

the
Elks

magazine

May 1979

HOUSEBOAT
TO TRANQUILITY



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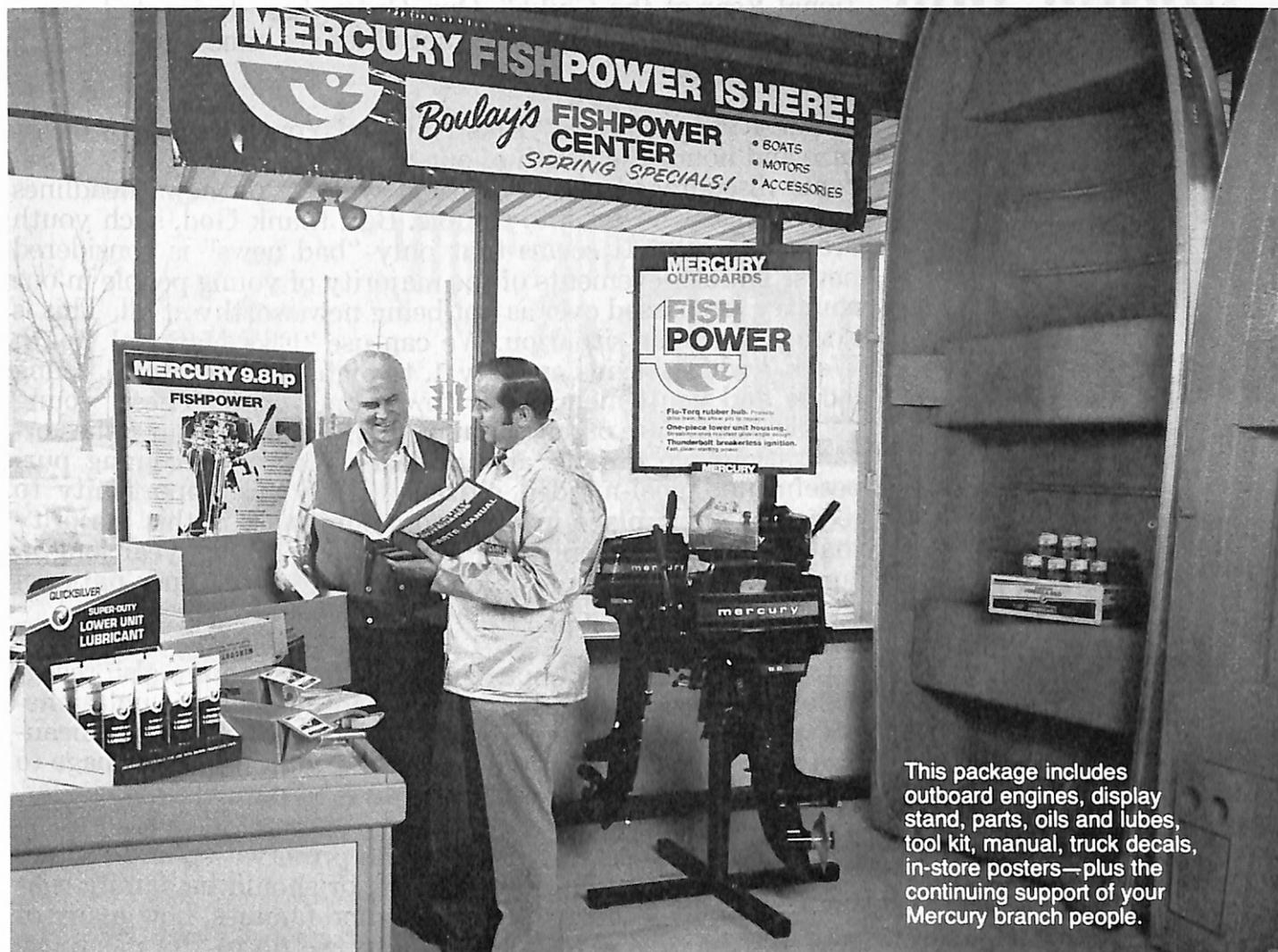
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HONOR OUR FAMILIES



A
MESSAGE
FROM THE
GRAND
EXALTED RULER

THE UNITED NATIONS has designated 1979 as the "International Year of the Child." Our Order has designated every year as such, for many of our activities are aimed at the youth of our nation.

EACH YEAR we have "Elks National Youth Week" to recognize and honor the youth of our communities. It is easy to become discouraged about youth *if* we rely on news headlines about those who get into trouble. But, thank God, such youth are a minority. It seems that only "bad news" is considered news. The achievements of the majority of young people in our country are passed over as not being newsworthy at all. This is a tragic but true situation. We can use "Elks National Youth Week," which begins on May 1, to highlight the useful young ladies and gentlemen of our towns and cities. These young people, the future of our country, our lodges, and our ladies organizations, go quietly about the business of becoming purposeful and goal-minded citizens. Take this opportunity to recognize their place in your community. It is this majority that we salute, not only one week a year, but all year long in our various youth projects on the local, state, and national levels.

IN RECOGNIZING and honoring our youth, we are also recognizing and honoring their mothers. Mother's Day is not a one-day-a-year event, but an everyday celebration. Using the beautiful ritual our Order provides, we are proud to pay homage to the women in our lives and in the lives of our children.

WE ARE AN ORDER dedicated to the preservation and protection of family life. Our activities are, or should be, family-centered. Were it not for patient wives and families, how many of us would be able to devote the time we do to the meetings, committees, and activities of our lodges?

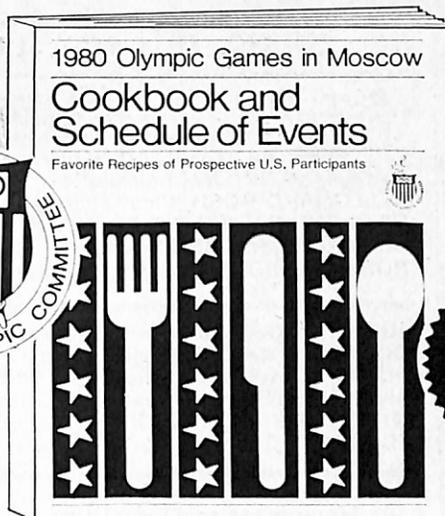
YOUTH WEEK AND MOTHER'S DAY serve as gentle reminders to us to include our families in our activities. Lodge-sponsored picnics, father and son or mother and daughter dinners, or just family nights at the lodge facilities are all ways of getting our families involved in what Elkdom is all about. Our continued commitment to effort and enthusiasm will get a big boost by making our families part of what we are doing.

A handwritten signature in cursive script that reads "Leonard J. Bristol". The signature is written in dark ink on a light background.

Leonard J. Bristol

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the **Elks** magazine

VOL. 57, NO. 12 / MAY, 1979

NATIONAL PUBLICATION OF THE BENEVOLENT AND PROTECTIVE ORDER OF ELKS OF THE UNITED STATES OF AMERICA. PUBLISHED UNDER THE DIRECTION OF THE GRAND LODGE BY THE NATIONAL MEMORIAL AND PUBLICATION COMMISSION.

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ADVERTISING OFFICES



CHICAGO 60614 425 W. Diversey Parkway (312) 528-4500

NEW YORK 10017 50 East 42nd (212) 682-2810

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THE ELKS MAGAZINE, Volume 57, No. 12, May, 1979 (ISSN 0013-6263). Published monthly at 425 W. Diversey Pkwy., Chicago, IL 60614 by the Benevolent and Protective Order of Elks of the United States of America. Second class postage paid at Chicago, IL, and at additional mailing office. Acceptance for mailing at special rate of postage provided for in Section 1103, Act of October 3, 1917, authorized May 20, 1922. Single copy price is 25 cents. Subscription price in the United States and its Possessions, for Elks, \$1.25 a year, for non-Elks, \$2.50 a year; for Canadian and Foreign postage, add \$1.50 a year. Subscriptions are payable in advance. Manuscripts must be typewritten and accompanied by sufficient postage for their return via first class mail. They will be handled with care but this magazine assumes no responsibility for their safety.

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THE ELKS MAGAZINE MAY 1979

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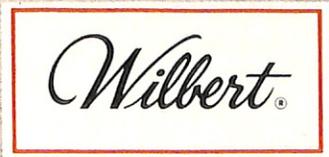
The funeral service fulfills man's age-old wish and need to honor his departed through a dignified ceremony. Determined by custom and culture, the funeral serves a variety of purposes. It symbolizes the beliefs and hopes of society. For many, it is firmly rooted in religious concepts. But, more importantly, the funeral is a service for the living, providing the vehicle for adjusting to a life situation that has been radically altered. In short, the funeral helps persons prepare for the future.

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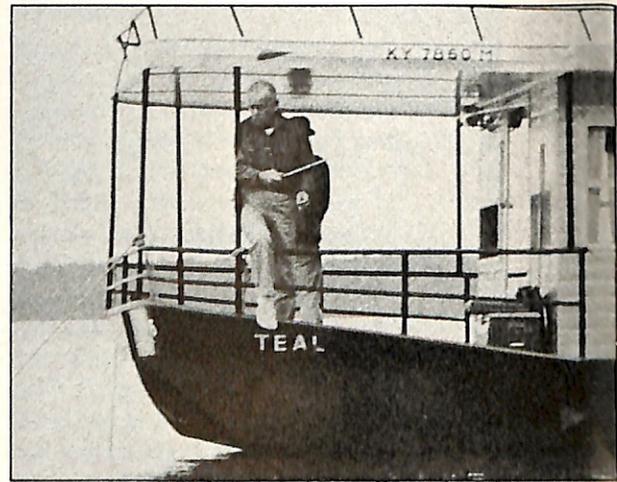
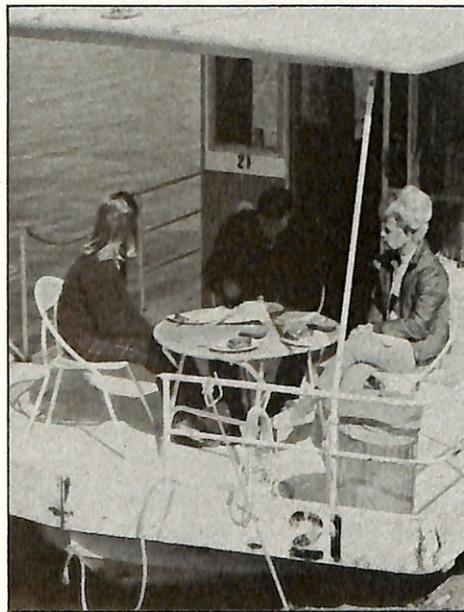
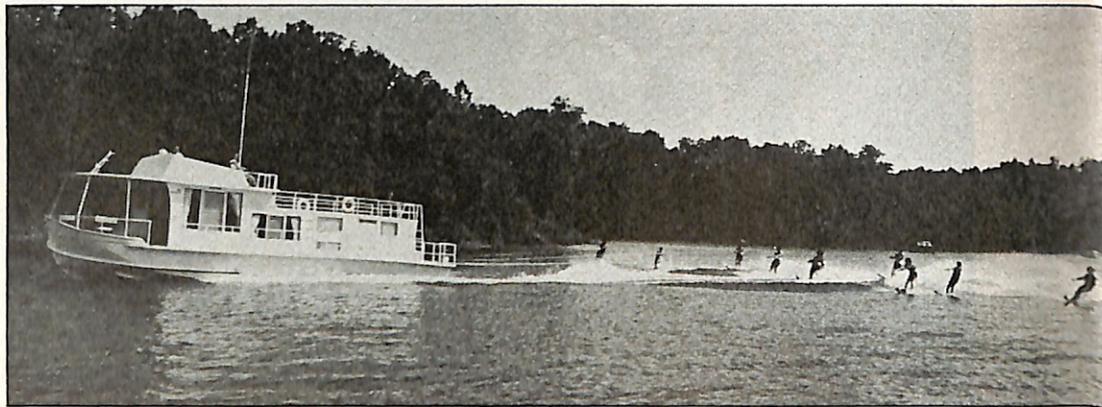


by Bill Thomas

The setting belonged to an artist's canvas; bold silhouettes of striking monuments scattered across the sandstone desert bore contrast to the blue-green water of the lake. Across the still water, a subdued August sun burned a trail deep red, and one could imagine a lone Navajo shepherd tending his flock against the horizon. But then an object—a floating man-made island—moved across the sunpath, punctuating it with sharp lines and a slight ripple. From it emerged the laughter of children, the song of a boatman...for this was an island paradise. Almost anyone can afford such an island.

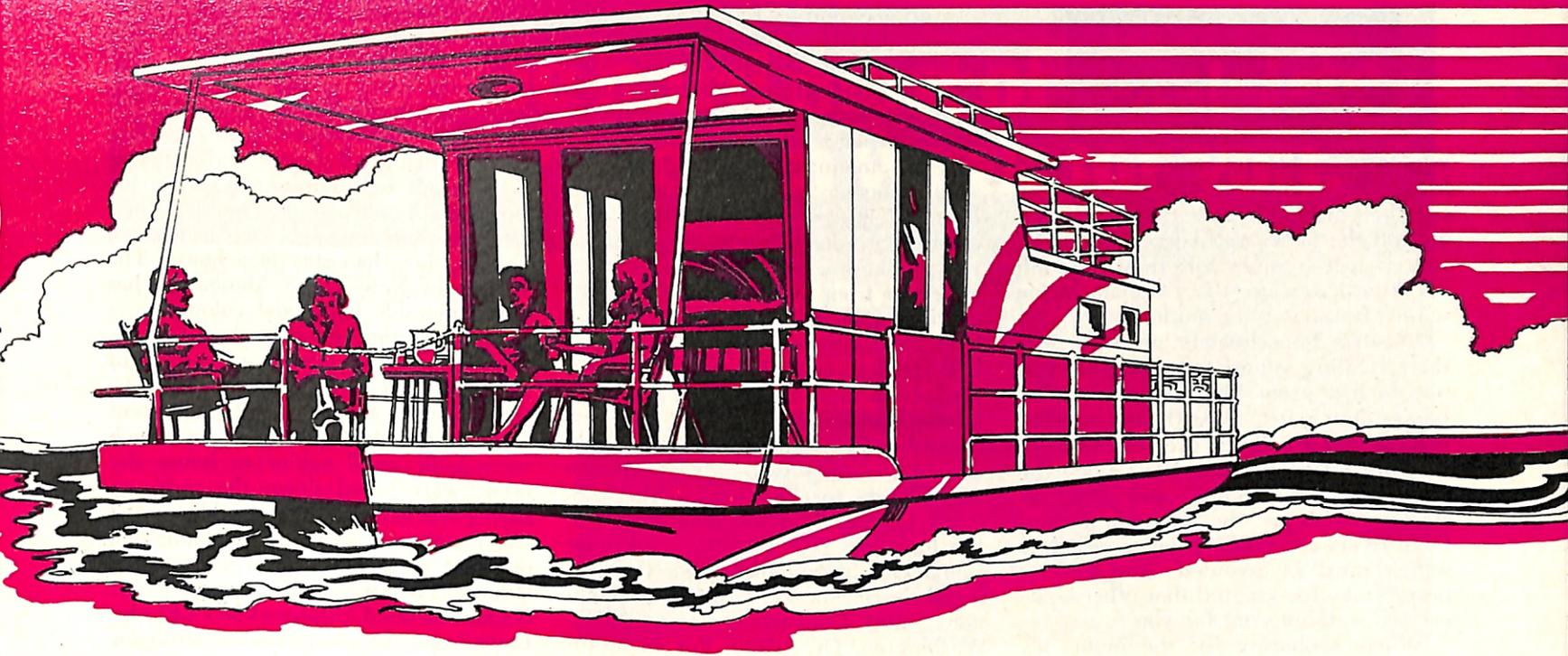
My family and I had come here to houseboat one of America's most picturesque bodies of water—Lake Powell, which sprawls across the Arizona-Utah border in the midst of Navajo country. It was mid-afternoon on a summer day when we set sail out of Wahweap Marina at Page and headed up the lake. The twin inboard engines throbbed with power, and the spray from the bow splashed across the decks where the children played. It was hot; heat waves danced on the desert air. All afternoon we cruised past an ever-changing shoreline, through canyons, past valleys studded with natural monuments. Each new bend in the lake brought new and exciting vistas, a breathtaking splendor.

A few hours later, as the sun became lost behind a butte and a golden moon illuminated the Utah sky, we pulled into a shallow quiet inlet, tied up to shore and bathed in the cool waters. This was our heaven, this majestic enchanting island. The gentle slap of the waves against the water, the occasional splash of a jumping fish somewhere off starboard, the distant lonesome call of a coyote were all that broke the stillness of this spot. And as the hour



grew late, complete silence fell over the desert and we were alone in the world.

That night we fell asleep to the gentle rock and sway of the boat. A couple of times during the wee hours of the morning, I was awakened by feeding fish nearby, sometimes by their bumping into the side of the boat. Once I thought I heard the whine of an outboard somewhere in the distance, but ultimately it was swallowed up by the



night and silence prevailed once again. The children were up early to greet the sun and watch it climb above the scores of natural monuments all around us. The desert was richly endowed with buttes and all types of grotesque shapes. We'd been told we could cruise some of the canyons and hike short distances from shore to study ancient hieroglyph-



ics carved in the rock. We tried that later. Sure enough, there they were—skimpily markings placed there long before the white man ever came to America.

Time was immortal here. Eons had passed with little change to this remarkable land of the Navajo. The lake, created by a dam across the Colorado River, marked the greatest change of all time. Otherwise, the landscape remained the same as it always had been, the winds moaned across it the same as they always had, and horned toads and rattlesnakes and a hundred other small residents of this barren land somewhere survived as they had done

since time began. We were the newcomers—the intruders—the houseboat had brought us here. It was an ideal way to experience the desert...and the lake. In fact, houseboating has to be among the most natural ways to relax and escape from the pressures of humanity. And this was our means of escape.

We had tried it previously upon several occasions back east—on the Chesapeake, the upper Mississippi, the Ohio and upon some of Kentucky's great impoundments such as Kentucky and Barkley Lake and Lake Cumberland. Each time was a new and different experience, the houseboat became a craft that carried us into a unique dimension. We never forgot the first time we experienced our first houseboating adventure and I remember well how apprehensive I was from the beginning. It was such a huge craft.

That was a good 12 years ago on Kentucky's Lake Cumberland, out of Alligator Boat Dock. Proprietor Cosby Popplewell showed me some simple rules of houseboating, introduced me to the craft and how it operated and 15 minutes later untied me from the dock and shoved me out into the lake. From that moment, I was on my own and I knew it. I eased the throttle into reverse and felt it skim easily away from the shore as I turned it. Then I shifted to forward, gave it a little gas, flicked the wheel and we set sail down the center of the lake. It was simple and that's all there was to it. Any 10-year-old child could have handled it.

"Just remember, don't get excited," Popplewell had warned. "No matter what happens, keep a cool head." And that's what houseboating is all about.

Use some good common sense and you'll have no problems operating a houseboat. They're the most gentle and safe crafts afloat. Although some will go fast enough to tow water-skiers, most are built for a gentle pace that is both relaxing and easy.

There are some simple rules of safety you should follow, however. First of all, if you're overwhelmed by houseboats and have absolutely no boating experience, it would be well to take a small motorless fishing boat or canoe out in a small lake to get the feel of how the mechanics of a boat work... and how you can turn it, send it forward or backward, and how it responds to your wishes. Once you've gained the elementary understanding, you'll be better equipped to understand how a houseboat or any other boat works... and how it handles in the water.

