

UPPER ST. CLAIR **TODAY**

Patrons of **UPPER ST. CLAIR TODAY**

February 14, 2014

UPPER ST. CLAIR TODAY, the Township and School District's official magazine for the past 20 years, initiated a giving campaign in 2013 for the Upper St. Clair Veterans Monument.

Concerned with preserving the opportunity for future generations to enjoy the park, the giving campaign was specifically directed towards an established perpetual maintenance fund for ongoing costs associated with the park.

The following pages of this document include the Summer 2013 **TODAY** cover, which was dedicated to the Upper St. Clair Veterans Monument, an article from our Summer 2013 edition written about the monument and the seven branches of the U.S. military represented at the monument, a giving donation form, and a listing of the financial contributors as presented in our Fall 2013, Winter 2013, and Spring 2014 editions of **TODAY**.

In total, donors of this giving project contributed nearly \$3000. The staff of **TODAY** is honored to have spearheaded this particular community-involved giving campaign and thanks those citizens who contributed towards this effort. The **TODAY** staff also appreciates Upper St. Clair Township Manager Matthew Serakowski and the entire Township Board of Commissioners and the Upper St. Clair Veterans Park Committee who together worked endless hours to bring this monument to fruition in one of our community's parks for all citizens to enjoy.

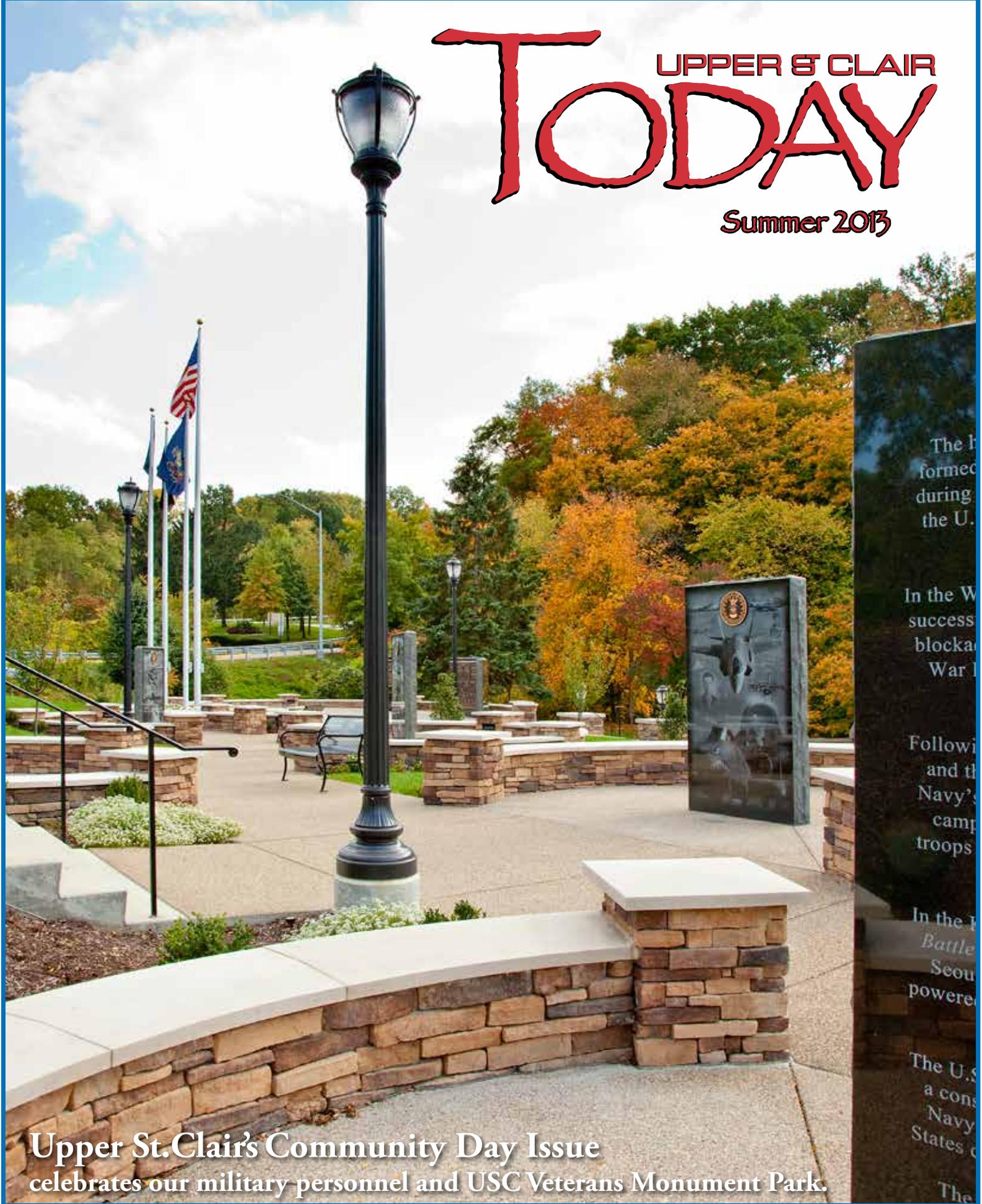
Sincerely,

Staff of **UPPER ST. CLAIR TODAY**

TODAY

UPPER ST CLAIR

Summer 2013



Upper St. Clair's Community Day Issue
celebrates our military personnel and USC Veterans Monument Park.

