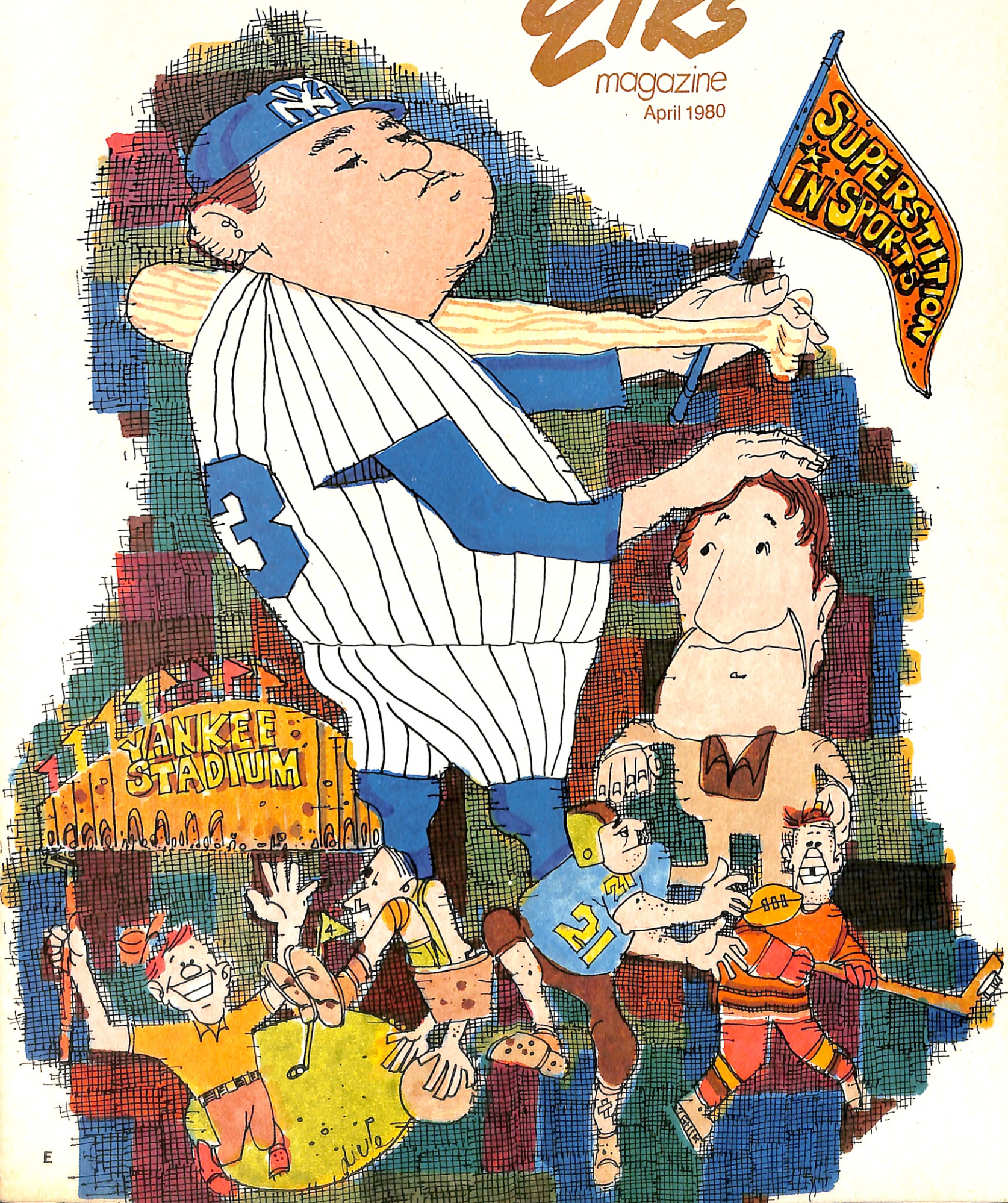


the
Elks

magazine

April 1980



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ZOYSIA GROWS DENSE GREEN PERFECT LAWNS IN MOST ANY SOIL & CLIMATE



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- Perfected by the U.S. Government
- Released by the U.S. Golf Association
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- Needs Less Mowing, Less Watering than ordinary grass!
- Plug it in Without Ripping Out Present Grass!

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Now, we've added a brand new **Midwestern Distribution Center** to our **National* shipping network**. Your **Lakeland Zoysia** arrives even **faster than before!** Quicker delivery guarantees **fresh, healthy plugs** brought right to your yard the most **economical way—ever!**

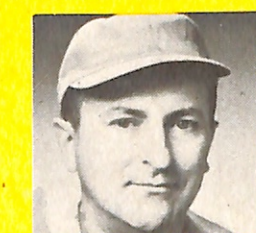
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YOU INVEST IN A SURE THING with Zoysia Plugs! You're not spending money and time on a lawn only to see the seeds washed away by rain . . . or have the newly-established grass burned by the sun just when you're ready to enjoy it!

NEEDS LITTLE OR NO CARE! Best of all, you're not a "lawn slave." Zoysia stays a lush, rich green through droughts . . . chokes out crabgrass, needs less watering, about 2/3 less mowing! In other words, you're liberated—free to go on vacation, play golf . . . Summertime becomes funtime, not lawntime!

A TRUE PERENNIAL — PRACTICALLY INDESTRUCTIBLE! Now you can own a thick green hardy lawn, as luxurious as a deep-pile carpet. Merely place the living pre-cut Zoysia Grass Plugs in the ground, and they'll

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(Our Plugs Are the Lowest-Priced . . . the Finest Quality Famous Meyer Z-52 Zoysia Grass!)

By Mike Senkiw
Agronomist,
Lakeland Nurseries

flourish thicker and wider until they spread over your entire lawn. Yes, there's no need to rip out your existing grass! And once established, the Zoysia "lawn carpet" becomes so tough, so resilient that it withstands cook outs, lawn parties, children's play! Zoysia thrives even on sandy or clay soil. Only following sharp frost will its colors burn out, but it renews itself as ever in the spring! A true care-free perennial for every climate! Plant the plugs 1-ft. apart. All instructions included.

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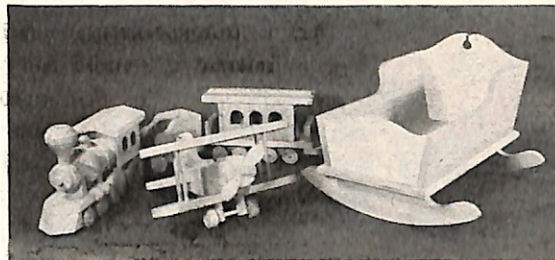
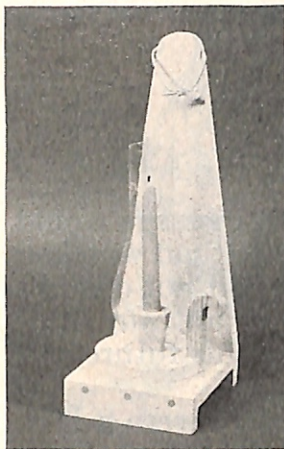
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*Some hand tool work will be necessary.

Picture yourself turning out hand crafted things like these — and selling them **for a profit!**

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You may have thought it takes too much costly equipment to turn out this kind of professional-looking work. But you're wrong. You no longer need to spend a fortune or clutter your limited workshop space with dozens of cumbersome tools.

Now, there is one unique power tool so versatile, so high in quality, and so easy to use that it's all you need to create instant best sellers.

This remarkable machine is the Shopsmith Mark V. It is so amazingly compact that it takes no more space than a bicycle. But it **out-performs** any combination of power tools you can buy.

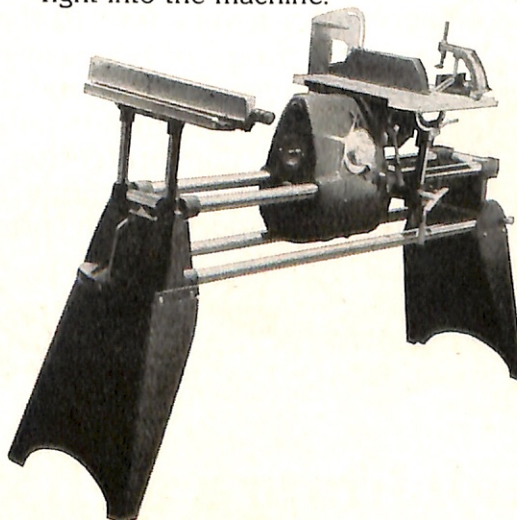
The Shopsmith Mark V actually brings you all five of the most important power shop tools you need — a 10" table saw, 12" disc sander, horizontal boring machine, 16½"

variable speed drill press, and 34" lathe — in one complete free-standing floor unit.

Each tool is powered by the same rugged heavy duty, precision-built motor so the Mark V costs you **far** less than five individual tools.

It's easy to make sell-on-sight items with the one tool that's right for all your jobs! The Shopsmith Mark V is versatile and easy to operate. After only about an hour's practice, you'll find yourself changing operations from set-up to set-up in less than 60 seconds.

You'll also find yourself **moving into** tricky, complicated jobs you wouldn't dream of tackling now. They're easy with the Mark V because the skills you need are built right into the machine.



What's more, you'll be able to "borrow" functions and set-ups from one tool to enhance the capabilities of the other tools. And you can add accessory tools and functions later as you need them. So your Mark V can grow right along with your woodworking business.

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Mail the coupon today. We'll send you all the information on the amazing 5-in-1 tool — the Mark V. The information is absolutely free and without obligation. We'll also tell you how you can actually use the amazing Mark V in your own home without risking a single penny.



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Yes! Please mail me your FREE Information Kit on the Shopsmith Mark V. I understand there is no obligation.

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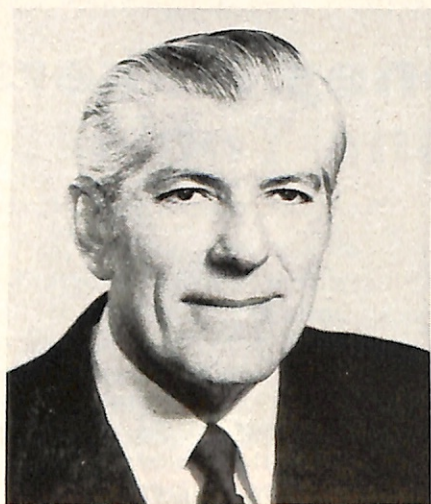
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**"I shall never again allow my faith and confidence
in our political leaders to overrule my common sense."**

PROTECT AND DEFEND



A MESSAGE FROM THE GRAND EXALTED RULER

Dear Friends:

AS I CONSIDERED what the subject of this message would be, I found I could not forget a TV program I had watched recently. While the content of the program did not deal directly with Elkdom, in an indirect and important way it involves Elkdom, as it affects every American, his future and his way of life.

IT WAS A panel program and the participants were a U.S. senator, a retired admiral and a gentleman from one of the so-called "think tanks"—an advisor on American policy. The question before them was the Russian presence in Afghanistan and what America could do about it, recognizing the potential threat it poses to our oil supply through the Persian Gulf. All three agreed there was a danger to our oil supply, and that if we lost the supply, it would strangle our country.

THEY DIFFERED on some points, but the most disturbing thing to me was their unanimous agreement that America had become so weak militarily, that we could not protect our vital interests through conventional warfare if the Russians chose to keep moving and cut the oil supply.

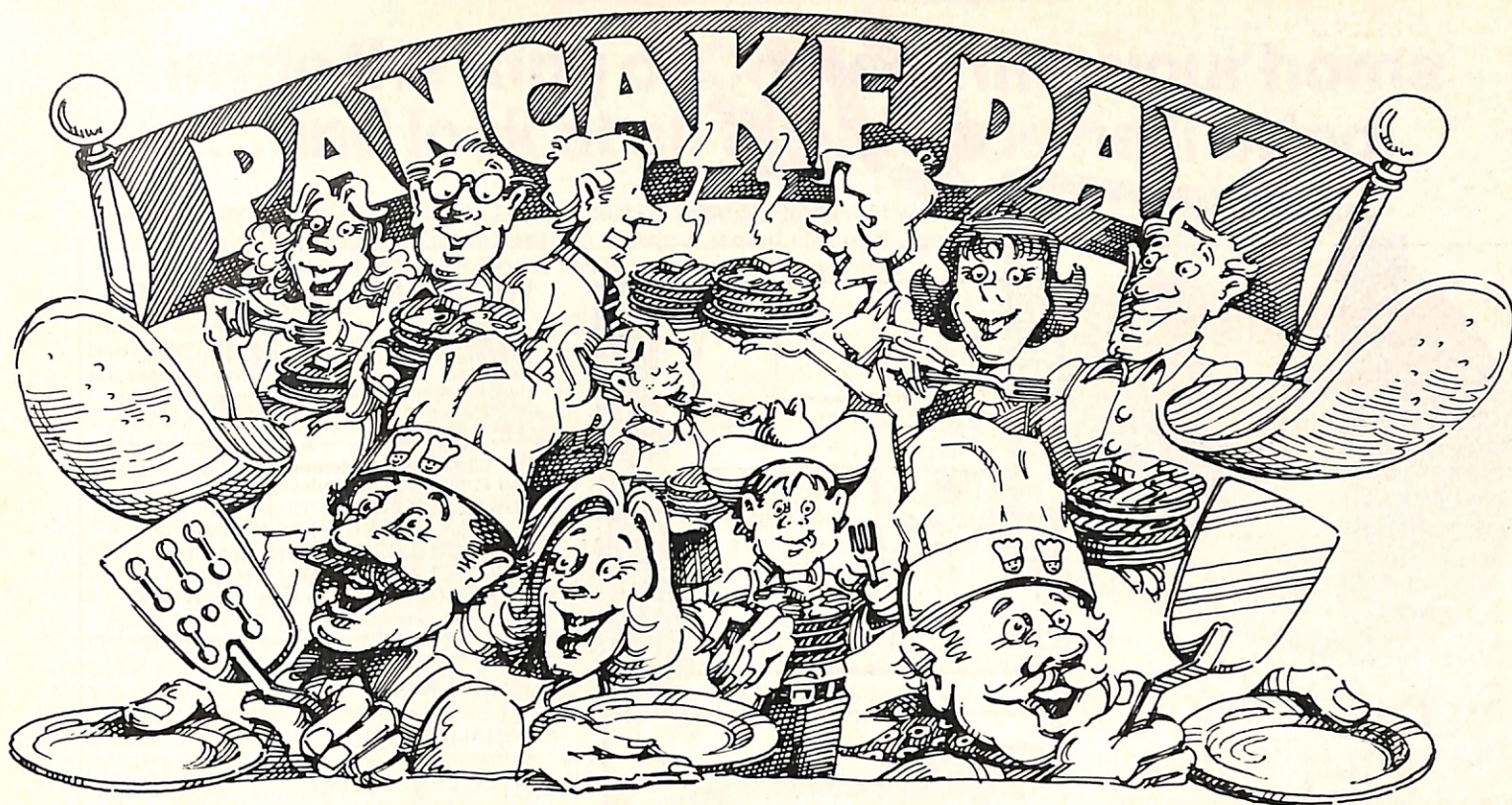
THEY ALSO agreed that we were in no position to threaten Russia with nuclear war, as their capability was greater than ours. In a nuclear war, the probable result would be the destruction of both countries. They concluded that we must make a temporary "accommodation" until we can buy time and rebuild our conventional forces.

THE LONGER I sat and listened, the more angry I became with myself. Where was I when we allowed our country to become inferior to Russia to the extent that we must attempt an "accommodation?" Why did I blindly trust our political leaders to assure our strength so that no country could bully us? Why did I sit by and allow monies necessary for defense to be diverted to well-intended programs, which have had disappointing results? Where was I when our most important intelligence agency and our top internal security agency were torn apart and practically dismantled because of concern for a very few, to the detriment of the rest of us?

I AM NOT proud of my answers to these questions. But I did promise myself one thing: I shall never again allow my faith and confidence in our political leaders to overrule my common sense. The protection and defense of our country must be foremost in our minds. All other causes and projects are of minute importance in comparison.

A handwritten signature in dark ink that reads "Robert Grafton". The script is fluid and cursive, with the first name and last name clearly legible.

Robert Grafton



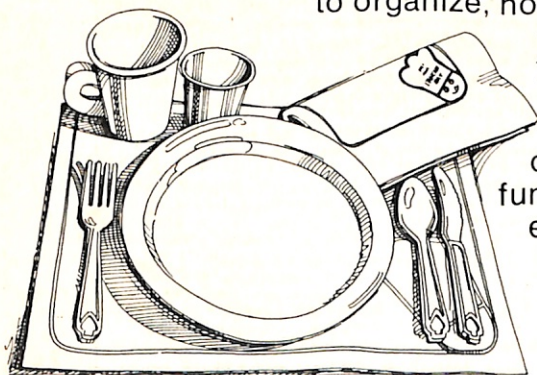
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6 Superstition in Sports

"It's bad luck to see a dwarf before a game," Babe Ruth said, "unless you rub his head. Then it's good luck!"

Walter Oleksy

20 Stephen T. Mather and the Rescue of Our National Parks

Starting with almost nothing, Stephen T. Mather set out to turn the National Park Service into an efficient bureau, and to make our parks a symbol of national pride.

Richard Grant

31 Guide to Travel Bargains

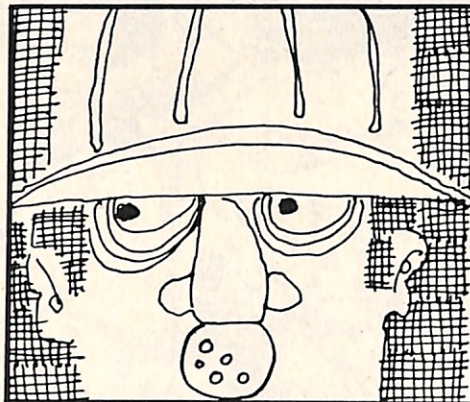
With inflation still taking a healthy bite out of the traveler's budget, we've gathered together many tips that may help squeeze more travel out of your dollar.

Jerry Hulse

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Illustration by Pat Doyle.



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Invite the King of Comedy into your home ...and look at all the friends he'll bring:

**Bing Crosby • Al Jolson • Eddie Cantor • Judy Garland • Sammy Davis Jr.
Kermit and Miss Piggy • The Supremes • Raquel Welch • Pearl Bailey
Ethel Merman • Fibber McGee & Molly and many, many more!**

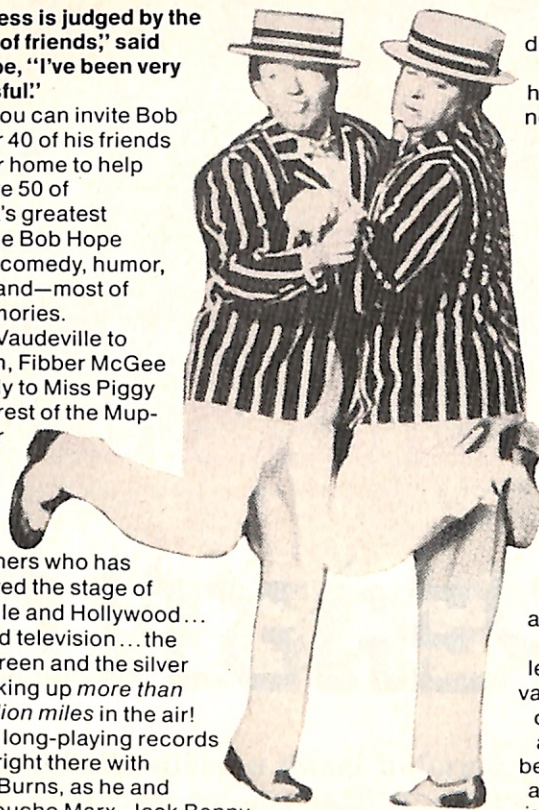
"If success is judged by the number of friends," said Bob Hope, "I've been very successful!"

Now you can invite Bob and over 40 of his friends into your home to help you relive 50 of America's greatest years: the Bob Hope years of comedy, humor, melody and—most of all—memories.

From Vaudeville to Viet Nam, Fibber McGee and Molly to Miss Piggy and the rest of the Muppets, our King of Comedy is one of the few entertainers who has conquered the stage of Vaudeville and Hollywood... radio and television... the silver screen and the silver jets, racking up *more than nine million miles* in the air!

Three long-playing records put you right there with George Burns, as he and Bob, Groucho Marx, Jack Benny and Danny Thomas pay tribute to the immortal Palace Theatre. You'll be on the scene in 1941 at the USO show at March Field... at another somewhere in the South Pacific... listening to your radio as the "Pepsodent Hour" goes on the air... and on the "Road" to everywhere with Bob and Bing.