Of course, there are no brakes on a boat. If you're going forward, you begin to slow down long before you get to your destination. As you approach, if you're still going too fast to drift to a stop, place the controls in reverse a couple of times and give it a little gas. Then slip it into neutral again, and the boat likely will come to a smooth halt.

Make doubly sure before starting the engine that you first turn on the blower fans (the control will likely be labeled on the dash) to clear any fumes out of the hull or engine compartment before you turn on the ignition. Let the fan turn for 3-5 minutes before turning on the ignition to start the engine.

Check the boat before pulling away from dock to see that it has a fire extinguisher on board and that there are U.S. Coast Guard approved life jackets for everyone. If you take small children



who are unable to swim, it's a good idea to have them wear the jackets all the time, particularly if they're playing around the deck. And keep them under surveillance to make sure they don't fall overboard. It's best they remain inside while the boat is in motion.

Because houseboaters generally use their floating island to relax, safety is not such a great factor as with other boats. One must, as with any moving vehicle, keep a sharp eye for obstacles or other boats. In some lakes along the shorelines are stumps, and even in streams such as the Mississippi and Ohio rivers are floating logs and debris which must be avoided. And never—never—take for granted that other boaters are watching out for you.

When anchoring for the night, it's wise to use two anchors to secure your boat. Position it as close to shore as possible without running aground. If you should run into any difficulty, you're never that much alone. Passing boaters will always lend a hand if they sense you're in trouble. It's the unwritten law of the waterways.

You may either rent this romantic man-made island for your voyage, or you may wish to purchase one. More than a hundred manufacturers offer floating islands, and the price you wish to pay depends upon your own whims and the amount of money you wish to spend. You can buy a good used houseboat for under \$5,000—one that will comfortably sleep four to six people. If you purchase a new one, it may range anywhere from \$8,000 to \$100,000, depending upon how elaborate you wish it to be.

Wherever you find rental houseboats, you'll also find them equipped with safety equipment to include fire extinguishers, first-aid kits and life jackets. In planning your adventure, you might write for literature to the U.S. Coast Guard, Dept. of Transportation, Washington, DC 20590. Navigation charts can be obtained from the National Ocean Survey, Distribution Division, 4200 Connecticut Ave., N.W., Washington, DC 20235. For an up-to-date guide on locations and addresses of rentals, contact *Family Houseboating Magazine*, 38 Commercial Wharf, Boston, MA 02110.

Costs of rental vary considerably in various parts of the country, but generally speaking they range in the neighborhood of \$15 to \$25 per person per

day (that's assuming you take a full crew). Most houseboats sleep six to eight people.

Rental units generally come fully equipped with a complete galley, including oven, refrigerator or ice box, shower, head and some even have color TV and air conditioning. In fact, many houseboats today are so complete their owners sometimes choose to live on them rather than stay in a house. The harbor in New York's Manhattan has a considerable houseboat colony.

Houseboating actually had its beginnings on the inland waterways of America such as the Ohio and Mississippi, but it took a slightly different form. In the old days, barges, on which were built small cabins to house the crew, were poled down the rivers to such ports as New Orleans. This is the way freight was hauled; and among one of those early polers was a strapping lad who later was to become president of the United States—Abe Lincoln. Later came the shantyboaters—colonies of river gypsies in homemade houseboats that drifted the streams and lived off the land. It was a carefree life, and a few of them linger on to this day, reaping a livelihood from whatever and wherever they can find it. Their houseboats were often made of the
(Continued on page 12)



THE JOY OF GIVING

Elks National Foundation
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An Elks National Foundation dinner-dance was sponsored by White Plains, NY, Lodge in memory of Stanley Skolinsky recently. A plaque was presented to Mrs. Skolinsky, the departed Brother's wife, by Chm. William Clements. Also present were Brother Skolinsky's son Stanley and daughter Lorraine.



Foundation Chm. Arthur Steffens (left) accepted the third permanent benefactor's certificate for Cicero-Berwyn, IL, Lodge recently. Joining Chm. Steffens in displaying Foundation certificates were honorary founders Robert Kotty and James Mendell. The three Brothers exchanged congratulations for the recent donations.



The Brothers of Escondido, CA, gathered at their lodge to honor National Foundation contributors recently. Chm. Monty Syrig (left) and Co-chm. Harry Cowper (right) presented pins and certificates and offered thanks to the honored Elks.

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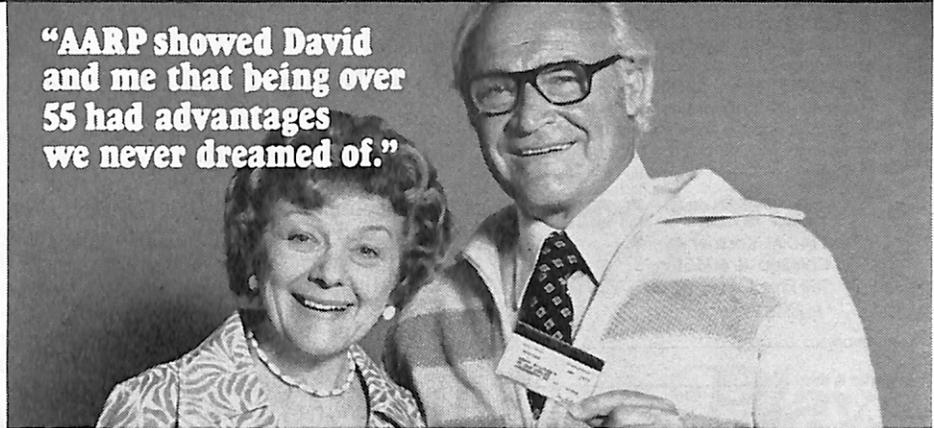
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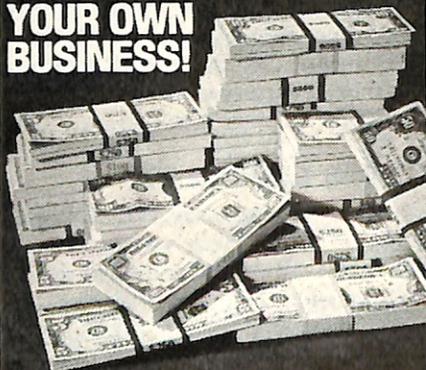
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IT'S YOUR BUSINESS

by John C. Behrens



DOUSING THE ARSON BUSINESS

The building owner quietly pleads with his friends as they stand a few feet from the smoldering ruins of what once was an attractive downtown office complex. Smoke still hangs above the gutted shell along with the odor of charred materials.

"I swear to you . . . I didn't set it nor did I hire anyone to do such a thing! I don't care how it looks or what you hear, I'm no arsonist!"

The silence that follows doesn't build any confidence.

The owner is trying to convince long-time friends—business people whose offices have just gone up in smoke—that the fire was an accident. He's trying to refute the rumors that circulated hours after the blaze. Some said one of his major tenants was moving, others pointed out that he had losses in recent years. It was known, though, he had tried to sell the complex months ago.

His impeccable reputation was suddenly being scrutinized by innocent victims who had, in one night, lost their jobs, records, equipment, personal belongings and sources of income. They won't convince easily when firemen officially report the conflagration was of "unknown origin." At the same time, little is likely to happen to the owner unless investigators can piece together tangible evidence of fraud. And that could take years . . . if they pursue it.

This dramatic hypothetical case contains bits and pieces of 177,000 suspicious fires recorded by the National Fire Protection Association in 1977. It has no ending because, like so many real fires, suspicions and rumors will continue long after the building is razed or rebuilt and insurance claims have been paid. The odds are no charges will be made and the owner will recoup his losses. The real losers? Area businessmen who will probably pay higher insurance premiums.

Allstate Insurance reported in an "Insurance Backgrounder," not long ago, that arson has reached epidemic proportions in the United States. In 1977, incendiary and suspicious fires caused 700 civilian or non-firefighter deaths and \$1.159 billion in property losses.

"And the economic impact of arson goes far beyond property damage," the company reports. "Sources believe that when such things as lost jobs, lost property tax revenue, higher prices for items not burned and higher insurance premi-

ums are considered, the total annual arson bill is between \$10 billion and \$15 billion." Fire protection officials believe that arson accounted for 15 percent of all building fires and 22 percent of all building fire dollar losses in 1977. Some industry experts contend the dollar loss percentage on insured buildings may be much higher; perhaps 33 to 50 percent.

The average arson loss, industry sources say, is more severe than that of a typical fire. In 1977, for example, the average loss per building fire was about \$4,400, while the average loss attributed to arson was about \$6,500. Most fire investigators insist that arson losses are higher because "a torch job is set to burn fast and consume a lot."

Allstate contends that the arson-for-profit rings which have been uncovered in a number of cities aren't simply a metropolitan problem. Suspicious fires have been found in the suburbs and rural areas, too. "Such rings are seldom tied to what most Americans call 'organized crime,' but are often made up of unethical local people: repair contractors, public adjusters, insurance company employees, attorneys and firefighters are among the groups often involved. They sometimes hire professional 'torches' to do the actual fire-setting."

The increase in such activity year after year, however, is affecting the reputation of small and large businesses, their owners and employees.

A fire occurs in the business district and people become suspicious. "Although the authorities know why fires are set and what types of people set them, they haven't figured out how to catch and convict arsonists in large numbers," Allstate continues. "The major obstacle is the legal difficulty of proving that someone committed arson. Catching an arsonist in the act of setting a fire is rare." One study, for example, found that for every 100 arson cases there are only nine arrests and two convictions.

The government, on the other hand, is not so sure that the insurance industry isn't unintentionally motivating the would-be arsonist and creating additional problems in obtaining convictions.

Recently, the staff of the Senate Subcommittee on Investigations charged that the industry may indirectly encourage arson-for-profit schemes because of 'lax-
(Continued on page 12)

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It's Your Business

(Continued from page 10)

ity' in underwriting and adjustment procedures. After studying 15 companies, Senate staffers concluded that insuring property for more than its worth is a widespread practice; fire insurance adjusters are inadequately trained for arson detection for profit schemes; the lack of statistical information on arson makes assessment of the problem more difficult, and some companies negotiate claims with suspected arsonists if the cost of an investigation is high in relation to the claim.

Insurance companies, one industry spokesman told me, reject such arguments and point out that privacy laws impede the exchange of information between law enforcement and insurance investigators. Furthermore, because of the fair claims practices procedures, insurers are required to decide to pay the claim, or state the reasons if they decide not to pay, he said. Proof of fraud, I was told, takes more time than most companies have to make claim decisions.

But the epidemic of arson and deliberately set fires, especially in office buildings, plants and business establishments, continues to injure the reputation of proprietors—the honest as well as the disreputable. Studies of attitudes among business people that have been published

recently certainly don't alleviate the public's fears.

"If the opportunity for someone to gain something from an unethical decision exists, a helluva lot of people will engage in that unethical decision," says Dr. Henry Sims, associate professor of organizational behavior at Penn State. Sims and Dr. Harvey Hegarty of Indiana University, also of Pennsylvania, spent two years researching the ethical decision-making process of businessmen. Their conclusions hardly improve the business owner's image. "If the individual has something to gain, the probabilities are stronger that he will make unethical decisions," Sims said.

What can proprietors do to protect themselves and their places of business from the disreputable person whose deliberately set fire could get out of hand and destroy the whole block?

1. Organize a task force in the community to involve everyone who should be concerned about arson and improve lines of communication among police, firefighters and insurance people.

2. Urge the reclassification of arson as a major crime and enlist support of FBI and police groups to change the laws.

3. Work to develop a public information program about the crime of arson and its cost in personal suffering and financial loss.

4. Urge the employment of trained arson investigators to handle such cases.

5. Urge state legislators to review arson laws and to seek uniformity. ■

HOUSEBOAT

(Continued from page 8)

driftwood and scraps found floating in the streams, their power was only the current. They were maneuvered by a brawny man with a long stern pole.

But even though they belong to different eras, the shantyboat and the houseboat have a great deal in common. The lifestyle is much the same, the carefree attitude bred by life on the water is an indelible quality. And no matter where you take your houseboating adventure—whether it be the Great Lakes, the Hudson, the Florida Everglades or in Kentucky's bluegrass—you'll find something memorable to cherish for the remainder of your life.

As we subsequently boated on up Lake Powell toward Rainbow Bridge and I watched schools of fish follow in our wake, curious at this subtle craft that had invaded their territory, I felt a warm glow inside, an inner peace that bears kinship to this way of life. As with all of our houseboating adventures, this had become our sea of tranquility, providing escape from a superficial world into one of supreme bliss and quiet solitude. No other endeavor could ever replace it. ■

LODGE VISITS

GRAND EXALTED RULER

LEONARD J. BRISTOL



While visiting Mississippi, GER Leonard Bristol (second from right) joined PGER Edward McCabe (left) in observing the presentation of a truck to Goodwill Industries by Biloxi Lodge. The truck was purchased with funds raised by a lodge sponsored golf tournament, the proceeds of which were contributed to four additional charities. Keys to the vehicle were handed to Brother Emile Fallo (second from left), president of Goodwill Industries' board of directors, by Chm. Billy Lyons (fourth), while ER Donald Marie (third) and Brother Ed Franko looked on.



The Football Hall of Fame was one stop GER Bristol (third from left) made on his trip through Ohio recently. Hall of Fame member Earl Schrieber (left) of North Canton, OH, Lodge conducted a tour of the museum for (from left) Grand Trustee Larry McBee, PSP E. Paul Howard, DDGER Robert Krauth, and PSP Floyd Shambaugh.

G.E.R. LEONARD & GINNY BRISTOL



Greetings were extended to GER Leonard Bristol (left) by Jim Oliver, administrator of the Harry-Anna Crippled Children's Hospital, during the GER's recent visit to Florida. PGER William Wall was also on hand for a tour of the facilities in Umatilla. The hospital is the state major project.

NEWS OF THE LODGES

Working in sub-zero temperatures, Chm. Ray Wharton, Ed McCoy, Est. Lect. Kt. Dan Dvojack, and Est. Lead. Kt. Stan Dornik of Farmington, NM, Lodge loaded 85 hides into trucks for delivery to the tannery. The hide committee's proceeds are donated to the state vets fund, which is used to purchase tanned hides for the veterans hospitals.

Emergency aid was extended by Junction City, KS, Lodge's ER Kenneth Goreham to Bill Ferguson, son of PER Richard Ferguson of Hollywood, FL, Lodge. Bill's car broke down on his way from Colorado to Florida, and finding himself stranded, he got in touch with ER Goreham. The ER retrieved him at 11:30 PM, took him in for the night, and fed him in the morning. Many thanks were extended to ER Goreham for his help.

Two Brothers were praised for their service to Elkdom recently. Centralia, IL, Lodge paid tribute to Bob Bozarth for 35 years of dedication to Elkdom and the community. He received a plaque-clock from the lodge officers and trustees and was applauded by nearly 125 dinner attendants. Twelve PERs of North Miami, FL, Lodge presented a plaque to 13-year Secy. Paul Walborn. The honored officer also received an honorary life membership and the distinction of having a class of initiates named after him.



An El Portal camper and counselor at the beach

One of San Mateo, CA, Lodge's community programs is to help support El Portal Summer Camp for Handicapped Children and Young Adults. About 65 percent of the campers are confined to wheelchairs. Camp activities include swimming, volleyball, beach trips, overnight camp-outs, and handicrafts. The campers spend two weeks at El Portal, where they each have the attention of a volunteer counselor.

Special Elks key chains were awarded to the Traverse City Trojans, the class A state champion football team, and their coach by Traverse City, MI, Lodge. ER Gary Garvin and guest speaker C. T. Hewgley, coach at Michigan State University, addressed the athletes during the occasion, for which Jackson Bensley was appointed master of ceremonies.

Awards acknowledging contributions to the National Foundation were proffered in New Jersey and Florida recently. The Brothers of Bergenfield, NJ, Lodge received an honorary founder's certificate for their donation of \$1,000 to the Foundation. Donations to the Foundation were made by 18 Brothers of Coral Gables, FL, Lodge and by the lodge Elks' ladies.

A local newspaper, the *Daily Midway Driller*, in Taft, CA, devoted a whole issue to the Elks' 111th birthday. Aspects of Elkdom the paper portrayed included involvement in various charities, the "Hoop Shoot" contest, famous members, and a history of the local lodge. The cover featured a picture of Charles Vivian, the order's founder. The paper also ran articles by PGERs Horace Wisely and R. Leonard Bush.

State Association Conventions

State	Place	Date
AK	5/17 thru 5/19	Kenai
AZ	5/10 thru 5/12	Tucson
CA & HI	5/16 thru 5/19	Anaheim
CO	9/6 thru 9/8	Colorado Springs
CT	6/8 thru 6/10	East Hartford
FL	5/17 thru 5/19	Kissimmee
GA	6/7 thru 6/9	Jekyll Island
ID	6/21 thru 6/23	Lewiston
IL	5/18 thru 5/20	Springfield
IN	6/7 thru 6/10	French Lick
IA	5/4 thru 5/6	Sioux City
KS	5/3 thru 5/6	Wichita
KY	5/24 thru 5/26	Princeton
MD, DE & DC	6/29 thru 7/1	Easton, MD
MA	6/8 thru 6/10	Bretton Woods, NH
MI	5/17 thru 5/20	Muskegon
MN	6/21 thru 6/24	Willmar
MS	5/18 thru 5/20	Greenville
MT	7/25 thru 7/28	Butte
NE	5/18 thru 5/20	Ogallala
NV	6/21 thru 6/23	Las Vegas
NH	6/1 thru 6/3	West Lebanon
NJ	6/7 thru 6/10	Wildwood
NY	5/3 thru 5/6	Kiamesha Lake
NC	5/18 thru 5/19	Winston-Salem
ND	6/8 thru 6/11	Bismarck
OR	5/3 thru 5/5	Klamath Falls
PA	6/7 thru 6/10	Philadelphia
RI	6/16 thru 6/17	Providence
SC	6/22 thru 6/24	Rock Hill
SD	6/7 thru 6/9	Aberdeen
TX	6/21 thru 6/23	San Antonio
UT	5/18 thru 5/20	Price
VT	6/15 thru 6/17	Bretton Woods, NH
VA	6/8 thru 6/10	Lynchburg
WA	6/14 thru 6/16	Yakima
WV	8/9 thru 8/11	Princeton
WI	5/4 thru 5/6	Baraboo
WY	5/4 thru 5/6	Sheridan

Plans for the 18th annual Elks National Golf Tournament sponsored by Southern Pines, NC, Lodge were completed recently. In addition to 54 holes played at three different golf courses during the span of the three-day tournament, plans include two 18-hole tournaments for the Elks' ladies and a dance following the presentation of awards.

The charter of Boy Scout Troop No. 50 was presented to Guilderland, NY, Lodge, the troop's sponsor. Brother Bill Friebel, scoutmaster, and his father, Brother Ernest Friebel, institutional representative, offered thanks on behalf of the Scouts to ER Blaise Lambert and the other lodge members.

Old timers were feted on the East and West coasts recently. Ernie Morian of Brookings, OR, Lodge was presented with a pin signifying 75 years as an Elk during a dinner ceremony held in his honor. The Past Exalted Rulers Association of Winter Park, FL, Lodge held a testimonial dinner to honor 90-year-old Brother Sid Hammond. Those attending the affair helped Brother Hammond celebrate his birthday and praised him for his dedication to Elkdom and his lodge.