Charitable Donation for the USC Veterans Monument Park Perpetual Maintenance Fund

To help defray operating costs necessary to sustain the grounds of the Veterans Monument Park in Upper St. Clair, Pennsylvania, **UPPER ST. CLAIR TODAY** magazine, the official publication of the School District and Township of Upper St. Clair, is undertaking a yearlong fundraising campaign to help raise funds for the perpetual maintenance of the park so that future generations can enjoy its beauty and significance to our community. **TODAY** is thankful for the private and corporate donations already coming in, as each dollar helps us reach our goal of \$10,000.

While larger denomination contributions are certainly welcome, all citizens can participate— individuals, families, and children. For a contribution as little as \$7, a United States Armed Forces veteran or active duty member (grandparent, parent, relative, neighbor) will be recognized in a future edition of **TODAY** and a list will be forever maintained at the Township. (*The \$7 minimum contribution per recognition signifies the seven (7) branches of the U.S. military.*) Gifts of \$2500 or greater will receive permanent recognition at the park's dedication plaza.

This campaign, currently underway and in full swing at Community Day 2013, will be in effect until December 31, 2013. **TODAY** staff hopes this extended period of time will allow everyone to thoughtfully consider and contribute towards this inspirational fundraising campaign. Use the donation form below to mail your contribution today! See article beginning on page 18.

Thank you for helping **TODAY** with its fundraising campaign, as we continue to invest our energy in the community and focus on all things USC!

Remember that **UPPER ST. CLAIR TODAY** is your local source for all community-related information. Established 19 years ago as a not-for-profit organization under the direction of the Township and School District, **TODAY's** mission and goals are to promote Upper St. Clair and the people who live and work here. We are able to do this as a result of our advertisers' financial help and we are proud to be members of this community.

Sincerely,
Staff of **UPPER ST. CLAIR TODAY**



Give **TODAY**. They Already Did.

Look for **TODAY** staff near the
Veterans Monument Park on
Community Day.

**Upper St. Clair Veterans Park
Donation Form**
(Clip... Complete... Contribute... Mail... **TODAY!**)

In appreciation for—name of veteran(s):

My Name(s):

Attach separate sheet of paper, if needed.

Requested donation—\$7/veteran.

My contribution (check payable to USCVP): \$ _____

Mail form and check to:

USCVP/TODAY
1820 McLaughlin Run Road
Upper St. Clair, PA 15241

*Upper St. Clair Veterans Park, Inc. is a charitable organization under Section 501(c)(3) of the Internal Revenue Code.
Contributions are deductible to the extent permitted by law.*

Keeping America Strong and Secure

Mary Lynne Spazok



After the United States entered World War II, the Army Air Forces rapidly expanded as technology advanced. At the conclusion of the war, the U.S. dominated the skies in both the European and Pacific theaters. The Army Air Forces, in conjunction with Western allies, organized the delivery of food and supplies to the people of West Berlin, successfully thwarting the Soviet Union's attempt to control that city. Known as the Berlin Airlift, the event was the largest humanitarian mission in Air Force history.

The importance of air superiority on the modern battlefield was fully recognized during the Korean War. The Air Force transported troops and supplies, launched attacks against enemy military installations, disrupted supply chains and key transportation routes, and collected aerial intelligence. In Vietnam, the Air Force conducted *Operation Rolling Thunder*, a calculated and sustained series of enemy airstrikes.

The U.S. Air Force's goals include defending



the United States, supporting the country's international policy, implementing national objectives, and preserving peace and security for all Americans.

Celebrate Armed Forces Day and Upper St. Clair Community Day on Saturday May 18.

What is Armed Forces Day? This day honors the seven military branches of the United States of America. Prior to 1949, each group celebrated independently. On August 31, 1949, then Secretary of Defense Louis Johnson announced unification of the day of celebration. President Harry Truman heralded the holiday in a presidential proclamation on February 20, 1950.

It is truly inspiring to see the seven monuments at the Upper St. Clair Veterans Monument Park. This Armed Forces Day and every day, encourage family and friends to salute and give thanks to the men and woman of our military. They are united in purpose and steadfast in service.

