

The Post-Eagle

An Independent Weekly Newspaper

VOLUME 48 - NUMBER 31

NEW JERSEY - WEDNESDAY, AUGUST 4, 2010

\$.75

New Jersey Rocks!

- Page 2 (editorial)

Do Research & Find Out For Yourself

- Page 2 (letters)

Arizona Immigration Law Blocked

- Pages 3

Tarot Card Readings

- Pages 5 (see ad)

Just like dining in Old Royal Warsaw Royal Warsaw

10% Off any lunch or dinner

- Pages 5 (see ad)

HOROSCOPE

Steven's August Forecast

- Page 6

Word Etymology

- Page 7

Polka Notes

- PAGES 10-11-12

Newspaper 2nd Class Mail - Date Mailed 7-30-10

MN First Lady's Military Family Care Initiative To Continue, Expand

National Guard to direct initiatave; will include business services and discounts

SAINT PAUL, MN – With hundreds of Minnesota National Guard troops preparing to deploy to the Middle East next year, First Lady Mary Pawlenty announced today that the Military Family Care Initiative will continue and expand to provide additional assistance to military families during times of deployment.

The web-based program will, going forward, be run by the National Guard's Beyond the Yellow Ribbon program.

In addition to community-based organizations volunteering their time and services, businesses will now be able to register services and discounts intended to benefit military families.

"During the last seven years, community-based organizations throughout Minnesota have provided volunteer services to lighten burdens placed on military families during deployment," First Lady Mary Pawlenty said. "Under the National Guard's direction, the Military Family Care Initiative will not only continue, it will expand."

Launched in 2003 by the First Lady, the Military Family Care Initiative now has hundreds of groups and organizations registered to help Minnesota families. The success of the initiative has made it a nation-leading model, generating several similar programs in other states. Most recently, North Carolina First Gentleman Bob Eaves launched "Carolina Helping Heroes" based on Mary Pawlenty's Military Family Care Initiative.

"As I visited last week with Minnesotans serving in Iraq, Afghanistan, and Kuwait, it was apparent that their families are never far from their thoughts," Governor Pawlenty said. "Through the Military Family Care Initiative, community organizations and businesses can offer their support to our military families in tangible ways."

The First Lady's Military Family Care Initiative can now be found at www.militaryfamilies.state.mn.us, or a link on www.beyondtheyellowribbon.org. The website will remain an electronic database for military fami-

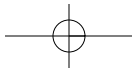
(PLEASE TURN TO PAGE 16)

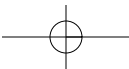
Izabella Miko



A Waltz into the World of Actress Izabella Miko

Olga Zapisek interviews Polish film and TV actress on her upcoming TV role in NBC's fall show "The Cape", her clothing line, her website Eko Miko, and much more. (see story on page 4)





Interview by OLGA ZAPISEK

“Dancing Through Life: A Waltz into the World of Actress Izabella Miko”

A fearless woman with a child-like disposition, Polish film and TV actress, **Izabella Miko**, is bringing a new flavor to the American market. With countless movie roles, amongst her most popular “Coyote Ugly” and “Clash of the Titans,” and environmentalist efforts, Miko is finally falling into the mainstream world where her name rolls smoothly off people’s tongues. Yet this is only the beginning for a star who wishes to make the biggest sacrifice of all-the sacrifice of everlasting fame.

Bringing you a little dose of Miko, here is an inside look on her dreams, her love for the environment, and her upcoming TV role in NBC’s fall show: “*The Cape*.”

Q: Where did the idea for EkoMiko come from?

A: About two years ago in Poland, during my shoot for the movie called “Love and Dance,” I saw that people there are not educated properly in terms of the environment. Nobody really talked about it. I thought, ‘I’m going to start with the set.’ I made everyone recycle, and as a wrap gift I made reusable bags for everyone with pictures from the film, and a printed saying “Love and Dance AND RECYCLE!” autographed by me. Then I thought, ‘maybe I can create a website that will teach people in Poland about what they can do.’ Then came the challenge of getting people to visit the site on a regular basis. That’s when ideas started pouring in-shooting episodes every two weeks, interviewing celebrities, showing everyone green places, writing about gadgets, eco-fashion, and creating eco-gangs. I needed to create a foundation: one non-profit operating in Poland and one in the US. The road has been really great so far. New ideas and programs are coming into fruition every day. I have an eco-candle line that I created that’s going into production in a couple of weeks. The candles are made out of coconut butter and essential oils and poured into recycled wine bottles. All the profits will go to EkoMiko. There is also a clothing line coming in the next six to eight months, lots of new events, and contests. It’s a full time job, really.

