

american **SOKOL**

Volume CXX, Number VI

JULY/AUGUST 1998

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THOUGHT STARTERS

from Bro. Jerry Milan,
ASO Educational Director

"Instruction ends
in the classroom,
but education
ends only with life."

From Your Editor...

Congratulations to our annual Merit Award recipients. Individuals who submit applications for the award are screened and chosen by the Merit Award Committee and approved by the American Sokol Organization Board of Instructors and the American Sokol Organization Executive Board. Each recipient receives \$500 for use toward their college education. Watch the February American Sokol for announcement of next year's application period.

NA ZDARI!

Sis. Patricia Satek
46 Northgate Road
Riverside, IL 60546-1639

CALENDAR of EVENTS

AUGUST

- 2 Sokol Ceska Sin Unit Picnic
at Walton Hills Beach Club
- 8 Sokol Ceska Sin Bike Hike
- 9 Sokol Minnesota Camp
Picnic & Booya
- 16 Sokol South Omaha Family
Picnic at Sokol Park
- 30 Sokol Milwaukee Old World
Wisconsin Tour

SEPTEMBER

- 1 Sokol Minnesota Gym Class
Registration
- 1 Sokol Milwaukee Fall Fling
- 10 Sokol Berwyn-Slavsky Class
Registration
- 12 American Sokol Little Ferry
Coin Toss
- 13 Sokol South Omaha Czech
Festival
- 13 Sokol Minnesota
Czechoslovak Day

A.S.O. Board of Instructors meets every 2nd Wednesday, 7:30 P.M.
A.S.O. Executive Board meets every 4th Tuesday, 7:30 P.M.

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OUR SOKOL CREDO

To build a healthy and beautiful human body,
To cultivate a harmonious and total person,
To develop firm character, a well-rounded disposition and
A love of truth and justice;
To produce strong, lovely and honorable people,
That is the goal of a Sokol education.

U.S. Senate Approves NATO Enlargement

Thanks to our members who wrote their Senators and worked for the passage of this bill. This will hopefully help guarantee that the Czech Sokol Organization will never again be outlawed.

On April 30, the U.S. Senate approved overwhelmingly the accession of the Czech Republic, Hungary and Poland to the North Atlantic Treaty. The historic vote, which took place late in the evening after a 4-day debate, was 80 to 19, with only 10 Democrats and 9 Republicans opposed.

President Clinton, who had urged the legislators to approve the treaty during his press conference earlier in the day, declared: "The message this vote sends is clear, American support for NATO is firm, our leadership for security on both sides of the Atlantic is strong and there is a solid, bipartisan foundation for an active U.S. role around the world." Senator Joseph Biden (D-Del.), an outspoken advocate of the enlargement, said that "NATO expansion is squarely in the national interest, it is in the Europeans' interest, and I would argue - and history will tell - it is in the Russians' interest." Senator John Warner (R-Va.), a leading opponent of the legislation, called the debate spirited and, although retaining his reservations, pledged "to make expansion work."

Czech leaders immediately praised the vote. "The decision of the U.S. Senate will provide a significant support to the deepening of the close political and economic ties with the nations in our part of

Europe, and to the building of the foundations of new stability in the whole Euro-Atlantic area," reads the statement released by President Vaclav Havel's office. The Czech Ministry of Foreign Affairs said in its statement that it "regards the decision of U.S. Senators not only as an expression of confidence in the preparedness of the Czech Republic to honor the commitments arising out of the North Atlantic Treaty, but also as the recognition of changes and the road on which the Czech Republic embarked after November 1989."

Message from the Czech Ambassador

The date on which I am writing these words, May 1, remains filled with symbolic meaning for my compatriots. Although the riots of May 1886 in Chicago are in this country rarely remembered, Communist regimes turned the anniversary of this event into one of the centerpieces of its ideology. Each year on that day, citizens were summoned to march in front of a grandstand full of apparatchiks and demonstrate their loyalty to the regime. Staying home was an act of courage and during the final years of Communism, protesters who dared to disturb the proceedings were detained by the police.

Now, on the eve of May Day, the vote of the United States Senate turned the day of humiliation into the day of vindication. We assumed our place in the Euro-Atlantic family of nations from which we were banished by Stalin's heavy hand. It

was the Czechoslovak Communist coup of 1948 which prompted Americans to assemble the North Atlantic Alliance. Now the Senate, rejecting both the isolationism reawakening on the right and the appeasement lingering on the left, affirmed the American leadership in guarding the values of freedom and democracy and invited us to join you in defense of those values.

When a dream comes true, it is a moment of joy and gratitude. Let me express my thanks to all those without whom this moment of joy would never come.

First of all, my thanks goes to the members of the U.S. Senate and to the advocates of NATO expansion in the administration and the foreign policy community. You have decided to put a great trust in us and we will not fail it.

I would like to thank all those in Prague who have worked for seven years for this dream to become true. My thanks go especially to President Havel, who cheered up by this great news in his recovery.

I thank also all our friends all over the United States, Czech-Americans and others, to whom the fate of our country has mattered. I think of the work done by our friends in Illinois, Ohio, Washington, Minnesota, Iowa, Nebraska, New York, California, Pennsylvania, Michigan, Wisconsin, Louisiana and elsewhere.

Again, thank you very much.

Reprinted from "Czech The News: Newsletter of the Embassy of the Czech Republic," May 1998

FUTURE SOKOL LEADERS FUND

Purpose: To train and educate young people to assure able administrators, the best of idealistic instructors and educational directors for Sokol Units and Districts.

