that when fatigued as I was I would have
normally called it a day. I explained that as competitive as I can be that I was concerned for
my safety, responsibilities to my wife and kids, and that whether I had a gold pin or not, a
raise in wage or standing or level of students weren't going to change. With a now cracking
voice, and emotions setting in , tears began trickling down hidden inside my goggles, but
my psychy was fully apparent to KC. I was speaking from the heart, and he knew full well
the implications of being from the South and facing this monumental task. I told him
honestly that I was considering withdrawing from the event. He offered me a drink break for
a run to regroup, and encouraged me not to give up. I told him, that I could read the writing
on the wall, but would stay with the group. I actually rode better that day, we jibbed, boosted
in the park, and I taught my pipe segment out of the park. Apparently, KC had gratiously
expressed my emotions to the group before lunch as I was limping in. No one said anything,
but it was obvious that they were supportive, given the situation. KC even flashed back to the
fact he remembered a frontside spin progression he had learned from me at a past clinic, and
how he had used it hundreds of times. Later I would hear from Mike Sites who was
tabulating the scores that after day 2, I was a no pass, although I did well on the written test.

Day 3--- Today my examiner is Tom Vickery, one of the most tech of all examiners, super
into alternative teaching styles and childrens education. I had ridden with Tom at Snowshoe
years ago and had a great respect for him. I drew the switch card today and stuck with it. We
had to ride in the isolation chamber on the lift ride before our segment to make tougher.
After the event he told me my segment on scratchy switch was good, but was not appropriate
for the 9 inch deep heavy corn conditions of the day. Live and learn. I was finally beginning to relax and riding more like myself by now, but too little too late. The last teaching segment of the day was to be pipe. Yes, we were headed back to the monster. I knew I possessed the skill set to ride pipe, but was still second guessing myself. By now they had opened the trail into the pipe, a single track through the rocks and mud. We stood before the pipe, a fence blocked the bottom of the barrel, so no chicken drop ins were possible. Every one dropped in, leaving me alone. I called my drop and let her slide, dropped in of the backside wall like I had done it hundreds of times and didn’t die! No time to rest on my laurels, another 22 ft wall was quickly approaching. I rode up into the vert as I eased off my held edge, letting the board arc down the pipe as I unweighted and aired, retracting my legs, letting my upperbody seek my new line down the wall in the same arc and landeded down the fronside wall. Repeat into the backside wall. Smooth as silk all the way to the bottom of the ditch. Professional or not I gave the examiner and everyone in the group a big double crotch grab to signify that I had beaten back the monster, celebrating in defiance. I could ride a pipe after all. Lesson#3--Live and Learn. After the results were posted, KC sought me out immediately. He let me know that I had done well on his day, considering the events that had conspired. I was told that I had what it took to make it, that they just had to figure out how to get me there. He suggested that I find a way to come up and spend some time in Exam territory, not likely to happen. Will things change to help prepare me for a 2nd try? Maybe you can help? Ask me to go out and work with you on upper level techniques, that is why I'm here. Waiting for a clinic to cover the topic is well, good luck!

Day 4---I woke at 4:30 with the car packed already, I made the drive home in one day. Made it back to Boone in time to see my daughter Catie's gymnastics practice. I could not wait to cross the Mason-Dixon line. Maybe we are from the South, but I don't regret it. I like being an underdog. No one in my group of 7 passed. Only 5 of 25 passed and many were on their 2nd or 3rd tries. Never take the opportunity to broaden your horizons for granted, get in a clinic, ask for help. I knew this experience would be one of the toughest challenges of my life. Even with thirty days of AASI exams and clinics under my belt, I was not prepared. Good luck and keep on shreddin. Still Level 2.

Don’t Let Winter Catch You Off-Guard

By Witold Kosmala
PSIA-E Alpine Level III

Winter is fast approaching and the slopes will open before you know it. You need to be ready. Don’t have the attitude of “skiing into shape.” Go on the first day ready to clinic. You don’t want your thighs to hurt and moves to be rusty. It is not too late to get ready. Dry-land training can be both fun and beneficial. Whatever you do, think how it can relate to skiing. Even if you sit all day at a deck job, observe how you make your chair swivel – both knees move together, just like they should in skiing. How about when you make a golf swing, isn’t
it the same? Imagine you are standing on a lazy Suzan, or simply a sheet of paper. Now turn your feet to either side. Remember these moves because you will need them in skiing.