Past Exalted Rulers Night was held at New Castle, IN, Lodge recently. During the evening 11 candidates, including Alvis Pfenninger and his son David, were introduced to the order. The initiation of the GER Leonard Bristol class was performed by the PERs, one of whom, PER Darrell Judkins, initiated his son Thomas.



OUTER SPACE attire was worn by some guests at Ocean Springs, MS, Lodge's fourth annual Carnival Ball recently. Those who attended the affair donned a variety of costumes. An appearance on a local TV talk show was the result of the success of the outfits.

AN INITIATION ceremony followed the presentation of an Elk of the Year pin and citation to Brother H. L. Curtis (left) of Sherman, TX, Lodge. Jerry Franks (right) and Chm. and Secy. N. E. Guynes congratulated the honored Elk and joined him in welcoming four new Brothers as well as two reinstated members. ▼



DURING Past Exalted Rulers Night held at Glens Falls, NY, Lodge, 68 new members were welcomed to the order. Among the initiates were (from right) Kevin, James, and Robert Prendergast, who were introduced to Elksdom by their father, PER Arthur Prendergast. On hand to participate in the ceremony were 18 PERs.



THE STATE "Hoop Shoot" contestants from Ohio competed at Hayes High School recently. 87,044 youngsters between the ages of 8 and 13 represented 74 lodges. Champions (front row, from left) Janell Behlke, Richie Wells, Amy Smith, James Kearns, Sue Rupp, and Randi Lorensen were congratulated by (back row, from left) State Chm. Michael Mihalick, Trustee Richard Baker, Chap. Jack Flahive, VP David Straight, SP James Ekelberry, District Chm. Donald Hensel, and Regional Chm. Rollie Morgan.

THE FIRST Eagle Scout to be honored by Jupiter, FL, Lodge received a framed award from the Brothers recently. (From left) Roger Eric Horne thanked Treas. Tom Nichols, Est. Lect. Kt. Pat Patchin, Est. Loyal Kt. Bob Smith, and ER Ralph Denton for the recognition. ER Denton also presented the honored Scout with a GER Achievement Award lapel pin.



A TOTAL of \$107,236.88 was contributed to the National Foundation during a meeting of California-Hawaii Brothers held in Palm Springs, CA, recently. PGER Horace Wisely (right), state sponsor, was on hand to congratulate State Chm. Herb Kittredge (left), VP Lewis Johnson (center), and SP Robert Robb for the success of the fund-raising efforts.

IN SUPPORT of the CPR training program, Hagerstown, MD, Lodge contributed seven training kits to the area's rescue squads. The kits included seven 16mm sound projectors, screens, and copies of training films and 16 manikins. On behalf of the rescue squads, William Ryan presented a plaque of appreciation and offered thanks to ER Thomas Crosswhite and PER Lawrence Tosten.



THE FIRST two Brothers of Skowhegan-Madison, ME, Lodge to become honorary founders of the National Foundation were honored recently. PER and Chm. Maroon Nemer (left) and ER Robert Smith (right) presented the certificates to (from left) Brother Delmont Fletcher and PER Harold Tewksbury.



A STANDING ovation was given to PER Jay Hazlett (left) by Huntingdon, PA, Lodge for his performance as ER during Past Exalted Rulers Night held recently. ER Stewart Kurtz congratulated the 87-year-old Elk, who was also voted an honorary life member.



A MICHIGAN state flag was contributed by Mark Siljander (center), state representative, to Sturgis, MI, Brothers recently. The flag, which flew over the state capitol in Lansing, will be displayed in the lodge's Heritage Corner. As a token of thanks (from left) Esq. Richard Holtz, In. Gd. Reggie Chorpensing, Est. Lect. Kt. and Chm. Jerry Baker, ER Gene Adams, Tiler Joseph Hofmann, and Est. Loyal Kt. and Co-chm. Brenn Arklie presented Mr. Siljander with a silver dollar money clip.



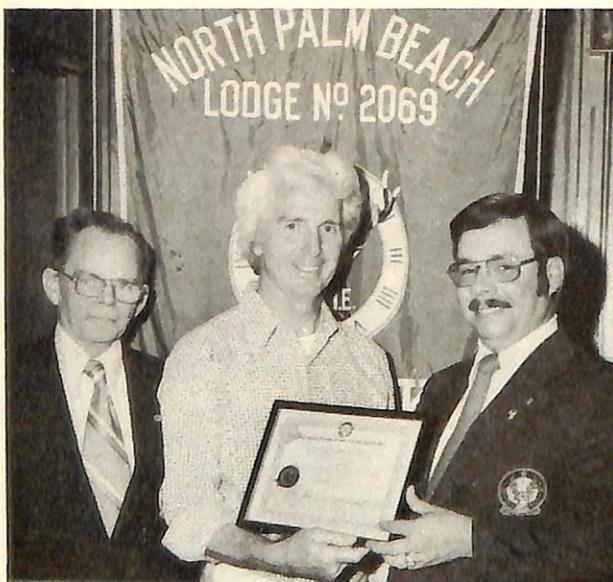
A STATEWIDE contest to raffle off a new home was started by the Massachusetts Elks Association in order to raise funds for the state's handicapped children. Free labor and materials were pledged for the home's construction. Joining Brother Jim Carvahlo, contest initiator, to display the project's emblem were Cambridge Brothers and city officials, including ER Michael Kapopoulos and Mayor Thomas Danehy.



NEW JERSEY Brothers held their Crippled Children's Poster Contest recently. Edward Van Vooren (right), major projects chairman, and Co-chm. Marty Mundy (left) thanked (from left) Natilie Houser, Jo Barnera, and Bob Kurowsky for judging the submissions. Savings bonds were awarded to the youths who composed the winning posters.



A TOTAL of 289 Oceanside, CA, Brothers, Elks' ladies, and friends witnessed the presentation of DDGER jewels of office to Paul Beck (left), who held the post in 1946-1947. The 33-year-late ceremony took place during the lodge's Paul Beck night. ER Edward Novak (center) presented the jewels, while PER Ambris Veteto (right) served as master of ceremonies and DDGER Leo Kreinbuhl as chairman.



IN SUPPORT of Florida's major project, Brother Gus Arnold (center) of North Palm Beach, FL, Lodge purchased a \$1,000 "M" Series certificate and pledged an investment of \$500 for a "D" certificate. Thanking Brother Arnold for his donations to the Florida Harry-Anna Crippled Children's Hospital were Chm. Andrew Jackman (left) and ER William Beyea.



AN IBM electric typewriter was contributed by Homestead, PA, Lodge to 6-year-old Anthony Nassida (seated), who has cerebral palsy. A special adapter attached to the typewriter facilitates Anthony's writing ability. ER John Donahue and CP Chm. Gene Barry looked on as the youngster tested the gift.



• Your article on The Elks National Memorial Building in the March issue was excellent. However, you failed to indicate the street address of the edifice. During a visit to Chicago, I discovered that there are many persons in that city who do not know the location of our beautiful Memorial Building. By the way, I'm proud to be an Elk for over 60 years.

Lester W. Morrell
Rome, NY

The Elks National Memorial Building is located at 2750 N. Lakeview Avenue, Chicago, IL.

• I saw your article, "Drive for Miles . . . and Miles . . ." in the February issue, and I thought you would like to know that I have a 1966 Chevrolet-6 with 385,000 miles on it. I've used nothing but 10W40 Quaker State Motor Oil, changed the oil and filter every 2,000 miles, along with a grease job, and the car still runs good.

C. Pults
Horton, KS

• I enjoy reading your many different and interesting articles—but I wish to correct Mr. Wayne T. Walker. In "Soccer: Will It Become Another Major American Sport?" (February, 1979), he stated that Pele and the Cosmos beat the Seattle Sounders 2-1 in Seattle to win the 1977 NASL Soccer Bowl. Not true. The Cosmos did beat the Sounders by that score, but the game was played in Portland, Oregon—Soccer City, USA!

H. Patrick Murphy
Oregon City, OR

• When I read "Medicine and You," by Larry Holden in the January issue on arthritis, I decided to write you about the simple cure that I discovered for osteoarthritis and bursitis. My work forced me to eat in cafeterias where most of the cooking was done in deep fat. In order to prevent ulcers I started drinking apple juice, a glass every morning. After a few weeks I noticed that the pain I used to have in my arm during damp and rainy weather had disappeared. I thought then that apple juice could cure arthritis.

I am retired, 83 years of age, and decided I had better get this news to my fellow Elks before I cross the Jordan.

William F. Pillion
Hyannis, MA

• I found the article on Bruce James Allen, the former Elks National Foundation Winner (February, 1979), to be most interesting. Anything we can do to encourage our youth to achieve the goals they're capable of is worth the effort.

Arthur J. Capriotti
Fremont, CA

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by Frank Thistle

The secrets of coping with

Stress—it's what makes some people tick and gives others heart attacks. It affects everyone at one time or another and, unfortunately, seems to stalk certain individuals through most of their lives. It can inflict on its victims the pain of stomach ulcers, bowel irritations and heart attacks. In some instances, it can trigger death.

A certain amount of stress may be good for you, but its inherent dangers for the potential heart disease victim are many. Stress is a major risk factor in coronary heart disease. Stress increases the frequency of the heartbeat. The heart muscle, beating faster, needs more oxygenated blood which it cannot get because the coronary arteries are narrowed. With time, the heart muscle supplied by the narrowed arteries may become paralyzed and stop contracting. The patient has angina over the next few hours (or days), part of the heart muscle may then die, and the person has a heart attack.

Like alcoholism, stress has come out of the closet, so to speak, in recent years. It is no longer a private problem. Now the company cares. Memorandums on stress are circulating, personnel directors are talking about "TM" and "relaxation-response," and companies are beefing up their medical counseling staffs.

What's behind this benevolence?

Among other things, this is an era of corporate social responsibility, of corporate accountability to the public and to executives quitting their jobs in mid-career and running off to farms in Vermont. The ranks of American workers are increasingly being filled by graduates of the '60s who were taught to care more about the quality of their lives than were their predecessors.

Whether corporate concern over employee stress is a new kind of paternalism developed in response to these trends is not clear. What is clear is that stress has moved from the nether world of "emotional problems" and "personality conflicts" to the corporate balance sheet. The cause, directly or indirectly, of more than half the medical problems company doctors have to treat, stress is seen as not only troublesome but expensive.

The human cost of stress has been acknowledged for a long time, at least



since the '30s and '40s when American industry was hit by an epidemic of executives dying of heart disease. Since then stress has been linked to hypertension, coronary disease, migraine and tension headaches, peptic ulcers, renal disease and asthma.

Businessmen today are realizing that stress can also lead to low productivity, absenteeism, hospitalization for disease and premature death—all of which cost money.

The attempts by companies to combat stress have been eclectic, ranging from mountain climbing to meditation. Corporations have been eager to adopt some of the tranquilizers of the counter-culture, and the entrepreneurs of the counter-culture have been eager to accommodate them, tailoring their techniques to corporate purposes where necessary.

Fifteen firms in New York City, including Mobil, Exxon, Chase Manhattan Bank and Time, Inc., have a cardiovascular fitness exercise program for employees which costs \$500 a year per person. Industrial health clinics, like those of the Life Extension Institute, which has contracts with 1,600 companies, report that their "troubled employee programs" for singling out stress-prone executives are among their most popular services.

The Center for Applied Behavioral Sciences in Topeka, Kansas, gives seminars in which executives are taught how to solve personal problems, how to relax and how to cope with "mid-life crisis." Five years ago the center gave only three seminars a year. Now there is enough demand among its 1,200 clients for 50 seminars a year, at a cost between \$1,200 and \$1,500 per executive.

Stress invades the life of nearly everyone, and the thing to do is to learn to cope with it. Psychologists Suzanne Kobasa and Salvatore Maddi of the University of Chicago's Department of Behavioral Sciences, say that stress is inevitable; and rather than try to escape it, they say, people should develop techniques to cope with it and perhaps even take advantage of it.

"Some people handle stress very well," Ms. Kobasa says. "They avoid ulcers, heart attacks, insomnia, nervousness and other signs of stress. The no-

tion we have to run away from stress is very distressful to me."

To find out how people coexist with stress with harmful effects and in some cases thrive on it, Ms. Kobasa and Maddi studied 837 middle and upper level male executives in a large utility company. They discovered that some business executives—they call them "hardy executives"—successfully cope with stress without suffering such side effects as high blood pressure, ulcers and heart attacks. The researchers claim that three personality traits differentiate hardy executives from those who become ill under stress.

The hardy executive has a commitment to life and a desire to continue grappling with problems and setbacks, with an ability to recognize one's distinctive values, goals and priorities. The same type of executive has control over what occurs in his life and both can and will choose among various courses of action to defuse the stressful events.

Highly stressed executives who fall ill consider the world worthless, feel overwhelmed and powerless to cope and have an aversion to change, perceiving security as the status quo, they said.

"Some stress cannot be avoided," Ms. Kobasa said, "such as a parent dying or a job transfer. People who adopt the 'hardy executive' approach to stress—no matter what their occupation—will be the better for it."

Possibly the world's foremost expert on stress is Dr. Hans Selye, head of the University of Montreal's Institute of Experimental Medicine and Surgery since 1945. Selye published the first medical paper on the subject of stress in 1950.

Last year more than one million Americans died of heart disease. We asked Dr. Selye how many of these deaths could be attributed to stress.

"It's still a matter of guesswork," he said. "I won't argue with those who say diet, genetic makeup and exercise are important. Of course they are. What makes stress an increasingly critical factor, however, is the alarming jump in coronaries among men in middle years. Today the chances of a man under 60 having a heart attack are one in five, and the odds are much worse for a person in a pressure-ridden job."

According to Dr. Selye, asthma, rheu-

Stress

matoid arthritis, migraines, high blood pressure, ulcerative colitis and peptic ulcers have long been strongly linked to stress—not to mention accidents. People under stress are more accident-prone. There is also evidence that localized stress (constant irritation of a certain part of the body) plays a part in cancer.

Asked how stress can be combatted, Dr. Selye said: "Before you can combat something, you've got to know what it is. Despite what most laymen and even many scientists think, stress is not merely nervous tension—nor is it inherently bad. The mother who is told that her only son had died in battle suffers a terrible mental shock. If it turns out the news was false and he walks through the front door unexpectedly, the physical impact may be exactly the same. A businessman who is under constant pressure from his boss and clients, an air traffic controller who knows that a moment's distraction could mean death to hundreds, a symphony conductor in the midst of a performance, an assembly line worker turning the same screw day in and day out—all are subjected to entirely different kinds of stress. Yet they may all experience the same physiological effects."

Dr. Selye developed a theory explaining the body's reaction to stress which is considered a landmark medical concept.

"Briefly, alarm is the first reaction, followed by a quick mobilization of the body's defenses. Trouble arises when stress is prolonged, say in a high-pressure executive position. Then the individual's natural reserve of adaptation energy is depleted. The results, over the long run, will be disease, aging and, ultimately, death."

In his best-selling book, *Stress Without Distress*, Dr. Selye preaches "altru-

istic egotism" as the way to survive the stress of modern society. Explaining this concept, he says:

"The notion that one should 'love thy neighbor as thyself' is admirable and has done a great deal of good for mankind. But such behavior defies all known biological laws. Man is egotistic, as all cells are. The frustrations of life are just too great for people to be burdened with *mea culpa*. If the big fish eats the little fish in order to survive, you can't blame the big fish. By the same token, a person—particularly a young person—must make his choices according to what is best for him—not his mother, his peers, or even society—but *him*. Taken far enough, egotism leads to altruism, because it often is in one's self-interest to show goodwill to others."

Contrary to popular belief, stress can hit women as well as men.

Says Dr. James Kent, vice president of the Life Extension Institute in Manhattan: "We used to think of stress-related illness as a male executive problem. Now we know women in executive jobs are as likely as men to suffer physical symptoms related to emotional stress. We're seeing women with hypertension, gastrointestinal problems, depression, anxiety, migraine headaches and chronic backaches—all the symptoms we've been seeing in male executives."

"We've been giving male and female executives identical tests and we're seeing the same results. Stress is an individual problem, not a sexual one. We just didn't test many women in the past, because so few were in executive positions. We can all practice preventive medicine by learning to cope with tension before it makes us sick. And prevention is so much better than waiting until a cure is necessary. The first step is to recognize what pressure is doing to you."

"Every male and every female has a certain level of stress which he or she can tolerate. And every individual has

a way of reacting to stress once it goes over that certain level. So the first step is to be aware of the level of stress you can tolerate, what the physical symptom is once you go over that level, and what kind of stress produces that symptom.

"Popping pills won't help if you have stress-related symptoms," Dr. Kent said. "Pills just cover up the symptom. They do nothing for the cause. You will still not have learned to cope with the stress in your life."

"The third thing is learning to turn off our own reactions to pressure—or turn harmful reactions into favorable ones. There are various ways to do this—and whatever works for you is fine. A clinical psychologist may be able to help, relaxation therapy, Yoga, meditation, bio-feedback—anything that teaches you to turn off the stress reaction. The important thing is to find what works for you, then practice it faithfully. Know yourself, before the pain comes."

In her book, *Can You Live To Be 100?*, Diana S. Woodruff substantiates Dr. Kent's viewpoint that employing various relaxation techniques is essential to coping with stress. As we have pointed out, there are a number of ways to cope with stress. For one thing, it is important to keep yourself in good physical shape. We all know that worries which seem overwhelming when we are hungry or tired appear much more surmountable after we have eaten or slept. Proper diet, exercise and sleep protect against vulnerability to stress. In modern society, the place of change and its resultant stress has been accelerated. While life change is something we cannot and should not avoid, we should attempt to manage our lives in such a way as to minimize the number of changes occurring all at once.

"A very important response to learn in the face of stress is to relax," says Ms. Woodruff. "If you can condition your body to unlearn the 'fight or flight' response of mobilization (the racing

FIRST PLACE WINNERS of the Elks National "Hoop Shoot" Free Throw Contest 1979 are:

Age 8-9

Julie Fray
David Collins

Home Town

Jamestown, California
North Miami, Florida

Sponsoring Lodge

Sonora No. 1587
North Miami No. 1835

Age 10-11

Jaquelyn Finley
John Barnhorst

Nortonville, Kentucky
Rudyard, Montana

Madisonville No. 738
Havre No. 1201

Age 12-13

Kelly Lane
John Durden

Vincennes, Indiana
Hopkinsville, Kentucky

Vincennes No. 291
Hopkinsville No. 545

Photo coverage of the 1979 "Hoop Shoot" Contest will appear in the June issue.

pulse, the sweaty palms, the tenseness in the back and neck muscles) and instead respond with relaxation to stressful events, you will save years of wear and tear."

She recommends the following to beat stress: First of all, get rid of tight clothes, your watch, even your glasses. Sit on the edge of a straight chair with your knees about 12 inches apart and your legs slanting forward. First sit up very straight. Then let yourself collapse like a rag doll. Your head should hang forward, your spine should be rounded and your hands should rest on your knees.

Once you are comfortable, start talking to yourself, saying, "My right arm is heavy, my right arm is heavy..." Concentrate on your arm from the tips of your fingers to your armpit and repeat the words for about 20 seconds. When your arm is really heavy, make a fist, flex your arm, take a deep breath and open your eyes. Repeat the whole procedure three or four times a day—it only takes 30 seconds—and work at it until you are really successful in making your right arm feel very heavy. After you can control your right arm in this manner, work on your left arm, on your right and left leg, and on your head, neck and torso until you can relax in this manner from head to toe.