In Memory of Cindy Tepera from Sokol Corpus Christi		\$25.00	
In Memory of Vaclav Zenisek			
From Zenisek Family (See note below.)	\$500.00	From Richard & Marie Ptacek	\$15.00
From Charley & Frances Malina	\$15.00	From Joe & Ethel Rus	\$15.00
From Charlie & Irene Ruzicka	\$25.00	From Sokol Town of Lake	\$25.00

MUSEUM, LIBRARY & ARCHIVES FUND

From Josef Machek In Honor of Czechoslovak, Canadian and American Sokols \$50.00

GENERAL FUND

In Memory of Vaclav Zenisek	
From Stan & Rose Barcal	\$10.00
From Richard & Marie Ptacek	\$15.00

American Sokol Organization,

The entire Zenisek Family wanted me to extend our heartfelt appreciation for your wonderful tribute to our father. As you know, our father was a lifelong member of Sokol and believed deeply in its goals and programs. His membership began in 1919 when he was 10 years old and lasted for 79 years, through many hardships. He called upon his Sokol training and physical fitness to help him survive through many life threatening ordeals.

We were pleasantly surprised to see all the donations to the Future Sokol Leaders Fund made in his name. During his last months, after it became apparent that his cancer could not be stopped, he expressed to me his desire to make a donation to the same fund. In keeping with our father's wishes, I am sending you the enclosed check for \$500.00, as a donation to the Future Sokol Leaders Fund. It is with deep respect and love for him that I am fulfilling his last wishes.

Sincerely, Jim Zenisek



american
SOKOL

Flag Waver!

The American Sokol Organization gratefully acknowledges receipt of the following donations in direct support of the American Sokol Publication. **NA ZDAR!**

Joseph E. Lorenz
\$30.00
Crete, Nebraska

See Page 7 for information on how you, too,
can become an
AMERICAN SOKOL FLAG WAVER!



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AMERICAN SOKOL ORGANIZATION

GYMNAST

Editor: Chuck Kalat -- 2401 Bluebonnet Dr., Richardson, Texas 75082



Snap, Crackle, Pop: Interpreting Body Sounds

Painless Noise Not Bad

Don't make too much out of sounds made by movement around a joint. Painless noise is normal. It could be caused by irregular surfaces rubbing against each other, pressure changes around a joint, or two ligaments coming into contact. The only time to worry is when the sound is accompanied by pain.

The creaking/cracking sound with which most of us are familiar is called crepitus. The noise usually goes away or is not as noticeable with exercise. But there are musculoskeletal conditions in which noise may be one of several symptoms to be considered. It is important to remember not to assume that the sound is synonymous with an injury.

Tendinitis

With tendinitis in any part of the body, the person may hear a sound. Flexor and extensor tendinitis in the foot, for example, means that there is an inflammation of the tendons running from the muscles of the lower leg to the top of the foot. These tendons allow extension and flexion of the toes. In severe cases, a creaking sensation is felt or heard when the toes are straightened or bent. This is especially noticeable when running. It is true that a sound may be one of the symptoms, but only in some cases. Other examples include a crackling sensation with Achilles tendinitis and a crackling sound that can accompany tendinitis of the wrist.

Sprained Ankles

In second and third degree ankle sprains, a tearing sensation, pop, or snap might be felt when the ankle rolls inward or outward. That, along with swelling and tenderness, happens because one or more ligaments that hold the bones of the ankle joint in place have been torn or completely ruptured. You cannot make a general statement about ankle sprains and popping or snapping sounds, but they are possible when the sprain includes torn ligaments.

Knee Noises

Knees can be noisy, whether they are injured or not. Most of the time, the crunching and cracking sounds that they make are harmless. Loose fragments in the joint have been known to make noise, but the sharp pain that they sometimes cause make the noise a secondary problem.

A meniscus injury involves the crescent-shaped cartilage that is found on both sides of the knee joint. It is a shock absorber and a stabilizer. When meniscus cartilage is torn, it can catch on the end of the femur and occasionally make a clicking sound.

A crunching, crackling sound can accompany patellofemoral pain syndrome, the medical term for front-of-the-knee pain. More important and recognizable symptoms include pain in front of the kneecap, intensified pain during exercise, pain when the person sits with the knee bent for extended periods of time, and a knee that occasionally cannot support the weight of the body.

Shoulder Sounds

A snapping sound, severe pain, and a "Popeye muscle" are symptoms when a rupture of the long head tendon of the biceps has occurred. Sometimes, there is a sensation of popping or tearing rather than a distinct sound. This could happen with a shoulder sprain, a dislocation, or a subluxation (when the ball of the shoulder joint moves out of the socket, then back in again), and all three conditions would cause intense pain.

Summing Up

Don't be alarmed by moving body parts that just make noise. That snap, crackle, and pop is pretty common, although our bodies seem to be noisier as we get older. More reliable symptoms of an injury or condition that need medical attention are tenderness, swelling, pain, loss of strength, and limited range of motion.

Penn State Sports Medicine Newsletter, June, 1998

Sokol USA National Slet June 23-27, 1999 -- Cleveland, Ohio

Preparations are under way for the next Sokol USA National Slet to be held June 25-28, 1999 in Cleveland, Ohio. Venues for the majority of the competitions will be at Cleveland State University. Headquarters and housing will be in downtown Cleveland. In addition to the traditional artistic gymnastics, rhythmic gymnastics, Sokol triathlon, and volleyball events, preliminary plans also include **3-on-3 basketball for both men/jr.boys and women/jr.girls, 6-man soccer, and perhaps, even tennis.** More details will be forthcoming following the National Technical meetings at the 1998 Sokol USA National Convention in August.



13th All-Sokol Slet June 26 - July 7, 2000 -- Prague, Czech Republic

Preparations are also underway for the 13th All Sokol Slet to be held July 1-5, 2000 in Prague, Czech Republic. The major part of the 13th All-Sokol Slet will introduce the interconnected performances of calisthenics of the Czech Sokols, Sokols from abroad and guest performances of other sport and physical educational organizations.