Every minute of this incredible treasury is authentic history, reproduced from old broadcasts and records, then electronically enhanced for today's sophisticated stereo equipment. And it is packaged in a deluxe presentation case, framed in teak,



with an easel for easy display!

In addition to priceless hours of entertainment and nostalgia, this treasury also includes a fabulous, oversized 52-page book, packed with more than 160 photographs, ranging from four-year-old Bob in a sailor suit to the Hope family today, plus a supporting cast of politicians and soldiers, singers, dancers, humorists, and just plain people who helped make America what it is today.

Never before has there been so versatile an entertainer, one so decorated and admired as Bob Hope. And never before has his life and achievements been offered in such a memorable collector's treasury. It's a festival of amusement and memories that spans the generations... a collection you'll be proud to own and display and enjoy. So don't delay. *It is not available in any store, and we cannot guarantee this low price forever.* Please place your order today.

Invite Bob and his friends into your home for 30 days. Then invite your friends in to listen and enjoy. If you are not completely satisfied—if you don't agree that this collection is both memorable and outstanding entertainment—simply return it within 30 days and we'll refund your money. In full. There's no risk whatsoever—except that you might miss out on an outstanding opportunity!

BOB HOPE COLLECTION, P.O. Box 6326, Denver, Colorado 80206.



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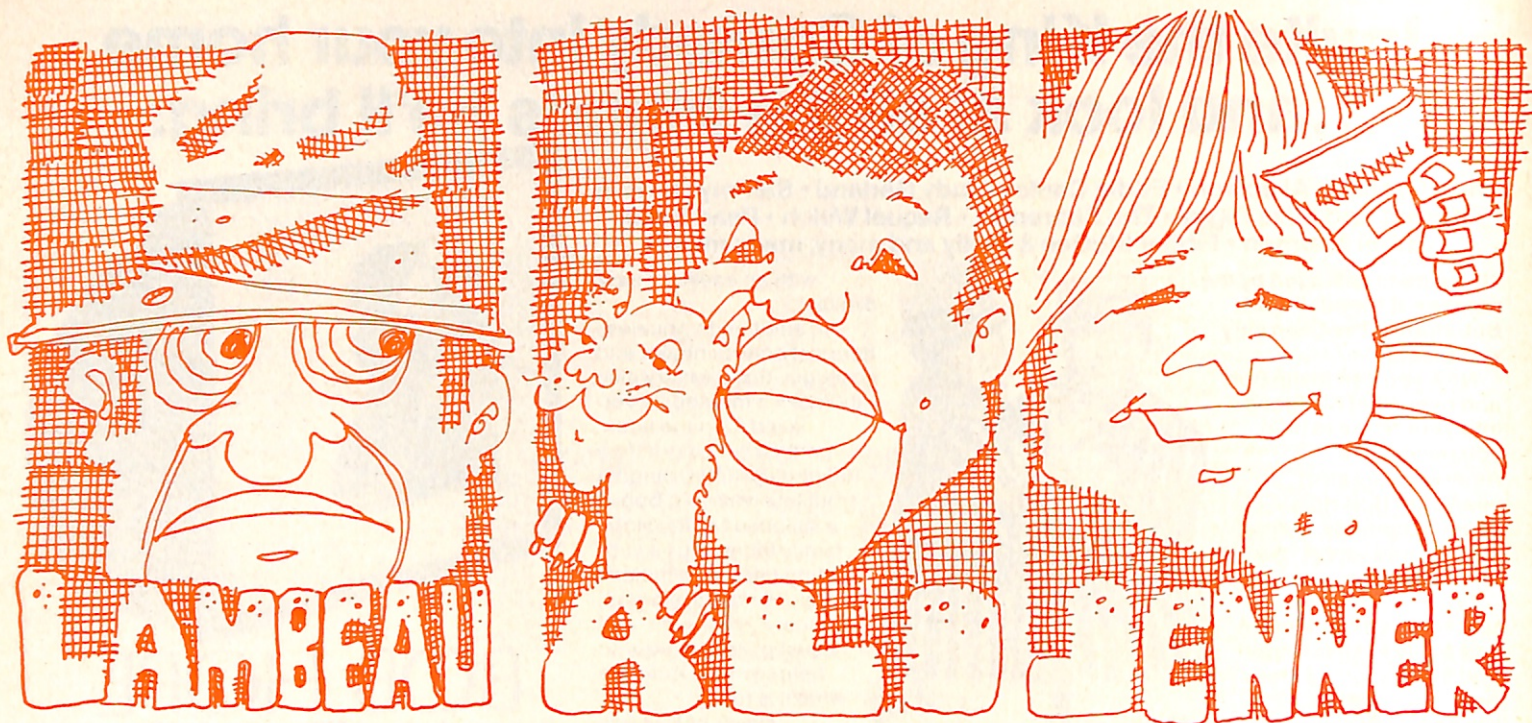
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SUPERSTITION

by Walter Oleksy

It was the day before the New York Yankees were to start their American League pennant-winning series, late summer of 1927, and the "Bambino" himself, Babe Ruth, stepped out of a taxi for some practice swings at Yankee Stadium. Suddenly, he began racing down the sidewalk as if he was trying to steal home plate for the winning run of the series.

"Babel!" a fellow player called after him. "What's the matter? Where are you going?"

"Got to catch the dwarf!" Ruth called over his shoulder, disappearing around a corner.

A few minutes later, Ruth rejoined his teammate in front of the stadium, puffing hard but looking much happier.

"What was that about a dwarf?" his friend asked, puzzled.

"It's bad luck to see a dwarf before a game," Ruth explained, "unless you rub his head. Then it's *good* luck!"

Babe Ruth, who always insisted he wasn't superstitious, kept wooden horseshoes, miniature-sized totem poles, and jade monkeys hanging in his locker. If he was on a hitting streak, he would insist upon having the same warm-up pitcher, for good luck.

Baseball's most famous player may not have been the game's most superstitious star, but he is in good company. Baseball players, football stars, basketball and hockey players all have their own superstitions.

What does wearing a beanie have to do with winning in swimming? Ask John Nabor. He won two gold medals at the 1976 Olympic Games.

"I wear a beanie at swim meets whenever I'm not in the pool," says tall, blond, superstar John. "It brings me good luck."

What does wearing an old pair of white socks with a black stripe at the top have to do with winning the '76 Olympic Decathlon? Ask Bruce Jenner, the greatest all-around athlete in the world.

"They're my lucky socks," says bronzed, muscular Bruce. "I started wearing them five years ago and my luck changed for the better. The toes and heels have holes in them and I have to get them sewn up all the time. But I wear them whenever I've gone into competition. I couldn't have won the Decathlon without them!"

When the sensational American Olympic boxing team went into action in each round, they slapped the palms

of their handlers' hands—for good luck.

Art Larsen, a pro tennis star, talks to an imaginary eagle on the courts. He says it's perched on his right shoulder during his matches.

"He brings me good luck," Art says. "And he reassures me, when the pressure is on."

Athletes may not be the most superstitious people in the world, but they do the darndest things to wish Lady Luck on their side.

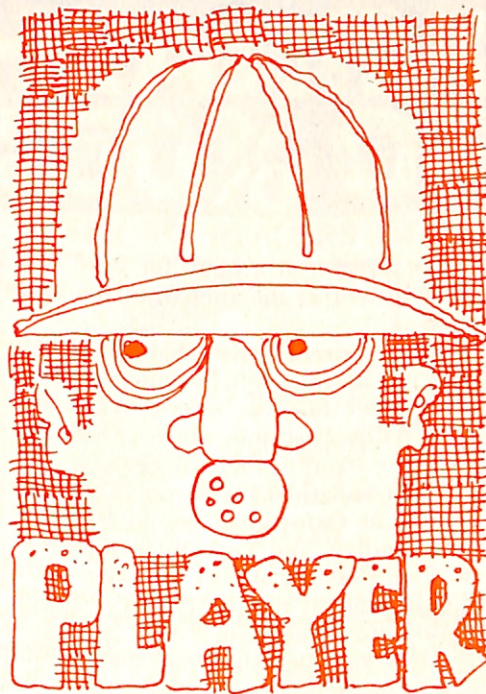
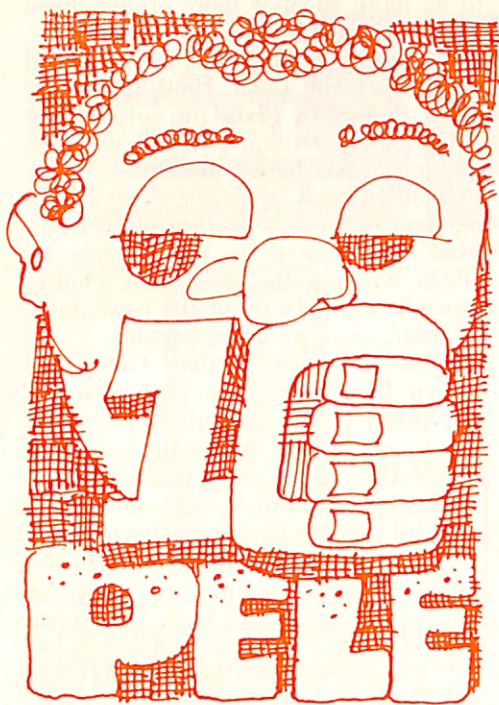
Hockey players gather in a circle to tap their sticks on the heels of a teammate who has just scored a goal.

A quarterback will cross his fingers over the seam of the football he is about to toss to a shooting end.

European male athletes kiss each other, signifying congratulations and good luck.

Some superstar athletes bring life-sized, stuffed teddy bears to the game with them. Sometimes the teddy bear sits on the bench with them at basketball or football games.

One of the great football coaches of all time, Curly Lambeau of the Green Bay Packers in Wisconsin, was superstitious about hats. He always wore a different hat at every game. Part of the reason may have been that he got so



IN SPORTS

"It's bad luck to see a dwarf before a game," Babe Ruth said, "unless you rub his head. Then it's good luck."

excited at a game that he would twist and tug at his hat until he tore it apart. But Lambeau insisted it would be bad luck to wear the same hat to more than one football game.

Athletes often are superstitious about how they dress for a game. Johnny Blood, the star Packer halfback, followed the long tradition of many athletes. He skipped every other hole when he laced up his football shoes. His only explanation: "It's lucky!"

Phil Esposito, the hockey star, always dresses the same way when he suits up for a game. Every item has to go on in the proper order, from his socks to his shoulder pads.

And, of course, Joe Namath wouldn't have been caught dead in a football game without his white shoes on.

Many athletes wear lucky charms around their necks. Milt Wilcox, a Honolulu-born pitcher, wears a miniature statue of a Hawaiian war god around his neck during the entire baseball season.

A quarterback, Cecil Isabel, went so far as to wear a silver chain that extended from his shoulder pads to his right wrist. He called it his "good luck throwing sling."

One of the toughest gridiron stars,

Bronko Nagurski, was superstitious about having his face touched during a game. One afternoon while playing for the Chicago Bears, the fullback kept his head down so low on a crucial play, he crashed head-on into a steel-and-concrete dugout.

Seconds later, still holding the ball, Bronko looked up dizzily.

"Gosh, that last guy sure hit me hard!" he wailed. "But nobody touched my face!"

Among superstar athletes who take stuffed animals to their games is the Giants' Ron Bryant. He keeps a giant-sized stuffed teddy bear in Giants' uniform on the bench with him when he isn't on the field.

Baseball star Stan Bahnsen, like many other players, always sits in the same place on any bench in any ballpark.

Bud Harrelson of the Mets never walks in front of an umpire or a catcher. It would be bad luck.

Gary Player may be the most noticeably superstitious golfer because he always dresses in black. But many other golfers wish Lady Luck on their side by always driving to the course in the exact same way each time, always following the same streets.

It might look unmanly to suck on a

security blanket at a basketball game, but a Kentucky player, Gary Hassman, got around that. He always brought an old towel along from his high school playing days. When he was sitting on the bench, he would put the towel over his head and peek out to watch the game from under it.

Bowlers have their superstitious rituals. Some blow into the thumb hole before rolling the ball. Others never pick up the ball with their fingers or thumbs in the holes. They wait until they lift the ball up to belt or chest level.

Pele, who recently retired as the greatest soccer player in the world, was fascinated by the number 10, which he wore on his jersey. He always wore Number 10 with his team in Brazil, but when he entered World Cup play, players do not get their regular number to wear, they draw for numbers. But Pele was lucky enough to draw Number 10 for his first World Cup in 1958 in Sweden, and again drew Number 10 at the 1962 World Cup matches in Chile.

The odds of getting your same number out of eleven players drawing are very high, but on World Cup teams there are 16 to 18 players. For his third World Cup series, Brazil honored Pele by giving him his lucky Number 10 to wear, permanently. After that, Pele made 10, or combinations of 10, a part of his life, choosing hotel rooms such as 1010 or automobile license plates with the number 1000.

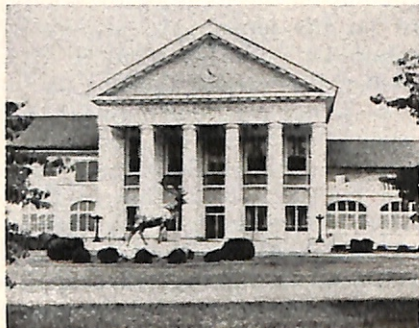
Muhammad Ali knew that Ken Norton was superstitious and fearful of black cats. At the pre-fight physical examination before their Yankee Stadium fight, Ali didn't ask for his physical to be held at his training camp, but instead said he wanted to go to Norton's. One of the champion's trainers, Dick Sadler, went along, carrying a little black box.

When Norton appeared for his physical, Sadler opened the lid on the box and a black cat leaped out. Norton's eyes grew wide, and Ali could see that he had exploited his opponent's weakness.

But Muhammad Ali also is superstitious. He wears a lucky robe, presented to him by Elvis Presley for Ali's fight in Las Vegas with Floyd Patterson. Elvis had it specially made for Ali at a cost of \$5,000. Ali almost went into a panic before the fight when the lucky robe was missing. But he learned that another of his friends, Drew Brown, had put the robe in his dressing room. (Brown always wears a sweater on the night of a fight that is the same color as Ali's boxing trunks.)

Brown also superstitiously takes the champ's mouthpiece out and licks it clean after every round. And his trainer, Angelo Dundee, always wears a

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white sweater at a bout, for good luck. He also enters the ring from the same side.

Some boxers insist that their handler put on their left boxing glove first. Two other famous boxers, Willie Pep and Willie Pastrano, always tied their wedding band to their shoelaces.

Even an athlete who was a Rhodes scholar at Oxford can be superstitious. Bill Bradley, the basketball superstar, always put his towel on the right shoulder of his trainer, Danny Whelan, during every time-out.

Next time you watch Jack Nicklaus in a televised golf tournament, see if he isn't wearing white shoes. He won't wear any other color during a game.

Hockey players may walk under ladders and not go into a cold sweat before a game, but they won't go anywhere near two crossed hockey sticks in a locker room. Baseball players feel the same way about crossed bats in front of the dugout.

Baseball always has been a game full of superstitious players, but it's getting

to be more so since more ethnics have joined the sport. The number of Latin American baseball players has increased by 50 percent since 1960, and they bring their own brand of cultural beliefs and superstitions with them, some religious, some based on voodoo.

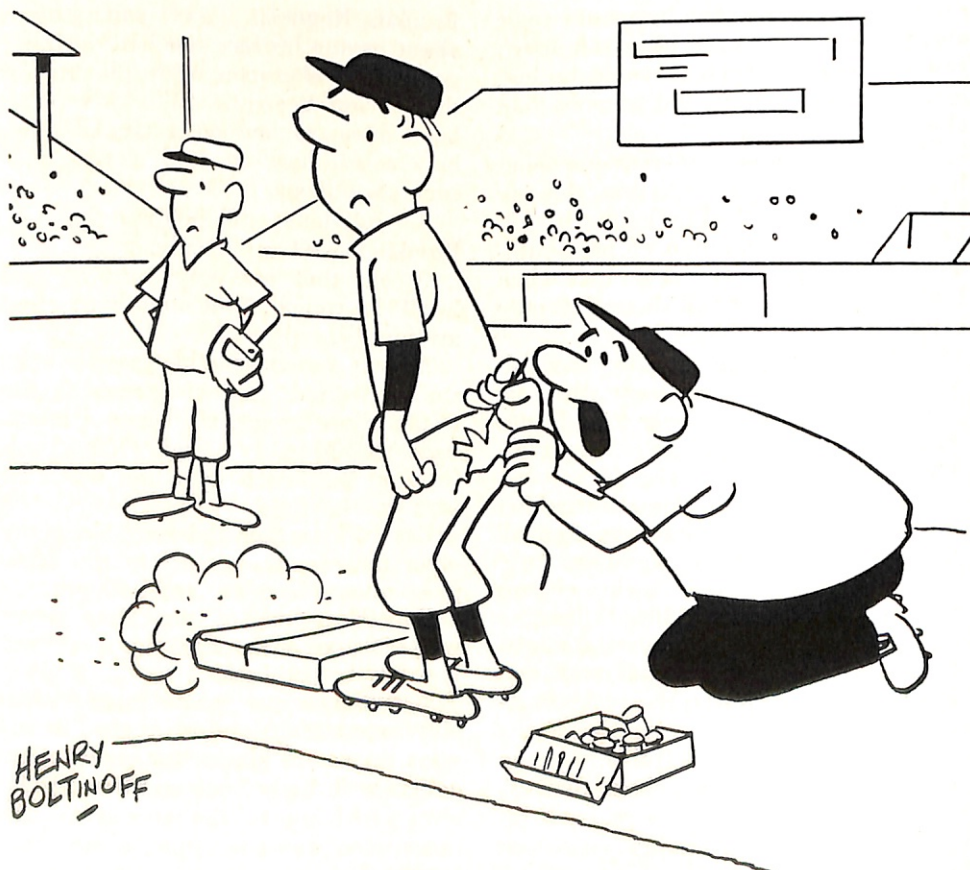
Ivan Murrell wears a caravaca, a pendant of a cow's face, to protect him from evil. Injured for years before he began wearing the good luck charm, Murrell says because of the cow's face, he hasn't even pulled a muscle.

Second-baseman Julio Gotay of Puerto Rico refused to play near his bag one day. His manager kept calling him to play closer to second base, but Gotay stayed away from it. Finally, the manager stopped play and went over to him and asked what was the matter.

"Two bats are crossed in front of the dugout," Gotay complained, meaning they would bring bad luck. "I can see them if I stand near second."

The manager had the bats uncrossed and play was resumed. Later in the game, when the manager was thrown out for arguing with an umpire, Gotay blamed it on the crossed sticks and the bad luck it brought.

Not only are baseball players superstitious, so are coaches. Tom Lasorda, Los Angeles Dodgers manager, believes pigeon droppings bring good luck! When he was a pitcher, he once won a game after being hit by some pigeon
(Continued on page 25)



HENRY
BOLTINOFF

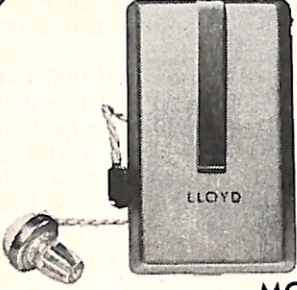
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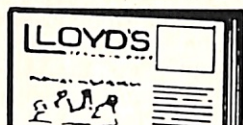
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Candidates For Grand Lodge Office

East Chicago, IN, Lodge Presents Stanley F. Kocur for Grand Secretary



Whereas: The Officers and Members of East Chicago, Indiana, Lodge No. 981 of the Benevolent and Protective Order of Elks of the United States of America appreciate the many years of outstanding service given their Lodge by Stanley F. Kocur; and

Whereas: He has served East Chicago, Indiana, Lodge unstintingly in many capacities, especially in every office in the Lodge, and as its Exalted Ruler in 1949-50, and in a distinctive manner as Secretary for 13 years; and

Whereas: He has served Indiana Northwest District as its District Deputy Grand Exalted Ruler in 1958-59, and as District Secretary-Treasurer the past 25 years; and

Whereas: Brother Kocur has rendered outstanding service to the Indiana Elks Association as Ritualistic Chairman, Scholarship Chairman, Convention Chairman, Trustee, Officer, and served as its President in a distinguished manner in 1974-75; and

Whereas: He has maintained his interest in Ritualistic work by being a Qualified Judge and judging state contests in surrounding states; and

Whereas: He has taken leadership roles in community charity drives, and serves his church as Commentator-Lector; and in business affairs served as President of the Central Wooden Box Association, Chairman of the Zoning Board of Appeals

and now as a Commissioner of the Zoning Board; and

Whereas: He has always demonstrated his love and devotion to the Order and his managerial and administrative ability; and

Whereas: Brother Kocur has, since July, 1977, served with diligence, prudence and distinction as Grand Secretary of the Benevolent and Protective Order of Elks of the U.S.A.;

Now therefore be it resolved that East Chicago Lodge is honored and proud to present to the 1980 Grand Lodge Convention in New Orleans, the name of Brother Stanley F. Kocur as a candidate for reelection to the office of Grand Secretary of the Benevolent and Protective Order of Elks of the United States of America.