Air Force "Aim High...Fly-Fight-Win"



The U.S. Air Force's selfless dedication is exemplified in its motto. The U.S. Air Force traces its origin to August 1, 1907, beginning as the Aeronautical Division of the U.S. Army Signal Corps. It was originally responsible for military ballooning, air machines, and eventually, airplanes. On the eve of World War I, recognizing the potential of airpower in combat, U.S. Congress created an Aviation Section responsible for operations related to all military aircraft. During World War I, the War Department formed the Air Service to oversee aircraft production and military aeronautics. The Air Service, the Army's aerial combat force, evolved into the Air Corps in 1926 and was named the Army Air Forces in 1941. The U.S. Air Force was officially established as a separate branch of the military on September 18, 1947.

World War I marked the first deployment of aircraft in a war effort. With limited resources and only nine months of training, the Air Service was able to infiltrate enemy lines, conduct bombing attacks, and down enemy aircraft.

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Army "This We'll Defend"



The U.S. Army has been serving America as the primary land-based military force since its inception in 1775. The Continental Army was established by the Second Continental Congress to serve alongside local militia forces prior to the Revolutionary War. George Washington was appointed the first general and commander-in-chief of the Army.

Washington's strategic attacks against enemy forces resulted in an American victory and independence from England.

The Army's success in the Mexican-American War resulted in significant expansion of the United States with the acquisition of territory now known as California, Nevada, Utah, Colorado, Arizona, Wyoming, and New Mexico. The Army's solid victories in the battles of Gettysburg and Vicksburg during the Civil War led to a Union victory and the surrender of Confederate forces.

In 1917, troops entered World War I and joined the allies to overtake German forces. In World War II, the U.S. Army was instrumental in the allied invasion of Normandy and the liberation of Europe. U.S. Army troops defended South Korea's independence during the Korean War and the battlefields during the Vietnam War, as well as carrying out peacekeeping operations in 2013. In times of need, the U.S. Army consistently responds with trained efficiency, unwavering dedication, undying courage, and a patriotic commitment.



Coast Guard “Always Prepared”

In 1790, the U.S. Coast Guard was established within the Treasury Department as the Revenue-Marine Service. It was later renamed the Revenue Cutter Service. The RCS was combined with the U.S. Lifesaving Service and renamed the Coast Guard Armed Services in 1915. Today, the Coast Guard operates under the authority of the Department of Homeland Security.

The size and scope of the Coast Guard mirrored the growth of the country throughout the 1800s. A Coast Guard cutter seized the first British vessel in the War of 1812 and was responsible for the containment of piracy in the Gulf of Mexico in the early 19th century.

During World War I, escorting convoys of supplies and munitions, the U.S. Coast Guard operated in conjunction with the U.S. Navy to enforce neutrality laws and to prevent German U-boat attacks. In World War II, Coast Guard cutters were responsible for escorting allied convoys across the Atlantic, along the U.S. eastern seaboard, and throughout the Caribbean and Gulf of Mexico. Eventually, warships were added to the escort fleets, and the U.S. Coast Guard extended its escort duties to North Africa and into the Mediterranean.

The U.S. Coast Guard was responsible for establishing air detachments to rescue United Nations troops throughout the Pacific during the Korean War. During the Vietnam War period, the Coast Guard worked with other branches of the service to guard and ensure port and harbor security. After the September 11, 2001 attacks on the U.S., the Coast Guard immediately elevated its efforts to protect the nation's coastlines, ports, and waterways.

Traditionally, the U.S. Coast Guard has been the only branch of the military that is deployed daily, fulfilling delegated tasks, including search and rescue, marine safety, coastal security, marine environmental protection, and defense readiness. The U.S. Coast Guard's motto exemplifies this military unit's commitment to preparedness and its willingness to assist on demand.



Marine Corps “Always Faithful” (Semper Fidelis)

The U.S. Marine Corps' motto exemplifies the Corps' pledge of loyalty, discipline, and commitment. The Marine Corps was established on November 10, 1775, by the Continental Congress. Its initial mission was to serve as naval infantry aboard sailing vessels, to guard against mutiny, and to lead amphibious combat assaults. The Marines distinguished themselves in the Revolutionary War by gaining control of Fort Montague and Fort Nassau, British ammunition depots, and naval ports.

During the War of 1812, the Marines were credited with the first American victories and were instrumental in defending New Orleans. U.S. Marine Corps gained a reputation for ready deployments, leading U.S. forces into Cuba, Puerto Rico, and the Philippines in the Spanish-American War.

In World War I, the Marines served gallantly at Belleau Wood and in the final Meuse-Argonne Offensive. The Marine's ferocity earned them the nickname “Devil Dogs.” World War I was the first time Marine pilots flew in combat missions to support ground troops.