Try some things that raise your heartbeat. You need strength in skiing, especially on the modern equipment. On older, pencil-shaped skis, you used a lot of popping and twisting. Now on modern equipment you use more pressure, which requires strength. So get ready, here are some ideas.

At work or home run up the stairs two steps at a time for strength. Now run down to simulate skiing. Feel your upper body position. The faster you run, more forward it is. What about your flexing when your foot leaves a step? The more you flex, the closer the next step is – just like on the steeper slopes when you ski. Now, grab the handrail. Do you feel a tighter grip at certain points? That’s your "blocking" pole plant.

When you go hiking, walk fast uphill for strength. On the way down, experiment a little. Feel the position of your upper body when you are walking downhill slowly. Now speed up a little. Do you feel the change your upper body makes? Now, run faster yet. Your upper body becomes more perpendicular to the trail. “Running downhill” represents movements you should have in skiing.

Bicycling is another good dry-land training. Not only does it build up your thighs and improve your aerobic efficiency, but you can use it to simulate skiing. Try riding very slowly. Do you feel all the turning you need to do with your handlebars in order to stay upright? Observe how that decreases the faster you ride. Now imagine how much more rotary movements you have skiing slowly versus skiing fast. What about the smoothness of a turn initiation on a bicycle when riding quickly? Aren’t you gentle on the handlebars at high speeds? This also translates to skiing where you do not want to “surprise” your skis with a sudden rotary move. Before you get off the bike, review the long leg/short leg feeling when turning.

Another fun activity is a leg-pushed scooter. Pick an empty flat space. Put your right foot on the scooter and push with the left. Observe how much easier the turns are to the left than those to the right. To improve the turns to the right move your upper body more forward as well as across the scooter to the right. This diagonal movement is the same as that on the skis. After a while, switch legs. Observe that when you make a sudden move with your handlebars, the scooter will fall. Next, pick a very gently falling paved road. Go down turning from side to side in such a way that your speed down the road stays “constant.” Can you see how the shape of your turn controls your speed?

Ride down many times, at first having both feet on the scooter, then one leg at a time. When
you get better, try hopping as you ride from one leg to the other, several times in each turn, perhaps. Focus on the angle of your foot as it lands on the step of the scooter. Can you relate this exercise to leapers (one hope), and 1000 steps (many hops) when on skis?

You can also try all kinds of turns when going down the hill on the scooter. Try long radius turns, short radius turns, “C” turns, “J” turns when you turn sharper toward the end of the turn, and “comma turns” – more of a racing turn where you turn more on the beginning of the turn. Two legs on the step of the scooter give you “railroad tracks,” whereas one leg on the step gives you “snake” turns. Isn’t all that fun?

There are other strengthenings you can easily do at home. Put a shoebox on the floor and hop over it from side to side keeping your upper body directly over the box. Experiment. Count how many hops you can make in a minute while you are bending forward in the waist. Then see how many hops you can make when your upper body is upright. What position is more efficient?

Now step one and a half away from a smooth wall. Lean against it and lower yourself until you make 100 degrees in your knees. Hold it there for a while. Now straighten out without moving your feet.

Before going to sleep you can do “pillow” squeezes. Put a couple of pillows or towels between your knees while lying on your back, and squeeze them firmly. You will be glad you did these when powder day comes. Strengthen your core muscles, because most of your moves will rely on them. For agility play frisbee, soccer, or basketball. Don’t forget to practice self-imagery. It works wonders. Lastly, read a lot of ski articles and loose weight if you need to. Do what it takes to get ready for winter, because it will be a great season. I just know it.

Relax, It Can Be Done

By Witold Kosmala
PSIA-E Alpine, Level III

I hope you read Gordon’s article The Score: 300 to 1 (Against Us) in the September issue of Peak Performance. On page 3 in that publication, Gordon speaks of separating the learning of more difficult skill movements from the more challenging terrain. In other words, learn the technique on blue slopes and then put it to use on double black slopes.

You might say that all is great and it is easy to speak, but how can one simulate a steep slope
on an intermediate slope? How can one possibly be able to have such high edges on a blue slope as one will need on a double black diamond slope? How can one form angles needed for Whoopdeedoo on less steep slopes, like Big Red? Can these things be done without having to ski blue slopes with an incredible speed? Even then, high edges will slow us down, and due to relatively flat terrain, one will not be able to accelerate enough for the next turn on high edges. Besides, wouldn’t ski patrollers fuss at us skiing so fast?

Relax, there are ways. You just need to find you a coach who KNOWS drills that will simulate double black diamond slopes on a blue slope. Then, when you indeed decide to navigate down double diamond slope, all you will need to do is deal with the way it looks as you are starting out your run. Later, as you ski it, all the slopes look alike, (unless you look at the trees.)