Says Ms. Woodruff: "Another type of relaxation exercise involves breathing. Lie on your back on the floor with a pillow under your head. Your knees should be bent, with your feet on the floor about eight inches apart. Make sure that your spine is straight. Put one hand on your stomach and the other on your chest. Take deep breaths into your stomach and feel it rise. Your chest should hardly move at all.

"Do this until it becomes easy. Then do the following: smile slightly, breathe in through your nose and out through your mouth, blowing with a slight whistling sound, like the wind. Your jaw, tongue and mouth should be dropped slightly and relaxed. Think about the sound and the feeling of the breathing, taking long, slow breaths which make your stomach move. Do this for five to ten minutes at a time."

In addition to physical exercises, you may want to meditate for 15 or 20 minutes a day as a form of relaxing your mind. One way to do this is to chant to yourself. Choose a word that is pleasant, like "peace" or "love" and say it first out loud so that you can hear it and then mentally to yourself. Sit and listen to the mental repetition of the chant, and when your mind starts to wander to other thoughts, gently bring it back to the chant. You may not notice any effect for several weeks, but if you stay with meditation for several months, the results may surprise you.

Dr. Herbert Benson is another advocate of daily relaxation to cope with stress. He says the businessman might feel better, be happier, and live a lot longer if he took a relaxation break every day instead of a coffee break. Dr. Benson is an associate professor of medicine at the Harvard Medical School. His field is cardiology and he has been a consultant to the National Institute of Mental Health.

"Upwards of 23 million, and possibly as many as 44 million, American adults suffer from some degree of high blood pressure," he says. "And this hypertension may be the most important factor predisposing adults to heart attack and stroke, responsible for more than 50%

of the deaths each year. The high pressure life most of us live is only going to get worse as the complexities of modern society proliferate. The decisions will be more difficult, the pace faster. This increasing stress may be one reason that heart diseases appear to be attacking Americans at younger and younger ages. One thing is sure: if you can't do anything about the stressful life you lead, you had better do something to alleviate the damages."

Dr. Benson, like all the authorities we have cited, urges a daily relaxation break. He says the procedure is no panacea and no substitute for a physician's care—when an individual has a
(Continued on page 29)

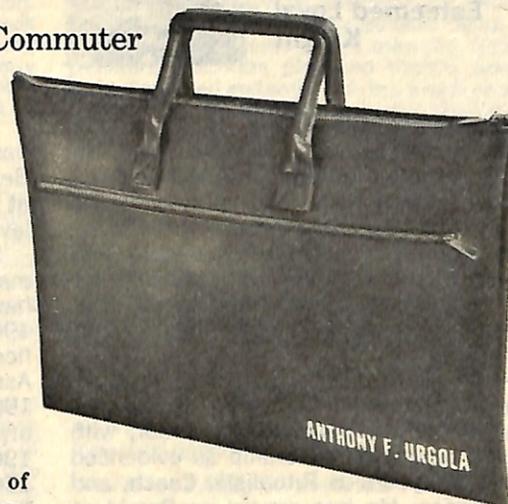
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Candidates For Grand Lodge Office

**Ely, NV,
Lodge Presents
Art M. Olson
for Grand
Esteemed Loyal
Knight**



Whereas: Brother Art M. Olson has been a member of Ely, Nevada Lodge, No. 1469 since his initiation in 1959, and has served actively with honor and distinction for over 20 years; and

Whereas: He was elected Exalted Ruler in 1966 and served an unprecedented two full consecutive terms, and was granted an honorary life membership by his lodge; and

Whereas: Brother Olson has displayed continued interest in Elkdom, and devotion to the principles of our Order, with proven ability of leadership as evidenced by his ten years as Ritualistic Coach; and

Whereas: He has served as President of the Nevada State Elks Association and Secretary of that organization, and is presently serving as Chairman of the Advisory Board of Past State Presidents; and

Whereas: Brother Olson has served the Grand Lodge as District Deputy and as a member of the Committee on Credentials for three years; and

Whereas: He has shared of his time and talent on behalf of his community as Chairman of the United Way, Chairman of the Municipal Water Board of the city of Ely, Chairman of the Governing Board of the County Development Corporation, Director of the Chamber of Commerce, Secretary of the Ely Lions Club for the past 18 years, and was honored by his profession as a recipient of the "Bowl of Hygea Award for Outstanding Community Service in Pharmacy" by the Nevada Pharmaceutical Association;

Now therefore be it resolved that Ely, Nevada, Lodge No. 1469 is greatly honored and privileged to present the name of Art M. Olson to the Grand Lodge Convention to be held in Dallas, Texas in July, 1979, as a candidate for election to the office of Grand Esteemed Loyal Knight of the Benevolent and Protective Order of Elks.

Asay B. Johnson, Exalted Ruler
John S. Lampros, Secretary

**Portsmouth, NH,
Lodge Presents
Ronald E. Simpson
for Grand Inner
Guard**



Whereas: Brother Ronald E. Simpson has faithfully and honorably served the Benevolent and Protective Order of Elks at Lodge, District, State and Grand Lodge levels for the past 21 years; and

Whereas: He is an honorary life member of Portsmouth Lodge No. 97, having served as its Exalted Ruler in 1961-62. He has served all elective offices in the New Hampshire State Elks Association, serving as State President in 1966-67. He also served as District Deputy Grand Exalted Ruler from 1967 to 1968. He served 5 years as Trustee from 1967 to 1972. He served as Secretary-Treasurer of the New England Interstate Relations Committee from 1973 to 1975. He was one of the first three Elks from New Hampshire to be certified as a judge in the ritualistic contests held on the national level; and

Whereas: He has further distinguished himself as a member of the Grand Lodge New Lodge Committee from 1971 to 1974 and has been the New Hampshire coordinator for New England Elks Convention Tours since 1962. He served as Chairman of the State Youth Activities Committee and was instrumental in laying the groundwork for the state's major project for underprivileged children. He served four years as Special Deputy Grand Exalted Ruler from 1975 to 1979; and

Whereas: Brother Simpson is a successful businessman and has been a civic leader in his community for over 40 years, having contributed generously of his time and talents in various activities in the city of Portsmouth. He has been a member of the Chamber of Commerce for over 30 years and has served on the committee for Military Affairs. For the past 5 years he has been a member of the City Planning Board of Adjustment;

Now therefore be it resolved that the Officers and Members of Portsmouth Lodge No. 97 are privileged and honored

to present to the Grand Lodge Convention to be held in Dallas, Texas in July, 1979, the name of Ronald E. Simpson as a candidate for election to the office of Grand Inner Guard of the Benevolent and Protective Order of Elks of the United States of America.

James L. Colbert, Exalted Ruler
Ralph Martell, Secretary

**Anaconda, MT,
Lodge Presents
Frank A. Dorlarque
for Grand
Esteemed Leading
Knight**



Whereas: Brother Frank A. Dorlarque has served Anaconda Lodge No. 239 for 25 years as chair officer, as Exalted Ruler in 1963-64, and in many other capacities, all with honor and distinction; and

Whereas: Brother Dorlarque has been active in the Montana State Elks Association as 2nd Vice President, 1st Vice President, and as President in 1974-75; has twice served as state Ritualistic Chairman; has been a certified Ritual Judge for 12 years; has been district Ritual Judge on several events, and has served as coach of the Anaconda Lodge No. 239 Ritualistic Team for several years. He served on three state Bowling committees, and was General Co-Chairman of the State Association Midwinter Meeting held at Anaconda, MT, in January of 1979, and has served on a number of other state committees; and

Whereas: He has further distinguished himself by serving as District Deputy Grand Exalted Ruler for the Montana West District in 1966-67, and has been instrumental in assisting in the promotion of new lodges in Montana;

Now therefore be it resolved that Anaconda Lodge No. 239 is honored and privileged to present to the Grand Lodge Convention to be held in Dallas, Texas in July, 1979, the name of Frank A. Dorlarque as a candidate for election to the office of Grand Esteemed Leading Knight of the Benevolent and Protective Order of Elks of the United States of America.

Merle Drake, Exalted Ruler
Michael J. Lacey, Secretary

Lakeview, OR,
Lodge Presents
Elmo M. Angele
for Grand
Esteemed Lecturing
Knight



Whereas: Brother Elmo M. Angele, in over 39 years of continuous membership, has served Lakeview, Oregon, Lodge No. 1536 as Chair Officer, Exalted Ruler in 1944-1945, Trustee, and Chairman or as a member of numerous committees, and was presented with an honorary life membership in 1970; and

Whereas: Brother Angele has served his state association as President in 1949-1950 and served as District Deputy Grand Exalted Ruler the following year; and

Whereas: He served with the Grand Lodge Ritualistic Committee for two years, on the Grand Lodge New Lodge Committee for one year and then served as Special Deputy Grand Exalted Ruler for seven years; and

Whereas: Through the years he has had the privilege of helping to organize and/or to institute 23 new lodges in the state of Oregon;

Now therefore be it resolved that Lakeview Lodge No. 1536 is honored and privileged to present the name of Elmo M. Angele as a candidate for election to the office of Grand Esteemed Lecturing Knight of the Benevolent and Protective Order of Elks.

Nicholas R. Lezoche, Exalted Ruler
Wayne Vincent, Secretary

Muscatine, IA,
Lodge Presents
Wendell G. White
for Grand Tiler



Whereas: Brother Wendell G. White, in 35 years of continuous membership, has served the Benevolent and Protective Order of Elks with honor and distinction at the levels of his local lodge, the Iowa Elks Association, and the Grand Lodge of the Order; and

Whereas: He has served his lodge No. 304 as Exalted Ruler in 1959; and in the next consecutive 20 years he served as President of the Iowa Elks Association in 1965, District Deputy Grand Exalted Ruler in 1959-1960, served 2 years on the Grand Lodge Americanism Committee, and in the past 8 years he has served as Special Deputy Grand Exalted Ruler for the state of Iowa;

Now therefore be it resolved that Muscatine Lodge No. 304 is honored and privileged to present to the Grand Lodge Convention to be held in Dallas, Texas in July, 1979, the name of Wendell G. White as a candidate for election to the office of Grand Tiler of the Benevolent and Protective Order of Elks.

Dennis Chartier, Exalted Ruler
Sanford H. Schmalz, Secretary

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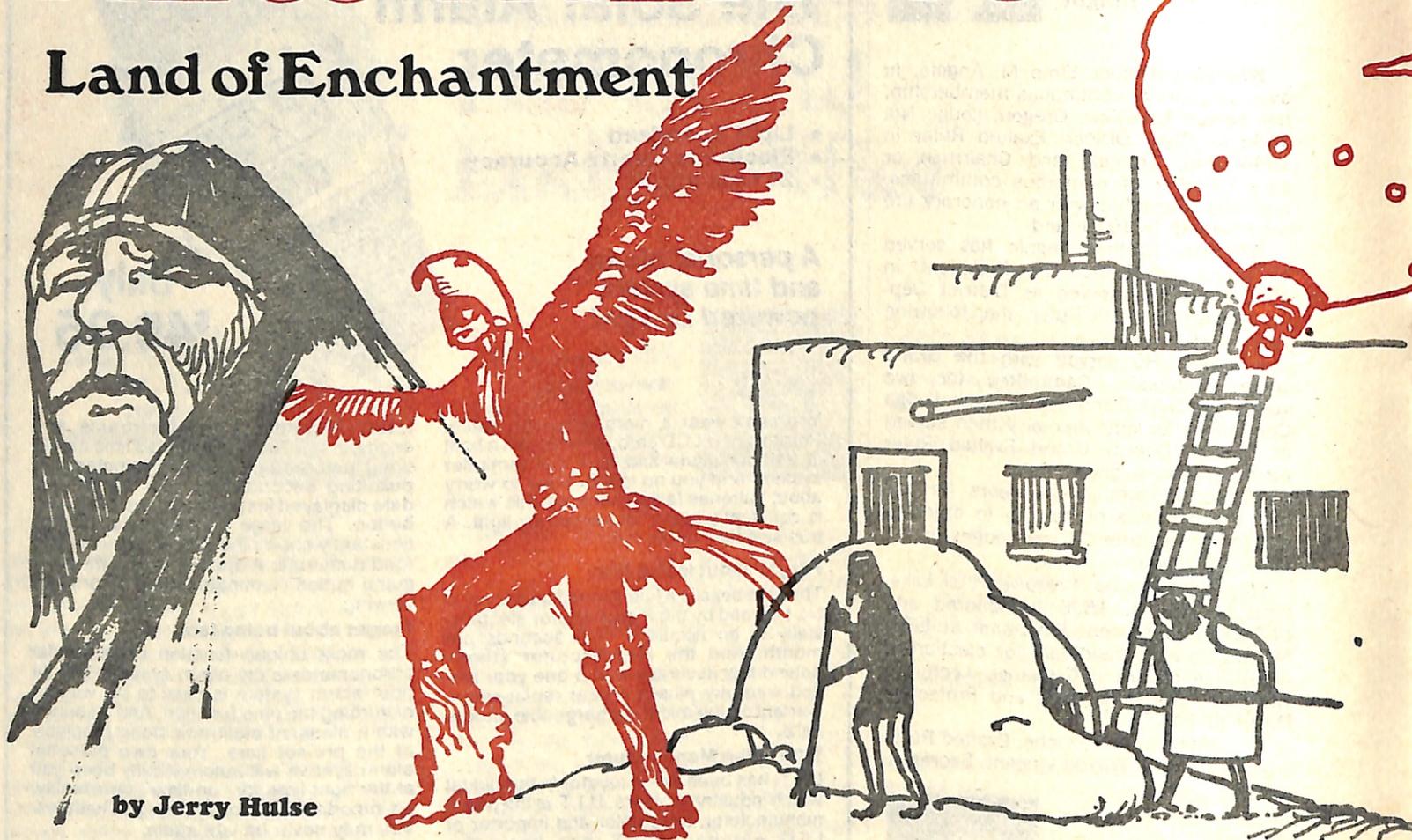
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NEW MEXICO:

Land of Enchantment



by Jerry Hulse

They call New Mexico the *Land of Enchantment*, and it is. New Mexico is a tranquilizer, peaceful beyond description—save for the cry of the wind or the howl of a distant coyote. Hawks wheel lazily overhead and roadrunners scatter across empty tablelands; and during springtime the cottonwoods leaf out again and the Rio Grande spills forth with a vengeance.

There's action as well, particularly in Albuquerque, and even to a degree in Santa Fe, the village that's crowded with pueblo-style adobes and Spanish colonial buildings. Santa Fe is widely known as "the most charming settlement in the American Southwest." Artists gather for lunch in a century-old hacienda and tourists stroll streets dating from the arrival of the Spanish. It was peaceful when I arrived last autumn—peaceful with a slight chill in the air and plumes of smoke curling from chimneys....

An afternoon breeze whispered through the cottonwoods, carrying with it the sweet scent of sage and pine. The clear air was refreshing, just as were the sunsets and the Sangre de Cristo

Mountains and endlessly blue skies.

If one can overlook the Hilton Inn and a supermarket here and there, it's possible still to succumb to the charms of this ancient town. Multitudes have.

Santa Fe is a gathering together of pueblo-style adobes and Spanish colonial buildings that surround a peaceful old plaza. Even the Safeway and Chevron station look as if they'd been created by the hands of Navajo Indians.

It's the same with La Fonda and the Inn at Loretto and La Posada, the latter a favorite of playwright Neil Simon. Whenever the urge to escape the real world overtakes him, Simon retires to one of the old adobes with its deep-welled windows. Later with the chill of evening, he touches a match to bits of kindling in the beehive fireplace, and soon the sweet scent of pinon logs fills the night air.

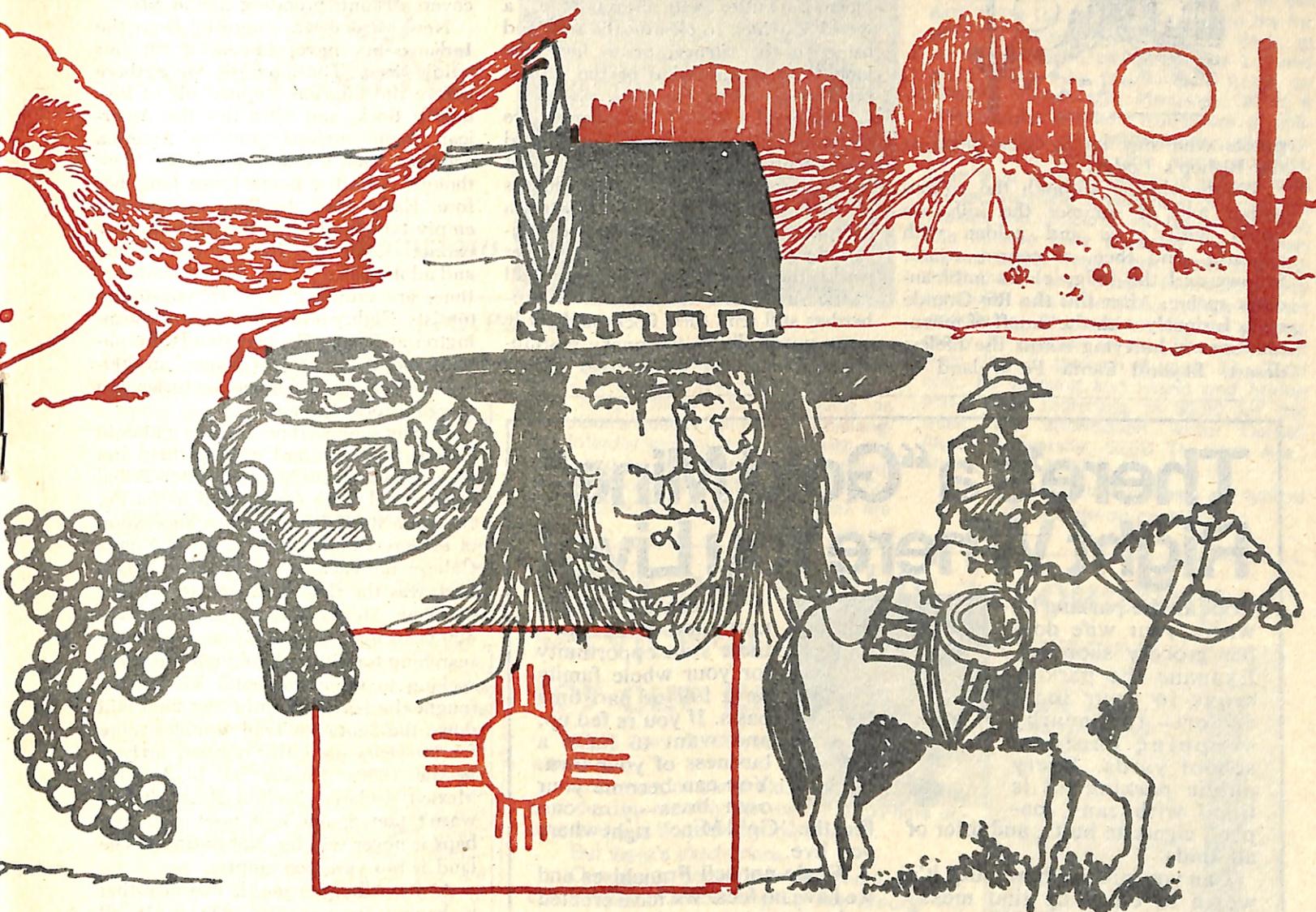
While Santa Fe is a town that's unique in America, still it faces the threat of being overrun by outsiders. During summer visitors choke its narrow streets with their campers and cars. Hotels and inns run close to 100 percent

occupancy. And the residents—well, some just run, leaving home until sanity returns at summer's end.