Q: You mentioned a clothing line. Will this be your own fashion line?

A: Yeah, it’s going to be my own fashion line. I can’t really reveal the details now. It’s a little bit different from what’s out there, so until I get it all done I can’t really talk about it. But it’s going to be my designs. I’m very excited. When I came up with the idea, so many companies wanted to get involved, and create it with me. It’s so inspiring.

Q: An actress, an environmentalist fighter, and an ordinary person-how do you find time for it all?

A: It had gotten to the point that I had to hire an assistant because my life became unmanageable. There is someone helping me now with

day to day stuff. I hired three people in Poland who work on the site-updating it daily. Besides, my main focus is acting. That’s how I make money, and that’s how I support my passion, which is the environment. It’s sometimes really hard to keep up with all my ideas flooding in every day. I’m teaching myself to prioritize. The truth is that I work on five things at the same time. I put 100 percent work behind it, but most of them never see the daylight. That’s just how it works. You can’t keep all the eggs in one basket, because you’ll get disappointed and very frustrated. But juggling all the things is definitely very difficult. Then at the end of the day I still have to take care of myself, eat right, work out and try to get some sleep. Those things usually end up on the bottom of the priority list. The additional help now is making things go a little more smoothly.

Q: Your website EkoMiko has a specific eco-gadgets section for those who love technology and toys. Do you have any eco-friendly devices floating around your home?

A: Yeah! I’m a total gadget freak (laughs). One of my favorite things is my electric energy efficient composting bin. It’s called Nature Mill. You can throw in there eggs and egg shells, pasta, fruit, vegetables, meat, fish and it creates an amazing compost for your garden. I love this thing. I just have to make sure (slightly chuckles) that I put the right “ratio” of things in there, so it doesn’t stink up the house. It’s a new skill that I acquired. Now between what I compost and what I recycle there is very little left to put in my normal bin. So I really do love eco-gadgets. I have a solar powered charger for my I-Phone and a hairdryer made out of recycled plastic. I use Kindle to read my scripts, which is not only saving the paper, but also the gas spent on the trips that the messengers make to deliver the scripts to my house. I’m sure there are a lot more gadgets that I have that I’m not even remembering at this point (chuckles).

Q: What do you hope the new President of Poland, Bronislaw Komorowski, will do for Poland environmentally speaking?

A: I guess we want to make sure that the money that we get from the EU for waste management is used properly, because so far, many funds that we’ve gotten from the EU have been used to build trash incinerators instead of recycling centers. That would be one of the main things that I really would want to fight for. Wind power, solar power, we can definitely step into the new technology. Also creating laws that would give some “green tax incentives” to people who install solar powered roofs or buy an energy efficient car. It encourages everyone to make the right choices. As a country we need to step it up in terms of providing the people with the tools to live a sus-

tainable life like making sure that everyone has recycling bins. I know that I will bug our new President to make all these changes (chuckles). My dad went to school with him so I have definitely an easier access to him and will certainly use it!

Q: Speaking of Poland, you left it when you were 14 to first pursue your dream of dancing, and then one of acting. Do you ever feel closer to one country than the other?

A: I actually left on my 15th birthday. It’s hard for me to answer this question. I come from Poland, so I miss my family there and the people, but not necessarily the actual place. I love living in America because my insane ideas find their home here and nobody is judging my bold choices. The fact that I’m a workaholic is sort of acceptable here. America feels like a much happier place even if it’s fake sometimes. I always say, “If you’re not happy, fake it till you make it. Keep on smiling because if you act happy somehow it will turn around.” In Poland people like to indulge in their sadness, they love to complain. I think it comes from our cultural history. There’s a certain nostalgia-the sense of the need of a constant fight that we are born with. It makes us really romantic and culturally rich, but often limits us. The American outlook on life definitely suits me. I’m optimistic and just really excited about life. But I do really miss my Polish roots, the culture, the history, the people, smells, and all my childhood memories and childhood friends. I’m definitely torn. I can’t even really say where my home is, which is fine, I’ve accepted it. Both of those places are close to my heart.

Q: You have never spent a Christmas away from Poland. What is it about that holiday that brings you back to your native home?