During World War II, the Marine Corps became the undisputed master of amphibious warfare, fighting to recapture islands in the Pacific. One of the most famous Marine battles of World War II occurred at Iwo Jima in 1945. For five bloody weeks, U.S. Marines fought to overtake three enemy airfields. Early in the battle, five Marines and one Navy corpsman struggled to raise the American flag on Mount Suribachi, creating the iconic image that embodies the Marine Corps.

In a crucial encounter of the Korean War, an amphibious landing allowed Marines to infiltrate enemy lines during the Battle of Inchon. U.S. Marines fought valiantly in battles during the Vietnam War; fighting guerrilla warfare tactics and overseeing the evacuation of Saigon.



Merchant Marine “In Peace and War”

The motto of the Merchant Marine reflects the unending service of the mariners. The origin of the U.S. Merchant Marine can be traced to June 12, 1775, when patriots in Maine captured the British schooner *HMS Margareta* in defiance of the British war effort. In response, the Continental Congress authorized privately owned ships, known as privateers, to disrupt British transport and delivery of supplies. During the War of 1812, privateers captured British trade vessels, effectively halting the delivery of supplies and firearms.

In the 20th century, the Merchant Marine was crucial to winning both World Wars I and II by protecting and defending the Allies' use of merchant ships to transport essential supplies. President Franklin D. Roosevelt provided perhaps the best assessment of the role of the Merchant Marine when he said, “They have delivered the goods when and where needed in every theater of operations and across every ocean in the biggest, the most difficult and dangerous jobs ever undertaken.”

Merchant ships and their mariners were responsible for the delivery of U.S. troops, supplies, and equipment during the Korean War. Following the Chosin Reservoir campaign—a monumental and deadly battle—mariners saved countless lives by directing the evacuation of Hungnam. Thousands of United Nations troops, Korean refugees, and civilians, along with equipment and cargo, were evacuated as opposing forces advanced. During the Vietnam War, mariners furnished U.S. armed forces with supplies, artillery, and fuel while maintaining floating warehouses for U.S. troops in combat zones.

Since 1976, the Merchant Marine's Ready Reserve Fleet is responsible for the rapid deployment of military equipment, proving instrumental in both military operations and in U.S. relief efforts in our own country and around the world. Although originally considered civilians, the Merchant Marine Act of 1936 formally defined Merchant Mariners as military personnel during times of war. In 1988, Congress granted veteran status to Merchant Mariners who served in war.

The Merchant Marine operates under the authority of the U.S. Navy. In addition to transporting troops and supplies for the military during times of war, mariners are also charged with supervising transportation on America's lakes, rivers, canals, and harbors.

Continued on page 20

National Guard “Always Ready, Always There”



In times of great need, such as natural disasters and emergencies, the U.S. National Guard arrives on location ready to serve in the United States and overseas, as needed. Founded in 1636, the National Guard is the oldest division of the armed forces. In 1646, the legislature of the Massachusetts Bay Colony organized men to serve their communities and directed existing militias to form efficient regi-

ments. During the American Revolution, colonial militias were established as a form of protection to preserve the rights of the colonists from intrusion by Great Britain. The National Guard evolved into a reserve military force for the U.S. Army in 1903 and U.S. Air Force in 1947, serving both state and federal needs.

Throughout the Mexican-American War, the Civil War, and the Spanish-American War, the Guard supplemented U.S. military forces. Their forces served on the front lines of combat in France during World War I, while in World War II the National Guard was among the first to be deployed to Europe. The Guard was summoned for active duty in the Korean and Vietnam Wars.

Since its creation, the National Guard has been instrumental in ensuring the safety of the American people, an essential role in establishing and maintaining peace and safety during riots, strikes, demonstrations, and natural disasters. The Guard serves as a security force for Olympic Games held in the United States. In the aftermath of the September 11, 2001 attacks, the National Guard was called upon to provide homeland security and continues to do so today.



Bill Babcock (Navy)

Navy “Not for Self, But Country”



The history of the Navy began when the Continental Navy was formed on October 13, 1775, by the Second Continental Congress during the Revolutionary War. The Naval Act of 1794 established the U.S. Navy (as we know it today) to protect American merchant shipping and to combat piracy.

In the War of 1812, the Navy defended U.S. maritime rights in a successful campaign against Great Britain. The Navy launched blockades of Confederate seaports in the Civil War. During World War I, the U.S. Navy transported troops to France and protected shipping by guarding sea lanes in the North Atlantic.

Following the attack on Pearl Harbor, the U.S. entered World War II and the Navy grew to be the largest and most powerful in the world. Its strategy of island-hopping played a vital role in the Pacific campaign. U.S. forces were responsible for transporting troops and conducting anti-submarine operations and for launching many amphibious assaults along the European coast.