At 7,000 feet, the oldest and highest capital in the U.S. is turning into a Disney World of sorts. In the beginning outsiders came to study its historical attractions: the Plaza and the Palace of the Governors, the nation's oldest church, its oldest house, the museums. They strolled beneath the portals of the Palace of the Governors to barter with Indians. And later they looked in on the galleries and studios along Canyon Road.

During the city's 340-year history, the Palace of the Governors was occupied by the Spanish, Indian insurrectionists, Mexicans and the invading Texas Army of the Confederacy. Now during summer months it appears to be occupied exclusively by tourists, whose sole purpose seems to be to bid for turquoise jewelry, pottery, rugs and other crafts sold on the sidewalks.

Beyond the historical center of the city condominiums are on the rise. Some fail to fit the pattern. Santa Fe has pleaded for a continuation of the old



pueblo and Spanish colonial style buildings, but insensitive builders are getting in their licks.

Santa Fe's watchdog is the Old Santa Fe Association, whose aims are "to preserve and maintain the ancient landmarks of Old Santa Fe, to guide its growth and development in such a way as to sacrifice as little as possible of that unique charm, born of age, tradition and environment which are the priceless assets and heritage of Old Santa Fe." Mary Kay McCulloch, a striking blonde who works for the association, confessed it's a "constant, ongoing fight."

Recently the association traded blows with a condominium developer. Before this it waged an unsuccessful battle with a businessman over an historic building which he tore down to make way for a parking lot. Earlier, members lost a round with the federal government over the old post office. And it was with more than a little irony that simultaneously the association lost its tax exempt status as well.

Growth goes on.

In the 13 years since Mary Kay Mc-

Culloch moved to Santa Fe the population has doubled to 50,000. The town spreads and, of course, the face of the village begins to change.

Meanwhile, though, the tourist explosion continues. Visitors are attracted to summer opera and moonlight concerts, as well as the historic town center itself. Because of summer's huge crowds, Santa Fe's famous fiesta was moved ahead from Labor Day weekend to mid-September. Residents had grown weary of visitors sleeping in their cars and on lawns and leaving behind streets filled with litter.

Artist Ford Ruhling grew up in Santa Fe. Now 45, he would gladly see zero growth. He resents the "arrogant disrespect" for the land as well as the traffic congestion, the modern supermarkets.

"Everybody used to know everybody else," he says wistfully. . . . "but of course that was a long time ago."

A guest interrupted. "Well, the sky is still beautiful."

He nodded. "Yes, and the mountains. . . ."

A few years ago Santa Fe was over-

run with hippies. Now they're nearly all gone.

"They couldn't take our winters," Ruhling said.

The winters are long and bitter. This alone could be Santa Fe's salvation. As a home to writers, painters and musicians, it is the cultural capital of the old Southwest, and so the art colony finds solace in winter's long, gray days. Occasionally they gather at The Compound, a century-old hacienda with a tree-shaded patio and a garden that is scrupulously manicured. Rose petals float in an ancient fountain and fine wines are poured for guests.

Outside town, the Bishop's Lodge draws the affluent visitor with its old-world ambience. This 1,000-acre ranch resort was once the private retreat of Archbishop Lamy, immortalized in Willa Cather's novel, *Death Comes for the Archbishop*. It is elegant without being ostentatious, casual without losing its appeal. Trees planted by Franciscan fathers during the early 16th century still bloom, still bear fruit. And the chapel built by Archbishop Lamy remains, used frequently for weddings by



guests who stay on to honeymoon at the Bishop's Lodge.

Winds whisper through the cottonwoods and in summer the hills are green with grass and golden with chamisa. And then, of course, winter follows and the lodge closes until another spring. After this the Rio Grande spills furiously with the runoff of mountain snows, hurrying across the lifeless desert. Beyond Santa Fe a land of

cathedral-like silence exists—lonely tablelands, buttes and mesas. It is a world in which to cleanse the soul and listen to the silence, or to hear the lonely cry of the wind or the distant howl of a coyote.

Within the state's boundaries are more than a dozen national forests and monuments, nine state parks, scores of Indian reservations and pueblos, dozens of ghost towns and forts. Only when a jet spreads its contrail against the flawless sky are you reminded of the other world—the crowded world of smog and traffic and other frustrations. Sheepherders still tend their flocks and cattle graze peacefully in the smoky pasturelands. Clumps of pinon trees spread

themselves across the prairie and snow covers distant, brooding mountains.

New Mexico was captured from the Indians, but never tamed; it remains wildly free. The Spanish were there before the Pilgrims stepped off at Plymouth Rock, and after this the American Army arrived, and so America acquired itself a brand new state. Man, though, found a home there long before. Early cave dwellers roamed the empty tablelands, hunting animals now extinct. Later the Indians built stone and adobe cities which, during summertime, are crowded with camera-toting tourists. Eighty miles southeast of Farmington at Chaco Canyon stands the nation's oldest "apartment house," an 800-room dwelling, the home centuries ago of prehistoric Indians.

During summertime, Indians gather in Gallup to dance and display their arts and crafts at New Mexico's Inter-Tribal Ceremonial. Like Gallup and Santa Fe, the state itself has known a succession of explorers and invaders. Alvar Nunez Cabeza de Vaca, a shipwrecked Spaniard, was the first European to set foot on New Mexico soil, this more than 400 years ago. After this came explorers searching for cities of gold and invaders seeking to tame the land. Kit Carson fought the Navajos, and other men laid down the Santa Fe Trail, a major route for 60 years until the railroad arrived in the 1880s. Finally, in 1912, New Mexico declared itself a state. Still it wasn't tamed, nor is it now, and perhaps it never will be. Not entirely. The land is too vast, too empty.

As for Albuquerque, it is a city that is having its ups and downs. It all started innocently enough several years ago when Sid Cutter of Cutter Flying Service held a blowout to celebrate 42 years in the airplane business. Looking around for an unusual attention-getter, Cutter came up with the idea of displaying a hot-air balloon. It turned out to be a real party. One that went on for a couple of days. When it was over, Albuquerque had acquired a new sport, hot-air ballooning. Indeed, today it is the Hot-Air Balloon Capital of the World.

But back for a moment to Cutter's party. At one point he stepped into the balloon's gondola. It seemed innocent enough. The thing was tethered to the ground. Then Cutter got up his nerve and rode the balloon up as far as the ropes would permit. But then someone cut the ropes.

"Oh, m'gosh," Cutter muttered as the balloon lifted off the ground.

Admittedly he was scared—and for good reason. He'd never flown this way in his life. Ever. And right now his life depended on playing it cool in this runaway hot-air balloon. Was Lind-

(Continued on page 34)

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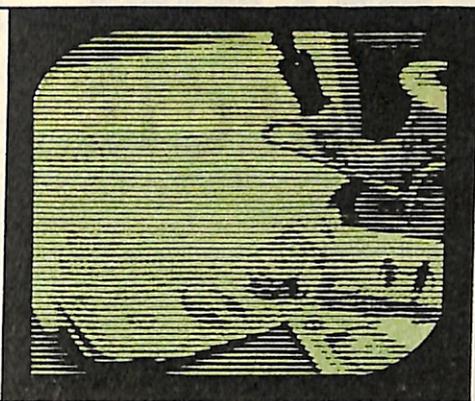
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YOU AND RETIREMENT

by Grace W. Weinstein



POTPOURRI

Lots of interesting items come my way, but not all of them will make a full column. So here's a roundup of some small, but nonetheless useful, bits and pieces:

Last month's column discussed the new income tax legislation, and the ways in which you may save some money thereunder. But income taxes are only part of the total tax picture and, if you are still working, you may find that your donation to Uncle Sam has actually gone up.

The increase in Social Security taxes (now 6.13% of wages up to \$22,900 a year), coupled with continued inflation, will more than offset reduced income taxes for many workers. If you are single and have a taxable income of \$17,500 for instance, your income tax cut will amount to \$114 and your Social Security taxes will increase by \$14. This seems to imply a net gain of \$100 but, with a loss due to inflation estimated at \$84 (that's inflation at a steady 7%), there is actually a net gain of just \$16. If you are single and have a taxable income of \$20,000, the jump in the taxable wage base makes a dramatic difference. At this level, the tax cut is \$117, the Social Security increase is \$155, and the estimated "inflation tax" increase is \$100, for an additional outgo of \$138.

All of these figures, of course, are estimates; your individual situation (itemized deductions, capital gains, etc.) will alter the figures. But, as most of us face an increased tax burden, many people suspect that Congress will take further action this year. There is a distinct possibility that the additional, even bigger, jumps on the agenda for the next few years in the Social Security tax and wage base may be rolled back.

There is also the possibility that some Social Security benefits may be curtailed or eliminated. President Carter has made several proposals along these lines: that the lump-sum death benefit be ended, that the minimum benefit for new retirees be eliminated, and that child-support payments be cut back. Another much-talked-about proposal would detach disability benefits from Social Security funds, funding disability through general tax revenues and leaving more money in Social Security coffers for straight retirement benefits. Whatever your views on all these suggestions, you can pass them on to your Congressman.

On a brighter note, if you're looking ahead to summer and vacation possibilities, there's more than ever doing on the nation's college campuses. Challenging interdisciplinary courses, with no credit and no homework and no prerequisites (it doesn't matter if you've finished high school, much less college), are

available from Cornell University in the east to the University of Oregon in the far west. At Cornell in Ithaca, New York, as an example, one program (July 1-7 and again from July 15-21) will focus on "People, Beasts and Machines: What It Means to be Human." Professors of philosophy, literature, anthropology, and psychology will tackle the same question from their distinct points of view. There are lectures and small-group discussions, theatre and concerts and barbecues, and lots of free time to enjoy the glacier-carved upper New York State scenery. And there are other interdisciplinary seminars plus alternative single-subject workshops (Chinese cooking to photography to fossils) in the six-week span from July 1 through August 11. Total cost, for housing and meals and tuition and course materials, is \$230 for the week. For information write: Cornell Alumni University, 626B Thurston Ave., Ithaca, NY 14850.

Cornell's program and costs are typical
(Continued on page 31)

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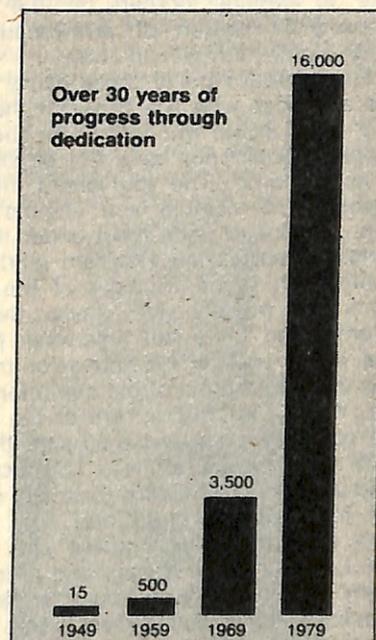
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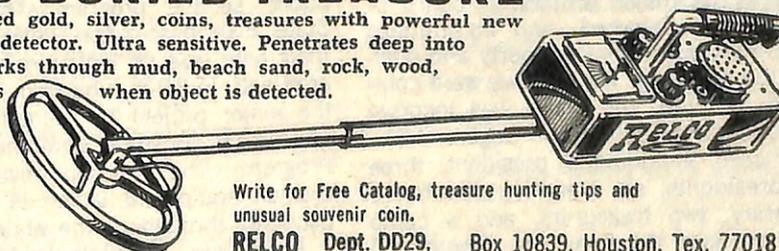
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MAJOR PROJECTS

This is part of a continuing series on the state major projects. All state chairmen have been contacted by The Elks Magazine and have been asked to forward information for upcoming articles.

On the Cowpasture River, near Clifton Forge, VA, a water traveler may come upon canoes, rafts, and other pieces of waterfront equipment. Such sights bring to mind summer activity, and this aquatic collection is just an introduction to the action that lies on shore. Here, in the Allegheny Mountains, approximately 500 boys enjoy a camping experience for four two-week terms each summer at **Virginia Elks Boys' Camp**, the state major project.

Camp activities range from fishing, boating, and swimming to baseball, volleyball, tennis, and crafts. A course in Indian lore, supervised by specialists in the field, has been of special interest to many of the campers. The study introduces the boys to actual field work; they hike to various corners of the camp property in search of arrowheads and other signs of Indian culture.

The participants of these camp activities are boys who are between the ages of 9 and 13 and who, if not for the Elks' support, would not have the opportunity to go to camp. The youngsters must be residents of Virginia and eligible for a free or reduced price meal under the National School Lunch Program guidelines.

Although there are boys at the camp for a total of only eight weeks, the staff is employed for a full nine-week period. The extra week is for counselor training and the preparation of the camp for opening. While the children are at the camp, the counselors supervise all activities.

When the sun shines, 130 acres of land and the Cowpasture River are scenes for exercise, learning, and fun. Along with the athletic equipment and fields, the 14 cabins, mess hall, and recreation room are among the camp's facilities which the boys utilize most often. There is also an infirmary, counselors and visitors cottages, toilet and bath facilities, and a cabin for the caretaker and his family. Nurses, cooks, and a dietician join the counselors, director, and children in keeping the camp alive with activity.

Before the Virginia Elks Boys' Camp opens each year, the Brothers must accomplish a great deal of work. A lot of preparation was also required prior to the camp's first opening season. In 1947, the state association decided upon the camp as its major project. A board of directors was elected, and committees set to work purchasing property and planning the program. The by-laws were completed in 1949, the camp was incorporated, and the first season began.

Officers, including a president, three vice-presidents, an executive director, a secretary, two treasurers, and a camp director, join the board of directors in

administering the camp business. The board consists of one representative from each lodge who is elected annually. An executive committee of five directors meets when necessary and prepares the budget before each camping season. Depending on the capacity of the camp from year to year, each lodge may send one boy for every 25 lodge members to the camp. It is the lodge's responsibility to pay for transportation of the campers to provide up to \$60 for the two-week stay.

Along with the yearly support of each camper, the lodges of Virginia may contribute to a trust fund, which helps to finance the camp. Fund-raising events such as dances held by each district and individual lodge endeavors help raise an average of \$50,000 per year for the major project. The Elks National Home in Bedford participates in this support.

Virginia Brothers supplement their financial backing of the camp with direct assistance in the maintenance of the facilities. The need for upkeep is continual. Each year, the lodges and the Elks' ladies donate time, energy, and supplies for cabin repairs and equipment replacement. In 1978, for example, the kitchen was renovated and pillows and mattresses were contributed. Repairing the camp facilities gives the opportunity for inter-lodge meetings as an added dividend.

Operating a camp requires planning, and action must fulfill the plans. In meeting these two requirements, the Brothers of Virginia have created a successful summer camp for young boys. It is a place where the youngsters can embark on a summer adventure which they would not have the chance to enjoy without the Elks' dedication.

Keeping in touch with the needs of the people of **Montana** and finding new ways to meet those needs is a premise on which Montana's major project was founded. For nearly 20 years, the project involved the operation of mobile speech and hearing clinics throughout the state; its emphasis was the diagnosis and treatment of children's handicaps. Early in this decade, however, these services were incorporated into the state's public service program. The Montana State Elks Association determined that their help was no longer needed in this area and, in 1975, changed the focus of the major project by founding Montana Elks HELP (Hospital Equipment for Life Program). The program raises funds to provide equipment which is needed by hospitals throughout the state.

Each year, hospitals in Montana are

requested to submit applications for special equipment needed in their areas for use in diagnosis, research, or therapy. The applications are reviewed by the State Project Committee, and at the state association midwinter meeting in January, funds are allocated to selected hospitals. The hospitals in Montana are divided into three districts by the committee so that funds are not limited to any part of the state.

Since its inception in 1975, Montana Elks HELP has provided 41 hospitals with medical equipment ranging from heart monitors and microscopes to treadmills and whirlpool baths. The cost of such equipment has ranged from \$500 to \$4,700. As with their previous major project, the Montana Elks are often concerned with providing medical help to people in remote areas. Due to its geographical vastness and mountainous terrain, bringing medical aid to people in remote areas can be a problem in Montana. The Brothers have had great success in meeting this challenge; in one case they prevented an emergency aid station from closing. In another instance, medical equipment which had been furnished by the Elks was instrumental in preserving the health of the infant son of a PER and his wife.

Over the past three years, Montana Elks HELP has contributed over \$135,600 worth of equipment to Montana hospitals. Funds are raised by many sources, primarily through the assessment of \$1.00 per member from the tax paid to the state association by the lodges. The individual lodges also contribute substantially through various fund-raising projects. Further financial aid is provided by donations from individual members, by the state newsletter, and by the Montana Elks Trust Fund.

The Montana Elks Trust Fund also sponsors the Jenne Scholarship Program for sophomore students who attend colleges or universities in Montana. This aspect of the major project includes ten \$500 scholarships which are distributed each year; the funds are provided by the interest earned on the trust fund. The Montana Elks Trust Fund is aided by private donations and by a substantial bequest from William and Sarah Jenne. Current plans are to include vocational-technical and business colleges in the scholarship program.

A significant advantage to both these projects is that there are no administrative costs; therefore, all funds can be translated into direct aid for the people of Montana. The officers of the sponsoring lodges present the appropriate grants to recipient hospitals and notify the local media of each presentation of funds. This wide public contact which the project entails has helped to present the community with an active image of Elkdom.

Keeping in touch with their fellow citizens in a state the size of Montana is no small task. By providing aid in education and medical care, the Montana Elks have conquered geographical boundaries and have succeeded in helping to fulfill these two important needs in American life today. ■

Stress

(Continued from page 21)

blood pressure problem. But he cites a number of studies that indicate that various relaxation routines have brought about a significant lowering of blood pressure in both extreme and borderline cases of hypertension. The doctor also finds a further health benefit. Many people under stress fall back on cigarettes, alcohol and drugs. There is evidence, Dr. Bensen says, that a relaxation procedure can drastically cut use of any and all such crutches.

Among the experts who believe stress is the leading cause of heart disease is a San Jose State University psychologist who says the life-style of America's hard-driving, ambitious young executives harvests unhappiness and an early grave.

"They are the unnecessary victims of the American myth that hard work, dedication and self-sacrifice automatically lead to happiness," says Dr. Bruce Ogilvie. "It just isn't true. More often it leads to severe depression, heart disease, impotence and premature death."

Dr. Ogilvie says the body's ability to withstand the kind of stress at large in this high-achievement society has reached the limit.

"We have reached the breaking point of our vulnerability to stress. We are losing some of the nation's greatest scientists, businessmen and scholars. My own colleagues are dropping like flies."

To end on a cheerful note, we'll cite a study which recently appeared in the *Journal of the American Medical Association*. It stated that the frequency of duodenal ulcers, the most common kind, has been decreasing during the last two decades. Dr. Meredith P. Smith of the University of Washington, the author of the report, found specifically that cases of perforated ulcers—and ulcer surgery in general—had dropped by about a third in five Seattle hospitals over the past 10 years. This, he said, was not just a matter of less surgery but reflected a general fall in the overall duodenal-ulcer rate.

Dr. Smith cited a number of earlier studies showing that the decline of the duodenal ulcer in the United States started around 1955 and has been continuing since. The stresses of everyday life certainly are not letting up in any way, he noted, so perhaps what is happening is that large numbers of people have now adapted to the demands of modern industrial society.