William N. Kelly, Exalted Ruler
Leo J. Pusch, Secretary

Linton, IN, Lodge Presents William H. Collisson for Grand Treasurer



Whereas: The Officers and Members of Linton, Indiana, Lodge No. 866 of the Benevolent and Protective Order of Elks acknowledge and appreciate the years of service given to Elksdom by William H.

Collisson; and

Whereas: He has served, and continues to serve, his Lodge, his District, and his State Association in chair and presiding offices, as well as on working and advisory committees; he has served the Grand Lodge as Chairman of the Americanism Committee and as Grand Trustee, and has competently and conscientiously performed the duties of Grand Treasurer for two years; and

Whereas: In all responsibilities he has acted sincerely and enthusiastically to

further the image and ideals of Elksdom;

Now therefore be it resolved that Linton, Indiana, Lodge No. 866 proudly presents William H. Collisson as candidate for reelection to the office of Grand Treasurer of the Benevolent and Protective Order of Elks of the United States of America, and will be pleased to place his name in nomination at the Grand Lodge Convention in New Orleans, Louisiana, in July, 1980.

Leroy Liston, Exalted Ruler
Ervin Hollen, Jr., Secretary

Toledo, OR, Lodge Presents Robert J. Tancredi for Grand Trustee



Whereas: Robert J. Tancredi has served the Benevolent and Protective Order of Elks in a variety of positions at the subordinate Lodge, the Oregon State Elks Association and the Grand Lodge with

distinction; and

Whereas: He has held many chairs in his own Lodge and served as Exalted Ruler of Toledo, Oregon, Lodge No. 1664 in 1972-1973, and served on publicity committees and as an organist for the Oregon State Elks Association; and

Whereas: He has served the Grand Lodge as District Deputy Grand Exalted Ruler of the Oregon Northwest District in 1974-1975, and on the Grand Lodge Americanism Committee in 1977-1978. He has served as Special Deputy Grand Exalted Ruler for four years; and

Whereas: In all duties he has served

faithfully, diligently, sincerely and enthusiastically, striving always to further the image of Elksdom;

Now therefore be it resolved that Toledo, Oregon, Lodge No. 1664, does hereby present with pride Robert J. Tancredi as candidate for the office of Grand Trustee of the Benevolent and Protective Order of Elks of the United States of America, and is pleased to place his name in nomination at the Grand Lodge Convention in New Orleans, Louisiana, in July, 1980.

Alfred J. Jones, Exalted Ruler
Russell L. Enck, Secretary

Hasbrouck Hts., NJ, Lodge Presents Kenneth V. Cantoli for Grand Trustee



Whereas: Kenneth V. Cantoli, a most distinguished Charter and Honorary Life Member of Hasbrouck Heights, New Jersey, Lodge No. 1962, has served with honor and distinction for 25 years at every level of Elksdom; and

Whereas: He served his Lodge as Exalted Ruler in 1959-1960, and continued to serve in the New Jersey State Elks Association as the Chairman of the State

Ritualistic Committee through the years 1962-1966 and as a member and Chairman of the State Association Auditing and Business Practices Committee from 1966-1976 and as President of the State Association in 1977-1978; and

Whereas: With total dedication, he has further distinguished himself at the Grand Lodge level by serving as a National Ritualistic Judge during the years 1963-1965, having been appointed to the Grand Lodge Auditing and Accounting Committee in 1966 and serving through 1969, was reappointed in 1971, serving through 1974, as Chairman in 1973-1974, appointed District Deputy Grand Exalted Ruler of New Jersey Northeast District in 1974-1975, and in 1975, upon the untimely death of Grand Trustee Edmund H. Han-

lon of Red Bank, New Jersey, Lodge No. 233, was appointed to complete the unexpired term, and was elected Grand Trustee in 1975-1976; and

Whereas: Brother Kenneth V. Cantoli has demonstrated his dedication, desire and ability to bring distinction to the order of Elks;

Now therefore be it resolved that the Officers and Members of Hasbrouck Heights, New Jersey, Lodge No. 1962, at its regular meeting on January 21, 1980, do hereby present to the delegation assembled in Grand Lodge Session at New Orleans, Louisiana, in July, 1980, the name of Kenneth V. Cantoli as a candidate for election as Grand Trustee.

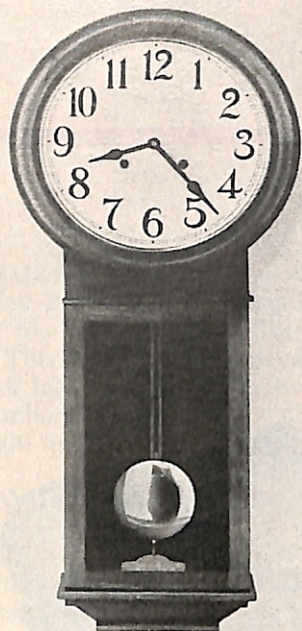
Mario Silvestri, Exalted Ruler
Al Siering, Secretary

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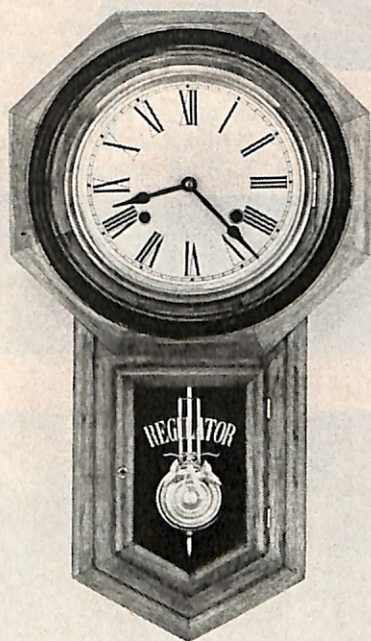
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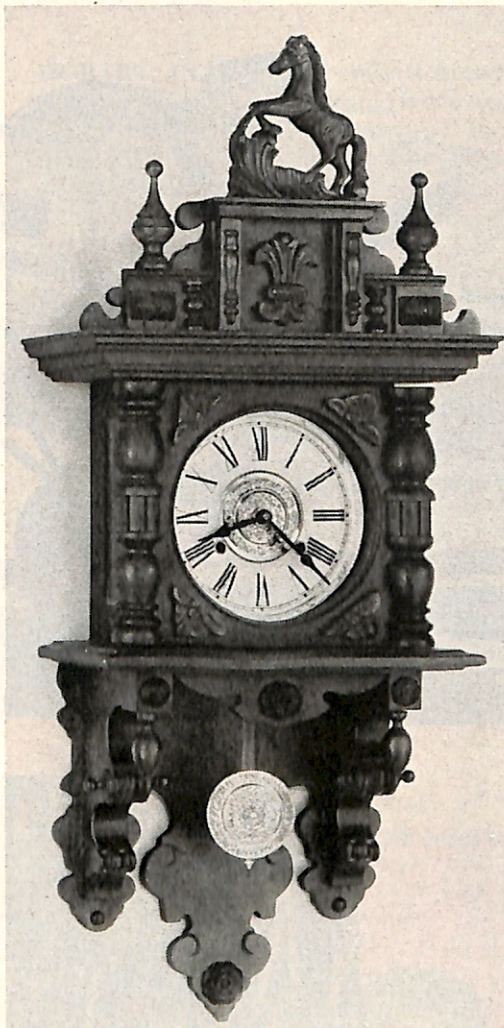
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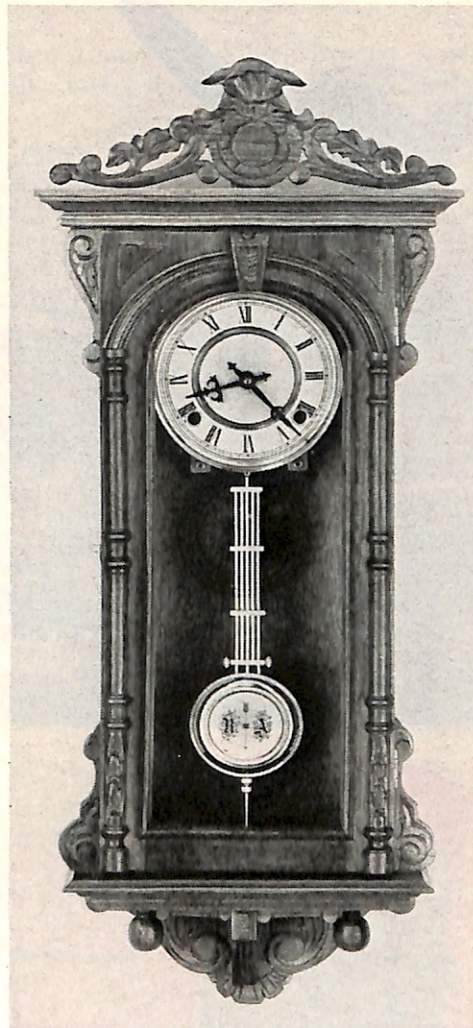
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NEWS OF THE LODGES

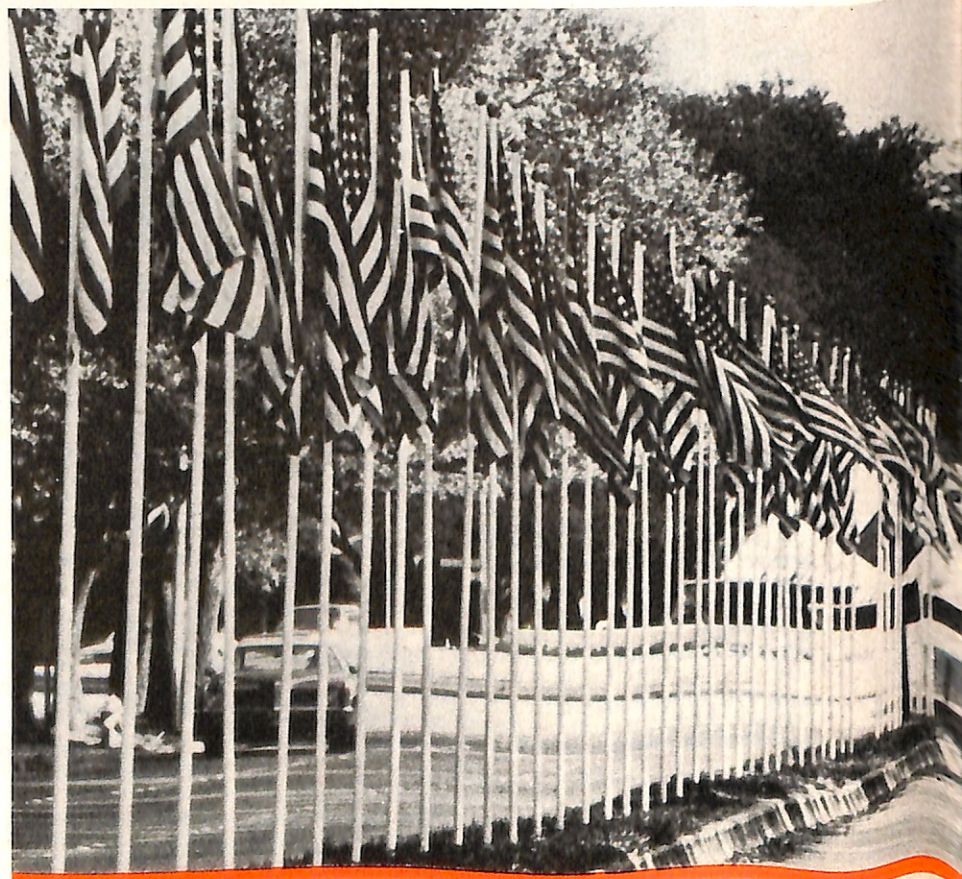


Bessemer, MI.



Janesville, WI.

Houston, TX.





BESSEMER, MI, Lodge has this picture of a B-17 Boeing Flying Fortress named for the Michigan Elks Association. This honor was achieved as a result of sales and purchases by Michigan subordinate lodges of over \$678,000 in war bonds in 1944.

JANESVILLE, WI. For the past 41 years, members of Janesville, WI, Lodge have made Christmas memorable at the Wisconsin School for the Visually Handicapped. This Christmas 29 Elks visited the school, bringing gifts for the school's younger children. One of the "Santas" was Brother Seth Hatch, shown with Dawn Ollenbergh of Milwaukee.

HOUSTON, TX. On Christmas Eve, members of Houston, TX, Lodge raised 50 flags—one for each of the American Hostages in Iran—along the esplanade in front of Mecom Fountain. The lodge members vowed to keep the flags flying until all the Americans are returned safely. The subsequent theft of

six of the flags did not weaken the lodge's resolve to keep 50 flags flying as long as necessary.

HOBART, IN, Lodge recently donated \$500 to the Indiana Veteran's Home in Lafayette. The money is to be used for room furnishings in MacArthur Hall at the home.

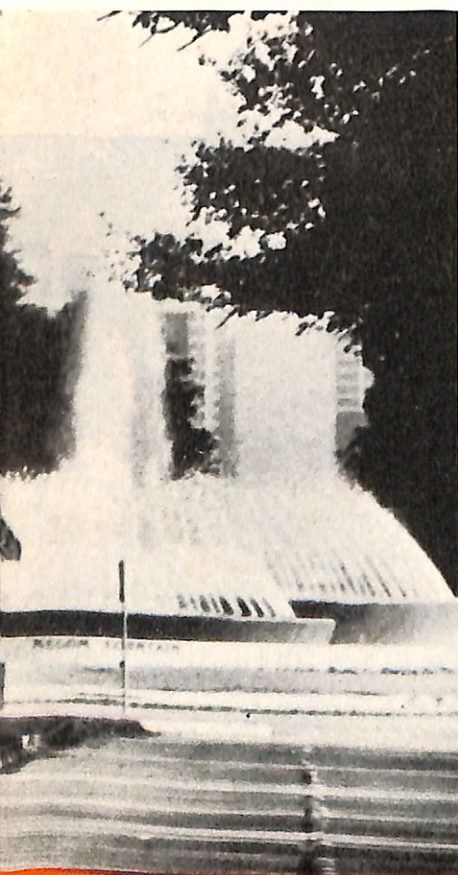
RIDGEFIELD PARK, NJ. The National Service Committee of Ridgefield Park, NJ, Lodge recently visited the Veterans Hospital in South Orange, NJ, with numerous gifts for the veterans. ER Robert Binetti and Chm. Buddy Baker, together with 10 members of the Lodge's National Service Committee, gave various gifts and Elks pens to many disabled veterans and brought cheer from all Elks.

NEWARK, NJ. The local lodge had the honor of presenting the Eagle Scout award. From left are Eagle Scout Kenneth Durden, PER and American-

ism Committee Chm. George Knott, Jr., and ER Robert Dranow.

PENN YAN, NY. In the first wedding ever to take place in Penn Yan, NY, Lodge, Brother David Blauvelt married Margaret Stokoe, widow of the late Brother Earl Stokoe. The ceremony was performed by Brother Robert Nielsen, a justice of the peace. Reception followed in the lodge dining room.

SAYREVILLE, NJ. The ladies auxiliary of Sayreville, NJ, Lodge recently presented ER Paul White and Building Fund Chairman James Lala with a check for \$2,200 for the lodge building fund. Because of the success of the building fund program, Sayreville Lodge, which has been in existence for only three years, is now investigating prospective sites for a permanent home.



Newark, NJ.

NEWS OF THE LODGES

OCALA, FL. At a pre-New Year's Eve party given by Ocala, FL, Lodge for the benefit of the Harry-Anna Crippled Children's Hospital, five turkeys were auctioned, bringing a total of \$3,125.

The Harry-Anna Crippled Children's Hospital, located at Umatilla, FL, is owned and operated by the Florida State Elks Association. The hospital was opened in 1935 and has an average occupancy of 65 patients. Many of the patients are completely cured, and all of them are benefited by the care offered at the hospital.

MILLINOCKET, ME. Lodge entertained 250 senior citizens at Christmas-time. The local high school glee club sang several selections, as did Brother John Bailey Brown. Ladies of the Emblem Club served lunch.

Also entertained by the lodge during the holidays were 350 children of lodge members. The children played games, and Santa and Mrs. Claus led them in singing Christmas songs. Members and Emblem Club ladies served hundreds of hot dogs and hamburgers, along with other refreshments.

SALINAS, CA. PER Robert Grainger gave the obligation when his three sons—Joe, John, and Bill—were initiated into Salinas, CA, Lodge. Members congratulated the new Brothers.

RICHMOND, VA. The local lodge recently donated a wheelchair to the Mary Carter Beacon House, a home for the aged and handicapped, in Petersburg, VA. Brother A. L. Schmitt-hausler, who arranged the donation, was so moved by the presentation ceremony that he and his wife pledged to personally donate a second wheelchair to the home.

LIBERTYVILLE, IL. Lambs' Farm, a home for mentally retarded young adults located in Libertyville, IL, recently received a \$500 donation from the North District Elks of Illinois. Presentation of the check was made by William Hurlbutt, PER of Evanston, IL, Lodge, to Mrs. Alice Hurlbutt, president of the Lambs' Women's Board.

RIDGEFIELD PARK, NJ. Teenagers of the Month were honored recently by Ridgefield Park, NJ, Lodge. Award recipients Ruth Durkin and Sandra Della Fave were congratulated by Youth Activities Committee Chm. Joseph Holly and ER Robert Binetti.

LIMA, OH. Elks donated a 30-foot aluminum flagpole to the Senior Citizens of Lima and Community Home. Present for the dedication ceremony were approximately 100 persons, the local VFW post, Mayor Harry Moyer, and the lodge officers.

NORWIN, PA. As part of the dedication ceremony for their new lodge building, Norwin, PA, Brothers buried a time capsule which will be opened in 25 years. Participating in the ceremony were (from left) Trustee John Safran, PER and Program Committee Co-chm. Leonard Santmyer, and ER John Burch. Renovation of the lodge building, formerly known as the Fletcher Estate, is planned.

AZUSA, CA. Lodge received second-place national honors for its Americanism programs in 1978-1979, and this float, which was entered in the Azusa "Golden Days" parade, is just one example of the enthusiastic Americanism program carried out by this lodge. Americanism was also the topic discussed when Gov. Jerry Brown visited the lodge. These activities are directed by Americanism Chm. Eugene Moses, who is also a member of the Azusa city council.

BEDFORD, VA. At the Elks National Home, PGER Francis Smith threw the switch that turned on the home's outdoor Christmas lighting display for the first time. Many prominent Elk officials, both from the local area and from other states, were present for the ceremony.

A total of 18,099 cars and buses passed through the grounds during December 14-31 to view the display. Doral Irvin, executive director of the home, estimates that these vehicles transported at least 150,000 persons who came to see the lights.

CLINTON, NJ. ER Carl Westerfield (right) of Clinton, NJ, Lodge presents the Eagle Scout Award to R. Scott Hockenbury. Scott also received an American flag and a US Savings Bond from PER Frank G. Wenzel (second from left). Looking on is Secy. Anthony Rizzo. The Clinton Elks sponsor Scott's Explorer Scout Troop.

PINELLAS PARK, FL. ER Carlyle Ruhl of Pinellas Park, FL, Lodge welcomes Kevin Ambler, winner of the Elks National Foundation four-year scholarship and currently a student at Cornell University. Ambler delivered an address to a sellout crowd of 300, as part of a speaking tour that also took him to Seattle, San Francisco and Los Angeles.

ALEXANDRIA, VA. Lodge was host to 125 area senior citizens, treating them to a Christmas Dinner with all the trimmings. Standing from left are ER George Bayliss, SP Donald Netschke, Jr., and PER and Secy. William Murphy.

(Continued on page 27)

Pinellas Park, FL.





Norwin, PA.
Azusa, CA.



Bedford, VA.



Clinton, NJ.



Alexandria, VA.