In the Korean War, the U.S. Navy was credited with a victory at the Battle of Inchon, an amphibious attack that led to the recapture of Seoul, South Korea. Aircraft carriers launched air strike assaults during the Vietnam War with nuclear powered submarines and aircraft carriers.

In 2013, the U.S. Navy maintains command of the sea, as naval vessels are a constant presence in international waters. In wartime, the U.S. Navy is charged with the responsibility of protecting the U.S. coastline and providing operating bases in international seas. The men and women serving in the U.S. Navy bravely put the United States of America before themselves.

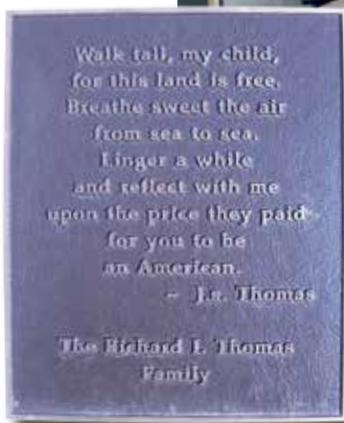


On November 8, 2012, the USCHS Social Studies Department hosted a student assembly to honor all veterans and their families. Organizer Keera Dwulit, (front, right) Capt. U.S. Army and USCHS social studies teacher, is pictured with USCHS senior and Girl Scout Gold awardee Kyla Colcombe and Eagle Scouts Ryan Zalla (USCHS senior) Devan Zalla (USCHS junior).

A Salute From Don's Appliances

Don's Appliances salutes the brave men and women who volunteer to defend our country 24/7. Veterans are mothers, fathers, aunts, uncles, sons, daughters, brothers, sisters, cousins, and friends. Away from home, they sacrifice countless holidays, birthdays, and special events. While we may not always agree with the reasons for wars and battles, we should never be deterred from supporting our men and women in uniform. Through their sacrifice and the courageous individuals who served before them, valued freedoms are sustained for all Americans.

To the families who have lost loved ones, we offer our most heartfelt condolences. Let us never forget those who did not make it home. Remember in our prayers those still serving, and never take their sacrifices for granted. Don's Appliances proudly supports **UPPER ST. CLAIR TODAY** by sponsoring this Community Day issue and showcasing the Upper St. Clair Veterans Monument Park.



Don's Appliances' Nick Hillebrand honors the USCVP with a \$500 philanthropic gift to **UPPER ST. CLAIR TODAY's** year-long campaign in support of the USC Veterans Monument Park "Give **TODAY**. They Did." Bethel-St. Clair Rotary benefactors, left to right, are T. J. McGarvey (Marines), Carl Gaddis (Navy), Nick Hillebrand, Dick Beck (Air Force), and Ed Harmon (Air Force).

Patriot Guard Riders, Their Salute

At the Upper St. Clair Veterans Monument Park parking area, greet the Patriot Guard Rider volunteers and learn about the Guard and the importance of their motorcycle mission. They act as honor guards at the funerals of members of the U.S. armed forces, firefighters, and police at the invitation of the deceased's family. Patriot Guard Riders are not a chartered motorcycle club, but a group of individuals with "an unwavering respect for those who risk their lives for America's freedom and security." See Patriot Guard Riders article on page 22.

2013 and Moving Forward

Through an energetic community effort, the Upper St. Clair Veterans Monument Park was dedicated in 2011 on Veterans Day. The vision of steadfast campaigner T. J. McGarvey is that "our veterans—past, present, and future—will be recognized in an appropriate and dignified manner." Yet, this endeavor is not complete. Needed are additional contributions for perpetual maintenance and a permanent bronze armed forces monument to be installed at the dedication plaza. Sustaining contributions are tax deductible for federal income tax purposes. At \$7 per veteran recognized, proudly acclaim a veteran who is special to you or applaud all veterans, living and deceased. Your honored veteran(s) will be recognized in a future edition of **TODAY**. See page 17 for further details and the Veterans Monument Park donation form.

Flight 427 Memorial

When visiting the Upper St. Clair Veterans Monument Park, please also take time to visit the US Airways Flight 427 Memorial Garden, which is adjacent to Clair's Kennel just south of the park. On September 8, 1994, Robert Connolly, Bernard Koch, Paul McSherry, David Musick, Lee Weaver, and the Weaver family, Earl III, wife, Kathy, and their three children Brian, 16, Lindsay, 11, and Scott, 7, tragically perished. Meditation benches donated by the Tiffany neighborhood and the students of Upper St. Clair stand before this memorial. US Airways respectfully retired flight number 427. ■



Patriot Guard Riders to Rally in USC

Mary Lynne Spazok

The Patriot Guard Riders (PGR), a diverse group of passionate motorcycle riders, will rally at USC Community Day! Assembling at the USC Veterans Monument Park, they will demonstrate their respect for veterans. The PGR's key mission is to honor fallen American heroes of the Armed Forces.