According to Dr. Smith, it appears that we "rats" are actually getting used to the modern rat race we all find ourselves in. Many of us, evidently, are practicing the secrets of coping with stress and succeeding. ■

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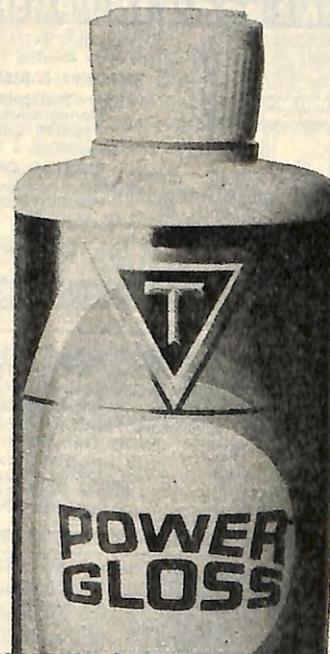
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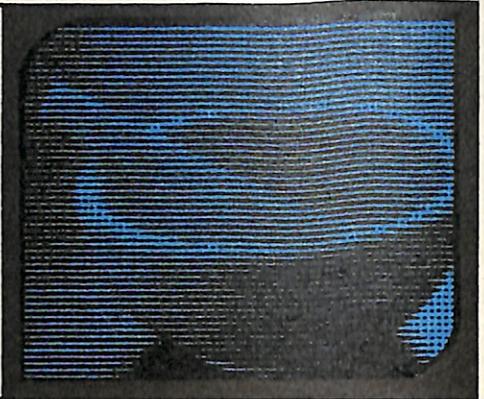
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MEDICINE AND YOU

by Larry Holden



A LOOK AT HEADACHES

Every year, more of us seek treatment for headache than for any other medical problem. In rare cases, the headache is found to be a symptom warning us of serious disease. In many more, it is a result of muscle tension, allergy, minor illness or ocular disorders. In still others, it is part of one of the syndromes that doctors describe by the name "migraine."

A syndrome is a group of symptoms that occur together in a similar pattern. There are several sets of symptoms of this type that are closely enough related that all of them are classed together as migraine. In most of these syndromes there is a special, particularly painful, kind of headache. This is so often the case, in fact, that many people seem to think "migraine" is simply another name for any very severe headache. Surprisingly, there are such things as mild migraine headaches and, in fact, some doctors believe unusual forms of migraine can occur with no headache at all! For instance, in some migraine variants there can be no pain at all, and in others the pain may be in the eyes, stomach, or cardio-thoracic region.

Whether or not all migraines include headaches, the chances are a thousand-to-one that your migraine does.

If your migraine is at all typical, then it almost always sends you a warning before the headache strikes. This warning—the prodrome or aura as it is usually called—is the distinctive characteristic that sets the migraine family of headaches apart from all other headaches.

The premonitory signs patients report most frequently are of the visual type: flashing lights, zigzag lines, scintillating patterns, or areas of darkness. Some migraine sufferers tell of prodromes that affect other senses, or even the emotions—a feeling of weakness in one or more limbs, or a sense of foreboding. Appearing one or two hours before the headache itself, the prodrome gradually lifts as the headache develops, until eventually the one replaces the other. The headache usually begins in one small area of the forehead or temple. It throbs and pulsates. It grows larger and uglier, and along with it comes nausea, a loss of appetite, or an aversion to light. There is redness and swelling of the eyes. Tears begin to flow. Nasal passages often feel swollen, and there may be a nose bleed. In one or two hours the headache

reaches its overwhelming worst, then gradually subsides.

Another name for migraine headache, used by doctors, is "vascular headache." It is a useful name because it describes the cause of the pain. "Vascular" is a term pertinent to the blood vessel. The vessel referred to in this case is the carotid artery, a large artery that carries blood from the heart, up each side of the neck to the head. The lower part of each carotid artery is called the common carotid. At a point just below the ear, it splits into two branches—the external carotid, which continues upward in front of the ear, and the internal carotid, which disappears under the bones of the skull. Some time before the migraine attack begins, the carotid arteries on the affected side undergo a period of random narrowing. This odd behavior of the arteries may cause flushing or pallor of the skin, and is probably responsible for the strange sensations of the prodrome. After this constriction, the arteries dilate, or swell.

Even though the exact cause of migraine is not completely understood, researchers strongly suspect both emotional and physical factors can be involved. Feelings of anxiety or nervous tension or anger seem to be associated with migraine headaches in some people, although the feelings may be so well concealed that the patients themselves are not aware of them. Such personality traits as perfectionism and intense drive or ambition may be involved.

There is much that doctors and medicine can do to relieve the pain of migraine. Certain highly potent medications are available, both in pill and suppository form, which can abort the attack (that is, stop it before it has time to develop to its full frenzied fury) if given early enough in the initial first stage. If your physician does prescribe this kind of medication, you must assist its effectiveness by taking it at the first possible sign of an attack. You can't wait to see if there are going to be more signs, or if the symptoms are going to get worse. *You must take it right away!* In some cases, your physician may also prescribe other treatment for you—tranquilizers to reduce your nervous tension, or counseling sessions to help eliminate the cause of tension. Whatever your doctor prescribes, *follow his instructions.*

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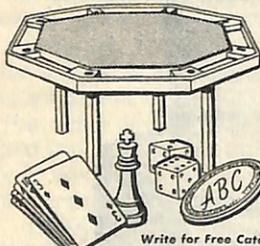
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You and Retirement

(Continued from page 27)

of a host of education vacations. There's no central source of information, unfortunately; you'll have to write to individual schools to find out exactly what's doing.

If your budget is limited, however, and if you're over 60, there's another possibility: Elderhostel '79. The Elderhostel program started five years ago, in New England, as a subsidized educational program for seniors. This year, the nonprofit educational network extends throughout the country, involving more than 240 colleges in 38 states, with the maximum cost of a week set at \$115.

Hostelers live in a student dormitory, take their meals with other summer students, and take three undergraduate non-credit courses in topics ranging from Genetic Engineering to Religion in Art. The courses vary according to the college; everywhere, however, they are taught by regular college faculty.

This year, for the first time, a summary catalog of all Elderhostel programs across the country will be published by the national office, which will also handle registration. For information and applications, write to Elderhostel, 55 Chapel St., Newton, MA 02160.

An era is coming to an end. 1979 marks the final year for the sale of U.S. Government \$25 Savings Bonds. The bonds, for sale at \$18.75 and paying 6% in interest after five years, have been popular for decades. You may have given them as wedding presents or been buying them yourself through a payroll savings plan. You may have kept them almost indefinitely, as many people have; interest continues to accrue.

All this will be no more. The lowest denomination bond to be offered for sale after January 2, 1980 will be \$50. It will cost \$25 to buy and take eleven years and nine months to mature. The interest rate will remain at 6%. Any E-bonds that you bought between 1941 and 1952 will stop accruing interest after 1981; either turn them in for cash or trade them in for new-series bonds.

And, lastly, a viewing suggestion: If you're within range of one of the 254 Public Broadcasting Service stations carrying "Over Easy," by all means catch this daily television series for older Americans. Hosted by Hugh Downs, author of the new book *Thirty Dirty Lies About Old* (Argus), and produced before a live audience of lively older adults in San Francisco, "Over Easy" is a news-magazine providing information and services aimed directly at you.

Its features include: interviews with personalities from entertainment, government, and business, discussing their own thoughts and experiences about growing older; hard facts about such topics as health and nutrition, law and finances, gardening and transportation; profiles of interesting older people living productive lives. "Over Easy" also answers questions sent in by viewers, both on the air and by mail. Consult your TV listings. ■

Introducing The World's First DIET COMPUTER

Now your personal daily *calorie quota* can be precisely and easily computed based on your unique **SHAPE: Sex, Height, Age, Pounds and Exercise**

One of the most exciting and revolutionary products to ever appear in the marketplace is the new Diet Computer by Comus. It scientifically computes a different *calorie quota* for you each day based on your unique physical characteristics... and the kinds of physical activity you plan in the next 24-hour period. *Take in fewer calories than your personal calorie quota and you lose weight. It's that simple.*

First, What are calories?

They're a way of computing the "fuel" needed to power the body's "engine." Foods that contain many calories produce a lot of energy. Foods that contain few calories produce little energy. After a meal, the energy produced by the calories you've consumed is released and used by your body—for walking, sitting, sleeping—for any and all your activities. When you take in calories beyond those needed for your daily activities, they're turned into FAT. (3500 extra calories result in one pound of stored fat!)

Counting calories is nothing new but the Diet Computer is. Here's how it works:

This miraculous new microcomputer scientifically computes the number of calories your body will burn up in 24 hours—depending on your activity. And your physical characteristics.

For example, before breakfast, give your diet computer the following information: your sex, height, age, weight and special codes which represent the activities you plan for the next 24 hours. In a fraction of a second, the computer will display in bright red LED digits your personal *calorie quota* for the day. This number will be far more accurate than the averages you might find in any diet book. You then use this "magic number" to program your daily activities and food intake to maintain weight and body fitness, lose weight or gain weight.

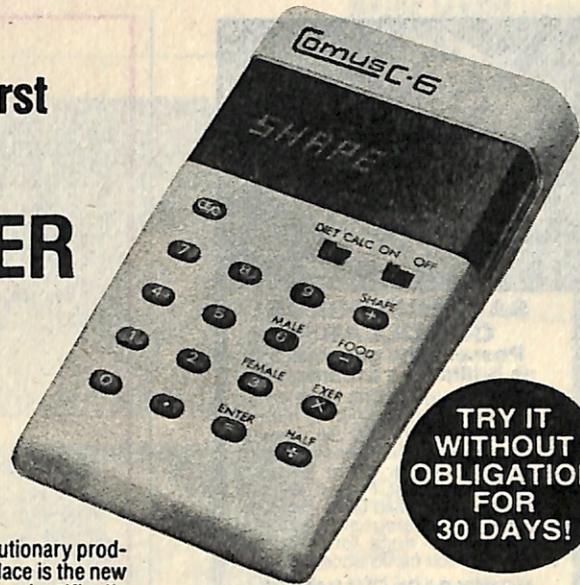
Your Comus Diet Computer will show you how many calories you'll "burn" jogging, watching TV, bicycling, dancing, swimming, doing housework, skiing, walking—in fact, for everything you do, including your sexual activity. And if you happen to change activities, your Diet Computer will give you an instant update of your calorie quota.

It's so versatile it can calculate the number of calories that will be used playing one hour of tennis, for example, or the amount of time you would have to play tennis in order to burn up all or part of the calories consumed during a meal.

The Comus C-6 even has a "memory" so you can keep a running total of your caloric intake for the day. At breakfast simply enter the number of calories you've consumed, then turn the computer off. Do the same at lunch. At dinner it will "remind" you of just how much or how little calorie room you have left.

Why does it work?

With this unique computerized calorie quota system you know just how much calorie room you really have each day. And so you plan your daily menus accordingly. No guesswork. No over-eating. No exercising unless you want to. To lose



weight you simply keep your caloric intake at a level that requires your body to turn to its storehouse of fat for the energy it needs to function.

What kind of foods can you eat?

All kinds of delicious, everyday foods you've been used to. You simply restrict your calorie intake according to your computer limit for that day. No boring, repetitious meals.

Good for you, good for them

Daily use of your computer will help you and your family select the right foods with the correct number of calories each family member requires to gain, lose or maintain an attractive weight.

There's more

In addition to being the world's first and only Diet Computer, the Comus C-6 is also a fully functioning arithmetic calculator with a floating decimal point. While you've got it out at the restaurant, check your bill! Use it to balance your checkbook. It's small enough to carry in your purse or evening bag. Each unit comes complete with a one year limited warranty, 9 volt battery and pocket-size instruction booklet that includes a *complete* calorie guide.

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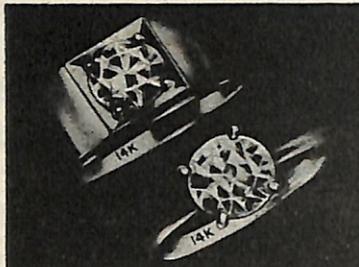
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Showcases For The Order

Bulletin Winners



1978-1979

The winners of the 1978-1979 Lodge Bulletin Contest were selected from 217 entries submitted to GL Lodge Activities Committee-man Arthur L. Fellner. Selection of winners was extremely difficult with so many fine entries submitted. While there was a range of quality, each bulletin conveyed the message of its respective lodge. The high level of editorial quality is representative of the vast amount of time, effort, and money which the lodges expend on this means of communication. All entrants are to be complimented for their work and the utilization of their talents.



Longview, TX



Freehold, NJ



Biloxi, MS



Aurora, CO



Long Beach, CA

The top three winners in each of the five divisions of this year's Grand Lodge Bulletin Contest "F" are listed below. The first-place winners are shown.

A—Lodges under 301 members

1. Longview, TX
2. Grandview-Hickman Mills, MO
3. Amarillo, TX

B—301 through 600 members

1. Freehold, NJ
2. Arcadia, CA
3. Hawthorne, NJ

C—601 through 1,000 members

1. Biloxi, MS
2. Eustis, FL
3. Toms River, NJ

D—1,001 through 2,000 members

1. Aurora, CO
2. South San Francisco, CA
3. Honolulu, HI

E—2,001 or more members

1. Long Beach, CA
2. Tucson, AZ
3. Santa Maria, CA

NEWS OF THE LODGES

(Continued from page 16)



MAJOR LEAGUE pitchers Dave Frost of the California Angels and Bobby Castillo of the Los Angeles Dodgers were guests at a recent Father and Son Sports Banquet sponsored by Norwalk, CA, Elks. Among the 200 who welcomed the ballplayers were Co-chm. Dick Biggers and Jack Baruth, Jim Crandall, who acted as emcee, and ER Max Haviland.



AN APPRECIATION dinner was sponsored by Gresham, OR, Brothers in honor of John Gaittens (third from left), who is 77 years old and the lodge's only World War I veteran. Brother Gaittens was presented with a letter of appreciation which was sent to him by GER Leonard Bristol. On hand for the presentation were (from left) DDGER Jack Stevenson, VP Bert McVey, PER Hugh Swaney, ER E. L. Smith, and SP Bruce Reed.



IN COMMEMORATION of 63 years of membership in Salem, OR, Lodge, Brother Paul Rasmussen received a plaque from his fellow lodge members. Brother Rasmussen, who is 89 years old, was presented with the plaque by ER Lawrence Penkava at the annual Old Timers Night held recently.



OCEANSIDE, California, Brothers John Kader (left) and PER William Knudsen (right) received Elks lapel pins at the Old Timers Night held recently. Brother Kader has been an Elk for 40 years, while Brother Knudsen is a 60-year member. On hand to offer congratulations was ER Edward Novak.

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New Mexico

(Continued from page 26)

bergh so frightened, he wondered? Or Wrong Way Corrigan? Here he was, 300 feet above the earth, floating away while distraught friends and relatives stared bug-eyed, unbelieving. Others on the ground jumped into their cars or gave chase on foot. Cutter continued to drift. Finally, hovering over a golf course, he vented air from the balloon, settling slowly (if not gracefully) back to earth. As Cutter stepped out of the gondola a cheer rose from the crowd. And although he didn't realize it, this was the beginning of the hottest new sport in Albuquerque.

A balloon race was held the following year with 14 balloonists participating. When it was over, Don Kersten, president of the Balloon Federation of America, declared Albuquerque as the site of the World Hot-Air Balloon Championships the following year. Besides the world championship competition, Albuquerque held the Second Annual International Balloon Fiesta, which is now a yearly event featuring balloon competition, parades and a dance. Last year this carnival in the clouds attracted more than 250,000 spectators. Balloonists came from as

far off as England. Autograph hounds were out in force, hounding those three balloonists who crossed the Atlantic Ocean in Double Eagle II: Ben Abruzzo, Max Anderson and Larry Newman, all natives of Albuquerque.

It was the Sandia Man, a prehistoric creature, who first inhabited Albuquerque. Now winter skiers schuss down the otherwise peaceful slopes of Sandia Mountain. At the same time, other skiers invade Taos Ski Valley with its Swiss-like alpine village, arriving in November and remaining into June. One of the nation's thrilling alpine rides, though, is the tram trip to the top of Albuquerque's 10,378-foot Sandia Peak, the tramway touted by drum thumpers as the longest aerial hookup in North America. On a clear day you can see across 11,000 square miles into Colorado and Arizona as well as New Mexico.

Returned to the lower levels, tourists chart a course for Old Town, which is the name given to Old Albuquerque, a square lined with souvenir shops which sell Indian items and restaurants which dispense hot Mexican meals.

Motoring near Albuquerque one winter, I ran onto an entire town that was for sale, Madrid—New Mexico's famed Christmas community which then was populated only by ghosts.

Caught in the cleavage of the Yortaz Mountains near Albuquerque, Madrid was a decaying monument to a glorious past. Once alive with the shouts of 2,000 souls, only the voice of the wind disturbed its deserted streets. Screen doors creaked and windows rattled in a ghostly benediction. Earlier rich veins poured forth ten million tons of coal, a vast \$100 million yield. But it all ended with dramatic suddenness. Swiftly, in the 1950s, the railroads turned to natural gas and Madrid's coal was no longer sought.

It was Christmastime, rather than coal, though, which brought the little mining town world prominence. Scenes of the Nativity were re-created on the hillsides. It was Bethlehem come alive in the brooding mountains of New Mexico. Altogether, 40,000 bulbs spotlighted Mary and Joseph leaving Nazareth, shepherds tending their flocks, the birth of the Christ child and various other scenes...until the miners left.

Of late, though, there's been a stirring in Madrid. Joe Huber, son of the late owner, has been selling the ramshackle old homes as well as acreage; families are moving back, and so Madrid may thrive again, just as Albuquerque and Santa Fe thrive today, welcoming tourists and new residents to the peaceful Southwest. ■

ELKS NATIONAL SERVICE COMMISSION

"So long as there is a disabled veteran in our hospitals, the Benevolent and Protective Order of Elks will never forget him."



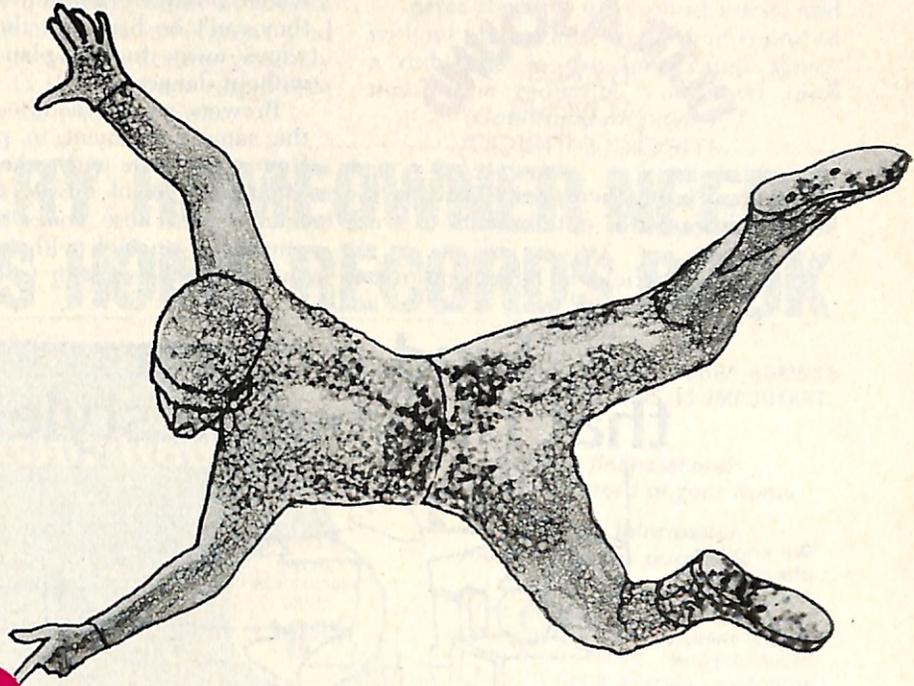
Santa Monica, CA, Lodge donated numerous packages to the Brentwood VA Hospital recently. The gifts ranged from clothes and books to radios, televisions, and kitchen appliances. Hospital representatives (from left) George Dixon, electronics clinic chief, Arcel Armstrong, wood clinic chief, and Thomas Hunt, office assistant, thanked Chm. Fred Holdorf (right).