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LETTERS

• I would like to congratulate GER Robert Grafton on sending a telegram to President Carter supporting actions to obtain release of our people in Iran. Elksdom, as we know and love it, can only survive in a free society. Our freedom is being challenged as never before, and the leaders in the cause of freedom have never been found in the middle-of-the-road. Our GER's telegram has placed all of us on the right side of the road. Resolution will keep us there.

James M. Barron
Framingham, MA

• Just read your article on cards, "Some Kings Live Forever," (February, 1980) by Earl Clark. I have a pack that dates back to before World War I. The cards have gold trim, and all the kings, queens, and jacks are hand-painted. The name on the box is B. Dondorf, GMBH. The cards are called Whist-Karten, 52 Blatt, and the box is made of linen, as are the cards. What value they have, I don't know. Maybe one of my fellow Elks can tell me.

Andrew T. Flynn
National Elks Home
Bedford, VA 24523

• Regarding your article, "Bad Paper is Costing You Plenty," (January, 1980) by Gary Turbak: I suggest making everybody pay for bad checks—and why not offer a discount to customers who pay cash? It would save time at the checkout counter. Have you ever waited in line while the people ahead of you write out checks for tiny amounts?

G. P. Rush
St. Paul, MN

• I would like to share with you my experience at our National Elks Home in Bedford, Virginia. While visiting my family there, my wife and I were included in a reception at the apartment of Brother Doral Irvin, Executive Director of our home. The same night, the local drama group made a presentation in the theater of the home.

The whole atmosphere of the occasion represented the warm feeling of mutual respect and support between the National Elks Home and the Bedford community. Much of this is fostered by Doral, who is most active in and supportive of community affairs. Our Brothers who are residents of the home are felt to be members of the community, and the expression of goodwill toward our home is rewarding to see.

Albert H. Dudley, Jr.
Lutherville, MD

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"To Our Absent Brothers"

Our departed Brothers would be proud to see the wonderful services conducted by all the Lodges across the nation. Reports received by GL Activities Committeeman Jack L. Riordan, indicate increased attendance and more rewarding services. (Fargo, ND, Lodge reported 512 in attendance, while Corvallis, OR, Lodge reported 485. Fulton, NY, Lodge had the highest attendance with 62.9 percent.)

Sixty-three brochures were entered in the Grand Lodge Memorial Day Contest this year, and they were

all excellent, making the judges' job quite difficult. The Committee wishes to thank the following Brothers who acted as judges: Patrick Cohen, PDDGER; Les Pratt, PDDGER; Rev. Fred Gimer; Eugene Bishop, Vice President, South District; Charles Mailin, PER; George Karp, PER, Jack Cody and L. C. Schaffer.

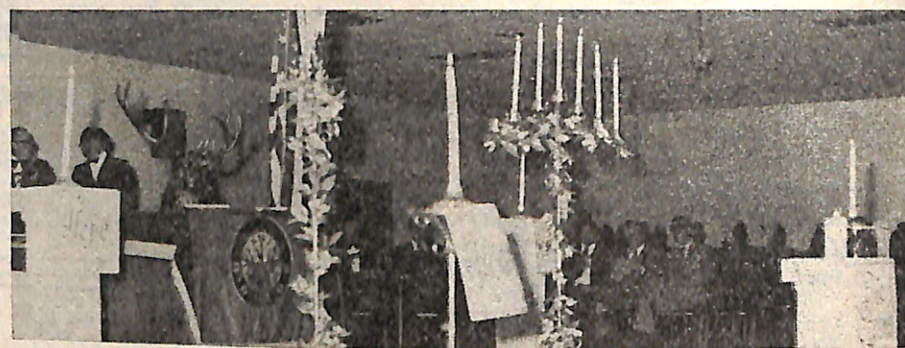
Awards will be presented at the Grand Lodge Convention in New Orleans, LA, on July 22, 1980, and all the brochures submitted will be on display at the Lodge Activities booth.



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Lodges with 601 to 1000 members

1. Portsmouth, VA
2. Homestead, FL
3. Dover, NH

Lodges with 1001 to 2000 members

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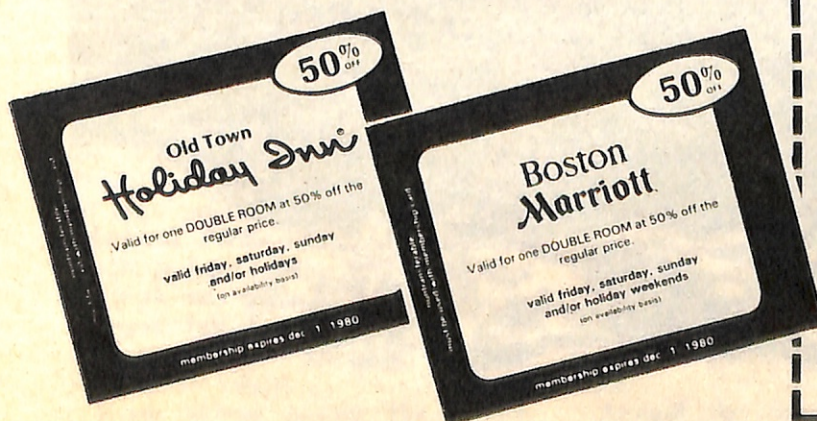
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Stephen T. Mather And The Rescue Of Our National Parks



Stephen T. Mather in Glacier National Park.

by Richard Grant

In the fall of 1914, an unusual exchange of letters took place that was destined to change the summer vacation habits of millions of Americans. It was not uncommon at this time for Secretary of the Interior Franklin K. Lane to receive letters criticizing the country's 13 National Parks and 18 National Monuments. The areas were poorly run, roads were in disrepair, accommodations were for the most part nonexistent, and many beautiful sites were being destroyed by mismanagement and misuse. Lane himself had written, "If the railroads were conducted in the same manner as the National Parks, no man would be brave enough to ride from Washington to Baltimore."

And then Lane received another critical letter, this time from an old friend and classmate at the University of Southern California, Steven T. Mather. A former newspaper and public relations man, Mather had become a multimillionaire in the Borax industry, and now devoted a large part of his time to outdoor activities. On a recent trip to Yosemite, he had been shocked by the deplorable condition of the park.

Lane's reply to him was brief. "Dear Steve, if you don't like the way the National Parks are being run, come on down to Washington and run them yourself."

It was not a facetious invitation. Lane knew that Mather was a great organizer, a man of tremendous energy with a great love of the outdoors. Physically commanding, Mather was able to make friends with influential people or fill a crowded auditorium with enthusiasm. And he was a born promoter. As one friend said of him, "If he was out to make a convert, the subject never knew what hit him."

In 1914, this was exactly what the National Parks needed. Since 1876, when the world's first national park was established at Yellowstone, the concept of natural park areas had faced a series of critical battles. Congress had reluctantly agreed to set aside two million acres of Yellowstone Valley (an area larger than Rhode Island and Delaware combined) as "a public park or pleasing ground" to satisfy a few radical conservationists; but that was the extent of their involvement. For its first five years, Yellowstone received no appropriations. Even when N. P. "National Park" Langford, who had fought so hard for the establishment of the park, was made its first supervisor, Congress felt the title itself was sufficient reward, and Langford held the job without salary.

Even without money, the Yellow-

stone idea looked solvent on paper. The Act called for no development of the land—no mining, lumbering or grazing. Wildlife would be protected, buildings would be limited to the few hotels and campgrounds needed to house the tourists and every effort would be made to preserve this area as it was for future generations.

At least, that's how it appeared on paper. In actuality, the sacking of Yellowstone began shortly after it achieved park status. Poachers came first, killing up to 2,000 elk a year, decimating the herds of big horns, antelope and deer, and using explosives to fish the streams and lakes. Langford and the country's first park ranger, Harry Yount, were powerless to stop them. Their only means of retribution against apprehended poachers (when in that huge dense forest they were able to catch them) was to kick them out of the park, and it was simple enough for the criminals to return the next day.

Horror stories abounded. One day, a ranger came upon a field full of slain buffalo and was so overcome, he pulled his gun, arrested the poacher and seized the trespasser's weapons and supplies. The Attorney General ruled, however, that due to the absence of specific laws, it was the ranger who had acted improperly, and the poacher's guns were returned with an apology. By 1901, the buffalo herd in Yellowstone, the largest remaining herd in North America, was reduced to 25 head.

Tourists were not much better. For sport, they jammed logs down geysers, destroying many beautiful geologic formations. Others were hacked to pieces by rock hounds, and careless campfires burned huge tracts of land. Outlaws found the tourists easy prey and were still holding up the Yellowstone Stage as late as 1889.

Perhaps most destructive of all were the private entrepreneurs who saw the park as a means of making quick money. Some came and built shanty towns for tourists, charging outrageously high rents. Others would destroy signs in the park so visitors would get lost and have to hire a guide.

By 1886, with little funds and no means of reversing the destructive trend, the Secretary of Interior had no choice but to call on the U.S. Cavalry. Captain Moses Harris led a detachment of troops into Yellowstone on August 20, 1886, reporting that his men had to wait while entering the park for a wagon train of illegally cut lumber to leave. For the next 30 years, the military would police Yellowstone National Park.

Around the country, Yellowstone's

story was being repeated at a dozen different areas. Concerned citizens had fought for the establishment of 13 parks, including Yosemite, Sequoia, Rocky Mountain, Mount Rainier and Glacier, but in each case the scenario was the same. Each park was created and operated as a separate entity. If Rocky Mountain needed tools and Yellowstone had a surplus, there was no means for an exchange. If private organizations were trying to steal part of a park, it was up to the friends and supporters of that park to fight them off and, without a united organization, this proved nearly impossible.

Ingeniously using the Swamp Land Act, lumbermen grabbed control of the best sequoia groves in California on the grounds that they were flooded each spring. Using mining claims even though there were no minerals to be mined, Ralph Henry Cameron, a U.S. Senator, was able to claim almost all of the south rim of the Grand Canyon as his personal property.

In 1906, the problems intensified with the passage of the Act for the Preservation of American Antiquities.



Harry Yount (above), the first ranger at Yellowstone National Park, served mainly as game warden and land manager—and then, only when the laws would allow.



Under this act, the President could, at his discretion and without support from Congress, establish any area as a National Monument. A monument differed from a park in that it protected some specific natural, geologic or archaeological site; but many monuments, such as the Grand Canyon, later became parks.

Conservationally, it was a brilliant piece of legislation. Areas such as Mesa Verde, where tourists were blowing up ancient cliff dwellings with gunpowder to aid their search for pots, and Petrified Forest, where trains were stopping so visitors could cart off as many of the colorful specimens as they could carry, were almost instantly protected by law. But bureaucratically, it was disastrous. Friends of the parks soon learned that it was one thing to create a monument without Congress' support, and quite another to have to turn around and ask Congress for money to run it.

By 1914, there were 4,751,922 acres of national parks and monuments in the country and not one person in Washington working full time at administering them. And then Steven T. Mather came to town. The job ahead of him was momentous. He would have to first lobby for the creation of a new agency, a National Park Service, that would control all the areas and give some unity to the park system. Next, he would have to get the cavalry out of the four parks they were running and replace them with qualified rangers. To get more money out of Congress, the public would have to be made aware of the park's needs, better concessionaires would have to be found and new parks would have to be created. Ironically, one of his toughest jobs would be convincing Congress to kill substandard parks. The word had gone out that a national park brought money to the area, and now nearly every congressman was fighting for the establishment of a park in his district—some of them offering little more than a patch of desert and some trees.

Mather looked over the situation and predicted it would take a year.

That he failed to do it in one year was not from want of trying. With his one assistant, a young economics student named Horace Albright, Mather traveled more than 30,000 miles, cross-

ing the country repeatedly visiting the parks, talking to civic groups, meeting with senators and congressmen and occasionally stopping for a day or two to visit his wife and family in Chicago. They hadn't bothered moving to Washington with him; the way he traveled, they had just as good a chance of seeing him in Chicago as in the nation's Capitol.

To make people aware of the parks, Mather hired (with his own money) Robert Sterling Yard to act as National Parks Publicity Chief. While Yard cranked out articles and pamphlets, Mather called on all his old newspaper friends and, suddenly, the nation was deluged with stories about these wonderful scenic areas that few people even realized existed. It was under Mather's constant thumping that "See America First" became a national slogan.

His next job was to improve roads and concessions in the park. At Yosemite, the privately owned, badly broken down, 56 mile long Tioga Road was up for sale for \$15,500. There was, of course, no money to buy it, so Mather again pulled out his own checkbook, purchased the property, and attempted to donate it to the government. And was shocked to learn that the government, fearing bribery, did not accept gifts.

He quickly had legislation introduced exempting parks from this law, opening the way for millions of dollars of private contributions. When the new law passed, Mather donated the road, then talked some California auto clubs into paying to have it repaired; and then, when the road was crowded with travelers, talked the concessionaire into building better facilities.

His most brilliant idea, though, was bankrolling lavish trips into the parks for influential people. In what became an almost yearly event, he would gather up top writers, congressmen, and conservationists and take them for a two week, highly publicized excursion into the wilderness. If all went well, he had another handful of strong supporters; if there were difficulties due to bad roads or facilities, the party members quickly learned where parks needed more money.

Traveling with Mather was quite an experience for some of the less athletic congressmen. He set a brutal pace which included getting an early start in the morning; those who liked to sleep late often found themselves being roused by Mather banging pots above their heads or deflating their air mattress.

By year's end, tremendous gains had been made, but there was still no park service, and Mather and Albright agreed to stay on one more year.

This time the hard work paid off, and on February 28, 1916, Congress passed the Park Service Act, creating a new agency whose responsibility was to manage the parks and "conserve the scenery and the natural and historic objects and the wild life therein, and to provide for the enjoyment of the same in such manner and by such means as will leave them unimpaired for the enjoyment of future generations."

Rather than solving problems, the creation of the National Park Service only seemed to compound them. Almost immediately following its passage, the United States entered World War I, and money became tight.

Mather was made Director of the new agency at a salary of \$4,500, a figure that didn't come close to equaling the financial contributions that he made to parks each year. Albright became Assistant Director, and a few other positions were established for the Washington office, but money was still a problem.

The greatest challenge, though, was that with the establishment of one central bureau to govern parks, every decision they made suddenly set a precedent, not just for one park as in the past, but for the entire park system. One mistake at this critical time and the nature of the national parks system could be forever changed. And there were tremendous pressures being put on them to make that one mistake.

Concessionaires, seeing the rapid increases in visitation that publicity could bring, wanted to expand. Plans were drawn up for golf courses, tennis courts and luxury hotels. Railroads wanted to lay tracks through the parks to help visitors get around to the different sights.

Lumber and mining interests saw these huge tracts of virgin territory that had been very nicely conserved by the U.S. Government, and pushed for multiple use of the land such as the Forest Service allowed on their property.

Since there were no other national parks in the world to look to for guidance, the job of deciding what a national park should be, fell on the agency's new director. The parks couldn't have been in better or safer hands.

Starting with almost nothing, Mather set out to establish the National Park Service as an efficient bureau. Many of the rangers he had inherited from the old system were political appointees with no affinity for the outdoors; one, it is reported, was so bad he could only patrol a stretch of railroad track that ran through the park—venture anywhere else and he would be lost.

Mather cleared out the dead wood, and replaced them with qualified rangers. Feeling that the salaries were

abysmally low, he often supplemented them with his own money; and his annual Christmas bonus kept many a ranger's family solvent until more equitable salaries could be wrenched from Congress.

One of his first acts was to bring naturalists into the Park Service. Until then, the ranger's primary job was maintenance and law enforcement—if he knew something about nature, that was a bonus. Feeling that education was an important part of outdoor recreation, Mather hired two college professors and had them tour the parks setting up interpretation programs. It was out of this tour that the successful campfire program was born and became, along with nature trails and guided hikes, an integral part of the National Park experience.

With the power to decide who became a concessionaire in which park, Mather carefully weeded out the fly-by-night operations and the outrageous plans that would have changed the character of the parks. Better roads were built, camping facilities were improved, and the publicity barrage continued to assault the media. Slowly, the work brought changes.

In 1915, visitation for all parks was recorded at 324,999; in 1928, when Mather left the service, it was over 3 million. Appropriations grew even faster, jumping from \$250,000 in 1915, to \$4,700,000 in 1929, with an additional 4 million for road building. Seven new parks, including Grand Canyon, Zion and Acadia, and 14 new national monuments, a total of almost four million acres, were added to the park system in the Mather era, and plans were drawn up for the purchase of two large eastern parks, Shenandoah and Smokey Mountain.

But more important, the attitude towards national parks had changed drastically. At first regarded as an extravagant experiment in conservation (and often a drain on the taxpayer's money), they were becoming a piece of America's heritage—as valuable a symbol of the country's pride in itself as the flag or the Declaration of Independence.

Unfortunately, these changes did not come without some debate, the most serious of which occurred in 1920, when a dam was proposed in Yellowstone. Farmers in Idaho were desperate for water, and the proposed spot in Yellowstone was a natural spot for a dam to be built. The dam would flood a beautiful meadow, but, its backers claimed, that would be only a small intrusion on the park compared to the good it would do elsewhere.

Secretary of the Interior Lane was convinced. Seven years earlier, Lane had approved construction of Hetchy

Dam in Yosemite, despite the strong opposition of John Muir and the Sierra Club. Now he ordered Mather to review the situation and turn in a report favorable to the dam.

Mather refused. Seeing that at stake here was not just this one dam, but a precedent that would allow dams in all parks, he publicly condemned the idea, writing, "Is there not some place in this great nation of ours where lakes can be preserved in their natural state; where we and all generations to follow us can enjoy the beauty and charm of mountain waters in the midst of primeval forests? The country is large enough to spare a few such lakes and beauty spots."

did you know..



It was only three days after Easter when it happened. It was 5:13 in the morning on Wednesday, April 18, 1906, when disaster first struck. A devastating earthquake and fire hit the San Francisco area. Two brief tremors were followed by a third shock that lasted more than a minute.

Water lines were broken and brick walls toppled into streets which literally opened up. The city seemed doomed when the fires broke out, some 50 separate blazes occurring in the first 30 minutes alone. Communications were cut off, with telephone and telegraph lines dangling in the ruins. And aftershocks threatened still more damage.

By nightfall of the first day, some 300,000 people were homeless and penniless. (Banks were closed.) There were 452 dead and monetary losses reaching into the millions.

Immediately upon hearing of the calamity, GER Robert W. Brown of Louisville, KY, issued a circular asking contributions for those in distress. The Board of Grand Trustees sent \$10,000 for immediate relief.

GER Brown then boarded a train for California, not knowing what to expect. But before he arrived, Elks were already at work. Within 12 hours after the disaster, Oakland Elks had equipped a tent city, and provision wagons driven by Elks were the first to enter San Francisco, according to Governor George C. Pardee.

When GER Brown reached the scene, he assumed personal command of all Elks operations. He appointed a commission consisting of Henry A. Mel-

Lane continued to force the issue, and Mather and Albright prepared their resignations; but at the last moment, it was Lane who resigned for personal reasons, and his replacement followed Mather's suggestions and killed the dam project.

There would be dozens of other attempts to destroy the nature of existing parks, including recent dam proposals at Grand Canyon and Dinosaur, but the Park Service would meet and successfully challenge them all.

Sometimes they used more direct action. In 1925, Great Northern Railroad had been given permission to build a sawmill in Glacier while they con-

(Continued on page 29)

vin of Oakland Lodge, Percy V. Long of San Francisco Lodge, and Ralph Hagan of Los Angeles Lodge. (Brother Melvin, incidentally, was elected Grand Exalted Ruler at the next Grand Lodge Session held in Denver.)

As reported by GER Brown, there was a postscript to almost every donation made by Elks lodges around the country: "If it was needed, twice the amount would be sent."

This was just another chapter of Elksdom wherein the cardinal virtue of Charity was practiced.

Colorado Elks not only have a ritual contest, but an 11 O'Clock Toast Contest as well. A giant traveling trophy is presented during a ritual awards dinner, and that contest ought to be something to hear.

The Minnesota State Elks Association holds a racquetball tournament in connection with their midyear conference. It has become a very exciting event.

Another outstanding program is a softball tournament held by the Ohio State Elks Association.

Bowling, golfing, ritual, and dancing—Elksdom offers something for everyone. But most of all, Elksdom offers fellowship with a purpose: To help those less fortunate.

North Dakota Elks received plaudits for their part in the Special Olympics, sponsoring youths in the Brockport, NY, College project. The participants were either handicapped or mentally retarded.