Everyone is welcome. It is not a requirement that you be a veteran. It doesn't matter where you're from or what your income is; you don't even have to ride. Whether hawk or dove, Patriot Guard Riders honor and support veterans with every mission, while praying for a safe return home for all. The only membership prerequisite is respect. The Patriot Guard asserts that "veterans and their families are our friends, family members and neighbors; it is an honor to be in their confidence. This confidence must not be taken lightly." For those who gave the ultimate sacrifice for America's freedom and security, the aspiration is "to honor brave soldiers with dignity." Requested for memorial services and funerals, two basic PGR objectives are accomplished through legal and strictly non-violent means.

- To demonstrate sincere respect for fallen heroes, their families, and community.
- To shield grieving family and friends from interruptions created by any protestor or group of protestors.

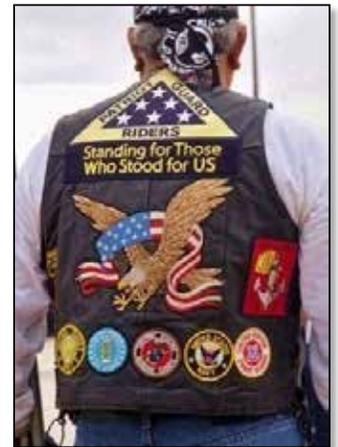
Committed to civic service as well, visits to VA hospitals, placing of holiday cemetery wreaths, and assisting in cleaning, repairing, or refurbishing veterans' homes are the PGR norm. Their ultimate goal is to enrich the lives of veterans within the communities they protect and defend.

HOTH (Help on the Homefront) supports new build projects for American heroes who must overcome both physical and mental disabilities. HOTH is proud to serve those whose lives have been forever changed by the actions and events of the military.

Another wildly successful PGR event is the Stephen Siller "Tunnel to Towers" Foundation Run to remember those who perished in the attacks of September 11, 2001. Firefighter Stephen Siller had just finished the late shift at Squad 1 in Park Slope, Brooklyn, when he heard on the scanner that a plane crashed into the World Trade Center. Quickly putting on his gear, he raced his truck to the Brooklyn Battery Tunnel, which had just been closed to traffic. From there he continued on foot.

Electrifying New York City, the motorcycles' "rolling thunder" shadow that footprint, escorting eager walkers and runners for this annual event. PGR riders validate that all Americans can triumph over tragedy through the grace that comes from the power of caring.

The Western Pennsylvania Patriot Guard Riders will roll into USC for Community Day on Saturday, May 18. Assembling at the USC Veterans Monument Park, you are invited to experience enthusiastic bikers who proudly exhibit a vast array of impressive motorcycles. Visit each monument of the seven branches of the Armed Forces in the park along McLaughlin Run Road and the Flight 427 Memorial, near Clair's Kennel by Chartiers Creek. Bring the kids and the camera; this event is not to be missed! **TODAY** staff will be there to help. ■



The Patriot Guard Riders' first obligation is to a veteran's memorial or funeral service assist. Such an event is the only reason the PGR will not be present at USC's 2013 Community Day. Photo courtesy of Wayne Bennett at Scootershots.smugmug.com.

USC KENNYWOOD DAY

Monday, June 17 Rides open at 11 a.m.

Bus service is available from Eisenhower Elementary

Fun Day Pass
\$24

Ticket sales on Friday, May 10 at the following school buildings at the designated times:	
High School.....	7:30 a.m.
Eisenhower	8:15 a.m.
Fort Couch	9:00 a.m.
Baker	9:45 a.m.
Boyce	9:45 a.m.
Streams	10:30 a.m.
St. Louise de Marillac	12:15 p.m.

Final ticket sales date to be announced for sales at Municipal Building Lobby.....9 a.m.-1 p.m.
Payment by cash or money order only.

Watch for mailings or contact the School District Central Office at 412-833-1600, extension 2202.

Veterans Tuition Program

George Hackett, president of Coldwell Banker Real Estate Services, recently announced a partnership with the Educational Development School of Real Estate to offer free real estate school tuition for veterans who attend the Educational Development School of Real Estate in Pittsburgh. This opportunity is extended to all military veterans, whether one is returning from duty or one is looking to make a career change.

Veterans taking advantage of this program also will receive study guides at no cost. Combined with the free tuition offer, it's a savings of over \$500.

"We are pleased to work with the Educational Development School of Real Estate to offer this program to members of the military who have made great sacrifices for our country," said Hackett. "This is our chance to thank them, and, in the end, support them in a career of real estate sales." ■

For more information, call the Coldwell Banker Real Estate Services Careers Department at 412-548-1206 or email careers@pittsburghmoves.com.

TUPPER ST CLAIR TODAY

*The award-winning, official publication of the
School District and Township of Upper St. Clair*



Give UPPER ST CLAIR **TODAY**. They Already Did.

