

Method Karate to Compete at the National and International Level!

By Michael Todas / Owner, Method Karate

UPPER MT. BETHEL - Method Karate, a local dojo specializing in traditional Japanese Shotokan Karate and Youth Ninja classes, is proud to announce its growing presence on both national and international competition stages. In just five years since opening its doors, Method Karate has built an impressive track record, earning recognition and accolades across local, regional, national, and international karate tournaments.

This summer, Method Karate will send a talented team to two prestigious events: AAU Karate Nationals – June 30, 2025 – Fort Lauderdale, FL. Five dedicated students, accompanied by Sensei Todas, will represent Method Karate at the AAU Karate National Championships. Competing team members include:

- Ingrid Fredhiem, age 9
- Levi Lance, age 9 (1x National Champion)
- Kiley Smith, age 15
- Daphne Todas, age 14 (4x AAU National Champion, 3x WUKF World Champion)
- Hugo Todas, age 10

These athletes will compete in a variety of categories including kobudo (weapons), kata (forms), and kumite (sparring).

WUKF World Championships – July 9–13, 2025 – Malmö, Sweden

Three Method Karate students—Kiley Smith, Daphne Todas, and Jasmine Xiao—were selected for the AAU USA National Karate Team after medaling at the 2024 AAU Nationals and/or the 2025 WUKF North American Open. Representing AAU USA Karate on the world stage will be:

• Kiley Smith, earned her place on the national stage with an impressive performance at the 2024 AAU Nationals, securing two silver medals and one bronze. In the fall of 2024, she made her int□

• Daphne Todas, a seasoned competitor making her third appearance at the WUKF World Championships. She earned her spot by winning four gold, three silver, and one bronze between the 2024 AAU Nationals and the 2025 WUKF North America Open. Daphne, a three-time World Champion, already holds three gold and one silver from previous WUKF World Championships.

These events draw elite karateka from around the country and the globe. Over 100 AAU National Team athletes will head to Malmö to compete at the 2025 WUKF World Union Karate Championships.

Additionally, Sensei Todas has been selected to serve as one of the Assistant Coaches for Team USA at this event. This honor highlights not only his leadership and experience but also the growing influence of Method Karate on the international stage.

Let's wish all the Method Karate competitors the best of luck as they represent our country, community, dojo and families with skill, spirit, and pride!

For more information about Method Karate, visit methodkarate.com.



Ingrid Fredhiem



Levi Lance



Kiley Smith



Daphne Todas



Hugo Todas



Penn DOT Announces Monroe Career and Technical Institute is Statewide 2025 'Innovations Challenge' Winner

Harrisburg, PA – The Pennsylvania Department of Transportation (PennDOT) today announced that a team of students from Monroe Career and Technical Institute in Bartonsville has been selected as the statewide winner for the 2025 Innovations Challenge. Mentored by Ross Ruschman, a teacher at Monroe Career and Technical Institute, team members included Leylla Joseph and Neylla Joseph.

On average, more than 350 unrestrained fatalities occur on Pennsylvania's roadways annually. PennDOT is committed to continuously improving roadway safety and deploys a multi-faceted strategy, which involves promoting behavioral programs and implementing infrastructure improvements. Nevertheless, the number of unrestrained fatalities remains high and changing driver behavior is crucial to solving this issue.

For this year's challenge, students were asked to develop a cost-effective, innovative solution that can help PennDOT more effectively increase awareness for seat belt safety and change driver behavior to improve roadway safety.

"This year, the Innovations Challenge wasn't a new problem. It was one of the oldest issues in transportation," said PennDOT Secretary Mike Carroll. "I am astounded by the level of thought and attention given to seat belt awareness by forward-thinking students from around the state. I look forward to seatbelt compliance becoming a concern of the past as leaders like these take to the roads."

The winning team's proposed solution to this year's challenge was "Love. Life. Click.," a strategic initiative designed to raise awareness for seat belt safety and improve driving behavior. The "Love. Life. Click." strategy leverages modern tactics, such as social media campaigns, influencer partnerships and mobile apps, to engage a tech-savvy audience and spread key safety messages. By incorporating interactive elements and offering incentives, the campaign encourages consistent seat belt use, aimed at changing driving behavior and promoting safer roadways for all.

Ten regional winners were selected earlier this year and invited to present their solutions to the PennDOT secretary and a panel of judges in Harrisburg to determine the statewide winner. For this year's challenge, the following organizations provided a combined total of \$6,000 to the statewide winning team: Transportation Policy and Education Foundation, an educational arm of the Associated Pennsylvania Constructors (APC), American Council of Engineering Companies of PA (ACEC/PA), Mid-Atlantic Section of the Institute of Transportation Engineers (MASITE), Intelligent Transportation Society of Pennsylvania (ITSPA).