- Calisthenics for Parents and Children (with inflated tubes)
- Calisthenics for Pre-school Children
- Calisthenics for Small Girls (with balance beam/bench)
- Calisthenics for Small Boys (with blocks/boxes)
- Calisthenics for Older Girls (with balls on ropes) and Older Boys (with balls)
- Calisthenics for Young Women and Jr. Girls
- Calisthenics for Women (with flags)
- Calisthenics for Men and Jr. Boys
- Calisthenics for Men and Women
- Calisthenics for Loyal Guard Men/Women

These unique compositions will culminate in a joint performance symbolizing; the mutuality of ideals of the uniting Europe and the world.

Also, preparations are underway for international championships in gymnastics and other sports including special numbers and volleyball; special competitions for member organizations of the World Sokol Federation; gala programs in the sport halls, a parade through the historical part of Prague, reunions of master gymnasts and sport veterans, special events for physically disabled persons, Terry Fox Run, exhibitions, cultural and social events.

1998 EASTERN AREA SOKOLS SLET BARRYVILLE

Junior Girls - Novice

1. Heather McGee USA-BTN 35.85

Junior Girls - Intermediate

1. Emily Gordon ASO-NY 34.35
2. Rosemarie Eaton USA-BTN 34.20
3. Kristy Vanderhoof USA-BTN 34.10
4. Crystal Wieworka USA-BTN 28.60
5. Tina Macchio DA 27.20

Junior Girls - Level 4

1. Stephanie Tucker ASO-BLT 36.30
2. Patricia Mincone DA 35.55
3. Emanuella Brinberger ASO-NY 34.85
4. Megan Sauble ASO-BLT 34.10
5. Amy Harper ASO-BLT 33.55

Junior Girls - Level 5

1. Kelly Ryan ASO-BLT 34.85
2. Katherine Ludvik DA 34.50
3. Monique Broady ASO-BLT 33.75
4. Kristen Ehrenberger ASO-BLT 33.70
5. Tiffany Long ASO-BLT 32.15
6. Amy Lukas ASO-BLT 31.85
7. Christine Blake ASO-NY 31.40
8. Alex Simko ASO-NY 27.95
9. Megan Lackaye ASO-NY 24.95

TEAM

1. ASO-BLT 102.70
2. ASO-NY 84.30

Senior Women - Intermediate

1. Christine Liedtke DA 33.85

Senior Women - Masters

1. Gisela Chlanda ASO-NY 35.95

Senior Women - Level 6

1. Tara Krebbs ASO-BLT 34.10

Senior Women - Level 5

1. Marmie Aupperley ASO-BLT 32.85

Junior Boys - Class V

1. Joe Vorlicek DA 47.50

Junior Boys - Class VI

1. R. Robinsaon ASO-BLT 49.60
2. D. Ehrenberger ASO-BLT 48.65

Junior Boys - Class VII

1. A. Plenty ASO-BLT 52.60
2. S. Mullarkey DA 50.50
3. C. Petonak USA-BTN 50.10
4. A. Vlasica USA-BTN 49.50
5. D. Gill USA-BTN 48.10
6. E. Fernandez ASO-LF 45.90
7. V. Eaton USA-BTN 45.70
8. A. Fernandez ASO-LF 44.70
9. A. Rojas ASO-LF 41.30

TEAM

1. USA-BTN 148.60
2. ASO-LF 131.90

Senior Men - Class V

1. P. Lattanzio DA 53.00

Senior Men - Class VI

1. M. Traugott DA 49.35

Senior Men - Class VII

1. R. Sanfilippo DA 47.20

TAG TEAM

1. M. Traugott, M. Cooper, J. Hollander

What Sokol Means to Me

By Karyn Domzalski Sokol Chicagoland

In my heart, Sokol means more to me than words can say. When I think of Sokol I think of friends, family, and memories that will last forever. I've met so many people and made a lot of lasting friendships from all over the world. It's a lot of fun keeping in touch with the long distance friends through letters, E-mail, and even videos. Sokol events are also a great time to get together with our close friends. To share good times and even make new friends as the Sokol family grows.

Spending time with my family is a large part of Sokol. Taking road trips to National Slets or even just going to the gym together brings us all closer as a family. Sokol is also a part of my Czech heritage. Through Sokol I've learned many words of the Czech language. A variety of those words came from the songs I've learned at the Instructor Courses. Many of my Sokol friends and even my own family have also taught me valuable phrases in Czech.

The memories Sokol has given me are enough to last a lifetime. Being able to travel with my family and perform in a National Slet is something never to forget. It's so exciting to travel to places like Canada and Pennsylvania and be able to compete against other Sokol gymnasts from all over the world. I also enjoyed traveling to Nebraska for two different Instructors Courses to learn the criteria of being a Sokol Instructor and even the history of Sokol. Sokol keeps me involved with my friends and family to create such lasting memories that will stay with me forever.

1998 CENTRAL DISTRICT SLET

Junior Girls - Novice 12 - 14

1. Megan Bourisseau	Ceska Sin	44.50
2. Erin Banks	Ceska Sin	42.50
3. Evanna Cutshaw	Ceska Sin	42.10

Junior Girls - Level 2 12 - 14

1. Jenny Sanchez	Lodge 306	41.10
2. Kristin Janacek	Ber-Slav	37.75
3. Marissa Calle	Ber-Slav	37.15
4. Chrissy Maskill	Ber-Slav	36.55
5. Siobhan Kennedy	Lodge 306	36.45

Junior Girls - Level 4 12 - 14

1. Thalassa Millwood	Lodge 306	40.90
2. Angela Perkins	Naperville	40.30
3. Heidi Sanders	Brookfield	40.25
4. Tracy Noehrenberg	Naperville	40.05
5. Nicole Coglianese	Ber-Slav	40.00
6. Tory Katherine	Tabor	39.80
7. Shauna Harlan	Brookfield	38.90
8. Stacey Domzalski	Chicagoland	38.00
9. Ashley Croft	Ber-Slav	37.30
10 Laurie Spirek	Tabor	36.35
11 Krissy Hahn	Brookfield	34.70
12 Stephanie Bujak	Chicagoland	34.05
13 Erica Houdek	Stickney	33.30
14 Anne Kocek	Chicagoland	32.65