Health Course

Blueberries, Oh Blueberries,

By Witold Kosmala
PSIA-E Alpine, Level III

how healthy you are!

They are indeed healthy. Research shows that blueberries are powerful antioxidants and neutralize free radical damage. They preserve vision, improve nighttime visual acuity, help with quicker adjustment to darkness and help with faster restoration of visual acuity after exposure to glare.

Blueberries fight aging, cancers and provide protection especially against colon and ovarian cancers. They also fight inflammation and are full of vitamin C (helpful in strengthening immune system). They provide a good source of fiber, which improves digestive regularity, and they help relieve constipation as well as diarrhea, and fight urinary infections.

Believe it or not, blueberries are cousins to cranberries, azaleas, mountain laurels, and rhododendrons.

Blueberries: just 80 calories in one cup, practically no fat, and a wonderful taste – you have nothing to loose but lots to gain from eating them. So, next time you try to decide what to take for lunch to the mountain, think about one of those thousands of recipes that involve blueberries. Just think, wouldn’t it be nice to celebrate your 100th birthday on the slopes?
Turn to Wisdom

• Don’t ski faster than your guardian angels can fly.
• If there is a 50-50 chance that something can go wrong, then 9 times out of 10 it will.
• Follow the three R’s:
  • Respect for self,
  • Respect for others, and
  • Responsibility for all your actions.
• Judge your success by what you had to give up in order to get it.

Thoughts for the Month

• What are the differences between riding on a bicycle and riding on a bicycle with training wheels? Is there any connection to skiing?
• What is the difference between skiing in a wide-track parallel and skiing in a dynamic parallel?

Sharpen Your Edges

Help the groomers out and solve this problem. (The answer is on the last page.)

It takes George 3 hours to groom the mountain using Snowcat #1. It takes Charles 5 hours to groom the mountain using Snowcat #2. If they both work together for an hour and then Charles leaves, how long will it take George to finish grooming the mountain using his Snowcat #1?
Pictures Speak Louder Than Words

• Thank you for all your responses about the picture from the September 2009 issue. Yes, “smile” was what most of you liked about that skier. And yes again, that skier decided to go skiing but had no intention of putting any effort into it. His mental is: If I paid for all this equipment, shouldn’t it take me down hill all on its own? But, don’t we get a car for example, and then still have to drive it? Someone else might say, I don’t like to drive, I like to be a passenger. Well, there you go. “Liking” is a very opinionated word.

• Let’s try another one. What do you like or dislike about the pictured skier’s ski technique? Focus on what would make this person more efficient and more dynamic. (Why would better skiers want to be dynamic?)

Announcements

• I am the Faculty Advisor and the Dry-land Coach for ASU Ski Team. We are having dry-land training sessions every Monday and Thursday at 6 p.m. at ASU. You are welcome to come and join us. We will do all kinds of fun things, not just pure strengthening. I will not be present at all the sessions, so you can contact me before you come out at Kosmalaaw@bellsouth.net.

• Krista Schmidinger, a world-class skier, Olympian and traveler, is inviting whoever is interested to come and ski with her and her father, Elmar Schmidinger, in the beautiful Austrian Alps.

  When: March 12-22, 2010

  What: 5 day ski pass to be used within 8 days
How: Roundtrip airfare from Charlotte to Zurich, Switzerland plus ground transportation from Zurich to Sporthotel-Sonne and vice versa

Where: Montafon Valley (www.montafon.at), Austria: Accommodations at Sporthotel-Sonne (www.sporthotel-sonne.com/index2.html) (includes 9 nights/8 days, daily breakfast and dinner)

How much: $2800 (subject to change based on exchange rate and price fluctuations)

They provide access to places hard to find on your own and you are treated like family. Start waxing your skis and reserve your trip today. Call 828-260-5637, or email schusstheworld@gmail.com.