In recognition of our United States veterans, **UPPER ST. CLAIR TODAY** is beginning a year-long contribution campaign requesting \$7 per veteran recognized, which represents \$1 for each of the seven branches of the U.S. military. A donor has been secured for the summer 2013 cover of **TODAY** to start us on our way!

The community's financial support of this project will help to complete the goals of the Upper St. Clair Veterans Park (USCVP), which includes a perpetual maintenance fund so future generations can enjoy the beauty of this park. Your acknowledgment(s) will be printed in an upcoming issue of **TODAY**.

Upper St. Clair Veterans Park Donation Form (Clip... Complete... Contribute... Mail... **TODAY**!)

In appreciation for—name of veteran(s):

Attach separate sheet of paper, if needed.

Requested donation—\$7/veteran.

My contribution (check payable to USCVP): \$ _____

My Name(s):

Mail form and check to:

USCVP/TODAY
1820 McLaughlin Run Road
Upper St. Clair, PA 15241

(example: Sue Smith, Merchant Marine—the Bob Smith Family)

Upper St. Clair Veterans Park, Inc. is a charitable organization under Section 501(c)(3) of the Internal Revenue Code.
Contributions are deductible to the extent permitted by law.

Veterans Monument Giving Campaign



This year, **UPPER ST CLAIR TODAY** initiated a giving campaign for the USC Veterans Monument Park in recognition of the need for the park's perpetual maintenance to allow future generations to enjoy it as we enjoy it today. This yearlong campaign will continue through December 31.

Donors will continually be recognized in upcoming editions of **TODAY** and a culminating list of all donors will be presented to the Township's Board of Commissioners in 2014 for Township preservation. Listed below are contributors through June 30, 2013. The donation form follows.

If you've not yet visited the park, spend some time reading the inscribed monuments dedicated to the seven branches of the U. S. military. Benches, for your relaxation, are installed throughout the park. Stay a while and soak up some history and sunshine, while appreciating the natural beauty of the hillside and creek behind the monument area.

For more information about the monument, read the article dedicated to the USC Veterans Monument Park in the summer 2013 issue of **TODAY** (pages 17-21) or online at www.twpusc.org/magazine/usc-today-home. ■



Give TODAY.
They Already Did.

Upper St. Clair Veterans Park Donation Form

(Clip... Complete... Contribute... Mail... TODAY!)

In appreciation for—name of veteran(s) and branch of military:

My Name(s):

Attach separate sheet of paper, if needed.
Minimum requested donation—\$7/veteran.

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<u>Donor</u>	<u>in Recognition of</u>
Aspiotes families	George Aspiotes, Army
Boyd, Carolyn	Nick Sanders
Digby, Anna	David Lee Digby
	Anna Robertson Digby
Dudzinski, Chet & Linda and family	Chester J. Dudzinski, Airforce
	Larry Morosky, Army
	Dr. William Morosky, Navy
Eagle, Bryan G.	Tara R. Eagle
Etling, Charles Wayne	All military personnel
Furst, Mr. & Mrs. Robert	Robert I. Furst
	Milton Furst
Gallo, John & Sandy	John M. Gallo, Air Force
	James Gallo, Air Force
	John Mario Gallo, Army
	Guy Gallo, Army
	Peter Bukk, Army
	Louis Bukk, Army
	Joseph Fox, Army
	Philip Fox, Army
	Harold Markovitz, Navy
	Donald Fortwangler, Navy
	Frank Sacco, Army
Hale, C. Roxanne	Kenneth O. Hale
	Kenneth O. Hale, Jr.
	Madeline J. Hale
	Wayne B. Gottreu
Harmon, F.E. & family	F Edwing Harmon, USAF
Mary Reid, Kathleen	James H. Mary, Navy
O'Neill, Carrie	Louis W. Rusiski, Jr., USMC
Patriot Guard Riders	All military personnel—active, retired, deceased
Pattison, Tom & Wendy	All military personnel
Pazar family	John A. Pazar, Navy
Petito, Marguerite E.	Donald N. Petito, Army
Plavetich, Virginia	George Plavetich, Army Air Corp
Prendergast, Michael & Shirley	All military personnel
Prokopovitch Family	Michael Prokopovitch, Army
Simmons, Reid G.	Noel Simmons
Sobocinski, Robert	Robert E. Sobocinski
Stuebgen, William F.	William F. Stuebgen, Navy
Thornburg, Vera	George Thornburg
	Robert Norman Shogry
Williard, Mr. & Mrs. Terry	Lt. Andrew S. McGovern, Navy

Veterans Monument Giving Campaign Nears Its End

The Upper St. Clair Veterans Monument yearlong giving campaign, initiated by **UPPER ST. CLAIR TODAY**, is nearing its end on December 31. In recognition of the need for the park's perpetual maintenance to allow future generations to enjoy it as we enjoy it today, this campaign is requesting your thoughtful consideration (the donation form follows).