TEAM

1. Brookfield 1		113.85
2. Chicagoland 1		104.70

Junior Girls - Level 5 12 - 14

1. Allison Lickteig	Ber-Slav	47.60
2. Adrienne Miner	Naperville	37.35
3. Brittany Statler	Tabor	35.50
4. Julie Gavin	Naperville	34.35

Junior Girls - Level 6 12 - 14

1. Angelica Puchala	Ber-Slav	39.90
2. Rose Porod	Ber-Slav	32.70

Junior Girls - Level 4 15 - 18

1. Kristin Kolesar	Ceska Sin	40.50
1. Beth Kocek	Chicagoland	40.50
2. Melissa Bukovsky	Chicagoland	40.15
3. Megan Jones	Ber-Slav	36.00

Junior Girls - Level 5 15 - 18

1. Sonja Nakonecznyj	Ceska Sin	41.75
2. Lynette Kleisner	Ber-Slav	40.85
3. Cassie Croft	Ber-Slav	40.30
4. Teresa Kulhanek	Tabor	38.50
5. Leah Bures	Ber-Slav	38.10
6. Angela Logiudice	Tabor	35.20
7. Nita Praditpan	Lodge 306	31.45

Senior Women - Level 2 18 - 24

1. Anny Moravec	Chicagoland	45.55
2. Genny Perrewew	Tabor	41.80

3. Irene Polashek	Tabor	37.90
4. Tracy Konior	Chicagoland	36.70
5. Julie Kaupert	Chicagoland	36.10
6. Renee Hamrick	Chicagoland	36.05

Senior Women - Level 4 18 - 24

1. Nicole Marchluk	Ber-Slav	39.80
2. Debbie Nardi	Ber-Slav	39.55
2. Carolyn Lopez	Ber-Slav	39.55
3. Janel Wambach	Lodge 306	39.00

Senior Women - Level 4 25 - 34

1. Laura Blanchong	Chicagoland	44.75
2. Christina Curran	Tabor	43.90

Senior Women - Master II Novice

1. Flo DelCarlo	Chicagoland	45.25
2. Frances Klindera	Ber-Slav	43.00

Junior Boys - Novice

1. Ryan Harlan	Brookfield	58.90
2. Jon Kovar	Brookfield	54.40

Junior Boys - Level 7

1. Nicholas Zaryczny	Ber-Slav II	61.35
2. Kevin Wheet	Stickney	60.50
3. Angelo Manzoeillo	Ber-Slav II	60.10
4. Owen Reynolds	Lodge 306	58.55
5. Dave Kakareka	Ber-Slav I	58.50
6. Howie Maskill	Ber-Slav I	58.45
7. Joe Maki	Ber-Slav II	57.80
8. Scott Johnstone	Brookfield	57.60
9. George Szydlo	Brookfield	56.55
10 Patrick Hickey	Tabor	55.05
11 Bryan Balin	Ber-Slav I	54.40
12 Warren Wilke	Lodge 306	53.30
13 Micheal Colucci	Tabor	52.60
14 Phillip Sparks	Stickney	51.80
15 Mike Dropka	Ber-Slav II	51.60
16 David Maskowski	Tabor	49.80
17 Mike Maskowski	Tabor	49.75

TEAM

1. Berwyn-Slavsky II	179.25
2. Berwyn-Slavsky I	171.35
3. Tabor I	157.45

Junior Boys - Level 6

1. Paul Koc	Stickney	60.30
2. Chris Chrobak	Ber-Slav	59.65
3. Andy Lutha	Ber-Slav	59.15
4. Doug Gilbert	Ber-Slav	58.90
5. Mathew Kocek	Chicagoland	58.50

Senior Men - Level 6

1. Matt Gilbert	Ber-Slav	64.40
2. Jeff Marchluk	Ber-Slav	63.45
3. Micheal Mongello	Ber-Slav	62.85
4. Bryan Pracko	Lodge 306	61.00

Senior Men - Level 5

1. Kevin Hi	Brookfield	53.95
2. Frank Bouda	Brookfield	52.40

1998 WESTERN DISTRICT SLET

Junior Girls - Level 2

1. Jessica Longwell	Crete	42.94
2. Hilary Foster	Crete	42.40
3. Shannon Allen	Crete	41.74
4. Nicole Fuller	Crete	41.60
5. Katie Krance	Omaha	41.20
6. Chandace Preston	Crete	40.60
7. Lisa Rumpza	Minnesota	39.95
8. Joelle Guition	Cedar Rapids	39.90
9. Alisa Holibush	Minnesota	39.80
10 Martha Alarcon	Crete	39.50
11 Courtney Hardin	Crete	39.40
12 Carissa Skrivanek	Minnesota	36.90
13 Nichole Armstrong	Minnesota	33.45

TEAM

1. Crete 1	127.10
2. Crete 2	121.70
3. Minnesota 1	116.65

Junior Girls - Level 4

1. LeAnn Vance	S. Omaha	42.65
2. Jenna Wilson	S. Omaha	42.15
3. Cassie Hood	S. Omaha	41.95
4. Charlotte Barta	Crete	41.25
5. Veronica Kool	S. Omaha	41.05
6. Amber Roberts	S. Omaha	40.10
7. Brooke Masek	S. Omaha	39.90
8. Sarah Jencks	Cedar Rapids	38.50
9. Jennifer Allee	Omaha	37.40
10. Sherry Nigro	Omaha	36.95
11. Stephanie Breyfogle	Cedar Rapids	36.25
12. Danielle Martinez	S. Omaha	35.85
13. Kristin Allee	Omaha	35.10