A: I’ve never missed Christmas at Warsaw and I hope I never will. It’s just a very special time. It’s something that really grounds me-going back there at the same time each year. It’s the same people, same food and same traditions. It brings our family together and therefore keeps me sane. We always have a huge family gathering. Our parents are divorced, and they have their own spouses now, but it doesn’t matter. We all still come together for Wigilia (Christmas Eve). And for that one night the whole place is filled with love. I can’t replace it. I can’t imagine not going. I think I would just cry myself to sleep if I couldn’t make it for Christmas. There was one time I remember, I was shooting something in L.A., and I literally came in the morning of Wigilia [to Poland] and then left two days after. I spent only 48 hours. But I still made it.

Q: As an immigrant there must have been several hardships that you dealt with throughout the years. Do you still feel that there



are times when such hardships come through?

A: Yeah, I deal with heartbreaks all the time. The hardest thing is not having a family member around me to help me get over them. When I have a bad day or a boy breaks my heart-I can’t run to my mom and hug her. I haven’t had that since I was 15. Although I’m 29 now, I feel I still really need it. I never really got enough of it. Not having my family to go to when I come back from a day of work is tough. But I do realize that the problems that I have now are what we call “high-class” problems. Nothing is actually wrong. It’s just things that I want, but don’t yet have, so I’m maybe being impatient and a little spoiled. That’s it. I have to constantly remind myself of that. I have big dreams and I get frustrated, and things don’t go my way most of the time. That’s the funny thing. Nobody realizes that because what people see is only success. They don’t really see the hundred auditions that I didn’t book or the mean things that are being said to me. The public only sees the final product. If acting and doing what I do would be easy, then everyone would be doing it, because the rewards are truly amazing. But the actual road to these rewards is very hard.

Q: Are you working on anything new now?

A: I’m doing an “Eco is Hot” campaign for EkoMiko. I’m trying to re-brand “eco” and “green” making it less hippy and hemp-y-and more sexy and cool. We are going to be shooting SNL-style eco spots with different actors promoting green living in a very funny way. We plan on shooting in the next three to four months, but it depends on the availability of the actors. I’m also starting a new show called “*The Cape*.” It’s coming out in December on NBC and it’s a superhero show. The cast is big so I’m

hoping they will write lots of great stuff for me. I play an animal trainer in a circus, who’s also a bank robber. I’m very excited about playing such an eccentric character. There’re other projects in the works, but I can’t talk about them yet.

Q: You’ve taken a few dance themed film roles in the recent past. Did you take these roles because of your personal love for dance, or was it to prove to those who put you down all those years past that you could combine both dreams into one despite your injuries, which prevented you from dancing professionally?

A: Yeah, I definitely took those roles so I can dance. I will probably do any dance movie that will be offered to me because I’m a sucker for leotards (laughs). My career was cut short when I got injured and I never really got a chance to dance my heart out. It’s almost like I never really made that dream come true, which is okay because I created new dreams and that’s sometimes what life is-you have to create and adjust your dreams.

Q: Do you frequently dance recreationally?

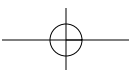
A: I take dance classes. I don’t go out much to clubs, but if I do, I pretty much go out only to dance. I’m able to dance for three hours straight! Also when I go to the gym, after I’m done with my workout, I go to the studio and do my own choreography. It was my first love and I think it always will be. I can’t give it up.

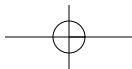
Q: Out of all the roles you have played over the years, both in Poland and America, which thus far has been your favorite?

A: It’s hard to say because each role really taught me something different, and really developed me as an artist, and most importantly as a human being. I loved playing Alice in “Bye, Bye Blackbird,” which was a movie about a circus in 1910. I got to train and became a trapeze artist. I had to overcome my fear of heights. I’m still scared of heights but despite that, I was flying really, really high. Every day I was nauseous going up there, but it was really important for me to say, “No. I’m going to really trust God and myself and nothing will happen to me.” I loved preparing for this part and shooting it. It was very dreamlike. I also loved “Love and Dance” in Poland. Shooting it was amazing, because for the first time I got to spend three months in Poland, since I left when I was 15.

Q: Some say that actors wear a mask in the outside world to further their acting skills. So who exactly is the woman behind Izabella Miko’s mask?

(PLEASE TURN TO PAGE 6)





Steven’s AUGUST Forecast

* Substitute your rising sign for your Sun sign when reading the horoscope for the month then read your Sun sign.