A woman who assisted in the project said that, in one of the track events, four young boys were racing against one another. They were coming down to the finish line with two of the lads ahead of the rest. Then one of them fell behind and the other boy slowed down to wait for him, so that they could cross the finish line together.

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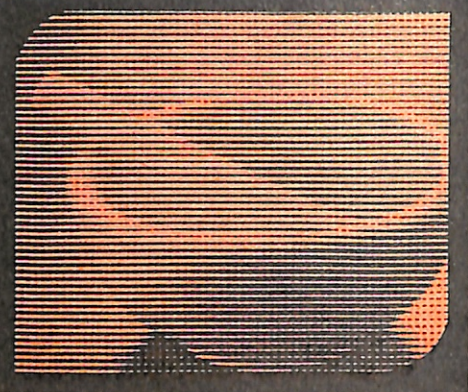
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MEDICINE AND YOU

by Larry Holden



LOW BLOOD SUGAR UPDATE

Hypoglycemia, the medical term for low blood sugar, suddenly came into the spotlight about a decade ago when it was reported to be a cause of symptoms experienced by most of us at one time or another—everything from simple fatigue to deep depression. At that time, the "good news" was that the condition could be controlled with a low-carbohydrate diet that especially cut back on concentrated sweets. Unfortunately, the simplicity of that news has spawned an abundance of conflicting theories on hypoglycemia—many from the self-diagnosed, who fervently champion their particular "cure."

"Hypoglycemia is a very real problem, but is now overdiagnosed. The majority of people who think they have it, don't. If they are, for example, depressed instead of hypoglycemic, they—or their doctors—may just not recognize a psychological root to the problem," explains Dr. Donald A. Holub, professor of clinical medicine at the College of Physicians and Surgeons at Columbia University.

Hypoglycemia can be accompanied by symptoms such as trembling, sweating, palpitations, weakness and, occasionally, even loss of consciousness. These reactions are caused when lack of adequate "fuel" to the nervous system triggers the release of chemicals into the bloodstream, in an effort to raise blood-sugar levels to normal. Similar chemicals are released when we are in a state of extreme anxiety, resulting in many of the same symptoms, but unrelated to blood sugar.

Sugar, in the form of glucose, is present in our blood at all times: it is the body's preferred source of energy, available from all foods, but most quickly and readily from carbohydrates. After eating, our blood-sugar level rises. Then, as glucose leaves the blood to enter the cells, the sugar drops back to normal. Hypoglycemia occurs when sugar dips below the normal amount, defined as sugar below 45 milligrams per deciliter (1/10th of a liter) of blood.

Hypoglycemia, then, is an imbalance in the body's carbohydrate metabolism. As such, rather than being a disease, it is a symptom of a condition. "There are two types of hypoglycemia, one common, one rare," notes Dr. Holub. "About 99 percent of diagnosed patients have functional or post-alimentary (meaning simply after-eating) hypoglycemia. The other

one percent suffer from organic hypoglycemia, brought on by a tumor of the pancreas, or by pituitary or adrenal deficiencies."

The Columbia University physician groups the symptoms of functional or "reactive" hypoglycemia into a trio of categories. The first are actually due to adrenaline, which is released by the body as it attempts to restore normal blood-sugar levels. Your heart beats rapidly, you break into a cold sweat and feel frightened. The second group of symptoms occur because the brain functions poorly without adequate sugar; you're confused or sense that your brain is just not functioning at normal capacity, you slur speech, feel lightheaded and can even faint in severe cases. The third symptom is extreme hunger, especially a craving for sweets.

The functional hypoglycemic feels fine until about two hours after a meal. At that time, the symptoms come on abruptly—over a period of 5-10 minutes. They are almost immediately reversible by eating. This is because the functional hypoglycemic's body timing is slightly off. Insulin, which is released into everyone's bloodstream to metabolize sugars is, in the hypoglycemic, released a bit too late and a bit excessively. This causes blood sugar to rise above the normal level, then drop below that level.

As a side note, in diabetes the problem is reversed; the blood-sugar level is too high, due to insufficient insulin. Some doctors feel that hypoglycemia may actually be a pre-diabetic condition: that the 20-30 year-old hypoglycemic may develop into the 40-50 year-old diabetic.

Since organic or "fasting" hypoglycemia—the rare type—is unrelated to the consumption of food, the symptoms occur at any time. "With organic hypoglycemia," Dr. Holub comments, "the body releases a bit of insulin into the bloodstream all the time, instead of only in response to eating as the normal system does. The insulin level gets too high after a long period of not eating (say overnight), the blood sugar gets too low, and the symptoms appear. The different timing of the onset of symptoms is one good way to differentiate the functional from the organic hypoglycemic."

Several factors are important in the diagnosis of hypoglycemia. Most doctors
(Continued on page 35)

Sports

(Continued from page 8)

droppings. Afterward, he always walked down the same street before a game, hoping for more good luck from above.

Some ball players, like Steve Garvey of the Dodgers, take the same number of practice swings when they are up to bat.

A Dodger official, Al Campanis, carries a Greek coin for good luck. When he was a player, he looked for hairpins because he said they brought him good luck. If he saw a cross-eyed woman in the stands, it was good for a long-ball hit. Other players disagree and claim that cross-eyed women bring hitless days.

But the zaniest or oddest baseball superstitions are out of the past, like Babe Ruth's dwarf. Take the myth that a player who sees a truckload of empty beer barrels before a game will get a lot of base hits. It started this way: Just before World War I, John McGraw's fabulous New York Giants were taking on the Chicago Cubs in a crucial series. As the Giants arrived at the ball park, a truck passed by the stadium, piled high with empty beer barrels.

"There goes a mess of hits for us today!" a Giant predicted.

Spirits lifted from the "good omen," and the Giants took command of the field that day and overpowered the Cubs. Next day, to the Giants' surprise, as they arrived at the stadium for game two, another beer truck loaded with empty barrels passed by the ball park. Again, the Giants trounced the Cubs.

The final two days of the four-game series, the empty beer barrels were seen passing by the ball park again, and each day the Giants destroyed the bewildered Cubs. After the series, when the Giants were showering, unable to believe their good fortune from the empty beer barrels, a grubby-looking man showed up in their locker room.

"Looking for someone?" one of the Giants asked.

"Yeah," the stranger said. "McGraw. John McGraw."

"He isn't here," one of the coaches said. "Can I help you?"

"I want my dough," the little man said. "Mr. McGraw hired me to drive a truckload of empty beer barrels past here every day before the game for three days and I ain't been paid yet!"

The superstition of the truck and beer barrels goes back to an even earlier one, which maintains that it is good luck to pass a wagon loaded with hay on the way to a game. The hay wagon superstition comes from the

British Isles, where a loaded hay wagon is a symbol of plenty. It brought even more good luck if you spat on it. And out of that superstition grew the one in which ballplayers spit on their hands before taking up a bat.

Another early baseball legend, Ty Cobb, also indulged in superstition. He would remove his cleats and file down the screws of his baseball shoes to razor-edge sharpness. Cobb explained it by saying, "It keeps me from being spooked." It also helped him to slide faster when he stole second base.

One of the great shortstops, Luis Aparicio, watched where he stepped, for good luck. After the groundworkers would repair the field after the seventh inning, Aparicio always stepped on third base on his way to shortstop.

One day in Minnesota, the Twins tried to triple-whammy Aparicio by having the grounds crew pick up third base and hold it until the first batter was up. It worked and Aparicio was flustered, unable to step on third base because it wasn't there. But when he saw the Twins' players laughing at him in the dugout, he came up with a solution to his dilemma. He walked over to second base and stepped on it!

Dodgers' manager Tom Lasorda once saw a pregnant lady before a game in which his team won, and ever since has

considered such a condition good luck.

Finally, there is the fishy sports superstition dating back to the 1890s. Bobby Lowe, a pint-sized second baseman, hit four home runs in one game and decided his good luck came from the fact that he had eaten a fish dinner at a certain restaurant before the game. So he went back for another fish dinner in the same restaurant before his next big game.

But the magic apparently had worn off and Lowe didn't get a hit, much less a home run. He went back for more fish dinners before he finally gave up and swore off fish forever. He swore it brought him good luck!

Are sports stars any more superstitious than the rest of us? Probably not. It may just seem that way because they and their superstitions are so visible to us, especially when shown in close-up and color on television.

Psychiatrists defend the superstitious athletes by explaining that the sports stars often are under great pressure, and a lucky charm or doing or not doing something before or during a game may relax them.

Next time you go to a sports event or watch an athlete on television, be on the watch for these and other sports superstitions. Sometimes, they can be more interesting than the game! ■

Community Service Contest D

I hope that each of our lodges has benefited its community through the promotion of worthwhile Community Service Programs. I further hope that each of you has kept an accurate account of your activities and are prepared to submit them in brochure form for judging in Contest D.

Remember that it is not necessary to have the most beautiful and elaborate brochure, for the major points in grading the entries will be the effectiveness of your program and the proof of your ability to get good coverage by the news media.

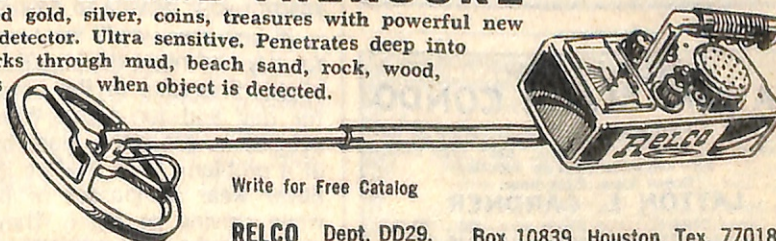
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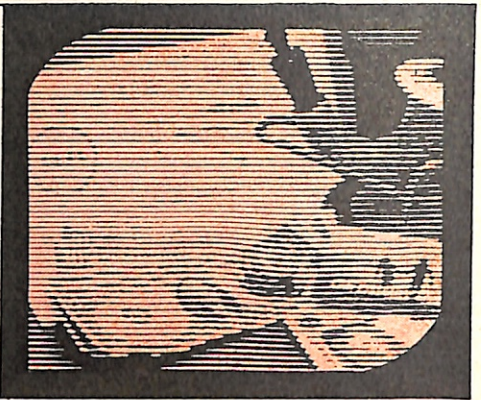
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YOU AND RETIREMENT

by Grace W. Weinstein



SEE WELL, DRIVE WELL

Are your eyes changing with the years? Yes, your vision may be undergoing some natural change, but that doesn't mean you'll have to give up driving. You should be aware, however, of what to expect and of how to adjust your driving habits to compensate for the changes in your vision.

The American Optometric Association describes some of the vision changes you may expect with age, and some of the corrective measures you may take:

⊙ The eye's focusing ability decreases as you grow older. It becomes more difficult to change focus from distant to near objects and the other way round. You may notice that your distance vision is blurred after a lengthy period of close work. Or you may have difficulty reading your morning newspaper. When this happens, commonly after age 45, you may find that you need prescription reading glasses. You may then need progressively stronger glasses until your vision stabilizes at about age 65. If you also need help with focusing on distant objects, and you don't want to juggle two pair of glasses, bifocals may be the answer. If you do need bifocals, be prepared for a period of adjustment. Or you might want to consider contact lenses; for some people, where relatively little correction is required, a single vision contact lens can replace eyeglass bifocals.

⊙ The pupils of the eyes become smaller and the crystalline lenses inside the eyes become less clear, so that you need more light in order to see well. Increase the wattage of lighting throughout your house. And keep automobile headlights both clean and properly aimed. Misaligned headlights cause glare to other drivers and do not properly light the way for you.

⊙ As the crystalline lenses within the eyes age, light entering the eye is sometimes scattered with an accompanying fogging of vision. Bright headlight glare may then cause discomfort. If this condition becomes severe, you may want to restrict your driving to daylight hours.

In any case, you'll want proper glasses for day and night driving. There may be a slight difference in the power you need for day and for night. When the right eyeglasses are worn, glare becomes less of a problem. Even if glare is a problem, never wear sunglasses or tinted lenses while driving at night. They drastically reduce light entering the eye. So do

tinted windshields. Stick to a clear windshield and use good quality sunglasses during the day.

⊙ Peripheral vision, the ability to see to the side while looking straight ahead, may diminish with age. The change may be so gradual that you are not really aware that this is happening, so it's a good idea to have regular eye examinations. Loss of peripheral vision is dangerous while driving; it may also be a symptom of glaucoma. Even if your peripheral vision is normal, stay away from driving glasses with wide decorative side pieces; they may interfere.

⊙ Reaction time tends to slow with age, so it becomes increasingly important not to further impair your reactions by using alcohol or by overeating before getting behind the wheel. Drugs and driving never mix; drugs, in this context, include both prescription and over-the-counter medications. Antihistamines, for instance, can cause drowsiness, while barbiturates, tranquilizers, sleep medications and sedatives can directly affect vision. So can aspirin, when extensively used. Other medications may interfere with muscular coordination or with critical judgments of contrast, distance or color. Always ask a pharmacist about the side effects of any preparation.

Carbon monoxide is also a hazard, so keep your car's exhaust system in good shape. If you drive a station wagon, keep the rear window tightly closed.

More details are available in the new booklet, *Driving Tips for Older Adults*, available free if you send a self-addressed, stamped business-size envelope to the Communications Division, American Optometric Association, 243 North Lindbergh Blvd., St. Louis, MO 63141.

Being able to continue driving, while important, is not the only consideration. The American Association of Ophthalmology suggests that you should be on the lookout for the following signs which may indicate eye trouble:

- ✓ Eyes crossed—turning in or turning out—at any time.
- ✓ Frequent headaches, nausea or dizziness.
- ✓ Body rigidity or strain while looking at distant objects.
- ✓ Thrusting the head forward or backward while looking at distant objects.
- ✓ Avoiding close work.
- ✓ Short attention span or daydreaming.
- ✓ Turning the head in order to use

only one eye as when watching TV.

- ✓ Closing or covering one eye.
- ✓ Tilting the head to one side.
- ✓ Placing the head close to a book or desk when reading or writing.
- ✓ Blurring of vision at any time.
- ✓ Frowning or scowling while reading or writing.
- ✓ Excessive blinking or frequent rubbing of the eyes.
- ✓ Dislike for tasks requiring sustained visual concentration.
- ✓ Nervousness, irritability, or restlessness after maintaining visual concentration.
- ✓ Unusual fatigue after completing a visual task.
- ✓ Losing the place while reading, or difficulty in remembering what is read.

Note: *Elderhostel*, the college-campus program for older adults, has moved. For information about this summer's programs, write to Elderhostel, 100 Boylston St., Suite 200, Boston, MA 02116. ■

Departed Brothers

PAST GRAND LODGE COMMITTEEMAN Roger J. Sheridan of Montpelier, VT, Lodge died January 26, 1980. Brother Sheridan served as District Deputy Grand Exalted Ruler for the North District of Vermont in 1966-67 and was a member of the GL Auditing and Accounting Committee during 1968-70. He was serving in his 33rd year as Secretary of the Vermont Elks Association.

PAST GRAND LODGE COMMITTEEMAN Roland E. Fitzpatrick of La Crosse, WI, Lodge died January 19, 1980. Brother Fitzpatrick served as District Deputy Grand Exalted Ruler for the Southwest District of Wisconsin in 1974-75 and was a member of the GL Committee on Credentials during 1975-77.

PAST DISTRICT DEPUTY W. Milo Bucy died November 29, 1979. A member of Arlington, TX, Lodge, Brother Bucy served as District Deputy Grand Exalted Ruler for the North Central District of Texas in 1969-70.

PAST DISTRICT DEPUTY Archie M. McFarland died December 19, 1979. A member of Salmon, ID, Lodge, Brother McFarland served as District Deputy Grand Exalted Ruler for the East District of Idaho during 1959-60.

PAST DISTRICT DEPUTY Henry W. Merritt, Sr. died October 19, 1978. The news of his passing was reported to this magazine only recently. Brother Merritt was a former member of Rumford, ME, Lodge and a former member and PER of Old Town, ME, Lodge. At the time of his death he was member of Bangor, ME, Lodge. During 1956-57, Brother Merritt served as District Deputy Grand Exalted Ruler for the East District of Maine.

News of the Lodges

(Continued from page 15)

DEARBORN, MI. A special birthday party to honor PER Harry Hoxie of Dearborn, MI, Lodge was held recently at the lodge. Brother Hoxie, who reached the age of 94 in December, was the first ER of the lodge. The retirees' group of the lodge sponsored the luncheon.

TERRE HAUTE, IN. At the annual fall meeting of the Indiana Elks Association held at the Marriott Inn, Indianapolis, IN, the hotel presented State Secy. C.L. "Speed" Shideler with several buckets of coins that had been thrown into wishing pools in the hotel lobby prior to and during the meeting. This gift for the Indiana Elks Cancer Research Program was much appreciated.

The coins were taken to Secy. Shideler's office in Terre Haute, and he then took them to a local bank for deposit. However, the coins were corroded and therefore unacceptable for deposit.

A bank officer suggested that Secy. Shideler contact her pastor, Rev. Ted Murphy of the Memorial United Methodist Church, thinking that a Sunday School class could clean the coins as a class project.

Rev. Murphy accepted the responsibility of seeing that the coins were cleaned, and he did the entire job himself. As a result, it was possible for the Indiana Elks Charities to add \$169.45 to its Cancer Research Program.

WOBURN, MA. Two large flags, the American emblem and a Betsy Ross flag, which fly alongside the state flag in front of Woburn, MA, Lodge, were stolen on a Sunday night but were back on their poles late the following night.

On Monday night, the flags were discovered in a paper bag outside the lodge building, along with a note apparently written by the thief. The note said that he was "intoxicated" when he stole the two flags and was signed, "a proud, but foolish young American."

SACRAMENTO, CA. The local lodge received a letter of commendation from Ronald Uzelac, principal of Leland Stanford Junior High School, praising Brother Rick Dias and other members for "their outstanding effort and organization of the recent 'Hoop Shoot' contest."

(Continued on page 36)

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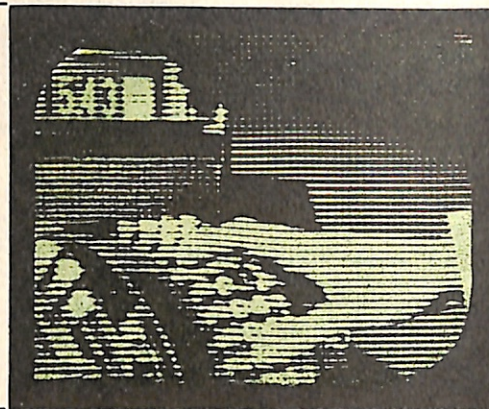
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IT'S YOUR BUSINESS

by John C. Behrens



TAX JUSTICE IS CRUCIAL

As business owners and millions of Americans perform the annual rites of spring—filing those constantly changing 1040s—politicians are already seeking votes with their own ritual. In essence, it means more talk about tax relief—without really helping the majority.

One look at those escalating state and federal burdens, without even considering local taxes, and most proprietors become cynical about proposals guaranteed to help them by changing the system. "Such talk among people who have never had to meet a payroll with their own money, fill out the endless forms, pay their own postal costs or gamble everything they've got to run a business means little to me," an Ohio merchant told me. "I usually end up with additional costs which, while unfair, I have to pay or face the consequences."

His sentiments are shared by many. Rhetoric and soothing words from Washington these days are far too simple and routine. No one understands the meaning of a loss of a client, the rising costs of opening the store every day, the business expenses that aren't deductible or the accounts receivable that aren't paid. And the feeling is that Washington simply doesn't care.

If government is to earn the respect of its citizens (especially those who carry the bigger tax burdens), maintain credibility and continue to finance itself, it needs tax justice as much as it needs compassion; it needs faith in its public employees to perform fairly as much as it needs growing armies of regulators and enforcers. Although a few government officials and a number of dedicated public employees have tried to bring order and logic to government revenue raising, many in small business see tax policies as a constant battle between the "haves" and the "have-nots."

It concerned President Carter enough to hold a White House Conference on Small Business recently. It has prompted talk in the past few years about a cabinet position for small business. And it has caused leading business periodicals, such as *US News & World Report*, to warn that a growing underground economy that involves "as many as 20 million people and generates hundreds of billions of dollars in untaxed income" will continue because of general dissatisfaction with the way the Internal Revenue Service and Congress treat middle class busi-

nessmen and taxpayers in general.

The story about the underground economy, which has been widely discussed by tax specialists and economists, demonstrates the size of the disenchantment. It's a warning, certainly, that the system must be revised; the cancer has to be removed.