TEAM

1. S. Omaha 1	126.75
2. S. Omaha 2	121.05
3. Omaha 1	109.45

Junior Girls - Level 5

1. Skye Wakefield	S. Omaha	43.15
2. Anna Pease	Cedar Rapids	38.00
3. Kimberly Loeffler	Cedar Rapids	36.80

Junior Girls - Level 6

1. Stephanie Jaksich	S. Omaha	44.15
2. Katrina Kosmos	Crete	41.95
3. Lindsey Balkovec	S. Omaha	37.20

Junior Girls - Championship

1. Sophia Theophilopoulos	S. Omaha	43.45
2. Alison Kool	S. Omaha	42.05

Senior Women - Level 5

1. Jamie Beversdorf	Minnesota	35.00
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Junior Boys - Class VII

1. Jason Barber	S. Omaha	48.00
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Junior Boys - Championship

1. Bill Kool	S. Omaha	42.40
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Senior Men - Novice

1. Bud Benak	S. Omaha	52.30
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Senior Men - Class V

1. Buddy Benak	S. Omaha	52.90
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Junior Girls - Novice Rhythmics

1. Charlotte Barta	Crete	10.40
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Junior Girls - Level 5 Rhythmics

1. Brooke Masek	S. Omaha	21.50
2. Cassie Hood	S. Omaha	21.40
3. Veronica Kool	S. Omaha	21.00
4. Danielle Martinez	S. Omaha	20.30

Junior Girls - Level 6 Rhythmics

1. Alison Kool	S. Omaha	22.50
2. Stephanie Jaksich	S. Omaha	21.00
3. LeAnn Vance	S. Omaha	19.90
4. Lindsey Balkovec	S. Omaha	18.80

Senior Women - Novice Rhythmics

1. Phyllis Kool	S. Omaha	11.50
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What Sokol Means to Me

by Angela Wise Sokol Greater Cleveland

Sokol means many different things to many different people. What Sokol means to me is family, friendship, and commitment. I consider Sokol Greater Cleveland my second home. I lead a whole other life when I'm at Sokol. I take on the position of being a gymnast, a coach, and a folk dancer. You could almost say that I am part of one big family with many brothers and sisters. Friendship is another aspect of Sokol that means a lot to me. I have made many friends throughout my years of involvement. I have both adult friends and friends my age. Every year I make many friends by attending National Slets and Instructor's Courses. My friendships become stronger throughout the years. Everybody is there for one another in good times and bad. The thing that means the most to me about Sokol is commitment. Commitment is defined as the state of being obligated or emotionally motivated. I believe that everyone in Sokol is very committed. They dedicate their time to practice routines and learn calisthenics. I myself am very committed to Sokol. I have put in years of dedication for myself, my team, and the folk dance group. I have given up various school events and social events to drive down to my Sokol hall for practice. All the time and dedication is worth every hour of practice to perform at a National Slet. or a unit exhibition for only a couple of minutes. I feel proud to be a part of Sokol and I hope that one day I will be able to carry Sokol into the future.

1998 NORTHEASTERN DISTRICT

Junior Girls - Level 1

1. Christine Newman	Gr Cleveland
2. Davina Romansky	Gr Cleveland
3. Christine Hirsch	Gr Cleveland
4. Mary Lanzola	Gr Cleveland
5. Erin Pappas	Gr Cleveland
6. Lisa Meyer	Gr Cleveland
7. Amy Nemcek	Gr Cleveland
8. Melanie McGowan	Gr Cleveland
9. Ellen Bartunek	Gr Cleveland

Junior Girls - Level 3

1. Gretchen Venci	Gr Cleveland
2. Alison Schweda	Gr Cleveland
3. Maya Simek	Gr Cleveland
4. Heidi Venci	Gr Cleveland
5. Becky Chmura	Gr Cleveland
6. Melissa Slagle	Gr Cleveland
7. Heather Bodnar	Gr Cleveland
8. Karla Pinnizzotto	Gr Cleveland
9. Michelle Slagle	Gr Cleveland

Junior Girls - Level 4

1. Megan Giacchina	Detroit
2. Michelle Ferrara	Gr Cleveland
3. Laura Scott	Detroit
4. Angela Wise	Gr Cleveland
5. Michelle Fenos	Gr Cleveland

Junior Girls - Level 5

1. Emily Procup	Gr Cleveland
2. Amber Winkley	Gr Cleveland
3. Laura Borovsky	Detroit
4. Maria Pinnizzotto	Gr Cleveland
5. Kathy Kavan	Gr Cleveland
6. Dana Bohack	Gr Cleveland
7. Alanna Romansky	Gr Cleveland
8. Megan Levesque	Detroit

Junior Boys - Novice

1. Curtis Varouh	Gr Cleveland
2. Charlie Beckerman	Gr Cleveland

Junior Boys - Level 6

1. Steven Wise	Gr Cleveland
2. Michael Wise	Gr Cleveland

1998 SOUTHERN DISTRICT SLET

Junior Girls - Level 1 12 - 14

1. Michelle Barak	Ennis	40.30
2. Tasha Schiffer	Ennis	39.10

Junior Girls - Level 2 12 - 14

1. Ashley Gerdes	West	44.10
2. Sharon Morosky	West	42.80

Junior Girls - Level 4 12 - 14

1. Mallory Donaldson	Houston	37.20
2. Rosemary Soto	Houston	35.50

3. Jessica Ximenes	Ft Worth	24.50
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Junior Girls - Level 4 15 - 18

1. Kira Winstel	Houston	35.30
2. Jenny Bui-Thanh	Houston	32.10

Junior Girls - Level 5 12 - 14

1. Jasmine Isom	Ennis	44.20
2. Annie Crow	Ennis	37.50
3. Brittany Oates	Ennis	35.40
4. Stacey Kamrowski	Ft Worth	32.80

Junior Girls - Level 6 12 - 14

1. Crystal Pinneda	Ft Worth	38.70
2. Haley Henning	Ennis	37.70
3. Melissa Tyler	Ft Worth	34.70

Junior Girls - Level 6 15 - 18

1. Stephanie Langer	Ennis	42.00
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Junior Girls - Level 7 12 - 14

1. Jennifer Caldwell	Ft Worth	41.50
2. Sarah Killingsworth	Ft Worth	40.10

Junior Girls - Level 7 15 - 18

1. Leigh Ann Phillips	Ft Worth	33.80
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Senior Women - Level 7

1. Melissa Chamberlain	Ft Worth	32.30
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Junior Boys - Class VII 12 - 14