ARIES - Your ability to handle personal and business relationships will be put to the test. The advice is to allow others to take the initiative. It is a time to learn from others. Abstain from partnerships or a clandestine relationship. Use caution on the 4th when Mars opposes Pluto. This aspect can cause conflict or an altercation. Mercury retrogrades on the 21st and will affect delays with work projects. After the 23rd medical appointments and seeking health remedies are favorable. Favorable dates 1-27-28

TAURUS – The universe is being extremely uncooperative; therefore, you may find that there are certain issues that you cannot change, especially in the employment or business area. You may be phasing out a work project or in the midst of a employment change. Because of a friendly Venus aspect romance and children can be a splendid outlet for your frustrations. Expect delays as Mercury retrogrades on the 21st. Sun enters your 5th house on the 23rd placing the light on romance and children. Favorable dates 2-3-4-29-30-31

GEMINI – A preponderance of planetary aspects make this a very interesting month. The good new is if you place yourself in a neutral position you are bound to gain in the areas of romance and children. The negative aspects are to become overly domineering or talk too much and not make sense. Creative work pursuits bring monetary rewards. Mercury retrogrades on the 21st causing delays with work issues. Sun enters the domain of your domicile. Home improvements, real estate and a family reunion may be in order. Favorable dates 5-6

CANCER – The angles of your solar chart are being activated by a spectacular array of cardinal planets. The explanation in lay terms insinuates that unless you remain calm and in a neutral position without flying off the handle, you may be better off. No one wins under this condition. Your adversaries may be faced with the same dilemma. Mercury retrogrades on the 21st and may be the cause of nega-

tive communicating with family members. Sun shifts on the 23rd to your solar 3rd house creating a need to re-think your monetary goals. Favorable dates 7-8

LEO – Happy Birthday! Placing yourself first in all matters will be the criterion. There will be a strong desire to reevaluate friendships, partners and business associates. Some may fall by the wayside because of a need for honesty and credibility. New situations will be appealing as Jupiter has its first entry into your 9th solar house. Feeling the twinges of Uranus, freedom, will also raise your level of consciousness. Mercury retrogrades on the 21st caution with financial decisions. Sun shifts on the 23rd placing the spotlight on your purse strings. Favorable dates 9-10

VIRGO – Pensive Mercury finds its natural place in your sign creating great ideas and high expectations. Mercury will retrograde on the 21st and can cause intestinal disorders if you are not careful with diet. Abstain from fast foods. Monetary problems will be the areas of concerns. Not the time for changing bank accounts, vested interest and legal decisions should be placed on hold. The Sun will enter your sign on the 23rd @ 1:27 AM - *Happy Birthday!* A solar return will be helpful in handling the events for the year ahead. Favorable dates 20-21

LIBRA – Sun in Leo placed in the house that governs friendship provides you with creative friends and improving your social needs. Mars and Venus in your sign provides energy abound. Swing into action and go after your personal goals. Relationships, romance and friendships are positive areas of growth. Mercury retrogrades on the 21st prohibiting travel and possible delay of a work project. After the 23rd the Sun shifts to the most sensitive area of your solar chart. Use this time period for meditation and seeking health remedies. Favorable days 13-14

SCORPIO – Planets Mars and Venus will be placed in a disagreeable sign and can be the cause of sensitive romantic liaisons.

Consider relaxation and meditation for relief of tense situation. Sun located at the zenith of your solar chart places the emphasis on employment issues. Discussions with VIP’s prove to be positive. Mercury retrogrades on the 21st and may limit your hindsight. Not a good time for travel. The Sun enters your solar 11th house on the 23rd and will stimulate friendships and business connections. Favorable dates 15-16

SAGITTARIUS – Jupiter has its first entry into Aries and will be the harbinger of good fortune in the areas of romance and children. Venus and Mars are also agreeable making this a gala month for friendships and achieving your fondest wishes. A friend may turn into a lover. Travel and education are indicated but keep in mind that Mercury retrogrades after the 21st . Education to improve job skills. Sun enters your solar 10th house after the 23rd placing the accent on reorganizing your work issues. Favorable dates 17-18

CAPRICORN – These are changing times as indicated by a preponderance of angular activity. The battle over controlling your life style is finally won. You are entrenched in business or an employment choice. Seek to expand opportunity or a business venture. You have learned from the past and will not take a backward step. Mercury retrogrades on the 21st and can delay a work project. The Sun will advance to the 9th solar house where it can shed greater light on your future. Favorable dates 19-20-21

AQUARIUS – The Sun omnipresent in your solar 7th house places the accent on relationships and friendship and because Venus and Mars are spectacularly placed, you will shine with others romantically and making new friends. Improve areas of communications via a new computer enables you to advance with work and social ties. Mercury will retrograde on the 21st and disturb your sleeping habits. Sun will shift on the 23rd and can shed greater light on partners money, legal issues and vested accounts. Favorable dates 22-23

PISCES – The Sun falls in your 6th solar house; consequently, your attitude will play an enormous role with co-workers and those who service you. Favorable for health care and medical appointments. Because the 6th house deals with working conditions, seek to update resumes and visitations with work counselors before the 21st when Mercury retrogrades. Venus and Mars provides you with the ability to relax and periods of meditations.