"There's less belief in the idea that, come what may, it's the greatest system in the world. If a 1930s-scale depression were to hit us, which I don't believe will happen, I think it would have a more dramatic impact. It would create more protest movements, radicalism and organized discontent today than occurred in the '30s. What I am suggesting is this: today, the American system is less legitimate in the eyes of people than it was at the end of the '50s. Hence, there's more need for it to work, to keep going than there was in the 1930s," says one of America's leading experts on social and political change, Seymour M. Lipset.

Few will disagree that raising revenues for government services and functions must be dealt with in a businesslike, diligent way, and not by the whims of vested interests or the capriciousness of social reformers. Yet, Congress, the President and some state legislatures continue to resist public prodding; they still haven't responded to the urgent call for tax revisions. They preoccupy themselves with multitudes of plans and spend precious time deliberating minutia.

Their proposals call for everything from simple patches that lack purpose and favor certain tax groups, to radical surgery that adds more of a burden.

Rep. Al Ullman (D-Ore.), for example, insists that reducing income taxation and taxing consumption is the ultimate answer. The Value-Added Tax (VAT) he has proposed isn't new, however. It was introduced in Germany near the turn of the century and is common among European nations. It was considered in the U.S. during the Nixon years.

Proponents are convinced that productivity would be increased by VAT because of large investment and export incentives. Consequently, the U.S. balance of payments deficit would virtually disappear, advocates say. Such a device would also permit a tax on imports, so that VAT would treat U.S. and foreign goods in similar fashion.

VAT would raise large sums from a
(Continued on page 30)

National Parks

(Continued from page 23)

structed a hotel. Once the hotel was finished, the sawmill should have been torn down, but instead it continued to operate. After repeated warnings went unheeded, Mather went to Glacier himself.

Following his instructions, rangers planted 13 charges of TNT in the sawmill, while Mather calmly went into the hotel and invited the guests to come out and witness a show. When a large group of startled visitors were assembled on the hotel's porch, Mather personally lit the first fuse, and in short order the sawmill was reduced to dust. "By such means as will leave them unimpaired" was taking on new significance, and more important, Congress and the public were willing to support the Park Service in whatever means it took to keep their parks intact.

Of course, Mather didn't accomplish this change in attitude by himself, nor did he solve all the problems facing parks. Private holdings within parks, a problem he wrestled with for 13 years, is still a problem. Phenomenal increases in visitation have brought problems of crime, vandalism, and pollution that would have been hard to visualize in the Twenties, and there are still attempts to try and open the parks to mining and lumbering use.

But Mather did get them through those early tough years, and his foresight and personal vision were responsible for so much of what we now associate with the National Parks, that it is hard to imagine what they would have been like without him—if they even existed at all.

In November of 1928, Steven T. Mather suffered a stroke, brought on partially by his heavy work load, and 14 months later died. Tributes poured in from the President, from industry leaders, from the press, and from thousands of grateful park visitors.

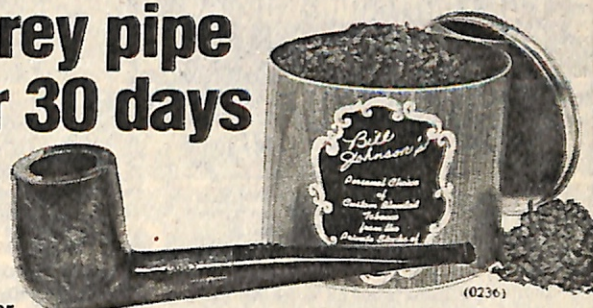
But the best testament to his now almost-forgotten work was offered by Representative Louis C. Cramton, himself a strong supporter of Mather and his programs.

Addressing the House, Cramton paid "tribute to this outstanding figure in the public service who has sacrificed his money, his health, his time, and his opportunity for wealth, in order that he might promote that which will mean so much to the people of this country in the future. . . There will never come an end to the good he has done."

Last year's 283 million National Park visitors would probably agree. ■

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It's Your Business

(Continued from page 28)

much broader segment of the population than ever before, others say, and it would penetrate and greatly reduce the underground economy. House Ways and Means Committee staffers optimistically say that it can raise \$130 billion in new revenues and, thus, cause rollbacks in other tax categories.

Furthermore, Ullman says, it's simple. A 10 percent tax, for instance, would be applied to everything but food, medical supplies and housing, which would have 5 percent levies. The tax would be added at every step—from raw material to finished product to retail shelf.

But it's a silver lining that scares the daylights out of some accountants and proprietors. They think it could be a nightmare in paperwork, and that it could increase the number of bankruptcies among small business.

Why? The IRS could collect such a tax as frequently as once a month, forcing many small companies to have tax liabilities before they had collected receivables. The paperwork, even government officials concede, could double. Continual change of taxable items could create the kind of chaos that has caused French merchants to dislike it. In France, the government has increased the number of tax tables for various items, creating horrendous problems for clerks trying to handle checkout counters.

Such problems caused Nixon administrators to back away from it. Said a Treasury Department study prepared during the early 1970s, in part: "The procedure seems to be simplicity itself . . . the sheer mechanics of adding a new figure on every bill would add up to some unknown but significant additional clerical cost . . . retailers and their clerks would be especially burdened because they would have to compute federal tax

in addition to state tax."

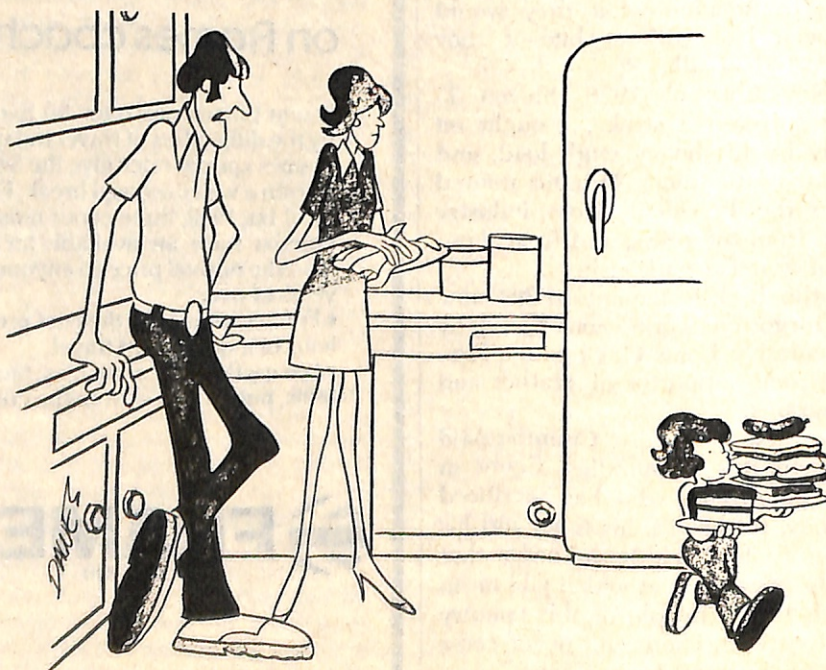
Meanwhile, the bill is in the Ways and Means Committee, and observers think floor action in the near future is unlikely.

Both houses of Congress will probably defer action until mid-1981 on regulations of tax fringe benefits. Legislators, however, haven't lost interest in trying to find ways to levy tax on such non-income extras. Fringe arrangements for the average worker cost \$5,138, according to a new U.S. Chamber of Commerce survey of private employers. Overall, the chamber estimates that public and private employers provided \$350 billion in fringes, or 250 percent more than was spent on such extras in 1967. The benefits range from airline travel to vacation plans.

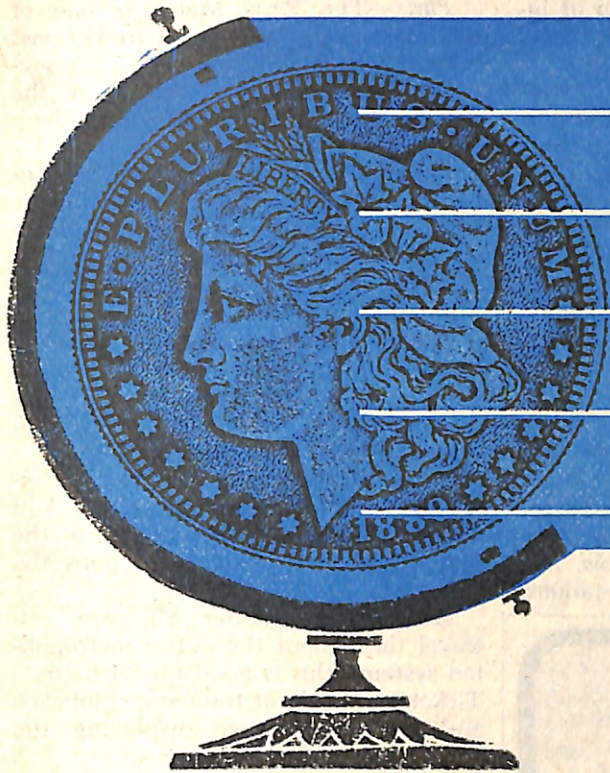
The independent contractors bill (see September, 1979, "It's Your Business"), on the other hand, could be acted upon in the near future, and there is a good chance it will pass. The proposal was sought months ago in an effort to curtail the growth of the underground economy. IRS officials, convinced that such contractors carried on a large off-the-books, cash business, urged passage of the measure as one way to cut the flow. They proposed a 10 percent withholding tax on most moonlighters in the service industry. Critics believe, however, that it won't cause substantial reduction unless the IRS hires an army of investigators.

To offset tax legislation, Congress is considering changes that are supposed to aid the taxpayer. Bills have been introduced to accelerate the depreciation of buildings, equipment and vehicles; to cut Social Security increases; to provide indexation, so that personal income tax brackets could be widened, and to provide an interest exclusion to protect dividends and savings account interest.

Most business owners I've talked to, though, don't believe tax relief will properly balance the proposed legislation. They're pessimistic about the prospects of tax justice. ■



"All across the country there must be a vast army of exhausted farmers trying to keep up with this kid's appetite."



1980 Guide To Travel Bargains

by Jerry Hulse

Periodically, this space is devoted as a guide for Elks Who Travel. It is published with the intention of making your travels simpler and more enjoyable. With inflation still with us, we have gathered several tips to save you money. Example: you will find one titled Budget Travel. Other subjects include holidays for bikers and divers, wilderness junkets, ballooning holidays, inexpensive tours by Europacar, holidays by yacht and a handy listing of inexpensive transportation across Europe—from Brussels to Dublin to Zurich and Rome. Along with the tips go our wishes for happy holidays in the '80s.

GERMANY

Some real bargains on the books this summer in Germany. In Warendorf (this is in the West German state of Westphalia), a week-long program is offered for \$150. And it's a real steal: Shelter, three meals a day, horseback riding and a picnic outing by covered wagon. In Sassenberg, a fishing weekend comes to \$38.50, including hotel for two nights, four meals and a fishing permit. Write to Warendorf Tourist Office, Verkehrsamt, Rathaus, D-4410 Warendorf 1, Federal Republic of Germany.

A three-day package in the Moselle Valley city of Trier comes to \$60. It includes full board, a guided tour of Trier, a boat trip, refreshments and a souvenir. Write to Verkehrsamt der Stadt Trier, Postfach 3830, An der Porta Nigra, D-5500 Trier/Mosel, Federal Republic of Germany. (I'm not sure there's an envelope big enough for

that address!) Finally, you can stake out for a week at St. Goar along the Rhine River for about \$65. Details? Here we go again: write to Stadisches Verkehrsamt, Postfach 54, D-5401, St. Goar, Federal Republic of Germany.

FREEBIE

A slick new booklet about Switzerland has been published by the Swiss National Tourist Office, 250 Stockton St., San Francisco, CA 94108. It's aimed at the independent traveler. It lists suggested itineraries, names inns and restaurants. The author is Margaret Zellers. She tells the reader: "English is spoken at most of the inns, but don't expect fluent 'American' or telephones in rooms, private baths and other so-called standards. You can, however, expect exceptional hospitality, immaculate housekeeping and reasonable rates." This is a 32-page booklet that covers Switzerland from Abtwil to Zurich. And best of all it's free.

BIKERS

Everyone seems to be on a health kick these days, particularly bikers. Tours are available this summer to Banff, Jasper, Kootenay and Yoho national parks (in provinces of Alberta and British Columbia). Two-week trips priced at \$380. Take your own bike or rent one. Package includes meals, camping equipment and guide. You furnish the sleeping bag. Bikers will average 40 to 50 miles a day. There'll be some tough cycling, the guide warns. On the other hand, there'll be moments of relaxation: swimming, wind surfing and rafting. Your contact:

Rocky Mountain Cycle Tours, Box 895, Banff, Alta., Canada TOL OCO. (Five-day tours also on the books.)

FOR DIVERS

I'm not sure whether environmentalists will take to this one. It's all about diving tours to Australia's Great Barrier Reef. The tours are conducted by Sealife International, a Sydney-based diving company. No new thing; they've been at it for five years. Now they're opening it up to Americans. This is a 14-day tour. Sealife says you live "Robinson Crusoe style" on Lady Musgrave Island, an uninhabited coral chip in the Great Barrier Reef. (By "Robinson Crusoe style" they're talking about primitive lodging.) Rates for divers, \$750; nondivers, \$670. Includes tank, backpack, weights, night diving lights, air and meals. Contact Thomas Cook, 9359 Wilshire Blvd., Beverly Hills, CA 90210.

VILLAS

Worldwide Luxury Villa Holidays books British country homes, as well as elegant pads in Florida, Portugal, Greece and Jamaica. Example: In Essex (65 miles from London), they represent a modest little five-bedroom cottage built in 1690. Original stone floor and a small, heated swimming pool. Surrounded by apple orchards. Sailing clubs, beaches and riding close by. Another: Binfield Lodge (27 miles outside London in Berkshire): six bedrooms, fine antiques, marble floors and a children's playroom. Windsor Castle is only 15 minutes away by car. Details from Worldwide Luxury Villa Holidays,

Travel Bargains

324 Royal Palm Way, Palm Beach, FL 33480, or by writing to Villa Holidays, 61 Brompton Road, London SW3 England.

EUROPE

How to do Europe without mortgaging your home becomes more of a challenge as prices go up. But it can be done. The best bet for first-timers is the prepaid tour, something that includes hotels, meals and sightseeing. Still, if you're adventurous and want to set off on your own, Europe still can be done inexpensively—only you've got to shop. It's possible to find small, inexpensive inns, hotels and pensions even in the cities. To assist the do-it-

yourself traveler, here's a lineup of inexpensive travel cheapies via subway, bus, tram:

Vienna—You can buy 24-hour, five-day, six-day and seven-day passes for \$2.70, \$4.30, \$5 and \$5.85 respectively. Sold at ticket windows in the major exchanges. Ask for the "Netzkarte."

Brussels—Less than \$2 will get you a pass for unlimited travel on subways and buses. Weekly passes will cost you about \$6. On sale at the Metro station Porte de Nemur.

Copenhagen—A one-day pass will cost you around \$3 for travel within the city, \$6 for the greater Copenhagen metropolitan area. On sale at most stations.

Helsinki—You'll pay roughly \$3 for a full-day pass on trams and buses marked with twin-arrow symbols. Ask at the various bus and tram stations.

Paris—The Paris Metro is one of the finest in the world. A two-day pass costs about \$6. You'll pay \$15 for seven days. On sale at offices of the French National Railroads, both here and abroad.

London—"Go as you please" passes for three days of unlimited travel come to \$16. Good on London's double-decker buses, as well as the Underground. Purchase at London Transport offices in London.

Dublin—Rambler passes cover all of Ireland. Available for \$40 for eight days. Good on buses and trains. Details by calling toll free (in the United States) (800) 225-5188.

Rome—Cheapest bus capital in Europe. Rides for about 12 cents. You deposit your coins in a container at the rear of the bus. Presto, out pops the ticket.

Munich—For under \$3, you can travel throughout the entire metropolitan system (this is good for 24 hours). Tickets available at tram stops, tobacco and stationery stores displaying the letter "K" in their windows.

Amsterdam—Holland's tourist office (the VVV) sells eight-day rail passes for \$36 (second class). Good throughout Holland.

Madrid—Best buy here is the bus from Barajas Airport into the city for 60 cents. In town, you can ride the subway for about 20 cents.

Stockholm—Two dollars will get you a 24-hour pass that's good on buses and trains within the city. For an extra buck, you can buy one for travel throughout the entire metro system. On sale at most stations.

Zurich—A one-day pass (costs less than \$2.50) is good within the city. On sale at newsstands and from ticket machines at major stops.

CASTLE HOTELS

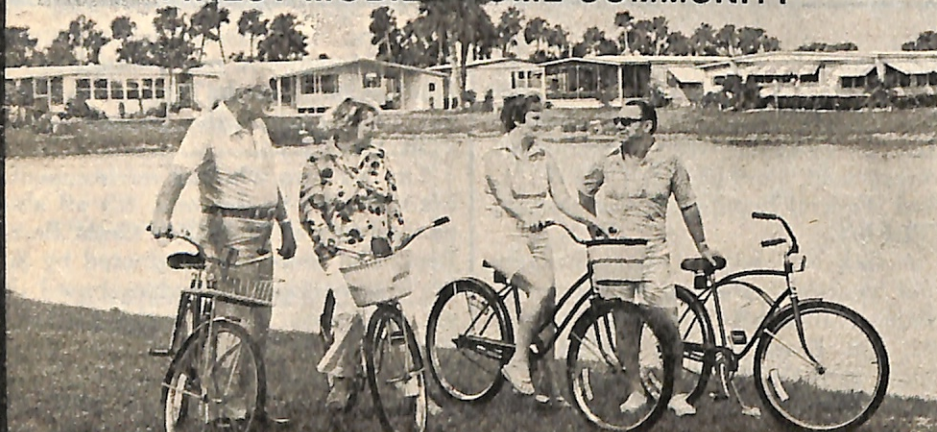
The castle hotel still is a hot item in Europe. Germany leads with more than 100. Britain and France run a close second with about 80 each. Other countries: Austria, Spain, Portugal, Holland, Ireland and Italy. In Austria, Schloss Munich (circa 1314) rises in a valley surrounded by alpine peaks just outside Kitzbuehel. Central heating and modern baths. Others are listed in Robert Long's guidebook *Castle Hotels of Europe*. If you can't find a copy locally, write to Long: 634 Bellmore Ave., East Meadow, NY 11554. The 196-page paperback costs \$5.50. That's postpaid.

BUDGET TRAVEL

If you're worrying about inflation and the price of travel, get a copy of *Let's Go: The Budget Guide to Europe*. Tells all about inexpensive accommodations in 29 countries (both Eastern and Western Europe, plus Israel, Morocco and Turkey). Harvard students

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researched the job. Tips on hiking, biking, work and study. Names 35 pads in Paris that charge less than \$6 a night. Others in Madrid, \$4 a night. This is a 754-page paperback published by E. P. Dutton. Other guides by the same publisher: *Let's Go: Britain and Ireland*, *Let's Go: France* and *Let's Go: Italy*.

AIR SAFARIS

On the books: one- to six-day air safaris out of Santa Fe to remote sections of New Mexico, Colorado, Utah and Arizona. Highlights include flights down the Grand Canyon and over the Painted Desert, Monument Valley, Canyonlands, Canyon de Chelly, etc. At various points passengers transfer to rafts, Jeeps, even horses. By night, they camp under the stars or bed down in lodges. Your pilot-guide, Bruce Adams, is into his fifth year in the air safari game. Write to him c/o Southwest Safaris, P.O. Box 945, Santa Fe, NM 87501.

FOR GOLFERS

An 18-hole, par 72 golf course (Los Flamingos Country Club) is Puerto Vallarta's newest attraction. A short taxi ride out of town. Greens fee: \$9.25. Same price for electric carts. Golfers are offered complimentary lockers. Clubhouse services include steam baths and massages. Tennis and swimming are also offered. Ask your hotel for directions, or hop a cab out to the Los Flamingos Country Club.

WILDERNESS JUNKETS

Vacation time for millions of Americans doesn't always mean relaxing. This is the crowd that gets its kicks out of rafting, sailing, canoeing, kayaking, backpacking, cross-country skiing and riding—the Pepsi generation. Putting it all together is American Wilderness Alliance, a national non-profit organization based in Denver. They've got a lady president, Sally Ranney: "Our goal is to provide high quality, exciting wilderness experiences, while at the same time acquainting people with the values of these unprotected areas." Trips take in Alaska, Hawaii, Canada, Colorado, Idaho, Utah, Florida, Montana, California, Arizona, Texas, Minnesota, Georgia, Nevada, New Mexico, Wyoming and North Carolina. For a free brochure write to AWA, 4260 E. Evans Ave., Suite 8, Denver, CO 80222.