- Skiing on Snowflex at Liberty University was so good, we are doing it again this month. It is only a short drive away and it provides a great pre-season training. For information email Ross McNeil at hm68477@appstate.edu or call 336-816-4720. You will be glad you did!
- PSIA/AASI Eastern events schedule is out. Look at http://www.psia-e.org/ev/schedule/ and plan your events for this upcoming season.
- October 4 is a National Golf Day, so live it up because soon snow will cover your playground.
- October 5 is a World Teacher Day. That’s us!!! Almost the whole world celebrates the teacher’s day, but some do it on a different day in the year. This is when a student as well as a teacher says: “We appreciate you.” Can you imagine the world without teachers? Even animals teach their little ones the ways of the world. We, the winter sports teachers, make up an essential part of our mountain. Can you even imagine what Sugar Mountain would be like if it had no instructors nor trainers, and if no one learned from anyone else? Just don’t get cocky; you must earn your status.
- October 16 is Boss’s Day. Aren’t you happy it is not during the winter season?
- October is a Car Care Month. That is a great idea because you will need one to get to the slopes. So keep that baby running so that you can be skiing/riding.

**Skiing on Snowflex at Liberty University**

Our trip to the Liberty Snowflex was phenomenal. This place is a great pre-season training facility. It's basically a park set-up with boxes and kickers on two separate slopes. Expansion is in progress. It's a quick drive with four people in a car and easy to get a hotel close by. Definitely worth the time and money. Ryan Naylor and two of us went in September. We would like to go again in October with a larger group and possibly rent a house for a few nights.
As far as our experience, everything was awesome. It was easy to find a hotel close by. The surface felt like slow ice. If you edged too much you would slide out. However, skidding turns and focusing on proper technique was a lot of fun. With the consistency of the snowflex surface underneath you it was very easy to maintain your speed with turn shape. Everyone was very nice. At one point a guy ran out to me on the snowflex at the bottom after I hit the big jump and stopped me and asked who I was and where I was from, did I go to school here, etc. I thought I was in trouble because he was an employee. It turned out he was just amazed at what we were doing and wanted to tell me how awesome it was to see someone pulling tricks. There was an audience of about 50 or 60 people at one point who would cheer every time someone hit the big jump, which was really cool. I can’t say enough about this place. Boone is a perfect place for a facility like this.

By Will Mauney and Ross McNeil

Ryan Naylor showing off his form on Liberty’s Snowflex. Photo by Ross McNeil.

Happy trio. You never know what a 3-hour drive will do to a man. From the left: Ryan Naylor, Ross McNeil, and Will Mauney. Photo by Will Mauney.

So, what is Will Mauney doing this time? Let’s hope he doesn’t cross those skis upon landing. Snowflex would give him a nice rub in the nose. Photo by Ross McNeil.
Turn to History

Did You Know?

October is a Polish American Heritage Month proclaimed by President Ronald Reagan on Oct. 5, 1987. The following is a segment of the President’s Proclamation.

“During October the people of the United States recognize and rejoice in the many accomplishments of generations of Polish Americans. From the founding of our Republic to the present day, Poles have enriched, strengthened, and defended our Nation. Millions of Polish Americans have attained great success in the arts, sciences, scholarship, and every other field of endeavor, but perhaps their most special gifts to America have been the faith and love of liberty Poles have cherished through the centuries.

That Polish love of liberty manifested itself in the hard, early days of the American Revolution when Polish freedom fighters such as Kościuszko and Pułaski stood with us for independence. They knew the profound truth that freedom’s cause is universal, that in struggling for our freedom they were working for Poland's freedom and for all mankind's. They knew that once America had “fired the shot heard 'round the world”’ no tyrant could ever again rest easy.

Today, as always, Americans stand in solidarity with the continuing Polish struggle for political, religious, and economic liberty. By advocating these precious freedoms so eloquently and forthrightly, His Holiness John Paul II and Lech Walesa have come to symbolize hope, justice, and human dignity to all Americans and to countless millions around the world. Their idealism, self-sacrifice, and devotion inspire us as we express our thanks to Polish Americans and our pride in our country’s Polish heritage.”

You might be interested in checking out the following web sites:

- http://en.wikipedia.org/wiki/Tadeusz_Ko%C5%9Bciuszko

Photo courtesy of www.jan-matejko.org

Kościuszko at Raclawice, when stunning victory in a battle against superior Russian forces took place on April 4, 1794. Painted by Jan Matejko.
• http://en.wikipedia.org/wiki/Kazimierz_Pu%C5%82aski

Sorry, I could not help it being Polish American myself. Did you know that Harry Morris Warner (12 December 1881 – 27 July 1958) was a Polish American studio executive, one of the founders of Warner Bros., and a major contributor to the development of the film industry?

By Witold Kosmala

Just Some Things to Laugh At...

Looking for something?

Left or right?

Yes, I know I’m the man... or... squirrel.

Sigh... what has the world come to?

Answer to groomer’s problem:

1 hour and 24 minutes... and no, you do not get an explanation, though they are available for a certain amount of incentive.