(PLEASE TURN TO PAGE 14)

High School Band Festival



NEW JERSEY - Conductor Chris Wilhjem (third from left) of Glen Rock served as the guest adjudicator for New Jersey City University’s recent High School Concert Band Festival, a day-long program that enables high school bands from throughout New Jersey to have their performances critiqued by a guest musician and to attend master classes conducted by NJCU music faculty. Among the young musicians who gathered with Dr. Wilhjem; Dr. Barbara Feldman (third from right) of Morristown, Dean of NJCU’s William J. Maxwell College of Arts and Sciences; and Dennis Argul of Bayonne, director of NJCU’s Symphony of Winds and Percussion and Festival coordinator, were (from the left): Shahzore Qureshi of North Caldwell, a senior at West Essex High School who plays euphonium; Luis Ortega of Elizabeth, a senior at Elizabeth High School who plays the clarinet; and Dolores Bujnowski of Bayonne a senior at Bayonne High School who is a drum major and plays the clarinet.

INTERVIEW (CONTINUED FROM PAGE 4)

A: (Chuckles) I don’t think I really have a mask. All my friends are like, “You have absolutely no filter.” I just say what I want. It’s funny when I go to Poland and have photo shoots or press engagements and get to interact with new people, they say, “wow you’re so different, you’re so down to earth!” And I’m thinking, ‘why would you think anything other than that?’ I’m so easy going and open. I have absolutely no secrets. Anybody asks me anything, I’m very honest. I don’t hide anything. I’m very straightforward. I swear a lot, I talk about sex, and I fight for my opinions. I guess people have masks to protect themselves. I don’t want to protect myself because I know that all the hurt and pain, or whatever happens to me, is actually going to be really useful in my acting career creating more experiences to draw from. If you don’t protect yourself you will also feel all the good stuff a lot stronger too! It’s like love. People protect themselves. Some people are afraid to fall in love; they don’t want to get involved because they don’t want to get hurt. I say, bring it on! Because nothing lasts forever, but that wonderful “high,” that you get from just letting yourself feel what your heart tells you to feel, is incredible. I like to live in those extremes. No mask needed-thank you!

Q: What dreams do you have for yourself in the near future? Perhaps starting a family?

A: Of course, I definitely want a family, but first I think I need to find the “daddy” (chuckles). Relationships have been a bit challenging for me lately. Probably

because I’m so busy, I’m not really focusing on finding the right partner, I’m focusing more on work. I guess it will start making sense when the time is right. I never wanted to have kids before I was 30. I want to live my life to the fullest and really understand what I want in life. All my relationships have been a great learning road for me. I’ve been in so many amazing ones. I love every single person I was with. Emotional and physical intimacy really makes you grow. When you’re in love, you’re in a very vulnerable state, and it’s good for you. It makes you humble and it makes you care for another person. I’m comfortable in this world because I love to share my life with another person. But recently I had to open myself to the “dating” world, which has been a bit crazy and frustrating, and at times extremely amusing. I must say. I have “**Sex in the City**” worthy stories; I crack myself up, when I think about it. My mom can barely believe me when I tell her. It’s hilarious having “old fashion” values in Hollywood and seeing how guys are so confused by the whole thing. So I’m taking my time...I probably won’t properly “settle” down for another couple of years. I don’t believe kids should have kids and I still feel like I’m a little bit of a kid. Having a child will change everything for me. It will become my number one priority. Everything I will be doing will be inspired by my child; I just know it...But the truth is: I still got a lot of work to do to make this world a better place before I bring in another little soul searching to fulfill its dreams...So, back to work.

Virgo

by Kevin Flynn

With Saturn departing and your heart so bright
Time for you to spread your love some light
Restriction on pleasure as you were held to the stone
Now Spreading your wings and Soaring on your own
Life's pleasure and love are yours for the taking
Now that Saturn no longer restricts your love making
This is the time to give yourself some space
Since you have been in an imagery race
Just present yourself with elegant style
Showing the world Virgo's rejoicing smile