ROAD ATLAS

A brand-new road atlas for motorists by Gousha-Chek-Chart. Takes in the United States, Canada and Mexico. Maps of all 50 states, plus more than 200 cities. Distances are charted (both in miles and kilometers). Ask your bookstore for the North American Road Atlas by Gousha (published by Signet). If you can't find a copy, write to New American Library, 1301 Ave. of the Americas, New York, NY 10019.

BALLOONING

Looking for the real escape? Just you and the wild blue? You can drift among the clouds from the Balloon Ranch in Colorado's San Luis Valley. This is America's only hot-air ballooning resort. You'll pay \$60 an hour for the ride. They'll even teach you to fly one of the contraptions. Rates at the ranch start at \$62 a day single, \$100 double. Package includes meals, riding, fishing, tennis and movies. (Weekly rates also available.) Contact the Balloon Ranch, Star Route 41, Del Norte, CO 81132, or ask your travel agent to make the reservation. Note: Mountain climbing also is taught.

NEW BAY INN

In San Francisco, the famed Spreckles Mansion has been converted to an inn. (This is the same old Victorian that once provided shelter for Jack London, Gertrude Stein, Dashiell Hammett, Leland Stanford, Enrico Caruso and other guests of the Spreckles family.) It's not cheap. Rates range from \$40 to \$75 a night for the Sugar Baron Suite with its fan windows, Corinthian columns and queen-size bed. No children, no pets and no cigars, cautions the proprietor. This is on Buena Vista Hill, next door to a park (joggers take note). You'll be about 15 minutes from downtown San Francisco. Rates include breakfast and wine and hors d'oeuvres in the afternoon. Address: The Spreckles Mansion, 737 Buena Vista West, San Francisco, CA 94117.

PARIS RESERVATIONS

In case you arrive in Paris without hotel reservations, have no fear. A new hotline for the capital and outlying areas operates between 8 a.m. and 11 p.m. Dial 359-1212 for free hotel reservations. An English-speaking hostess will answer your call. (Assistance in making hotel reservations also is available at Paris' major airports and railroad stations, as well as the Office de Tourisme de Paris, 127 Ave. des Champs-Élysées.)

FOR CAMPERS

With rising travel costs, there's a way out. Try camping, says Trek Adventures of New York. They're talking about deluxe camping, not the Boy-Girl Scout variety. Trek is looking for travelers 19 to 45 years old. They promise to get you to places the ordinary tourist fails to see. You travel by motor coach. Food and beverage costs are under \$10 a day, says the operator. For a free brochure, write to Trek Adventures, 3 E. 54th St., New York, NY 10022. (Trips to Europe, India, Turkey, Africa, Nepal and Australia.)

CHEAPIE

By now, most Americans have had it up to their eyeballs with that old routine of "if it's Tuesday it must be Bel-

gium." The idea of doing 14 countries in a dozen days doesn't work anymore, not with veteran trippers, anyway. That's the sort of tour that produces cardiacs, or leaves you with a case of jet lag that won't end. Americans are learning to take it slower—that's why Europacar Tours is doing a big business. They produce one-weekers that usually take in just one country. They do a seven-day tour of Yugoslavia for about \$35 to \$40 a day. In Spain, it's roughly \$55 a day. That's double occupancy and includes most meals. Europacar says all coach departures are guaranteed. And they promise "good" hotels—whatever that means. Can't mean deluxe, not at those prices. Not even first class. But the price is right

(Continued on page 35)

State Association Conventions

State	Date	Place
AL	5/29 to 6/1	Birmingham
AK	5/14 to 5/18	Juneau
AZ	5/7 to 5/10	Phoenix
AR	5/17 to 5/18	N. Little Rock
CA & HI	10/11 to 10/12	Jonesboro
CO	5/14 to 5/17	San Jose, CA
	9/4 to 9/6	Colorado Springs
CT	6/6 to 6/8	New Britain
FL	5/22 to 5/24	Miami Beach
GA	6/12 to 6/14	Jekyll Island
ID	6/12 to 6/14	Caldwell
IL	5/23 to 5/25	Peoria
IN	6/5 to 6/8	French Lick
IA	5/2 to 5/4	Cedar Rapids
KS	5/1 to 5/4	Wichita
KY	5/30 to 6/1	Covington
ME	5/30 to 6/1	Rockport
MD, DE & DC	6/27 to 6/29	Annapolis, MD
MA	6/13 to 6/15	Bretton Woods, NH
MI	5/16 to 5/18	Marquette
MN	6/26 to 6/29	Bemidji
MS	5/2 to 5/4	Vicksburg
MT	8/6 to 8/9	Bozeman
NE	5/16 to 5/18	Omaha
NV	6/19 to 6/21	Winnemucca
NH	5/23 to 5/25	Whitefield
NM	4/17 to 4/19	Farmington
NY	5/15 to 5/18	Kiamesha Lake
NC	5/30 to 6/1	Fayetteville
ND	6/8 to 6/10	Grand Forks
OH	4/24 to 4/27	Columbus
OK	4/26 to 4/28	Oklahoma City
OR	5/1 to 5/3	Springfield
PA	6/12 to 6/15	Champion
RI	5/30 to 5/31	Newport
SC	6/21 to 6/23	Sumter
SD	6/5 to 6/7	Sioux Falls
TN	3/20 to 3/22	Gatlinburg
TX	6/19 to 6/21	San Angelo
UT	5/15 to 5/17	St. George
VT	5/2 to 5/4	Kiamesha Lake, NY
VA	6/27 to 6/29	Fairfax
WA	6/19 to 6/21	Spokane
WV	8/8 to 8/10	Parkersburg
WI	5/2 to 5/4	La Crosse
WY	5/9 to 5/11	Cheyenne

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."



Greensboro, NC, Elks made their annual trip to the Veterans Administration Medical Center in Salisbury, NC. A bus was chartered for the trip, and both the bus and an accompanying van were loaded with clothing, books, and other gifts for the veterans. From left are Andy Polausky, ER E. J. Johnson, C. R. Craven, Walt Noah, and PER Tom Wheeler.



Robert Simonds, Elks National Service Commission Chm., presented leather to Mrs. Donna Archer, chief of the occupational therapy section at the Bay Pines, FL, Veterans Center.



Haverstraw, NY, Lodge held a bingo party for veterans from the Montrose Veterans Administration Hospital. Winning participants received coupon books which could be used to purchase items at the hospital PX. Elks National Service Chm. Santo Sabino (right) presented the coupon books to John Yzars, recreation director at the hospital.



A color TV set, as well as numerous other gifts, was donated by Hollywood, FL, Lodge to the local Veterans Hospital. Reba C. Wilson (left), chief of voluntary services, accepted the TV set for the hospital from (left to right) Brothers Harry Smith and Bill Tate, and Leonard Thiessen, Sr., PER and Veterans Committee Chm. Money for the TV set was raised by a recent dinner-dance held by the Veterans Committee. The set should provide many hours of entertainment for the veterans.



Members of Longview, TX, Lodge's Veterans Committee recently presented a check for \$500 to the Shreveport Veterans Hospital. Also donated was a large supply of paperback books, magazines, and toiletries. Pictured from left are Brother Dave Lynch, Hospital Director Louis Frazier, Jr., Chm. Ray Cannon, and Brother Bob Thompson.



A Christmas party, sponsored by the Puyallup, WA, Lodge Veterans Committee, was held at the Washington Veterans Home at Orting, WA. Standing, from left to right, are Veterans Committee Chm. Claire Morgan and his wife, Grand Est. Lead. Kt. Loren Holden, Brother (Santa) Robert Anderle, and Mrs. Holden. Puyallup Elks also hold monthly entertainment programs for the veterans at the home.

Travel Bargains

(Continued from page 33)

and the tour is casual, so drop a line to Europacar, 3 E. 54th St., New York, NY 10022. They'll mail you a brochure.

FOR THE HANDICAPPED

Douglass R. Annand has updated his popular book for the handicapped, *The Wheelchair Traveler*. This is the 11th annual edition. Contains more than 6,000 listings for the handicapped in 50 states, Canada, Mexico, Puerto Rico and elsewhere. Names motels, hotels, restaurants and sightseeing attractions. Contact the Wheelchair Traveler, Ball Hill Road, Milford, NH 03055.

ARIZONA RESORT

A reader asks for the name of a "small, quiet" resort in the Phoenix-Scottsdale area. Our vote goes to George and Joan Duffy's 10-unit Shangrila. It rises right in the shadow of Camelback Mountain, close to a couple of excellent restaurants: El Chorro and the Other Place (both on Lincoln Drive). Rates at the Shangrila are \$32 to \$60 a day (based on two persons to a room through April 30; \$26 to \$44, May 1-June 15. Drop a card to the Duffys c/o the Shangrila, 6237 N. 59th Place, Scottsdale, AZ 85253, or telephone (602) 948-5930.

1980 CALENDAR

Here's a freebie. It's a 32-page illustrated booklet listing holidays for the Pacific during 1980. Among the destinations: American Samoa, Australia, Taiwan, the Cook Islands, Fiji, Guam, Hawaii, Hong Kong, India, Indonesia, Japan, the Gilbert Islands, Korea, Macau, Micronesia, Malaysia, Nepal, New Caledonia, the New Hebrides, New Zealand, New Guinea, the Philippines, Singapore, the Solomons, Sri Lanka, Tahiti, Thailand, Tonga, Western Samoa, etc. This is a magazine-size booklet, published with a color cover. Besides holidays, it tells all about customs and cultural activities at these Pacific destinations. A slick giveaway. Drop a card to the Pacific Area Travel Assn. ("Events 1980"), 228 Grant Ave., San Francisco, CA 94108.

FOR SAILORS

Ocean Voyages will mail you their 1980 brochure. Describes sailing adventures in the Caribbean, the Bahamas, South America, the South Pacific, the Aegean and the coasts of Mexico and California. Vessels come with their own skippers. Attractive rates. Example: \$650 for a 10-day journey through the Hawaiian Islands. Contact Pat Kennedy, c/o Ocean Voyages, 1709 Bridge-way, Sausalito, CA 94965.

Medicine and You

(Continued from page 24)

agree that *all* must be evident to confirm its presence. First, the patient's description of symptoms must contain the *timing* of the onset of symptoms and the craving for sweets. Next, a blood sample at a "low" period should verify low blood-sugar levels. Also a four-to-five hour test called the Glucose Tolerance Test (GTT) should be done and, when *properly administered and evaluated*, should show the typical high-to-low blood-sugar levels of hypoglycemia. "This test is often improperly given," Dr. Holub cautions, "so I always repeat the test if a patient comes to me with a Glucose Tolerance Test said to be positive for hypoglycemia." Since organic hypoglycemia is unrelated to eating, it will not show up in a GTT. A series of other tests have to be conducted.

The treatment of functional hypoglycemia involves implementing a special diet, usually high in protein, moderate in carbohydrate, with six or more small meals a day. To be avoided are diets that eliminate carbohydrates completely.

We all experience low blood-sugar levels from time to time as part of normal blood-sugar fluctuations. But if you suffer any of the symptoms, talk to your doctor. If hypoglycemia is indicated, have the GTT and/or other recommended tests. Remember, hypoglycemia can be satisfactorily treated. It can be controlled and any suffering avoided.



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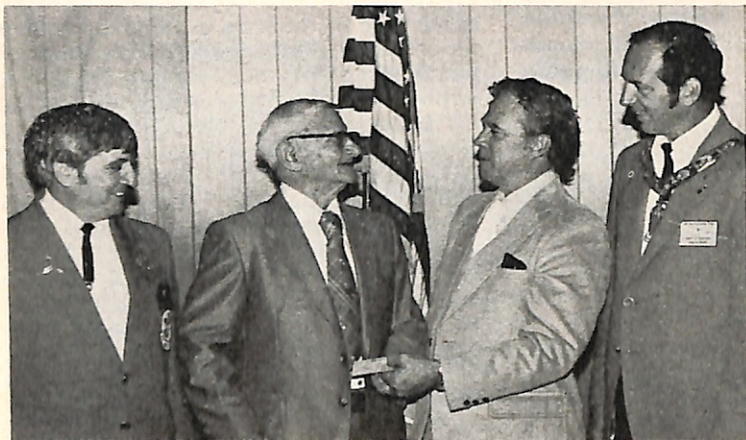
At a recent initiation, Mike Winter (standing, second from left) joined his three brothers and father as members of Hoxie, KS, Lodge. All of the Winters are also members of the Elks National Foundation. Standing from left are Dan, Mike, John, and Dave Winter. Seated are ER Virgil Ziegler and Joe Winter, father and charter member.

◀ A presentation of honorary founder's and participating brothers awards from the Elks National Foundation was made at a recent meeting of Whittier, CA, Lodge. From left are Brothers Roger Nelson, Richard Shute, ER Robert Becker, Guy Railsback, and Elks National Foundation Chm. Art Katz.

At the Elks National Home in Bedford, VA, William Kehoe (center), PER and Home Lodge National Foundation Chairman, presented Brother George Gehrke (left) with his sixth consecutive Participating Membership Certificate and Brother Walter Shiflett with his fifth consecutive Participating Membership Certificate.

NEWS OF THE LODGES

(Continued from page 27)



FORT WALTON, FL. James Whitney, Sr. (second from left), age 104, was recently initiated into Fort Walton, FL, Lodge. He was sponsored for membership by his son, James Whitney, Jr. (second from right). Also offering congratulations were State VP Joseph Bryant (left) and ER Gary Koster.



RAMAPO VALLEY (SUFFERN), NY. For his outstanding service to the Elks and to the community, attorney John Byrne (center) was named Elk Citizen of the Year by Ramapo Valley (Suffern), NY, Lodge. Brother Byrne received his award from ER David Conklin (right) and Brother Mario Codispotti.

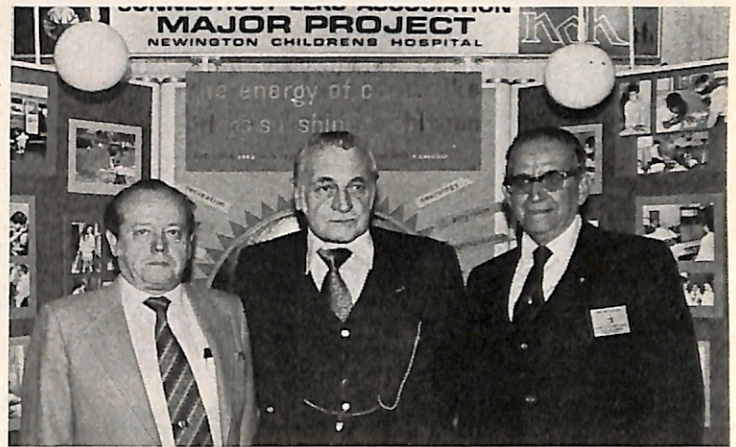


POCOMOKE CITY, MD. ER James Long and Building Chm. and PER Winnie Williams break ground for a new home for Pocomoke City, MD, Lodge. Looking on are (from left) Est. Loyal Kt. James Dooling, Est. Lead. Kt. Bruce Morrison, Est. Lect. Kt. Randy Schrock and Chaplain Gary Fuselier.

COLONIE, NY. During the George M. Bricker Memorial Ambulance Night, Colonie, NY, Lodge made its annual donations to the town's six ambulance squads. From left are Ron Baker, Colonie Village, Noreen Wargo, North Colonie, Scott Wargo, North Colonie, Beverly Roscoe, Midway, Mark Beattie, Riverside, Henry Tome, West Albany, ER Lee Lape and Co-chm. Ron Olson.



JUPITER, FL. Lodge members delivered turkey and trimmings to 12 needy families. From left are Brothers Ed Hogan and Leo Richie, Guide Howard Miller, and Brothers Bill McDonald, Ed Soden, John Roth, Chm. Tom Harkins, and Harold Mellen.



NEWINGTON, CT. The Connecticut Elks Association Major Project Committee, with the cooperation of the Newington Children's Hospital, conducted its Fifth Annual Open House Visit at the hospital, which is the association's major project. Nearly 400 Elks and their families participated, which was the largest turnout ever for this affair. Pictured above are State Major Project Committee Co-Chairmen Raymond Klick (left) and Robert Stalsburg (right) and SP Fran Reinholz.



HILLSIDE, NJ. For the 43rd year, Hillside, NJ, Lodge, hosted the Hillside High School Football team. The affair was given by the lodge's Youth Activities Committee. Standing in back row are Anthony Naples, Co-chm., ER Harry Loria, George McDonald, Youth Activities Chm., and Larry Coppola, the team's head coach.



ENFIELD, CT. Charter Member Charles Carillo donated a new flag to Enfield, CT, Lodge. The flag was raised at a special ceremony. In photo are ER Ronald Campbell (left) and Brother Carillo.



CARTERET, NJ. Brothers delivered food baskets to families in the community. Shown with baskets ready to go are (from left) Est. Lect. Kt. George Sloan, ER Philip Mansueto, and Crippled Children's Committee Chm. Thomas Shay.

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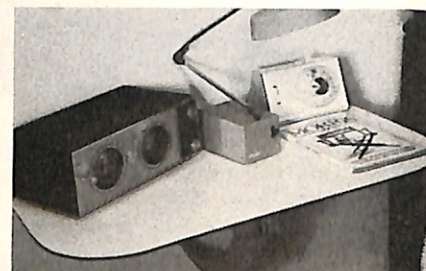
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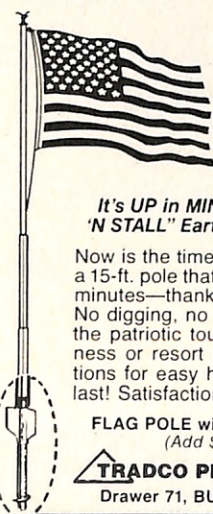


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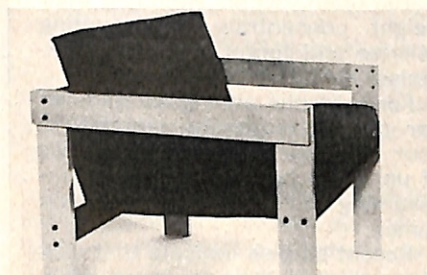
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Simple to use. Just spray it on and rinse it off a short time later! Rust-Biox generally requires no rubbing or labor of any kind. It works selectively, completely destroying rust and tarnish, without harming metals, paint, plastics, rubber, wood, textiles, ceramics, or people. Other products (conventional rust removers and converters, etc.), are usually dangerous poisonous acids that can destroy almost anything...including your skin, as well as your car's metal, paint, etc.

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Elks Family Shopper consumer/news

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Exercise, however, can be your best hedge against waistline expansion. A booklet from the President's Council on Physical Fitness and Sports gives you tips on balancing exercise with calories to help you lose weight. For your copy of *Exercise and Weight Control*, just send 60 cents to the Consumer Information Center, Dept. 121 H, Pueblo, Colorado 81009.

Too often, people watching their weight concentrate on counting calories and forget the role of exercise.

For example, adding 30 minutes per day of moderate exercise to your schedule can result in a loss of up to 25 pounds in one year—assuming you keep your intake the same.

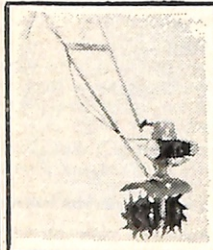
Recent studies indicate that lack of physical activity is more often the cause of overweight than is overeating. These studies compared the food intake and activity patterns of obese persons with those of normal weight. The findings show that the obese people did not consume any more calories than their normal weight peers, but were far less active.