A deer hide drive sponsored by Eureka, CA, Lodge resulted in the collection of 630 hides for veterans hospitals in the area. ER James O'Loughlin (right) and Chm. Mills (left) were instrumental in collecting the hides. John Tasio Jr. of Crescent City, CA, Lodge aided the Eureka Brothers in their work.



A toaster was presented to the Brockton Veterans Administration by North Attleboro, MA, Lodge for use in a hospital ward. The presentation was made by Chm. Joseph Devine (second from left) and ER Frank MacLean (right). The Brothers of North Attleboro also sponsor a monthly party for the vets at the hospital.





by Robert Bahr

ULTRASOUND

makes
waves in
medical therapy

Ultrasound has already begun to revolutionize medical diagnosis, making it safer and less expensive than X-ray.

Eleven-year-old James Cassidy was playing, hammering on a 22-caliber blank cartridge, when it exploded in his face. At Walter Reed General Hospital, doctors discovered that a tiny sliver of brass had pierced the boy's eye—the cornea, iris, lens and gelatinous filler behind it.

Had the sliver been of iron or steel, the physicians could have used an electromagnet and withdrawn it with no difficulty. But under the circumstances, the doctor, Col. Jack W. Passmore, the Army's top eye surgeon, had two choices:

—He could allow the eye to heal and perhaps perform an operation later if necessary. But if during the next few days the eye fluids reacted with the metal, the entire eye could be lost.

—He could use X-ray to determine the precise location of the brass sliver, then operate and attempt its removal.

But that alternative, too, was unsatisfactory. X-rays have an error range of 3 to 4 millimeters. If he was off that much in his approach to the sliver, he could do serious, irreparable damage to the eye while rooting around to locate the foreign particle.

Fortunately for young James, Dr. Passmore recalled reading of experiments by another physician, Nathaniel Bronson II, in New York. Bronson had developed an ultrasonic probe which he'd been testing on the eyes of cats. At Passmore's request, Bronson hurried to the Walter Reed Hospital with his equipment.

The ultrasound probe Dr. Bronson brought with him was smaller and finer than any dentist's drill. Its tip was no larger than that of a lead pencil. Yet it incorporated two precise devices: a tiny set of forceps and an ultrasound transducer which emitted sound waves

of such high frequency they were beyond the range of human hearing. (Maximum human range is 20,000 cycles per second; ultrasound operates at 40,000 to 20 million, depending on the job it's used for.) What's more, the tiny transducer also incorporated a built-in receiver. Thus, when the sound waves were sent out, they bounced off various body tissues and were picked up again like an echo by the transducer.

Bone is hard—sound waves reflect off it like a rubber ball from the sidewalk. But fat is soft, and so absorbs sound waves instead of reflecting them. By transferring these echo responses to a TV-like screen called an oscilloscope, a technician like Dr. Bronson can tell precisely what tissue is located where in the body.

The operation took an hour and a half—but the brass sliver was located and removed in only 39 seconds. Even before the ultrasound probe entered the eye, it had given the doctors a rather accurate idea of the sliver's location. Thereafter, the doctors, watching the screen, simply directed the probe in the same way a pilot might make an instrument landing. When they estimated they were within a millimeter of the sliver, Bronson closed the forceps at the tip of the probe, grasped the particle of brass and removed it.

The ultrasound waves that saved James Cassidy's eyesight are relatively new to medical therapy, but in industry ultrasound has been a dependable worker for years. It has been used to measure the amount of meat and fat in animals and to rid warehouses of

ULTRASOUND
makes
waves in
medical therapy

rats by driving them mad. Dentists use it to clean teeth, optometrists to wash eyeglasses.

At Orly Airfield in Paris, equipment

which produces sound waves so high they can't be heard by the human ear wipes away fog so planes can land without danger.

Brewers use a modified version of the same equipment to prevent beer from going stale and to keep it foamy. Manufacturers of missiles measure the thickness of nose cones to the thousandths of an inch with it, while steel and tire makers use it to detect flaws.

But the most exciting breakthroughs in ultrasound are in its current and future medical applications. Already it has begun to revolutionize medical diagnosis, making it quicker, safer and less expensive than X-ray.

In surgery, ultrasound is replacing the conventional scalpel as the tool of choice in some procedures. It's sharper than the finest surgical steel, has matchless precision, is bloodless and sterilizes as it cuts. At the proper frequency (40,000 cycles per second), the ultrasound scalpel liquifies cells, at the same time producing a heat that cauterizes the wound. Even the liquid produced from the damaged tissues is removed automatically through suction in the hollow ultrasound needle. Used in cataract surgery, the ultrasound scalpel makes a wound so small it can be closed with just one suture instead of the usual six or eight.

For those suffering from a deep-seated tumor, ultrasound can sometimes be a literal lifesaver. In the past, certain tumors have been inaccessible by conventional surgery. One example might be a brain tumor so deeply entrenched in healthy tissue that surgery would be unacceptably dangerous, if not downright impossible. Today, the tumor can be completely destroyed without shedding a single drop of blood—and with no apparent damage to surrounding tissue.

This is how it's done. Several ultrasound transducer heads are placed at various points outside the body and aimed precisely at the tumor. Each of these transducers sends out ultrasound waves that, by themselves, pass harmlessly through body tissue. But when they converge on the tumor, the combined impact promptly obliterates the tissue.

According to Simon Lam of the Radiology Research Department at Hahnemann Hospital in Philadelphia, the day may be fast approaching when ultrasound can be used routinely in surgery of small growths in the pancreas, uterus, bladder, prostate, ovaries and the lymph system.

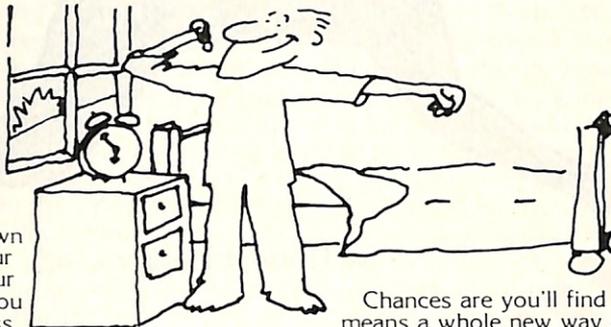
Dr. Lam, who is chief clinical dosimetrist (dose expert) at Hahnemann, and has an M.S. in bioengineering, tells of still another lifesaving use of ultrasound. "In some forms of cancer," he says, "for example, cancer of the ovary, the usual approach is to dose the whole abdomen with 2,000 to 3,000 rads of X-ray as a safety precaution because, in these cases, there's a very high probability that the cancer has metastasized (begun to spread) on a microscopic level. If we fail to destroy these cells, the cancer will quickly spread throughout the body and the patient will have no chance of survival.

"X-ray does destroy these cancer

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cells—but it is very dangerous to the kidneys and the liver. In the past, we have had to make some guesses about where these organs were and, of course, no one is right all the time.”

An ultrasound scan can tell with extreme accuracy exactly where the organs are located, and a lead blanket can be custom-made to protect them.

The ultrasound scanner also pinpoints the tumor itself precisely. That has increased the accuracy, efficiency and safety of X-ray therapy immensely.

Ultrasound has added to the efficiency of X-ray in yet another way. Since January of 1973, Donn J. Brascho, M.D., has been using an ultrasound-computer system he developed at the University of Alabama School of Medicine in Birmingham. The ultrasound analyzes the thickness of stomach walls, contours of the abdomen, the types and densities of tissues between the abdominal wall and the tumor. Then it reports all that information to Dr. Brascho's computer, which immediately determines the precise dose of radiation required to kill the tumor without unnecessary damage to healthy cells.

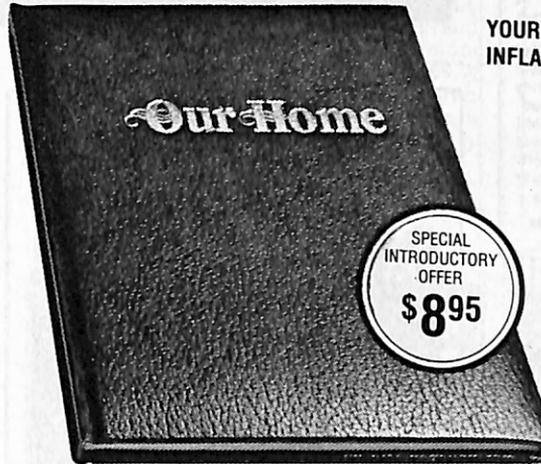
Regarding the location of vital organs and deep tumors, Brascho says, "There is no other method in medicine today which can so easily and accurately display for the clinician this important information. This is accomplished with no undesirable effects on the patient."

In brain surgery, ultrasound has been used in some unusual ways. For example, several years after a 27-year-old man had a leg amputated, he still reported sharp, cramping pains in the missing left foot. According to the *New Scientist* (September 17, 1974), "He also had a vivid sense of a painful three-inch ulcer behind the missing left knee." Although the leg had been removed, the nerves in the thalamus, a nerve terminal below the cerebral cortex of the brain, continued to report sensations.

With an ultrasonic beam as precise as the point of a needle, surgeons used ultrasound waves to destroy precisely the nerves in the thalamus responsible for pain in the phantom limb.

"After the first ultrasound burst, and without prompting, the patient reported a reduction in the foot-cramp sensation." The reduction continued until
(Continued on page 47)

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Departed Brothers

PAST DISTRICT DEPUTY Paul O. Campbell of Ashland, KY, Lodge died February 13, 1979. In 1944-1945 Brother Campbell served as District Deputy Grand Exalted Ruler for the East District.

PAST GRAND LODGE COMMITTEEMAN Francis Karr died recently. A member of Trenton, MO, Lodge, Brother Karr was District Deputy Grand Exalted Ruler for the Northwest District in 1951-1952, and in 1962-1963 he served on the GL Committee on Credentials.

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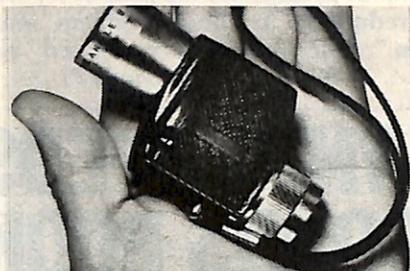
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Frank built his own game room and enjoyed many hours there. But then he was confined to a wheelchair and was unable to use it. Now his Cheney Wheelchair Lift III makes movement up and down the narrow basement stairway safe and easy. For more information on Cheney Wheelchair Lifts, Wheelchair Van Lifts, and Weclator™ stairway elevators, contact your Cheney Representative, or write: The Cheney Company, Dept. EM, 3015 S. 163rd St., New Berlin, WI 53151 (414) 782-1100.

helping people help themselves
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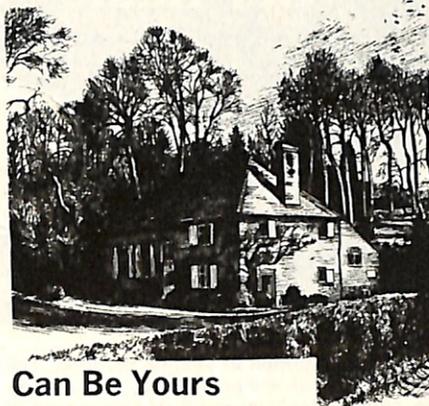


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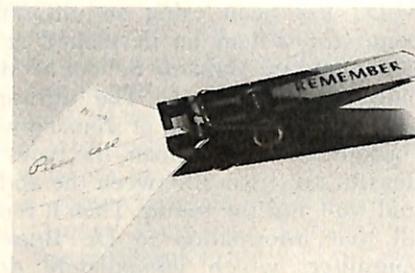


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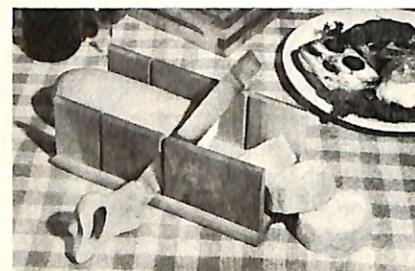
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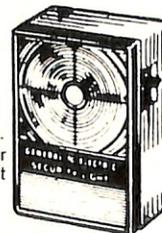
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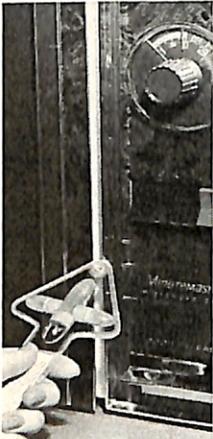
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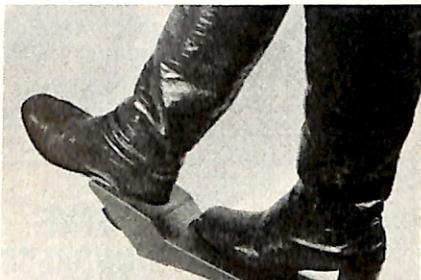
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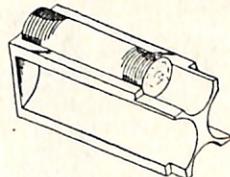
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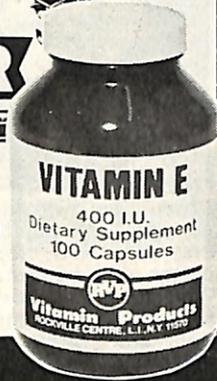
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Handcrafted, these glasses feature hardened metal frames, impact resistant polished glass lenses and selective ray-screening capabilities. Your satisfaction is absolutely guaranteed. If not satisfied, simply mail them back within 10 days. Your money will be returned.

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Elks Family Shopper consumer/news

Computer technology has become a part of everyday life. Computer-assisted check-out counters at the supermarket, 24-hour banking machines, and point-of-sale computer terminals that ring up sales and verify credit information instantly—all signs that the computer age is here to stay.

A new booklet from the U.S. Department of Commerce looks at automation in business and banks. For your copy of *Automation in the Marketplace*, send 90¢ to the Consumer Information Center, Dept. 86, Pueblo, Colorado 81009.

Some grocery stores already have computer-assisted check-out. Here's how it works: Each canned and packaged product, from paper towels to milk, has a Universal Product Code, a symbol made up of closely-spaced lines and bars. When the cashier runs the item across a scanner, the computer looks up the price of the item and flashes it on a viewer so you can see it.

What's good about the system? ✓ It reduces errors, and speeds up the check-out line. ✓ It gives you a detailed itemized printed tape of what you bought.

Your children will think it's magic, not just a lesson about static electricity. Turn on the water so it makes just a slow stream. Then (Continued on page 42)



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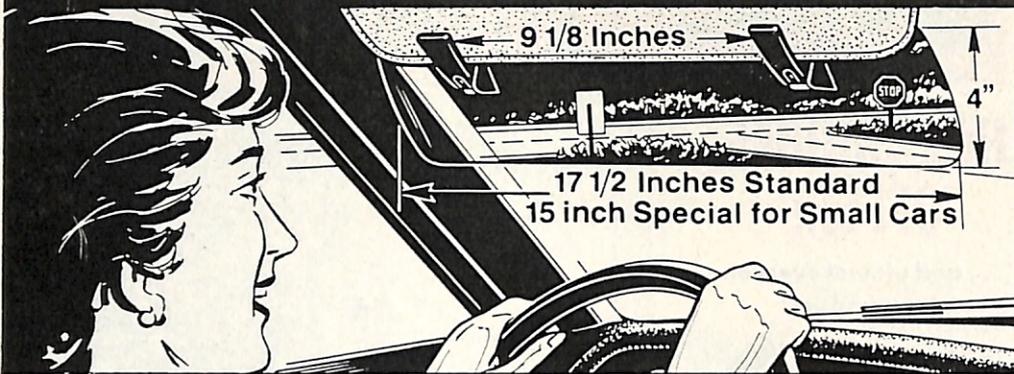
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Enclosed: check money order
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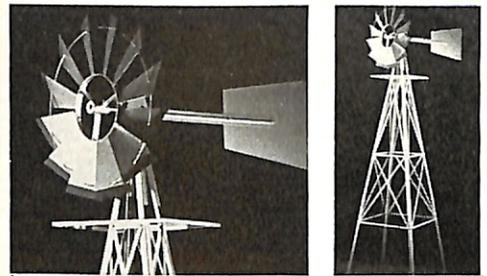


Elks Family Shopper consumer/news

rub a comb on your sleeve and hold it near the water. Just like magic, the water will bend toward the comb. When the electricity is strong and the comb close enough to the water, a spark may jump between them. That's not more magic, kids, that's lightning on a small scale.

You and your kids should know that if you are ever stuck outside during a thunderstorm and feel your hair standing on end, it's also being pulled by a very strong static electricity, a warning of lightning. For your safety, immediately drop to your knees, bend forward as low as you can go, keeping your hands on your knees. That way only a small part of your body will touch the ground. You'll be lower, and so less likely to be struck by lightning.

To help children learn more about lightning, the National Weather Service has published a new booklet with experiments you can do with static electricity, a description of how lightning is formed and what thunder is, and safety tips to remember during a thunderstorm. For your copy of (Continued on page 44)



ORNAMENTAL WINDMILLS

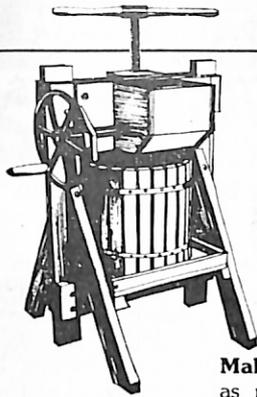
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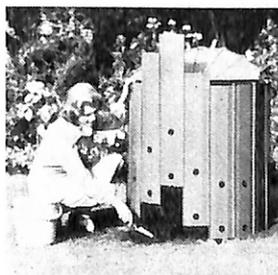
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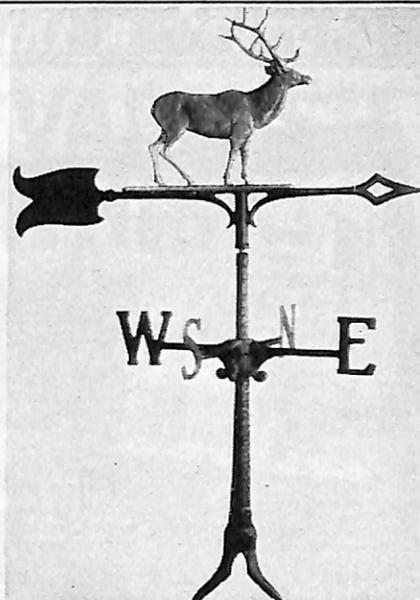
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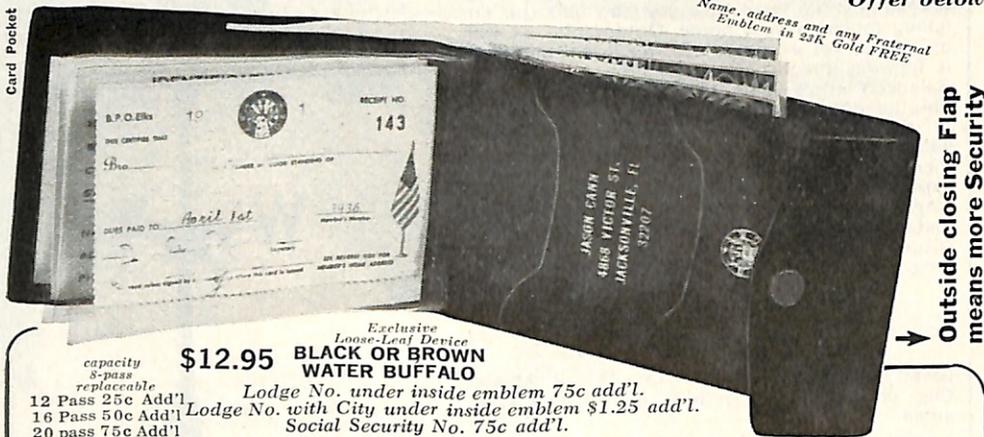
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Elks Family Shopper consumer/news

Owlie Skywarn's *Lightning Book*, send 80¢ to the Consumer Information Center, Dept. 19G, Pueblo, Colorado 81009.