1. David Sikes	Houston	53.60
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Junior Boys - Class VII 15 - 17

1. Jon Boyd	Ennis	54.20
2. John McBride	Ennis	50.80

Junior Boys - Class V 12 - 14

1. Mario Rinche	Houston	43.90
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What Sokol Means to Me

By Elizabeth Kocek -- Sokol Chicagoland

Having been a part of the American Sokol Organization for 15 years of my life, I have come to discover what Sokol means to me: it is a means of personal character formation. I began as a tot, of only 3, I was influenced by my paternal grandmother, who had participated as a child and still stays in touch with many of her good friends made through Sokol. Through the years, Sokol has become something I can always depend on to for support. The bonds and friendships Sokol has created for me have encouraged me to strive for excellence. I believe that my strength to continue and my determination to achieve success have come directly from Sokol. Participating in Sokol has also taught me to believe in myself and to care for others as much as possible. Not only has Sokol helped me to succeed but, Sokol is also a way of discovering my heritage. Through Sokol I have become involved in Czech school and my interest in my background has grown greatly. Sokol continues to be a link with my cultural background.

The Sokol ideal is a means of interacting, both socially and culturally with people of all ages who have interests similar to mine. Sokol means learning to respect others, learning to have good sportsmanship, and most of all, having fun. Some of the most exciting and memorable experiences I have had throughout my life have been through Sokol, and I am looking forward to the many others to come. I am convinced that Sokol is a classic, life-long, cultural, family occupation and value. It is something traditional and enduring that deserves to be recognized for its teachings. Sokol has been more than an activity for me; it has been a part of life.

What Sokol Means to Me

By Angela LoGiudice – Sokol Tabor

Sokol has been and still is a very important aspect of my life. I have been in Sokol classes since the age of three and I am currently in my last year of Junior Girls. The Sokol values of responsibility, honesty and leadership have influenced the way I live my life. I have gained many friends not only within my own Sokol but throughout the American Sokol Organization. I treasure all the Sokol memories that I have experienced and those that I will experience in years to come. I have been an active class member participating in weekly classes, exhibitions, special numbers, competitions and slets. The national slets have given me the chance to travel all around the United States and even into Canada. My first national slet was in 1984 and I have participated in many since then, including Toronto '84 '92 '95, Washington DC '86, Montreal '88, Omaha '89, Indianapolis '91, Philadelphia '96 and Chicago '93 '97. I have been very involved in my own Sokol, too. I have attended the Central District Instructor Schools and the 1994 National Instructor School in Omaha, Nebraska. Since then I have assisted 1st class girls for one year and Tots class for the past four years at Sokol Tabor. I have also served on the Junior Board. I have been an artistic gymnast for sixteen years and a rhythmic gymnast for seven years. I strive to do my very best every time I compete, with the hope that hard work pays off. Competitions have taught me good sportsmanship in all areas of life. The Sokol way has always inspired me to do my very best no matter what I am trying to accomplish. Sokol has taught me gymnastic skills as well as discipline and strength. I have learned to be an effective leader and a teacher. I am looking forward to becoming a

Unit member of Sokolice Tabor. Sokol does mean a lot to me, it is a large part of my life. It has opened up new opportunities, given me great friendships and made me a stronger person.

What Sokol Means to Me

By Kathleen I Grec – Sokol Greater Cleveland

Growing up in the Sokol community has had a strong impact on my life and contributes to who I am today. Simply a few words cannot describe what Sokol means to me. Trying to piece together a large puzzle of thousand important pieces is an arduous task. Sokol has been a place where I have looked forward to as a familiar place in the midst of a rapidly changing and hectic society. A place where one could feel better after a long day by practicing calisthenics and gymnastics routines for the upcoming competition. A place where burdensome thoughts would be replaced with more favorable ones with the help of fellow Sokol brothers and sisters. These are but a few that come to mind when thinking about Sokol.

Born with a hearing loss, it never has been easy to adapt to the hearing world. From participating in the broad way of life Sokol offered, I was able to gain enough confidence to accomplish the same tasks as many hearing people. With this confidence, I was undaunted to pursue other activities outside of Sokol. Thus I was able to take a step closer to assimilating into the hearing world. At a young age, I learned that winning was not the focus of athletic events, and instead, to learn from the experience and use it as a tool for future events.

One of the important aspects of Sokol that has impressed many members, including myself, are the Slets. My love of travel stems in from having traveled from Slet to Slet, meeting people from around the United States and even around the world. The 1994 Sokol Slet in Prague, Czech Republic, has left an imprint in my life. Recollections of walking down the streets of Prague during the days of the Slet, and greeting Sokol members from around the world with "Nazdar!" remain vivid in my mind. Despite the fact we all live miles apart and speak many different languages, we had one common bond--Sokol. From the Slet in Prague, I learned a great deal about Sokol and its purpose. It is our duty to teach the younger generation the Sokol idea that has been taught to us. By doing so, we will preserve the tradition that has kept Sokol alive for more than a hundred years. Nazdar!