The idea that increased physical
(Continued on page 42)

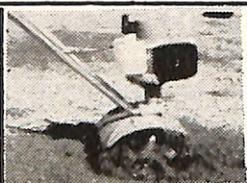
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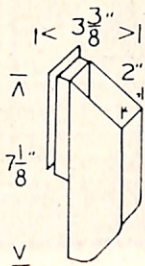
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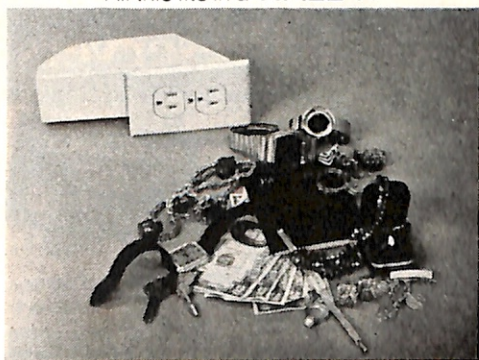
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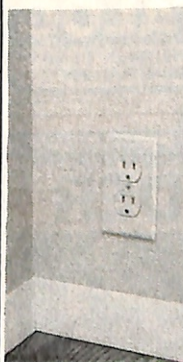
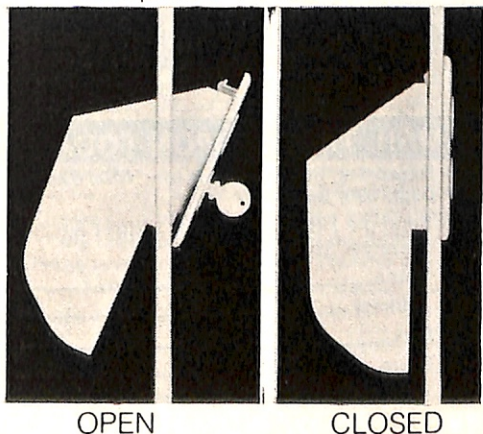
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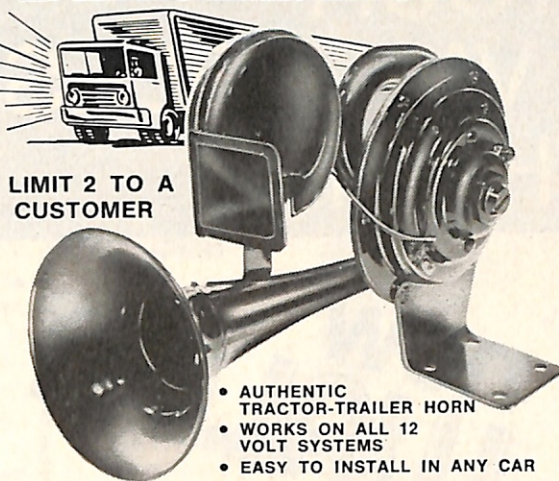
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PRICE BREAK!
SAVE \$2.00!

SALE! \$12.95
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Give your compact the roar of a lion!

When a road emergency occurs, be ready. A feeble chirp from the average passenger car horn may not even be heard if the other driver is listening to the radio, has his windows rolled up, or traffic noise is high! Yet your life, and the lives of your passengers could depend on that warning signal!

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This is the real thing—the blasting roar of authority that every "semi" driver, every diesel trucker depends on. It can't be ignored! It can blast any day-dreaming driver bearing down on you into instant attention. And now you save \$2.00 over the 1978 price!

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It's easy to install this authentic diesel horn in even the smallest car, without special tools. Mounting brackets and simple, easy-to-follow instructions furnished. Do it yourself, or have your service station install it while you wait, if you prefer.

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Sorry, we must limit 2 units to any one address. Order now at our special price for two and save \$4.00 over 1978 price! If not delighted, return (less postage and handling, of course).

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Please rush me _____ Diesel Horn(s) (LIMIT 2) Complete with installation brackets and easy instructions, at the following prices: ONE for \$12.95 plus \$1 postage & handling—TWO for \$24.95 plus \$2 postage & handling.

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Total enclosed \$_____ PA residents add 6% sales tax. Check or money order, no COD's please.

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Credit Card # _____

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Name _____

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9079-005 (Ontario & Quebec residents add sales tax)

Div. of Panacolor, Inc.

Elks Family Shopper consumer/news

activity will increase your appetite is not true. A lean person in good condition may eat more after increased activity, but the extra exercise burns up the extra calories. Overweight people don't react the same way to moderate exercise. Only excessive exercise will increase appetite; moderate exercise does not stimulate the urge to eat. On the contrary, it usually decreases appetite.

So if you're trying to control your weight, follow a proper diet. But also try setting aside 30 minutes to an hour a day about five times per week for physical activity. With your doctor's advice, find some type of regular vigorous physical activity. It doesn't matter whether you enjoy biking, dancing, walking, jogging, or swimming; just do it every day.

You may follow the new program for several days and yet see no difference on the bathroom scale. Remember, adjustments in metabolism take time before you can actually see weight reduction.

If you're planning a trip abroad in 1980, it's not too soon to get
(Continued on page 44)



Cheney. Because Frank really enjoyed his game room.

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 Wecolator™ stairway elevators, contact your Cheney Representative, or write: The Cheney Company, Dept. EM, 3015 S. 163rd St., New Berlin, WI 53151 (414) 782-1100.

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Here's the power to identify, raise funds, motivate, and promote. With BADGE-A-MINIT, you create badges for all your needs with parts that cost pennies each. Send for new starter kit including Lexan die press; BUT-N-LOK dies; pin-back badge parts; and easy-to-follow instructions. All for \$17.95 plus \$1.75 shipping, (Ill. res. add \$.90 tax), or write for FREE, all color, 64-page BADGE-A-MINIT catalog of exciting ideas.

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Now you can shred prunings, tough stalks, twigs, old plants and leaves for compost material or attractive mulch. Just turn the handle. New, patented cutter design makes reduction easy and quick. Volume of waste reduces by 90%. Cuts composting time by months. Smaller rots faster.

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Because they come in a wide range of styles, sizes, and widths . . . AAA to EEE - 6 1/2 to 16.

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Send me FREE catalog of Wright Arch Preserver Shoes

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If you know of any company in a situation that requires them to sell large inventories for immediate cash, call us Toll-Free: 800-328-5082. Only products in perfect operating condition will be considered.

All inventories we liquidate must be priced to sell **BELOW NORMAL DEALER COST!**

Heavy duty, by Milwaukee Pneumatic® with a 5/8" chuck.

Great for industrial use or home workshop!

Here's a heavy-duty, 14" drill press at a fantastically low liquidation price that's even less than those little "sissy" models!

This heavy, 160 lb. "brute" has all the power, all the "guts" you need for fast, smooth drilling into steel, cast iron, aluminum, brass, wood, plastic. Head and base are made of strong, fine-grained cast iron. Heavy walled machined column increases rigidity, cuts vibration for smoother operation. Standard NEMA 56 frame.

Oil table swings 360° and tilts 0° to 45°. Precise up and down movement of table with rack and pinion. Recessed light in head gives bright illumination of work. We dropped the price way down low to sell them FAST! Order yours right away!

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- All belt pulleys on ball bearings. 5" largest pulley on spindle (high torque).
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- Chuck is 5/8" No. 3 J.T. Arbor.
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INCLUDES MORSE TAPER!

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NOW ... while they last:

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Dept. B-7

Please send _____ 12-speed Heavy Duty Drill Press(es) at \$198.00 each. I will pay the shipping charges to driver upon delivery. (Allow 4 to 5 weeks for delivery. If paid with personal check, allow an extra 2 weeks for the check to clear.) Sorry, NO C.O.D.

☐ Also send Vise Attachment for \$25.00. (In separate carton; NO shipping charge.)

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Charge to my credit card: ☐ Mastercharge ☐ VISA ☐ American Express
Acct. No. _____ Expires _____

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Name _____

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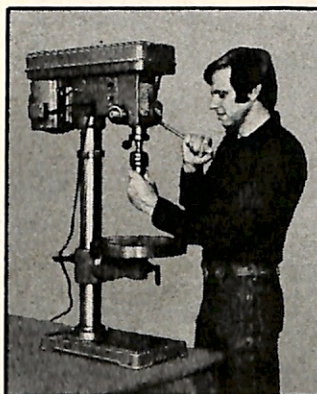
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MUST LIQUIDATE AT FAR BELOW DEALER COST! 12-Speed, Heavy-Duty 3/4 hp. DRILL PRESS FACTORY NEW! PERFECT CONDITION

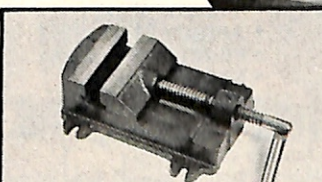
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belt guard case
for safety!

Precision ground
quill has milled
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Big 11 1/4" diam.
oil table!

Table rotates 360°,
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Vise Attachment ... \$25.00
For maximum clamping, hold-
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jaw width, 1 1/4" jaw depth, 3/4"
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base reinforced with
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Heavy walled
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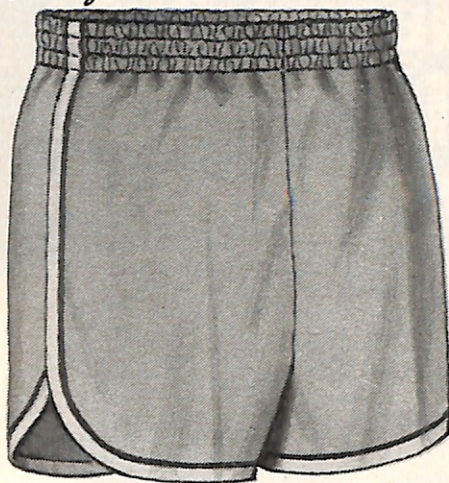
A big,
160 lb.
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ONE YEAR
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You'll find them equally
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Elks Family Shopper consumer/news

started on getting your passport and visas.

The State Department advises you to start early, at least several months in advance. But there are several shortcuts. If you had a previous passport after age 18, and it's less than eight years old, you may be able to get a new one by mail. And if you appear in person, you can also get one passport to cover you and any children under age 13. For details on passports, visas, and tips for Americans overseas, get a copy of *Your Trip Abroad*. Send \$1.75 to the Consumer Information Center, Dept. 167 H, Pueblo, Colorado 81009. ■

See Advertisement Inside Front Cover

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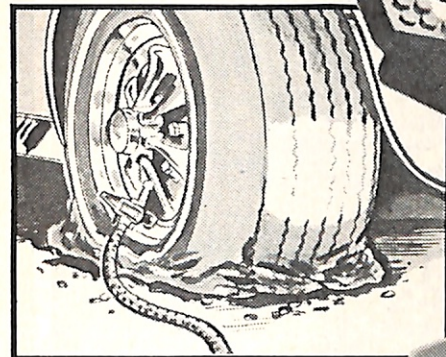
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*You're back "on the road"
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**Gives 100 lbs. pressure
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Great for bikes, toys, air mattresses and floats.

Amazing new air pump gives up to 100 lbs. pressure in just a few seconds! Pumps up tires jiffy-quick, so you're back "on the road" in almost no time. It's lightweight, compact, completely portable—needs no electricity, no tools, no special hookup. You operate it with your foot—just a simple toe-tap action, so easy a child can do it.

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You must be absolutely delighted with your "Roadmaster" Automatic Air Pump. You must agree that it is a quality crafted precision instrument—dependable, versatile, easy to operate. If not, simply return for a prompt, full refund—no questions asked!

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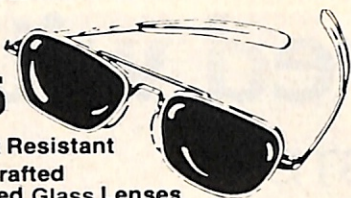
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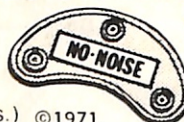
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- Blooms Lavishly Starting This Summer
- Produces Regal, Blue-Violet Flowering Spires
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Try adding a few stately spires of Lavender to your flower arrangements ... it looks every bit as good as it smells! Or, capture Lavender's legendary fragrance all winter long with this centuries-old custom. Dry out leaves and blossoms and fashion into sachets. Tuck them into linen closets or clothing for a fresh, summer scent all year 'round!

You'll love the hundreds and hundreds of dainty, fragrant Lavender blossoms that pop up on every plant! The royally-colored spires (about 12 inches long) are laden with heavenly beauty from June right on through the long blooming season and crown the bushy, silver-green foliage (about 1½ ft. high) with magnificent sweet-smelling violet-blue grandeur!

THRIVES IN SUN OR PART-SHADE

Wherever planted, the enticing "Old English" fragrance will waft to the far corners of your yard ... drift through your windows, absolutely enchanting you for months on end! And our SuperHardy Lavender resists winter's ravages amazingly ... thrives in sun or part shade too! We ship extra-heavy stock for stunning bloom the first season. For dense hedges, plant about 1½ ft. apart. Extremely easy-to-grow ... once planted, it will become one of the treasures of your garden!

LAKELAND NURSERIES SALES, Hanover, Penna. 17331

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Kindly rush **HARDY LAVENDER PLANTS (L126128E)** on full money-back guarantee as indicated:

- ☐ 1 for just \$ 2.98 plus .80 postage & handling
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CITY _____ STATE _____ ZIP _____

☐ Check here and send .50 for a year's subscription to our full-color nursery catalog. (L389957X)

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LAKELAND'S DOUBLE GUARANTEE

All plants must arrive in perfect condition. If you are not totally satisfied with any item you order, return within 10 days for a prompt replacement or refund of purchase price. And, all plants must thrive after planting, or return anytime within 3 months for prompt replacement—no questions asked!

THE CATALOG SHOPPER'S

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9. WEATHER VANES in seven different styles handcrafted in aluminum. Quaint catalog includes technical information and explains the suitability of each model. Also features optional ornaments in Swedish Iron, Gold Bronze, and baked satin black finish. **Wilson's Country House. \$25**

10. COOKING TOOLS AND GOURMET GADGETS. From the professional cook to the amateur barbeque chef. The Wooden Spoon stocks that perfect piece of kitchen accessories and equipment to make your life much easier and the food that much better. Full color catalog, over 30 pages. **The Wooden Spoon, Inc. \$50**

11. FURNITURE & FABRIC. Low-priced, high quality furniture and designer fabrics. Beautiful color catalog shows an intriguing variety of sofas, chairs, sleepers in a variety of fabrics. Any type of fabric is available for you to select for your old or new furniture. A complete line of leathers available to fit informal, formal, traditional, or contemporary interiors. **National Furniture & Fabric Sales. \$2.00**

12. FURNITURE LUXURY from Hunt Galleries, makers of quality furniture since 1944. You'll love browsing through this richly done full color catalog of sofas, lounges, chairs and benches. True craftsmanship prevails throughout the collection. **Hunt Galleries, Inc. \$2.00**

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13. PRE-CUT QUILT KITS. Even a beginner can sew outstanding patchwork quilts from these distinctive quilt kits. Pre-cut pieces and clear, simple instructions take the guess work out, guarantee a perfect finish. Beautiful traditional and contemporary designs from Crib to King-Size. Catalog includes swatches. **Gutcheon Patchworks, Inc. \$1.00**

14. CREATIVE CANING. Kits of pre-woven cane. Save money and do it yourself with natural cane for grooved chair seats, screens, stereo speakers, door panels, headboards, lampshades, room dividers and many other uses. Decorative cane kits include easy instructions and necessary materials. Brochure from **T.I.E., Ltd. \$25**

15. OLD FASHIONED CEILING FANS. The Brochure of Georgetown Fan shows a single speed unit operating at 60 revolutions per minute. Crafted of heavy duty resin plastic, in a wood grain finish, the fan is available in walnut, oak, white or yellow and in lighted or unlighted versions. Add nostalgia and a gentle breeze to your favorite surroundings. **Georgetown Fan Co., Inc. \$50**

16. CLASSIC FURNITURE REPRODUCTIONS. Economical, precision crafted, easily assembled kits designed for classic 18th century living. Choose either Honduras mahogany or Pennsylvania cherry. An array of functional pieces are available. Money back Guarantee. Do-It-Yourself Finishing Kits in assorted stains to match your decor. **Rollingswood Classic Furniture Reproductions, Ltd. \$1.00**

17. HOME PLANS TO BUILD. If a new home is in your future, then Home Plans to Build should be in your hands today. With over 145 home designs ranging from vacation cottages to country estates, this publication is sure to have the right home for you. As in all Garlinghouse home plans publications, low cost construction drawings are available for all designs. **Garlinghouse Co. \$2.00**

18. HARDWARE REPLACEMENTS. Catalog features hard-to-find replacement parts for casement, awning, double hung, horizontal sliding and jalousie windows; sliding glass and screen patio doors; bi-fold, by-pass and pocket closet doors; storm doors, and parts for mobile homes and recreational vehicles. It also includes many types of weatherstripping and security door and window hardware. **Blaine Window Hardware, Inc. \$2.50**

19. STENCILER'S COMPLETE CATALOG, in full color, 15 exclusive Adele Bishop kits ranging from beginner's to major home decorating projects - such as furniture, floors, walls, fabrics. 12 colors PRESTO-DRI* Japan paints, 16 colors of STENCIL-FAB* textile paint, professional brushes, comprehensive instructional booklet, polyester stencil sheets. **Adele Bishop. \$1.00**

20. APPLIQUED AND PERSONALIZED GIFTS are offered in catalog which features holiday decorations, pillows, gourmet specialties, hostess gifts, canvas bags. Many unusual items are shown, including a hand-painted house portrait pillow or wall hanging, letter pillows and name crib gyn, hand-painted picnic totes, and a personalized card table cover. **Susan's Accessories. \$50**

21. ANTIQUE REPRODUCTIONS. This catalog features a wide selection of handcrafted early 18th Century iron, tin, brass and copper reproductions. Also contains hand forged fireplace equipment including tool, hooks and andirons, chandeliers, lanterns, sconces and other practical decorator items. **The Essex Forge. \$1.00**

22. EARLY AMERICAN CORNER CABINETS. Brochure illustrates many styles of corner cabinets, all fashioned from clear glowing pine. Luxury features include raised panel doors and scalloped shelves. Cabinets come completely assembled, glazed, with all hardware, ready to paint or stain. Kits are also available. **Outer Banks Pine Products. \$25**

23. QUILLING AND PAPER ART. Enjoy the beautiful, old art of paper quilling with kits available for floral designs and Christmas ornaments. Also, your one-step shop for books, kits, paper, accessories, and miniatures for the art of quilling. **Quill Art, Inc. \$1.00**

24. TROPICAL PLANT DECORATING. Preserved plants, ferns, baskets, rush rugs and giant grass plumes. Also tropical shells, shell lites and beautiful stoneware urns. All natural decorating accents brochure from **Tropical Island Imports. \$50**

25. SUNSET DESIGNS. Entire line of Jiffy stitchery crewel kits, Jiffy needlepoint kits, Sunset stitchery, and Sunset needlepoint larger kits, Jiffy weaving kits, and counted cross-stitch kits. New catalog from **The Knit and Rip Shop. \$3.00**

26. SOLID PINE WATERFOWL CARVINGS. Hand-crafted pine decorative decoys - finished or in kit form. Color catalog lists kits for wildfowl and lamps as well as paints, glass eyes, books, tools, and gifts. **Bay Country Woodcrafts. \$1.00**

27. CLOCKS DIRECT FROM MANUFACTURER. Grandfather clocks, wall clocks, mantel clocks, and game tables in completed finished form, ready to grace your home or in kit form for the do-it-yourselfer. Solid American black walnut, solid cherry and solid Appalachian red oak. Solid brass Black Forest chain and cable hung movements. Tempus Fugit and Moving Moon dials. With a handpadded finish, these are heirlooms of tomorrow. **Heritage Clock Company. \$1.00**

28. CHINESE COOKING. You can now shop at home for hard to find imported dried and canned foods, vegetables, fruits, nuts, candy, condiments, spices and fine Chinese teas. Utensils, woks, chinaware, Chinese cookbooks and ideas on planting a Chinese vegetable garden are also included. Contains the latest "Shopping List" and a sample copy of WOK TALK, the only food letter about Chinese cooking for the American home. **The Chinese Grocer. \$1.00**

Note: many more similar catalog listings in the 1980 edition of the Catalog Shopper.

29. COMPLETE CATALOG SHOPPER with over 500 mail order catalogs and brochures available from reliable companies offering all types of products and services. 36 major categories to choose from: antiques, crafts, decorating, entertaining, gardening, jewelry, sporting goods, tools, toys and womenswear. One handy order form lets you select as many different catalogs as you wish. **Catalog Shopper. \$1.50**



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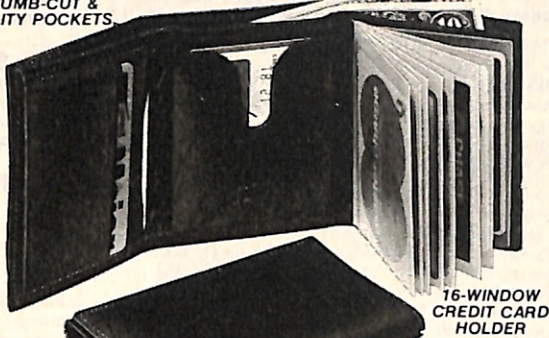
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A									
B									
C									
D									
E									
EEE									

	COLOR	SIZE	WIDTH
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	BROWN Loafer	B	
	Burgundy Loafer	C	
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