One way consumers have been combating the increase in heating costs is **adding insulation** to their houses. Cellulose insulation, usually made of ground-up or shredded paper, is the most popular for blowing into place. But there are some drawbacks to cellulose—the main one is flammability.

To be on the safe side when you shop, look for cellulose insulation manufactured after September 7, 1978. The Consumer Product Safety Commission requires that any manufactured after that date meet the minimum flammability standards.

To learn more about all types of insulation and how to install it, send for a free copy of *Tips for Consumers Insulating their Homes*. It's free from the Consumer Information Center, Dept. 609G, Pueblo, Colorado 81009.



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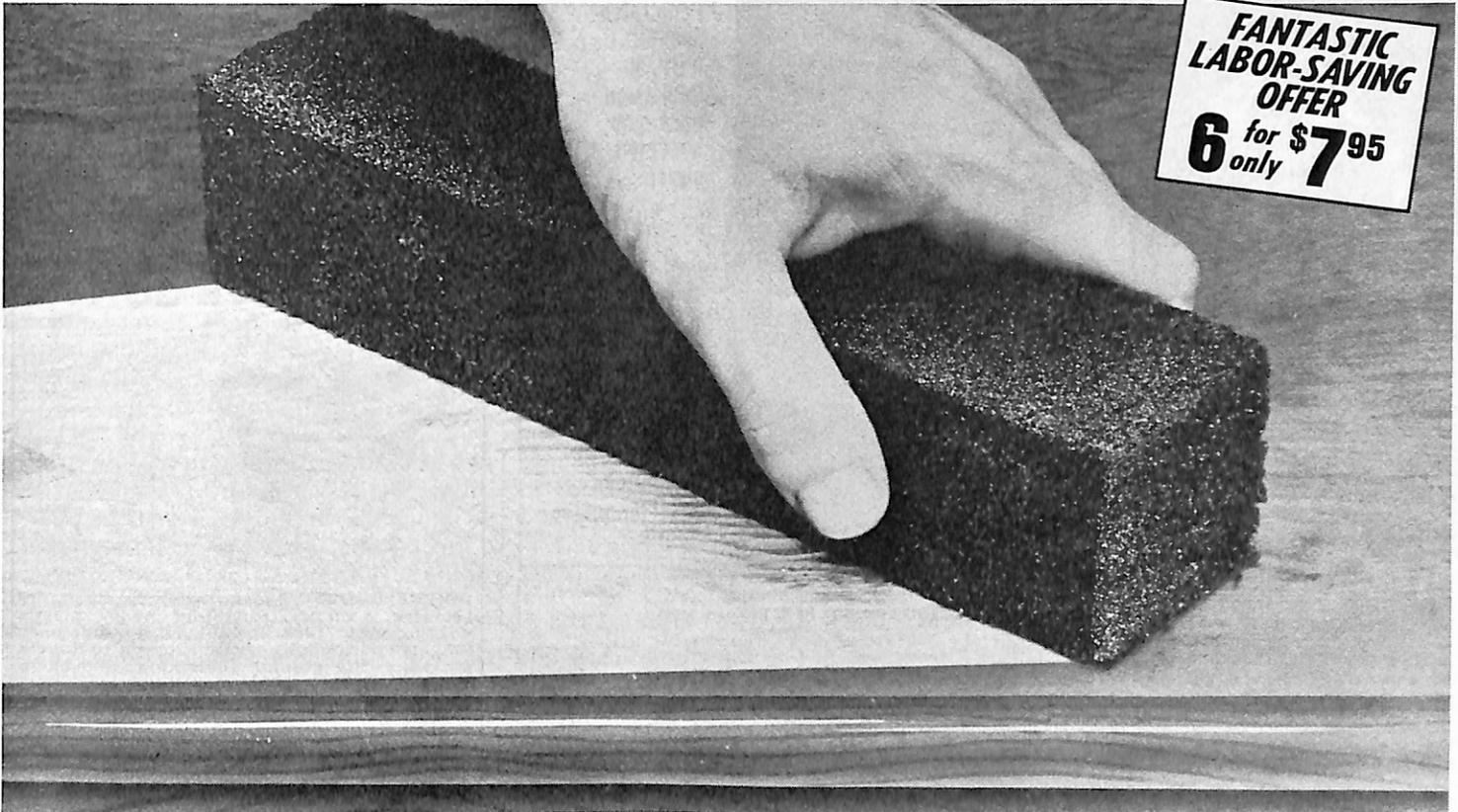
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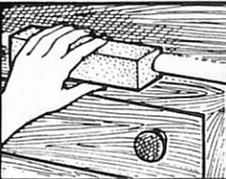
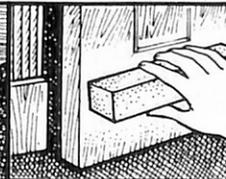
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THE STRIPPER works just as well on all kinds of tough problems without sanding—without scraping—without burning or blasting—without harsh chemicals or power tools. So powerful it **STOPS RUST DEAD IN ITS TRACKS** as you erase those ugly stubborn patches down quickly to clean, bare metal. **No hard rubbing!** Just light erasing motions and you strip paint, varnish, rust, etc., from furniture, walls, doors, cabinets, boats, grills, cars, pipes, etc. Perfect for tackling thousands of tough, nasty jobs. It ends the need for sandpaper and caustic solvents.

The result of space age technology THE STRIPPER has thousands upon thousands of microscopic points that work *efficiently and scientifically to strip away, whisk away, erase away old paint, rust and varnish with a simple erasing motion.* Satisfaction guaranteed. Order today.

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- ✓ Strips away rust down to bare metal fast!
- ✓ Restores furniture to smooth paint-free finish.
- ✓ "Erases" years of grime and varnish as if by magic.
- ✓ Perfect for hundreds of jobs on walls, doors, cabinets, cars, grills, furniture, etc.

		
REMOVES RUST	CONTOUR CONTROL	WHISK AWAY ACTION

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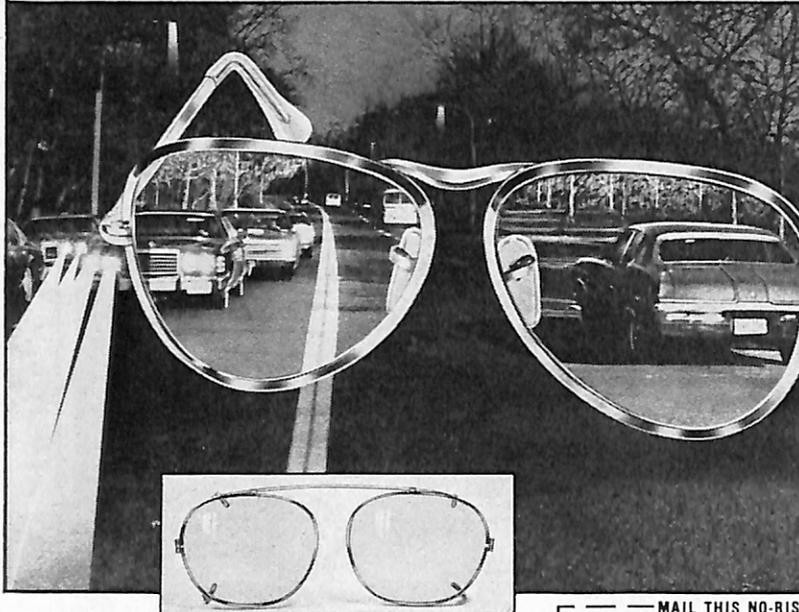
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Lets you drive thru fog or night and blinding glare with lifesaving visibility and safety!



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CHARGE IT! VISA (BankAmericard) Exp. Date: _____
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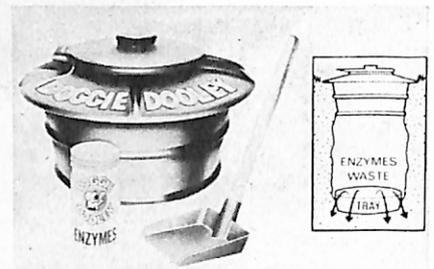
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ULTRASOUND

(Continued from page 37)

the phantom limb was gone completely.

This same equipment is used to treat patients suffering from Parkinson's Disease, an incurable ailment from which 280,000 persons in the United States suffer. The most common symptoms are quaking of limbs, muscle rigidity and abnormal slowness of movement. The operation is similar to that for the phantom limb—sound waves are shot into a specific area of the brain for two or three seconds. Then the patient, who is conscious, suddenly discovers the shaking and rigidity have vanished.

If it seems that ultrasound is being utilized in medicine now, the future promises even more. The Russians are experimenting with instant welding of broken bones. Some researchers are developing ultrasound toothbrushes. Others are cleaning calcified heart valves with minimal surgical risk. At the Mayo Clinic, professor William Justin Fry, a pioneer in ultrasonic medicine, is investigating its use for bone cancer.

Perhaps the ultimate promise of ultrasound is offered by writer Farrell Cross: "The day may eventually come when you can walk into your physician's office, let him scan your entire body with an ultrasonic scope, and within a matter of minutes learn whether there is anything amiss. The doctor watching the pattern on the cathode-ray tube

screen will be able to see abnormalities as easily as he can spot a rash on your neck. For all its present-day applications, the wonder of 'silent sound' is just making itself heard."

Hahnemann's Simon Lam foresees the possibility of an entire battery of microscopic ultrasound scanners being passed over the abdomen of a cancer victim to detect even the most minute spreading of the disease. Then the hazardous blanket doses of X-radiation to destroy any possible proliferating cancer cells can be relegated to obsolescence. All cancer cells will be identified and destroyed through ultrasonic bombardment. It is not the ideal; that is to prevent cancer in the first place. But it is the next best thing: a hazard-free and dependable cure.

How far away is it? The necessary microscopic ultrasound scanners are being developed right now, according to Lam. And Dr. Brascho has already perfected the necessary computer-oscilloscope hook-up. There is every likelihood that ultrasound will be in the forefront of the war against cancer by the end of this decade.

And ultrahigh frequency or not, that news sounds good indeed!

Robert Bahr has written many articles and three books on the health sciences. His first biography, Least of All Saints, the story of the sensational 1920's evangelist, Aimee Semple McPherson, has been published by Prentice-Hall.

FLAG DAY 1979

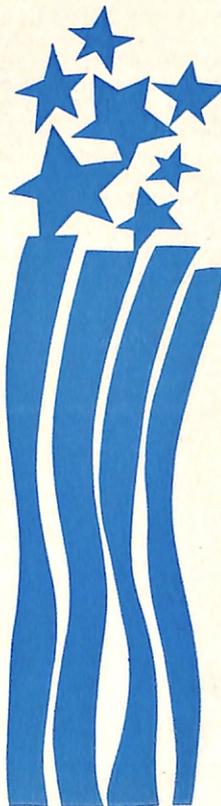
In 1908, the Grand Lodge designated June 14th as the special day that Elks in all lodges should honor our flag and pay tribute to our great nation. Each lodge should make every effort to present an outstanding program, which is open to the public, in order to demonstrate the Elks' dedication to the principles of our founding fathers.

Whenever possible, your lodge should invite civic organizations in the area to join in your Flag Day program. State and local officials would also welcome an invitation.

The Grand Lodge Americanism Committee also sponsors a Flag Day Contest for brochures covering this event. Save your newspaper clippings, pictures, and all other pertinent items for a brochure and submit it to the Grand Lodge Americanism Committee to be judged during the Dallas convention. The address for contest submissions will be announced in *The Elks Magazine*.

Continued commitment to effort and enthusiasm without reservation and tribute to the flag as an emblem of freedom and a symbol of unity is our way of honoring this heritage by honoring our flag. Remember, America is freedom.

Robert L. Smith, Chairman
GL Americanism Committee



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Read about THE electronic breakthrough that has made the portable ice chest as obsolete as grandma's kitchen ice-box.

Does your family groan when it's time to empty all that yucky water out of the cooler? Are you getting tired of paying for food that goes bad? When somebody even mentions the word "ice" - do your back and shoulders ache a little?

YOU'VE COME TO THE RIGHT PAGE.

There's good news here: The Aerospace Program has spun off a portable refrigeration breakthrough!

Big Research Discovery

Space scientists at Cape Canaveral had to keep critical components in rockets and satellites cool. They needed something small and light...something that used very little power but was absolutely reliable...something that wouldn't konk out if it were tipped up, down, or sideways. The result? Solid state thermoelectric refrigeration modules that went to the Moon.

Enter Koolatron

Koolatron was quick to see the civilian-use possibilities of these modules for portable refrigeration. They worked until they developed Koolatron - a 12 volt portable electronic refrigerator that uses the same powerful solid state thermoelectric refrigeration modules used in rockets and satellites.

Saves Inconvenience

No more driving for miles or heading into shore for ice. Plug it in a lighter socket in your car, boat or van. Or run it off a 12 volt battery charger plugged into 110 volts.

Saves Energy

Koolatron uses very little juice - an average of only two amps when the temperature outside is 70 degrees Fahrenheit. That's less power than it takes to light a 30 watt bulb. Once contents are cold, you can turn it off at night to save power. Contents will stay cool for at least 6 to 12 hours. *Your* muscle energy is conserved, too. It weighs only 15 pounds - and you'll never have to haul ice again!



Model F1A shown.

The new Koolatron keeps 40 lbs. of food at household refrigeration temperature but weighs only 15 lbs. Only 21" x 16" x 16" ext.

Saves Shopping Trips

Koolatron holds more - so you spend less time shopping. Although it measures no larger than most ice chests, its 36 quart capacity is not half-filled with ice and sloshing water. So there's more room for food - 40 pounds of it, or 40 large cans of soda pop!

Saves Food

This is *dry* cooling we're talking about. Not the *damp* kind that breeds mold and can turn perfectly good food bad overnight - exposing the whole family to needless risk. Koolatron keeps your food cold and dry. With food prices so high, it's a shame to let any more meat and milk or sandwiches spoil!

Saves Money

Ice is expensive these days. So is the gasoline you use in looking for it. Don't waste another dollar this way! Get yourself a new Koolatron 12 volt portable electronic refrigerator and LET IT PAY FOR ITSELF. That's right. The money thrown away on ice and gasoline and spoiled food - not to mention what your own time is worth - will MORE THAN PAY for your new Koolatron in a single year!

Proof: A recent survey of Koolatron owners revealed their *average* saving was \$156.03



SOUND FAMILIAR?... "Mary, where do you want this 50 pounds of ice?"... "Wait George, I'm not through draining the ice chest!"... "Dad-dy - you're dripping more water where I've mopped the floor!"... "Hey, Mom, these tuna salad sandwiches are soaking wet - and (phew!) they smell bad."... "Mary, quick, I'm going to drop this @#%& ice on my toes!"... "George -!"

in just nine months. Some claimed they had saved over \$500.00 on ice, gasoline, spoiled foods, and the restaurant meals made necessary when the ice ran out.

No Toy

Koolatron is built to *last*. The rugged case is filled with the best insulation available - rigid urethane foam. Its heavy-duty handle can take loads of 150 pounds or more. Hinges and latches are made of non-rusting polypropylene. The exterior is a handsome harvest gold with a white, easy-to-keep-clean interior. Four non-slip rubber feet keep it from marring boat or camper surfaces.

No Hassle - Ever

Koolatron was designed by engineers who are also boatowners and campers. They know you want something simple that doesn't break down and is easy to service. So they designed Koolatron to be as trouble-free as possible. A small, quiet fan is the only moving part and it and the thermostat can be replaced by you with only a screwdriver!

So Reliable It's Guaranteed For One Full Year

Your new Koolatron comes with a written one year guarantee plus complete instructions and helpful information. If you need additional help or advice anytime, you can call or write for a personal reply.

21 Day Money-Back Trial Period

Use your Koolatron for 21 days after you receive it. If for any reason you are not totally satisfied, return it for a prompt refund in full.

Buy now at our new low price

Good news. Our increased sales have overcome mounting material costs. So for now we can pass on a saving of \$10.00 per unit. Formerly \$169.00. Now \$159.00 + \$7.00 handling and shipping (\$179.00 in Canada).

Adjustable Thermostat Option

For an additional \$10 you can order the Koolatron with an adjustable thermostat in place of the standard fixed temperature thermostat - order model F1A.

Phone your order in collect now to (705) 737-0842

Or use this handy order coupon.

Koolatron
INDUSTRIES
LIMITED

Dept. 485

56 Harvester Avenue, Batavia, New York 14020
Canada: 230 Bayview Drive, Barrie, Ontario
L4N 4Y8

Send me — Koolatron F1 @ \$159 (\$179 in Canada) + \$7 each for handling and delivery in USA or Canada (N.Y., Quebec and Ontario residents add sales tax).
— I want model F1A and have added \$10.
I understand that if I am not satisfied, I may return it undamaged within 21 days and get a full refund.

I enclose my check money order for \$ _____
or please charge my Visa Master Charge
 American Express

Acct. No. _____ Expiry date _____

Please send colour brochure only.

Signature _____
(necessary to ship merchandise)

Name _____

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UP from the Sunbelt, JUST BACK from California!

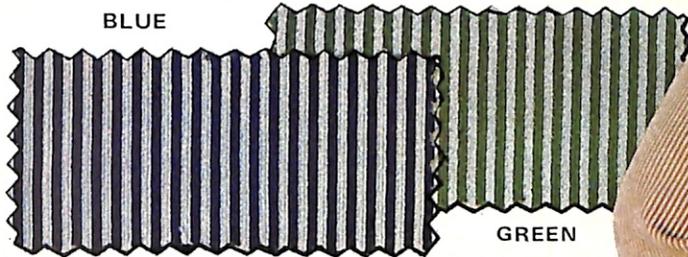
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You probably know about Haband, the mail order people from Paterson, New Jersey. Whenever Inflation gets superhot (like right now) millions of executives come direct to us to save their dollars! We sell pants. Good ones! And we keep a couple of America's biggest pants factories busy making what we sell! This year it is the new "Vacation Comfort" *Two-Way S-t-r-e-t-c-h* **NO WRINKLE SEERSUCKER!**

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72C-031

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