What Sokol Means to Me

By Katie Stahulak -- Sokol Chicagoland

Sokol is an essential part of my life. It is an extension of family. It has gifted me with friendships across the nation and created a bond that I share with my own brothers. Through Instructor schools I have found a greater appreciation for my own heritage and found a new awareness of our country and its people. I have been brought together with my community and others to share in a common ideal of a sound mind and body. This ideal is one that is so much a part of my life that I can't see it as a separate entity from me. In participation of artistic and rhythmic gymnastics, volleyball and other activities Sokol offers, my abilities have been tested and my confidence expanded.

Sokol also gave me the wonderful experience with the Naper/West team which allowed me to represent Sokol in USAG events. I was blessed with the opportunity to compete in sectionals and state meets which never would have existed, without the hard work and dedication of my Sokol coaches. My coaches have instilled in me a strong work ethic and dedication, which I plan to focus and direct to Sokol in the future.

As an instructor, I have experienced the joy of sharing the Sokol tradition with the next generation of Sokol members. Through teaching tots I have been able to see the excitement and bright future that Sokol has ahead of it for the next generation.

Sokol has taught me teamwork. This is not only seen in calisthenics, in group hoop but also in the interaction of assistants and instructors in class. Sokol is not an organization run by an individual person. It takes many hardworking people who make great sacrifices to bring these wonderful opportunities to us. I want to thank the Sokol people that make this opportunity available to us. No group of people could ever create a more enjoyable and accepting organization. Teamwork is the most inspiring aspect and quality of Sokol, without it - Sokol is not Sokol.

Bounce, Bounce, your way to ...injury.

Almost 250,000 injuries to children from trampoline use were reported in hospital emergency rooms from 1990 to 1995, according to a recent study. Backyard trampolines accounted for 93% of the accidents. Most injuries were to children's arms and legs, though head and neck injuries accounted for 12% of the injuries to children.

Benefits of

High Intensity Exercise Revealed

Those who ran faster lowered their blood pressure, body weight, and cholesterol levels more than those who ran greater distances.

News flash: tortoise wins race, hare lowers blood pressure and cholesterol level. This may have been the headline if a reporter covering Aesop's fabled race had access to the results of a new study of how exercise intensity reduces the risks of coronary heart disease.

Researchers with the National Runners' Health Study examined 7,059 male and 1,837 female recreational runners, recording both the average distance they ran per week and their fastest times in a recent 10 kilometer race. The study concluded that those who ran faster--and thus had higher heart rates during exercise--lowered their blood pressure, triglyceride levels, body weight, and cholesterol levels more than those who ran greater distances.

The study also noted, however, that high-density lipoprotein (HDL) cholesterol, the so-called "good" cholesterol, responds more favorably to distance running than running at high speeds. Still, exercise intensity may play a larger role in reducing heart disease risk factors than previously thought.

If these preliminary findings hold up in clinical trials, practitioners may have to pay greater attention to both the amount of exercise and the intensity of physical activity when trying to improve a client's coronary health. And would-be sprinters may be encouraged to come out of their shells.

Williams, (1998.) Relationships of heart disease risk factors to exercise quantity and intensity. *Archives of Internal Medicine*, vol 158, pp 237-245.

Research Brief

It's the fad of the times. Athletes at all levels can be seen wearing nasal strips, little patches that stretch across the nasal passages and, theoretically, increase the amount of oxygen taken in during exercise. Previous research has shown that the strips are probably not effective in aerobic exercise. A new study examined the effects of the nasal strip on performance in the stop-and-go exercise common to many sports. Though nasal strips may help you look like a pro, results showed that they won't improve your performance.

Case, Redmond, et. al. (1998). The effects of the nasal strip on interval running performance, *Journal of Strength and Conditioning Research*, vol 12, pp 30-32.

◆ MEMORIAM ◆
Vaclav Zenisek

Eulogy by Bro. Paul Lebloch:

On behalf of the American Sokol Organization and the World Sokol Federation, we extend sympathy to the family of Bro. Vaclav Zenisek. Thank you for sharing him with us.

Bro. Zenisek dedicated his life to our Sokol ideals of physical fitness, brotherhood, moral health, freedom and democracy. He was a symbol of all that is good in Sokol.

Because of his convictions, he was imprisoned by the Nazis in the infamous Mauthausen Concentration Camp. A few years after his release, he found it necessary to escape with his family from communist Czechoslovakia.

He taught Sokol classes in displaced persons camps in Western Europe. Many he taught became Sokol leaders throughout the free world.

He was fortunate to come to the United States. He became a member of the American Sokol Organization and taught classes in several of our units. He had our Sokol credo translated into English. At his suggestion, it appears each month in our publication, the "American Sokol." The credo reads: "To build a healthy and beautiful human body; to cultivate a harmonious and total person; to develop firm character, a well-rounded disposition and a love of truth and justice; to produce strong,

lovely and honorable people; that is the goal of a Sokol education."

Bro. Zenisek believed and lived by this credo.

Last year, Bro. Zenisek received the highest award given by the Czech Sokol Organization, a silver medal. He ended his modest acceptance speech with "God Bless America."

It was his hope that all America would adopt the Sokol program and ideals, as had the free and democratic Czechoslovakia of his youth.

With tears in our eyes, we extend our final "Na Zdar!"

Rest in peace, Bro. Zenisek.

ALFONS MUCHA EXHIBIT IN U.S.

Alfons Mucha was a well-known Czech artist. He was born in the small Moravian town of Ivancice in 1860. He spent the last 29 years of his life in Prague. He was preoccupied with religion, mysticism and his passionate interest in the past and the future of his native land.

In Paris in 1894, Mucha became famous literally overnight. He was given the unexpected opportunity to design a poster for Sara Bernhardt's theatrical production. In a few days, Mucha delivered a highly original design of unusually elongated shape, delicate coloring and a combination of simplified

outlines with Byzantine richness of ornamental design. Over the next six years, he designed nine exquisite posters for the renowned French actress.