Donors are being recognized with a listing in **TODAY** and a culminating list of all donors and those recognized will be presented to the Township's Board of Commissioners in the first quarter of 2014 for Township preservation. Listed are contributions recently received.



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Donor

in Recognition of

Clark, Dorothy	Frank Kassalen, Marine Corp.
Friday, Christina	All military personnel— active, retired, and deceased
Gallo, John & Sandy	Elaine Gallo, Air Force Roy Legacy, Navy Johnny Sacco, Army
Lachut, Mary Lynn	Lt. Com. Christopher Blomshield, Coast Guard Lt. Com. Regan Lachut Blomshield, Coast Guard Joseph J. Stock, Army Walter J. Lachut, Air Force
McCague, Mike & Hope	Peter Momich, Army Air Corp.
Peresie, Barbara	Fred Thompson
Reid, Stephanie	James Mary, Navy
Spazok, Jessica	Ted Spazok (grandfather), Army
Spazok, Mary Lynne	Staff Sgt. Patrick F. Kutschbach, Army
Spazok, Ted, Mary Lynne, & Jessica	All military personnel— active, retired, and deceased

Add your name to the list of donors.



TODAY Giving Campaign for Veterans Monument



UPPER ST CLAIR TODAY's Veterans Monument 2013 yearlong giving campaign officially ended on December 31. The campaign, established to address the need for a perpetual maintenance fund for the Upper St. Clair Veterans Park, was successful on many levels.

The latest list of donors is shown below and a complete list of all donors was presented to the Township's Board of Commissioners for historic preservation. We, at TODAY, are grateful for those who donated and especially thank Mary Lynne Spazok for sharing the idea and inspiration for this wonderful community-involved project.

You can still give! Contact usctoday@uscsc.k12.pa.us to find out how. ■

Donor(s)	In Recognition of
Sophea Chapas	William John Chapas, Army
Greg Christiansen family	Ernest Brookfield, USAF, Major Robert Christiansen, USAF, Major
Fox, Paul & Donna	All USC military personnel— active, retired, and deceased Francis Fox, Army James W. Way, Army Lloyd W. Way, Army
Carolyn Graham	Thomas Graham, Army
Richard P. Gross	Colonel Charles A. Gross, Judge Advocate Colonel's Corps Emil C. Gross, Army Signal Corps, 1 st Sgt
Hoenig, John & Diane	Gus Nicholas, Army Fred Scherrer, Army
Jaffee, Ann-Marie, Danny & Robby	Roger J. Cocchia, Navy
Nancy Y. Polachek & family	Wm. C. Polachek, Jr., Navy
Today, Carl & Cheryl	Timothy Gamache, Navy, Commander Christopher Todaro, USAF, Major Kathleen Shephard, USAF, Technical Sgt
Deborah Williams	Roy H. Werner, Army Corps of Engineers, WWII



Shown are people attending the Veterans Day ceremony, held on November 11, 2013, at the Upper St. Clair Veterans Monument. The inaugural dedication ceremony was held November 11, 2011.

A Healthier U(SC)

Get Active! How?

Heather Holtschlag

What if someone told you that you could burn calories simply by cleaning your house, walking the dog, or dancing? Would you be more inclined to play a game of tag in the backyard with your children if you knew you could burn off the calories from dinner? Does this sound too good to be true? It's not. Read on.

"All of these types of activities are great ways to stay active, but are often overlooked as sources of activity," said April Jackson, an Upper St. Clair resident and co-founder of Sweat Everyday, LLC, a company that helps clients identify their goals for living a healthy lifestyle and develops a plan to help them achieve their goals. "I personally keep a set of weights in the laundry room and will often do sets of exercises in between folding clothes. Or, I will do an exercise such as calf raises while in the kitchen cooking dinner. There always is a way to incorporate a workout into your daily routine!"

When is it Too Much of a Good Thing?

Decoding the Differing Options on Age Cut-off for Colonoscopy

Dr. David Limauro

The decrease in the death rate from colon cancer is one of the true success stories in modern medicine. Despite this, colon cancer will still be diagnosed in approximately 140,000 people and kill more than 45,000 in the U.S. annually. Because of screening measures, especially colonoscopy, which can detect and remove pre-cancerous polyps from the colon, this deadly disease can be prevented. The death rate from colorectal cancer has decreased significantly in the last 30 years. There has been a two percent decline in colon cancer per year for the last 15 years in the U.S. (SEER database, Nation Cancer Institute). Colon cancer is a slow growing cancer, and there is a 90% survival rate if it is caught early. More importantly, this common cancer is also largely preventable. While the benefits of colon cancer screening are