An exhibition of 180 of Mucha's works opened in the San Diego Museum of Art in February of this year. Included were paintings, jewelry, posters, sculptures, pastels and illustrations selected from collections from Britain, the Czech Republic, Japan and America. The exhibition will travel to several cities in the United States, including Seattle WA, West Point Beach FL, Raleigh NC and Tulsa OK.

The National Czech & Slovak Museum & Library in Cedar Rapids IA owns two early twentieth century lithographs designed by Alfons Mucha. The first is for the 1904 world's Fair in St. Louis. This is a recent acquisition, donated to the Museum in 1997. It went on exhibit for the first time with the opening of their HOMELANDS exhibit April 30, 1998. The second is from the Regional Exhibition at Ivancice in 1913. This one was exhibited in the gallery until about a year ago. The Museum also has a set of four collectors plates from Mucha's Four Seasons series.

*From Nase Ceske Deditvi
(Our Czech Heritage),
Czech Heritage Foundation, Inc.*

American Sokol Organization

Quarterly Financial Report • April/May/June 1998

Submitted by Bro. John Satek, Financial Secretary

RECEIPTS

Dues/Penalties	\$21,987.70
Sokol West 1997 Convention Fund	111.00
TGM Dues	10.00
Resale Jewelry/Membership Pins	724.00
Educational Booklets	5.00
BOI Skills/Ribbons/Tapes	55.00
Souvenirs	126.00
Flag Waver Donation	30.00
Stadium Seats	12.00
Donation	25.00
Postage	38.55
Glass Damage Insurance	496.50
Seals	20.00
Copies/Labels	92.04
Central District Postage/Copies	167.04
Sold Old VCR	25.00
FSLF, Merit Award, Inst. School, Certificates	6,715.20
Uniform Dept. Salaries (Mar., Apr., May)	900.13
Uniform Dept. FICA/Medicare (Mar., Apr., May)	159.70
Uniform Dept. FWT Tax (Mar., Apr., May)	30.00
Uniform Dept. IWT Tax (Mar., Apr., May)	31.23
Uniform Dept. Phone/Fax	86.00
Uniform Dept. Rent (Apr., May, June)	1,005.00
TOTAL	\$32,852.09

DISBURSEMENTS

ADMINISTRATIVE DEPT.

Salaries (Apr., May, June)	\$2,987.72
FICA/Medicare (Mar., Apr., May)	492.06
FWT (Mar., Apr., May)	60.00
IWT, 1st Quarter	60.65
Ameritech/Equalnet/Phone/Fax	407.21
AT&T	226.71
Equalnet	11.28
Com Ed	76.74
CPA (Apr., May, June)	540.00
Petty Cash, Postage	173.40
Office Supplies	80.08
Financial Secy. Copies	4.80
Janitor/Supplies	62.25
Macro Computer Internet Online	70.00
Macro Computer Solutions	50.00
Window Board Up	323.50
New Answering Machine	32.61
New Computer	1,390.28
Computer Disks	16.90
Printing Membership Applications	75.00
Insure One, Business Ins.	500.00
Plate Glass Ins. 8/13/98-8/13/99	457.00
Denni Hlasatel Subscription	75.00
Moravian Heritage Subscription	22.00
Czech Genealogical Subscription	35.00
Czech-American Chamber of Commerce	50.00
Slovensku Registration Fee	30.00
Rent (May, June, July)	3,111.00
TOTAL	\$11,421.19

BOARD OF INSTRUCTORS

Salaries (Apr., May, June)	\$1,643.70
FICA/Medicare (Mar., Apr., May)	299.75
FWT (Mar., Apr., May)	45.00
IWT, 1st Quarter	51.17
Ameritech/Equalnet/Phone/FAX	219.65
Petty Cash/Postage	46.28
New Computer, Share	1,000.00
New VCR, Cords	861.99
USAG Congress, J. Kalat Reg.	175.00
ASO Instructors School	2,000.00
Editor "Gymnast" (Mar., Apr./May, June)	90.00
TOTAL	\$6,432.54

EDUCATION

Salary (Apr., May, June)	\$308.11
FICA/Medicare (Mar., Apr., May)	54.26
FWT (Mar., Apr., May)	15.00
IWT, 1st Quarter	9.08
Frame Warehouse	38.59
TOTAL	\$425.04

PUBLICATION

Salaries (Mailing)	\$169.46
FICA/Medicare	46.12
FWT	15.00
IWT 1st Quarter	6.16
Printing (Mar., Apr./May, June)	4,378.34
Postage/Address Changes, PO Advance	3,028.05
Editor (Mar., Apr./May, June)	450.00
TOTAL	\$8,093.13

UNIFORM DEPARTMENT

Salaries (Apr., May, June)	\$849.20
FICA/Medicare (Mar., Apr., May)	159.29
FWT (Mar., Apr., May)	30.00
IWT, 1st Quarter	24.46
Ameritech//Equalnet/Phone/FAX	82.39
Rent (May, June, July)	1,005.00
TOTAL	\$2,150.34

MISCELLANEOUS

Central Dist. Postage	\$152.34
CSA Ad (Convention)	100.00
Czech Catholic Union Ad (Convention)	25.00
Front Window Blind Repair (Ins.)	198.00
Czech Flood Relief	3,130.00
FSLF, ASO Instructor School	3,000.00
FSLF, Certificates	715.20
TOTAL	\$7,320.54

Balance Brought Forward/Checking	\$26,931.61
Receipts	+ \$32,852.09
	\$59,783.70
Disbursements	- \$35,842.78
	\$23,940.92
CPA Adjustment (March)	+ 37.32
BALANCE CHECKING 6/30/97	\$23,978.24

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